

# Editorial

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## Physician—Heel Thyself

Greetings to the readership of the Hypertension Journal. It gives me great pleasure to inform you that the Journal is doing very well in terms of academic recognition and acceptance by the medical community in South Asia. I want to thank the editorial board, contributors, and readers for making the Hypertension Journal, a flagship in South Asia.

In this issue, you will find a special article by Dr Uday Jadhav on how he sets an example to his patients by staying fit. As doctors, we advise the patients to maintain good habits and hygienic life-style. But patients will trust us only when the medical profession sets a practical example. Thus, Dr Jadhav's personal life of staying fit and avoid weight gain is a living proof that doctors can be the role models for their patients and families in leading a healthy life. Kudos to Dr Jadhav, an eminent and reputed cardiologist in the country for being a shining example. The community will benefit from emulating Dr Jadhav to obtain freedom from cardiovascular diseases--- by healthy living!



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