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# INDUS ALIVE

Year 8 Vol.14, JULY-AUGUST 2022, CHANDIGARH

A Health & Wellness Magazine by INDUS HOSPITALS, Mohali, (Pb.) India

## Committed to building better Healthcare

The latest techniques and treatments to  
ensure an Active, Healthy & Independent Lifestyle

Happy  
**DOCTOR'S**  
Day 1st July

“ A Heartfelt thanks  
to our **Doctors** for the care  
they provide everyday... ”



# Social Activities

## Free Medical Checkup Camp organised by Indus Hospitals



Specialities	Doctor Name	Qualifications	OPD Days
Anesthesia & Pain Management	Dr. SPS Bedi	MBBS MD	Mon to Sat
	Dr. Arjun Joshi	MBBS MD	Mon to Sat
	Dr. Devinder Grewal	MBBS MD	Mon to Sat
Cardio Thoracic Vascular Surgery	Dr. Ashwani Bansal	MBBS MS MCh	Mon to Sat
Cardiology & Interventional Cardiology	Dr. Sandeep Parekh	MBBS MD DNB	Mon to Sat
Colorectal Surgery	Dr. Pankaj Garg	MBBS MS	On Call
Critical Care & Emergency Medicine	Dr. Jogesh Aggarwal	MBBS MD	Mon to Sat
ENT Surgery	Dr. Eshaan Kaushik	MBBS MS	Mon   Wed   Fri
Family Medicine	Dr. Sakshi Grover	MBBS DNB	Mon to Sat
Gastroenterology Surgery	Dr. BS Bhalla	MBBS MS	Mon & Wed
Gastroenterology	Dr. Navdeep Garg	MBBS MD DNB	Mon to Sat
General Surgery	Dr. Anil Kr Sharma	MBBS MS	Mon to Sat
Gynaecology & Obstetrics	Dr. Jasmine Kang Rana	MBBS DNB	Mon to Sat
Haematology	Dr. Mukesh Chawla	MBBS MD DrNB	Mon to Sat
Internal Medicine	Dr. Kanwar Singh Bhinder	MBBS MD	Mon to Sat
	Dr. Mayank Sharma	MBBS MD	Mon to Sat
Microbiology & Transfusion Medicine	Dr. Parminder Kaur Gill	MBBS MD	Mon to Sat
Nephrology & Dialysis	Dr. Narinder Sharma	MBBS MD DNB	Mon to Sat
Neurology	Dr. Neha Agarwal	MBBS MD DM	Mon to Sat
Neurosurgery	Dr. Rajnish Kumar	MBBS MS MCh	Mon to Sat
Nutrition & Dietetics	Dt. Mayank Kapoor	DDHN	Mon to Sat
	Dt. Gauri	Msc.	Mon to Sat
Oncology (Orthopedics)	Dr. Rajat Gupta	MBBS MS DNB	On Call
Oncology (Radiation)	Dr. Vinod Nimbran	MBBS MD	Tue   Thu   Sat
	Dr. Kamalpreet Kaur	MBBS DNB	Mon to Sat
Medical Oncology	Dr. Deepak Singla	MBBS MD DM	Mon to Sat
Oncology (Surgical)	Dr. Ashwan Kallianpuri	MBBS MS MCh	Mon to Sat
	Dr. Ashwani K Sachdeva	MBBS MS MCh	Mon to Sat
Orthopedics & Joint Replacement	Dr. VPS Sandhu	MBBS MS	Mon to Sat
Pathology	Dr. Ankush Nayyar	MBBS MD	Mon to Sat
Pediatrics, Neonatology & Hematology	Dr. Kushagra Taneja	MBBS MD	Mon to Sat
Pediatrics Surgery	Dr. Abhishek Gupta	MBBS MS MCh	Mon to Sat
Pediatrics Neurology	Dr. Mukul Malhotra	MBBS MD DNB	Mon   Wed   Fri
Plastic & Reconstructive Surgery	Dr. Ritwik Kaushik	MBBS MS MCh	Tue   Thu   Sat
Psychiatry, Behavioral & Drugs Rehabilitation	Dr. Prannay Gulati	MBBS MD	Mon to Sat (1st & 3rd Thu Outside)
	Dr. Vikas Bhateja	PhD(Cognitive Psy.) M.phil (Cl. Psy)	Mon to Sat
Counseling Psychologist	Mrs. Sarnit Chopra	MA PGDFCG	Mon to Fri
Pulmonology & Sleep Medicine	Dr. Kanwaljit Singh	MBBS MD	Mon   Wed   Fri
Radiology	Dr. Tejeshwar Singh	MBBS MD	Mon to Sat
	Dr. Meenu Bhorla	MBBS DMRD DNB	Mon to Sat
Renal Transplant Surgeon	Dr. Rajan Sharma	MBBS MS MCh	Mon to Sat
Skin, Laser & Cosmetic Medicine	Dr. Ramandeep Kaur	MBBS MD	On Call
Urology	Dr. Prashant Bansal	MBBS MS DNB	Mon to Sat
Vascular Surgery	Dr. Vishal Attri	MBBS MS	Mon to Sat (Every Fri Outside)

## From us to you

Throughout the year we generate awareness around specific conditions and diseases that people struggle with daily. Indus Healthcare is committed to bring today's most pressing health issues to the forefront for public awareness.

In this issue of Indus Alive you will find various topics related to health issues, their management and follow-up.

Looking forward for your feedback and suggestions.

[feedback@indushospital.in](mailto:feedback@indushospital.in)

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**Email : [alive@indushospital.in](mailto:alive@indushospital.in)**

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For more details contact : Mr. Inderdeep Singh - 09888110310

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# Diabetes and Kidney disease

## **Q1: What is Diabetes?**

Ans: Diabetes is a disease that occurs when blood glucose, also called blood sugar, is too high. Blood glucose is main source of energy and comes from the food we eat. Insulin, a hormone made by the pancreas, helps glucose from food get into cells to be used for energy. Sometimes body doesn't make enough-or any-insulin or doesn't use insulin well. Glucose then stays in blood and doesn't reach cells.

Over time, having too much glucose in blood can cause health problems.

## **Q2: How common is kidney disease in Diabetes?**

Ans: Diabetes is the leading cause of kidney disease. About 1 out of 3 adults with diabetes has kidney disease.

Having diabetes for a longer time increases the chances of kidney damage. If you have diabetes, you are more likely to develop kidney disease if your

- Blood glucose is too high
- Blood pressure is too high

## **Q3: How does diabetes cause kidney disease?**

Ans: High blood glucose can damage the blood vessels in kidneys. When the blood vessels are damaged, they don't work as well. Many people with diabetes also develop high blood pressure, which can also damage kidneys.

## **Q4: How can I tell if I have diabetic kidney disease?**

Ans: Most people with diabetic kidney disease do not have symptoms. The only way to know if you have diabetic kidney disease is to get your kidneys checked.

Doctor uses blood and urine tests to check for diabetic kidney disease.

## **Q5: How frequently should I check myself for diabetic kidney disease?**

Ans: You should get tested every year for kidney disease if you

- Have type 2 diabetes
- Had type 1 diabetes for more than 5 years

## **Q6: What are complications of diabetic kidney disease?**

Complications of Diabetic Kidney Disease may develop gradually over months or years. They may include:

- Fluid retention, which could lead to swelling in your arms and legs, high blood pressure, or fluid in your lungs (pulmonary edema).
- Heart and blood vessel disease (cardiovascular disease), which could lead to stroke and Heart attack.
- Damage to the blood vessels of the light-sensitive tissue at the back of the eye (diabetic retinopathy)
- Low hemoglobin (anemia)
- Foot sores, erectile dysfunction, diarrhea and other problems related to damaged nerves and blood vessels
- Bone and mineral disorders due to the inability of the kidneys to maintain the right balance of calcium and phosphorus in the blood.
- Irreversible damage to your kidneys (end-stage kidney disease), eventually needing either dialysis or a kidney transplant for survival.

## **Q7: How can I keep my kidneys healthy if I have diabetes?**

The best way to slow or prevent diabetes-related kidney disease is to try to reach your blood glucose and blood pressure goals. Medicines that lower blood pressure can also help slow kidney damage.

Healthy lifestyle habits and taking your medicines as prescribed can help you achieve these goals and improve your health overall.

- Stop smoking.
- Limit your Salt intake
- Regular Physical Activity.
- Get to a healthy weight.
- Avoid over the counter pain killers (NSAIDS)

### **Dr. Chhaminder Jeet Singh**

MBBS, DNB (Medicine), DNB (Nephrology)  
FIMOH (Medanta)  
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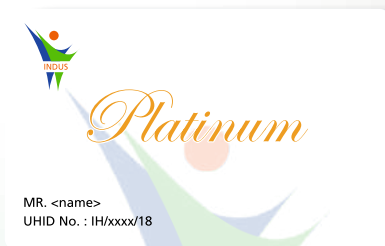
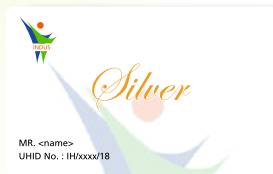


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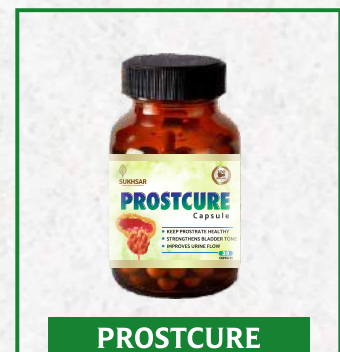
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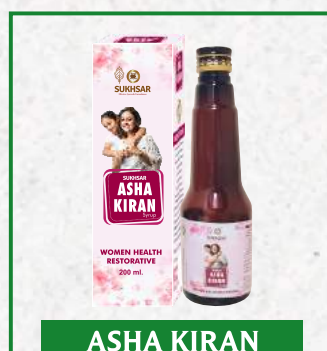
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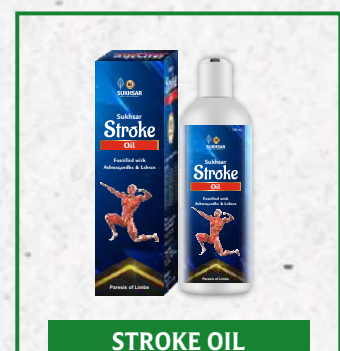
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Inventor  
**S. JIWAN SINGH**  
(1896-1987)

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# IMPACT OF COVID19 ON OUR MENTAL HEALTH



- ➔ Fear, worry, anxiety are the normal reaction to any stressful situation. Since the pandemic has arrived it has affected various parts of the world affecting the various domains of an individual's life eg : Social, Occupational, Financial, Physical and Mental health.
- ➔ During this pandemic situation, we will mainly emphasize on mental health which is the utmost necessity of present time.
- ➔ Problems faced are :- Unemployment, Working from home, Lack of contact with family members, Having minimum access to outsourced resources, Over thinking, Having bleak & pessimistic views about future etc... all these have taken toll on mental health.
- ➔ Secondly, the fear of contracting the virus has significantly restricted our movements & led to significant problems affecting mental health such as : Anxiety, Depression, Suicide, Drug Abuse and even Behavioural issues in children.
- ➔ On long run this will increase the prevalence of Mental Health Issues & also Decrease the Quality of Life., so there is heightened risk of Depression and Anxiety for the general public. It has been predicted that Covid-19 pandemic is likely to increase rate of substance abuse, loneliness, domestic violence and child abuse due to isolation and lockdown.
- ➔ Covid-19 patients are suffering from :- Guilt, Difficulty in Assimilating, Fear of Death & Psychological Breakdown.
- ➔ More problems faced are like: - unavailability of medication, fear of losing loved one's, burnouts, survivor's guilt, PTSD (Post Traumatic Stress Disorders).
- ➔ Some post covid patients are ending up in conditions like:- delirium, psychosis, depression & anxiety & increased substance use in patients to overcome stress.
- ➔ Doctor / Mental Health care professional are also facing violence from patients attendants leading to increased mental pressure in treating Covid patients.
- ➔ Hence we all need to keep ourselves calm & work together as a team so that we can fight & overcome this Covid-19 Pandemic.

## Dr. Tanujveer Singh Chandok

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Drug De-Addiction Specialist & Sexologist  
Child & Adolescent Psychiatry, Counsellor & Therapist  
Consultant Psychiatry

- INDUS SUPER SPECIALITY HOSPITAL, MOHALI
- INDUS FATEHGARH SAHIB HOSPITAL, PUNJAB



## Some Solution We Ourselves Can Manage Are:-



**Maintain** - Social Distancing,  
Wearing Mask, Keep  
Sanitizing yourself.



**Actively** - Pursue hobbies,  
Read Books & Be Creative



**Be in touch** with your loved  
one's, Check with your friends  
& try to make your schedule



**Indulge** - Yourself in family  
activities, Exercise daily, Try  
doing Yoga



**Speak** to someone especially  
non judgmental people, write  
notes in diary



**Keep Calm**, limit news/social  
media, nourish your self & be  
kind, supportive to others



Don't hesitate or be shy in  
seeking, Mental health help to  
yourself & other Stay Safe,  
Keep fighting, Be Supportive



Do get in touch with Mental  
Health Professional if situation  
is not solved or uncontrollable



Try having stress free "**ME  
TIME**" along with family  
time...



# STROKE

## Risk Factors and Prevention

A stroke is an emergency medical condition which necessitates urgent treatment. Early action can help to minimize cerebral damage.

### TYPES OF STROKE

#### 1. Ischemic stroke

This is the most common type of stroke, which occurs due to reduced blood flow subsequent to blockage or narrowing of brain's blood vessels.

#### 2. Hemorrhagic stroke

Hemorrhagic stroke occurs due to rupture of a blood vessel in the brain. Factors predisposing to hemorrhagic stroke include:

- Uncontrolled hypertension
- Overtreatment with anticoagulants
- Vascular malformations
- Trauma
- Cerebral Amyloid Angiopathy
- Hemorrhagic transformation of Ischemic stroke

#### 3. Transient ischemic attack (TIA)

A TIA is a type of ischemic stroke lasting as little as five minutes. It causes transient damage.

TIA predisposes to a full-blown stroke at a later stage.

### SIGNS AND SYMPTOMS

These include -

- Slurred speech and comprehension
- Paresis or paralysis of the face, arm or leg.
- Facial deviation.
- Blurred vision or even diplopia
- Sudden, severe headache with vomiting and altered mental status

Patients should be educated to think **FAST**.

**Face** - to look for facial deviation

**Arms** - To look for weakness in arms

**Speech** - To watch for slurred speech

**Time** - To call for emergency medical help immediately.

Every second counts



### COMPLICATIONS

- Paralysis
- Dysphagia
- Amnesia
- Depression
- Pain, Paraesthesia
- Altered behaviour

### PREVENTION

Healthy lifestyle recommendations include:

- Controlling hypertension-
- Lowering the daily intake of cholesterol and saturated fat.
- Quitting tobacco use
- Managing diabetes
- Maintaining a healthy weight.
- Diet - Including olive oil, fruit, nuts, vegetables and whole grain in daily diet
- Exercising regularly for at least 30 minutes a day
- Drinking alcohol in moderation,
- Treating obstructive sleep apnea (OSA)
- Avoiding illegal drugs like such as cocaine and methamphetamine

### PREVENTIVE MEDICATIONS

- Anti-platelet drugs
- Anticoagulants.
- Slower-acting warfarin.
- Newer anticoagulants like dabigatran, rivaroxaban, apixaban (Eliquis) and edoxaban which are shorter acting and decrease risk of bleeding and don't require monitoring as warfarin.

### RISK FACTORS

S.No	Lifestyle risk factors	Medical Risk Factors	Other factors
1	Obesity	Hypertension	Age > 55yrs
2	Physical inactivity	Smoking	Males > Females
3	Alcohol	Raised cholesterol	Using Birth control pills
4	Drug abuse	Diabetes	
5		Obstructive sleep apnea	
6		Cardiovascular disease	
7		Family history	

### Dr. Hershdeep Singh

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