

### LIVER CIRRHOSIS

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**C**irrhosis is a slowly progressing disease in which healthy liver tissue is replaced with scar tissue, eventually preventing the liver from functioning properly. Scar tissue blocks flow of blood through liver & slows processing of nutrients, hormones, drugs & naturally produced toxins apart from slowing production of proteins.

#### CAUSES

Hepatitis C, fatty liver & alcohol abuse are most common causes of cirrhosis apart from anything that damages liver including:

- Fatty liver associated with obesity & diabetes
- Chronic viral infections of liver
- Blockage of bile duct. In babies, this can be caused by biliary atresia in which bile ducts are absent or damaged. In adults, bile ducts may become inflamed, or blocked due to infection
- Repeated bouts of heart failure with fluid backing up to liver
- Certain inherited diseases like:
  - A. Cystic fibrosis
  - B. Diseases, in which body is unable to process glycogen
  - C. An absence of a specific enzyme in the liver
  - D. Diseases caused by abnormal liver function, such as Wilson's disease, caused by the abnormal storage of copper in the liver
- Although less likely, other causes of cirrhosis include reactions to prescription drugs, prolonged exposure to environmental toxins & infections

#### SYMPTOMS

The symptoms of cirrhosis of the liver vary with stage of the illness.

In the beginning, there may be no symptoms. As it worsens, symptoms may include:

- Loss of appetite
- Lack of energy (fatigue) which may be debilitating
- Sudden weight loss/ gain
- Bruises
- Yellowing of skin or whites of eyes (jaundice)
- Itchy skin
- Fluid retention and swelling in ankles, legs & abdomen (an early sign)
- Urine of brown orange tint
- Light colored stools
- Confusion, disorientation, personality changes
- Blood in the stool
- Fever

#### DIAGNOSIS

Cirrhosis of liver is diagnosed through several methods:

- **Physical exam.** During a physical exam, doctor can observe changes in how your liver feels or how large it is (a cirrhotic liver is bumpy and irregular instead of smooth).
- **Blood tests.** If your doctor suspects cirrhosis, you will be given blood tests to find out if liver disease is present.
- **Other tests.** In some cases, other tests that take pictures of the liver are performed such as a computerized tomography (CT scan), an ultrasound, or another specialized procedure called a radioisotope liver/spleen scan.
- **Biopsy.** Your doctor may decide to confirm the diag-

nosis by taking a sample of tissue (biopsy) from the liver.

- **Surgery.** In some cases, cirrhosis is diagnosed during surgery when the doctor is able to see the entire liver. The liver also can be inspected through a laparoscope, a viewing device that is inserted through a tiny incision in the abdomen.

#### TREATMENT

Although there is no cure for cirrhosis, there are treatments available that can stop or delay its progress, minimize damage to liver cells and reduce complications.

The treatment used depends on the cause of cirrhosis of the liver.

- For cirrhosis caused by alcohol abuse, person must stop drinking alcohol to halt progression
  - If person has hepatitis, doctor may prescribe steroids or antiviral drugs to reduce cell injury
- Liver transplantation may be needed for some people with severe cirrhosis.

#### PREVENTION

There are several ways to reduce risk of developing cirrhosis:

- If you do drink alcohol, limit how much you drink and how often. If you drink more than 2 drinks a day, you are increasing your risk
- Avoid high-risk sexual behaviour such as unprotected sexual contact with multiple partners
- Be careful around synthetic chemicals such as cleaning products and pesticides.
- Get vaccinated against hepatitis B



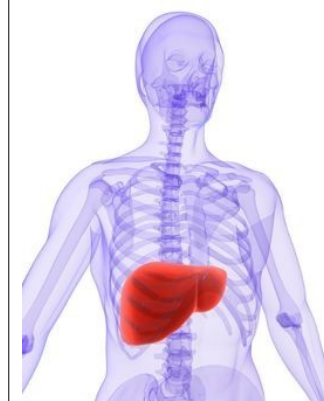
**NO ALCOHOL**

*“Fresh air impoverishes the doctor.”*

~ Danish Proverb

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**G**onorrhea is a sexually transmitted infection caused by the bacterium *Neisseria gonorrhoeae*. Gonorrhea affects both men and women and can infect the cervix, urethra, rectum, anus and throat.

### SYMPTOMS

Symptoms of gonorrhea infection may appear 1 to 14 days after exposure, although it is possible to be infected with gonorrhea and have no symptoms. Men are far more

### MEN

- A white or yellow discharge from the penis.
- A burning sensation or pain whilst passing urine.
- Irritation and/or discharge from the anus.

### TRANSMISSION

Gonorrhea is passed on through the following:

- vaginal sex
- anal sex
- oral sex

Culture of organism on selective media and other biochemical tests further help in confirmation. ELISA test used to detect gonococcal antigen is reliable method to confirm diagnosis.

### TREATMENT

Treatment is easy and essential. The patient will be given an antibiotic, preferably Penicillin, in tablet, liquid or injection form.

“Treatment of Gonorrhoea is easy and essential..”



likely to notice symptoms as they are more apparent. It is estimated that nearly half of the women who become infected with gonorrhea experience no symptoms, or have non-specific symptoms such as a bladder infection.

### WOMEN

- A change in vaginal discharge; it may appear in abundance, change to a yellow or greenish colour, and develop a strong smell.
- A burning sensation or pain whilst passing urine.
- Irritation and/or discharge from the anus.

### TESTS

To test for gonorrhea an examination of the genital area will be carried out by a doctor or nurse and samples will be taken, using a cotton wool swab or sponge, from any infected areas - the cervix, urethra, anus or throat. None of these tests are painful, but they may cause minor discomfort. Samples taken during the examination will be sent to a laboratory to be tested for the bacterium *Neisseria gonorrhoeae* and will usually be available within a week.

If the patient is allergic to any antibiotics, or if there is any possibility that they may be pregnant, it is very important that the doctor is informed as this may affect treatment options. Once a course of treatment is started it is important to complete it, even if symptoms diminish, to ensure the infection is cured.

### PROPHYLAXIS

There is no vaccine against Gonorrhoea. Personal prophylaxis is to use condoms to prevent transmission.

## FITNESS FACTS

- Exercise Boosts Brainpower- Not only does exercise improve your body, it helps your mental function
- Movement Melts Away Stress As much as it may stress you out just to think about exercising, once you start working out, you'll experience less stress in every part of life
- Exercise Gives You Energy- You might be surprised at how, say, popping in a workout tape for 30 minutes in the morning can change your whole day. When endorphins

are released into your bloodstream during exercise

- It's Not That Hard to Find Time for Fitness. The key is to use your time more wisely. Think about killing two birds with one stone.
- Fitness Can Help Build Relationships. Think of what exercising with a partner can do for a relationship, whether it's with a spouse, or a friend you used to go to lunch with once a week.
- Exercise Helps Ward Off Disease Research has shown that exercise can slow or help prevent heart disease, stroke, high blood pres-

sure, high cholesterol, type 2 diabetes, arthritis, osteoporosis (bone loss), etc

- Fitness Pumps Up Your Heart Not only does exercise help fight disease it, creates a stronger heart - the most important muscle in the body. That helps makes exercise - and activities of daily life - feel easier.
- Exercise Lets You Eat More More muscle you have, the higher your resting metabolic rate.



Think of what exercising with a partner can do for a relationship...

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

**Do write to us with  
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articles on health be  
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educative and we  
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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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