

**“Take care of your body with steadfast fidelity. The soul must see through these eyes alone, and if they are dim, the whole world is clouded.”**

**-ANONYMOUS**

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## TOOTH DECAY

**T**ooth decay describes the condition wherein the tooth, under a variety of harsh conditions, break down leading to the formation of a cavity. It starts with a hole/opening in the enamel. If this is not treated, it progressively reaches the deeper sections of the tooth, where the pulp and the nerves are causing the tooth to become sensitive to a variety of stimuli, a variety of gum problems such as inflammation and swelling, pain and ultimately tooth loss.

Tooth decay is a common dental ailment that may occur at any time or age. However, since the onset of tooth decay is strongly related to the unregulated consumption of sweet foods and beverages; it tends to affect the young and adolescents more than any other age. One form is diagnosed in nursing infants and is referred to as nursing caries. In infants who are nursed continuously with a bottle/ formula milk/ pacifiers; the milk is retained in the mouth as the child falls asleep with the bottle. This milk is an excellent nutritive media for a variety of germs present in the mouth. The milk is broken down by the germs to form harsh acids which lead to the formation of a cavity on the tooth.

### CAUSES

- **Poor oral hygiene:** Irregular and improper brushing, not flossing between teeth, not rinsing with water or mouthwash after meals speed up the process of tooth decay.
- **Unregulated diet of sweet food and drinks:** Periodic snacking on aerated drinks, jam, marmalade,

even potato chips can lead to the formation of acidic by-products which damage the surface of the tooth enamel. This is the reason why most young children adolescents suffer from tooth decay.

- **Bad or worn out dental fillings:** Tooth decay might develop again from exposed tooth surfaces.

### SYMPTOMS

The most obvious sign of tooth decay is toothache, particularly after hot or cold foods or drinks. However, pain may not be present until decay has reached an advanced stage.

- Pits or holes may also be visible in the teeth.
- Most tooth decay is discovered at an early stage during a routine check up.
- A serious complication can be the development of a tooth abscess - the build up of pus resulting from a bacterial infection of the centre of the tooth.
- Infection may spread out from the root of the tooth and to the bones supporting the tooth.
- Plaque and tartar also irritate the gums, and lead to a gum disease called gingivitis.

### PREVENTION

**"PREVENTION IS THE BEST CURE FOR TOOTH DECAY"**

- **Brushing:** Brush your teeth twice a day with fluoride toothpaste. Hold a soft brush at the gum line at a 45o angle. Brush in a circular motion to massage the gums and an up-down motion to dislodge plaque. Do this gently on the outer as well as inner surfaces of teeth.

- **Choose The Right Toothbrush:** Dentists recommend using a toothbrush with soft bristles and small head. Replace your toothbrush every 3 months or as soon as it loses its original shape. Once a brush loses its shape, you require more pressure for the same cleaning action. This extra pressure is damaging to gums as well as the protective enamel layer.

- **Floss:** Floss daily to remove plaque from between teeth.

- **Rinse:** Rinse your mouth with water thoroughly after each meal. Rinse for a minute everyday with mouthwash.

- **Eat nutritious** and balanced meals and limit snacking

- **Check with your dentist** about use of supplemental fluoride, which strengthens your teeth, and about use of dental sealants (a plastic protective coating) applied to the chewing surfaces of the back teeth to protect them from decay.



**C**onjunctivitis is swelling (inflammation) or infection of the membrane lining the eyelids (conjunctiva). This is commonly known as 'Eye Flu' or 'Pink Eye'.

There are many causes of conjunctivitis. Viruses are the most common cause. Other causes include:

- Allergies
- Bacteria
- Certain diseases
- Chemical exposure
- Chlamydia
- Fungi
- Parasites (rarely)
- Use of contact lenses (especially extended-wear lenses)

- Eye pain
- Gritty feeling in the eyes
- Increased tearing
- Itching of the eye
- Redness in the eyes
- Sensitivity to light

**TREATMENT**

Treatment of conjunctivitis depends on the cause.

Allergic conjunctivitis may respond to allergy treatment. It may disappear on its own when the allergen that caused it is removed. Cool compresses may help soothe allergic conjunctivitis.

Antibiotic medication, usually eye drops, is effective for bacterial conjunctivitis. Viral conjunctivitis will disappear on its own. Many doctors give a mild antibiotic

**COMPLICATIONS**

Reinfection within a household or school may occur if you don't follow preventive measures.

**PROFESSIONAL HELP**

Call for an appointment with your health care provider if your symptoms last longer than 3 or 4 days.

**PREVENTION**

Good hygiene can help prevent the spread of conjunctivitis:

- Change pillowcases frequently.
- Do not share eye cosmetics.
- Do not share towels or handkerchiefs.



**These infections are especially contagious among children.**

**CONJUNCTIVITIS**

"Pink eye" refers to a viral infection of the conjunctiva. These infections are especially contagious among children.

Newborns can be infected by bacteria in the birth canal. This condition is called ophthalmia neonatorum, and it must be treated immediately to preserve eyesight.

**SYMPTOMS**

- Blurred vision
- Crusts that form on the eyelid overnight

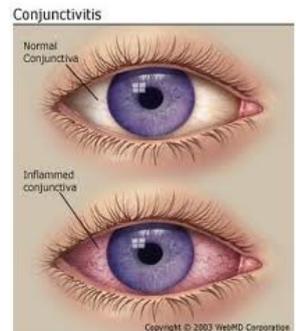
eyedrop for pink eye to prevent bacterial conjunctivitis.

You can soothe the discomfort of viral or bacterial conjunctivitis by applying warm compresses (clean cloths soaked in warm water) to your closed eyes.

**OUTLOOK (PROGNOSIS)**

The outcome is usually good with treatment.

- Handle and clean contact lenses properly.
- Keep hands away from the eye.
- Replace eye cosmetics regularly.
- Wash your hands often.



**Chinese medicine has recommended the use of ginger to help cure and prevent several health problems.**

**FACTS ABOUT GINGER**

Ginger is the common name for *Zingiber officinale*, which was originally cultivated in China and now equally spread around the world.

Ginger is a herb but is often known as a spice, with a strong distinct flavor that can increase production of saliva.

For over 2 thousand years Chinese medicine has recommended the use of ginger to help cure and prevent several health problems. It is known to promote energy circulation in

body while positively increasing the body's metabolic rate.

Here is a list of medicinal properties ginger has:

- Helps as an antiemetic/antinausea
- Anticlotting agent – helps in blood thinning
- Antispasmodic – helps in muscle relaxation
- Antifungal, Anti-inflammatory and antiseptic

- Analgesic – Pain relieving
- Expectorant – helps in cough and cold
- Lowers blood pressure
- Promotes sweating

Due to these wide variety of effects on the human body and it is known to be effective for the treatment of cataracts, amenorrhea, heart disease, migraines, stroke, , angina, athlete's foot, colds, bursitis, chronic fatigue, etc.

## 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  
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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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