



## Dear Doctor, Is Your Health Good Enough? Let Us Exercise

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### Dear Editor,

The nation's health lies hugely in the medical decision-making and surgical performance of doctors. So, a doctor needs to perform in the best possible mental and physical state. But is the doctors' present health good enough to tackle emergencies? 57% of frontline workers in New York City were noted to face acute stress leading to anxiety (33%) and depressive symptoms (48%) [1].

The physical and mental health in the medical profession affects not only professional but also personal life. In populated countries like India where the doctor-patient ratio is yet to reach a satisfactory level, the pressure on doctors will remain high; they will continue to face irregularities in their daily routine and have to deal with tough situations. Doctors are reported to be "the worst patients," and like common people, most of them are getting silently killed by the curse of a sedentary lifestyle, tobacco, alcohol, and stress. More unfortunately, they rarely report health issues to fellow doctors for multiple reasons:

1. Not having enough time to address own medical reasons.
2. Fear of being diagnosed with a health problem that may be made public and may affect the professional career.
3. A pseudo-confidence in self-assessment (not always right).

As a part of lifestyle modification, exercise has an unquestionable role. But hitting gyms regularly with the busy schedule is practically impossible. How can we complete an effective exercise in a brief time? Push-ups is one of

them that consumes the least time: a compound exercise that strengthens multiple muscle groups at once, including muscles of the chest, upper back, and arm (biceps, triceps). They also help build core strength, which is important for good posture and balance. It prevents osteoporosis, improves cardiovascular health, increases flexibility, and helps lose weight. It is a no-cost, fast, and simple measure that may be a useful clinical assessment tool (a surrogate estimate of functional capacity and cardiovascular disease risk). In a ten-year longitudinal study, participants who could complete over 40 push-ups were associated with a significant reduction in cardiovascular disease [2]. This exercise may improve psychological resilience, decrease the incidence of anxiety/depression, provide self-confidence, improve stamina and strength. Exercise can boost immune function, increase immunovigilance, and improve immune competence, thereby helping control of pathogens [3,4] (important as a doctor has to work in a diseased environment). Thus, doctors can set an example for the young generation to follow to make a healthier nation.

### References

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