



JAYPEE HEALTH SMART

An extra mile to
connect with
the community





Osteo-Arthritis

Arthritis is inflammation or swelling of the lining of the joint. The most common type is Osteo-Arthritis, the occurrence of which is increasing almost like an epidemic all over the globe.



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Osteoarthritis, commonly known as degenerative or wear-and-tear arthritis, is a condition in which the natural cushioning between joints (cartilage) wears away. When this happens, the bones of the joints rub against one another causing pain, swelling, stiffness, decreased movement of joints. It can affect any joint, however the most common is Knee Joint followed by Hip, Hand, Spine, Shoulder etc.

What causes knee osteoarthritis?

Factors that may increase your risk of osteoarthritis include:

- ▲ **Older age** - The risk of osteoarthritis increases with age.
- ▲ **Sex** - Women are more likely to develop osteoarthritis, though it isn't clear why.
- ▲ **Obesity** - Carrying extra body weight contributes to osteoarthritis in several ways, and the more you weigh, the greater your risk. Increased weight puts added stress on weight-bearing joints, such as your hips and knees. In addition, fat tissue produces proteins that may cause harmful inflammation in and around your joints.
- ▲ **Joint Injuries** - Injuries that occur when playing sports or from an accident, may increase the risk of osteoarthritis. Even injuries that occurred many years ago and seemingly healed can increase your risk of osteoarthritis.
- ▲ **Certain occupations** - If your job includes tasks that place repetitive stress on a particular joint, that joint may eventually develop osteoarthritis.
- ▲ **Genetics** - Some people inherit a tendency to develop osteoarthritis.

- ▲ **Bone deformities** - Some people are born with malformed joints or defective cartilage, which can increase the risk of osteoarthritis.

Symptoms -

Osteoarthritis symptoms often develop slowly and worsen over time. Signs and symptoms of osteoarthritis include:

- ▲ **Pain** - Your joint may hurt during or after movement.
- ▲ **Tenderness** - Your joint may feel tender when you apply light pressure to it.
- ▲ **Stiffness** - Joint stiffness may be most noticeable when you wake up in the morning or after a period of inactivity.
- ▲ **Loss of flexibility** - You may not be able to move your joint through its full range of motion.
- ▲ **Grating sensation** - You may hear or feel a grating sensation when you use the joint.
- ▲ **Bone spurs** - These extra bits of bone, which feel like hard lumps, may form around the affected joint.

How is osteoarthritis of the knee diagnosed?

It is mainly diagnosed during Physical examination by your doctor & X-ray imaging of knee joint is required in most cases.

Prevention and treatment of osteoarthritis

Currently, the process underlying osteoarthritis cannot be reversed, but symptoms can usually be effectively managed with lifestyle changes, physical and other therapies, medications, and surgery. Exercising and achieving a healthy weight are generally the most important ways to treat osteoarthritis. Your doctor may also suggest pain relievers, anti-inflammatory drugs, injection of corticosteroids or hyaluronic acid as & when required and physiotherapy remains the main stay of treatment.

In very advanced stage, Total Knee Replacement-safe and effective modality is used and proves to be a life changer for people in need.



Congratulations!!

Dr. Sanjay Gupta

has been awarded as

**"Best Joint Replacement Surgeon"
in Delhi-NCR**

by Hon'ble Minister Dr Harshvardhan,
Ministry of Science & Technology

At India's Most Prominent Healthcare Awards 2016



Know All About Your Heart Health

Coronary artery disease develops when the major blood vessels that supply your heart with blood, oxygen and nutrients (coronary arteries) become damaged or diseased. Cholesterol-containing deposits (plaque) in your arteries and inflammation are usually to blame for coronary artery disease.



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When plaque builds up, they narrow your coronary arteries, decreasing blood flow to your heart. Eventually, the decreased blood flow may cause a heart attack. But there's plenty you can do to prevent and treat coronary artery disease. A healthy lifestyle can make a big impact.

Risk factors

Risk factors for coronary artery disease include:

- ▲ **Age**- Simply getting older increases your risk of damaged and narrowed arteries.
- ▲ **Sex**- Men are generally at greater risk of coronary artery disease. However, the risk for women increases after menopause.
- ▲ **Family history**- A family history of heart disease is associated with a higher risk of coronary artery disease, especially if a close relative developed heart disease at an early age.
- ▲ **Smoking**- People who smoke have a significantly increased risk of heart disease.
- ▲ **High blood pressure**- Uncontrolled high blood pressure can result in hardening and thickening of your arteries, narrowing the channel through which blood can flow.
- ▲ **High blood cholesterol levels**- High levels of cholesterol in your blood can increase the risk of formation of plaques and atherosclerosis. High cholesterol can be caused by a high level of low-density lipoprotein (LDL), known as the "bad" cholesterol. A low level of high-density lipoprotein (HDL), known as the "good" cholesterol, can be a sign of atherosclerosis.
- ▲ **Diabetes**- Diabetes is associated with an increased risk of coronary artery disease. Type 2 diabetes and coronary artery

disease share similar risk factors, such as obesity and high blood pressure.

- ▲ **Overweight or obesity**- Excess weight typically worsens other risk factors.
- ▲ **Physical inactivity**- Lack of exercise also is associated with coronary artery disease and some of its risk factors, as well.
- ▲ **High stress**- Unrelieved stress in your life may damage your arteries as well as worsen other risk factors for coronary artery disease.

Causes -

- ▲ Coronary artery disease is thought to begin with damage or injury to the inner layer of a coronary artery, sometimes as early as childhood. The damage may be caused by various factors, including:
 - ▲ Smoking
 - ▲ High blood pressure
 - ▲ High cholesterol
 - ▲ Diabetes or insulin resistance
 - ▲ Sedentary lifestyle

Signs & Symptoms

- ▲ If your coronary arteries narrow, they can't supply enough oxygen-rich blood to your heart — especially when it's beating hard, such as during exercise. At first, the decreased blood flow may not cause any coronary artery disease symptoms but as plaque continues to grow, certain signs and symptoms appear.

- ▲ **Chest pain (angina)**- You may feel pressure or tightness in your chest, as if someone were standing on your chest. This pain, referred to as angina, usually occurs on the middle or left side of the chest. Angina is generally triggered by physical or emotional stress.

The pain usually goes away within minutes after stopping the stressful activity. In some people, especially women, this pain may be fleeting or sharp and felt in the neck, arm or back.

- ▲ **Shortness of breath**- If your heart can't pump enough blood to meet your body's needs, you may develop shortness of breath or extreme fatigue with exertion.

- ▲ **Heart attack**- A completely blocked coronary artery may cause a heart attack. The classic signs and symptoms of a heart attack include crushing pressure in your chest and pain in your shoulder or arm, sometimes with shortness of breath and sweating.

Women are somewhat more likely than men are to experience less typical signs and symptoms of a heart attack, such as neck or jaw pain. Sometimes a heart attack occurs without any apparent signs or symptoms.

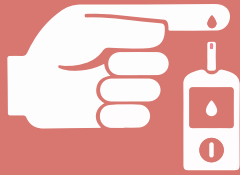
Treatment

Sometimes more aggressive treatment is needed. Here are some options:

- ▲ **Angioplasty and stent placement (percutaneous coronary revascularization)**-Your doctor inserts a long, thin tube (catheter) into the narrowed part of your artery. A wire with a deflated balloon is passed through the catheter to the narrowed area. The balloon is then inflated, compressing the deposits against your artery walls.

A stent is often left in the artery to help keep the artery open. Some stents slowly release medication to help keep the artery open.

- ▲ **Coronary artery bypass surgery**- A surgeon creates a graft to bypass blocked coronary arteries using a vessel from another part of your body. This allows blood to flow around the blocked or narrowed coronary artery. Because this requires open-heart surgery, it's most often reserved for cases of multiple narrowed coronary arteries.



Diabetes Mellitus - at a glance

Prevalence of Diabetes Mellitus in India is increasing at an alarming rate. At present about 62 million people are suffering from diabetes mellitus. Type 2 diabetes is 4-6 times higher in urban than in rural areas. It indicates that life style changes due to urbanization are important factors in the development of the disease besides familial aggregation.



Dr. Manoj Kumar
Consultant
Diabetes & Endocrinology
Jaypee Hospital, Noida

It can occur at any age from childhood to elderly. Though obese individuals are at an increased risk, it can also occur in lean individuals. It has insidious onset and long duration of asymptomatic period leading to high chances of complications when diagnosed. Hence, early screening is advised for early detection.

Before the occurrence of typical osmotic symptoms like increased thirst, increased urination & unexplained weight loss, you may develop few atypical symptoms like fatigue, weakness, leg pains, lack of concentration & irritability.

When to test?

Ideally we all should undergo blood sugar testing every year after 45 years of age especially if risk factors like obesity, sedentary lifestyle, family history, dyslipidemia, hypertension, h/o gestational diabetes mellitus or big baby are present.

HbA1c test (Glycosylated Hemoglobin) can be done periodically as it is a good indicator of average blood sugar of last 3 months and should range between 6-7%. Get annual health check up done in order to avoid diabetes related complications.

What are the treatment options?

Treatment depends on type of diabetes mellitus, control of blood sugar and associated co-morbidities. In early stages oral medications and life style management is done. However advanced diabetes may require treatment with insulin.

Can diabetes be prevented?

The onset of Type 2 diabetes or Diabetes Mellitus may be delayed or altogether prevented in a great number of cases. Having a balanced diet is the key to prevent diabetes. Exercising regularly and maintaining an ideal body weight is another major factor in prevention of diabetes. Avoidance of alcohol and tobacco use also considerably reduce the risk of developing diabetes. Little awareness can make things better.

Our endeavour towards Quality (July – September 2016):



Jaypee hospital strives to serve clients with international quality of services. We have set systems & protocols to monitor the quality of services in various fields. In this endeavour our teams work to monitor the quality of services in various areas of the hospital.

Patient satisfaction index is measured every month and reviewed by the top management. Patient satisfaction index for the period of July- September is 93%.

Though number of surgeries has increased, we have strived to serve our clients on time with surgery rescheduling rate at 4.14%.

At Jaypee hospital employees and health care workers are regularly trained on the infection control and safe handling of sharps practices regularly. The needle stick injury rates have been restricted at 0.07.

We understand the criticality of the patients in our casualty and monitor the time taken for initial assessment; we have been able to complete the initial assessments within 7 Minutes.

As Jaypee Hospital focuses on continuous quality improvement, various Quality Improvement projects are undertaken, in order to improve the processes in the hospital. Few projects include reduction in rate of LSCS, reduction in rate of infection through effective hand washing and reduce TAT of radiological modalities. We have implemented online Medication Administration Record in order to reduce medication error.

SPECIAL OFFERS

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)

Breast Cancer Screening Package - Rs. 1999

Fasting Blood Glucose, Mammography, Chest X-Ray
Ultrasound-Lower Abdomen, Oncologist Consultation

Kidney Screening Package - Rs. 1999

(FBS, PPBS, HbA1c, Lipid Profile, KFT,
Urine R/M & Nephrologist Consultation)

Prostate Screening Package - Rs. 2999

(Urine R/M, USG (KUB), Uroflowmetry, Serum PSA,
RBS, Mini KFT & Urologist Consultation)

Spot Liposuction (Day Care) - Rs 49,000

Non-Surgical Hair loss Treatment PRP Therapy with Dermaroller (Per Sitting) - Rs 10,000

To avail these offers please bring the flyer. Offers valid till 30th November 2016