

WORLD AIDS DAY - Dr. Delphine Victoria

Issue 40

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World AIDS Day on 1 December brings together people from around the world to raise awareness about HIV/AIDS and demonstrate international solidarity in the face of the pandemic. The day is an opportunity for public and private partners to spread awareness about the status of the pandemic and encourage progress in HIV/AIDS prevention, treatment and care in high prevalence countries and around the world. Between 2011-2015, World AIDS Days will have the theme of "Getting to zero: zero new HIV infections. Zero discrimination. Zero AIDS related deaths".

It is not possible to reliably diagnose HIV infection or AIDS (as is called) based on symptoms alone. HIV symptoms are very similar to the symptoms of other illnesses. So the only way to know for sure whether a person is infected with HIV is for them to have an HIV test.

People living with HIV may feel and look completely well but their immune systems may nevertheless be damaged. It is important to remember that once someone is infected with HIV they can pass the virus on immediately, even if they feel healthy.

HIV is the virus that causes AIDS. If a person infected with HIV does not take effective anti viral treatment, over time HIV will weaken their immune system, which will make them much more vulnerable to opportunistic infections.

SYMPTOMS

Some people who become infected with HIV do not notice any immediate change in their health. However, some suffer from a brief flu-

like illness within a few weeks of becoming infected, or develop a rash or swollen glands. These symptoms do not indicate the development of AIDS, and the symptoms usually disappear within a few days or weeks.

Many illnesses have flu-like symptoms or cause swollen glands. You cannot have HIV unless you have been directly exposed to the virus. HIV can be transmitted during sexual intercourse with an infected person, through contact with infected blood or breastmilk, or during unsafe injections or medical procedures. The only way you can find out whether or not you have been infected is to have an HIV Test.

PREVENTION

HIV prevention is using a number of methods to reduce or eliminate the risk of HIV transmission between people. HIV can be transmitted in three main ways:

- Sexual transmission
- Transmission through blood
- Mother-to-child transmission

Universal HIV prevention methods include HIV testing and counselling, condom use, circumcision, family planning and sex education. HIV prevention programs aim to implement and scale-up these HIV prevention methods at the community, local and national level.

Using treatment as prevention is a method that has emerged in

recent years. Good adherence to antiretroviral treatment can lower a person's viral load and reduces the risk of onward HIV transmission. HIV treatment is used to prevent the transmission of HIV from a pregnant mother to her child (PMTCT), during pregnancy and breastfeeding. HIV treatment is also used by people who may be exposed to HIV (pre-exposure prophylaxis), such as discordant couples, or by people who have been exposed to HIV (post-exposure prophylaxis).

HIV prevention programs should be comprehensive, making use of all approaches known to be effective rather than just implementing one or a few select actions in isolation. 'Combination prevention' is the term increasingly used by policy makers and programmers to describe this approach. Successful HIV prevention program not only give information, but also build skills and provide access to essential commodities such as condoms or sterile injecting equipment. It should be remembered that many people don't fit into only one "risk category". For example, injecting drug users need access to condoms and safer sex counseling as well as support to reduce the risk of transmission through blood.

Usage of Condoms during sex, prevention of mother to child transmission, safe blood transfusion, needle and syringe usage & exchange, sex education and different case studies should be informed to the public.



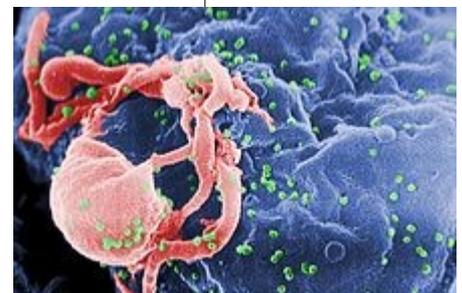
"The wish for healing has always been half of health."

~ Lucius Annaeus Seneca

Inside this issue:

HEADACHES

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HEADACHES

CAUSES



“Strong smells – even nice ones – trigger migraines in many people...”



- **Weather**—When the temperature changes, so does the likelihood of developing a migraine. Whether it's a heat wave or a cold snap, the change can trigger a headache. Sunny, hot days are another common culprit. Rain or changes in barometric pressure also may lead to headaches. While you can't change the weather, you can wear sunglasses on a bright day, minimize dehydration, and avoid midday sun.
- **Strong Scents**—Strong smells -- even nice ones -- trigger migraines in many people. Why this happens is unclear, but the odors may stimulate the nervous system. The most common culprits are paint, perfume, and certain types of flowers.
- **Exercise**—Strenuous exercise, including sex, can sometimes lead to headaches. Examples include jogger's headache and sex headache. These types of headaches are most common in people who are susceptible to migraines.
- **Poor Posture**—You don't have to work up a sweat to build pressure in the head and neck muscles. Slouching at your desk will do the job, too. Common forms of poor posture include hunching your shoulders, using a chair with no lower-back support, staring at a monitor that is too low or too high, and cradling a phone between your ear and shoulder. If you have frequent tension headaches, take a good look at your workspace.
- **Skipping Meals**—Hunger headaches aren't always obvious. If you skip a meal, your head could start to ache before you realize you're hungry. The trouble is a dip in blood sugar. But don't try to cure a hunger headache with a candy bar. Sweets cause blood sugar to spike and then drop even lower.
- **Smoking**—Smoking is known to trigger headaches -- and not just in the person holding the cigarette. Secondhand smoke contains nicotine, which causes blood vessels in the brain to narrow. Giving up cigarettes or reducing exposure to secondhand smoke appears especially helpful to patients with cluster headaches. These are extremely painful one-sided headaches that can also cause eye and nose symptoms.
- **Caffeine**—For the headache-prone, caffeine fits firmly into the category of "can't live with it, can't live without it." In moderation, caffeine is often beneficial -- in fact, it's found in many headache medications. But chain-chugging coffee can be a cause of headaches. And, if you're hooked on caffeine, cutting back abruptly may only make things worse. Caffeine withdrawal is another headache trigger.

SOLUTIONS

- **Identify Triggers**—If you can identify your most common triggers, you may be able to cut off headaches before they start. The best way to accomplish this is through a headache diary. Keep a daily log of foods you eat, stressful events, weather changes, and physical activity. Whenever you have a headache, record the time it starts and stops. This will help you find patterns, so you can try to avoid your personal triggers.
- **Manage Stress**—Many people are able to manage migraines or tension headaches through stress-busting strategies. Although you can't control the stressful events that come your way, you can alter your response to those events. You may need to experiment with techniques such as meditation and massage to find what works for you.
- **Stretch Your Legs**—Moderate exercise is a powerful stress reliever. Walking is a great choice because it delivers an extra defense against tension headaches. When you walk, the swinging motion of your arms tends to relax the muscles in your neck and shoulders. Breaking up those knots may help diminish the root of some headaches.
- **Eat Regular Meals**—Eating balanced meals throughout the day will help keep your blood sugar on an even keel. That means no more hunger headaches. Aim for meals and snacks that pair a protein with a complex carbohydrate, such as peanut butter on whole-grain bread or chicken breast with brown rice. And be sure to drink enough fluids -- dehydration is another common headache trigger
- **Physical Therapy**—Physical therapy combines exercise and education to reduce pain and improve range of motion. In people with tension headaches, physical therapy may help the neck muscles and establish new habits that lead to better posture.
- **Medication**—Over-the counter pain relievers such as acetaminophen, aspirin, ibuprofen, and naproxen are effective against many types of headaches. But avoid taking these drugs continuously, as this can result in medication overuse headaches or rebound headaches -- headache pain that returns as soon as the pills have worn off. For frequent or severe headaches, talk to your doctor about prescription medications that help prevent them.
- **When to See a Doctor**—Any new headache that is unusually severe or lasts more than a couple of days should be checked by a doctor. It's also important to let your health care provider know if the pattern of your headaches changes -- for example, if there are new triggers. If you have a headache accompanied by vision changes, movement problems, confusion, seizure, fever, or stiff neck, seek emergency medical care.

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.

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

**Do write to us with
feedback, queries,
articles on health be
it humor or
educative & we will
make sure they
become a part of our
Newsletter..**

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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 & 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 & 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 & 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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