

# Medical Messenger

Official Publication of KH Nursing Home



**Smile Care**  
The Complete Oral  
Rehabilitation Centre

## HEALTH AWARENESS MONTH

Dear Patrons, A very warm welcome to our fourth edition of "Medical Messenger."

As we are travelling in the middle of our calendar year 2023, JUNE stands out to mark its longest day of the year.

June 21st signifies the Longest Day of the year and is being observed as the international Yoga Day. With this, I take the immense pleasure to provide a recap of "Health Awareness Month" -May



**Empowering Health: World Hypertension Day 2023 Awareness**  
| Dr K Hariharan | K H Nursing Home

Video by Dr K. Hariharan

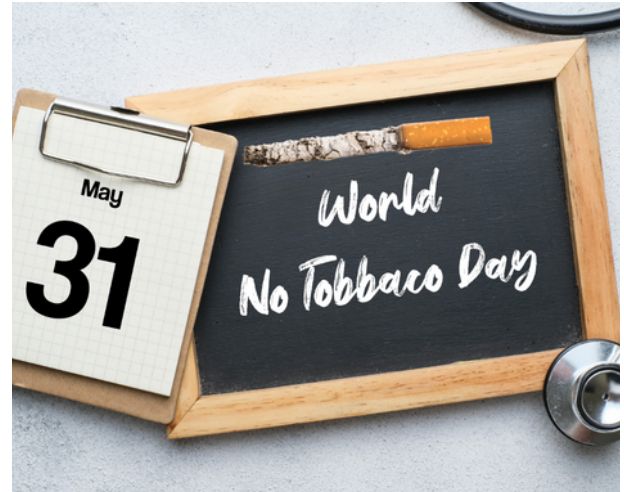
<https://youtu.be/nLmF26BJxe4>



**Breathe Freely: World Asthma Day 2023 | May 2nd | Camp**  
Video | Dr K Hariharan| K H Nursing Home

Video by Dr K. Hariharan

<https://youtu.be/rsJLKWguZUM>



**World No Tobacco Day: Taking a Stand Against Tobacco** | Smile Care - Dental Clinic

Video by Smile Care - Dental Clinic Team of Doctors

<https://youtu.be/nN2Ru1qiD0A>

For detailed article on the topic **Tobacco – The Toxic Addictive** by Dr Subha Hariharan

<https://dentalclinicsmilecare.in/tobacco-the-toxic-addictive/>

### Vaping: Is it safe?

- Vaping refers to the use of Electronic Cigarettes (E-Cigarettes).
- E-cigarettes heat a liquid (e-liquid) containing nicotine, flavourings, and chemicals to create an aerosol.
- E-cigarettes come in various shapes and sizes, like pens, mods, pods, or tanks.
- E-cigarettes are not a safe alternative to smoking and can expose users to harmful chemicals.
- They can cause lung injury, addiction, and diseases like cancer.
- E-cigarettes should not be considered smoking cessation tools.
- Vaping and smoking cigarettes are unsafe and pose health hazards, especially for adolescents, teenagers, and adults.



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## Dry Mouth - Woes & Ways

**Dr Subha Hariharan**



Xerostomia, commonly referred to as dry mouth, is a condition characterised by a lack of moisture in the mouth.

This can occur due to changes in saliva composition, reduced salivary flow, or without any clear cause.

For a detailed article about the Dry mouth. Check out below

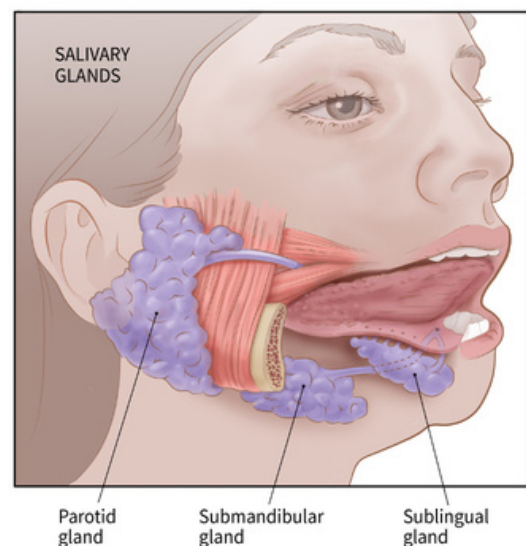
<https://dentalclinicsmilecare.in/combating-xerostomia/>

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## Facts on Salivary Glands

**Dr Subha Hariharan**

- The average person produces about 1.5 litres of saliva daily, enough to fill two bathtubs yearly.
- Saliva contains a natural painkiller called opiorphin, which is six times more potent than morphine.
- Saliva can help heal wounds faster by promoting blood clotting, preventing infection, and stimulating new tissue growth.
- Saliva can reveal much information about your health and genetics, such as your blood type, stress level, hormone balance, and risk of certain diseases.
- Saliva can also help you detect flavours better by dissolving the molecules in food and carrying them to your taste buds.



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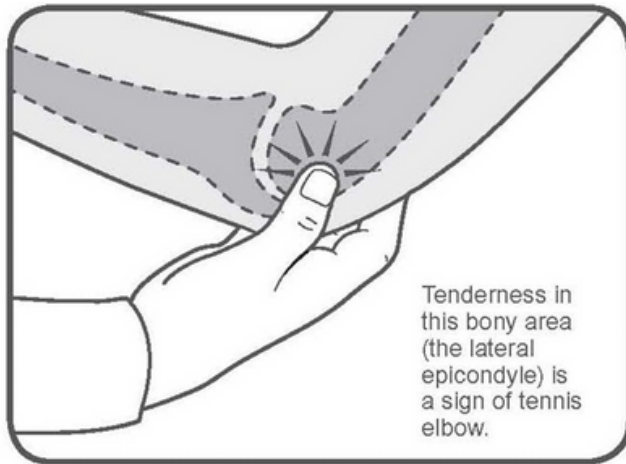
## Tennis elbow (Lateral epicondylitis)

### Dr S. Jeffe

**Tennis elbow** is a painful weakening of the tendons that join your forearm muscles to your bones.

It happens when you work your elbow too much by repeating certain motions.

The tissues that attach muscles to bones become overloaded, leading to inflammation, degeneration and potential tearing.



Who might get tennis elbow?

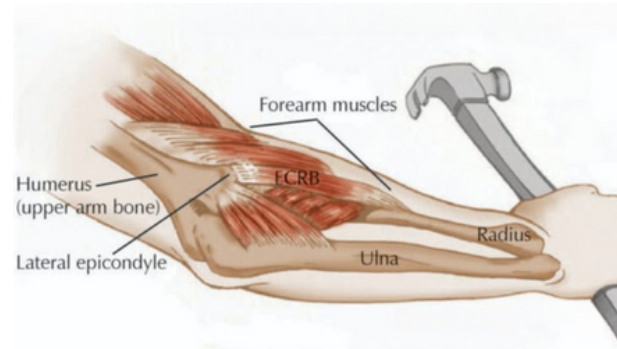
Anyone who regularly performs repetitive activities that vigorously use the forearms, wrists or hands can get tennis elbow.

Tennis elbow can affect recreational and professional:

1. Baseball and softball players.
2. Bowlers.
3. Fencers.
4. Golfers.
5. Tennis, squash, pickleball and racquetball players.

People who work in certain professions are also more prone to tennis elbow:

1. Assembly line workers and auto mechanics.
2. Butchers and chefs.
3. Carpenters, cleaners, painters, and plumbers.
4. Dentists.
5. Gardeners and landscapers.
6. Manicurists.
7. Musicians.



Common complaints in tennis elbow

1. Pain or burning on the outer part of your elbow.
2. Weak grip strength.
3. Sometimes, pain at night.
4. Swollen elbow joint that's tender to touch.
5. Increased pain when shaking hands or squeezing an object.
6. Pain when lifting something, using tools, or opening jars.

Diagnosis

1. X-ray
2. MRI (magnetic resonance imaging)
3. Physical examination

Physiotherapy treatment for tennis elbow

1. Rest: You may need to stop or decrease activities for several weeks to give tendons time to heal.
2. Icing the elbow to reduce pain and swelling. Do it for 20 to 30 minutes every 3 to 4 hours for 2 to 3 days or until the pain is gone.
3. Using an elbow strap to protect the injured tendon from further strain.
4. Ultrasound therapy reduces tissue inflammation and promotes a faster healing process.
5. Laser therapy to improve cell repair, which is ruptured due to repeated actions.
6. Performing range of motion exercises to reduce stiffness and increase flexibility. Do them three to five times a day.
7. Strengthening exercises to improve the power of forearm muscles to regain their normal functioning.



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## Exercises for Tennis Elbow Relief

**1** Eccentric Exercise  
10 reps x 3 sets



**4** Forearm Flexor Stretch  
10 reps x 3 sets



**7** Forearm Pronation  
10 reps x 3 sets



**2** Forearm Extensor Stretch  
hold for 30 seconds x 3 sets



**5** Ball squeezes  
hold for 10 seconds x 2 sets



**8** Bicep curls  
10 reps x 3 sets



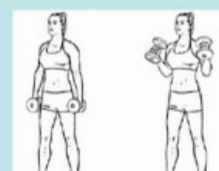
**3** Tricep Stretch  
hold for 30 seconds x 3 sets



**6** "Drawing the Sword"  
10 reps x 3 sets



**9** Hammer curls  
10 reps x 3 sets



## Fact of the month

### Sodium: The Essential Mineral

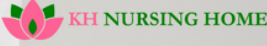
- Sodium is an essential mineral vital in maintaining fluid balance and nerve function in the body.
- It is commonly found in table salt (sodium chloride) and many processed foods and naturally occurring in certain foods.
- While sodium is necessary for bodily functions, excessive intake can lead to health problems like high blood pressure, heart disease, and stroke.
- Most adults' recommended daily sodium intake is around 2,300 milligrams, but individuals with certain conditions may need to limit their intake further.
- Reading food labels, choosing fresh and minimally processed foods, and reducing the use of table salt can help manage sodium intake and promote overall health.

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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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<https://khnursinghome.in>




### FREE SPIROMETRY TEST

### ALLERGY & LUNG FUNCTION DETECTION CAMP


Every Month Last Wednesday

2.30 PM to 4 PM






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## Happy family




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\*Conditions Apply



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