

Foreword

With changing times, there has been an evolution in the field of medicine. Progress in medicine has a huge impact on the health and well-being of patients and their caregivers by extending life, halting or slowing disease progression, minimizing complications, improving quality of life, preventing hospitalizations and surgeries, preventing disease, and reducing side effects. In the last few decades, there has been an increase in the life expectancy with decreased disability. With extensive research in various fields, the incremental step-wise transformation in knowledge has led to improved patient outcomes, and enhanced quality of life for many patients with both non-communicable diseases, communicable diseases, acute and chronic metabolic diseases.

Over the last several years, there has been an alarming rise in the number of diabetics in India. India is one of the epicenters of the diabetes epidemic. With over 65 million diabetic patients many innovative medications for the treatment of diabetes have emerged, giving patients important tools for managing their disease. To make India the Diabetes Care Capital; along with the progress in medicine, my mantra to prevent disease and revive good health is to Eat less, Eat on time, Sleep well and smile.

Advancements in the technology has been an adjunct in the diagnostics and treatment also. Last decade has witnessed the boom of the technology not only in diagnostics, but also remedial perspective, monitoring and overall connectivity with health care professionals and overall patient care.

Along the same theme of the progress of medicine, Dr Pritam Gupta has come out with an excellent book. Dr Pritam Gupta had an extraordinary tenure as Dean of the prestigious Indian College of Physicians. During his tenure, he did path-breaking capacity building programs, innovative CME and workshops and has mentored several monographs under his leadership. He is now coming out with first of its progress in medicine which will be a landmark in the annals of Association of Physicians of India and the Indian College of Physicians. My heartiest congratulations to him for his expert contribution to make this a comprehensive compilation for the clinicians. This book discusses about key topics such as guidelines, newer drug options, and interventions. Topics related to women health, nephrology, cardiology, oncology, neurology are also covered in this book. It looks at new developments in cancer and HIV. Again, I deeply appreciate the work of scientists, researchers, and health professionals who work to advance medical knowledge and improve the science of medicine for patient welfare. Happy reading and learning.

Jai Hind



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