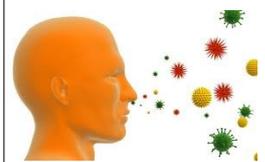


ALLERGIES

Issue 15

1st November, 2011



“It is health that is real wealth and not pieces of gold and silver.”

-M.K. Gandhi

Allergic reactions are sensitivities to substances, called allergens that come into contact with the skin, nose, eyes, respiratory tract, and gastrointestinal tract. They can be inhaled into the lungs, swallowed, or injected.

Allergic reactions are common. Most reactions happen soon after contact with an allergen.

Many allergic reactions are mild, while others can be severe and life-threatening. They can be confined to a small area of the body, or they may affect the entire body. The most severe form is called anaphylaxis or anaphylactic shock. Allergic reactions occur more often in people who have a family history of allergies.

Most severe allergic reactions occur within seconds or minutes after exposure to the allergen. However, some reactions can occur after several hours, particularly if the allergen causes a reaction after it has been eaten. In very rare cases, reactions develop after 24 hours.

CAUSES

Common allergens include:

- Animal dander
- Bee stings or stings from other insects
- Foods, especially nuts, fish, and shellfish
- Insect bites
- Medications
- Plants
- Pollens

SYMPTOMS

Common symptoms of a mild allergic reaction include:

- Hives (raised, often itchy, red

welts on the surface of the skin -especially over the neck and face)

- Itching
- Nasal congestion
- Rashes
- Watery, red eyes

Symptoms of a moderate or severe reaction include:

- Cramps or pain in the abdomen
- Chest discomfort or tightness
- Diarrhea
- Difficulty breathing
- Difficulty swallowing
- Dizziness or light-headedness
- Flushing or redness of the face
- Nausea and vomiting
- Palpitations
- Swelling of the face, eyes, or tongue
- Weakness
- Wheezing
- Unconsciousness

FIRST AID

For a mild to moderate reaction:

Calm and reassure the person having the reaction, as anxiety can worsen symptoms.

- Try to identify the allergen and have the person avoid further contact with it. If the allergic reaction is from a bee sting, scrape the stinger off the skin with something firm (such as a fingernail or plastic credit card). Do not use tweezers; squeezing the stinger will release more venom.

- If the person develops an itchy rash, apply cool compresses
- Watch the person for signs of increasing distress.
- Get medical help. For a mild reaction, a physician may recommend over-the-counter medications

For a severe allergic reaction (anaphylaxis):

- Check the person's airway, breathing, and circulation (the ABC's of Basic Life Support). A warning sign of dangerous throat swelling is a very hoarse or whispered voice, or coarse sounds when the person is breathing in air. If necessary, begin rescue breathing and CPR.
- If the person has emergency allergy medication on hand, help the person take or inject the medication. Avoid oral medication if the person is having difficulty breathing.
- Take steps to prevent shock. Have the person lie flat, raise the person's feet about 12 inches, and cover him or her with a coat or blanket. Do NOT place the person in this position if a head, neck, back, or leg injury is suspected or if it causes discomfort.

DO NOTs

- Do NOT assume that any allergy shots the person has already received will provide complete protection.
- Do NOT place a pillow under the person's head if he or she is having trouble breathing. This can block the airways.
- Do NOT give the person anything by mouth if the person is having trouble breathing.

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Everyone with asthma is different. Some people will have frequent attacks while others may go a long period between attacks.

Asthma is a chronic, inflammatory disease in which the airways become sensitive to allergens (any substance that triggers an allergic reaction). Several things happen to the airways when a person is exposed to certain triggers:

- The lining of the airways become swollen and inflamed.
- The muscles that surround the airways tighten.
- Production of mucus increases, leading to mucus plugs.

All of these factors will cause the airways to narrow, thus making it difficult for air to go in and out of your lungs, causing the symptoms of asthma.

For anyone who has asthma, it is essential to prevent worsening of the symptoms and an asthma attack.

Everyone with asthma is different. Some people will have frequent attacks while others may go a long period between attacks.

Although anyone may have an asthma attack, it most commonly occurs in the following persons:

- children by the age of 5
- adults in their 30s
- adults older than 65
- residents of urban communities
- family history of asthma
- children who have allergies

- children who have exposure to secondhand tobacco smoke

Generally, early warning signs of worsening asthma and an asthma attack include:

- A drop in peak expiratory flow rate
- Increased cough
- Wheezing
- Chest tightness
- Some difficulty performing normal daily activities

Always discuss and prepare an asthma care plan with the treating physician. There could be some medications that you must keep



- Blue lips or fingernails called cyanosis



ASTHMA

medicines that the patient may be taking. These immediate relief medicines must be taken as prescribed by your physician.

The plan must specify the symptoms of worsening and when and how to contact the emergency care providers. Keep all the details of the treating physician and emergency care providers handy. Identify Indications For Emergency Care.

All of the following symptoms are indications that there is a need to seek a healthcare pro-

vider for emergency care immediately:

- Wheezing that occurs while breathing both in and out
- Coughing that has become continuous
- Difficulty breathing
- Tachypnea or breathing very fast
- Retractions where your skin is pulled in as you breath
- Shortness of breath
- Difficulty talking in complete sentences
- Becoming pale
- Becoming anxious

BENEFITS OF SEA FOOD



The majority of fish types are low in cholesterol and have higher levels of beneficial EPA and DHA omega 3 oils

A single 150 gram serving of fish or other seafood provides from 50%-60% of daily protein needs of an adult. The majority of fish types are low in cholesterol and have higher levels of beneficial EPA and DHA omega 3 oils .Following are some of the proven health benefits of fish:

- Eases depression

- Lowers blood cholesterol levels
- Lowers Triglyceride Levels
- Reduces Inflammation in Body
- Eliminates Joint Pain
- Improves Your Skin
- Promotes Weight Loss
- Prevents Schizophrenia
- Improves Infant Brain Function
- Increases Your Focus
- Reduces Post-Partum Depression
- Improves Vision

- Reduces Soreness from Weight Training
- Reduces Heart Disease Risk
- Slows Breast Tumor Growth
- Provides Relief from Crohn's Disease and Colitis
- Eases the Effects of Alzheimer's Disease
- Helps Treat Ulcers
- Stabilizes Mood

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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