

From the Editorial

Dear Readers, Welcome to the milestone **10th edition** of our December 2023 newsletter, Medical Messenger.

As we recover from the impactful cyclone rains in Chennai, our hearts go out to those affected by Cyclone Michaung.

We express our deepest condolences and stand in solidarity with those facing physical, mental, and financial challenges.

A salute to the unsung heroes providing immediate relief – food, water, and shelter.

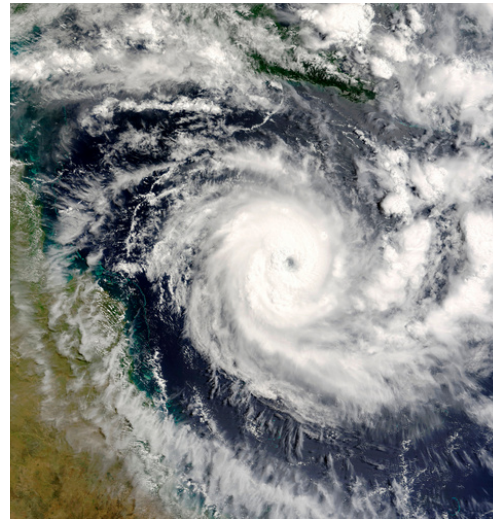
In the aftermath, water-related diseases like diarrhoea, cholera, leptospirosis, and fever pose risks.

Precaution to follow

- Boil water before consumption.

My heartfelt gratitude to the SVD Foundation for their commendable flood relief efforts.

K H Nursing Home joins with SVD Foundation in aiding cyclone-affected lives! We are collecting donations for essential groceries - Rice, Dal, Oil, Sugar. Your support makes a big difference. Donate now and be a beacon of hope!



Resilience Amidst Adversity: Health Insights Post-Floods

Dr K. Hariharan

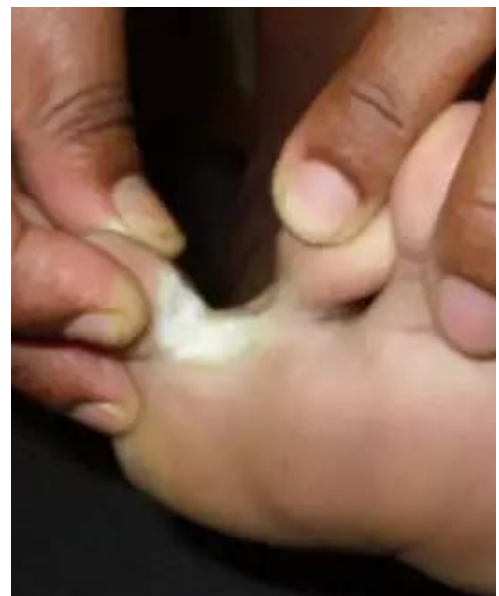
Despite the recent deluge surpassing the 2015 catastrophe, health impacts were surprisingly milder.

Among reported ailments, **Moniliasis (சேற்றுப்புண்)**, stemming from prolonged water exposure prevailed—swift remedies involved avoiding standing water and applying topical ointments in the affected areas of webs of the toes/finger heads.

Notably absent was a repeat of the 2015 viral fever epidemic. Sporadic cases found quick resolution through routine prescriptions.

Interestingly, the prevailing COVID-19 immunity acted as an unexpected safeguard.

In adversity, resilience emerged, turning challenges into unanticipated blessings.



Medical Messenger

Official Publication of KH Nursing Home



Dental Pain Unveiled: A Quick Guide

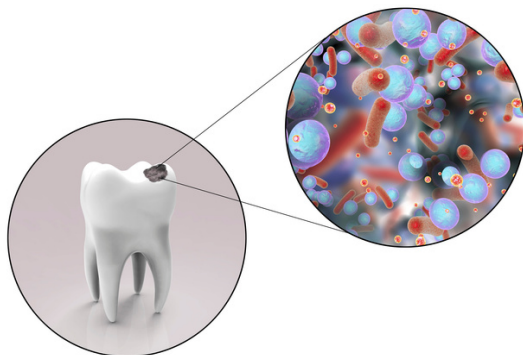
Dr Subha Hariharan

Ouch, it is unbearable!

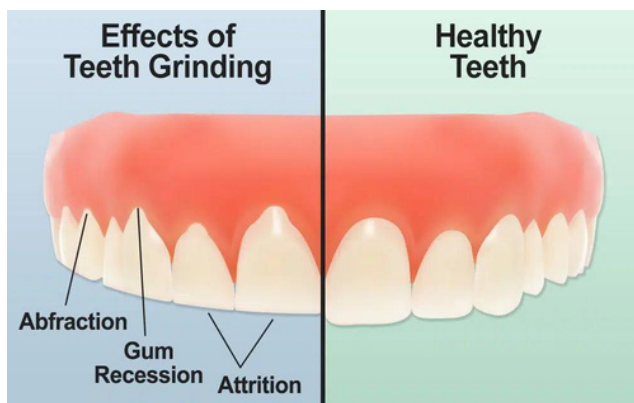
Yes! You got it right. It is all about Pain of Dental origin and oral cavity.

Most of the time, severe tooth sensitivity mimics toothache. This arises out of varied reasons like

- Dental cavity.
- Cracks in the tooth.
- Tooth abrasion due to Hard brushing and prolonged brushing time / improper brushing methods.



Toothwear is due to parafunctional habits like Bruxism - Clenching And Grinding Of Teeth- other than functional habits like eating, chewing, and swallowing.

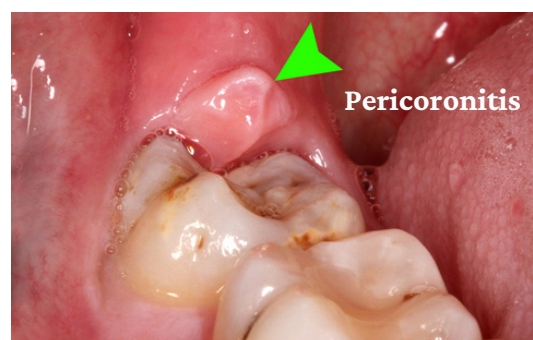


At times, it is a frank toothache, which may be severe to the extent that it is known as "Suicidal Pain".

- Decay affecting the tooth's core (pulp- blood vessels, nerves) causes severe tooth pain.
- Fracture or broken tooth/jaw due to a fall or accident.
- Crack in the tooth leading to fracture of a fragment or entire tooth.
- Temporomandibular joint pain /stiffness leading to one-sided headache, pain around the ears, inability to open the mouth fully, and pain in opening and closing the mouth.

Pains and discomforts emanate from the gums, tongue, inside of the cheek, and roof and floor of the mouth and lips. It is known as soft tissue injury or trauma; they are,

- Aphthous Ulcers (cankers sores/ mouth ulcers).
- Food is trapped in the gums between teeth while chewing.
- Pericoronitis- swelling and painful gums around the wisdom tooth, likely lower wisdom teeth.
- Any abnormal non-healing inflammation - Eg. oral cancers.
- Ill effects of Tobacco and its products.



The above lists a few of the commonly encountered dental pains in a Dental Office setup.

From the forthcoming issues, I will detail teeth and their structures and dental/oral diseases -their causes, effects, and treatment.

Until then, continue your routine to flaunt a beautiful smile by brushing twice a day, Eating Healthy fresh foods, and hydrating sufficiently.

Stay tuned with us. For any queries, reach us at **Smile Care - Dental Clinic**

De Quervain's Syndrome

Dr K. B. Ramya

What is De Quervain's Syndrome?

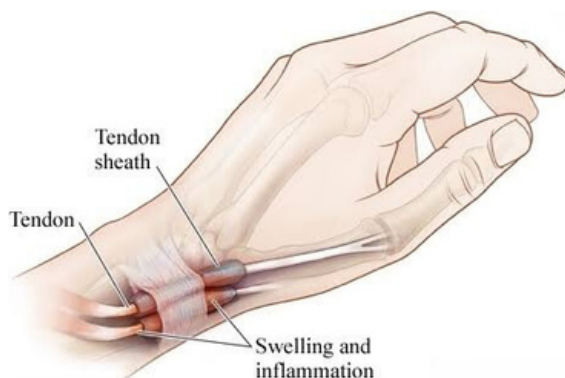
Named after Swiss surgeon Fritz de Quervain in 1895, De Quervain's syndrome, or tenosynovitis, is a painful condition impacting tendons on the thumb side of the wrist. If you are dealing with this, turning your wrist, gripping objects, or making a fist might cause pain.

The muscles involved are abductor pollicis longus and extensor pollicis brevis.

Pain is exacerbated by thumb movement and deviation movements of the wrist.

The cause is attributed to the thickening of the sheath that, in turn, entraps the muscles mentioned above, causing pain and weakness.

The most common cause is **Chronic Overuse**.



While we are unsure about the exact cause of De Quervain's tenosynovitis, activities involving repetitive hand or wrist movements, like gardening, golf, playing racket-based sports, or lifting a baby, can worsen it.

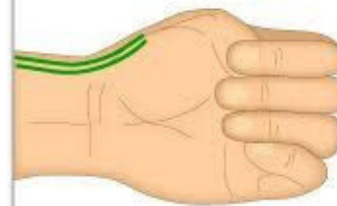
Activities such as golfing, playing the piano, carpentry, or activities by office workers and musicians can lead to chronic overuse injuries.

The classic patient population is mothers of newborns who repeatedly lift their babies.

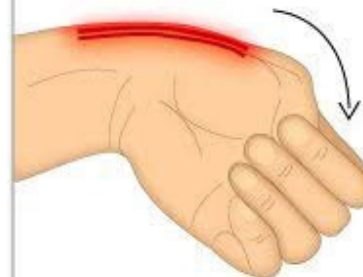
The primary complaint is wrist pain at the base of the thumb that radiates up the forearm with grasping or extension of the thumb.

Finkelstein Test

1. Place thumb in a closed fist



2. Tilt hand down



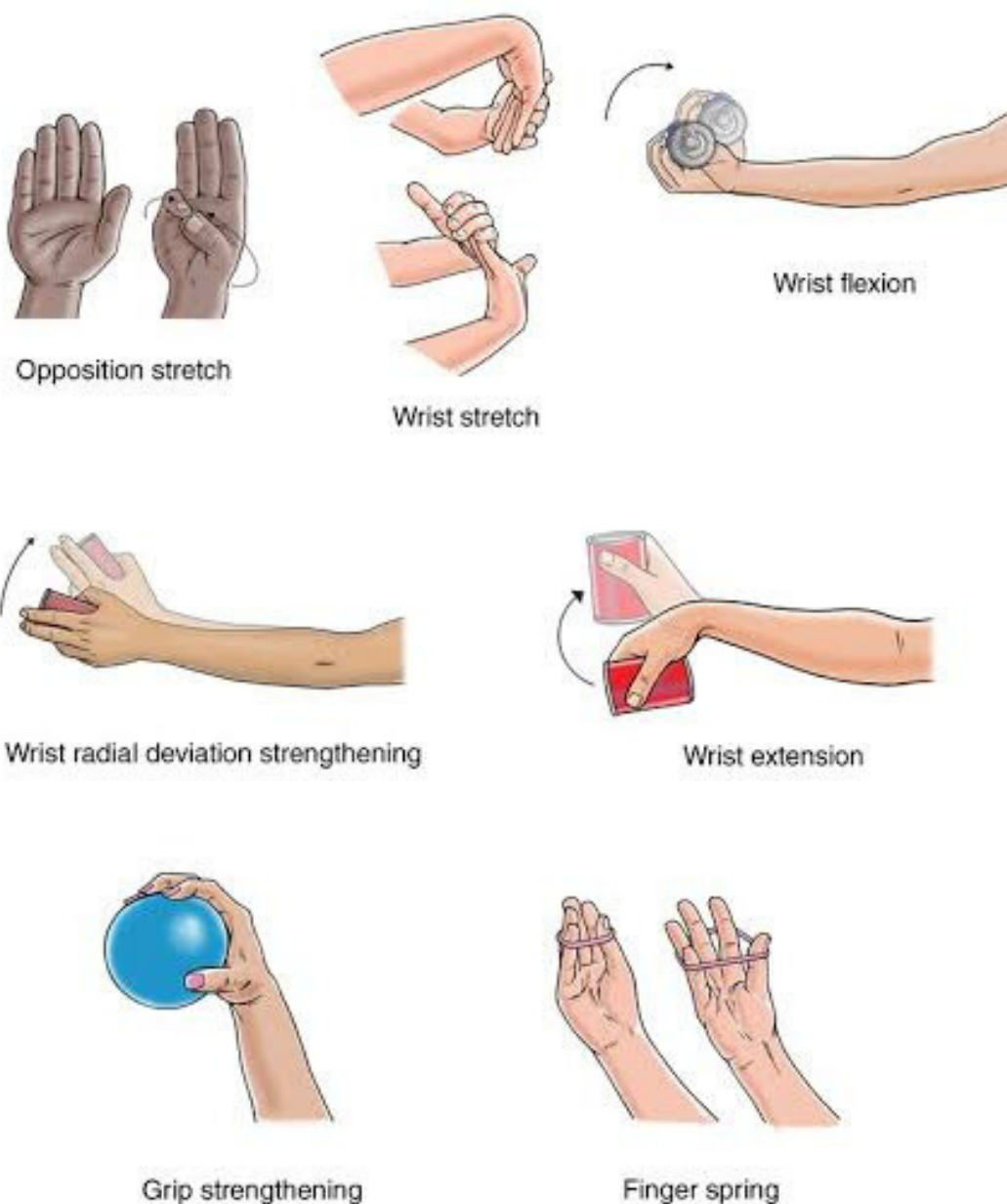
Pain felt during the Finkelstein Test is a positive indicator of de Quervain's syndrome.

It is described as a "constant aching, burning, pulling sensation."

Physiotherapy management includes the following:

- Ultrasound therapy over the area of pain and swelling
- Icing the area of inflammation.
- Rest: Avoid or minimise usage of the affected wrist in order to let it heal.
- Using thumb splints to support the area and restrict movement.
- Stretching and strengthening exercises and concentrate the affected group of muscles.

De Quervain's Tenosynovitis Rehabilitation Exercises



Fact of the month

Vitamin A: Illuminating Health Insights

Dr Arvind Bharani. R. S.

Retinol & Carotenoids: Vitamin A comes in two main forms - retinol, found in animal products, and carotenoids, present in colourful fruits and vegetables.

Vision: Essential for maintaining clear vision and preventing night blindness.

Immune Support: Vital for a robust immune system, protecting against infections.

Skin Health: Promotes healthy skin, aiding in cell growth and repair.

Reproduction: Crucial for reproductive health and fetal development.

Sources: Rich sources include liver, sweet potatoes, carrots, spinach, and mangoes.

Deficiency Risks: Deficiency can lead to vision problems, weakened immunity, and skin issues.

Balanced Intake: Achieve optimal health by incorporating a balanced mix of vitamin A sources into your diet.



Medical Messenger

Official Publication of KH Nursing Home



Lab Corner:

Embark on a journey to understand your body's response to glucose through the Gold Standard - the Glucose Tolerance Test (GTT). Visit Sai Clinical Laboratory at K H Nursing Home for Your GTT Today! 🏥👨🏻

Why Choose GTT?

- 🔄 Dynamic Insights
- 📊 Accuracy

Gold Standard Features:

- 🎯 Sensitivity
- 🔍 Holistic Assessment

The Process Explained:

- ⌚ Overnight Fasting
- 🥤 Glucose Solution Consumption
- 🩸 Baseline Blood Draw
- 🕒 Post-Consumption Monitoring

Real-Life Correlation:

Discover how GTT closely mirrors your daily glucose management. 📈🍏

Diagnosis & Beyond:

- 🔍 Once for Diabetes Diagnosis
- 🔄 In Prediabetes, monitor if HbA1C rises
- 📉 HbA1C Levels:
 - Below 5.6: Non-Diabetic
 - 5.7 to 6.4: Good Control
 - >6.4 to 7: Fair Control
 - Above 7: Poor Control



Your Partner
in Health



GLUCOSE TOLERANCE TEST (GTT):
UNVEILING THE GOLD STANDARD
IN DIABETES DIAGNOSIS

World Diabetes
14 NOV Day

Unlocking the Importance

In the realm of diabetes diagnosis, the Glucose Tolerance Test (GTT) reigns supreme as the Gold Standard. This crucial examination goes beyond routine glucose checks, offering a dynamic view of how your body manages sugar over time.

Why GTT?

Holistic Insight: GTT provides a comprehensive assessment of your body's response to glucose, aiding in the early detection of diabetes or prediabetes.

Dynamic Measurement: Unlike fasting glucose tests, GTT evaluates your blood sugar levels before and after consuming a glucose solution, offering a more nuanced understanding.

Gold Standard Status

Sensitivity: Unparalleled in detecting subtle glucose abnormalities.

Accuracy: Reflects real-life scenarios, capturing fluctuations that other tests may miss.

The Process Unveiled

- **Preparation:** Overnight fasting is required before the test to establish a baseline.
- **Baseline Blood Draw:** A fasting blood sample is collected to measure your initial glucose level.
- **Glucose Solution:** You will then consume a standardised glucose solution.
- **Post-Consumption Monitoring:** Blood samples are taken at intervals (1st and 2nd hour) to track how your body processes glucose.

Correlation with Real Life

GTT correlates closely with your body's day-to-day response to glucose, reflecting how it manages the sugar load after meals - a crucial aspect often missed by other tests.

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



+91 6379 735 256 | +91 44 2265 2150



<https://khnursinghome.in>

Medical Messenger

Official Publication of KH Nursing Home



Camp Corner:



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



SAI CLINICAL LABORATORY



All Laboratory Services Available at our Sai Clinical Laboratory

- Biochemistry
- Haematology
- Serology
- Microbiology



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

+91 6379 735 256



Cardiac Health Screening & Assessment



1. Blood Pressure

2. ECG

3. Lipid Profile Test *

4. (DDC) Random Sugar *

5. HbA1c *

• NO FASTING REQUIRED

 **WORLD DIABETES DAY** NOVEMBER 14

 15 Nov, 2023, Wednesday

 09:30 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>



Medical Messenger

Official Publication of KH Nursing Home



Smile Care
The Complete Oral
Rehabilitation Centre

Yoga Corner:

Five principles of Yoga Wellness

Mr Parthiban R, Yoga Teacher - SVD Foundation

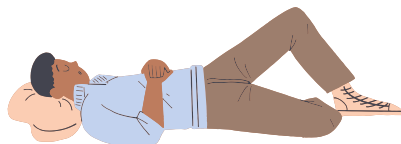
**Proper
Exercise**



**Proper
Breathing**



**Proper
Sleep**



**Proper
Diet**



**Positive Thinking
&
Meditation**



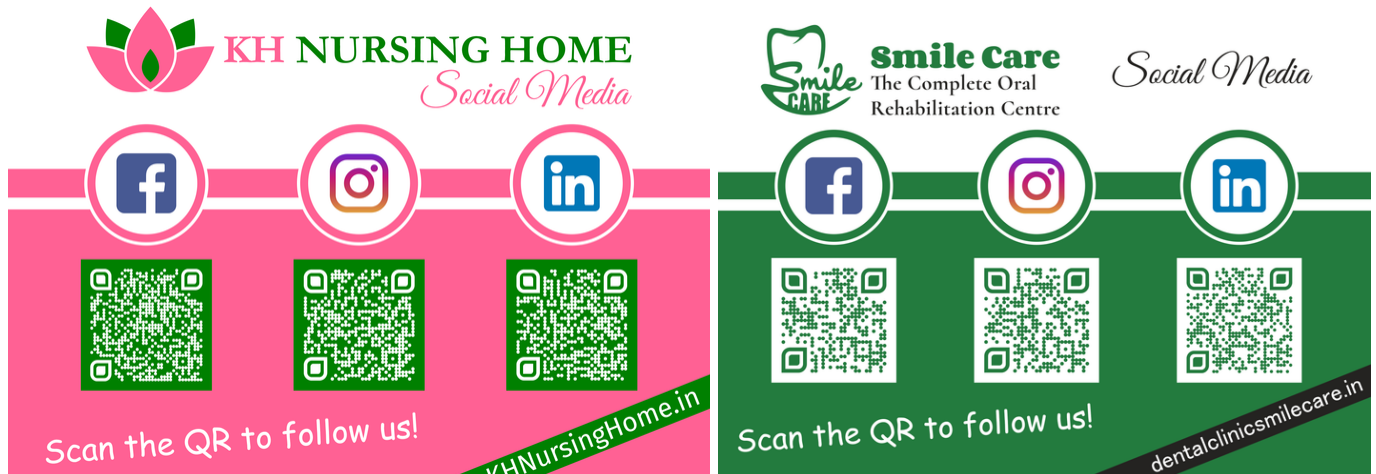
<http://svdfoundation.org>

Medical Messenger

Official Publication of KH Nursing Home



Follow us on Social Media



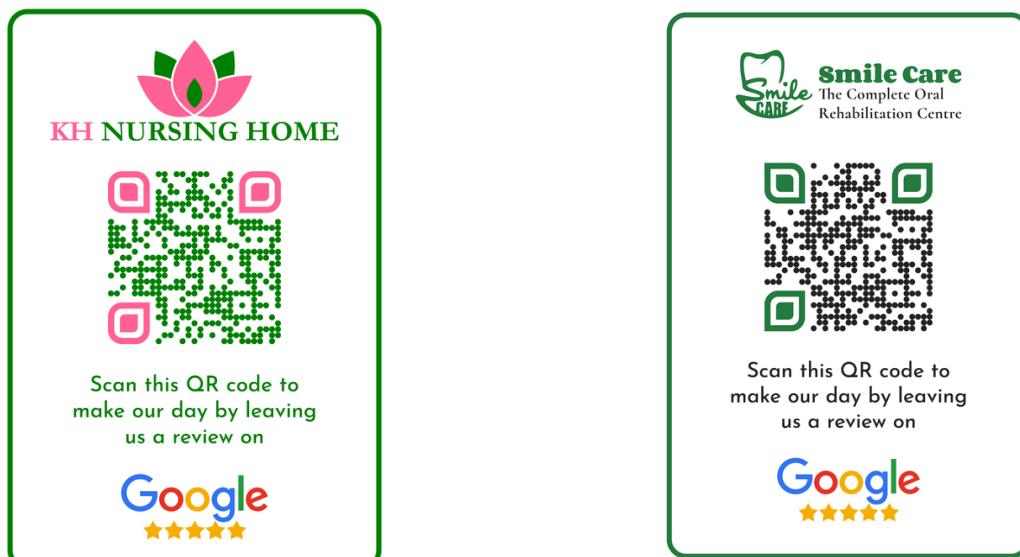
Subscribe us on YouTube

 **KH NURSING HOME** <https://youtube.com/@khnursinghomeoffl>

 **Smile Care** The Complete Oral Rehabilitation Centre <https://www.youtube.com/@smilecareoffl>

Review us on Google

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/CoEl8i51FKw>