

From the Editorial

Weather Changes and Health: Navigating the Impact and Taking Action

A warm welcome to this month's health journal, "MEDICAL MESSENGER, JULY 2023".

After three months of harsh weather, mercury has started to dip during the day. Due to the current conventional air pattern over parts of Tamil Nadu, dry, sultry, humid days are taken over by cloudy weather with intermittent moderate to heavy rainfalls and winds.

Any subtle change in weather takes a toll on our health. A month after the new academic and educational institution reopened, there has been an increase in the sick leave category of all grades.

The air's dampness contributes to an increase in Viral infections leading to colds, fever and Severe cough.

Allergens in the atmosphere worsen the cough by turning this into a Lower respiratory condition known as "Asthma", which requires special breathing assistance like "NEBULIZER" for relief.

What we are experiencing is a fraction of Global warming and climatic changes.

Let us all know the factors contributing to the erratic weather pattern, and following these "small steps will make a huge difference" to our family, neighbourhood and humanity.

1. Say no to Plastics!
2. Plant trees & Save lives!
3. Save water & energy!

Do join us in this campaign of #savinglives by Saving Mother Earth.

If you are following anything unique other than the steps mentioned above, mail us so that it can benefit the "En Masse".



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Celebrating Our Heroes: National Doctors Day

On July 1st, we celebrated National Doctors Day to honour the remarkable contributions of our medical heroes.

In a world where violence against healthcare professionals is a growing concern, let us stand united and send a resounding message: "Avoid violence to medicos, as they are living gods & they too have a family."

Our doctors work selflessly to serve and protect us, often at the risk of their own well-being.

It is essential to create a culture of respect, empathy, and non-violence towards these life-saving individuals.

Join us in spreading awareness about the importance of respecting and supporting our doctors.

Let's recognise their invaluable role in society and acknowledge the sacrifices they make every day.

Together, we can ensure a safe and nurturing environment for our healthcare professionals to continue their vital work.

On this National Doctors Day, let's express our heartfelt gratitude to our doctors and remind them that their dedication and service do not go unnoticed.

Share your messages of appreciation, stories of inspiration, and support for our medical heroes.

**HAPPY
NATIONAL
DOCTOR'S
DAY**

01 JULY, 2023

**Celebrated in memory of Dr. Bidhan
Chandra Roy, physician and the second
Chief Minister of West Bengal**

**Honoring the Sacrifice: Embrace Compassion,
Respect, and Gratitude. On National Doctor's
Day, let's acknowledge the selfless dedication
of our doctors. They sacrifice their own well-
being to protect and heal us, all while having
families of their own. Together, let's foster a
culture of non-violence, recognizing that our
doctors are our true heroes.**

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Piriformis syndrome

Dr K. B. Ramya

Piriformis syndrome is characterised by the piriformis muscle's sciatic nerve compression, leading to inflammation.

The Piriformis muscle plays a crucial role in stabilising the hip joint and facilitating movements such as lifting and rotating the thigh away from the body.

These actions are vital for walking, weight shifting, and maintaining balance. Essentially, the piriformis muscle is involved in nearly every motion of the hips and legs.

Understanding and addressing piriformis syndrome is essential for individuals seeking to alleviate pain and discomfort in the lower body and improve overall mobility.

Causes

Sciatic pain can occur unilaterally or bilaterally, caused by the piriformis muscle's sciatic nerve compression.

This compression commonly happens during activities like sitting for long periods (such as in taxi drivers, office workers, and bicycle riders) or engaging in running.

Additionally, pain may be elicited when climbing stairs or exerting firm pressure directly on the piriformis muscle.

Symptoms

Individuals experiencing piriformis syndrome may exhibit the following symptoms:

- Discomfort, tingling, or loss of sensation in the buttock and hip region.
- Pain while transitioning from a lying to a standing position.
- Inability to maintain a seated position for an extended period.
- Radiating pain along the posterior aspect of the leg.

Diagnosis

The diagnosis of piriformis syndrome involves a thorough evaluation of the patient's reported symptoms and a comprehensive physical examination.

The healthcare provider utilises specific movements to provoke pain in the piriformis muscle to identify any signs of the condition.

While the symptoms of piriformis syndrome can resemble those of other conditions, additional radiologic tests like MRIs may be necessary to exclude alternative sources of sciatic nerve compression, for instance, a herniated disc.

During the physical examination, the practitioner applies stretching manoeuvres to elicit irritation in the piriformis muscle and may also employ manual pressure around the sciatic nerve to reproduce the patient's symptoms.

Treatment & Management

Avoiding positions that trigger discomfort when experiencing pain caused by sitting or specific activities is advisable.

Employing a combination of rest, ice, and heat therapy can be beneficial in relieving symptoms.

Seeking guidance from a healthcare professional or physical therapist can provide insights into appropriate exercises and stretches to help alleviate compression on the sciatic nerve.

Osteopathic manipulative treatment has also shown potential in reducing pain and improving range of motion.

Treatment options may include short-term rest (not exceeding 48 hours), muscle relaxants, non-steroidal anti-inflammatory drugs (NSAIDs), and physical therapy involving piriformis muscle stretching, range of motion exercises, and deep-tissue massages.



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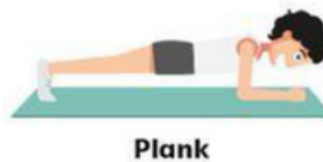


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PIRIFORMIS SYNDROME REHABILITATION EXERCISES



REHABILITATION EXERCISES



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HEALTH IS WEALTH Dr Subha Hariharan

As the old proverb goes, of all the materialistic wealth one can accumulate in a lifetime, "Good Health" is the most precious and invaluable.

Mothers, the pillar of the house, "Home Maker" To show her the gratitude of love and care, we at K.H. Nursing Home rolled out a "MOTHERS DAY HEALTH CAPSULE- PREMIUM AND CLASSIC" package.

As there was an overwhelming response from the public, the health camp was extended to the family members till July 14th, 2023

REITERATE- BENEFITS OF REGULAR HEALTH CHECK-UPS

As we are aware, "Prevention Is Better Than Cure" regular or routine health checks which include,

- General Physician/ Family Physician Consultation
- Dental/Oral Check Up
- Laboratory Investigation Like "Health Capsule Package"
- Xray Investigation
- ECG
- Physical Fitness /Physical therapist Assessment

The above should be carried out regularly from 3 to 6 months, depending on age, sex, and medical condition.

The general public always has a mixed conception regarding a health check. Common notions are the following.

- **I Am Healthy; Health Check Up Not Required For My Family or Me**
- **Too Commercial**
- **Company Branding or Misleading Information**
- **Health Check-Ups are Subsidised, and Sub Standard**
- **More can be added to the above list. On the contrary, it is not so!**

There are many real-life instances where routine "Diagnostic - Health camp" conducted have proved its genuineness.

During our regular "Health Capsule Camps" that we conduct here at K.H. NURSING HOME | SMILE CARE - DENTAL CLINIC have identified and diagnosed the following chronic illnesses wherein the patients are totally unaware of the pre-existing condition(unknown) and they are asymptomatic (without any complaints/symptoms)

- **Diabetes (Asymptomatic)**
- **B.P/HYPERTENSION (Asymptomatic)**
- **Multiple Heart Blocks Without Any Symptom (ECG Lead Variation And Further Cardiac Assessment)**
- **Early Detection Of Arthritis**
- **Correction Of Sitting And Standing Posture To Prevent Neck And Back Pain, leading to cervical/ lumbar spondylitis**
- **Early Detection Of Tooth Decay And Gum Problems**
- **Parafunctional Habits Like Teeth Grinding And Clenching Causing annoying Jaw Pain**
- **Early Detection Of Prostate Problem In Men (Free Uroflow Camp) which helps to identify PROSTATE CANCER.**
- **Breathing Difficulty – Allergy and Asthma Detection (Free Spirometry Camp)**

Early detection and identification of diseases unlike seasonal flu can prevent uninvited physical and mental trauma.

Infact once in six months health check up or annual health check up definitely reduces unforeseen financial / monetary loss due to untold hospital/medical expenses.

To summarize, the benefits of regular health check-ups outweigh the misconception.

To eradicate the fear and apprehension amongst the public, we are working rigorously to conduct "HEALTH CAMP" at regular intervals to create awareness and to impart the knowledge and importance on "HEALTH FOR ALL".

I believe in "ORAL HEALTH=OVERALL HEALTH"!

Thank you !

Please click on the link below for our regular camp details.

<https://khnursinghome.in/>

The Importance of Regular Dental Visits for Optimal Oral Health

Dr Subha Hariharan

Regular dental check-ups are essential for maintaining healthy teeth and gums.

The Indian Dental Association recommends visiting the dentist every six months to detect and prevent dental caries and associated damage.

During these check-ups, vital parameters such as blood pressure are reviewed, and comprehensive examinations are conducted, including oral cancer screenings and X-rays if necessary.

Preventive dentistry practices, patient education, counselling on proper oral hygiene techniques and dietary advice are also provided.

By attending regular dental visits, plaque build-up and tooth decay can be prevented, gum disease can be detected early, and potential complications and costly treatments can be avoided.

Maintain your oral health and book your next appointment today!

Read the Full article below

<https://dentalclinicsmilecare.in/importance-of-dental-visit/>



Glimpses of Free Prostate Camp - Uroflow Clinic - 10th July 2023



Glimpses of free medical camp focused on Diabetes and Hypertension awareness - 10th July 2023



Fact of the month

The Marvels of Magnesium: Exploring its Vital Role in Human Health

Dr Arvind Bharani. R. S.

- Magnesium plays a pivotal role in a multitude of biochemical processes within the human body.
- It is encompassed in over 300 enzymatic reactions, contributing to energy production, DNA synthesis, muscle function, and nerve signalling.
- Adequate magnesium intake is crucial for maintaining healthy bones and teeth.
- Magnesium also helps regulate blood pressure, blood sugar levels, and heart rhythm.
- It supports the immune system and has anti-inflammatory properties.
- Insufficient magnesium intake has been associated with increased risk of numerous health conditions, including cardiovascular disease, type 2 diabetes, and osteoporosis.
- Good food sources of magnesium comprise green leafy vegetables, nuts, seeds, whole grains, and legumes.
- Magnesium supplements may be recommended for individuals with magnesium deficiency or certain medical conditions, but it is necessary to consult a doctor before starting any supplementation.
- Maintaining optimal magnesium levels through a balanced diet can improve overall health and well-being.

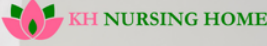


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Camp Corner:





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



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DR. K. HARIHARAN

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ALLERGY & LUNG FUNCTION DETECTION CAMP

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"PREMIUM HEALTH CAPSULE"

₹ 2500/- only




Conducted from 14-05-2023 to 14-07-2023


Visit us for Vouchers or Call us for Enquiries at



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www.khnursinghome.in

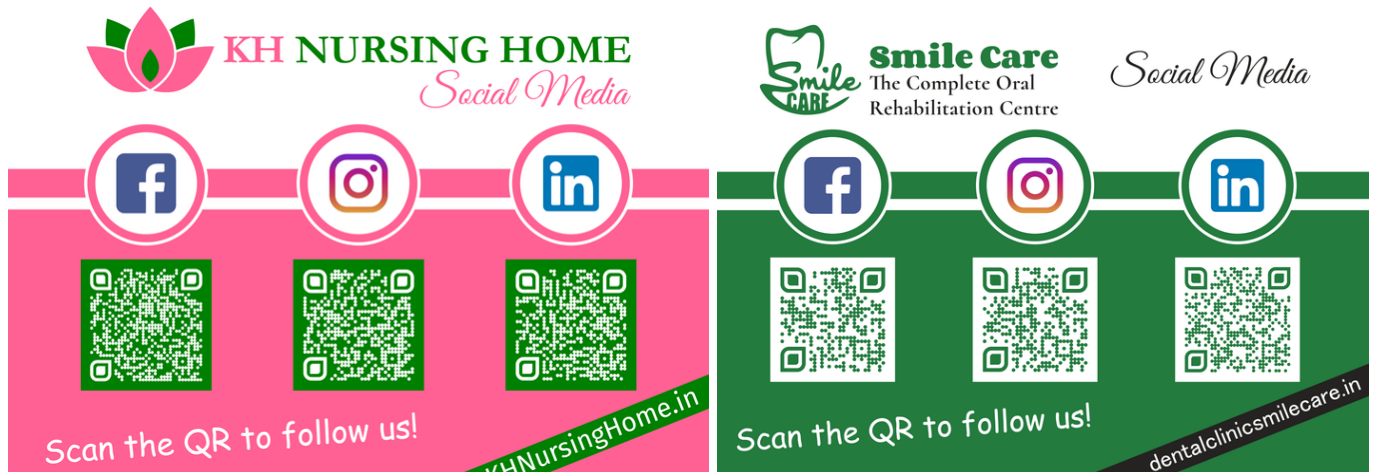


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We thank Shri V. Ramachandran for sharing his personal experience about K H Nursing Home - <https://youtu.be/CoEI8i51FKw>