

### MENINGITIS

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**M**eningitis is a condition that causes inflammation and swelling in the lining of the brain and spinal cord. This swelling from meningitis can harm or destroy nerve cells and cause bleeding in the brain

The infection occurs most often in children, teens, and young adults. Also at risk are older adults and people who have long-term health problems, such as a weakened immune system.

There are two main kinds of meningitis:

- Viral meningitis is fairly common. It usually does not cause serious illness. In severe cases, it can cause prolonged fever and seizures.
- Bacterial meningitis is not as common but is very serious. It needs to be treated right away to prevent brain damage and death.

The two kinds of meningitis share the same symptoms. It's very important to see a doctor if you have symptoms, so that he or she can find out which type you have.

What causes Meningitis?

The **causes of meningitis** are most often a bacterial or viral infection. Most often, the body's immune system is able to contain and defeat an infection. But if the infection passes into the bloodstream and then into the cerebrospinal fluid that surrounds the brain and spinal cord, it can affect the nerves and travel to the brain and/or surrounding membranes, causing in-

flammation. These infections are known as **bacterial meningitis** and **viral meningitis**, respectively.

Meningitis also may be caused by:

- A fungal infection
- A reaction to certain medications or medical treatments
- An inflammatory disease such as systemic lupus erythematosus (SLE or lupus)
- A traumatic injury to the head or spine.

Meningitis is contagious. The germs that cause it can be passed from one person to another through coughing and sneezing and through close contact.

#### SYMPTOMS

Symptoms usually come on quickly, and may include:

- Fever and chills
- Mental status changes
- Nausea and vomiting
- Sensitivity to light (photophobia)
- Severe headache
- Stiff neck (meningismus)

Other symptoms that can occur with this disease:

- Agitation
- Bulging fontanelles
- Decreased consciousness
- Poor feeding or irritability in children
- Rapid breathing

- Unusual posture, with the head and neck arched backwards (opisthotonos)

#### PROGNOSIS

Early diagnosis and treatment of bacterial meningitis is essential to prevent permanent neurological damage. Viral meningitis is usually not serious, and symptoms should disappear within 2 weeks with no lasting complications.

#### PREVENTION

- Haemophilus vaccine (HiB vaccine) in children will help prevent one type of meningitis.
- The pneumococcal conjugate vaccine is now a routine childhood immunization and is very effective at preventing pneumococcal meningitis.
- Household members and others in close contact with people who have meningococcal meningitis should receive preventive antibiotics to avoid becoming infected themselves.

**“Diseases of the soul are more dangerous and more numerous than those of the body.”**

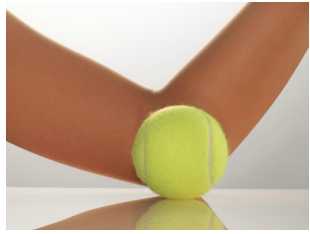
~Cicero

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“Any repetitive motion of the wrist, including tennis, hedge clipping, excessive use of a hammer or screwdriver, painting, or any activity that requires excessive constant gripping or squeezing can cause the condition.”



**T**ennis elbow is a condition caused by inflammation of the tendons on the outside (lateral side) of the elbow at a bony prominence (lateral epicondyle) of the upper arm. Certain repetitive movements of the wrist can cause this condition. It is not limited to tennis players.

## CAUSES

Any repetitive motion of the wrist, including tennis, hedge clipping, excessive use of a

hammer or screwdriver, painting, or any activity that requires excessive constant gripping or squeezing can cause the condition known as tennis elbow.

In the game of tennis, the following maneuvers can lead to tennis elbow:

- One-handed backhand with poor form
- A late forehand swing resulting in bending the wrist significantly
- Snapping and turning the wrist while serving with full power

## SYMPTOMS

- Tenderness on the outer bony part of the elbow
- Morning stiffness of the elbow with persistent aching
- Soreness in the forearm
- Pain worse when grasping or holding an object

## SELF CARE AT HOME

Ice the area twice a day for 20 minutes to help decrease inflammation and relieve pain. Freezing water in a paper cup

- Loosen string tension: Higher string tension can increase the torque and vibration the arm experiences, thereby increasing the risk of injury.
- Adjust grip size: A grip too small or too large decreases your control of the racquet and increases your risk of injury.
- Check racquet material: Graphite racquets and nylon strings seem to decrease the torque and vibration the

## TENNIS ELBOW

and tearing away the top rim as the ice melts is an easy way to use ice. Do not put ice directly on the skin. Wrap it in a towel.

Rest the sore area to prevent further injury and decrease pain.

## PREVENTION

### For Tennis Players:

Adjust racquet size: Use a midsized racquet. The popular oversized racquets can put too much strain on the arm and increase the risk of injury.

arm receives, thus reducing the risk of injury.

### For General Patients:

- Ease into any repetitive motion activity around the house and at work and rest at the first sign of pain or soreness.
- Continue exercises for strength and flexibility even after your pain has gone away before engaging in tennis or other repetitive motion activities.

## HEALTH BENEFITS OF COCNUT WATER



Coconut water is also a very good source of B-complex vitamins such as riboflavin, niacin, thiamin, pyridoxine, and folates.

- Coconut water is a very refreshing drink to beat tropical summer thirst.
- Studies suggest that cytokinins in coconut water showed significant anti-ageing, anti-carcinogenic, and anti-thrombotic effects.
- It has been generally offered to patients with diarrhoea in many tropic regions to replace fluid loss from gastrointestinal tract and reduce need for intravenous therapy.
- Despite very light consistency, its water has much better composition of minerals like calcium, iron, manganese, magnesium, and zinc than some of fruits like oranges.
- This water is also a very good source of B-complex vitamins such as riboflavin, niacin, thiamin, pyridoxine, and folates. These vitamins are essential in the sense that body requires them from external sources to replenish.
- Coconut water contains a very good amount of electrolyte potassium. 100 ml of water has 250 mg of potassium and 105 mg of sodium. Together, these electrolytes help replenish electrolytes deficiency in the body due to diarrhoea (loose stools).
- In addition, fresh coconut water has small amount of vitamin-C (ascorbic acid); provides about 2.4 mcg or 4% of RDA. Vitamin C is a water-soluble ant-oxidant.

## OUR SERVICES

### SECOND MEDICAL OPINION

We provide a second medical opinion service from independent consultants on our empanelled list of qualified doctors. They provide an unbiased opinion of your current medical condition with treatments that are required to cure the illness. We request you to raise a query with us and upload/ attach your current medical diagnosis for us to get back to you with an opinion and the treatment required. Further, if the patient seeking opinion opts to go for a treatment in our network hospitals, other details can be provided.

### ELECTIVE SURGICAL PROCEDURES

CareAsia brings to you a wide range of elective surgical procedures to choose from at an affordable cost and uncompromised quality. We have in our network the best hospitals and surgeons across country who indulge in best surgical practices keeping the quality and patient safety at forefront. CareAsia would assist you to select a hospital in the preferred location and would arrange for your travel and stay throughout the treatment as selected. We would request you to go through our package details for making the best choice for yourself. We also provide second medical opinion services to enable you to make informed decisions. We also offer customized packages for treatment in India. Apart from the medical treatment we also offer various value add-ons like customized tourism options and visa and immigration assistance. To avail our services please sign up and create your profile.

### WELLNESS PROGRAMME (COMPLETE HEALTH CHECK UP)

Our wellness program offers one of the most comprehensive and thorough medical check up for assessing your health status. The 360 degree screening investigates your health and renders detailed consultations with specialists. The detailed examination will not only identify any ailment you may be suffering from, but also identifies any affliction you might suffer in the future and recommends remedial action for the same. There will be consultations after the tests with renowned consultants and guidance for future course of action if any required.

### ELECTRONIC MEDICAL RECORD MANAGEMENT

The Electronic Medical Record Management system developed by CareAsia is best defined as **Your Virtual Health Manager**. Salient product features of EMRM are:

1. Unlimited Medical Record Storage of all types whether it be prescriptions, discharge summaries, digital scan images, imaging reports, or any pathological investigation report.
2. Digitization of Medical Records. The system picks out data from your scanned medical records and digitizes it so as to process your raw information to give you useful information.
3. Customized Reporting. All the reports submitted by users are processed and a summary/detailed report is generated as per the user's needs.
4. Intelligent Alerts. Once you upload the data, the system processes it using our algorithms and generates alerts, reminders, warnings, etc to assist your healthcare needs through a very user friendly interface. For example, the CareAsia EMRM system immediately updates your records to show the reports that are out of bounds and what are the parameters that are off limits or it could update the user about a lab report that might be very old and would recommend a retest for the same

**DO YOU HAVE  
REVIEWS?  
WANT TO SUBMIT  
ARTICLES?  
DO YOU HAVE  
QUERIES?**

**Do write to us with  
feedback, queries,  
articles on health be  
it humor or  
educative and we  
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become a part of our  
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**CareAsia**, a brand of Vipul MedCare Pvt. Ltd., promoted by Vipul Group of India is focused on providing supreme healthcare services to patients searching for quality healthcare options at affordable prices across the globe. It serves as the bridge between patients seeking consultation, treatments, surgeries and top quality hospitals that facilitate efficient healthcare for visiting patients from abroad.

CareAsia intends to serve by providing value added services to its clients. It would serve patients beginning from the time the patient enquires from us to the time the patient gets his/her treatment performed and satisfactorily returns to the country of origin.

CareAsia has a strong presence within India (tie ups with major internationally accredited, top quality hospitals), which is one of the top destinations for medical tourism. Also, it has an international presence with offices in the Middle East and South East Asia to be a truly global organization in this industry.

We at Vipul MedCare strongly encourage patients to sign up with us over the web site or contact us to avail the best **medical tourism** options across the globe. With our 24/7 online support platform, helpdesk, dedicated trained staff, a strong network in the healthcare industry, and our excellent IT systems which would act as your life long electronic medical record keeper, we are confident to provide the best services to serve our clients.

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