

HealthCare

World No Tobacco Day

Commit To Quit Let's get vaccinated and stay protected

This year the theme for World No Tobacco Day is 'Quit tobacco to be a winner'. Around the world on this day there are various campaigns in hospitals and on social media like #CommitToQuit for people to post ideas and tips to help others to quit smoking.



The World no tobacco day was started in 1987 by the World Health Organization to draw the world's attention towards the tobacco epidemic and focus on the preventable deaths and diseases that tobacco causes.

The World No Tobacco Day is observed every year on 31st of May. On this day the hospitals and media are involved in the tobacco awareness programs to send a strong message across about the dangers involved in tobacco abuse, emphasis on early detection of its effects and educating general public about quitting tobacco usage.

Tobacco usage kills 1 person every 6 seconds across the world. About 8 million people die due to deleterious effects of tobacco world-wide. Tobacco use is the leading cause of preventable deaths in the world and tobacco alone is the leading cause of cancer and cancer related deaths worldwide. Regrettably, tobacco use remains one of the leading causes of death worldwide.

It is projected that tobacco will leave over 1 billion dead in the 21st century. Smoking was a recreational activity among the rich and the famous in the 1500's in the Europe. Tobacco was considered a gift from the creator and tobacco smoke is seen as carrying one's thoughts and prayers to the spirits in the past.

Tobacco was introduced in India by Portuguese traders in 1600's. Knowing the dangers of tobacco usage, the rich in the western countries slowly stopped its usage but in developing countries like India, China, Brazil etc. its usage has become rampant.

Currently India is the largest producer of Tobacco in the world and China is the largest consumer of tobacco in the world.

Most tobacco is grown in southern and western India which is used to make cigarettes, cigars, cheroots, bidis, hookah and snuff tobacco. Roughly 350 million kgs of tobacco is cleared for domestic consumption in India, 86% is used in the smoking form and 14% is used in smokeless form.

According to the World Health Organization (WHO), India is home to 12% of the world's smokers and more than 10 million die each year due to tobacco related diseases.

According to WHO estimate, 60% of adult males in India use tobacco in some form and 13-15% adult females use tobacco. According to the World

Health Organization studies the smokers were more likely to develop severe lung disease with COVID-19 compared to the non-smokers.

Current evidence suggests that the severity of COVID-19 disease is higher among smokers.

Smoking impairs lung function, making it more difficult for the body to fight off respiratory disease due to the new coronavirus.

In addition, tobacco also decreases the immunity there by increasing the chances of getting COVID-19 disease.

Dr. Nagendra Parvataneni
Senior Consultant and Head of the Department of Surgical Oncology
KIMS Hospitals, Secunderabad.

During the recent times, there has been lot of misconception and prejudiced opinion about the vaccination. Anxiety, chaos and ignorance are the biggest obstacles which has made people to refrain from coming forward. It is indeed further more fatal than the pandemic itself. As on date, everyone above the age of 18 are eligible to receive the vaccine. Besides ensuring your well-being, getting vaccinated may also protect people around you, because if you are protected from getting infected, you are less likely to infect someone else. This is particularly important to protect people at increased risk for severe illness from COVID-19, such as healthcare providers, elderly adults, and people with other medical conditions.

Following are some of the facts about vaccination,

1. What is Vaccination: It is a simple, safe and effective way of protecting people against harmful diseases. Vaccines are killed or weakened forms of virus or bacteria which uses body's natural defences to build resistance to specific infections. They train your body to create antibodies

Fact: Today there are vaccines available to protect

against at least 20 diseases, such as diphtheria, tetanus, pertussis, influenza and measles. Together, these vaccines save the lives of up to 3 million people every year.

2. How does Vaccine work: When you get a vaccine, the body recognizes the germ (in this case dead or attenuated particle) and produces antibody. Antibodies are proteins which fight the actual virus or bacteria.

Fact: Our immune systems are designed to remember. Once exposed to one or more doses of a vaccine, we typically remain protected against a disease for years, decades or even a lifetime. This is what makes vaccines so effective. Rather than treating a disease after it occurs, vaccines prevent us in the first instance from getting sick.

3. How are vaccine developed and tested: An experimental vaccine is first tested in animals to evaluate its safety and potential to prevent disease. It is then tested in human clinical trials, in three phases:

a. Phase I - small number of people to assess safety, confirm immune response and determine dosage.

b. Phase II - given to hundreds of volunteers, monitored for side effects.

c. Phase III- given to thousands of volunteers, extending safety and efficacy studies.

Vaccine are safe and effective - Vaccine go through rigorous clinical trial process and approvals to determine that they are safe and effective. It has been shown that the benefits of receiving the vaccine far outweigh any potential risk. The Covid-19 vaccine protects you and others from potential dangers of COVID-19 infection.

Myth: The COVID-19 vaccine can't be safe because it was developed so quickly.

Fact: Before receiving approval for use, manufacturers had to show data from large clinical trials to ensure that the vaccines were safe and effective. The emergency nature of the pandemic required a quick response, but

thorough safety standards were still required and met.

4. Vaccines prevent deadly illness: Vaccinations protect everyone from deadly diseases. Failure to vaccinate leaves everyone vulnerable to diseases, complications or even death.

Myth: The COVID-19 vaccine can give me COVID-19 infection.

Fact: It is not possible for the COVID-19 vaccine to give you COVID-19 infection. You may experience some side effects after the vaccine.

These are a normal sign your body is developing protection against the virus. It takes a few weeks for your body to build immunity after vaccination, which means it is possible for you to get COVID-19 just before or after you get a COVID-19 vaccine.

5. Vaccine provides better

immunizations than natural infections: The immune response to vaccinations is similar to the one produced by natural infection but less risky. Natural infections can lead to many complications that are unwanted.

Myth: If I've had COVID-19 infection, I don't need to get vaccinated.

Fact: If you've already had COVID-19 infection, there are still benefits to receiving the vaccine. It is not known how long natural immunity lasts, and the vaccine can protect you from reinfection.

6. Why should I get vaccinated if it doesn't give me 100% protection from getting infected? Vaccination may not completely prevent you from getting infection, some people may still contract the coronavirus even after receiving their final vaccine dose, yet while rare, it does not mean the vaccine is ineffective. People can still

catch the coronavirus more than two weeks after the second dose, but being fully vaccinated limits severe illness or symptoms can be milder.

7. How long is the vaccine effective?: We don't know how long protection lasts for those who are vaccinated? What we do know is that COVID-19 has caused very serious illness and death for a lot of people. If you get COVID-19, you also risk giving it to loved ones who may get very sick. Getting a COVID-19 vaccine is a safer choice.

The COVID-19 vaccines are an important and exciting step in ending the coronavirus pandemic. The vaccines can help prevent illness and may also protect others around you.

Dr. Vijay Kumar Agarwal,
Consultant Internal Medicine & Diabetologist,
STAR Hospitals

MOST AFFORDABLE & MOST EFFICIENT CANCER CARE



MALLA REDDY CANCER HOSPITAL & RESEARCH INSTITUTE

Malla Reddy Narayana Multispeciality Hospital shines bright among the constellation of world-class hospitals, spread over a sprawling campus at Suraram, near Jeedimetla in Hyderabad. Taking forward the legacy, we at Malla Reddy Cancer Hospital & Research Institute offer comprehensive Cancer care in diagnosing and treating patients of all groups suffering from solid tumours & haematological malignancies with 100+ bed facility.

We have the best minds in cancer with Multidisciplinary Super speciality clinicians to discuss & deliver the emerging trend to treat all types of cancers under one roof. Our medical Oncology department provides treatment for Cancer through Chemotherapy, Targeted Therapy & Hormonal Therapy. Surgical Oncology department performs a full range of Cancer surgeries & reconstructive procedures with high precision & efficiency

Backed by a team of well-experienced oncologists, qualified technicians, certified support staff and world-class equipment, this new facility will be a benchmark in the arena of Cancer care. Our objective is not only to add Days to Life but also adding Life to Days at affordable cost.



DR. CH. BHADRA REDDY
CHAIRMAN,
MALLA REDDY HEALTH CITY

- 24*7 Availability of Medical Oncologist
- Well Equipped Super Speciality Hospital
- Palliative Care
- Genetic Counselling
- Multidisciplinary Approach



Radiation Oncology

- IGRT
- IMRT
- VMAT
- SRS/SRT/SBRT
- 3DCRT
- Brachytherapy
- Electron Therapy

Medical Oncology

- Chemotherapy for Adults & Paediatrics
- Targeted Immuno Therapy
- Hormone Therapy

Nuclear Medicine

- Whole Body FDG PET-CT
- 1BF Bone Scan
- Neuro PET

Surgical Oncology

- Minimally Invasive Surgery

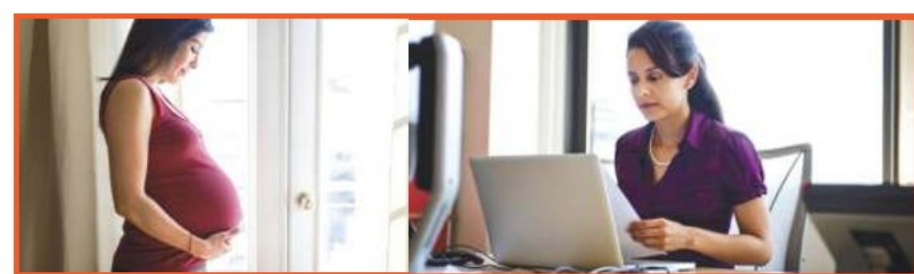
PET-CT Scan Offer Price:
₹ 25,000/- ₹ 11,000/-



Location: Malla Reddy Cancer Hospital & Research Institute
Suraram X Roads, Jeedimetla, Hyderabad.

HELP LINE 040-2215 2215
Call: 87903 87903

SEPARATE BLOCKS FOR COVID & NON-COVID PATIENTS



REPRODUCTIVE CAREER PLANNING AS IMPORTANT AS PROFESSIONAL CAREER

In the 21st century, there is a significant representation of women in the workforce, and it is only growing. The opportunity to begin or develop a career has led to delays in marriages as well as the birth of the first child. By the time women are ready to take up the journey of pregnancy the aging factor has already caught up, resulting in the decline of childbearing potential of the women.

While childbirth is a celebrated event, **infertility is invisible**, and it is an incredibly painful journey for the couple. While delay in fertility may work for some couples - the fact is women are most fertile in their twenties and as they cross thirty (30) the fertility of women will decline sharply with a steep decrease post 35 years of age.

As the age of the couple especially woman increases, she is more likely to need fertility treatments and will have a higher tendency towards medical illnesses such as diabetes, hypertension, thyroid etc. which may sadly affect her pregnancy outcome.

If we try to understand what changes as a woman's age increases, the first answer will be her egg quality and quantity. **woman do not produce new eggs, she is born with fixed number of eggs in her ovary and these numbers decline throughout the period of her life.** Secondly, woman will develop age related changes in her uterus and pelvis like fibroids adenomyosis and endometriosis.

Awareness about these facts will help her take decision and plan her reproductive career along with her professional career. Getting in touch with your fertility specialist and getting evaluated with tests and scan can help you in the long run. Your doctor may help you in conceiving naturally. While in a selected group assisted reproduction techniques like IUI AND IVF may be needed.

Fertility preservation may be offered to women who absolutely cannot plan pregnancy soon. Married women can go for embryo preservation and single women have the option of egg freezing. Safety of these procedures is well established and can give good results when a woman desires to plan a baby. **So, all you ladies reading this article must take away the knowledge that one does have control over their biological clock and can find a balance between a career, a family and you.**

The technology of Assisted Reproduction is now a boon for women in this Day and age so as to plan a healthy pregnancy without compromising a flourishing career!!



Dr. Shalini Singh
Consultant Reproductive Medicine - Hegde Fertility
MBBS, MD - OBG (AIIMS)
Fellowship in Reproductive Medicine-ICOG



8880 747474 www.hegdefertility.com info@hegdehospital.com HITEC CITY | MALAKPET | MIYAPUR | SUCHITRA



A GREETING TO REMEMBER

Be it an anniversary, a birthday, an academic accomplishment or even a promotion.

Now you can surprise your loved ones by wishing them on

THE HINDU
CLASSIFIEDS
LIFE MADE SIMPLE

For more details, email: classifiedscustomer@thehindu.co.in
Contact Toll Free Number: 18003070040
For Placing Advertisements Online, Log on to www.thehinduads.com

