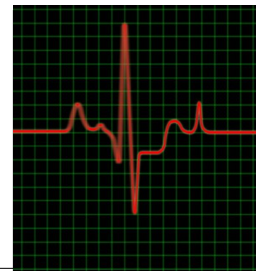


## V-CARE

### your healthcare bulletin



### ASTHMA

Issue 56

1st August, 2013

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

- Anonymous

Inside this issue:

PROTECTING YOUR  
BACK AT WORK

2

**A**sthma is a chronic lung disease. Currently, there is no cure, but it can be controlled.

Airway linings become inflamed; that is, they get swollen and secrete extra mucus. Airways narrow and breathing becomes difficult. Sometimes the narrowing gets better by itself; often medicine is needed to get the airways open again.

#### SYMPTOMS

- Shortness of breath,
- Wheezing,
- Tightness in the chest, and
- Cough lasting more than a week.

Not all people with asthma wheeze. For some, coughing may be the only symptom of asthma. Coughing often occurs during the night or after exercise. It's important to know that treatment can reverse asthma symptoms. And it's important to treat even mild symptoms of asthma.

#### ASTHMA EPISODE 'ATTACK'

The airways produce a thick mucus. The muscles around the airways tighten and make the airways narrower. These changes in the airways block the flow of air, making it hard to breathe. Some medicines relax the airways (bronchodilators) and others reduce (and even prevent) the swelling and excess mucus production (anti-inflammatories).

#### CAUSES

The complete cause of asthma is not yet known. Asthma is not caused by psychological factors such as having troubled relation-

ships. It is a chronic lung disease which often occurs in those with close relatives who have asthma or allergies. People with asthma have airways that are super sensitive to certain things that do not bother other people. These are called triggers -- when you are near or come in contact with them, they may set off an asthma episode. Common triggers for asthma episodes include the following:

- Flakes from skin, hair, feathers of warm-blooded pets
- House dust mites
- Pollens from grass and trees
- Molds (indoor and outdoor)
- Cigarette smoke; wood smoke; scented products ; strong odors from fresh paint; automobile fumes; and air pollution
- Infections in the upper airway
- Exercise
- Strong emotions
- Changes in weather
- Backflow of acid up the esophagus, especially at night.
- Some medications (e.g. aspirin) and food additives

#### ASTHMA TYPES

Asthma is categorized by the frequency and severity of the symptoms before treatment.

**Mild intermittent:** Symptoms occur twice a week or less, and nighttime symptoms come twice a month or less. Sym-

ptoms are brief, lasting from a few hours to a few days.

**Mild persistent:** Symptoms occur more than twice a week but less than daily and night symptoms

**Moderate persistent:** Symptoms occur daily, with night symptoms more than twice a week. More severe episodes occur twice a week or more and may last for days.

**Severe persistent:** Frequent severe episodes are occurring with continual daytime and frequent night symptoms.

#### PREVENTION

To prevent asthma episodes it is important to work closely with your physician/clinician to:

- Develop daily self-management plan to reduce symptoms.
- Plan to avoid trigger contact .

#### CONTROL

You need to work out control plan with physician that includes:

- Treating symptoms early
- Taking action as symptom change
- Knowing when a health care professional's help is needed

#### TREATMENT

With proper treatment most people with asthma will be able to:

- Be active without symptoms
- Sleep through night without having symptoms.
- Prevent asthma episodes
- Avoid side effects from medicines.



**“When sitting either in a relaxed position, driving, or while at work, support your lower back...”**



## PROTECTING YOUR BACK AT WORK

**B**ack pain is one of the most common medical problems in the United States. The cause is often poor posture and body mechanics in the workplace. A supervised program of back protection and exercise may be the key to alleviating and even preventing such problems. Correct posture and body mechanics play a vital role in preventing back pain because pressure on the discs and strain of the muscles, ligaments and back joints is aggravated by incorrect posture and body mechanics. At the same time, when your posture is good and you move your body correctly, you reduce the strain on your back.

### SITTING DOWN ON THE JOB

Sitting is often the greatest cause of back pain. When sitting either in a relaxed position, driving, or while at work, support your lower back. Use a rolled towel, small pillow, or a specially designed seat support, available at medical supply stores. Remove this low back support every half hour for five minutes to give your lower back a change of position. Your head should be positioned so that your ear is in a line with your shoulder and your chin is parallel with the floor.

Avoid leaning to one side when you are sitting, and avoid overstuffed furniture as it does not offer adequate support.

When working at a desk, your chair should be pulled close to the desk. An office chair with short arm rests will allow this. Office chairs should also have adjustable height, back rests and seats. The back rest spring should be adjusted so that the back rest moves with you. A seat that tilts forward is a particularly useful feature.

Use a swivel chair to enable you to work without twisting your back. Place objects such as adding machines and computers as close to you as possible to minimize the amount of twisting and turning you need to do.

When you lean forward at your desk, bend forward at the hips instead of rounding

your lower back. This will allow you to keep your back straight and in good alignment.

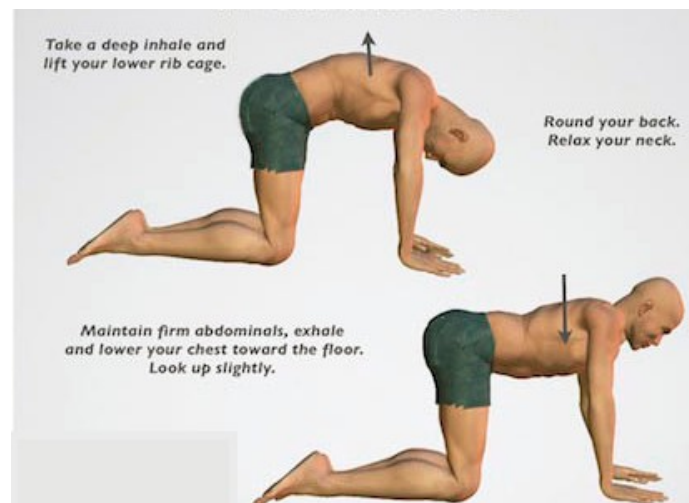
### TALKING ON THE PHONE CAN BE A PAIN IN THE NECK

Holding the phone between your ear and shoulder is a common cause of neck pain. Use a clipboard to hold your papers down so that your hands are free. Special phone adapters also are available.

After sitting for a prolonged period, it is helpful to straighten your back to an upright position and, if possible, stand and walk for awhile.

### DON'T FORGET EXERCISE

Appropriate exercise, done regularly, will provide the strength and flexibility in the muscles of your legs and back that you need to help avoid excessive strain and possible injury. Some forms of exercise, such as yoga and tai chi, may help relieve or prevent back pain by increasing flexibility and reducing tension. These exercises should not be done, however, if they are uncomfortable or place a strain on the back. And don't neglect strength training; strong abdominal, back and leg muscles play a vital role in helping you maintain good posture and body mechanics.



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



**Brings Better Health To Your Doorstep  
Through Its  
Predictive Health Check Packages**





**Free Home  
Samples  
Pickup**



**600 +  
Pan India  
Locations..**



**Convenient  
Payment  
Options..**



**Automatic  
Report Upload  
On Our Website**



**Special Packages  
For  
Elders**



**Special Packages  
For  
Women**

**LOG IN TO**  
**[www.vipulmedcare.com](http://www.vipulmedcare.com)**  
**to avail TODAY !**





**Basic**

**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)

- Microcytes
- Macrocytes
- Lymphocytes
- Leucocytes (WBC)
- Hemoglobin
- Mean Corp. Hemoglobin
- Mean Corp. Hemo. Conc.
- 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)
- T<sub>c</sub> / HDL Ratio
- LDL / HDL Ratio

### Kidney Profile (5)

- 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 Profile 50 Tests

FSH, PROLACTIN

ASSAYING FACTOR

**For Elders**  
8 Profile 48 Tests

Starting At  
Rs.2000/-  
Rs.800/-

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

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

## Advanced Health Checkup

## 9 Profiles 49 Tests

### Complete Blood Check-up (17)

- Microcytes
- Macrocytes
- Lymphocytes
- Leucocytes (W.B.C.)
- Hemoglobin
- Mean Corp. Hemoglobin
- Mean Corp. Hemo. Conc.
- 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)
- T<sub>c</sub> / HDL Ratio
- LDL / HDL Ratio

### Kidney Profile (5)

- 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

### Vitamin Profile

- Vitamin D (1)

### Pernicious Anemia Profile

- Vitamin B12 (1)

**For Women**  
10 Profile 54 Tests

### Hormonal Profiles (2)

Follicle Stimulating Hormone  
Luteinizing Hormone  
Progesterone

### Arthritis Profile (1)

Rheumatoid Factor

**For Elders**  
10 Profile 50 Tests

Starting At  
Rs.2600/-  
Rs.1600/-

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

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

## Supreme Health Checkup

## 13 Profiles 63 Tests

### Complete Blood Check-up (17)

- Microcytes
- Macrocytes
- Lymphocytes
- Leucocytes (W.B.C.)
- Hemoglobin
- Mean Corp. Hemoglobin
- Mean Corp. Hemo. Conc.
- 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)
- T<sub>c</sub> / HDL Ratio
- LDL / HDL Ratio

### Kidney Profile (5)

- 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 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

Starting At  
Rs.5000/-  
Rs.2500/-

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

For Elders  
Rs.5400/-  
Rs.2600/-

### Advanced Iron Profile (4)

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

**For Women**  
14 Profile 66 Tests

### Hormonal Profiles (2)

Follicle Stimulating Hormone  
Luteinizing Hormone  
Progesterone

### Advanced Arthritis Profile (2)

Rheumatoid Factor  
ACQP - Antibody

**For Elders**  
14 Profile 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?**

**Do write to us with  
feedback, queries,  
articles on health be  
it humor or  
educative&we will  
make sure they  
become a part of out  
Newsletter..**

**info@vipulmedcare.com**



## CORPORATE OFFICE

VIPUL MEDCARE PRIVATE LIMITED  
534, UDYOG VIHAR, PHASE V  
GURGAON,  
HARYANA-122016

Phone: 555-555-5555  
Fax: 555-555-5555  
E-mail: someone@example.com

*Your business tag line here.*

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. Chanden Prasad  
Tel: 011-46074578-81, 9313333270  
Fax No: 011-41659833

### 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

### CHENNAI

New No.517, Old No.338, 2nd  
Floor, Anna Salai, Nandanam, Chennai,  
Tamil Nadu 600 035  
Contact Person: Mr. K. Rajshekarani  
(9380037673)  
Tel: 044-49126666/24335717  
Fax No: 044-24335716

### 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

### COCHIN

Mariam Tower Door No36/3120-b-3,  
Kaloorkadavantham Road, Kathrikadavu,  
Cochin-17  
Contact Person: Mr. Rajesh R  
(9744497212)  
Tel: 0484-2102021, 2330079  
Fax No: 0484-2330080

### 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

### 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, 9829422303  
Tele Fax No: 0141-2297335