

# JAYPEE HEALTH TIMES

A PUBLIC HEALTH INITIATIVE BY JAYPEE HOSPITAL, NOIDA

## A MILESTONE OF 400 SUCCESSFUL ORGAN TRANSPLANTS ACHIEVED.

### Jaypee Hospital - One of the Trusted Experts in Kidney Transplant

Jaypee Hospital prides itself on providing comprehensive and personalized care for all patients. The facility credits this kind of performance to a professional, highly qualified, and dedicated team paired with cutting-edge technology. This kind of investment has made the hospital perform a record two hundred and fifty successful kidney transplants. From the nature of these procedures, this milestone cannot be seen as a small feat. Kidney transplantation is a surgical procedure that takes a healthy kidney from a live or deceased donor and places it into a recipient whose kidneys no longer function properly. However, the procedure is not as easy as it sounds. The procedure is associated with a number of complications such as infection and rejection (failure of acceptance of the donated kidney by recipient). A case of such a nature was handled at Jaypee Hospital, Dr. Amit Devra, Associate Director and Clinical Co-ordinator, Urology and Kidney



Transplant Department at the hospital had the following to say, "During this journey of 250 transplant cases, we have done many challenging cases with a remarkable success rate. In one such case, the patient had already undergone two transplants but with time the transplanted kidneys had stopped functioning and the patient was in a critical condition. His wife also had blood group that didn't match

making it difficult for her to donate the organ, but we decided to proceed. The recipient underwent plasma exchange to remove preformed antibodies in his body. The old graft was removed and we transplanted a new graft on that site." The facility at our hospital ensures that a thorough evaluation of the patient's medical history is done in order to get an idea of the best

way to handle the surgery successfully. The evaluation may take a few days as a series of other tests would also be carried out. Jaypee Hospital defies all odds by achieving a record two hundred and fifty successful kidney transplants. Taking into account their client base that spans across the world, the facility's achievement is nothing short of extraordinary.

### 8 Golden Rules to Reduce the Risk of Kidney Diseases

Kidney diseases are silent killers, which largely affects your quality of life. There are however several ways to reduce the risk of developing kidney diseases.

#### 1. KEEP FIT AND ACTIVE

- Keeping fit helps to reduce your blood pressure and therefore reduces the risk of Chronic Kidney Disease.

#### 2. KEEP REGULAR CONTROL OF YOUR BLOOD SUGAR LEVEL

- About half the people who have diabetes develop

kidney damage, so it is important for people with diabetes to have regular tests to check their kidney functions.

#### 3. MONITOR YOUR BLOOD PRESSURE

- Although many may be aware that high blood pressure can lead to a stroke or heart attack, only few know that it is also the most common cause of kidney damage.

#### 4. EAT HEALTHY AND KEEP YOUR WEIGHT IN CHECK

- This can help prevent

diabetes, heart disease and other conditions associated with Chronic Kidney Disease.

#### 5. MAINTAIN A HEALTHY FLUID INTAKE

- Although clinical studies have not reached an agreement on the ideal quantity of water and other fluids we should consume daily. Traditional wisdom has long suggested drinking 1.5 to 2 liters of water per day.

#### 6. DO NOT SMOKE

- Smoking slows the flow of blood to the kidneys. When less blood reaches the

kidneys, it impairs their ability to function properly. Smoking also increases the risk of kidney cancer by about 50 per cent.

#### 7. DO NOT TAKE OVER-THE-COUNTER PILLS ON A REGULAR BASIS

- Common drugs such non-steroidal anti-inflammatory drugs like ibuprofen are known to cause kidney damage if taken regularly.

#### 8. GET YOUR KIDNEY FUNCTION CHECKED IF YOU HAVE ONE OR MORE OF THE 'HIGH RISK' FACTORS

### Making Chronic Kidney Disease a Preventable one

With an increased life expectancy and improved lifestyle, non-communicable diseases are now taking a larger toll on human lives. Hypertension and diabetes take the highest rank, competing with each other. A consequence of this is an alarming rise in kidney diseases whose most common cause remains hypertension and diabetes. The Global Burden of Disease in 2017 ranks Chronic Kidney Disease (CKD) as the 9th leading individual cause of death rate in India. Almost one in every ten individuals is said to suffer from kidney disease. The western world sees older people suffering from CKD, here in India it is a common trend to see a younger, working class of people as patients of CKD.

While 17% of Indians are already suffering from kidney disease, nephrologists estimate almost 2-4 lakh individuals develop kidney disease every year. Of these, around a minimum of two lakh need a Renal Replacement Therapy such as dialysis and transplantation. Consequently, about two lakh people should have now been on dialysis. Unfortunately, there are less than a lakh patients who are receiving dialysis.

In a population of 1.32 billion, over six million are



suffering from diabetes alone, which is the highest number for any country in the world. Even though we are equipped with the knowledge and management of CKD, we are facing a crisis in this area because 60% of the population resides in rural areas. And most of them are either not diagnosed or receive poor treatment. Many of them usually are diagnosed with CKD when it is in its end stage. While world leaders in healthcare have more than 20 dialysis centers per a million people; in India we have less than 0.4 centers per a million people. 2 lakh new patients need dialysis every year, but only 10-20% receive the treatment due to shortage of manpower and infrastructure. Those unfortunate ones who are at the end stages of

renal disease have the possibility of undergoing a renal transplant. Truth is that only 4000 transplants are performed in India in a year when there is a need for more than 90000. This is mainly due to the lack of enough organ donors. Organ donation must be a mandatory choice for every human in the country. It can be the most generous gift one can provide to another human being. A pledge made for this noble deed would save many lives.

The need of the hour is awareness and prevention. Timely diagnosis and management of CKD not only retards the progress but might also prevent it. The cost factor and the procedures of dialysis and renal transplants is not only a burden to the family of the patient but also to the

country as a whole. It is imperative that people are educated about preventive measures to keep CKD in check. Broad-casting modalities must enlighten people about healthy lifestyles, awareness about diabetes, hypertension, and their symptoms and promote regular health checkups among the people from rural backgrounds as well as urban centers. All diabetic and hypertensive patients, at the time of their diagnosis, must be informed about the gravity of their situation and the need for taking strict measures to keep their sugar and blood pressure under control at all times. They are to be educated with the consequences of their disorder, mainly kidney diseases and the symptoms and signs it usually presents with advice to receive immediate treatment for it.

CKD as of now offers a dismal picture to the country's disease burden. A proper awareness program reaching the masses and adequate and timely diagnosis and management can make CKD a highly preventable disease.

**-Dr. Amit K Devra**  
Kidney Transplant Surgeon and Associate Director and Clinical Co-ordinator - Institute of Renal Diseases  
MS (General Surgery), DNS (Urology), Jaypee Hospital, Noida

### Everything you need to know about Chronic Kidney Disease

Chronic kidney disease (CKD) is a worldwide public health problem with adverse outcomes of kidney failure and premature death. CKD affects approximately 195 million women worldwide and it is currently the 8th leading cause of death in women, with close to 600,000 deaths each year.

The term "chronic kidney disease" means lasting damage to the kidneys that can get worse over time. If the damage is very bad, your kidneys may stop working. This is called kidney failure, or end-stage renal disease (ESRD). If

your kidneys fail, you will need dialysis or a kidney transplant in order to live.

Anyone can get CKD. Some people are more at risk than others. Some things that increase your risk for CKD include:

- Diabetes
- High blood pressure (hypertension)
- Heart disease
- Having a family member with kidney disease
- Being African-American, Hispanic, Native American or Asian
- Being over 60 years old

Diabetes and high blood

pressure are the most common causes of chronic kidney disease (CKD). Your health care provider will look at your health history and may do tests to find out why you have kidney disease. The cause of your kidney disease may affect the type of treatment you receive.

Other causes of kidney disease include:

- Genetic disorder that causes many cysts to grow in the kidneys, polycystic kidney disease (PKD).
- An infection
- A drug that is toxic to the

- kidneys
- A disease that affects the entire body, such as diabetes or lupus . Lupus nephritis is the medical name for kidney disease caused by lupus
- IgA glomerulonephritis
- Disorders in which the body's immune system attacks its own cells and organs, such as Goodpasture syndrome
- Heavy metal poisoning, such as lead poisoning
- Rare genetic conditions, such as Alport syndrome
- Hemolytic uremic syndrome in children
- Henoch-Schönlein purpura
- Renal artery stenosis

INSTITUTE  
OF RENAL DISEASES

**JAYPEE**  
HOSPITAL  
LIFE FIRST



### Achieved a milestone of 250 successful kidney transplants.

At Jaypee Hospital, we have made the incredibly hard look incredibly easy. Backed by a team of India's finest nephrologists, urologists and ancillary services, we have become one of the most dependable kidney treatment centres in India.

However, we believe our responsibility does not end with just the treatment. Which is why, we have taken it upon ourselves to promote kidney health by celebrating this month as the Healthy Kidney Month.

#### Special Kidney Screening at ₹1499

Glucose - Fasting & PP, Kidney Function Test, Urine Routine & Microscopy, Urine Microalbumin and a single consultation by one of our finest nephrologists.

For appointments or queries please call: 901 573 6666

\*Prior appointment mandatory

## CHRONIC KIDNEY DISEASE

### A SILENT KILLER

**WHO IS AFFECTED?**

**10%**  
of the population worldwide is affected by CKD.

**Half of people aged 75**  
or more have some degree of CKD

**1 in 10 MEN and 1 in 4 WOMEN**  
between the ages of 65 and 74 have CKD

Kidney disease can affect people of all ages and races.

**1 in 10**

**CHRONIC KIDNEY DISEASE AFFECTS 10% OF THE POPULATION.**

**HOW TO DETECT CKD?**

Early CKD often has no sign or symptoms. A person can lose up to 90% of their kidney function before experiencing any signs.

But it can be detected by simple tests:

- a urine test to check if there is any protein in your urine, or
- a blood test to measure the level of creatinine in your blood

Signs of advancing CKD include: swollen ankles, fatigue, difficulty concentrating, decreased appetite, and foamy urine.

High blood pressure and diabetes are the most common CKD causes in adults

Jaypee Hospital, Sector 128, Noida 201304, UP, India | 0120 412 2222 | [www.jaypeehealthcare.com](http://www.jaypeehealthcare.com) | Follow us [Twitter](#) [Facebook](#)



## Celebrate Womanhood, Celebrate Your Health

Women today manage to do a balancing act between their professional lives and being a mother, wife, daughter and daughter-in-law. This definitely fills us with pride that we are able to handle home and work so smoothly. A pat on our well-deserving backs. But in all of this, the one thing that is being neglected is the woman herself. Sad but true. We tend to focus on the family but somewhere along the way, we tend to lose ourselves in all this. This Women's Day make it different from the ones in the past. Be a little selfish and focus on your health. In the 21<sup>st</sup> century, cancer in women is one of the critical issues affecting women's health and not many of us know that there are simple health screening tests available to safeguard them. **CERVICAL CANCER-** Things you need to know. Cancer is a disease in which cells in the body grow out of control. Cervical cancer is the leading cause of cancer in women in India. HPV is a common sexually transmitted infection (STI). Cervix is the narrow lower end of uterus which when infected by Human Papilloma Virus (HPV) can cause some abnormal



changes. These abnormal changes if not treated early get converted to cancer.

### Who are at high risk?

- Those who are not regularly screened
- Multiple sexual partners
- Early beginning of sexual activity
- Smokers
- HIV
- Sexually transmitted

infections

### Can it be prevented?

Cervical cancer is the easiest cancer to prevent. With regular screening tests and follow-ups, cervical cancer is highly curable when found and treated early. A Pap test is a cervical cancer screening test which can pick up abnormal

changes before they turn fatal.

### Do I need a Pap test?

All women who have ever been sexually active should have regular Pap tests. Pap testing should begin 3 years after first sexual activity not later than 21 Years. Most women need a Pap test every three years.

### What is the HPV vaccine?

- The HPV vaccines protect against certain types of HPV which cause cervical cancer
- The vaccines do not treat existing HPV infections
- If you receive the vaccine, you still need regular Pap tests
- Completed in 3 doses over 6 months

Target age group for this vaccine is 10-18 years i.e. to vaccinate young girls before they begin sexual activity. This Women's day, let's pledge that we shall not ignore our and our daughters' health any more.

We, at Jaypee Hospital want women to know that they can take these simple steps to reduce the risk of cancer and that as a team of specialists we are here to help. It's time to take charge of your health, because if you don't, no one else will.

**- Dr. Reenu Jain**  
Consultant - Department of Obstetrics and Gynecology, Jaypee Hospital, Noida

## Wellness Under The Sun – Vitamin D and Bone Health

Vitamin D and its importance for health is crucial. Vitamin D essentially helps absorption of calcium in bones and maintains the level of serum calcium and phosphorus concentrations that promotes cellular function and mineralization of the bones in our body. Vitamin D functions more like a hormone in the body. It also obstructs the release of the parathyroid hormone that reabsorbs bone tissue and makes the bones brittle.

### DAILY REQUIREMENT

Now this depends on age, gender, whether the person has some existing disorder or pregnancy. Traditionally the RDA for children is 400-600 IU and for adults, it can be 600-800 IU.

However, these figures are not perfectly accurate. As current evidence points to much larger requirements. There is a prescribed range according to age and health conditions. A minor blood test can help determine the level of Vitamin D in your body and your doctor can then suggest the appropriate steps to be taken.

### DEFICIENCY OF VITAMIN D

Lower levels or deficiency of Vitamin D can cause fatigue, tiredness, hair loss, lower immunity, generalized body aches and pains and most importantly it affects the bone metabolism and causes low mineral density. In this case, bones begin to lose the calcium and minerals. This causes back pain, pain in the limbs and brittle bones. The risk of fracture increases and

also in severe cases, cause spontaneous fractures.

Osteoporosis is a condition where there is gradual loss of bone which cannot be replaced by more minerals and bone material. Gradually bones become less dense and brittle. To the extent that even a slight hit or an activity like sneezing can cause the bone to break. Though there are many factors that cause osteoporosis, Vitamin D, in some cases, can help slow down the bone loss. It is believed that if we can make more bone mass at a young age, the likelihood of developing bone issues decreases in old age. And in most cases, this is linked with the consumption, absorption and level of Vitamin D as well as a healthy active lifestyle.

### LIFESTYLE:

The major reason that many adults and children are detected with the deficiency of Vitamin D is that they stay indoors most of the time. Adults move from the homes, sit in the vehicle, stay in air-conditioned offices all day and they leave after sunset most of the time. Children rarely play outdoors during the daytime. Adding to this are the changing food habits, lower consumption of milk and more processed food. Deficiency of Vitamin D in children has bad effects in terms of reduced immunity, frequent muscle pain and weak bones and impaired growth.

### SOURCES:

Vitamin D is rarely found in foods. There are certain foods

that come fortified with Vitamin D. But we cannot rely solely and forever on these foods. Exposure to sunlight, especially in the morning and evening hours is the most effective method to get Vitamin D. When exposed to sunlight, our body produces Vitamin D. Foods that contain some amount of this essential nutrient are fatty fish, cheese, egg yolk, milk, fortified cereal, yoghurt, mushrooms etc. Fortified foods and supplements can help and most people these days rely on supplements for their diets with Vitamin D.

**- Dr. Gaurav Rathore**  
Sr. Consultant - Institute of Orthopaedics & Spine MS (Orthopaedics), MRCS, M.Sc. M.Ch. FRCS (Trauma & Orthopaedics), Jaypee Hospital, Noida

## Obesity and its ill effects

Research findings on the study of obesity are quite alarming as an increasing number of India's urban population is crossing the obesity line. Sedentary lifestyles, unhealthy food habits and ignorance seem to be the key reason for this negative transformation. Obesity means that excessive bad fat gets deposited in the body and around the organs causing many health problems. The fat around the organs is called visceral fat and the one that gets deposited under the skin is termed as subcutaneous fat. The index to measure obesity is Body Mass Index (BMI). If the BMI is in the range of 25-29.9, the person is considered to be overweight. But if the BMI crosses 30, the person is obese. In this case too, if the BMI crosses over 35, the person is classified as Morbidly Obese. When this fat interferes with the functioning of the organs or the blood circulation or flow of fluids and nutrition in the body, health disorders begin to crop up, like,

- Metabolic issues
- High blood pressure
- Heart diseases
- High cholesterol level

Obesity leads to various complications in bodily functions and has life-threatening consequences. Diet control, exercise, drugs for weight loss are the initial methods that are tried to gradually reduce weight. But in case of morbid obesity, these do not yield satisfactory results and consequently, obesity-related disorders intensify. The clinical treatment option to reduce obesity is bariatric surgery. Bariatric surgery is performed using laparoscopes to reduce the size of the stomach with a gastric band or through deduction of a portion of the stomach and connecting the small intestine to a reduced stomach bag. The surgery procedures are classified in 3 types:

- Restrictive procedure: Here the banding techniques used to reduce the size of stomach to almost one cup. This makes the person feel full quickly and reduce the intake of food.
- Malabsorptive procedure: Here the focus is to reduce

the calorie absorption in the intestine.

• Mixed procedure: Also known as the gastric bypass, it uses both the restrictive and the malabsorptive techniques. It is a fast, convenient and easy process and the results in weight loss are very significant. Post-surgery the patient is put on a strict liquid-only diet for a few days. Maximum weight loss occurs within ten months post-surgery and the risk of diabetes, heart diseases, kidney malfunction etc. is considerably reduced. The metabolism of the patient also improves gradually and the digestion of fats becomes better. Hormonal changes are observed post surgery, which enhances the weight reduction process. Bariatric surgery is a long-term weight loss process and improves the quality of life for the patient by positively affecting the mobility, self-esteem, social and sexual life and work performance of the person.

**- Dr. Rajesh Kapoor**  
MS, MCh (Surgical Gastroenterology) Director - Department of GI/HPB Surgery, Jaypee Hospital, Noida

## Celebrate This World Health Day on 7<sup>th</sup> April by Taking Steps to Move From a Sedentary Lifestyle to a Healthy Lifestyle



“Over 2 million years ago, we humans learned to walk and use our limbs and joints for everyday actions. We are meant to move. Sedentary routine makes our joints and muscles rusty. Increase your threshold of workout gradually and I can assure you that you will observe better stamina, you won't fall sick frequently, the back discomfort due to being glued to the chair will miraculously heal and your mood will feel light and happy.”

You begin your day with a routine, get in the car or bus, sit for hours at your desk, commute back home, sit at the dining table and then move to the couch for another couple of hours before you hit the bed. If this is your daily schedule, be alarmed. The health of your heart might be a ticking time bomb.

The sitting disease, as doctors and fitness experts like to term it, has spread like an epidemic and engulfed the metro cities. We come across cases with cardiac, diabetic and obesity issues that were mostly triggered by an unhealthy lifestyle. It is imperative to move and work the muscles. Most of my patients say "Doctor, I am crunched for time." "I have no time for gym." I say, that is an excuse you give yourself. Your body is not going to abide by that. I can tell you ways where you can actually stop giving excuses and make time for activity.

**EXERCISE:** • Walking – It is the simplest and most beneficial cardio exercise to stay in shape. Take a 15 minute brisk walk or if you have space around your residence go for a 15 minute jog or run. An early morning walk or jog boosts the level of oxygen and blood circulation.

• Cycling – 20 minutes of cycling is an efficient low intensity way to burn fat, maintain a healthy weight and control blood pressure.

• Sports – If walking or cycling gets too boring, take up a sport like swimming or badminton. Join a sports club. Group sports will keep you motivated and also cut the mundane routine. Another interesting workout is aerobics.

• Yoga – With innumerable benefits, yoga has proved to be an extraordinary form of exercise. It not only works on your body but helps you control stress as well. Apart from a disciplined schedule for workout, find ways to include movement and activity in your everyday routine like, standing while working or chair stretches, Stretch your limbs, rotate your arms and shoulders, flex your feet and bend to touch the ground. It is good for your posture, spine and limbs.

**DIET:** Keeping a check on what you eat does not imply that you are depriving yourself. Take it as a safety mechanism. Eating healthy food does not mean you have to go on a diet. Just

replace the tea-time pakodas with nuts and roasted munchies. We have wholesome and nutritious food items that are easily available. Yogurt, wholegrains, fruits, nuts, fish, lean meat, salad and leafy vegetables should be a part of your daily food intake. A balanced diet will build your immunity, reduce deficiencies and its effects.

### HEALTH CHECKUP

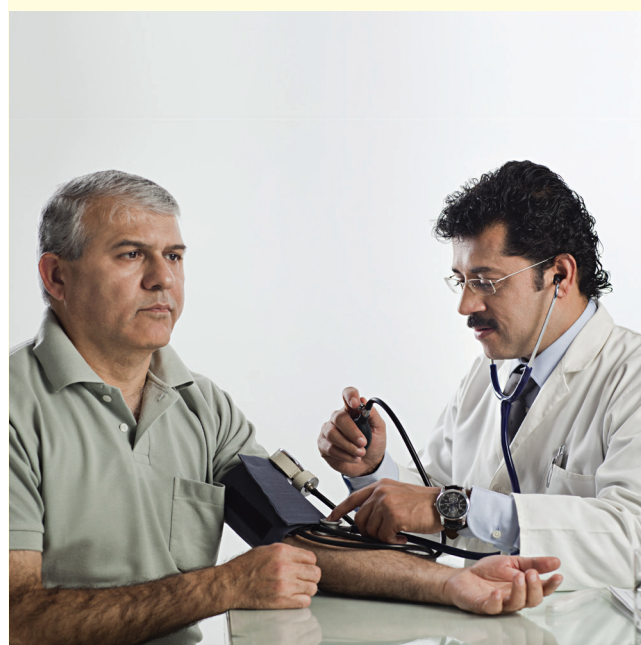
It is recommended that every member in the family, especially the ones who are 30 and above, should go for a regular check-up of blood pressure, sugar and cholesterol levels. In case you are diagnosed with diabetes or hypertension, it is mandatory that you visit a specialist and stick to a treatment and routine checkup.

### MOTIVATE YOURSELF

Put sticky notes on the board or desktop to remind you to stretch at work. Set an alarm at convenient timings that will remind you to drink water, snack healthy or workout. You want to move to a better and healthy life, quit smoking. It affects your lungs, heart and every neuron in the body.

**- Dr. B L Aggarwal**  
MD, DM (Cardiology) Associate Director - Institute of Heart, Jaypee Hospital, Noida

## Preventive Health Check Packages at Jaypee Hospital



### Basic Health Screening Package

Blood Group & Rh Typing, BCA, 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, Gynaecology (only for females) and Dietitian.

**₹2018**

### Cancer Screening Package (Male)

Ultrasound Whole Abdomen (Screening Only), Stool Occult Blood, Chest X-Ray, Serum Creatinine, PSA, Complete physical examination and consultation by a specialist.

**₹2150**

### Cancer Screening Package (Female)

Ultrasound Whole Abdomen (Screening Only), Stool Occult Blood, Chest X-Ray, Mammography, Pap Smear (Latest Liquid Based Cytology), Serum Creatinine, Complete physical examination and consultation by a specialist.

**₹2450**

## QUIZ TIME:

### 1 How many muscles do you use to take one step?

- A) 55
- B) 165
- C) 200

### 2 Which human organ produces insulin?

- A) Liver
- B) Pancreas
- C) Spleen

### 3 Longest bone in the human body

- A) Upper Arm
- B) Thigh Bone
- C) Calf Bone

### 4 All blue-eyed people have a common ancestor?

- A) True
- B) False

### 5 Humans use electricity when they think

- A) True
- B) False

Mark the correct answer, click a picture or scan the sheet and send it to [mohit2.saxena@jalindia.co.in](mailto:mohit2.saxena@jalindia.co.in) by 15<sup>th</sup> April 2018 along with your name, phone number & passport picture. Ten lucky winners will get gift vouchers and their name and picture will be published in next edition of Jaypee Health Times.



Jaypee Hospital has been awarded the  
**BEST MULTI-SPECIALITY HOSPITAL**

by Times Healthcare Achievers, Delhi NCR, August 2017