



### SHORTNESS OF BREATH

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In one's lifetime, one may experience rare episodes of shortness of breath as part of high levels of activity like exhaustive exertion, or environmental conditions. Other than these, shortness of breath is commonly a sign of a medical problem.

#### When Is Shortness of Breath a Sign of a Medical Problem?

If shortness of breath is prolonged & persistent, it is likely to be related to a medical condition. The following are some clues of existence of a medical problem if shortness of breath is:

- at rest
- with activity
- when lying
- on exposure to allergens
- with chest pain or discomfort
- with pain in 1 or both arms, pain radiating to jaw or in neck
- with swelling in ankles & feet
- with unintentional weight loss with loss of appetite
- with unusual fatigue
- with sweating
- with yellow/green/rusty colored sputum/phlegm/blood in sputum
- with fever
- with wheezing
- with persistent, chronic cough
- with blue discoloration of lips/fingertips
- with fainting, dizzy spells,
- with club-shaped deformation of fingertips

#### CAUSES

This can be caused by a variety of abnormalities in different organ systems in the body:

#### LUNG PROBLEMS

- Recent infections such as bronchitis or pneumonia or chronic

infections, such as TB or chronic bronchitis.

- Asthma, chronic obstructive lung disease (COPD) & emphysema: The airways are narrowed with increased resistance to exhaling air from the lung, resulting in air entrapment in the lung.
- Lung cancer & other tumors: Shortness of breath is commonly accompanied by unintentional weight loss.
- Scarring & damage of lung tissue by toxins or by systemic illnesses (eg. rheumatoid arthritis).
- Clot in lung circulation: Breathlessness is usually sudden & accompanied by chest pain.
- Diseases of the lung sac: If the pleura thickens, becomes scarred, or gets filled with fluid or blood because of infection/cancer/toxins/becomes filled with air because of trauma, it will hinder expansion of the lung.
- Diseases of the diaphragm and/or chest wall: Diaphragm is the muscle that expands the lung. It may become paralyzed after chest surgery.

#### HEART PROBLEMS

Heart Failure: The shortness of breath in heart failure is caused by the decreased ability of the heart to fill & empty, producing elevated pressures in the blood vessels around the lung. Common symptoms are difficulty in breathing when lying down, necessity of propping up the head of the bed with many pillows, wakeful-

ness at night, cough at night or when lying down, shortness of breath with activity, swelling of ankles or legs.

#### SYSTEMIC ILLNESS

- Low red blood cell count.
- Increased metabolic states such as high thyroid level, extremely low blood pressure, severe systemic infection, or fever.
- Kidney/chronic liver problems.

#### NERVOUS SYSTEM PROBLEMS

- Increased pressure in brain caused by trauma, tumors, stroke or bleeding when part of brain regulating respiration is affected.
- Nerve & muscle disorders affecting ability to coordinate & expand chest.
- Anxiety is sometimes accompanied by heavy & rapid breathing

#### EVALUATION

Thorough physical examination & chest x-ray. If heart disease is suspected, you may undergo an ECG or nuclear scan of heart to measure pumping function and/or stress test to evaluate possible blockages in vessels feeding heart (coronary artery disease). If lung disease is suspected, one has to undergo a lung function study. Sometimes, exercise test may be conducted.

#### TREATMENT

Type of treatment depends on underlying cause. If diagnosed with heart failure, treatment with medications such as fluid pills. If asthma or chronic lung disease is the cause, treatment with medications that reduce. For infection, treatment is antibiotic.

#### HOW DO I TAKE CARE

- Quit smoking
- Avoid exposure to allergens
- Avoid becoming overweight & exercise regularly



“Health is the soul that animates all the enjoyments of life, which fade and are tasteless without it.”

~ Lucius Annaeus Seneca

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**P**olycystic ovary syndrome is a condition in which a woman has an imbalance of a female sex hormones. This may lead to menstrual cycle changes, cysts in the ovaries, trouble getting pregnant, and other health changes.

### CAUSES, INCIDENCE & RISKS

PCOS is linked to changes in the level of certain hormones:

- Estrogen & progesterone, female hormones that help a woman's ovaries release eggs

- No period after you have had one or more normal ones during puberty
- Irregular periods, that may come and go and may be very light to very heavy
- PCOS can cause you to develop male-like characteristics. Symptoms include:
  - Body hair growing on chest, belly & face
  - Decreased breast size
  - Enlargement of the clitoris
  - Thinning of hair on head, called male-pattern baldness.
  - Voice gets deeper

Blood tests can be done to check hormones including:

- Estrogen level
- FSH level
- LH level
- Testosterone level
- 17-ketosteroids

Other blood tests include:

- Fasting glucose
- Lipid level
- Pregnancy test
- Prolactin level
- Thyroid function tests

### TREATMENT

Weight gain & obesity is common in PCOS. Losing

## POLYCYSTIC OVARY SYNDROME

- Androgen male hormone found in women

It is not completely understood why or how changes in the hormone levels occur. It makes it harder for woman's ovaries to release fully grown (mature) eggs. Instead, they can form very small cysts in the ovary. These changes can contribute to infertility. Other symptoms of this disorder are due to hormone imbalances.

### SYMPTOMS

Symptoms of PCOS include changes in your period (menstrual cycle). Some changes are:

- You may also have skin changes:
  - Acne that gets worse
  - Dark/thick skin markings & creases around armpits, groin, neck & breasts

### SIGNS & TESTS

Doctor will perform physical exam including a pelvic exam. Which may reveal:

- Swollen ovaries
- Swollen clitoris (very rare)

Following health conditions are common in PCOS:

- Diabetes
- High blood pressure
- High cholesterol
- Weight gain and obesity

weight can help treat hormone changes & health conditions such as diabetes, high blood pressure, etc.

Doctor may recommend birth control pills to make your periods more regular.

### PROGNOSIS

With treatment, women with PCOS are usually able to get pregnant. There is an increased risk of high blood pressure and gestational diabetes during pregnancy.

### COMPLICATIONS

Women with PCOS are more likely to develop:

- Endometrial cancer
- Infertility
- Breast cancer

## SMILE

- When someone smiles in is universally known as an expression of happiness which is recognized by almost all cultures.
- 2. When a person studies laughter they are known as a 'gelotologist'.
- 3. There are over 18 different types of smiles that are used in a variety of social situations. For instance, people can use a smile to say a hello, and they can also use a different type of smile to show

their understanding of a particular situation.

- 4. A frown uses more muscles to contract and expand than a smile does.
- 5. A smile is one of the most used human facial expressions. Smiles can use between 5 to all 53 muscles.
- 6. Smiling releases endorphins and makes us feel better, even when you fake a smile you can feel better.
- 7. A person that smiles more is deemed to be more pleasant, sincere, attractive and

more sociable than a non-smiling person.

- 8. We are born with the ability to smile, it is not something that we copy. For instance, even blind babies are able to smile.
- 9. Humans are able to differentiate between a real smile and a fake smile by seeing the difference in a person's eyes when they smile.
- 10. Newborns tend to have more preference for a person with a smile than a person that is not smiling.



“Losing weight can help treat hormone changes & health conditions...”



Smiling releases endorphins and makes us feel better...

## 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 & upload/ attach your current medical diagnosis for us to get back to you with an opinion & 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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Our wellness program offers one of the most comprehensive & thorough medical check up for assessing your health status. The 360 degree screening investigates your health & 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 & recommends remedial action for the same. There will be consultations after the tests with renowned consultants & 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 & 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 & 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 & 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 & what are the parameters that are off limits or it could update the user about a lab report that might be very old & would recommend a retest for the same

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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**

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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, 9829422303  
Tele Fax No: 0141-2297335