



BREAST CANCER AWARENESS - Dr. Delphine Victoria

Issue 36

1st October, 2012



“The wish for healing has always been half of health.”

~ Lucius Annaeus Seneca

Inside this issue:

CARE FOR YOUR EYES 2

BENEFITS OF ALMONDS 2

October is celebrated as the Breast Cancer Awareness Month. Breast cancer is the most frequently diagnosed cancer in Indian women. Breast cancer detected & treated early can lead to a quality life for years.

Breast health starts with knowing your breasts. All women should be aware of what is normal for their breasts even if they get regular screening tests. Many women discover their own breast cancer through changes in the look and feel of their breasts.

Most changes are not cancerous. It may be normal for your breasts to be lumpy or tender before your period. It is important for a woman to report any unusual changes to her doctor.

Getting into the habit of examining your breasts when you're still in your teens can help you get used to the way they normally look and feel. When you become familiar with them, it will be easier to recognize anything unusual.

BREAST SELF EXAM (BSE)

A BSE can help women detect cysts or other benign (noncancerous) breast problems between checkups. It can also help some women detect breast cancer. It's easy to perform breast self-examination, and it only takes a few minutes. It's a good idea to examine your breasts once a month, and it makes sense to choose the same time each month because breasts usually change with the menstrual cycle. Best time to do a BSE is about a week after period starts.

There are two parts to a BSE: how your breasts look & how they feel. The looking part is easy. Stand or sit in front of a mirror with your

arms relaxed at your sides. Make sure you are in a place with good lighting. Look at your breasts carefully. Do you see anything unusual, like a change in the way your nipples look? Any dimples or changes in the skin? A skin that looks like the skin of orange needs immediate attention.

Then look at yourself from different angles and arm positions. Keep your hands at your sides, raise your arms overhead, place your hands firmly on your hips (to tighten your chest wall muscles), and bend forward. Watch for dimples or changes in the skin. Everyone's breasts look different. Get to know what yours look like.

The next part is how your breasts feel. Some girls feel self-conscious about it, but there's no reason to feel guilty or awkward. BSE is a positive way to stay healthy.

Lie down flat on your back, with a pillow or towel under one shoulder. Put that arm under your head. Examine your breasts one at a time. If you're starting with your right breast, put a pillow under your right shoulder, raise your right arm, place your right hand behind your head, and use your left hand to feel your breast

Using the pads of your three middle fingers, move your fingers in overlapping circular motions about the size of a coin. Move up and down from the outside of the breast (under your armpit) toward the middle of your chest, making sure to cover every area of the breast. Examine up to your collarbone and down to the bottom of the

ribcage. Notice what feels normal and what may feel different from the last time you examined your breasts.

Use different levels of pressure — light, medium, and firm — to feel each part of your breast. This will allow you to feel the various layers of tissue in the breast. Start with light pressure, increase to medium pressure, and finish with firm pressure to feel the deepest tissue. When you have covered the entire breast, use your finger and thumb to gently squeeze your nipple, watching for any discharge. Then put your left arm behind your head and check your left breast the same way.

POINTS TO REMEMBER

- While you're doing the exam, it's a good idea not to take your hand off your breast so you don't miss a spot. You should also check your armpits for any lumps.
- As you feel your breasts, you may notice lumps or bumps. This is usually normal — just like so many things about people, breasts are unique. Some girls' breasts are large, some are small; some are symmetrical others are not. Some healthy breasts feel really bumpy, whereas others are less so. If you have any of these problems, you should talk to your doctor:
- pain in your breast that seems unrelated to your period
- a new lump, bump, or other change in your breast
- a red, hot, or swollen breast
- fluid or bloody discharge from your nipple
- a lump in your armpit or near your collarbone

CARE FOR YOUR EYES

ARE YOU COMPUTER SAVVY?

Yes? Then these few tips will help you:

- Use your glasses as prescribed
- Use antiglare coated lens
- Keep the monitor at your arm's length
- The monitor should be 15 -20* below your eye level
- Avoid glare
- Take frequent breaks and stroll out. This will help in getting fresh air.
- Look away & blink several times. This helps in better focus.
- Get your eyes checked regularly
- Do not read in moving vehicles.
- Use protective gear while driving in a vehicle (two wheeler).
- Hold your reading material at least 40 cms away from your eyes
- Always read in Good light
- Sit with your back straight
- Sleep early

- QUIT SMOKING/Alcohol
- Wash your eyes frequently with cold water. This has an overall relaxing effect and helps you feel refreshed.

FOOD FOR HEALTHY EYES

- Berries, Pomegranates, Cherries
- Cod liver oil
- Greens (Spinach, Broccoli, Avocado, Olives, Cabbage, Lettuce, Coriander Leaves, curry leaves)
- Carrots, Sprouts, Corn, Raw Nuts, Beans, coconut
- Oils - Coconut Oil, Olive Oil
- Organic Eggs, Organic Butter
- Drink plenty of water.

“Look away & blink several times. This helps in better focus...”



BENEFITS OF ALMONDS

Health benefits of almonds include getting relief from constipation, respiratory disorders, cough, heart disorders, anemia, impotency, and diabetes. It also helps in hair care, skin care (psoriasis), and dental care.

You can eat almonds directly, preferably eat it empty stomach to ensure absorption of their nutrients. You can soak them in water overnight and eat in the morning. You can also garnish various dishes with crushed almonds.

Good for brain: Almond is a source of many nutrients which help in development of the brain. Almond induces high intellectual level and has been considered as an essential food item for growing children.

Regulates cholesterol: Regular consumption of almonds helps to increase the level of high density lipoproteins (HDL) and reduce the level of low density lipoproteins (LDL), thereby effectively controlling cholesterol levels.

Good for heart: Mono-saturated fat, protein and potassium contained in almonds are good for the heart. Vitamin E acts as an antioxidant and reduces the risk of heart diseases. The presence of magnesium in almonds helps to avoid heart attacks. Almonds help reduce C-reactive protein which causes artery-damaging inflammation. Almond is also a source of folic acid.

Skin care: The benefits of almond for skin care are

well known, and hence a massage with almond oil is often recommended for new born babies. Almond milk is also added in some soaps as almonds help in improving the complexion of the skin.

Regulates blood pressure: Potassium present in almond helps to regulate blood pressure. Almonds are very low in sodium which also helps in containing blood pressure.

Prevention of cancer: Almond improves the movement of food through the colon, thereby preventing colon cancer.

Protection against diabetes: Almonds also help in reducing the rise in sugar and insulin levels after meals. This offers protection from diabetes.

Good in pregnancy: Almond contains folic acid. Folic acid helps to reduce the incidence of birth defects in newborn babies.

Weight loss: Unsweetened almond milk helps one to reduce weight. The mono-saturated fat contained in almonds satisfies appetite and prevents over-eating. Studies have revealed that almond rich low calorie diet is good for obese people to assist in shedding their weight.

Prevention of constipation: Almonds are rich in fibre. Like most other fibre rich food, almonds also help in preventing constipation. Make sure you drink good amount of water after eating almonds.

Boosts energy: The presence of manganese, copper and Riboflavin helps in energy production.



“Almond is a source of many nutrients which help in development of the brain.”

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 & upload/ attach your current medical diagnosis for us to get back to you with an opinion & 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 & uncompromised quality. We have in our network the best hospitals & surgeons across country who indulge in best surgical practices keeping the quality & patient safety at forefront. CareAsia would assist you to select a hospital in the preferred location & would arrange for your travel & 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 & visa & immigration assistance. To avail our services please sign up & create your profile.

WELLNESS PROGRAMME (COMPLETE HEALTH CHECK UP)

Our wellness program offers one of the most comprehensive & thorough medical check up for assessing your health status. The 360 degree screening investigates your health & 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 & recommends remedial action for the same. There will be consultations after the tests with renowned consultants & 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 & 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 & 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 & 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 & what are the parameters that are off limits or it could update the user about a lab report that might be very old & 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 & we will
make sure they
become a part of our
Newsletter..**

info@vipulmedcare.com



CORPORATE OFFICE

VIPUL MEDCARE PRIVATE LIMITED
534, UDYOG VIHAR, PHASE V
GURGAON,
HARYANA-122016

Phone: +91-124-4629830
Fax: +91-124-469611
E-mail: info@vipulmedcare.com

health services across the globe

WWW.CAREASIA.NET



FOR QUERIES

HELPLINE NUMBERS

+91-124-4629830

EMAIL

info@vipulmedcare.com

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 & 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 & 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 & 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 & 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.

DISCLAIMER

All materials published by Vipul MedCare, including information contained on web site, undergoes review to ensure fair balance, objectivity independence & relevance. The editors of the material herein have consulted sources believed to be reliable in their efforts to provide information that is complete & in accord with standards at time of publication.

In view of the possibility of human error by the authors, editors or publishers of the material contained herein, neither Vipul MedCare nor any other party involved in the preparation of this material warrants that the information contained herein is in every respect accurate or complete, & they are not responsible for any errors or omissions or for the results obtained from the use of such. Readers are encouraged to confirm the information contained with other sources.

LOCATIONS

OMAN

Vipul BetterCare
Management Services
P.O. Box No. 1031, Muttrah,
Sultanate of Oman
Tel: +9682481846

DELHI (Registered Office)

B-416 Ansal Chamber 1, Bhikaji Cama
Place,
New Delhi, Pin Code: 110 066
Contact Person: Mr. Chandan Prasad
Tel: 011-46074578-81, 9313333270
Fax No: 011-41659833

COCHIN

Mariam Tower Door No36/3120-b-3,
Kaloor Kadavantham Road, Kathrikadavu,
Cochin-17
Contact Person: Mr. Rajesh R
(9744497212)
Tel: 0484-2102021, 2330079
Fax No: 0484-2330080

MUMBAI

C/1, 2nd Floor Harganga Mahal, Khodadad Circle
Dr. Ambedkar Road
Dadar T.T., Dadar (East) Mumbai, Pin
Code : 400014
Contact Person: Mr. A.k.Sachdeva
Tel: 022-24157048-9, 022-
65951945, 9969137073
Fax No: 022-24160821

BANGALORE

154, 2nd Floor, Mallige Complex, KHB
Colony, 5th Block,
Kormangala, Bangalore -5600950
Contact Person: Mr. NCS Rao
Tel: 080-64512965, 64522965-6,
Tele Fax No: 080-41464765

CHENNAI

New No.517, Old No.338, 2nd
Floor, Anna Salai, Nandanam, Chennai,
Tamil Nadu 600 035
Contact Person: Mr. K. Rajshekaran
(9841030629)
Tel: 044-24335717/19, 420 10092
Fax No: 044-24335716/18

HYDERABAD

408, 4th Floor, Navkethan complex,
Opp to Clock Tower., S D RD,
Secunderabad - 500 003
Contact Person: Dr. Srikanth
Tel: 040 - 27803247
Fax No: 39121957

JAIPUR

S-10, Shyam Nagar Ajmer Road,
Jaipur Rajasthan Pin Code: 302 019
Contact Person: Mr. Uma Shankar
Tel: 0141-5182035, 2297569-
70, 982942303
Tele Fax No: 0141-2297335

KOLKATA

16/2, 2nd Floor Lord Sinha Road,
Kolkata Pin Code: 700 071
Contact Person: Mr. Dr.Arup Banerjee
Tel: 033-22820224, 9331825012
Fax No: 033-22820224