

DIABETIC RETINOPATHY

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Diabetic retinopathy is damage to the eye's retina that occurs with long-term diabetes.

CAUSES

Diabetic retinopathy is caused by damage to blood vessels of the retina. The retina is the layer of tissue at the back of the inner eye. It changes light and images that enter the eye into nerve signals that are sent to the brain. There are two types, or stages of diabetic retinopathy:

- Nonproliferative develops first
- Proliferative is the more advanced and severe form of the disease

Diabetic retinopathy is the leading cause of blindness in working-age Americans. People with type 1 diabetes and type 2 diabetes are at risk for this condition.

Having more severe diabetes for a longer period of time increases the chance of getting retinopathy. Retinopathy is also more likely to occur earlier and be more severe if your diabetes has been poorly controlled.

SYMPTOMS

Most often, diabetic retinopathy has no symptoms until the damage to your eyes is severe. Symptoms of diabetic retinopathy include:

- Blurred vision and slow vision loss over time
- Floaters
- Shadows or missing areas of vision
- Trouble seeing at night

Many people with early diabetic retinopathy have no symptoms before major bleeding occurs in the eye. This is why everyone with diabetes should have regular eye exams.

INVESTIGATIONS

Diagnosis of diabetic retinopathy is done by dilating your pupils with eye drops and then carefully examining the retina. A retinal photography or fluorescein angiography test may also be used.

If you have nonproliferative diabetic retinopathy, your doctor may see:

- Blood vessels in the eye that are larger in certain spots (called microaneurysms)
- Blood vessels that are blocked
- Small amounts of bleeding (retinal hemorrhages) and fluid leaking into the retina

If you have proliferative retinopathy, your health care provider may see:

- New blood vessels starting to grow in the eye that are fragile and can bleed
- Small scars developing on the retina and in other parts of the eye (the vitreous)

TREATMENT

To prevent this disorder:

- Keep tight control of your blood sugar (glucose), blood pressure, and cholesterol levels

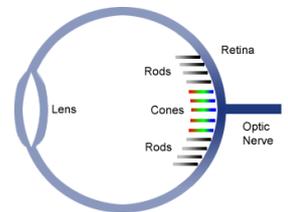
• Stop smoking
People with the earlier form (nonproliferative) of diabetic retinopathy may not need treatment. However, they should be closely followed by an eye doctor who is trained to treat diabetic retinopathy. Treatment usually does not reverse damage that has already occurred. However, it can help keep the disease from getting worse. Once your eye doctor notices new blood vessels growing in your retina (neovascularization) or you develop macular edema, treatment is usually needed.

Several procedures or surgeries are the main treatment for diabetic retinopathy. Laser eye surgery creates small burns in the retina where there are abnormal blood vessels. This process is called photocoagulation. It is used to keep vessels from leaking or to get rid of abnormal, fragile vessels.

- Focal laser photocoagulation is used to treat macular edema.
- Scatter laser treatment or panretinal photocoagulation treats a large area of your retina. Often two or more sessions are needed.

A surgical procedure called vitrectomy is used when there is bleeding (hemorrhage) into the eye. It may also be used to repair retinal detachment.

Drugs that prevent abnormal blood vessels from growing, and corticosteroids injected into the eyeball are being investigated as new treatments for diabetic retinopathy.

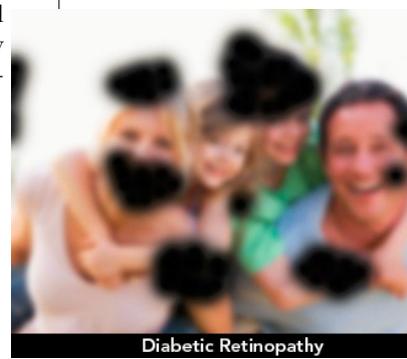


“Time and health are two precious assets that we don't recognize and appreciate until they have been depleted.”

~ Denis Waitley

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Dental abscess is localized collection of pus in cavity formed by disintegration of tissues from bacterial infection. Types of dental abscesses are:

- **Periapical abscess:** at apex of infected tooth around roots
- **Periodontal abscess:** in periodontal ligament around tooth.

CAUSES

- Dental caries
- Traumatic injury

This infection occurs in the walls of the periodontal pocket as a result of bacterial invasion into the periodontal tissue. While abscesses usually spontaneously occur in patients with untreated periodontitis. This type is generally:

- not sensitive to heat
- pain is not as severe as with a periapical abscess
- They appear red, edematous (swollen), shiny, and very sensitive to the touch.

With a periapical abscess, pus is drained through an incision in gum tissue. This alleviates pain & tissue swelling.

The principle treatment for periodontal abscess is to drain the inflammation & eliminate the infective agent.

If necessary, surgical procedures may be undertaken.

Antibiotics are vital in ridding system of infection. Warm salt-water rinses can soothe gum tissue & help with healing process

“The goal of treating a dental abscess is to eliminate the infection ”

DENTAL ABSCESS

SYMPTOMS

Periapical abscess: Infection may spread out from the root of the tooth to the bones supporting the tooth, causing an abscess. This abscess is:

- Extremely painful.
- Sensitive to hot and cold & to touch.
- May accompany fever & redness of cheeks and gums.
- may feel hot and hard to the touch.

Periodontal abscess: Occurs where pre-existing periodontitis is pre-

Other symptoms of a dental abscess include:

- Ear Ache
- General ill feeling
- Bad breath or foul taste in mouth
- Fever
- Continuous or throbbing pain

TREATMENT

The goal of treating a dental abscess is to **eliminate the infection** while preserving the teeth and to prevent any complications. Releasing the direct pressure of the infection build up is the first step.

PROGNOSIS

While loss of periodontal attachment is commonly rapid during an acute abscess, potential for repair & healing is high if abscess is treated quickly. Prognosis for periapical abscess is similar if it is treated quickly with elimination of infection that is causing abscess.

PREVENTION

Dental abscesses can be prevented with regular dental care and check ups. Wearing mouth guards during sports is one of the best ways to prevent injury & trauma to the mouth.

HEALTH BENEFITS OF WATERMELON

- Watermelon is an amazing fruit, which can work wonders for your skin. It acts as a natural moisturizer as well as a toner and keeps the skin cool, glowing and fresh.
- Packed with vitamins and minerals the watermelon is labeled as one of the healthiest fruit. Low in calories and fat free, watermelon is prescribed as an ideal diet food.
- Hence watermelon diet is perfect choice of ideal weight

loss program. It fights fatigue & keeps metabolism in high gear

- On a typical summer day watermelons are extremely refreshing as they have very high water content, 92% water and 8% sugar. Rich in electrolytes (sodium and potassium) this wonder fruit amazingly nourishes your body
- The 4 great fatigue fighters - Potassium, Vitamin C, lycopene and iron found in watermelon drives away any feeling of fatigue you may experience.
- Watermelon is a ‘sensational’ stress buster says a research. Wa-

termelon is high in vitamin B6- and is used by the body to produce brain chemicals, which may relieve stress, anxiety and panic attacks. It naturally relaxes the blood vessels without any drug side effects.

- The popular summer fruit may be a natural Viagra say research scientists. The luscious summer fruit is rich in an amino acid called citrulline. Citrulline relaxes and dilates blood vessels very much like Viagra and other drugs that are used to treat erectile dysfunction (ED).



Low in calories and fat free, watermelon is prescribed as an ideal diet food...

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
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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