



JAYPEE HEALTH SMART

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connect with
the community



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HEPATITIS

SYMPTOMS AND PRECAUTIONS

Inflammation of the liver is referred to as Hepatitis. The most common cause for hepatitis worldwide is viral infection. Other causes include certain medications or heavy alcohol consumption, toxins, autoimmune disease or maybe non-alcoholic steatohepatitis (NASH).



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Symptoms

It is possible to have hepatitis and not experience any symptoms but in some cases there are symptoms like flu which are not diagnosed at initial stage. The most common symptoms of hepatitis are:

- ▲ Fatigue and dizziness
- ▲ Loss of appetite
- ▲ Belly ache
- ▲ Mild fever
- ▲ Muscle or joint aches
- ▲ Nausea and vomiting
- ▲ Weight loss
- ▲ Dark urine and pale stools
- ▲ Jaundice
- ▲ Diarrhea

In the complicated cases the symptoms become severe and there could be internal bleeding or even coma. If not treated it can lead to scarring of the liver known as cirrhosis in patients infected with Hepatitis B & C.

Diagnosis

There are different ways to diagnose Hepatitis which are Physical examination, Liver function tests, Blood tests, Ultrasound and Biopsy.

Prevention & Treatment

Hepatitis A – Usually is cured through sufficient rest and medication for hydration and nutrition. Vaccination is available to prevent this infection. It is a series of two vaccines and can be used for children in the age of 12 to 18 years. For adults, this vaccine comes in combination with vaccine for Hepatitis B.

Hepatitis B – Acute illness usually does not require a particular treatment but if the Hepatitis is

chronic it takes several months or even years to get cured. Antiviral medications are given to patients and the doctors monitor the response to the virus. Hepatitis B can be prevented with vaccination and these are recommended for all newborns and the healthcare & medical industry practitioners.

Hepatitis C – Combination of antiviral drugs are used to cure Hepatitis C. When this turns chronic and if the liver is severely scarred, the final option could be liver transplant. Currently, there is no vaccination for Hepatitis C.

Hepatitis D – There is no antiviral medicine for this type. Certain drugs help to curb it but not cure it. This type occurs only to people who have had Hepatitis B.

Hepatitis E – This infection is acute and mostly resolves on its own. There is no specific antiviral drug to treat this.

Precautions

Practicing good hygiene is crucial to avoid hepatitis A and E. This disease spreads through infected water and hence always prefer boiled and filtered water. Avoid drinking water from unhygienic places and also bottled water if you doubt the source of water. Hepatitis B, C, and D spread through contaminated blood. So make sure you do not share needles, razors and toothbrush or come in direct contact with spilled blood. These spread through intimate sexual contact too and hence it is always recommended to practice protected safe sex using condoms. Excessive alcohol consumption is another cause of Hepatitis or liver damage. Restrict this and consume within limits.

“Viral hepatitis can be caused by five main types of viruses: A, B, C, D, and E. Hepatitis A and E are spread through contaminated food and water. Hepatitis B is either sexually transmitted or may pass from mother to baby during pregnancy or birth. Hepatitis B and Hepatitis C commonly spread through contact with infected blood. Hepatitis D is a special case and infects people already infected with Hepatitis B.”



How To Move From A Sedentary Lifestyle To A Healthy Lifestyle

You begin your day with a routine rush, 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 on a ticking time bomb.



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“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 will rust our joints and muscles. Increase your threshold of workout gradually and I can assure that you will observe better stamina, you won’t fall sick frequently, the back discomfort due to being glued to the chair has miraculously healed and your mood feels light and happy.”

The Sitting Disease, as doctors & fitness experts like to term it, has spread like an epidemic and engulfed the metro cities. We come across cases with cardiac, diabetic, 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 keep in shape. Take a 15 min brisk walk or if you have space around your residence go for a 15 min jog or run. An early morning walk or jog boosts the level of oxygen and blood circulation.
- ▲ **Cycling** – 20 mins of cycling is an efficient low intensity workout to burn fats, 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 that tea-time pakodas with nuts and roasted munching. We have wholesome and nutritious food items that are easily available. Yogurt, wholegrains, fruits, nuts, fish, lean meat, salad, leafy vegetables should be a part of your daily food intake. A balanced diet will build your immunity, reduce deficiencies and its effects.

Health check-up

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

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. That butt affects your lungs, heart and every neuron in the body.



MOSQUITO BORN DISEASES STILL A THREAT IN 21ST CENTURY

Within weeks after the pre-monsoon showers hit the city, the tabloids carry headlines on the outbreak of dengue and malaria. Sub-standard hygiene, open drains and residents not adhering to the guidelines of the health department, have made our cities breeding grounds for deadly mosquitoes that spread these diseases.



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How do mosquitoes spread infections?

In medical terms we call them vectors, because they carry several classes of microorganisms, viruses and spread infections from one host to next. Mosquito that bites an infected human or animal can pick up the virus along with the blood meal. The mosquito is not harmed by the virus even though the virus reproduces inside it which it can pass to other humans when biting them.

Diseases:

Dengue - is caused by the virus DEN-V from the family Flaviviridae. Symptoms begin with high fever, severe frontal headache, pain behind the eyes, muscle and joint pains, rashes, nausea and vomiting. If not treated early, it can cause dengue haemorrhagic fever and multi-organ failure.

Chikungunya - Originally from Africa, this disease recurred in India in 2006. Symptoms include headache, fever, fatigue, nausea, vomiting, muscle pain and severe joint pain. The infection can be acute and lasts a couple of weeks. There is no vaccine against chikungunya and symptomatic treatment is used to treat aches and fever. It can cause painful limb deformity that may last several months.

Malaria - is caused by four different species of the one celled parasite Plasmodium namely - P. falciparum, P. malariae, P. vivax, and P. ovale. Of these, P falciparum infection is the deadliest as it affects the brain and can cause death.

Japanese Encephalitis (JE) - This virus breeds in flooded fields & marshes. It attacks the central nervous system, including the brain and spinal cord. Symptoms usually start with flu-like fever, chills, tiredness, headache, nausea & vomiting.

Lymphatic Filariasis (LF) - Commonly known as elephantiasis, this disease is a disabling infection that damages the lymphatic system and causes painful, swollen limbs. This is caused by 3 types of thread-like parasitic filarial worms which are transmitted by mosquitoes.

Protection against vector borne diseases:

The National Vector Borne Disease Programme is working on a war footing scale to develop control mechanisms against these diseases. Safeguarding is important and checking of breeding sites in each house and office complex must be done regularly.

- ▲ Use repellent or a mosquito net.
- ▲ Keep your body covered and especially protect children and pregnant women.
- ▲ Replace the water in flower vase, water coolers or uncovered storage vessels or tanks.
- ▲ Put mosquito screen on windows
- ▲ Repair or prevent water leaks
- ▲ Clear clogged gutters and drains
- ▲ Maintain clean swimming pools
- ▲ Always finish the complete course of medicines prescribed by the doctor.

Jaypee Hospital provides complete information on control and symptoms of these diseases.

“Malaria has reached a stage where resistance to the anti-malarial drug chloroquine is spreading fast in India. It was 30 % before 1996 and increased to 91% in 2000-2001. As a single drug, it is no longer effective, doctors use a combination of high intensity drugs to control infection.”