

BRONCHITIS

Issue 19

1st January, 2012

10 to 20 days

- Some people cough up mucus, which may be clear, yellow, or green in color

Fever is not common in people with acute bronchitis.

However, testing may be recommended if your diagnosis is not clear based upon your examination or if another condition, such as pneumonia, is suspected.

Conditions with similar features

There are other conditions that have symptoms similar to those of acute bronchitis:

WHEN TO SEEK HELP

You should call your healthcare provider if you have any of the following:

- **Chronic cough** — A persistent cough that lasts more than eight weeks is considered a chronic cough.
- **Chronic bronchitis** — Chronic bronchitis is defined as a cough that occurs on most days of the month for at least three months of the year during two consecutive years.
- **Pneumonia** — Signs of pneumonia include fever and a fast heart and breathing rate.
- **Postnasal drip** — Postnasal drip occurs when secretions drain from the sinuses into the throat. This can cause the throat to feel irritated, which causes you to feel like you need to clear your throat frequently. Postnasal drip can be caused by the common cold, allergies, sinusitis, or environmental irritants.

- Fever (temperature greater than 100.4° F or 38° C)
- A cough that lasts longer than 10 days
- Chest pain with coughing, difficulty breathing, or coughing up blood
- A barking cough that makes it hard to speak, especially if it persists
- Cough accompanied by unexplained weight loss

Bronchitis develops when there is swelling and irritation of the bronchi, the large tubes that carry air to the lungs. There are two types of bronchitis: acute (sudden onset) and chronic (long-standing).

Acute bronchitis often occurs with a viral infection, such as the common cold, and is sometimes called a "chest cold". The most common symptom of acute bronchitis is a nagging cough. Treatment of acute bronchitis usually involves treating the symptoms, such as sore throat and congestion.

BRONCHITIS CAUSES

- Most cases of bronchitis are caused by a viral infection of the upper airways, such as the common cold or the flu. Less commonly, a bacterium called *Bordetella pertussis*, which causes pertussis (whooping cough)

BRONCHITIS SYMPTOMS

The most common symptoms of acute bronchitis include:

- A persistent cough; this may last

BRONCHITIS DIAGNOSIS

Most people who have a persistent cough after an upper respiratory infection (cold) do not need to see a healthcare provider. Diagnostic testing, such as x-rays, cultures, and blood tests, are not usually needed for people with acute bronchitis.



"A healthy outside starts from the inside."

~Robert Urich

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Rarely Revealed Danger Of Using A Cell Phone

There is a whole lot of medical information regarding the health problems posed by mobile phones or cell phones, as they are commonly referred to. It is believed that prolonged use of a mobile phone can pose many health hazards including brain damage. As the usage of cell phones increases research into the health problems caused by



“Picking a cell phone while it is still plugged in to charge could be dangerous.”



is still plugged and start using the phone. There seems to be nothing wrong in doing this but, **this could be dangerous.**

What you Should be Aware of

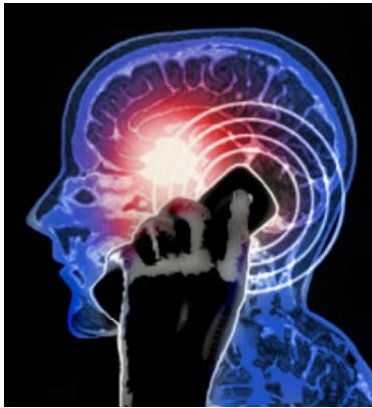
Most of us are aware that the mobile phone can be used even while it is being charged. Doing this will infact stop the battery from draining as power in most cases will be drawn from the power point

CELL PHONE DANGER

excess usage will also proceed at a rapid pace.

Typical Scenario For Mobile Phone Usage

You use your mobile phone in the car, on the road, in the office and at home. Every cell phone has a battery that gets drained as the phone is used. Periodically the battery needs to be charged to allow the phone to be used freely without being tied to wires and plug points. You plug your cellular phone into a plug point and start charging the battery, you get a call or have an urgent call to make, you pick the cell phone while it



through the charger, but this is exactly where the danger is. The charger is connected to a power point on a wall or other place and that point is wired throughout the premises. In the case of a rain storm accompanied by lightning, the wiring in the premises could receive the electric charge from the lightning and pass that charge to the person using the phone (through the mobile phone instrument).

BENEFITS OF BROWN RICE

Brown rice is also called 'unpolished rice' and is brown in color.

Health Benefits Of Brown Rice

There are some proven reasons regarding the nutrition benefits of brown rice. The most important thing about brown rice is that it is rich in fiber which is present in the brown bran layer of the grains. The health bene-

fits of a high fiber diet are being stressed by medical experts and this alone is a very good reason why you should eat brown rice instead of the regular white rice.

The health benefits of high fiber content foods are numerous, it reduces the possibility of heart diseases, helps avoid abrupt spikes in sugar levels, helps digestion and reduces constipation etc. Some medical tests have indicated that the health benefits of brown rice

could include controlling high blood pressure. Besides high fiber content, brown rice also contains other nutrients like, B vitamins, manganese, selenium and iron. By eating brown rice, you will also get the health benefits that such nutrients give the human body.

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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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