

V-CARE

your healthcare bulletin



ALCOHOLISM

Issue 51

16th May, 2013

"I'm very serious about no alcohol, no drugs. Life is too beautiful. "

- Jim Carrey

Inside this issue:

HOW ANTI OXIDANTS
REDUCE INFLAMMATION **2**



Alcoholism is a disease in which a person drinks alcohol even though drinking hurts his or her life. Alcoholics often find that they have problems with people close to them, with school or work, and with other parts of their lives.

Alcoholism can happen after a month or years of drinking. It is a disease that gets worse the more the person keeps drinking. Without treatment, it can destroy both emotional and physical health and can lead to death.

Alcoholism is often called a family disease because it hurts the lives of family members and others who are close to the alcoholic. For the alcoholic to get well, family members often must take part in treatment.

People with alcoholism:

- Can be any age
- May feel a physical need or craving for alcohol
- Cannot be cured, but must get treated to stop drinking
- Often don't think they have a drinking problem
- Will develop serious health problems if the disease is not treated
- Can recover and get back their lives, with treatment

SYMPTOMS

Symptoms are different for each person. Just a few, or nearly all, of the following symptoms may be present:

Early stages

- Drinking for relief from problems
- Need for more and more alcohol to feel drunk
- "Blackouts:" Not being able to remember events or blocks of time that happened while drinking
- Hiding alcohol or sneaking drinks
- Thinking more and more about alcohol
- Planning activities around drinking

Middle to late stages

- Drinking more than planned
- Not admitting to having a drinking problem
- Trying to control drinking by using mind games, like deciding to not drink before noon
- Breaking promises
- Having personality changes and mood swings
- Drinking as soon as they wake from a night's sleep

Late stages

- Having severe withdrawal symptoms (when the body is no longer getting alcohol) such as delirium tremens (also known as morning shakes)

CAUSES

There is no single cause for alcoholism. A person's emotions, physical health, and up-

bringing can all play a part. Alcoholism runs in families, which suggests it may have a genetic cause.

An individual may also drink to get over difficult feelings or emotions caused by a treatable illness. Others may drink to lessen feelings of guilt, loneliness, or confusion.

TESTING ALCOHOLISM

A person trained in treating alcoholism can tell if you or someone you care about is an alcoholic. This person may ask a series of questions. This information is also used to select the best treatment, if needed.

TREATMENT

Treatment for alcoholism can be different for each person. If the person has a serious physical illness due to the alcohol, he or she must get medical care right away.

Treatment often begins with "detox," or detoxification, which is the body's withdrawal from alcohol. After the body is clean of alcohol, the alcoholic enters a counselling program. The goal of counselling is to help the alcoholic face emotional issues that lead to drinking and to learn ways to stop drinking. Medications may be given to curb a physical craving for alcohol.

Treatment programs can last from a few weeks to years. Places for treatment include hospitals, live-in treatment centres, clinics, and counselling offices.

HOW ANTIOXIDANTS PREVENT INFLAMMATION

If you are a health conscious person, you have probably heard about antioxidants. These important molecules do a lot to protect your body from damage caused by toxins and disease. One of the most significant duties antioxidants perform is reducing inflammation – a risk factor for numerous diseases and health problems.

Inflammation – the Good and the Bad

Is all inflammation bad for you? No, some inflammation is necessary to heal your body. When you damage muscles, tendons or ligaments, you often see inflammation and reduced function in the affected areas. The inflammatory response allows tissue repair and limits further damage by restricting movement in the injured area. However, excessive or chronic inflammation prevents healing, and your body becomes more susceptible to disease.

Antioxidants protect you from free radical molecules, which promote inflammation. Besides joint related diseases like arthritis, inflammation can be a key contributor to heart disease, stroke, cancer, inflammatory bowel disease, Alzheimer's disease and chronic fatigue syndrome.

It is not possible to completely stop your body from producing free radicals because it is part of natural metabolic processes. In fact, every time you breathe, you create free radicals. However your chiropractor wants you to know the steps can take to limit the production of free radicals and reduce inflammation in your body.

Our environment and lifestyle can contribute significantly to the development of inflammation. Avoid exposure to pesticides by eating organic food. When it comes to diet, consume plenty of fruits and vegetables, especially raspberries, blueberries, strawberries, kale and spinach. For protein rich sources, opt for fish over meat. Legumes and nuts are also good sources of protein. Exercise to keep your body in an appropriate weight range.

Stress also promotes inflammation, so learn stress management techniques to keep it under control. Ask your chiropractor for tips on improving your diet and lifestyle.

Tea and Herbs: Heal Inflammation and Reduce Signs of Age

Recent research shows that common herbs tea may provide excellent protection against Inflammation.

A British study investigated the healing effects of 21 different plant extracts. The researches were focused primarily on how inflammation affects skin cells, wrinkled skin and premature aging.

The substances that exhibited the most anti-inflammatory action were white tea, witch hazel and rose – all contain antioxidant compounds. The study reported that these three botanical substances play a role in blocking the body from producing the compound interleukin 8, a proinflammatory substance.

A study on botanical substances and inflammation published in the *Journal of Lipid Research* revealed thyme oil had a power full effect at suppressing the inflammatory substance known as COX-2. The research studies six plant extracts – thyme, clove, rose, eucalyptus, fennel and bergamot. While all six showed anti-inflammatory action, thyme performed the best by reducing COX-2 presence in cells by 75% - compared to 25% for the other plant extracts. This is likely the result of antioxidant flavonoids and high levels of carvacrol, a key ingredient in thyme that both suppresses inflammation and fights bacteria in the body?

Spicy Ginger Cools Inflammation

Chronic inflammation is linked to an increased risk of cancer. A study published in *Cancer Prevention research* showed that extracts of ginger root could be developed as a therapeutic tool in the prevention of colon cancer. That study consisted of 30 participants who were randomly assigned either a placebo pill or a ginger root supplement (2 grams) taken daily. After the research period of 28 days, scientist measured colon inflammation level in the patient, and discovered statically significant reductions in inflammation markers in the ginger extract group.

The antioxidants in ginger could also help relieve muscle pain introduce by inflammation. Research appearing in the *Journal of Pain* indicated ginger acts in a similar way to non steroidal anti-inflammatory drugs (NSAIDs). Conducted by the University of Georgia and Georgia Collage and State University, the study researchers enrolled collage students to perform specific exercise. As well, one group of student received daily ginger supplements and a second group consumed a placebo. The students who received ginger reported lower intensity of exercise- introduce muscle pain.

“Antioxidants protect you from free radical molecules, which promote inflammation...”



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TURN OVERLEAF FOR TEST DETAILS

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Complete Blood Check-up (17)

- Hemocytes
- Hemoglobin
- Lymphocytes
- Leucocytes (WBC)
- Hemoglobin
- Mean Corp. Hemoglobin
- Mean Corp. Hemo. Concn.
- Mean Corp. Volume
- Mean Platelet Volume
- Red Cell Width
- Hematocrit
- Platelet Count
- Platelet Width
- Total R.B.C.
- Eosinophils
- Neutrophils
- E.S.R.

Liver Profile (10)

- Bilirubin - Direct
- Bilirubin - Indirect
- Total Bilirubin
- Alkaline Phosphatase
- SGOT
- SGPT
- G.G.T
- Serum Albumin
- Total Protein
- Albumin / Globulin

Cholesterol Profile (7)

- Total Cholesterol
- HDL (Good Cholesterol)
- LDL (Bad Cholesterol)
- VLDL
- Triglycerides (Tg)
- Tc / HDL Ratio
- LDL / HDL Ratio

Kidney Profile (6)

- Serum Creatinine
- Calcium
- Blood Urea Nitrogen
- Uric Acid
- BUN / Creatinine Ratio

Anemia Profile (3)

- Serum Iron
- Total Iron Binding Capacity
- % Transferrin Saturation

Advanced Diabetes (2)

- HbA1c
- Average Blood Glucose

Thyroid Profile (3)

- T3
- T4
- TSH

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Advanced Health Checkup

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Complete Blood Check-up (17)

- Hemocytes
- Hemoglobin
- Lymphocytes
- Leucocytes (W.B.C.)
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- Mean Corp. Hemoglobin
- Mean Corp. Hemo. Concn.
- Mean Corp. Volume
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Advanced Diabetes (2)

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Thyroid Profile (3)

- T3
- T4
- TSH

Vitamin Profile

- Vitamin D (1)

Pernicious Anemia Profile

- Vitamin B12 (1)

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Hormonal Profile (2)
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Progesterone

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Supreme Health Checkup

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Complete Blood Check-up (17)

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- Hemoglobin
- Lymphocytes
- Leucocytes (W.B.C.)
- Hemoglobin
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- Mean Corp. Hemo. Concn.
- Mean Corp. Volume
- Mean Platelet Volume
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Kidney Profile (6)

- Serum Creatinine
- Calcium
- Blood Urea Nitrogen
- Uric Acid
- BUN / Creatinine Ratio

Cardiac Risk Markers (6)

- Apolipo-Protein A1
- Apolipo-Protein B
- Lipoprotein (A)
- C-Reactive Protein
- Apo-A1 / Apo B Ratio
- Homocysteine

Vitamin Profile (2)

- Vitamin D
- Vitamin B12
- Folic Acid

Advanced Diabetes (2)

- HbA1c
- Average Blood Glucose

Thyroid Profile (3)

- T3
- T4
- TSH

Electrolytes Profile (3)

- Sodium
- Potassium
- Chloride

Advanced Iron Profile (4)

- Ferritin
- Serum Iron
- Total Iron Binding Capacity
- % Transferrin Saturation

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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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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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