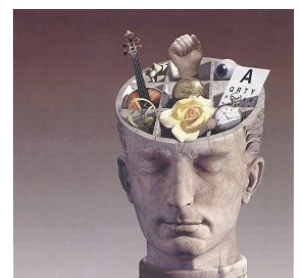


“To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.”
-BUDDHA

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OCD
When that stack of paper is never quite straight enough.



OBSESSIVE COMPULSIVE DISORDER

Obsessive-Compulsive Disorder, (OCD), is an anxiety disorder and is characterized by recurrent, unwanted thoughts (obsessions) and/or repetitive behaviors (compulsions). Actions such as hand washing, counting, or cleaning are performed with hope of preventing obsessive thoughts or making them go away. Performing these rituals, however, provides only temporary relief but not performing them markedly increases anxiety.

CAUSES

The cause of obsessive-compulsive disorder isn't fully understood. Main theories include:

- **Biology.** OCD may be result of changes in body's own natural chemistry or brain functions. It may also have genetic component, but specific genes have yet to be identified.
- **Environment.** OCD may stem from behavior-related habits that are learned over time.
- **Insufficient Serotonin.** An insufficient level of serotonin, one of brain's chemical messengers, may contribute to this disorder. In addition, people with OCD who take medications that improve the action of serotonin often have fewer symptoms.

COMMON OBSESSIONS

Following are some obsessions:

- Fear of dirt or germs.
- Disgust with bodily waste/fluids.
- Concern with order, symmetry

(balance) and exactness.

- Worry that a task has been done poorly, even when the person knows this is not true.
- Fear of thinking evil.
- Thinking about certain sounds, images, words or numbers all the time.
- Need of constant reassurance.
- Fear of harming a family member or friend.

COMMON COMPULSIONS

The following are some common compulsions:

- Cleaning & grooming, ex. washing hands/showering or brushing teeth over & over.
- Checking drawers, door locks and appliances to be sure they are shut, locked or turned off.
- Repeating actions, such as going in and out of a door, sitting down and getting up from a chair, or touching certain objects several times.
- Ordering items in certain way.
- Counting to a certain number, over and over.
- Saving newspapers, mail or containers when they are no longer needed.
- Seeking constant reassurance and approval.

MEDICAL INTERVENTION

There's a difference between being a perfectionist and having obsessive-compulsive disorder. One could have the habit of keeping the floors in the house so clean that one could eat off

them but that doesn't necessarily mean that someone has an OCD.

If the obsessions and compulsions are affecting someone's life, one should be shown to doctor or mental health provider. People with OCD may be ashamed and embarrassed about the condition. But even if the rituals are deeply ingrained, treatment can help.

COMPLICATIONS

Complications that obsessive-compulsive disorder may cause or be associated with include:

- Suicidal thoughts and behavior
- Alcohol or substance abuse
- Other anxiety disorders
- Depression
- Eating disorders
- Dermatitis from hand washing
- Inability to attend work or school
- Troubled relationships
- Overall poor quality of life

TREATMENTS

Two main treatments for OCD are:

- Psychotherapy
- Medications

Choice of treatment depends on specifics of the case. Often, a combination of medications and psychotherapy is effective.

EXPECTATIONS (PROGNOSIS)

OCD is a long-term illness with periods of severe symptoms followed by improvement. However, a completely symptom-free period is unusual. Most people improve with treatment.

Boil is a localized infection in the skin that starts as a reddened tender area. Eventually, the center of the boil softens and becomes filled with white blood cells from the bloodstream to eradicate the infection. This collection of white blood cells, bacteria, and proteins is known as pus.

CAUSES

Boils are caused by bacteria *Staphylococcus* (staph). Most staph infections develop into abscesses and can become serious quickly. This germ may be present on skin and can enter body through breaks in skin or traveling down hair to the follicle.

more painful. Soon a pocket of pus forms on the top of the boil. Signs of a severe infection are:

- Skin around the boil becomes red, painful, and swollen
- More boils may appear around
- A fever develops
- Lymph nodes become swollen

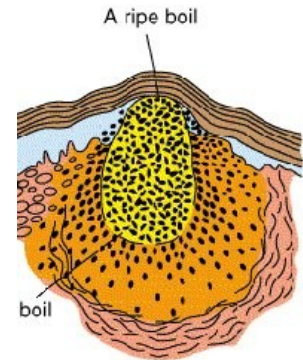
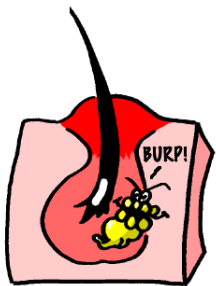
You can handle a single, small boil yourself. But see a doctor if:

- Boil on your face or spine
- Boil growing rapidly/painful
- Large boils that haven't healed in 2 weeks accompanied with fever
- Frequent boils
- A condition that suppresses
- Recently hospitalization

can't be completely drained may be packed with sterile gauze so that pus can continue to drain.

Antibiotics. Sometimes the doctor may prescribe antibiotics to help heal severe or recurrent infections.

The collection of white blood cells, bacteria, and proteins is known as pus.



BOILS

Some health issues make people more susceptible to skin infections such as boils. They include:

- Diabetes
- Poor immune system
- Poor nutrition
- Poor hygiene
- Exposure to harsh chemicals

SYMPTOMS

A boil starts as a hard, red, painful lump usually less than an inch in size. In next few days, the lump becomes softer, larger, and

TREATMENT & DRUGS

You can generally treat small boils at home by applying warm compresses to relieve pain and promote natural drainage. For larger boils and carbuncles, following treatments are required:

Incision and drainage. The doctor may drain a large boil or carbuncle by making a small incision in the tip. This relieves pain, speeds recovery and helps lessen scarring. Deep infections that

PREVENTION

The following may help prevent the spread of infection:

- Antibacterial soaps
- Antiseptic (germ-killing) washes
- Good hygiene (such as thorough hand washing)

DID YOU KNOW?

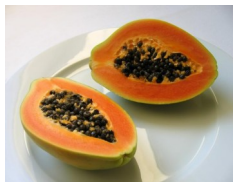
- The fruit sometimes used to be referred to as a "tree melon." In Australia it is called Papaw or Paw Paw.
- Unripe, green papaya fruit and the leaves of the papaya tree contain an enzyme called papain. Papain has been used as a natural meat tenderizer for thousands of years and today is an ingredient in many commercial meat tenderizers.
- Its tenderizing properties are also being applied to the human body. Injections of pa-

pain enzyme are given to treat herniated discs..

- Papain has other health benefits. it is also a natural digestive aid and can be applied topically in an ointment to treat burns, rashes, and cuts.
- In many parts of the world, unripe papaya has been used for centuries by women as a natural contraceptive and to induce abortion. Modern research has

confirmed that unripe papaya does indeed work as a natural contraceptive and can induce abortion when eaten in large quantities. In addition, research has found that papaya seeds have contraceptive effects in male monkeys.

- Tea made from papaya leaves is consumed in some countries as protection against malaria.



Papaya is a digestive aid and can be applied topically to treat burns, rashes, and cuts.

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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