

# HealthCare

## Prescription Drug Abuse

Prescription drugs are only safe for the people who have prescriptions for them. When you use a prescription medication in a way other than that directed by a prescribing physician, then you are abusing that medication.

This misuse can easily become an addiction with negative effects. People abuse prescription drugs for many reasons. Some of these include social pressure, experimenting with effects, to relieve stress, to feel high, or to increase alertness or concentration at work. You can become addicted to them and continue to use them even if the consequences for your life are serious.

Prescription drug abuse or problematic use includes everything from taking other's prescription of a painkiller for your backache to a fever without consulting the doctor. Drug abuse may become ongoing and compulsive, despite the negative consequences. Most people have used prescription drugs for wrong reasons at least once in their lifetime.

Everyone is susceptible, but prescription drug abuse is particularly common among young people.

Study revealed that 1 in 7 teens surveyed said they have taken a prescription drug without a doctor's prescription.

The prescription drugs that are most commonly abused have potentially

serious adverse effects and can cause accidental disability or death.

They are also frequently implicated in suicide attempts; most of them involve prescription pain medication, sedatives or stimulants.

Sedatives help with anxiety, sleep problems, and some seizures. But if you take more than prescribed, you can get addicted. You may start to believe you need them to sleep. If you can't function without such drugs, get help. Going into withdrawal can prove to be dangerous.

Another commonly available drug which is highly misused is the Dextromethorphan an ingredient available over-the-counter for cold and cough. It helps stop the cough. But large doses can get you high and cause hallucinations. High doses of such medicine cause vomiting and rapid heart rate.

Early identification of prescription drug abuse and early intervention may prevent the problem from turning into an addiction. Treatment options for prescription drug abuse vary, depending on the type of drug used and your needs. But counseling, or sometimes psychotherapy, is typically a key part of treatment.

Treatment may also require withdrawal (detoxification), addiction medication and recovery support.

## EARLY OVARIAN AGING – A HURDLE IN YOUR PATHWAY TO MOTHERHOOD

All Women are born with a set number of eggs with no production of new follicles at any stage of life. A Healthy female will have around 10-20 Lakhs primordial follicles at birth which reduces to 4 lakhs by puberty each of which contains an immature ovum. Among these about only 300 to 400 follicles reach maturity during the reproductive life span of an adult female and the remaining follicles get depleted & exhausted.

**OVARIAN RESERVE** refers to the number of potential follicles left in the ovaries at a given point in time. In a normal individual significant decline in ovarian reserve is seen at 35 years of age. However, in some women the decline happens at an early stage of life which is termed as "Early Ovarian Aging" (EOA).



EOA is seen within 10% of the female population. Women with EOA are usually asymptomatic while some may have normal fertility. However, with advancing age, continuous follicular depletion will result in loss of fertility potential, menstrual irregularities and eventually lead to early menopause.

techniques like IUI & IVF can be sought for. However, one must remember that the success rates in fertility treatments mainly depend on the quantity and quality of eggs. Hence, it is especially important to take fertility treatment at the right time. It is advisable that even couples who are planning to postpone their pregnancy do get their ovarian reserve testing immediately after marriage to take necessary precautions & plan pregnancy accordingly. These tests can be advised even in women who are planning to postpone their marriage for any reasons which will help them in freezing their eggs at an early age which can be used later.

**COMMON CAUSES OF EOA:**

- Endometriosis
- Previous ovarian/tubal surgeries
- Autoimmune disorders like hashimoto's thyroiditis/SLE/ rheumatoid arthritis etc
- Medical conditions like diabetes
- H/o chemotherapy/radiotherapy smoking
- Genetic abnormalities like fragile x syndrome/turner's mosaic etc.
- And sometimes there is no apparent cause-idiopathic.

**DIAGNOSIS OF EOA:** Hormone tests, scan to check antral follicle count.

**TREATMENT:**  
The treatment of EOA is directed towards the efficient use of the depleted ovarian reserve by increasing the quality of the remaining follicles using supplements like Dhea, zinc, melatonin, anti-oxidants like co-enzyme Q, vit E, L-Leucine, lycopene, selenium etc. In few patients' artificial reproductive

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## 60% of the Cancer Patients are Above 65 Years of Age

Every cell that has life is prone to cancer. That is the reason, every living being including the plants of this creation fall prey to this malignant disease. The matured cells in our body multiply into different cells, thereby producing new cells. As the body ages, each cell goes on deteriorating and nears its extinction. As cells grow faster in young age, development is possible. As we grow up, the process of multiplication of cells slows down and the body stops developing. In old age, new cells are born only to replace the worn out cells. When this natural and regular process gets derailed, new cells start generating even when old cells are still alive, which leads to formation of tumors in the body. While some benign tumors limit to a particular area, some malign tumors expand to other areas and tissues through blood and lymphatics are cancerous tumors. Such cancerous tumors, which expand as we grow old are helped by many factors like socialite surroundings, bad habits, weather conditions, professional reasons, pollution, lifestyle, usage of hormones, family history, certain types of virus and bacteria, fertilisers, radiation etc.

As per the survey of National Cancer Institute 60% of the newly detected cancer patients are above 65 yrs. Old and 70% of them are not surviving. The chances of contacting cancer are 10% higher in the young above 65 yrs. of age when compared with the younger ones. The older people are more prone to get all types of cancer.

Especially cancers of colon, rectal, prostate, pancreas, lungs, bladder, large intestines, chest are more likely to occur as we grow old. Apart from that there are more chances that the tumors may not respond to the treatment in these people. As the older people often suffers from problems like High Blood Pressure, Diabetes, Joint degeneration, Thyroid problems Blockages in blood vessels of heart etc., these people require well designed personalized cancer treatment. Treatment for cancer patients is to be given by taking not only their body health conditions into consideration, but also taking their mental, social, family and economic conditions into consideration and by giving confidence to them. Because of this counseling plays an important role in their treatment.

A lot of research has been done by the scientists in the direction that whether occurrence of cancer is inevitable in older people. The researches prove that there are a lot of reasons for occurrence of cancer in older people. Some of those reasons are as follows:

1. Prolonged bad habits at young age like smoking, alcohol, having sex with many
2. Reduced immunity as we grow old
3. Excessive usage of certain hormones
4. Occurrence of slow changes in cells at young age getting predominant at old age

5. Getting exposed to certain chemicals as per the profession
6. Treatment taken for other diseases

The slow changes occur in tissues due to certain habits during young and middle ages become predominant at old age. Persons having Werner Syndrome, Alzheimer's, AIDS are more prone to get cancer. Old age people having higher hormone levels in the body are more prone to get certain types of cancers. For example, women having prolonged high levels of estrogen are prone to get breast, endometrial, breast cancers. If a woman has not reached menopause even after 60 yrs. of age, then it needs an investigation. Menstruation at 9 yrs. of age, late marriage, family planning increase the risk of getting breast cancer.

Testosterone hormone levels may lead to prostate cancer. That is the reason, treatment in such cancers include hormone therapy in addition to surgery, radiation, chemo. People cannot refrain from certain habits developed at young age in the company of friends. Smoking, alcohol, having sex with many may lead not only to lung, liver, cervical cancer, but also cancer to any other part. The exact reasons for formation of these tumors are not known. They may be genetic or may be because of many reasons. However, people having bad habits, people exposed to chemicals are more prone to get cancer when compared to normal people. Irrespective of the habits, it is better to get screening tests done regularly after a certain age. Women after 35 yrs. of age need to get pap smear test to detect cervical cancer and to get mammography and self-examination to detect breast cancer after 40 yrs. of age. Similarly, men after 50 yrs. of age have to get PSA test to detect prostate cancer, liver test who have hepatitis-B positive, lungs and liver test who have the habits of smoking and alcohol for an early detection of changes.

Everyone has to have the awareness that cancer can be prevented with good food habits and good life style since young age, screening tests to detect changes in the body, treatment at an early stage

**Dr.Ch.Mohana Vamsy**  
Chief Surgical Oncologist  
**Omega Hospitals**  
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**COSMOPOLITAN**  
**CHRISTIAN, MBA** - KJ Somaiya, Project Manager, 23 Lpa, Born 1984, 5'11", 52 kgs, Tamil, Nadar, Mumbai Based Business Family, Good looking & sweet-natured. Wheatish. Both siblings Ivy League. Looking for educated, well qualified & prof. settled match. Caste/Religion no bar - Email profile - eligiblebride@gmail.com 9820164941

**DOCTOR**  
**MD ANESTHESIA**, final year, Chennai girl, 31/165, slim, beautiful, homely. Father Malayalee Mother Tamil. Smart Doctor boys 31 to 33 MS MD MCh DM from Kerala and Tamil Nadu preferred. Ct. 9840985383

**LOOKING FOR a Groom** from elite Padmashali/Hindu family with Hyderabad based well settled family inviting proposals for their daughter 25, 5'6", Doctor, ongoing PG (M.S OBG) Seeks Handsome / 26-29 age / height 5'11"-6'0" Doctors Business / UPSC - grad from Ultra Rich Affluent family. Kindly call: 9515844920

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**MALAYALAM**  
**TAMIL VISWAKARMA** Goldsmith girl upper middle class family from Kerala B.Tech 12th Sep 1995 Aswathy 167 cms, Employed Software Bangalore. Proposals invited from parents of educated, employed well settled boys from same caste. Contact: +91 9995953267, whatsApp No +91 9995953267

**HINDU EZHAVA** Girl, 37/173 cm, B.Arch, M.Sc. never married, from affluent educated family in Trivandrum seeks alliance from highly educated & well placed boys (37-42 yrs) from a good Malayali Hindu family. Contact: 8547986678

**BRIDEGROOM WANTED**  
**CSI CHRISTIAN 32/160, M.Sc IT, Senior Testing Engineer in Reputed Company Seeks Suitable Bridegroom.**  
WhatsApp 9884328282 / 9884016726

**Bridegroom Wanted**  
Alliance Invited for Innocent Divorcee Pillai, Punarposam 33/164, Slim, Fair Looking Dentist, settled in Australia, from well settled qualified groom, Caste No bar.  
Reply with full details to nrmurgeon@gmail.com

### TAMIL

**MUDALIAR: 29/FAIR**, Masters in International & Business Law, Chennai, Business, Elite Family, Seeks groom Business / Doctor/Eng 86990 12419

**HINDU TAMIL** Pallan / 44 / Comp Engg. Works in Public Sector Bank seeks from the same caste equal age employed comp.engg. Ct. 944752894

**HINDU NADAR** M.E. Age 25/5'8" HCL Income 6,00,000/- P/A Seeks Employed in Govt or Private with Clean Habits. Contact: 9003234049

**HINDU GAVARA** Naidu 23years Barani, MBBS. Seeks PG Doctors only. Call: 94433 93867

**VIEWAKARMA THIRUVADIRAI** 29/158 Masters in Design(NID) Wkrg in IT -B-Lores. Seeks Professionals with Master Degree interested in Music Painting Travel prefed 7708850696 CNB

**CASTE NO Bar/ chozia** chettiar girl, 36, kettai employer/ Chennai. Contact: 8939473077

**CS. ADIDRAVIDAR**, Hindu, 30 years, B.Tech, CTS-IT, Anusham. Contact: 0422241515/ 952208645

**PILLAI, 25/160**, Fair, BE, SWE, INFOSYS, Ch. 50000PM, F&B Business, Well to do, CNB, 7299576642, 7299576666

**Hindu, CNB, 37/170 cm, M.Sc. Private Job**, Contact Ph: 9791667977

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**SEEK IYER** groom, US citizen, well settled Vadama Sivatsam bride March 1989 5'6" tall BS (MIT), MBA (Harvard) US citizen working in Los Angeles. Ph. 9841275504 (Chennai).

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**ELITE**

**TAMIL**  
**Velama, 26 Yrs 5'3"**, Fair, B.E.(Mech) MNC Bride Seeks Professional Groom From Same Caste, Preferred Local (Hyderabad) Contact - 9700977476

**BALLJANAI DU 25/ B.Arch** Own (5 Petrol Bunk) Chennai, Elite Seeks Groom. Mrs.Revathi-9884300680

**KAPU/TELAGA (OC)**, 8-10 Cr + regular income, 25, 5'3", 58 kg, slim, fair and beautiful, MA (Eng), uncommitted, divorcee under process girl from excellent family requires any well to do OC groom living in Hyderabad. Direct/WhatsApp: 8919486676

**NAIDU 44/MCA** seeks Professionally Qualified Groom (44 to 47yrs) from Tamil /Telugu speaking Family Ct.9087296964/ dattabini@gmail.com

**TAMIL**  
**58**, youthful, fair, well educated & settled in Chennai. Seeks unemployed widow/ divorcee/ poor bride. Caste no bar. Apply latest pictures Ct: simizh123@gmail.com

**Inter Caste Parents (CNB)** well to do Family looking for an Alliance for their only Son MBBS, Own Practice at Hyderabad 5'10" Fair 32 Years. Looking for a Fair, Simple, Educated Girl preferable Yoga Tutors or Someone who intends to Enjoy the Real Value of Life. Contact: 7099533076 or WhatsApp.

**YADAVA, 34/185 cms**, MBA, Operations Manager, Caste no bar, 9884381602/ 9884381714

**DIVORCEE**  
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**ENGINEER**  
SC-AD, 32/173 cm, PhD (IIT) M.Tech B.E, Cyber Security Researcher in JAPAN, Seeks suitable educated girl. Caste no bar. Ct: 9486106269

**HINDI**  
ONLY RAJPUT, age - 38 years, USA ret, height (5'10"), MCA , Software, Contact 9952996511

**KANNADA**  
**KAN. MADHWA** Brahmin/Naidu (Following Madhwa customs) seeks well Educated and good-looking girl who values family and traditions. Contact - G Mythili: +919962040389; Email: gmythilhabha@gmail.com

**NIDAR 41/179 B.E** Carleton U SRF IAS vimalrangasamy@gmail.com 9360991547

**MUDALIYAR WELL** settled parents seek educated bride for their son chithral 33 177 Engr studying in Dubai Ph: 9884452926

### TAMIL

**CASTE NOBAR** 1978/170 DCE only son, Midnam, Mirugasarisham-3 Business seeks bride. 9789253201/ 9941815365

**WELL SETTLED SC AD /B.E/37yrs/ 175cm/Fair/Working Sr. Position SW Co. Edu. family / Innocent Divorcee w/o any issues seeks suitable edu. girl from good family Ct: 7550059856**

**31 YRS** Chettiar Chennai B.Tech MBA, Caste no bar, 8754494937/ rathiranarai@yahoo.co.in

**Graduate or post-graduate** smart bride aged bet 27-30/Ht:5.6'/affluent family for my divorcee son 32/5'8" with B.E./M.S (UK) doing business/early marriage Vanniyakulakshatrya preferable. Ct: 9894048397

**KONGU VALLALAR**, 38 Years, M Sc IT, UK Return. Contact Number- 91599 40005

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**CASTE NOBAR. Mother-Iyengar, Father(Late)-Chettiar, 35 yrs/172 cms, Very Fair, BE SWE MNC Chennai 14L PA, Looking for a Fair, Simple, Educated Girl. Veg. Pref. Ct: 9840116958.**

**HINDU 42YRS** 164cms M.A. Medium Smart Pure Vegetarian First Marriage Government M.S.75k PM Seeks Caste No Bar Vegetarian Bride below 36 pls Whatsapp Photo Bio data to 8903747433 call 9626370329

**MUDALIYAR 35**, Poosam, MA, MED 30000, Own House, Seeks Bride (1.2, 7, 8 Rth, Or Kettu) 1st Marriage Only. 9952096878

**FATHER CHETTIAR** mother Mudhaliar well-to-do family seek graduate good looking upper middle class girl from good family. Only son, handsome, B.Tech, 27 yrs, 5'9", 9'9" larks PA, MNC, Chennai/ Housr, Caste no bar. Ct: 9884017136 / 984015136

**PILLAI, 28/183**, BE, Specialist, HCL, Chennai, 60000PA, Decent Well Settled, CNB, 7299576644, 7299576666

**IYER, VADAMA**, Kowsga Gotham, B.Sc & MBA/ 170/ 1979 born - First marriage - Sr. Manager in leading Bank, seeks suitable bride. Simple marriage accepted. Boy's job transferable Reply- KJFMariae@gmail.com

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**Hindu DKV** Pallan, M.E, Bar Manager 38 / 167cm / 65k pm. Seeks Bank / Govt. Servant / School / College P.G. Employees - Cell: 80563 71995

**STAR ASHWINI**, Udithya Gothram, Jan 75 born, 25LPA, B.E.M.Tech, Divorced(Unconsummated) Chennai based, Tamil Brahmin Iyer Boy seeks Unmarried/ Divorced (No child) family oriented Brahmin Girl with clean habits. Ct: 9385807542, rajeshvenkataramam4@gmail.com

**IYER KOUNDINIYA** Thiruvornam 43yrs, 6L/PA Chennai seeks suitable any Bhramin / Veg Bride (Divorce Can also) Contact: 9498383190 / 8790837245

### TAMIL

**MUDALIAR UNMARRIED** 1972 Anusham /BMB, MLM/Sr. Officer- PSU, Chennai Rs.60,000 PM, seeks Educated suitable alliance. Issueless widow/Divorcee also acceptable, Caste NoBar. Ct: 9443307660 / gana1972ma.dras@gmail.com

**MUDALIAR 37/168CM 10L PA** BE MBA MPhil LLB Simple Marriage Seeks Suitable Bride, Call: 8861238981

**MUDALIAR SENGUNDHAR** 28/180/BE, PGDM IIM Bangalore Employed as Manager (an multinational company @ Gurugram (New Delhi) @ 24L/Annum with Kumbam & Paruthathi 1st part seeks Graduate Girl from a Good family. Horoscope with photo WhatsApp: 9345715067

**AGE 39**, Saiva Mudaliyar, Divorcee, SWE, Ct: 98412-81948

**BUSINESSMAN CHENNAI** 30Yrs/167cm/ Diploma Seeks Broad Minded Bride Caste No Bar. Cont: 9840064876

**HINDU NADAR MS**, Chennai 26y, Punarposam rich 175cm SW ENG 20L, Doctor Family Seeks MBBS, MDMS or BE from Rich. Ct: 9840668740

**SC AD ASHWINI 34/188 ME(C.Sc)** SWE PVT wheatish seeks suitable Bride Ct: 97900-45619, 99441-88353

**AGE - 29**, Engineer Working in Germany, Height - 157 cms.Saiva Pillai. Caste no bar/Vegetarian girls. Willing to work abroad preferred. Contact 9443384211.

### TELUGU

**IYER-CHARTERED ACCOUNTANT**, 26 years-MNC employed at Chennai-Ht 6 ft-Ashtasahasram-Koundinya Gothram-Avittam-Makara Rasi-Looking for a suitable bride-Educated and Religious minded. Contact-9283203276

**IYER VADAMA** Athreya Revathy 33/ 5'11 graduate working in Bangalore Rs. 6 lakh p.a living with parents Contact : 080-26655065 - 96110-22276

**YER VADAMA** Swathi Srivatsa 30/ 182CM MBA Subject No Bar. Seek Graduate & employed bride. Ct 7845755481

**CASTE NO BAR** affluent boy 29/178/ IIM MBA wanted fair good looking girl 9445541330

**HINDU PILLAI**, Divorcee, 40/172cm M.E. Ph.D, Professor in Engg.College, Madurai seeks suitable Bride. Contact: 9840386539.

**SUITABLE MATCH** for 28, 5'9", smart, self-employed son with health condition; warm-hearted, mild-mannered, widely read rationalist; well settled family, veg. Chennai. Caste/religion no bar. svapmail20@gmail.com

**NAIDU (CNB)**, 30/176, Handsome, B.Arch, Business, Chennai, Educated & Affluent Family, Seeking well groomed, Educated & Pleasant looking Bride-Doctors / Engineer /Any degree - 9884876247 /7358510790

**Telugu Brahmin Bride Wanted**, 7 for MBA Boy 36/6 Feet / 60,000/- Working in Chennai, Gothram Bharadwajasa. Contact: 9542217033

**TELUGU BRAHMIN**, Gothram Srivatsa 42yrs Graduate working Chennai seeks compatible homely bride. 9840537437

**TELUGU NAIDU** Visagam Tulam 32/175, B.Tech, MBA, Civil Engineer, Interior Designer, Father Flat Promoter, Only Son Wellsettled Family in Chennai. Caste No Bar. 9716667276.

**BALAJA UTHIRADAM** 36/170 B.Com, MBA SR. Executive MNC Chen, own House. Seek Telugu Bride.CNB. 9840934216

### BRIDES WANTED

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