

Praise-Worthy Benevolent Effort

We have a body in which God has given us a living soul. It is through the unity of the body and soul that our lives move forward. The needs of this body are separate from the needs of the living soul. While the basis of the body is solid food, the essence of the mind is truth, good thoughts, and recitation of God's name. If these are both in balance, then the game of the mind and body continues smoothly and successfully. If one loses balance between body and mind, however, one becomes subject to unethical ways and the journey of life loses all purpose and meaning. This meaningless life makes the body and soul more prone to disease and also becomes the cause of much suffering. That is why we need virtuous guidance to keep this balance to live a healthy and contented life. We need to follow Guru's word from Gurbani to keep the mind free from worry.

As we need Guru's word for a healthy mind, we need an able doctor to take care of our bodies. If we could find out about the symptoms of any disease in its initial stages, then it is more easily treatable. Yet if the disease progresses and the symptoms remain unknown, the problem becomes even more serious, and one must physically suffer and waste lots of money. At times, a person may also lose their precious life because of this negligence.

Dr. Gurpreet Singh Dhugga received his higher medical education in the U.S.A. to help society gain awareness about bodily diseases. He has been widely acknowledged for his dedicated profession and treatment of different bodily afflictions. With God's grace, Dr. Gurpreet Singh came up with the idea of helping others. Gurpreet felt that since God has blessed him with the knowledge about these diseases then he should help

make people aware about the symptoms of these diseases and the causes of them. He also wanted people to know the initial steps they should take and the different types of exercises they should do to digest food. Often, the first symptom of any disease feel completely normal and ordinary, but if they go ignored then it becomes difficult and at times impossible to control the condition.

Dr. Gurpreet Singh Ji, M.D., U.S.A. has given advice regarding when to seek a professional doctor's guidance in this book called *Health Guide*. He has done a tremendous work by having this guide available in both Punjabi and English and ready to distribute among society free of charge. The praise of his effort is beyond explanation.

I pray from the bottom of my heart to Waheguru ji to bless Dr. Gurpreet Singh Ji so he may maintain such priceless effort in the future also. I also hope that people will gain benefit from his medical expertise and attain a healthy body.

May Waheguru ji always bless Dr. Gurpreet Singh Ji.

Sant Sewa Singh
Gurdwara Rampur Khera

Commendable Effort

**Giaan andhera katiya gur giaan ghat baliya.
Har ladhaa rattan padarath fir bahurh na chaliya.**

The Guru removes the darkness of ignorance, and spiritual wisdom illuminates their hearts.

They find the wealth of the jewel of the Lord, and then, they do not wander any longer.

Gurbani teaches us that ignorance is akin to darkness and knowledge is radiance. The acquisition of knowledge is valued as a precious matter in Gurbani. Human beings become virtuous with the knowledge of anything and are able to easily face the ups and downs of life. For example, a person who has never taken swimming lessons and thinks about crossing the ocean is bound to drown; if a person who has never taken any driving lessons starts to drive, it is inevitable that accidents will occur. Similarly, individuals with no knowledge of any health rules about their bodies will become victims of disease. This ignorance is often the cause of major setbacks to the body. Long ago in India when there was less population, people were less materialistic and use to cherish the gifts of nature. The water, air and earth were pure and clean, and the diet simple yet nutritious. People were hard working so there were fewer diseases.

In modern times however, when the air, water, and earth are polluted, our diet is not as healthy and balanced, and the hospitals are full of sick people. We value materialistic things over love. Diseases such as depression are on the rise. Thus, it is very important that the people of today should have general knowledge about health rules, disease symptoms, and a healthy diet.

Dr. Gurpreet Singh emigrated from India and currently resides in America. He felt that people living in the U.S. have quite a bit of knowledge about disease and noticed how they constantly ask their doctors many questions. In India, however,

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the public does not have enough general medical knowledge and this is why their diseases multiply. It is often due to ignorance of a simple disease which leads to acquisition of even more diseases. It is not uncommon in India that greedy doctors mislead the patients. This could be avoided, however, if patients were more knowledgeable about their health.

One time I had a patient who came to me for advice regarding a headache. He had gone to another doctor before he came to see me, and this doctor had told him to get a C.T. scan. The patient wanted my advice about the C.T. scan. When I checked his temperature with a thermometer, it read 99 degrees. After taking medicine for a couple of days, both his headache and fever had disappeared. People should have at least this much basic knowledge that they can get headaches from a fever or high blood pressure. A person should first check their own temperature for fever or get their blood pressure checked by someone else, and if they do not have these two symptoms, that is when they should resort going to the doctor for their headache. For example, diabetes is a very common global affliction. If a person knows its symptoms, then he or she can diagnose themselves with diabetes. These common symptoms include an increase of thirst and hunger, frequent urination, weight loss, and feeling weak and fatigued.

Glaucoma is also a deadly disease. This affliction is due to increased pressure within the eye which leads to the eye's inner layer being affected. A person may become victim of blindness for which there is no cure. If instead a person knew the symptoms of this disease, then he or she could possibly avoid going blind.

Dr. Gurpreet Singh has done a tremendous job in writing this book *Health Guide*. He did this so that the congregation could gain awareness about health and disease. Dr. Gurpreet Singh deserves much praise for this great accomplishment. It is evident that he has deep concern and much care for his fellow country people in his heart. We hope that the public will take full advantage by reading this book.

Inderjeet Kaur (Dr.)

Main Sewadar

All India Pingalwara Charitable Society, Amritsar

A Social Cause

Most of the available health related books are written for medical people. So there was a void for a health book which a common person can read and use in the day to day life. This book will certainly fill that need. The purpose of this guide is to create awareness about common health problems through basic and easy to understand information for common diseases. This guide will provide valuable guidance not only to the common people but also to the medical professionals.

Due to lack of basic knowledge about health problems, people usually go to a doctor when disease is in advanced stage. I am sure this guide will go a long way to enhance knowledge about prevention, home treatment and most importantly when to seek professional medical health in a timely manner.

Gurpreet has been my student during his years of graduation from Government Medical College Patiala, Punjab, India. He later went on to do MD Medicine in USA and specialized in Palliative Medicine. During his graduation days I found him to be an active student both in the classroom and in the sports. This book is an outcome of his desire to contribute towards a social cause as a medical professional.

This is a proud moment for me seeing our student being socially responsible and working towards creating a better and healthy society. I wish him all the best in his future endeavours.

K.D. Singh (Dr.)
Principal,
Govt. Medical College,
Patiala, Pb, India

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Art of Healthy Living

This concise, well-written, easy to use *Health Guide* for the most common medical problems written by Dr. Dhugga is an essential addition to every family library. Taking his vast knowledge of medicine and carefully outlining each medical problem in a simple and easy to understand process, Dr. Dhugga has created a much needed medical guide for everyone.

With his medical training and experience, Dr. Dhugga understands medicine from a sound scientific background. This medical guide is outcome of that vast knowledge translated into understandable concepts and applicable tips and remedies for the common person.

It is common for all of us to have questions about our own health or read something about medicine and want to know more, this book will fill that void.

Kudos to Dr. Dhugga for having the insight, energy, discipline and knowledge to write this book for each of us to use over time.

Wishing all readers a healthy life,

David Danzeisen (Dr.)

(MD)

Chief, Dept. of Medicine, Kaiser Permanente
Fairfield, CA, USA

An Endeavour

My purpose of writing *Health Guide*:

“A doctor gives you the medication but a good doctor will educate you about the disease.”

In my experience as a physician, we as a society including physicians have not done enough to educate people about prevention and basic information about diseases. Due to this reason, people are becoming more and more dependent on medications. In developing countries like India, people go to quacks due to ignorance instead of getting proper medical care. As you become more informed about the diseases after reading this book, you will utilize your limited time with your doctor in a better way by asking better questions and understanding your disease and treatment.

Being healthy is not a choice, it is a responsibility:

“To keep the body in good health is a duty; otherwise We shall not be able to keep our mind strong and clear.” *(Mahatma Buddha)*

A healthy lifestyle is a must for fulfilling your family and work responsibilities as well as achieving your personal goals in life, but in modern times people become so engrossed in their daily rut that they ignore their health.

My challenges while writing this book:

My biggest challenge while writing this book was to use the language which is simple and easy-to-understand for a non-medical person. I tried my best not to use any medical terminology. To ignore important details while achieving this goal was a difficult task.

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Best way to use *Health guide*:

Best use of this book is by reading the whole book once to get basic idea about diseases and their prevention; then reading about any specific disease as needed by you or your family members.

“Being healthy is the best gift you can give to your family and the society”.

Respectfully,
Gurpreet S. Dhugga, M.D.

Acknowledgements

With absolute humbleness, I would like to express my deep gratitude to Almighty Waheguru, who gave me the courage and wisdom to fulfill this responsibility.

I bow my head to my forefathers, pious soul and great spiritual guide Sant Baba Harnam Singh ji and Baba Thakar Singh ji whose life taught me that without service to humanity, purpose of our life is incomplete.

I am beholden to Sant Baba Sewa Singh ji, who planted the seeds in my mind to write this book and blessed me with his guidance throughout the process.

I am indebted to my parents, Principal Tarsem Singh Dhugga and Smt. Narinder Kaur who helped me to dream higher and become a physician.

I am grateful to my wife, Dr. Ravneet Dhugga, my sons Arjun and Kabir, for their uplifting encouragement throughout this journey. It was a cherished mission accomplished together.

I sincerely thank my friend Dr. Manohar Singh, M.D., L.L.B, M.A. (Journalism) for his constant inspiration, expert advice and helping me in the process of selection and editing of various topics.

I would like to thank Samson Masih, Mohini Kaur Thiara and Dr. Harkesh Sandhu, M.D. for their help in translation, graphics and technical advice.

Last but not least, I would like to thank all members of Punjabi-American Cultural Association (PACA), who are always there for me like brothers.

Healing Power of Faith

Acknowledging how much we don't know is a sign of wisdom. People who show off their knowledge are usually half-empty. It is a fact that extent of human know-how is limited. Scientific discoveries and inventions are a way to satisfy our curiosity to know more, otherwise Man is still scratching the surface of mysteries of universe and life in general.

Medical science has accomplished a lot in the twentieth century but still we are mostly managing the diseases and not curing them. In case of chronic diseases and undiagnosed illnesses, we reach a stage where worldly doctors have nothing else to offer. At that time having faith in the greatest doctor of all, The All Mighty Creator, is the only and a sure-shot remedy.

Only those who have unwavering faith in God can understand the power of his blessings. Sikh gurus have stressed on this fact throughout their teachings in Sri Guru Granth Sahib, the Living Guru of Sikhs.

Ek Aas Rakho man Mahe.

Sarab Rog Nanak Mit Jaye.

(Ang 288)

Keep faith in your heart and Waheguru will cure all your illnesses.

Fifth Guru says :

Anik Upavi Rog na Jaye.

Rog mitey Har avkhud Laye.

(Ang 288)

When all other remedies fail, remembrance of God helps to cure the diseases.

Similarly Guru Ji says :

Dookh Rog Santap Utrey Suni Sachi Bani.

(Ang 922)

And, Guru Ji also warns us that

Parmesar te Bhuliyān, Viyapan Sabhe Rog.

(Ang 135)

Non-spiritual living can be the cause of all kind of all physical ailments.

But when we have faith, then

Parmesar ditta Banna.

Dukh Rog ka Der Bhanna.

So should trust in the eternal truth that,

Sarab Rog Ka Aukhad Naam.

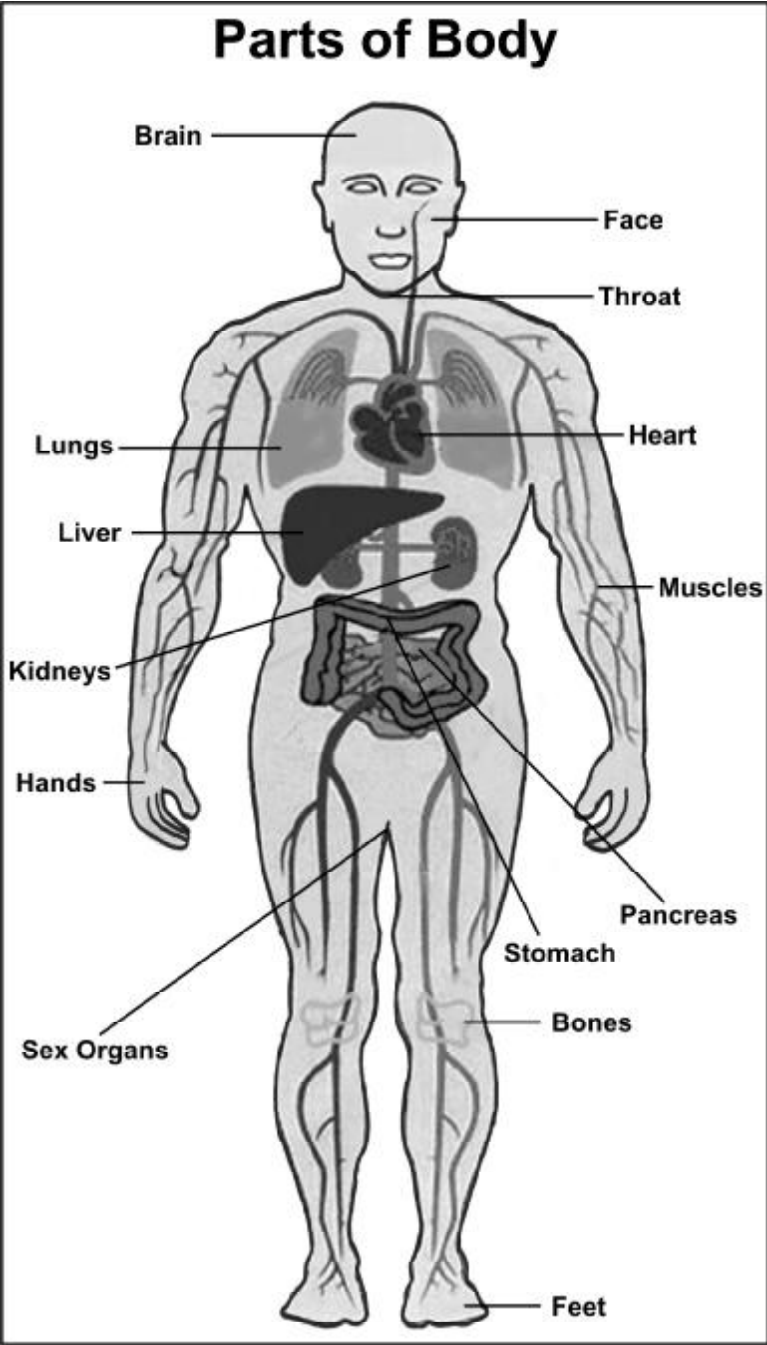
(Ang 288)

God's name is remedy for all illnesses.

Prayer is the ultimate source of strength, so we should pray to God, because,

Teene Taap Nivaran haara, Dukh Hanta Sukh Raas

Ta Ko Vigan Na kou lage, ja ki Prabh age Ardas.



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Prevention
of
Diseases

**Prevention is the
best Treatment**

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*So many people spend their health gaining wealth
and then have to spend their wealth to
regain health.*

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7 Habits of Healthy People

(Tips for healthy lifestyle)

Healthy habits go a long way to prevent diseases. We can easily develop healthy habits by following seven tips:

1. Eat wisely:

Eating less and a balanced diet help to prevent many illnesses. Drink plenty of fluids. Avoid excessive salt and sugars. Eat at regular intervals. Avoid starvation. Have your dinner at least 2 hours before going to bed.

2. Exercise:

Being physically fit, helps to increase your energy level and also improve digestion of food we eat. Try to do some kind of exercise 4-5 times a week for at least 30 minutes. Choose an exercise which you like to do and you can do regularly week after week. See “Benefits of Exercising” chapter for more information.

3. Avoid smoking:

Smoking is leading causes of many cancers and other lung diseases.

4. Avoid alcohol:

Alcohol is a social problem as well as a medical problem. Alcohol affects liver, stomach, nerves and brain.

5. Vaccinations:

Vaccines prevent diseases. Get children and yourself vaccinated as recommended. See “Vaccination” chapter for more information.

6. Mental health:

Stress, anxiety and depression leads to other health

illnesses. Take care of your emotional health. See chapter “Mental health” for more information.

7.Safety:

Putting safety first prevents accidents and injuries. Follow traffic rules while driving. Don't drink and drive. Don't let your children drive if they do not have license to drive. Practice safe sex to avoid sexually transmitted diseases. Avoid violence by managing anger.

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Benefits of Exercising

Why should we exercise regularly?

Regular exercise, healthy diet and positive attitude are foundations of a good life. Some of the benefits of doing exercise are:

1. Helps to maintain healthy weight
2. Stimulates mind
3. Relieves tension and stress
4. Controls appetite
5. Lowers blood pressure
6. Prevents diabetes
7. Improves muscle strength
8. Provides fun
9. Helps to sleep better
10. We feel good about ourselves
11. Improves flexibility
12. Improves digestion

Why people don't do exercise?

1. Lack of time: You may do exercise even for 5-10 minutes
2. Fatigue: Exercise will give you more energy
3. Concern about other people's reaction: You should be proud of taking care of your health
4. Bad weather: You may exercise inside your home
5. Cost: For most of the good exercises you do not need any equipment or a health club

How often and for how long?

At least, 30 minutes, 4-5 times a week, is needed to improve fitness. Longer exercise on more days will have more benefits.

Before you start exercising:

1. Figure out what you would like to do, walking, running, weight-lifting etc.
2. Consistency is very important, so promise yourself to continue when you start doing exercise
3. If you have any heart disease, discuss with your doctor what kind of exercises you should avoid
4. Start slowly so that your muscles have a chance to warm up

What kind of exercise you can do if you have knee arthritis?

1. Biking (cycling)
2. Swimming
3. Slow walk

When to see a doctor?

1. If you feel chest pain or pressure while doing exercise
2. If you feel dizzy while doing exercise

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Exercise

To Lose and Control Weight
at least 30-90 minutes week days



*You can
easily eat more
calories
than you burn
whole watching
TV*

**Moving burns more calories
than sitting:**

Sedentary: 1 hour
- computer, tv 76

Medium Activity:

- laundry 153
- cooking 157
- washing dishes 163
- vacuuming sweeping 180
- grocery shopping 259
- walking the dog 316
- washing the car 326
- dancing 326
- gardening 345

Exercise:

- working out at gym 403
- walking fast 422
- aerobics 431
- walking easy 470
- racquet ball 470
- weight lifting 499
- roller blading 508
- tennis singles 585
- swimming 643
- jogging 720



Healthy Weight

People come in all different shapes and sizes. Our goal should be to attain a healthy weight, and not just to lose weight.

Body weight is determined by:

1. Genetics (family factors)
2. Food you eat (diet)
3. Physical activity

Focus on health, not weight:

1. Eat healthy: low fat diet, avoid excess salt and sugar
2. Exercise regularly: Exercise makes us stronger, more energetic and helps to control weight

Excess body fat increases risk of following diseases:

1. Heart disease
2. Diabetes
3. Stroke

Exercise Tips:

1. Chose an exercise you like to do
2. Do it every day or every other day
3. Doing exercise regularly is more important than how much exercise is done
4. Try to enjoy your exercise routine
5. Do at least 45-60 minutes 3 times a week or 30 minutes 4-5 times a week

Eating less (Dieting) without exercise is harmful, because:

1. You lose fat but also lose muscles too
2. You become thin, but also weak (un-healthy)

Never skip a meal (never go hungry):

1. You tend to compensate by over-eating later
2. Body reserve is used during this time and what you eat later increases your weight
3. Avoid big meals. Eat small portions but eat more frequently
4. Do not skip breakfast

Eat variety of food:

1. Eat more fruits and vegetables, less fat
2. Drink 8-10 glasses of water a day

Think positive:

1. Take pride in yourself if you are trying to make healthy life-style changes
2. Discuss your goals with your friends and family and ask them to help you
3. Don't get discouraged if you are not able to lose weight, continue your efforts
4. Losing weight requires patience, time and daily efforts

Stay away from quick fixes:

1. None of the available weight loss medication have shown sustained results
2. These medications have serious side-effects
3. People gain more weight after they stop taking these medications

When to see a doctor:

Hormonal diseases like thyroid gland or pituitary gland diseases may cause weight control problems. These can be detected by a blood test, and are easy to treat. So see a doctor if:

1. You are gaining weight even when you are doing efforts to lose or maintain weight
2. You are losing weight even if you are eating normal
3. You always feel very tired

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Vaccination (Immunization)

Vaccination prevents diseases. Getting vaccines on time is a wise thing to do. Following vaccines are recommended by American academy of Paediatrics. Recommendations may vary slightly in different countries, so please consult a local doctor. This information is for guidance only.

1. DPT (Diphtheria, Pertussis, Tetanus):

At 2 months, 4 months, 6 months, 1 year, and lastly around 5 years of age.

2. Polio:

At 2 months, 4 months, 1 year and lastly around 5 years of age.

3. MMR (Measles, Mumps, Rubella):

At 1 year, 5 years, and 10 years of age.

4. Chickenpox:

Around 1 year and then around 10 years of age

5. Hepatitis B:

3 injection series for children and adults. Second and third injection, 1 month and 6 months after the first injection.

6. Haemophilus influenza B:

At 2 months, 4 months, 6 months and lastly around 1 year of age.

7. Tetanus:

Around 10 years of age, then every 10 years

8. Pneumococcal Vaccine (to prevent pneumonia):

Over age 65, one time only

9. Shingles vaccine (new vaccine, might not be available everywhere yet):

Over age 60, one time only.

10. Influenza (Flu Vaccine):

Every year before flu season

11. HPV (Human Papiloma Virus) **vaccine:**

3 injection series between ages 11-26 yrs

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Important Tests (For prevention of diseases)

These recommendations are for guidance only as recommendations may vary in different countries. Please consult a local doctor for clarification.

1. **Cholesterol:** Every 5 years after age 40, or every year if you have high cholesterol or taking cholesterol lowering medications.
2. **Blood Pressure:** every 1-2 years after age 40. If you have family history of high blood pressure, then you should start testing it at age 20.
3. **Vision testing:** Every year after age 35
4. **Hearing Test:** Every 10 years after age 50
5. **Sigmoidoscopy** (test to detect colon cancer): At age 50 and every 10 years after that. Colonoscopy is done if sigmoidoscopy is abnormal.

For Women (Along with above Tests):

1. **Self Breast exam:** every month
2. **Pap test:** Every 3 years after age 21 years
3. **Mammogram** (Breast X-ray): Every 1-2 years after age 50

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Air Travel and Health

1. Don't forget to keep your medications in your hand bag
2. If you use insulin syringes for diabetes, take a letter from your doctor for permission to carry them on the plane
3. Do not travel if you have had a heart attack or heart surgery within 2 weeks prior to travel
4. If you need oxygen during travel, your doctor can give you a letter for permission
5. Do not hold your urine for too long as it may cause infection and kidney problems
6. Sitting in the same position for too long during air travel, may cause blood clots in legs which can cause sudden death. To avoid blood clot in legs, get up and walk every 2 hours during air travel
7. Inform the airline if you have special diet needs, like vegetarian food or if you have any food allergies
8. Request for aisle seat, if you have to get up frequently to urinate due to medications
9. See a doctor 4-6 weeks before your travel to take preventive medications against diseases like malaria, hepatitis, typhoid etc. before, during and after the trip

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Proper Use of Time with doctor

Before seeing the doctor:

1. If you have more than one health problem to discuss, make a list of all health problems
2. If you are taking medications at home, take your medications with you or make a list of medications. Doctor needs to know what medications you are taking at home.
3. If you are allergic to any medication, write it down and give it to the doctor at the time of visit.

When you are with the Doctor:

1. Discuss the main problem first
2. Avoid discussing any non-health related topics. It saves your and doctor's valuable time.
3. Ask questions if you do not understand instructions
4. Ask about side effects of the medications prescribed
5. Ask if you need to come back for follow up
6. Ask about the time frame for resolution of symptoms
7. Ask about any danger signs to look for
8. Take medications as instructed and finish the whole course

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Proper Use of Medications

1. Starting new medications:

- a. Always ask your doctor about side effects before starting any new medications
- b. If you have any allergic reaction to a medication in the past, tell your doctor about it
- c. Confirm instructions about how to take medications

2. Antibiotics:

Always complete full course of antibiotics even if you are feeling better, because your body may become resistant to medications due to incomplete treatments.

3. Blood Pressure medications:

Never stop your blood pressure medications even if you feel fine and your blood pressure is normal, because your blood pressure is most likely normal due to medications. Always consult your doctor first. If your blood pressure is low, discuss with your doctor to adjust dose or to stop taking medications.

4. Diabetes medications:

Never stop your diabetes medications even if you feel fine and your blood sugar is normal, because your blood sugar is most likely normal due to medications. Always consult your doctor first. If your blood sugar is low, discuss with your doctor to adjust dose or to stop taking medications.

5. Pharmacists and quacks are not trained to treat diseases, so avoid getting treatment from them.

6. If you notice any rash or other side effects after starting any new medication, stop medication and see your doctor

- 7.** Keep medications safely at home and away from children's reach.
- 8.** Tell your doctor if you are pregnant, because not all medications are safe during pregnancy.
- 9.** Never use adult medications for children, because adult medications are not safe for children
- 10.** Always take your other medications with you and show them to your doctor at the time of visit. To give you the proper medication doctor need to know about your other medications.

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End of Life Planning

Birth, Marriage, Retirement and Death are 4 most significant events in someone's life. Families prepare for birth, marriage and retirement for years, but we try not to discuss death. We go through life like we will live forever, but reality is that all of have to leave this world one day.

We avoid discussing end of life issues due to:

1. Lack of information and knowledge about this serious issue
2. Discussion about death is unpleasant and stressful for most of us.
3. Difficult decisions are involved
4. Family members discourage this discussion and don't want to be a part of it

Important issues at the end of life:

1. Who would be responsible for your care in the old age and near death
2. Division of property and other assets
3. When your decision making capacity declines due to old age, then who should make decisions for you
4. Decision about prolonging life with help of intubation and tube feeding. With advancement of medical technology, life could be prolonged with the help of ventilator (breathing with help of machines), tube feeding (feeding with help of a tube through nose or stomach). Life could be prolonged but quality of life is compromised. Decisions need to be made ahead of time about these choices.

Who can help you to make these hard decisions?

1. Your family and friends
2. Your doctor regarding health related issues
3. Religious and spiritual people
4. Lawyers regarding property issues

Why these decisions are necessary?

1. It avoids last minute stress and confusion for family members
2. It avoids conflict and fights within family after your death
3. It gives you the peace of mind
4. Thinking about death helps us to realize the real purpose of this life

If you live in the USA:

Complete **P.O.L.S.T.** (Physician orders for Life-Sustaining Treatment) form with your doctor's help. Keep this form in your medical file.

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Alcohol related Problems

Alcoholism is a social as well as a medical problem. Alcohol impairs your judgment and will cause family, social, legal and health problems.

You are addicted to alcohol if you have 3 or more of the following:

1. You cannot quit even if you want to quit
2. You need to drink more and more to have the same effect
3. When you don't drink , you feel anxious, sweat a lot and feel upset stomach
4. It is affecting your work and daily routine
5. You continue to drink even if you know it is harming your life

Early warning signs:

1. You drink in the morning or drink alone
2. Feel guilty after drinking
3. Not remembering what you did while drinking
4. Making excuses to drink

Family and Social problems of alcoholism:

1. Harm your relationships at home and outside
2. Missing work
3. Legal issues due to violence
4. Accidents while driving after drinking

Health problems:

1. Liver failure
2. Depression
3. Nerve damage (painful neuropathy)
4. Heart failure
5. Stomach ulcers

Treatment:

People who are dependent on alcohol need help from family and friends. First the person should be seen by the doctor to test for any liver, heart or other medical problems. Then he will need “detoxification” with medications and may be admitted to the hospital. Then this person will need full support from family and friends to improve other areas of his life at home and at work. Religion has very important role to play, for him to not start drinking again, by making him mentally strong.

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*Health can make money.
But money cannot make health.*

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First Aid

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Safety is more important than Convenience.

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How to call for help in Emergency Situations

Emergency numbers

1. **Emergency Rescue (Ambulance):**

911 in USA

108 in India

Or _____

2. Hospital _____

3. Poison Control _____

4. Police _____

5. Fire _____

When calling for help

1. **Stay calm:** getting panic causes more delay and harm and makes the victim more worried

2. **Keep ready the following:**

- Precise Location
- Nature of emergency or injury
- Age and gender of victim involved
- Your name and phone no.

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Home First-Aid Kit

Keep following supplies handy at home:

Medications

1. Acetaminophen for fever and pain
2. Aloe Vera gel for sunburns
3. Antibiotics ointment for superficial wounds
4. Antacids for indigestion
5. Antidiarrhoeal medications
6. Calamine lotion for itchy rashes
7. Hydrocortisone cream for rashes

Supplies

1. Antiseptic wipes
2. Bandages
3. Cotton swabs
4. Disposable gloves
5. Elastic bandage for sprain/strains
6. Hand sanitizer
7. Insect repellent
8. Sunscreen lotion

Equipment

1. Flashlight (Torch)
2. Scissors
3. Thermometer
4. Tweezers
5. Safety Pins

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CPR **(Cardio-Pulmonary Resuscitation)**

What is CPR?

Cardiopulmonary resuscitation (CPR) is a lifesaving technique useful in many emergencies, including heart attack or near drowning, in which someone's breathing or heartbeat has stopped.

Why is CPR needed?

CPR can keep oxygenated blood flowing to the brain and other vital organs until more definitive medical treatment can restore a normal heart rhythm. When the heart stops, the lack of oxygenated blood can cause brain damage in only a few minutes. A person may die within eight to 10 minutes.

When is the CPR needed?

CPR is commonly used after heart attack, stroke, drowning, poisoning or major trauma.

How to do CPR?

Before starting CPR, check:

Is the person conscious or unconscious? If the person appears unconscious, tap or shake his or her shoulder and ask loudly, "Are you OK?" Call for emergency help (911 in USA, 108 in India)

C-A-B

Remember the acronym of CAB – compressions, airway, breathing – to remember the order to perform the steps of CPR.

Compressions: Restore blood circulation

Put the person on his or her back on a firm surface. Kneel

next to the person's neck and shoulders. Follow guidelines as shown in the "CPR guidelines" pictorial.

Airway-Clear the Airway

Put your palm on the person's forehead and gently tilt the head back. Then with the other hand, gently lift the chin forward to open the airway. Follow guidelines as shown in the "CPR guidelines" pictorial.

Breathing- Breathe for the person

Rescue breathing can be mouth-to-mouth breathing or mouth-to-nose breathing if the mouth is seriously injured or can't be opened. Follow guidelines as shown in the "CPR guidelines" pictorial.

Keep repeating 30 compressions and 2 breaths until the person begins to breathe or medical help arrives.

CPR for children under the age of 8 years:

During compressions use one hand instead of 2 hands.

CPR for infants (under 1 year of age):

During compressions use 2 fingers instead of 2 hands.

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CPR GUIDELINES

ADULTS AND CHILDREN 8+ YEARS

1 Dial 911

- If possible, ask someone else to call.
- If you have an AED, have someone else retrieve it.



2 30 Compressions

- Interlock fingers and lock elbows, push firmly at least 2 inches deep.
- Perform 30 compressions, at a rate of at least 3 compressions every 2 seconds.
- If not CPR trained, only perform these cycles of 30 compressions. Go to Step 5.



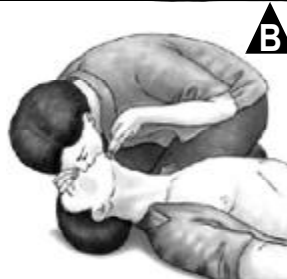
3 Open Airway

- Place your palm on their forehead and gently tilt their head back. With your other hand, gently lift their chin forward to open airway.
- Check for normal breathing.



4 Two Breaths

- Keep their airway open, pinch nostrills shut and cover their mouth with yours.
- Give two gently breaths.
- Each breath should last 1 full second. Look to see if chest rises with each breath.



5 Perform 5 Total Cycles

- Repeat each compression and breath cycle up to five times or until the person begins breathings.
- Use an AED if available.



Dog Bite

First thing to know after a dog bite is whether you need rabies shot or not.

Rabies shots are needed if:

1. Bitten by a dog which is not vaccinated
2. Stray dog whose vaccine status is not known
3. If dog has symptoms of rabies

What to do after a dog bite:

1. Scrub the bite immediately after bite with soap and water.
2. Try to find out if dog was vaccinated
3. Try to confine and watch the dog for 7-10 days to see if dog develops any signs of rabies
4. See a doctor. Antibiotics are recommended to prevent infection from the bite

Prevention:

1. Vaccinate all pets against rabies
2. Do not disturb dogs when they are eating
3. Teach children not to approach or play with stray dogs

When to see a doctor:

1. If bite is from a stray dog
2. If dog is behaving strangely with foaming at the mouth
3. If bite is severe and need stitches
4. If bite is on hands or face
5. If signs of infection develops-pain, swelling, redness, fever or discharge of pus

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Heat Stroke

During summer, in very hot weather, our bodies produce sweat to keep our bodies cool. Heat exhaustion occurs when your body cannot sweat enough to cool you off. If body temperature rises very high and affects brain (confusion), it is called heat stroke. It usually happens when you are working or exercising in hot weather.

Symptoms:

1. Fever 104 degree or higher
2. Confusion or unconsciousness
3. Hot and red skin
4. Weakness
5. Nausea

Prevention:

1. Drink 8-10 glasses of water in a day
2. Add salt to water if you are working outside on a very hot day
3. Wear loose clothes during summer

Home Treatment:

1. If you have high fever, use cold wet clothes all over body, especially over your forehead
2. Take bath in cool water
3. Drink lots of cool water.

When to see a doctor:

1. Confusion or unconsciousness
2. Fever over 104 degree

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Burns

Burns could be from fire, hot water, acid or electricity.

Types of Burns:

1. First degree burn: Only outer layer of skin is involved. Skin is painful and sensitive to touch
2. Second degree burn: Deeper layers of skin get burned. Skin becomes swollen and blistered
3. Third degree burn: All layers of skin are involved along with nerves. Pain is less with these kinds of burns

Prevention:

1. Fire-works during festivals is a major cause of burns in children
2. Smoke detectors at home
3. Easy accessibility to fire extinguishers

If your clothes catch fire:

1. Do not run. It will increase flames
2. Stop, drop on ground and roll on the ground
3. Extinguish flames of fire with a blanket

Home Treatment:

1. Run cold water for 10-15 minutes over burns
2. Do not use ice
3. Immediately remove rings, bracelets, watches. As it becomes hard later to remove them due to swelling
4. Do not rub butter or oil over burn, as it may cause infection
5. Do not break blisters
6. Ibuprofen helps with pain
7. Drink enough fluids

When to see a doctor:

1. All second and third degree burns
2. If burns involved face or hands
3. Electrical burns (due to internal damage)
4. Signs of infection: Fever, pus, increased pain, swelling and redness

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First Aid for Fracture

1 Try to maintain the patient still and composed. Prevent unnecessary movement arising out of anxiety or fear. Do not move the victim unless he is in danger.

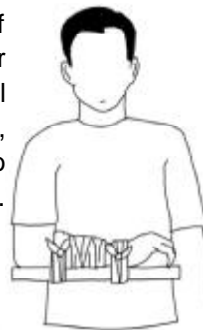
2 Examine the person closely for the presence of other injuries and call for medical help. If medical help is quickly available, handover the patient to them for further treatment.



3 If there is a break in the skin surface, it can be rinsed to remove any visible dirt to other potential contamination. However, vigorous flushing or scrubbing of the wound should be avoided.



4 The broken bones can be immobilized with either a splint or string. Rolls of newspaper or strips of wood can be used. It is important to immobilize the area both above and below the injured bone.



Splint

A splint helps to immobilize the bone before professional medical attention can take over.

Sling
A sling can help stabilize an arm that is broken.



5 Ice packs can be applied to reduce pain and swelling. Place gently over the site of the fracture (Not to be placed directly over an open wound).



Do not move a victim whose back, neck or head are injured unless absolutely necessary. If you must, keep the back, head, and neck in a single straight line and support them to prevent them from twisting, using a stretcher if possible.

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Nutrition

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The food you eat can be either the most powerful form of medicine or the slowest form of poison.

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The Digestive System

A. Mouth

1. Salivary glands in mouth secrete saliva which contains an enzyme (Amylase) which helps to digest carbohydrates.
2. Chewing helps to breakdown food and lubricates it.
3. The tongue has taste buds and also helps to push food down.

B. Esophagus

1. A tube through which food travels from the mouth to the stomach.
2. The epiglottis covers trachea (breathing tube) when swallowing to prevent choking.

C. Stomach

1. Food stays in stomach for about 2-3 hours.
2. Absorbs water.
3. Produces enzymes Pepsin and Gastrin for protein digestion.

D. Small Intestine

1. Duodenum, jejunum, and ileum makes up the small intestine.
2. Food is completely digested and absorbed through walls of small intestine.

E. Large Intestine

1. Water is further absorbed and stool is formed in large intestine.
2. Bacteria forms natural flora in this part and is needed for absorption.
3. Vitamin K and Biotin is produced.

F. Other Organs

1. **Liver:** produces bile which is needed for fat digestion.
2. **Gallbladder:** stores bile produced in liver.
3. **Pancreas:**
 - Secrete Insulin for absorption of sugar. Lack of insulin causes diabetes.
 - Produces enzymes for digestion of protein, carbohydrates and fats.
 - Produces bicarbonates to neutralize acids.

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Nutrition Tips

1. Eat small portion meals:

Eat small portion meals more frequently, rather than one or two heavy meals a day.

2. Water:

6-8 glasses of water in a day are essential for normal functioning of body organs.

3. Fats:

Sources of good fat: Peanuts, Olive oil, Vegetable oil, Canola oil, Seeds, Nuts, Avocado

Sources of bad fat: Butter, Salad dressings, Margarine, Coconut oil, Palm oil, Mayonnaise

4. Dahi (Yogurt):

Dahi is a good source of protein, calcium, pro-biotics (bacteria which help digestion).

5. Gurh (Jaggery):

Gurh is better source of sweetness than sugar. It is a good source of selenium too.

6. Over 65 years of age:

Take calcium and vitamin D daily (at least 1500mg of calcium and 400-600 IU of Vitamin D)

7. Corn:

Good source of dietary fiber, Vitamin B1, B5, Folic acid, Vitamin C, Phosphorus

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Healthy Eating - 7 Habits

1. Eat a variety of food. All your meals should include a healthy mixture of vegetables, fruits, milk, yogurt, rice and grain products (bread etc.). If you are a non-vegetarian include eggs and meat.
2. Eat less sugar. Sugar does not have vitamins, minerals or fiber.
3. Eat less salt. Salt increases blood pressure and also retains water in body.
4. Drink plenty of water.
5. Your diet should be low in fat. Fats have twice as many calories as any other food.
6. Balance the food you eat with physical activity.
7. Avoid alcohol. Alcohol is high in calories but has no healthy nutrients.

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Vegetarian Diet

People choose vegetarian diet due to religious, cultural, environmental or health reasons. Vegetarian diet is becoming more and more popular lately especially in western countries for various reasons including health benefits.

Overall, vegetarian diet is considered healthier due to less fat and more fiber in vegetarian diet. Various studies have proven that lifelong vegetarian people live longer and have less obesity related health issues.

If properly planned, vegetarian diet can meet all the nutrient requirements. The key is to eat variety of foods in right amount. Vegetarian diets are rich in carbohydrates but may lack in certain vitamins and minerals.

Pure vegetarian diet may lack following nutrients:

1. Protein:

Protein is essential for growth and maintenance of body organs. Vegetarian sources of protein include Paneer, milk, peas, beans, lentils, dry fruits, nuts, soy bean, tofu, veggie burgers.

2. Vitamin B12:

Vitamin B12 is not generally present in vegetables and plants. This vitamin is needed for formation of blood cells and normal function of brain and nerves. Sources of Vitamin B12 for vegetarians are soybean, soy milk and Vitamin Tablets.

3. Vitamin D:

Vitamin D is required for bone health. Proper sun

exposure is needed for Vitamin D generation in body. Milk is good source of this vitamin.

4. Calcium:

Calcium is essential for building bones and teeth. Calcium sources for vegetarians include orange juice, soymilk, green leafy vegetables and milk.

5. Iron:

Iron is required for formation of blood cells. Iron sources for vegetarians are iron-rich breakfast cereals, spinach, lentils, beans, whole wheat bread, and dried fruits like raisins.

6. Fatty acids:

Vegetarian sources of Omega 3 fatty acids include flaxseed (Alsi), soy, walnuts, and leafy vegetables like spinach, cabbage and lettuce.

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Vitamins

Vitamins are essential nutrients that contribute to a healthy life. A balanced diet provides all required vitamins needed for a healthy life.

Types:

1. Vitamin A, B, C, D, E and K:
Vitamin-A is good for vision and cell growth. Vitamin-B is good for nerve functions and blood formation. Vitamin-C is good for gums and wound healing. Vitamin-D is essential for bones. Vitamin-E is essential for healthy skin and strong immunity. Vitamin-K helps with blood clotting and to prevent excessive bleeding
2. Water-Soluble and Fat-Soluble vitamins: Water-soluble vitamins are not stored in the body. Vitamin B and C are water soluble. Fat soluble vitamins are stored in the body. Vitamin A and D are fat soluble.

Vitamins are needed for:

1. Body growth
2. Digestion
3. Nerve functions

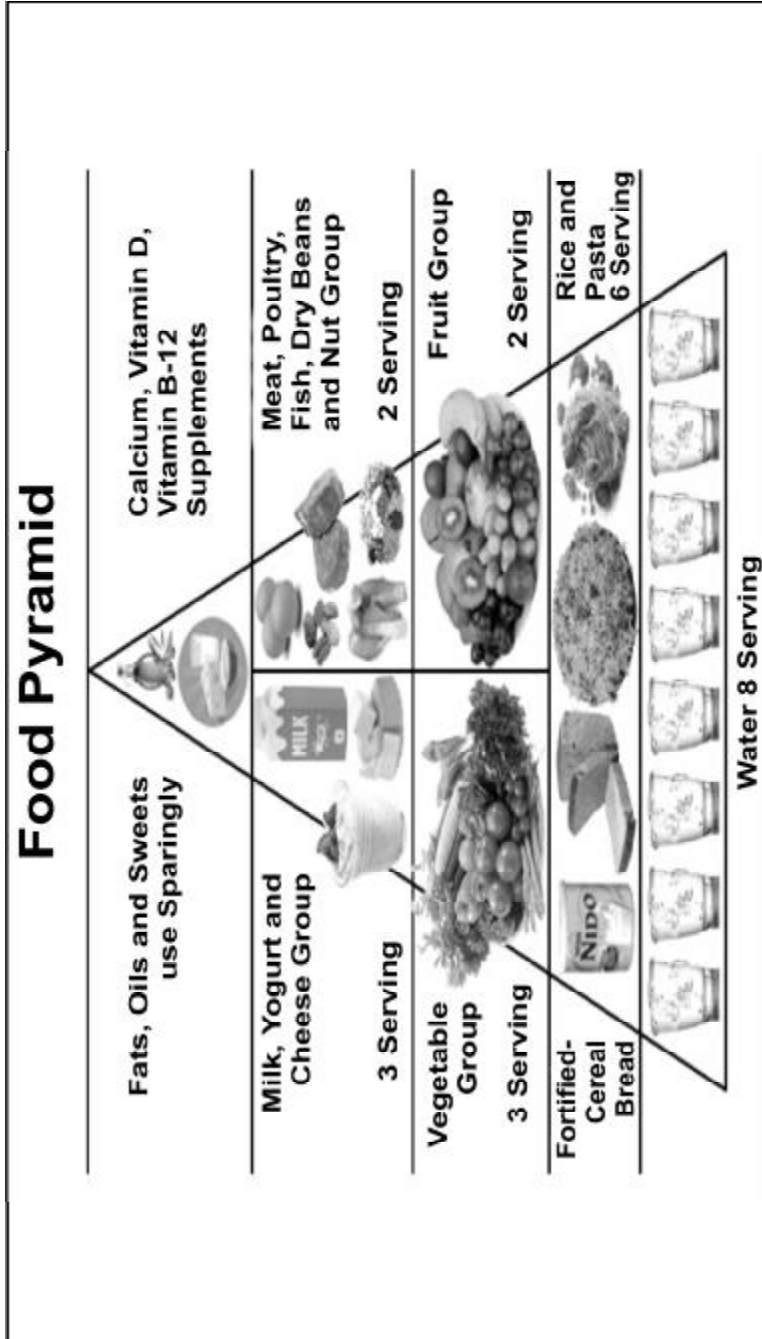
You may need vitamins:

1. If you eat vegetarian diet only
2. During pregnancy
3. During breast feeding
4. Certain health problems

Side effects of excessive vitamins:

More is not always better, especially fat-soluble vitamins like Vitamin A and D. See a doctor if you notice nausea, vomiting, headache or dizziness after taking vitamins.

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Healthy Eating Plate

HEALTHY OILS

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colours.

WATER

Drink water, tea or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Use vegetarian and non-veg sources of protein. Lentils, cheese and nuts are good sources of protein.

STAY ACTIVE!

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Fruit Nutrition Chart

Fruit	Serving Size	Sodium	Fat	Fiber	Protein	Carbs	Calories
Apples	1 Medium Apple	0mg	0g	5g	0g	22g	80
Peaches	1 Medium Peach	0mg	0g	1.5g	.06g	10g	40
Nectarines	1 Medium Nectarines	0mg	1g	3g	1g	16g	70
Plums	1 Medium Plum	0mg	0.41g	1g	0.52g	8.6g	36
Asian Pears	1 Medium Pear	0mg	0.1g	4g	0.9g	13g	59
Strawberries	8 Medium Berries	0mg	0.5g	3g	1g	17g	70
Raspberries	10 Raspberries	0.2mg	0.1g	1.2g	0.2g	2.3g	10
Blueberries	1 Cup Blueberries	1mg	0.5g	3.5g	1.1g	21.0g	83

Note : Slight variation depending on variety; figures reflect an overall average for the fruit.

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Nutritional Value of Sweets

Sweets Name	Quantity	Calories
Barfi	40 gms	100
Halwa	40 gms	570
Gulab Jamun	40 gms	100
Jalebi	40 gms	200
Mysore Pak	40 gms	357
Rasgolia	40 gms	150
Ladoo	40 gms	250
Petha	40 gms	250
Balu Shahi	40 gms	250
Imarti	40 gms	250
Patisa	40 gms	250
Mesu	40 gms	250
Rasmalai	40 gms	250
Sohan Halwa	40 gms	250
Malpuri	40 gms	250

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*A true friend's silence hurts
more than an enemy's rough words.*

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*Happiness and bacteria have one thing in common,
they multiply by sharing.*

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Fever

Fever is abnormally high body temperature. Fever by itself is not an illness; it is usually a symptom of an underlying condition, usually an infection. Fever is body's natural defense against infections. During an illness, low grade fever is beneficial to body, though it may be uncomfortable.

Home treatment:

1. Drink more water
2. Wet cloth (cold water) on forehead
3. If you could not take bath, then you may scrub body with wet cloth.
4. Stay in well ventilated room with good circulation of air

When to see a doctor:

1. If you have cough and shortness of breath (signs of pneumonia)
2. Fever with pain over eyes and cheeks
3. Fever with burning urination
4. Fever with stiff neck and severe headache
5. Fever with abdominal pain, nausea and vomiting

Fever in kids:

1. Fever with seizures in children is an emergency
2. Dress kids lightly and avoid blankets
3. Never use aspirin under the age of 20 years

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Malaria

Malaria kills about one million people every year all over the world. Malaria is caused by a parasite. This parasite is transmitted by the bite of infected mosquito. Malaria symptoms begin few weeks after the mosquito bite.

Symptoms:

1. Recurrent fever
2. Shaking chills
3. Sweating when body temperature falls
4. Headache

Malaria cycle:

Mosquito bites a person with malaria, then this infected mosquito bite a healthy person and transmit this malaria parasite, then malaria parasite reaches this person's liver, from liver it goes to your blood and kill blood cells which causes malaria symptoms. Mosquito bites this sick person and cycle continues.

Complications:

1. Severe anemia
2. Liver or kidney failure
3. Fluid in lungs
4. Brain (cerebral malaria): causes coma
5. Death

Prevention:

1. No vaccine against malaria yet
2. Avoid mosquitoes by: Using sprays, sleeping under a net, covering your skin
3. To reduce the mosquito population, get rid of places where mosquitoes can breed.

4. See a doctor 4-6 weeks before your travel to take preventive medications against diseases like malaria, hepatitis, typhoid etc. These medications are taken before, during and after the trip.

Blood test for malaria:

Malaria is diagnosed with a blood test. This blood test can also detect the types of parasites causing malaria.

Treatment:

Medication for treatment depends on type of parasite, your age and if you are pregnant.

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Dengue Fever

Dengue fever is transmitted by the bite of an Aedes mosquito infected with a dengue virus. The mosquito becomes infected when it bites a person with dengue virus in their blood.

Symptoms:

Symptoms, which usually begin four to six days after infection and last for up to 10 days, may include

1. High fever
2. Severe headaches
3. Pain behind the eyes
4. Severe joint and muscle pain
5. Nausea and Vomiting
6. Skin rash, which appears three to four days after the onset of fever
7. Mild bleeding (such as nose bleed, bleeding gums, or easy bruising)

Dengue Hemorrhagic Fever:

Infection gets worse in some people causing massive bleeding and even death.

Diagnosis:

Dengue is diagnosed by a blood test

Prevention:

1. Vaccine is in the testing stage. It should be available soon.
2. Avoid mosquitoes by: Using sprays, sleeping under a net, covering your skin
3. To reduce the mosquito population, get rid of places where mosquitoes can breed.

Treatment:

1. Drink water and other fluids
2. Take plenty of rest
3. Avoid aspirin due to risk of bleeding
4. Use Acetaminophen for fever and pain
5. Go to a hospital if bleeding does not stop

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Typhoid Fever

Typhoid fever is caused by bacteria called Salmonella Typhi.

How do people get Typhoid Fever?

By drinking or eating the bacteria in contaminated water or by eating contaminated food. Sick people can spread this infection through stools. This bacteria enters bloodstream and affects white blood cells, then enters liver, spleen and gall bladder. Bacteria can stay in gallbladder for years.

Symptoms:

Symptoms start after about 2 weeks of infection. Illness lasts about 3-4 weeks.

1. High fever for weeks
2. Abdominal pain
3. Body aches and pains
4. Poor appetite
5. Fatigue
6. Diarrhea with blood
7. Mental confusion

How is Typhoid diagnosed?

Typhoid is diagnosed with either a stool test or a blood test.

Prevention:

1. If you are travelling to countries where Typhoid is common, see your doctor 4-6 weeks before travel to get medication for prevention of Typhoid
2. Avoid eating raw, unwashed vegetables. Eat only well cooked food.

3. Drink only clean water, either bottled water or boil the water and then cool it before drinking
4. Drink milk only after boiling
5. Wash hands thoroughly before eating
6. Avoid ice (Ice may have been made from contaminated water)

Treatment:

1. It is treated with antibiotics. Doctor will decide which antibiotic and for how long you need it.
2. During illness drink plenty of water to avoid dehydration

Complication:

1. Intestinal bleed or perforation (bloody stools)
2. Kidney failure
3. Few people become carriers and spread the disease for years through stools

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Swollen Glands

If you notice swollen lumps around your neck, around your arm pits or groin, these are called lymph nodes.

Causes:

1. Infections (Painful and swollen lymph nodes)
2. Cancer (Painless but swollen and hard)

Home Treatment:

There is no specific home treatment for swollen glands. You should look for any changes in size or color. If caused by minor infection, swollen glands will resolve on its own and pain and swelling will subside with time.

When to see a doctor:

1. If enlarged glands continue to get bigger and more painful
2. If glands are very red and very painful
3. Fever
4. If symptoms last for more than 2 weeks
5. Weight loss and appetite loss (signs of cancer)

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Vaginitis

If women have vaginal discharge with itching, it may be vaginitis. It could be prevented by proper cleaning of vaginal area. Vaginitis is more common in diabetics. See a doctor if symptoms do not improve in 2-3 days.

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*If You don't take Care of Your Body,
Where are You going to Live ?”*

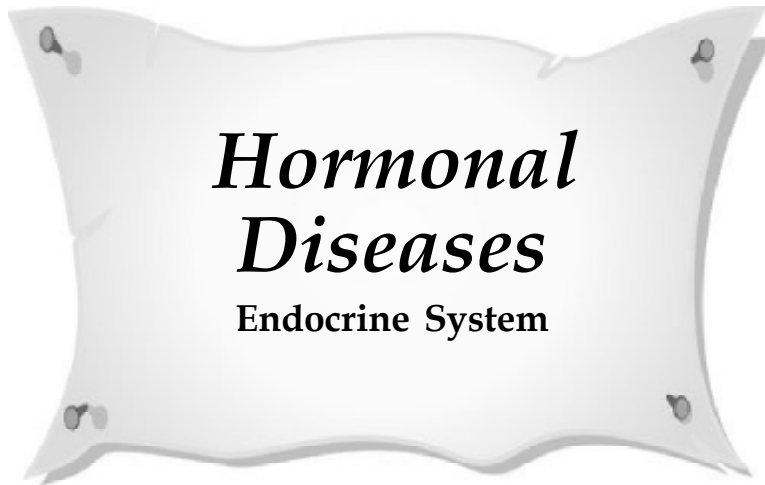
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*Hormonal
Diseases*
Endocrine System

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Everything in life, happens for a reason and those reasons are "Hormones".

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Diabetes

What is Diabetes?

The food we eat is converted into Glucose which our body needs for energy. Body has a system to control amount of glucose in our bodies, with the help of a hormone called Insulin. Insulin is produced by a gland called pancreas. Diabetes is caused when either insulin is not enough or insulin is not working due to resistance.

Types of Diabetes:

1. Type 1: when body does not produce insulin. Usually begins in childhood. People with this type of diabetes need to inject insulin shots everyday
2. Type 2: When insulin is produced normally but is not working normally due to resistance

Who may get diabetes?

1. Overweight
2. Family history of diabetes
3. Alcoholics
4. People over the age of 40 years

Symptoms of diabetes:

1. Excessive thirst
2. Frequent urination
3. Increased appetite
4. Unexplained weight loss
5. Fatigue
6. Decreased vision
7. Numbness in hands and feet

Prevention:

1. Type 1 diabetes cannot be prevented. It is genetic.

2. Type 2 diabetes can be prevented with regular exercises and maintaining a healthy weight.
3. Avoid alcohol
4. Quit smoking

Home Treatment:

1. If you are taking medication for diabetes, never stop medication without doctor's advice.
2. Eat a healthy diet
3. Exercise regularly
4. Check your blood glucose at home and keep a log. Discuss these numbers with your doctor
5. Get your eye exam every 2 years (diabetes affect your eyes slowly over time)
6. Take good care of your feet (Diabetes decrease blood flow to feet and causes numbness which put you at higher risk for foot injuries)
7. Keep sugar or orange juice near you, ready to be used if you have low blood sugar.

When to see a doctor:

1. When you have symptoms of diabetes, see a doctor as soon as possible for proper diagnosis
2. If you are diagnosed with diabetes, see your doctor regularly and get blood test done (HbA1C) to assess control of the diabetes
3. Blurred vision
4. If any skin wound is not healing

Eating Tips for diabetics:

1. Eat at the same time everyday
2. Eat less but more frequently
3. Avoid alcohol
4. Eat balanced food which has carbohydrates, protein and fat
5. Exercise regularly

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Low Blood Sugar (Hypoglycemia)

Low Blood sugar could be more dangerous than high blood sugar. All diabetics should be very familiar with symptoms of low blood sugar.

It may happen if:

1. You are taking higher dose of diabetes medication than your body needs
2. If you do not eat for long periods of time.

Symptoms:

You may have low blood sugar if you have following symptoms:

1. Fatigue and weakness
2. Sweating
3. Hunger
4. Pounding heart
5. Blurred vision
6. Confusion

Home Treatment:

Drink orange juice, take glucose tablets, sugar or eat something immediately. Check your blood sugar frequently. See your doctor to adjust your medications.

When to see a doctor:

See your doctor to adjust your diabetes medications, if you have recurrent episodes of low blood sugar.

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Foot Care for people with Diabetes

Special care of feet in people with diabetes is very important, because:

1. As diabetes affect nerves, so feeling of pain is diminished due to numbness especially in feet.
2. Infections or injuries heal more slowly in diabetics than usual.

Do:

1. Check your feet everyday to look for cuts or blisters or discolorations.
2. Wash your feet daily
3. Keep your feet dry
4. Trim toenails to follow the curve of your toe
5. Wear shoes and socks that fit

Do Not:

1. Do not go barefoot
2. Do not wear tight shoes or tight socks
3. Do not trim your toenails yourself your feet are numb
4. Do not soak your feet in hot water or use heating pads to avoid burns
5. Avoid using razor blades or anything sharp on your feet

Do not smoke as smoking decreases the blood flow to your feet.

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Thyroid Gland Diseases

Thyroid is a gland in the neck which produces hormones which are very essential for metabolism (a process of energy production in the body). This is seen more in women. Thyroid diseases are due to either too much or too low hormone production.

(1) Low Thyroid Hormone (Hypothyroidism)

It is a common and easily treatable disease.

Cause:

Thyroid hormone is not produced in required amount.

Symptoms of hypothyroidism:

1. Fatigue
2. Weight gain
3. Feeling cold
4. Dry skin
5. Depression
6. Constipation
7. Hair loss
8. Menstruation problems
9. Decreased appetite

Treatment:

A blood test can detect this disease. Doctor will prescribe you medication to take every day.

(2) Excessive Thyroid Hormone (Hyperthyroidism)

Cause:

Thyroid hormone is produced in excess of the body's requirements.

Symptoms:

1. Excessive weight loss
2. Fatigue
3. Anxiety
4. Feeling hot
5. Tremors
6. Bulging eyes
7. Palpitations (fast heart beat)
8. Hair loss
9. Increased appetite

Treatment:

A blood test can detect this disease. Doctor will treat it with surgery, radiations or medications.

(3) Thyroid cancer

It is a rare type of cancer.

Cause:

You are at high risk for this cancer if you have received radiation to the neck area.

Symptoms:

1. Symptoms are due to low or high production of thyroid hormones
2. Weight loss
3. Appetite loss
4. Fatigue

Diagnosis:

Thyroid cancer is diagnosed with the help of a scan of thyroid gland and blood tests.

Treatment:

It is treated with surgery or radiations.

(4) Goiter

When size of thyroid gland is abnormally enlarged, it is called goiter. It is usually a harmless condition. Goiter makes neck look very thick. Hormone production may be normal but enlarged size causes cosmetic problems or occasionally swallowing problem.

Treatment of goiter:

If enlarged size is causing swallowing problems, then surgery is an option. Surgery can reduce the size of goiter.

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*The secret of Health is - not to mourn for the past,
not to worry about the future, but to live the
present moment wisely and earnestly.*

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*The best time to relax is,
when you don't have time for it.*

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Brain and Diseases

Brain and Health:

Scientists have found that brain produces chemicals, called “Endorphins”, which make a person happy and act as natural pain killers. Brain also produces chemicals called “Interferons” to fight infections. This is brain’s natural system of keeping us healthy. Brain produces these substances in response to our thoughts and feelings. Your immune system’s ability to fight any illness depends upon the state of your mind.

Psycho-Neuro Immunology:

Medical science has proven our emotions and thoughts can have great influence on our health. This science is called “Psycho-Neuro Immunology”. This science studies how brain communicates with the rest of our body by producing chemicals and sending those to blood and different parts of our body.

Positive Thinking:

It is proven time and again that people who are positive thinkers, recover from illness faster than others. They recover from major surgeries like heart surgery, faster and without complications. Even in everyday life, we see people, who are positive thinkers enjoy life more.

Can we choose how we think?

Our thoughts depend on different things but largely, we can choose to be happy or sad. Spiritual leaders believe our thoughts depend upon previous impressions on our deep mind and upon our environment (what we read, listen, watch and the company we keep). We should choose to be surrounded by positive influences, that will lead us to think positive and lead a healthier life.

Positive expectations:

Scientifically proven “placebo effect” is proof of good effect of positive expectations (thinking that the treatment is going to cure me). A study was done, in which 100 patients with same disease were chosen. Half were given actual medication and the other half were given vitamins only without telling anyone what they got. Almost 35% of people who got vitamins only recovered from illness. It is called “placebo effect” in medical world.

Belief in GOD and being Spiritual:

People who are religious and believe in GOD are able to cope with life’s adversities better. Adversity in life could be illness or death of a loved one. Prayer has a very powerful effect on our ability to deal with things which we cannot change.

Don’t feel guilty about your illness:

It does not help to feel guilty about your illness. Some illnesses develop even if we do everything to prevent them. So don’t blame yourself for the illness, but focus on dealing with it the best you can.

Share your feeling with friends and family:

Sharing your feelings may help to reduce the misery of illness. Don’t feel embarrassed about any illness especially mental illness like depression. Depression is like any other medical disease and can be treated.

Enjoy things which you like:

Illness is not end of life. Keep yourself busy with activities you like doing. Walking, reading, gardening, helping others will make your mind more positive.

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Stress

What is Stress?

Stress is the reaction of mind and body to the changes and demands in our daily life. Stress is essential part of life. Everyone has stress of some sort. Stress could be result of small life events like traffic jams or major life events like illness or death in family.

Symptoms of Stress:

1. High blood pressure
2. Sweating
3. Fast heart rate
4. Indigestion and stomach upset
5. Headache and body aches
6. Anger and irritability

Managing stress:

1. Most of the stress causing events are not in our control, so we should focus on things which are under our control.
2. We should not let stress control our life. We just need to learn how to deal with stress. If we do not deal with stress in a right manner, it can increase our risk of physical or mental illness.
3. Not all stress is bad. Some stressful events might become a motivator for you to make positive changes in your life.

Don't do this:

1. Drinking alcohol: It will make stress worse
2. Don't worry: Focus your energy to solve the problem and not avoiding it

3. Medications: medications does not solve the problem
4. Suicide: Look at life's bigger purpose. Stressful events will pass with time.

Do this:

1. Express your feeling to your family and trusted friends. We understand better by talking and it helps to find the real solutions.
2. Crying helps to release tension. Don't be ashamed to cry if you want to.
3. Breath slow and deep. Inhale through your nose slowly and exhale through your mouth.
4. Focus on your muscles and start relaxing all muscles starting with your forehead to all the way down to your feet. Repeat it few times.
5. Light exercise like walking helps to release tension and relaxes mind.
6. Keep yourself busy with other things you like to do, like reading, gardening, writing
7. Help others. Serving others relaxes your mind.
8. Pray to God (Religious people cope with stress much better than others because prayer is very powerful)

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Sleep Problems (Insomnia)

Everyone has different need for duration of sleep. Average person needs 6-8 hours of sleep but some people need only 3-4 hours of sleep to feel fresh. As we grow older, our need for sleep is less. Children sleep more than adults. Sleeping less is a health problem only if you feel very tired during the day because of less sleep at night.

Sleep problems could be one of the following:

1. Trouble getting to sleep (Taking more than 45 minutes to sleep)
2. Early morning awakening
3. Frequent awakenings and trouble falling back to sleep

Causes of sleep problems:

1. Stress, Anxiety and Depression
2. Chronic pain
3. Some Medications
4. Sleep apnoea (people stop breathing while in sleep)
5. Grief (For few days)

Home Treatment:

1. Don't take sleeping pills. These may cause daytime confusion and addiction.
2. Do mild exercises 2 hours before bed-time
3. Avoid alcohol.
4. Use your bed for sleep only. Don't eat or watch TV in your bed.
5. Avoid day time naps
6. Sleep around same time and get up around same time.

When to see a doctor:

1. If medications are causing sleep trouble
2. If you have anxiety or depression
3. If you stop breathing while sleeping (sleep apnoea).
Other people may notice this.

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Anxiety

Feeling nervous, anxious or worried time to time could be a person's personality as long as it does not interfere with normal daily activities. Anxiety is a disease when it interferes with daily life. Anxiety from a specific cause is usually temporary and it passes as the situation is resolved. But anxiety without any specific cause is a medical condition. Anxiety could be treated or managed if you accept the problem and seek proper help.

Symptoms of anxiety:

1. Insomnia
2. Rapid heart beat
3. Shaking
4. Fatigue
5. Sweating or cold hands
6. Fearing that something bad is going to happen
7. Poor concentration
8. Irritability and agitation
9. Sadness

What is social anxiety?

Feeling embarrassed and avoiding to meet people or speak in public. Treatment is to do things of which you are afraid of, repetitively. This will help to treat this problem over time.

What is a Phobia?

Irrational and involuntary fear of certain places (like crowded places), objects (like heights, travelling in airplanes or ocean) or situation (being alone, inside a lift)

What is a panic attack?

Intense fear and anxiety that occurs without any clear danger or cause. Breathing fast, feeling faint and pounding heart beat are symptoms of panic attack.

Home treatment:

1. Recognize and accept anxiety about specific fears or situations. Then make yourself understand that these fears are not real.
2. Exercise to relieve stress
3. Avoid caffeine or smoking
4. Avoid alcohol. Alcohol numbs your feeling temporarily, but anxiety gets worse after effect of alcohol is over.
5. Do something you enjoy
6. Read good books
7. Discuss your worries with your trusted friends. Sharing helps to control anxiety.
8. Get enough rest. If you have trouble sleeping, read chapter on sleeping problems.
9. Help others. Serving others relaxes your mind.
10. Pray to God. Religious people cope up with stress much better than others. Prayer is very powerful.

When to see a doctor:

1. If anxiety interferes with your daily life
2. If you have sudden attacks of fear.
3. If you have irrational fear of places and objects (phobias)
4. If you suffer from nightmares (waking up from fearful dreams)
5. If you feel like checking things again and again , like whether you have locked the door or not (Obsessive compulsive disorder)

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Depression

Depression is treatable. Don't be embarrassed as depression is like any other medical disease.

Cause:

Depression is due to chemical imbalance in brain which is triggered by certain situations, like:

1. Chronic stress
2. Death of a loved one
3. Major illness
4. Alcohol and drug abuse
5. Family history of depression

How is sadness different than depression?

Sadness alone is not depression. Anyone can feel sad sometime. Sadness along with 4-5 of the following symptoms may be depression:

1. Feeling worthless or guilty
2. Frequent thoughts of suicide
3. Fatigue, insomnia and body pains
4. Lack of interest or pleasure
5. Loss of appetite
6. Inability to concentrate or remember things

Home Treatment:

1. Discuss with your feelings with family or trusted friends
2. Keep yourself busy
3. Try to find out what might be causing you to feel depressed
4. Exercise regularly
5. Think positively. Even the worst depressions can be treated.

6. Avoid alcohol. Alcohol numbs your feeling temporarily, but depression gets worse after effect of alcohol is over
7. Pray to God. Religious people are able to deal with stress better than others
8. Read good books

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Grief

Grief is a natural process of healing after a death or major loss. Following tips will help during this time:

1. Let yourself cry. Crying helps to unburden the load on your mind.
2. Talk with your family and trusted friends
3. Take time to heal. Take as much time as you need.
4. Don't suppress memories.

When to see a doctor:

1. If you are feeling suicidal
2. If depression is getting worse
3. Review medications with your doctor as some medications may cause depression

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Suicide

Major depression and helplessness are initial triggers of suicidal thoughts. Suicides are preventable, if signs of suicide are detected early. Occasional thoughts of suicide are not a problem, but if someone has detailed suicidal plans, it becomes a serious problem.

Who is at risk of committing suicide?

1. 80% of people who commit suicide mention their intentions to someone before doing it.
2. Always thinking about death
3. Previous suicidal attempt
4. Social isolation

Preventing Suicide:

1. Ask directly about any suicidal plans.
2. Arrange a trusted person to stay with suicidal person all the time
3. Don't argue with the person or give any "lectures"
4. Offer support and try to understand the situation
5. Make sure any poisonous substance is not easily accessible
6. Avoid loneliness
7. Look at life's bigger picture. Be spiritual.

When to see a doctor:

1. At the earliest sign of suicidal thoughts
2. If depression is getting worse

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*Brain is like a filter for mind's thoughts,
so keep it functional by using it more.*

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Headache

One of the most common health complaints, headache could be a sign of a serious health condition.

(1) Headache in Children

Rarely a serious problem in children, headache is usually due to child's emotional stress at school or at home.

Prevention:

1. Talking to children about the problem they are facing at school or at home, help to prevent headache.
2. Make sure child eats on time, as hunger also triggers headache.
3. Get their eyesight checked as poor vision is strain on eyes and can cause headache.

When to see a doctor:

1. If headaches are very frequent and severe
2. Fever or vomiting with headache

Headache emergencies (see your doctor immediately) if:

1. Severe headache which occurs with stiff neck, fever, nausea and vomiting
2. Severe headache with blurry vision, loss of speech or weakness of one side of your body.
3. Sudden severe headache without any obvious cause
4. Headache increases when you try to touch your chest with your chin with your mouth closed

(2) Migraine Headache

Migraine is a throbbing pain, usually on one side of head. It is more common among women. Migraine mostly starts after age 20.

Causes:

Stress and family history of migraine plays a role in initiation of migraine headache. Migraine could be triggered by loud noise, bright lights or hunger. People who have migraine usually know when it is coming and what triggers it. It is advised to treat it early with medications given by your doctor.

Home treatment:

1. Lie down in a dark room at the first sign of migraine and relax your body muscle starting from your forehead down to your toes.
2. Ginger helps to reduce nausea, vomiting associated with this headache.

When to see a doctor:

1. If headaches are very frequent and severe
2. Fever or vomiting with headache

Headache emergencies (see your doctor immediately) if:

1. Severe headache which occurs with stiff neck, fever, nausea and vomiting
2. Severe headache with blurry vision, loss of speech or weakness of one side of your body.
3. Sudden severe headache without any obvious cause
4. Headache increases when you try to touch your chest with your chin with your mouth

(3) Tension Headache

Tension headache is most common type of headache (about 90%). It is due to tension in neck, back and shoulder muscles.

Prevention of tension headache:

1. Reduce emotional stress: Learn to deal with common stresses or ways to avoid them.
2. Reduce physical stress: Good posture while sitting and standing, helps to avoid tension in neck and shoulder muscles
3. Daily exercise reduces tension

When to see a doctor:

1. If headaches are very frequent and severe
2. Fever or vomiting with headache

Headache emergencies (see your doctor immediately) if:

1. Severe headache which occurs with stiff neck, fever, nausea and vomiting
2. Severe headache with blurry vision, loss of speech or weakness of one side of your body.
3. Sudden severe headache without any obvious cause
4. Headache increases when you try to touch your chest with your chin with your mouth closed

(4) Other Common causes of Headache

1. Headache with severe eye pain and vision problem could be Glaucoma: Read about “Glaucoma” in this book and see your eye doctor
2. Headache with fever and pain in cheeks could be due to infection of sinuses: Read about “Sinusitis” in this book or see your doctor
3. Headache with runny nose and sneezing is due to allergies. Read about allergies in this book or see your doctor for treating allergies
4. Headache on waking up in the morning is due to insomnia or emotional stress. Read about stress management in this book or see a doctor

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Stroke

What is stroke?

Brain needs continuous blood supply for normal functioning of brain. Blood goes to each and every part of brain. If blood supply is stopped due to blockage of blood vessel or by rupture of blood vessel, then that part of brain stops functioning. This is called stroke.

What is mini-stroke?

Mini-stroke (TIA or transient Ischemic attack) is similar to stroke but symptoms resolve completely within a few hours. Mini-stroke is a warning sign for a stroke later on, so never ignore this.

Symptoms:

1. Sudden weakness on one side of the body
2. Inability to talk
3. Blurred vision
4. Swallowing problem
5. Dizziness
6. Sudden fall
7. Sudden and severe headache

Causes:

1. High Blood pressure
2. Diabetes
3. High cholesterol
4. Irregular heart beat (Arterial fibrillation)
5. Smoking and alcohol
6. Overweight
7. Dilatation of brain blood vessel (aneurysm)

Prevention:

1. Healthy habits: controlling weight, balanced diet, exercise regularly, quit smoking and alcohol
2. Stress management: Learn to deal with stresses of daily life
3. Control diabetes
4. Control your blood pressure
5. See a doctor if you have irregular heart beat (palpitations)
6. Monitor your cholesterol
7. Taking aspirin daily helps to prevent stroke. Discuss with your doctor if you should be taking daily aspirin.

When to see a doctor:

1. If you had symptoms of mini-stroke, even if you are feeling normal now
2. Symptoms of stroke (sudden weakness on one side, sudden loss of vision, difficulty in speaking)
3. Uncontrolled blood pressure, diabetes or high cholesterol
4. Balance problem or sudden fall

Common tests for diagnosis:

1. CT scan or MRI of brain
2. Ultrasound of neck blood vessels (carotid artery)
3. EKG (ECG) of heart
4. Blood tests

Treatment:

1. If you are seen within 4-6 hours of stroke, doctor will treat you with a medication called tPA, to dissolve the blood clot.
2. Aspirin is very helpful to prevent a stroke
3. After stroke people need rehabilitation (physical therapy, Occupational therapy) for weeks or months

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Dementia

Dementia is an old age disease, but rarely dementia may be seen in younger people too. As people are living longer, we see more and more people with dementia.

Causes:

1. Old age
2. Stroke
3. Parkinson's disease
4. Family history

Types of dementia:

1. Alzheimer dementia: most common and usually in old age
2. Vascular Dementia: after a stroke
3. Dementia with Parkinson's disease

Symptoms:

1. Gradual loss of memory: people forget recent events but will remember childhood memories
2. Loss of thinking ability and judgement
3. Loss of social inhibition
4. Confusion, especially in evening and night

Prevention:

1. Brain exercising like puzzle solving, reading, writing
2. Stress management
3. Healthy life style

Treatment:

There is no cure for dementia. Symptoms could be managed with the help of medications. People with dementia usually become more and more dependant for their daily needs with time, so pre-preparation for future needs is very helpful.

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Parkinson's Disease

Brain controls our body movements. Part of brain which controls body movements is called Basal ganglia in mid-brain. Parkinson's disease is due to damage to basal ganglia in mid-brain. This disease starts around age 50-65 years. It is more common in men than women.

Causes:

In majority of the cases, cause is unknown. Some of the known causes are as follows:

1. Repeated trauma to brain (Boxing)
2. Viral infection (encephalitis)
3. Medications side-effects
4. Stroke

Symptoms:

Symptoms are due to deficiency of a chemical called Dopamine, produced in brain. Symptoms are mild initially and get worse as disease gets worse.

1. Shaking (tremors)
2. Stiff muscles
3. Slow body movements
4. Expression-less face
5. Short step walk
6. Depression
7. Swallowing problem in later stages

Diagnosis:

Parkinson's disease is difficult to diagnose in early stages. There is no blood test. It is diagnosed with the help of history, exam and brain scans.

Treatment:

1. Medications: medications help to increase Dopamine levels in brain and control symptoms. New medications have fewer side effects.
2. Deep brain stimulation
3. Vitamin E may help
4. Physical therapy and speech therapy
5. Treat depression if needed
6. Brain surgery

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*Happiness is nothing more than
Good Health and Bad Memory*

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*You open 2 Gifts each morning,
they are your Eyes.*

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Cataract

Cataract is a very common and easily treatable eye condition. It is caused by blurriness of eye lens. It causes decreased vision, which gets progressively worse over the years. Cataract can be in one or both eyes. Cataract is treated with surgery.

Risk factors:

1. Older Age
2. Diabetes
3. Medications like steroids
4. Radiations or frequent x-rays of head region
5. Family history of cataract
6. Overexposure to sunlight
7. Smoking

Symptoms:

1. Cloudy vision
2. Glare from sun
3. Glare from lights at night
4. Double vision

Prevention:

1. Avoid sunlight- use eye shades, sun glasses
2. Avoid smoking
3. Control blood sugar if you have diabetes
4. Eatables more Vitamin A, like fruits, carrots, green vegetables
5. Avoid steroids

What happens when you have cataract:

Initially cataract is small and do not need surgery. When entire lens is white, it is called “ripe” or “mature” cataract. Mature cataract needs surgery.

When to see a doctor:

1. Blurry or double vision which affect your daily life
2. Sudden change in vision
3. Eye pain
4. Having trouble seeing due to glare
5. If you have diabetes, you should get your eye exam every 1-2 years

Diagnosis:

Cataract is confirmed by the eye doctor by doing vision testing and an eye exam. Doctor will make sure if it is cataract or you have another eye disease causing your vision problems.

What is cataract surgery?

The lens of the eye makes the eye to focus and see clearly. Cataract surgery involves removing the clouded lens of the eye. The lens is replaced with an artificial lens called intraocular lens implant (IOL)

Precautions after surgery:

1. Do not rub your eyes
2. Do not lift heavy objects
3. Always wash hands before touching your eyes
4. Do not drive for few days after surgery
5. Use dark glasses during day time and eye cover at night while sleeping
6. Use eye drops and other medications given by doctor as instructions
7. Clean your face with wet cloth. You may take bath below neck.

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Glaucoma

Glaucoma is caused by excessive pressure within the eyeball. It is caused when fluid within the eye is unable to drain normally. It develops slowly over the years. If Glaucoma is not treated it can cause blindness.

Risk factors:

1. Family history
2. Diabetes
3. Taking steroids

Prevention:

Get your eye pressure checked by an eye doctor every 5 years, especially if you have risk factors for Glaucoma.

See your doctor immediately if you have:

1. Blurred vision
2. Pain in the eye

Treatment:

1. If pressure in your eye is very high, your doctor will prescribe you eye drops, which you should use daily as advised by the doctor.
2. If left untreated, Glaucoma can cause blindness

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Conjunctivitis (Pink Eye)

Conjunctivitis is inflammation of the delicate membrane of the eye. It can be caused by bacteria, virus, allergies, or pollution.

Symptoms:

Redness of eyes, swollen eyelids, lots of tears, sandy feeling, thick yellow discharge and sensitivity to light.

Prevention:

1. Wash hands after touching any unclean object
2. Avoid direct touch with a person, who has eye infection, it is contagious.

Home treatment:

1. Apply cold or warm compresses every 2-3 hours
2. Wash eyes with clean cold water
3. Don't wear contact lenses until infection is cleared

When to see a doctor:

1. Red eye with blurry vision
2. Pain in eye
3. Red eye with thick yellow discharge
4. If you feel a foreign body in your eye
5. If problem continues for more than 5 days

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Stye

Stye is caused by a bacterial infection. Bacteria grow in the root of eyelash. It starts as red bump and usually breaks open after few days. Styes are not contagious and usually not a serious problem.

Symptoms:

1. Eyelid becomes swollen and painful
2. Stye swell for about 2-3 days and then break open and drain
3. Stye heals in about 5-7 days

Home treatment:

1. Apply warm, moist cloth for 10 minutes every 3-4 hours. It helps to reduce pain and heal it faster.
2. Let the stye open and drain on its own, do not squeeze the stye
3. Avoid using contact lenses until healed
4. Do not rub your eyes. It will spread the infection

When to see a doctor:

1. If stye interferes with vision
2. If stye gets worse even with home treatment
3. If stye does not resolve in 1 week

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Painless Red Eye (Subconjunctival Hematoma)

Blood vessels under conjunctiva (covering of eye) may rupture and can cause bleeding under the eye covering. It looks very alarming, but usually it is not a cause for concern.

It usually resolves on its own. It does not cause pain or vision problems.

Causes:

1. Very high Blood pressure
2. Rubbing eyes
3. Trauma to the eyes
4. Medications (blood thinners)

When to see a doctor:

1. If your blood pressure is very high
2. If you are taking blood thinning medications
3. Eye is painful
4. Blurry vision
5. If bleeding occurred after any trauma to the eye

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Eye Twitching

Eye twitching or spasm of eye muscles is not a disease.

Causes:

1. Stress
2. Fatigue.

When to see a doctor:

Eye twitching usually stop with rest and reduced stress, but you should see a doctor if

1. Eyes are red and swollen
2. Eye twitching with eye discharge or fever
3. If twitching lasts longer than 5-7 days

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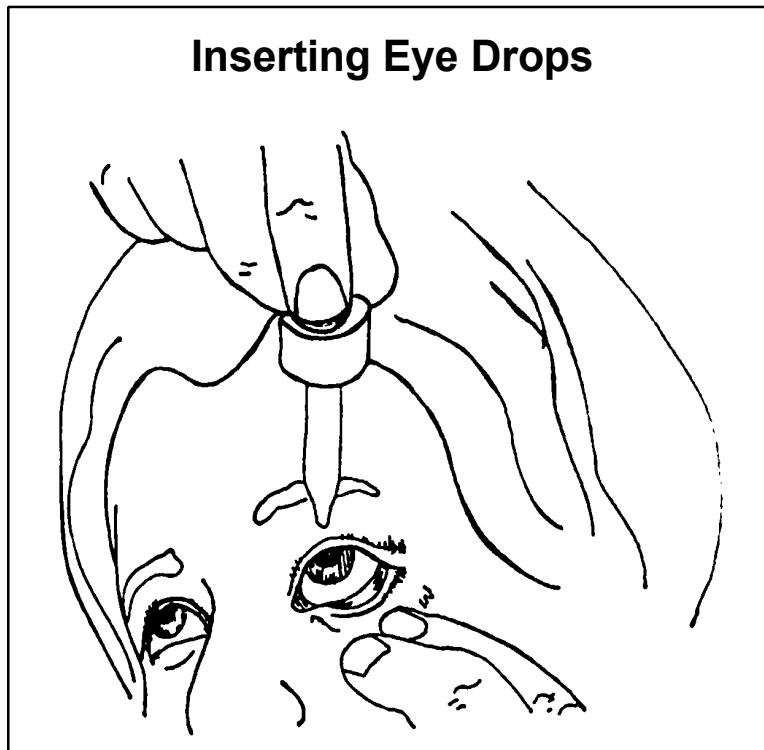
Object in Eye

1. Don't rub your eyes.
2. Wash your hands before touching the eye
3. Gently wash the eye with cool water
4. See a doctor if eye is painful or you have a vision loss

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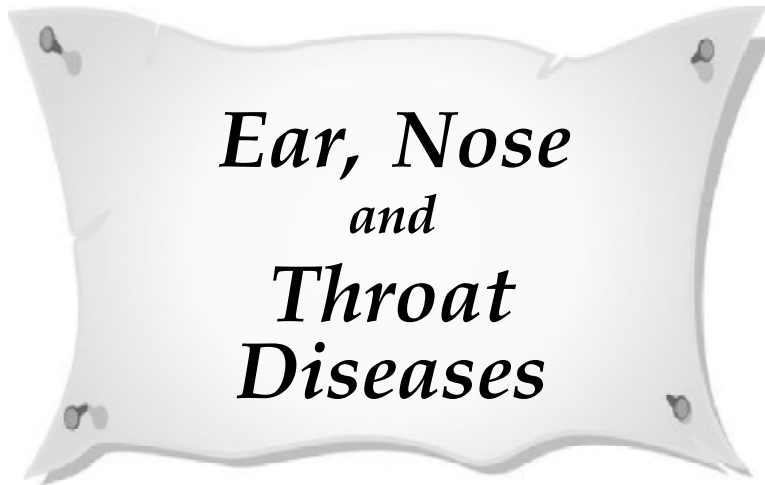


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*God gave us two ears and one mouth,
so that we should listen twice as much as we speak.*

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Ear Infection in Children

Ear infection is more common in children due to ear canal being narrow and short. Very young children, who cannot speak yet, usually pull their ear and cry when having an ear infection.

Causes:

Common causes are Bacteria, virus or cold.

Prevention:

1. Feed children in the upright, not in lying position.
2. Teach child to blow nose gently
3. Wash hands before eating
4. Keep child's clothes and towel separate. This will help to prevent spreading infection to other kids

Home treatment:

1. To ease the ear pain, apply heat to ear
2. Plenty of rest
3. Drink more water

When to see your doctor:

1. Any time ear infection is suspected, early treatment prevents ear drum perforation.
2. Ear pain with hearing loss
3. Child complains of dizziness

Ear drum perforation:

It heals on its own, except if perforations are recurrent or if ear infection is not treated.

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Ringing in Ears (Tinnitus)

Temporary ringing in ears lasting only few minutes is normal, but if you have persistent ringing, you have Tinnitus.

Causes:

1. Damage to the nerve in the inner part of ear.
2. Excess ear wax
3. Ear infections
4. Dental problems
5. Medications- like Aspirin
6. Prolonged exposure to loud noise
7. Alcohol, smoking and excessive caffeine

Prevention:

1. Avoid loud noise
2. Avoid excessive caffeine
3. Try to relax as stress makes it worse
4. Avoid excessive Aspirin
5. Treat infections early

See your doctor immediately if:

1. Ringing is accompanied by dizziness or loss of balance
2. If it interferes with sleep
3. If it is only in one ear

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Vertigo **(Spinning of Head)**

Vertigo is a sensation of spinning. You feel like either you are spinning or the things around you are spinning.

Causes:

Vertigo is usually caused by inner ear problems. Depending on cause there are 3 types of vertigo:

1. BPV (Benign Positional Vertigo)- No known cause
2. Meniere's Disease: Due to fluid collection in inner ear. It also causes ringing in ears.
3. Labyrinthitis: Due to viral infection of inner ear

Symptoms:

Symptoms of vertigo are usually caused by changes in the position of your head. Lying down on bed usually makes symptoms worse. Common symptoms are:

1. Feeling of spinning
2. Nausea and vomiting
3. Falls
4. Ringing in ears

Treatment:

See a doctor to make sure what is causing your dizziness. Treatment depends upon the cause of vertigo:

1. BPV: Symptoms will resolve on its own in a day or two. Doctor may prescribe you a medication called Meclizine if symptoms are uncontrolled or if you have vomiting.
2. Meniere's Disease: Doctor may give you a water pill to reduce fluid in your inner ear.
3. Infection: If it is caused by infection, then usually antibiotics or steroids help

4. Acupuncture or Physical therapy is helpful if you have recurrent symptoms or symptoms that last for very long time.

Is it Dizziness or Vertigo?

Dizziness is a sensation of falling. Vertigo is a sensation of spinning. If you are feeling dizzy make sure you do not have dehydration or low blood pressure.

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Ear Wax

Ear wax is protective natural ear secretions, which filters dust and keep ears clean. Sometimes wax can harden and build up in ear canal and may cause hearing loss or pain.

Home treatment:

Add warm oil to the ears. Warm oil helps to loosen wax, and then ear could be washed gently with warm water.

See a doctor, if ear wax is causing:

1. Hearing loss
2. Ear pain
3. Ringing in ears

Don't Do This:

1. Do not clean your ears with sharp objects (can cause eardrum perforation and permanent hearing loss).
2. Do not get your ears cleaned by untrained people.

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Insect in Ear

1. Put light (Flash light) in ear. Insects are attracted to light and may crawl out
2. If insect does not crawl out with light, add oil in ear, insect will float out
3. See a doctor if you have ear pain or hearing is affected

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Bad Breath

Most of people who have bad breath don't know about it themselves.

Causes of Bad Breath:

1. Food: Garlic, onions, alcohol, certain spices
2. Dry mouth: Bacteria grow in dry mouths and cause bad breath
3. Gum and teeth diseases
4. Sinus infections
5. Indigestion of food
6. Smoking
7. Diabetes
8. Lung, Liver and Kidney diseases

Prevention:

1. Drink more water
2. Avoid foods which cause bad breath
3. Brush and floss your teeth daily
4. Brush your tongue daily along with brushing teeth
5. Quit smoking

Treatment:

1. See a dentist if you have dry mouth or gum problems
2. See a doctor if you have indigestion, lung, liver or kidney disease.

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Nose Bleed (Epistaxis)

Causes:

1. Injury to nose
2. Dry nose
3. Allergies
4. Blowing the nose very hard
5. Very high blood pressure

Prevention:

1. If nose is dry, use saline nasal spray or use Vaseline inside the nose
2. Don't blow your nose very hard
3. Treat allergies
4. Avoid aspirin
5. Control your blood pressure

Home Treatment:

1. Sit up straight and tilt your head slightly forward.
2. Pinch your nose tightly between your thumb and forefinger for about 10 minutes, repeat if still bleeding.
3. Bleeding usually stops in 10 -30 minutes
4. Do not blow your nose for about 12 hours after bleeding stops.

When to see a doctor:

1. If nosebleed does not stop after 30 minutes
2. Recurrent bleeding
3. Injury to nose with deformed nose (likely fracture of nose)

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Snoring

Why do people snore?

When you sleep, air passes through muscles of throat and back of your mouth. If these muscles are too big or too relaxed, they vibrate and make the snoring noise. Snoring by itself is harmless. It could be a disturbance for the other people's sleep. But if while sleeping, you stop breathing occasionally with snoring, it may indicate a serious health condition called "Sleep Apnoea".

Causes:

1. Overweight
2. Enlarged tonsils
3. Big uvula (present in back of your throat)
4. Excessive fatigue
5. Stuffy nose due to allergies
6. Alcohol and smoking

Prevention:

1. Sleep on your side and not on your back
2. Lose weight if you are overweight
3. Quit smoking and avoid alcohol
4. Treat allergies and stuffy nose with nasal spray

Treatment:

1. Best treatment is the prevention as described above
2. Surgery to open your airway
3. Certain devices to open your mouth and nose while sleeping are available but not very effective

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Sleep Apnoea

If you stop breathing at times, during sleep, you may have a condition called sleep apnoea.

Types of Sleep apnoea:

There are two types of sleep apnoea:

1. Obstructive Sleep Apnoea: The more common of the two types of apnoea, it is caused by a blockage of the airway.
2. Central Sleep Apnoea: In this type of sleep apnoea, the brain fails to signal the muscles to breathe.

Cause:

1. Being very over-weight is most common cause of sleep apnoea.
2. Family history of sleep apnoea
3. Nasal obstruction

Un-treated sleep apnoea may cause:

1. Fatigue during day time
2. Headache
3. High Blood pressure
4. Heart failure

Diagnosis:

You should see a doctor to diagnose this condition by doing a sleep study test.

Treatment:

Doctor will give you a machine to use while sleeping called CPAP.

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Sinusitis

Sinusitis is the inflammation or infection of sinuses. Sinuses are cavities in the forehead and cheek bones around the nose.

Causes:

1. Bacterial or viral infection
2. Cold or allergies
3. Air pollution and smoking

Symptoms:

1. Headache (Chronic headache could be from chronic sinusitis).
2. Mucus running down the back of your throat (Postnasal drip).
3. Sore throat or cough
4. Stuffy nose (more in children)

Prevention:

1. Treat cold or allergies early to avoid complications like sinusitis
2. Do not smoke
3. Drink plenty of water

Home Treatment:

1. Keep your nose open by salt water irrigation. You may use "Neti" or nasal spray. Squirt salt water solution from one side nostril and let it drain from other nostril. It will clear nose and sinuses of bacteria and mucus. Repeat it 3-4 times twice a day.
2. Elevate your head at bed time to avoid headache
3. Salt water gargles to avoid sore throat from postnasal drip

4. Take Ibuprofen or Acetaminophen for pain or fever
5. You may use nasal decongestant medications (available from pharmacies). Do not use these medications more than 2-3 days.

When to see a doctor:

1. If symptoms are not improving with home treatment
2. Severe headache, not relieved by Ibuprofen or Acetaminophen
3. If mucus draining from nose is greenish or yellow
4. Fever with sinus pain.

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Laryngitis **(Hoarseness of Voice)**

Temporary hoarseness (loss of voice) for few days is common, but persistent hoarseness could be a sign of serious medical conditions like cancer of larynx (voice box).

Causes:

1. Cold or viral (most common cause)
2. Allergies
3. Smoking
4. Excessive talking or singing
5. Acid reflux from stomach

Symptoms of Laryngitis:

1. Hoarseness or loss of voice
2. Pain in throat
3. Fever
4. Tiredness

Home treatment:

1. Laryngitis usually resolves on its own in 3-7 days.
2. Gargle with warm, salt water
3. Give rest to your vocal cords
4. Treat cold or allergies or stomach acid (Read related topics in this guide)
5. Stop smoking

When to see a doctor:

1. If hoarseness persist more than 2-3 weeks
2. If you have weight loss with hoarseness
3. If you have pain with swallowing

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Throat Pain

Throat pain is mostly due to cold, viral or bacterial infection. There are other causes of throat pain, which could be life threatening.

Common Causes of throat pain:

1. Infection- Viral or bacterial
2. Air pollution
3. Smoking
4. Epiglottitis
5. Cancer of throat
6. Severe stomach acid reflux

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Throat Infection (Sore Throat)

Causes/Symptoms:

1. Bacterial infection: Throat pain with following symptoms could be due to bacterial infection which might need antibiotics:
 - a) Fever
 - b) White or yellow coating on tonsils
 - c) Swollen glands in the neck (lymph nodes)
2. Viral infection: If you have runny nose and cough with sore throat, then it is most likely due to virus and the antibiotics will not help.

Prevention:

1. Avoid contact with people who have throat infection,
2. Avoid smoking and polluted air
3. Increase fluid intake

Home Treatment:

1. Gargle with warm, salt water. The salt reduces swelling and discomfort
2. Honey and Ginger may help to ease the throat pain
3. Ibuprofen for pain and fever
4. Drink more fluids
5. Do not give aspirin to children.

When to see a doctor:

1. Difficulty in swallowing
2. Difficult breathing
3. Fever and swollen glands in neck
4. Skin rash with sore throat

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Throat Cancer

Throat pain with swallowing difficulty, weight loss and bloody sputum could be from throat cancer. See a doctor as soon as possible.

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Epiglottitis

(Swelling of the covering of the
breathing pipe-trachea)

Severe throat pain, which is worse with cough or talking, could be from epiglottitis. See a doctor as soon as possible as it is life threatening condition due to sudden blockage of air flow to lungs.

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Tonsillitis

Tonsils are glands on both sides of throat in back of your mouth. These glands help to fight infections by producing infection fighting antibodies. Infection of these glands is called Tonsillitis, which is very common among children.

Symptoms:

1. Sore throat
2. Fever
3. Painful to swallow
4. Swollen tonsils with pus

Home Treatment:

1. Warm salt water gargles
2. Acetaminophen for fever or pain
3. Avoid contact with person with throat infection (Strep throat)

When to see a doctor:

1. Fever with very painful throat
2. Swallowing difficulty
3. Repeated tonsil infections (more than 4 in one year)
4. If child breaths through mouth or snore due to persistent stuffy nose

Surgery?

Surgery is not always a good option due to limited benefits and complications. So surgery for Tonsils is not done as frequently as in the past.

Surgery should be considered only if:

1. If enlarged tonsils cause severe breathing or sleeping disturbance
2. If there are 4-5 infections in a year even after treating with different antibiotics

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Allergies

Allergies are caused by over production of a chemical in our body called Histamine, in response to allergy triggers. All symptoms of allergy are due to excessive Histamine.

Types/Causes:

1. Most common is seasonal "Hay fever", caused by pollens in air, dust, grass, mold or animal dander.
2. Allergies which last all year are usually due to household dust or mold.
3. Allergy to cats or other pets.
4. Food allergies

Symptoms:

1. Sneezing, runny nose, watery eyes, stuffy itchy nose, headache, fatigue.
2. Allergies may cause dark circles around eyes and post nasal drip.
3. Allergies do not cause fever.
4. Hives (red, swollen areas on skin which are itchy)
5. Worsening of asthma (wheezing)

How are allergies different than cold or viral?

Cold or viral may cause fever along with allergies-like symptoms.

Prevention:

1. Avoid things which trigger your allergies.
2. Limit outdoors during season changes.
3. Avoid cleaning dusty things.
4. Keep your sleeping area dust free.

Complications:

1. Allergies can trigger Asthma or other breathing problems, if not controlled early.
2. Sinusitis (sinus infection)
3. Sleep disturbance

Home Treatment:

1. If you can discover the source of your allergies, avoiding that substance is the best treatment.
2. Air purifiers, humidifiers and air conditioners in the sleeping area help to control symptoms.
3. Avoid smoking. Avoid strong perfumes. If you are allergic to pets, keep pets outside.
4. Monitor your blood pressure closely if you are taking allergy medications.
5. Medications: Nasal sprays, Antihistamines and decongestants help to control symptoms. Discuss with your doctor before starting any medication.

When to see a doctor:

1. If you have year long allergies, you might need Immunotherapy (monthly allergy injections or daily allergy drops).
2. Before starting any new medication for allergies, especially if you have high blood pressure.
3. Anaphylactic reaction: If you have sudden onset of severe allergic reaction with swelling of lips, tongue, breathing trouble or dizziness (low blood pressure), you may have anaphylactic reaction. It is an emergency, go to nearest hospital as soon as possible.

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Learn from your heart; Never stop in life !

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High Blood Pressure (Hypertension)

High blood pressure is usually called “silent killer”, because a person might not realize that he has high blood pressure. People get used to high blood pressure and usually have no symptoms. Get your blood pressure checked regularly to know if you have high BP.

What is Blood pressure?

When heart beats, it pushes blood into blood vessels with a force (pressure). Blood pressure is the pressure (force) with which it flows through the blood vessels. When this pressure is higher than normal, heart has to work harder to pump blood.

1. Systolic (upper number): The pressure created when heart beats (when heart muscle contracts and squeezes out the blood) is called systolic blood pressure.
2. Diastolic (lower number): The pressure between 2 beats of the heart (when heart muscles are relaxing) is called diastolic blood pressure.
3. Normal BP: Blood pressure less than 140/90
4. High BP: Blood pressure over 140/90

Causes:

Mostly (about 90%) cases of high BP are without any specific cause. Common causes of high blood pressure are:

1. Over-weight
2. Family history
3. Inactive life style
4. Excess alcohol intake

5. Smoking
6. Excess salt intake
7. Stress and anxiety

Symptoms:

1. Fatigue
2. Headache
3. Anxiety
4. Uncontrolled anger

High blood pressure increases your risk of:

1. Heart attack and Stroke
2. Decreased vision
3. Kidney diseases

Home Treatment:

1. Lose weight if you are over-weight
2. Avoid alcohol and smoking
3. Exercise regularly
4. Reduce salt in your diet (salt causes water retention in body)
5. Learn how to control and deal with stress in life
6. Check your blood pressure once or twice a year, even if you are healthy, especially if you have family history of high blood pressure or if you are over-weight

When to see a doctor?

1. If your blood pressure is more than 140/90 on two checkups, you should consult a doctor. You might not need medication initially. Exercise, diet control and losing weight help to control BP without medications.
2. If you have a severe headache with high BP
3. Decreased vision
4. If you have diabetes: If you have diabetes, your doctor may want it even lower than 130/80.

Important:

Never stop your blood pressure medication without the advice of your doctor, even if you are feeling absolutely fine. Remember, high blood pressure usually does not have any symptoms.

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Heart Attack **(Myocardial Infarction)**

Heart attack is caused by blocked or reduced blood flow to heart muscles.

Causes:

1. Smoking
2. High Blood pressure
3. High Cholesterol
4. Family history of heart attack
5. Diabetes
6. Stress and anxiety
7. Lack of exercise
8. Overweight

Symptoms:

1. Pain, pressure or heaviness, numbness across the chest. You may feel like an elephant (or a heavy object) sitting on your chest
2. Pain may radiate (travel) towards arm, neck, shoulder or jaws
3. Pain may be accompanied by sweating, shortness of breath or nausea
4. Symptoms are worse with physical activity
5. Usually lasts few minutes. If chest pain lasts only 1-2 seconds, it is not heart attack
6. If chest pain is worse when you press on your chest, it could be muscle strain and not a heart attack

Prevention:

1. Stop smoking
2. Exercise regularly
3. Treat high blood pressure

4. Treat high cholesterol
5. Control your diabetes with diet or medications
6. Control your weight

Home Treatment:

1. If you feel symptoms could be from heart attack, chew 1 Aspirin 325 mg and go to the nearest doctor or hospital as soon as possible, even if your pain is resolved.
2. If you have been diagnosed with high risk for heart attack, you should keep Nitroglycerine tablets with you and put it under your tongue at the first sign of heart attack.

When to see a doctor:

1. If you have family history of heart attack
2. If you have recurrent chest pains
3. If you exhausted with minimal physical activity
4. If you have shortness of breath with physical activity
5. If you have diabetes, high blood pressure and high cholesterol

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Chest Pain

Chest pain is a warning sign of a heart attack, but all chest pains are not heart attacks. It may be caused by other problems too. Never ignore recurrent chest pain even if it lasts very short time and/or resolves on its own.

Other causes of Chest pain:

1. Pneumonia: Chest pain with cough, shortness of breath and fever
2. Stomach acid reflux: Chest pain usually at night
3. Chest muscle strain: Pain when you press on chest muscles
4. Stress/anxiety: Chest pain usually lasts only 1-2 seconds
5. Shingles: chest pain with rash

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Heart Failure

When heart is not healthy enough to pump blood normally, it is called heart failure.

Causes:

1. High Blood pressure
2. Heart attack
3. Abnormal heart blood supply (coronary artery disease)
4. Weakness of heart muscles (cardiomyopathy)
5. Alcohol and smoking

Symptoms:

1. Shortness of breath at rest
2. Swelling of feet
3. Fatigue and weakness
4. Irregular heart beat
5. Weight gain

Home Treatment:

1. Limit salt intake (Less than 2 grams salt in a day)
2. Monitor your weight, if you are gaining weight see a doctor
3. Take medications as advised by the doctor

Diagnosis:

If you have symptoms of heart failure, your doctor will order other tests to confirm heart failure. These tests will include blood tests, chest x-ray, EKG (ECG), Echocardiogram (scan of your heart)

Treatment:

1. Medications: There are different medications which improve heart functions. Your doctor may use combination of medications depending on your needs.
2. Treatment of heart rhythm or heart valves
3. Heart Transplant

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Cholesterol

Cholesterol is an oily substance produced by body. Cholesterol is needed by body for normal functions. All cholesterol is not bad. A high level of bad type of cholesterol is bad. High cholesterol clogs blood vessels and increases risk for heart attack and stroke.

Types:

1. Good cholesterol (HDL): cleans blood vessels. Exercise increases HDL.
2. Bad Cholesterol (LDL): Excess of this type clogs blood vessels

Causes:

1. Family history
2. High fat diet
3. Lack of exercise
4. Smoking

How often cholesterol should be checked?

You should check it at least every 2-3 years, if you are a healthy person over the age of 40. Get it tested once a year, if you are taking cholesterol lowering medication. Total cholesterol less than 200 is considered good, 200-240 is borderline high risk and over 240 is high risk for diseases. Doctors are more concerned about high bad cholesterol, rather than total cholesterol.

Home Treatment:

1. Eat less fat (Butter, Ghee, Meats)
2. Exercise daily
3. Avoid alcohol and smoking

4. Lose weight if you are overweight
5. Take medication if your doctor recommends

When to see a doctor:

1. If you have family history of high cholesterol
2. If you have any heart disease
3. If you have diabetes

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*Man cannot manufacture Blood, otherwise he would
have created blood of different colours.*

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Anemia (Low Blood)

When blood cells which carry oxygen to your body are low, it is called anemia. Due to anemia body organs might not get required oxygen causing symptoms of anemia.

Causes:

1. Bleeding (bleeding stomach ulcers, hemorrhoids, cancers)
2. Diet low in iron or vitamin B12
3. Heavy menstrual bleeding
4. Pregnancy (due to increased demand)
5. Genetic (from childhood)
6. Chronic diseases (like kidney failure)

Symptoms:

1. Fatigue
2. Pale skin and pale eyes
3. Shortness of breath
4. Rapid heart beat
5. Dizziness

Types of Anemia:

There are many different types of anemia depending on the cause of anemia. It is diagnosed with blood tests. Iron deficiency anemia is most common type.

Prevention:

1. Iron rich diet: green leafy vegetables, dry fruits, certain breakfast cereals
2. Vitamin C rich diet: oranges and tomatoes
3. Avoid alcohol (causes vitamin deficiency and stomach ulcers)
4. During pregnancy take vitamins which has folic acid

5. Take iron tablets daily if your blood test shows low iron

When to see a doctor:

1. Unexplained fatigue and weakness
2. Heavy menstruation which last more than 7 days
3. Feeling dizzy when standing from sitting position
4. Rectal bleeding
5. Pregnancy
6. If a child gets tired easily and does not play with other kids

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Blood Cancer (Leukemia)

Leukemia is cancer of blood cells. Blood cells are produced in bone marrow. Blood cancer starts in bone marrow. In leukemia, bone marrow starts to make a lot of abnormal white blood cells.

Three Types of blood cells:

1. White blood cells: helps to fight infections
2. Red blood cells: helps carry oxygen to all parts of your body
3. Platelets: help to clot blood and stop bleeding

What causes leukemia?

No one knows exactly what causes leukemia. It does not run in the families.

Symptoms:

Symptoms depend on type of leukemia, but common symptoms are:

1. Unexplained weight loss
2. Appetite Loss
3. Fatigue
4. Decreased capacity to fight infections
5. Frequent fever
6. Swollen neck glands
7. Frequent nose bleeds

Diagnosis:

Blood test will show very high count of white blood cells and low count of other kinds of cells

Treatment:

1. Treatment for blood cancer has lot more options now than few years ago. Newer treatments are being researched.
2. Usually treatment involves medications (chemotherapy), radiation and bone marrow transplant.
3. Success of treatment depends upon type of leukemia and early detection.

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*What oxygen is to the Lungs,
hope is to the life !*

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Pneumonia

Pneumonia is an infection of air passages in the lungs. Due to this infection, oxygen does not reach blood. Pneumonia can be caused by bacteria or virus.

Symptoms:

1. Fever and shaking chills
2. Cough with greenish or yellow sputum
3. Pain in the chest with cough
4. Difficulty in breathing
5. Sweating, fatigue and loss of appetite

Prevention:

1. Improve your immunity (resistance to infections) with a good healthy diet and regular exercise
2. Quit smoking
3. Take care of cold and viral with home remedies early
4. If you are over 65 years of age, get vaccine (pneumococcal vaccination) for prevention of pneumonia

Home treatment:

1. Take entire course of antibiotics, even if you feel better after few days.
2. Increase your fluid intake. You are drinking enough if you are urinating more than usual.
3. Take lots of rest. Don't try to rush recovery
4. Stop smoking
5. Dry cough may linger on for few more days after pneumonia is resolved. You may take cough suppressing syrups. Remember these syrups do not cure cough, these just help to keep you comfortable.

6. Acetaminophen or Ibuprofen will help with fever and body aches.

When to see a doctor:

Pneumonia is treated with antibiotics. See your doctor if you have following symptoms:

1. Fever and shaking chills
2. Cough with greenish or yellow sputum
3. Pain in the chest with cough
4. Difficulty breathing
5. Sweating, fatigue and loss of appetite

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Asthma

Asthma is caused by inflammation (swelling) and obstruction of lung airways. Secretions build up in the airways and breathing becomes harder. Asthma begins during childhood mostly and many children outgrow asthma as they grow older. Sometimes asthma begins later in life too.

Symptoms:

1. Difficult breathing
2. Wheezing or whistling sound while breathing
3. Cough
4. Spitting up of mucous

Triggers (Causes):

1. Allergies (Read “Allergies” chapter)
2. Exercise
3. Smoking
4. Changes in weather, cold or flu (viral)

Prevention:

1. Treat Allergies (Read “Allergies” chapter)
2. Avoid air pollution (stay indoors when air pollution is high)
3. Stop Smoking
4. Avoid strong odors and perfumes
5. Avoid breathing cold air. It is advised to breathe through your nose.
6. Get annual Flu shot (Vaccination for viral)

Home Treatment:

1. Stay calm during breathing difficulty as anxiety will make asthma worse.

2. Do not use any medication without the doctor's advice.
3. Learn proper technique to use inhalers (Read "How to use an inhaler")
4. If you have exercise induced asthma, use inhalers 1 hour before exercising
5. Treat your allergies

When to go to a doctor:

1. At the time of first Asthma attack
2. If sputum becomes green, yellow or bloody. This may be a sign of bacterial infection.
3. Fever with difficulty in breathing
4. If asthma attacks become more frequent, even with home treatment

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Proper Use of an Inhaler

1. Shake inhaler well.
2. Hold inhaler between your thumb and first finger.
3. Breathe out as much as possible.
4. Tilt your head back and insert mouthpiece of inhaler in your mouth
5. Press down on inhaler to release a puff of medication.
6. Breathe in slowly and deeply.
7. After using inhaler, rinse your mouth properly with water.
8. Wash your inhaler, at least once a week

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Breast Cancer

Breast cancer is leading cause of death among women between the ages of 40-55 years. Breast cancer is curable if detected early. Early detection is possible by self breast exam every month and mammogram (x-ray of breast)

Who is at higher risk for breast cancer?

1. Family history of breast cancer among your mother and sisters
2. If you have not given birth to a child or never been pregnant
3. If you have any other cancer
4. Smokers

Early detection:

1. Self breast exam - once a month. If you feel any lump, get it checked by a doctor. You should learn how to do a proper self breast exam from a doctor.
2. Mammogram - It is an x-ray of the breast. It should be done every 2 years after age 50 or early if you are at higher risk for breast cancer.

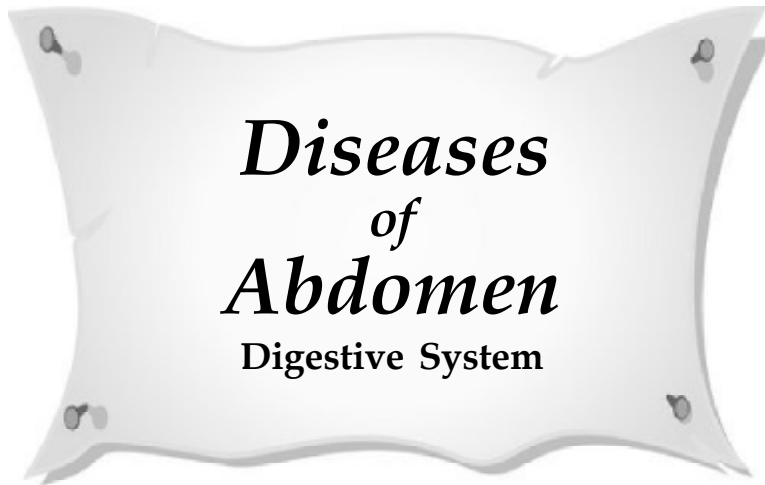
Treatment:

Treatment depends upon size, location and other factors. It may include surgery, chemotherapy (treatment with medications), radiation or combination of all three.

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Diseases
of
Abdomen
Digestive System

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*Nothing compares to the stomach ache
you get from laughing with your loved ones.*

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Acid Reflux

Stomach bloating, pain, burning and excessive belching could be due to excessive acid in the stomach. If acid reflux is not treated for long time, it can cause stomach ulcers. Ulcers may develop in the stomach or food pipe (oesophagus) if the protective lining is damaged by excessive acid.

Symptoms:

1. Sharp pain or burning in upper stomach
2. Stomach bloating
3. Pain in lower chest
4. Heartburn and belching
5. Bleeding in stomach
6. Symptoms are worse after eating and are relieved by eating something.
7. Teeth damage due to acid reflux while sleeping

Causes:

Excessive acid production in stomach could be due to the following:

1. Medications like aspirin or Ibuprofen
2. Smoking
3. Bacterial infections (H.Pylori)
4. Alcohol
5. Stress does not cause ulcers but may make them worse.

Home treatment:

1. Avoid foods which worsen the symptoms like Oranges, Chocolates etc.
2. Avoid alcohol, coffee and smoking
3. Avoid Aspirin, Naprosyn, Ibuprofen like medications

4. Avoid eating to full stomach. Small frequent meals help.
5. Antacids are helpful for short term relief
6. Avoid stress
7. Eat dinner at least 2 hours before going to bed
8. Raise the head of your bed about 2-3 inches

When to see a doctor:

1. If you notice blood in stools or with vomiting
2. Severe pain not relieved by home remedies
3. Shortness of breath
4. Severe abdominal pain
5. Ask your doctor to consider testing for bacteria "H. Pylori"

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Vomiting

Mostly nausea and vomiting are self resolving, but vomiting could be a symptom of other illnesses. Vomiting should not be ignored if it is persistent and associated with other symptoms.

Causes:

1. Food poisoning or stomach flu
2. Medications
3. Stress/anxiety
4. Migraine headache
5. Pregnancy

Home treatment:

1. Do not eat for few hours or until you are feeling better
2. Drink liquids in small quantity and often
3. Ginger helps with nausea feeling
4. Avoid milk and sweet things
5. Stop medication if vomiting started after taking medication
6. Look for signs of dehydration especially in kids, like dry mouth.
7. To prevent or treat dehydration, drink re-hydration drink: Mix:4 cups of water, ½ teaspoon salt, 3-4 table spoons of sugar. Drink this frequently for to prevent dehydration.

When to see a doctor:

1. If vomiting lasts more than 12 hours
2. Vomiting accompanied by fever and abdominal pain (especially right lower abdomen)

3. No urine for 8 hours
4. Blood with vomiting
5. Low blood pressure and dizziness
6. Severe lethargy or weakness

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Diarrhoea

Diarrhoea is increase in frequency of passing out watery, loose stools. Diarrhoea occurs when body pushes stools before the water is reabsorbed. It is your body's way of quickly clearing out any virus or bacteria

Causes:

1. Food poisoning (bacteria)
2. Stomach Flu (Virus)
3. Medications
4. Anxiety/Stress
5. Indigestion of food

Home Treatment:

1. Give your stomach rest for about 12-24 hours. Eat only if you are hungry
2. Avoid any medication to stop diarrhoea in first 10-12 hours as diarrhoea is protective in most of the cases.
3. Avoid spicy foods
4. Avoid alcohol and coffee
5. Avoid milk for 2-3 days
6. May eat rice or bananas
7. Drink plenty of water to avoid dehydration
8. Stress/Anxiety causes frequent, recurrent, mild diarrhoea. Only treatment is to understand the cause of diarrhoea and then learn how to deal with stress (another chapter in this book).

When to see a doctor:

1. If you have blood with diarrhoea
2. If you have fever with diarrhoea

3. If you feel very weak
4. If you feel very dizzy
5. No urine output due to dehydration
6. If you have abdominal pain with diarrhoea

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Constipation

Constipation is difficulty to pass stools, due to stools being very hard. If your stools are soft and you can pass it easily, you are not constipated, even if you pass stools every 2-3 days.

Causes:

1. Not drinking enough water
2. Lack of fiber in diet
3. Lack of exercise
4. Delaying bowel movement
5. Travel (due to disturbance in daily routine)
6. Some medications

Prevention:

1. Eat more fiber rich foods- fruits, vegetables, and less fat
2. Drink more water- 8 cups of water a day
3. Exercise regularly
4. Don't delay or ignore the urge to go
5. Be regular- establish a daily routine

Home Treatment:

1. Drink extra water
2. Eat more fruits and vegetables

When to see a doctor:

1. Sharp abdominal pain with constipation
2. Heavy bleeding with hard stools
3. If constipation persists for more than one week

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Appendicitis

Appendix is a 2-4 inch long sac attached to our large intestine in the lower right abdomen. Appendix does not have any useful function for our bodies. We can live without appendix. Appendicitis is more common from age 10 to 30 years.

Causes:

Appendicitis is due to blockage of appendix, usually due to infection.

Symptoms:

1. Dull Pain starts around navel and moves to lower right abdomen over the course of 10-12 hours
2. Low grade fever
3. Nausea and vomiting
4. Constipation
5. Loss of appetite

Precautions:

1. Do not use strong pain medications as it will mask symptoms
2. Do not give laxatives, as these will make the pain worse
3. Do not apply heat to the abdomen

Diagnosis:

Appendicitis is diagnosed with the help of history, physical exam, blood test and CT scan of abdomen.

Treatment:

Surgery to remove the appendix (Appendectomy) is the standard treatment for appendicitis.

When to see a doctor:

If you suspect appendicitis from above symptoms, go to hospital as soon as possible. It is an emergency. It requires surgery urgently because if untreated it can burst and infection will spread.

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Food Poisoning

Symptoms:

1. Sudden onset of nausea and vomiting
2. Diarrhoea
3. Abdominal pain
4. Low grade fever

Prevention:

1. Always wash your hands before eating
2. Avoid uncooked foods
3. Do not eat raw eggs
4. Avoid canned foods
5. Avoid ice while travelling

Home Treatment:

1. Mostly symptoms will resolve without any treatment within 24-48 hours.
2. Drink plenty of fluids to avoid dehydration from vomiting and diarrhoea

When to see a doctor:

1. If vomiting does not stop
2. If diarrhoea does not stop
3. If you feel very weak
4. If you have blood with vomiting or stools
5. If you feel dizzy

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Jaundice

Jaundice is yellow discoloration of skin and white part of the eyes. Jaundice is not a disease but is a symptom of other diseases. It is due to excessive accumulation yellow pigment “Bilirubin” which is formed when old red blood cells are destroyed in the body. Brown color of stools is due to this bilirubin. If body does not get rid of extra bilirubin, it is accumulated in the body and causes yellow discoloration of skin and eye.

Jaundice in New Born Babies

Jaundice in new born babies appears in first 5 days of the birth. It is due to excessive “Bilirubin” in the body as their body organs are not fully developed yet to get rid of extra bilirubin. Usually it resolves within 3-5 days. Sometimes Jaundice in new born babies could be due to infection, digestive system diseases or non-compatibility with mother’s blood. If jaundice does not improve in 3-5 days, take baby to the doctor for treatment as soon as possible. Delay in treatment may cause permanent brain damage.

Jaundice in Adults

Causes:

1. Liver diseases
2. Hepatitis (infection of liver)
3. Gall Stones, if they cause obstruction
4. Hemolytic anemia (destruction of blood cells)
5. Pancreatic Cancer
6. Obstruction of bile duct due to other diseases
7. Some medications

Symptoms:

1. Yellow skin and eyes (white part of the eye)
2. Itchiness
3. Fatigue
4. Weight loss
5. Dark urine and clay colored stools
6. Fever and vomiting
7. Insomnia

Prevention:

Jaundice is related to functions of liver. So prevention is to keep liver healthy by avoiding alcohol and eating healthy balanced diet. Exercising regularly helps liver to function normally.

Diagnosis:

Doctor will diagnose jaundice based on symptoms, physical exam, blood tests and ultrasound or CT scan

Treatment:

Treatment is based on the underlying cause of jaundice. Symptoms of jaundice especially itching and insomnia will need treatment with medications.

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Gall Bladder Stones

Pain is in right upper abdomen. Usually pain starts after eating, especially fatty food.

Treatment:

Avoid fatty food. See a doctor. Usually needs surgery to remove gall bladder.

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Gall Bladder Infection (Cholecystitis)

See a doctor immediately if you have fever with severe pain in the right upper abdomen, which indicates infection of gall bladder. You will be treated with antibiotics and surgery.

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Haemorrhoids

Haemorrhoids or Piles are caused by swelling of blood vessels around anus. Constipation and straining to pass hard stools, causes these blood vessels to get enlarged.

Symptoms:

1. Pain with defecation
2. Bleeding with defecation
3. Itching around anal area

Prevention:

1. Drink plenty of water; eat more fruits and vegetables which help to avoid constipation and hard stools.
2. Avoid sitting for too long in the same position
3. Avoid straining. Relax while passing stools

Home treatment:

1. Sitting in warm water helps with pain and discomfort
2. Cold compresses helps with itching

When to see a doctor:

1. If bleeding is severe and too often
2. If pain is severe and doesn't improve with home treatment
3. If you are feeling very weak or feeling dizzy

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Hernia

Hernia occurs when a part of intestines bulges out through a weak spot in the abdominal wall. Most of hernia occurs in groin, but occasionally hernia occurs around umbilicus. Hernia is more common in men than in women.

Causes:

1. Heavy lifting
2. Severe prolonged coughing
3. After abdominal surgery
4. Weak abdominal wall at birth
5. Straining during constipation

Symptoms:

1. Feeling of pressure or pain in groin
2. A bulge or lump which could be pushed back into the abdomen with pressure
3. Pain with lifting or coughing

Prevention:

1. Avoid activities which strain your abdomen, if they cause pain in groin
2. Learn correct way of lifting:
 - a) While lifting bend your knees, keep back straight and keep weight near your body
 - b) Then let your arms and legs do the work
 - c) Do not bend from your waist to lift weight
 - d) Avoid lifting weights that are too heavy for you
3. Strengthen your abdominal muscles with exercise
4. Prevent constipation (see chapter “constipation”)

When to see a doctor:

1. If you notice a lump in the groin which causes pain
2. If you cannot push lump back inside the abdomen
3. Sudden severe pain in groin
4. Lump becomes very red, swollen and painful

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Hiccups

Hiccups are caused by sudden spasm of diaphragm (muscle which separates chest from abdomen). Spasm of diaphragm causes sudden intake of breath which is obstructed by outgoing breath (closure of vocal cords). Hiccups are usually harmless and resolve on its own, but persistent hiccups can cause difficulty in swallowing and lack of sleep. Hiccups affect males more than females.

How long Hiccups last?

Hiccups usually last from few minutes to few hours. Hiccups lasting more than 48 hours should be treated with medical help.

Causes:

1. Eating too much food too quickly
2. Stress or excitement
3. Alcohol
4. Swallowing too much air while eating
5. Sudden change in stomach temperature, drinking hot drink and then cold drink

Home Treatment:

1. Hold your breath and count slowly to 10
2. Sipping very cold water slowly
3. Eating a teaspoon of sugar or honey
4. Breathing into and out of a paper bag

When to see a doctor?

1. If hiccups last more than 48 hours

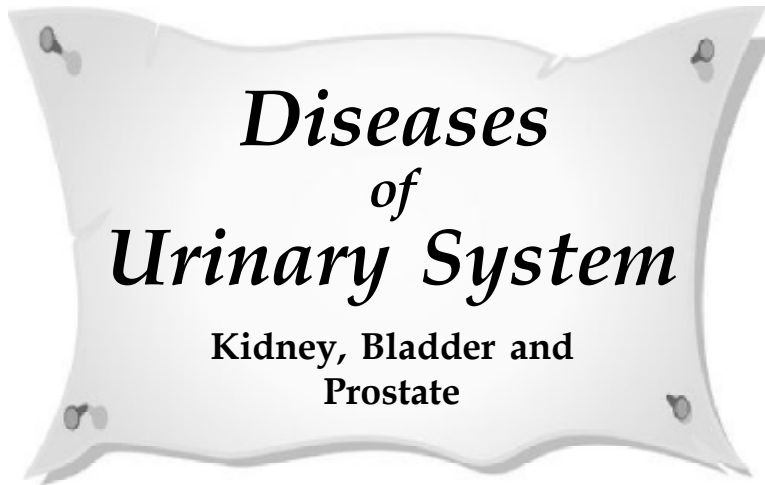
2. If hiccups interfere with your eating or sleeping
3. If hiccups started after taking a medication

Acupuncture offers a good alternate treatment of prolonged hiccups.

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*Overactive bladder and stiff knees are a reminder
that you are getting old.*

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Urinary Tract Infection (Bladder Infection)

Bladder infections are very common in women and are easily treatable. These infections in men are less common but need longer treatment.

Symptoms:

1. Burning or pain during urination
2. Urgency and increased frequency of urination
3. Pain in lower abdomen

Prevention:

1. Drink more water
2. Don't hold urine for long. Urinate frequently.
3. Wash urine area daily
4. Women should clean the urinary area from front to back
5. Drink Cranberry juice
6. Eat more Yogurt

Home treatment:

1. Drink water as much as you can. More urine will flush out the infection
2. Avoid caffeine or alcohol
3. Drink Cranberry juice

When to see a doctor:

1. Blood in urine
2. If you have diabetes
3. High Fever
4. Back pain or Flank pain (pain in the kidney areas)
5. If you are pregnant

Complications if not treated:

Infection may travel to kidneys and becomes a serious infection.

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Urinary Incontinence (Leaking of Urine)

Urinary incontinence or loss of bladder control is very common but people do not discuss or take medical help due to embarrassment. It is like any other medical condition and is very treatable.

3 types of incontinence:

1. Stress incontinence: Leaking of urine with coughing, exercise or sneezing. More common in women.
2. Urge incontinence: very quick and urgent feeling to urinate. It happens with Parkinson's disease, after stroke or with infections.
3. Overflow incontinence: When bladder cannot empty itself. Diabetes and enlarged prostate (a gland in men) can cause this.

Home Treatment:

Do not let this condition, embarrass you and keep you away from activities or work you want to do.

1. Avoid coffee or too much tea.
2. Urinate on a schedule after every 2-3 hours, even if you do not have an urge to urinate
3. Women should learn KEGEL Exercises from their doctor. It helps with stress incontinence. KEGEL exercises are pelvic exercises to strengthen women's pelvic muscles.
4. Some medications may be causing this. So discuss with a doctor if medications are the cause.
5. If you have diabetes, keep blood sugar under good control

When to see a doctor:

1. Pain or burning with urination
2. Uncontrolled diabetes
3. If symptoms started after starting a new medication
4. Symptoms affect your work or daily activities

Treatment:

1. A minor surgery usually corrects stress incontinence in women
2. Prostate surgery will help with overflow incontinence
3. Medication to treat bladder infection and control urge incontinence

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Prostate Gland Enlargement (BPH)

Prostate is a walnut shaped gland around urethra in men. Urethra is a tube that carries urine from the bladder. Women do not have this gland. As men age, prostate gland grows in size. It is a natural process. But as it grows, it puts pressure on urethra (tube which carries urine from bladder). It is not a serious problem, unless it causes urinary retention or interferes with normal activities like travel or sleep.

Symptoms of prostate enlargement:

1. Difficulty getting urine started (dribbling of urine)
2. Frequent waking up at night to urinate
3. Feeling of incomplete urination

Prevention:

1. It is a natural process, so no specific prevention.
2. Do not hold urine for too long (for example during long air-flights)
3. Avoid alcohol and caffeine
4. Avoid anti-histamine medications (like Benadryl), which can cause urinary retention.

Home Treatment:

1. Avoid water, alcohol or caffeine at least 2-3 hours before sleeping
2. If you are taking medications, like diuretics or antihistamines, discuss with your doctor and change or stop them.

When to see a doctor:

1. Pain, fever, lower abdominal or lower back pain
2. If you are unable to urinate

Treatment:

It is treated with medications, which you have to take daily. If medications are not effective, your doctor will recommend prostate surgery.

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Prostate Infection (Prostatitis)

Prostate is a walnut shaped gland around urethra in men. Urethra is a tube that carries urine from the bladder. Women do not have this gland.

Symptoms of prostate infection:

1. Pain and burning with urination
2. Fever and chills
3. Frequent urge to urinate
4. Lower abdominal or low back pain
5. Blood in urine

Prevention:

1. Increase water intake. You are drinking enough when you are urinating more than usual, which helps to flush out infection.
2. Do not hold urine for too long (for example during long air-flights)
3. Avoid alcohol and caffeine

Home Treatment:

1. Drink more water
2. Avoid alcohol
3. Ibuprofen will help pain and fever

When to see a doctor:

1. If you have pain and fever
2. Blood in urine
3. Pain in abdomen or lower back
4. Recurrent prostate infections

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Prostate Cancer

Prostate is a walnut shaped gland around urethra in men. Urethra is a tube that carries urine from the bladder. Women do not have this gland.

Cause:

Prostate cancer is most common cancer in men over age 65 years. If detected early, it is curable. It is hard to detect early as it does not cause any symptoms in early stages.

Prevention:

1. Get prostate exam done by your doctor after age 50, especially if you have family history of prostate cancer.
2. A blood test (PSA) is available but this test is not diagnostic as it could be elevated in prostate infection too.
3. Quit smoking
4. Low fat diet (not proven by studies yet)

Treatment:

Discuss with your doctor the options for treatment. Not all patients need treatment. It depends on your age, other medical conditions and stage of cancer.

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Bed-Wetting

Bed-wetting (Enuresis) is common among young children and most of the children will out-grow the problem by the age of 6-8 years.

Cause:

1. Mostly cause is known
2. Infection
3. Emotional problems.

Prevention:

1. Limit what the child drinks 2-3 hours before going to bed.
2. Remind the child to get up at night to urinate
3. Discuss with child if child is scared of darkness at night.

Home Treatment:

1. Provide support and love to the child, and explain to the child that it is a common problem and will resolve as he or she grows up.
2. Never punish or embarrass child
3. Do not force child to wear diapers
4. Always use clean bed and change soiled clothes every day
5. To remove odor, add vinegar to water and wash clothes in that water.

When to see a doctor:

1. If infection is suspected (painful urination or burning with urination)
2. If bed-wetting continues even after age of 6-7 years.
3. If child cannot control urination even during day-time
4. If child is depressed

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Kidney Stones

Pain is in the flanks (sides of abdomen, where kidneys are) and travels towards lower abdomen and bladder. Pain comes and goes. Pain is crampy and severe which goes away after few minutes and comes back again.

Treatment:

Drink lots of water. Mostly stones pass through urine. See a doctor for pain control and treat infection if needed.

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*From the bitterness of diseases man learns
the sweetness of health.*

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*A Broken bone can heal,
but the wound a word opens, never heals !*

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Back Pain

Causes:

1. Back muscle strain
2. Arthritis
3. Osteoporosis
4. Disc damage
5. Nerves damage
6. Stress
7. Back pain has become more and more common lately as people spend more time sitting at work and at home in front of TV.

Prevention:

1. Exercise regularly to strengthen your back muscles
2. Reduce weight if you are overweight
3. Learn correct way of lifting:
 - a) While lifting bend your knees, keep back straight and keep weight near your body
 - b) Then let your arms and legs do the work
 - c) Do not bend from your waist to lift weight
 - d) Avoid lifting weights that are too heavy for you
4. Avoid sitting in one position for long time

Home Treatment:

1. Continue your routine activity, including walking. Sitting and lying down may make back pain worse.
2. Apply ice pack or moist heat (warm ,wet towel) for 15-20 minutes every 2 hours
3. Ibuprofen or aspirin will help with pain and swelling
4. Maintain Good posture
5. Relax your body muscles frequently

When to see a doctor:

1. If you have weakness in legs with back pain
2. If you have fever with back pain
3. If you have unexplained weight loss with back pain
4. If you could not control your urine or stools
5. If you cannot walk or stand

What is Sciatica?


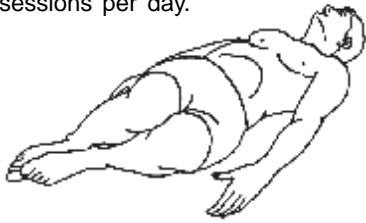



Pressure on sciatic nerve (Nerve which runs from lower back to the feet), causes pain, numbness and weakness, more in the leg than in the back. Its prevention and treatment is same as for other causes of back pain.

Back Surgery:

Very few people benefit from the back surgery. Your doctor or spine specialist will decide if you need back surgery.

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Back Exercises

<p>Prayer Stretch Push chest toward floor, reaching forward as far as possible, Hold 5-10 seconds.</p> <p>Repeat 5 times per set. Do 2 sets per session. Do 2 sessions per day.</p>	
	<p>Lower Trunk Rotation Keeping back flat and feet together, rotate knees to left side. Hold 3 seconds.</p> <p>Repeat 10 times per set. Do 2 sets per session. Do 2 sessions per day. Switch to right side and repeat.</p>
<p>Single Knee to Chest With hand behind right knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 5-10 seconds.</p> <p>Repeat 10 times per set. Do 1 set per session. Do 2 sessions per day.</p>	
	<p>Double Knee to Chest With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 5-10 seconds.</p> <p>Repeat 10 times per set. Do 1 set per session. Do 2 sessions per day.</p>
<p>Pelvic Tilt Flatten back by tightening stomach muscles and buttocks. Hold 3-5 seconds.</p> <p>Repeat 10 times per set. Do 2 sets per session. Do 2 sessions per day.</p>	

Neck Pain

Neck pain is very common and could be due to:

1. Posture problems
2. Stress
3. Neck muscle- sprain/strain
4. Arthritis
5. Nerve pressure
6. Disc (cervical) damage

Symptoms:

Along with neck pain, problems in neck may cause headache or pain in the shoulders and the upper back.

Prevention:

1. Sit straight while sitting
2. Avoid sitting in the same posture for long time. Make a habit of getting up and changing positions.
3. While working on computer, monitor should be at your eye level
4. Avoid sleeping on pillow which is too high or too flat
5. Relax your muscles from head to toe at regular intervals
6. Regular stretching of neck and upper back muscles

Home Treatment:

1. Place ice pack or moist heat (wet, warm towel) over painful muscles for 10-20 minutes every 2 hours.
2. Ibuprofen or aspirin helps to relieve pain and swelling
3. Walking helps to relieve neck pain

When to see a doctor:

1. If severe neck pain occur with fever and headache
2. If pain and numbness shoots down one arm
3. New weakness in arm or legs
4. If neck pain started after any injury (like car accident)
5. If home treatment does not improve pain

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Proper Sitting Posture



Keep the natural curve in your neck and low back, with your ear, tip of shoulder and side of hip in a straight line.

Arthritis

Arthritis is the disease of joints which causes pain, swelling and stiffness of joints. Arthritis occurs mostly in old age but some types of arthritis affect young people too.

3 common types of arthritis:

1. **Osteoarthritis:** It is due to breakdown of joints due to old age or repetitive activities. Usually occur in old age. Symptoms: Pain, swelling and stiffness of joints.
2. **Rheumatoid Arthritis:** It is due to inflammation (swelling) of membrane lining of the joint. It may run in the families and usually affect younger people, but may develop in old age too. Symptoms: Pain, swelling and stiffness in small joints. Joints may feel hot and red.
3. **Arthritis due to Gout:** It is due to excessive uric acid. Crystals form in the joint fluids. Alcohol and some meats (Sea food), may make it worse. Symptoms: Sudden onset of severe joint pain, especially big toe usually in early morning while sleeping.

Prevention:

1. Regular exercises: makes muscles around joints strong and reduces wear and tear of joints
2. Control your weight: Excessive weight is extra weight on joints and causes wear and tear
3. Avoid alcohol to prevent gout

Home Treatment:

1. If you have arthritis, take short breaks during your activities

2. If joint is painful but not swollen, apply heat for about 15-20 minutes
3. If joint is swollen and painful, apply cold (ice) for 10-15 minutes
4. Regular exercise is important to maintain strength and flexibility of joints
5. Aspirin, Ibuprofen and Acetaminophen may be used to reduce pain and swelling, but avoid excessive use of these medications as they may cause damage to stomach and kidneys.

When to see a doctor:

1. If you have fever or rash along with joint pain
2. If you cannot use the joint due to severe pain
3. If you feel numbness in legs with back pain
4. Sudden, unexplained pain and swelling of joints

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Rheumatoid Arthritis

Arthritis is the disease of joints causing pain and stiffness in joints. Arthritis is of different types. Most common is age related arthritis in older people due to wear and tear of joints. Rheumatoid arthritis is another type of arthritis which usually happens in middle age but children and elderly also, can get it.

Symptoms:

1. Joint swelling and pain
2. Symmetry of joints: This arthritis involves joints of both sides of body equally
3. joint stiffness and pain more in the morning
4. Fatigue

Cause:

Scientists have not found exact cause of rheumatoid arthritis. It seems to be caused by a combination of genetic, environmental and hormonal causes.

Diagnosis:

Rheumatoid arthritis is diagnosed with help of symptoms, x-rays and blood tests.

Home Treatment:

1. If you have arthritis, take short breaks during your activities
2. If joint is painful but not swollen, apply heat for about 15-20 minutes
3. If joint is swollen and painful, apply cold (ice) for 10-15 minutes
4. Regular exercise is important to maintain strength and flexibility of joints

5. Aspirin, Ibuprofen and Acetaminophen may be used to reduce pain and swelling, but avoid excessive use of these medications as they may cause damage to stomach and kidneys.

When to see a doctor:

1. If you have fever or rash along with joint pain
2. If you cannot use the joint due to severe pain
3. If you feel numbness in legs with back pain
4. Sudden, unexplained pain and swelling of joints

Medical Treatment:

There is no cure for this disease but symptoms can be controlled for long time with the help of following along with home treatment:

1. Balance between rest and exercise
2. Pain medications
3. Steroids
4. Disease modifying medications
5. Joint surgery when damage is severe and pain is not controlled with medications
6. Calcium, Vitamin D and Vitamin B (Folic acid)
7. Magnet treatment is not scientifically proven.

Special Diet?

There are different opinions about Gluten free diet or Mediterranean diet. No diet has scientifically proven to be helpful. But if any food makes symptoms worse then you should avoid it. Eat healthy balanced diet.

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Gout

What is Gout?

Gout is a type of arthritis that causes sudden joint swelling with pain, usually in a single joint.

Gout is commonly known to cause sudden, severe pain in big toe usually early in the morning.

Causes:

Gout is caused by excessive Uric Acid in blood, which gets deposited in joints causing pain, redness and swelling of joint.

Increased levels of Uric acid is caused by:

1. Genetics (runs in the family)
2. Decreased kidney function
3. Obesity
4. Medications like Diuretics
5. Foods - sea food, red meat, chocolates
6. Alcohol
7. Dehydration

Symptoms:

1. Sudden onset of severe joint pain
2. Joint swelling
3. Joint redness
4. Warm joint

How is Gout diagnosed?

1. Characteristic symptoms
2. Uric acid crystals in joint fluid
3. Uric acid level in blood

Prevention:

1. Avoid alcohol

2. Avoid sea foods like fish, shrimp, crabs
3. Exercise to control weight
4. Drink plenty of water to prevent dehydration

Home Treatment:

1. Drink plenty of water
2. Exercise to control weight
3. Ibuprofen like anti-inflammatory medications
4. Avoid alcohol, sea foods and red meat
5. Eat less sugar and more cherries

Complications:

1. Arthritis from recurrent attacks of Gout
2. Kidney stones
3. Tophi - soft tissue nodules

When to see a Doctor?

1. Sudden onset of severe joint pain, especially if you have family history of Gout
2. Recurrent attacks of Gout

Treatment:

1. During attack: Doctors treat Gout with medications like Colchicine, and anti-inflammatory medications like Indomethacin.
2. To prevent future attacks by reducing Uric acid , doctors use medications like Allopurinol, Probenecid and Uloric.

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Knee Replacement Surgery

Who needs knee replacement surgery?

Knee replacement is a good option if you have severe knee arthritis on x-ray, or severe pain with walking and pain medications do not help.

Is knee surgery safe?

Knee joint replacements have been performed for years and surgical techniques are being improved all the time. There are risks involved like in any surgery but overall knee replacement surgery is very safe surgery.

What happens during knee surgery?

Once you are under general anesthesia (meaning you are temporarily put to sleep) or spinal/epidural anesthesia (numb below the waist), a 6-10 inch cut is made in the front of the knee. The damaged part of the joint is removed, and the surfaces are then shaped to hold a metal or plastic artificial joint. The artificial joint is attached to the thigh bone, shin and knee cap either with cement or a special material. When fit together, the attached artificial parts form the joint, relying on the surrounding muscles and ligaments for support and function.

What happens after the surgery?

You will be in the hospital for 2-3 days, after that you will be transferred to home or a rehabilitation facility depending upon your needs. People are able to stand up with support next day after surgery. Then you will walk with assistance and a walker or crutches slowly over the next few days. During this time physical therapy is very helpful to strengthen your knee muscles and mobility. After about 6 weeks most people are able to walk on their

own without assistance. Some people might take little longer depending on your health prior to surgery.

Medications after knee surgery:

Doctor will give you medications for pain control and blood thinners to prevent blood clots in the leg. You should continue all other medications you were taking prior to the surgery.

Precautions:

To avoid dislocation of the newly replaced joint, do not bend or twist your knee. Keep it as straight as possible for about 6 weeks. Start all activities slowly and avoid being too aggressive. Going up and down stairs should be kept as minimum as possible

How long the new joint will last?

It varies from person to person but most of the new joints will last about 20 years or more.

When to see a doctor after surgery?

1. Doctor will see you for a routine check up after 2 weeks or so
2. If your knee pain is getting worse instead of improving.
3. If you have red, swollen knee with fever (signs of infection)
4. Swollen and painful calf (blood clot in leg)
5. Sudden pain with deformed knee (dislocation of new joint)

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Jaw Pain

TMJ (Temporo-mandibular joint) is a joint of jaw bones below your ears, where jaw connects to the skull. Problems of this joint causes jaw pain.

Causes:

1. Damage to the joint due to injuries
2. Arthritis of joint
3. Muscle tension around jaw
4. Clenching of jaw
5. Grinding of teeth
6. If teeth don't fit together

Symptoms:

1. Pain in and around joint
2. Clicking noise when opening jaw
3. Inability to open wide

Prevention:

1. Avoid biting very hard food
2. Stop chewing gum
3. Practice relaxation of jaw muscles
4. Avoid opening mouth too wide
5. Rest your jaw by keeping your teeth open and lips closed.

Home Treatment:

1. If joint is swollen, put ice pack on the joint for 10 minutes, three times a day
2. If no swelling, apply heat to joint three times a day
3. Manage stress to avoid clenching and grinding of teeth
4. Take Ibuprofen to reduce swelling and pain

When to see a doctor:

1. If jaw pain started after an injury
2. If your jaw locks
3. If pain is severe
4. See a dentist if you grind your teeth

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Carpal Tunnel Syndrome (Night-time Hand Pain)

If you wake up from your sleep with pain and numbness in your wrist and hands, you have “carpal tunnel syndrome”. It happens if you do activities of repetitive hand motion, like:

1. Writing or Typing
2. Knitting/ using scissors
3. Driving

Cause:

There is a nerve which passes through wrist (carpal tunnel) and controls sensations of wrist and hand. If this nerve is pressed against bone due to swelling or repetitive motion of wrists, it causes pain and numbness of hand and wrist.

Prevention:

1. Keep wrist straight when using hands
2. Take frequent breaks
3. Maintain good posture

Home Treatment:

1. Using wrist brace or splint will prevent night time pain
2. Aspirin or Ibuprofen helps with pain and swelling
3. Apply ice or cold pack to wrist
4. Vitamin B6
5. Reducing salt in your diet helps to reduce water retention and relieve swelling in the wrist

When to see a doctor:

1. If your hand grip becomes weak
2. If your pain is severe and not relieved by home treatment

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Ankle Pain

Ankle pain could be from ankle sprain, arthritis or fracture. Ankle sprain is most common cause of ankle pain and is caused by over stretching of the muscles and the ligaments around the ankle joint.

Symptoms:

1. Ankle Sprain causes pain and swelling, immediately after injury.
2. Arthritis in ankle joint, causes pain with activity and slowly progresses over months and years
3. Ankle fracture, especially hair line fractures could mimic sprain and could be hard to detect initially.

Home treatment:

1. To treat the pain and injury immediately after sprain:
R.I.C.E. (Rest, Ice, Compression, Elevation) formula
 - a) Rest: Do not put weight on injured joint by using crutches or splint
 - b) Ice: Cold will reduce pain and swelling
 - c) Compression: Wrap the injury with bandage or a tight cloth
 - d) Elevation: Elevate the injured part on a pillow
2. To strengthen and prevent future injuries:
(M.S.A Formula):
 - a) M (movement): Resume activity after 1-2 days of rest
 - b) S (strength): Gradual exercise to strengthen the joint
 - c) A (alternate activities): Start regular exercise when pain and swelling is resolved
3. Ibuprofen helps with pain and swelling.

When to see a doctor:

1. If injured area is twisted or bent, it could be a fracture.
2. If injured area is black and blue (bleeding)
3. If pain is still severe even after 2 days of home treatment
4. If swelling doesn't resolve even after 7-10 days

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Heel Pain

(Plantar Fasciitis and Achilles Tendinitis)

If you have heel pain when you start walking in the morning and taking first few steps are painful, you have plantar fasciitis. It is due to stiffness of thick fascia at the bottom of your heel. If pain is on the back of your heel, you have Achilles tendinitis.

Causes:

1. Overweight
2. Excessive jumping
3. Running on uneven surface
4. Flat foot

Prevention:

1. Stretching calf and heel muscles
2. Control your weight
3. Wear good quality shoes with good arch support

Home Treatment:

1. If pain is severe or heel is swollen, put ice and give rest to the heel.
2. Add foot arch support to your shoes
3. Aspirin and Ibuprofen help with pain and swelling
4. Avoid running, if painful

When to see a doctor:

1. If heel pain occur with fever or numbness
2. If heel pain continue even when you are sitting or lying down
3. If pain does not improve with home treatment

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Joint Sprain

Sprain is an injury to the muscle and the ligaments around a joint.

Cause:

It is caused by over stretching of the muscles around the joint.

Symptoms:

Sprain causes pain and swelling around the joint.

Prevention:

1. Avoid lifting heavy weight with a sudden and jerky motion.
2. While lifting, first bend your knees keeping back straight and get up slowly with the weight.

Home treatment:

1. To treat the pain and injury immediately after sprain-R.I.C.E (Rest, Ice, compression, elevation) formula:
 - a) Rest: Do not put weight on injured joint by using crutches or splint
 - b) Ice: Cold will reduce pain and swelling
 - c) Compression: Wrap the injury with bandage or a tight cloth
 - d) Elevation: Elevate the injured part on a pillow
2. Aspirin or Ibuprofen helps with pain and swelling. Do not give aspirin to children
3. To strengthen and prevent future injuries (M.S.A Formula)
 - a) M (movement): Resume activity after 1-2 days of rest

- b) S (strength): Gradual exercise to strengthen the joint
- c) A (alternate activities): Start regular exercise when pain and swelling is resolved

When to see a doctor:

1. If injured area is twisted or bent, it could be a fracture.
2. If injured area is black and blue (bleeding)
3. If pain is still severe after 2 days of home treatment

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Osteoporosis

Osteoporosis is also called 'brittle bones disease' because it is the disease of bones in old age which causes bones to become soft and weak. These soft and weak bones break easily and cause pain. It is more common in women but can occur in men too. It is diagnosed with a special x-ray.

Causes:

1. Old age
2. Menopause (Hormones deficiency)
3. Smoking and alcohol
4. Family history of osteoporosis

Symptoms:

1. Early disease does not cause symptoms
2. Back pain
3. Fractures
4. Swelling and pain

Prevention:

1. Take calcium and vitamin D everyday
2. Regular exercise
3. Avoid smoking and alcohol

When to see a doctor:

1. If you have family history of osteoporosis
2. Sudden, unexplained back pain
3. After menopause, discuss with your doctor about hormones and vitamins you should be taking daily

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Acupuncture

What is Acupuncture?

This traditional Chinese medicine technique uses thin needles to stimulate various points around the body. It is believed that each disease has a specific point in the body. Acupuncture helps to restore energy balance by stimulating these points.

Does acupuncture help?

Evidence has shown that acupuncture is not reliable option for various medical conditions but it is helpful to relieve following conditions:

1. Headache
2. Nausea
3. Vomiting related to cancer treatment
4. Back pain
5. Knee arthritis

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Chiropractic Medicine

What is chiropractic medicine?

Chiropractic medicine involves adjusting spine to improve alignment of spine.

Does it help?

Chiropractic medicine does provide some relief for spine related pain. It is helpful to relieve pain related to the following:

1. Lower back pain
2. Neck pain
3. Shoulder pain
4. Pain after auto-accidents

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Magnet Therapy

Some people believe magnets have healing powers. Magnets are used inside bracelets, shoes and other accessories.

Do magnets work?

There is no conclusive evidence of effectiveness of magnets.

Safety of magnet therapy:

Magnets are generally safe. Do not use magnet therapy if you have:

1. Heart Pacemaker
2. Heart defibrillato
3. Insulin pump

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Drink more water, your skin will thank you !

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Acne

Acne form when skin oil gland is blocked and bacteria build up under the skin. Acne occurs mostly in younger age but can persist into adulthood. Stress may make acne worse.

Prevention:

1. Wash your face with mild soap often to keep it clean.
Do not scrub.
2. Do not pop pimples.
3. Avoid stress
4. Discuss with your doctor regarding food restrictions.

Home Treatment:

1. It is very essential to keep your face clean. So wash it as often as needed with mild soft. Do not use drying soaps. Do not scrub your face very hard.
2. Popping pimples will cause scarring which will stay forever, so never pop pimples.
3. Benzoyl peroxide 5% works best for acne.

When to see a doctor:

1. If pimples are severe, red and lumpy under the skin
2. If home treatment does not work

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Hair Loss (Alopecia)

Losing up to 100 hairs a day is normal. Daily hair loss is natural and common. Hair loss is mainly a cosmetic problem. Hair loss may cause lower self esteem especially in women and teenagers.

Causes:

1. Age: As we grow, our hair tends to break easily
2. Stress or anxiety
3. Damage to hair by excessive pulling while tying hair
4. Medications and treatment for cancer (chemotherapy)
5. Dandruff
6. Diet: Poor diet which is low in iron and protein
7. Family history of early hair loss
8. Thyroid diseases: Low or high thyroid hormones
9. Alopecia areata (sudden, patchy hair loss)

Prevention:

1. Don't tie your hair too tightly
2. If hair loss begins after starting a medication, see your doctor to change your medication
3. Learn to manage stress in life
4. Treat dandruff
5. Eat balanced diet rich in protein and iron

When to see a doctor:

1. If you lose hair suddenly and have patches of bald areas.
2. If medications are causing hair loss.
3. To get a blood test done to rule out thyroid disease or iron deficiency.
4. If your dandruff is not improving with home treatment with shampoos.
5. Worsening stress or anxiety.

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Chickenpox

Chickenpox is caused by a virus. Very common among children, but may occur in adults too. It starts with pimple like red rash, and mild fever. Rash may involve entire body. Rash then turns into blisters. Then blisters turn cloudy and break open with crust or scab. Chickenpox is very contagious initially. It is not contagious when crust or scab forms over blisters. Children may go back to school after crust forms.

Prevention:

1. Chickenpox vaccine is best prevention. It is recommended for all children between ages of 1 year to 1½ years.
2. If you had chickenpox, you will never get chickenpox again for the rest of your life. It is a onetime disease only.

Home Treatment:

1. Control itching by using Benadryl or Calamine lotion.
2. Acetaminophen for fever
3. Never use aspirin in children
4. Cut child's fingernails to avoid scratching

When to see a doctor:

1. Very high fever
2. Itching is not resolved by home treatment
3. Blisters or rash in the eyes
4. Severe headache and vomiting
5. If child with Chickenpox have other diseases like cancer

Complications:

1. Encephalitis (When Chickenpox affects brain): If child with Chickenpox has severe headache and vomiting with fever. It is an emergency.
2. Shingles: later in life you may get shingles from remaining Chickenpox virus in your nerves.
3. Scars on Skin: To prevent scars, do not scratch sores.

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Shingles (Herpes Zoster)

Cause:

Shingles is a painful rash, caused by Chicken-pox virus. Shingles is more common in older age. People who had Chicken-pox earlier in their lifetime, this virus “sleep” in the large nerve roots. In some people, it stays dormant forever. In others, the virus “wakes up” when disease, stress, or aging weakens the immune system (body’s disease fighting system).

Symptoms:

1. Shingles usually starts with headache and mild burning pain. Then rash will appear in 1-2 days.
2. Pain and rash appears as a band around one side of chest, abdomen or face.
3. Rash will become blisters, which heals and clear up in 1-2 weeks

Prevention:

1. There is a Shingles vaccine for people who are 50 years and older. This lowers your chances of getting shingles.
2. Shingles does not spread as shingles, but contact with shingles rash can cause chicken pox in a person who has not had Chicken pox before.

Home Treatment:

1. Use Calamine lotion for itching
2. May use Ibuprofen or Acetaminophen for pain

When to see a doctor:

1. You should see a doctor as soon as you notice this type of rash.

2. If rash is near the eyes, you should see an eye doctor as soon as possible

Treatment:

It is treated with:

1. Anti-viral medications
2. Pain medications
3. Calamine lotion to avoid itching.

Complications:

1. If Shingles is not treated timely, it can cause pain in the area which will stay for years even after the rash is resolved. This condition is called "Post-herpetic neuralgia".
2. If Shingles affect eyes, it can cause permanent eye damage.

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Vitiligo

Vitiligo is a skin condition in which white patches develop on the skin due to loss of the original skin color. Any area on the body can be affected, but it commonly affects areas that are exposed to sun like face, neck and hands.

Causes:

Skin color is due to a “Melanin” produced by skin cells called “Melanocytes”. Destruction of these cells due to unknown reasons causes Vitiligo. One possible cause could be destruction of these cells by body’s own immune system like in other “Auto-immune Diseases”.

Who may get Vitiligo?

1. Vitiligo may run in the families (about 30%)
2. People who have other “autoimmune diseases” like Rheumatoid arthritis
3. Usually starts before the age of 40
4. Both men and women are equally affected
5. It is not a contagious disease

Symptoms:

It is primarily a cosmetic problem. It does not cause itching or pain.

Prevention:

There is no prevention except covering your skin from sun.

Diagnosis:

Doctor will confirm diagnoses by skin exam. There is no test for this disease.

Home Treatment:

1. Don't let this disease affect you emotionally. Don't feel embarrassed.
2. Vitiligo is not contagious. Educate people about this fact.
3. Cover your skin with appropriate clothes. Use cosmetics on face and neck

Treatment:

There is no cure for this disease, but U.V. light and steroid creams may help to some extent. Consult your doctor if white patches are itchy or painful.

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Eczema

Eczema is an itchy, red and scaly rash on face and other body parts. Eczema is a skin condition which is more common in people who have allergies.

Causes:

1. Dry Skin
2. Allergies

Home Treatment:

1. Don't take shower or bath in a very hot water. Hot water causes dry skin.
2. Use less soap. Soaps cause dry skin.
3. Use moisturizing cream after bath
4. Treat allergies
5. For itching take anti-histamine medications like Benadryl

When to see a doctor:

1. Skin rash has oozing discharge
2. Painful skin rash
3. Joint pain with rash

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Impetigo

Impetigo is bacterial infection of scratches and cuts of skin. Impetigo is more common among children.

Symptoms:

Honey colored crusty sores with scabs. These sores may be oozing.

Prevention:

1. Scratching the sores spread infection, so should be avoided.
2. Clean all skin scratches with soap and water
3. Keep children's fingernails short and clean

Home Treatment:

1. Remove crusts by soaking the area in warm water for 15-20 minutes. For face you may use a warm washcloth. Then scrub gently with warm washcloth. Do not rub hard. Repeat 3-4 times a day as needed.
2. Apply antibacterial ointment
3. Do not share towels to prevent spreading.

When to see a doctor:

1. Fever
2. Very painful sores
3. Area around sores is swollen, red and painful

Doctor will prescribe oral antibiotics. Continue home treatment as above to prevent spreading of infection.

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Ringworm

Ringworm is round, ring shaped rash. It causes itching. It is not caused by a worm (as name suggests) but is caused by fungus on skin. It is contagious (spread to others by contact).

Treatment:

Use anti-fungal cream twice a day until rash is resolved. Avoid contact with people who have ringworm.

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Psoriasis

Psoriasis is thick, flaky rash on knees or elbows. It is not contagious (does not spread to others by contact)

Treatment:

Treated with steroid creams. Reduce Stress, as stress makes this rash worse.

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Dandruff

Dandruff is mixture of dead scalp cells and oil and dust. Not washing hair regularly and stress causes dandruff.

Treatment:

Washing and rubbing scalp with dandruff shampoos frequently, even daily if needed.

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Skin Cancer

Skin cancer is the most common type of cancer. Skin cancer is easy to cure, if detected early.

Symptoms:

Suspect skin cancer if a skin lesion:

1. Does not heal and keep on growing in size
2. Bleeds on its own
3. A pigmented lesion that changes

Prevention:

1. Avoid excessive sun exposure. Most of skin cancers occur on face, neck and arms.
2. Look for any unusual skin lesion which is growing in size and not healing

Home Treatment:

There is no specific home treatment. Early detection of suspicious lesions is the key to success. Look for ABC:

- A (asymmetry)
- B (border irregular)
- C (color variation)

When to see a doctor:

See a doctor immediately, If you notice any skin lesion which

1. Has irregular margins
2. Keep growing
3. Bleeds
4. Uneven color
5. If any of your family member have skin cancer.

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Pain is inevitable, suffering is optional.

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Dental Health

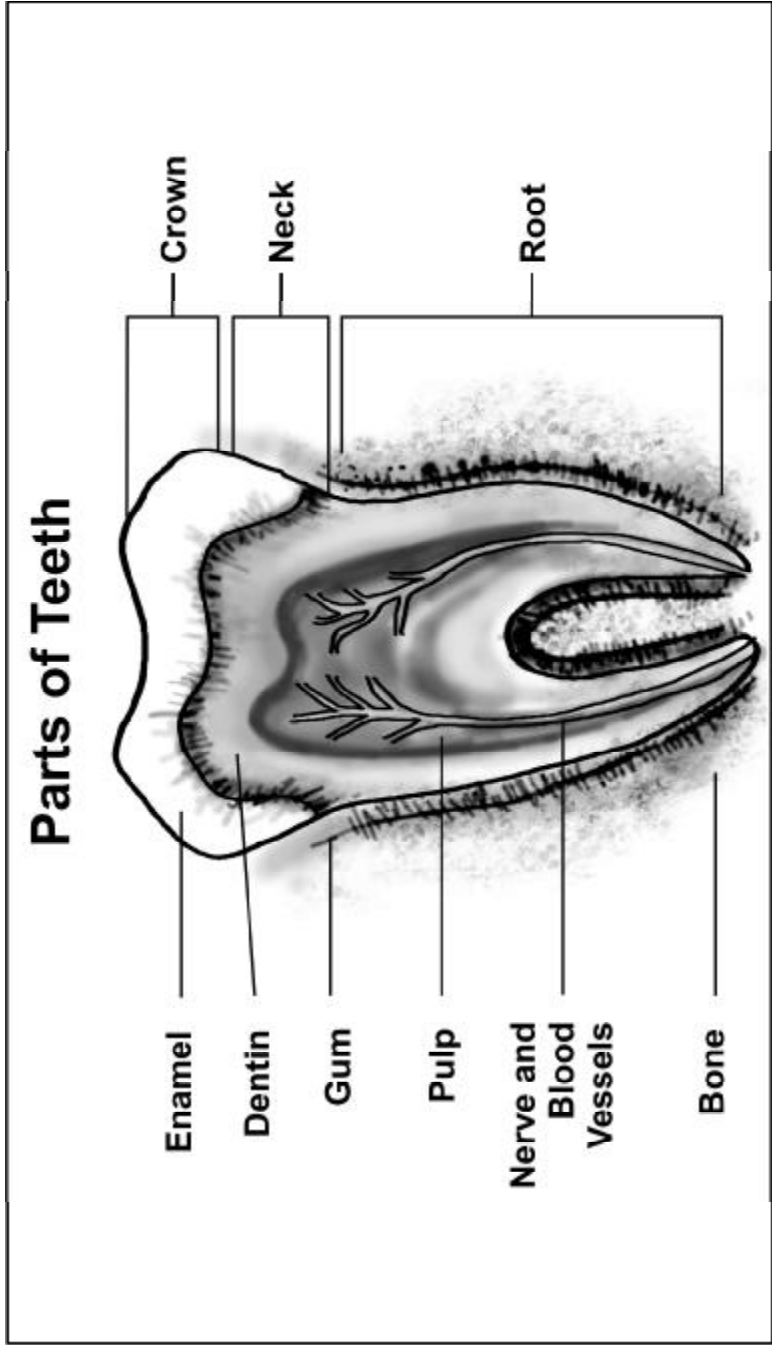
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DDS

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Proper Teeth Brushing Technique

It is very important to brush your teeth properly in order to maintain healthy teeth and gums. An improper brushing technique can lead to tooth decay and gum disease.

Brush your teeth twice a day at least for 2 minutes. Do not skip brushing before bedtime. If teeth are not cleaned before sleeping, bacteria grow in the food particles and cause tooth decay while you are asleep.

Choosing a Brush and Toothpaste:

1. Chose a soft bristle brush
2. Chose a brush which is easy to hold and has smaller head (easier to reach back teeth)
3. Change your brush every 3 months
4. Use Fluoride Toothpaste. Fluoride makes tooth covering strong.

Brushing Technique Steps:

1. Step 1: Tilt your toothbrush against gum line and sweep the brush away from gum line
2. Step 2: Begin by gently cleaning the outer surface of your upper teeth first, 2-3 at a time.
3. Step 3: Using the same technique clean the inner surface (tongue side) of upper teeth and then your lower teeth.
4. Step 4: Gently brush the chewing surface of each tooth using short back and forth strokes. Do not Scrub your teeth. Scrubbing can damage protective layer (enamel) and the gums.
5. Step 5: Gently brush the tongue to remove bacteria and freshen your breath.

6. Step 6: Gently Floss your teeth.
7. Step 7: Rinse your mouth with water or mouthwash to remove any loose debris and excess toothpaste.

Flossing:

Do flossing at least once a day preferably at bedtime. Flossing is cleaning the area between teeth with a thread to remove the food which is stuck there. Brushing alone cannot remove food particles between the teeth. Flossing is needed to clean these areas to keep the teeth and gums healthy.

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Teeth Care for Children

1. Teach proper brushing technique early in life
2. Teach children to brush twice daily, especially before going to bed at night after dinner.
3. If teeth are crooked and are not straight, see an orthodontist (a dental specialist). It can be corrected with braces.
4. Avoid excessive sodas, candy, chocolate and other sweet foods. If they do take sweet foods, make sure they brush their teeth after eating.

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Care for baby teeth (When teeth just start erupting)

1. Do not add sugar to milk
2. To clean baby teeth, dip a soft cloth in warm water and wipe the new teeth with it.
3. Make sure baby swallows milk and does not keep it inside the mouth for a long time.
4. See a dentist regularly.

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Gum Diseases

Healthy teeth depend on the healthy gums. Gums protect the base of our teeth. Infected gums may cause damage to the jaw bone, which makes teeth become very loose. Gum problems can even lead to the loss of tooth.

Symptoms:

1. Gum bleeding while brushing
2. Bad breath
3. Sensitivity to cold or hot
4. Gum pain
5. Loose teeth

Types of gum diseases:

1. Gingivitis: In Gingivitis, only gums are affected. Gums become red and swollen due to bacteria in the tiny pockets between the gum and the teeth.
2. Periodontitis: In Periodontitis, gums and teeth both are involved. It can be seen on tooth x-ray or on examination by the dentist.

Prevention:

1. Brushing: Twice a day with right technique. Brush your teeth up and down and not side to side of the teeth. Brush at least for 2 minutes.
2. Flossing: Flossing is cleaning the area between teeth with a thread to remove the food which is stuck there. Do flossing at least once a day.
3. Use antibacterial mouth wash
4. Quit smoking
5. Adopt good eating habits
6. See your dentist regularly

Treatment:

1. Deep cleaning by the dentist
2. Antibiotics

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Sensitive Teeth

Excessive sensitivity to cold, hot or sweet is an indication of some damage to or a disease of gums and teeth. Teeth are covered by a layer called enamel. If enamel is damaged then teeth become sensitive to cold, hot or sweet.

Causes:

1. Swelling or infection of Gums (Read chapter “Gum Diseases”)
2. Teeth Cavities
3. Tooth infection
4. Teeth grinding
5. Teeth whitening products
6. Excessive soda, lemon juice or oranges juice (acidic juices)
7. Cracked or broken tooth

Prevention:

1. Teeth Brushing: Brushing your teeth properly is important to maintain healthy teeth and gums. Brush your teeth twice a day at least for 2 minutes. Tilt your toothbrush against gum line and sweep the brush away from the gum line. Gently brush your tongue to remove bacteria. Rinse your mouth with water to remove any loose debris. Do not skip brushing your teeth before bedtime.
2. Flossing: Flossing is cleaning the area between teeth with a thread to remove the food which is stuck there. Do flossing at least once a day preferably at bedtime.
3. Use a soft bristled brush
4. Use mouth guard at night if you grind your teeth

5. Use toothpastes which have fluoride. Fluoride tooth pastes protect enamel.
6. See your dentist regularly
7. Avoid sweet drinks or food before going to bed. Always brush before going to bed.

Treatment:

1. Your dentist will treat gum diseases with deep cleaning or antibiotics
2. You might need fillings if you have cavities
3. Fluoride varnishes

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Teeth Cavities

If teeth are not cleaned properly, food collects around the teeth. Mouth bacteria convert this food into acid. This acid mixed with food clings to teeth and over time creates holes in the teeth called cavities.

Causes:

1. Not cleaning teeth properly
2. Collected food between the teeth
3. Sodas, lemon and orange juice (acidic juices)
4. Drinks and food with lots of Sugar

Symptoms:

1. Sensitivity to cold, hot or sweet
2. Tooth pain
3. Visible holes in teeth, which gets bigger and painful

Prevention:

1. Brushing: Brush at least twice a day with right technique. Brush up and down the teeth and not side to side. Brush at least for 2 minutes each time.
2. Flossing: Flossing is cleaning the area between the teeth with a thread (floss). Floss at least once day.
3. Use toothpastes which have fluoride
4. See your dentist regularly

Diagnosis:

By taking X-rays and examining the mouth

Treatment:

1. Fillings: Silver or white fillings. Dentist removes the tooth cavity, cleans it and places filling. Filling can be silver (Amalgam) or white (Composite)

2. Root canal: Root canal is needed when cavity grows very deep and reaches nerve of the tooth. It is accomplished by removing center of the tooth including nerve of tooth, and then a crown is fitted over the remaining tooth. Root canal treatment helps to save the tooth.

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Tooth Infection

Infection can occur in the tooth, gums or the bone.

Causes:

1. Severe destruction of tooth structure
2. Broken tooth
3. Gum disease

Symptoms of tooth infection:

1. Severe toothache
2. Bleeding while brushing
3. Fever
4. Bad breath
5. Red and swollen gums
6. Sensitivity to cold or hot
7. Loose teeth

Prevention:

1. Brushing: Twice a day with right technique. Brush up and down the teeth and not side to side. Brush at least for 2 minutes each time.
2. Flossing: Flossing is cleaning the area between the teeth with a thread (floss). Floss at least once day.
3. Use toothpastes which have fluoride
4. See your dentist regularly

Diagnosis:

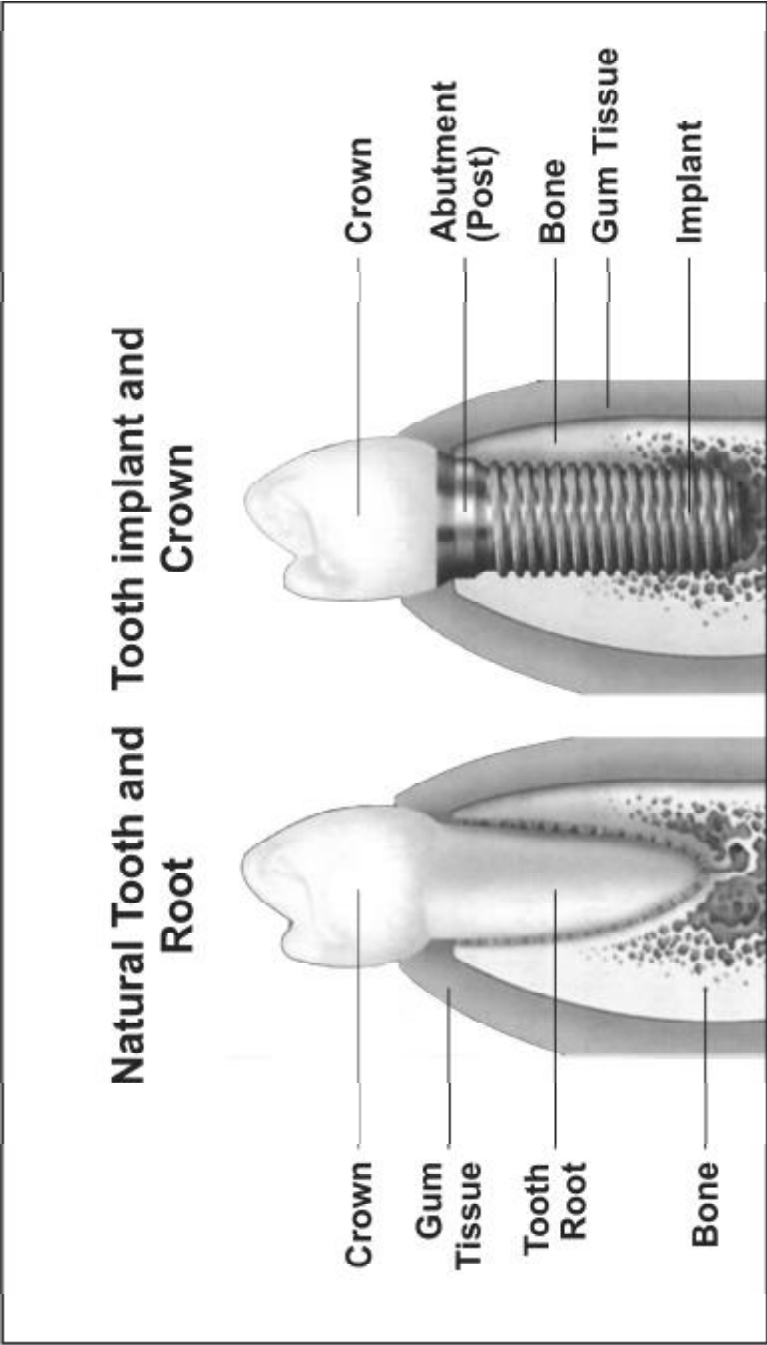
Infection is diagnosed by an X-ray and on examination by a dentist

Treatment:

1. Antibiotics
2. Drainage of pus

3. Root canal: a procedure to clean root of the tooth, if tooth has a very deep cavity
4. Extraction of tooth if tooth is loose
5. Deep cleaning of gums to remove tartar deposits

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Dental Implants

Nothing can take the place of a healthy set of natural teeth, but with gum diseases or accidents sometimes natural teeth are lost. Options to replace natural teeth are Implants, bridges, removable partial dentures or fixed dentures.

What are Dental Implants?

Implants are very popular and effective way to replace missing teeth. Implants are titanium (metal) screws which are surgically placed in the jaw bone, then it is allowed to heal and bone grows around it which takes about 3-5 months. After 3-5 months, implants fuse with jaw bone offering firm support to man-made teeth.

Benefits of Implants:

Single tooth, bridges or dentures placed on implants won't slip or shift in your mouth which is very helpful during eating or speaking. They also help to preserve the jaw bone.

Who can have Implants?

Implants are good option for people who have good general health, healthy gums and healthy jaw bone which is needed to support the implant. However implants are not a good option for people with diseases like osteoporosis, diabetes or leukemia as these diseases do not let the bone heal after placement of implants. Smokers and people taking Fosamax (treatment for osteoporosis) also have healing as well as stability problem.

Home care instructions:

Do thorough brushing twice a day and flossing daily around the implant. Go to your dentist regularly for checkups.

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Teeth Grinding (Bruxism)

If you often wake up with headache and jaw pain, you may be grinding your teeth while sleeping.

Causes:

1. Stress and anxiety
2. Abnormal teeth bite
3. Missing teeth

Why teeth grinding is harmful?

Occasional teeth grinding does not cause harm. If teeth grinding occurs every night, it may cause the following problems:

1. Flattening of teeth which causes teeth sensitivity
2. Due to grinding, the jaw muscles get tired, leading to achy muscles and may even cause “Locked jaw” (jaw gets stuck).
3. Popping or clicking of jaw

Prevention:

1. Manage stress and treat anxiety
2. Avoid chewing gum
3. Avoid very hard food like nuts

When to see a dentist:

1. Teeth are very sensitive
2. Jaw pain or locking of jaw
3. If you wake up with headache due to teeth grinding

Treatment:

1. Your dentist will give you a “mouth guard” to wear every night while sleeping.
2. If muscles are achy, take Ibuprofen and do warm compresses (wet, warm towel)

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Mouth Ulcers (Sores)

Mouth ulcers are very common. Mostly mouth ulcers are harmless and easily treatable but non-healing ulcers could be cancerous.

Types of Ulcers:

1. Canker Sores (Aphthous ulcer): Painful ulcers inside the mouth
2. Fever Sores or Cold sore: Recurrent Painful ulcer around mouth and lips
3. Possible Cancer: Painless non-healing ulcer inside mouth

(1) Canker Sores (Painful ulcers inside mouth)

Symptom:

Canker Sores are very painful.

Causes:

1. Vitamin deficiency
2. Stress
3. Hot and spicy food
4. Cheek bite during chewing
5. Hormonal changes: common in teenagers

Prevention:

1. Manage stress
2. Avoid very hot and very spicy food
3. Take multi-vitamins daily

Home Treatment:

1. Usually resolve by itself in 7-10 days
2. Make a paste of baking soda with water and apply to the sores as needed
3. Use Antiseptic mouth wash
4. Manage stress
5. Numbing creams (Orabase)

When to see a doctor:

1. If sores do not heal in 7-10 days
2. If you notice bleeding from sores
3. Dentist may treat it with laser

**(2) Fever Blisters or Cold Sores
(Recurrent Painful ulcers)****Symptoms:**

1. These are recurrent sores
2. Painful.

Causes:

1. Herpes virus
2. Low immunity after illness
3. Stress

Prevention:

1. Wash your hands frequently
2. These are contagious, so avoid touching and sharing towels

Home Treatment:

1. Usually resolve by itself within 7-10 days
2. Apply ice
3. Manage stress

4. Cold Sore creams: these are anti-viral creams
5. Vitamin C

When to see a Dentist:

1. See a dentist if sores do not heal in 7-10 days
2. If you notice bleeding from sores

(3) Mouth Cancer

Symptoms:

1. Mouth cancer is usually painless.
2. It may cause bleeding in mouth.
3. Size increases slowly.

Causes:

1. Smoking cigarettes
2. Chewing Tobacco and paan
3. Family history of cancer
4. HPV virus
5. Prolonged infection in mouth due to unclean teeth

Prevention:

1. Avoid smoking cigarettes and chewing tobacco
2. Keep your teeth and gums clean

Treatment:

1. See a dentist as soon as possible- biopsy (taking a tissue sample) is done to confirm the cancer.
2. Quit smoking
3. Quit chewing tobacco
4. Surgery: Cancer is surgically removed and radiation is used after surgery

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