

# An extra mile to connect with the community





## TIPS FOR HEALTHY SKIN IN SUMMER

In summer, skin gets affected by strong sun. Therefore, chances of sun damage like sun burn, tanning, pigmentation increases. Special care of skin should be taken in order to have a shiny beautiful glowing skin in summer.



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MD (Dermatology)

Consultant, Dept. of Dermatology

- ⬆ Always apply sunscreen during day time 15 min prior going out. Instead of going for a higher spf, go for spf between 15 to 30, but apply sunscreen 2 to 3 times during daytime.
- ⬆ Avoid heavy make ups - oil based foundations and cream, instead opt for water based makeup products.
- ⬆ Keep yourself well hydrated, consume lots of oral fluid (water, buttermilk, shakes, juices, lime juice, pana, cool green tea & avoid carbonated soft drinks).
- ⬆ Eat more of juicy fruits and salads (cucumber, tomatoes, watermelon, musk melon, papaya, leechie etc).
- ⬆ Try to shampoo your hair more frequently (3-4 times a week).
- ⬆ Choose to wear lighter shade clothing over dark ones.
- ⬆ If skin feels dry and stretched, try water based moisturizing lotions.
- ⬆ In case of tanning and sunburns, always consult your dermatologist as early treatment can resolve it without any remnant pigmentation.



## CELEBRATE WOMEN HEALTH

Women today manage to do a balancing act between their professional lives and being a mother, wife, daughter and daughter-in-law. This definitely fills us with pride that we are able to handle home and work so smoothly - a pat on our well deserving backs ! But in all of this, one thing that is being neglected is the woman herself. Sad but true!

In the 21<sup>st</sup> century, women cancers have come up as one of the critical issues affecting women health and not many of us know that there are simple health screening tests available to safeguard them.



**Dr. Reenu Jain**  
MD, DNB (Obstetrics & Gynaecology)

Consultant, Dept. of Obstetrics and Gynaecology

### CERVICAL CANCER - Things you need to know

Cancer is a disease in which cells in the body grow out of control. Cervical cancer is the leading cause of cancer in women in India.

HPV is a common sexually transmitted infection (STI). Cervix is the narrow lower end of uterus which when infected by Human Papilloma Virus (HPV) can cause some abnormal changes. These abnormal changes if not treated early get converted to cancer.

#### Who are at high risk?

- ⬆ Those who are not regularly screened.
- ⬆ Multiple sexual partners.
- ⬆ Early beginning of sexual activity.
- ⬆ Smokers.
- ⬆ HIV patients.
- ⬆ Patients with sexually transmitted infections.

#### Can it be prevented?

- ⬆ Cervical cancer is the easiest female cancer to prevent with regular screening tests and follow-up and is highly curable when found and treated early.

**A Pap test is a cervical cancer screening test which can pick up abnormal changes before they turn into cancer.**

### **Do I need a Pap test?**

- ▲ All women who have ever been sexually active should have regular Pap tests. Pap testing should begin 3 years after first sexual activity. Most women need a Pap test every three years.

The HPV vaccines protect against certain types of HPV which cause cervical cancer.

- ▲ The vaccines do not treat existing HPV infections.
- ▲ If you receive the vaccine, you still need regular Pap tests.
- ▲ Completed in 3 doses over 6 months

Target age group for this vaccine is 10-18 years that is to vaccinate young girls before they begin sexual activity.

We, at Jaypee Hospital want women to know that they can take these simple steps to reduce their risk of women cancers, and that as a team of specialists we are here to help . **It's time to take charge of your health, because if you don't, no one else will !**



## **CHILDHOOD OBESITY THE NEW EPIDEMIC !**

Childhood Obesity is the new age epidemic all over the world and we are not far behind ! This is especially seen in children of higher socio-economic status in India.

Recently, a study in Delhi schools showed that every 3<sup>rd</sup> child in private school is either overweight or obese.



**Dr. Hemi Soneja**

MD, Diplomate American Board of Obesity Medicine, Diabetes Diploma (UK), Consultant Diabetes & Obesity Medicine.

### **Why worry about this?**

Childhood obesity has significant long term impact on children's health. It puts them at a risk of diabetes, high blood pressure, high cholesterol, thyroid disorders, early heart attack and stroke. In addition, it can cause problems with depression, back pain, early

arthritis, low self-esteem, body image problems etc. So it is important to understand that "Obese child" is NOT a "Healthy child"! It is important for us to realize that Obesity is a "disease" and we have to be sensitive to these children.

### **How can we help our children avoid it?**

#### **Be a good role model.**

Children mimic whatever they see around them. If you, as a parent are eating healthy, your kids are going to do so too ! So incorporate healthy diet and regular exercise in your daily routine and engage your children in that.

#### **Choose rewards for children thoughtfully.**

Do you remember telling your child sometime – "If you get good scores in your test, I'll get a chocolate for you!"? This happens fairly commonly – instead try to take your kids out to a park or get books as rewards ! This helps them associate these things with something special that they can earn if they do well. This will promote love for learning and encourage physical activity.

#### **Encourage at least 1 hour of vigorous physical activity on a daily basis.**

Children need this for good mental and physical growth. Join them while they are doing it to help you maintain your weight also.

#### **Limit intake of sweetened beverages.**

Most of us understand that soda is not good for health but what we do not realize is that even fruit juices are not as healthy as we might want to believe ! They are also very high in sugar content including the home made fruit juices. You end up throwing the "good" part – the "fibre" in garbage and take in the "not so good" sugary part of it. Prefer whole fruits instead.

#### **Seek help on time.**

Although most of the times excessive weight is a result of combination of various things like lifestyle issues, family history, genetics, & at times it can be due to certain hormonal problems also. See an Obesity Medicine Specialist to help pick up any of these problems early on so that it can be addressed accordingly.



# LIPOSUCTION

There have been several books and articles written about liposuction, yet many doubts surrounding it need to be constantly refuted. Dr Ashish Rai from Jaypee Hospital lists down most common queries that continue to persist and the actual facts about them.



**Dr. Ashish Rai**  
MS, DNB (Plastic Surgery)  
Senior Consultant  
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Liposuction is a cosmetic surgical procedure that removes excess fat from various parts of body. It is commonly performed on abdomen, thighs, buttocks, chin & back of the arms.

### Does liposuction produce permanent results ?

- ▲ If the patient does not gain excessive amount of weight, then the new more pleasing silhouette is permanent. Fat usually does not come back in treated areas provided the patient does not regain the lost weight.

### Will the fat cells grow back after liposuction ?

- ▲ Liposuction removes fat cells permanently. The fat cells that are removed by liposuction can never come back.

### What can I expect if I get pregnant after liposuction ?

- ▲ During pregnancy, women gain weight but if they shed those extra kilos after pregnancy, then the contouring improvement will return in the liposuctioned areas.

### How much fat can be removed ?

- ▲ The maximum amount of fat that can be removed safely is about 4 litres in one sitting.

### Will liposuction help cellulite (dimpling) or sagging skin ?

- ▲ Liposuction improves the shape of the body, but does not significantly improve the quality of skin texture.

### Will liposuction improve the fat stomach I acquired after my last baby ?

- ▲ Yes. Liposuction typically provides excellent improvement of the abdomen after pregnancy.

## SPECIAL OFFERS

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(Cardiologist Consultation, ECG, Lipid Profile, FBS, 2D Echo)

### Women Cancer Screening Package - Rs. 1999

(FBS, Consultation - Gynae & Dental, Urine R/M, Mammography, Chest X-Ray, USD (Lower abdomen & Pelvis), CBC, Pap Smear, ECG)

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### Bone Health

**Check - up Package - Rs. 1499**

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