

# HealthCare

## WORLD HEART DAY

### FATAL CONSEQUENCES OF ANY LUMP FORMATION IN BRAIN

The human body is affected by hundreds of different forms of cancers. There are many sub types as well among the several cancer types affecting our health. Usually there is a balance in our body maintained due to the elimination of worn out cells and formation of new cells. If this delicate balance is affected, then it may lead to formation of lumps or masses of cells, ultimately causing cancer.

There are other factors too which causes cancer like smoking, irregular lifestyle and dietary habits, exposure to chemical radiation, certain viral infections etc. There are two types of tumors or lumps formed in the body, namely Benign and Malignant. Benign tumors are comparatively less harmful while malignant can spread to other parts of human body and hence it may lead to fatal consequences, by spreading through lymph. However, no matter it is malignant or benign, any lump formation in Brain may lead to fatal consequences, since it is a highly sensitive organ in our body, that controls key activities.

The cancer which may look mild may become severe accompanied by high cough, fatigue, weight loss, and other symptoms. The severity of the condition is detected by TNM (Tumor Lymph nodes Metastasis) system. When observed closely, the external structure as well as internal structure of cancer cells vary and sometimes one cell may look completely unrelated to the other one. The cancerous lump may start increasing in size uncontrollably and without proper shape, leading to more severe symptoms in the body. The treatment for Cancer depends on the age of the patient, the severity of condition, the immunity levels and other factors. Hence, personalized treatment is ideally recommended. There are 10 sub types in Breast Cancer alone and there are many such sub types in each form of cancer like Lung, Cervical cancer etc. Few sub types are fatal while some cancer sub types can be quickly brought under control through treatment.

Cancer is broadly classified into following types like Carcinoma, Sarcoma, Lymphoma and Leukemia based on the tissues or organ systems it affects. Carcinoma implies cancer affecting skin and the external/internal layers of internal organs while Sarcoma affects Bones, Cartilage, Blood vessels etc. Lymphoma affects the lymph nodes of immune system while Leukemia affects blood vessels, arising from Bone marrow. Cancer treatment begins when all physical examinations are done, ruling out any other conditions. Palliative care, which involves post-cancer management is key for successful treatment. Here, the role of a surgical oncologist is very important, along with medical oncologist, radiation oncology and nuclear medicine specialist, both before and after the treatment. Surgery is required in most forms of cancer, except blood cancer, along with radiation and chemotherapy. If the cancer doesn't respond to treatment, then it indicates final stages of the disease. If it spreads to other organs, medicines are used to bring this under control. Along with physical examination, X-ray, Ultra sound, CT scan, MRI scan, PET scan, Biopsy, Fine Needle

Aspiration Cytology (FNAC), Blood markers and other diagnostic tests are performed. Cancers are highly prone, to make a comeback anytime again in our lifetime. Hence after successful treatment, follow up treatment and regular checkup for next five years is required to detect any recurrence. There are many instances all over the world among patients, where cancers have recurred once again, even after 10 or 20 years of the condition being cured successfully.

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## Road to a healthy heart

September 29 is observed as World Heart Day. This day is a reminder to the world to address all the cardiovascular diseases (CVD). World Heart Federation every year on this day, takes the opportunity to spread awareness about having a healthy heart, including all the heart diseases. On this day people globally help each other to acknowledge their lifestyle and adapt to a healthier way of living. CVD is the world's leading cause of death claiming 17.9 million lives each year, and through this day, they attempt to highlight the actions that individuals can take to prevent and control CVD. The heart is a vital organ, which requires constant mending, working, and reworking. The coronavirus outbreak created an unprecedented situation leaving the world in sheer havoc. Due to the pandemic, the country underwent a complete state of lockdown, which restricted all the movement, resulting in people limiting their physical activities to

their respective homes.

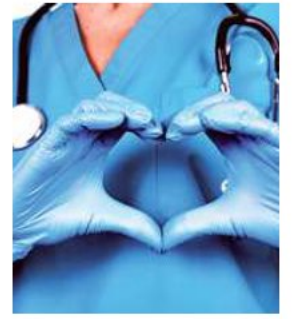
On speaking to a heart surgeon, Dr. Sanjai PV says, "Patients with heart disease, particularly those who have had a CABG or angioplasty need to continue their daily routine of physical exercise. The COVID-19 pandemic has cast a serious effect in such patients as they are unaware of the risk of disease spread when they are outdoors. Nevertheless, I encourage my patients to have at least one half an

hour of a brisk walk, both morning and evening in their home, which probably could be on their terrace or within their compound. Those who walk outdoors in their

street should do so with the protection of a face mask. Yoga and breathing exercises are ideal in such cases provided they have proper knowledge of the same."

**Things one can do to keep their heart healthy amidst the pandemic**

The first and foremost is maintaining social distancing, wearing a mask and rigorous hand washing are a few measures that the general public



needs to reinforce in their daily routine since it is probably the three most important weapons to fight the COVID-19 pandemic. Apart from this, people need to feel motivated to eat and lead a healthy life. Patients need to eat in moderation, that involves consumption of whole wheat, fish, egg whites, lean meat. But abstaining from fried foods, maida (white flour), aerated beverages, and processed foods can be beneficial in situations like these.

The general public needs to know that, weeks after getting in contact with COVID-19, there stands a strong propensity that some patients might develop vascular events in the form of a stroke or an acute myocardial infarction where such patients need to be on some protective medications. Hence, it is highly advisable to not ignore symptoms like fever, and the common cold. To fight back the current health outbreak, boosting immunity is a must. Vitamin C supplement of the best supplement that acts as an immunity-booster. Apart from that, regular workout in natural sunlight, a good sleep, and a mind free from negativity.

-Pragya Garg



### Managing Hypertension During COVID-19

Hypertension or high blood pressure is one the major risk factors for heart disease along with Diabetes, Smoking and Obesity. Hypertension, causes many cardiac and extra cardiac diseases including stroke, heart attack, kidney failure and dementia thus putting a huge burden on global healthcare and at patient level due to morbidity, mortality and associated costs. This year is unprecedented as cardiac patients are faced with double-edged sword of cardiac disease and COVID -19.

People with hypertension are particularly vulnerable to COVID 19. This year, more than ever the job of cardiologist is cut out, as the responsibility to shield vulnerable people from COVID -19 are far greater. We can fulfil this responsibility by raising awareness regarding hypertension, actively screening to diagnose hypertension in a safe manner, and by ensuring guideline directed lifestyle measures and treatment are met. Once diagnosed a decision needs to be taken if life style modification can be adopted or treatment needs to be initiated early

#### Lifestyle modifications include six key steps and they are

- Get expert advice from your doctor to help you understand your results and the risk posed by COVID-19
- Lower salt/sodium in the food to prevent excess fluid in the blood, which strains blood vessels and results in high blood pressure and worsens heart failure
- Eat more fruits and veggies - particularly potassium-rich ones - to balance out sodium in the blood
- Exercise - it makes the heart stronger, putting less strain on blood vessels. Exercise also increases breathing capacity which can be protective during COVID-19

- Quit smoking - Constituents of tobacco smoke damages blood vessel linings. Abstinence from smoking also improves breathing capacity that can be beneficial during COVID -19.
- Monitor your blood pressure at home - Last but not least we all need to be aware of the correct treatment for high blood pressure particularly so during COVID 19.

During early phase of COVID -19 there was lot of confusion regarding usage of a very important group of drugs called ACE-Inhibitors; Ramipril, Perindopril, Lisinopril etc or ARBs; Telmisartan, Olmesartan, Losartan etc. Those fears were by and large unfounded and it was paramount patients remained on these drugs as they have clear prognostic benefit.

People need to actively monitor blood pressure during these pandemic times and also actively control so that it does not pose any additional healthcare issues if, god forbid, one were to acquire COVID -19.



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### Heart Ailments in the Times of Covid-19 Pandemic

COVID-19 is a deadly pandemic and people with underlying heart conditions might be more likely to show symptoms of the infection or to have a more severe infection than others. Most people who contract coronavirus have a mild viral illness including sore throat, cough, aches, fatigue, loose stools and fever, but around 5% of infected people develop a chest infection/pneumonia. It is not yet certain if people with heart conditions are more likely to get a chest infection with coronavirus, but it is likely since they do get chest infections with other viruses like flu.

**People with BP & Diabetes**  
A significant proportion of non-survivors and those who developed severe disease had comorbidities such as diabetes and hypertension. It is likely

both hypertension and diabetes are prevalent in the general population particularly in the over 70 years age group where the mortality due to Covid-19 infection is the highest. The use of Angiotensin Converting Enzyme (ACE) inhibitors and angiotensin II receptor blockers (A2RB/ARB) which are common medications used to treat high blood pressure also has

certain implications. However, major health organizations such as the European Society of Cardiology, British Cardiac Society and the American Heart Association recommend continuing these medications (since their beneficial effects are well known) whilst monitoring the disease progress of patients with hypertension and diabetes.

#### People with pre-existing Heart Ailments:

Based on currently available information, the World Health Organization (WHO) and the European Medicines Agency (EMA) do not recommend against the use of ibuprofen as there is, at the moment, no scientific evidence establishing a link between ibuprofen and worsening of Covid-19. However, if in doubt, please consult a physician to know which medication is safe to take to treat fever and/or pain.

#### Medication for Heart Ailments:

Stopping or changing medication could be dangerous and could make condition worse. These drugs are effective for heart failure, control high blood pressure and to help prevent a heart attack or stroke. Any changes to the existing treatment that have not been recommended by a healthcare professional could put an individual at higher risk of a flare-up of pre-existing heart condition. Commonly used drugs to treat high blood pressure (so-called ACE-inhibitors and Angiotensin Receptor Blockers) may increase both the risk of infection and the severity of infection with the coronavirus. However, this warning does not have a sound scientific basis or evidence to support it. Therefore, it is strongly recommended that one continues to take blood pressure medication as prescribed.

Patients who are on immune suppressive medications, for instance after a heart transplant, should continue to take these medications as prescribed. Reducing the doses is associated with a high risk of suffering a rejection of the transplanted heart. It is best advised that one takes all medications exactly as prescribed. And if in doubt, best to contact the doctor.

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### ENDOMETRIOSIS: A GROWING CONCERN IN FEMALES LEADING TO INFERTILITY!!

-ADVERTORIAL

Endometriosis is a condition where in endometrial tissue is found outside the endometrium (lining of uterus), tissue can grow in myometrium (wall of uterus) fallopian tubes, ovaries, pelvic peritoneum, urinary bladder and very rarely on intestines.

This tissue can irritate structures that it touches, causing pain and adhesions (scar tissue) on these organs.

#### Endometriosis can influence fertility in several ways:

- Distorted anatomy of the pelvis,
- Adhesions,
- Scarred/Blocked fallopian tubes,
- Inflammation of the pelvic structures,
- Altered immune system functioning, changes in the hormonal environment of the eggs,
- Impaired implantation of a pregnancy and altered egg quality.

Women can have chronic pelvic pain, pain during periods or pain during intercourse. 30-50% women with infertility may have endometriosis. Most commonly endometriotic ovarian cyst also called chocolate cysts may be detected on ultrasound. Women with mild endometriosis may be asymptomatic and can present to OPD with unexplained infertility which can only be diagnosed with laparoscopy. At the time of laparoscopic surgery, the extent, location & depth of endometriosis can help us "score" the disease from minimal to severe. This scoring system correlates with pregnancy success.

Treatment of endometriosis in women with endometriosis is always individualized according to patient's age, duration of infertility, AMH levels, past treatment response. Medical therapy contains synthetic oestrogen and progesterone which may not be suitable in women



planning pregnancy. Women with mild to moderate disease may conceive with natural methods. Women with severe (Stage 3&4) endometriosis, which causes considerable scarring, blocked fallopian tubes, and damaged ovaries, experience the most difficulty becoming pregnant and often require advanced fertility treatment.

Such patients should be advised to undergo IVF-FET as the first-line treatment, before any attempt at surgical treatment, as surgical removal of endometriotic cysts can deplete the number of eggs in women and considerably decrease her ovarian reserve and further increase her problems. Most of the women suffering from endometriosis have found success through reproductive technology or excision surgery or combination of both.



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