

### WORMS IN CHILDREN

Issue 42

1st January, 2013

**W**orm infestation in children is very commonly seen in India. The common worm infestations are Threadworm, Round Worm and Hookworm. The child suffering from worms usually presents with the following symptoms.

#### SYMPTOMS

- The child complains of a stomach pain off and on after eating his food.
- Lack of appetite and poor digestion
- Child looks weak and sick and anaemic.
- Sometimes a larger bunch of worms may block the intestinal tract and cause total constipation, abdominal distension and vomiting.
- Itching round the anal region.

#### DIAGNOSIS OF WORM INFESTATION

The presence of infestation is diagnosed by the detection of ova (the egg of the parasite) in the stools. To avoid missing the diagnosis of worm infestation the stool samples of the child should be examined on three consecutive days.

#### TREATMENT

- Worm infestation is a mild disease and can be quickly and well treated with modern drugs which are freely available in the market.
- It is very important to treat the child and all family members, including servants at the same time, to prevent chances of re-infection because any member of

the family can be a carrier and a constant source of infection.

#### PREVENTION & CONTROL

- Wash thoroughly carrots, radishes, onion and salad leaves or any food eaten raw. This is necessary because the soil in the fields may be contaminated with the ova of the round worm.
- Drinking water should be filtered and boiled. Care should be taken that prepared food and drinking water do not get contaminated through unhygienic handling by a person carrying ova in the finger-nails.
- Child should be cleaned properly after passing the stool, and his faeces disposed off properly.
- Washing of the hands after passing stool and before eating is mandatory.
- Nails should be kept short and clean, as the nails are places where the ova of the worms usually reside.
- In case of threadworm infection, where anal itching is present, it is advisable to apply a suitable cream.
- The underclothes should be changed daily and bed linen kept clean.
- Avoid playing barefoot in the fields where the soil may be contaminated with the ova of the hookworm. The ova of hookworm enter

through the foot and enter the blood stream and grow into adult worms.

- Regular de-worming done helps in preventing infestation.

#### HOME REMEDIES

There are several conventional medicines, home remedies and alternative therapies that act quickly and efficiently in eradicating the worms from the intestine. Together with antihelminthic remedies, proper nutrition and supplement aid in eliminating the worms.

**Garlic:** garlic is used since ancient days to treat worm infection in the intestine. The chemical compound allicin and some sulfur containing compounds are known to act on the worms and kill them. You can chew fresh cloves of garlic or it can be included in the food that you eat.

**Ginger:** the compounds present in ginger such as camphene, geranial, and linalool destroy the parasite and help in expelling them from the intestine. Ginger is especially suited for eliminating round worms from the intestine.

Pumpkin seeds, pomegranates, carrot juice as well as papaya seeds all contain antihelminthic properties.

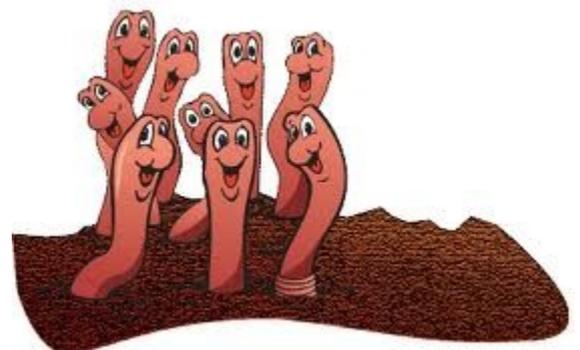


**“Even if you've been fishing for 3 hours and haven't gotten anything except poison ivy and sunburn, you're still better off than the worm”**

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Sleep Disorders

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## SLEEP DISORDERS

At some time, most of us have experienced trouble sleeping properly. However, if sleep problems are a regular occurrence and interfere with your daily life, you may be suffering from a sleep disorder. Sleep disorders cause more than just sleepiness. Poor quality sleep can have a negative impact on your energy, emotional balance, and health. If you're experiencing sleeping problems, learn about the symptoms of common sleep disorders, what you can do to help yourself, and when to see a doctor.

### UNDERSTANDING SLEEP DISORDERS

It's not normal to feel sleepy during the day, to have problems getting to sleep at night, or to wake up feeling unrested. But even if you've struggled with sleep problems for so long that it does seem normal, you can learn to sleep better. You can start by tracking your symptoms and sleep patterns, and then making healthy changes to your daytime habits and bedtime routine.

### SIGNS AND SYMPTOMS

Start by scrutinizing your symptoms, looking especially for the telltale daytime signs of sleep deprivation. If you are experiencing any of the following symptoms on a regular basis, you may be dealing with a sleep disorder.

### IS IT A SLEEP DISORDER?

Do you . . .

- feel irritable or sleepy during the day?
- have difficulty staying awake when sitting still, watching television or reading?
- fall asleep or feel very tired while driving?
- have difficulty concentrating?
- often get told by others that you look tired?
- react slowly?
- have trouble controlling your emotions?
- feel like you have to take a nap almost every day?
- require caffeinated beverages to keep yourself going?

If you answered "yes" to any of the previous questions, you may have a sleep disorder.

### INSOMNIA: THE MOST COMMON TYPE OF SLEEP DISORDER

Insomnia, the inability to get the amount of sleep you need to wake up feeling rested and refreshed, is the most common sleep complaint.

### COMMON SIGNS AND SYMPTOMS OF INSOMNIA

- Difficulty falling asleep at night or getting back to sleep after waking during the night.
- Waking up frequently during the night.

- Your sleep feels light, fragmented, or Un-refreshing.
- You need to take something (sleeping pills, nightcap, supplements) in order to get to sleep.
- Sleepiness and low energy during the day.

### OTHER COMMON TYPES OF SLEEP DISORDERS

#### Sleep apnea

Common sleep disorder in which your breathing temporarily stops during sleep due to blockage of the upper airways. These pauses in breathing interrupt your sleep, leading to many awakenings each hour. While most people with sleep apnea don't remember these awakenings, they feel the effects in other ways, such as exhaustion during the day, irritability and depression, and decreased productivity.

### SELF-HELP FOR SLEEPING PROBLEMS

A sleep diary is a very useful tool for identifying sleep disorders and sleeping problems and pinpointing both day and nighttime habits that may be contributing to your difficulties. Keeping a record of your sleep patterns and problems will also prove helpful if you eventually find it necessary to see a sleep doctor.

Your sleep diary should include:

- what time you went to bed and woke up
- total sleep hours and perceived quality of your sleep
- a record of time you spent awake and what you did
- types and amount of food, liquids, caffeine, or alcohol you consumed before bed, and times of consumption
- your feelings and moods before bed -(e.g. happiness, sadness, stress, anxiety)
- any drugs or medications taken, including dose and time of consumption
- **Keep a regular sleep schedule**, going to sleep and getting up at the same time each day, including the weekends.
- **Set aside enough time for sleep.** Most people need at least 7 to 8 hours each night in order to feel good and be productive.
- **Make sure your bedroom is dark, cool, and quiet.** Cover electrical displays, use heavy curtains or shades to block light from windows, or try an eye mask to shield your eyes.
- **Turn off your TV, smartphone, iPad, and computer** a few hours before your bedtime. The type of light these screens emit can stimulate your brain, suppress the production of melatonin, and interfere with your body's internal clock.



*"It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it."*

*-John Steinbeck*



## 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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### WELLNESS PROGRAMME (COMPLETE HEALTH CHECK UP)

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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WANT TO SUBMIT  
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DO YOU HAVE  
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**Do write to us with  
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Newsletter..**

**info@vipulmedcare.com**



## CORPORATE OFFICE

VIPUL MEDCARE PRIVATE LIMITED  
534, UDYOG VIHAR, PHASE V  
GURGAON,  
HARYANA-122016

Phone: +91-124-4236301  
Fax: +91-124-4236303  
E-mail: info@vipulmedcare.com

*health services across the globe*

WWW.CAREASIA.NET



**FOR QUERIES**

**HELPLINE NUMBERS**

**+91-124-4236301**

**EMAIL**

**info@vipulmedcare.com**

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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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## LOCATIONS

### OMAN

Vipul BetterCare  
Management Services  
P.O. Box No. 1031, Muttrah,  
Sultanate of Oman  
Tel: +9682481846

### DELHI (Registered Office)

B-416 Ansal Chamber 1, Bhikaji Cama  
Place,  
New Delhi, Pin Code: 110 066  
Contact Person: Mr. Chandan Prasad  
Tel: 011-46074578-81, 9313333270  
Fax No: 011-41659833

### 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

### 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

### 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

### CHENNAI

New No.517, Old No.338, 2nd  
Floor, Anna Salai, Nandanam, Chennai,  
Tamil Nadu 600 035  
Contact Person: Mr. K. Rajshekaran  
(9841030629)  
Tel: 044-24335717/19, 420 10092  
Fax No: 044-24335716/18

### 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

### 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