



Letter to the Editor

Dear Sir,

At present the medical set up in India is not prepared to face the expected rise of CVD and stroke. The facilities to document and fight CVD and stroke are very weak at present. The government alone cannot handle the great burden. NGO's, social organizations and individual philanthropists should come forward wholeheartedly to fight against CVD and stroke. The media including the TV and newspapers should contribute towards this goal by giving about 5% of their time and space for the public cause.

I propose a model clinic which will be a small room, equipped to measure BMI, check blood pressure and urine sugar by dipstick by one trained volunteer. The expenditure to run such a model clinic will be less than USD 100 per month. Anybody can utilize these facilities by paying 20 cents. Social

organizations or philanthropists can run this clinic with publicity by the media. These clinics will be cost effective, attract more people for checkup of risk factors and initiation of primary preventive modalities.

I intend to start a model clinic and if it is successful then the idea can spread further. If the WHF supports this endeavor, the chances of success will be enhanced.

Dr. Arun Chockalingam (CIHR, Canada) is running one such clinic in Karaikudi a small town in South India. I feel the number of such clinics should progressively be increased throughout the country with the help of WHF and local media.

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