

### STROKE PREVENTION & DETECTION

Issue 16

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**S**troke or a cerebrovascular accident (CVA) is the rapidly developing loss of brain function(s) due to disturbance in blood supply to brain. Disturbance can be due to 2 particular reasons:

- **Ischemia** (lack of blood flow) caused by blockage (thrombosis, arterial embolism)
- **Hemorrhage** (leakage of blood)

Both these incidences lead to the inability of the affected area of the brain to function, which might result in an inability to move one or more limbs on one side of the body, inability to understand or formulate speech, or an inability to see one side of the visual field.

Stroke could soon be the most common cause of death worldwide. Stroke is currently the second leading cause of death in the Western world, ranking after heart disease and before cancer, and causes 10% of deaths worldwide.

#### RISK FACTORS

- High blood pressure
- Atrial fibrillation
- Diabetes
- Family history of stroke
- High cholesterol
- Age, especially after 55
- Race-black people have more risk

#### STROKE MANAGEMENT

For stroke patients TIME=BRAIN  
In the first hour of the stroke, which is most critical time, the patient should be rushed to the nearest medical help to prevent neurological damage. Treatment to recover any lost function is termed

stroke rehabilitation, ideally in a stroke unit and involving health professions such as speech and language therapy, physical therapy and occupational therapy. Therapy plays an important role in helping a stroke patient recover. The sessions with a therapist should start as soon as possible and should include passive and active exercises to maintain range of movement, recover strength and to attain normal gait and functions. Bringing a patient back from a stroke requires team effort and health care provider plays a major role. A time frame of 6 months post stroke gives maximum result and recovery is generally seen up to 18 months.

#### SYMPTOMS

Symptoms depend on how severe stroke is and what part of the brain is affected. Change in alertness (including sleepiness, unconsciousness & coma)

- Changes in hearing, taste
- Changes that affect touch and the ability to feel pain, pressure, or different temperatures
- Confusion or loss of memory
- Difficulty swallowing, writing, reading
- Dizziness or abnormal feeling of movement (vertigo)
- Lack of control over the bladder or bowels
- Loss of balance and coordination
- Muscle weakness in the face, arm, or leg (usually just on one side)
- Numbness or tingling on one side of the body

- Personality, mood, or emotional changes
- Problems with eyesight, including decreased vision, double vision, or total loss of vision
- Trouble speaking or understanding others who are speaking
- Trouble walking

#### STROKE IDENTIFICATION

If stroke patient gets to doctor within 3 hours there could be total reversal of effects of stroke. Important part in stroke rehabilitation is getting stroke recognized, diagnosed, and then getting patient medically cared for within 3 hours.

#### RECOGNIZING A STROKE

Remember the '3' steps, **STR** !

Sometimes symptoms of stroke are difficult to identify. Unfortunately, lack of awareness spells disaster. Stroke victim may suffer severe brain damage when people nearby fail to recognize a stroke.

A bystander can recognize a stroke by asking three simple questions :

- **S** - Ask the individual to SMILE ..
- **T** - TALK. Ask person to speak a simple sentence (Coherently)
- **R** - Ask him or her to RAISE BOTH ARMS . If he or she has trouble with ANY ONE of these tasks, call the ambulance.

“Health is a state of complete physical, mental & social well-being, & not merely the absence of disease or infirmity.”  
~WHO, 1948

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“To prevent, maintain muscle strength and tone by activities like swimming“

**C**hondromalacia patella is a common cause of kneecap pain or anterior knee pain. Often called "Runner's Knee," this condition often affects young, otherwise healthy athletes.

Chondromalacia is due to an irritation of the undersurface of the kneecap. There is inflammation & damage of cartilage below patella (knee cap) which results in the condition. It is pathology of young and otherwise healthy, athletic

• Inflammatory arthropathy: rheumatoid arthritis, Reiter's syndrome  
The disease starts with mild pain at the front of the knee.

### SIGNS & SYMPTOMS

- grating or grinding sound
- pain on stair climbing
- pain on walking after prolonged sitting
- mild knee swelling
- lateral patellar tracking-J Sign

If the pain does not improve & there are signs of arthritis developing around kneecap, surgery may be an option. Surgery may be done using:

- Arthroscopy (using camera, which allows a smaller cut)
- An open approach, with a surgical cut

During the surgery, kneecap cartilage that has been damaged may be removed. Changes may be made to the tendons to help the kneecap move more evenly.

## RUNNER'S KNEE - CHONDROMALACIA PATELLA

individuals. Women are more commonly affected by it.

Other causes of knee pain in young & adolescents include:

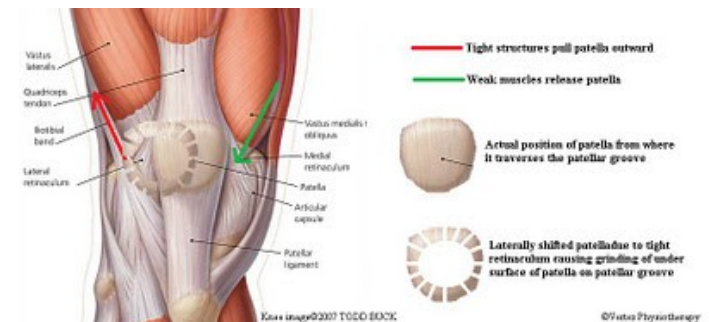
- Patellar subluxation
- Tibial apophysitis-Osgood-Schlatter lesion
- Jumper's knee-patellar tendonitis
- Osteochondritis dissecans
- Patellofemoral syndrome-chondromalacia patellae
- Medial plica syndrome
- Pes anserine bursitis
- Trauma: ligamentous sprains -anterior cruciate, medial collateral, lateral collateral, meniscal tear

### MANAGEMENT

- Rest to the knee
- Avoid painful activities
- Use of NSAIDs as prescribed by physician
- Maintain muscle strength and tone by other activities like swimming
- Intense physical therapy programme with hip and

### COMPLICATIONS

- The main complication is failure of treatment to relieve pain.
- When surgery is necessary, surgical complications may include:
- Failure to relieve pain
- Infection
- Worsening pain



## BODY FACTS- KIDNEY



An excess of milk or antacids may cause kidney stones

- The kidneys have a higher blood flow than even the brain, liver or heart.
- The kidneys reabsorb and redistribute 99% of the blood volume and only 0.1% of the blood filtered becomes urine.
- Kidney stones are an accumulation of mineral salts and mostly combined with calcium which can lodge anywhere along the course of the urinary tract.
- Refined carbohydrates and sugar help the body make kidney stones. Sugar will stimulate the pancreas to release insulin. This causes extra calcium to be excreted in the urine, leading to kidney stones.
- An excess of milk or antacids may cause kidney stones.
- Each kidney is about 4 ½ inches long.
- Each kidney weighs approximately 4 to 6 ounces.
- The kidneys of a newborn baby are about 3X larger in proportion to body weight as in the adult.
- Each kidney contains 1 million individual filters. They filter an average of around 1.3 liters (2.2 pints) of blood per minute, and expel up to 1.4 liters (2.5 pints) a day of urine.
- Range of volume excreted daily varies from 1 - 2 liters.

## 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

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REVIEWS?  
WANT TO SUBMIT  
ARTICLES?  
DO YOU HAVE  
QUERIES?**

**Do write to us with  
feedback, queries,  
articles on health be  
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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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