

HealthCare

Covid oxygen malady

Human cells need oxygen for its function. In atmospheric air, 21% is Oxygen and 79% is Nitrogen. When we breathe-in, the air enters into lungs and reaches air spaces of lungs. In air spaces, the oxygen enters into blood and taken up by Red Blood Cells (RBC) and carries oxygen to cells of the body for their function.

Normally, in young and healthy persons the blood is saturated to 100% with oxygen. If blood is less saturated, it is called Hypoxemia. Covid virus affects the lungs and interfere with the entry of oxygen into the blood. When oxygen saturation is below 94%, patient needs extra

oxygen through Oxygen Mask or through machine.

If oxygen saturation falls below 85%, patient may need mechanical ventilator to pump oxygen. As oxygen levels fall, patient breaths more than 24 times per minute called Tachypnea or Dyspnea. Hypoxemia causes head ache, giddiness, dullness, chest pain and confusion. Heart rate may also increase. If not treated, patient may become unconscious and may die.

Immediate oxygenation by Oxygen mask or artificial ventilation is needed to prevent brain death. Brain cells are very sensitive to lack of oxygen. If oxygen saturations are bet-

ween 90-94% making the patient to lie on abdomen or prone position improve lung capacity and oxygenation.

If doesn't improves, oxygen mask or ventilator is urgently needed. Fit and young person with good lung capacity better tolerate covid lung effects. Persons with lung disease, bronchitis, smokers, over weight persons, heart and kidney disease patients poorly tolerate covid lung infection.

Breathing exercises like Pranayama improve lung capacity. One liter of oxygen improves 2% of oxygen saturation. But if saturation is below 90%, more oxygen is needed. The le-

vel of oxygen in blood depends on severity of covid infection.

In mild cases, the fall of oxygenation is less compared to severe covid lung infection. Red flag signs of severe infection are persistent fever, increase in breathing problem and low oxygen blood levels. These patients need timely hospitalization and advanced treatments. Proper awareness and timely treatment are key issues in the recovery of covid patients.

Dr. N.V. Rayadu
Senior Cardiologist,
Apollo Hospitals, Jubilee Hills/
Kondapur

Why do we acquire foot deformities

During consultations, patients show no interest in knowing as to how they could have saved themselves from foot pain miseries only if they had consulted a qualified podiatrist on the occurrence of very first pain symptoms. The solution is doing few exercises at home with some precautions.

Experience Is Believing
One can acquire Foot, Ankle, Knee, Hip, Lower Back and Neck deformities due to wrong postures. For example, standing long time on one foot or leaning on one side leads to hip deformity. Dropping one shoulder or swinging one hand while walking shall give shoulders and neck deformities. Sitting on a working table with bow at backbone and deform vertebra resulting in middle back pain. Sitting inclined between the backrest and seat edge leads to low back pain. Those who sits long hours on computer, unmindful of correct posture acquire multiple deformities at Back, Shoulders, Vertebrae and Neck. Those who have leg



3D Foot Scanner Deformity Correction Insole Milling Custom Insole In Shoe

length difference acquire hip and Knee deformities etc. There are more than 34 plus deformities due to wrong postures and damage the most balanced bone skeleton which carries the body load.

It is high time we realize the importance of maintaining correct postures from initial stage itself.

70% of patients with Foot, Ankle, Knee, Hip and Back pain could have avoided only if simpler techniques were used, needing no medications or surgeries. The 26 bones in each feet maintain the body balanced only when feet are placed at a healthy

position. Any Change in foot position shall cause foot deformity. Research study attributes in 80% patient's foot position changes due to use of ill-fitting shoes / footwear (not of their foot sizes). Foot wear sold in standard sizes are leading to foot deformities. To know whether feet deformed or not, just lift your used shoes and see the wear pattern on your soles. If wear is at the center, feet are healthy, but if wear is on sides, assume that the feet started deforming or have already deformed. No two feet of any person are alike. Foot deformities from birth are

treatable if attended within the first few years of birth. For best results, reach advanced 3D CAD CAM technology equipped Foot Doctor Clinics at early stage. These FDCs are equipped with Foot pressure scanners, full foot 3D Scanner, Orthotic CAD CAM software, 3D CNC machine and all testing and measurements instruments especially dedicated to custom orthotics. This technology was developed 20yrs ago in western countries. Avoiding foot deformities is in your hands. Use custom orthotics in all the footwear.

Ensure not to walk bare foot more than 5% each day. Do not step out of home with chappal and sandals as they are only good most for home use. Custom shoes are essential when you step out of home. Regulated life with full body exercises for min 40 mints/ day is must to be mobile for the rest of your life.

Dr.N.Dhanalakshmi,
Consultant PhD Podiatry,
FOOT DOCTOR CLINIC, Ameerpet

NAVIGATING INFERTILITY & PREGNANCY THROUGH COVID 19



Couples today are anxious and have numerous queries about how COVID-19 impacts planning a pregnancy, fertility treatments, the pregnancy journey and delivery. The intense effect of the 2nd wave with virus mutations, vaccines availability etc. have highlighted the importance of planning a pregnancy which priorities healthy and safe mother and baby. Dr. Sneha Shetty answers some frequently asked questions to relieve anxiety of couples.

I am undergoing infertility treatment. Is it safe to plan my pregnancy now?

Infertility treatment should be individualized. Couples with major problems like severe decreased ovarian reserve, severe male factor infertility, advanced age and prolonged duration of infertility, who cannot afford delays, must go ahead with fertility treatment. Preconception counseling and screening is critical to assess a couple's fertility status and decide whether to undergo treatment or postpone treatment.

Can COVID-19 cause infertility?

Few studies have shown that COVID-19 can cause testicular inflammation and decreased sperm count/motility causing male infertility. More studies are required to study the effect of the virus on female infertility. Currently there is no conclusive evidence to say COVID-19 impacts fertility.

Are vaccines safe while planning pregnancy?

Yes, both doses of vaccine are advised to all couples planning pregnancy. The vaccines currently available in India are equally effective and safe. Vaccines are not known to impact infertility.

Are pregnant women at a higher risk of getting COVID-19 infection?

Pregnant women have the same risk of getting COVID-19 infection as non-pregnant woman. However, the disease may be more severe as pregnancy is an immuno compromised state. Expectant mothers are advised to follow strict precautions for a safe pregnancy.

Can COVID-19 infection in early pregnancy cause abortion or birth defects?

No scientific data is available to prove this. But, COVID-19 infection in men has been associated with DNA damage in sperms thereby increasing risk of abortion.

- Precautions to follow during Conception & Pregnancy**
- Fix online appointments
 - Stay home as much as possible
 - Wear mask properly
 - Maintain social distancing
 - Sanitize hands frequently
 - Follow reliable sources of information CDC, WHO, ISAR etc
 - Practice relaxation, mindfulness, Positive thinking and avoid negative Thoughts

Prioritizing safety

Since March 2020, Hegde Fertility has implemented strict SOPs, following safety protocols for staff, doctors and patients. Appointments are managed through restrictive direct OP or Tele/Video consultation via the Hegde App to avoid unnecessary exposure. The hospital is also offering vaccinations for the public.



Dr. Sneha Shetty
Consultant Reproductive Medicine
MBBS, DGO
Fellowship in Minimal Access Surgery & Reproductive Medicine & IVF - LONDON



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

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KPHB Colony Road No 4, Kukatpally, Hyderabad, TS,
9666219699, 9666221699, +91 4069016969
goutamneurocare@gmail.com | www.goutamneurocare.com
Facebook page: goutamneurocare

Dr. UDAY GOUTAM NOOKATHOTA

MBBS, MS (General Surgery),
MCH (Neurosurgery), FSASS
Fellow in Brain and Spine Endoscopy,
CONSULTANT NEUROSURGEON



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Dr. ALLURI NEERAJA

MBBS, MD (General Medicine),
DM (Neurology),
CONSULTANT NEUROLOGIST