

My Experience with The AIIMS Cohort Study

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The All India Institute of Medical Sciences (AIIMS), Delhi, India's premier medical institute is doing a cohort study on the mental health (stroke and dementia) of elderly citizens of India, to understand how diet and lifestyle parameters affect their mental health. In the 8-year study, parameters such as BP, sugar levels, cholesterol, heart health, etc. will



be monitored. Residents like us, from Sector A, Pocket B&C, were randomly selected through word-of-mouth, as participants for this exercise.

Initially, a detailed questionnaire on our daily food habits was filled up, which was followed by a detailed medical check up at AIIMS. Pickup and drops were arranged by the AIIMS team. The detailed checkup at the AIIMS campus included various blood tests, ECG, Echocardiography, dental check-up, dietary patterns and memory testing. We were also given breakfast as many of us had reached there early morning. The people conducting the study were extremely professional, pleasant, thorough and took excellent care of us.

Besides this, a blood report on basic parameters such as blood glucose levels, creatinine, cholesterol, HDL direct, VLDL, LDL2, uric acid, etc. was also given to each of the participants. Other inputs and concerns, such as the heart health, dental or mental conditions were either told to us during the check-up or through the report. As stated by Dr. R C Shridhar, member, Health and Hygiene Committee, ARWS – "the study will help participants by way of predicting stroke related issues and support with preventive management. Crores of rupees are being spent on this study for over 8 years. Participants will benefit from free treatments and consultations at AIIMS Neurology department

during the study period, as required."

In addition, on the suggestion of the ARWS, the AIIMS study team organized a talk by the Chief Dietician of AIIMS – Dr. Aka Mohan Chutari on "what constitutes a good diet". The talk was in the form of an informative presentation held on January 30th morning, specifically targeted at persons over 50 years, followed by a detailed question answer session. Over 70 residents attended the session, which was easy to understand. The doctor was patient and answered all questions. A wonderful initiative by our ARWS. Many more such initiatives should be organized.

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