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Secrets of diseases onset and modernization

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Arguably, present era is an era of science & technology. Breakthrough researches are being carried out in the field of medical science. Every year new drugs & devices down play the previous established drugs & principals. After every 2 to 3 years new guidelines (more appropriately for risk factors) for common diseases like hypertension, diabetes, dyslipidemia are published. Crux of the matter remains - **Are we progressing in the right direction?**

Answer is not very difficult to find, incidence of these risk factor are all time high, so the death rate. Modern medicine and devices have failed miserably to curb the rising menace of diseases despite strict adherence to the guideline. In the pursuit of health, we conveniently forget that treating the clinical feature of any disease can never eradicate the disease. Symptoms and signs of the disease are not the origin of the disease. Just dig a little bit deep, if we treat

Type 2 DM with established drugs as per the guidelines, there is practically no benefit in reduction of mortality, micro & macrovascular complications. Approximately 30 to 40 patients need to be treated to prevent one micro vascular event (NNT). In hypertension, more than 100 patients need to be treated to prevent one stroke, heart attack. Also in primary prevention trials of statin approximately 80 patients need to be treated to prevent one event. In secondary prevention trials approximately 40 patients need to be treated to prevent one event. This dismal scenario, clearly indicate that there are other some known, mostly unknown features that are responsible for the events to happen. These unknown features are clearly beyond the reach of modern medicine. This lecture is an attempt to highlight these hidden or not so well highlighted features, which are definitely responsible for modern epidemics.

Biography

Dr. Amardeep Garg is a consultant Cardiologist running his own Cardiac Care Centre Balaji Heart Institute, in Patiala since 2014. He worked as a consultant Interventional Cardiologist at Wockhardt Hospital, Surat and at Mukat Hospital, Chandigarh. He also served as a senior resident in AFMC, Pune as well. He topped his DM Exam held by MUHS in 2010. Dr. Amardeep Garg has served the Indian Army as a Medical Officer from 1995 to 2000. He has worked as a research associated in stem cell therapy for Ac. MI patients. He has also written paper on Prosthetic Valve Thrombosis & on Eisenmenger Syndrome in Cardiology update held at MH (CTC), Pune in 2009. He attended the FSCAI course in New Delhi and has performed thousands of Cath Lab Procedure. He is also international fellow of the European Society of Cardiology His keep interest is in researching the role of consciousness in disease origin

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