

### MIGRAINE

**M**igraine is a common type of headache that may occur with symptoms such as nausea, vomiting, or sensitivity to light. In many people, a throbbing pain is felt only on one side of the head.

Some people who get migraines have warning symptoms, called an aura, before the actual headache begins. An aura is a group of symptoms, including vision disturbances, that are a warning sign that a bad headache is coming.

#### CAUSES, INCIDENCE & RISK FACTORS

Migraine headaches tend to first appear between the ages of 10 and 45. Sometimes they may begin later in life.

- Migraines occur more often in women than men,
- Migraines may run in families.
- Some women, but not all, may have fewer migraines when they are pregnant.

A migraine is caused by abnormal brain activity, which is triggered by stress, certain foods, environmental factors, or something else. However, the exact chain of events remains unclear.

Migraine attacks may be triggered by:

- Alcohol
- Allergic reactions
- Bright lights
- Certain odors or perfumes
- Changes in hormone levels (which can occur during a

woman's menstrual cycle or with the use of birth control pills)

- Changes in sleep patterns
- Exercise
- Loud noises
- Missed meals
- Physical or emotional stress
- Smoking or exposure to smoke

#### SYMPTOMS

Vision disturbances, or aura, are considered a "warning sign" that a migraine is coming. The aura occurs in both eyes and may involve any or all of the following:

- A temporary blind spot
- Blurred vision
- Eye pain
- Seeing stars or zigzag lines

Migraine headaches can be dull or severe. The pain may be felt behind the eye or in the back of the head and neck. For many patients, the headaches start on the same side each time. The headaches usually:

- Feel throbbing, pounding, or pulsating
- Are worse on one side of the head
- Start as a dull ache and get worse within minutes to hours
- Last 6 to 48 hours

Other symptoms that may occur with the headache include:

- Chills
- Increased urination
- Fatigue
- Loss of appetite

- Nausea and vomiting
- Numbness, tingling, or weakness
- Problems concentrating, trouble finding words
- Sensitivity to light or sound
- Sweating

#### PREVENTION

Understanding your headache triggers can help you avoid foods and situations that cause your migraines. Keep a headache diary to help identify the source or trigger of your symptoms. Then modify your environment or habits to avoid future headaches.

Other tips for preventing migraines include:

- Avoid smoking
- Avoid alcohol
- Avoid artificial sweeteners and other known food-related triggers
- Get regular exercise
- Get plenty of sleep each night
- Learn to relax and reduce stress -- some patients have found that biofeedback and self-hypnosis helps reduce the number of migraine attacks

**"If you drink more than what's recommended, your health benefits are lost and your health risks go up."**

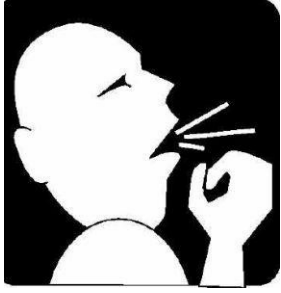
~William Londen

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“Seasonal illnesses in children can be stressful for families, but most of these illnesses are mild and will resolve spontaneously.”

There are varieties of illnesses that affect the children in winter season. Every year around this time, pediatricians start to see a steady stream of sniffing, coughing, feverish children. Following are some of the common ailments that affect children:

### INFLUENZA (“The flu”)

Flu is a very common cause of both mild and severe childhood illness in the winter.

velop pneumonia requiring hospitalization.

### STREPTOCOCCAL PHARYNGITIS (Strep Throat)

Strep throat is most common in children of late preschool and elementary school age. Some cases of sore throat are caused by streptococcal bacteria and rest by respiratory virus that is unresponsive to antibiotic treatment.

### PREPARING FOR WINTER ILLNESSES

Winter illnesses are an inevitable part of childhood. While immunizations and good hand-washing can prevent some illnesses, winter illnesses should be expected in all children. Stressful for families, but most of these seasonal illnesses in children can be stressful for families, but most of these illnesses are mild and will resolve spontaneously.

## WINTER SNEEZES & DISEASES

Influenza activity typically peaks between late December and mid-February. Almost all cases of influenza are preventable.

### RESPIRATORY SYNCYTIAL VIRUS (RSV)

Winter is also the season for respiratory syncytial virus (RSV). While it infects people of all ages, typically causing sore throats and nasal congestion in adults and older children, RSV can cause considerable coughing and wheezing in young children. Infants with RSV infection may also de-

### GASTROENTERITIS

Outbreaks of vomiting and diarrhea caused by gastroenteritis (inflammation of the gastrointestinal tract) typically occur in late winter or early spring. While most episodes of gastroenteritis in young children are attributable to rotavirus, many other viruses can cause vomiting and/or diarrhea.



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## BENEFITS OF RED WINE

Wine is said to be the beverage that is good for health but the amount of wine you drink matters tremendously. If you drink more than what's recommended, your health benefits are lost and your health risks go up.

- Heart disease: One of the well-known and most studied benefits of red wine is its heart protective effect. Moderate consumption of red is

preventative against coronary heart disease. The red wine reduces the risk of coronary heart disease by reducing production of low density lipoprotein (LDL) cholesterol and boosting high density lipoprotein (HDL) cholesterol.

- Blood clots: Red wine produces anti-clotting, or antithrombotic, action. Light to moderate consumers of wine have lower levels of protein fibrinogen which promotes blood clot formation.

- Atherosclerosis: Red wine may prevent the initiation and progression of atherosclerosis (hardening or "furring" of the arteries).
- Kidney stones: Red wine intake reduces the risk of kidney stone formation.
- Alzheimer's disease: Moderate wine drinking correlates with a lower risk for Alzheimer's disease.

## 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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