

SEPSIS

Issue 25

1st April, 2012

Sepsis also known as the Systemic inflammatory response syndrome (SIRS) is a life threatening condition. This is a bacterial infection, infecting the blood stream of the patient. The infections are caused by microorganisms in the body and these micro-organisms are toxin producing. These micro-organisms can originate at any place in the body, the most common origination points are the kidneys, the liver, the gall bladder, the skin, the lungs and the bowels.

CAUSES

Bacterial infections in the body cause Sepsis. The infections enter the body through either open wounds and manifest itself in the kidneys, the liver, the gall bladder, or the lungs. In the kidneys it is found in the upper urinary tract. In children due to their immune system not being fully developed they Sepsis may often result in Osteomyelitis. Osteomyelitis is an infection of the bone. Hospitalized are likely to get the infection either through surgical wounds or open IV lines. The most common form is being bed sores or ulcers as a result of long rest.

Other causes of Sepsis are pneumonia, burns, cancers and AIDS.

DIAGNOSIS

Sepsis infection in a human body can be diagnosed by a simple blood test that can be used to check the

white blood count. The WBC content may be abnormally high or low. The platelets count may also be low. The blood culture tests positive for a bacterial infection. A test of the function of the kidneys also reveal an abnormality in the early stages of the disease.

A PAP smear test in women also shows abnormality. This is either indicative by a low platelet count or there may be a destruction of the red blood cells.

SYMPTOMS

Some of the most common symptoms of the infection are: high or low body temperatures that cannot be explained, a drop in blood pressure, chills, rapid heartbeat, low urine output, mentally un-stable state like deliriums.

COMPLICATION

Complications as a result of Sepsis are Septic shock, and failure to supply blood to some vital organs of the body like the kidneys, lungs, liver, and the central nervous system. This may result in abnormal functioning of the said organs.

TREATMENT OPTIONS

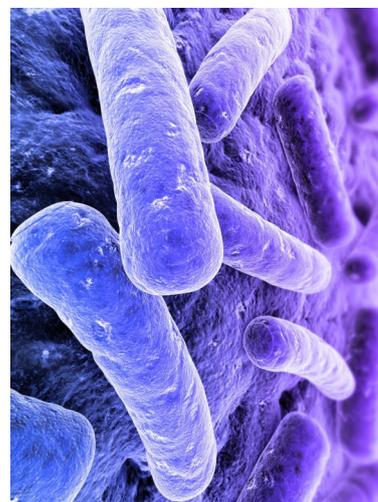
Sepsis when properly diagnosed at an early stage can be treated. This provided one knows from where the infection has originated. If the infection has originated from the kidneys (Urinary tract), treatment is aimed at reducing the infection there by

providing one with antibiotics and letting the body's immune system take over. For patients suffering from AIDS, the treatment is a more risky factor as the full course of treatment is to be given by medication and intravenously. This at times may result in further complications.

WHO IS AT RISK OF DEVELOPING SEPSIS?

There are no limits as to who can develop Sepsis. It can be the young or the old, the sick or the hale and hearty. However, people more prone to Sepsis are people who are exposed to injuries, wounds, people who have suffered burn injuries, or bullet wounds.

People with AIDS are more at a risk of developing Sepsis. People who are recovering from an injury and are in a hospitalized condition are also likely to be afflicted by Sepsis through IV tubes, open wounds and the likes.



The preservation of health is a duty. Few seem conscious that there is such a thing as physical morality.

~Herbert Spencer

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Ludwig's angina refers to the cellulites (diffuse subcutaneous inflammation) of submental and submandibular regions involving the floor of mouth, under the Tongue due to virulent streptococcal bacteria. This condition is uncommon in children.

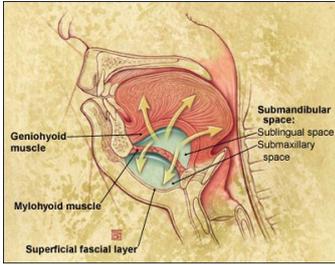
- Weakness, excess tiredness

Others include:

- Drooling
- Earache
- Unusual speech as if the person has hot potato in mouth

PREVENTION

Regular visits to the dentist, and prompt treatment of mouth or tooth infections can prevent the conditions that increase the risk of developing Ludwig's Angina.



“Ludwig's angina can be life threatening. However, it can be cured with proper protection”

PRECIPITATING FACTORS

- Caries tooth
- Cancer of oral cavity

TREATMENT

- Rest and hospitalization
- Appropriate antibiotics
- I.V. fluids and Ryle's tube feeding

LUDWIG'S ANGINA

- Calculi in sub-mandibular gland
- Chemotherapy
- Diabetes

- If it doesn't help, then surgical intervention is required.

SYMPTOMS

Swelling of the tissues occur quickly. It may block the airway or prevent you from swallowing saliva.

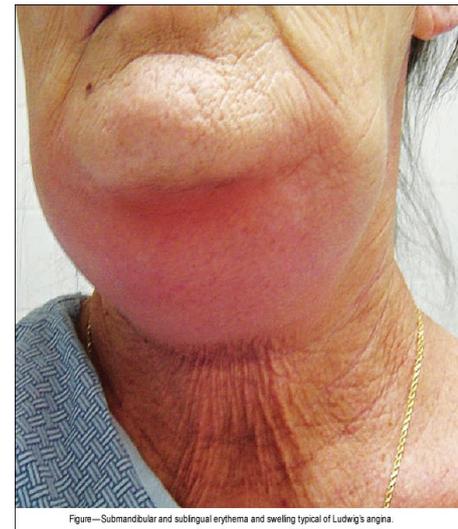
- Breathing difficulty
- Fever
- Neck pain
- Neck swelling
- Putrid halitosis (bad breath)
- Redness fatigue of the neck

PROGNOSIS

Ludwig's angina can be life threatening. However, it can be cured with proper protection of the airways and appropriate antibiotics.

COMPLICATIONS

- Airway blockage
- Generalized infection (septicaemia)
- Oedema of the Glottis.



Figure—Submandibular and sublingual erythema and swelling typical of Ludwig's angina.

HEALTH BENEFITS OF BELL PEPPERS



When used judiciously it also found to reduce triglycerides and LDL cholesterol levels in obese individuals.

- Bell pepper contains impressive list of plant nutrients that are known to have disease preventing and health promoting properties. Unlike other chili peppers, it is very low in calories and fats.
- Bell pepper contains small levels of health benefiting an alkaloid compound capsaicin. Early laboratory studies on experimental mammals suggest that capsaicin has antibacterial, anti-carcinogenic, analgesic and anti-diabetic

properties. When used judiciously it also found to reduce triglycerides and LDL cholesterol levels in obese individuals.

- Fresh bell peppers, red or green, are rich source of vitamin-C. This vitamin is especially concentrated in red peppers. It is required for the collagen synthesis in the body. Collagen is the main structural protein in the body required for maintaining the integrity of blood vessels, skin, organs, and bones.
- It also contains good levels of vitamin-A. In addition, it contains

anti-oxidant flavonoids. Together, these antioxidant substances in capsicum helps to protect body from injurious effects of free radicals generated during stress & diseases.

- Bell pepper has adequate levels of essential minerals. Some of the minerals are iron, copper, zinc, potassium, manganese, magnesium and selenium. Manganese is used by the body as a co-factor for antioxidant enzymes.
- Capsicum is also good in B-complex group of vitamins.

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
Newsletter..**

info@vipulmedcare.com



CORPORATE OFFICE

VIPUL MEDCARE PRIVATE LIMITED
534, UDYOG VIHAR, PHASE V
GURGAON,
HARYANA-122016

Phone: +91-124-4629830
Fax: +91-124-4699611
E-mail: info@vipulmedcare.com

health services across the globe

WWW.CAREASIA.NET



FOR QUERIES

HELPLINE NUMBERS

+91-124-4629830

EMAIL

info@vipulmedcare.com

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.

LOCATIONS

OMAN

Vipul BetterCare
Management Services
P.O. Box No. 1031, Muttrah,
Sultanate of Oman
Tel: +9682481846

MALAYSIA

Compumed Services Sdn Bhd
No. 50, 50-03-13A, Level
Wisma UOA Damansara
No. 50 Jalan Dungun,
Damansara Heights-50490
Kuala Lumpur, Malaysia

UAE-DUBAI

MaxCare Middle East
202, Al Habbai Building
Opposite Deira City Centre
Deira, Dubai, UAE
Tel: +971-4-2367575

DELHI (Registered Office)

B-416 Ansal Chamber 1, Bhikaji Cama
Place,
New Delhi, Pin Code: 110 066
Contact Person: Mr. Chanden Prasad
Tel: 011-46074578-81, 9313333270
Fax No: 011-41659833

MUMBAI

C/1, 2nd Floor Harganga Mahal, Khodadad Circle
Dr. Ambedkar Road
Dadar T.T., Dadar(East) Mumbai, Pin
Code : 400014
Contact Person: Mr. A.k.Sachdeva
Tel: 022-24157048-9, 022-
65951945, 9969137073
Fax No: 022-24160821

CHENNAI

Old No 12/2, New No 29, Seshachalam
Street
Saidapet, Chennai- 600 015
Contact Person: Mr. K. Rajshekaran
(9841030629)
Tel: 044-24335717/19, 420 10092
Fax No: 044-24335716/18

KOLKATA

16/2, 2nd Floor Lord Sinha Road,
Kolkata Pin Code: 700 071
Contact Person: Mr. Dr.Arup Banerjee
Tel: 033-22820224, 9331825012
Fax No: 033-22820224

COCHIN

Mariam Tower Door No36/3120-b-3,
Kaloor Kadavantham Road, Kathrikadavu,
Cochin-17
Contact Person: Mr. Rajesh R
(9744497212)
Tel: 0484-2102021, 2330079
Fax No: 0484-2330080

BANGALORE

154, 2nd Floor, Mallige Complex, KHB
Colony, 5th Block,
Kormangala, Bangalore -5600950
Contact Person: Mr. NCS Rao
Tel: 080-64512965, 64522965-6,
Tele Fax No: 080-41464765

HYDERABAD

408, 4th Floor, Navkethan complex,
Opp to Clock Tower., S D RD,
Secunderabad - 500 003
Contact Person: Dr. Srikanth
Tel: 040 - 27803247
Fax No: 39121957

JAIPUR

S-10, Shyam Nagar Ajmer Road,
Jaipur Rajasthan Pin Code: 302 019
Contact Person: Mr. Uma Shankar
Tel: 0141-5182035, 2297569-
70, 9829422303
Tele Fax No: 0141-2297335