

NIRAMAYA HOSPITALS

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Free medical check-up and weight loss guidance camp



By Chandrashekhar Hendve

NAVI MUMBAI: Niramaya Hospital Chembur and Kharghar is conducting a month long free medical check-up and weight loss guidance camp for obese people in the month of May. People facing obesity related problems can visit the camp for medical checkup which includes ECG, BMI, BP, blood sugar, free nutrition and diet advice by experts. People with body weight of 90 kg and above can visit this camp for check-up and weight loss guidance.

Dr. Amit Thadhani, Consulting Laparoscopic Surgeon and Medical Director of Niramaya Hospitals, said, "Seeing the overwhelming response of the first camp held for obesity, we have planned another camp for the same. Today among all other diseases, obesity has emerged as one of the increasing health problems among people especially in the urban areas. Sedentary lifestyle, changed food

habits and lack of physical exercise in today's changing world are the major culprits for various diseases, obesity being one of them. Also, an obese person is at a higher risk of developing other health complications like high blood pressure, heart disease etc. so it becomes very necessary for obese people to get the right medical treatment at the right time and save themselves from further health hazards."

Registration is compulsory. For details call: 9820332515

Duration of camp: May 1st 2013 to May 31st 2013

Venue: Chembur: Niramaya Guidance Clinic, Maitri Park, Sion Trombay Road, Next to Maitri Park Bus Stop, Chembur, Mumbai - 400 071

Kharghar: Niramaya Hospital, Sector 4, Next to Bal Bharti School, Kharghar, Navi Mumbai, 410210

Time: 3 pm to 6 pm