



V-CARE your healthcare bulletin



Issue 44

1st February, 2013

"My friend told me later he got the chicken pox. I told him I caught politics and never got over it."

"Thought is an infection. In the case of certain thoughts, it becomes an epidemic."

Wallace Stevens

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Chickenpox is a viral infection in which a person develops extremely itchy blisters all over the body. It used to be one of the classic childhood diseases. However, it has become much less common since the introduction of the chickenpox vaccine.

CAUSES

Chickenpox is caused by the varicella-zoster virus, a member of the herpes virus family. The same virus also cause herpes zoster which is also known as shingles in adults.

Chickenpox spreads very easily to others. You may get chickenpox from touching the fluids from a chickenpox blister, or if someone with the disease coughs or sneezes near you. Even those with mild illness may be contagious.

A person with chickenpox becomes contagious 1 to 2 days before their blisters appear. They remain contagious until all the blisters have crusted over.

Most cases of chickenpox occur in children younger than 10. The disease is usually mild, although serious complications sometimes occur. Adults and older children usually get sicker than younger children.

Children whose mothers have had chickenpox or have received the chickenpox vaccine are not very likely to catch it before they are 1 year old. If they do catch chickenpox, they often have mild cases. This is because antibodies from their mothers' blood help protect them. Children under 1 year old whose mothers have not had chickenpox or the vaccine can get severe chickenpox.

Severe chickenpox symptoms are more common in children whose immune system does not work well because of an illness or medicines such as chemotherapy and steroids.

SYMPTOMS

Most children with chickenpox have the following symptoms before the rash appears:

- Fever
- Headache
- Stomach ache

The chickenpox rash occurs about 10 to 21 days after coming into contact with someone who had the disease. The average child develops 250 to 500 small, itchy, fluid-filled blisters over red spots on the skin.

- The blisters are usually first seen on the face, middle of the body, or scalp.
- After a day or two, the blisters become cloudy and then scab. Meanwhile, new blisters form in groups. They often appear in the mouth, in the vagina, and on the eyelids.
- Children with skin problems, such as eczema, may get thousands of blisters.

Most pox will not leave scars unless they become infected with bacteria from scratching.

Some children who have had the vaccine will still develop a mild case of chickenpox. They usually recover much more quickly and have only a few pox (fewer than 30). These cases are often harder to diagnose. However, these children can still spread chickenpox to others.

EXAMS AND TESTS

Any Physician can easily diagnose chickenpox by looking at the rash and asking questions about the person's medical history. Small blisters on the scalp usually confirm the diagnosis.

TREATMENT

Treatment involves keeping the person as comfortable as possible. Here are things to try:

- Avoid scratching or rubbing the itchy areas. Keep fingernails short to avoid damaging the skin from scratching.
- Wear cool, light, loose clothes. Avoid wearing rough clothing, particularly wool, over an itchy area.
- Take lukewarm baths using little soap and rinse thoroughly.

- Apply a soothing moisturizer after bathing to soften and cool the skin. Caladryl lotion is usually recommended as it gives a soothing effect.
- Avoid prolonged exposure to excessive heat and humidity.
- Anti-histamines in mild dose can be tried. (Beware of drowsiness).

Medications that fight the chickenpox virus are available but not given to everyone. To work well, the medicine usually must be started within the first 24 hours of the rash.

- Antiviral medication is not usually prescribed to otherwise healthy children who do not have severe symptoms. Adults and teens, who are at risk for more severe symptoms, may benefit from antiviral medication if it is given early.
- Antiviral medication may be very important in those who have skin conditions (such as eczema or recent sunburn), lung conditions (such as asthma), or who have recently taken steroids.
- Some doctors also give antiviral medicines to people in the same household who also develop chickenpox, because they will usually develop more severe symptoms.

Do not give aspirin or ibuprofen to someone who may have chickenpox. Use of aspirin is prohibited. Ibuprofen has been associated with more severe secondary infections. Paracetamol may be used. A child with chickenpox should not return to school or play with other children until all chickenpox sores have crusted over or dried out. Adults should follow this same rule when considering when to return to work or be around others.

PROGNOSIS OR THE OUTCOME OF CHICKEN POX)

Usually, a person recovers without complications. Once a person had chickenpox, he or she may be affected by Shingles in their adulthood.

LIVER CIRRHOSIS

Cirrhosis is a consequence of chronic liver disease characterized by replacement of liver tissue by fibrosis, scar tissue and regenerative nodules (lumps that occur as a result of a process in which damaged tissue is regenerated), leading to loss of liver function. Cirrhosis is most commonly caused by alcoholism, hepatitis B and hepatitis C, and fatty liver disease, but has many other possible causes. Some cases are idiopathic (i.e., of unknown cause).

CAUSES

Cirrhosis is the end result of chronic liver damage caused by chronic liver diseases. Common causes of chronic liver disease in the United States include:

- Hepatitis C infection (long-term infection)
- Long-term alcohol abuses

Other causes of cirrhosis include:

- Autoimmune inflammation of the liver
- Disorders of the drainage system of the liver (the biliary system), such as primary biliary cirrhosis and primary sclerosing cholangitis
- Hepatitis B (long-term infection)
- Medications
- Metabolic disorders of iron and copper (haemochromatosis and Wilson's disease)
- Nonalcoholic fatty liver disease (NAFLD) and nonalcoholic steatohepatitis (NASH)

SYMPTOMS

The symptoms of cirrhosis of the liver vary with the stage of the illness. In the beginning stages, there may not be any symptoms. As the disease worsens, symptoms may include:

- Loss of appetite
- Lack of energy (fatigue), which may be debilitating
- Weight loss or sudden weight gain
- Bruises
- Yellowing of skin or the whites of eyes (jaundice)
- Itchy skin
- Fluid retention (edema) and swelling in the ankles, legs, and abdomen (often an early sign)
- A brownish or orange tint to the urine
- Light colored stools
- Confusion, disorientation, personality changes
- Blood in the stool
- Nausea and vomiting
- Nosebleeds or bleeding gums
- Fever

TREATMENT

All patients with cirrhosis can benefit from certain lifestyle changes, including:

- Stop drinking alcohol.
- Limit salt in the diet.
- Eat a nutritious diet.
- Get vaccinated for influenza, hepatitis A and hepatitis B, and pneumococcal pneumonia (if recommended by your

doctor).

- Tell your doctor about all prescription and nonprescription medications, and any herbs and supplements you take now or are thinking of taking.

Other treatment options are available for the complications of cirrhosis:

- Bleeding varices -- upper endoscopy with banding and sclerosis
- Excess abdominal fluid -- take diuretics, restrict fluid and salt, and remove fluid
- Coagulopathy -- blood products or vitamin K
- Confusion or encephalopathy -- lactulose medication and antibiotics
- Infections – antibiotics

CALLING YOUR HEALTH CARE PROVIDER

Call your provider, go to the emergency room, or call the local emergency number (such as 911) if you have:

- Abdominal or chest pain
- Abdominal swelling that is new or suddenly becomes worse
- A fever (temperature greater than 101 °F)
- Diarrhea
- New confusion or a change in alertness, or it gets worse
- Rectal bleeding, vomiting blood, or blood in the urine
- Shortness of breath
- Vomiting more than once a day
- Yellowing skin or eyes (jaundice) that is new or suddenly becomes worse

PREVENTION

Don't drink alcohol heavily. If you find that your drinking is getting out of hand, seek professional help. Measures for preventing the transmission of hepatitis B or C include:

- Avoid sexual contact with a person who has acute or chronic hepatitis B or C.
- Use a condom and practice safe sex.
- Avoid sharing personal items, such as razors or toothbrushes.
- Do not share drug needles or other drug paraphernalia (such as straws for snorting drugs).
- Clean blood spills with a solution containing 1 part household bleach to 10 parts water.



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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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
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
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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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