



## 'Health, Wellness & More...'

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### Snippets

#### Amazon rainforest "Lungs of the Planet"

The Amazon forest, often referred to as "the planet's lungs", produces about 20% of the earth's oxygen. It houses thousands of animal and plant species. An inferno in the Amazon for over a month is threatening the rainforest ecosystem and will impact the air quality of the entire globe, if urgent measures are not taken to control it.

#### World War Two veteran scuba diving at 96

A 96-year-old Ray Woolley broke his own record as the world's oldest active scuba diver for the third year running, plunging to the depth of 42.4 meters equivalent to a 15-storey building to explore a shipwreck off Cyprus.

#### 5 TIPS FOR LIVER CARE

1 Maintain a healthy weight

Eat a balanced diet 2

3 Exercise regularly

Use alcohol responsibly 4

5 Avoid the use of illicit drugs



• **Dum Dum resident Abhijit Guha** had been diagnosed with fatty liver. No amount of treatment and care had been able to halt the progress of the disease and he had all but given up hope of recovery. A recommendation by an acquaintance took him to Hyderabad, where Prof (Dr) Tom Cherian told him Liver Transplant was his only chance of recovery. The wait for the right match began. Mr Guha travelled back and forth between Kolkata and Hyderabad a number of times, the treatment continued, but his ordeal seemed endless. He had begun to believe that he would not survive the wait, when his luck turned. Now it has been two years since his transplant surgery. Abhijit Guha has got back his life. **"I feel completely normal. I can eat everything and go about my daily activities without any problem."**



• **Shukla Dey** of Salt Lake had been living with a damaged liver for years. Yet again fatty liver was the culprit. When her family took her to Hyderabad for treatment, it was as a last try to save her life. Transplant surgery helped and Prof Cherian is for her the 'God-like' figure who helped her get her good health back. She is now a happy, healthy person leading a completely normal, active life.

According to WHO statistics, about 10 lakh people are diagnosed with liver disease every year in India. Though the average age of patients getting affected is 40-45 years, growing alcoholism, fatty liver, and sedentary lifestyle is increasingly beginning to affect the much younger population of the country. With non-alcoholic fatty liver having been identified as a major cause for liver damage and lifestyle conditions like

## In association with SALI, **Medica** launches Centre for Liver Diseases



obesity and diabetes on the rise, alarm bells have started ringing in the country's healthcare sector. Doctors have warned that liver disease is today among the top 10 causes of death in the country, a situation that is predicted to get worse with passing time. Though treatment options for liver diseases, including transplants, have grown in the country in the recent past, the gap

between the need and the availability is still very wide. And nowhere is the need being felt more than in the eastern region which is still lacking in comprehensive treatment for liver ailments.

Keeping in mind this need, **Medica Hospitals recently launched the 'Medica Centre for Liver Diseases', in association with the renowned South Asian Liver Institute (SALI), founded by the accomplished liver transplant specialist, Prof. Dr. Tom Cherian.**

Prof Cherian is a world renowned liver specialist and transplant surgeon with 17 years of surgery experience. He has successfully performed more than 650 liver transplants and, with his team at SALI, has been diagnosing and managing liver disease cases for the past 14 years. The team has successfully performed a number of complex surgeries and transplants on patients with liver disease. Their areas of expertise include surgery for large liver cancer, key-hole surgery, split liver transplant, operation for gall bladder cancer, among other complex procedures. Medica Centre for Liver Diseases aims to meet a growing requirement for

treatment of liver conditions, including transplant, in eastern India. Fitted with the most modern infrastructure, trained nurses and technicians, experienced critical care team, led by an expert team of Clinicians, the Centre is equipped to handle most diseases of liver, pancreas and gall bladder. The liver disease management team at Medica includes experienced Gastroenterologist &

Hepatologist Dr Pradeepta Kumar Sethy, who has been associated with the Kolkata Hospital as the Director of the Institute of Gastroenterology. With an expertise of managing patients with chronic hepatitis B & C diseases, autoimmune liver diseases, cirrhosis of liver and liver cancer, Dr Sethy has been practicing in this field for more than 12 years.

Medica is among a very few hospitals in the region with comprehensive facilities for treatment of complex liver diseases, including transplant surgery. Patients with damaged or injured liver, resulting from cirrhosis, cancer, benign tumours or hereditary reasons may require transplant. Talking about the need for and virtues of transplant surgery in treating serious liver diseases, Prof Cherian elaborated that unlike popular belief, non-alcoholic fatty liver, and alcohol related liver damage, is the main cause for end stage liver disease needing transplant in our country. Liver transplant surgery removes the diseased liver and replaces it with a healthy one. Medica's liver transplant programme will involve both living and cadaver donors.

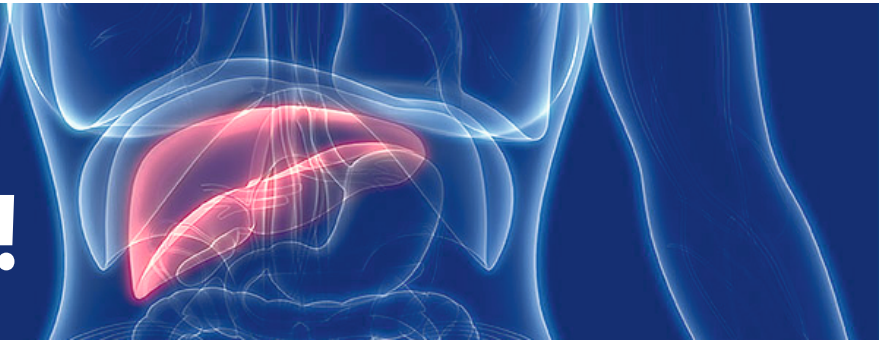
With complete infrastructure, including trained staff, latest equipment, and 24x7 diagnostic and critical care support, Medica's Liver Disease Centre is geared to handle the most complicated liver conditions.



**'A healthy lifestyle is the key to keeping illness away'**



# Know your liver's health!



## Non alcoholic fatty liver disease

A condition affecting people who drink little or no alcohol. It is caused by too much fat getting stored in the liver cells. It is the most common form of chronic liver disease. In certain instances, the condition may lead to a more serious ailment called nonalcoholic steatohepatitis which is a form of liver inflammation that can cause cirrhosis and liver failure. Studies have shown that non-alcoholic fatty liver leading to end stage liver disease is on the rise in India.

Fatty liver may not show any visible symptoms, however, persistent following signs may indicate a need to visit a Doctor:

methods used for diagnosis of the condition.

### Prevention

A healthy diet, healthy weight and regular exercise are the best ways of preventing the condition. If you are diagnosed with fatty liver, then it is important to work with your Doctor to modify your lifestyle, reduce weight and control other risk factors like blood sugar, thyroid etc.

### Hepatitis

Sometimes the liver gets affected due to viral infections, leading to inflammation and reduced liver function. This common virus causing

then treatment would be necessary. Hepatitis A vaccine, given between 12-18 months in an infant helps prevent the condition

### Hepatitis B

A chronic condition, it is treated with antiviral drugs. The infection spreads through bodily fluids (unprotected intercourse, use of contaminated needles, open sores). Hepatitis B is not curable, it requires life-long treatment. Left untreated, it can lead to cirrhosis of liver or even cancer. The condition is, however, preventable through vaccination in newborns.

### Hepatitis C

A person can contract Hepatitis C through contact with infectious blood and body fluids from an infected person. Most patients are cured of the disease without treatment. When diagnosed in early stages, treatment with prescribed medications is shown to cure the infected person completely. More advanced stages may need treatment with antiviral drugs. Chronic condition left untreated can, however, lead to liver damage and subsequent failure. Hepatitis C can be prevented by taking precautionary measures. There is no vaccine for the disease.

### Cirrhosis of Liver

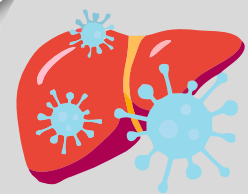
Late stage scarring of liver is called cirrhosis. The condition can occur due to continuous liver damage causes by Hepatitis, Fatty Liver, over consumption of alcohol. The scarring is caused due to the liver trying to repair itself. Cirrhosis in advanced stages can be life threatening. It is usually irreversible, however, if detected in the early stages it can be contained, and in some cases, reversed. Cirrhosis in early stages can be asymptomatic. But the following signs sometimes suggest the condition:

- Fatigue
- Loss of appetite
- Swelling in legs
- Itchy skin
- Nausea
- Jaundice
- Spider-like blood vessels on the skin

- Redness in palms of the hand
- Confusion, drowsiness
- Fluid accumulation in the abdomen

### Prevention

Maintain a healthy diet and weight, avoid alcohol, be careful about the chances of catching hepatitis.



### Liver

- Organ located under the rib cage on the right side of abdomen.
- Digests food and rids body of toxic substances.
- Liver disease can be inherited or due to factors like viruses, alcohol use, obesity.
- Prolonged Liver damage results in scarring (cirrhosis), which can lead to liver failure, a life-threatening condition.

### Signs and symptoms of liver disease include:

- Yellowish skin & eyes (jaundice)
- Abdominal pain & swelling
- Swelling in the legs and ankles
- Itchy skin
- Dark urine color
- Pale, bloody or tar- coloured stool
- Chronic fatigue
- Nausea or vomiting
- Loss of appetite
- Tendency to bruise easily

### Liver Transplant

Surgery to remove a diseased liver and replace with a healthy one

Reasons for liver transplant:

In Adults: Cirrhosis

In children: Biliary atresia

Other reasons: liver cancer, benign liver tumours, hereditary diseases



- Fatigue
- Abdominal pain or discomfort
- Abdominal swelling
- Red palms
- Yellowing skin (suggesting jaundice)

### Why does fatty liver develop?

There are no definite reasons, but reasons like obesity, high blood sugar, high levels of triglycerides, polycystic ovary syndrome, sleep apnoea, underactive pituitary gland and hypothyroidism are usually associated with the condition.

Left untreated, the condition (fatty liver) can lead to cirrhosis, or scarring of liver, which in turn can result in end-stage liver failure when the organ stops functioning almost completely. Blood tests and ultrasounds are usually the

infection of liver is Hepatitis. Hepatitis A, B & C are the common conditions.

Symptoms include:

- Fatigue
- Flu-like symptoms
- Dark urine
- Pale stool
- Loss of appetite
- Unexplained weight loss
- Yellow skin & eyes (jaundice signs)

### Diagnosis

Physical examination to determine inflammation, blood tests (including liver function test) and ultrasound.

### Hepatitis A

Transmitted mostly through contaminated water or food. It usually does not require treatment and cures by itself. However, if symptoms persist

## Impression

### How do nicotine-free e-cigarettes affect blood vessels?



New research examines the effects of a few puffs of nicotine-free electronic cigarettes on endothelial function, a measure of blood vessel health.

As more and more people are trying to quit smoking, electronic cigarettes (e-cigarettes) are gaining popularity.

According to the latest estimates from the Centers for Disease Control and Prevention (CDC), more than 12% of adults in the United States have tried e-cigarettes at least once in their lives, and almost 4% of U.S. adults use e-cigarettes on a regular basis.

Advertisers promote e-cigarettes as a "more healthful" or less harmful alternative to conventional tobacco-based cigarettes. However, the long term health implications of prolonged e-cigarette use require more research.

E-cigarettes typically use electric heating to deliver nicotine through aerosolization of an e-liquid. Some studies have questioned the safety of e-cigarettes, or "vaping," but what are the effects of vaping nicotine-free e-cigarettes?

New research, appearing in the journal *Radiology*, investigates this issue. Alessandra Caporale, a postdoctoral researcher in the Laboratory for Structural, Physiologic, and Functional Imaging at the University of Pennsylvania in Philadelphia, is the lead author of the study.

Source: medicalnewstoday

### The Merits of Physical Therapy

By Len Canter, HealthDay Reporter

You suffered an injury that has sidelined you from exercise, but you dodged a bullet -- your doctor has said that you don't need surgery.

Instead, he or she prescribes physical therapy, most likely to start after a rest period to give any inflammation time to subside.

At that point, you're probably feeling better and wondering if you need the rehab after all. Here's why it's important to go through with the program and not just jump back into your old routine.

Physical therapy programs are customized to your needs with specific exercises designed to help you heal, return to the activities you love and keep you from re-aggravating your injury. You'll benefit from one-on-one attention, important since each person responds differently to an injury and improves at his or her own speed.

Other goals include reducing pain and improving flexibility, mobility and range of motion. If surgery is still a question mark, going through physical therapy may help you avoid it.

Your physical therapist will continually assess your recovery and adapt exercises as you progress from the repair phase, in which your body repairs the damaged tissue, to the remodeling phase, when your body strengthens that new tissue. You'll also learn any needed adaptations for your favorite activities, and exercises that will enable you to continue with them when you get the green light.

An important reminder: You'll be given exercises to do on your own when you "graduate" from your physical therapy program. Following through on this program will ensure that your recovery continues.

Source: medicinenet



### More Teens Need Prescription Glasses. Is Excessive Screen Time to Blame?



- Researchers say the number of children 13 to 16 years old who need glasses has doubled the past 10 years.
- Experts say the increase in screen time is causing eyesight problems in teens and young adults.
- Experts advise parents to have their children's eyes checked once a year.
- They also urge parents to make their children take breaks from electronic devices and to utilize light-filtering technology.

It's no revelation that gazing at a phone or computer screen for hours at a time isn't exactly healthy for young eyes. But it may be getting worse.

According to a new study from United Kingdom-based eye care company Scrivens Opticians, the percentage of kids 13 to 16 years old who need glasses has nearly doubled in less than a decade.

All that ocular stimulation has apparently resulted in eye strain, blurred vision, and shortsightedness.

The researchers say 35 percent of those ages 13 to 16 needed glasses in 2018. That's up from 20 percent in 2012. Two-thirds of those children received diagnoses of nearsightedness. In the U.K., those children are spending 26 hours a week in front of an electronic screen, including televisions.

"Children's eyes continue to grow until early adulthood -- and their vision is changing, too," Sheena Mangat, a Scrivens optometrist, said in a statement. "Because conditions such as short- or longsightedness can happen gradually over time, neither children nor parents can see the signs, which is why regular eye checks are so important."

Source: healthline



## Your lifestyle makes a difference!

### Liver (Myths & Facts)

**1. Myth:** Only alcoholics get fatty liver

**Fact:** Obesity, Family History, Diabetes & Side effects of medication may cause it

**2. Myth:** Men are more likely to develop fatty liver

**Fact:** Equal risk for both men and women

**3. Myth:** Fatty liver disease is irreversible

**Fact:** In most cases it is irreversible but in some cases when diagnosed early, certain lifestyle changes can reduce its risk

**4. Myth:** Liver disease is common mainly in adults

**Fact:** It can happen to children too

**5. Myth:** Vaccines are available for all types of Hepatitis

**Fact:** Vaccines are available for Hepatitis A and B but not for types C, D, or E

– Hepatitis A and E that are caused by contaminated food and water and Hepatitis B and C that are blood-borne.

#### Q - What Is Liver Transplantation?

A - A surgery that removes a diseased liver and replaces it with a healthy one.

#### Q - When does an adult require a liver transplant?

A - In adults, the most common reason for liver transplantation is:

Cirrhosis: a condition in which the liver slowly deteriorates and malfunctions due to chronic injury. Scar tissue replaces healthy liver tissue, partially blocking the flow of blood through the liver. Cirrhosis can be caused by viruses such as hepatitis B and C, excessive use of alcohol, autoimmune liver diseases, buildup of fat in the liver, and hereditary liver diseases. When prolonged abstinence and medical treatment fails to restore health, liver transplantation is the treatment. Other reasons for transplantation are: liver cancer, benign liver tumors, and hereditary diseases

for some patients with end-stage liver disease. This involves removing a segment of liver from a healthy living donor and implanting it into a recipient. Both the donor and recipient liver segments will grow to normal size in a few weeks.

#### Q - What is deceased donor liver transplant?

In deceased donor liver transplant, the donor may be a victim of an accident, brain hemorrhage or head injury. At this point, the donor is usually in an intensive-care unit. The liver is donated, with the consent of the next of kin, from such individuals. Whole livers come from people who have just died. This type of donor is called a cadaveric donor. The identity of a deceased donor and circumstances surrounding the person's death are kept confidential.

After a successful liver transplant, most people are able to go back to their normal daily activities. Getting complete strength back takes some time, depending on how sick one was before the transplant. The doctor is the best guide.

### Question and Answers

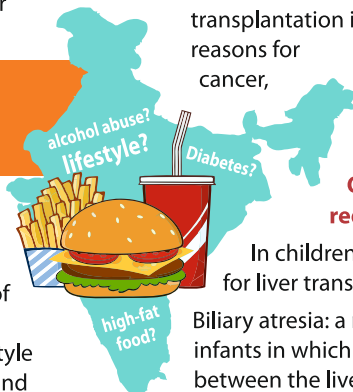
#### Q - What is increasing the incidence of Liver disease in India?

A - Increase in the incidence of Liver Disease in India is due to increasing alcohol abuse, lifestyle lacking in exercise, Diabetes, and consumption of unhealthy high-fat food.

#### Q - What is hepatitis?

A - Hepatitis is a term used for inflammation of the liver. The inflammation can be caused by viral infections, excess fat on the liver or autoimmune diseases.

There are four common types of viral hepatitis



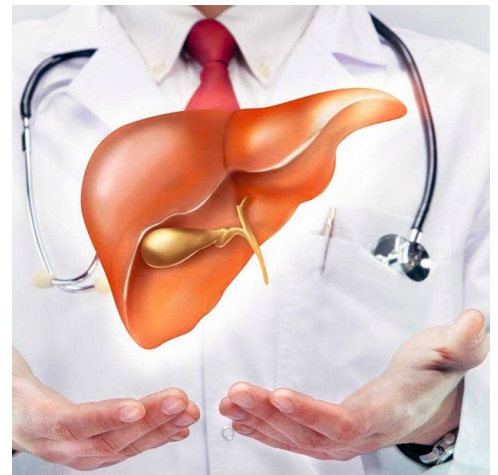
#### Q - When does a child require a liver transplant?

In children, the most common reason for liver transplantation is:

Biliary atresia: a rare condition in newborn infants in which the common bile duct between the liver and the small intestine is blocked or absent, and obstructed bile causes cirrhosis. Bile helps digest food. Undiagnosed, the condition leads to liver failure. Certain surgeries, or liver transplantation are the only effective treatments.

#### Q - What is a living donor liver transplant?

Living donor liver transplants are an option



### Liver Function Test (LFT)

### KNOWLEDGE SERIES



LFT is a group of blood tests that help determine the health of your liver by measuring the levels of proteins, liver enzymes and bilirubin in your blood. Elevated liver enzymes may indicate inflamed, injured or damaged liver.

#### The test is advised to check for:

- Damage from liver infections like Hepatitis B & C
- Side effects of certain medications
- Symptoms of liver disorder
- Existing liver disease
- Certain medical conditions like high triglycerides, high BP, diabetes or anaemia
- Heavy alcohol consumption
- Gallbladder disease



### 'Inspiring Cardiologist of India'

On the occasion of Doctor's Day, Dr. Arindam Pande was recognized as one of the "Inspiring Cardiologist of India" by the Economic Times. Young, dynamic, trusted are the three words that can be associated with Interventional Cardiologist, Dr. Arindam Pande. His skills and

experience far belies his age and he is one of the finest young cardiologists in town, trusted completely by his patients. We wish him good luck for the future and hope he continues to serve his patients with the same dedication and empathy.

### MEDICA KOLKATA HELPLINES

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Swasthya Mitra:  
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Corporate Desk:  
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