



URTICARIA

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Urticaria (hives) is a vascular reaction of the skin marked by the transient appearance of smooth, slightly elevated patches (wheals) that are erythematous and that are often attended by severe pruritus.

Most cases of urticaria are self-limited and of short duration; the eruption rarely lasts more than several days, it but may be recurrent over weeks. Chronic urticaria is defined as urticaria with recurrent episodes lasting longer than 6 weeks).

ETIOLOGY

In 50% of patients with acute urticaria, a specific etiology can be identified. Brief episodes of urticaria can be associated with identifiable causes, and the method of exposure (i.e., direct contact, oral or intravenous routes) is usually known. Urticaria is often associated with a recent infection.

FOOD ALLERGIES

Food allergy should be considered in acute urticaria and urticaria in children. Such foods as tree nuts, peanuts, eggs, shellfish, and tomatoes should be considered.

DRUG ALLERGIES

Drug can cause an allergic reaction. Antibiotics, such as penicillin, have been implicated most frequently. Urticarial reactions to penicillin can occur as long as 14 days after a course of treatment has stopped. Urticaria associated with a drug reaction. Urticaria from drug reaction.

PHYSICAL CONTACT

Contact urticaria is an allergic reaction to a substance that comes into contact with the skin (e.g., an occupational exposure).



INSECT BITES

- Papular urticaria is a variation of urticaria caused by insect bites.; the lesions may last longer than 24 hours.
- Urticaria developed after bites from an imported fire ant.

HYPERSENSITIVITY

- Urticaria may be caused by other immediate hypersensitivity allergic reactions to an ingested, inhaled, or percutaneously inoculated substance (e.g., latex, stinging insects, and occupational exposures)

NONALLERGIC RELEASE OF MEDIATORS

A number of drugs, such as aspirin, NSAIDs, opiates, succinylcholine, and certain antibiotics (e.g., polymyxin, ciprofloxacin, rifampin, vancomycin, and some beta-lactams) can cause urticaria by a nonallergic mechanism rather than by IgE-mediated hypersensitivity.

Certain foods or beverages, such as spoiled fish, aged cheeses, or red wine, can contain histidine, which is closely related to histamine.

PROGNOSIS

The prognosis in acute urticaria is excellent, with most cases resolving within days.

Acute urticaria usually can be controlled using only symptomatic treatment with antihistamines. If a known triggering factor is present, avoidance is the most effective therapy. Acute urticaria causes discomfort, but it does not cause mortality, unless it is associated with angioedema involving the upper airways. If a patient continues to be exposed to a known trigger, the condition may become chronic.

Morbidity depends on the severity and duration of the condition.



"His best companions, innocence and health; And his best riches, ignorance of wealth."

~Oliver Goldsmith

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ULCERATIVE COLITIS 2

HEALTH BENEFITS OF DATES 2



“People with this condition have problems with the immune system...”



Dates help improve digestive system as they are loaded with fibers & amino acids...

Ulcerative colitis is a type of inflammatory bowel disease (IBD) that affects the lining of the large intestine (colon) and rectum.

CAUSES

The cause of ulcerative colitis is unknown. People with this condition have problems with the immune system, but it is not clear whether immune problems cause this illness. Although stress and certain foods can trigger symptoms,

Others have more severe attacks that occur more often. Many factors can lead to attacks, including respiratory infections or physical stress.

SYMPTOMS

- Abdominal pain and cramping
- Abdominal sounds (a gurgling or splashing sound heard over the intestine)
- Blood and pus in the stools
- Diarrhea, from only a few episodes to very often

TREATMENT

The goals of treatment are to:

- Control the acute attacks
- Prevent repeated attacks
- Help the colon heal

Hospitalization is often needed for severe attacks. Your doctor may prescribe corticosteroids to reduce inflammation. You may be given nutrients through a vein (intravenous line).

ULCERATIVE COLITIS

they do not cause ulcerative colitis.

Ulcerative colitis may affect any age group, although there are peaks at ages 15 - 30 and then again at ages 50 - 70.

The disease usually begins in the rectal area, and may involve the entire large intestine over time.

SYMPTOMS

The symptoms vary in severity and may start slowly or suddenly. About half of people only have mild symptoms.

- Fever
- Tenesmus (rectal pain)
- Weight loss
- Children's growth may slow.

Other symptoms that may occur with ulcerative colitis include the following:

- Gastrointestinal bleeding
- Joint pain and swelling
- Mouth sores (ulcers)
- Nausea and vomiting
- Skin lumps or ulcers

DIET & NUTRITION

Certain types of foods may worsen diarrhea and gas symptoms, especially during times of active disease. Diet suggestions include:

- Eat small amounts of food
- Drink plenty of water
- Avoid high-fiber foods
- Avoid greasy or fried foods
- Dairy products are sources of protein and calcium.

STRESS

Any type of stress may also trigger digestive problems.

HEALTH BENEFITS OF DATES

- Dates don't have cholesterol and contain low fat. They are rich in minerals & vitamins.
- Source of dietary fiber, Vitamin B1, B2, B3 & B5. They contain Vitamin C & A.
- Dates help improve digestive system as they are loaded with fibers & amino acids which are good for digestion.
- Dates are a source of energy as they have natural food based sugar like glucose, fructose and sucrose. Dates are also very low in calories.
- In case of constipation, soak dates all night and have it the morning after with water for ease.
- Soak a fistful of dates in goat's milk for 1 night and mash the dates and drink the same for improved libido.
- Dates are also rich in potassium and they have low sodium. This is extremely beneficial for the nervous system. Studies have indicated that having potassium rich foods can reduce the risk of strokes to a great extent. Dates are also helpful in reducing LDL cholesterol.
- Dates are very good to reduce effects of alcohol.
- Dates have a high iron content and that helps cure anemia. Those having iron deficiency may eat dates. Dates also have fluorine that reduces tooth decay.
- Dates are helpful in treating abdominal cancer. Dates are also known to improve the eye sight and help treat night blindness.

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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