



MALARIA

Malaria is caused by a parasite called Plasmodium, which is transmitted via the bites of infected mosquitoes. In human body, parasites multiply in liver, and infect red blood cells.

From a global viewpoint, malaria poses a significant health problem. Malaria is a disease which can be transmitted to people of all ages. It is caused by parasites that are spread from person to person through bites of infected mosquitoes. If not treated promptly, malaria can often be fatal.

Symptoms of malaria usually appear between 10 and 15 days after the mosquito bite. If not treated, malaria can quickly become life-threatening by disrupting the blood supply to vital organs. In many parts of the world, the parasites have developed resistance to a number of malaria medicines.

The Major Symptoms are:

- Fever,
- Headache
- Sweats and chills
- Vomiting
- Diarrhoea
- Anemia
- Jaundice
- Body ache and Malaise

Complications of Malaria:

- Neurological defects may occasionally persist following cerebral malaria, especially in children. Such defects include troubles with movements (ataxia), palsies, speech difficulties, deafness, and blindness.
- Recurrent infections of Malaria may result in severe anemia.

This occurs especially in young children in tropical Africa with frequent infections that are inadequately treated.

- Malaria during pregnancy may cause severe disease in the mother, and may lead to premature delivery or delivery of a low-birth-weight baby.
- On rare occasions, P. vivax malaria can cause rupture of the spleen or acute respiratory distress syndrome (ARDS).
- Nephrotic syndrome (a chronic, severe kidney disease) can result from chronic or repeated infections with P. malariae.
- Hyper reactive malarial splenomegaly (also called "tropical splenomegaly syndrome") occurs infrequently and is attributed to an abnormal immune response to repeated malarial infections. The disease is marked by a very enlarged spleen and liver, abnormal immunologic findings, anemia, and a susceptibility to other infections (such as skin or respiratory infections).

Tests for Malaria:

- A peripheral blood smear can be examined for presence of Parasites. Several Rapid Malaria tests have been developed for detecting the malarial parasite in blood quickly and effectively.
- Clinical Examination of patients with Malaria will reveal features other than the signs

and symptoms listed above like:

1. Altered Sensorium
2. Convulsion /Coma
3. Cough
4. Breathlessness, Chest Pain
5. Acute abdominal pain
6. Weakness

Prevention Of Malaria:

- **A**wareness of risk.
- **B**ite avoidance.
- **C**hemoprophylaxis (taking preventive medicines if traveling to or living in a malaria region).
- **D**iagnosis made promptly with early treatment of infected case.
- **E**mergency treatment with safe drugs such as artemisinin-based combination therapies.

Key interventions to control malaria include:

- Prompt and effective treatment with artemisinin-based combination therapies.
- Keeping mosquitoes from biting you, especially at night.
- Eliminating places around your home where mosquitoes breed.
- Spraying insecticides on your home's walls to kill adult mosquitoes that come inside.
- Sleeping under bed nets - especially effective if they have been treated with insecticide.
- Wearing insect repellent and long-sleeved clothing if out of doors at night.



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"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship."
-Unknown

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Anxiety is a general term for several disorders that cause nervousness, fear, apprehension, and worrying. These disorders affect how we feel and behave, and they can manifest real physical symptoms. Mild anxiety is vague and unsettling, while severe anxiety can be extremely debilitating, having a serious impact on daily life.

People often experience a general state of worry or fear before confronting something challenging such as a test, examination, recital, or interview. These feelings are easily justified and considered normal. Anxiety is considered a problem when symptoms interfere with a person's abil-

SYMPTOMS OF ANXIETY

General Anxiety Disorder affects the way a person thinks, but the anxiety can lead to physical symptoms, as well.

- Excessive, worry and tension
- An unrealistic view of problems
- Restlessness/feeling edgy
- Irritability
- Muscle tension
- Headaches
- Sweating
- Difficulty in concentrating
- Nausea
- Excessive urination
- Tiredness
- Trouble falling or staying asleep
- Trembling

tions, including excessive drinking, substance abuse, or other psychological or mood states that might contribute to, or result from anxiety disorder.

TREATMENT

In certain cases, you may treat anxiety at home. It is for attacks of short duration where cause is known, duration is short and the cause can be eliminated. The following help in controlling:

- Picturing yourself successfully facing the specific fear
- Talking to a supportive person
- Meditation
- Doing activities of interest
- Taking a long, warm bath
- Resting in a dark room
- Deep-breathing exercises



Anxiety may be caused by environmental factors, medical factors, genetics, brain chemistry, substance abuse, or a combination of these.

ANXIETY REDUCTION



ANXIETY



ity to sleep or otherwise function.

CAUSES

Anxiety disorders may be caused by environmental factors, medical factors, genetics, brain chemistry, substance abuse, or a combination of these. It is most commonly triggered by the stress in our lives. Usually anxiety is a response to outside forces, but it is possible that we make ourselves anxious with "negative self-talk" - a habit of always telling ourselves the worst will happen.

TESTS AND DIAGNOSIS

A physical examination & medical and personal history is essential. Because anxiety accompanies many medical conditions, it is important for the doctor to uncover any medical problems that might underlie an anxiety attack. The patient should describe any occurrence of anxiety or depression in family & mention any factors, like caffeine over use, life changes, or stressful events. It is very important to be honest with the doctor about all condi-

PREVENTION

There are the following ways to reduce the anxiety risk:

- Reducing caffeine
- Exercising regularly
- Eating healthy foods
- Keeping regular sleep pattern.
- Seeking counseling after a traumatic experience
- Avoiding alcohol, cannabis
- Checking with doctor before use of over the counter/herbal remedies.

DID YOU KNOW?

- The Mango is a popular tropical fruit with over 400 varieties throughout the world.
- Mangoes are an excellent source of vitamins A and C.
- The Mango is a member of the cashew family of flowering plants.
- Mangoes are one of the best sources of beta carotene with almost 50% more than apricots.
- Mangoes contain as much vitamin C as an orange.

FACTS ABOUT TONGUE

- Close to fifty percent of the bacteria in the mouth lives on the surface of our tongue.
- There are approximately 9,000 taste buds on the tongue.
- Your tongue has 3,000 taste buds.
- 85% of the population can curl their tongue into a tube.
- It takes the interaction of 72 different muscles to produce human speech.
- The average life of a taste bud is 10 days.
- Relative to size, the strongest muscle in the body is the tongue.



Mangoes are one of the best sources of beta carotene



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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