

HealthCare



Let us build a healthier world

The April 7th was designated the World Health Day by the first world health Assembly organized by the World Health Organization (WHO) in 1948. It was intended to highlight a major health issue that concerns us all. The theme for 2021 being "Building a Fairer and Healthier World for Everyone".

In the midst of the COVID pandemic, the world health day may seem like a throwback to a forgotten past, yet it is at this time that it is most relevant.

The second wave of COVID 19 has arrived, bringing in its wake, pain, agony and sometimes hopelessness. We think, it was not supposed to be thus, we had lockdowns, we now have a vaccine, the disease should have been checked. In this darkness,



there are many rays of light. The disease is being understood better, the treatment has been standardized. No longer do we have the death rates that were the norm when the pandemic first arrived.

India has led the world in vaccine production. Many different types of vaccines are in production, all of them with good efficacy. In addition to the government vaccination programme, it is expected that they will also be available for purchase by the

common man, thereby increasing access. India has supplied vaccines to countries which cannot make them or lack access to it, for "a fairer and healthier world". The pandemic has pushed many into poverty and deprived them of livelihood. It is more important than ever to have empathy. To help them be healthy self-sufficient. This is true not only for countries but also for people who come in contact with us or work for us. After all, the world is one family-

Vasudhaiva Kutumbakam.

The responsibility of the citizens in the fight against the pandemic is massive. It is more relevant than ever to maintain physical distancing, wear masks the correct way and minimize outdoor contact and travel. These restrictions though painful need to stay for the next few months.

The threat is very real. In hospitals, the number of COVID admissions have gone up manifold in a week and show no signs of stopping. As the theme of the World Health day 2021, let us build a healthier world - we owe it to ourselves and our children.

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Exercise for your bone health not just muscles

It is very well known that exercise improves muscle strength, prevents obesity, reduces the risk of heart diseases and improves endurance. Perhaps, it is not well understood that regular physical activity can also help in building and maintaining healthy bones.

Aging, along with certain diseases and medications, can cause bones to become very weak and fragile over time - a condition called Osteoporosis. It often occurs in women after menopause, and in men in older age. This bone-thinning disease puts people at a greater risk for broken bones, which can seriously limit mobility and independence. We also tend to lose muscle as we age - a condition called Sarcopenia. People who develop Osteoporosis or Sarcopenia are considered frail: more likely to fall and more likely to break



a bone. Exercise works on bones much like it works on muscles, yes indeed, it makes them stronger. Exercise is important for building strong bones when we are younger, and it is essential for maintaining

bone strength when we are older. Because bone is a living tissue, it changes over time in response to the forces placed upon it. When you exercise regularly, your bone adapts by building more bone and becoming

ing denser. This improvement in bone requires good nutrition, including adequate Calcium and Vitamin D. Another benefit of exercise is that it improves balance and coordination. This becomes especially important as we get older because it helps to prevent falls which result in broken bones.

There are many different types of exercise and they all offer health benefits. The two types that are most effective for building strong bones are weight-bearing exercise and strength-training exercise.

WEIGHT-BEARING EXERCISE

Weight-bearing describes any activity you do on your feet that works on your bones and muscles against gravity.

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FERTILITY OUTCOME WITH FIBROID UTERUS



Many different factors can play a role in affecting a woman's ability to get pregnant and deliver a healthy baby. One potential factor which affects about 20-50% of women of childbearing age is uterine fibroids.

What are Fibroids?

Uterine fibroids are benign tumors of the uterus or womb that may cause severe pain, bleeding, and infertility. Fibroids affect a woman's quality of life, as well as her fertility and pregnancy outcomes. Uterine fibroids are common during a woman's childbearing years seen in 35-77% of women aged 25 to 44 years. Why fibroids develop is still unclear but genetics, hormones, and environmental factors all likely play a role. The most common way to diagnose fibroids and assess their size, number, and location is through a physical exam and ultrasound. In some cases, additional imaging tests such as MRI may be required.

Can Fibroids Cause Infertility?

Estimates suggest that about 5-10% of women facing infertility have fibroids and it is their size and location which may create complications. Large fibroids greater than 6 centimeters in diameter and those located inside the uterine cavity (submucosal fibroids) are the major culprits for complications.

Uterine Fibroids can affect fertility in several ways:

- Fallopian tubes can be blocked by fibroids due to which it is impossible for sperms to reach the egg for fertilization
- Changes in the shape of the cervix can affect the number of sperms that can enter the uterus.
- Changes in the shape of the uterus and altered blood flow to the uterine cavity can interfere with implantation.

Treatment for Fibroids to Improve Fertility?

Majority of the women with fibroids located in uterine musculature and outer surface conceive naturally. Thus surgery for the removal of fibroids depends on its location. Fibroids located into the uterine cavity (submucosal) need removal by a simple procedure called Hysteroscopic Myomectomy prior to planning fertility treatment.



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SEIZURES IN ADULTS - BEYOND THE BASICS

WHAT IS A SEIZURE?

The brain contains billions of neurons (nerve cells) that create and receive electrical impulses. Electrical impulses allow neurons to communicate with one another. During a seizure, there is abnormal and excessive electrical activity in the brain. This can cause changes in awareness, behaviour, and/or abnormal movements.

Epilepsy refers to a condition in which a person has a risk of recurring epileptic seizures. Not everyone who has had a seizure has epilepsy. Non-epileptic seizures can be caused by other conditions such as low blood sugar, a fainting spell, or an anxiety attack.



SEIZURE SYMPTOMS

Seizure types - One of the most common seizure types is "tonic clonic" or "grand mal" seizure. In this type of seizure, a person may stiffen and have jerking muscle movements; during the muscle-jerking, the person may bite their tongue, causing bleeding or frothing at the mouth.

Other seizure types are less dramatic. Shaking movements may be isolated to one arm or part of the face. Alternatively, the person may suddenly stop responding and stare for a few seconds, sometimes with chewing motions or smacking the lips.

Seizures may also cause "sensations" that only the patient feels. As an example, one type of seizure can cause stomach discomfort, fear, or an unpleasant smell. Such subjective feelings are commonly referred to as auras. A person usually experiences the same symptoms with each seizure aura. Sometimes, a seizure aura can occur before a convulsive seizure.

Seizure triggers - A minority of people have seizure triggers, such as strong emotions, intense exercise, loud music, or flashing lights. When these triggers are at play, they usually immediately precede the seizure. Fever, menstrual periods, lack of sleep, and stress can all increase the risk of seizures in some people.

For many seizure types, patient may be unaware during the seizure, may experience mild to severe weakness in hand, arm, or leg. Other people have difficulty speaking or experience temporary (partial) vision loss or other types of sensory loss. These can be important clues about the type of seizure and the part of the brain that was affected during the seizure.

SEIZURE CAUSES

- Epileptic seizures - People with epilepsy have a type of brain dysfunction that intermittently causes episodes of abnormal electrical activity. This can be caused by any type of brain injury, such as trauma, stroke, brain infection, or a brain tumour.
- Provoked seizures - A similar type of abnormal electrical activity in the brain can be caused by certain drugs, alcohol withdrawal, and other imbalances, such as a low blood sugar. Seizures that are caused by problems like these are called "provoked" seizures, and they do not usually occur again once the problem is remedied. People with provoked seizures are not said to have epilepsy.
- Non-epileptic seizures - Non-epileptic seizures look like seizures, but are not caused by abnormal brain activity. These seizures may be due to fainting spell, a muscle disorder, or a psychological condition, or hypocalcemia, hypoglycemia etc.

SEIZURE DIAGNOSIS

If someone had a seizure and have never had one before, the healthcare provider will want to get as much information about the seizure as possible. He or she will want to know a detailed description of the episode, including whether (He/She) lost consciousness, stared blankly, or twitched and jerked violently. The more information the healthcare provider has about the seizure, the better able he or she will be to make the right diagnosis.

If a witness to the seizure is available and can come to the appointment or be contacted later, this can be very helpful to the physician.

Tests and procedures -

- Blood tests may be done to check for low or high blood sugar that may have caused your seizure.
- Electroencephalography (EEG) may be done to check for abnormal electrical activity in the brain.
- Brain imaging studies, such as MRI or CT scans, may be done to check for tumours, strokes, or other structural problems in the brain.

SEIZURE TREATMENT

The appropriate treatment of seizures will depend upon the type of seizure. If the seizure was caused by an infection affecting the

brain, treatment of the infection should prevent more seizures. If the seizure was caused by a psychological problem, such as anxiety, treatment of the psychological problem may remedy the seizures.

Seizure medications - If the seizure was caused by a stroke, tumour, or some type of permanent brain injury, one or more antiseizure medications may be needed to control the Seizures.

Seizures that persist despite medication - Although antiseizure medications work for many people with seizure disorders, some people continue to have seizures even after trying several medications. For them, other treatments may be an option.

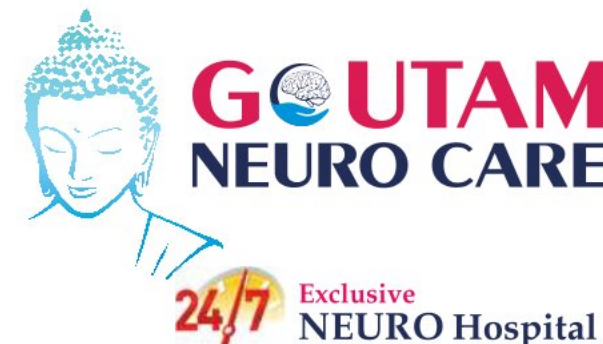
For example, surgery to remove the portion of the brain causing the seizures or severing the connection between the two halves of the brain can reduce or eliminate seizures in some people. Others may benefit with an implanted electrical device such as a vagal nerve stimulator, responsive cortical neurostimulation device, or deep brain stimulator.



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