

HealthCare

Managing Asthma

Asthma is a chronic condition that makes the lungs airways swell and inflame. The muscles around the bronchial tubes in the lungs tighten, causing the airways to become sensitive and restricted. Thicker mucus is also produced, which contributes to the narrowing of the airways in the lungs.

For some people, asthma is a minor nuisance. For others, it can be a major problem that interferes with daily activities and may lead to a life-threatening asthma attack. No full cure is available, but management methods can help a person with asthma lead a full and active life.

heart rate increases, and the work of respiration increases. Individuals often require accessory muscles to breathe, and breath can be diminished.

At the start of an asthma attack, the airways allow enough air into the lungs, but it does not let the carbon dioxide leave the lungs at a fast enough rate. Carbon dioxide is poisonous if the body does not expel the gas, and a prolonged asthma attack might lead to a build-up of the gas in the lungs. This might further reduce the amount of oxygen entering the bloodstream.

Many different aspects of a person's environment and genetic makeup can contribute to the development of

asthma: short-term medications that provide quick relief during attacks and long-term medications that control asthma in general. You can manage your asthma by avoiding your triggers. Avoid allergens and irritants like

smoke and pets, if you know they make your asthma worse. Maintain a clean living environment, with minimal dust. Monitor environmental changes and air quality in your area on a regular basis. Beware of alcohol-

interactions; drinking alcohol and taking certain medications can trigger asthma. Be prepared with medications, medical contacts and emergency information readily available in case of an asthma attack.



PRESERVE YOUR KIDNEYS

Kidneys do many important jobs essential for our body like removing waste products and extra water in the form of urine. They also help in controlling blood pressure, keeping bones healthy and making red blood cells. Kidney disease lasting for less than 3 months is called acute kidney injury or disease. Chronic kidney disease is which is present for more than 3 months. Even if kidneys fully recover in the case of acute kidney injury it can have long term consequences on health

Risk factors for kidney disease:

- Diabetes
- Hypertension (high blood pressure)
- Kidney stones
- Infections (urinary tract or systemic)
- Overweight and obesity
- Over the counter pain killer use
- Previous acute kidney injury
- Family history of kidney disease
- Very low birth weight

Tests to identify kidney disease:

1. Complete urine examination

Urine will be checked for the presence of protein, blood or any abnormal elements. Normally urine has very small amount of protein. Any increase in protein in urine will suggest presence of kidney disease in the appropriate clinical context. Presence of red blood cells in urine also point towards the presence of kidney disease requiring further tests to confirm.

2. Blood test

Blood will be checked for levels of urea and creatinine which are elevated in the presence of kidney disease. Creatinine values are used to calculate GFR in the clinic.

3. Ultrasound

It will help us to identify the location, number, size and appearance of kidneys. Helps in examination of ureters, bladder and the presence of stones in urinary tract. Patients with chronic kidney disease may have small kidneys, abnormal kidneys or obstructed kidneys.

What are the complications of kidney disease?

Kidney disease can lead to high blood pressure (high blood pressure can cause CKD and CKD can also cause high blood pressure), low haemoglobin levels (anaemia), bone weakness, heart ailments, vitamin D deficiency, weight loss, abnormal calcium and phosphate levels, increased infection risk.

Tips for healthy kidneys:

- Be fit and active: Regular exercise maintains blood pressure and helps control blood sugar
- Stop smoking
- Avoid carbonated soft drinks
- Drink plenty of water
- Avoid over the counter pain killer intake: Regular use of nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and naproxen, can damage your kidneys
- Certain other medications, toxins, pesticides and illegal drugs (such as heroin and cocaine) can also cause kidney damage
- Take medications as directed
- Keep your blood pressure in the target range
- Stay in your target cholesterol range
- Eat foods lower in salt
- Eat more fruits and vegetables
- Keep your weight in target range
- Limit alcohol intake: Heavy alcohol consumption can raise blood pressure and add calories
- Get enough sleep
- Getting a check-up? Make sure to get your kidneys checked too with urine, blood and ultrasound tests
- Diabetic patients should keep their sugars in target range and get HbA1c levels checked regularly

Key questions to ask your doctor:

- What is my glomerular filtration rate (GFR)?
- What is my urine albumin result?
- What is my blood pressure?
- What is my blood glucose (for people with diabetes)?



Dr. A Kishore Kumar
MD, DM (Nephrology)
Consultant Nephrologist and
Renal Transplant Physician



T: 040 48486868 Hitech City | Madinaguda

BREAST CANCER AFFECTS ONE IN EVERY 27 WOMEN

There are many reasons which causes Breast Cancer, that cannot be controlled. One of them is gender, wherein women are more prone to breast cancer than men. Age is another important factor in this form of cancer. The chances of cancer is more as age increases. According to expert analysis, in the age group of women from 30 to 39, 1 in every 233 individuals has a chance of getting Breast Cancer. After the age of 60, one in every 27 women is prone to this cancer.

Family History

One more predisposing factor is family history. If mother, sister or daughter gets this cancer, then there is more likelihood of other women in the family of being affected with Breast Cancer. If the cancer has already been cured, then chances of this cancer occurrence in the other breast or same breast increases.

The Role of Estrogen

The hormone Estrogen boosts the cells in teats. Prolonged exposure to this hormone can lead to this cancer. However, controlling Estrogen is not in our hand. Women who hit puberty below the age of 12, and those who do not hit menopause even after 55, are an example of this condition. This increases the chances of Breast Cancer. Excessive hormones in meat and more pesticide content in food releases Estrogen mimicking compounds in human body, which is harmful.

Pregnancy and Lactation

Lactation and pregnancy decrease the duration of menses. In a way, the chances of cancer occurrence also get reduced. Those who never conceive or those who conceive after the age of 30 are more prone to Breast cancer. Women who undergo a lactation cycle of 1 to 2 years (which was quite common decades ago) show reduced risk of this cancer. Despite maintaining regular diet, exercise and not being prone to any of the risks as mentioned above, sometimes Breast cancer indeed strikes women and, in such cases, one

should not lose hope. Usually, Breast Cancer manifests in the form of lump formation which are hard, painless and irregular in shape. Sometimes, they may be regular shaped and smooth too. Hence, women need to observe any such changes immediately and seek doctor consultation.

Women can sense slight swelling of breasts, irritation, slight pain, pain in the teats, teat going inward, becoming red and hardening of teats and breasts sometimes. Rather than milk, oozing of other liquid like substances and lumps under the armpits are also signs of Breast cancer. Not every lump formation leads to Breast Cancer, and hence medical intervention is very important.

The earlier the detection of cancer, better will be the chances of recovery through treatment.

Regular tests are key to prevent Breast Cancer. Women beyond 20 years of age need to examine their breasts once in every month and those in the range of 20 to 40 years need to examine Breasts under doctor supervision, once in every 3 years at least. After 40 years of age, once in every year they need to undergo the test and women in the age group of 40-49 need to undergo digital mammography once in every two years. After the age of 50, women need to undergo the test of digital mammography once in every year. The test helps in rapid and hassle-free biopsy procedure, which helps in detection of Breast cancer accurately, to a large extent in women.

Dr. Ch. Mohana Vamsy
Chief Surgical Oncologist

Omega Hospitals

Hyderabad : 9848011421

Kurnool : 08518 273001

Guntur : 0863 2223300

Vizag : 9121179114

SHOCKS IN THE FACE

Trigeminal neuralgia - Non Surgical Radiofrequency ablation-the permanent solution



NEURALGIA".

Patients suffering would be in intolerable pain on one side of the face unable to chew, unable to brush and unable to even talk also, which stimulates the pain and will have excruciating pain for few minutes. In severe forms even the fine blow of the air from the fan would not be tolerated.

The pathology lies in the brain where the Trigeminal nerve which is responsible for the sensations of the face is being compressed by a blood vessel in turn gives extremely disabling electric shock like pain over the affected side.

This condition is initially managed by oral medication like TEGRITAL and other ANTI NEUROPATHIC DRUGS which are suppose to reduce the electrical stimulus generated from the nerve and reduce the pain. As the days go by the dosing of the medication automatically gets increased and the commencement of few other medication also starts.

These oral pills cannot cure the condition but can reduce the symptoms for few days to months. Few patients can develop intolerable side effects also where the treatment becomes more stubborn. The patients with this condition are likely to develop deep depression.

The surgical option which is a major craniotomy involves in opening the brain and detaching the nerve and the blood vessel



Dr. SUDHEER DARA
MD, FIAPM
Founder Director
Epione - Center For Pain Relief And Beyond
Hyderabad

One can expect the way a person gets annoyed by having an electric shock like pain in one side of the face. This excruciating pain is called "TRIGEMINAL (MVD - MICROVASCULAR DECOMPRESSION) has been practised since long and can lead to few complications like morbidity and mortality in some cases.



The advanced pain management innovation in treating this catastrophic condition is RADIOFREQUENCY ABLATION OF THE TRIGEMINAL GANGLION.

A simple injection procedure of half an hour can permanently cure the disease and make the patient pain free forever. This procedure is performed by pain specialists who are experienced in the field. Very few centres are available through out the country. This treatment needs specialised equipment which will guide the specialist to reach the nerve and helps in doing the radiofrequency ablation. The patient is suppose to stay in the hospital only for 4 hours and discharged after that. Few medication and precautions will be given to the patient and should be kept in follow up. This procedure is involved in very negligible difficulties and complications but has got the success rate almost on par with the major surgical procedure MVD.

EPIONE - Centre for pain relief and beyond has got an experience of over 500 cases successfully treated by this day care treatment- Radiofrequency ablation in the last 5 years.

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EPIONE CENTER FOR PAIN RELIEF AND BEYOND
4th Floor, Apurupa PCH, Road Number 2,
Banjara Hills, Hyd. TS-33. Ph: 040 4855 4444,
084660 44441, 87439 86579

Asthma symptoms vary from person to person. You may have infrequent asthma attacks, have symptoms only at certain times such as when exercising or have symptoms all the time. The symptoms of asthma often present in periodic attacks or episodes of tightness in the chest, wheezing, breathlessness, and coughing. During the development of asthma, the airways swell and become extremely sensitive to some of the substances a person might inhale. When this increased sensitivity causes a reaction, the muscles that control the airways tighten. In doing so, they might restrict the airways even further and trigger an overproduction of mucus.

Each person with asthma has his or her own unique set of triggers. Most triggers cause attacks in some people with asthma and not in others. Common triggers of asthma attacks include:

- Exposure to tobacco or wood smoke
- Breathing polluted air
- Inhaling other respiratory irritants such as perfumes or cleaning products
- Exposure to airway irritants at the workplace

Breathing in allergy-causing substances (allergens) such as molds, dust, or animal dander

- An upper respiratory infection, such as a cold, flu, sinusitis, or bronchitis
- Exposure to cold, dry weather
- Intense feelings like stress, laughter or crying because they can restrict air-flow and impair normal breathing patterns
- Physical exertion or exercise
- Sulfites, an additive to some foods and wine

People with clear symptoms of asthma should visit a doctor. They will provide treatments and advice on management techniques, as well as identifying potential triggers for asthma symptoms and how to avoid them. The doctor will also prescribe medications to help reduce the frequency of asthma attacks.

Effective asthma control reduces the impact of the condition on everyday living. There are two basic types of medications used to control

Three main components comprise an accurate asthma diagnosis: Medical history, observations during a physical exam, and results from breathing tests. The physical exam in asthma is often completely normal. Occasionally, wheezing is present. In an asthma aggravation, the respiratory rate increases, the

Gynaec Issues Answered by Specialist

Q: I get pain in lower abdomen and backache during my periods. The pain starts a few hours before my periods. I take tablet Meftal Spas for the pain relief. Is it normal to get pain during periods? Does taking tablet effect my health?

Ans: Getting pain during periods is called dysmenorrhea. Normally periods can be associated with pain. This pain starts few hours to 1 day before periods. Taking tablets like Meftal Spas or other pain relieving drugs during periods does not effect health or future fertility. But pain during periods can be also caused by a disorder in the woman's reproductive organs, such as endometriosis, adenomyosis, uterine fibroids, or infection. Ultrasound and physical examination will help to know the cause of dysmenorrhea.



hemoglobin and thyroid hormones levels checked. Based on the cause, treatment to stop the heavy bleeding can be started

Q: I am 3 months pregnant. My doctor has advised me to get NT scan. Is it really required to get this scan done?

Ans: Yes, it is required for you get the NT scan between 11 to 13 weeks of pregnancy. This ultrasound is done to assess your developing baby's risk of having Down syndrome and other chromosomal abnormalities. Along with the scan, you should also get dual marker test or NIPT. The combined results of these tests give a better risk assessment for your baby. Compared to dual marker, NIPT is 99% accurate for the risk assessment.

Q: I am a 30 year old, married woman. I am having severe itching and white discharge from my vagina since last 1 week. What do I do?

Ans: Having itching with white discharge from vagina is commonly due to infection. To know what kind of infection, a physical examination will be done by your gynecologist. Vaginal infections are caused by yeast, bacteria or protozoa. Based on the cause, the infection can be treated with specific medications.

Q: I am 25 years old. I am getting heavy bleeding during my periods for 7-8 days since last 3 months. Before, my periods used to last for 4 to 5 days with normal flow. Should I be worried?

Ans: Bleeding heavily during periods can lead to anemia. You would be required to get an ultrasound of pelvis to rule out disorders like fibroids, adenomyosis or ovarian cysts. Along with this, you need to get your



Dr. Rashmi TN
MS-Obstetrics & Gynaecology
MCh-Diploma in Laparoscopy
-GEMSAKY
Consultant Obstetrician,
Gynaecologist & Laparoscopic
Surgeon.
Contact: 8880 74 74 74
www.hegdefertility.com
Info@hegdehospital.com
Hitech city | Malakpet | Mysur