

### CERVICAL CANCER

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**C**ancer of the cervix occurs when the cells of the cervix change in a way that leads to abnormal growth and invasion of other tissues or organs of the body.

#### CAUSES:

Cervical cancer begins with abnormal changes in the cervical tissue. Infection with human papillomavirus (HPV) is the cause of almost all cervical cancers. Other known risk factors for cervical cancer include early sexual contact, multiple sexual partners, cigarette smoking, HIV infection and a weakened immune system, and taking oral contraceptives (birth control pills).

#### SYMPTOMS:

As in many cancers, there may be no signs or symptoms of cervical cancer until it has progressed to a dangerous stage because it does not usually cause pain, even though it may in very advanced stages. The most common symptom is abnormal vaginal bleeding.

#### DIAGNOSIS

Early diagnosis is key to successful treatment and cure. Treating precancerous changes that affect only the surface of a small part of the cervix is much more likely to be successful than treating invasive cancer that affects a large portion of the cervix and has spread to other tissues.

#### SELF CARE AT HOME

Maintaining good nutrition is one of the best things a woman can do. People taking in enough calories and protein, will have an easier time keeping their strength and energy up during the therapy. They are also better able to tolerate the side effects of therapy.

The following lifestyle changes may help keep a woman stronger and more comfortable during treatment:

1. Physical activity helps keep strength and energy level up.
2. Rest is equally important. A woman should get plenty of sleep each night and rest during the day if she needs to.
3. A woman should quit smoking.
4. A woman should avoid alcohol. She may not be able to consume alcohol with some of the medications she is taking.

#### FOLLOW UP:

Regular pelvic examinations and **Pap smears** are important for every woman. These tests are no less important for a woman who has been treated for precancerous changes or for cancer of the cervix.

#### PREVENTION:

The key to preventing invasive cervical cancer is to detect any cell changes early, before they become cancerous. Regular pelvic examinations and Pap smears are the best way to do this. How often a woman should have a pelvic exam and Pap smear depends on her individual situation.

A woman should have her first Pap smear within three years of becoming sexually active, no matter how old she is.

If a woman is not sexually active, she should have her first Pap smear at age 21.

In both cases, she should have a Pap smear every year for at least three years.

If these Pap smears reveal no abnormal cells and a woman

has few risk factors for cervical cancer, it is recommended to have a repeat Pap smear at least every three years.

Because a woman's risk factors may change with her lifestyle, many medical professionals prefer that a woman has a Pap smear yearly through age 65 years and older, regardless of the number of negative tests she has had in the past.

If a woman has had precancerous changes or cancer of the cervix, her gynecologist will recommend a schedule of follow-up examinations and tests.

Avoidance of HPV infection is becoming increasingly important in the prevention of precancerous and cancerous changes of the cervix.

Early age first intercourse is associated with increased risk. Abstinence is recommended as one way to prevent the transmission of HPV.

Likewise, barrier protection, such as condom use may prevent HPV infection, although this has not yet been fully studied.

#### VACCINATION:

2 vaccines have been approved for the prevention of HPV infection. Both vaccines are given in three doses over a six-month period.

**Gardasil** is a vaccine that targets four different types of HPV. It is approved for use in females for the prevention of cervical cancer, and some vulvar and vaginal cancers. The vaccine is approved for these uses in females ages 9 to 26.

The **Cervarix** vaccine targets two HPV which are the types associated with the majority of cervical cancers. The FDA has approved Cervarix for use in females aged 9 to 25 for the prevention of cervical cancer caused by HPV.



*“My own prescription for health is less paperwork and more running barefoot through the grass.”*

~Terri Guillemets

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**B**ell's palsy is a paralysis or weakness of the muscles on one side of face. Damage to the facial nerve that controls muscles on one side causes that side of face to droop. It may also affect your sense of taste. It occurs suddenly and usually improves on its own in few weeks.

### CAUSES

The cause of Bell's palsy is not clear. Most cases are thought to be caused by the herpes virus that causes cold sores. In

- Numbness on side of face.
- High sensitivity to sound.

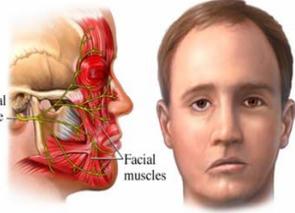
### TREATMENT

If doctor suspects that Bell's palsy is caused by inflammation, corticosteroids may be administered to reduce the inflammation. If the doctor thinks that a virus is causing Bell's palsy, antiviral drugs may be prescribed. But there is no clear evidence that antiviral drugs are effective for Bell's palsy.

forehead, cheeks & lips with oil or cream may also help.

**Eye care.** If you can't blink or close eye fully, the eye may dry up leading to sores & vision problems. To help the eye and keep it moist:

- Use finger to close & open eyelid throughout the day.
- Use eye drops ("artificial tears"). Those that contain methylcellulose are a good choice and don't require a prescription. Ask



**“Weakness or paralysis on a side of face causing it to droop is the main symptom of Bell’s Palsy”**



© Healthline, Incorporated

most cases, the nerve that controls muscles on side of face gets damaged. If a specific reason cannot be found for the weakness, the condition is called Bell's palsy.

### SYMPTOMS

- Weakness or paralysis on a side of face causing it to droop is the main symptom. It may make it hard to close the eye on that side of face.
- Drooling.
- Eye problems, such as excessive tearing or a dry eye.
- Loss of ability to taste.
- Pain in or behind your ear.

### PROGNOSIS

Most people who have Bell's palsy recover fully, without aid in 1-2 months. This is especially true for people who can still partly move their facial muscles. Small number of people may have permanent muscle weakness or other problems.

### CARE AT HOME

**Facial exercises.** As the nerve in the face begins to recover, simple exercises-like tightening & relaxing facial muscles may make muscles stronger & help recover quickly. Massaging

your doctor how often to use the drops.

- Wear an eye patch while you sleep, and wear glasses or goggles the rest of the time.

**Mouth care.** If you have no feeling and little saliva on one side of your tongue, food may get stuck there, leading to gum disease or tooth decay. Brush & floss your teeth often to help prevent these problems. To prevent problems, eat slowly and chew food well. Eating soft, smooth foods, such as yogurt, may also help.

## HEALTH BENEFITS OF BROCCOLI

- Broccoli contains twice the vitamin C of an orange. It has as much calcium as whole milk which is absorbed better.
- Broccoli contains selenium; a mineral that is found to have anticancer/antiviral property.
- Broccoli is modest source of vitamin A and vitamin E.
- The phytonutrients, sulforaphane and the indoles in broccoli have significant anticancer effects. Research shows this compound (indole-3-carbinol) helps deactivate a potent estrogen metabolite that promotes tumor growth.
- Sulforaphane contained in broccoli may also offer special protection to those with colon cancer-susceptible genes
- Researchers estimate that broccoli sprouts contain 10-100 times the power of mature broccoli to boost enzymes that detoxify potential carcinogens! A healthy serving of broccoli sprouts in your salad or sandwich can offer some great health benefits.
- Broccoli helps sun-damaged skin, significant reduction in heart disease risk & cataract prevention.
- Broccoli can help boost the immune system, build stronger bones and is useful during pregnancy with 1 cup of broccoli offering 94 mcg of folic acid. Folic acid deficiency is the most common vitamin deficiency in the world.
- All this adds up to; eat your broccoli, 3 or more serving a week.



Broccoli helps sun-damaged skin, significant reduction in heart disease risk & cataract prevention...

## 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

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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  
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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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