



### ALCOHOLISM

**A**lcohol dependence is a chronic disease that is often progressive and fatal. Although alcoholism tends to run in families, it is influenced by both genetic and environmental factors. About 10 to 15% of alcohol users develop alcohol dependence and become alcoholics. Anybody can become an alcoholic - age, education, intelligence or socio-economic status has nothing to do with it. The person increases the quantity or frequency and continues drinking even though alcohol causes problems to his health, work life, family or social relationships. The four primary symptoms of alcohol dependence are:

- Craving for alcohol.
- Inability to reduce or stop alcohol consumption.
- Experience withdrawal symptoms when stopping alcohol consumption.
- Increased tolerance of alcohol (takes more to get the same effect).

#### WARNING SIGNS

- Drinking in the morning.
- Drinking alone.
- Drinking to feel social comfort.
- Drinking to point of intoxication.
- Drinking that results in blackouts or memory loss.
- Drinking that results in injuries, accidents, or aggressive behavior.
- Drinking to deal with pressure or emotional problems.
- Getting drunk regularly.
- Using alcohol heavily in risky situations.
- Not able to focus on professional

- life and work.
- No guilt feeling associated with drinking.
- Planning work around drinking schedule.



#### FACTS ABOUT ALCOHOLISM

- Alcohol is the most commonly used and widely abused psychoactive drug world over.
- Alcohol has been found to reduce one's life expectancy up to 10 years.
- Children of alcoholics are four times more likely to become alcoholics than children of non-alcoholics.
- Rates of alcohol problems are highest among ages 18-29.
- More men than women are prone to become alcohol dependent.
- Heavy & chronic drinking:
  - \* can harm virtually every organ in the body.
  - \* is the single most important cause of illness and death from liver disease.
  - \* depresses immune system
  - \* is associated with cardiovascular diseases such as stroke and hypertension.

#### TREATMENT

Treatment for alcohol dependence varies for each individual. Once you have acknowledged that you may have an alcohol problem, seek out what help is available to you locally. Those who have become alcohol dependent generally require help from others to stop drinking, which could include detoxification, medical treatment, counseling and/or self-help group support. Some other suggestions are contacting your local hospital, or drug rehabilitation center regarding possible treatment services.

Treatments for alcohol abuse are usually intensive. Inpatient treatment used to be common, but is now usually limited to detoxification. Outpatient treatments include meetings each week involving physicians, substance abuse counselors, other alcohol dependents and family members. Don't fear the intensity and time commitment of these treatments - it is a serious problem that requires a serious treatment.

#### RELAPSE PREVENTION

Once you've stopped drinking, staying sober takes work. To help prevent relapse:

- Maintain regular social support through self help groups or other support systems.
- Know the situations that increase your risk of drinking and either avoid that situation or have a plan to handle it.
- If you slip, take it seriously but don't beat yourself. Seek support and help immediately.

Issue 5

1st May, 2011

**“ To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.”**

**-Buddha**

#### Inside this issue:

DEHYDRATION	2
DID YOU KNOW	2
BLOOD	2



**O**ur bodies are about two thirds water. When someone gets dehydrated, it means the amount of water in his or her body has dropped below the level needed for normal body function. Small decreases don't cause problems, and in most cases, they go completely unnoticed. But losing larger amounts of water can sometimes make a person feel sick.



**“The easiest way to avoid dehydration is to drink lots of fluids”**

**CAUSES**

- One common cause of dehydration is gastrointestinal illness. In case of a stomach infection the body loses water due to diarrhea and Vomiting.

- Loss of body fluids via excessive sweating during heavy physical activity on a hot day.
- Use of Diuretics or laxatives.
- Weight loss measures like crash dieting etc.

**SYMPTOMS**

Thirst is one indicator of dehydration, but it is not an early warning sign. By the time you feel thirsty, you might already be dehydrated. Other symptoms of dehydration include:

- feeling dizzy & lightheaded.
- having dry or sticky mouth.
- producing less urine and darker urine.

As the condition progresses, a

person will start to feel much sicker as more body systems (or organs) are affected by the dehydration.

**PREVENTION**

- The easiest way to avoid dehydration is to drink lots of fluids, especially on hot, dry, windy days. Water is usually the best choice. Drinking water does not add calories to your diet and is great for your health. The amount that people need to drink will depend on factors like how much water they're getting from foods and other liquids and how much they're sweating from physical exertion.



**DEHYDRATION**

- When out on a warm day, dress appropriately. Wear loose-fitting clothes and a hat if you can. It will keep you cooler and cut down sweating. If you do find yourself feeling parched or dizzy, take a break for a few minutes. Sit in the shade and drink water.
- Drink some fluids before strenuous activities. Take fluids at regular intervals (every 20 mins) during the course of the activity and after it. The best time to train or play sports is when you

can avoid the hottest part of the day.

- Do not consume contaminated food and water as it may lead to gastrointestinal infections causing diarrhea and vomiting. This causes excessive fluid loss. It may not be easy to consume water, so in such situations, taking ice pops is recommended.
- Focus on cleanliness and hygiene. Adopt all measures to avoid food and water contamination. Do not eat raw or uncooked food and make

- sure drinking water is boiled .
- Stay away from caffeine as it is a diuretic, i.e., it causes a person to urinate more.
- Consult a doctor if there is persistent weakness and reduced urine. Occasionally, dehydration might be a sign of something more serious, such as diabetes, so the doctor may run tests to rule out other potential problems.
- In general, dehydration is preventable. So just keep drinking **WATER** for healthy hydration



These drinks causes depletion of zinc levels in body

**DID YOU KNOW?**

Fizzy drinks can lower your immunity. The tartrazine found in these drinks causes depletion of zinc levels in body. Zinc plays a vital role in supporting our immune system – 15 mg per day is the recommended amount.

**FACTS ABOUT BLOOD**



- 2.5 trillion : number of blood cells present.
- 2.5 billion: number of heart beats without resting during a 70 year span.
- 1 billion: number of oxygen molecules of hemoglobin are present in a red blood cell.
- 1,50,000 km: Length of the body's blood vessels.
- 120 days: Lifespan of a red blood cell.
- 99%: Proportion of the red blood cells to the other.
- 5 liters of blood is present in an average adult's body

## 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..**

**info@vipulmedcare.com**



## CORPORATE OFFICE

VIPUL MEDCARE PRIVATE LIMITED  
534, UDYOG VIHAR, PHASE V  
GURGAON,  
HARYANA-122016

Phone: +91-124-4629830  
Fax: +91-124-4699611  
E-mail: info@vipulmedcare.com

*health services across the globe*

WWW.CAREASIA.NET



**FOR QUERIES**

**HELPLINE NUMBERS**

**+91-124-4629830**

**EMAIL**

**info@vipulmedcare.com**

**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.

## LOCATIONS

### OMAN

Vipul BetterCare  
Management Services  
P.O. Box No. 1031, Muttrah,  
Sultanate of Oman  
Tel: +9682481846

### MALAYSIA

Compumed Services Sdn Bhd  
No. 50, 50-03-13A, Level  
Wisma UOA Damansara  
No. 50 Jalan Dungun,  
Damansara Heights-50490  
Kuala Lumpur, Malaysia

### UAE-DUBAI

MaxCare Middle East  
202, Al Habbai Building  
Opposite Deira City Centre  
Deira, Dubai, UAE  
Tel: +971-4-2367575

### UAE-ABU DHABI

Avita Administration  
Services LLC Flat No. 201 A,  
P.O. Box 3526  
Khaleefa Bin Hamdan Al Mansoori Building  
Abu Dhabi, UAE

### DELHI (Registered Office)

B-416 Ansal Chamber 1, Bhikaji Cama  
Place,  
New Delhi, Pin Code: 110 066  
Contact Person: Mr. Chanden Prasad  
Tel: 011-46074578-81, 9313333270  
Fax No: 011-41659833

### MUMBAI

C/1, 2nd Floor Harganga Mahal, Khodadad Circle  
Dr. Ambedkar Road  
Dadar T.T., Dadar(East) Mumbai, Pin  
Code : 400014  
Contact Person: Mr. A.k.Sachdeva  
Tel: 022-24157048-9, 022-  
65951945, 9969137073  
Fax No: 022-24160821

### CHENNAI

Old No 12/2, New No 29, Seshachalam  
Street  
Saidapet, Chennai- 600 015  
Contact Person: Mr. K. Rajshekaran  
(9841030629)  
Tel: 044-24335717/19, 420 10092  
Fax No: 044-24335716/18

### KOLKATA

16/2, 2nd Floor Lord Sinha Road,  
Kolkata Pin Code: 700 071  
Contact Person: Mr. Dr.Arup Banerjee  
Tel: 033-22820224, 9331825012  
Fax No: 033-22820224

### COCHIN

Mariam Tower Door No36/3120-b-3,  
Kaloor Kadavantham Road, Kathrikadavu,  
Cochin-17  
Contact Person: Mr. Rajesh R  
(9744497212)  
Tel: 0484-2102021, 2330079  
Fax No: 0484-2330080

### BANGALORE

# 154, 2nd Floor, Mallige Complex, KHB  
Colony, 5th Block,  
Kormangala, Bangalore -5600950  
Contact Person: Mr. Bharath Kumar  
(9986582321)  
Tel: 080-64512965, 64522965-6,  
Tele Fax No: 080-41464765

### HYDERABAD

408, 4th Floor, Navkethan complex,  
Opp to Clock Tower., S D RD,  
Secunderabad - 500 003  
Contact Person: Dr. Srikanth  
Tel: 040 - 27803247  
Fax No: 39121957

### JAIPUR

S-10, Shyam Nagar Ajmer Road,  
Jaipur Rajasthan Pin Code: 302 019  
Contact Person: Mr. Uma Shankar  
Tel: 0141-5182035, 2297569-  
70, 9829422303  
Tele Fax No: 0141-2297335