



## From the CEO's desk



Healthabove60 was born from a vision to provide the best healthcare to the aged population. Our journey began from an office with just three employees, aiming to carve a new position in the healthcare market. In the past 1 year, our ideas and visions have brought back a smile on many faces. Through our unique and distinctive services, Healthabove60 has become a major pillar of support to many families. The aged population has always been at a disadvantage for proper access to healthcare. Despite their disabilities due to old age, they often had to wait for a long time to receive the right medical attention and loving care. Keeping this in mind, I decided to bring in the home healthcare services exclusively for the aged population who are often neglected. Though

the home healthcare services have been a huge hit in the West, it is still developing in India. But through the help of my dedicated marketing team, we managed to spread the word around and reach out to all those in need. In this 1 year, we have served around 368 clients and grew up to a manpower with 30 dedicated employees. The smiles and the great responses from our clients has constantly encouraged me and my employees to serve them with the passion of creating better lives for them. There were instances, where we have witnessed major changes in our client's health condition and that's when I realized Healthabove60 also creates miracles in the lives of people. The sorrows and joys of our every client has been equally shared by us along with their families. It feels great to know that Healthabove60 has become like sons and daughters to many elders living in the Chennai community. Looking back at this one year, the journey of Healthabove60 has emotionally been a rewarding experience for the team at Healthabove60. In the coming year, we are looking forward to serve more people and position our brand to bring about differences in the lives of people we care. I would like to take this opportunity to thank everyone for their great support and association with us in helping us to complete a successful one year.

G.Srinivasan, CEO

## Doctor's Note



Greetings from Healthabove60 on this wonderful occasion of us successfully completing one year of our operation. Personally it has been a satisfying year for me as I got a good chance to meet many elders and spend more time with them, especially in the present scenario where even the family members get to spend little time together.

And in my experience I have found that the most important factor in dealing with the elders is providing them emotional support, giving them hope and showing them a bit of love. In addition, explaining about their medications and clearing doubts about their disease goes a long way in satisfying them and showing improvement in their health.

I wish that every family having a sick elder in their home remembers these points and act accordingly. This should be considered as a chance to reciprocate the love, care and responsibility they had shown to bring up the family.

Organizations like Healthabove60 are a boon to the society, as many elderly patients are in such condition that they can't be transported out of their house for any medical requirements. Utilizing the services provided by us can make life easy for both the elders and the family members and lets health and peace prevail in the family.

Dr. Janakan  
Head- Medical Services



## CARE FOR WORN- OUT JOINTS

As we march onwards with globalization and development, we face the daunting task of providing optimum healthcare for our ageing populace. Orthopaedic problems are quite common in the elderly. The combination of arthritic joints, fragile bones, lack of muscle power and co-ordination and failing eyesight make them prone to bone and joint injuries and diseases.

Arthritis commonly affects the knees and the hip joints in the elderly. The cartilage of the joints wears away, exposing the underlying bones. This leads to severe pain, disability and deformity restricting the mobility of the patient. For many of them, sitting on the floor, squatting or climbing stairs is well nigh impossible. Slowly they become home-bound and more and more dependent even for the basic necessities of life.

The treatment goals in arthritis are relief of pain, improvement of mobility and function and correction of deformity.

In the early stages, pain-relieving medications may be used judiciously to relieve inflammation. Physical therapy to relieve pain and swelling, to improve muscle tone and power and maintain joint movements is an essential part of the treatment.

'Cartilage-strengthening' medications are of equivocal value at best and may be used if causing no harmful side-effects. Intra-articular steroid injections are best avoided as they give symptomatic relief only and that too for a limited period. On the flip-side, they can eat away whatever little cartilage remains and also increase the risk of infection in the joints.

Arthroscopic surgery of the knee joint is a treatment that helps in moderate degrees of arthritis. It provides good relief of symptoms in



selected patients. It is a day-surgery and the results last for a significant period if done in the right patients.

Partial knee replacement or unicompartmental knee replacement is a surgery where only the diseased compartment of the knee is replaced while preserving the ligaments. This procedure is eminently suitable for many of our patients who have degeneration of only the inner compartment of the knee. The recovery is fast and the results are durable. Nearly 15% of our patients who undergo total knee replacement are actually suitable candidates for partial knee replacement.

The treatment of choice for end-stage arthritis is total knee replacement wherein the degenerated joint surfaces are replaced by artificial prostheses. It is a major surgery, but fortunately improved surgical techniques and state-of-the-art anesthesia and pain-management techniques ensure smooth and quick recovery. The results of TKR in deserving patients are extremely gratifying and long-lasting. Their quality of life is improved dramatically.

The treatment of arthritis is thus a whole gamut of options to choose from. The choice is dictated by the stage of the arthritis and the individual characteristics and requirements of the patient. Our endeavour remains to return a happy and independent senior citizen to the society.

Dr. Prasad  
Orthopedic Surgeon

## GLIMPSES OF





The Indian home healthcare industry has become one of India's largest sectors - both in terms of revenue and employment. The home healthcare industry in India consists of around 5,000 small and large organisations, largely unorganised which together generates a huge market share worth around billions. The thought of old-age homes or assisted living is socially undesirable in India and therefore better home-based health care facilities are fetching a huge demand. Currently, India has the second largest geriatric population in the world. According to a United Nations Population Fund report, the number of people aged 60 and over in India will increase to 300 million by 2050 which means one in five Indians will be above the age of 60. Of the 300 million over-60s, 200 million are likely to be suffering from chronic ailments.

### Thank you for your patronage



Hence, healthcare at Home is becoming mandatory, as many patients who are suffering from chronic illness like Alzheimer's, respiratory failure and heart failure do not really need hospitalization. With advancements in medical gadgets, most of the patient's monitoring, which was earlier possible only in hospitals, can now be offered with incredible comfort at home. It is estimated that for an average individual, 70% of health care needs can be met in the home environment which can result in better health outcomes and lower medical costs for the patients. Though there are many challenges in providing a high standard quality care at home, the home health care market at India is here to stay and India will soon become a radar among the world home healthcare market.

I am happy that I got a chance to practice my profession through an organization like Healthabove60. Through them, I got to meet many families who took a genuine interest in my well being and considered me as one of their own. I feel really blessed to be a part of Healthabove60, an organization that strives to work for the welfare of the society.

Ammu



I would like to thank Healthabove60 for providing me a great opportunity to be associated with them. They have taken care of all my needs including stay, travel and food by providing me the best facilities, one can get. Thanks to Healthabove60, I wake up each day with the chance of doing a beautiful service for the society.

Soundharya



## AT A GLANCE

WE HAVE COME A LONG WAY IN 1 YEAR  
A SUMMARY OF HEALTHABOVE60 ACTIVITIES

JULY 2014 - JULY 2015



129

NUMBER OF  
DOCTOR VISITS  
ATHOME

NUMBER OF  
PARAMEDICAL  
SERVICES  
ATHOME

209



416

NUMBER OF  
PATIENTS TREATED

NUMBER OF  
ENQUIRIES  
HANDLED

1451



Mr. Balakrishnan, aged 80 almost gave up hope on walking after his countless failed treatments from various hospitals. A year back, Balakrishnan had a fall at his garden which resulted him in getting his hip fractured. After a surgery to rectify the fractured hip, Balakrishnan thought he will be able to resume to his normal life after his recovery period of 2 months. But, suddenly things went downhill for him, as the incision made on his hip turned into an abscess. Immediately, he returned back to the hospital to get his wound checked and the doctors prescribed him certain medicines and ointments, but upon its application, no effects were seen. With every passing day, the infection was also getting aggravated with blood and pus oozing out of it. Soon, Balakrishnan's life started revolving around hospitals. He visited many hospitals across many cities to get his abscess treated.

However, he only got back a long list of medical bills with no relief. Almost 7 months went by and there was no change in his health status. But things suddenly changed, when his daughter made a phonecall to Healthabove60. The team at Healthabove60 took his case with swift action and Dr. Janakan made a visit to their house immediately to treat Balakrishnan. Upon consultation, Dr. Janakan examined his wound and studied his case history. After his observations, he immediately asked Balakrishnan to stop taking the existing medicines and prescribed new ones along with some natural home tips.

After the intake of new medicines and following the natural home treatment, Balakrishnan soon witnessed a vast improvement in his wound areas; the secretion of blood and pus started to reduce and the wound was starting to heal. Within 2 to 3 months, Balakrishnan's wound got completely healed and he was able to walk once again and resume to his normal life activities. Healthabove60 ensured timely follow ups with Balakrishnan to oversee his health condition and provided complete support to the family. Mr. Balakrishnan is one among the many patients who experienced a life-changing experience through one phone call to Healthabove60.