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INDUS ALIVE

Year 8 Vol.14, MAY-JUNE 2023, CHANDIGARH

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

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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

For sending in your articles,
Queries and suggestions:

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HIPEC THERAPY

A new ray of hope for advanced abdominal cancers

HIPEC stands for Hyperthermic Intraperitoneal Chemotherapy, and it is a treatment approach used in certain cases of cancer, particularly cancers that have spread to the peritoneal cavity, which is the abdominal space that contains organs such as the stomach, liver, and intestines. HIPEC combines surgery and chemotherapy to target cancer cells in the peritoneal cavity.

The role of HIPEC in cancer is to deliver high concentrations of chemotherapy drugs directly to the affected area while minimizing systemic side effects. It involves the following steps:

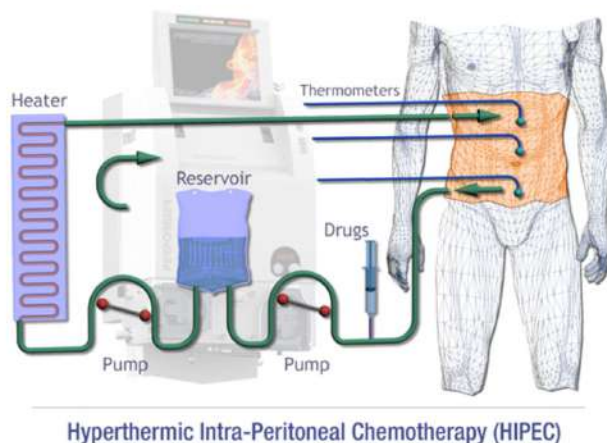
1. Surgery: The first step is to perform cytoreductive surgery, which aims to remove visible tumors and visible disease from the peritoneal cavity. The surgeon will attempt to remove all visible tumor nodules, as well as any affected organs or tissues if necessary.

2. Chemotherapy: After the surgery, the heated chemotherapy solution is infused into the peritoneal cavity. The chemotherapy drugs used in HIPEC are heated to increase their effectiveness. The solution is circulated within the cavity for a specific duration, usually around 1 to 2 hours. The heat increases the penetration of the drugs into the tumor tissues and enhances their cytotoxic effects.

The goals of HIPEC are to kill remaining cancer cells after surgery, prevent their recurrence, and improve overall survival rates. It is most commonly used for cancers that have originated in or spread to the peritoneal cavity, such as appendiceal cancer, colorectal cancer, ovarian cancer, and mesothelioma. HIPEC can also be considered for select cases of gastric cancer, peritoneal mesothelioma, and pseudomyxoma peritonei.

It's important to note that HIPEC is a complex procedure and is typically performed by a specialized surgical team with expertise in peritoneal surface malignancies. The eligibility for HIPEC depends on various factors, including the type and stage of cancer, extent of peritoneal involvement, and overall health of the patient.

As with any medical procedure, HIPEC carries potential risks and complications. These may include infection, bleeding, organ damage, and chemotherapy-related side effects. The decision to undergo HIPEC should be made after a thorough discussion between the patient and their healthcare team, weighing the potential benefits against the risks and considering individual circumstances.



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Think Positive!

Maintaining A Positive Mindset

Maintaining a positive mindset in the workplace can significantly contribute to your overall well-being and productivity. Here are some strategies to help you cultivate a positive mindset at work:

- **Focus on gratitude:** Start each day by acknowledging the things you're grateful for. This can be as simple as appreciating the opportunities your job provides or expressing gratitude for your supportive colleagues.
- **Practice mindfulness:** Develop a habit of being present and fully engaged in your work. Mindfulness can help you stay focused, reduce stress, and enhance your overall positivity. Take short breaks throughout the day to center yourself and practice deep breathing or meditation.
- **Seek autonomy and meaningful challenges:** Look for opportunities to take on tasks that allow you to exercise autonomy and decision-making. Engaging in meaningful and challenging work that stretches your abilities can contribute to a sense of fulfillment and happiness.
- **Focus on solutions:** Instead of dwelling on problems or complaining about them, channel your energy into finding solutions. Adopt a proactive approach to challenges and be part of the solution rather than dwelling on the negativity surrounding the problem.
- **Choose your perspective:** Practice reframing negative situations into more positive or neutral perspectives. Look for opportunities for growth, learning, or finding solutions instead of dwelling on the negative aspects. Focus on what you can control and influence, rather than what is beyond your control.
- **Set realistic goals:** Establish clear and achievable goals for yourself. Working towards meaningful objectives can give you a sense of purpose and fulfillment. Break down larger goals into smaller, manageable tasks, and celebrate your progress along the way.

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- **Surround yourself with positivity:** Seek out positive and supportive colleagues or mentors. Surrounding yourself with individuals who uplift and encourage you can foster a positive work environment. Avoid engaging in negative gossip or participating in toxic conversations.
- **Maintain work-life balance:** Strive to create a healthy balance between work and personal life. Dedicate time to activities you enjoy outside of work, such as hobbies, exercise, or spending quality time with loved ones. Prioritize self-care and take breaks when needed to prevent burnout.
- **Practice self-compassion:** Be kind and understanding towards yourself. Acknowledge that everyone makes mistakes, and view them as opportunities for growth rather than dwelling on them. Celebrate your achievements, no matter how small, and avoid excessive self-criticism.
- **Cultivate a positive work environment:** Contribute to a positive atmosphere by fostering teamwork, collaboration, and open communication. Recognize and appreciate the efforts of your colleagues, and offer assistance when needed. Encourage a culture of mutual support and respect.
- **Seek professional development opportunities:** Continuously learning and growing in your field can boost your confidence and enthusiasm for your work. Take advantage of training programs, conferences, or workshops that align with your interests and career goals.
- **Find meaning in your work:** Connect with the bigger picture and purpose behind your job. Reflect on how your work contributes to the organization or society as a whole. Understanding the impact of your efforts can provide a sense of fulfillment and positivity.
- **Take care of your physical health:** Prioritize your physical well-being by getting enough sleep, maintaining a balanced diet, and incorporating regular exercise into your routine. Physical health is closely tied to mental well-being and can significantly influence your mood and mindset.

Remember, maintaining a positive mindset is a continuous practice. Be patient with yourself and persistently apply these strategies to cultivate positivity in your workplace.





Snoring And Sleep Apnoea

Nearly half of individuals snore, and more than a quarter snore often. Males and those who are overweight are more likely to have sleep difficulties and problem snoring, and these conditions often get worse with age. Others find snoring annoying, but it can also be an indicator of the more dangerous disorder obstructive sleep apnea (OSA), which affects 3% of the population. Multiple breathing pauses lasting more than 10 seconds each are a hallmark of OSA, which is caused by the constriction or collapse of the upper airway. The heart must work harder as a result of the decreased blood's oxygen content. The snorer may feel drowsy during the day, which affects their performance since they don't get enough sleep. OSA untreated can lead to a myriad of health problems ranging from insomnia, heart disorders, chronic kidney diseases, stroke, chronic lung diseases, high blood pressure, diabetes

What Are the Symptoms of OSA?

Symptoms associated with OSA can include:

- Loud snoring
- Pauses in breathing during sleep
- Waking up gasping or choking
- Waking up with a dry mouth or sore throat
- Daytime sleepiness or fatigue
- Frequent nighttime urination
- Morning headache
- Irritability, mood changes, depression, difficulty concentrating
- High blood pressure, heart disease, stroke, or other cardiac issues
- Chronic sore throat

What Causes OSA?

The noisy sounds of snoring occur when there is a partial obstruction to the flow of air through the passages at the back of the mouth and nose. This area is the collapsible part of the airway where the tongue and upper throat meet the soft palate and uvula. Snoring occurs when these structures strike each other and vibrate during breathing. Apnea occurs when the obstruction of air flow is more severe, leading to reduced, compromised, or completely blocked air flow while trying to breathe.

In children, snoring may be a sign of problems with the tonsils and adenoids. In adults, the site of obstruction may not be as simple to identify. Obstruction in an adult may be due to a combination of factors in different areas, making it more challenging to identify and treat.

What Other Factors Contribute to Snoring and Sleep Apnea?

Poor muscle tone in the tongue and throat—When muscles are too relaxed, the tongue falls backward into the airway, or the throat muscles draw in from the sides into the airway. Alcohol or drugs that cause sleepiness may worsen muscle relaxation and obstruction.

Obstructed nasal airways—A stuffy nose requires extra effort to pull air through it. This creates an exaggerated vacuum in the throat that pulls together the floppy tissues of the throat.

Sometimes, snoring only occurs during allergy season or with a cold or sinus infection. Deformities of the nose or nasal septum, such as a deviated nasal septum (a deformity of the wall that separates one nostril from the other) can also cause snoring and OSA.

What are the treatment options?

The treatment options varies from non surgical to surgical ones. The primary treatment or the gold standard is the application of a CPAP device. As the name suggest it's a device which helps in keeping the airway patent, preventing the collapse so that the symptoms improve. The air is delivered through a mask which the patient is required to breathe through out night.

There are a few different types of masks available. The kind that's best for you depends on your comfort level, breathing habits and the type of sleep apnea you have. CPAP mask types include:

- Nasal mask. This option covers your nose. A nasal mask is often recommended for people who move around a lot when they sleep.
- Nasal pillow mask. Rather than covering your entire nose, a nasal pillow mask only covers your nostril area. Some options also have prongs that fit into your nostrils. People who wear nasal pillow masks can wear their glasses comfortably.

- Full mask. This triangular mask fits over your nose and mouth. A full mask is best for people who breathe through their mouth during sleep. Your healthcare provider may also recommend this type of mask if you suffer from a nasal blockage.
- A CPAP machine is just one type of PAP (positive airway pressure) device. While CPAP is the most common among these machines, there are other types as well. These include:
- Adaptive servo-ventilation (ASV). Reserved for people with central sleep apnea, ASV keeps your airway open by delivering a mandatory breath when necessary.

Majority of patients do good with a CPAP device, but a handful can't get the desired outcomes. Some may feel the pressure of the device is too much, some may not accept the device at all. There comes a role of surgical procedures in patients who are CPAP failures.

The fundamental principal in surgery is to correct the site of obstruction. A patient is subjected to Drug Induced Sleep Endoscopy which determines the level of obstruction, targeting which the surgical procedures are planned.

Numerous surgical procedures may be

Palatal implants: Soft rods, usually made of polyester or plastic, are surgically implanted into the soft palate after numbing with a local anesthetic. More research is needed to determine how well implants work.

- Uvulopalatopharyngoplasty: During this procedure a surgeon removes tissue from the rear of your mouth and top of the throat. Your tonsils and adenoids usually are removed as well. This type of surgery might be successful in stopping throat structures from vibrating and causing snoring. It's less effective than CPAP and isn't considered a reliable treatment for obstructive sleep apnea. Removing tissues in the back of the throat with radiofrequency energy (radiofrequency ablation) might be an option for those who can't tolerate CPAP or oral appliances.
- Maxillo Mandibular advancements: In this procedure, the jaw is moved forward from the remainder of the face bones. This enlarges the space behind the tongue and soft palate, making obstruction less likely. This procedure is known as maxillomandibular advancement.
- Tongue base reduction: This type of surgery involves removing a portion of the back of your tongue. This makes your airway larger. According to the studies this procedure has a success rate of 60 percent or higher.
- Hyoid suspension: If your sleep apnea is caused by a blockage near the bottom of your tongue, your doctor might suggest a procedure called hyoid suspension. This involves moving the hyoid bone and its nearby muscles in your neck to open up your airway.
- Septoplasty with turbinate reduction: The nasal septum is a mix of bone and cartilage that separates your nostrils. If your nasal septum is bent, it can affect your breathing.
- Septoplasty involves straightening your nasal septum, which can help straighten out your nasal cavities and make it easier to breathe. The curved bones along the walls of your nasal passage, called turbinates, can sometimes interfere with breathing. A turbinate reduction involves reducing the size of these bones to help open up your airway.

To summarise, OSA is a rising health problem affecting a big percentage of the population. There is a lack of awareness among general masses, majority of individuals think snoring reflects a sound sleep. This notion needs to change. A good management of OSA will act as a preventive treatment to many disease which the patient may develop at a later stage of life. The covid era has taught us the importance of preventive medicine, similarly if we are able to tackle OSA we will be able to decrease the burden of majority of health issues which are burdening our already stretched healthcare.

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