



DENGUE

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Dengue fever, also known as breakbone fever, is an infectious tropical disease caused by the dengue virus. Dengue is transmitted by several species of mosquito within the *Aedes* genus.

SYMPTOMS

Dengue fever begins with a sudden high fever, often as high as 104 - 105 degrees Fahrenheit. A flat, red rash may appear over most of the body 2 - 5 days after the fever starts.

Other symptoms include:

- Headache (especially behind the eyes)
- Fatigue
- Joint aches
- Muscle aches
- Nausea
- Swollen lymph nodes
- Vomiting

CAUSES

Dengue fever is caused by any one of four dengue viruses spread by the *Aedes Aegypti* mosquito. These mosquitoes thrive in and near human habitations, where they breed in even the cleanest water. There are in all four types of Dengue viruses that can cause the fever. You can become infected with dengue fever more than once. Human body tends to develop immunity towards a particular type of Dengue virus once it has recovered from the infection. It, however becomes susceptible to be affected by the remaining types of dengue viruses. The second infection typically causes more severe form of the

disease — dengue hemorrhagic fever.

TREATMENT & DRUGS

No specific treatment for dengue fever exists. For a mild form of the disease, your doctor may recommend:

- Drinking plenty of fluids to avoid dehydration from vomiting and high fever.
- Taking acetaminophen to alleviate pain and reduce fever.

Don't take aspirin or other non-steroidal anti-inflammatory drugs, such as ibuprofen. These can increase the risk of bleeding complications.



For a more severe form of the disease, treatment consists of:

- Supportive care in a hospital
- Intravenous (IV) fluid and electrolyte replacement
- Blood pressure monitoring
- Transfusion to replace blood loss

PREVENTION

A dengue fever vaccine is in development and isn't generally available. If you're living or traveling in an area where dengue fever is known to be prevalent, the best way to avoid dengue fever is to prevent being bitten by mosquitoes that carry the disease.

To reduce your risk of mosquito bites, minimize your exposure to mosquitoes by minding the following simple tips:

- Schedule outdoor activities for times when mosquitoes are less prevalent. Avoid being outdoors at dawn, dusk and early evening, when more mosquitoes are buzzing about.
- Wear long-sleeved shirts, long pants, socks and shoes when you go into mosquito-infested areas.
- Stay in air-conditioned or well-screened housing. Patch screens if necessary, especially where there will be nighttime exposure.
- Apply permethrin-containing mosquito repellent to your clothing, shoes, and camping gear and bed netting. You can also buy clothing made with permethrin already in it.
- Use repellent with a 10 to 30 percent concentration of DEET on your skin. Don't use DEET on the hands of young children or on infants under 2 months of age. Instead, cover your infant's stroller or playpen with mosquito netting when outside

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not."

-ANONYMOUS

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When doctors believe someone has a personality disorder, they run medical & psychological tests to pinpoint diagnosis



Bathe in hot water to cold water during rainy season.

Personality is made up of the characteristic patterns of thoughts, feelings and behaviors that make a person unique. In addition to this, personality arises from within the individual and remains fairly consistent throughout life.

PERSONALITY TYPES

TYPE A PERSONALITY

A person with type A personality could easily be recognized because of the typical attributes they possess.

- Highly aggressive,
- Short tempered,
- Inflexible and over conscious of time.

PERSONALITIES

- It's indeed difficult to deal with such people when temper and stubbornness become impertinent in their behavior. Dealing with type A personality basically entails bearing their negative traits.

TYPE B PERSONALITY

The following are the attributes of a Type B personality:

- These people tend to be productive under stress.
- They are relaxed, patient and have a lot of self control.

TIPS FOR RAINY SEASON

- It is not possible for outdoor activities, you need to take special care to have indoor physical activities. Don't let laziness grow on you.
- Foot care for diabetics – Because the feet tend to get wet all the time, it is very important for everybody and especially diabetics to take a special care of feet. As and when feet get wet, make sure to dry them immediately.
- To avoid skin infections and itching, it is ideal to add 1 or 2

- One of the type B personality traits is that these people do not get irritated or angry easily.
- They are less competitive and their competitiveness is often productive with good intentions.
- These people do not get hyper if their time is wasted and do not mind waiting in queues or wait to get their work done.
- Relaxation & enjoyment comes very naturally to them.
- These people do not constantly wish to lead the group or be in control of all the situations. They are more found to take things and situations as they come.
- They are emotional, express feelings and are not indifferent towards others. They may also have a good social life.

- When comparing type A personality vs type B personality, we find that that people with B type personality have controlled eating and lifestyle habits, neither do they have any obsessive compulsive disorders.

TESTS AND DIAGNOSIS

When doctors believe someone has a personality disorder, they run the following medical and psychological tests to pinpoint diagnosis:

- Physical exam. This may include measuring height and
- spoons of neem oil to half a cup of sesame oil and use this for massage before hot water bath, once a week.
- It makes sense to bathe in hot water instead of cold water bath during rainy season.
- Those who are prone to get joint pains and arthritis should avoid sitting or lying down on floor.
- It is better to wear footwear inside home during rains.

weight, checking vital signs, such as heart rate, blood pressure and temperature, listening to your heart and lungs, and examining your abdomen.

- Laboratory tests. These may include a complete blood count (CBC), a screening test for alcohol and drugs, and a check of your thyroid function.
- Psychological evaluation. A doctor or mental health provider talks to you about your thoughts, feelings, relationships and behavior patterns. He or she asks about your symptoms, including when they started, how severe they are, how they affect your daily life and whether you've had similar episodes in the past.

TREATMENT

- Psychodynamic Psychotherapy: This entails talking about condition and related issues. This can help people with personality disorders recognize how they're responsible for the turmoil in their lives and learn ways to improve.
- Cognitive Behavior Therapy: These behavioral therapy sessions reinforce positivity.
- Dialectical Behavior Therapy: Helps patient take control of their behavior and emotions by helping them enhance their coping skills.

- Cut nails regularly as moisture may invite infection.
- Keep the body covered fully, do not wear sleeveless dress.
- It is not a good idea to sleep soon after lunch during rainy season, it worsens indigestion problem.
- Hot water is better than cold water to drink.
- Make sure to use footwear with good grip to avoid slip and fall.

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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