



Low Back Pain Tips & Tricks to avoid

Back pain is the most common cause of disability among the people. It is so common that every individual is said to experience back pain at some point in his/her life. Below are some common do's and don'ts to prevent and cure back pain.



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Avoid sedentary lifestyle: Avoid long sitting. It is encouraged to take frequent breaks from a sitting position say every 40 min or so.

Regular exercise and activity: Daily brisk walking for 4-5 km in approximately 40 min is recommended. Swimming and cycling are alternative exercises.

Activities to avoid:

- ▲ Bending
- ▲ Twisting
- ▲ Reaching out for overhead objects and lifting heavy weights

Sleep:

Take adequate sleep. Use a thin pillow and a medium firm mattress. Avoid thick pillows. Avoid too soft mattress as well as a hard bed or sleeping on the floor.

Posture:

Use a good quality chair with a full back support, arm supports and preferable a head support. Sit back in the chair and don't lean forward. Keep knees a bit higher than your hips while seated, by keeping a small stool under the feet. Keep your desktop at eye level and the keyboard at an easy distance so that you don't need to stretch out. Don't slouch.

Back and core muscle strengthening exercises:

Regular exercises to strengthen your back and core muscles help in reducing back pain.

Yoga:

Yoga has shown great results in preventing and treating back pain.
Posture while driving: Bring the steering wheel down and towards you to minimize reach. Sit back in your car seat so that there is no gap. Keep your head against the headrest.

Lifestyle:

Smoking is a known risk factor for increasing vulnerability of an individual for spine problems. Nothing helps better than quitting it.

Weight:

Weight reduction helps to prevent and cure back pain. Seek the help of a dietician and perform regular exercises to loose weight.

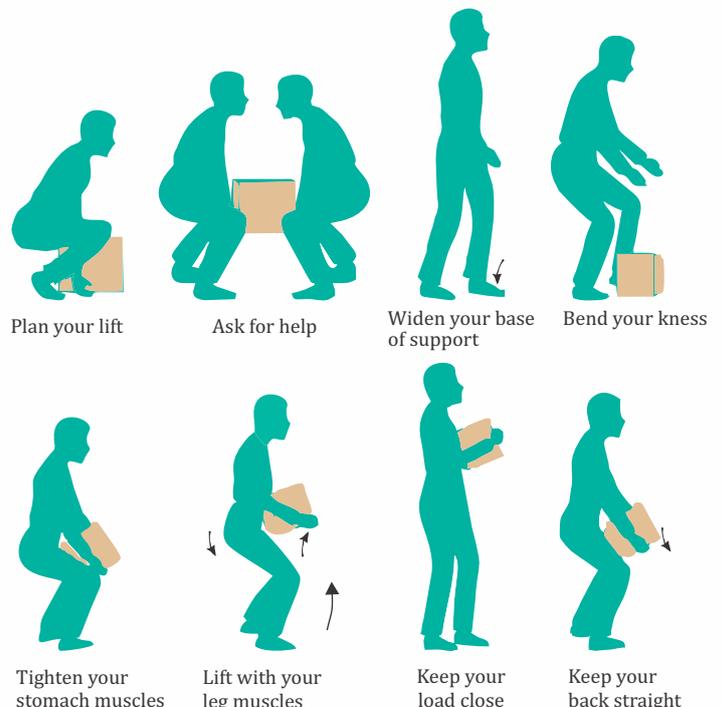
Avoid stress:

- Mediation & yoga
- Avoid 'stressed' people
- Organize your work
- Listen to music
- Take adequate sleep

Do not carry laptop on your shoulder:

Carry laptop on both shoulders. Alternatively use a roll-on bag.

How to lift weight guide:





Epilepsy

Epilepsy is a central nervous system disorder (neurological disorder) in which the electrical activity in your brain is disturbed. Epilepsy causes people to have clinical convulsions. People may also have strange sensations and emotions or behave strangely.



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Causes -

Sometimes epilepsy may not have any identifiable cause; it can also be due to a medical condition or injury that affects the brain. The common causes of seizure are:

- High fever / Hypoglycemia / Hyponatremia
- Stroke
- Dementia (Alzheimer)
- Traumatic brain injury
- Infections (Brain abscess, Meningitis, Eencephalitis, AIDS)
- Congenital brain defects
- Brain injury (caused during or near birth)
- Brain tumor
- Abnormal blood vessels in the brain
- Other illness that damage or destroy brain tissue
- Certain medications (Antidepressants)

Signs and symptoms -

The symptoms of Epilepsy differ from person to person. Some of the symptoms of Epilepsy are:

- Simple staring spells
- Convulsions of any limb (all four limbs with or without loss of consciousness) or loss of alertness
- Tingling sensation
- Smelling an odor that isn't actually there

- Emotional changes

Complications -

The possible complications associated with Epilepsy are as follows:

- Difficulty in learning
- Breathing in food or taking saliva into the lungs during seizure, that can lead to Pneumonia
- Injury from falls, bumps, self-inflicted bites, driving or operating machinery during a seizure
- Permanent brain damage
- Side-effects of medications

Prevention -

Generally, there is no known way to prevent epilepsy. However, proper diet and sleep, and staying away from alcohol decreases the likelihood of triggering seizures in people with epilepsy.

Treatment -

The treatment for epilepsy may involve:

- **Medication:** Medication to prevent seizures or reduce the number of future seizures
- **Surgical intervention:** If epilepsy seizures are due to a tumor, abnormal blood vessels, or bleeding in the brain, surgical intervention to treat these disorders may make the seizures stop.
- **Ketogenic Diet:** In some cases, children are placed on a special diet to help prevent seizures. A diet low in carbohydrates may also be helpful in some adults.

Lifestyle modification: Lifestyle or medical changes can reduce the risk for a seizure in a person with epilepsy.

How self-management works





The Common Cold (Flu)

The common cold (Flu) is a viral infection of your nose and throat (upper respiratory tract). It's usually harmless, although it might not feel that way. Many types of viruses can cause flu. Children younger than six years are at greatest risk of the disease. Most people recover from a common cold in a week or 10 days.



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The flu virus enters your body through your mouth, eyes or nose. The virus can spread through droplets in the air when someone who is sick coughs, sneezes or talks. It also spreads by hand-to-hand contact with someone who has a cold or by sharing contaminated objects, such as utensils, towels, toys or telephones. If you touch your eyes, nose or mouth after such contact or exposure, you're likely to catch a cold.

Symptoms -

Symptoms of a common cold usually appear one to three days after exposure to a cold-causing virus-

- ▲ Running or stuffy nose
- ▲ Sore throat
- ▲ Cough & Congestion
- ▲ Slight body aches or a mild headache
- ▲ Sneezing
- ▲ Low-grade fever & malaise

The discharge from your nose may become thicker and yellow or green in colour as a common cold runs its course. This isn't an indication of a bacterial infection.

▲ There's no cure for the common cold. Antibiotics are of no use against cold viruses and shouldn't be used unless there's a bacterial infection. Treatment is directed at relieving signs and symptoms. Pain relievers, antihistamine decongestant nasal spray and cough syrup throat gargles can help relieve the signs and symptoms.

When to see a doctor?

For adults — seek medical attention if you have:

- ▲ Fever more than $>100^{\circ}\text{F}$
- ▲ Fever lasting five days or more or returning after a fever-free

- period
- ▲ Shortness of /breath
- ▲ Wheezing
- ▲ Severe sore throat, headache or sinus pain

For children - in general, your child doesn't need to see the doctor for a common cold. but seek medical attention right away if your child has any of the following:

- ▲ Fever of 100.4 F (38 C) in newborns up to 12 weeks
- ▲ Rising fever or fever lasting more than two days in a child of any age
- ▲ Symptoms that worsen or fail to improve
- ▲ Severe symptoms, such as headache or cough
- ▲ Wheezing or shortness of breath
- ▲ Ear pain
- ▲ Extreme fussiness
- ▲ Unusual drowsiness
- ▲ Lack of appetite

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