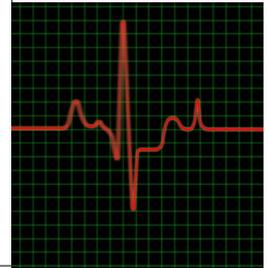




## V-CARE

your healthcare bulletin



### TIPS TO HANDLE STRESS

Issue 47

16th March, 2013

**W**ork on your attitude. How you react to stress is determined by how you perceive a particular event. Reframe our response by acknowledging that the stress event is outside of you. You are the centre and controller of your response.

- **Work on your attitude.** How you react to stress is determined by how you perceive a particular event. Reframe our response by acknowledging that the stress event is outside of you. You are the center and controller of your response.
- **Think about something else.** Distract yourself to break whatever chain of thought is producing the stress.
- **Think positively.** Think about a success or past achievement.
- **Take a mental vacation.** Visualize or gaze at a postcard or poster of somewhere you would like to be and feel safe.
- **Recite an anti-stress litany.** "This too shall pass." "Tomorrow is another day."
- **Use affirmations.** "I can handle this." "Everyone makes mistakes." "We are all human." "Staying calm helps me solve problems."
- **Count to 10.** Use the pause to breathe and relax. It will allow a more relaxed response and lower tension in muscles.
- **Look away.** Focus on something at least 20 feet away to let eye muscles change tension.
- **Get up and leave.** If appropriate, leave the stressful situation for a little while. Go out to lunch. Walk

around the block. The exercise and space gives you time to recover from the stress response.

- **Take several deep breaths.** Stress and tension tighten muscles. Breathe by pushing out with stomach muscles to bring oxygen and energy into your body. Exhale and let go of the stress.
- **Yell or cry.** If the environment is private and safe, emotional release can be healing.
- **Stretch.** Stretching muscles reduces the sensation of stress even when we can't do anything about the source of the stress.
- **Massage your target muscles.** Recognize which muscle groups you tense up when feeling stress. Massage those muscles to break the stress-tension cycle.
- **Press on your temples.** Ancient application of acupressure using your fingertips moving in small circles over your temples relaxes muscles elsewhere in your neck.
- **Drop your jaw and roll it left and right.** Notice if you clench your teeth when feeling stress. Yawning and jaw stretches release tension.
- **Stretch your chest for better breathing.** Press your shoulder blades together expanding your chest as you inhale. Relax as you exhale. Repeat 4-5 times.
- **Relax all over.** Use progress relaxation techniques to start

with your feet and move progressively to your head (feet, legs, chest, arms, neck, head) relaxing each major muscle group one at a time.

- **Listen to relaxation tapes** (natural sounds) or music. Both can promote relaxation and be inspiring.
- **Give someone a compliment or thank-you.**
- **Share a joke with someone.**
- **Smile at someone or even yourself.**
- **Take a minute to gaze at the photo of a loved one on your desk, wall or in your wallet.**
- **Comb your hair.**
- **Get a drink of water.**
- **Review an item from your happy file**—This is a file where you put birthday cards, thank you notes, letters of appreciation, photos, etc.

"Your body is a machine for living. It is organized for that, it is its nature. Let life go on in it unhindered and let it defend itself, it will do more than if you paralyze it by encumbering it with remedies."

- Leo Tolstoy

#### Inside this issue:

TOOTH WHITENING—  
WHAT YOU SHOULD  
KNOW

2



## TOOTH WHITENING—WHAT YOU SHOULD KNOW



**“Rather than heading to the local cosmetic counter or shopping mall in search of tooth whiteners, start with a dental checkup...”**



If you want to whiten your teeth, the best place to start is with a healthy mouth. Tooth decay, sensitive or cracked teeth, infections or periodontal (gum) problems should be diagnosed and treated before any tooth whitening procedure. Otherwise, you could experience discomfort. The whitening process may aggravate existing problems, or the whitening process simply may not be right for you.

### BEGIN WITH A DENTAL CHECKUP

Rather than heading to the local cosmetic counter or shopping mall in search of tooth whiteners, start with a dental checkup. Your dentist can evaluate, diagnose and treat any pressing oral health conditions and advise you about different options to safely and effectively whiten your teeth. Your dentist also can determine whether whitening will work for you. When the dentist diagnoses the cause of the discoloration— injury, stains from food or tobacco, antibiotic treatment as a child or other causes—a suitable tooth whitening method or product can be selected. The diagnosis is important; otherwise, you could be wasting time and money because whitening treatments work only on natural tooth enamel, not on crowns, veneers, bonding materials or tooth colored fillings.

Many tooth whiteners are advertised on Web sites, television commercials and the radio, as well as in magazines and newspapers. The American Dental Association (ADA) is concerned about the safety of tooth-whitening chemicals and procedures that are performed without the care or supervision of a licensed dentist. The ADA recommends that if you choose to have your teeth whitened or use a bleaching product, you should do so only after consulting with a dentist. If the chemicals used to whiten

teeth are not applied properly, they could damage soft and hard tissues in the mouth.

### TOOTH-WHITENING HOAX

There are a lot of “cosmetic clinics” that promise the tooth whitening services. Although they may be staffed with people wearing “scrubs” or laboratory coats who may look like health care professionals, that often is not the case.

They may have no health care training and no license to provide health care services. However, they are dispensing chemicals that could permanently affect your teeth and gingivae (gums).

### INFECTION CONTROL TECHNIQUES

Dental office staff members are trained in infection control techniques that follow the U.S. Centers for Disease Control and Prevention’s guidelines. The guidelines include such procedures as changing examination gloves and disinfecting work surfaces after each patient visit, washing hands and following other infection control procedures.

Talk with your dentist about the pros and cons of different whitening treatments and what may be right for you. He or she may suggest a simple procedure that can be performed in the dental office. This procedure is called “chairside bleaching” and may require more than one office visit. Each visit may last from 30 minutes to one hour. Your dentist also may dispense a product for daily use at home

for a period of weeks. White, bright teeth are desirable, but having a healthy smile is more important. Your dentist can help you achieve not only a whiter, more attractive smile, but one that is healthy and contributes to your overall health.



*Prepared by the ADA in cooperation with The Journal of the American Dental Association and the ADA Division of Science. Unlike other portions of JADA, this page may be clipped and copied as a handout for patients, without first obtaining reprint permission from the ADA Publishing Division. Any other use, copying or distribution, whether in printed or electronic form, is strictly prohibited without prior written consent of the ADA Publishing Division.*

## 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