



RADIATION SICKNESS

Radiation sickness, also referred as radiation poisoning is an illness resulting from excessive exposure to radiation. Exposure may be accidental or intentional (as in radiation therapy used in medical treatment). Radiation sickness results when humans (or other animals) are exposed to very large doses of radiation. Radiation exposure can occur as a single large exposure (acute), or a series of small exposures spread over time (chronic).

Radiation sickness is generally associated with acute exposure and has a characteristic set of symptoms that appear in an orderly fashion. Chronic exposure is usually associated with delayed medical problems such as cancer and premature aging, which may happen over a long period of time. The risk of cancer depends on the dose and begins to build up even with very low doses.

Radiation Exposure is measured in units of roentgens. For example:

- Total body exposure of 100 roentgens causes radiation sickness.
- Total body exposure of 400 roentgens causes radiation sickness and death in half the individuals. Without medical treatment, nearly everyone who receives more than this amount of radiation will die within 30 days.
- 100,000 roentgens causes almost immediate unconsciousness and death within an hour

The severity of symptoms and illness (acute radiation sickness) depends on the type and amount of

radiation, how long you were exposed, and which part of the body was exposed. Symptoms of radiation sickness may occur immediately after exposure, or over the next few days, weeks, or months.

POSSIBLE CAUSES

- Accidental exposure to high doses of radiation such as a nuclear power plant accidents.
- Exposure to excessive radiation for medical treatments.

SYMPTOMS

- Bleeding from the nose, mouth, gums, and rectum
- Bloody stool
- Bruising
- Dehydration
- Diarrhea
- Fainting
- Fatigue
- Hair loss
- Inflammation of exposed areas (redness, tenderness, swelling, bleeding)
- Mouth ulcers
- Nausea and vomiting
- Open sores on the skin
- Skin burns (redness, blistering)
- Sloughing of skin
- Ulcers in the esophagus, stomach or intestines
- Vomiting blood
- Weakness

Treatment is usually symptomatic. Medications may be prescribed to help reduce nausea, vomiting, and pain. Blood transfusions may be given for anemia. Antibiotics are used to prevent or fight infections.

PRECAUTIONS

- Do not remain in area where exposure occurred.
- Do not apply ointments to burned areas.
- Do not remain in contaminated clothing.
- Do not hesitate to seek emergency medical help.
- Wash exposed areas vigorously with soap and water.
- Place the contaminated clothing in a sealed container to avoid spread of radiation.
- Handle affected areas gently.
- Isolate the patient who has received large doses of radiation
- Use of personal protective equipments like masks and gloves by all in close contact with the patient.

PREVENTION

- Avoid exposure to radiation.
- Persons working in radiation hazard areas should wear badges to measure their exposure levels.
- Protective shields should always be placed over the parts of the body not being treated or studied during X-ray imaging tests or radiation therapy.

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"The best six doctors anywhere and no one can deny it

Are sunshine, water, rest, and air, exercise and diet.

These six will gladly you attend if only you are willing

Your mind they'll ease your will they'll mend and charge you not a shilling."

- WAYNE FIELDS

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PTSD may occur immediately after a trauma or even six months or more after it.

Post-traumatic stress disorder is a type of anxiety disorder. It can occur after you've seen or experienced a traumatic event that involved the threat of injury or death.

CAUSES

Post-traumatic stress disorder (PTSD) may occur soon after a major trauma, or it can be delayed for more than 6 months after the event. Any traumatic event like natural disasters such as a flood or fire, or events such as war, a prison stay, assault, domestic abuse, or rape can trigger PTSD in some individuals. These events can produce stress in anyone, but not everyone develops PTSD.

When it occurs soon after the trauma, it usually gets better after 3 months. However, some people have a longer-term form of PTSD, which can last for many years.

Though the cause of PTSD is unknown, but there are certain psychological, genetic, physical, and social factors which may trigger it and change the body's response to stress. It is very important to have good social support to protect against PTSD.

SYMPTOMS

People with PTSD re-experience the event again and again in at least one of several ways. Symptoms of PTSD fall into four main categories:

Repeated reliving of the event, like flashback episodes, recurrent distressing memories and having frightening dreams of the event.

Avoidance – Some people develop an avoidance pattern like Emotional "numbing", feelings of detachment, inability to remember aspects of the trauma, lack of interest in normal activities, staying away from places, people, or objects that remind of the event, sense of having no future

Arousal - Difficulty in concentrating on daily activities, exaggerated response, excessive awareness, Insomnia.

Sense of guilt about the event

POST TRAUMATIC STRESS DISORDER (PTSD)

SIGNS & TESTS

There are no tests that can be done to diagnose PTSD. The diagnosis is made based on a certain set of symptoms that continue after you've had extreme trauma. Your doctor will do psychiatric and physical exams to rule out other illnesses

MANAGEMENT

Treatment aims to reduce symptoms by encouraging you to recall the event, express your feelings, and gain some sense of control over the experience.



Talking about your feelings with friends and relatives can help a lot. Expressing grief helps to complete the necessary mourning process. Support groups, where people who have had similar

experiences can share their feelings are helpful.

People with PTSD may need to treat depression, alcohol or substance abuse or related medical conditions before addressing symptoms of PTSD. Behavioral therapy is used to treat avoidance symptoms. This can include being exposed to the object that triggers your symptoms until you become used to it and no longer avoid it. However, it is necessary to consult a physician if the symptoms persist & are very frequent and severe.

TEA



Tea is 2nd most consumed beverage on earth after water

Tea is the second most consumed beverage in the world, playing second fiddle only to water. It is in almost every culture, and there are literally thousands of varieties.

Common health facts about tea show us that it is rich in antioxidants, can shield our immune systems, stop infection, and helps in weight loss.

THE HUMAN BRAIN



Brain uses 20% of body's energy, but it makes up only 2% of body's weight.

Brain is about 1300-1400 cubic centimeters in volume, about the size of a cantaloupe and wrinkled like a walnut.

Brain generates 25 watts of power while you're awake - enough to light a bulb.

A

newborn baby's brain grows almost 3 times in course of first year

Humans have the most complex brain of any animal on earth.

The left side of your brain controls the right side of body; and vice versa.

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
become a part of our
Newsletter..**

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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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