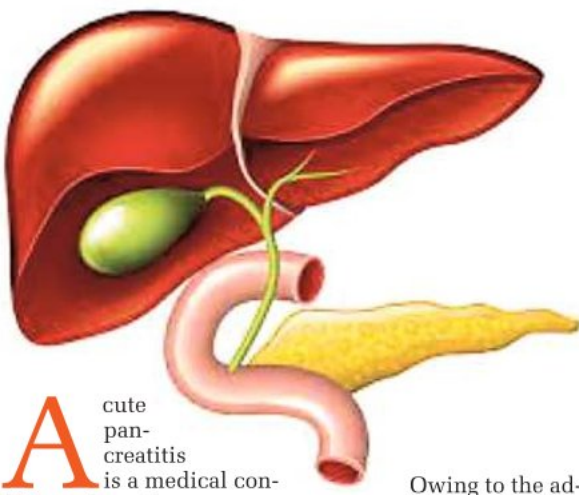


# HealthCare

## Acute Pancreatitis and its Prevalence



**A**cute pancreatitis is a medical condition where the pancreas becomes inflamed (swollen) over a short period of time. The pancreas is an organ that is located just below the stomach. It secretes hormones and digestive enzymes. The pancreas is a very important organ because it helps in digestion of food and also regulates blood sugar levels. Acute pancreatitis is a medical emergency. It can quickly become life-threatening if not treated within stipulated time.

**Signs and symptoms of Acute Pancreatitis**  
Abdominal pain that radiates to your back  
Tenderness when touching the abdomen  
Nausea and Vomiting

**Common causes and risk factors**  
Excessive alcohol consumption  
Gallbladder stones slipping into the bile duct and obstructing the pancreatic duct  
High Triglyceride (Cholesterol) levels  
Hypercalcemic (Hypoparathyroidism) conditions  
Blunt injury in the abdomen  
Viral infections

**Significance of diagnosis**  
The ability to diagnose accurately and quickly is a crucial part of the clinical process. It consists of identifying all relevant factors concerning the individual being examined, including the patient's history, physical examination and various laboratory findings. Particularly when it comes to Acute Pancreatitis, elevating pancreatic enzymes like serum amylase and lipase to the diagnostic range is clinically important. Hence, appropriate diagnosis is of utmost importance in treating Acute Pancreatitis.

**Types of acute Pancreatitis**  
The Acute pancreatitis can be categorized into,  
Mild Acute Pancreatitis  
Moderately severe Pancreatitis  
Severe Pancreatitis  
Most of the acute pancreatitis are mild and can be managed on OP basis. In Moderately severe pancreatitis, there is a possibility of organ failure which responds to the treatment. Organ failures are hypoxia, transient hypotension, acute kidney injury, etc. But severe pancreatitis is the one with above organ failures which do not respond to the treatment over the period of 24-48 hours. Hence, it is important to identify this severe acute pancreatitis cases. Mostly they require an intensive care management.  
Severity of Pancreatitis is assessed by many other chemical parameters but, Contrast Enhanced CT Abdomen (CECT Abdomen) is most-widely used. This investigation gives the extent of damage to the pancreas and its surrounding structures.

Owing to the advancements in technology, mortality rates have improved drastically in Severe Acute Pancreatitis cases with ICU Management. The treatment protocols include keeping the patient NBM and giving IV fluids and antibiotics if required (appropriately).  
Gallstone included pancreatitis is the one which has the gratifying results if the stones are delivered into the duodenum by ERCP, where the biliary obstruction is relieved and helps the management of Acute Pancreatitis.

Some of the complications include, fluid accumulation in sac behind stomach (pseudocyst) or elsewhere and acute necrotic fluid collections. It has to be managed accordingly to avoid further complexities. Necrotic Pancreatic getting infected is one of the deadliest complications which may increase mortality rate if appropriate medical care is not provided.

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## IRREGULAR CYCLE - FERTILITY OPTIONS

Regular menstrual cycles are an indication of a properly functioning hormonal system in women. They also tell us that the reproductive system is perfectly synchronized - hormonal glands, ovaries, and uterus, facilitating conception.

Ovulation is an integral part of the cycle; egg survives not more than 12-24 hrs within this window fertilization must occur. The ability to predict ovulation can thus guide couples in planning their fertility goals. When women have menses once every 28 -30 days, ovulation usually occurs around the 14th day of the cycle. But natural variation exists, and a cycle duration of 21-35 days can still be normal.

Irregular cycles can be a result of many issues, but often hormonal imbalances are the culprit. Abrupt weight changes, stress, Thyroid disorders- hyper or hypothyroidism, prolactin hormone disorders, polycystic ovarian syndrome, advancing age - all these can lead to irregular cycles. Uterine problems such as fibroids, Polyps, endometriosis or adenomyosis can also interfere with the timely shedding of the lining and lead to menstrual problems. Blood coagulation disorders, Tuberculosis, blood thinner medications also can lead to irregular cycles.

Irregularity may show up as unduly delayed, frequent, or unpredictable cycles & all have different causes and treatment options depending on the underlying factor. Planning pregnancy becomes complex with irregular cycles as ovulation can't be predicted. If scan and blood work don't show any problems, the simplest solution can be to check whether ovulation is happening and when.

This can be done by women themselves using a menstrual calendar - usually an app these days observing body temperature -

variations, cervical mucus changes or ovulation predictor kits.

Medically, serial ultrasound scans where the follicle is tracked till ovulation are the most accurate. This is the best method to prospectively time ovulation in women with unpredictable cycles. Women with ovulatory but occasionally irregular cycles can use one of these methods to plan pregnancy.

But in conditions such as polycystic ovarian syndrome when regular ovulation itself doesn't happen, medications such as letrozole are given to induce follicle growth combined with serial scans. Then a hormone injection that helps the follicle to ovulate is added. This simple treatment is successful in achieving ovulation in almost 80% of PCO women. After at least three months of documented ovulation without conception, we further assess other factors contributing to infertility.

Pelvic ultrasound also helps us to identify problems with the uterine endometrium. Uterine polyps are endometrium overgrowths may interfere with implantation of these need to be removed with the hysteroscopy technique.

In addition to focusing on cycle tracking or ovulation induction cycles, making lifestyle changes, including maintaining ideal body weight, regular exercise, healthy dietary habits, stress management techniques go a long way in improving the overall quality of life and achieving pregnancy quickly.



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Is to bring liver disease treatment and liver transplant in India on par with the best in the world, in terms of ethics, training, quality of medical knowledge and technical skills, at a cost that makes such treatment an option

Did you know? There are 150-200 million people with viral Hepatitis in India? That's almost 1/4th of the world burden! Much of the transmission is from infected mother (who is unaware) to the child at child birth.

Virus in blood or contaminated food enters vulnerable cells and then destroys them causing inflammation, followed by fibrosis which when repeated causes cirrhosis or liver failure.

EARLY HEPATITIS IS IN MANY CASES SYMPTOM FREE. SO SIMPLE BLOOD TESTING IS THE BEST WAY TO DETECT.

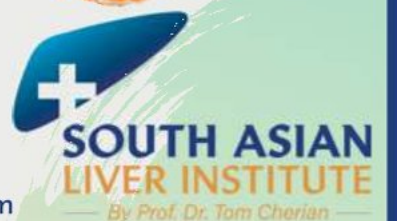


EARLY DETECTION AND EARLY TREATMENT (OFTEN JUST TABLETS) CAN PREVENT PERMANENT DAMAGE AND LIVER FAILURE.

But even if liver failure has set-in, good & effective treatment exists that allows a normal life. Viral hepatitis is a carcinogenic condition and so regular scans will enable early detection of cancers..

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## LUNG CANCER: THE RISE AND RISE OF TARGETED THERAPY

November is marked as the Lung Cancer Awareness Month! Lung cancer is one of the leading cancers and an important cause of death among men and women globally. In India, there were more than 72000 new cases of lung cancer in 2020 and the incidence seems to be increasing with each passing year. 1 in 101 persons has a risk of developing lung cancer in their lifetime. Unfortunately, approximately 40% of these patients reach very late to the cancer specialist when their cancer is in advanced stage. Reassuringly, remarkable developments and advances in the treatment of advanced lung cancer have happened in the past few years and the life span of even stage 4 lung cancer patients is significantly increasing. Identifying what abnormality at the molecular level is driving the cancer cells to divide relentlessly and using drugs which can target that particular abnormality is the latest breakthrough. These "druggable targets" can be identified by special molecular tests which are not costly and with generic versions now available under various government schemes / assistance programs, even the treatment is comfortably affordable. The advent of these targeted therapies has opened up an entirely new branch of oncology called Precision Oncology culminating in encouraging survivals for not only lung cancer, but also other cancers. However, early detection of cancer is always better as the chances of cure are much better. Most common symptoms of lung cancer are persistent cough, shortness of breath, unexplained weight loss, Blood in coughing, repeated respiratory infection and Body pain. Risk factors includes smoking both active as well as passive, family history, ageing,

previous lung disease, exposure to air particulates like asbestos, arsenic etc. Though smokers are at high risk of developing lung cancer, the incidence is increasing in non-smokers as well.

There is lack of awareness and delay in diagnosis in many patients. Sometimes lung cancer does not cause any symptoms and is only found in a routine X-ray, CT-scan etc. Signs and symptoms also depend upon the location, size of the tumor, degree of obstruction and spread to other organs of the body. It is also imperative to note that the same symptoms can be caused by other conditions also, so may not necessarily mean it is always a cancer. Therefore, it is important to consult a doctor when such symptoms are present.

Diagnosis can be made by a specialist through confirmatory tests and other investigations to decide the plan of treatment. There are many subtypes of lung cancer and each may need different treatment approach, so a cancer specialist can evaluate all the factors and make a best suitable plan for the patient.

Barriers to the early presentation for lung cancer include lack of awareness about the symptoms and its misinterpretation; poor follow up with doctors and lack of access to healthcare services. Thus, creating cancer awareness, arranging mass screening camps, preventing risk factors, adopting healthy habits and improving access to health care among people would result in impressive control and cure of cancer. The bottom line: to go fast, go alone BUT to go far, go together. Together, lung cancer can be conquered.

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## RATIONALE USE OF ANTIBIOTICS



Undeniably, Antibiotics have saved millions of lives and have been a major factor in increasing human lifespan. They are indeed the life-saving drugs which have been there for decades to eliminate harmful disease-causing microbes from the system. Having said that, rational use of antibiotics is of utmost importance and everyone should be aware of consequences. It is imperative to use antibiotics only when they are needed & avoid them when they are not necessary.

Inappropriate use of Antibiotics can result in developing drug resistant microbe strains. The more often you use an antibiotic, the more likely it is that bacteria will adapt and become resistant to it. As per studies, there are many reports that people tend to use Antibiotics for few common diseases which can be easily treated without using them. In people with normal immunity Acute Gastroenteritis, Acute Bronchitis, Asymptomatic Bacteriuria, (except pregnant women and people who had undergone genitourinary intervention) seasonal Viral infections are few common diseases for which it is not necessary to use Anti-biotics.

One of the most important things to remember is to do relevant investigations for the diseases, where the use of antibiotics is inevitable. It is imperative that we collect an appropriate & adequate sample blood, urine, sputum, CSF and then start Antibiotics.

Once we identify an organism, it is very important to de-escalate from broad spectrum to target specific antibiotics & use it for a specific duration of time. Furthermore, as per guidelines, we need to give antibiotic infusion over a period of 30 minutes to 3 hours depending upon the type of antibiotic.

WHO advocates following key interventions to promote more rational use of antibiotics,

- Establishment of a multidisciplinary national body to coordinate policies on medicine use
- Use of clinical guidelines
- Inclusion of problem-based pharmacotherapy training
- Supervision, audit and feedback
- Use of independent information on medicines
- Public education about medicines
- Use of appropriate and enforced regulation

These measures can help reduce the risk of developing resistance depending on the type of antibiotic used. If these measures are not followed then the consequences are not only a risk to the individual but may be a risk to the society as well. By following this approach, we will be able to cure patients & wipe out multi-drug resistant organisms from the body & thereby preventing its spread in the community.



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