

**Press Release**

*For immediate publication*

## **Fortis Malar Educates Fire and Rescue Services Department on Stress Management**

**Chennai, 17<sup>th</sup> May 2019:** Fortis Malar Hospital today organised an awareness program on hypertension for the members of Fire and Rescue Services of Tamil Nadu. On the occasion of World Hypertension Day, over 50 members took part in the session and enthusiastically participated in a blend of cathartic activities that were organised to manage stressful situations. The event was launched by **Mr. Selvam, Station Officer, Tamil Nadu Fire and Rescue Service, Guindy** and **Ms. Sneha George, Counselling Psychologist, Fortis Malar Hospital**. A medical camp was set up at the premises of the Fire and Rescue Services wherein members of the department underwent standard health tests including blood pressure analysis.

Commenting on the occasion, **Ms Sneha** said, *“Innumerable studies have examined the widely suspected relationship between reported emotions such as anger, anxiety, and hypertension. Reacting to stress in unhealthy ways can increase your risk of high blood pressure, heart attacks and strokes. When you're emotionally stressed it may damage your arteries, leading to heart disease. Understanding and being aware of the unhealthy patterns is the first step towards living with hypertension.”*

Ms. Sneha discussed the various causes of hypertension, its effects on health, and ways to recognize the symptoms and effective ways to manage the condition through lifestyle adjustments. She also emphasized the importance of seeking medical advice and receiving assistance for those with the condition. The event saw members participating in enjoyable activities to reduce stress such as, what's in your balloon? – where you blow all your stress into the balloon and observe how you handle the balloon; The Straw – to test and develop an individual's patience, de-tangling with yarn ball- an activity which helps individuals understand and explore their workplace conditions to best suit their mental health. These activities helped the participants understand the reasons behind their hypertension, how to handle hypertensive situations and ways to seek help.

### **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:**

*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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