

Why Preventive Medicine Is Finally Getting the Attention It Deserves in South Delhi



[Pacific OneHealth](#) is a growing chain of micro hospitals with facilities in Lajpat Nagar, Dwarka, and Karol Bagh, three of South Delhi's most densely populated residential corridors. The group runs more than 35 specialties under one roof, including Cardiology, Neurology, Orthopaedics, Gynaecology, Bariatric Surgery, Oncology, Dermatology, and Preventive Medicine. With over 2,500 patients treated, 50+ specialist doctors, and a 4.9 Google rating, it has become one of the most trusted neighbourhood healthcare destinations in the city.

The Problem With How We Handle Health in India

Most people in India only see a doctor when something has already gone wrong. By the time diabetes shows up on a report, it has been building in the body for years. By the time a cardiac event happens, the warning signs weight gain, poor sleep, elevated triglycerides, and creeping blood pressure were all there and ignored. The healthcare system is designed around treatment. Prevention gets very little serious attention.

That is starting to change, partly because of what [Pacific OneHealth Hospital](#) has built into its clinical model from the start: a dedicated Preventive Health and Metabolic Diseases programme that treats the body before it breaks down, not after.

The Doctor Running the Programme

[Dr. Aijaz Ilmi](#) is the Senior Consultant and Head of Preventive Medicine at the Lajpat Nagar facility. He brings over 35 years of clinical experience in metabolic and preventive health a span of practice that covers most of the ways chronic disease develops, progresses, and can be interrupted before it becomes a crisis.

His approach starts at the cellular level. Rather than treating symptoms as they appear, Dr. Ilmi focuses on identifying the underlying pathology of chronic disease the metabolic disruptions, nutritional deficiencies, and lifestyle patterns that sit at the root of conditions like obesity, Type 2 diabetes, hypertension, and hormonal imbalance. From there, he designs personalized interventions that combine diagnostics, nutrition, and lifestyle medicine into a single, coherent plan for the patient.

What separates his practice from the standard preventive health consultation is the follow-through. A health check-up that produces a report nobody explains is not preventive care it is paperwork. Dr. Ilmi's model is built around understanding what the numbers mean and what to do about them before the numbers get worse.

Beyond the Clinic

Dr. Ilmi does not limit his work to patients who walk through a hospital door. He actively runs wellness programmes in schools and colleges lectures, workshops, and structured interventions focused on nutrition, metabolic health, and early lifestyle choices. The logic is straightforward: if you can reach a twenty-year-old before they develop the habits that cause chronic disease at forty, you have done more than any medication can.

He also works across corporate ecosystems, helping organisations build health resilience in their workforce through targeted wellness programmes. Preventive care in this context is not just personal it is institutional.

What This Means for Patients in Lajpat Nagar

[Pacific OneHealth Hospital Lajpat Nagar](#) is located on Ring Road, Lajpat Nagar 4, accessible for residents of South Delhi without a cross-city trip. The facility runs six days a week, Monday to Saturday, and the range of specialties available means a patient can see Dr. Ilmi for a

metabolic assessment and follow up with a cardiologist, gynaecologist, or endocrinologist in the same building on the same day.

That integration is not a small thing. Most preventive health concerns are not isolated. A person managing weight and blood sugar also needs their lipid profile monitored, their thyroid checked, and possibly their hormones looked at. When all of that can happen in one place, under doctors who communicate with each other, the quality of care is different from what most outpatient settings offer.

Conclusion

Chronic disease is not inevitable. It is, more often than not, the outcome of years of unaddressed signals that the body was sending and no one was listening to. Dr. Ilmi's practice is built around listening early and doing something about what is heard.

South Delhi now has a facility where that kind of medicine is actually practised not as a niche service tucked into a corner of a large hospital, but as a core part of what the group offers to every patient who walks in. If you have been putting off a proper health review, or if you have been managing numbers that keep creeping in the wrong direction, the right time to act was yesterday. The next best time is now.

To book a consultation or learn more about the Preventive Health programme, visit pacificonehealth.com