



# EDEMA

## INDIA 2023

### Consensus Guidelines and Screening Score for Edema

Dear Members,

I am writing to you today to share exciting news about the Association of Physicians of India (API). On 13<sup>th</sup> August '2023, API launched the **Edema Consensus Guidelines - India's 1<sup>st</sup> ever** Edema Screening Score, a groundbreaking advancement in the field of medicine.

Pedal Edema is a common presentation of various Systemic diseases among Indian Population which is missed most of the time in asymptomatic cases. A recent paper publication suggested that in India there is 41.8% of Hypertension and Type 2 Diabetes patients above 50 years of age represented Pitting Edema, which left undiagnosed may lead to cardio-renal complications.

**The API Edema Consensus Guidelines are a comprehensive set of recommendations for understanding of the pathophysiological basis of Pedal Edema & its Systematic approach towards a patient to narrow down to right cause.**

**The API Edema Consensus Guidelines and Edema Screening Score are a major step forward in the fight against edema. These tools will help clinicians to better diagnosis and manage of edema, leading to improved patient outcomes.**

In addition to the API Edema Consensus Guidelines and Edema Screening Score, API is also **proud to announce a new partnership with Cipla** to provide support to API in the **dissemination of the guidelines and screening score to our members via physical/digital platforms.**

I must put on records the excellent vision by Dr. Girish Mathur, our President & the excellent efforts put by editorial board comprising of Dr. Das Amit Kumar, Dr. Mohan G., Dr. Saxena Puneet, Dr. Ghosh Udas Chandra, Dr. Pal Jyotirmoy, Dr. Sharma D.C., Dr. Joshi Shashank R., Dr. Pareek K.K., Dr. Tiwaskar Mangesh, Dr. K. Sajeev, Dr. Pandya Sanjay, Dr. Upadhyay Rajesh, Dr. Mehta Nihar, Dr. Saraf Amit A., Dr. Wander Gurpreet Singh.

I wish, hope & pray that this partnership between API & Cipla goes a long way in improving our approach to Edema. Hope the publication finds a place on your desk & family physicians & students get the advantage of our efforts.

Thank you for your time.

**Dr. Agam Vora**

*Hon. General Secretary*

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## API Announces India's 1<sup>st</sup> National Edema Day

Dear API Members,

I am writing to you today to announce that the Association of Physician of India (API) has designated September 25<sup>th</sup> as National Edema Day. This day is being created to raise awareness of edema and to encourage early screening and diagnosis.

Pedal Edema is a common presentation of various Systemic diseases among Indian Population which is missed most of the time in asymptomatic cases. A recent paper publication suggested that in India there is 41.8% of Hypertension and Type 2 Diabetes patients above 50 years of age represented Pitting Edema, which left undiagnosed may lead to cardio-renal complications. Edema can be a serious condition, but it is often treatable.

The goal of National Edema Day is to educate the public about edema and to encourage people to see a doctor if they experience any of the symptoms, such as swelling in the hands, feet, ankles, or legs. We will also be driving edema patient screening and patient awareness on edema.

I urge you to join us in supporting National Edema Day. Please help us to raise awareness of this important condition and to encourage early screening and diagnosis.

Thank you for your time.

**Dr. Agam Vora**

*Hon. General Secretary*

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