



'Health, Wellness & More...'

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Snippets

Blink to improve eye comfort!

Blinking cleans the ocular surface of debris by flushing fresh tears over it. Each blink brings nutrients to the eye surface, keeping it healthy. The flow of tears is responsible for wetting the lower part of the cornea.

Keep Calm with colours!

Are you looking for a peaceful and calming environment? Think green or blue. There is actually a scientific reason for this. Eye focuses the colour green directly on to the retina, which decreases the strain on your eye muscles. The colour blue is known to have a calming effect on the mind, which is why we associate the word serene with it. It is said to regularise respiration and lower blood pressure. So start colouring your life green and blue, you can begin with your bedroom walls, and see the effect on your nerves!

5 TIPS FOR A HEALTHY BRAIN FUNCTION

- 1 Stimulate your mind: Reading, playing memory games help
- 2 Physical exercise: helps you relax and think better
- 3 Balanced diet: helps you stay mentally healthy & active
- 4 Keep blood pressure, sugar and cholesterol under control
- 5 Avoid tobacco: After the initial nicotine kick, brain will become more lethargic

Visay Jamyang overcame a serious Neurological Disorder...

A Miraculous Recovery

Twenty eight year old Visay Jamyang is a beautiful young woman. She lives in Bhutan with her parents (civil engineer father and housewife mother) and siblings. Looking at her today nobody would get an inkling of the turmoil her life went through a couple of years back.

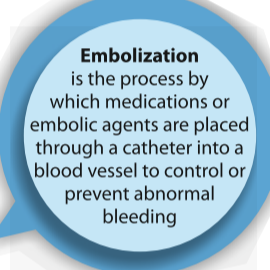
Second among five siblings, Visay was always a popular girl. Her good looks attracted a lot of offers for modeling and acting in films when she was a teenager. While still in high school and contemplating a future in the glamour world, Visay suddenly started experiencing frequent bouts of severe headaches and nausea. Her parents took her to a local doctor who told them that she had a migraine and there was no reason

to worry. He gave her some medicines for relieving her pain. Visay, now in college, went through the next two years without any change in her health status. She would experience the pain on and off, keeping it under control with pain killers. The last year in college was more difficult for her with the severity of her condition seeing a marked increase. Post-college she joined an internship programme with a company. One day at office she suddenly felt dizzy and her colleagues took her to the hospital. The emergency Doctor there gave her an injection and all hell broke loose. Her entire body went numb and Visay lost consciousness.

Her parents rushed her to Bhutan Main Hospital where an MRI revealed Visay had an AVM or an Arteriovenous malformation. AVM is an abnormal connection between arteries and veins bypassing the capillary system which can lead to intense pain and bleeding causing a serious medical condition. She slipped into coma, and after a week of treatment with no improvement in her condition, she was referred to Medica Hospital at Kolkata. When Visay's parents brought her to Medica they had all but given up hope and were only waiting for a miracle to happen.

She was admitted under Neurosurgeon Dr L.N.Tripathy & his team, and kept in the ICU on Ventilation. Further tests revealed that she had suffered from Brain Stem bleed

and had Bulbar Palsy where the cranial nerve cells which are responsible for movement get affected. She also had quadriplegia (weakness of all the four limbs). The primary focus of the Doctors was to first stabilize her condition. After almost a month and a half, she was embolized by the neuro team.



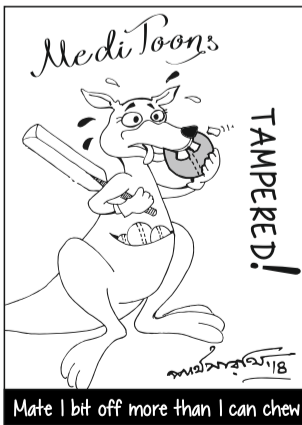
It is a process that closes off vessels supplying blood to a tumour and eliminates abnormal connections between arteries and veins. The procedure is also used to treat aneurysms (a weak spot in the artery that causes it to balloon out). Post embolization, Visay remained comatose, on ventilator support, for nearly 4 months. And then much to the relief and delight of her parents, she started recovering. It was a long trek back for Visay as she slowly got back on her feet with the help of the rehab team at Medica.

Back in Bhutan, to her familiar life with her siblings and friends, Visay slowly recovered. She initially needed assistance to move and carry out her daily chores, but a year later she was completely recovered. She visits Medica at periodic intervals for follow-ups and considers Dr Tripathy as her Godfather.



Ask Us

1. What is Arteriovenous Malfunction (AVM)?
Sometimes owing to a tangle of blood vessels in the brain, the normal blood circulation pattern of arteries carrying oxygenated blood from the Heart to the Brain and veins carrying the deoxygenated blood back gets disrupted. In such cases the blood is diverted directly from the arteries to the veins. This is called AVM.
2. Why and where does AVM occur?
Brain AVM is usually congenital (a person is born with it), but it is not hereditary. It can occur inside the brain or on its surface
3. What are the complications that arise from AVM?
Most patients with AVM are like to have intracranial haemorrhage (bleeding inside the brain). Some may have seizures, and others can face difficulty in movement, speech or vision. Headaches are common.
4. Why does AVM bleed?
AVM occurs due to abnormal blood vessels, which makes them weak and causes them to dilate over time. The dilated vessels burst resulting in the bleed inside the brain, which increases risk of stroke.
4. What is the treatment for AVM?
Depending on the size and location of the AVM, the Doctor would either advise medical management or surgical removal.

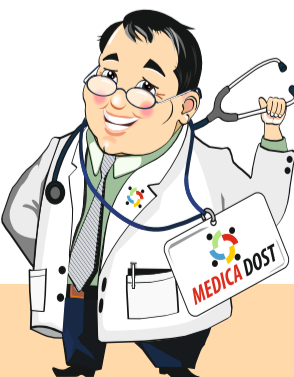


DOCTOR SPEAK

Dr L.N. Tripathy
Visay was very critical when her parents brought her here. Hers was a rare congenital defect that had taken a severe form owing to delay. We needed to stabilize her before we could put her under any active treatment. Her parents had lost all hope of her survival and put her in our hands completely. Embolisation was the only option to stop the damage inside her brain. Much to our relief it worked and Visay was on her long trek back to recovery.

PATIENT SPEAK

Visay's parents
For us Dr Tripathy and his team at Medica were God sent. We had lost all hope when the Doctors in Bhutan told us they could do nothing. But the neurosurgeons here gave us hope and told us her condition was treatable. The staff at Medica also stood by us strongly and helped us through the difficult time when she was in coma. Today our daughter is back from the dead and we owe it Medica. For Visay, Medica is second only to her home.



Essential fatty acids like Omega-3 act as memory boosters. Add green vegetables and fresh water fish to your diet...

NEWS & EVENTS @ MEDICA

The growing importance of Technology in Healthcare

8th-11th MARCH, 2018

HYATT REGENCY KOLKATA



Is medical education becoming obsolete? Are Doctors slowly becoming redundant? These were some questions that were pondered upon at **Health Tech 2018**, a summit organized by **Medica Hospitals and Bengal Chamber of Commerce & Industries**. Held over a period of four days at Hotel Hyatt Regency in Kolkata, the summit focused on the growing relevance of technology in healthcare.

The seminar was inaugurated on 8th March by Medica Group Chairman **Dr Alok Roy** and Vice President BCCI, **Mr Deb Mukherjee**. In his opening address Dr Roy spoke about the growing role of technology in healthcare. He spoke about the necessity of investing in technology as it would benefit the patients, and as an administrator, he felt, he was faced with the challenge of keeping up with the pace of growth. Mr Mukherjee took over from him to declare the summit open and introduce the special guests for the evening – **Dr Michael Feinar** (German Consul General) and His Excellency **Archil Dzuliashvili**, Georgia Ambassador.



Information Technology is the backbone of most organizations, including hospitals, today. Communication is no longer a matter of filling up endless forms, written directives, maintaining physical records, mandatory trips to the healthcare unit to collect reports, etc. The age of digitization has made most of these redundant. Records are maintained on the cloud with easy access in times of need. Hospital Management Information System (HMIS) is able to manage and process huge volumes of data easily. Reports can be dispatched and viewed by Doctors online. In-hospital patient tracking, managing and grievance handling is just a click of a button. These were the advancements discussed by the elite group of IT experts specializing in Healthcare on Day 2 of the summit.

The third day of the summit belonged to students and young entrepreneurs. Health Hack was a platform provided to bright young minds, to display their innovative ideas, keeping in mind the utility and benefit to the community. Competing for the 'most innovative idea' trophy, the young guns came up with some genuinely out of the box concepts – breathalyzer for diabetics to enable easy monitoring and managing of blood sugar, Inflatable Body Bags for the elderly to prevent injuries from fall, Remote Health monitoring System using the digital health platform, being some of them. The morning session of Day three saw hospital heads joining in a panel discussion on the use of technology in their organizations and innovations pioneered by them.

The fourth day of the summit belonged to the Doctors, with senior specialists taking the stage to weigh the pros and cons of mechanization of healthcare. Cardiac Surgeon Dr Kunal Sarkar opened the day's 1st session with a presentation on the evolution of healthcare from a touch and feel experience where the clinical eye decided the route of a treatment plan, to the world of artificial intelligence today where robotic surgery is a reality. Specialists in different fields added their views through presentations on various technological advancements in medical and surgical treatment areas. Cardiologist Dr Rabin Chakraborty wrapped up the day's programme with a talk on the benefits of technology in healthcare. He spoke at length about how the advancements have helped the entire process of treatment. The 4-day summit saw participation from people involved in different spheres of healthcare and was a great learning experience.



MEDICA BUZZ



Free Surgery

at **MEDICA Gamma Hospital**

Completing a year of serving the city, **Medica Gamma Hospital** located on Albert Road, near Camac Street, has come up with a special offer with the objective of benefiting the people in the city and around. Gamma's '**Free Surgery**' offer (making only medicines & consumables payable) is specially for patients delaying a surgery for lack of funds. For details. Please call: **76030 68630**

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HEALTH NEWS

A weak handshake can be warning sign of heart problems or a stroke



People with a strong handshake are less likely to die early or suffer a heart attack, according to what scientists described as a "definitive" study that found it was better than a blood pressure test. Doctors could use a simple strength test to identify patients at risk of fatal illness, researchers wrote in the Lancet medical journal. The scientists say deteriorating muscle strength could make people more likely to die of a range of diseases, as well as being a warning sign of heart problems. For each 5kg reduction in grip strength, the risk of dying during the study rose by 16%, the risk of heart attack by 7% and the risk of stroke by 9%, the Canadian researchers reported. "Grip strength could be an easy and inexpensive test to assess an individual's risk of death and cardiovascular disease," wrote Darryl Leong of the health sciences faculty at McMaster University in Canada, lead author of the study. "Doctors can measure grip strength to identify patients with major illnesses such as heart failure or stroke who are at particularly high risk of dying from their illness." He added: "These results suggest that low muscle strength might not play a major causal part in the occurrence of cancer, falls, fractures, or the need for hospital admission for respiratory illnesses, but that... low muscle strength predisposes to a fatal outcome if these non-cardiovascular diseases develop." Professor Avan Aihie Sayer of the University of Southampton told The Times that the size of the study made it "definitive". She added: "The findings from this study add to the growing evidence that skeletal muscle function is an important component of health, ageing, and disease... An intriguing implication is that grip strength might act as a biomarker of ageing across the life course."

Source: *ibtimes*

Use of antibiotics in India more than doubles in 15 years: Study



In 2015, the total global antibiotic consumption was 35 billion DDDs, a 65% increase from 2000, according to the analysis of antibiotic use in 76 countries.

Antibiotic use more than doubled in India between 2000 and 2015, fuelling antibiotic resistance that is making common infections such as E.coli, strep throat, pneumonia and

tuberculosis more difficult to treat, according to a new study in the Proceedings of the National Academy of Sciences (PNAS).

Antibiotic use in India went up from 3.2 billion defined daily doses (DDD) to 6.5 billion in 2015, the study said, reflecting increasing economic growth and more access to antibiotics in both the public and private sectors.

Misuse and overuse of antibiotics have made once easily treatable bacterial infections harder and often impossible to cure because bacteria evolve rapidly to evade antibiotics, leading to drug resistance, the study added.

Rising incomes, over-the-counter sale, a poorly regulated private hospital sector, high rates of hospital infection, inexpensive antibiotics and frequent infectious disease outbreaks are driving consumption in India and other low- and middle-income countries.

Antibiotics are only effective against bacterial infections.

Source: *hindustantimes*

Researchers discover link between PCOS and anxiety



London: A new study shows that children born to mothers with polycystic ovary syndrome (PCOS) are at an increased risk of developing anxiety later in life. Maternal obesity and androgen excess induce sex-specific anxiety in the offspring, according to the study. PCOS is characterised by high levels of male hormones in

the blood, menstrual disorders, insulin resistance and obesity. The condition affects more than one in ten women of childbearing age.

Lead author Elisabet Stener-Victorin, Professor at the Karolinska Institute, "The fact that daughters of women with PCOS are at increased risk of developing the condition and that sons often develop obesity and insulin resistance, indicates that the fetal environment plays a crucial role."

For the study, researchers investigated 16 groups of female and male mice offspring exposed to maternal diet-induced obesity and male hormone excess to study how these environmental factors affected the mice's behaviour as well as gene expression in the brain.

After birth, half of the mice were exposed to high-fat-high-sucrose (HFHS) diet-induced obesity to also investigate the effect of diet in the offspring and the study revealed sex-specific, anxiety-like behaviour in the offspring of both normal-weight and obese pregnant mice exposed to the androgen dihydrotestosterone. Independent of the mothers' other diet components, female offspring exposed to maternal androgens in utero developed an anxiety-like behaviour.

A HFHS diet after birth did not significantly affect the female mice's behaviour. Male offspring, on the other hand, were unaffected by the elevated maternal androgen levels, but displayed anxiety-like behaviour in response to maternal obesity. The environmental factors also affected gene expression in the brain.

A number of genes implicated in anxiety were dysregulated in the amygdala and hypothalamus in the brain in a sex-specific manner, the researchers noted.

The study was published in The FASEB Journal.

Source: *zeenews*

Happiness is linked to specific areas of the brain



Have you ever pondered upon the little things that actually make you happy?

Is it sleeping late on a Saturday night without worrying about waking up early the next day? Or is it a quiet meditation session late at night? Is it going on a shopping spree, splurging all your money or is it simply sitting down to a delicious homemade meal after a long day at work?

The answer is always subjective i.e. one person's favorite sandwich is another person's love for playing with babies.

However, according to a Japanese study, happiness in fact, boils down to neuroscience and the size of a particular region in the brain.

A team of university professors in Japan examined the links between brain structure and happiness and found that happier people had a larger volume of grey matter in the precuneus, an area in the brain between the two cerebral hemispheres linked to memory retrieval.

However, it does not suggest that happiness is dependent on neurological structuring; meaning lifestyle changes can help to increase the volume of grey matter mass.

Study claims that just seven weeks of regular meditation boosted people's feelings of life purpose enriching their social lives and even decreasing symptoms of illness.

Source: *thehansindia*

HEALTH AWARENESS / TIPS

Ladies, it's time to say #HealthyMeToo!

#MyHeartToo

When post a rather heavy dinner Bisakha felt uneasy, along with a heaviness in her chest and ache in her neck, she attributed it to indigestion. A possible heart attack was a thought that never occurred to the 42-year old software engineer. 'Men, particularly as they grow older, are more at risk of heart attacks' was a refrain she had heard at home and at work. She had always worried about her husband's work stress and kept a hawk-eye over his diet, believing he was the one who needed to be more careful. Bisakha's husband was wiser and he insisted on taking her to the emergency, and that decision saved her life. Bisakha had suffered a heart attack and delay would have been fatal.

Neck and back aches, fatigue, burning in the chest and nausea are symptoms women may experience with heart episodes and are easily mistaken for overexertion, stress, indigestion or the flu. Regular check-ups can identify and thus prevent cardiac emergencies.



#MyHealthToo

Sudeepa's daughter's birth was a caesarean delivery. Though there were no undue complications, the Doctor warned her of a chance of occurrence of hernia. She was advised to take certain precautions like avoiding lifting of heavy weights, bending forward, etc. Initially Sudeepa followed her Doctor's advice diligently, and her family also was very mindful of her condition and helped her in every way possible. But as the years passed by, the warnings were forgotten and Sudeepa forgot to be careful. Nine years later she got a rude reminder when she developed a painful bulge in her abdomen and the Doctor confirmed her fears. She had hernia, and it needed to be surgically removed immediately. Post surgery and a two-week rest later, Sudeepa is now back to her work at office and household chores. But now she is wiser and is determined to follow the doctor's instructions completely.

#MyTimeToo

When 35-year-old Neha was diagnosed with high blood sugar, she was surprised. She always thought diabetes was hereditary and men were more prone to it. Neha's demanding job as a company secretary kept her away from home all day, but she spent all her evenings at home. She was very conscientious about her responsibilities towards her family and tried to fulfill all their needs and wants. But this left her with very little time for herself. The Doctor



told her that untimely and inappropriate meals, lack of exercise and the stress of maintaining the perfect work-home balance may have contributed to her acquiring diabetes. She was put on medication and warned that unless she made some drastic changes in her lifestyle, it could lead to some serious complications like heart disease, nerve problems, retinopathy, kidney dysfunction, etc. Neha has learnt her lesson, though at a cost, and is determined to do everything to stay healthy now.

#MyLifeToo

Rohini had been feeling listless for the past few months. She no longer felt the urge to join her friends on their weekly outings. Books, films, music, nothing seemed to interest her any more. Her mind was filled with dark brooding thoughts and she often woke up at night in a state of panic. Caught up in his office problems and career uncertainties, her husband Ashok initially did not notice the change in her. When he realized she was quieter than usual, he thought she just needed some time to herself and this phase would pass. However, when Rohini continued to shun company and seemed enveloped in sadness all the time, he began to worry and consulted a Doctor. He was told Rohini was suffering from depression and needed medical help. Initially reluctant, for fear of being stigmatized by friends and family, Rohini finally agreed to see a psychiatrist. After speaking to her in detail, the Doctor told her that she was suffering from severe depression and put her under medication. He also told her that her state was a medical condition that was not uncommon, and there was nothing to be ashamed of.

Today, after a few sessions with a Psychologist, Rohini is slowly coming out of her depression and looking forward to a happier tomorrow.



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**

PAP SMEAR



Pap Smear tests for the presence of pre-cancerous or cancerous cells on the cervix. The doctor will scrape some cells from your cervix and send it to the lab to test for any abnormality.

The test helps in prevention of cervical cancer as it detects any changes in the cells in the cervix which might suggest risk of cancer and can be treated.

KNOWLEDGE SERIES

Recommended Timespan:

- Every three years from age 21
- For women above 30 with a history of normal pap smear, once every 3-5 years
- For women above 65 with a history of normal pap smear, once in five years.

HEART ATTACK, STROKE, TRAUMA, FRACTURE...
 need immediate and expert care
66520100
 Emergency Medicine Specialists with 24x7 consultant coverage & advanced ICU support
