

Medical Messenger

Official Publication of KH Nursing Home



From the Editorial

I am delighted to welcome you all to our 6th edition of "medical messenger".

As we step into the 8th month of the calendar year, August, we witness a drastic change in weather patterns nationwide, from hot summers to torrential rains causing floods!

This causes a rapid increase in communicable diseases, waterborne diseases. The common cold and fever are in a surge.

To tackle this, our ancestors have laid out secret recipes.

- To boost our immunity.
- To fight out infections.
- To withstand harsh weather patterns.

76 years of freedom from the 200-odd years of British reign, Hindustan / India has seen a remarkable achievement in the field of medicine and healthcare, right from our ancient holistic medicine like ayurveda, Siddha, homoeopathy, yoga to scientifically acclaimed and proven medicine - allopathy.

Some of the top noteworthy achievements are,

- Increase in life expectancy
- Eradication of smallpox and polio
- Newer national healthcare schemes and policies
- Control of communicable diseases, especially eliminating leprosy, is a key point to note!
- A decline in the maternal and children death rate
- The greatest achievement of this era is in the field of vaccines.
- Native vaccine cowaxin, proud manufacturer and worldwide distributor of covishield in combatting the globally dreaded disease "covid" caused by the novel coronavirus

I am sure you will find this edition interesting, informative and exciting, with loads of surprises!

Jai Hind



GERD - GASTRO-ESOPHAGEAL-REFLUX -DISEASE

Dr K. Hariharan

It is the Most Common Gastro-Intestinal (G-I) Disease worldwide because food directly affects the stomach.

It is increasing because of anxiety, stress, poor lifestyle, Relaxation of the lower esophageal sphincter, increased gastric acidity, and delayed gastric emptying are the reasons.

WHY THIS HAPPENS

- Irregular food intake
- Unhealthy food
- Hurried eating

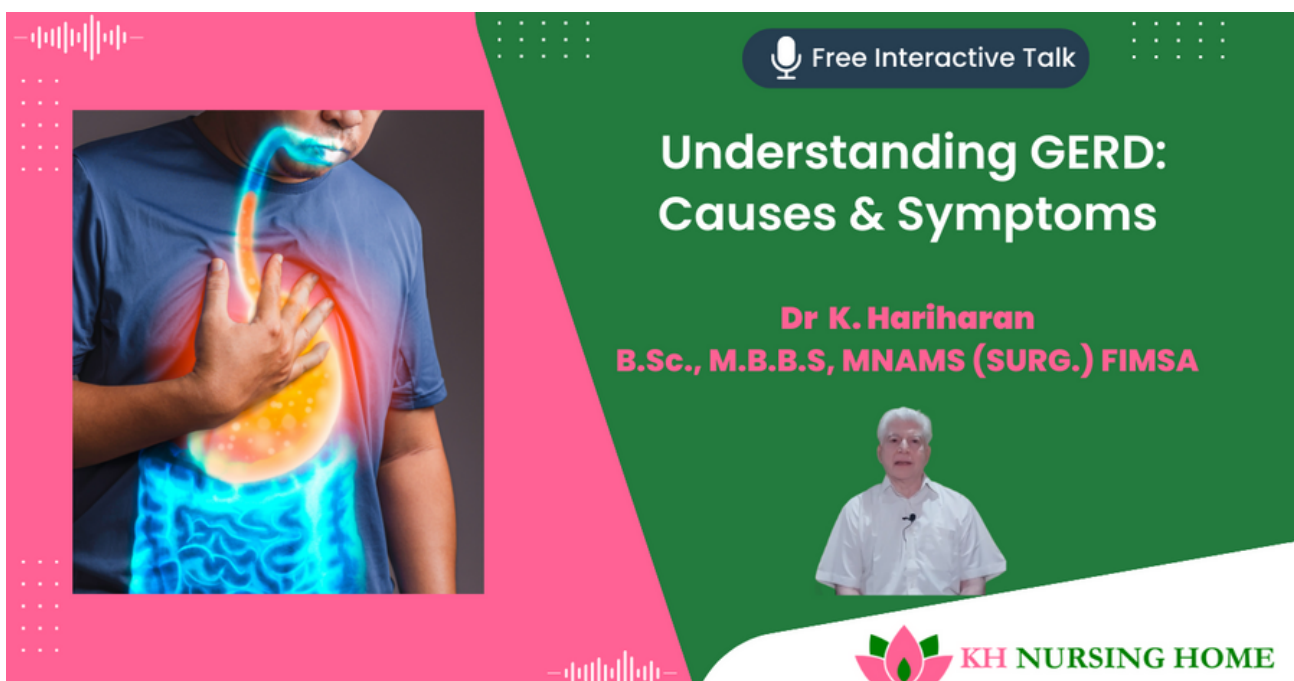
In Short," **Worry, Hurry, & Curry**" are the reasons for GERD.

WHAT TO DO

- Relax.
- Adopt a less vigorous and philosophical outlook on life.
- Less greed, Less GERD.
- Consult the Doctor for Medical Management.

To learn more about GERD and its Causes & Symptoms - Check out this detailed video given below

<https://youtu.be/ttYRuIVvCdc>



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Forward Head Posture

Dr Smith wiggles worth

Forward head posture is defined as an augmented extension of the upper cervical spine and augmented flexion of the lower cervical and upper part of the thoracic spine with head position around the sagittal plane showing forward head position from the gravity line.

Prevalence

Worldwide 60 % to 80% of people have pain in the spine. The neck pain is prevalent between 10 % and 20 % of females, approximately 50 years.

It is related to sudden movements, long stays in a forced position, stress, trauma and loss of range of motion.

According to the International Association for the Study of annual pain, the incidence of neck pain is 30 - 50 %.

During six months, 54 % of adults suffer from neck pain, and 4.6 % experience important activity limitations because of neck problems.

97 % of people in their 20s use such devices more frequently than any age group.

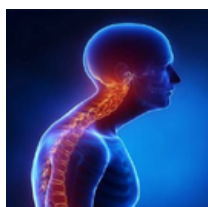
Causes & Aetiology

It has been proposed that repetitive use of mobile, laptop, computer, television, video games and even backpacks has forced the body to adapt to forward head posture and kyphosis.

Due to the wide diffusion of personal computers and smartphones, students and office workers who use devices frequently complain of musculoskeletal disorders in the neck and shoulders.

Forward head posture has several adverse effects on health and functioning, highlighting that these postural misalignments are of major societal concern.

The forward head is caused by tightness in the suboccipital muscles; there is an extension at the C1 and C2 cervical spine and flexion at the C3 - C7 cervical spine, with leads to tightness of suboccipital muscles.



Symptoms

Major symptoms caused by forward head posture are abnormal scapula movement, neck pain, migraine, and abnormality in the temporomandibular joint.

It also increases the lordotic curve of the head and neck joints and increases the tension and pain of the muscles under the shoulder and occipital bones.

Long-term use of visual display terminals such as smartphones may induce musculoskeletal disorders, including neck, low back, and shoulder pain.

Physiotherapy Management

In Physiotherapy, the Treatment method includes

- Global posture re-education,
- Active release techniques,
- Static stretching for major groups of muscles, Kinesio taping,
- Balance control training (static and dynamic), deep neck flexors
- Strengthening
- Neuromuscular integration approach, craniocervical flexion exercises,
- Suboccipital release
- Chiropractic techniques
- Maitland mobilisation and manipulation, manual traction,
- Massage
- Ergonomic and worksite interventions

Other modalities, such as

- Transcutaneous electrical neuromuscular stimulation (tens) EMG biofeedback
- Shortwave diathermy, stimulation of muscle
- Heat and cold applications, laser therapy
- Ultrasound
- Shock wave therapy, dry needling
- Mechanical traction
- Use of orthotics and supportive devices like cervical collars and cervical pillows

Above are the major treatment protocols for forward head posture and simple exercises for correcting forward head posture:

1. Neck isometrics

To start, the person should sit in a chair straight with your foot flat on the floor.

The weight of the person's body should be a touch forward so that you are balanced equably on the buttocks.

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Smile Care
The Complete Oral
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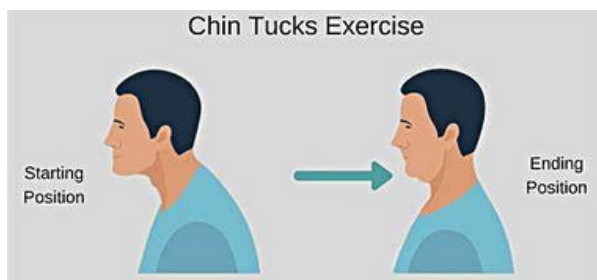
The person should relax their shoulders and keep their head level.

Using a chair with arms may aid you in keeping your balance.

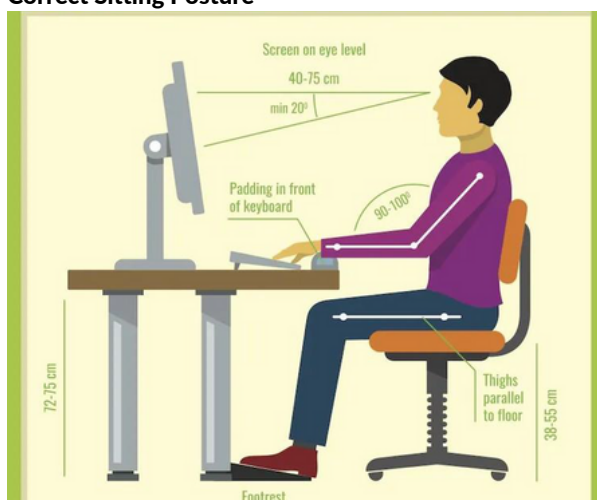


- Press your palm on the side of your head. Resist with your neck muscles. Repeat 5 times. Switch sides.
- Do the exercise again, pressing on the back of your head. Repeat 5 times.
- Press your palm against your forehead. Resist with your neck muscles. Hold for 10 seconds. Relax. Repeat 5 times.

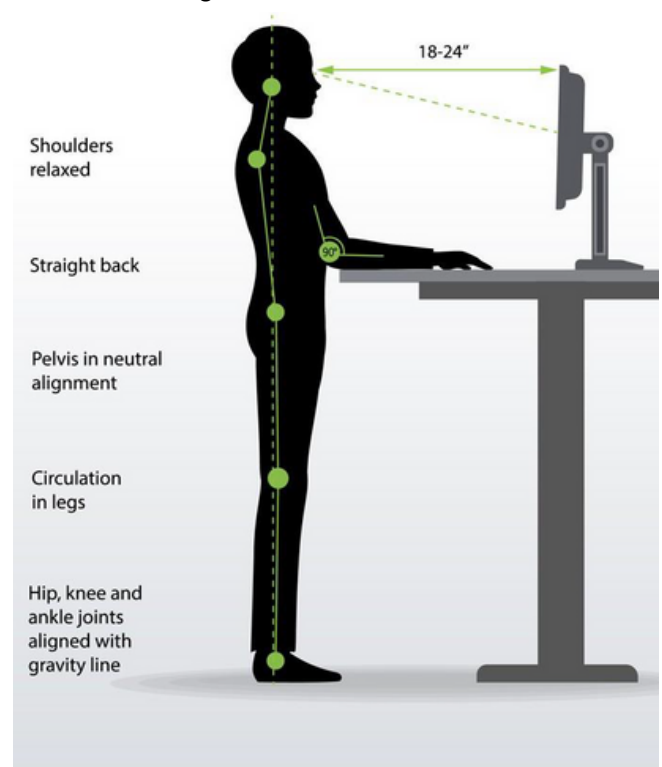
Chin Tuck Exercise



Correct Sitting Posture



Correct Standing Posture



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Foodie Corner: Trivia & Insights for the Curious Cook கூழ் (Millet Porridge)

Mr V. Kumaragurubaran

கூழ்:

கேழ்வரகு, கம்பு, சோளம் போன்ற தானியங்களை மாவாக அரைத்து களி மற்றும் கூழ் சமைத்து உண்ணுவது பண்டைக்காலத் தொட்டே தமிழர்களின் உணவு முறையாக இருந்து வருகிறது.

கூழின் வகைகள்:

கேழ்வரகு கூழ், கம்பங்கூழ் சோளக் கூழ் போன்ற கூழ் வகைகளும் மேற்கண்ட தானியங்களை கலந்து மாவாக்கி கூழ் செய்யும் முறையும் உண்டு.

களி செய்யும் முறை :

நொய் அரிசியை வேக வைத்து அதனுடன் கேழ்வரகு மாவைச் சேர்த்து கிளறி வேகவைப்பது கேழ்வரகு களி எனப்படும்.

கம்பங்கூழ் :

கம்பு தானியத்தை ஊறவைத்து முளை கட்டி உரலில் இடித்து பின் மேல் தோலை நீக்க புடைத்து பின்னர் கிடைக்கும் கம்பு நொய்யை அரிசி நொய்க்கு பதிலாக பயன் படுத்தி கூழ் சமைக்கலாம் . இது மிகுந்த சுவையுடன் இருக்கும்.

கூழ்குடிக்கும் முறை:

இரவு சமைத்த கூழுடன் தேவையான நீர், மோர், உப்பு கலந்து கரைக்க வேண்டும். இதற்கு துணை உணவாக ஊறுகாய், பருப்பு துவையல், வறுத்த சுண்டைக்காய் வற்றல், மோர் மிளகாய் வற்றல், சின்ன வெங்காயம், கொத்தவரங்காய் வற்றல் ஆகியவற்றுடன் குடிக்க மிகுந்த சுவையாக இருக்கும்.



கூழின் பயன்கள்:

- மிகவும் எளிதில் செரிமானம் ஆகும்.
- கேழ்வரகில் இருப்புச் சத்து உள்ளதால் இரத்த சோகை நோய் குணமாகும்.
- உடல் குளிரச்சியடையும்.
- ஊட்டச்சத்து குறைபாடு, சிதைவு நோய்கள் வராது.
- உடல் எடை குறையும்.
- இரத்தத்தில் உள்ள சர்க்கரை அளவு கட்டுப்படும். எனவே நீரிழிவு நோயாளிகளுக்கு நல்லது.
- கல்லீரலில் சேர்ந்துள்ள அதிகப்படியான கொழுப்பை குறைக்க உதவும்.
- பாலூட்டும் தாய்மார்களுக்கு பால் சுரப்பு அதிகரிக்கும்.
- ஒற்றைத் தலை வலி போகும்.
- ஆஸ்துமா, உயர் இரத்தம் அசுத்தம் சரியாகும்.
- கல்லீரல் புதுப்பிக்கப்படும்.
- கேழ்வரகில் நார்சத்து, கால்சியம், பாஸ்பரஸ், பொட்டாசியம் அதிகம் உள்ளது.
- கொழுப்புச் சத்து குறைவு.

அனைவரும் உண்டு ஆரோக்கியமாக வாழ்வோம்.

நன்றி.

Demonstration video of Raagi Koozh

<https://youtube.com/shorts/UN0W4tAfSN0?feature=share>

We whole heartedly thank our wellwishers Shri. V. Kumaragurubaran for his valuable contribution about Koozh & Mrs. S.Indhumathy for her demonstration video.

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Fact of the month

Powerful Potassium: Vital Roles in Health and Wellbeing

Dr Arvind Bharani. R. S.

- Potassium is one of the vital minerals and electrolytes that maintains fluid balance and supports muscle and nerve function.
- It plays a vital role in regulating heart rhythm and blood pressure.
- Adequate potassium intake helps prevent muscle cramps, supports healthy digestion, and aids in the proper functioning of cells.
- Potassium-rich foods include bananas, oranges, potatoes, spinach, beans, and yoghurt.
- Low potassium levels (Hypokalemia) can lead to muscle weakness, irregular heartbeats, and fatigue.
- High potassium levels (Hyperkalemia) can be harmful and often result from kidney problems or excessive supplementation.
- A balanced diet abundant in fruits, vegetables, and whole foods can help maintain optimal potassium levels and promote overall health.




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Camp Corner:



KH NURSING HOME


FREE PROSTATE TESTING CAMP


Are you experiencing any of the following symptoms? Visit the camp to get tested.


- 50+ Age Group
- Frequent urination during day
- Urinating more than 2 times in night
- No proper flow of urine during urination

Uroflow clinic



 Dates will be updated in our social media

 93, Radha nagar main road, next to SBI bank, Chromepet, Chennai - 44

 +91 6379 735 256

<https://khnursinghome.in>



KH NURSING HOME

DR. K. HARIHARAN

FREE SPIROMETRY TEST

ALLERGY & LUNG FUNCTION DETECTION CAMP

Every Month Last Wednesday

2.30 PM to 4 PM



FREE ACIDITY TESTING CAMP

Are you experiencing any of the following symptoms? Your Acidity Symptoms may impact your Asthma? Visit the camp to get tested.

- Wheezing
- Chest Pain
- Chest Tightness
- Heart Burn
- Shortness of Breath
- Regurgitation
- Nausea



 14 August 2023, Monday
10:30 am - 12:30pm

 93, Radha nagar main road, next to SBI bank, Chromepet, Chennai - 44

 +91 6379 735 256



KNOW YOUR ACIDITY SCORE



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 **KH NURSING HOME**



Smile Care
The Complete Oral
Rehabilitation Centre

Camp Corner:



FREE MEDICAL CAMP

1. HbA1c
2. Random Sugar
3. Blood Pressure



10 July, 2023, Monday
08:30 am - 02:00 pm

93, Radha nagar main road,
next to SBI bank,
Chromepet, Chennai - 44

+91 6379 735 256
+91 44 2265 2150



<https://khnursinghome.in>



SVD FOUNDATION

YOGA CLASSES FOR **BACK PAIN, NECK PAIN & KNEE PAIN**

One Day Yoga Session - DATE : 15 th August 2023
Online Session - Time : 7.00 AM To 4.30 PM (IST) - Including breaks

Yoga Asana, Pranayama, Mudras and Meditation.
Follow up session - Time : 6.00 AM to 7.00 AM (16th to 31st August 2023)

ON 15TH AUGUST 2023



www.svdfoundation.org
Mobile : +91 9739390695


Parthiban R, MCA, M.Sc(Yoga)
Yoga Teacher and Founder of SVD Foundation

Awareness Video Corner:

Gestational Diabetes Awareness: Managing Health for Mom and Baby

<https://youtu.be/4nALjjhujfg>

Fighting for Breath: World Lung Cancer Day

<https://youtube.com/shorts/-EG7Fs0BmFI?feature=share>

Understanding Migraines and Their Types

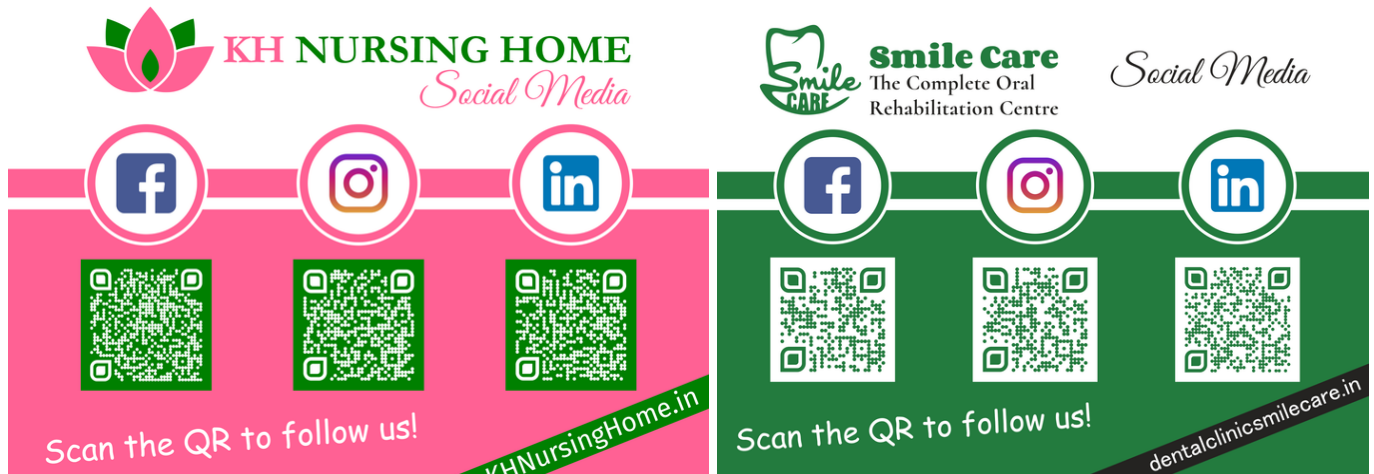
https://youtube.com/watch?v=bVYP0eXG_R8&feature=share7

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Your feedback is highly valuable. So, please take time to review us on GOOGLE



We thank Shri V. Ramachandran for sharing his personal experience about K H Nursing Home - <https://youtu.be/CoEI8i51FKw>