

RICKETS

Issue 20

16th January, 2012

Rickets is a rare disease that affects bone development in children. It causes the softening and weakening of bones, which can lead to deformities, such as bowed legs and curvature of the spine.

Rickets in adults is known as osteomalacia (soft bones).

The most common cause of rickets is a lack of vitamin D or calcium in the diet. These minerals are essential for a child to form strong healthy bones. Less commonly, children can be born with genetic forms of rickets or develop rickets if underlying conditions affect the absorption of vitamins and minerals.

SYMPTOMS

When to See a Doctor

If your child shows any symptoms of rickets, such as delayed growth, bone pain, muscle weakness or any skeletal problems, take them for a check-up with your GP.

Rickets causes bones to weaken and become softer, which can result in:

- **Pain** – bones with rickets are sore but it is often hard for the child to express this.
- **Skeletal deformities** – such as soft skull bones, bowed legs, curvature of the spine, thickening of the ankles and wrists and knees. The breastbone can also stick out, which is sometimes called 'pigeon chest'.
- **Fragile bones** – bones become weaker and more prone to fractures.
- **Poor growth and development** – the bones of the skeleton do not grow and develop properly.

- **Dental problems** – such as a delay in teeth coming through and weak tooth enamel.

As your child gets older, symptoms of rickets may also include:

- waddling when walking
- bending bones
- muscle weakness and pain

CAUSES

There are three main causes of rickets:

- **Lack of vitamin D or calcium:** Rickets is most commonly caused by a lack of vitamin D or calcium in your child's diet. Both of these minerals are essential for a child to form strong and healthy bones.
- **A Genetic Defect:** There are also rare forms of rickets that can be inherited.
- **Underlying disease:** Rickets occasionally develops in children with rare forms of kidney, liver and gut diseases that affect the absorption and metabolism of vitamins and minerals.

TREATMENT

• Diet

Make sure you and your child eat a diet that includes plenty of vitamin D and calcium.

Sources of vitamin D include:

- Oily fish
- Liver

- Eggs
- Margarine
- Breakfast cereals with added vitamin D

Sources of calcium include:

- Dairy products, such as milk, cheese and yoghurt
- Green vegetables, such as broccoli and spinach
- Whole meal bread
- Dried fruits
- Beans and pulses, such as lentils
- If you or your child eats a restricted diet, for example if you are vegetarian or vegan, you may be missing out on essential vitamins and minerals and may need to take a supplement.

• Sunlight

We get most of our vitamin D from sunlight as the vitamin forms under the skin in reaction to exposure to the sun.

If you do not get enough sunlight because you spend a lot of time indoors, or wear clothes that completely cover your skin, you may be at a higher risk of vitamin D deficiency and therefore at risk of rickets or osteomalacia.

• Supplements

Most people should be able to get all the vitamin D they need from their diet and by getting a little sun. However, certain groups are at a higher risk of vitamin D deficiency and may need to take supplements to prevent rickets and osteomalacia.



"Happiness is nothing more than good health and a bad memory."

~Albert Schweitzer

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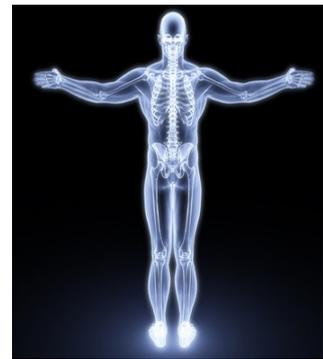
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“Regular exercise is a good thing you can do when you have OA”



Osteoarthritis (OA) is the most common kind of arthritis. It is a joint disease caused by “wear & tear.” Cartilage, the firm rubbery tissue that cushions bones at joints, allows bones to glide over one another. In OA, cartilage breaks down & wears away causing the bones to rub causing discomfort & sometimes limiting range of motion. OA develops mostly in the hands, knees, hips, and spine. Men and women get OA equally especially with age.

and mechanical factors can play a role in its development.

RISK FACTORS

- Age
- Genetic predisposition
- Being overweight
- Injury to the joint
- History of joint disease
- Metabolic/hormonal issues
- Congenital joint disorders
- Repetitive stressful joint use
- Deposits of uric acid crystals in joints

- Losing weight -- Losing any extra weight helps relieve the pressure on your joints and may slow down the loss of cartilage as well as relieve pain.
- Exercise -- Although it may seem hard to think about exercise when you are in pain, regular exercise is another good thing you can do when you have OA. Exercise strengthens the muscles so they better support your joints.

OSTEOARTHRITIS (OA)

SYMPTOMS

- Joint pain that gets worse when you move and better when you rest the joint
- Stiffness in the morning or after sitting or lying down
- Joint swelling
- Joints get warm to touch
- Limited range of motion
- Muscle weakness
- Growth of bony knobs near joints

CAUSES

Most of the time, the cause of OA is unknown. It is associated with aging. However, metabolic, genetic, chemical,

PREVENTIVE CARE

- Protecting an injured joint from further damage
- Exercising
- Maintaining proper weight
- No repetitive motions

TREATMENT

While researchers are working on ways to regrow cartilage, those treatments aren't yet available. Current goals when treating OA are to relieve pain and improve range of motion of the joint.

The following lifestyle changes may help you manage OA:

DIET SUPPLIMENTS

- Eat foods like garlic, onions, pickles, lemon etc
- Avoid refined foods, such as white breads and sugars.
- Eat more fruits, vegetables, and whole grains.
- Use healthy cooking oils, such as olive oil.
- Reduce or eliminate trans-fatty acid foods such as cookies, cakes, French fries
- Avoid caffeine, alcohol & tobacco.
- Drink 6 - 8 glasses of filtered water daily.
- Exercise moderately, for 30 minutes 5 days a week.

TIPS FOR KEEPING KIDS HEALTHY DURING WINTERS

Flu season is in full swing across the country. Parents may follow the following to prevent flu from affecting kids

- Wash your Hands - Frequent hand-washing is one of the very best ways to prevent the spread of germs and viruses.
- Cough or Sneeze into your elbow, not your hand
- Stay Hydrated - Cold weather and indoor heating can cause mucous membranes to dry

out and make them more susceptible to germs.

- Eat Healthy - To boost your child's immune system, feed him a healthy diet. If you are concerned your child is not getting adequate nutrition from his food, ask your child's doctor about supplementing with a children's multi-vitamin.
- Exercise - Exercise is very important to keep your child healthy and strong throughout the winter months.

- Clean and Disinfect the Toys - If the child becomes ill, disinfect any toys that may have been contaminated before allowing other children to play with them.
- Replace Toothbrushes - In the case of strep throat, replace the toothbrush again when all of the antibiotic is gone. This will help prevent re-infection.
- Keep sick kids at home to prevent the spread of the illness.



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

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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