

Healthcare and Health Management

&

Cardiology and Cardiac Surgery

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Rachna Chhachhi

Oxford College, UK

Differentiating between preventive healthcare and emergency healthcare in Healthcare & Disease Management

Very often, we confuse emergency care with healthcare. Healthcare simply means taking care of our health and healthcare management means managing our health with responsible decisions via lifestyle changes that promote good health and a reduced risk of lifestyle diseases. However, in modern terminology, the term health care is often confused with doctors and hospitals who are trained to save our lives when we reach a situation of a health emergency like an accident, an unexpected incident like a heart attack, sudden onslaught of genetic cancers, autoimmune diseases or any infectious diseases. Most of our healthcare emergencies related to lifestyle diseases can be avoided via a healthcare management system that focuses on preventive healthcare, and reduces the burden on the patient and the doctor. Hence, we need to step back and understand how we can institute a system to push patients to become responsible for their own bodies and minds and depend less and less on invasive medicine, thus reducing the pressure of hospitalisation and the load on insurance companies for claims relating to lifestyle issues that can be avoided in the first place. Which are the diseases that we can manage and reduce the burden of via educating patients? Listed below are some with research data:

Type 2 Diabetes: As per 2013, 3.2 million in the UK were diagnosed with type 2 diabetes, 65 million in India, 110 million in China and 84 million in USA. However, as per a 2017 research by Yale University a low calorie diet can rapidly reverse type 2 diabetes in animal models. And a University of New Castle 2016 research showed that people who reversed their type 2 diabetes, managed to keep it reversed for 10 years after reversal. This reduces burden on diabetologists, hospitals and doctors not just for diabetes management, but protects patients against complications like glaucoma, gangrene and kidney failure.



Cardiovascular disease (CVD): CVD is the number 1 cause of deaths globally as per WHO data. In the UK alone, over 1.6 million men and over 1 million women are living with CHD. Overall CVD is estimated to cost the UK economy 19 billion - 46% direct healthcare costs, 34% productivity losses and 20% to informal care of people with CVD. However, as per a study published in Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center (LA BioMed) in 2016, even small changes like eating aged garlic can decrease the risk of CVD by reducing the accumulation of certain types of plaque in the arteries. Dr Dean Ornish has built an entire practice covered by the biggest health insurance companies to prove that we do not need medical intervention to reverse heart disease, only lifestyle changes. For both the above, I will be discussing solutions to educate management of patients diagnosed with the above diseases so that emergencies and medical overload for both diseases is reduced, as is the financial burden on the countries funding these healthcare costs.

Speaker Biography

Rachna Chhachhi is a certified Nutritional Therapist, Holistic Cancer Coach and WHO Certified in Malnutrition for Infants & Children. She herself suffered from rheumatoid arthritis, an incurable autoimmune condition, which left her bed ridden 12 years ago with deformities, when she was heading business development for a Fortune 500 multinational company. She took a break from her corporate career to heal herself, and then got certified to begin her life to help people. She practices across 21 countries to help prevent, manage and reverse lifestyle diseases, cancer and autoimmune conditions. She uses balanced nutrition, oxygenation, functional training, yoga and meditation as her mainline treatment with success in clinically reversing conditions. She has a health column with BusinessWorld magazine and is the author of the book RESTORE and is working on a book on Cancer this year with a well known publishing house. She has conducted over 500 health awareness workshops and sessions for organisations like Google, GE, Marico, Nomura, Accenture, Honeywell, Dunhumby, Aon Hewitt, Aon Consulting, Cargill etc and for groups for doctors, communities for a cause and cancer associations. She has been writing on health and wellness for 20 years. She has had health columns with Business Today, Outlook Business Magazine and TOI blogs. She has earlier worked with GE Consumer Finance, India Today, Business Today and PPC Worldwide, a United Healthcare group company.

e: askrachnachhachhi@gmail.com