



CATARACT

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Cataracts are cloudy areas in the lens inside the eye - which is normally clear. Cataracts can develop in one or both eyes. If they develop in both eyes, one will be more severely affected than the other. A normally clear lens allows light to pass through to the back of the eye, so that the patient can see well-defined images. If a part of the lens becomes opaque light does not pass through easily and the patient's vision becomes blurry - like looking through cloudy water or a fogged-up window. The more opaque (cloudier) the lens becomes, the worse the person's vision will be.

There are two types of cataracts:

- **Age related cataracts** - appear later in life; most common form.
- **Congenital cataracts** (childhood cataracts) - may be present when baby is born / shortly after birth.

CAUSES

The following factors may increase a person's chances of developing cataracts:

- Age
- Family history of cataracts
- Diabetes
- Ionizing radiation exposure
- Long-term exposure to sunlight
- Long-term use of corticosteroids
- Previous eye inflammation
- Previous eye injury
- Exposure to lead

SYMPTOMS

Symptoms usually creep up many years after onset. Some of them are:

- Blurry, cloudy, or misty vision.
- Some describe it as similar to looking through frosted glass.

- Vision may be affected by small spots or dots.
- Patient sees small patches which blur field of vision.
- Vision worsens in dim light.
- Vision is sometimes worse when light is very bright.
- Some people with cataracts also comment that colors appear less clear and faded.
- Reading becomes difficult, and eventually impossible.
- Glasses need replacement frequently.
- In some cases patients see a halo around bright objects, such as car headlights or street lights.
- Double vision in one eye (rare).

TREATMENT

If the patient is found to be only mildly affected surgical treatment may not be needed. During its early stages, stronger glasses and brighter lights may help improve vision. The following simple approaches may assist people who are not ready yet to have surgery:

- Make sure your glasses are of accurate prescription.
- Use magnifying glass to read.
- Get brighter lamps for house. Halogen lights may help a lot.
- Wear sunglasses to reduce glare on sunny days.
- Refrain from night driving.

Surgery

In most cases, a cataract will continue to develop and the only way to restore vision is by having surgery to remove the cataract. Cataract surgery is one

of the most common and quickest forms of surgery. Many people are able to return to their usual daily routine 24 hours after having the operation.

The procedure to remove a cataract usually lasts 30-45 minutes, and vision is improved almost immediately. After cataract surgery, most people will need to wear glasses for either near or distance vision, or both. However, once these have been fitted, about 95% of people will have normal vision.

PREVENTION

To prevent suffering the complications of cataracts it is advisable to have regular eye exams, especially as you get older. The following steps are advised to lower the risk of developing cataract:

- Give up smoking - several studies have indicated that a higher percentage of smokers develop cataracts, compared to non-smokers.
- Nutrition - eat plenty of fruits and vegetables, whole grains, unrefined carbohydrates, good quality fats (avocado, olive oil, omega oils), and either plant sourced proteins or lean animal proteins.
- Sunlight - wear sunglasses that block ultraviolet B rays.
- Sleep - make sure you get at least 7 hours of good quality, continuous sleep every night.
- Exercise - Obesity significantly raises the risk of developing diabetes type 2, which in turn is an important cataract risk factor. To prevent this, try to work out a healthy exercise routine.

"A sad soul can kill you quicker than a germ."

~John Steinbeck

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“Bacterial infections of tonsils & adenoids are treated with appropriate antibiotics. Viral infections are not.”

Tonsils and adenoids are composed of tissues that are similar to the lymph nodes or glands found in the neck or other parts of the body. Together, they are part of a ring of glandular tissue (Waldeyer's ring) encircling the back of the throat.

The tonsils are the two masses of tissue on either side of the back of the throat. Normal tonsils are usually about the same size and have the same pink color as the surrounding area. On their surfaces are

its defense against incoming bacteria and viruses by helping the body form antibodies. However, this function may only be important during the first year of life. There is no evidence to support a significant role of the tonsils and adenoids in immunity. Medical studies have shown that children who have their tonsils and adenoids removed suffer no loss whatsoever in their future immunity to disease or ability to ward off infections.

- Peritonsillar abscess is a collection of pus behind the tonsils.
- Obstruction to breathing by enlarged tonsils and adenoids may cause snoring and disturbed sleep patterns.
- Bacterial infections of the tonsils and adenoids are treated with appropriate antibiotics. Viral infections are not.
- Tonsillitis and adenoid infections are diagnosed with a history and physical exam.

TONSILS & ADENOIDS

little depressions, called crypts, which may appear deep and contain pus pockets or tonsil stones.

The adenoids are located high in the throat behind the nose and soft palate (the roof of the mouth) and unlike the tonsils, are not easily visible through the mouth. A tonsillectomy and an adenoidectomy (commonly referred to as a T & A) are surgical procedures performed to remove the tonsils and adenoids.

What is the purpose of the tonsils and adenoids?

The tonsils and adenoids are thought to assist the body in

FACTS

- Tonsils and adenoids are composed of tissues that are similar to the lymph nodes or glands.
- Acute tonsillitis is an infection of tonsils caused by one of several possible types of bacteria/viruses.
- Symptoms of tonsil or adenoid infection include sore throat, fever, bad breath, difficulty swallowing, and swollen glands in the front of the neck.
- Chronic tonsillitis is a persistent infection of the tonsils and can cause tonsil stone formation.

A rapid strep test may be ordered if tonsillitis suspected to be bacterial.

Tonsillectomy and adenoidectomy are indicated as follows:

- In persons with repeated or persistent infections.
- When serious complications of infection occur.
- When enlargement of the tonsils and adenoids causes breathing, swallowing, or dental complaints.



HEALTH BENEFITS OF APPLE



Apples contain a long list of nutrients required for growth & development and well-being.

- Delicious and crunchy apple is one of the popular fruit that contain a long list of nutrients required for growth & development and well-being.
- Apples are rich in fiber, which helps, prevent absorption of dietary LDL cholesterol in the gut. The dietary fibers also help protect the mucous membrane of the colon from exposure to toxic substances.
- Apple contains good amount of vitamin-C (powerful natural antioxidant) & beta-carotene. Consumption of foods rich in vitamin C helps body develop resistance against infectious agents.
- In addition, apple fruit is a good source of B-complex vitamins such as riboflavin, thiamine, and pyridoxine (vitamin B-6). Together these vitamins help as co-factors for enzymes in metabolism as well as in various synthetic functions inside the body.
- Apple also contains small amount of minerals like potassium, phosphorus, and calcium. Potassium is an important component of cell and body fluids helps controlling heart rate and blood pressure; thus counters the bad influences of sodium.

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
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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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