



'Health, Wellness & More...'

DIGITAL
EDITION

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Snippets

Speak a new language

Learn a new language or play a musical instrument to give your brain a boost.

Feeling stressed?

Reading and getting lost in a book can lower levels of unhealthy stress hormones by 67%.

All about relationships

Maintain good relationships with family and friends. It is good for your health, memory and longevity.

What's in a smell?

To increase alertness and improve memory, catch a whiff of rosemary before a test or important meeting.

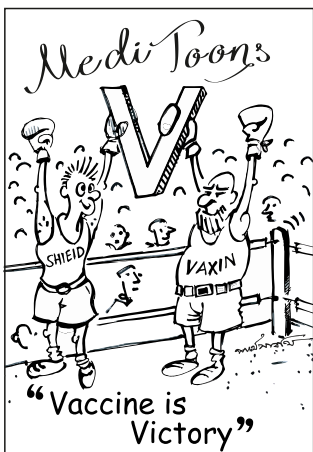
4 WAYS TO IMPROVE RESPIRATORY HEALTH

1 Stop smoking and stay away from secondhand smoke

Avoid indoor and outdoor air pollution

3 Avoid exposure to people who have the flu or other viral infections

Exercise regularly



When the bite was worse than the bark

A child's nightmare!

It was a Sunday afternoon, when a carefree 8 year-old Vijay (name changed) was playing outside his home in Aaram-bagh. His father Mr. Krishna, a businessman by profession, was at home and his mother was busy with her daily chores. The class 2 boy was happily playing outside when his mother heard him scream in pain. She rushed out, and was aghast to see the boy being attacked by a street dog. At first the dog tried to bite him on his thigh but when he put out his hand to fend it off, the dog bit his hand. The dog unfortunately got a hold of the little boy's thumb and bit it off. By the time the parents had chased off the dog, it had already bitten him on his thigh and had chewed the thumb off. It was their worst nightmare to see the thumb lying on the ground beside

the terrified and wailing boy. The parents picked up the boy and the thumb and rushed him to the nearest hospital in Aaram-bagh, but unfortunately the doctors there said that they were not equipped to deal with this kind of a situation. They asked the boy's parents to take him to Burdwan or even better to Kolkata. It was then when their driver



told them about Medica and how the little boy would get appropriate and specialized treatment there. It was 10 'o' clock at night when they brought the injured child to Medica along with his mangled thumb. He was attended to by the doctors and nurses in the emergency and a decision was taken then and

there to operate on him and rejoin his thumb, by Plastic Surgeon Dr Akhilesh Agarwal. The doctors did not waste any time and he was taken for surgery without the mandatory COVID report. It was a long and complex surgery where all the parts, including the artery, nerve, bone and skin were repaired. Vijay was released 3 days after the surgery and was asked to come for a follow-up after a week, at which point the dressing was

changed. The doctor was quite satisfied with the progress. The boy now looked better but would have to wait for another couple of weeks before the doctors could update about the progress. The parents are happy and thankful that the doctors at Medica helped their little boy and did their best in the situation.

Ask Us

1. What is Plastic Surgery?

It is a surgical specialty that involves the restoration, reconstruction, or alteration of the human body. It can be divided into two main sub-heads: reconstructive surgery and cosmetic surgery. Both kinds help patients of all ages and types - ranging from the child with a birth defect, to the young adult injured in an accident, or the older adult with a problem caused by ageing.

2. On which body parts are Plastic Surgeries performed?
Head, Face & Eyes, Mouth & teeth, Breasts, Abdomen, Hand and Upper Limb, Skin.

3. Why is it called Plastic Surgery?

The term Plastic Surgery comes from the Greek word plastike (teckhne) or the art of modeling or sculpting. The profession dates back to approximately 800 BC in India where forehead flaps were utilized to reconstruct amputated noses.

4. Is Plastic Surgery safe?

All surgeries carry certain risks. The choice to have plastic surgery is personal, and one should be aware of the possible risks. Health-related risks include bleeding, excessive swelling, infection, poor healing of incisions, loss of sensation, and anaesthesia risks.

'Simply listen to your body. It will tell you when to see a doctor. Don't ignore'



Your Health,
Our Priority

The word **trauma** can be defined in 2 ways.



It is either a distressing or disturbing psychological experience, or a physical injury resulting in wounds, broken bones or internal organ damage. The shock of the unexpected injury may result in psychological difficulty. Traumatic injury is caused by falls, road traffic crashes, crush injuries, assaults (punches, kicks) and burns, and also involves injury due to shooting, stabbing or falling onto a sharp object (impalement).

Severity of Injury

Minor injuries include cutting a finger or breaking a bone. Though painful or uncomfortable, the patient can remain at home and recuperate post the initial treatment by a GP or emergency department. However, a traumatic injury requires admission into hospital for thorough assessment and treatment, followed by months of rehabilitation.

Neurological Trauma

It is caused through due to an injury to the brain, spine or nerves,

usually involving vehicles, bikes, sports or falls. Neurological trauma can often affect other areas of the body, including the organs, blood vessels, muscles and bones, so a multi-disciplinary approach to care would be essential.

The Neuro Critical Care Unit

provides care to critically ill patients who have sustained injury to the central nervous system and may have other associated injuries. The neurosurgery team works closely with other trauma team specialists to provide fast, effective care.

Brain injury is of 2 types:

Closed brain injury: when there is no penetration in the brain and no break in the skull.

Penetrating brain injury, or open head injuries: when there is a break in the skull, such as when a bullet pierces the brain.

Intensive Care for Brain and Spine Injuries

Brain and spinal cord injuries need intensive care and round-the-clock monitoring. A well-equipped unit offers:

Specialized staff: team comprising neurosurgeons and neurointensivists provides the most advanced care, ably supported by nurses, respiratory therapists and other specialists.

Advanced technology: Sophisticated equipment is used to monitor oxygen supply to the brain and heart, breathing rate and other vital functions.

Traumatic Brain Injury

Traumatic Brain Injury (TBI) is when the normal function of the brain is disrupted following a blow, bump or jolt to the head, or when something penetrates the skull and enters the brain tissue.

Symptoms to watch out for:

- Loss of consciousness
- Amnesia
- Vomiting
- Lethargy
- Headache
- Body numbness or tingling
- Droopy eyelid or facial weakness

If a TBI is suspected, call an Ambulance immediately, or take the person to an emergency room.



Personalized Rehab and Recovery:

Rehab plays a crucial role in healing from a serious neurological injury. Care ranges from intensive inpatient rehab to outpatient services at home. Rehab specialists would design a treatment plan to suit every individual in order to regain function, independence and well-being.

Rehab therapies include:

- Occupational therapy
- Physical therapy
- Speech-language therapy
- Neuropsychology services

Few Head Injury Prevention Tips

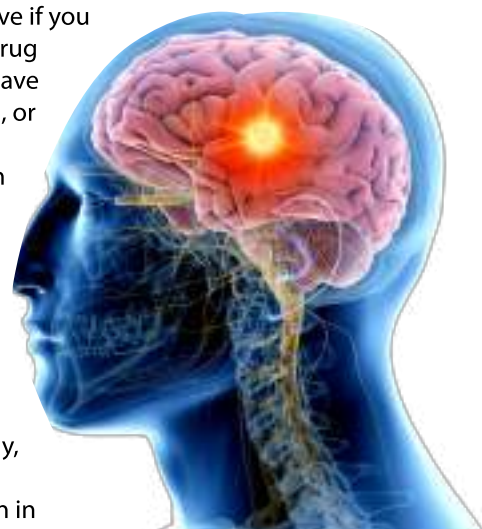
- Seatbelt is essential during driving or riding a motor vehicle.
- Do not drive if you are under drug influence, have had alcohol, or ride in a vehicle with someone who is under the influence.
- Keep unloaded firearms locked safely, and store ammunition in

another secure location.

- Remove hazards in the home that may contribute to falls. Secure rugs and loose electrical cords, put away toys, use safety gates and install window guards. For the frail and elderly, install grab bars and handrails.

Sports and Recreation Head Injury Prevention Tips

- For specific sports, 100 percent of the time, buy and use approved helmets or protective headgear.
- Supervise younger children at all times.
- Younger children should not be allowed to use sports equipment or play sports which are not suited to their age.
- Avoid the use of playgrounds with hard surfaces.



Impression

Why might face masks reduce COVID-19 severity?



- Face masks reduce the spread of the new coronavirus and may also lessen the severity of COVID-19.
- The present study finds that masks increase the humidity of the air that a person breathes.
- The researchers propose reasons that explain why increased humidity may reduce the severity of COVID-19 cases.

All data and statistics are based on publicly available data at the time of publication. Some information may be out of date. Visit our coronavirus hub and follow our live updates page for the most recent information on the COVID-19 pandemic.

Researchers have found that wearing a mask increases the humidity of the air a person breathes in.

They suggest this may explain why mask-wearing has links with reduced COVID-19 severity.

The research, which appears in the Biophysical Journal, adds further evidence for the value of wearing masks.

Do masks reduce COVID-19 severity?

Face masks have been a crucial non-pharmaceutical intervention in the COVID-19 pandemic. Researchers believe they reduce the chances of a person passing the virus to another person, as well as acquiring the virus themselves.

Source: medicalnewstoday

Probiotics for weight loss: What is the evidence?



Anecdotally, some probiotics — usually beneficial bacteria — may aid weight loss, but what does the science say?

Probiotics are amongst the most popular nutrition supplements on the market. They have links to an array of health benefits, including improved gut health and enhanced immune function.

Some research also suggests that probiotics may affect weight loss.

However, there are safety concerns related to the widespread use of probiotic supplements as well.

This Special Feature discusses recent scientific findings related to probiotics and body weight.

What are probiotics?

The journal *Frontiers in Microbiology* cites the definition of probiotics as “live microorganisms that, when administered in adequate amounts, confer a health benefit on the host.”

Certain foods naturally contain probiotics, while some manufacturers add concentrated doses to other foods. However, this article focuses only on probiotic supplements.

Source: medicalnewstoday

Drug, Alcohol, Tobacco Use at a Young Age Can Cause Premature Heart Problems



- Researchers say young adults who use alcohol, tobacco, or drugs are more likely to prematurely develop heart health issues.
- They say women are more susceptible than men due to biology as well as a lack of screening for heart problems.
- They add that young adults need to be educated about the long-term effects of substance use, as many feel they are invincible.

Drinking, smoking, and using drugs — even recreationally — is linked to premature heart disease in young people, especially women, according to new research.

The study, published in the journal *Heart*, concludes that people using four or more substances are nine times more likely to be affected. The numbers of young adults with heart disease (atherosclerotic cardiovascular disease) have been increasing.

Although links between heart disease and substance use are well known, the role of recreational use in young people wasn't as clear.

“We knew that substances like alcohol, tobacco, and illicit drugs played a role in the development of atherosclerotic cardiovascular diseases (ASCVD), but we did not know that use had such profound effects in the development of premature ASCVD, particularly in women,” Dr. Robert Ochsner, chief medical officer of Colorado-based rehab facilities Sandstone Care, told Healthline.

Source: healthline

TRAUMA CARE



Role of Rehab

Orthopaedic rehabilitation is a therapeutic approach to recovery from injuries and disorders affecting the musculoskeletal system - this includes the muscles, bones and joints, tendons, ligaments. The programme consisting of a combination of Physical therapy, Occupational therapy, and Sports rehabilitation aims to alleviate painful symptoms, restore normal alignment and function, and improve mobility and quality of life. The treatment plan specific to a patient's condition is devised under the supervision of a therapist.

Orthopaedic Trauma

is a serious injury of the skeletal or muscular system, caused by a fall or a car accident. Even if not fatal, these injuries can alter the quality of life. Such injuries may require the unique expertise of an orthopaedic trauma physician. Excessive stress on certain body parts can cause trauma too, for e.g., running long distances lead to tibial stress fractures or small

hairline cracks in the lower leg.

The aim of surgeons who specialize in this area remains the same, restoring the function of the injured body part(s) as fast and as effectively as possible.

Common Causes of Orthopaedic Trauma

- Falling
- Car or motorcycle accident
- Physical violence

- Sports Injury
- Natural disasters
- Older adults with osteoporosis, a condition that reduces bone density, causes bone breakage more easily as compared with a healthy young adult

When to see an Orthopaedic Trauma Specialist

Injuries that are life-threatening, like protruding bones, will require immediate

shifting to Emergency. Some of the most common injuries are: Closed fractures (Broken bone that does not pierce the skin) Open fractures (Broken bone that breaks the skin) Stress fractures (Small, hairline crack caused by overuse) Dislocation (A joint that has been forced out of position) Overuse injuries.



X-ray (Radiography) - Chest

KNOWLEDGE SERIES

The chest x-ray is the most commonly performed diagnostic x-ray examination. A chest x-ray produces images of the heart, lungs, airways, blood vessels and the bones of the spine and chest. It uses a very small dose of ionizing radiation to produce pictures of the inside of the chest. It is used to evaluate the lungs, heart and chest wall and may be used to help diagnose shortness of breath, persistent cough, fever, chest pain or injury. It also may be used to help diagnose and monitor treatment for a variety of lung conditions such as pneumonia, emphysema and cancer. Because chest x-ray is fast and easy, it is particularly useful in emergency diagnosis and treatment.



MEDICA KOLKATA HELPLINES

OPD consultation
66520000

Video consultation
7044499941

Physiotherapy online consultation
7044025087

Sample collection/ Pharmacy
66520000

Ambulance pick-up
8584858669
9439263890

Psychological counselling
9874204208