

'Health, Wellness & More...'

www.medicahospitals.in

Vol 3 Issue 1 January 2019

Snippets

Hearing synchronised!

When trying to listen to someone in a noisy situation, give them your right ear. Apparently your right ear picks up words better while your left ear is better at picking up sounds and music.

Give your mood a pencil boost!

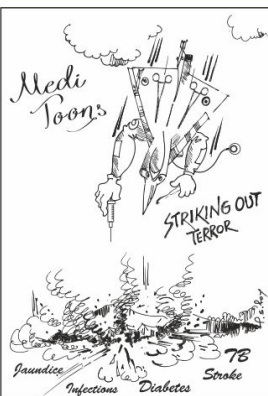
If you are in a bad mood, put a pencil in your mouth. It will activate the muscles you use when smiling, which will trick your brain into boosting your mood.

Cough it off!

As bizarre as this may sound, it's been proven that those who cannot handle being vaccinated should cough during the act. Studies have shown that a sudden cough reduces the pain a person feels during a shot.

5 TIPS TO KEEP YOUR HEART HAPPY!

- 1 ENJOY HEALTHY FATS, AVOID UNHEALTHY ONES
- 2 HARMONIZE YOUR HEART HEALTH WITH MUSIC
- 3 TAKE CARE OF YOUR TEETH
- 4 CUT THE SALT
- 5 QUIT SMOKING AND AVOID SECOND HAND SMOKE



Bypass surgery made Manoj Mitra heart fit

Bhalo theko Banchharam



veteran actor had made up his mind, and after his good friend and admirer, the then Chief Minister intervened, he was able to discharge himself and get admitted under Dr. Kunal Sarkar.

The surgery was successful, and after a month of rehab Manoj Mitra could slowly ease back into his world of writing and dramatizing.

Banchharam's battle against the corrupt landlord who was bent on evicting him in the movie 'Banchharam Bagan', symbolized a lone elderly man's spirited fight for survival. Thespian Manoj Mitra, who played the title role in the iconic Bengali film, found himself in the middle of a similar battle for survival, this time in real life, when he was diagnosed with a heart condition a few years back.

The veteran theatre actor, writer-dramatist first had an indication that all may not be well with his heart when after a whole night shoot he began experiencing chest pain, which made even the simple act of breathing difficult. The pain receded after a while, and initially he thought it was the effect of his erratic work routine which often kept him up late nights. He decided to take a break from work. But when the pain kept coming back he became worried.

He discussed the issue with his ENT Doctor friend Shantanu Bandopadhyay, and decided to

consult his family physician. Suspecting a heart condition, both doctors advised him to get an Angiogram done. This was a turning point in Mr Mitra's life. The Angiogram revealed blockages in three of his heart valves. This came as a shock to the aging actor, who had led a very active and productive life and was not ready to stop yet. Taking his age and the degree of problem into consideration, the Doctors felt a bypass surgery was the best option.

This was when he was introduced to Cardiac Surgeon Dr. Kunal Sarkar by his friend Dr Bandopadhyay. After talking to Dr Sarkar at length, Mr Mitra was convinced that surgery was the only option and it would put him back on his feet and on the stage he loved so much. And he was equally sure that he wanted to go under the knife only if Dr Sarkar was the operating surgeon. But that was easier said than done, as the hospital in which he had been admitted for the angiogram refused to discharge him, stating he was not in a condition to be shifted. But the

The Doctor told him to be a little careful, but encouraged him to get back to his active life as soon as possible. "Theatre is my lifeline," Mr Mitra says, "good wishes of my friends and family along with Dr Sarkar's expertise helped me get back to my world of acting".

Mr Mitra visits Dr Sarkar at Medica for regular check-ups and is all praise for the Doctor and his team. He says Dr. Kunal Sarkar is not only a very good doctor, but also a great human being. He fondly remembers an incident that left him greatly touched. One day feeling a slight discomfort, he had called up Dr Sarkar who told him to come to the hospital immediately. On reaching Medica he was pleasantly surprised to see the entire team waiting for him to help and reassure him. "They have become like my extended family", Mr Mitra said. Whenever anybody among his friends or fraternity is in need of cardiac care, he does not hesitate to recommend Dr Sarkar.

DOCTOR SPEAK

Dr. Kunal Sarkar

Sr. Cardiac Surgeon, FRCS (ED), FRCS (Glasg), MNMS



"I have always admired Manoj Mitra. When he came to me, his heart condition was critical. He was very positive and determined to get well

fast and go back to his acting. His 'never give up' spirit helped us in putting him back on his feet"

PATIENT SPEAK

Mr. Manoj Mitra

Actor

"Medica is like home to me. Dr Sarkar has become a good friend. He's always there when I need him. His team members are extremely helpful and encouraging. I have been able to get back my life because of the excellent treatment and support I have received here"

Ask Us

1. What is open heart surgery?

A surgery where the chest is cut open and operation performed on muscles, valves or arteries of the heart. It is sometimes also called 'traditional heart surgery' as opposed to the minimally invasive procedure.

2. My father has been diagnosed with multiple blocks in his heart. The Doctor has advised Bypass. How does it work?

Bypass surgery or CABG (coronary artery bypass grafting) is a procedure where a healthy artery or vein is grafted (attached) to a blocked artery to create an alternative channel for flow of fresh blood through the heart.

3. Apart from heart block what other heart conditions may require surgical treatment?

Repair or replacement of heart valves, repair of damaged areas of the heart and implanting devices to normalize heart beat may require surgery

4. Are there any risks involved in heart surgery?

Though use of superior technology has increased the safety and efficacy of medical treatment and post operative care vastly, surgery of any kind still has its risks. A heart surgery patient, particularly if a diabetic or obese, may be prone to chest wound infection. Breathing difficulty and pneumonia are some other side-effects a patient may suffer from.

SCAN TO DOWNLOAD THE

MEDICA App



Staying happy helps in keeping the heart healthy. So spend time in doing things you love

Obesity & the Heart

Is your heart fat?

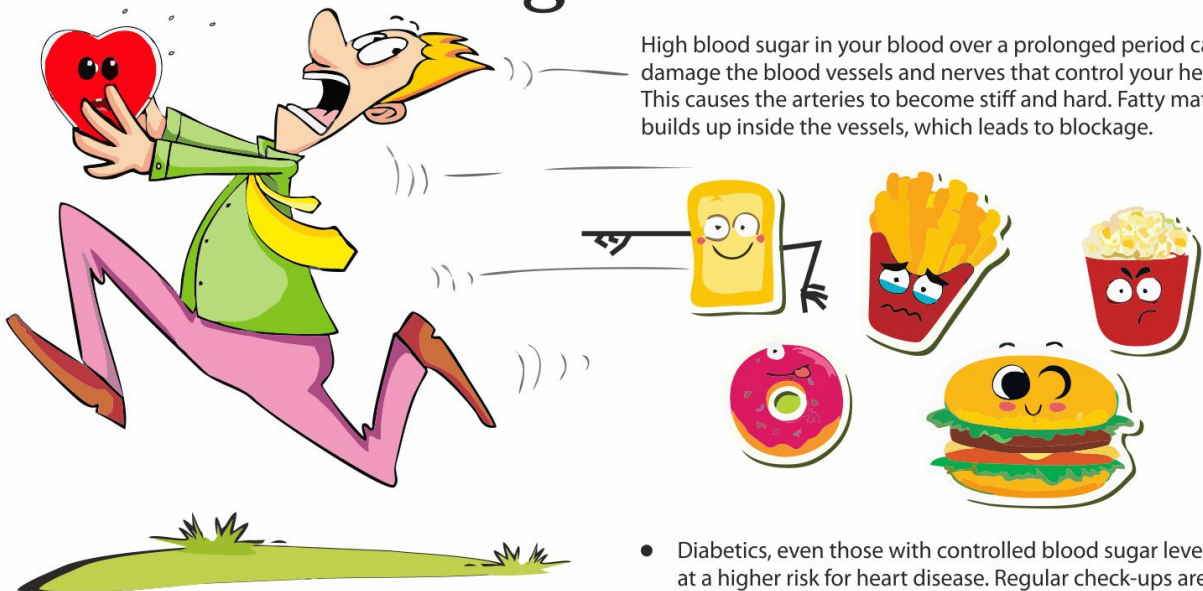


Obesity (being overweight) increases risk of diabetes, hypertension, sleep apnoea, high cholesterol – which in turn makes the heart vulnerable. Recent studies have linked increase in weight, particularly around the waist to growing risk of heart disease. Excessive body weight is linked to left ventricular hypertrophy which is thickening of the muscles in the left chamber of the heart. This causes the heart to get enlarged.

- Body Mass Index (BMI) is the best indication of a person's level of obesity. It is the measure of body fat based on height and weight
- Weight gain is usually the consequence of a lifestyle that is heart-damaging – like lack of exercise, diet that is laden with fat, high stress and sedentary job profile
- Overweight people are more likely to have abnormal diastolic function than people with normal body weight. Even in people with good control over the other risk factors, obesity has a direct link to abnormal heart function

Diabetes & the Heart

Sugar that is not Sweet!



High blood sugar in your blood over a prolonged period can damage the blood vessels and nerves that control your heart. This causes the arteries to become stiff and hard. Fatty material builds up inside the vessels, which leads to blockage.

- Diabetics, even those with controlled blood sugar levels, are at a higher risk for heart disease. Regular check-ups are essential
- Diabetes related nerve damage can interfere with the body's pain signals, hence a diabetic is more likely to suffer from a 'silent heart attack', when the symptoms are more akin to a heart burn or indigestion. Shortness of breath, exhaustion, profuse sweating are some other signals to look out for
- Smoking and obesity can compound the risk of heart disease in a diabetic
- Lifestyle modifications, regular exercise, balanced diet and mind relaxing activities along with a good sugar control are the ways to prevent heart disease if you are a diabetic

Impression

How can I live longer? Researchers say the key to longevity may be simpler than we think

By Jordan Rosenfeld

A New Year with its fresh blank slate beckons. This will be the year we go to the gym regularly, become vegetarian, stop smoking or drinking, we say, resolutions that may or may not stick. However, what if the path to a longer, healthier life does not lie at the gym or in the fridge at all, but in a higher calling?

People with a greater sense of purpose tend to engage in healthier lifestyle behaviors, ranging from eating their veggies, to getting more exercise and even flossing their teeth (a good proxy for other healthy behaviors), according to a new study out of Washington University in St. Louis, Missouri.

This all sounds pretty good — who doesn't want a painless and inexpensive way to eat healthier and improve dental hygiene. But what, exactly, is purpose? According to Patrick Hill, an assistant professor of psychological and brain sciences at Washington University and the lead author on the study, purpose is a variable concept. It is the "notion that you have daily activities you find meaningful or engaging and that give you direction for your life, reasons to continue going," he told me.

A sense of purpose is also linked to longer life. Psychotherapist Amy Morin, a lecturer at Northwestern University and author of the book, "13 Things Mentally Strong People Don't Do," points to a 2014 study in the journal Psychological Science that suggested people who already have this motivated state of mind outlived their peers. "People who felt like their lives had meaning had a fifteen percent lower risk of death, compared to those who felt aimless," Morin told me.

People who enjoy positive well-being are also shown to have lower cortisol output, Northwestern's Morin explains, which plays a role in healthy brain function and immune system regulation: "Feeling good can reduce health ailments. People who feel physically healthier may be more motivated to maintain their health." Morin finds both in the research and in her own therapy practice that "people who have a sense of purpose have more resilience. They bounce back from setbacks faster and are motivated to get back to doing the things that give their lives meaning."

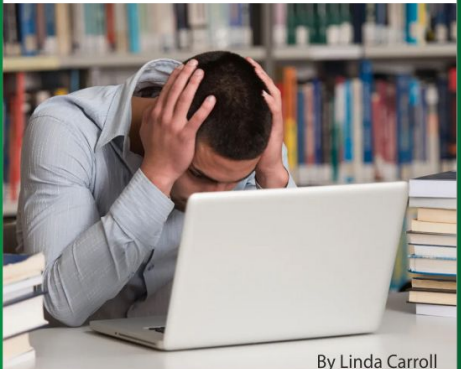
Kori Novak, a California-based researcher at The Oxford Research Center in Humanities and a professor at Concordia University in Nebraska, suggests searching for your purpose can be as simple as "looking outside, in [your] neighborhood, gardens, places of worship, grocery stores or in front of [your] house." In other words, purpose does not have to be a world-changing, epic desire to fix or soothe the ills of humanity, but rather something that fulfills you on a personal level, in your own community. "Everyone has a purpose," Novak insists. Look to your childhood interests, or the most recent thing that brought you joy or meaning.

What gives you meaning can change throughout your lifespan, too, though there are benefits to developing it early. "Studies show adolescents and young adults who have clear goals have higher levels of well being later in life," Morin says. And older adults, particularly after retirement, who volunteer "in a sustained way tend to have better health and live longer," says Parissa Ballard, an assistant professor of family and community medicine at Wake Forest School of Medicine in North Carolina. She says that researchers theorize that, "Volunteering gives older adults a sense of purpose."

Source: Think

Higher education won't prevent mental decline, study finds

By Linda Carroll



Education has long been thought to protect against the ravages of brain diseases like Alzheimer's. Numerous studies seemed to suggest that the more educated were less likely to develop dementia.

But a large new study finds little difference between people with a high school diploma and those with a Ph.D. when it comes to staving off the damage to brain cells caused by dementing diseases or the rate at which mental decline progresses, once it starts.

"It's been a longstanding idea that education might be one of those things that allows a person to tolerate these kinds of brain pathologies," said the study's lead author, Robert S. Wilson, a professor of neurological and behavioral sciences at the Rush University Medical Center in Chicago. "We found that the more pathology you find in the brain, the faster the cognitive decline was." That doesn't mean that education has no impact, Wilson said. Education's effects on the brain are like weightlifting's impact on the muscles. So the more education a person has, the thicker certain areas of the brain become and the more connections between cells — synapses — there are.

"Those with higher education begin older age with a higher level of cognitive function," Wilson told NBC News, "so if they decline cognitively at the same rate as everyone else, they are more likely to die from something else as compared to someone who started at a lower level of education."

And that explains why rates of dementia seemed to be lower in highly educated people than in others, Wilson said. But if a person lives long enough for cognition to begin to deteriorate, higher levels of education will not slow the rate at which people's thinking skills and memory decline.

Source: nbcnews

How AI could predict disease outbreaks



Mankind has lived through waves of pandemics. Now we may be at the stage where we can predict them before they happen.

When he was a boy, Rainier Mallol nearly lost his mother to a disease called dengue. The young scientist, who grew up in the Dominican Republic, wanted to do something about the disease, which infects some 390 million people every year. So he set up Aime, which has one clear aim — to predict disease outbreaks before they happen. By feeding the algorithm statistics of dengue infections, Mallol asked the programme to predict three months ahead. There turned out to be an 81% match between Aime's predictions and reality. Now the algorithm could be used on other diseases too, such as Zika.

Source: BBC News

#HappinessIsHealth

A Lonely Heart !

Life had not been kind to Benu Mashi. One of three sisters in a conservative family, her story was one of suppressed desires. Growing up years for the three sisters had been spent playing second fiddle to their elder brother. Her parents never understood or encouraged her interests – in music, poetry and painting. When she was barely 19, she was married off, cutting short her college education. The groom, a Doctor, was considered a good prospect. But he also was the eldest son and only earning member in a large family of five siblings and widowed mother. Not even out of her teens and Benu Mashi had a whole new family to look after! Her life became one of constant toil – cooking, cleaning, organizing things at home to keep everyone comfortable. She no longer had any time for herself. The price she paid for this was with her health. Long gaps between meals led to gastritis, and complete absence of mental stimulation and self-denial led to depression that soon became chronic. The birth of her daughter Mohini acted as a temporary balm. But school, friends and other interests soon caught up and Mohini no longer had as much time for her mother. Benu Mashi's world was lonely and sad. She was 48 when she first complained of a discomfort in her chest. Thinking it was just indigestion, her family initially ignored it. But the pain kept coming back, often triggered by an episode of intense anxiety or stress. Since she had a family history of heart problem, her husband consulted a Cardiologist friend who said she was having angina attacks, and advised angiogram. She had major blockages in three arteries in her heart. Given the complexity of her condition and her age, the Doctor recommended surgery. Post bypass surgery and a month of rehab, Benu Mashi was ready to go back to her normal life. She no longer had the pain, though she was still prone to panic attacks, occasionally leading to chest discomfort, which was nearly always stress-related. Almost twenty years have gone by since her surgery, Benu Mashi is doing well. She is still fit and active. And her heart is as healthy as it can be.



Stress & the heart..

Is your heart Sad?

Does 'heartbreak' actually mean a broken heart? Surprisingly, the answer to that is often a 'yes'! Chronic stress exposes your body to elevated levels of stress hormones like cortisol and adrenaline which are harmful for your heart. Stress is also linked to the way blood clots, which increases the risk of heart attacks.

- Emotional trauma like death of a loved one, heartbreak, physical or mental abuse that causes grief, fear, anger can lead to what is termed as a

'stunned heart' – an abnormal heart rhythm that can be life-threatening.

- Anxiety can lead to increasing blood pressure which in turn can damage the heart
- Loneliness and depression is known to affect the heart condition. Post attack depression is quite common, however studies have shown a definite link between sadness and the heart. Staying happy helps the heart to stay healthy



The 'positive effect' of happiness

Happiness seems to protect the heart. Studies have shown that people with higher happiness ratings had lower heart rates and also decreased cortisol levels and less concentration of plasma (that is related to heart disease) in the blood. Researchers measuring degree of psychological distress in patients have found that benefits of happiness on the heart's health were independent of any relationship to alleviation from a depressed state of mind. 'Biology of happiness' is a concept that developed from the above theory which suggests happiness has its own set of benefits. People who did more things that made them happy and feel contented have lesser risk of developing heart problems and angina.

CTVS ICU (Cardiothoracic Critical Care)

KNOWLEDGE SERIES



Immediately post cardiac surgery, the patient is transferred to the intensive care unit where they are cared for by individual nurses till they are able to come off the ventilator. Specialised care is required for these patients. Some patients may have undergone complicated procedures, including multi vessel surgeries, or may develop further complications owing to their high risk status. Patients with diabetes, high blood pressure or those who are obese or heavy smokers are high risk and need intense monitoring after surgery.

A patient's stay in the CTVS ICU depends on how soon he/she is able to be weaned off the ventilator and function without support. If post surgery complications develop then the patient may need to be kept in the ICU for a longer period for treatment and round-the-clock monitoring.

MEDICA KOLKATA HELPLINES

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:
033 66520100