



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

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### Snippets

#### The strongest muscle

Our muscle strength can be measured in different ways. The muscle that can exert the most force is the calf muscle called the soleus. However, the muscle that can exert the most pressure is the jaw muscle, or the masseter, which is the strongest. The human jaw can close teeth with a force as great as 200 pounds, or 890 newtons!

#### Hands & feet have more than half of total bones

We are born with approximately 300 bones and cartilage which eventually fuse together by the time we reach adulthood. The adult human body consists of 206 bones. Of these bones, 106 of them are located in our hands and feet. Bones in the arms are among the most commonly broken bones and account for almost half of all adults' bone injuries.

#### 3 FOODS TO IMPROVE LIVER HEALTH

- 1 Warm Water with Lemon: flushes out excess toxins from the body
- 2 Dark-Green Leafy Vegetables: contain powerful antioxidants that help to combat toxins in the body.
- 3 Beets and Beet Greens: help manage disease states due to oxidative stress, including liver disease



A 'common' condition that destroyed Sajal Bose's peace of mind

## A horn in the chest!

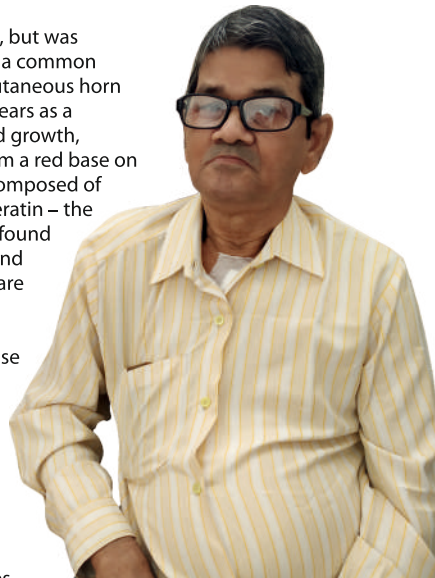
Improbable, but strangely enough, not an impossible condition. As 73-year-old Sajal Kumar Bose discovered much to his consternation two years back. The gentleman living in Bijoygarh, Kolkata, had led a fairly 'healthy' life till a day in late September 2017, when he discovered a small mole like growth on his chest. His initial unconcern turned to a nagging worry when the 'red mole' started itching and getting larger. When he shared his concern with his homemaker wife and daughter, they too dismissed it as a mole that would soon disappear on its own. However, it did not disappear, and imagine their surprise and concern when the growth started taking on the distinct look of a horn!

Force of habit first led them to a Homeopath, who put Sajal on some medications, assuring them that these would make the horn grow and eventually fall off. They waited in vain for the medicines to take effect as the Homeopath had promised, but a few months later the horn had just grown bigger, changed colours from orange to brownish crimson, but showed no signs of drying up. Alarmed now, Mr Bose's daughter and son-in-law decided to seek the advice of a Physician. Since they were familiar with Medica, having earlier visited the hospital for other problems, they decided to consult Senior Surgeon Dr Udipta Ray here.

After examining him, Dr Ray informed Mr Bose and his family that his condition may

seem unusual, but was actually quite a common affliction. A cutaneous horn generally appears as a funnel-shaped growth, extending from a red base on the skin. It's composed of compacted keratin – the same protein found in nails, hair, and hooves. They are commonly referred to as "horns" because of their appearance. This skin condition is more common in fair-skinned older adults, especially ones between the ages of 60 and 70, and both men and women can have it. There usually is no cause for concern in cases where the horns appear, and in most cases, they can be easily removed.

Most cutaneous horns are benign, but they can also be cancerous or precancerous. They can sprout from anywhere in the body like the chest, skull, or penis. The unusual growth may be the same colour as the skin or a different colour. Commonly seen colours include white, yellow, pink, and brown. Most of these cutaneous horns are curved and the curvature can worsen as they grow. The exact cause of a cutaneous horn is often unknown. Prolonged exposure to radiation from the sunlight may be one of the causes. Another possible cause is viral warts caused by human papillomavirus.



Cutaneous horns aren't contagious, so they can't spread to other people.

At Medica, the team led by Dr. Udipta Ray advised the Fine needle aspiration cytology (FNAC) test. Much to the patient and family's relief, the test revealed that the cutaneous horn was non-malignant. Dr. Ray advised surgical removal of the horn. Post consent of the family, the surgery was performed on 17th August 2019. The operation was a success and Sajal Bose was fit to be discharged the next day. With the unseemly growth that had destroyed his peace of mind now out of the way, Mr Bose is enjoying his retirement at home. He visits Medica every three months to check if there are any signs of the horn growing back. But to date, the 73-year-old gentleman is in good physical health without any recurrence of the horn.

#### DOCTOR SPEAK



**Dr. Udipta Ray**  
Senior Consultant – General & GI Surgery  
MBBS, MS (General Surgery), MRCS, FIAGES, FMAS

*It was a simple and successful surgery. Mr. Bose was extremely cooperative and we had the complete support of his family members. His prognosis is excellent. I am expecting him to make a full recovery in the next few days.*

#### PATIENT SPEAK

**Mr. Sajal Kumar Bose**

*It was unknown to me and my family members that horn-like protrusions grow on humans. I had all but given up hope, thinking I would have to live the rest of my life with the unusual growth. Dr. Udipta Ray was encouraging and made me feel hopeful again. I am grateful for the treatment and excellent support I received at Medica.*

### Ask Us

**1. What is General Surgery?**  
*It is a surgical specialty that focuses on abdominal contents including esophagus, stomach, small intestine, large intestine, liver, pancreas, gallbladder, appendix and bile ducts, and often the thyroid gland. They also deal with diseases involving the skin, breast, soft tissue, trauma, peripheral vascular surgery and hernias.*

**2. Who is a General Surgeon?**  
*A physician who has been educated and trained in the diagnosis and preoperative, operative, and postoperative management of patient care. Surgery requires knowledge of anatomy, emergency and intensive care, immunology, metabolism, nutrition, pathology, physiology, shock and resuscitation, and wound healing. The general surgeon is trained to provide surgical care for the whole patient.*

**4. What steps can I take to reduce the risk of complications from surgery?**  
*Pre-operative physical therapy to improve strength & increase muscle mass, improved nutrition to provide the body the energy it needs, smoking patients need to quit at least 6-8 weeks before surgery, & patients with diabetes need to get their condition stable.*

**4. Why is Rehab recommended post surgery?**  
*Rehab includes therapies like physiotherapy and occupational therapy that speed your recovery after operation. A therapist will help you get out of bed and walk again. Other exercises will help you get ready to go home.*

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**MEDICA App**



**'30 minutes of daily moderate exercise can add years to your life'**

# All you wanted to know about Common General Surgeries

## 1. Abdominal adhesions

Bands of scar-like tissue that form inside the abdomen. The bands form between two or more organs or between organs and the abdominal wall. Normally, the surfaces of organs and abdominal wall do not stick together when one moves. However, abdominal adhesions may cause these surfaces to become adherent, or stick together. Abdominal adhesions can kink, twist, pull, or compress the intestines and other organs in the abdomen, causing symptoms and complications, such as intestinal obstruction or blockage.

Symptoms may include abdominal pain, bloating, constipation, not passing gas, nausea, vomiting. If abdominal adhesions cause symptoms or complications, doctors can release the adhesions with laparoscopic or open surgery. If you have abdominal adhesions, talk with your doctor about the possible benefits and risks of surgery.

## 2. Anal Fistula

Anal fistulas are generally common among those who have had an anal abscess. Treatment is usually necessary to reduce the chances of infection in an anal fistula, as well as to alleviate symptoms. An anal fistula is defined as a small tunnel with an internal opening in the anal canal and an external opening in the skin near the anus. Anal fistulas form when an anal abscess, that's drained, doesn't heal completely. Different types of anal fistulas are classified by their location.

The external opening of the fistula is usually red, inflamed, oozes pus, and is sometimes mixed with blood. Treatment is delicately performed to reduce the risk of affecting bowel emptying, due to the anal fistulas' proximity to the anal sphincter muscles. The best approach requires that each patient is assessed individually. Treatment of an anal fistula is attempted with as little impact as possible on the sphincter muscles. It will often depend on the fistula's location and complexity, and the strength of the patient's sphincter muscles.

## 3. Appendicitis

It is an inflammation of the appendix, a finger-shaped pouch that projects from your colon on the lower right side of your abdomen. Appendicitis causes pain in your

lower right abdomen. However, in most people, pain begins around the navel and then moves.

Symptoms may also include pain that worsens if you cough, walk or make other jarring movements, nausea and vomiting, loss of appetite, low-grade fever that may worsen as the illness progresses, constipation or diarrhoea, abdominal bloating, flatulence. Standard treatment is surgical removal of the appendix.

## 4. Cholecystectomy (Gallbladder Removal)

Cholecystectomy is a surgical procedure to remove the gallbladder, a small, pear-shaped organ located in the upper right abdomen, below the liver. The gallbladder collects and stores bile, a digestive fluid produced in the liver. Cholecystectomy may be required where there is pain from gallstones that block the flow of bile.

Cholecystectomy is most often a minimally invasive surgery (MIS) performed by inserting a tiny video camera (a laparoscope) and special surgical tools through four small incisions so the surgeon can visualize the abdomen and remove the gallbladder. This is called a laparoscopic cholecystectomy. The benefits of this surgery include less pain, a shorter hospital stay, and a faster return to work and normal activities.

## 5. Colectomy

Colectomy is a surgical procedure to remove all or part of the diseased colon (bowel obstruction, colon cancer, ulcerative colitis etc). When only part of the colon is removed, it is called a partial colectomy. The procedure is also known as a bowel resection. The colon is part of the body's digestive system. The digestive system removes and processes nutrients ( vitamins, minerals, carbohydrates, fats, proteins, and water) from foods and helps pass waste material out of the body. The digestive system is made up of the esophagus, stomach, and the small and large intestines.

In an open colectomy, one long incision is made in the wall of the abdomen and doctors can see the colon directly. In a laparoscopic-assisted colectomy, several small incisions are made and a thin, lighted



tube attached to a video camera is inserted through one opening to guide the surgery. Surgical instruments are inserted through the other openings to perform the surgery.

## 6. Hernia repair

Hernia repair may be done through either of the two surgical techniques available. These include traditional repair and laparoscopic technique. In the traditional approach, the abdominal wall is cut open for moving the protruding tissues back in place. The weak region is reinforced using a synthetic mesh. The laparoscopic technique is less invasive compared to the traditional repair. During this procedure, tiny fiber-optic tools are passed through small key-hole sized surgical openings made in the abdomen. The recovery period is shorter, and the patient may return home on the day of the surgery.

## 7. Haemorrhoidectomy (Piles Surgery)

Haemorrhoids are swollen veins that can be internal, which means they're inside the rectum. Or they can be external, which means they're outside the rectum. A haemorrhoidectomy is surgery to remove internal or external haemorrhoids that are extensive or severe.

Internal haemorrhoids may bleed painlessly after a bowel movement. They become a problem if they bleed too heavily or prolapse. It's typical to see blood after a bowel movement when you have a haemorrhoid. External haemorrhoids may also bleed after bowel movements. Because

they're exposed, they often become irritated and may itch or become painful. Another common complication of external haemorrhoids is the formation of blood clots inside the vessel. While these clots aren't usually life-threatening, they can cause sharp, severe pain.

Surgery is the most effective treatment for haemorrhoids.

## 8. Inguinal Hernia

In an inguinal hernia, abdominal fat or a loop of small intestine enters the inguinal canal, a tubular passage through the lower layers of the abdominal wall. A hernia occurs when part of an internal organ (usually the small intestine) protrudes through a weak point or tear in the peritoneum, the thin muscular wall holding the abdominal organs in place resulting in a bulge. In men, inguinal hernias typically develop in the groin area near the scrotum, on one or both (double hernia) sides.

Symptoms of an inguinal hernia include a small bulge in one or both sides of the groin that may increase in size and disappear when lying down; in males, it can present as a swollen or enlarged scrotum, discomfort or sharp pain-especially when straining, lifting, or exercising-that improves when resting, a feeling of weakness or pressure in the groin, a burning, gurgling, or aching feeling at the bulge.

Inguinal hernias that enlarge, cause symptoms, or become incarcerated, are treated surgically.





## Impression

### Intermittent Fasting May Help You Stay Healthy During the Holidays



- Intermittent fasting with a 10-hour window for eating helped people with type 2 diabetes stay healthy in a recent study.
- Experts say this form of eating may help other people stay healthy as well.
- Intermittent fasting can affect your metabolism and potentially push you to avoid metabolic syndrome.

No matter how much of the year we devote to eating a healthy diet, come the holidays it's easy to overindulge. From Halloween straight through New Year's, you're faced with an endless parade of tempting morsels.

But new research finds you may be able to have your cake and eat it, too.

It turns out the trick isn't what you eat, but when.

In an effort to explore the benefits of fasting in humans, researchers have discovered that people at high risk for developing diabetes saw their health significantly improve when they ate all their meals during a 10-hour window and then fasted for the rest of the day.

#### Changing eating habits rather than diet

Researchers from the Salk Institute and the University of California (UC) San Diego School of Medicine found that a 10-hour time-restricted eating (TRE) intervention, combined with traditional medications, resulted in weight loss, reduced abdominal fat, lower blood pressure and cholesterol, and more stable blood sugar and insulin levels for participants already living with metabolic syndrome.

Source: healthline

### How does humidity affect asthma?



Humidity is a measure of how much moisture there is in the air. Many people with asthma find that humid weather makes their symptoms worse.

People can prevent humidity-related asthma symptoms using a range of strategies, including taking medication, controlling indoor humidity levels, and avoiding exercising in humid conditions.

Keep reading to learn how humidity and the weather can affect asthma symptoms and what to do to prevent a flare. We also look at the best and worst weather conditions for asthma.

#### Humidity and asthma

Humidity refers to how much moisture or water vapor is in the air.

People may notice their asthma symptoms get worse on humid days when there is a lot of moisture in the air. This is especially true when exercising in humid conditions.

High levels of humidity may play a role in asthma symptoms in a variety of ways.

The increased moisture can directly irritate the airways, and humidity can increase the levels of other substances in the air that irritate the bronchial tubes, such as pollen and pollution.

#### High humidity can trigger asthma symptoms, including:

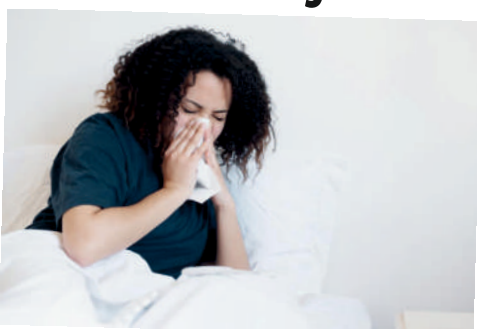
- coughing
- wheezing
- chest tightness

Small-scale research has looked into how humid weather affects a person's lungs. The researchers tested airway resistance — a measure of how easy it is to breathe — in six people with asthma and six people without.

After experiencing hot, humid air (49°C and 75–80% humidity) for 4 minutes, people with asthma had a 112% increase in airway resistance as opposed to the healthy group that only had a 22% increase in airway resistance.

Source: medicalnewstoday

### Can nonsmokers get COPD?



**Chronic obstructive pulmonary disease, or COPD, refers to a group of lung conditions that block airflow and make breathing difficult. It is possible for people who don't smoke to develop the condition. Symptoms tend to be similar for those who smoke and those who don't.**

COPD makes breathing difficult because it restricts airflow in and out of the lungs.

This is because COPD can create more mucus and inflammation, which blocks the airways, causes parts of the lungs to become less elastic, and damages the air sacs in the lungs.

Emphysema and chronic bronchitis are both conditions within the range that COPD covers, and some cases of asthma can also lead to COPD.

#### Some symptoms of COPD include:

breathlessness | frequent coughing that produces a lot of mucus | wheezing | tightness or discomfort in the chest | frequent colds, flu, or respiratory infections  
Around 85–90% of people who develop COPD smoke, but people who don't smoke can also develop the condition from exposure to other lung irritants.

Source: medicalnewstoday

## Quick Health Facts... fitness, food, hydration

1. Laughing is good for the heart and can increase blood flow by 20 percent.

2. Your skin works hard. Not only is it the largest organ in the body, but it defends against disease and infection, regulates your temperature and aids in vitamin production.



3. Exercise will give you more energy, even when you're tired.

4. Always look on the bright side; being an optimist can help you live longer.

Studies have found that optimism is beneficial to your overall health, but is linked to a healthy heart and can even help ward off diseases. Optimists often have lower blood pressure, which reduces the risk of

coronary artery disease as found in a study by scientists. People who are more optimistic also tend to have healthier behaviours – such as diet and exercise – that contribute to longevity.

5. Sitting and sleeping are great in moderation, but too much can increase your chances of an early death. A lack of exercise now causes as many deaths as smoking. Nearly 30% of the world's population is obese.

6. Learning a new language or playing a musical instrument gives your brain a boost.

7. Feeling stressed? Read. Getting lost in a book can lower levels of cortisol, or other unhealthy stress hormones, by 67 percent.

8. Maintaining good relationships with family and friends is good for your health, memory and longevity.

9. Drinking coffee can reduce the risk of depression, especially in women.

10. Smelling rosemary may increase alertness and improve memory so catch a whiff before a test or important meeting.

11. Writing things out by hand will help you remember them.

12. Chewing gum makes you more alert, relieves stress and reduces anxiety levels.



13. Yoga can boost your cognitive function and lowers stress.

14. Walking outside, or spending time in green space, can reduce negative thoughts and boost self-esteem.

## Basic Medical Terminology List

- **Anatomy:** Parts of the body and its general structure.
- **Gynaecology:** Study and treatment of the female urinary tract and reproductive organs.
- **Haematology:** Treatment of blood diseases and malignancies.
- **Microbiology:** Related to bacterial and viral infections.
- **Neonatal:** Special care for newborn babies with high dependency needs.
- **Neurology:** Related to the disorders of the brain, spinal cord, or general nervous system.
- **Oncology:** Chemotherapy treatments for cancer.
- **Paediatrics:** Medical assistance of infants.
- **Psychiatry:** The study and treatment of mental disorders.
- **Rheumatology:** Related to musculoskeletal disorders (bones, joints, muscles, etc.).
- **Urology:** Related to problems with the bladder and kidneys.

**Health is not valued till sickness comes....**  
*Thomas Fuller*

### MEDICA KOLKATA HELPLINES

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

Swasthya Mitra:  
**8981092010**

Corporate Desk:  
**9230011834**

Physical Therapy & Rehabilitation:  
**7044025087**  
 (Home Service)

Home Collection Service:  
**9007002626**

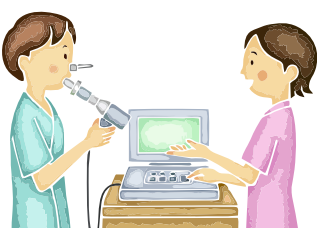
Pharmacy Home Delivery:  
**8100600100**

Medica Home Care Services:  
**8100500100**

Emergency & Ambulance:  
**033 66520100**

## Pulmonary Function Test (PFT)

### KNOWLEDGE SERIES



Pulmonary function tests measure how well your lungs work, how well you're able to breathe and how effectively your lungs bring oxygen to the rest of your body. PFTs are also known as lung function tests.

#### Preparation for PFT

You may need to stop taking asthma or chronic bronchitis medications, and pain medications too. No large meals to be eaten because a full stomach prevents your lungs from inhaling fully. Avoid food and drinks that contain caffeine, such as chocolate, coffee, and tea, before your test. Avoid smoking at least an hour before the test, as well as strenuous exercise before the test.

Wear loose-fitting clothing to the test. Keep wearing your dentures. If you have had recent eye, chest, or abdominal surgery or a recent heart attack, delay the test until fully recovered.

**Spirometry:** measures the amount of air you breathe in and out. You'll sit in front of a machine and be fitted with a snug fitting mouthpiece. The respiratory technologist will explain how to breathe for the test, and will ask you to breathe in and out as deeply or as quickly as you can for several seconds. This test evaluates how well the small air sacs inside the lungs, called alveoli, work, and the health of your lungs.