



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

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### Snippets

#### When hot is cold!

Conventional wisdom says drinking something cold cools down your body. However, research shows that on a hot day, a hot beverage may help your body stay cool. The reason: a hot drink makes your body produce sweat which cools down your body temperature. Initially you may be adding heat by drinking the hot liquid, but the amount of sweat that your body produces to cool down more than makes up for the added heat from the liquid.

#### Sweat is mostly water

Our sweat is composed mostly of water – about 99%! How much we sweat is unique to each individual; factors like gender and/or age can contribute to a person sweating more or less.

#### 5 TIPS TO FALL ASLEEP AS FAST AS POSSIBLE

1 Lower the room temperature

Avoid naps during the day 2

3 Listen to relaxing music before bedtime

Exercise during the day 4

5 Turn off all electronics



### They have not let Dialysis conquer their spirits

## Meet our Titans!

**Their lives took an unfortunate turn when they were diagnosed with Kidney Failure, a condition where the kidneys stop functioning and the toxic waste being formed inside the human body has no way of being purged naturally, without external help. Dialysis is the procedure that helps cleanse the body, washing out the toxins periodically (twice or thrice a week depending on the need). Today we introduce you to some of the members of the 'Medica Dialysis Club' who have not let this big adjustment in their daily routine affect their spirit and will to enjoy life to the fullest. We salute them....**

#### Arun Kumar Roy (81)

Octogenarian Mr. Arun a retired SBI employee had a wonderful Puja this year. He managed to fulfill his dream of visiting his childhood puja in Cuttack. "It was started by the great freedom fighter Netaji Subhash Chandra Bose himself", he fondly recollects. Having lost his wife a few



years back, he lives alone in Jodhpur Park in Kolkata now. His daughter and son-in-law have been pestering him to go and stay with them in Singapore. But, Arun loves his independence. His eyes light up with excitement when he talks about "Olu" his daughter's dog, his constant companion when he is visiting them in Singapore. At home he has a caretaker who does most of the domestic jobs. He is still actively involved with the SBI Pensioners association, and travelling is a passion he has

managed to sustain. His health does not concern him much ("after all I have Medica!"). He is already looking forward to his next trip!

#### Kaberi Sarkar (38)

Coming from a joint family, Kaberi is friendly and bubbly, loved by all. A good student and a dancer, she was a favourite with her teacher at school. She was married off at a young age into a business family, and she found in her husband a



friend who cares for her deeply and has supported her in all her decisions. Her yen for travel and adventure has taken her across the country. An animal lover, she treats her pets - cats and dogs - as any other member of the family. Her pride is her 18-year-old son who is a budding cricketer. Her biggest wish is to see him fulfill his dream of becoming a star cricketer some day. Kaberi stays constantly in touch with all her friends and family through Facebook. "And I have found a new set of friends here at Medica", she smiles.

#### Saroj Basak (62)

Saroj Basak's grew up in his family home on Beadon street. A large part of his childhood memories are of the wonderful times he spent with his para friends, who are like extended family. Though he now resides in Shovabazar with his wife, son and daughter-in-law, the 90-year-old house on Beadon street still remains 'home'. An



Electronic goods businessman, Saroj has travelled all over the country on work, but also pleasure. His leisure time at home is spent watching football and cricket on television with his engineer son. Kidney failure has not and the need for dialysis, has not managed to diminish his passion for travelling. Just last year he managed trips to Assam, Kashmir and Rajasthan with his family! "With Medica I am confident about my health", he says

#### Ashok Manna (72)

A businessman by profession, Ashok grew up in Gobindapur in Baruipur in a joint family with uncles, aunts and cousins. He has fond memories of his childhood days. His wife, a homemaker, has been a pillar of support. They are very proud of their daughter, who is now married and also lives in Baruipur. She has a son whom the grandparents just adore. His damaged kidneys and dialysis sometimes



exhausts him, but "all my tiredness vanishes when I look at him", says the proud grandfather. His only wish

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### Ask Us

1. What is dialysis and how does it work?  
**When your kidneys fail, dialysis keeps your body in balance by removing waste, salt and extra water to prevent them from building up in the body, keeping a safe level of certain chemicals in your blood, such as potassium, sodium and bicarbonate, & helping to control blood pressure however, dialysis is not a cure for Kidney failure**
2. Is dialysis painful?  
**Dialysis itself does not hurt. In haemodialysis, the needles may hurt going in, but they should stop hurting after that. You can ask for numbing medicine before you get the needle sticks if they bother you**
3. How long is a session of dialysis?  
**In a dialysis center, a haemodialysis session is usually done 3 times per week for about 4 hours at a time. Your Doctor may recommend twice a week depending on the condition of your kidneys and stage of failure**
4. Is water good for dialysis patients?  
**One of the main functions of the kidneys is to balance fluid in the body. That's why it's so important to limit the sodium (salt) and fluid you have between dialysis treatments. This helps your body maintain the right amount of fluid, and it makes it easier for your dialysis treatment to remove extra water**

'A healthy diet and plenty of fluids can keep your Kidney healthy'



#### ► FROM PAGE 1

is that his grandson will grow up to be a good man. He spends most of his time reading books and newspapers. Nowadays at times he finds nostalgically thinking about the football games he played with his friends when young, "but life has to go on...and I

have found new companions at Medica", he says.

#### Rina Banerjee (39)

Rina always looked up to her older brother who was a strict disciplinarian. Belonging to "Khirogram" from Burdwan, she was a shy and quiet girl in school. Her brother did not allow

her to play outside with her friends. After marriage, she began her new life with her husband in Baruiapur. The happiest day in her life was the day her daughter was born. Today, her daughter is studying management at a well-known college in Barasat and is ready to face the world on her own. Her



daughter has now become her friend and companion. Though kidney failure and regular dialysis has restricted her, and she gets tired easily, she loves to spend her time cooking and watching TV. "Medica keeps me on my feet and active", says the 39-year-old lady.

## Dialysis....when kidneys fail us

The kidneys filter your blood by removing waste and excess fluid from your body. This waste is sent to the bladder to be eliminated when you urinate. Dialysis performs the function of the kidneys if they fail. End-stage kidney failure occurs when the kidneys perform only 10 to 15% of their normal function.

Dialysis filters and purifies the blood using a machine. This helps keep your fluids and electrolytes in balance when the kidneys can't do their job. Properly functioning kidneys prevent extra water, waste, and other impurities from accumulating in your body, and also help control blood pressure and regulate the levels of chemical elements in the blood, including sodium and potassium. Your kidneys even activate a form of vitamin D that improves the absorption of calcium.

When your kidneys can't perform these functions due to disease or injury, dialysis can help keep the body running as normally as possible. Without dialysis, salts and other waste products will accumulate in the blood, poison the body, and damage other organs.

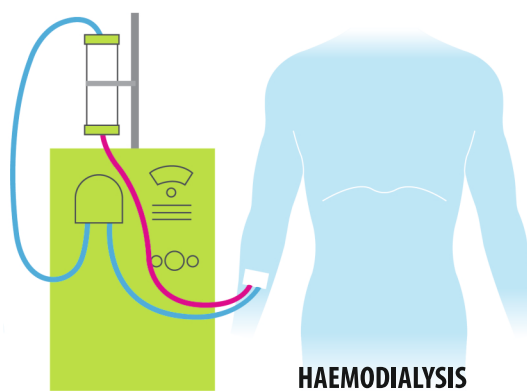
However, **dialysis isn't a cure for kidney disease or other problems affecting the kidneys.** Different treatments are needed to address those concerns.

### What are the different types of dialysis?

**1. Haemodialysis:** the most common type of dialysis. This process uses an artificial kidney (hemodialyzer) to remove waste and extra fluid from the blood. The blood is removed from the body and filtered through the artificial kidney. The filtered blood is then returned to the body with the help of a dialysis machine.

To get the blood to flow to the artificial kidney, your doctor will perform surgery to create an entrance point (vascular access) into your blood vessels. The three types of entrance points are:

- a. Arteriovenous (AV) fistula:** This type connects an artery and a vein. It's the preferred option.
- b. AV graft:** This type is a looped tube.
- c. Vascular access catheter:** This may be inserted into the large vein in your neck. Both the AV fistula and AV graft are designed for long-term dialysis treatments. People who receive AV fistulas are healed and ready to begin haemodialysis two to three months after their surgery. People who receive AV grafts are ready in two to three weeks. Catheters are



HAEMODIALYSIS

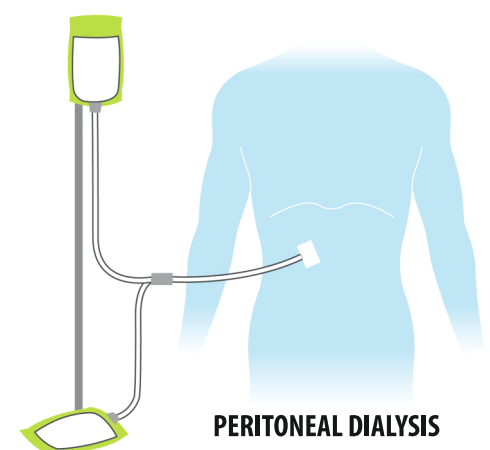
designed for short-term or temporary use.

Haemodialysis treatments usually last three to five hours and are performed three times per week. However, haemodialysis treatment can also be completed in shorter, more frequent sessions.

Most haemodialysis treatments are performed at a hospital, doctor's office, or dialysis center. The length of treatment depends on your body size, the amount of waste in your body, and the current state of your health.

**2. Peritoneal dialysis:** involves surgery to implant a peritoneal dialysis (PD) catheter into your abdomen. The catheter helps filter your blood through the peritoneum, a membrane in your abdomen. During treatment, a special fluid called dialysate flows into the peritoneum. The dialysate absorbs waste. Once the dialysate draws waste out of the bloodstream, it's drained from your abdomen.

This process takes a few hours and needs to be repeated four to six times per day. However, the exchange of fluids can be performed while you're sleeping or awake.



PERITONEAL DIALYSIS

### 3. Continuous renal replacement therapy (CRRT)

This therapy is used primarily in the intensive care unit for people with acute kidney failure. It's also known as haemofiltration. A machine passes the blood through tubing. A filter then removes waste products and water. The blood is returned to the body, along with

replacement fluid. This procedure is performed 12 to 24 hours a day, generally every day.

### Are there any risks associated with dialysis?

While all three forms of dialysis can save your life, they also carry certain risks.

#### Risks associated with haemodialysis:

- Low blood pressure
- Anaemia, or not having enough red blood cells
- Muscle cramping
- Difficulty sleeping
- Itching
- High blood potassium levels
- Pericarditis, an inflammation of the membrane around the heart
- Sepsis
- Bacteremia, or a bloodstream infection
- Irregular heartbeat
- Sudden cardiac death, the leading cause of death in people undergoing dialysis

#### Risks associated with peritoneal dialysis:

- increased risk for infections (peritonitis) in or around the catheter site in the abdominal cavity
- abdominal muscle weakening
- high blood sugar due to the dextrose in the dialysate
- weight gain
- hernia
- fever
- stomach pain

#### Risks associated with CRRT:

Infection, Hypothermia, Low blood pressure, Electrolyte disturbances, Bleeding, Delayed renal recovery,

Weakening of bones, Anaphylaxis

Inform your doctor if you continue to have these symptoms while on dialysis.

### What's the long-term outlook for someone who needs dialysis?

Not all kidney disorders are permanent. Dialysis can temporarily serve the same function as kidneys until your own kidneys repair themselves and begin to work on their own again. However, in chronic kidney disease, the kidneys rarely get better. If you have this condition, you must go on dialysis permanently or until a kidney transplant becomes an option. Lifestyle changes are required as well. Your nephrologist (kidney doctor) will have a dietician on their team to help guide dietary choices.

While on haemodialysis, limit your intake of potassium, phosphorus, and sodium. This includes sodium from vegetable juice and sports drinks. Keep a record of how much liquid you consume. Having too much fluid in the body can cause problems. Some hidden sources of liquids include fruits and vegetables, such as lettuce and celery.

Being consistent with your dialysis will decrease your chances of needing a kidney transplant.

## Interesting Facts

**Kidneys have a higher blood flow compared to the Brain and liver**

**About 25% of all blood from the goes into the kidneys**

**An adult's kidney weighs about 5 ounces (142 grams) and is the size of a fist.**

**Make sure you hydrate: the most common cause of kidney stones is not drinking enough liquids, especially water. Drink up! Your kidneys will thank you later.**



## Impression

### Study finds evidence of 'clear relationship' between appendectomy and Parkinson's

**An analysis of the health system records of more than 62 million people in the United States has found a link between appendix removal and raised risk of developing Parkinson's disease.**



The researchers compared data on people who had undergone an appendectomy, or appendix removal, to those who had not.

The analysis showed that those who had undergone an appendectomy were more than three times more likely to develop Parkinson's disease later on.

The findings are further evidence of a connection between the gut and the brain in Parkinson's disease.

Previous studies that have focused on the role of the appendix have drawn conflicting conclusions about whether having an appendectomy might raise or lower a person's risk of developing Parkinson's disease.

For example, a 2016 Movement Disorders study of about 1.5 million people in Denmark found that people who had had an appendectomy were at slightly higher risk of developing Parkinson's disease in the future.

This controversy spurred the new study investigators to embark on a much more extensive analysis that drew on the electronic health records of 62.2 million people in 26 health systems in the U.S.

In a Gastroenterology abstract about the study, the authors suggest that what is missing from the research on appendix removal and Parkinson's disease risk is "large-scale epidemiological data."

Lead study author Dr. Mohammed Z. Sheriff, who works as a physician at University Hospitals Cleveland Medical Center and Case Western Reserve University, also in Cleveland, OH, is presenting the findings at the 2019 Digestive Disease Week meeting that takes place May 18–21 in San Diego, CA.

### Could an existing heart drug help treat cancer?



**When cells in the human body age incorrectly, this can sometimes make it easier for cancer to develop or spread. For this reason, scientists are looking for new drugs able to act on processes that relate to cell aging. But could an existing drug come in handy?**

Cellular aging — that scientists call senescence — is a natural process that allows the body to filter out old and damaged cells that no longer fulfill their purpose.

However, senescence sometimes malfunctions, and some researchers believe that this can contribute to the growth and spread of cancer tumors.

Thus, specialists have been hard at work to find new drugs, which they term senolytics, that can kill senescent cells that may pose a threat to health.

Previous studiesTrusted Source in animal models have shown that senolytics could have a number of benefits, including keeping individuals healthier for longer and prolonging life span.

And some senolytics, such as navitoclaxTrusted Source, have demonstrated some effectiveness in treating blood cancers, including leukemia and lymphoma. Yet navitoclax can also have serious side effects, including thrombocytopenia, or abnormally low platelet levels in the blood.

Recently, however, researchers from the MRC London Institute of Medical Sciences in the United Kingdom may have identified an alternative senolytic — in the form of an existing heart drug known as ouabain.

### Burnout: Facing the damage of 'chronic workplace stress'

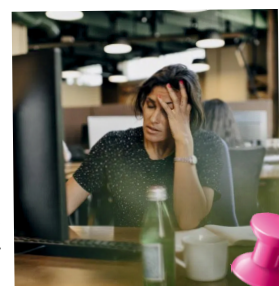
**In a world where it seems as though the pressure to perform is always on, more and more people are admitting to burnout at work. What is this phenomenon, and how can you cope with it if it happens to you? In this Spotlight feature, we investigate.**

In May 2019, the World Health Organization (WHO) formally recognizedTrusted Source burnout as an "occupational phenomenon." Their decision came after years of hearing people talk about it, trying to understand why it affected them, and attempting to identify what they could have done to cope with it.

Recently, a Gallup study of around 7,500 full time workers found that 23% were often in "burnout mode." About 44% "sometimes" entered a burnout mode.

Although the WHO do not yet recognize burnout as a medical condition, some researchers call it "an occupational diseaseTrusted Source." This is due not only to the high number of people — all across the globe — who report experiencing it, but also due to its important impact on well-being and quality of life.

According to the same researchers, some of the occupations most at risk of burnout are linked to professions that encounter high levels of stress, including healthcare, social work, police work, teaching, and customer services. Other professionals who have reported high levels of burnout include lawyersTrusted Source and academics.



Source: medicalnewstoday

# Diet that helps!

**For people with advanced kidney disease, it's important to follow a kidney-friendly diet that helps decrease the amount of waste in the blood.**

This diet is often referred to as a **renal diet**.



**1. Cauliflower** - a nutritious vegetable that is high in many nutrients, including vitamin C, vitamin K and the B vitamin folate. It's an excellent

source of fiber and can be used instead of potatoes as a low-potassium side dish.

**2. Blueberries** – packed with nutrients and one of the



best sources of antioxidants called anthocyanins. They are considered

Kidney friendly as they are low in sodium, phosphorus and potassium.

**3. Egg whites** – provide a high-quality, kidney-friendly source of protein and are an excellent choice for people



undergoing dialysis treatment, as they have higher protein needs but need to limit their intake of phosphorus.

**4. Garlic** – As kidney patients are often asked to limit their sodium intake, Garlic provides a delicious alternative to salt, adding flavor to dishes while providing

nutritional benefits. It is a good source of manganese, vitamin C and vitamin B6 and containing sulfur compounds that have anti-inflammatory properties.



**5. Cabbage** – Is a great source of vitamin K, vitamin C & B vitamins. It provides insoluble fiber that keeps your digestive system healthy and is low in potassium, phosphorus and sodium. It also provides insoluble fiber, a type of fiber that keeps your digestive system healthy by promoting regular bowel movements.

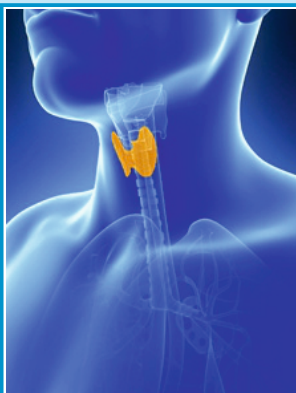


## Reduce your risk of developing kidney disease

- **Avoid over-the-counter medications** - Taking too many pain relievers could lead to kidney damage and generally should be avoided if you have kidney disease.
- **Maintain a healthy weight** - If you're at a healthy weight, work to maintain it. If you're overweight work towards increasing daily physical activity and reducing calories.
- **Don't smoke** - Cigarette smoking can damage your kidneys and make existing kidney damage worse. So, quit smoking.
- **Seek medical advice** - If you have diseases or conditions that increase your risk of kidney disease, talk to your doctor who will prescribe tests to diagnose kidney disease and ways to control them.

### Hypo and Hyperthyroidism

### KNOWLEDGE SERIES



**Hypothyroidism** (underactive thyroid), also called underactive thyroid or low thyroid, is a disorder of the endocrine system in which the thyroid gland does not produce enough thyroid hormone.

Symptoms:

Poor ability to tolerate cold, A feeling of tiredness, Constipation, Depression, Weight gain,

**If left untreated, hypothyroidism can lead to many complications. These include heart problems, nerve injury, infertility and in severe cases, death.**

**Hyperthyroidism** (overactive thyroid), occurs when your thyroid gland produces too much of the hormone thyroxine.

Symptoms: Acceleration of body's metabolism, causing unintentional weight loss

Rapid or irregular heartbeat

**If left untreated, hyperthyroidism can cause serious problems with the heart, bones, muscles, menstrual cycle, and fertility. During pregnancy, untreated hyperthyroidism can lead to health problems for the mother and baby.**

### 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**