

HealthCare

Stones not precious enough to cherish

Kidney stones are one of the most common kidney problems with which the patients approach a Nephrologist. Kidney stones are particularly common in the summer months because of the fact that people get dehydrated which in turn predisposes to stone formation.

It is estimated that about 20% of men and 10% of women experience a kidney stone in their lifetimes till the age of 70 years. Men have higher propensity to form stones than women. Kidney stones can cause damage to the kidneys and may lead to permanent failure needing dialysis and transplant. So its important to note that kidney stones once detected needs thorough evaluation and appropriate treatment

What are kidney stones and what are the different types?

Kidney stones are lumps of minerals and salt substances which are formed when these minerals and salts are in high concentrations in the body and the amount of water in the body is less. Most of the kidney stones are composed of calcium oxalate (70-80%). Other stones are made of calcium phosphate, uric acid, cysteine.

Why are kidney stones formed?

Kidney stones are formed when substances like calcium, oxalate, uric acid, cysteine stick together and form crystals and stones because there is not enough water in the urine to dissolve them.

Am I likely to get kidney stones?

Its important to seek out the risk factors and cause of kidney stone formation and treat it to prevent recurrence. If you got kidney stones anytime before or any of your immediate family has kidney stones, you are likely to get them. If you don't drink enough water or eat lots of salt, meat or sugar or if you are obese, you might be at high risk.

What are the symptoms of kidney stones?

Many a times, kidney stones cause back pain, below the ribs at the lower back. Sometimes this back pain can spread towards same side groin or lower belly and also scrotum in males. This pain can be worst pain in the life (as described) or mild dull ache. This pain comes in waves - episodic - comes and goes. Other symptoms like nausea, vomitings, fever can be present along with the pain. Blood in urine can happen if the stone injures the lining of the bladder or ureter. Burning while peeing can happen.

How do I know if I have kidney stones?

The best imaging modality to detect kidney stones is plain CT Scan of kidney, ureter and bladder. CT Scan helps in detection of kidney stones, size of stones, exact location of stones in the urinary system. Since CT scan is an expensive modality, X ray or Ultrasound are screening tools.

How to treat kidney stones?

Several measures like drinking plenty of water - about 3-4 litres per day, decreasing the amount of salt and meat in the food, cutting down the amount of tomatoes, spinach form part of treatment for kid-

ney stones. Seeking out the cause of stones and risk factors is an important step in the treatment. Whether to treat the stones by medicines or by surgery depends on the size, content and location of the stone. Stones less than 5mm just get passed along with the urine. Stones of size > 7-10 mm need surgical procedure for their removal.

How do I prevent kidney stones?

Avoid food items which are rich in oxalates like tomatoes, spinach, nuts (cashews, almonds, pistachios, peanuts), chocolate, beets. People with low levels of calcium in their body are more prone for calcium stones - try to get calcium from natural resources rather than from supplements. Cut down the amount of salt and animal protein in the diet.

Avoid junk food, frying, fried food, packaged food so as to avoid increase sodium and phosphorus intake. It is found that the chance of getting a kidney stone the second time is around 20-50% in the lifetime.

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CEREBRAL PALSY (CP)

Cerebral Palsy (CP) is defined as the disorders of movement or posture that occurs as a result of a static or non-progressive abnormality of the brain which is acquired early in life. It is a common paediatric disorder occurring in about 2 to 2.5 per 1000 live births. Children with CP also suffer from multiple other problems and potential disabilities such as mental retardation, epilepsy, feeding difficulties, ophthalmologic and hearing impairments. About half of the cases of CP have no identifiable underlying cause. The timing of the brain injury can be in the prenatal, perinatal, or postnatal period. The common causes include premature birth, low birth weight, TORCH infections during pregnancy, bleeding in the last trimester of pregnancy, high blood pressure during pregnancy, prolonged or difficult labour, birth asphyxia, jaundice and seizures after birth, congenital malformations of the brain. Motor deficits in CP predominantly include stiffness of the limbs with may involve one, two or all the four limbs. The most common one is spastic diplegia where both the legs become stiff and weak which leads to disturbance in walking. Other types of CP include dyskinetic CP and ataxic CP which are characterised by abnormal and incoordinated movements. Few children are mentally retarded. Around 30-40% children with CP may have associated seizures. Other common issues include feeding problems which can lead to poor nutrition and malnourishment. Drooling of saliva is a common issue due to swallowing difficulties secondary to underlying brain injury. Children with CP may have bladder and bowel disturbances like urinary incontinence, urgency, constipation. Sleep disturbances include fragmented sleep and frequent awakenings in the night. Visual disturbances are common in CP particularly who were born preterm which may include refractory errors,

retinopathy, squint, glaucoma. CP children who had jaundice or TORCH infections at birth are at increased risk of hearing loss. Joint contractures, hip and foot deformities due to prolonged immobilisation are common in children with CP. Diagnosis of CP is by knowing complete birth and medical history, clinical examination of the child and neuroimaging with MRI to see the extent and pattern of brain injury. Management includes a comprehensive approach involving paediatricians, neurologists, orthopedicians, nutritionists, physiotherapists, speech and occupational therapists. The therapy is individualised, and best treatment plan should be offered to the child. Stiffness can be managed with intense physiotherapy, few medications and Botox injections if required. Seizures can be controlled with anti-epileptic medications. Physical therapy is oriented in improving gross motor skills like standing and walking with a goal for independent ambulation. Occupational therapy helps improving fine motor skills and activities of daily living like eating, dressing, toileting, bathing. Speech therapy may improve language skills. Orthopaedic interventions and orthotics are needed for correction of foot deformities. Overall the rapidity and extent of improvement depends on the severity of the initial brain injury. Mild cases may improve to near normal levels with comprehensive plan of management. Active family participation helps the child improve faster. People, especially rural population should be educated regarding safe deliveries in the hospital.



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Treat Sinusitis say no to Operation

A few days ago a patient has visited our clinic. We've understood that he has been suffering from cold and other issues. He stated: "I am suffering with sneezes since I was studying intermediate. Nose was blocked due to obstacles. It was a frequent problem in those days. This trouble was aggravated when I was admitted in Engineering. Cold and sneezing were transformed as Sinusitis. It was troubling once in a week or ten days. I had to use antibiotics for relief. Again it used to reiterate, if I take Cold drink or get exposed to cool weather. Slowly antibiotics stopped working due to regular usage. Sleeping period was reduced due to this trouble. It used to affect my day time work, due to drowsiness. I was unable to attend classes regularly." After his narration we have confirmed that he is suffering with Sinusitis.

Treatment: Homeo medicines can cure the disease along with reduction of sinus infections. We have given medicines, depending upon his symptoms. We have advised him to avoid cool weather, cold drinks and so on. He came back to our clinic after one month. It was observed that he was very active. Sinus problem was rectified absolutely and no negative symptoms were observed. He has expressed happiness when we have asked him about previous issues and confirmed that all his problems were resolved.

Best Treatment for Hepatitis and Herpis

Symptoms: Loss of appetite, vomiting sensation or nausea, body pains, green urination, Jaundice are common symptoms in the patients, who are effected by Hepatitis. Hepatitis virus can damage liver. Many patients lose their lives due to the infection of this virus. It transmits through blood. Virus affected blood transfusion, usage of contaminated needles are basic reasons for spreading of this virus. Children may be affected by birth. Sexual contacts also may spread this virus. Hepatitis b may be detected after long time. It may take years to diagnose.

Herpes Simplex: Small spots will be identified on penis (male sexual organ). These red colored spots may cause itching. Sometimes, wound can be formed after blasting of this spot. It may spread into others, if the patient doesn't take the treatment. It is known as herpes, when it is spread over by sexual contacts.

Homeo Treatment: Best treatment methods are available in Homeo for herpes. These medicines work effectively. Herpes can be recur in patients, whose are using other kinds of medicines. But Homeo medicine users never face this kind of problem.

Advertorial

Hair fall issue may be resolved like this..!

His name is Shashank, aged 25 years, working as medical representative. Family members are in search of marriage alliances for him. But he was scared due to his own problem. His had drastic hair fall since four years. Now his beautiful hair was turning into a bald head. He was hesitant a lot due to this problem. He has used many shampoos, lotions and other kind of medicines. But there was not much of use. Lastly he has visited our clinic on his friends' advice.

Wonderful Treatment: Roots of hair will be strong with homeo treatment. Hair fall will decrease ultimately. Secretion of hormones will be balanced. Fungal infections and Psoriasis problems will be overcome. New hair will be grown on their heads. Homeo treatment is involved to cleanup root cause problems without any side effects. There is no age bar to take this treatment. We have explained all the features and then started the treatment. Hair fall problem was resolved within one month period and he was all set for marriage.

Headache: It's gone... It is not good to neglect any kind of headache, which effects frequently or painfully. Treatment will be given, after identification of root cause. Many types of headaches are observed. Few are severe painful in nature and few more are mild painful in nature.

Migraine: Headache will cause pain for few hours to few days. Vomiting sensation is one of the dominant features. Patient will be unable to tolerate light, sounds and concentrated smells. Headache is caused by few chemicals, which are released from blood vessels and nerves in the brain.

Headache due to psychological pressure: It may be observed in the professionals, who are facing pressure regularly. Muscles in the brain may be contracted. Severe pain is observed at upper part and surrounding parts of the head. This problem will be more observed at the time of psychological pressure.

Cluster Headache: This headache causes severe pain, especially on eye part or forehead part. They are unable to do any kind of work due to this irritation. Headache may trouble from half an hour to 2,3 hours and repeated frequently at night.

Sinus Headache: Headache is observed along with frequent cold. Pain will be observed at forehead part or middle of the eyes or side parts of nose. It is considered as splitting headache.

Treatment: Best treatment is available in Homeo for headache. Reasons will be identified initially before going for the treatment. There are no side effects due to homeo medicines. Permanent solution will be given under the supervision of experienced doctors.

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- Steps of the Procedure:**
1. Evaluation of the couple.
 2. Stimulation of the Ovaries & collection of eggs.
 3. Fertilization with Intracytoplasmic sperm injection (ICSI).
 4. Culture of the embryos to Blastocyst stage (Day 5).
 5. Few cells are microscopically removed from the embryos - Trophoblast Biopsy. Cells are sent to genetic lab for testing.
 6. Embryos are immediately frozen which remain stored till the results are ready.
 7. Once the results are ready, genetically normal embryos are used for frozen-thaw embryo transfer and abnormal ones are discarded.

- Benefits of PGT:**
1. The procedure is performed before implantation thus preventing delivery of abnormal children.
 2. Increases the likelihood of achieving a healthy conception in women aged 35 years and above.
 3. PGT reduces the risk of miscarriage.
 4. Decreases the time it takes to become pregnant.
 5. Lowers the need for transferring multiple embryos.

Recent research has found that screening embryos with PGT and transferring only the ones that are chromosomally normal can increase IVF success rates by as much as 23 percent. While PGT helps to reduce the chances of conceiving a child with genetic disorder, it cannot eliminate the risk. Hence prenatal testing should still be offered during pregnancy.

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WORLD ARTHRITIS DAY

DON'T NEGLECT THE SYMPTOMS OF ARTHRITIS



Arthritis can simply be defined as inflammation in one or more joints. It is a very common medical condition, more particularly in females. People of all the ages ranging from children to elderly can be affected. Arthritis is seen in various diseases like; Rheumatoid arthritis, Ankylosing spondylitis, Psoriatic arthritis, Osteoarthritis, Gout, Juvenile arthritis (in children), Systemic lupus erythematosus (SLE), Sjögren's syndrome, Myositis and various other rheumatological diseases. Arthritis can occur at various joints of the body like; shoulders, elbows, wrists, hips, knees, ankles and joints of hands and feet. Usually multiple joints are affected, but sometimes it can start in one or few joints and may remain there, or over a period of time multiple other new joints can be affected.

Depending on the type of arthritis, most common signs and symptoms may include:

- Joint Pain, with or without swellings at the joints
- Stiffness of joints after getting up in the morning, which can last up to few hours
- Decreased range of motion
- Loss of flexibility

Diagnosing the disease and initiation of treatment by a rheumatologist (doctor who is

specialised in treating arthritis) in the early stage of disease is very important. If neglected for a long time, joint damage can occur, leading to deformities, and/or reduced movement at the joints. Heart, brain, lungs, kidneys, eyes and many other organs can also be affected, if appropriate treatment is not taken. Making a correct diagnosis is crucial, as treatment varies for each type of arthritis. Various treatment options are available, which can be safely used for a long time under the guidance and supervision of a rheumatologist. A regular follow up with your doctor is important to keep track of the disease.



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