

# Medical Messenger

Official Publication of KH Nursing Home



Hello Patrons, A warm welcome to our third edition of "Medical Messenger".

## Superfoods – To restore gut health

**Dr Subha Hariharan**

"GUT" – describes our "Gastrointestinal Tract," which starts with the "Mouth," "Food Pipe," "Stomach," "Small Intestine," "Large Intestine," and "Anus." The entire gut is enriched with microbes/ bacteria, good and bad.

"Healthy gut" provides regular, normal bowel movements, stronger immunity, and improved mental and physical health with adequate sleep.

All these are possible only if a harmonious balance between good and bad microbes exists.

### Dysbiosis

Dysbiosis is a condition when there is an imbalance in the bacterial community where bad bacteria outnumber good bacteria and causes bloating, digestive disturbances and other GI illnesses.

There are numerous reasons for dysbiosis. The most common occurrences are,

- **Scorching heat**
- **Junk foods**
- **Alcohol intake**
- **Lack of exercises**
- **Lifestyle changes**
- **Stress**
- **Chronic diseases**
- **Autoimmune disorders**

To improve good bacteria and gut health and to beat the heat this summer, let us include these,

- **SUPERFOODS: Prebiotics & Probiotics**
- **Exercise**
- **Lifestyle Modification**

### SUPERFOODS

Superfoods are foods rich in nutrients and highly beneficial to our bodies.

These superfoods help to build up our immune system and regulate our bowels.

These natural food sources help protect and safeguard the health of the gut.

### Prebiotics

Prebiotics are those foods that nourish the microbes living in the gut.

Prebiotics are predominantly fibrous foods and complex carbohydrates.

It Includes highly fibrous veggies like Banana Stem, Banana, Apples, Green Leafy Vegetables, Asparagus, Ginger, whole grains, and oats.

### Benefits of including Prebiotics:

- It reduces overall inflammation of the gut., thereby reducing pain and bloating of the stomach and gut.
- It improves the growth of beneficial bacteria, which helps to keep a check on bad bacteria.
- It aids in healthy digestion in the body.

### Probiotics

Probiotics are live microorganisms that maintain or improve the beneficial bacteria in the body.

Examples of probiotics are 1. fermented foods, 2. Yoghurts, 3. fermented vegetables, 4. Tempeh (fermented soybean product) 5. Pickled Cucumbers, 6. Buttermilk, 7. Aged Cheese

**BREAKFAST** is the most vital and essential meal of the day; made even more authentic by the number of superfoods you can have for breakfast. Natural sources of probiotics are "Age-old – Curd Rice," – "பழைய சோறு," and Fermented vegetables.



In conclusion, restoring gut health is vital for overall well-being, and incorporating superfoods such as prebiotics and probiotics can help achieve a healthy gut. A healthy gut means better digestion, stronger immunity, and improved mental and physical health. So, let us make conscious food choices, exercise regularly, and lead a healthy lifestyle to maintain a healthy gut and live a happy life.

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## Summer Fruits – Beat the heat

### Dr Arvind Bharani. R. S.

Summer fruits are tasty and filled with health benefits, from juicy watermelons to succulent mangoes. Berries like strawberries, raspberries, and blueberries are abundant in antioxidants and are known to reduce inflammation, improve heart health and boost brain function. Melons like cantaloupes and honeydews are high in vitamins A and C, which help strengthen the immune system and protect against sun damage. Peaches and nectarines are great fibre, vitamin C, and potassium sources.

Some of the most common summer fruits include:

- Ice Apple - நுங்கு
- Mango - மாம்பழம்
- Watermelon - தர்பூசணி
- Cantaloupe - கிரீனியழம்
- Honeydew melon - தேன்பணி முலாம்பழம்
- Jackfruit - பலாப்பழம்
- Lychee - விழுதி / விளச்சிப்பழம்/ லிச்சி பழம்
- Lemon - எலுமிச்சை
- Peaches - குழிப்பேரி / பீச் பழம்
- Plums - கொத்துப்பேரி / பிளம்ஸ் பழம்
- Nectarines - நெக்டரைன் பழம்
- Cherries - சேலாப்பழம் / செர்ரி பழம்
- Blueberries - அவுரிநெல்லி / புளுபெர்ரி பழம்
- Strawberries - செம்புற்று / ஸ்ட்ராபெரி பழம்
- Raspberries - ராஸ்பெர்ரி பழம்
- Blackberries - கருப்பட்டி பழம்
- Kiwis - பசுலிப்பழம் / பசுலிப்பழம்
- Apricots - சர்க்கரை பாதாமி / அப்ரிகாட்

These fruits are tasty and contain essential vitamins, minerals, and antioxidants. They are also a great way to stay hydrated during the hot summer. Incorporating these seasonal fruits into your diet is a great way to add variety and nutrition to your meals. So, this summer, make sure to add these tasty and nutritious fruits to your diet to stay healthy and refreshed.



## Stroke: Symptoms, Causes, and Treatments

**Dr K. Hariharan**

### TYPES

**Ischemic or hemorrhagic brain stroke** - In diabetes /hypertension / vascular diseases.

### Heat Stroke

#### Types

(i) Exposure to heat - Prolonged exposure to hot weather, as in summer months in Chennai, increases the body heat above 40 °C.

(ii) Exertion in hot weather- sportspeople, military personnel, Police force.

### Symptoms

Headache, agitation, irritability, giddiness, dizziness, confusion, altered mental state, slurred speech, seizures, nausea, vomiting, loss of consciousness, coma death.

### Causes

Exposing to heat, wearing tight clothes, exercising in hot weather, not drinking adequate water, taking alcohol and poor air conditioning.

### Risk factors

(i) Children whose brains are not developed to cope with the heat and older adults above 65 whose brains start degenerating.

(ii) Exposing to hot weather suddenly does not allow the body to get acclimatised.

(iii) Medications - Vasoconstriction drugs, psychiatrist drugs which reduce body response to heat.

(iv) Heart, lung, and kidney ailments which reduce the response to hot weather.

### Complications

Damages to the vital organs lead to death.

### Treatments

In the early stage of heat exhaustion, remove the person from indoors or cool premises.

Remove all tight clothes, immerse the patient in a tub of water splash water all over.

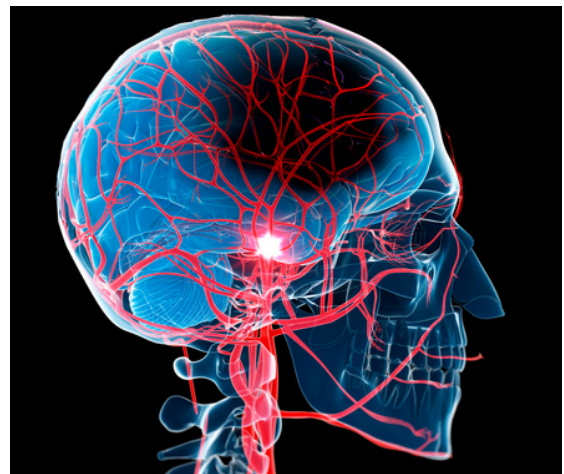
cold sponging - ice application

sips of water continuously increase the quantity.

avoid alcohol & sugary drinks.

If semiconscious, do not give water. Quickly transport the patient to a hospital for iv fluids and other treatments.

In Conclusion, take it easy to exercise during summer, wear loose clothes, drink plenty of water, and refrain from alcohol.



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## Supraspinatus Tendonitis

**Dr K. V. Pandiyan**

**Supraspinatus tendonitis** is a common problem in the shoulder, also known as "Shoulder Impingement Syndrome" or "Painful Arc Syndrome".

### Function

The function of the supraspinatus muscle is to raise the arm outwards from the side, clinically known as 'abduction.' It also plays a role in external rotation and resisting gravitational forces on the glenohumeral joint. When the tendon becomes inflamed or irritated, it is termed tendonitis.

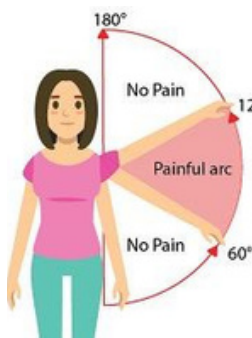
Supraspinatus Tendonitis symptoms may come on abruptly after an injury or build up slowly on and off over the years with no obvious cause.

### A classic sign of supraspinatus Tendonitis:

There is a painful arc when moving the arm ' between 60-120 degrees of abduction as the tendon gets compressed against the bone in that range.

Symptoms of painful arc syndrome typically present in middle age, most frequently between 45-65.

Generally, supraspinatus tendonitis is an overuse injury caused by repetitive friction on the tendon, but any injury in the shoulder, instability, or shoulder impingement can cause it.



### Causes of Supraspinatus Tendonitis:

- Degenerative tears
- Direct blow
- Ligament laxity
- Poor posture
- Repetitive action

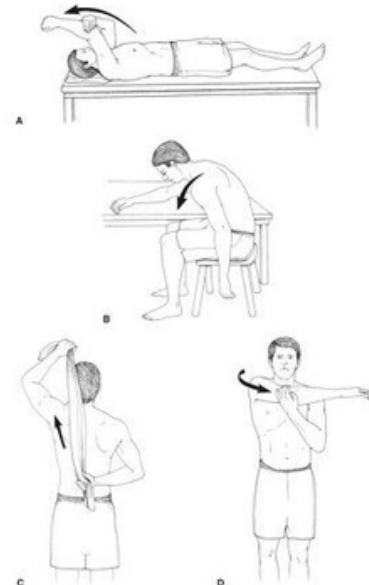
### Diagnosis:

- X-ray
- MRI

### Physical Therapy Treatment in Supraspinatus Tendonitis

- Modalities: Ultrasound, Cryotherapy, and Electrical stimulation for muscles can provide temporary relief in the acute phase. Ultrasound: To help reduce inflammation and realign tendon fibres.
- Cryotherapy, soft tissue techniques, and wearing a sling and taping are some other techniques to decrease pain. Proper home exercise programs should also be taught in convergence with proper ergonomics.
- Posture Work: To improve posture also helps in reducing pain.
- Stretching Exercises: To reduce the muscle tightness
- Upper Back Stretches: reduce pain and stiffness
- Exercises: To enhance strength and flexibility of the shoulder.
- Scapular Stabilisation Exercises: Improves scapular strength
- Rotator Cuff Exercises: Improves shoulder strength

Early management for this condition includes avoiding repetitive movements aggravating the shoulder's pain.



**Shoulder Stretches:** Stretching of muscles reduces the tension on the muscles

### Gentle range-of-motion exercises:

Range of motion of shoulder joint. Initiate with shoulder passive movement. Followed by exercises such as:

Codman's pendulum exercises: To maintain range of motion and prevent the development of a frozen shoulder.

Once the pain has been decreased, joint mobilisations, massages, muscle stretches, and active-assisted and active exercises are needed to improve the ROM more.



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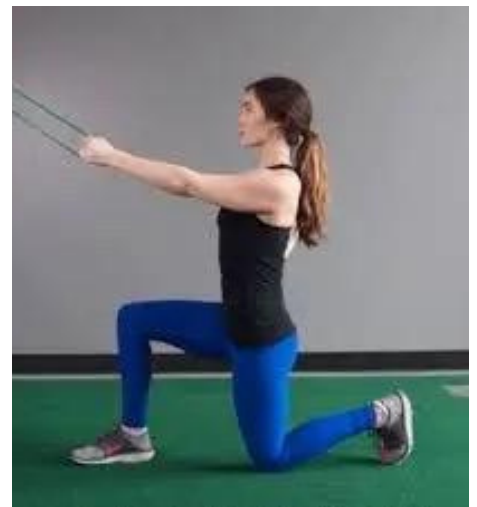
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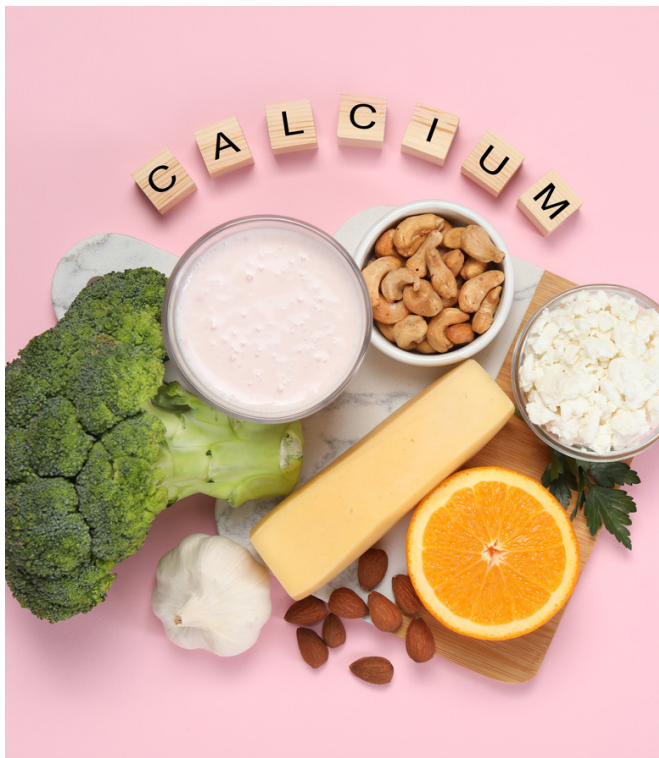
**Active-assisted mobilisations:** The patient can do these by using an exercise bar. Patients can also use a rope, stick, and pulley. In this way, the unaffected arm helps to pull the affected arm into anteversion. A physiotherapist works on resistance exercises for strengthening shoulder muscles as an active assisted exercise person can do.

**Strengthening exercises:** Strengthening external and internal rotators, biceps, deltoid, and scapular stabilising muscles. Strengthening all these muscles will keep the shoulder joint more stable and powerful and prevent further injuries. Eccentric exercises will also be more efficacious than concentric exercises. Strengthening exercises are done with the help of theraband, dumbbells, and weight cuffs of different weights as progression is needed.



## Fact of the month Vitamin D & Calcium - Best Friends

- Vitamin D and calcium are two crucial nutrients that work hand in hand to maintain healthy bones and teeth.
- Vitamin D aids the body absorb calcium and use it to build strong bones.
- Without enough vitamin D, the body cannot absorb calcium effectively, weakening bones and an increased risk of fractures.
- Calcium, on the other hand, is necessary for maintaining bone strength and density.
- It is also essential for proper muscle function, nerve signalling, and blood clotting.
- To maintain good bone health, it is vital to have a balanced diet that contains sources of vitamin D and calcium, such as dairy products, leafy greens, and fatty fish.
- Additionally, regular sunlight exposure can help the body produce vitamin D naturally.



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## Foodie Corner: Trivia & Insights for the Curious Cook

### Mango Mousse - Homestyle

**Dr Subha Hariharan**

**Summer** never fades without season-best and luscious fruit mangoes.

Blending and adding the pertinent ingredients with mindful eating helps to keep our gut healthy.

Let us treat ourselves with our homestyle, egg-free, gut-friendly, creamy, delectable dessert.

Mango Mousse – Homestyle is a perfect summer treat, enriched with probiotics, antioxidants and yummy flavours.

Mangoes are rich sources of vitamins and minerals., especially Vitamin C, Vitamin A, Vitamin B6 and Vitamin K. Heart-friendly Minerals like Potassium, Magnesium, and Folate are also found in mangoes.

This help to improve our immune system, protect heart health and help the skin, and protect eye protection.

Antioxidant zeaxanthin helps to protect the macular degeneration (eyes).

#### Recipe

Serves- 4 members

#### Ingredients

1. Hung curd- ½ litre.
2. Ripe mango- 1 big
3. Vanilla ice cream- 500 ml

#### To garnish

1. Chopped mangoes
2. Mixed coarsely ground almonds, pistachios, walnuts
3. Vanilla ice cream (optional)



#### Step-by-step preparation

1. Hang ½ litre of fresh curd in a muslin cloth for 30 minutes or until all the moisture in the curd drains out.
2. Peel the mango skin and cut into small cubes and keep it aside.
3. Take a mixie jar, blend the hung curd, chopped mangoes and ½ ltr vanilla ice cream/
4. Transfer the blended puree into a bowl and refrigerate for 20 minutes, do not freeze.
5. After 20 minutes, remove the puree, take four tall serving glasses, fill ¾th glass with the mango mousse, then garnish with chopped mangoes and coarsely ground nuts of your choice.

Serve and enjoy this healthy, mouth-watering yummy desert this summer.

#### Note

1. Diabetic friendly: berries like strawberries can be substituted with mangoes to make it diabetic-friendly.
2. Ice creams can be avoided or replaced with fresh creams.



**I dedicate this to my lovely mother on this mothers Day.**

**"Happy mothers day"**

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