



## V-CARE

your healthcare bulletin



### BUILDING RESILIENCE

Issue 52

1st June, 2013

“Every patient carries her or his own doctor inside.”

- Albert Schweitzer

• **Make connections.** Good relationships with close family members, friends, or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.

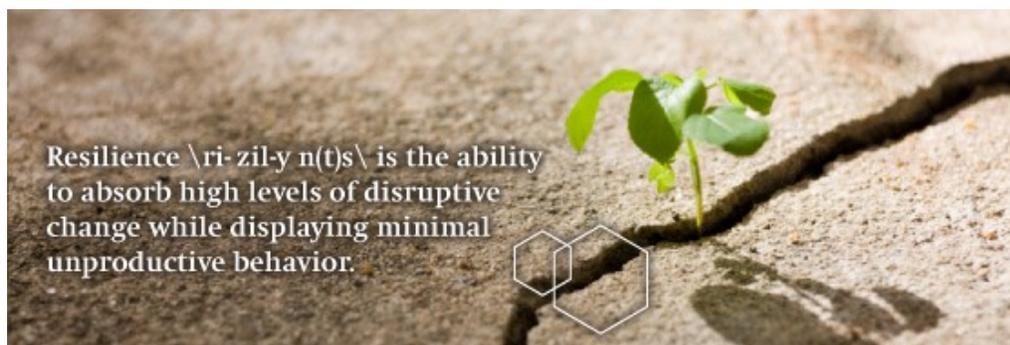
circumstances that you can alter.

• **Move toward your goals.** Develop some realistic goals, and do something regularly – even if it seems like a small accomplishment – that enables moving toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, “What’s one thing I know I can accomplish today that helps me move in the direction I want

sense of personal strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality, and heightened appreciation for their life.

• **Nurture a positive view of yourself.** Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

• **Keep things in perspective.** Even when facing very painful



• **Avoid seeing crises as insurmountable problems.** You can’t change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

• **Accept that change is a part of living.** Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on

to go?”

• **Take decisive actions.** Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

• **Look for opportunities for self-discovery.** People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater

events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

• **Maintain a hopeful outlook.** An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

• **Take care of yourself.** Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

#### Inside this issue:

GOOD NUTRITION FOR ORAL HEALTH 2





“Vitamin A prevents dry mouth and oral cancer...”

## GOOD NUTRITION FOR ORAL HEALTH

People who have oral health problems often have pain or difficulty chewing and those with chewing difficulties are less likely to eat balanced diets. This can result in poor nutrition and negatively affect a healthy life.

### Poor nutrition can cause a breakdown in your oral health:

- Decreased intake of vitamins and minerals can lead to mouth sores, breakdown of your gums and oral cancer.
- A diet that is high in starch or sugar promotes tooth decay.
- Poor diet affects how well your immune system functions. It affects your ability to resist bacteria that cause gum disease.
- Eat foods that provide the vitamins and minerals needed for good oral health.



Vitamin	How it affects your mouth	Found in these foods
Vitamin A (carotene)	Prevents dry mouth and oral cancer	Broccoli, brussell sprouts, green leafy vegetables (spinach, collard greens, kale, etc.)
Vitamin C (Ascorbic Acid)	Prevents soft, bleeding gums, and loose teeth Prevents oral cancer	Citrus fruits, cantaloupe, strawberries, green leafy vegetables, bell peppers
Vitamin D	Promotes strong teeth and jaw bones	Oily fish, milk, eggs, cereals, sunshine
Vitamin E	Prevents growth of thick white patches in the mouth (leukoplakia). Prevents oral cancer	Vegetable oil, nuts, peanut butter, wheat germ
B2, Niacin, B6, B12 Folic Acid	Prevents soreness, redness and bleeding of the gums, cracking and sores in the corners of the mouth and on the tongue	Salmon, beef, liver, chicken, fish, yogurt, nuts and Beans Breakfast cereals, spinach, navy beans, orange juice, pasta, rice
Calcium Phosphorous Magnesium	Needed for tooth development, prevents loss of jaw bone and teeth, rebuilds hard surface of the teeth (enamel)	Milk, cheese, yogurt, seafood, dark green leafy Vegetables
Fluoride	Prevents tooth decay, helps repair enamel	Fluoridated water, black tea, sardines
Zinc	Needed for digestion, healing cold and canker sores	Liver, various meats, eggs, seafood, whole-grain Cereals
Iodine	Needed for tooth development	Iodized salt, seafood, kelp, saltwater fish
Copper	Absorbs iron. Helps produce blood and nerve fibers	Liver, kidney, seafood, nuts, seeds, tap water
Iron	Protects against oral cancer and helps the immune system	Liver, eggs, fish, seafood, various other meats, enriched breads & cereals, green leafy vegetables
Potassium	Needed for nerve function and muscle contractions	Vegetables, legumes, fruits, milk, cheese, various meats, whole grains

**MEDHEALTH CHECK— THE MOST SIMPLE TO AVAIL PREVENTIVE HEALTH CHECK UP**



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**Convenient Payment Options..**



**Automatic Report Upload On Our Website**



**Special Packages For Elders**



**Special Packages For Women**

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7 Profiles 47 Tests  
 Special Packages Available For




Women Elders

Starting At  
 Rs 2000/-  
 Rs 800/-



**Advanced**

9 Profiles 49 Tests  
 Special Packages Available For




Women Elders

Starting At  
 Rs 2600/-  
 Rs 1600/-



**Supreme**

13 Profiles 63 Tests  
 Special Packages Available For




Women Elders

Starting At  
 Rs 5000/-  
 Rs 2500/-

**TURN OVERLEAF FOR TEST DETAILS**

# Basic Health Checkup

# 7 Profiles 47 Tests

### 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

**For Women**  
8 Profiles 50 Tests

**For Women**  
FBN, PROLACTIN

**For Women**  
RHEUMATOID FACTOR

**For Elders**  
8 Profiles 48 Tests



For Women  
Rs.2400/-  
Rs.1000/-

For Elders  
Rs.2400/-  
Rs.1000/-

# Advanced Health Checkup

# 9 Profiles 49 Tests

### Complete Blood Check-up (17)

- Hemocytes
- Hemoglobin
- Lymphocytes
- Leucocytes (W.B.C.)
- 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

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- 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



For Women  
Rs.3000/-  
Rs.1800/-

For Elders  
Rs.3000/-  
Rs.1700/-

**Vitamin Profile**  
• Vitamin D (1)

**Pernicious Anemia Profile**  
• Vitamin B12 (1)

**For Women**  
80 Profiles 58 Tests

**Hormonal Profiles (2)**  
Follicle Stimulating Hormone  
Luteinizing Hormone  
Prolactin

**Arthritis Profile (1)**  
Rheumatoid Factor

**For Elders**  
80 Profiles 58 Tests

# Supreme Health Checkup

# 13 Profiles 63 Tests

### Complete Blood Check-up (17)

- Hemocytes
- Hemoglobin
- Lymphocytes
- Leucocytes (W.B.C.)
- 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
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- 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

### Cardiac Risk Markers (6)

- Apolipo-Protein A1
- Apolipo-Protein B
- Lipoprotein (A)
- C-Reactive Protein
- Apo-B1 / Apo B Ratio
- Homocysteine

### Vitamin Profiles (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



For Women  
Rs.5400/-  
Rs.2700/-

For Elders  
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Rs.2600/-

**Advanced Iron Profile (4)**

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

**For Women**  
84 Profiles 64 Tests

**Hormonal Profiles (2)**  
Follicle Stimulating Hormone  
Luteinizing Hormone  
Prolactin

**Advanced Arthritis Profile (1)**  
Rheumatoid Factor  
ACQP - Antibody

**For Elders**  
84 Profiles 64 Tests

## OUR OTHER 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?**

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articles on health be  
it humor or  
educative&we will  
make sure they  
become a part of our  
Newsletter..**

**info@vipulmedcare.com**



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**FOR QUERIES**

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**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.

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