

HAIR LOSS

Hair loss is a common problem faced by both men and women. Unfortunately, it can affect people of any age and race - making it one of the most unpredictable issues of modern times. Many studies and surveys have shown that people that have a full or partial head of hair feel more confident in day-to-day life than those who have less than half a head of hair. A full, healthy head of hair is associated with youth, success, and beauty, and everyone wants that.

All people lose hair on a daily basis, but unfortunately many people will go through rapid hair loss without new hair coming in to replace it which results in thinning hair and possibly lead to some degree of baldness. Hereditary plays a major role in the severity of hair loss but improper care of your hair along with an unhealthy lifestyle may cause early hair loss.

CAUSES

Researchers have found 5 common reasons for hair loss:

- Stress
- Ageing
- Pregnancy
- Chronic illness
- Malnutrition / Crash Diets.
- Chemical imbalances in the body.
- Issues with the scalp and hair production system.
- Certain medications like cholesterol lowering agents, drugs for Parkinsonism, anabolic steroids, antiepileptic drugs etc.

The major two reasons are stress and chemical imbalances. Other

reasons are actually related back to stress and chemical imbalances. Thus in all cases of hair loss attention should be on these two factors.

PREVENTION

- Getting proper nutrition is essential for healthy hair.
- Water, protein, biotin (part of the vitamin B complex), vitamins A, B6, B12, C, copper, iron, omega 3 fatty acids,



zinc, calcium, folic acid, and magnesium all play a part in maintaining a healthy scalp, skin, and hair.

- Use your fingertips to massage your scalp which will increase circulation in your scalp which is important for hair growth.
- Gentle combing or brushing of your hair will help break up hardened oils that clog your pores. It is recommended that you comb or brush 100-200 strokes in the morning and at night.
- Avoid excessive wind, sun, and heat (such as from hair dryers, hot showers, and curling irons) on your hair.
- Tight fitting caps and hats will cause poor circulation in your scalp and will also cause build

-up of sweat and grime.

- If you lead a stressful life, try reducing the stress by taking some time out daily just to relax, excessive stress is believed to induce hair loss.
- If you color your hair, limit coloring it to once ever 2 months. Hair coloring damages your hair and the less frequently you color it the better.
- Avoid putting too much physical stress on your hair, brush/comb your hair gently, don't pull your hair when you brush and avoid braids and ponytails if possible, they place constant stress on your hair.
- Get enough sleep.
- Use a conditioner and trim any split ends.

TREATMENT

Apart from stress management and lifestyle modifications there are a few treatment options available. The success rate of these may vary:

- **Drugs for hair loss:** There are some allopathic medications which curb hair loss but there are serious side effects like impotence, weakened libido, and decreased amount of semen production.
- **Hair replacement procedures:** Such procedures are very popular these days but the success rate is subjective. Additionally these are very expensive and may lead to rough bald patches on head.

See a dermatologist for advice if you have concerns about hair loss and want to seek treatment.

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“ A good exercise for heart is to bend down and help another up ”

- Anonymous

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“For most of the people, a few lifestyle modifications would help them to get rid of snoring”

Snoring is a common sleep phenomenon that most of us experience sometimes. Most people are unaware that they snore while asleep. And snoring symptoms causes quite a stir in the personal and domestic lives of snorers. Several conditions associated with snoring have the potential of leading into severe health hazards, such as sleep apnea, high blood pressure, respiratory problems, and heart diseases if left undiagnosed and untreated, while we are asleep, turbulent airflow can cause the tissues of the nose and throat to vibrate and give rise to snoring. Studies estimate that 45% of men and 30% of women snore on a regular basis. Usually, people

who do not regularly snore will report snoring after a viral illness, after drinking alcohol, or when taking some medications.

CAUSES

Snoring maybe caused by multiple factors like:

- Throat weakness, causing the throat to close during sleep.
- Mis-positioned jaw.
- Obesity.
- Obstruction in the nasal passageway.
- Sleeping on one's back, this may result in the tongue dropping to the back of the mouth.

- Enlarged tonsils.
- Alcohol or drug use.

SNORING HAZARDS

Snoring leads to sleep disturbance of oneself and others around and can lead to serious health and social consequences like frequent headaches, listlessness (lack of energy), forgetfulness and depression. The person may also fall asleep at odd times like while driving making him prone to accidents. Lack of adequate sleep may hamper the interpersonal relationships and the person may become irritable due to frequent mood swings and frequent lack of concentration.

SNORING



MANAGEMENT

For most of the people, a few lifestyle modifications would help them to get rid of snoring while for some intense medical and surgical treatment may be required. Following are few tips:

- Maintaining ideal body weight would help.
- Try not to sleep straight, rolling over to a side while sleeping helps reduce snoring.
- Avoid alcohol and sleep inducing drugs.



- Some people may be benefited by using customized dental devices that hold the tongue and palate up and forward. Results are found positive in 70-80% cases.
- Nasal devices and medications are also available for improving sleep patterns. Can be used by patients suffering from nasal congestion frequently.
- If none of the above works then surgery for widening the nasal passages is indicated whereby obstruction in the anatomic area causing snoring is removed.

DID YOU KNOW?

Garlic fend off some nasty and unwanted beasts, namely bacteria, heart disease, inflammation, high blood pressure, cancer, & type II diabetes complications.

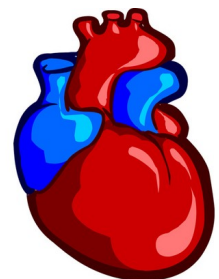
Studies have found that freshly pressed garlic extract (even when diluted), reduced or killed a number of germs, including drug-resistant strains of bacteria. Same anti-bacterial substance in garlic (allicin) has been shown to protect cells from cancer-causing substances.



Garlic has been shown to protect cells from cancer-causing substances.

THE HUMAN HEART

- Women hearts beat faster than men.
- The human heart can create enough pressure that it could squirt blood at a distance of thirty feet.
- The right lung of a human is larger than the left one. This is because of the space and placement of the heart.
- The human heart beats roughly 35 million times a year.



- Olive oil can help in lowering cholesterol levels and decreasing the risk of heart complications.
- In a lifetime, the heart pumps about one million barrels of blood.

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
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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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