



SELF PROTECTION

Various factors like increasing pollution levels and stress contribute to ill health. We are susceptible to a number of infections in daily life. In such a scenario it is very important to safeguard against a number of factors that might be a potential threat to health and life. Immunization (vaccination) is a way of creating immunity to certain diseases by using small amounts of a killed or weakened microorganism that causes the particular disease. Vaccines stimulate the immune system to react as if they were a real infection — it fends off the "infection" and remembers the organism so that it can fight it quickly should it enter the body later.

Vaccinations given in a normal course are:

- **Hepatitis B Vaccine:**

Eliminates the risk of liver infection, decreases risk for cirrhosis of the liver, chronic liver disease, and liver cancer. Given as a series of three injections. Preferably given shortly after birth but can be given later if not given at birth time.

- **DPT Vaccine:**

gives combined protection against Diphtheria, Pertussis and Tetanus. It is given as a series of five injections and is usually administered at ages 2 months, 4 months, 6 months, 15 to 18 months, and 4 to 6 years. The booster shot should be given at ages 11 to 12. Then tetanus and diphtheria boosters are recommended every 10 years.

- **Hib Vaccine:**

This vaccine protects children against Hib meningitis, pneumonia, pericarditis (an infection of the membrane covering the heart), and infections of the blood, bones, and joints caused by the bacteria. The

Hib vaccine is given by injection at ages 2 months, 4 months, and 6 months (however, some of the Hib vaccines do not require a dose at 6 months). A booster dose is given at 12 to 15 months.

- **IPV:**

The inactivated poliovirus vaccine offers protection against polio, which can cause paralysis and death. This also eliminates the previous small risk of developing polio after receiving the live oral polio vaccine. (IPV) is usually given at ages 2 months, 4 months, 6 to 18 months, and 4 to 6 years..

- **Influenza Vaccine:**

Influenza is a highly contagious viral infection of the respiratory tract. The vaccine protects against H1N1 flu, as well as other flu viruses. It is recommended for all people aged 6 months and older. Certain people are at higher risk of complications from the flu like pregnant women, children younger than age 5, especially those younger than 2, people age 65 and older, people of any age who have chronic health conditions

- **MMR Vaccine:**

The MMR vaccine protects against measles, mumps, and rubella (German measles). MMR vaccinations are given by injection in two doses. The first is administered at age 12 to 15 months; the second generally is given at age 4 to 6 years.

Varicella: This vaccine protects against chickenpox (Varicella), a common and very contagious childhood viral illness. It is

given by injection between the ages of 12 and 15 months, followed by a booster shot at 4 to 6 years of age for further protection. Older kids under the age of 13 years who have not had chickenpox may also receive the vaccine, with the two doses given at least 3 months apart. Kids 13 years or older who have not had either chickenpox or the vaccine need two vaccine doses at least 1 month apart.

- **Rotavirus:**

Rotavirus is a common virus that causes diarrhea, especially in infants and young children that leads to dehydration. The vaccine, which is a liquid given by mouth, is recommended at ages 2 and 4 months, as well as a dose at 6 months depending on the brand vaccine used.

- **HPV Vaccine:**

Provides protection against sexually transmitted diseases (STDs) that causes genital warts and changes in the cervix that can result in cervical cancer. The vaccine is given as a series of three shots over a 6-month period and is recommended for girls 11 or 12 years old, as well as for older girls who are unvaccinated. The vaccine can also be given to boys aged 9 through 18 years, to prevent the development of genital warts.

Above list is not exhaustive and is for general information only. You are advised to consult your physician regarding this and follow his advice for the best.



Issue 2

16th March, 2011

“He who has health has hope and he who has hope has everything”

Arabic Proverb

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A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.

Low back pain (or lumbago) is a common musculoskeletal disorder affecting 80% of people at some point in their lives. It accounts for more sick leave and disability than any other medical condition. Most of the people experience an episode of back pain without other health concerns, and their symptoms will go away on their own within a month. For about half, back pain may return. By following these golden tips you can help yourself recover faster and prevent recurrence of pain:

1. Drink Plenty of Water

One of the most basic yet common causes of pain is dehydration. Not having enough fluid in the body to keep the body cool, the blood moving, the muscles supple, the tendons relaxed and the discs well hydrated causes pain.

2. Sit Straight

One of the worst things you can do for your back is to sit in a slumped position. That's because the "C"-shaped posture most people slump into puts serious stress on the spine.

3. Change Your Diet

The amount of inflammation in your body varies and is dependent on a number of factors -- including your activ-

ity level, the amount of sleep you get, the degree of stress in your life, and especially the foods you eat. Include a lot of fresh fruits and vegetables in your diet which are full of antioxidants which help to reduce inflammation.

4. Don't Wear Heal Lifts

Leg-length discrepancies are often caused by how we hold ourselves, how we stand. While standing, keep your head up and stomach pulled in. If you are required to stand for long periods of time, you should have a small stool on which to rest one foot at a time. It is advised to wear comfortable shoes, without heels that provide cushioning to feet and back is straight.

LOWER BACK PAIN

5. Exercise Properly

It is very important to develop a balanced and stable body. Do regular light exercises and stretching. Relax and do some meditation and yoga which may help to relieve stress. Do activities that you enjoy the most. Try to divert your attention by indulging in activities of interest.

6. Get Proper Sleep

Sleep helps your body heal. It's really the only time your muscles can completely rest and recover.



7. Knowledge is Power

Never stop educating your self about how to achieve optimal health and pain free living. There are so many diagnoses out there and even more treatments available to try. The best way to put an end to your pain and suffering is by educating yourself about the whole gambit of back pain.



Amla has 20 times vitamin C compared to Orange

DID YOU KNOW?

The Amla (Gooseberry) has been found to be the most abundant source of Vitamin C in the plant kingdom containing as much as 20 times that of an orange. What makes this even more extraordinary is that unlike many other natural sources, the vitamin C content in Amla does not diminish with cooking.

DIABETES – THE MENACE

- More than 220 million people worldwide have diabetes.
- In 2004, an estimated 3.4 million people died from consequences of high blood sugar.
- More than 80% of diabetes deaths occur in low- and middle-income countries.
- WHO projects that diabetes deaths will double between 2005 and 2030.
- Healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use can prevent or delay the onset of type 2 diabetes.



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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