

HealthCare

Heart Disease & Related Complications

Introduction: Cardiovascular health and erectile function share many common health factors. Smoking, Diabetes mellitus, Hypertension, stress, lack of physical activity, obesity are common risk factors for cardiovascular & erectile dysfunction (ED). So, erectile dysfunction is a marker of cardiovascular ill health. Many people feel inhibited to discuss sexual ill health with health care giving persons. Persons with sexual ill health need comprehensive cardiovascular evaluation.

Endothelium and health: The smooth inside lining of the arteries is called endothelium. It becomes dysfunctional with ageing and other risk factors. The endothelium regulates the blood flow to various organs depending on the need.

Endothelium dysfunction is the common cause for cardiovascular and sexual ill health.

Ageing persons can maintain good healthy life styles to prevent dysfunctional endothelium.

Heart gets blood supply through coronary arterial system and sex organs gets blood supply through arteries called pudendal arteries. Endothelium produces prostaglandins and vasodilators to increase blood flow when need arises in these blood vessels. Where endothelium is diseased the required blood flow is deranged.

Medication: Certain Hypertension medicines like Thiazide diuretics and vasodilators cause erectile dysfunction.

In such situations use of phosphodiesterase inhibitors like Sildenafil available as Viagra improve blood flow and erectile function. Sildenafil should not be used with nitrates and vasodilators 24 hours before and after Sildenafil as it may lead to severe low blood pressure and sometime death. So, these medications are to be used under the guidance of cardiologist or urologist.

Role of Stress: Stress is another important factor for heart disease and erectile

dysfunction. Stress may be due to job, domestic, social or financial. Some amount of stress is inevitable in present day living. But, if stress exceeds the individual capacity, it leads to health problems.

The best way to control stress is by regular physical activity, positive attitude, yoga and breathing exercises.

Conclusion advice: By following healthy life styles and habits one can maintain good general cardiovascular and sexual health.

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INFERTILITY: who is at fault, man or women??

There are a few important points to remember by the time you decide on whose "fault" it is if you can't get pregnant:

- in about 40% of infertility cases—the problem resides in the men, and in 40% the problem resides in women. The rest of the cases there maybe a problem with both man and the woman.

Couple should not forget that it takes two to conceive and make a baby. A man can equally be responsible for fertility issues as the woman.

In woman the common causes of infertility are found to be the following:

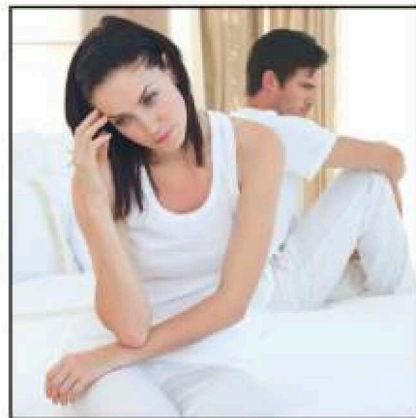
1. Underweight or Overweight – Excessive exercise also is implicated as one of the causes.
2. Hormonal changes – some health problems cause hormonal changes which can cause infertility.
3. Fibroids or endometriosis – Depending on how advanced the disease is.
4. Pelvic inflammatory disease– can cause problems in women to get pregnant.
5. Sexually transmitted diseases – can affect a woman's reproductive system.

Common causes of infertility in men are found to be:

1. Semen disorders.
2. Testicular abnormalities—varicoceles, undescended testis, testicular failure.
3. Medications – certain medications, chemicals may affect sperms.
4. High sperm DNA damage
5. psychosexual problems– ejaculatory dysfunction, premature/retrograde ejaculation.
6. Injury or infection.

Causes of infertility in both men and women–

1. Age – fertility declines with age in men and women but more predictably in women.
2. Poor diet, No exercise.
3. Environmental toxins – pesticides, fertilizers, heavy metals etc.
4. Smoking, recreational drug abuse, chronic alcohol consumption.



Psychological stress.

1. Diabetes, problems with thyroid gland and pituitary gland.

Do not get anxious and assume you have any of these health issues, just because you can't get pregnant.

The only reliable way to determine if you are affected by one of the above causes is to get checked by your infertility specialist doctor – be upfront and honest about your health issues you've dealt with or are dealing with.

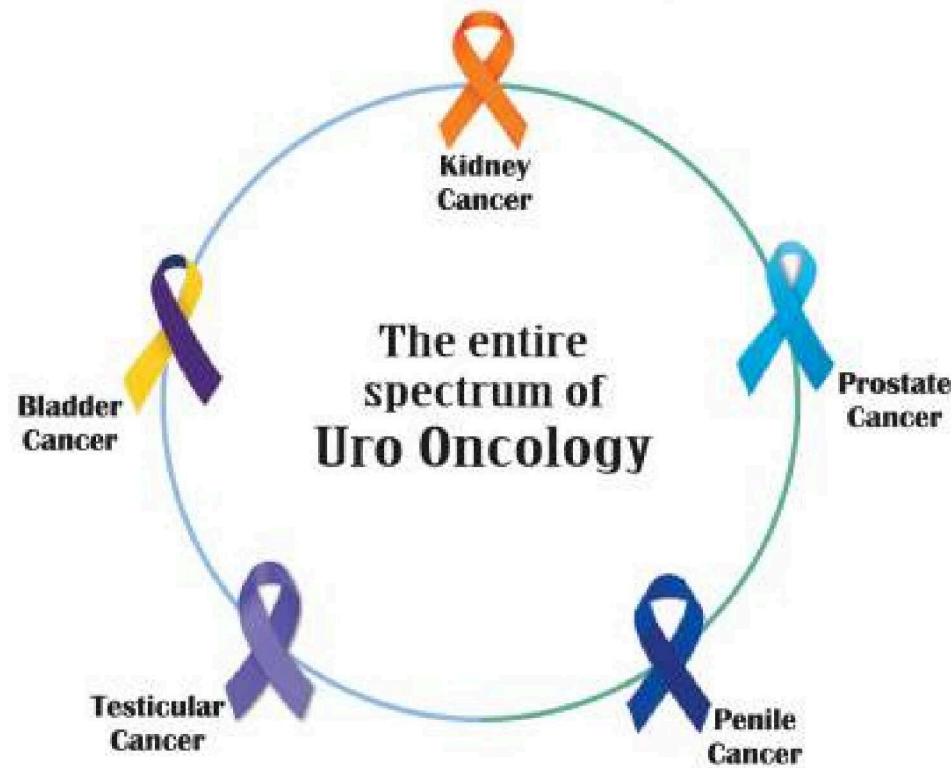
Once diagnosed there are variety of basic to advanced treatments that can deliver you the baby you desire. Keeping better health and following the advice of the doctor strictly shall be your primary objective and allow any one man or woman to easily get beyond the hurdle of infertility.

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Groin problems in children

Groin in problems in children are common. You may have often wonder what has to be done for this. As a parent best you can give to your child is to take them to a paediatric surgeon as soon as you come to know about this. Groin swelling which are commonly found in children are hernia, hydrocele and undescended testes. Some rare emergency problem could be a twist in testes.

All these will need surgical management. Surgery for hernia, hydrocele or undescended testes can be scheduled conveniently as per parent.

Hernia and hydrocele are most common surgical issues in children. With pre-maturity both these are seen more often these days.

As parent you don't have to worry about these. These can be fixed easily with surgery as a day care or one day admission. Hernia and hydrocele repair are not like in adults, they are simpler and with very few complications. Inguinal hernia is an opening in belly wall near groin, intestine and other tissue can poke through it causing bulge.

Where as hydrocele is collection of fluid around the testes. Hernia should be operated earliest after diagnosis while hydrocele can wait till age of two years.

Again you can discuss with your paediatric surgeon when to operate. These days hernia repair can be done laparoscopically also.

You can talk to your doctor about it. As anaesthetic techniques in children have

become safe the results are good. This applies to even tiny premature babies. Surgery generally takes 30 min to 1 hour. Recovery is also fast in kids. Majority of children can go home same day in the evening or next day morning. It is not recommended to wait longer to do surgery particularly in hernia as sometimes intestine may get obstructed compromising blood supply or swelling may not go away needing an emergency operation.

Sometimes testes may not be present where they are supposed to be at birth. One can wait till age of 6-9 months, if they are not seen by that time then surgery should be done. Your doctor may want to do it by simple open technique or laparoscopically depending upon where the testes are.

If surgery is not done in time then testes may get twisted or can get permanently damaged. One of worrisome problem in testes that can happen is twist or torsion which commonly happens during early teen age.

Child will have sudden swelling in testicular region with redness and tremendous pain. Rush him to nearest paediatric surgeon. This has to be operated immediately else one may lose that testes permanently.

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BREAST CANCER – NECESSARY THINGS TO KNOW

Is breast cancer hereditary?

As the age grows, the risk of getting this cancer increases. Breast cancer is depending on genetic code in some families. That doesn't mean that one wouldn't get breast cancer if there is no family history. Hence it is necessary to have awareness from 30 yrs. of age. If this cancer is prevalent as per family history, what precautions need to be taken? This cancer occurs depending on many factors like lifestyle, environment, and hormones. If there is a history of breast cancer in family one should go through genetic tests like BRCA1, BRCA2. If the test results of this gene mutation are positive, it is advisable to get the breasts removed or to go for frequent tests as prescribed by doctors. Based on the age and reports

Doctors suggest through counselling the best method to follow.

Who is more prone to this cancer?

- If close relatives (mother, grand mothers, sisters, aunts) have this cancer
 - If they get this cancer when they are below 40 yrs. of age
 - In the families in which both breasts are effected by cancer
 - If male members of that family have cancer
 - If the members of that family contacted any other cancer or ovaries cancer
 - In the persons who have strong gene mutation and other known reasons like late marriage, late conceiving, unable to give milk, excessive usage of hormone medicines for childlessness, menstrual cycle started before 10 yrs. of age or not started even after 50 yrs. of age
- Like this, if oestrogen levels are high for a longer period in obese people, the risk of getting this cancer is high. The women in the towns of developed countries and underdeveloped countries are getting this cancer. While one in 200000 get this cancer at 30 yrs. of age, one in 10 get this cancer at 80 yrs. of age.

What awareness one should have regarding breast cancer

Not neglecting the painless tumour in the breast, able to detect while it is in small size, able to detect unmovable and firm tumour in the breast by testing while bathing from 20 yrs. of age. It is possible to detect small lumps by going through ultrasound and digital mammography tests after 30 yrs. of age. If detected at early stage, lumpectomy can be performed through which only the lump will be removed. If it spread into other parts, mastectomy, i.e. removing the entire breast is to be done. As the stage advances, mastectomy is unavoidable.

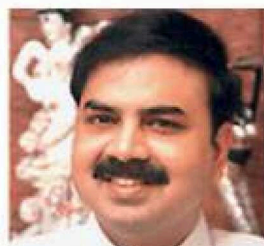
This cancer occurs only in obese women with large breasts only

There is no truth in it. Any one including men may get this cancer. In obese people, even if it is detected somewhat at later stage, lump portion only can be removed as the size of the breast is large. In petite people the danger of spreading to other parts is more and hence the entire part is to be removed. Based on the size of the tumour, treatment method is decided. Also, the tumour type plays an important role in the treatment method. Like other complications in obese people, chances of getting this cancer is also high.

What are the symptoms of breast cancer?

- Feeling a tumour in the breast
- Lump in breast, amput
- Change in the size of tit, tit in reverse direction
- Skin on the breast becoming coarse and dented
- Change in size, shape and colour of the breast
- By the time these symptoms appear, it crosses first stage.

Based on the type, stage and grading treatment through surgery or surgery combined with chemotherapy and radiation therapy is decided. Some cancers are limited to lobes of the breasts and some spreads to other parts. They become uncontrollable if treatment is delayed. It is difficult to contain breast cancer in young persons when compared to older ones. Now a days, reconstruction oncological surgery is available through which no change in the breast is visible outside. It is advisable not to neglect any changes in breast by developing awareness.



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Masters Homeopathy The only treatment for Hepatitis and Herpes

Hepatitis
Everyone is fearing about this virus in these days. Doctors find this Hepatitis with their examinations when the patients come to visit the doctors for other diseases. With that, they come to a decision that they are going to die. They think that the virus will not come out of the body due to which there are chances of liver damage for a long time. But truly there are medicines in home to control hepatitis. The patients will lead a happy and healthy life when they get homeo treatment without fear after the confirmation of Hepatitis. There are symptoms like hungeriness, vomiting, body pains, yellowness in urine, jaundice, herpes on skin and also uneasiness in stomach, pain in abdomen. However, it can be controlled totally after taking full time medicines by experienced homeo doctors.

Herpes simplex
You will find some water pocks like sweat pocks on penis. With this the people will neglect that they are normal pocks. Later the pocks will become boil. Women too will witness the same kind of boils on vaginal parts with severe pain. If they ignore, it will lead to some more problems. Due to this, they will not be happy during sex and the couple gets embarrassed. Homeo treatment will show wonderful results for herpes problems. The people will suffer a lot when they take other medical treatments but with homeo treatments they will lead a happy and healthy life.

"Sciatica is treated Successfully"

A middle-aged man came once to my clinic and asked «doctor, please give good treatment for my back pain as I have been suffering for long time. I will pay the bill whatever it is. I will be in debt to you.» I asked the man to tell the details will patience. Then he told doctor, I am Narayana and native of Kurnool. I am working in a private company. Since one year I have been suffering with back pain which is gradually increasing. Now,

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Advertorial
It spread to the legs and feet. I am not able to move here and there and walk. I feel some electric current is passing through my body. When I consulted one doctor, he said that it is sciatica and prescribed pain killers. I am getting relief when using pain killers and it will remain after some time. Now, I came to you for permanent solution." I told him not to worry about it and said that there is permanent remedy for sciatica.

After treatment
I gave him medicines after observing symptoms, psychological points. There is best treatment with homeo medicines for sciatica problems. Back pain can be cured completely with homeo medicines. By avoiding changes that will take place in back bone, there will be good results by giving treatment to strengthen the muscles. I advised him to visit after using medicines for one month. Then after a month, he came very happy and his face is looking joyous without pain. And he said that numbness in legs is cured. I advised him to continue full course not to discontinue medicines. After six months sciatica problem was solved. As usual he is attending work. I gave some precautionary measures not to go on bike and not to sit long time.

You can survive even if you have HIV

This is a case from karimnagar Branch. He is about 30 years. He is trembling. When I asked about this problem, he said, «doctor, I belong to Jammikunta. Four years back, I had sex with a girl. I didn't expect that she has some disease. Since two months, I am suffering with fever, cough and loose motions. When I consulted doctor, he said that I have HIV. And I lost weight. There is no hope of survival. Please let me live.» I said not to worry about life and took some de tails.

After treatment:
During some weather changes, we can see the symptoms like cold, fever, TB Infection, loose motions in some persons infected by HIV. That means if disease control system weakens, diseases can be infected. If you are strong HIV can not harm you. Homeo treatment will focus on disease control system. When he was examined it was found that the number of CD cells is 320. So, I said not to worry about and said I would start treatment. I gave him prescription and asked him to come after one month. After one month I saw a lot of change in him. He said that he was so hungry, and free from tiredness. He said he has some hopes of life. I advised him to continue medicines for one more month. Later after Examining second time, CD4 count is 710. Now he is leading a happy and normal life.

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