

My website, one year on.....!

Last year on July 21st, I published my first weekly article, promising my readers that I will endeavour to see that weekly article is posted every weekend. I did not realise that it is going to be a daunting task and whether I will be able to keep my promise. Although it has been tough at times, especially as the time goes on, the subject matter to cover the week and still be meaningful has been challenging to say the least. Fortunately, I have been able to continue with it and out of possible 52 weeks, 50 “This Week” were posted.

My sincere thanks to all those who read what was posted and hope that it made some sense and that it has been a worthwhile exercise, both for me and the readers. Just over 81 unique visitors per week and on average 2.2 page visits by each visitor is encouraging. (see graph below)

The site is hosted on a very commercial platform, but it is not for any monetary gains and is purely educational, although some aspects of recreation is added to demonstrate my other interests linked to hopefully healthy mind and body. It was a challenging task to start with, but over time I have learnt to use the platform to my best advantage. I spend about 6-8 hours, sometime more, over the weekend to publish what I have planned over the week. Apart from sharing my views and experience in Public Health, it is also an exercise to keep my faculties in line with the constantly evolving subject and mix old and new to the best advantage.

It was my long-time dream to have a website where I could share my life's public health experience of almost half a century. Practicing medicine has made me realise that there is more to health than just the illness care and that is the message I want to disseminate, hence the website and my remaining years of part time work. There is a clear distinction made into Public Health and Medicine. (see attachment below). It has been said that doctor is a teacher first. I believe, every medicine man should be first a teacher (prevention and public health) and then specialising in any aspect of Medicine, because there is not a single medical problem which does not require preventive aspects of public health or benefits from it. I have tried to explain this in my weekly article of January 5, 2019 [“General Practice and Public Health; let us arrange a marriage!”](#)

Subject wise, maternal and child health (MCH) and primary health care (PHC) has been close to my heart and I have relentlessly promoted the strengthening of the two for better health, particularly in low and middle income countries. I believe, and my experience supports it, that if we concentrate on MCH at PHC level, covering the whole catchment population, the health indicators would rapidly improve towards betterment. With the advances in information technology (IT), it has become imperative to adopt the IT at the PHC and address the needs of the populations rather than just the individuals for illness care. The other area, which I have been involved with for the last fifteen years, is corporate social responsibility. Large development projects (corporates) have a responsibility to do something lasting for the impacted communities. I have shared all these aspects of public health in the website and keep picking up a number of them repeatedly under my weekly blog. (you can access all previous posts under Home > Old Items)

It is a site for anyone and everyone, not necessarily for medical professionals, but I hope professionals are reading it as there is a lot to think about where medicine is going today. It is important to empower people, so that they can take control of their own health and in a responsible manner to try to be healthy by actively leading a healthy lifestyle. There is ample of evidence around us to support this.

I certainly do not want to hog this site and would welcome with open arms any contribution to this site, with full acknowledgements, on the same principles described under this site. The purpose of this

site is outlined in pages, "HOME" and "ABOUT".

I hope you will continue to read this site and please provide feedback through a number of ways as outlined in the website.

Thank you for taking interest in the site.

[Distinction between Public Health and Medicine.](#) Harvard T H Chan School of Public Health

