

“A man too busy to take care of his health is like a mechanic too busy to take care of his tools.”

Spanish Proverb

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HEARTBURN

Hearthburn can be defined as the burning sensation felt in the food pipe or esophagus because of the back flow of small amounts of stomach acid. It is highly prevalent and can vary in frequency and severity. For some patients, it is merely an occasional nuisance for others however; it is chronic and disabling condition.

The name 'heartburn' can be misleading for some people, and they may assume that the problem is related to the heart. Actually, it has nothing to do with the heart problems. Rather, it is more a problem related to the digestive system.

HOW DOES IT HAPPEN?

• The stomach acid helps us in the digestion of the food and does not cause any harm to the stomach lining as it is protected by a layer of mucus. This acid is locked inside the stomach with the help of a valve called lower esophageal sphincter (or LES) located in the food pipe.

• This muscle, called the sphincter, will relax when you swallow to allow food to pass but then tightens up so nothing will go back up. During this process, there could be a build of acid and when the sphincter relaxes, or becomes too weak, the acid will go up the esophagus and damage its lining, causing Esophagus Reflux. The acid that enters the esophagus causes damage to the unprotected lining of the esophagus and which in turn leads to irritation and inflammation. Thus we get heartburn.

CAUSES:

- Alcohol
- Smoking
- Caffeinated drinks
- Citrus fruits
- Oily and fatty foods
- Chocolates
- Medicines
- Stress during pregnancy



SYMPTOMS:

There are 2 characteristic symptoms:

- (1) A burning discomfort centered in the chest that radiates in an upward direction
- (2) A mechanical sensation that something is coming up the esophagus.

FIRST AID:

• You can try to elevate your head when you go to bed. Try placing an extra pillow under your head. Keeping your head elevated will ensure any stomach acid in your esophagus will

go down towards your stomach.

• Avoid eating food right before bedtime. If you must eat late at night, try eating two to three hours before bedtime. This will give your stomach plenty of time to properly digest your food.

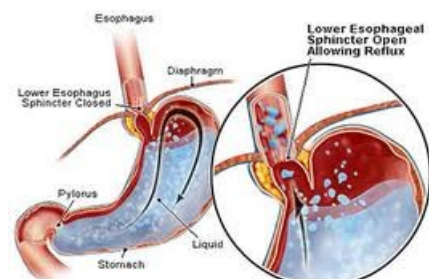
• Don't smoke. The nicotine will cause your esophageal sphincter muscle to relax and will allow food and acid to backup into the esophagus. If you smoke, usually more acid is produced inside your stomach. Also, much less saliva is generated in your mouth. Saliva is important, because it dilutes and neutralizes stomach acid.

• Avoid aspirin and alcohol. Alcohol and aspirin can aggravate your reflux, so limit your intake of alcohol.

• Avoid drinking tea, coffee and citrus drinks. These drinks contain high levels of acidity and can make your condition worse. Don't eat a lot of fried and fatty foods.

• Avoid wearing tight clothes. Tight clothes will exert pressure on your stomach and might cause food and stomach acid to backup into your esophagus.

• Lose weight if at all possible. Having a lot of stomach fat and an extended stomach is equally bad for people with acid reflux. Being overweight causes a lot of pressure on your stomach and can backup acid. Take small meals frequently. Instead of 3 full meals, taking 6 small meals is advisable.



“Patients with acute bronchitis usually have cough with sputum, elevated body temperature (around 102 F), night sweats ,chest tightness and may also experience shortness of breath.”



Pomegranate juice has highest antioxidant content

Bronchitis is one of the most common types of infections and afflicts the bronchial tree, which is composed of the tubes that carry air into your lungs. When bronchitis infects these tubes, they swell and mucous forms inside them, making it very difficult to breathe properly. There are two types of bronchitis: acute and chronic. Acute bronchitis lasts several weeks or less, whereas chronic bronchitis is extremely long lasting or recurring and occurs when bronchial tree is irritated by ac-

tivities such as smoking, inhaling dust and fumes.

Patients with acute bronchitis usually have cough with sputum, elevated body temperature (around 102 F), night sweats ,chest tightness and may also experience shortness of breath. The patients with such symptoms are usually advised to take rest and drink plenty of water or fluids and steam inhalation to promote dilution and expectoration of sputum. Antibiotics are generally not of help but some patients may need them to treat the coexisting infec-

tions.

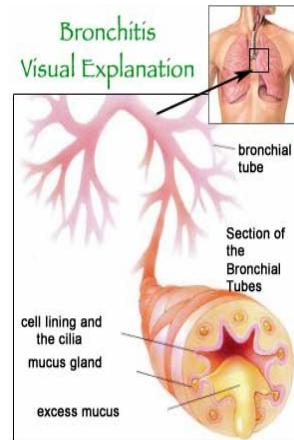
Patients with chronic bronchitis show periodically increase in cough, breathlessness and some may see blood streaks in sputum. There may be complaints of chest tightness and pain in chest wall due to prolonged coughing.

Patients with chronic bronchitis show significant improvements on antibiotic use. Most common cause of Chronic bronchitis is smoking , so patients are asked to quit smoking to prevent worsening of condition.

BRONCHITIS

RISK OF BRONCHITIS GOES UP WITH:

- Chronic obstructive pulmonary disease (COPD).
- Smoking.
- Cold, humid weather.
- Poor nutrition.
- Recent illness that has lowered resistance.
- Areas with high atmospheric pollution.
- Elderly and very young age groups.



PREVENTIVE MEASURES:

- Do not smoke. If you work with chemicals, dust or other lung irritants, wear an appropriate face mask.
- Regular exercise to increase lung capacities
- Maintain proper nutrition and hydration
- Do not do any self medication and consult your physician before taking any antibiotics.

DID YOU KNOW?

- **That** the skin is the largest organ of the human body. This applies to exterior surface, as it covers the body, appearing to have the largest surface area of all the organs. Moreover, it applies to weight, as it weighs more than any single internal organ, accounting for about 15 percent of body weight.
- **The** most common contagious disease in the world is coryza, or the common cold.
- **That** pomegranate juice has been determined to be the best fruit juice with highest antioxidants content.
- **That** several research studies have shown that yoga for improved lung function is recommendable as it has positive effect on respiration. It may be a treatment that all doctors should consider prescribing for their patients who have breathing problems.

OUR SERVICES

SECOND MEDICAL OPINION

We provide a second medical opinion service from independent consultants on our empanelled list of qualified doctors. They provide an unbiased opinion of your current medical condition with treatments that are required to cure the illness. We request you to raise a query with us and upload/ attach your current medical diagnosis for us to get back to you with an opinion and the treatment required. Further, if the patient seeking opinion opts to go for a treatment in our network hospitals, other details can be provided.

ELECTIVE SURGICAL PROCEDURES

CareAsia brings to you a wide range of elective surgical procedures to choose from at an affordable cost and uncompromised quality. We have in our network the best hospitals and surgeons across country who indulge in best surgical practices keeping the quality and patient safety at forefront. CareAsia would assist you to select a hospital in the preferred location and would arrange for your travel and stay throughout the treatment as selected. We would request you to go through our package details for making the best choice for yourself. We also provide second medical opinion services to enable you to make informed decisions. We also offer customized packages for treatment in India. Apart from the medical treatment we also offer various value add-ons like customized tourism options and visa and immigration assistance. To avail our services please sign up and create your profile.

WELLNESS PROGRAMME (COMPLETE HEALTH CHECK UP)

Our wellness program offers one of the most comprehensive and thorough medical check up for assessing your health status. The 360 degree screening investigates your health and renders detailed consultations with specialists. The detailed examination will not only identify any ailment you may be suffering from, but also identifies any affliction you might suffer in the future and recommends remedial action for the same. There will be consultations after the tests with renowned consultants and guidance for future course of action if any required.

ELECTRONIC MEDICAL RECORD MANAGEMENT

The Electronic Medical Record Management system developed by CareAsia is best defined as **Your Virtual Health Manager**. Salient product features of EMRM are:

1. Unlimited Medical Record Storage of all types whether it be prescriptions, discharge summaries, digital scan images, imaging reports, or any pathological investigation report.
2. Digitization of Medical Records. The system picks out data from your scanned medical records and digitizes it so as to process your raw information to give you useful information.
3. Customized Reporting. All the reports submitted by users are processed and a summary/detailed report is generated as per the user's needs.
4. Intelligent Alerts. Once you upload the data, the system processes it using our algorithms and generates alerts, reminders, warnings, etc to assist your healthcare needs through a very user friendly interface. For example, the CareAsia EMRM system immediately updates your records to show the reports that are out of bounds and what are the parameters that are off limits or it could update the user about a lab report that might be very old and would recommend a retest for the same

**DO YOU HAVE
REVIEWS?
WANT TO SUBMIT
ARTICLES?
DO YOU HAVE
QUERIES?**

**Do write to us with
feedback, queries,
articles on health be
it humor or
educative and we
will make sure they
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CareAsia, a brand of Vipul MedCare Pvt. Ltd., promoted by Vipul Group of India is focused on providing supreme healthcare services to patients searching for quality healthcare options at affordable prices across the globe. It serves as the bridge between patients seeking consultation, treatments, surgeries and top quality hospitals that facilitate efficient healthcare for visiting patients from abroad.

CareAsia intends to serve by providing value added services to its clients. It would serve patients beginning from the time the patient enquires from us to the time the patient gets his/her treatment performed and satisfactorily returns to the country of origin.

CareAsia has a strong presence within India (tie ups with major internationally accredited, top quality hospitals), which is one of the top destinations for medical tourism. Also, it has an international presence with offices in the Middle East and South East Asia to be a truly global organization in this industry.

We at Vipul MedCare strongly encourage patients to sign up with us over the web site or contact us to avail the best **medical tourism** options across the globe. With our 24/7 online support platform, helpdesk, dedicated trained staff, a strong network in the healthcare industry, and our excellent IT systems which would act as your life long electronic medical record keeper, we are confident to provide the best services to serve our clients.

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