

K H Nursing Home & Smile care - Dental Clinic

# Medical Messenger

Official Publication of KH Nursing Home



Issue No. 14 | July 2024



**KH NURSING HOME**



**Smile Care**  
The Complete Oral  
Rehabilitation Centre

# Medical Messenger

Official Publication of KH Nursing Home



**Smile Care**  
The Complete Oral  
Rehabilitation Centre

## From the Editorial

Dear Readers,

My warmest welcome to the 14th edition of our newsletter - July 2024 Medical Messenger.

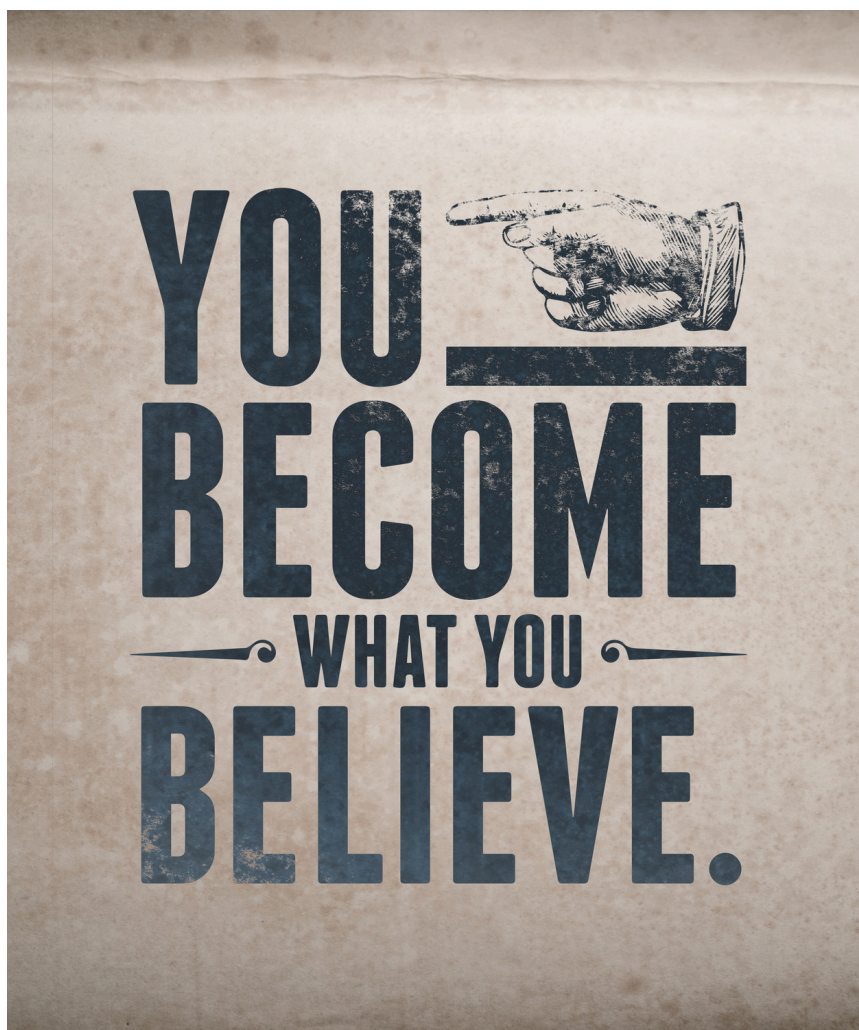
As we step into July, we are excited to bring you another month of insightful articles and valuable health information.

This edition covers a range of topics aimed at enhancing your well-being and keeping you informed about the latest advancements in medical science.

We extend our profound gratitude to our devoted contributors and loyal readers who make this journey possible.

Your support and engagement are what drive us to strive for excellence.

Here's to a month filled with knowledge, health, and inspiration. Enjoy reading.



# Medical Messenger

Official Publication of KH Nursing Home



## Vaccination

### Dr K Hariharan

Vaccination or immunization is a naive, safe, and efficient way of protecting people against harmful diseases.

The process induces antibody production by the body so that people do not get the disease when exposed. It is like the natural immunity one gets when one gets an infection.

The term was coined in 1796 by Edward Jenner, who injected cowpox germs into people to protect against smallpox.

Vacca in Latin means cow. He is the father of vaccination, followed by Louis Pasture, who developed the Rabies vaccine to protect dogs against Rabies and humans.

Seeing the efficiency of these vaccines, many vaccines were produced for various diseases, and they reduced mortality, especially in babies who do not have immunity.

At birth, babies are given polio hepatitis B & BCG to protect against poliomyelitis, B hepatitis and tuberculosis.

The International Pediatric Association has produced a vaccination chart for babies to protect against polio, hepatitis B, whooping cough, Tetanus, diphtheria, diarrhoea, meningitis, influenza, measles, mumps, chicken pox, hepatitis A and human papillomavirus for girls after 7 yrs.

This schedule has effectively prevented these diseases from improving the health of babies all over the world.

Poliomyelitis has been eradicated as smallpox, and the world over Tuberculosis eradication has been the goal for the next five years.

Vaccines have been developed as soon as diseases emerge, such as H1N2, SARS, COVID-19, Zika virus, and dengue fever.

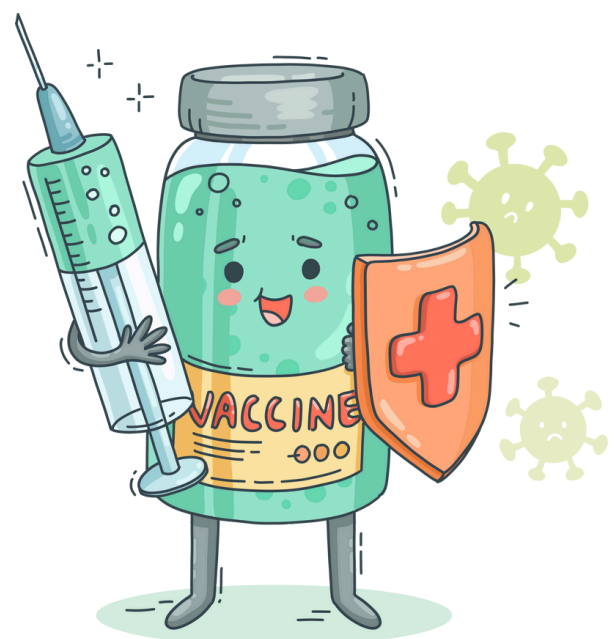
Research is also underway to develop a vaccine against malaria. Some specific vaccines, like the yellow fever vaccine, are given when you travel to certain countries.

- Everyone should be vaccinated except:
- Chronic illness affects their immune system.
- Severe life-threatening allergies.
- If you have a high fever/ severe illness on the vaccination day.

The vaccine contains antigens of viruses and bacteria that are inactivated or live attenuated.

Adjuvants are added to boost the immune effect. There are preservatives and stabilizers.

Vaccines are safe and have no risk factors. The WHO vaccine safety net has information about all vaccines.



# Medical Messenger

Official Publication of KH Nursing Home



## Dental FAQ's

### Dr Subha Hariharan

Many of us, in our busy lives, do not pay much attention to our Dental/Tooth needs, which can become agonising and depressing.

Your earnest measures to maintain Oral Hygiene will pay off very well; as the saying goes, "Mouth is the mirror to our body".

I am excited to introduce the Dental health-related "frequently asked questions" and "breaking the myths" from this edition onwards, which can improve the standards of our Oral Hygiene.

If you have any queries or questions on Dental and Oral Health, mail us at [smilecare93@gmail.com](mailto:smilecare93@gmail.com)

#### **Q: Does tooth cleaning weaken the tooth and create gaps between teeth?**

**Ans:** Tooth cleaning, professionally known as scaling, does not weaken the tooth structure or create gaps between them.

#### **Q: What do we expect from the scaling procedure?**

**Ans:** Scaling is a professional tooth cleaning procedure by which plaque and tartar are removed from the tooth surface and surrounding gums. The descaling process exposes the tooth surface, creating a feeling of gaps between the teeth.

#### **Q: Is it advised to undergo scaling once in 3 months?**

**Ans:** No. This depends on the plaque formation on the teeth' surface. A Dental Check up and proper tooth brushing can ascertain the duration and frequency of the scaling procedure once every six months.

#### **Q: Should I visit my Dentist only when my tooth hurts?**

**Ans:** This is a misconception. Following once every six months, a Dental Check up can prevent sudden onset of tooth pain and nightmares. As the old dictum goes, "Prevention is better than cure".

#### **Q: My kid's lower front tooth fell at the age of 7. It has been over three months now, and the new set of teeth has not come out. Should we scrape the gums with a pointed object or raw rice husk?**

**Ans:** Normally, the front upper and lower set of permanent teeth erupt between 7 and 9.5 years of age. The time duration for an adult tooth to replace a milk tooth is anywhere between 3 months and 6 months. At times, it can take even 9 months. Do not panic, nor prick or poke the gum pad with sharp objects, as it may become injurious.

# Medical Messenger

Official Publication of KH Nursing Home



**Smile Care**  
The Complete Oral  
Rehabilitation Centre

## Awareness Corner:

Free Interactive Talk

**Maintaining Healthy Relationships: Expert Advice for Couples**

**Dr. Prema Subathiraa V. S.,  
MD Psychiatry**

KH NURSING HOME

### Maintaining Healthy Relationships- Expert Advice for Couples

[https://youtu.be/wkZaBZg6B\\_0?si=Cep6ZLaAdvFM0Ulw](https://youtu.be/wkZaBZg6B_0?si=Cep6ZLaAdvFM0Ulw)

Free Interactive Talk

**Managing Stress Eating: Tips to Control and Overcome Emotional Eating**

**Dr. Prema Subathiraa V. S.  
MD Psychiatry**

KH NURSING HOME

### Managing Stress Eating - Tips to Control and Overcome Emotional Eating

<https://youtu.be/du9PA-Ve6lk?si=UuCIy8HuW4cuxdvu>

# Medical Messenger

Official Publication of KH Nursing Home



## Neck and Upper Back Pain (Trapezititis)

**Dr Jeffe. S**

### What is Trapezitis?

Trapezititis is a common problem that causes pain and spasms on the neck's upper back and nape.

The trapezius is a wide, flat, and superficial muscle spanning from the back of the head to the mid-back, encompassing the shoulder blades.

Inflammation of the trapezius muscle can cause pain and stiffness in the upper back, neck, and the back of the head, resulting in restricted movement.

This condition frequently occurs in individuals who engage in prolonged desk work, which strains the muscle. Poor posture can also contribute to trapezius inflammation.

### Causes:

1. Working for an extended period in the same position.
2. Reading a book in an awkward position for a prolonged period.
3. Driving for long distances.
4. Watching television in the same or an awkward posture for a long time.
5. Breastfeeding women, too, can suffer from trapezititis, especially if they bend their shoulders while feeding their baby.
6. Weak neck and back muscles may have resulted from other health conditions or injuries.
7. Injury, such as trauma, falls, or impacts to the neck or back, can contribute to the development of trapezititis.
8. Carrying heavyweights.
9. Sleeping on the back/stomach with the head turned one side.
10. Sports activities with sudden one-sided movements.

### Symptoms:

- Episodes of chronic neck pain in short intervals.
- Headaches on the temples/base of the skull.
- Severe neck stiffness.
- An inflamed or aching shoulder.
- Limited range of motion.
- Nerve compression is followed by tingling, numbness, or weakness in the affected side's arms, hands, and fingers.
- Difficulty in movement of the neck and head.
- Pain radiating down arms and back.

### Diagnosis:

A physiotherapist diagnoses Trapezitis by examining your symptoms. Stiffness in trapezius muscles and severe pain after work are some symptoms that confirm trapezititis.

Your doctor might also ask about your daily routine and sitting posture during the examination.

### Treatment:

Trapezititis treatment is done through the following methods:

1. By using advanced modalities:
  - a. Ultrasound therapy
  - b. Interferential therapy
  - c. Laser therapy
  - d. Cryotherapy
  - e. TENS
2. Myofascial release is used to treat muscle immobility.
3. Tight structures are stretched, and weak muscles are strengthened.
4. Ergonomic experts give postural training on properly sitting and working.
5. Alignment correction of the neck.

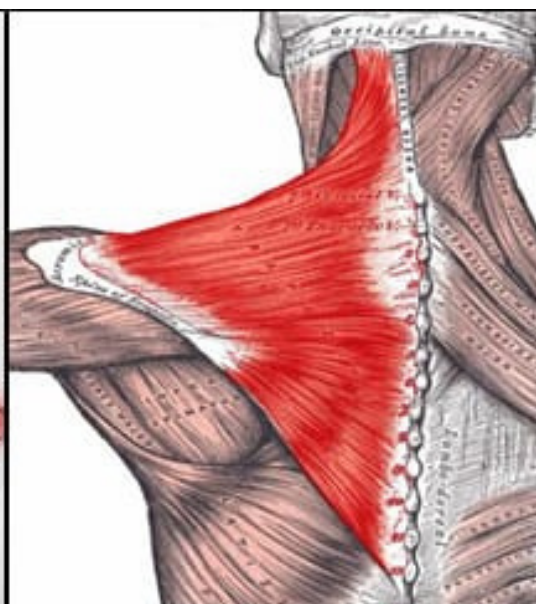
# Medical Messenger

Official Publication of KH Nursing Home

 **KH NURSING HOME**



**Smile Care**  
The Complete Oral  
Rehabilitation Centre



Scalene stretch



Upper Trapezius Stretch



Suboccipital Stretch



Pectoralis Stretch



# Medical Messenger

Official Publication of KH Nursing Home



**Smile Care**  
The Complete Oral  
Rehabilitation Centre

## SIMPLE EXERCISES TO ELIMINATE NECK PAIN



**10** back and forth tilts



**10** side-to-side tilts



**10** neck rotations



**10-count** press



**10-count** press

## Fact of the month

### Vitamin E: The Antioxidant Protector

**Dr Arvind Bharani. R. S.**

#### Types of Vitamin E

There are eight forms of Vitamin E, classified into two categories: tocopherols and tocotrienols. Each category has four types: alpha, beta, gamma, and delta.

**Tocopherols:** Alpha-tocopherol, Beta-tocopherol, Gamma-tocopherol, Delta-tocopherol.

**Tocotrienols:** Alpha-tocotrienol, Beta-tocotrienol, Gamma-tocotrienol, Delta-tocotrienol.

#### Functions

- Acts as a potent antioxidant, guarding cells from damage by free radicals.
- Supports immune function.
- Helps in skin health by preventing oxidative stress.

#### Daily Requirements

- Recommended Dietary Allowance (RDA): 15 mg per day for adults.

#### Sources

- Green leafy vegetables, nuts, seeds, vegetable oils and fortified cereals.

#### Deficiency

- Muscle weakness.
- Vision problems.
- Immune system impairment.
- Neurological issues.



# Medical Messenger

Official Publication of KH Nursing Home



**Smile Care**  
The Complete Oral  
Rehabilitation Centre

## Yoga Corner:



### **SVD Foundation - MUDRA THERAPY Level 1 - Class.**



**Date: 06-07-2024 to 28-07-2024**

**(Every Saturday and Sunday)**

**Morning: 07:00 am to 08:00 am (IST)**

#### **Topics Covered:**

- **Mudra**
- **Pranayama**
- **Meditation**
- **Healing & Ho'oponopono Prayer**
- **Needs Fulfilment Techniques.**

**REGISTER NOW**



**Follow us @svdfoundation**



**<http://svdfoundation.org>**

# Medical Messenger

Official Publication of KH Nursing Home



**Smile Care**  
The Complete Oral  
Rehabilitation Centre

## Medical Marvel of the Month

### FRIEDRICH LUDWIG HÜNEFELD (1799– 1882)



HAEMOGLOBIN, DISCOVERED IN 1840, IS AN IRON-RICH PROTEIN THAT IMPARTS THE DISTINCTIVE RED COLOR TO RED BLOOD CELLS. ITS PRIMARY FUNCTION IS TO TRANSPORT OXYGEN FROM THE LUNGS TO THE BODY'S CELLS, ENSURING THEY RECEIVE THE OXYGEN NEEDED FOR VITAL PROCESSES.

# Medical Messenger

Official Publication of KH Nursing Home



**Smile Care**  
The Complete Oral  
Rehabilitation Centre

## Lab Corner:

Comprehensive Laboratory Services at **Sai Clinical Laboratory**. Discover a wide range of laboratory services available at Sai Clinical Laboratory, located within K H Nursing Home. From **Biochemistry** to **Haematology**, **Serology** to **Microbiology**, we offer precise diagnostics to support your health journey. Trust our expertise for accurate results and exceptional care. Your well-being is our priority. Visit us today.



**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**

# Medical Messenger

Official Publication of KH Nursing Home



## Camp Corner:



**KH NURSING HOME**

**DR. K. HARIHARAN**

**FREE SPIROMETRY TEST**

**ALLERGY & LUNG FUNCTION  
DETECTION CAMP**

**Every Month Last Wednesday**

**2.30 PM to 4 PM**



 **KH NURSING HOME**

**YOUR HEALTH  
OUR PRIORITY**

**SUNDAY CLINIC**

**MORNING CONSULTANT:**  
**Dr. S. GOKULAKRISHNAN**  
Consulting Time: 09:30 am - 01:00 pm

**EVENING CONSULTANT:**  
**Dr. S. SYED AFRIDI**  
Consulting Time: 02:00 pm - 10:00 pm

**FOR APPOINTMENTS**

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

 **+91 6379 735 256**

 <https://khnursinghome.in>

# 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/CoEI8i51FKw>