

### SWINE FLU SPECIAL

Issue 45

16th February, 2013

“A fit, healthy body—  
that is the best fashion  
statement”

- Jess C. Scott

**S**wine Influenza is a respiratory disease originated in pigs caused by H1N1 virus.

#### Adult Symptoms

Coughs , Sore throat , Vomiting , Chills , Fever , Headache and Body ache , Fatigue , Nausea , Diarrhea

#### Symptoms in Children

Severe or persistent vomiting , Fast breathing or trouble breathing , Not drinking enough fluids , Flu like symptoms improve but then return with fever and worse cough , Inactiveness , Getting irritable

#### How does it spread?

The new swine flu virus is highly contagious; it spreads from person to person. The virus is spread through the droplets that come out of the nose or mouth when someone coughs or sneezes. If someone coughs or sneezes without covering it, those droplets can spread about one metre (3ft). Even, if someone coughs or sneezes into their hand, those droplets and the virus within them are easily transferred to surfaces that the person touches, such as door handles, hand rails, telephones and keyboards. If you touch these surfaces and touch your face, the virus can enter your system, and you can become infected.

#### Treatment

It is difficult to differentiate between seasonal flu and influenza A (H1N1) without medical assistance. The symptoms between seasonal flu and swine influenza are very similar which include fever, cough, runny nose, body and head ache.

Only with medical help you can confirm a case of influenza A. Experts also mention that panicking and rushing to get a swine flu test at

government hospitals can actually boomerang into you getting infected by others who have come for the same. A basic influenza test at a private or government laboratory would help in a primary identification, whether a flu virus exists. On getting a positive test you can go to government hospital for detecting a further case of swine flu. The swine flu in human can be treated with the help with antiviral drugs. If such antiviral drugs are taken during initial stages of the disorder, it can help to prevent further complication. Oseltamivir (Tamiflu) and Zanamivir (Relenza) are antiviral drugs which are recommended by experts for treating swine flu. These tablets are currently available only on detection at a Government Hospital.

#### Precautionary Measures:

- Always cover your mouth & nose while coughing and sneezing with handkerchief or tissue.
- Wash your hands frequently, use alcohol based hand wash.
- Avoid touching your nose, eyes and mouth.
- Ensure places like kitchen, toilets, etc are clean.
- Drink loads of water and get enough sleep;
- Avoid alcohol, because alcohol is an immune suppressant
- Avoid close contact with any bird or animals. Avoid going to zoos.

If you are affected:

- Confine yourself to a room. Wearing a mask is a must.
- Swine flu is most contagious in the initial 5 days. For children, it can be contagious up to 10 days.

#### Who should take the Swine flu vaccine?

According to Dr. Agam Vor, Chest physician consulting in Cooper Hospital, “All those who frequently travel, have kidney ailments, are smokers, have diabetes or family member of a swine flu patient must take this vaccine.” He adds that everyone needs to be vaccinated from swine flu since it is an air borne disease and everybody is at risk.

Centre for Disease Control and Prevention says that pregnant women, those who care for children younger than 5 years and all those between age of 6 months and 24 years and those who are older than 24 years and suffering from ailments like diabetes should get themselves vaccinated.

#### Who shouldn't take the swine flu vaccine?

It is stated in the Centre for Disease Control and Prevention website that those who have a life threatening allergy against eggs should not get themselves vaccinated. It is recommended that anyone with strong allergy should consult the doctor before taking the vaccination.

Further for the intranasal vaccine, it is not recommended to be taken by women who are pregnant. All those who have weakened immune system like suffering from heart, kidney, liver, lung ailment or disease or

THE SYMPTOMS OF SWINE FLU ARE :  
LATHARGY, FEVER, LACK OF APPETITE, RUNNING NOSE,  
PAIN, VOMITING, NAUSEA, COUGHING, DIARRHOEA



Inside this issue:

SWINE FLU CONTINUED 2

**“Though vaccine provide immunity against the particular virus for life, most vaccines are effective for about a year or two...”**

wheezing should not take the vaccine. Also those who are in close contact with someone with severely weakened immune system should not get them vaccinated with intranasal vaccine.

**About the Immunity provided by these vaccines**

Though vaccine provide immunity against the particular virus for life, most vaccines are effective for about a year or two.

This is because viruses tend to change their structure frequently and it takes about a year before a new strain of virus emerges. Thus you need to get yourself immunized every year to avoid swine flu.

**Types of Vaccinations:**

**Intramuscular Vaccine**

· **Single syringe shot** - It is the most preferred vaccine which is administered through a shot in the arm. It can be administered to wide range of people from healthy to those with chronic ailments. Unlike the intranasal vaccine, it contains dead virus.

· **Multi shot vials**- These contain the preservative thimerosal a preservative that prevents the contamination of the vial. Though extensive study does not show any adverse side effect; since thimerosal contains mercury, many want to give it a miss.

**Intra nasal Sprays**- These are directly administered in the nasal cavity; it is a non invasive vaccine

which uses live but weakened virus to create immunity. It can be administered to anyone from the age of 2 to 49 who does not have any underlying ailment.

**Indian Made Vaccines:**

Vaxiflu S is an egg based swine flu, single dose vaccine, produced by pharmaceutical major Cadila Healthcare and is priced at Rs. 350. It is the first vaccine produced in India since independence. It is a prescription vaccine which cannot be bought over the counter at the chemists. It can only be taken by those over the age of 18.

**Side effects** –General side effects include fever, chills and mild soreness. A rare risk for a neurological disorder named Guillain Barre Syndrome (1 in 100,000).

**Nasovac** is the second vaccine produced in India, developed by Serum Institute of India. It is an intra nasal spray in powder-form which needs to be directly delivered in the nasal cavity. It is priced at Rs. 158 per dose and available in the 5-vial pack-for Rs. 790.

**Side effects**- For children-cold, fever, running nose, headache, cough wheezing and occasional stomach pain and vomiting. For adults-runny nose, chest congestion, sore throat, headache.

**Which is a better vaccine for swine flu- intra muscular or intra nasal spray?**

Dr. Agam says “It is quite debatable but since we are taking the intra muscular influenza vaccine from about 7 years (for influenza), so I personally recommend intramuscular.”

**Here are the benefits and Drawbacks of both the vaccines to help you make your decision**

**Intramuscular Vaccine**

**Benefits-**

- Can be administered to most people including those with weak immune system and pregnant women.
- It is more effective against Swine flu

**Drawbacks-**

- Is to be administered by an injection.

**Intranasal Vaccine**

**Benefits-**

- Is non invasive, can be administered directly through the nose.
- Is said to be more effective than intramuscular because it travels in the same pathway as the swine flu virus.

**Drawback-**

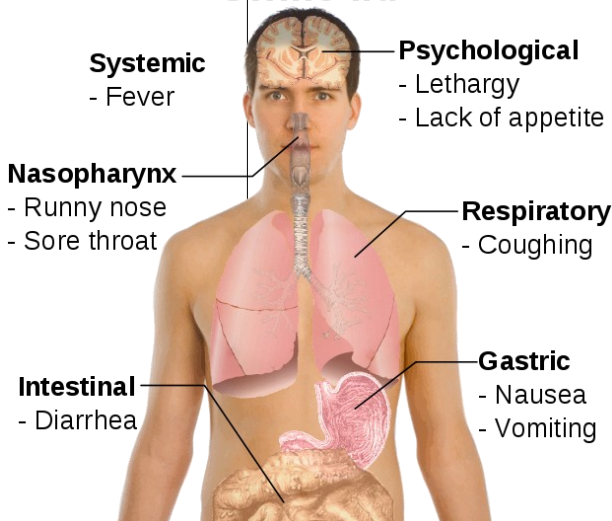
- Cannot be administered to those over 49 years of age.
- Cannot be administered to those with weakened immune system or pregnant women.
- The vaccine works well in the cooler passages of the nose but not in the warmer environment of the lungs.

**If you are not vaccinated-**

- Cover your mouth whenever you are sneezing.
- Wash your hands frequently with soap.
- Clean hard surfaces like door knobs and remotes with a cleaning product.
- Use a hand sanitizer when outside.

Swine flu is extremely contagious and spreads through air so it is difficult to prevent swine flu effectively without a vaccine, especially those in the risk group need to get them vaccinated.

**Symptoms of Swine flu**



## 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

CareAsia brings to you a wide range of elective surgical procedures to choose from at an affordable cost & uncompromised quality. We have in our network the best hospitals & surgeons across country who indulge in best surgical practices keeping the quality & patient safety at forefront. CareAsia would assist you to select a hospital in the preferred location & would arrange for your travel & 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 & visa & immigration assistance. To avail our services please sign up & create your profile.

### 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

**DO YOU HAVE  
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..**

**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**

**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 & 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 & 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.

## DISCLAIMER

All materials published by Vipul MedCare, including information contained on web site, undergoes review to ensure fair balance, objectivity independence & relevance. The editors of the material herein have consulted sources believed to be reliable in their efforts to provide information that is complete & in accord with standards at time of publication.

In view of the possibility of human error by the authors, editors or publishers of the material contained herein, neither Vipul MedCare nor any other party involved in the preparation of this material warrants that the information contained herein is in every respect accurate or complete, & they are not responsible for any errors or omissions or for the results obtained from the use of such. Readers are encouraged to confirm the information contained with other sources.

## 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