

# 'Health, Wellness & More...'

www.medicahospitals.in

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## Snippets

### Salt or no salt is the question!

A recent Canadian study has found that a very low sodium diet may not be a 'healthy' idea after all! Sodium is essential for a body to keep functioning normally. Three to five grams of salt (a little less than a teaspoonful) spread throughout the day is ideal, the study suggests

### Travel Safe!

A sudden virus outbreak, terrorist attack/civil war or natural disaster...realities of today's world that can become a traveler's nightmare. Crisis management firms are promising to provide the help needed when a traveler is stuck in a situation like this. From emergency evacuation to insurance and coordinating traveling documents, etc., these firms take over when crisis strikes while you are on the move.

### 5 TIPS TO PREVENT ADENOID INFECTION

1 GARLIC SOOTHES THROAT, RELIEVES INFLAMMATION

VITAMIN C SUPPLEMENTS BOOST IMMUNITY & FIGHT INFECTIONS 2

3 WARM SALT WATER GARGLE WORKS WONDERS

4 SMOKING, ACTIVE OR PASSIVE, SHOULD BE AVOIDED

5 TOO MUCH OF PROCESSED FOOD AGGRAVATES SUCH CONDITIONS

## Swollen adenoids removal surgery had... Young Sahasvat



Hyperactive and very naughty, Sahasvat and Kyra were like any other 4-year-olds, tiring out their mother with their little tricks and unending questions. Their health was one thing she, however, had never had to worry about. Apart from minor coughs and cold and small injuries, the children had never suffered from anything that had been cause for concern. So when Sahasvat came back from school one day with a dry cough, his parents passed it off as a seasonal virus and consulted the family physician. The Doctor gave him some medication and asked him to stay home for a day. This time, however, neither the medicine nor the rest seemed to help Sahasvat, whose condition worsened. His parents became very worried when he seemed to develop a wheezing also. They took him to a specialist who diagnosed him with

asthma. After a period of prolonged treatment, Sahasvat's condition improved and he was able to resume his normal activities. The Doctor, however, advised his parents to ensure certain precautions and bring him for regular check-ups.

For a period Sahasvat was fine and seemed to have recovered quite well. However, after a few months the little boy caught a cold again and was in terrible distress. His worried parents rushed him to the Doctor and as per his advice brought him to the Medica ENT department. The consultants here checked him thoroughly and after running a few test diagnosed him with swollen adenoids which needed immediate surgery.

Adenoids are a patch of tissue at the back of the nasal passage that trap germs and prevent them from entering

the body. Sometimes they get enlarged when they get infected or due to allergies. Usually such a condition is medically treatable and adenoids revert to their normal size once the infection is cured. However, sometimes they are chronically enlarged and can cause recurrent sinus/ear infections and breathing difficulty. In such cases the adenoids need to be surgically removed.

Once diagnosed, the Medica ENT Doctors Dr Arjun Dasgupta, Dr NVK Mohan and Dr Chirajit Dutta, felt Sahasvat's adenoids needed to be removed immediately to relieve him of the distress. With his parents consent they admitted him immediately and the surgery was performed the next day. The brave little boy underwent the surgery without any complaint and was fit to go home the very next day.

## Ask Us

1. How are adenoids different from tonsils?

*Adenoids are a patch of tissue high up in the throat just behind the nose and tonsils are lymph nodes found at the back of the throat. Both are the body's first line of defense against infections*

2. Why do adenoids become enlarged?

*Adenoids may become enlarged when they get infected or due to allergies. Sometimes they are chronically enlarged*

3. When is it necessary to remove enlarged adenoids?

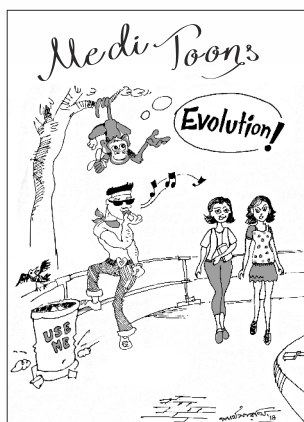
*When adenoids become enlarged owing to infections they usually go back to their normal size once the infection is reversed, and do not need surgical removal. However chronically enlarged adenoids may be the source of recurrent infections and cause breathing difficulty and they need to be removed surgically*

4. What are the chances of adenoids growing back post removal?

*Adenoids growing back is a very rare occurrence and likely only if the tissue is not completely removed during surgery*

5. Is adenoid removal painful?

*Adenoid removal is usually followed by a mild sore throat that remains for a few days*



### DOCTOR SPEAK



Dr Arjun Dasgupta  
Dr NVK Mohan  
Dr Chirajit Dutta

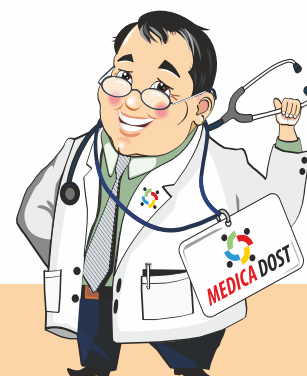
Medica ENT Institute

Chronically enlarged adenoids usually cause breathing difficulty which can be mistaken for asthma. We realized Sahasvat's distress was owing to his adenoids and surgical removal was the only option. His parents helped us by taking a call on this immediately and we could have the brave little boy on his feet and back to school in no time!

### PATIENT SPEAK

Mr & Mrs Singh

We were really worried when our son developed breathing distress and his cold refused to go away. When the Doctors here told us what the problem was, it was a big relief for us. We just wanted him to get well soon. Thanks to the Doctors here our son is now his happy & healthy self. We are thankful to all the staff here, who stood by us during this stressful time



'Eat well, Move daily, Hydrate often, Sleep lots, Love your body'

NEWS & EVENTS @ MEDICA

**Blood Bank inauguration at BMMSH, Ranchi**

On the auspicious occasion of Makar Sankranti, Dr. Alok Roy, Chairman, Medica group of hospitals, inaugurated the Blood Bank at BMMSH Ranchi, in the presence of Dr. Vinay Shanker, Head - Lab Services



**Doublathon!**

Medica Heart Institute, Patna, participated in Doublathon - a mega event organised by Hindusthan newspaper - as the Health Partner. The hospital provided free health check up facility to the participants



**Spreading Christmas cheer**

at Medica Gamma



It was Christmas... Santa & his merry men had ho ho hoed into town with gifts galore. Jingling their way through the lanes and bylanes of Kolkata, they stopped at 2B Albert Road on 23rd December.

The Christmas Carnival at Medica Gamma was a day of fun, food, magic and more. Toddlers to teens trooped in to spend a day exhibiting their prowess with the paint brush and dexterity at carol singing amidst a fairy world setting of pixies, elves, snowman and Rudolf the red nosed reindeer. Food carriages displaying their colourful, mouthwatering wares of cakes, cookies, chocolates & candies completed the picture of the magical world that also had a real magician (replete in his top hat and with a magic wand) dazzling the audience with his bag of tricks.



**What does your BMI tell you?**



**MEDICA B U Z Z MEDICA Gamma 'FIGHT OBESITY' CLINIC**

According to latest statistics, after USA and China, India ranks third in the world in having the largest number of overweight/obese population. Lifestyle changes resulting in growing obesity has made us more vulnerable to diseases like diabetes, heart ailments, sleeping disorders, asthma and polycystic ovary syndrome. Obesity among children has become a cause of major concern, bad eating habits and lack of exercise being the main contributing factors.



Medica Gamma Hospital launched the 'Fight Obesity' clinic in an attempt to increase awareness regarding the health implications of obesity and provide a platform to find ways to deal with the condition. The registrants to the clinic will be entitled to a BMI check along with consultation by the Team.

The Fight Obesity Team at Medica Gamma comprising Bariatric Specialist Dr Ramana along with the nutritionist and physical trainer/ therapist, will advise the people registering for the clinic on the best possible options to deal with the condition.

Call to register: **7003192909**

**OBESITY INCREASES RISK OF diabetes, blood pressure & heart disease**

DOWNLOAD THE **MEDICA** App

<http://bit.ly/medicaapp>



HEALTH NEWS

## Fighting cancer by living right

**A**round 1.45 million people in India are diagnosed with cancers each year, with the leading sites being breast and cervix in women and lung and mouth cavity in men.

Cancer cases in India are shooting up, not just because life expectancy has increased by more than a decade in 15 years -- from 57.9 years in 1990 to 68.3 years in 2015 -- but also because of tectonic shift in the way we live our lives. Tobacco and alcohol use, processed food and diets low fresh food and vegetables, air pollution, inactivity and obesity are among the primary triggers, which have made non-communicable Diseases (NCDs) like heart diseases, cancers and stroke account for 61% of all deaths in India, up from 37.9% in 1990.

Around 1.45 million people in India are diagnosed with cancers each year, with the leading sites being breast and cervix in women and lung and mouth cavity in men. By 2020, cancer cases are projected to cross 1.73 million.

### Weight Matters

Being overweight or obese is linked with at least a dozen cancers, including cancer of the endometrium (lining of the uterus), Oesophagus (oesophageal adenocarcinoma), stomach (gastric cardiac cancer, liver, kidneys, multiple myeloma, meningioma, bowels (colorectal), gallbladder, breast, ovaries and thyroid.

"Obesity is also associated with a higher risk of cancer of the food pipe, as it leads to acid from the stomach reaching the lower end of the food pipe, says Dr Ashish Bakshi, medical oncologist at the city's Dr L H Hiranandani Hospital.

"Eating processed meat such as sausages, cold cuts, salami, hot dogs, bacon, ham, smoked and dried meat raises the risk of colon, pancreatic and prostate cancers," says Dr Mehboob Basade, medical oncologist at Mumbai's Jaslok Hospital and Research Centre. This is due to the preservatives, and salting and fermenting agents added to it, which are indirect carcinogens.

### Environmental Toxins

Environmental factors such as chronic exposure to chemicals and pollution also plays a role, with metals, pesticides, dyes, persistent organic pollutants, pharmaceuticals, chlorinated solvents and drinking water disinfectants causing toxicities that lead to malignancies.

Commonly used household chemicals and cosmetics -- asbestos, nickel, cadmium, radon, vinyl chloride, benzidine, and benzene -- also contain cancer-causing compounds.

"All of these are cancer-related high risks and can act as a trigger, but the fact is that close to 60% of cancers in India are preventable," Dr PK Julka, former head of radiation oncology department, All India Institute of Medical Sciences (AIIMS). "Around 40% cancers in India are caused by tobacco use and another 20% are from infections such as hepatitis B that causes liver cancer and HPV that causes cervical cancer. Cancer risk can be significantly reduced by stopping tobacco use, getting vaccinated and adopting a healthy lifestyle," says Dr Julka. "I have had people as young as 20 come in with oral cancer," says Dr Basade. "This is due to the tobacco-chewing habit, which is a common cause of cancer. Even 25 years after quitting tobacco use, former users have a 4% higher risk of cancer."

### Occupational Hazards

Geography and occupation can also increase an individual's risk of developing cancer. "Prolonged exposure to radiation from nuclear power projects, accidents in laboratories that cause radiation leaks, or even radiation from items in the trash put people working or living in these areas at higher risk," says Dr Sundararaman.

A healthy lifestyle has to go hand-in-hand with a good diet to lower your risk, doctors say. "There is no excuse for smoking or drinking. You cannot say that I exercise, so it is okay for me to drink," says Dr Basade.

Source: Hindustan Times

## Having a green office may reduce sick days

**F**illing your workspace with plants could help combat sick days and reduce stress, researchers have found.

Those who work in high-rise office buildings will know all too well just how easily illnesses can spread. But, while this problem is often associated with poor ventilation, chemicals used in office furniture can cause an array of health concerns too. According to researchers, the answer could be as simple as investing in some greenery, which will help purify the air of toxic chemicals. "One excellent way to combat both sick days and stress is by filling your office with plants," Eddie van Etten and Pierre Horwitz wrote for 'The Conversation'.

The researchers add that doing so can help clear the air of harmful substances found in some office furnishings including formaldehyde, benzene, ethylbenzene, toluene, xylene, and even ammonia.

While offices can be a breeding ground for bacteria which cause viruses, Etten and Horwitz say plant-associated bacteria could be good for you. "Beneficial bacteria on indoor plants and in their soil are an important addition to the office, stabilising the ecology of the synthetic environment. Plant-associated bacteria could also help to avoid outbreaks of pathogens," they added.

The findings are supported by a Nasa study which found that keeping certain plants at home could prevent you from getting sick.

Source: TOI

## Nearly 70,000 children suffer from diabetes!



**F**ive-year-old Krati Dhawan often complained of abdominal pain and even lost weight. She underwent a series of tests for stomach infection, which tested negative. It was only after the girl's mother said her daughter was drinking a lot of water and urinating frequently that she got blood-sugar tests done which confirmed type 1 diabetes.

Krati, who had to be immediately put on insulin - which if not started could have pushed her into coma - is not the only one.

An increasing number of children are developing diabetes, with up to 90 percent of all childhood diabetes being type 1, where children are dependent on insulin for survival.

"Most children with type 1 diabetes are not diagnosed on time. The awareness levels about the disease are not as high as they should be, a common assumption being that diabetes affects adults and not children," I.P.S Kochar, paediatric adolescent endocrinologist and diabetologist at Indraprastha Apollo Hospital, told IANS. According to Richa Chaturvedi, diabetologist and endocrinologist at Pushpawati Singhania Research Institute (PSRI) Hospital, though there has not been an increase in type 1 diabetes among children in India, type 2 diabetes has recorded an increase, which she attributes to rising childhood obesity.

Chaturvedi said it was also because children were having a "high calorific diet, junk food, there is a lot of inactivity, less outdoor games and more of indoor games". "Around 70,000 children under the age of 15 suffer from type 1 diabetes. Another 40,000 have been diagnosed with type 2 diabetes and this figure is growing by five percent each year.

"Sixty-eight percent urban children don't exercise regularly. Obesity is also a common factor. Nearly nine percent of adolescents between nine and 18 years of age have more abdominal fat," Chaturvedi said.

Diabetes describes a group of metabolic diseases in which the person has high blood glucose (blood sugar), either because insulin production is inadequate, or because the body's cells do not respond properly to insulin, or both.

While type 1 is an autoimmune disease where children are dependent on insulin for survival, type 2 is due to insulin resistance and is seen in obese children with a family history of diabetes.

According to the Diabetes Foundation of India, about 50.9 million people in India suffer from diabetes, and this figure was likely to go up to 80 million by 2025, making it the 'Diabetes Capital' of the world.

Listing a few symptoms, Chadha said: "Excessive urine, thirst and hunger, unexplained weight loss and fatigue are some of the common symptoms. All of these occur due to insulin deficiency."

Experts said only type 2 diabetes can be prevented with a healthy lifestyle, exercise and avoiding obesity. While type 1 diabetes can be well managed and detected early, the experts all unanimously called for greater awareness levels.

Source: The Times of India

## 3D Brain Surgery

coming soon to the OT



**O**ne blue surgical drape at a time, the patient disappeared, until all that showed was a triangle of her shaved scalp.

"Ten seconds of quiet in the room, please," said Dr. David J. Langer, the chairman of neurosurgery at Lenox Hill Hospital in Manhattan, part of Northwell Health. Silence fell, until he said, "O.K., I'll take the scissors."

His patient, Anita Roy, 66, had the left side of her brain, and Dr. perform bypass surgery on to restore the circulation and The operating room was dark, wearing 3-D glasses. Lenox Hill is United States to buy a device Videomicroscope, which turns neurosurgery into an immersive and sometimes dizzying expedition into the human brain.



impaired blood flow to Langer was about to slender, delicate arteries prevent a stroke.

and everyone was the first hospital in the known as a

Enlarged on a 55-inch monitor, the stubble on Ms. Roy's shaved scalp spiked up like rebar. The scissors and scalpel seemed big as hockey sticks, and popped out of the screen so vividly that observers felt an urge to duck

"This is like landing on the moon," said a neurosurgeon who was visiting to watch and learn.

The equipment produces magnified, high-resolution, three-dimensional digital images of surgical sites, and lets everyone in the room see exactly what the surgeon is seeing. The Videomicroscope has a unique ability to capture "the brilliance and the beauty of the neurosurgical anatomy," Dr. Langer said.

He and other surgeons who have tested it predict it will change the way many brain and spine operations are performed and taught. "The first time I used it, I told students that this gives them an understanding of why I went into neurosurgery in the first place," Dr. Langer said.

But there is more to it than just the gee-whiz, I-max factor. The shared viewing makes 3-D surgery an ideal teaching tool. In addition, Dr. Langer and other doctors say the device is smaller and much less cumbersome than standard surgical microscopes and provides better light. It can easily be moved and angled to show bits of anatomy that surgeons would otherwise have to twist and crane their necks to see. Two surgeons on opposite sides of the table can work together easily.

"I don't think there's any doubt that it's going to be valuable," Dr. Langer said. But, he added, "in the eyes of someone who's more conservative and who's not as willing to try new things, they may not get over the hump and be willing to do it."

Source: The New York Times

HEALTH AWARENESS / TIPS

# The 'Essential Fatty Acids'



**O**mega-3 fatty acids are the 'Essential Fatty Acids' that have powerful health benefits for your body and brain.

### What is so essential about the Essential Fatty Acids?

Various research studies have shown that Omega-3 fatty acids have a positive impact on conditions like heart disease, hypertension, rheumatoid arthritis, Alzheimer's, diabetes, asthma, depression, etc. The anti-inflammatory properties in omega-3 fatty acids have a positive effect on women, especially those going through menopause.

### Who all need Omega-3 Fatty Acids



Omega-3 Fatty Acids seem to have health benefits for people of all age groups – from before birth to old age.

Infants who do not get enough omega-3 fatty acids from their mothers during pregnancy are at risk for developing vision and nerve problems.

Symptoms of omega-3 fatty acid deficiency include

- Fatigue
- Poor memory
- Dry skin
- Heart problems
- Mood swings or depression
- Poor circulation

### • Omega-3 Sources:

- Canola oil
- Eggs



- Flaxseed
- Hempseed oil
- Marine microalgae
- Pumpkin seeds
- Seafood & Oily Fish like, anchovies, herring, mackerel, oysters, sardines, wild salmon and sardines are both high in omega-3 and low in environmental

contaminants

- Walnuts

### Children need it too!

In kids under 12, it was found that the supplements might help in developing:

- Higher intelligence
- Better communication and social skills
- Less behavioral problems
- Decreased risk of developmental delay
- Decreased risk of ADHD, autism and cerebral palsy
- Reduced chances of Asthma
- Reduced Diabetes chances in kids

**In young adults** Omega-3 fatty acids cut the risk of Cardio Vascular Disease, depression and some forms of cancer.

### How can they help in preventing Heart Diseases?



Heart attacks and strokes are the world's leading causes of death and research shows that Omega-3 fatty acids have numerous benefits for heart health:

- Help to reduce triglycerides
- Can reduce blood pressure levels in people with high blood pressure
- They help to raise HDL (the "good") cholesterol levels
- Prevent formation of blood clots
- They help to prevent plaque deposition that can restrict and harden the arteries
- Prevent any type of inflammation

Omega-3 fatty acids form an important part of optimal health. Getting them from whole foods, such as eating fatty fish twice a week, is the best way to ensure the right

omega-3 fatty acid intake. However, if you don't eat a lot of fatty fish, then you may also consider taking an omega-3 supplement for good health.

*We are what we eat.  
Eat right,  
Live healthy.*



### MEDICA HELPLINES

May I Help You: **66520154**

Health Check-up:  
**7044045677, 9230089704**

Swasthya Mitra:  
**8981092010**

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**

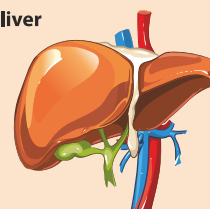
## Liver Function Test (LFT)

LFT tests the levels of protein, liver enzymes and bilirubin in your blood. The results will tell you whether your liver is functioning properly or not and in case of any abnormality, your Doctor may advise some treatment.

**Foods rich in B-complex vitamins like eggs, broccoli, spinach and whole grains decongest the liver. Bitter vegetables like bitter melon, mustard greens and chicory promote production of bile in the liver.**

The test screens for:

- Liver infections like Hepatitis C
- Effects of some medicines on the liver
- To monitor the treatment of liver disease
- To check the degree of cirrhosis
- For pre-conception monitoring



## KNOWLEDGE SERIES

### CHEST PAIN? RULE OUT HEART ATTACK

**AMBULANCE IN 10 MINS\***

\*Within 10 km radius of Medica  
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127 Mukundapur, E M Bypass  
Kolkata 700099