



'Health, Wellness & More...'

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Snippets

Reading makes you happier!

There can be no better friend than a book! Reading relaxes and helps tackle a person's depression. Start reading and feel the depression slowly seep out of you. A book transports you to a different world and takes you away from your worries. The act of reading or listening to someone reading out a story triggers the mirror neurons in our brains, which in turn causes our muscles to get worked up, this makes them perform better when you need them in real life.

A healthy outside starts from the inside

~ Robert Ulrich

3 SELF EXAMINATION IS THE FIRST STEP TO EARLY DETECTION

1 Check both breasts each month (one week after period) feeling for any lump, thickening, or hardened knot

2 Look for any changes in the contour, any swelling / dimpling of the skin or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match - few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side

3 Place a pillow under your right shoulder and your right arm behind your head. Using your left hand squeeze the nipple; check for discharge and lumps. Repeat this step for your left breast



Surviving Breast Cancer

Nattie's triumph over the 'Dreaded Disease'



When my Doctor told me I had breast cancer I was shattered. My first reaction was utter disbelief! I had always been very health conscious. I exercised regularly, maintained regular eating and sleeping habits, never drank or smoked, so how could I have this dreaded disease? It took me a while to come to grips with this reality, but I was determined not to let this defeat me."

Nattie Yadav, a young and fit woman of 34, from Hazaribagh, Jharkhand, was happily married to Atul Yadav with two beautiful daughters aged 2 and 9. In the winter of 2013, Nattie, as a result of one of her self-examination sessions, felt a lump on her left breast. Health conscious as she was, Nattie immediately consulted a doctor in the local cancer hospital and was advised an FNAC (a diagnostic procedure to test lumps for malignancy). The result said that the lump was benign.

Not convinced, Nattie went for a second opinion and this time was asked to undergo Mammogram and USG. The results stated that Nattie was suffering from mere Fibrotic Breast Disease and the lump was only the result of dense tissues. She was prescribed a few medicines and told that she had nothing to worry about.

However, the lump remained, gradually grew hard and started causing pain. Nattie went to the doctor a third time, had a USG done again and the results yet again stated Inflammation, dense tissues as the cause. She was prescribed antibiotics for 10 days. But when those 10 days were up, absolutely nothing had changed. It was then that Nattie went for a biopsy as advised by her Doctor and was told that she had Breast Cancer Stage 3.

Things did not look good, but Nattie and her husband were not ready to give up. They decided to come to Kolkata to seek the opinion of a breast disease specialist. They were referred to Dr Tapti Sen. After examining her and running some tests, Dr Sen gave her hope. The treatment would be long and at times uncomfortable, but she needed to have faith, the Doctor told her. Her treatment

began under the supervision of Dr Sen and Oncologist Dr Chanchal Goswami. In December 2013 Nattie underwent Mastectomy. After the surgery she had to undergo 8 cycles of Chemotherapy. It was a difficult time, but her husband stood by her like a rock and her doctors were by her throughout, encouraging her to overcome the pain and discomfort. But she held on and today Nattie is cured of the disease and feels completely fit and back to her



Nattie (Left) with Dr Sen

old routine. "I would say I am better now than I was before! I feel more energetic and I do an hour and a half of aerobics and jogging everyday! Even the migraine I had since the last 12 years has gone!"

Ask Us

1. I have felt a lump in my breast, should I be worried?

80% of breast lumps are non-cancerous. However, it is advisable to consult a breast specialist, who may recommend some tests to rule out malignancy

2. Can I inherit breast cancer from my mother?

No and yes. Only 1 out of 10 women have been found to inherit breast cancer. This is caused by an abnormal gene that may or may not get passed on

3. Are mammograms painful?

Mammography can cause a little discomfort as it compresses the breasts, it is however usually not painful

4. Does an abnormal mammogram mean cancer?

No. An abnormal mammogram may be due to a mass formed by calcium deposits, overlapping of breast structures or many other factors. Based on the type of abnormality found, your Doctor would recommend other tests, if cancer is suspected. In most cases the abnormality is found to be benign

5. Does smoking increase the risk of breast cancer?

Smoking is a risk factor for all kinds of cancer, including cancer of the breast

6. Breast pain is a problem I suffer from quite often. Should I be worried?

Non cyclic breast pain can be caused due to various non-cancerous breast conditions. It is advisable to consult a specialist to rule out infections

DOCTOR SPEAK

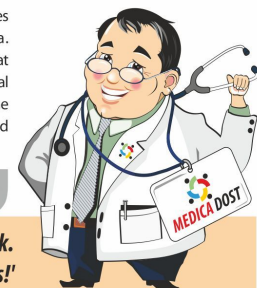
Dr. Tapti Sen
Sr. Breast Disease Specialist & Surgeon

Nattie's strong will and her husband's undying support helped her get through this most difficult period of her life. When she came to us, she was already suffering from Stage 3 cancer. For her treatment to be successful, we needed her to believe in us and never to lose hope.

PATIENT SPEAK

Nattie Yadav
Both Dr. Goswami and Dr. Sen are very very good! The best thing I like about them is their human approach. They are very good at explaining things to you and more importantly they are so positive, they are a big support to the patients, always available over the phone even for small problems.

Mr. Atul Yadav
(Nattie's husband)
We had gone to various places in Bombay and Calcutta. About Medica, I must say that it's a very cost effective, ethical and patient friendly place. The hygiene levels maintained here are of an International Standard.



'Sunlight, Stress-buster, Stamina - the 3 big health benefits of a Morning Walk. Get 30 mins daily for best results!'

HEALTH AWARENESS / TIPS



World pair figure skating champion **Sergie Grinkov** already had four world champion, and two Olympic trophies under his belt by the time he was 28. Pairing with his wife **Gordeeva**, he won his first World Champion trophy when he was just 18 and the pair became known for their quiet glide over ice, making no noise as they glided. A darling of the crowds wherever he performed, the Russian ice skater was just 28 on 20th November 1995, when he suddenly collapsed while practicing at Lake Placid in New York, for the upcoming 'Stars on Ice' tour, and died of a massive heart attack. Doctors found he had severely clogged arteries. He also had a genetic risk factor (PLA-2 variant) linked with premature heart attacks. The risk factor is now also known as the 'Grinkov risk factor'.



Brazilian footballer **Cristiano Sebastiao de Lima Junior** was known for his sublime skills as the forward for India soccer club Dempo (Goa). Earlier, he had formed an elite strike partnership with India's

Sudden Cardiac Arrest



ace footballer **Baichung Bhutia**, with the pair leading Kolkata Club East Bengal to victory in the league championship games. Playing for Dempo in Federation Cup finals against Mohun Bagan on 5th December 2004, Cristiano Junior collided with the opposition team goalkeeper and collapsed. Attempts to revive him on field were unsuccessful and he was rushed to a nearby hospital, where he was pronounced brought dead. Autopsy revealed he had died of cardiac arrest. He was only 25.

Arrest in young athletes is not an uncommon phenomenon

Young athletes aged between 25 and 35, with no previously known symptoms, have been known to collapse while playing and die due to cardiac arrest. Argentinian footballer **Christian Gomez**, professional basketball player **Gilbert D Bulawan** from Phillipines, swimmer **Alexander Dale Oen**, wrestler **Eddie Guerrero**, Marathon runner **Ryan Shay**, to name just a few, are all victims of sudden cardiac death.

It has been seen that the sudden cardiac arrest syndrome affects men more than women. The arrest occurs without warning and is usually triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart is unable to pump blood to the brain, lungs and other organs, and within seconds the person loses consciousness and has no pulse. If the victim does not receive treatment immediately, death occurs within minutes of the attack.

Signs of sudden cardiac arrest include

- Unconsciousness
- Irregular or no breathing
- Chest pain
- Discomfort in one or both arms or in the back, neck, or jaw
- Unexplained shortness of breath

With each passing minute after a sudden cardiac arrest, the survival chances of a person diminish by 10 percent. Unless revived immediately by CPR or with defibrillator, the person will go into coma leading to eventual death. **Fortunately, star basketball player Mike Papale survived because of the quick reaction of an EMT, who immediately initiated CPR and the chain of survival.**

Are Heart Attack and Cardiac Arrest the same?

No, Sudden Cardiac Arrest is not a Heart Attack (myocardial infarction). A heart attack occurs when blood flow to the heart is blocked, and sudden cardiac arrest occurs when the heart malfunctions and suddenly stops beating unexpectedly. A heart attack is a "circulation" problem whereas a sudden cardiac arrest is an "electrical" problem. Sudden Cardiac Arrest, however, may occur post a heart attack

Conditions that can trigger Sudden Cardiac Arrest include:

- Coronary artery disease - This is the most common cause of sudden cardiac arrest in people with age above 35
- Cardiomyopathy - When

you have this condition, your heart muscle becomes enlarged/thick and weakened

- Long QT syndrome and Brugada syndrome -It is a disorder of the heart's electrical system which leads to abnormal heart rhythms
- Marfan syndrome - it is an inherited disorder which causes parts of the heart to stretch and become weak
- Heart birth defects - Risk could be due to unidentified congenital defect, however, even if a person has had surgery to correct a heart defect at birth, he or she is still at risk of sudden cardiac arrest

Know the risk factors

- Generically, men are more at risk that women
- The risk increases with age in both men and women, however, this does not hold true for people who have already been diagnosed with heart disease and are under treatment
- A previous episode of cardiac arrest or heart attack
- A family history of cardiac arrest or heart disease
- Hypertension, obesity, smoking habit, elevated sugar and cholesterol levels increases the risk

Treatment & Prevention

As in most cases sudden cardiac arrest occurs without any previously identified symptoms, prevention is difficult. However, in people with known family history of heart disease or with any other risk factor, it is advisable to go for regular consultations



and check-ups. Sudden Cardiac Arrest requires emergency treatment, which includes CPR



(Cardio Pulmonary Resuscitation) and/or Defibrillation (electric shock to the heart) for reviving the victim. Post revival the patient needs to be transferred to an emergency cardiac care unit and may need medical (with drugs), interventional (angioplasty) or surgical (Bypass) treatment.

MEDICA HELPLINES

- May I Help You: **66520154**
- Health Check-up: **7044045677, 9230089704**
- Corporate Desk: **9230011834**
- Physical Therapy & Rehabilitation. **7044025087 (Home Service)**
- Home Collection Service **9007002626**
- Pharmacy Home Delivery **8100600100**
- Medica Home Care Services: **8100500100**
- Emergency & Ambulance **66520100**

CHEST PAIN? RULE OUT HEART ATTACK

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 Kolkata 700099

NEWS & EVENTS @ MEDICA

World Physiotherapy Day

RANCHI

On 8th September '17, Bhagwan Mahavir Medica Superspecialty Hospital, Ranchi, celebrated "World Physiotherapy Day" in the hospital



lobby in the presence of Dr. Alok Roy, Chairman, Medica Group, Dr. Sanjay Kumar, Vice- Chairman BMMSH, Dr. Rahul Sinha, Orthopaedic Consultant, & Team Physiotherapy. The doctors advised people to stay fit and keep moving. Dr. Monoj Hembrom, Head, Department of Physiotherapy stressed on the need for physical activity to lead a healthy life and the importance of physiotherapy in our day to day life. The activity helped to raise awareness about the crucial contribution of physiotherapists to keep us well, mobile and independent.

USG-RA Workshop - Kolkata

Department of Anaesthesiology and Pain

Medicine conducted a one day workshop on Ultrasound Guided Regional Anaesthesia on 17th September 2017 at Medica Superspecialty Hospital, Kolkata successfully.

The workshop was attended by more than 50 delegates comprising students, practicing anaesthesiologists and many senior consultants of reputed Corporate Hospitals. This workshop was organized with the aim of introducing the basics of ultrasound guided nerve blocks for acute pain medicine. The participant were



introduced to the fundamentals of sono-anatomy and scanning techniques so that they found greater enthusiasm and confidence in using regional anaesthesia more often.



World Heart Day Event

PATNA

On the Occasion of "World Heart Day" Medica Heart Institute, Patna organized a Healthy Heart Seminar in association with Dainik Jagran. It was inaugurated by veterans from the medical field like Dr. C P Thakur (Padma Bhushan), Dr. Gopal Prasad, Dr. S N Arya, Dr. Indu Bhusan Sinha & Senior Cardiologist Dr. Prabhat Kumar, Vice-Chairman Medica.

The interactive sessions not only helped to spread awareness among the general public about heart diseases, but they also elaborated on how healthy food and simple lifestyle modification could help to keep the heart healthy.

The Cardiac specialists at the seminar, advised people about balanced diets, exercise and lifestyle changes required to protect themselves from different types of



cardiac diseases. Increase in physical activity, avoidance of oily food and Red Meat could also help to keep the heart healthy. They also stressed on how understanding the sign and symptoms of heart disease early and timely treatment could help to prevent further complications. The seminar was a great success and the audience were happy to have such renowned doctors interact with them freely.

MEDICA

BUZZ

Care you can Trust...
...in the Comfort of your Home

MEDICA Home Care Services
health at your doorstep

- A relative with a chronic ailment requiring frequent hospital visits
- Elderly parents of a busy executive requiring constant medical support
- A family elder requiring constant monitoring post a critical surgery
- An NRI with parents in Kolkata with no local support to take care of medical emergencies

These are familiar scenarios in almost all our homes today. Keeping in mind the growing need for accessibility and affordability to specialized healthcare, Medica launched Home Care Services in 2014. The service provides complete home support to cater to the

medical needs of people requiring constant monitoring and continued medical care at home. With facilities including home-hospital set up, 24 hour health assistant/nursing support, Doctors' home visits as and when required, medicine monitoring and home delivery, at home diagnostic facilities and dedicated

care manager for complete and personalized help, Medica Home Care Services comes with the added advantage of being attached to the super-specialised services of Medica Hospital.

Post registration (at a one-time nominal charge), the registrant can choose from the bouquet of services offered (pay as you use) depending on the requirement. The facilities offered include buying/renting of medical devices

(including after-sales maintenance), critical care support at home, rehab services, nutritional consultation, online meal planning, dedicated personnel for organizing Doctors' consultation, follow up at hospital (in case of hospitalization) and e-health book support for hassle free maintaining of medical records. Medica Home Care Services aims to provide superspecialised healthcare services in the comfort of your home.



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HEALTH NEWS

Sitting too much at work! Exercise can save you

Cutting back on the time you spend sitting may not be easy due to work responsibilities, but there are ways to work around it...

- Go ahead, do some desk-exercise:** Take a break at least twice a day and do stretching exercises. Extend your arms outwards and bend sideways. Hold and release. You can also do shoulder shrugs and rolls as well as lunges by the desk. You can also have an office group spin sessions for half an hour in the day where people can do an endurance workout together.
- Take a lunch hour stroll:** Simply get out of the chair and get moving. Take a walk around the block during lunch time or if you are heading downstairs, climb up or down using the stairs. This is said to make a difference in



glucose levels, lipids and body mass index.

- Try a walking meeting:** Pack a pair of slippers to the office, for the new fad is to do a walking meeting. Several companies, even in Mumbai, are resorting to taking the daily meeting out on the terrace or in a park. Not only does this burn calories, but the exercise builds adrenaline and circulation and adds to the bonhomie. We like!
- Sit-stand offices:** Several companies in the West have adapted a sit-stand workstation, where employees are encouraged to stand more than sit. Being on the feet this way is said to prevent clots and joint aches that are known to occur during sedentary periods. This transition from completely sitting is also said to eliminate musculoskeletal pain.

Source: *The Times of India*

Black tea may help you shed extra kilos Want to get rid of those extra kilos?



Grab a cup of black tea, say scientists who have found that the beverage may promote weight loss by encouraging growth of metabolism-boosting bacteria.

Researchers at University of California, Los Angeles (UCLA) found that both black and green tea changed the ratio of intestinal bacteria in mice. They noted that the percentage of bacteria associated with obesity decreased, while bacteria associated with lean body mass increased.

Previous studies show that chemicals in green tea called polyphenols are absorbed and alter the energy metabolism in the liver. The new study, published in the *European Journal of Nutrition*, shows that black tea polyphenols, which are too large to be absorbed in the small intestine, stimulate the growth of gut bacterium and the formation of short-chain fatty acids, a type of bacterial metabolites that has been shown to alter energy metabolism in the liver.

The results suggest that both green and black teas are prebiotics, substances that induce the growth of good microorganisms that contribute to a person's wellbeing, researchers said. "It was known that green tea polyphenols are more effective and offer more health benefits than black tea polyphenols since green tea chemicals are absorbed into the blood and tissue," said Susanne Henning, professor at UCLA. "Black tea, through a specific mechanism through the gut microbiome, may also contribute to good health and weight loss," Henning said.

Source: *The Times of India*

Chinese robot performs world's first dental surgery

A robot dentist has carried out the first successful autonomous implant surgery by fitting two new teeth into a woman's mouth, media reports from China said. Although there were human medical staff present during the operation, they did not play an active role while it was being carried out. The one-hour procedure took place in Xi'an, Shaanxi, according to China's Science and Technology Daily. The implants were fitted within a margin of error of 0.2-0.3mm, reaching the required standard for this kind of operation, experts said. The technology was designed to overcome the country's shortage of qualified dentists and frequent surgical errors. It was developed jointly by the Fourth Military Medical University's Affiliated Stomatology Hospital, based in Xi'an, and the robot institute at Beihang University in Beijing over the past four years.

According to Dr Zhao Yimin, a leading oral rehabilitation specialist, the robot combines dentists' expertise and the benefits of technology. It conducts the surgery by itself so it can avoid faults caused by human error. The artificial teeth it implanted were created by 3D printing, he added.

A recent survey in China has found that there were about 400 million patients who needed new teeth, but that the number of qualified dentists was lagging far behind demand.

Around one million implants are carried out across the country each year and the delays patients face can often cause further problems after surgery has been conducted.

The report on the surgery pointed out that dental surgeons are working within a small space inside the mouth, including some areas that are hard to see, which often makes surgery difficult to carry out. The use of robots could help get around that.

Before the operation, dental staff fitted equipment to the patient. They then programmed the robot to move into the correct position to carry out the operation, and



Courtesy: Stomatological Hospital
OPEN WIDE: Artificial teeth created by 3D printing were implanted in a woman's mouth

determined the movements, needed to fit the new teeth. In recent years robots have been used to assist dentists with procedures such as root canal surgery and orthodontic operations. In March, US Food and Drug Administration approved the use of a robot system named Yomi, designed to assist human surgeons when fitting implants.
Source: *The Times of India*

Insufficient Sleep

May Add More Than An Inch To Your Waist, Study Suggests

Now, the connection between sleep and weight gain has been well established. Numerous studies have provided evidence that sleeping too little - less than five hours - messes with your hormones, slows down your metabolism and reprograms your body to eat more.

But just how serious are the consequences in terms of numbers?

A new study published in *PLOS One* takes a stab at this question by studying the relationship between sleep duration and a number of quantifiable factors: Waist circumference, blood pressure, lipids, glucose, thyroid hormones and other important measures of a person's metabolic profile. The research, led by the Leeds Institute of Cardiovascular and Metabolic Medicine and the School of Food Science and Nutrition, involved 1,615 people ages 19 to 65 in Great Britain.

The most striking suggestion was that getting insufficient sleep may make you go up a clothing size.

People in the study who were sleeping an average of six hours each night had waist measurements about 1.2 inches (or 3 centimeters) more than those getting nine hours of sleep a night. Those with less sleep also weighed more. The relationship between more sleep and smaller waists and a lower

body mass index (BMI) appeared to be almost linear, as shown below.

The findings appear to contradict other studies that show that too much sleep - nine hours or more - might have a similar impact on the body as too little sleep. This new study appears to show that waist circumference and BMI are lowest for those with 12 hours of sleep.

The theory of why this relationship exists has to do with two hormones that help tell you when to eat and when to stop. Less sleep upsets the balance, making you eat more. Combine that with the slower metabolism that people with lack of sleep appear to have it's no wonder that people are prone to becoming larger and gaining weight.

The *PLOS One* study also found another worrisome difference between people who had sufficient and insufficient sleep. They found that shorter sleep appeared to be linked with reduced levels of HDL or "good" cholesterol in the blood.

Researcher Greg Potter of Leeds, a co-author, expressed concern that insufficient sleep may contribute to obesity and type 2 diabetes: "Understanding why people gain weight has crucial implications for public health."
Source: *NDTV*