

INFLUENZA

Influenza is a viral infection that affects mainly the nose, throat, bronchi and, occasionally, lungs. Infection usually lasts for about a week, and is characterized by a sudden onset of high fever, aching muscles, headache and severe malaise, non-productive cough, sore throat and running nose.

The virus is transmitted easily from person to person via droplets and small particles produced when infected people cough or sneeze. Influenza tends to spread rapidly in seasonal epidemics.

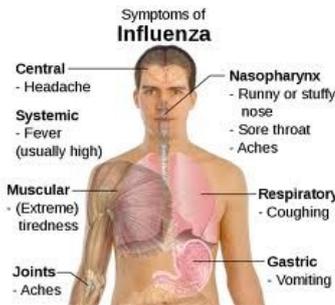
CAUSES

Influenza viruses cause the flu and are divided into three types, designated A, B, and C. Influenza types A and B are responsible for epidemics of respiratory illness that occur almost every winter and are often associated with increased rates of hospitalization and death. Influenza C usually causes either a very mild respiratory illness or no symptoms at all.

PREVENTION

- **Vaccination:-** Vaccination against influenza with an influenza vaccine is often recommended for high-risk groups, such as children and the elderly, or in people who have asthma, diabetes, heart disease, or are immuno compromised
- **Infection Control:-** Reasonably effective ways to reduce the transmission of influenza include good personal health and hygiene habits such as:
 - ⇒ not touching your eyes, nose or

- mouth.
 - ⇒ frequent hand washing (with soap and water, or with alcohol-based hand rubs).
 - ⇒ covering the mouth when coughing and sneezing.
 - ⇒ avoiding close contact with sick people.
 - ⇒ staying home yourself if you are sick.



TREATMENT

People suffering from flu are advised the following:

- get plenty of rest
- drink ample liquids
- avoid using alcohol and tobacco
- children and teenagers with flu symptoms should avoid taking aspirin during an influenza infection (especially influenza type B), because doing so can lead to Reye's syndrome, a rare but potentially fatal disease of the liver.

EMERGENCY CONDITIONS

The following are symptoms of an emergency condition:

- Difficulty breathing or short-

ness of breath

- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Initial improvement in Flu-like symptoms but return with fever and worse cough.
- High fever for more than 3 days is a sign, as per WHO.

PROGNOSIS

In healthy young and middle-aged adults, full recovery from influenza with no residual effects can be expected in a matter of several days. In older adults and those with underlying pulmonary and cardiac disease, recovery may be prolonged, and the outcome may leave them in a partially disabled condition by worsening their underlying chronic disease process.

The body's defenses against external agents and other microorganisms are weakened by influenza causing infections from other organisms such as bacteria. In influenza complicated by bacterial pneumonia, full recovery is expected in healthy young and middle-aged adults. Those who might contract the more serious primary viral influenza pneumonia are at risk of prolonged disability. If they are hospitalized because of respiratory failure, the mortality rate is 50%.



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“What is called genius is the abundance of life and health.”

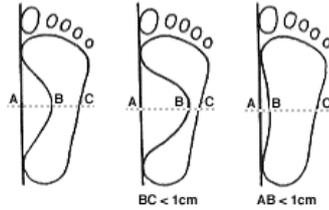
-HENRY DAVID THOREAU

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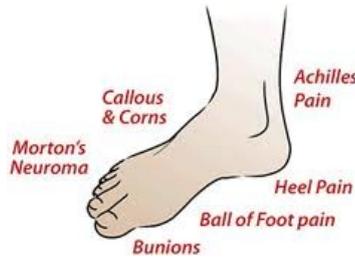
FACTS ABOUT GRAPES **2**

Flat foot (also called pes planus or fallen arches) is a formal reference to a medical condition in which the arch of the foot collapses, with the entire sole of the foot coming into complete or near-complete contact with the ground.



Flat foot itself is not necessarily a problem. Flat feet that are associated with ankle, knee or low back pain which need of treatment.

- Uneven shoe wear and collapse of your shoe toward the inside of your flat foot
- Lower leg pain.
- Pain on the inside of your ankle
- Swelling along the inside of your ankle
- Foot pain



An easy and traditional home diagnosis is the "wet footprint" test, performed by wetting the feet in water and then standing on a smooth, level surface such as smooth concrete or thin cardboard or heavy paper. Usually, the more the the sole of the foot that makes contact (leaves a footprint), the flatter the foot.

Treatment of flat feet may also be appropriate if there is associated foot or lower leg pain, or if the condition affects the knees or the lower back.

TREATMENT

- Use of orthoses such as an arch support.

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FLAT FOOT

Causes of flat feet are many, but in older age group decreased exercise and increased weight add to the mechanical disturbances of the foot. Flat feet can also produce conditions known as heel spurs and/or plantar fasciitis.

SYMPTOMS

- Some common symptoms of a flat foot are:
- A flat look to one or both of your feet

The human arch develops in infancy and early childhood as part of normal muscle, tendon, ligament and bone growth. Training of the feet, especially by foot gymnastics and going barefoot on varying terrain, can facilitate the formation of arches during childhood, with a developed arch occurring for most by the age of four to six years. Flat arches in children usually become proper arches and high arches while the child progresses through adolescence and into adulthood.

- Foot gymnastics.
- Stretching exercises for feet and calves.
- Weight management – Increase in weight leads to increase in foot discomfort.
- Orthoses should be used through a gradual process to lessen discomfort.
- Surgery can be used as a last resort to treat flat foot but the success rate may vary.

FACTS ABOUT GRAPES



Grapes increase the moisture present in lungs helping Asthama patients.

Grapes, one of the most delicious fruits, are rich sources of vitamins A, C, B6 and folate in addition to essential minerals like potassium, calcium, iron, phosphorus, magnesium and selenium. Grapes contain flavonoids that are very powerful antioxidants, which can slacken ageing.

Benefits: Some of the health benefits of grapes include the following:

- Asthma: It increases the moisture present in lungs.
- Heart diseases: Grapes prevents blood clots thereby reducing the chances of heart attacks. Also the antioxidants prevent the oxidation of LDL cholesterol.
- Migraine: Ripe grape juice is a home remedy for curing migraine. It should be taken early in the morning, without mixing water.
- Constipation and Indigestion: Relief from chronic constipation by toning up intestine and stomach.
- Fatigue: boosts immune system.
- Kidney disorders: Grapes can substantially reduce the acidity of the uric acid and helps in the elimination of the acid from the system, thereby reducing the work pressure of kidneys.

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
will make sure they
become a part of our
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FOR QUERIES

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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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