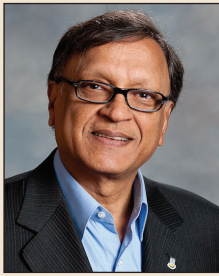


# Special Guest Editorial

## Health and South Asian Women



Dr. Arun K. Garg

Dr. Arun Garg's name is well recognized in South Asian community, as well as in the medical field of Canada and abroad. He has a deep passion for health of South Asian community. Founder and President of Canada-India Network Society (CINS), Dr. Garg successfully completed Canada-India Networking Initiative (CINI) 2014 and is gearing up for CINI 2018. He is the medical lead on Fraser Health's South Asian Health Institute. The Canadian Association of Physicians of Indian Heritage (CAIPH) recognized Dr. Garg with the CAIPH Lifetime Achievement Award at CINI 2014. He is the recipient of several other awards. He is also the advisor to the Dean of Health Sciences of British Columbia Institute of Technology (BCIT) on India and a clinical professor at University of British Columbia (UBC). He also served as the co-chair of the India Advisory Council for Simon Fraser University (SFU). The list is endless. We have only covered a tiny bit of what he has achieved and accomplished in his life, and what he has done for the community, as well as for SAW.

As a member of the Advisory Committee for *South Asian Woman* magazine, I am delighted to write this guest editorial. The editorial shares emerging vision of SAW with the readers. You may have noticed the new tag line on the front cover "Empowering Women, Transforming Society." This is a reflection on many years of the publication and makes statement about the vision of the magazine and sets its mission for serving its readers. This guides the editors in selecting articles and defines the role of the magazine. It is a pleasure to write an introductory editorial for the special health issue of the magazine. As a medical doctor of *Bharatiya* heritage, I am especially interested and committed to a healthy society in general and especially, South Asian community in the province. I am delighted that our community members and media are taking a keen interest in support of a healthy living. Our community has a unique set of problem. The prevalence of chronic diseases like kidney disease, high blood pressure, stroke, heart attack and above all, diabetes is much higher than the general community. In South Asia, the problem is even worse. So what is the link to this special issue? The vision of *South Asian Woman* magazine is empowering women and transforming society. What better way than to engage and support woman of our community to help build a healthier society! From my perspective, connection is real. All the above diseases are part of behaviour issues, like how we live, what we eat and other daily living matters. Women as mothers, sisters, wives and grandmothers play a significant role in influencing daily behaviour. We need to empower them with knowledge and wisdom about the cause and effect of behaviour on health. This issue and many others before and many to come after will do just that. From my perspective, genetics and issues on which we have little control account

for small percent in cause and effect of these chronic diseases. 80-20 rule suggests that 80 per cent of the reasons are self-made behaviour issues. So each one of us needs to play a role in lowering the burden of these chronic diseases and live healthier lives. This wisdom is not new; however, it needs to be re-emphasized, replayed and reintroduced with modern tools. This magazine with its print, website and social media can reach a large number of people, and I hope that our community will take it seriously. The impact is huge, as much as 10 per cent of GNP is lost due to these chronic disease issues. You do the mathematics; that is very large loss of quality of life. What is the wisdom? Avoid addiction of any type — be it alcohol, sugar or being a couch potato. Moderation and balance are the key. Get quality sleep: get full sleep cycle — listen to your body and it will guide you the best hours of your sleep and how much sleep you need; generally, good quality sleep for 6 to 8 hours is what one should be aiming for. "Let food be thy medicine..." (Hippocrates). Eat less; eat natural food; watch total calories; eat nuts, and most importantly, no added sugar or salt. No added sugar means no sugar in your tea or coffee, no *jalebis* or *petha*. In Indian diet, these are the major issues for diabetes. Women can play a very big role, as this starts right from pregnancy and carries on all through life. Light exercise, basic yoga of *pranayama* and *asana* can go a long way and lastly, mental awareness — self-awareness for happiness and inner peace. Once again, women play a significant role in influencing the family and thus, it is important that they have all the information to influence, nudge and most critically, change the behaviour of all the family members. On this special occasion of the Vaisakhi festival, a warm wish for a happy, healthy and prosperous life!

Arun Kumar Garg, MD

# CINI 2018: Canada and India — Connecting Dots, Building Health & Healthy Civil Society



Dr. Arun Kumar Garg,  
Founder, CINS



Deljit Bains, SAHI Leader at  
Fraser Health Authority



## CINI 2018

Canada India  
Networking  
Initiative

Joanne Curry,  
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Simon Fraser University



South Asian Woman has been a community media partner of the Canada India Network Initiative (CINI), organized by Canada India Network Society (CINS). We were there at the inaugural CINI 2010, supported the launch of South Asian Health Institute (SAHI) of Fraser Health in 2013 and collaborated with CINI 2014. SAW supported this initiative because of its vision and commitment to an outcome-focused agenda. Details can be found on [www.thecins.org](http://www.thecins.org).

The major outcome recommendation of 2010 was to establish a virtual South Asians-focused capacity building in Fraser to provide effective services, to engage the community in healthy living, awareness of health promotion and better health. The program is slowly building its capacity and the details can be found on the Fraser Health website for SAHI ([www.fraserhealth.ca/sahi](http://www.fraserhealth.ca/sahi)).

CINS, along with its partner British Columbia Institute of Technology (BCIT), is working with Public Health Foundation of India and Government of India — Ministry of Health in building framework for national strategy for skills and training in the field of allied health. Joint projects and research projects have been initiated and completed. Visit the CINS website and Canada India Network Society blog on Facebook, and follow on twitter @thecins for further information.

CINI 2018 is being organized by CINS and co-hosted by Fraser Health (FH) and Simon Fraser University (SFU). Added

feature of this conference is that is being held in conjunction with the mid-year meeting of Global Association of Physicians of Indian Origin (GAPIO), Canadian Association of Physicians of Indian Heritage (CAPIH) and the Canadian Physicians with Interest in South Asia (PISA) of BC. Right from the start, CINI has been a collaborative effort and as can be seen, it is being supported by all major provincial educational institutes and universities, industry and community organizations, besides the local media groups.

The theme of the conference is “Canada and India — Health and Healthy Civil Society — Building Links through Engagement, Innovation and Technology.” The conference will be a three-day affair from June 8 to 10, 2018. Most of the sessions will be held at the SFU Surrey campus. Sessions on Saturday will be showcasing projects, which are building the overall vision of a healthy community and once again, the focus is on the outcome and implementation of the recommendations. Some of the topics are “Sehat (FH-SAHI);” “Palliative Care (Two World-IHSTS);” “E-Health (UBC);” “Health Quality” and “Accreditation in India (GAPIO);” and “Diabetes (UBC) and Technology (BCIT).”

One of the major supporters is BCIT. The conference will be presenting some of the projects being carried out in the area of capacity building in innovative technology. This area of technology is of great interest to local organizations, like Innovation Boulevard — a project of SFU, City of Surrey, Fraser Health and industry.

CINI 2018 hopes to connect the dots and bring major players in IT/IM, life sciences and communication together for future collaboration.

Chronic diseases, like heart disease, diabetes, high blood pressure and kidney disease continue to be a major issue, and CINI 2018 will focus on some of the projects, which have been initiated by FH-SAHI, and again link them with prospective partners globally through GAPIO and CAPIH.

Sunday is very special, where wellness and healthy society will be seen through engagement with the community, role of integrative medicine, ancient wisdom of health through yoga, Ayurveda and Chinese medicine. CINS is hoping to have collaboration with the local universities for future links, and educational and evaluation projects in this emerging area. Experiential yoga will be a part of the program. Invitation has been extended to local Institutes, engaged in integrative medicine. Special invitation has been given to Swami Ramdev and Acharya Balakrishnaji of Patanjali, India to attend the conference as in CINI 2010.

It is expected that over 100 international and local leaders will attend the conference by invitation. The signature banquet will be on Saturday, June 9, 2018.

CINI 2018 will build capacity locally, initiate projects locally and support local initiatives, along with the vision to build network with India, and provide global opportunities.