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Sports Medicine

For Budding Sportsmen

Sports medicine includes the science of talent spotting, faculty development and conditioning, promoting physical abilities, preventing and diagnosing athletic injuries, increasing performance and rehabilitation of injured sportsman.



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“Tried and true lifestyle changes for insomnia include getting exercise early in the day, creating a no-stress bedroom environment with a cool temperature and even drinking the classic glass of warm milk. When these remedies don’t help, talk to your doctor about various treatment options available.”

Counselling, psychological preparation and skill development are integral part of sports medicine. This is further fortified by nutritional advice and guidance.

Sports Medicine is about the application of medical knowledge on how to best improve the performance of the sportsperson. This applies particularly to performance enhancement after a sports injury as well as to the preventive aspect.

This includes preventive measures such as conditioning and injury prevention, as well as treatments like functional manual therapy, ROM workouts, osteopathic manipulation and rehabilitation.

Prevention means to train the body in a way that an injury is less likely to occur. Furthermore, combining orthopaedic expertise with the requirements of the specific sport can effectively enhance sports performances.

Talent spotting and Discipline allotment

Sports medicine helps in identifying very early in an individual the kind of talent that is existing in a current sportsman and future champion. Based on evaluations, the choice of sport discipline that suit an individual can be identified and accordingly recommendations are made to parents, coaches and all concerned and nutritional advice can be imparted.

Sports Injuries

Different sports and exercises place different demands on the individual. With respect to this, a physical activity may extract a cost in the form of an activity-related injury. Such an injury can be broadly categorised into two types

Sudden traumatic injury - This can occur as a result of an impact or sudden abnormal motion of a body segment.

Overuse injury- This happens as a result of repetitive or excessive stress on bones or other connective tissues of the body.

Children And Adolescents

- ✦ Conduct of sports medicine clinic.
- ✦ Conduct sports physicals to help identify talent and Discipline allotment.
- ✦ Programming, progression, upgradation, evaluation and optimizing training.
- ✦ Early injury detection, burn-out prevention and rehabilitation.
- ✦ Faculty assessment, development and programming.
- ✦ Guidance in skill training.
- ✦ Design protocols and Nutritional advice.

Adult

- ✦ Musculoskeletal assessments and Malalignment detection and correction.
- ✦ Training optimization and Progression
- ✦ Implementation of recovery cycles.
- ✦ Nutritional advice
- ✦ Injury rehabilitation
- ✦ Pre and post operative rehabilitation

Geriatric Rehabilitation

Faculty assessment and development of the elderly age group. Strength, Speed, Coordination, Endurance, Reflexes and Flexibility are the focus of rehabilitation. This enhances performance and alleviates pain and suffering which this age group commonly suffers from. Tracking, recruitment, reinforcement, and muscle build up are attempted through specific individuals requirements, designing standardised procedure and protocols.

Sports Medicine provides evaluation and assessment of Sports Persons, Talent Spotting, Discipline Selection/ Allotment, Sequentialisation (Sports Medicine) of training activities, progression in training and rehabilitation.

In addition, Manual Functional Therapy along with Physiotherapy is also an integral part of sports medicine. Degenerating and debilitating conditions are diagnosed, analysed and treated with non surgical intervention, individualized exercise protocols & monitoring.



Hearing Loss

Hearing loss that occurs gradually as you age (presbycusis) is common. Aging and chronic exposure to loud noises are significant factors that contribute to hearing loss. Other factors, such as excessive earwax, can temporarily prevent your ears from conducting sounds as well as they should.



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You can't reverse hearing loss that affects the inner ear, the kind that occurs due to aging and other factors discussed below. However, you don't have to live in a world of muted, less distinct sounds. You and your doctor or a hearing specialist can take steps to improve what you hear.

Risk Factors -

Heredity

Aging

Loud noise- Exposure to loud sounds can damage the cells of your inner ear. Damage can occur with long-term exposure to loud noises, or from a short blast of noise, such as from a gunshot.

Occupational noises- Jobs where loud noise is a regular part of the working environment, such as farming, construction or factory work, can lead to damage inside your ear.

Recreational noises- Exposure to explosive noises, such as from firearms and jet engines, can cause immediate, permanent hearing loss. Other recreational activities with dangerously high noise levels include snowmobiling, motorcycling or listening to loud music.

Some medications- Drugs, such as the antibiotic gentamicin and certain chemotherapy drugs, can damage the inner ear permanently.

Some illnesses- Diseases or illnesses that result in high fever, such as meningitis, may damage the cochlea

Signs and symptoms

- Muffling of speech and other sounds
- Difficulty understanding words, especially against background noise or in a crowd of people
- Trouble hearing consonants
- Frequently asking others to speak more slowly, clearly and loudly
- Needing to turn up the volume of the television or radio
- Withdrawal from conversations
- Avoidance of some social settings

Causes

Damage to the inner ear - Aging, certain medicines and exposure to loud noise may cause wear and tear on the hairs or nerve cells in the cochlea that send sound signals to the brain. When these hairs or nerve cells are damaged or missing, electrical signals aren't transmitted as efficiently, and hearing loss occurs. Higher pitched tones may become muffled to you.

It may become difficult for you to pick out words against background noise. Heredity may make you more prone to these changes. This type of hearing loss is known as sensorineural hearing loss, which is permanent.

A gradual buildup of earwax - Earwax can block the ear canal and prevent conduction of sound waves. This can be restored with earwax removal.

Ear infection & abnormal bone growths - In the outer or middle ear it can cause hearing loss. These can be treated medically or surgically.

Ruptured eardrum (tympanic membrane perforation) - Loud blasts of noise, sudden changes in pressure, poking your eardrum with an object and infection can cause your eardrum to rupture and affect your hearing. It can be restored with a myringoplasty-a surgical repair of the tympanic membrane perforation.

When to see a doctor

If you have a sudden loss of hearing, particularly in one ear.

If difficulty in hearing is interfering with your daily life, your hearing may have deteriorated if:

It's harder to understand everything that's said in conversation, especially when there's background noise
 Sounds seem muffled

You turn the volume higher when you listen to music, the radio or television

You can hear ringing/buzzing sounds-tinnitus in your ear.

“Infants often pull on their ears simply to play with them. Ear pulling in the absence of any signs & symptoms is unlikely to signal an ear infection.”



Move for A Change



If you're not sure how much activity your cardiovascular system needs, consider the following recommendations from our cardiac expert.

In general, for adults up to age 64:

Some activity is better than none - If you've been inactive, gradually increase your activity level. As little as 10 minutes a day of moderately intense physical activity will net some health benefits. As a rule of thumb, when your activity level is moderately intense, you're able to talk but not sing during the activity.

More benefits are associated with increased activity - Significant health benefits are associated with doing at least 150 minutes of moderately intense physical activity a week. Alternatively cut that time to half if you opt for physical activity that's vigorously intense. An activity is considered to be of vigorous intensity if you can not say more than a few words without pausing for a breath. While any physical activity can produce health benefits, higher amounts of activity about six to seven hours a week probably results in the ideal health benefit level for most people.

Include muscle-strengthening activities in the mix - Include activities that challenge your muscles such as lifting weights, using resistance bands, or doing yoga or heavy gardening on two or more days each week. The goal is to work all the major muscle groups in your legs, hips, back, chest,

abdomen, shoulders and arms. Talk with your doctor about how much physical activity is safe if you have a chronic condition such as heart disease, lung disease, diabetes or if you've experienced chest pain, or shortness of breath. In these instances, a stress test may be helpful in determining if it's safe for you to exercise and how much exercise is appropriate for your condition.

For adults age 65 and older:

Avoid inactivity - There are health benefits to be gained with any amount of physical activity. If you're inactive, start slowly and gradually increase your activity level.

Don't give up due to chronic conditions - If you can't meet the general guidelines for adults, be as active as your abilities allow.

Reduce your risk of falling - Include balance exercises in your activities. Try walking sideways, standing on one leg or standing from a sitting position several times in a row. You may find it helpful to do these exercises in a corner using something to steady yourself.

"It's never 'too late' in life to get started, and you will probably surprise yourself at how you are able to increase your strength and, in turn, your ability to stay active and strong. Moderate strength training does not require superhuman strength, will not cause bulky muscles and yet improve so many aspects of your health-from better cognition, to better control of diabetes and weight reduction.

SPECIAL OFFERS

Bone Health Check - up 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 Rs. 1999

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

Kidney Screening Rs. 1999

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

Prostate Screening Rs. 2999

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

Spot Liposuction (Day Care) - Rs 49,000

Back Pain Screening Package Rs. 2499

(Spine Expert Consultation, Physiotherapy Consultation, Vitamin D3 Serum Calcium, Serum Phosphorus, Alkaline Phosphatase Serum Uric Acid, MRI Screening - Single Part)