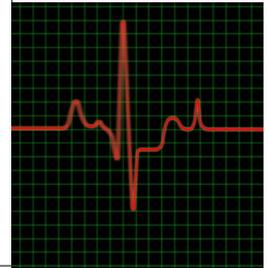




V-CARE

your healthcare bulletin



EPILEPSY

Epilepsy is a brain disorder in which clusters of nerve cells, or neurons, in the brain sometimes signal abnormally. Neurons normally generate electrochemical impulses that act on other neurons, glands, and muscles to produce human thoughts, feelings, and actions. In epilepsy, the normal pattern of neuronal activity becomes disturbed, causing strange sensations, emotions, and behavior, or sometimes convulsions, muscle spasms, and loss of consciousness.

During a seizure, neurons may fire as many as 500 times a second, much faster than normal

SYMPTOMS

Because epilepsy is caused by abnormal activity in brain cells, seizures can affect any process your brain coordinates. A seizure can produce:

- Temporary confusion
- A staring spell
- Uncontrollable jerking movements of the arms and legs
- Loss of consciousness/awareness

Symptoms vary depending on the type of seizure. In most cases, a person with epilepsy will tend to have the same type of seizure each time, so the symptoms will be similar from episode to episode.

CAUSES

Some common causes of epilepsy are:-

- Stroke or transient ischemic attack
- Dementia, such as Alzheimer's disease

- Traumatic brain injury
- Infections, including brain abscess, meningitis, encephalitis etc
- Brain problems that are present at birth (congenital brain defect)
- Brain injury that occurs during or near birth.
- Brain tumor
- Abnormal blood vessels in the brain
- Other illness that damage or destroy brain tissue

Epilepsy seizures usually begin between ages 5 and 20, but they can happen at any age. There may be a family history of seizures or epilepsy.

EMERGENCY CONDITIONS

Seek immediate medical help if any of the following occurs:

- The seizure lasts more than five minutes.
- Breathing or consciousness does not return after the seizure stops.
- A second seizure follows immediately.
- You have a high fever.
- You're experiencing heat exhaustion.
- You're pregnant.
- You have diabetes.
- You've injured yourself during the seizure.

If you experience a seizure for the first time, seek medical advice

COMPLICATIONS

- Difficulty learning
- Breathing in food or saliva into the lungs during a seizure, which can cause aspiration pneumonia
- Injury from falls, bumps, self-inflicted bites, driving or operating machinery during a seizure
- Permanent brain damage (stroke or other damage)
- Side effects of medications

PROGNOSIS

- Some people with epilepsy may be able to reduce or even stop their anti-seizure medicines after having no seizures for several years.
- Certain types of childhood epilepsy go away or improve with age, usually in the late teens or 20s.
- For many people, epilepsy is a lifelong condition. In these cases, the anti-seizure drugs need to be continued. There is a very low risk of sudden death with epilepsy. However, serious injury can occur if a seizure occurs during driving or when operating equipment.



Issue 12

16th August, 2011

“The first step in the acquisition of wisdom is silence, the second listening, the third memory, the fourth practice, the fifth teaching others.”

- SOLOMON IBN GABRIOL

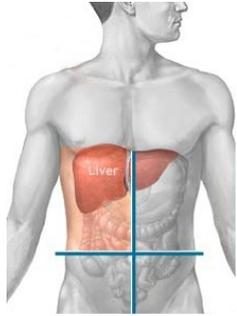
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Hepatitis is swelling and inflammation of the liver. It is not a condition, but is often used to refer to a viral infection of the liver.

Hepatitis can be caused by:

- Immune cells in the body attacking the liver and causing autoimmune hepatitis
- Infections from viruses (such as hepatitis A, B, or C), bacteria, or parasites
- Liver damage from alcohol, poisonous mushrooms, or other poisons
- Medications, such as an overdose of acetaminophen, which can be deadly



In some instances, hepatitis may lead to liver damage, liver failure, or even liver cancer.

- Fatigue
- Fever, usually low-grade
- General itching
- Jaundice (yellowing of the skin or eyes)
- Loss of appetite
- Nausea and vomiting
- Weight loss

SIGNS & TESTS

A physical examination may show:

- Enlarged and tender liver
- Fluid in the abdomen (ascites) that can become infected
- Yellowing of the skin

Abdominal ultrasound
Autoimmune blood markers
Hepatitis virus serologies

Your doctor may order the following laboratory tests to diagnose and monitor the hepatitis:

- Abdominal ultrasound
- Autoimmune blood markers
- Hepatitis virus serologies
- Liver function tests
- Liver biopsy to check for liver damage
- Paracentesis if fluid is in your abdomen

TREATMENT

Your doctor will discuss possible treatments with you, depending on the cause of your liver disease. Your doctor may recommend a high-calorie diet if you are losing weight.

HEPATITIS

SYMPTOMS

Hepatitis may start and get better quickly (acute hepatitis), or cause long-term disease (chronic hepatitis). In some instances, it may lead to liver damage, liver failure, or even liver cancer.

The symptoms of hepatitis include:

- Abdominal pain or distention
- Breast development in males
- Dark urine and pale or clay-colored stools

Virus	Hepatitis A	Hepatitis B	Hepatitis C
Transmission route	Faecal-oral	Infected needle or blood, sexual contact	Infected needle or blood, sexual contact
Incubation time (acute infection)	15-50 days	45-160 days	14-180 days
Onset	Sudden	Either sudden or slow, unnoticed	Usually slow, unnoticed
Severity	Mild	Occasionally severe	Usually slow-developing and symptoms not specific or strong
Chronic form?	No	Yes	Yes
Associated with other diseases?	None	Liver cancer, cirrhosis	Liver cancer, cirrhosis
Testing to diagnose acute infection	HAV-Ab, IgM	HBsAg, Anti-HBc, IgM	Anti-HCV, HCV RNA (note - may have same results as in chronic hepatitis)
Testing to diagnose chronic infection or to monitor treatment	N/A	HBsAg, HBV DNA, HBeAg, Anti-HBe	Anti-HCV (once), HCV RNA or viral load, HCV genotype (once)
Tests that detect previous infection	HAV-Ab, IgG	Anti-HBs, Anti-HBc total	Anti-HCV
Vaccine available?	Yes	Yes	No

FACTS ABOUT CORN

Corn or maize is one of the most popular cereals in the world. Corn forms the staple food of numerous people in different countries including, US, India, etc.

Health benefits of corn include controlling diabetes, prevention of heart ailments, lowering hypertension and prevention of neural-tube defects at birth.

Following are some of the health benefits of corn:

- Rich Source of Calories: Corn is a rich source of calories. The calorific content of corn is among the highest in cereals.
- Prevents Haemorrhoids and Colorectal Cancer.
- Source of Vitamins: Corn is rich in vitamin B constituents, especially Thiamin and Niacin. Yellow corn is a rich source of beta-carotene which forms vitamin A. The ker-

nels of corn are rich in vitamin E.

- Provides Necessary Minerals: Abundant phosphorus a part from magnesium, manganese, zinc, iron and copper.
- Cardio-Protective Attributes: According to researchers, corn oil has been shown to anti-atherogenic effect on the cholesterol levels, thus preventing the risk of cardiovascular diseases.



Corn is rich in vitamin B constituents, especially Thiamin and Niacin.

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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