

JAYPEE HEALTH SMART

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the community





Painless Hair Transplant

Whether it is a life-threatening illness or 'life-enhancing' surgery, pain during and after surgery is one of the most common concerns that also influence the post surgical recovery period. With technical advancements in medical science, people expect to make their life pain-free, easy and comfortable.



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Introducing one of its kind 'Painless Hair Transplant' procedure that includes specialist team of Hair Transplant Surgeons & Pain Management Experts (Anesthetists) specialized in managing pain to almost making it pain-free. Below are the most common queries related to hair transplant procedure.

Who is a good candidate for Hair Transplant?

- ▲ Above 30 years, as their hair loss pattern has been well established & stable
- ▲ Men who have been losing their hair for more than five years or who have developed a bald patch.
- ▲ Men with realistic expectations and who understand that their hair loss might continue to progress even if they are on medication.
- ▲ Men who have been balding for long time and are interested in just adding some hair to provide a more youthful appearance.
- ▲ Men and women who have lost hair due to trauma or burns

How long does it take for transplanted hair to grow and what's the growth rate?

- ▲ Hair generally sheds within the first 2-6 weeks after the procedure as the roots enter a 'resting phase'. Between 3-8 months, the transplanted roots start sprouting hair and new hair will grow back.

I have heard that hair transplants give real growing hair that keep growing and look natural. I want to make sure people do not notice the transition from the hair system to hair transplant.

- ▲ Modern ultra refined hair transplants have helped many get rid of the wig system. The transition from the wig to the hair

transplant without others noticing would only require special attention.

Is a hair transplant painful?

- ▲ We offer **Painless hair transplant**. The procedure is performed under local anesthesia under the supervision of pain management experts specialized in managing pain

I am worried about my hairfall on both sides of head. Please suggest to me how much hair will be required if I go for a hair transplant and the number of days it takes?

- ▲ Once your hairfall has slowed down, you can opt for a hair transplant. The number of hair required will be discussed by the surgical team and depends on the area to be grafted and density of available hairs. The duration of procedure depends upon the number of grafts, though it is usually possible as a single day procedure.



**Lasik Laser -
 The "WOW"
 factor in your
 Life**

If you're tired of wearing eyeglasses or contact lenses, you may wonder whether laser-assisted in-situ keratomileusis (LASIK) surgery is right for you. After all, LASIK surgery has a good track record and most people are satisfied with the results.



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What is Lasik Laser?

LASIK is a surgical procedure that is capable of correcting a wide range of nearsightedness, far sightedness and astigmatism. In this a very thin layer of cornea is raised and using computer controlled Excimer Laser the underlying cornea is then reshaped into a pre-determined curvature.

Who is a good candidate for Lasik?

- ▲ 18 yrs of age or older
- ▲ Have healthy eyes free from Retinal problems, corneal scars
- ▲ Keratoconus and any other eye diseases
- ▲ Refraction should be stable for last 1-2 yrs

- ⬆ Astigmatism of upto 6 diopter.
- ⬆ Refractive Error - Myopia (Near Sightedness) between -1 to -12 diopter or Hypermetropia (Far Sightedness) up to 6 diopter.

How much time does the procedure take?

It is an OPD procedure and takes about 30 min for both eyes.

Is the effect permanent ?

Yes following an initial healing period of 2-3 months , the effect is lifelong.

Need reading glasses after treatment?

Patients over 40 yrs may need magnification for reading fine print.

Can both eyes be treated at the same time?

Normally both eyes are treated at the same time as this prevents near-sightedness in one eye between treatment.

When can i go to work?

Most patients are back to work a day after treatment.

What are the do's and dont's after surgery ?

- ⬆ Medications to be used as per advise by your doctor.
- ⬆ Avoid swimming and splashing of water in eyes for a month.
- ⬆ Avoid excessive viewing of TV or computer work for a week.
- ⬆ Avoid rubbing of eyes & use sunglasses for eye comfort.



Cirrhosis is a disease in which the liver becomes severely scarred, usually as a result of many years of continuous injury. The common symptoms of early cirrhosis are non-specific such as decreased appetite, weight loss, fatigue,



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generalized weakness and exhaustion. As the disease advances it may result in swelling in feet, accumulation of fluid in abdomen, development of jaundice, bleeding from the gastrointestinal tract, altered sleep pattern and behavior.

The major causes of liver cirrhosis are :

- ⬆ Heavy alcohol use
- ⬆ Chronic viral hepatitis B & C
- ⬆ Metabolic diseases
- ⬆ Non- alcoholic fatty liver disease
- ⬆ Cholestatic liver disease
- ⬆ Autoimmune liver disease

Treatment is urgently required and is aimed at stopping or delaying the disease progression, minimizing liver cell damage and reducing complications.

Specific treatment in the form of antivirals for chronic viral hepatitis and immunosuppression for autoimmune liver disease may be required. If alcohol is the cause of cirrhosis strict abstinence from alcohol is mandatory. Medications can also be given to control the symptoms of cirrhosis.

However, in the last stage of liver disease or advanced cirrhosis, liver transplant is the only viable option. Talk to your doctor about the surgery before you get too sick, to find out if a liver transplant might be an option for you.

How to prevent cirrhosis or prevent further liver damage?

- ⬆ Avoid alcohol, Getting help if you have an alcohol problem.
- ⬆ Talk to your doctor before you start taking any new medicines, including pain killers. Also talk to your doctor before taking any herbs, vitamins, or supplements. Some medicines and supplements can damage the liver.
- ⬆ Get vaccinated against hepatitis A and B if you have not had the infections before or if you haven't already.
- ⬆ Using condoms when having sex.
- ⬆ Not sharing drug needles.
- ⬆ Choose a healthy lifestyle with daily exercise schedule.
- ⬆ Aim for a gradual and sustained weight loss if you are obese.
- ⬆ Diet low in saturated fats and high in fiber.
- ⬆ Strict control of blood sugar levels in Diabetics.
- ⬆ Consult liver specialist early if any suspicion of liver disease.



Ten Easy Ways to Prevent Stomach Upset in Summer

Stomach upset happens frequently in summer as food gets spoilt quickly in summer due to the heat while you tend to eat and drink more outside.



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Here are ten easy measures to take to avoid stomach upset in the summer -

- ▲ Eat food fresh and avoid storing food.
- ▲ Whatever you have to store, refrigerate it quickly.
- ▲ Stay hydrated- Drink plenty of water, fresh lemon water, coconut water, avoid sodas and fruit juices.
- ▲ Take fresh fruit but avoid fruit juices.
- ▲ Avoid ice and water from outside.
- ▲ Wash hands frequently especially before and after every meal.
- ▲ Eat small frequent meals.
- ▲ Check expiry dates for packed foods.
- ▲ Do daily exercise for at least 30 minutes and 10 minutes of meditation to reduce stress levels.
- ▲ Don't take antibiotics yourself as most infections are viral and don't respond to antibiotics, and then when you need antibiotics they don't work as your bacteria will develop resistance to them.
- ▲ Lastly, seek medical help in case you have the following symptoms:
 - Low oral intake due to vomiting.
 - Abdominal pain.
 - Fever.
 - Blood in stool.
 - Diarrhoea that does not settle in a day.

Latest News & Updates

- ▲ Welcoming Dr. Purnima Aggarwal (MD, DM-Endocrinology) from SGPGIMS Lucknow.
- ▲ Welcoming Dr. Esha Kaul, Hemato-Oncologists & Bone Marrow Transplant specialist (Board Certificate in Hematology from the American Board of Internal Medicine, Fellowship in Hematology and Oncology from Tufts Medical Center, Boston MA).
- ▲ Launch of Diabetes Clinic on 30th May 2016.
- ▲ Launch of Senior Citizen Card with special benefits on admission.
- ▲ Upcoming Cosmetic Clinic.

SPECIAL OFFERS

Diabetes Profile Package - Rs. 1999

(FBS, PPBS, HBA1c, Lipid Profile, Serum Creatinine, Urine R/M, ECG & Endocrinologist/Diabetologist Consultation)

Essential Heart

Check - up Package - Rs. 999

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

Bone Health

Check - up Package - Rs. 1499

(Orthopaedic Consultation, Vitamin D3, S. Calcium, S. Phosphorus, ALP, S. Uric Acid, RBS, TSH, DEXA Scan (Spine & Femur) X- Ray Knee Both - AP/Lateral)

Special Health

Check - up Package - Rs. 2016

Blood Group & Rh Typing, Fasting Blood Glucose, Blood Glucose PP, Complete Haemogram, Urea, Creatinine Serum, Uric Acid, Lipid Profile, ECG, Urine Routine & Microscopy, Liver Function Test, Chest X- ray, USG-Abdomen, Internal Medicine Consultation, Gynaecology Consultation (only for females), Diet Consultation

Offers valid till 30th June 2016