



### HEAT STROKE

Heat-related deaths and illness are preventable yet annually many people succumb to extreme heat. Heat stroke occurs when the body is unable to regulate its temperature. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.



heat stress efficiently and are less likely to sense and respond to change in temperature.

- People who are overweight may be prone to heat sickness because of their tendency to retain more body heat.
- People who overexert during work or exercise may become dehydrated and susceptible to heat sickness.
- People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation, may be affected by extreme heat.

#### RECOGNIZING HEAT STROKE

Warning signs of heat stroke vary but may include the following:

- An extremely high body temperature (above 103°F, orally)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

#### RESPONSE

If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim. Do the following:

- Get medical assistance as soon as possible.
- Get the victim to a shady area.
- Cool the victim rapidly using whatever methods you can. For

- Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102°F.
- Do not give the victim fluids to drink.
- In case of muscle twitching due to heatstroke, keep the victim from injuring himself, do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his or her side.

#### HIGH RISK INDIVIDUALS

Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others like:

- Infants and young children
- People 65 years of age or older may not compensate for

#### PREVENTION

Although heatstroke is serious, you can easily prevent it. To help prevent any heat-related illness, when it's hot remember to:

- Wear loose fitting, lightweight clothing.
- Seek a cooler environment.
- Drink plenty of fluids.
- Take extra precautions with certain medications. Several medications can affect your body's ability to stay hydrated. These include medications for blood pressure regulation, psychiatric medications and pain killers
- Avoid strenuous activity in the heat. Try to schedule exercise or physical labor for cooler parts of the day, such as early morning or evening. Take frequent breaks and replenish your fluids during that time will help your body regulate your temperature.

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**“Never let the sun go down on your anger”**

**-Unknown**

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“Children are the most common victims of Gastroenteritis ”



**G**astroenteritis is inflammation of the gastrointestinal tract, involving the stomach, intestines, or both; usually resulting in diarrhea, abdominal cramps, nausea and vomiting.

#### SYMPTOMS

- Abdominal cramps
- Nausea and vomiting
- Diarrhea
- Loss of appetite
- Weakness
- Fever or chills
- Dehydration

is the most common cause of death in infants. It rapidly becomes severe in children and leads to serious consequences. If you suspect gastroenteritis in your child:

- Allow your child to rest.
- When child's vomiting stops, begin to offer small amounts of Oral Rehydration Solution (ORS). Don't use only water. In children, water isn't absorbed well and won't adequately replace lost fluids. Also avoid apple juice and milk, which can make diarrhea worse.
- Gradually introduce bland, easy-to-digest foods, such as toast, rice, bananas & potatoes. Avoid dairy products & sugary foods like ice cream, soda, candy,

#### HOME REMEDIES

- Stop eating & drinking for few hours to let the stomach settle.
- Drink plenty of liquids, such as a electrolyte based sports drinks or water and take them in frequent sips. Make sure that you're urinating normally and urine is light and clear.
- Ease back into eating. Gradually begin to eat bland, easy-to-digest foods, such as soda crackers, toast, gelatin, bananas, rice and chicken. Stop eating if your nausea returns. Avoid caffeine, alcohol, nicotine, and fatty or highly seasoned foods for a few days.
- Get plenty of rest. The illness and dehydration can make you weak and tired.

## GASTROENTERITIS



#### CAUSES

Gastroenteritis has many causes. Viruses and bacteria are the most common. Viruses and bacteria are very contagious and can spread through contaminated food or water. In up to 50% of diarrheal outbreaks, no specific agent is found. The infection can spread from person to person because of improper hand washing following a bowel movement or handling a soiled diaper.

Children are the most common victims of Gastroenteritis and it

Get medical help if your child:

- Becomes unusually drowsy.
- Vomits blood.
- Has bloody diarrhea.
- Shows signs of dehydration, such as dry mouth and skin, marked thirst, sunken eyes, or crying without tears. In an infant, be alert to the soft spot on the top of the head becoming sunken and to diapers that remain dry for more than eight hours.

#### GET MEDICAL HELP IF

- Vomiting persists for more than two days.
- Diarrhea persists for longer than several days.
- Diarrhea turns bloody.
- Fever is 101 F (38.3 C) or higher.
- Lightheadedness or fainting occurs with standing.
- Confusion develops.
- Worrisome abdominal pain develops.

## DID YOU KNOW?

When an egg floats in water, it is “off” and should not be eaten. As eggs age, gases build up inside the shell making it more buoyant. This is the best way to test whether an egg has gone rotten without having to break open the shell, risking the foul odor escaping. When an egg is extremely fresh it will lie on its side at the bottom of a glass of water. As it ages, the egg will begin to point upwards, and will finally float completely when it has gone bad.



When an egg is extremely fresh it will lie on its side at the bottom of a glass of water.

## FACTS ABOUT BONES



- The smallest bone in the human body is stapes bone which is located in the ear.
- The only bone fully grown at birth is located in the ear.
- Human face has 14 bones.
- Humans are born with 300 bones in their body, however when a person reaches adulthood they only have 206 bones.
- Gardening is said to be one of the best exercises for maintaining healthy bones.
- Although the outsides of a bone are hard, they are generally light and soft inside. They are about 75% water.
- Adult human bones account for 14% of the body's total weight.
- Your thigh bone is stronger than concrete.
- The strongest bone in your body is the femur (thighbone), and it's hollow!

## 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  
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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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