

V-CARE

your healthcare bulletin

ABOUT THE BACK & BACK PROBLEMS

Issue 53

16th June, 2013

"Dieting is the only game where you win when you lose!"

- Anonymous

Inside this issue:

FACE STRESS—GET MENTALLY FIT

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The lower part of the back holds most of the body's weight. Even a minor problem with the bones, muscles, ligaments, or tendons in this area can cause pain when a person stands, bends, or moves around. Less often, a problem with a disc can pinch or irritate a nerve from the spinal cord, causing pain that runs down the leg, below the knee called sciatica. If you have a low back problem, you may have symptoms that include:

- Pain or discomfort in the lower part of the back.
- Pain or numbness that moves down the leg (sciatica).

SEEING A PROVIDER

A visit to your health care provider is a good idea if:

- Your symptoms are severe.
- The pain is keeping you from doing things that you do every day.
- The problem does not go away within a few days.

THINGS YOU CAN DO NOW

While waiting for your back to improve, you may be able to make yourself more comfortable if you:

- Wear comfortable, low-heeled shoes.
- Make sure your work surface is at a comfortable height for you.

- Use a chair with a good lower back support that may recline slightly.

- If you must sit for long periods of time, try resting your feet on the floor or on a low stool, whichever is more comfortable.

- If you must stand for long periods of time, try resting one foot on a low stool.

- If you must drive long distances, try using a pillow or rolled-up towel behind the small of your back. Also, be sure to stop often and walk around for a few minutes.

- If you have trouble sleeping, try sleeping on your back with a pillow under your knees, or sleep on your side with your knees bent and a pillow between your knees.

EXERCISE

A gradual return to normal activities, including exercise, is recommended. Exercise is important to your overall health and can help you to lose body fat (if needed). Even if you have mild to moderate low back symptoms, the following things can be done without putting much stress on your back:

- Walking short distances.
- Using a stationary bicycle.
- Swimming.

It is important to start any exercise program slowly and to gradually build up the speed

and length of time that you do the exercise. At first, you may find that your symptoms get a little worse when you exercise or become more active. Usually, this is nothing to worry about. However, if your pain becomes severe, contact your health care provider. Once you are able to return to normal activities comfortably, your health care provider may recommend further aerobic and back exercises.

PREVENTION

The best way to prevent low back problems is to stay fit. If you must lift something, even after your back seems better, be sure to:

- Keep all lifted objects close to your body.
- Avoid lifting while twisting, bending forward, and reaching.

You should continue to exercise even after your back symptoms have gone away. Many exercises can be done to condition muscles of your body and back. You should talk to your health care provider about the exercises that would be best for you





“View change as a step by step and incremental process..”



FACE STRESS—GET MENTALLY FIT

Lots of us live in 24 to 7 time- where work and other responsibilities are never ending... We try our best to keep up and not get swamped. We frequently use every possible trick to manage our time and our stress yet we still end up overwhelmed, behind, feeling negative and distressed.

Often we see stress as our enemy and if it all possible we avoid it. However we may need to take another view- that of seeing stress paradoxically as the way to manage it! Just like athletes train and build their muscle strength by stressing them, the same is true

“The best moments of our lives occur when a person’s body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.”

-Dr. Csikszentmihalyi

What is your plan to build your Stress Muscles and Mental Toughness? When will you begin Facing Your Stress?

Some key points to keep in mind as you develop and build your stress strength and muscles:



of stress muscles! They need to be used and built upon to grow, to improve their capacity to deal with, manage and withstand stress!

“Whatever is flexible and flowing will tend to grow!”

-Tao Te Ching

The key is exposure to stress beyond our normal limits and threshold, followed by rest and adequate recovery! This allows for stress growth and mental strength to occur! This is the way that top professional athletes and business shaker and movers keep up their peak performances- through balancing stress and recovery! Everyone needs time to recover, rest, heal, grow and renew! The goal is to build stress toughness and tolerance muscles so that you can perform well during the storm!

- Change is often difficult and we may resist and fight it
- View change as a step by step and incremental process
- Build in new routines so they become easy to do!
- Start slowly and develop a realistic plan
- Setbacks and failures often occur during change and are part of the steps towards success
- We often quit before realizing the success and positive outcomes of our stress toughening program
- A little success breeds more success!

The objective is to promote mental strength, resilience and endurance to handle stress- anytime and any place!

Are you ready to begin? You are the only one who can determine how the stress in your life is to be used!



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Women Elders

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 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

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ASPARTATE AMINOTRANSFERASE

For Elders
8 Profiles 48 Tests



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For Elders
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Advanced Health Checkup

9 Profiles 49 Tests

Complete Blood Check-up (17)

- Hemocytes
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- Lymphocytes
- Leucocytes (W.B.C.)
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Advanced Diabetes (2)

- HbA1c
- Average Blood Glucose

Thyroid Profile (3)

- T3
- T4
- TSH



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Vitamin Profile
• Vitamin B12 (1)

Pernicious Anemia Profile
• Vitamin B12 (1)

For Women
10 Profiles 54 Tests

Hormonal Profile (2)
Follicle Stimulating Hormone
Luteinizing Hormone
Prolactin

Rheumatoid Profile (1)
Rheumatoid Factor

For Elders
10 Profiles 50 Tests

Supreme Health Checkup

13 Profiles 63 Tests

Complete Blood Check-up (17)

- Hemocytes
- Hemoglobin
- Lymphocytes
- Leucocytes (W.B.C.)
- Hemoglobin
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Kidney Profile (6)

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- Calcium
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- 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 Profile (2)

- Vitamin B12
- Vitamin B17
- Folic Acid

Advanced Diabetes (2)

- HbA1c
- Average Blood Glucose

Thyroid Profile (3)

- T3
- T4
- TSH

Electrolytes Profile (3)

- Sodium
- Potassium
- Chloride



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Advanced Iron Profile (4)
• Ferritin
• Serum Iron
• Total Iron Binding Capacity
• % Transferrin Saturation

For Women
14 Profiles 64 Tests

Hormonal Profile (3)
Follicle Stimulating Hormone
Luteinizing Hormone
Prolactin

Advanced Rheumatoid Profile (1)
Rheumatoid Factor
ACCP - Antibody

For Elders
14 Profiles 60 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

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**Do write to us with
feedback, queries,
articles on health be
it humor or
educative&we will
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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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