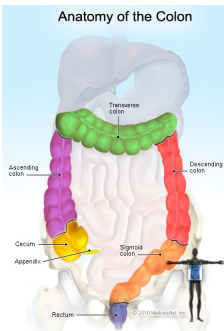


COLITIS

Issue 13

1st October, 2011

The colon (large bowel or large intestine) is responsible for collecting and storing the waste products of digestion.



Colitis is a term used to describe inflammation of the colon. There are a variety of causes of colitis including infections, poor blood supply, and autoimmune reactions.

CAUSES

Inflammation of the colon can be caused by a variety of illnesses and infections like :

1. Infectious Colitis

Due to consuming contaminated food and water. Preexisting bacterial infection in body may pass on to the colon.

2. Ischemic Colitis

Narrowing of arteries supplying blood to colon. Mechanical reasons like twisting of bowel on itself or an incarcerated hernia. Decreases blood flow to the colon in conditions like dehydration, anemia, or shock.

3. Inflammatory Bowel Disease

Ulcerative colitis the body's immune system attacks the colon and causes inflammation. Ulcerative colitis begins in the rectum and may gradually spread throughout the colon.

Crohn's disease may involve any part of the digestive tract from the esophagus and stomach, through to

the small and large intestine all the way to the rectum

4. Microscopic Colitis

Collagenous colitis - the colon wall becomes engorged with collagen Lymphocytic colitis the colon wall becomes engorged with lymphocytes

5. Chemical Colitis

Inflammation of the mucosal lining of the colon caused by harsh chemicals like in enema

COLITIS SIGNS

Colitis most often is associated with abdominal pain and diarrhea.

Other symptoms of colitis that may or may not be present include

- Blood in the bowel movement may or may not be present.
- Tenesmus i.e. the constant urge to have a bowel movement.
- The abdominal pain may come in waves, building to diarrhea, and then waning.
- There may be constant pain.
- Fever, chills, and other signs of infection and inflammation may be present depending upon the cause of colitis.

TREATMENT

The definitive treatment of colitis is dependent upon the cause. Many cases require little more than symptomatic care, including clear fluids to rest the bowel and medications to control pain. Some patients become acutely ill and will need intravenous (IV) fluids and other interventions to treat their illness.

- **Infectious colitis.** Viral infections resolve with the supportive care of fluids and time. Some bacterial infections would require a course of antibiotic.
- **IBD:** Inflammatory bowel diseases (IBDs) like ulcerative colitis and Crohn's disease are often controlled by a combination of medications that are used in a step-wise approach. Initially, anti-inflammatory medications are used, and if these are less than successful, medications that suppress the immune system can be added. In the most severe cases, surgery may be required to remove all or parts of the colon and small intestine.
- **Ischemic colitis:** Supportive treatment like using intravenous fluids to rest the bowel and prevent dehydration. If adequate blood supply to the bowel isn't restored, surgery may be required to remove parts of the bowel that have lost blood supply. Continued monitoring may be necessary to minimize the risk of future episodes.

PREVENTION

Infectious colitis remains a common ailment worldwide, affecting millions daily. The lack of clean drinking water and adequate sanitation are the main causes, leading to thousands of potentially preventable deaths each day. The common risk factors are poor hand washing and poor kitchen hygiene, smoking and poor control of high blood pressure, high cholesterol levels, and diabetes.

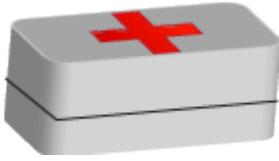
"The trouble with always trying to preserve the health of the body is that it is so difficult to do without destroying the health of the mind."

-G.K. Chesterton

Inside this issue:

FIRST AID - BURNS 2

BENEFITS OF YOGURT 2



“Don’t use ice. Putting ice directly on a Burn can cause a burn victim’s body to become too cold and cause further damage to the wound“

FIRST AID FOR BURNS

Burns are classified into 3 categories for the purpose of deciding the first aid care to be given.

First-degree burn- Only the outer layer of skin is burned. The skin is usually red, with swelling, and pain sometimes is present. Treat a first-degree burn as a minor burn unless it involves substantial portions of the hands, feet, face, groin or buttocks, or a major joint, which requires emergency medical attention.

Second-degree burn - When the first layer of skin has been burned through and the second

layer of skin (dermis) also is burned, the injury is called a second-degree burn. Blisters develop and the skin takes on an intensely reddened, splotchy appearance. Second-degree burns produce severe pain and swelling.

If the second-degree burn is no larger than 3 inches in diameter, treat it as a minor burn. If the burned area is larger or if the burn is on the hands, feet, face, groin or buttocks, or over a major joint, treat it as a major burn and get medical help immediately.

Third-degree burn - The most serious burns involve all layers of the skin and cause permanent tissue damage. Fat, muscle and even bone may be affected. Areas may be charred black or appear dry and white.



FOR MINOR BURNS:

- **Cool the burn.** Hold the burned area under cool (not cold) running water for 10 or 15 minutes or until the pain subsides. If this is impractical, immerse the burn in cool water or cool it with cold compresses. Cooling the burn reduces swelling by conducting heat away from the skin.

Don't put ice on the burn.

- **Cover the burn with a sterile gauze bandage.** Don't use fluffy cotton, or other material that may get lint in the wound. Wrap the gauze loosely to avoid putting pressure on burned skin. Bandaging keeps air off the burn reduces pain and protects blistered skin.

FOR MAJOR BURNS:

- **Don't remove burned clothing.** However, do make sure the victim is no longer in contact with smoldering materials or exposed to smoke or heat.
- **Don't immerse large severe burns in cold water.** Doing so could cause a drop in body temperature (hypothermia) and deterioration of blood pressure and circulation (shock).
- **Check for signs of circulation (breathing, coughing or movement).** If there is no breathing or other sign of circulation, begin CPR.
- **Elevate the burned body part or parts.** Raise above heart level, when possible.



- Don't use ice.
- Don't apply butter or ointments to the burn.
- Don't break blisters.
- Get a tetanus shot.



BENEFITS OF EATING YOGURT



Yogurt helps in strengthening of the immune system

- Consumption of yogurt or curd has been associated with strengthening of the immune system.
- One serving of yogurt per day is said to be beneficial for those suffering from osteoporosis.
- Low-fat or skim curd is good for people who are suffering from higher levels of cholesterol.
- Even those who are lactose-intolerant can consume yogurt, as bacteria present in it breaks down the lactose before it enters your body.
- The bacteria in curd can help digest food and thus, alleviate the problem of stomach infection.
- Yogurt has been found to be beneficial in case of constipation and colon cancer.
- Curd is also said to be helpful in treating inflammatory bowel disease and H. pylori infection.
- Yogurt helps you feel fuller and is thus, a very good snack for those trying to lose weight.
- Being rich in calcium, curd is good for the health of bones as well as the teeth.

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
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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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