

JAYPEE HEALTH TIMES

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BREAST CANCER IS THE MOST COMMON FORM OF CANCER TO AFFECT WOMEN IN INDIA. AS PER STATISTICS, 1 IN 28 WOMEN IS LIKELY TO DEVELOP BREAST CANCER DURING HER LIFETIME.

All You Need To Know About Cancer

CANCER AWARENESS

Awareness of cancer is a must for every individual. Early detection of cancer drastically raises the chances of successful treatment and cure. Two important pillars of early detection are education to promote self-recognition of signs and symptoms and to undergo regular screening.

Top five cancers in men and women are listed below.

MEN
Cancer of lip and oral cavity
Lung cancer
Stomach cancer
Colorectal cancer
Esophageal cancer
WOMEN
Breast cancer
Cancer of lip and oral cavity
Cervical Cancer
Lung cancer
Stomach cancer

Almost all can be prevented, screened or detected early and treatment can be curative.

HOW CAN I KNOW IF I HAVE CANCER?

You are more likely to get cancer if one or more of your blood-relatives have it. Recognising warning signs and early symptoms as listed below and seeking medical help will greatly change the prognosis to the good side for cancers.

- New lumps in any part of the body or recent change in a very old lump
- Sores or ulcers that do not heal for several weeks
- Abnormal bleeding in any part of the body
- Indigestion problem persisting for several weeks
- Change or hoarseness in the voice persisting for a few weeks
- Changes in the colour of the skin, growth in the size of warts or moles
- Persistent cold or cough, coughing up of blood
- Unexplained fatigability and unintentional weight loss, fever, night sweats for several weeks
- Change in urination
- Constant headaches, seizures



- Back pain, pelvic pain, bloating

If any of the above mentioned symptoms are present, seek medical help immediately.

Some of the screening tests for diseases are:

A. BREAST CANCER:

- **Mammography**, a radiological examination of the breast tissue to detect cancer.
- Self and clinical examination of the breasts: Palpate your breasts and look for any abnormal lumps or change in their shape.

B. COLORECTAL CANCER:

- Done specifically for those with risk factors.
- **Colonoscopy, Sigmoidoscopy**: a flexible tube with camera is inserted into the rectum to see changes.
- Stool examinations for DNA.

C. CERVICAL CANCER:

- Pap smear testing.

D. LUNG CANCER:

- Screening for people who smoke is mandatory.
- **Digital rectal examination** through which the doctor finds out swelling of the prostate gland.
- **PSA- testing**, a prostate-specific antigen whose increased levels indicate the possibility of cancer.

F. HEAD AND NECK CANCERS:

- General health check and examination from a medical professional for abnormalities.

With the advent of newer screening tests, most cancers are now controlled and very well managed unlike when the detection is late.

ADVANCES IN CANCER CARE:

With medical advancements and fruitful research, the healthcare industry has come with various successful approaches towards cancer care.

NEW TREATMENT MODALITIES:

- Newer and more effective supportive care drugs
- **Newer Chemotherapy drugs**: Newer agents that are specific to each cancer and can destroy cancer cells with minimal side effects to the patients have been developed.
- **Immunotherapy**: Drugs that enhance the functioning of your immune system, which then specifically target and destroy cancer cells.
- **Checkpoint inhibitors**: These novel agents make sure T-cells find the cancer cells and destroy them.
- **Monoclonal antibodies**: These are externally supplied soldiers to your body to detect and kill cancer cells.
- **Adoptive cell transfer**: Harvesting and training your immune cells to detect cancer cells in the lab and putting them back into your circulation to detect cancer cells and destroy them.

Despite all the innovations and discoveries in cancer research, the strongest force against cancer is human will power.

Dr. Malay Nandy
Director, Department of Medical Oncology

Don't Overlook Glaucoma

BEING AWARE CAN HELP SAVE YOUR EYES

Glaucoma is a group of related eye disorders that cause damage to the optic nerve.

60 million cases of glaucoma are currently diagnosed worldwide. The number is expected to rise to 80 million by 2020. India alone has an estimated 12 million cases, carrying one-fifth of the global burden.

WHAT IS GLAUCOMA?

Glaucoma is a complex disease in which damage to the optic nerve leads to progressive, irreversible vision loss. Most often there are no symptoms and more than 40% of eye sight is lost by the time the diagnosis is made.

Having a family member with glaucoma could put you at risk for inheriting this disorder.

WHY DOES IT OCCUR?

Aqueous humour is the fluid in the eye that is secreted and reabsorbed aiding smoother circulation. When there is a block in the drainage of this fluid, there is excess fluid build-up and in turn a rise in pressure. This increase negatively affects the optic nerve fibres leading to intrinsic degeneration.

WHAT ARE THE TYPES OF GLAUCOMA?

There are two main types:

- Open-angle glaucoma**: which is the most common type where the drainage is not blocked but there is inadequate flow for unknown reasons.
- Angle-closure glaucoma**: in which the space to drain the aqueous humor, between the iris and cornea is too narrow and there is sudden build-up of pressure due to excessive accumulation of the fluid.

WHAT ARE THE SYMPTOMS?

Unfortunately, there are no symptoms until one has lost a significant amount of eyesight in case of the open angle glaucoma. Most patients visit the eye-doctor with complaints of loss of vision in the sides and that



they can only see what's in front.

In acute closed or angle closure glaucoma, patients usually come running to the emergency, with complaints of severe eye pain, severe redness, headaches, blurred vision, nausea and vomiting.

CAN I HAVE GLAUCOMA?

Yes. Every individual is at risk of developing glaucoma, more so in people who have a positive family history.

Short, painless tests can identify and rule out



the disease.

WHEN SHOULD I SEE A DOCTOR?

Do any of your relatives have glaucoma? Are you aged above 40? Are you a diabetic? Are you wearing thick glasses? Do you have poor vision? Do you take any steroids as regular medication?

If any one of the answers is a yes, then you need to get an eye-checkup done at the earliest.

Tests generally performed for glaucoma are:

- Eye pressure evaluation by tonometry
- Examination of your optic nerve shape and colour by ophthalmoscopy
- Examination of your visual field by perimetry
- Examination of the angle of the iris and cornea by gonioscopy

above 65, yearly for preventing complications and vision loss.

WHAT IF I HAVE GLAUCOMA? WILL I LOSE MY EYESIGHT?

With the advent of newer drugs and surgical advancements we are now at the helm of controlling this disease with the highest success rates. Diagnosed early, this disease is easily manageable with just 2 or 3 eye-drops which will decrease the pressure in the eyes and retard the disease progression. Surgical options are available and are adopted case-by-case basis. Commonly done procedures are laser trabeculoplasty, trabeculectomy and surgical value implantation which increases the flow and drainage of the aqueous humour and prevents disease progression.

How to make life easier for a glaucoma patient?

- Exercise adequately. Regular physical activity decreases eye pressure and helps drainage
- Eat healthy. The dictum for all diseases
- Take your medicine at the right time, every day, as advised
- Stop smoking, it blocks the flow of aqueous humor
- Head elevation has proven beneficial to decrease pressure due to gravitational effect

Dr. Satya Karna,
Associate Director,
Department of
Ophthalmology



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The unfiltered story of your kidneys.

The kidneys perform several functions that are essential to health, the most important of which is to filter the blood and produce urine. Healthy kidneys filter about half a cup of blood every minute, removing wastes and extra water to make urine. Kidneys also secrete the necessary hormones to regulate blood pressure, stimulate red cell production and maintain bone health. They maintain an adequate balance of ions like sodium, calcium, potassium, phosphorous, bicarbonates etc. inside the body.

WHAT MAKES THEM SO IMPORTANT?

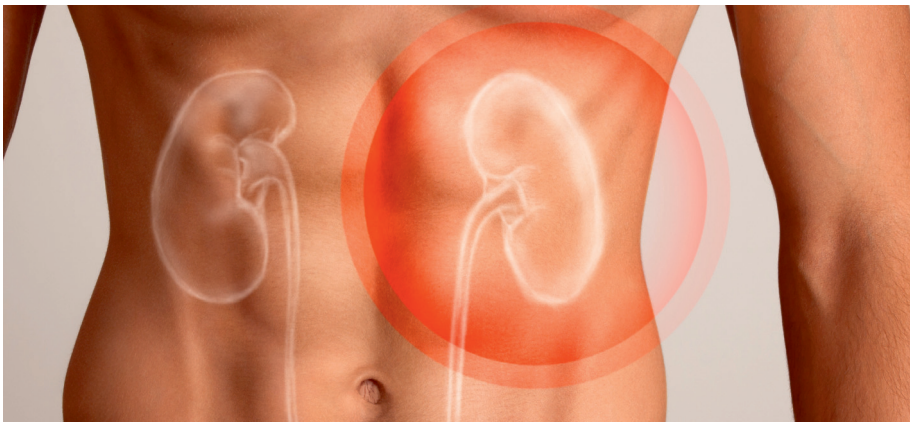
Should this balance get disturbed for any reason, the nerves, muscles, tissues and organs will not function normally.

With the current lifestyle, kidney diseases are on the rise. Almost one in every ten individuals suffers from kidney disease. Therefore, it is necessary to be aware of this disease and actively participate in keeping the kidneys in good health.

HOW WILL I KEEP MY KIDNEYS HEALTHY?

Some of the ways one can keep them healthy:

- **Keep yourself hydrated:** Numerous studies have shown that 8 glasses of water or 2.5 liters of water per day ensures great health of kidneys. With this much of intake, they function optimally.



- **Eat Healthy:** A balanced, nutritious diet will ensure that all the vitamins and minerals are supplied to the body in adequate dose for proper functioning.

- **Keep your blood pressure under constant check:** Hypertension is the most common cause for developing chronic kidney disease. Simple monitoring of blood pressure and going to the doctor when it is abnormally high is the most effective method to prevent progression of kidney disease.

- **Quit smoking, keep a tab on alcohol:** Smoking increases the blood pressure drastically which in turn has deleterious effects on the kidney.

- **Keep your weight in check:** Obesity raises the blood pressure and in turn affects the kidney. Keeping yourself in good shape is beneficial to the functioning of the kidney.

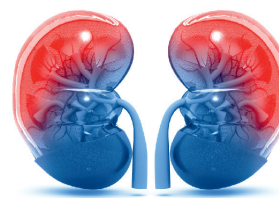
SIGNS AND SYMPTOMS TO LOOK FOR, IN KIDNEY DISEASE

It is seen that timely diagnosis and management of kidney disease delays progression and prevents renal failure. Below are the significant signs and symptoms.

- Continuously feeling fatigued over days together, feeling excessively cold when others are normal, unable to catch your breath, feeling dizzy, faint or weak.
- Constant itching in the body. When the kidneys do not filter waste properly, the waste builds up and causes severe itching.
- Swelling in the body. Fluid that is not filtered out as urine starts accumulating underneath loose skin folds especially around the eyes, abdomen, ankles and the legs. This is called edema and is a strong indicator of kidney disease.

- Altered taste of food and feeling like breathing ammonia: Built-up wastes alter the taste of foods, bringing a metallic sensation and ammonia is produced in the mouth leading to bad breath.

- Change in urine. Getting up frequently at nights for urination, excreting abnormally large or small amounts of urine, excreting red, dark brown, very light urine, excreting foamy, bubbly urine are all symptoms of kidney disease.



Dr. Amit K. Devra
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Ladies, it's all about loving your health.

Women constitute more than 50% of people in the world today, says a report of Secretary General of United Nations. In all the chaos she faces every day, one vital issue is often forgotten. The prime engine that keeps her going - her health.

In this article we discuss some of the common diseases that affect women according to their age and provide easiest remedies.

1. **Ages 0-20:** Provision of a nutritive food, adequate physical activity and engagement in sports will ensure optimum growth and hormonal regulations in women. Visit a doctor every 3 years to monitor growth and keep up with vaccination schedules.

2. **Ages 20-40:** Health should be the prime focus. Women in this age group are prone to various risk factors and diseases. Hence they are recommended to go for regular screening for diseases such as:

- Hypertension: regular blood pressure monitoring
- Cholesterol check up: repeated every 3 years if normal
- Diabetes screening for those with BMI more than 25 or positive family history
- Eye check for vision problems
- Examination for pap smear for cervical cancer, self examination for breast cancer
- Immunisations against Flu, HPV, booster doses as advised for other diseases

3. **Ages 40 to 60:** The post-

menopausal age is the time hormones such as oestrogen, progesterone fluctuate & can trigger irregular menstrual cycles, depression, bone loss and increase the risk of heart disease. Proper nutrition, sleep, physical exercise and stress-free lifestyle will make this phase a bearable cake-walk. Get regular health-checkups and screenings for probable diseases to prevent catastrophic ends in future.

Screening protocols for women in their 40-60s:

- Hypertension and cholesterol screening
- Diabetes screening
- Pap-smear and pelvic examination for cervical cancer
- Breast exam and screening for cancer with annual mammogram
- Dental, skin and eye checks
- Immunisation schedules to protect from various diseases

Some of the suggestions could apply in general to all women at this age:

- Take your calcium. Consume atleast 1g of calcium per day, either in the form of dairy products or calcium supplements.
- Fibre. There is no substitute to fibre for keeping your intestines clean. A minimum of 25g per day is recommended.
- Stay physically active and sleep adequately.

4. **Ages 60 to 80 and beyond:** Despite thinking that the body is going to



give up soon, one will be amazed to know what more potential the body has. Some of the best advice from the oldest people is:

- Reduce your physical and mental stress. It is time to delegate some of your duties & responsibilities and partly retire to a life of cherishment and enjoyment.
- Make healthy choices. Give up smoking. Eat right. By this age it is natural, one would have found out which foods are acceptable by their body and which are not. It is time to eat as per your age.
- Practice good hygiene and cleanliness since minor infections at this age can set back years of healthy life.
- Keep regular check-ups and follow up appointments with your doctor since there are numerous issues that need to be addressed at this age.

- Screening for health conditions
- Blood pressure screening
- Diabetes screening
- Bone density screening as recommended
- Cholesterol and thyroid screening
- Colorectal screening
- Dental screening, eye tests, hearing tests as recommended
- U p - t o - d a t e immunisations for various diseases
- As we age there are certain issues every individual will face. Balance disorders, memory problems, sleep disorders etc. Each needs adequate attention and management for a better life. Keep smiling, think positive and let the world entertain you. Happy healthy living!

-Dr. Joyti Mishra,
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Obesity is no lightweight illness.



MANAGING OBESITY

India stands only next to the United States globally among the number of people with obesity. By 2025, India is expected to host more than 17 million children who will be obese. If attention is not diverted, the coming generation will fall prey to numerous diseases of the heart, diabetes, hypertension and all its complications.

WHAT IS OBESITY?

WHO defines overweight or obesity as, abnormal or excessive fat accumulation in

the body that presents a risk to health and well-being of an individual. Body Mass Index can be considered as a crude measure of obesity. BMI is defined as the body mass in kilos divided by the square of the body height in meters. Following table will give a general idea of what defines different BMIs.

It is inferred from the table that any Non Asians individual with BMI between 25 and 30 is defined as overweight and above 30 is said to be obese. For Asians, a BMI above 25 is considered to be obese.

SO WHAT IF I AM OBESE?

Obesity is a disease with the widest spectrum.

High blood pressure: Fat consumes oxygen and nutrients which are essential for more important processes in the body. Blood vessels have to chip in more efforts to provide blood to the fat. This leads to increased workload to the heart.

Diabetes: One of the major causes for diabetes is obesity. Because of obesity,

nowadays even teenagers have been diagnosed with diabetes. Increased insulin resistance leads to elevated sugar levels in the body leading to further complications in the body.

Heart disease: With increased fat everywhere, these molecules of fat gets deposited even in the arteries that supply blood to the heart. Atherosclerosis, a condition where arteries of the heart are blocked by fat plaques over a

period of time is 10 times more common in obese people. Ultimately, the heart itself doesn't receive blood, leading to fatal heart attacks.

Joint issue: With obesity and increased weight, the capacity of the joints to handle the weight is tested beyond its limits. Overtime, there is increased wear and tear leading to conditions such as osteoporosis. Joint replacements are not recommended for obese individuals since the replaced joint has higher chances of displacement.

Cancer: Obese individuals face an increased risk of cancers of breast, gallbladder, colon, uterus & prostate. Obese people often have chronic low-level inflammation, which can, over time, cause DNA damage that leads to cancer. Fat cells may also affect processes that regulate cancer cell growth.

Sleep disorders: Sleep apnea is much more common in obese individuals. Studies suggest that sleep apnea is more linked with visceral obesity or abdominal obesity.

Psychosocial difficulties: In a society where physical prowess is held above

everything, an obese person has to face a lot of problems due to excess weight and hence is prone to mental disorders of depression, anxiety, social phobias, etc.

WHAT ARE THE TREATMENT OPTIONS?

Diet: A well-charted, personalised, realistic diet plan planned for a long time should be the first approach to obesity. Include all the nutrients, carbs, protein and fat in exact proportions but of decreased quantities.

Exercise: Gaining lean muscle kills surrounding fat. Exercise induces muscle metabolism which burns calories faster helping you lose weight.

Pharmacotherapy: Medications are started for each individual based on their weight. Behavioural changes and psychological issues are addressed together with counselling and medications.

Surgical options: It is advisable that surgical option should be considered early before too much comorbidity has afflicted the patient.

With individual based selection criteria, surgeons perform patient-specific bariatric surgeries that will benefit the patient and aid in losing weight for the long term. The surgical procedures are generally of two types: 1. Restrictive – here the stomach size has reduced hence the intake. 2. Restrictive and Malabsorptive – here in addition to restricting the size of the stomach, the part of the stomach is bypassed, so that there is malabsorption of the food, which not only contributes to weight loss but also alters the metabolism of the body which helps in long term maintenance of weight loss, along with resolution of many comorbidities like

diabetes, blood pressure, sleep disorder, joint pains, etc. An active lifestyle, eating habits and regular exercise like yoga, aerobics and swimming, helps a lot in reducing fat in the initial stages post the surgery.



-Dr. Rajesh Kapoor,
Director,
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Surgery

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For Asians BMI (kg/m2)	Weight Status
Below 18.5	Underweight
18.5 – 22.9	Normal or Healthy Weight
23.0 – 24.9	Overweight
25.0 and above	Obese
For Non Asians BMI (kg/m2)	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal or Healthy Weight
25.0 – 29.9	Overweight
30.0 and above	Obese

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