

### POLIOMYELITIS

Issue 28

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**P**oliomyelitis is a viral disease that can affect nerves and can lead to partial or full paralysis.

#### CAUSES & RISK FACTORS

Poliomyelitis is a disease caused by infection with the poliovirus. The virus spreads by:

- Direct person-to-person contact
- Contact with infected mucus or phlegm from the nose or mouth.
- Contact with infected feces.

The virus enters through the mouth and nose, multiplies in the throat and intestinal tract, and then is absorbed and spread through the blood and lymph system. The time from being infected with the virus to developing symptoms of disease (incubation) ranges from 5 - 35 days (average 7 - 14 days).

#### RISKS

- Lack of immunization
- Travel to an area that has experienced a polio outbreak

In areas where there is an outbreak, those most likely to get the disease include children, pregnant women, and the elderly.

#### SYMPTOMS

There are three basic patterns of polio infection: subclinical infections, nonparalytic, and paralytic. ~ 95% of infections are subclinical and may not have symptoms.

#### SUBCLINICAL SYMPTOMS

- General discomfort/uneasiness
- Headache
- Red throat
- Slight fever
- Sore throat

- Vomiting
- People with subclinical polio might not have symptoms, or their symptoms may last 72 hours or less. Clinical poliomyelitis affects the central nervous system and is divided into nonparalytic and paralytic forms.

#### NONPARALYTIC FORM

- Back pain or backache
  - Diarrhea
  - Excessive tiredness, fatigue
  - Headache
  - Irritability
  - Leg pain (calf muscles)
  - Moderate fever
  - Muscle stiffness
  - Muscle tenderness & spasms
  - Neck pain and stiffness
  - Pain or stiffness of back, arms, legs, abdomen
  - Skin rash or lesion with pain
  - Vomiting
- Symptoms last 1-2 weeks.

#### PARALYTIC FORM

- Fever 5-7 days before other symptoms
- Abnormal sensations in areas
- Bloating feeling in abdomen
- Breathing difficulty
- Constipation
- Difficulty in urination
- Drooling & Headache
- Irritability
- Muscle muscle spasms in calf, neck or back
- Muscle pain
- Muscle weakness that is worse on one side
- Worsens into paralysis
- Sensitivity to touch; mild touch may be painful
- Swallowing difficulty

#### SIGNS & TESTS

- Abnormal reflexes
- Back stiffness
- Stiff neck

#### Tests include:

- Cultures of throat washings, stools, or cerebrospinal fluid
- Test for levels of antibodies of polio virus

#### TREATMENT

Symptoms are treated based on severity. Treatment may include:

- Antibiotics for urinary tract infections
- Medications for urine retention
- Moist heat (heating pads, warm towels) to reduce muscle spasms
- Painkillers to reduce headache, muscle pain, and spasms
- Physical therapy or corrective shoes, etc to recover muscle strength and function

#### PROGNOSIS

The outlook depends on the form of the disease & the body area affected. If the spinal cord and brain are not involved, complete recovery is likely.

Brain/spinal cord involvement is a medical emergency that may result in paralysis or death. Disability is more common than death.

**Post-polio syndrome:** is a complication that develops in some patients, usually 30 or more years after they are first infected. Muscles that were already weak may get weaker. Weakness may also develop in muscles that were not affected before.

#### Prevention

Polio immunization (vaccine) effectively prevents poliomyelitis in most people (immunization is over 90% effective).



*“I heard a definition once: Happiness is health and a short-memory! I wish I'd invented it, because it is very true.”*

~ Audrey Hepburn

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**“Neurocysticercosis is the most frequent preventable cause of epilepsy in the developing world.”**

**H**uman cysticercosis is caused by the development of *Taenia solium* cysticerci in human tissues. Cysticerci that develop in the central nervous system cause neurocysticercosis. Neurocysticercosis is considered to be a common infection of the human nervous system and is the most frequent preventable cause of epilepsy in the developing world. More than 80% of the world's 50 million people who are affected by epilepsy live in de-

## SYMPTOMS

The incubation period is variable, and infected people may remain asymptomatic for years. When cysts are recognized by the host following spontaneous degeneration or after treatment, an inflammatory reaction may occur; this usually results in clinical symptoms:

- chronic headaches
- seizures (epilepsy if they are recurrent)

## PROGNOSIS

The duration of symptoms associated with neurocysticercosis, and the proportion of patients that will fully recover with or without treatment, are ill-defined.

## PREVENTION

Preventing the disease requires strict meat inspection regimens, health education, thorough cooking of pork,

## NEUROCYSTICERCOSIS

veloping countries, many of which are endemic for *T. solium* infections in people and pigs.

- hydrocephalus
- meningitis
- dementia and even death

## TRANSMISSION

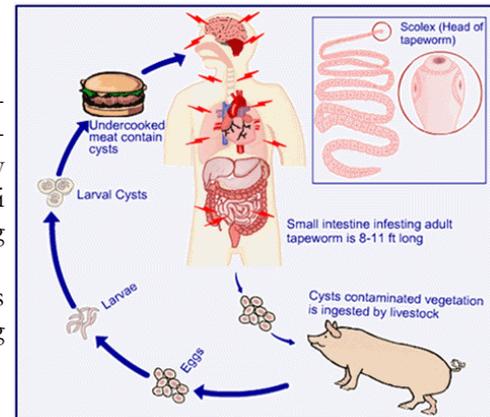
Humans acquire cysticerci, the larval stage of *T. solium*, by ingesting the tapeworm's eggs. Cysticerci also develop in the muscles of pigs that have swallowed *T. solium* eggs. The consumption of undercooked pork by humans completes the tapeworm's lifecycle.

## TREATMENT

Treating cysticercosis is difficult, and not always successful. Morbidity mostly occurs when the cysticerci develop in the brain causing neurocysticercosis.

Treatment of cysticercosis is very difficult with varying success

sound hygiene, and adequate water and sanitation



## HEALTH FACTS ABOUT CHOCOLATES

- According to a recent study, cocoa contains antibacterial agents that actually fight tooth decay. However, most chocolates contains sugar, which probably counteracts the benefits of these agents.
- According to studies by Pennsylvania School of Medicine, eating/not eating chocolate made no difference in skin condition of participants.
- Contrary to misconception, eating chocolate does not raise blood cholesterol levels. Chocolate contains stearic

acid, which is a neutral fat that does not raise bad cholesterol (LDL). Cocoa butter in chocolate contains oleic acid which is same fat as one in olive oil & may raise good cholesterol (HDL).

- Chocolate contains flavonoids and anti-oxidants. Recent research suggests that flavonoids may have potentially beneficial effects on cardiovascular health. They may also act as antioxidants, which are believed to prevent or delay certain damage to the body's cells and tissues.

- A strong dark chocolate bar might have ten to fifteen grams of sugar, which is still less than the 22 grams in your glass of orange juice. Some of the specialty chocolate manufacturers are choosing healthier alternatives to refined white sugar, such as evaporated cane juice and molasses.
- An average bar contains about 27 mg caffeine, about half what you'd find in a cola and a third what you'd find in a cup of coffee.



**Contrary to misconception, eating chocolate does not raise blood cholesterol levels...**

## 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

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### 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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WANT TO SUBMIT  
ARTICLES?  
DO YOU HAVE  
QUERIES?**

**Do write to us with  
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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.

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## 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, 982942303  
Tele Fax No: 0141-2297335