



SYPHILIS

Syphilis is a sexually transmitted disease (STD) caused by the bacterium *Treponema pallidum*. It may be congenital or acquired during life.

TRANSMISSION

Syphilis can be transmitted through direct contact with a syphilis sore as follows:

- By having any type of sexual interaction with venereal syphilis infected person
 - From a mother to her unborn baby- congenital syphilis
- Syphilis cannot be passed on by sharing baths, towels or utensils.

SYMPTOMS

Symptoms may take up to 3 months to appear. Primary & secondary stages are very infectious.

Primary stage of syphilis:

Few painless ulcers (chancres) appear at place where the syphilis bacteria entered body. This will be ~21 days after sexual contact with infected person. They are difficult to notice and are highly infectious. The usual locations for these are:

- On the outside the vagina or on the cervix
- On the penis in men
- Around the anus and mouth

Without treatment, the ulcers take between 2-6 weeks to heal. If infection is not treated now then it will progress to secondary stage.

Secondary stage of syphilis:

This stage of syphilis will usually occur from 3-6 weeks after appearance of chancres. Symptoms often include:

- A flu-like illness, a feeling of tiredness & loss of appetite, accompanied by swollen glands

(can last for weeks or months).

- A non-itchy rash covering whole body or in patches.
- Flat, warty-looking growths on vulva and around anus
- White patches on tongue or roof of mouth
- Patchy hair loss

This stage is very infectious and may be transmitted to a partner. The symptoms will usually clear in few weeks, but may re-occur for years. **Treatment at any time during the first two stages of syphilis will cure the infection.**

Latent and tertiary stages:

If an infected person has not received treatment during first 2 stages of disease then it will progress to latent stage. Person will no longer experience any symptoms of the earlier stages, but their infection can still be diagnosed with blood test.

If left untreated, infection may develop into symptomatic late syphilis, also known as tertiary stage. This usually develops after more than 10 years and is very serious. It is at this stage that syphilis can affect heart and possibly nervous system.

If treatment for syphilis is given during latent stage, infection can be cured. However, any heart or nervous-system damage that occurred before start of treatment may be irreversible.

DIAGNOSIS

To find out if someone has syphilis, doctor will usually carry out following examinations and tests:

- Blood sample is taken & sent to an STD testing laboratory
 - A specimen of fluid is taken from all sores using cotton swab and examined under microscope
 - Genital area is examined for any primary signs of syphilis. The rest of the body is also checked
 - Women are given an internal examination to check for sores
 - A sample of urine is tested
- The examinations can be done as soon as syphilis is suspected. If result is negative, it is usually recommended that person retests at a later time, as it can take up to 3 months for immune system to produce antibodies that are detected by the test.

TREATMENT

Treatment for syphilis usually consists of a 2 week course of intramuscular penicillin injections or, in some cases, antibiotic tablets or capsules. If the patient is allergic to any antibiotics, or they are pregnant, then the doctor should be informed so that alternative medication can be prescribed. It is important that full course of treatment is completed. If treatment is interrupted then it may be necessary to start again from the beginning.

PREVENTION

Although using a condom reduces chances of becoming infected with syphilis, it is not entirely effective. Condom may not cover all the sores in the affected areas and skin contact may result in transmission. If a person is sexually active with multiple partners, then it is important to get regular STD check-ups.

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“ Health comes before making a livelihood. ”

~ Yiddish Proverb

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Are you planning holidays this summer? Do memories of heat strokes, sun burn and tummy bugs have you worried? If you are vacationing this summer, here are some tips you may need to follow.

Incidences of sunstroke among people living in the plains of northern India are very common. The thumb rule to avoiding sunstroke is to avoid exposure to the sun.

- **Stay Cool!** If you are traveling make sure you drink lots

• **Water Works!** Diseases in summer are usually water-borne so, it makes sense to use boiled water during this time. You can also use mineral water, but make sure that that you consume water from well-known brands.

- **Drink up!** As the body loses essential minerals due to sweating these need to be replaced without fail or else the body may experience heat exhaustion and cramps. The ubiquitous lemonade is

does not remain sterile for long in the summers.

- **Food facts!** Food that is not refrigerated in time can cause dysentery, food poisoning and other enteric-related diseases. Food rich in fiber should also be taken in plenty.

- **Skip the street!** Avoid street food such as *chats* and juices.

- **Bug bear!** Summer is also the time when mosquitoes and other vectors breed rampantly

BEST WAYS TO STAY HEALTHY THIS SUMMER

of fluids. Wearing light colored cotton clothes can help you beat the heat and cool baths can keep your body temperature in control.

- **Eat Smart!** Nature gives you the ideal food during this time, so make sure you include them in your diet. Eating watermelon, papaya, mango and banana can cool your system. The abundance of mangoes in summers compensates for any discomfort experienced due to the heat. This king of fruits is the ideal fruit for the summer- but don't overdo it.

the ideal summer drink. Again the water you use to make juices needs to be boiled and cooled.

- **Ice isn't nice!** Do not use commercially made ice as this is a potential carrier of diseases like jaundice and cholera.

- **Cook your meals!** While eating out, go for boiled or steamed vegetables as this effectively kills the disease-causing germs. So, cooked food should definitely be preferred over uncooked food. The food should also be freshly prepared, as food

and spread vector-borne diseases like malaria and dengue. If you are using air-coolers make sure the water is changed often to avoid breeding of larvae. You can also use insect repellents and cover your body adequately to prevent mosquito bites. Covering your body will also give you the protection against sun burns.



MANGO- FRUIT OF THE SEASON

- Mangos are bursting with protective nutrients. The vitamin content depends upon the variety and maturity of the fruit, when the mango is green the amount of vitamin C is higher, as it ripens the amount of beta carotene (vitamin A) increases.
- Mango fruit is rich in prebiotic dietary fiber, vitamins, minerals, and poly-phenolic flavonoid antioxidant compounds.
- According to new research study, mango fruit has been

found to protect against colon, breast, leukemia and prostate cancers. Several trial studies suggest that polyphenolic antioxidant compounds in mango are known to offer protection against breast and colon cancers.

- It is an excellent source of Vitamin-A and flavonoids like beta-carotene, alpha-carotene, and beta-cryptoxanthin. 100 g of fresh fruit provides 765 mg or 25% of recommended daily levels of vitamin A. Vitamin A is also required for maintaining healthy mucus membranes and skin. It is

known to protect body from lung & oral cavity cancers.

- Fresh mango is a very rich source of potassium which is an important component of cell & body fluids that helps control heart rate and blood pressure.
- Copper is a co-factor for many vital enzymes & is also required for production of RBCs.
- Mango Peels are also rich in phytonutrients, such as the pigment antioxidants like carotenoids and polyphenols.

“Do not use commercially made ice as this is a potential carrier of diseases like jaundice and cholera.”



Stay Cool.



Mango fruit has been found to protect against colon, breast, leukemia and prostate cancers...

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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