

"Be careful about reading health books. You may die of a misprint. ."

-Mark Twain

### TUBERCULOSIS (TB)

“TB” is short for a disease called tuberculosis. TB is spread through the air from one person to another. TB germs are passed through the air when someone who is sick with TB disease of the lungs or throat coughs, speaks, laughs, sings, or sneezes. Anyone near the sick person can breathe TB germs into their lungs. TB germs can live in your body without making you sick. This is called latent TB infection. This means you have only inactive (sleeping) TB germs in your body.

The inactive germs cannot be passed on to anyone else. However, if these germs wake up or become active in your body and multiply, you will get sick with TB disease.

When TB germs are active (multiplying in your body), this is called TB disease. These germs usually attack the lungs. They can also attack other parts of the body, such as, the kidneys, brain, or spine. TB disease will make you sick. People with TB disease may spread the germs to people they spend time with every day.

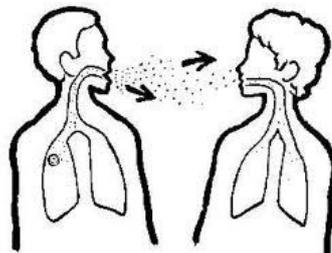
#### How do I know if I have been infected with TB germs?

If you have been around someone who has TB disease, you should go to your doctor or your local health department for tests.

There are two tests that can be used to help detect TB infection: a skin test or special TB blood test. The skin test is used most often. A small needle is used to put some testing material, called tuberculin, under the skin. In 2-3 days, you return to the health care worker who will

check to see if there is a reaction to the test. In some cases, a special TB blood test is given to test for TB infection. This blood test measures how a person’s immune system reacts to the germs that cause TB.

To tell if someone is suffering from TB disease, other tests such as chest x-ray and a sample of sputum may be needed.



#### What should I do if I have TB?

If you have latent TB infection, you may need medicine to prevent getting TB disease later. Usually, only one drug is needed to treat latent TB infection. It is important that you take your medicine exactly as you are told.

TB disease can also be treated by taking medicine. It is very important that people who have TB disease finish the medicine, and take the drugs exactly as they are told. If they stop taking the drugs too soon, they can become sick again. If they do not take the drugs correctly, the germs that are still alive may become difficult to treat with those drugs. It takes

at least six months to one year to kill all the TB germs. Remember, you will always have TB germs in your body unless you kill them with the right medicine.

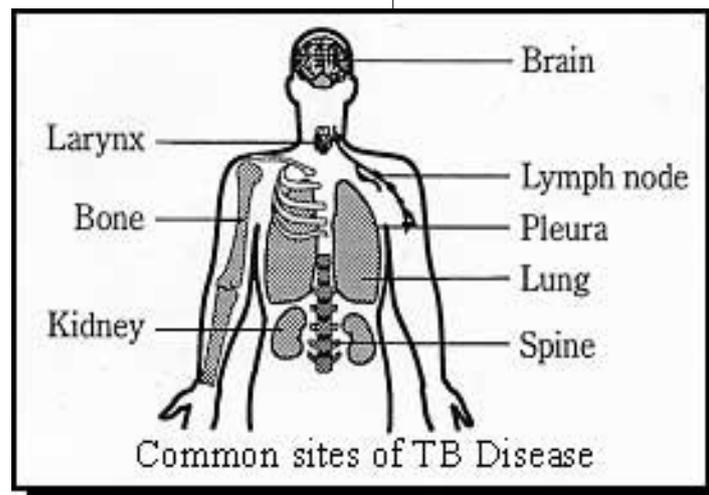
People who are more likely to get sick from TB disease include:

- People with HIV infection (the virus that causes AIDS)
- People who have been recently infected with TB (in the last two years)
- People who inject illegal drugs
- Babies and young children
- Elderly people
- People who were not treated correctly for TB in the past
- People with certain medical conditions such as diabetes, certain types of cancer, and being underweight

These conditions and activities make your body weaker. When your body is weak, it is difficult to fight TB germs.

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**O**steoporosis is the thinning of bone tissue and loss of bone density over time.

White women, especially those with a family history of osteoporosis, have a greater than average risk of developing osteoporosis. Other risk factors include:

- Absence of menstrual periods (amenorrhea) for long periods of time
- Drinking a large amount of alcohol

- Family history of osteoporosis
- History of hormone treatment for prostate cancer or breast cancer
- Low body weight
- Smoking
- Too little calcium in the diet

### SYMPTOMS

There are no symptoms in the early stages of the disease.

Symptoms occurring late in the disease include:

- Bone pain or tenderness

- Fractures with little or no trauma
- Loss of height (as much as 6 inches) over time
- Low back pain due to fractures of the spinal bones
- Neck pain due to fractures of the spinal bones
- Stooped posture

### SIGNS & TESTS

Bone mineral density testing - DEXA scan a spine or hip x-ray may show fracture or collapse of the spinal bones.

“Try eating as much high calcium food which includes Yogurt, Tofu, Salmon, Low fat milk, etc“

## OSTEOPOROSIS

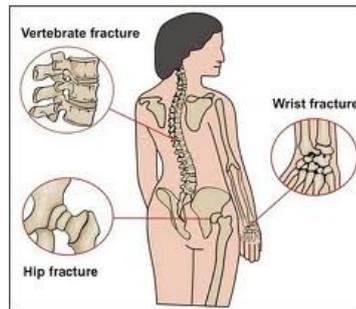
### TREATMENT

#### EXERCISE

Regular exercise can reduce the likelihood of bone fractures in people with osteoporosis. Some of the recommended exercises include:

- Weight-bearing exercises -- walking, jogging, playing tennis, dancing
  - Resistance exercises -- free weights, weight machines, stretch bands
  - Balance exercises -- tai chi, yoga
  - Riding a stationary bicycle
  - Using rowing machines
- Avoid any exercise that pre-

sents a risk of falling, or high-impact exercises that may cause fractures.



- Leafy green vegetables, such as spinach and collard greens
- Low-fat milk
- Salmon
- Sardines (with the bones)
- Tofu
- Yogurt

### PREVENTION

- Avoid drinking excess alcohol
- Take diet rich in calcium and get enough of Vitamin D.
- Don't smoke
- Get regular exercise
- A number of medications are approved for the prevention of osteoporosis. Talk to your physician for the same

### DIET

High-calcium foods include:

- Cheese
- Ice cream

## BENEFITS OF LEMON

- Lemons are the largest consumables among fruits. Lemons are packed with numerous health benefiting nutrients.
- Citric acid is present up to 8% in its juice. Citric acid is a natural preservative, aids digestion. Studies found that citric acid help dissolve kidney stones.
- Lemons, like other citrus fruits, are excellent source of ascorbic acid (commonly called as vitamin-C). It acts as an anti oxidant. Its regular use helps fight diseases like scurvy and more common ones like Flu and sore throat.
- They contain healthy amount of minerals like iron, copper, potassium, and calcium. Potassium in an important component of cell and body fluids helps control

heart rate and blood pressure.

- Lemon has many phytochemical antioxidants, soluble and insoluble dietary fiber have been found to be helpful in reduction in the risk for cancers, many chronic diseases like arthritis, obesity and coronary heart diseases.



Yogurt helps in strengthening of the immune system

## 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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**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.

## LOCATIONS

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