

Fortis Malar Conducts Wellness Camp for Women Cops

Chennai, 7th March 2018: On the eve of International Women's Day, **Fortis Malar Hospital** organised a special wellness camp exclusively for women police personnel at the Kotturpuram police quarters today. More than 250 women police personnel participated in the special health check-up, screening and consultation. The camp witnessed team members from Fortis Malar creating awareness on health-related issues and advocating a healthy lifestyle amongst all police personnel. The initiative was flagged off by **Mr. N.M.Mylvahanan, Deputy Commissioner of Police, Mylapore district, Mr. Sudarshan, Assistant Commissioner of Police, Mylapore district** and **Dr. Nithya Ramamurthy, Senior Consultant Gynaecologist & Obstetrician, Fortis Malar Hospital.**

Commenting on the occasion, **Dr. Nithya Ramamurthy** said, *"Policing is a high stress profession involving a lot of physical and mental stress. It is crucial to eat healthy, get the required minimum rest, maintain the right body weight, and exercise regularly – especially for our female police members. We take pride in serving the women cops of Kotturpuram through our Women Wellness Camp."*

Police personnel go through a lot of stress. Extra-long work hours, high stress and irregular sleep patterns in women increase the risk of depression, post-traumatic stress disorders (PTSD), heart disease, increases cholesterol, obesity, high blood pressure, suppresses the immune system and causes cancer among other complications. The camp offered screening for bone mineral deficiency, diabetes, blood pressure, heart complications, body mass index and haemoglobin levels.

"Working as a police officer is a taxing job. It involves extensive work hours, stressful situations and work overload. We also have to interact with various people throughout the day and ensure that problems are solved quickly. Under these circumstances, it is essential to protect the health of our forces, especially the women police personnel who strive tirelessly to protect the city," said **Mr. N.M.Mylvahanan.**

About Fortis Healthcare Limited

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 43 healthcare facilities (including projects under development), approximately 9,000 potential beds and 392 diagnostic centres.

About Fortis Malar Hospital:

Press Release

For Immediate Publication



Fortis Malar Hospital was acquired by Fortis Healthcare (India) Limited in early 2008. The hospital founded in 1992, is established as one of the largest corporate hospitals in Chennai providing quality super specialty and multi-specialty healthcare services. Fortis Malar Hospitals, with 180 beds, focuses on providing comprehensive medical care in the areas of Cardiology and Cardiac Surgery, Neuro Surgery, Gynaecology, Orthopaedics, Gastroenterology, Neurology, Paediatrics, Diabetics, Nephrology and Internal Medicine. Fortis Malar Hospital has a state of the art Cath Lab and multiple dedicated cardiac operation theatres and intensive coronary care units. Several rare and complex Adult and Paediatric Cardiac surgeries, Orthopaedic and Joint replacements, Neurosurgeries and Plastic reconstruction surgeries have been performed at this hospital. The hospital's Obstetrics and Gynaecology services are among the busiest in the city, successfully performing many complicated deliveries and surgeries. They are supported by a dedicated Neonatology unit.

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