



NAILS: A WINDOW INTO YOUR HEALTH

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Did you know your nails can reveal clues to your overall health? A touch of white here, a rosy tinge there, or some rippling or bumps may be a sign of disease in the body. Problems in the liver, lungs, and heart can show up in your nails. Keep reading to learn what secrets your nails might reveal.

• PALE NAILS

Very pale nails can sometimes be a sign of serious illness, such as:

- Anemia
- Congestive heart failure
- Liver disease
- Malnutrition

• WHITE NAILS

If the nails are mostly white with darker rims, this can indicate liver problems, such as hepatitis. In this image, you can see the fingers are also jaundiced, another sign of liver trouble.

• YELLOW NAILS

One of the most common causes of yellow nails is a fungal infection. As the infection worsens, the nail bed may retract, and nails may thicken and crumble. In rare cases, yellow nails can indicate a more serious condition such as severe thyroid disease, lung disease, diabetes or psoriasis.

• BLUISH NAILS

Nails with a bluish tint can mean the body isn't getting enough oxy-

gen. This could indicate an infection in the lungs, such as pneumonia. Some heart problems can be associated with bluish nails.

• RIPPLED NAILS

If the nail surface is rippled or pitted, this may be an early sign of psoriasis or inflammatory arthritis. Discoloration of the nail is common; the skin under the nail can seem reddish-brown.

• CRACKED OR SPLIT NAILS

Dry, brittle nails that frequently crack or split have been linked to thyroid disease. Cracking or splitting combined with a yellowish hue is more likely due to a fungal infection.

• PUFFY / CRACKED NAILS

If the skin around the nail appears red and puffy, this is known as inflammation of the nail fold. It may be the result of lupus or another connective tissue disorder. Infection can also cause redness and inflammation of the nail fold.

• DARK LINES BENEATH THE NAILS

Dark lines beneath the nail should be investigated as soon as possible. They are sometimes caused by melanoma, the most dangerous type of skin cancer.

• GNAWED NAILS

Biting your nails may be nothing more than an old habit, but in some cases it's a sign of persistent anxiety that could benefit from treatment. Nail biting or picking has also been linked to obsessive-compulsive disorder. If you can't stop, it's worth discussing with your doctor.

Though nail changes accompany many conditions, these changes are rarely the first sign. And many nail abnormalities are harmless -- not everyone with white nails has hepatitis. If you're concerned about the appearance of your nails, see a dermatologist.

"We are healthy only to the extent that our ideas are humane."

- Kurt Vonnegut

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BREAST FEEDING

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BREAST FEEDING -Dr. Delphine Victoria



“The cells, hormones, and antibodies in breast milk protect babies from illness...”



Breast feeding is so special and important between a mother and a child as it brings a bond between the two. In this fast paced life, many women are dedicating most of their time to their work rather than to be at home to take care of the new born.

Breastfeeding has been shown to be protective against many illnesses, including painful ear infections, upper and lower respiratory ailments, allergies, intestinal disorders, colds, viruses, staph, strep and e coli infections, diabetes, juvenile rheumatoid arthritis, many childhood cancers, meningitis, pneumonia, urinary tract infections, salmonella, Sudden Infant Death Syndrome(SIDS) as well as lifetime protection from Crohn's Disease, ulcerative colitis, some lymphomas, insulin dependent diabetes, and for girls, breast and ovarian cancer

Breastfeeding protects babies

Early breast milk is liquid gold – Known as liquid gold, colostrum) is the thick yellow first breast milk that you make during pregnancy and just after birth. This milk is very rich in nutrients and antibodies to protect your baby. Although your baby only gets a small amount of colostrum at each feeding, it matches the amount his or her tiny stomach can hold.

Breast milk changes as the baby grows – Colostrum changes into what is called mature milk. By the third to fifth day after birth, this mature breast milk has just the right amount of fat, sugar, water, and protein to help your baby continue to grow. It is a thinner type of milk than colostrum, but it provides all of the nutrients and antibodies your baby needs.

Breast milk is easier to digest – For most babies — especially premature babies — breast milk is easier to digest than formula. The proteins in formula are made from cow's milk and it takes time for

babies' stomachs to adjust to digesting them.

Breast milk fights disease – The cells, hormones, and antibodies in breast milk protect babies from illness. This protection is unique; formula cannot match the chemical makeup of human breast milk. In fact, among formula-fed babies, ear infections and diarrhea are more common. Formula-fed babies also have higher risks of:

- Necrotizing enterocolitis), a disease that affects the gastrointestinal tract in preterm infants.
- Lower Respiratory Infections
- Asthma
- Obesity
- Type 2 Diabetes.

Some research shows that breastfeeding can also reduce the risk of Type 1 diabetes, childhood leukemia, and atopic dermatitis (a type of skin rash) in babies. Breastfeeding has also been shown to lower the risk of SIDS (sudden infant death syndrome).

Mothers benefit from breastfeeding

Life can be easier when you breastfeed – Breastfeeding may take a little more effort than formula feeding at first. But it can make life easier once you and your baby settle into a good routine. Plus, when you breastfeed, there are no bottles and nipples to sterilize. You do not have to buy, measure, and mix formula. And there are no bottles to warm in the middle of the night! You can satisfy your baby's hunger right away when breastfeeding.

Breastfeeding can save money – Formula and feeding supplies can cost a lot to the

family, depending on how much your baby eats. Breastfed babies are also sick less often, which can lower health care costs.

Breastfeeding can feel great – Physical contact is important to newborns. It can help them feel more secure, warm, and comforted. Mothers can benefit from this closeness, as well. Breastfeeding requires a mother to take some quiet relaxed time to bond. The skin-to-skin contact can boost the mother's oxytocin levels. Oxytocin is a hormone helps milk flow and can calm the mother.

Breastfeeding can be good for the mother's health, too – Breastfeeding is linked to a lower risk of these health problems in women:

- Type 2 Diabetes
- Breast Cancer.
- Ovarian Cancer
- Post Partum Depression.



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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**Do write to us with
feedback, queries,
articles on health be
it humor or
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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.

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