

K H Nursing Home & Smile care - Dental Clinic

Medical Messenger

Official Publication of KH Nursing Home



Issue No. 15 | October 2024



KH NURSING HOME



Smile Care
The Complete Oral
Rehabilitation Centre

Medical Messenger

Official Publication of KH Nursing Home



From the Editorial

Dear Readers,

As we step into the festive month of October, we are delighted to present the 15th edition of Medical Messenger.

This season brings joy, celebrations, and monsoon rains. However, with the showers also comes the need to stay mindful of seasonal health concerns.

We encourage everyone to take preventive measures to stay healthy and safe.

Here are some essential monsoon precautions:

- Avoid consuming street food; stick to home-cooked meals.
- Stay hydrated with boiled or filtered water.
- Use mosquito repellents to prevent dengue and malaria.
- Wear waterproof shoes to avoid fungal infections.
- Keep an umbrella or raincoat handy to avoid getting wet.

Stay safe and enjoy the season responsibly. Happy reading.



Medical Messenger

Official Publication of KH Nursing Home



KH NURSING HOME



Smile Care
The Complete Oral
Rehabilitation Centre

BEFORE THE CYCLONE:

- **SECURE HOME: FIX LOOSE TILES, WINDOWS, AND DOORS.**
- **REMOVE HAZARDS: TRIM TREES AND SECURE LOOSE OBJECTS.**
- **PREPARE KITS: GET TORCHES, CANDLES, BATTERIES, AND NON-PERISHABLE FOOD.**
- **STAY INFORMED: KEEP A RADIO OR SMARTPHONE FOR UPDATES.**

RED ALERT



KH NURSING HOME



DURING THE CYCLONE:

- **STAY INDOORS: FIND A SAFE INTERIOR ROOM.**
- **AVOID ELECTRICAL EQUIPMENT: TURN OFF MAINS AND UNPLUG DEVICES.**
- **CLOSE DOORS AND WINDOWS: SECURE EVERYTHING TIGHTLY.**
- **STAY CALM: FOLLOW INSTRUCTIONS FROM AUTHORITIES.**

AFTER THE CYCLONE:

- **CHECK FOR INJURIES: ENSURE SAFETY AND SEEK MEDICAL HELP.**
- **AVOID FLOODWATERS: DON'T WALK OR DRIVE THROUGH THEM.**
- **INSPECT HOME: CHECK FOR STRUCTURAL DAMAGE AND HAZARDS.**
- **FOLLOW OFFICIAL ADVICE: CONTINUE TO LISTEN TO LOCAL AUTHORITIES.**

**STAY SAFE AND KEEP
THOSE TORCHES HANDY**

Medical Messenger

Official Publication of KH Nursing Home



Nutraceuticals

Mr Sarveshwaran. S, PhD Scholar

"Let Food Be Thy Medicine and Medicine Be Thy Food" is a Hippocrates's famous 400 BC phrase; it is evident that food has been an essential part of the history of humankind.

The idea of food as medicine has recently come to the forefront, especially in the aftermath of the COVID-19 pandemic.

Hence, nutraceuticals (food containing significant medical/health benefits) have gained the spotlight of the current generation.



In light of this, we will commence a letter series focused on nutraceuticals and their impact on human health in the coming days.

To begin, let us first explore the fundamentals of nutraceuticals.

The term "nutraceutical" refers to any food-based product providing additional health advantages beyond the food itself.

It is a known medicinal or health-promoting oral dietary component that occurs naturally in food.

The founder cum chairman of the Foundation for Innovation in Medicine (FIM), Cranford, New Jersey, Dr. Stephen Defelice, coined the term "nutraceutical" in 1989 by combining the words "nutrition" (meaning nourishing food component) and "pharmaceutical" (meaning a medical drug).

Therefore, the word "Nutraceuticals" likely originated from an intersection of the nutritional and pharmaceutical heritage.

Different terms like "functional foods," "nutraceuticals," "pharmaconutrients," "medical food," "dietary supplements," and "fortified foods" are often confusing and incorrectly used among consumers.

The definition of these terms, especially functional foods and nutraceuticals, varies country by country, and the global meaning of this term is still unclear.

To better understand this further, let us look at the definition of each of the above terms.

"Diet supplements that give a concentrated version of a putative bioactive ingredient from a food, delivered in a nonfood matrix, and utilized to boost health in levels that surpass those that might be acquired from regular food" (Zeisel, 1999) is one of the old definitions of nutraceuticals that still holds.

The term "functional food" was first used in the early 1980s by the Japanese academic scientific community as "In addition to its nutritional value, functional food also regulates biorhythms, the neurological system, the immunological system, and the body's defensive mechanisms.

For the average person, a functional diet should do three things: give energy, comply with the senses, and aid in bodily processes" (Shimizu, 2003).

The dietary supplements, as defined by the Food and Drug Administration (FDA), are "dietary supplements that include goods (apart from tobacco) that could include one or more of the following dietary ingredients".

A dietary ingredient might be anything from a vitamin or mineral to an amino acid, herb, a glandular material, a tissue from an organ, or the result of an enzyme.



Medical Messenger

Official Publication of KH Nursing Home



Medical food, as defined by the United States FDA, is "a food that is designed to be taken orally or by injection under the guidance of a medical professional, and whose purpose is to aid in the dietary management of a particular medical condition or illness for which specific nutritional needs are determined through medical assessment using established scientific principles" (FDA, 2017).

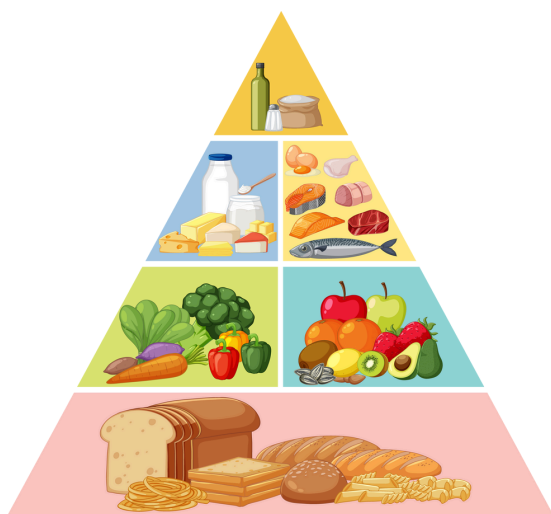
The term "designer foods" is used to describe fortified foods, which are "normal food fortified with health-promoting ingredients" (Rajasekaran & Kalaivani, 2013). The study of nutrients and their pharmacological effects on immunological and clinical outcomes is known as pharmaconutrition (Pierre et al., 2013).

At a glance, these definitions seem to be almost compatible, with just minor variations.

However, they have a different set of usages. To sum up, nutraceuticals are foods or dietary components that majorly impact regulating and sustaining the regular physiological processes that keep people healthy.

Nutraceuticals have gained popularity in recent years as an alternative to conventional treatment due to their health advantages.

A balanced diet should include adequate fruits and vegetables that are rich in nutrients.



The current situation of the world's population and health trends are propelling the nutraceutical industry forward.

Nutraceuticals include a wide range of herbal and natural food components, including dietary fibre, polyunsaturated fatty acids, antioxidants, prebiotics, probiotics and more.

Scientists and researchers focus on the noticeable advantages of the era of nutrients as medicines in the pharmaceutical sector, which is of considerable relevance.

So, researchers from many fields are working together to create new dosage forms for these natural drugs, taking into account their specific functions.

Studies have shown that these substances may help with a wide range of medical conditions, including cancer, arthritic bones, metabolic problems, diabetes, asthma, and many more. In our subsequent week, we will examine each subject deeply.

References:

1. Zeisel, S. H. (1999). Regulation of" nutraceuticals". Science, 285(5435), 1853-1855.
2. Shimizu, T. (2003). Health claims on functional foods: the Japanese regulations and an international comparison. Nutrition research reviews, 16(2), 241-252.
3. Food, U. S. (2017). Medical foods guidance documents & regulatory information. Available from <https://www.fda.gov/food/guidance-documents-regulatory-information-topic-food-and-dietary-supplements/medical-foods-guidance-documents-regulatory-information>
4. Rajasekaran, A., & Kalaivani, M. (2013). Designer foods and their benefits: A review. Journal of food science and technology, 50, 1-16.
5. Pierre, J. F., Heneghan, A. F., Lawson, C. M., Wischmeyer, P. E., Kozar, R. A., & Kudsk, K. A. (2013). Pharmaconutrition review: physiological mechanisms. Journal of Parenteral and Enteral Nutrition, 37, 51S-65S.

Medical Messenger

Official Publication of KH Nursing Home



Varicose Veins

Dr. Smith Wiggles Worth

Varicose veins, also known as varicosities, are enlarged, twisted veins that typically appear just beneath the skin's surface, primarily affecting the legs.

They result from weakened or damaged vein walls and valves. Normally, veins contain one-way valves that regulate blood flow toward the heart.

When these valves or vein walls fail, blood may accumulate and flow backwards, a phenomenon known as reflux.

This can lead to the enlargement and distortion of the veins, manifesting as varicose veins.

Contributing factors include ageing, pregnancy, excess body weight, prolonged sitting or standing, inactivity, and family history. Varicose veins are more prevalent in women than men.

SYMPTOMS:

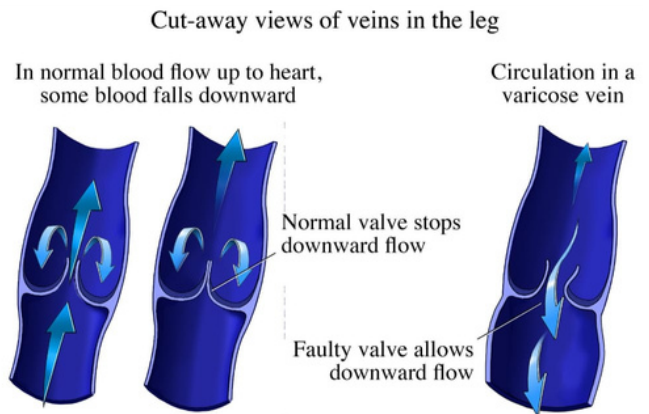
Symptoms of varicose veins include:

- Bulging, bluish veins.
- Itching or burning discomfort around the veins.
- Skin colour changes around the veins.
- Swelling in the legs.
- Aching pain in the legs.
- A feeling of heaviness in the legs and feet.
- Night time leg cramps.

Varicose veins can sometimes limit one's activities. Symptoms may worsen when one sits or is on one's feet for long periods and get better when one lies down or puts one's feet up.

Any cause of chronic debility or immobility is associated with calf muscle pump dysfunction, such as old age, stroke, neuromuscular conditions, arthritis, and trauma.

Injuries that limit or prevent ankle movement have a particularly adverse effect on the calf muscle pump.



Medical Messenger

Official Publication of KH Nursing Home



Treatment:

The healthcare provider recommends a combination of treatments and suggests preventive measures depending on the severity of the symptoms.

The goal of treatment is to relieve symptoms, keep varicose veins from worsening, improve appearance, and prevent serious complications, such as ulcers and bleeding.

Lifestyle changes:

- Aim for a healthy weight.
- Stay physically active.
- Avoid standing or sitting for a long time.
- Avoid wearing high heels.
- Quit smoking as they have a high chances of damaging the veins.
- Medical management includes pain medication, medication to improve circulation and injections.

Physiotherapy Management:

Compressive stocking

It is a gold standard treatment provided by elastic types of stocking, bandages and also by pneumatic compression devices.

Elevated leg with compressed stocking provides pain relief.

Maintain body weight

Regular exercises and walking programs should be done while wearing compression garments (above mentioned).

Ankle pumping exercises are used for calf muscle pumping, increasing venous blood flow.

Exercises for varicose veins:

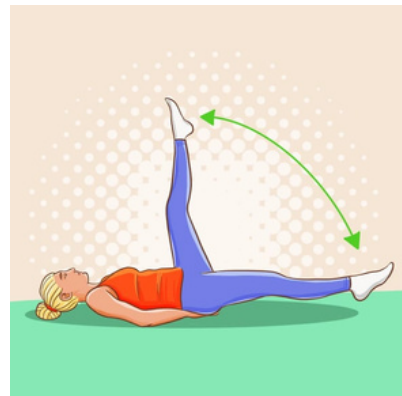
1. Bicycle kicks

In the lying position, keep the leg at 90 degrees and slowly kick to do the cycling movement.

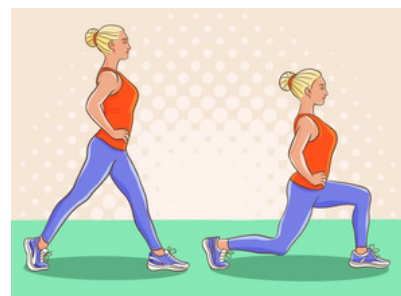


2. Straight leg raise:

Lift the legs in a straight position and, hold on for 10 seconds and relax. Do it alternatively for both legs.



3. Lunges



Medical Messenger

Official Publication of KH Nursing Home



KH NURSING HOME

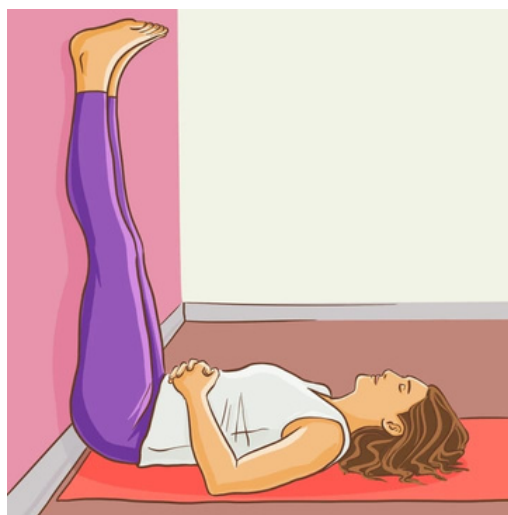


Smile Care
The Complete Oral
Rehabilitation Centre

4. calf raise



6. Elevating the leg



5. Rocking type of exercise

Combination of calf raise and heel raise.



Medical Messenger

Official Publication of KH Nursing Home



Smile Care
The Complete Oral
Rehabilitation Centre

Awareness Corner:



**World Heart Day
Sep 29**

Free Interactive Talk

**Celebrate World Heart Day:
Your Guide to a Healthy
Heart**

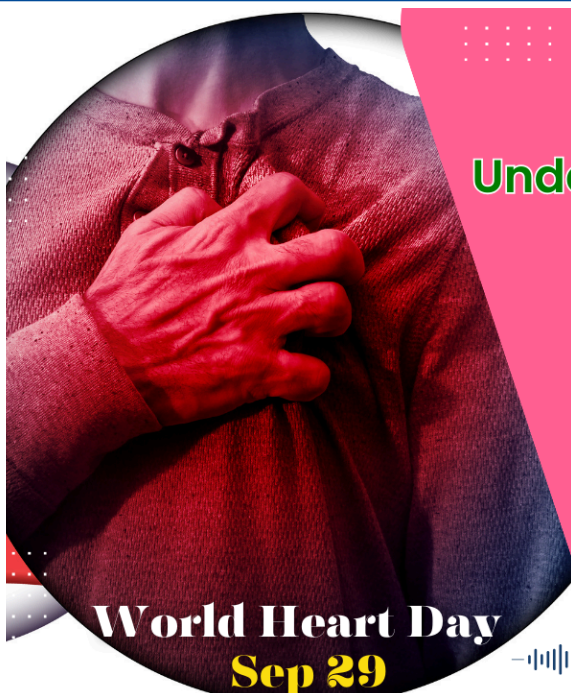
Dr K. Hariharan
B.Sc., M.B.B.S, MNAMS (SURG.) FIMSA



 **KH NURSING HOME**

Celebrate World Heart Day Your Guide to a Healthy Heart

<https://youtu.be/oFjYHDzK1vM?si=KZ6ygbVnZhzaNuzS>





**World Heart Day
Sep 29**

Free Interactive Talk

**World Heart Day:
Understanding Heart Attacks &
Diagnostic Tests**

Dr. Syed Afridi. S, M.B.B.S,
General Physician



 **KH NURSING HOME**

World Heart Day - Understanding Heart Attacks & Diagnostic Tests

<https://youtu.be/XlX8gB5HpVo?si=50Zz0iEXewM-V2rH>



Fact of the month

Vitamin K: The Key to Clotting and Bone Health

Dr Arvind Bharani. R. S.

Vitamin K is essential for blood clotting and bone health. It plays a crucial role in preventing excessive bleeding and maintaining calcium balance. Here are the key facts:

Types of Vitamin E

- Vitamin K1 (Phylloquinone): Found in leafy greens like spinach, kale, and broccoli.
- Vitamin K2 (Menaquinone): Found in fermented foods and animal products like cheese and eggs.

Vitamin K3 (Menadione): A synthetic form used in animal feed and supplements.

Daily Requirements:

- Adult men: 120 mcg/day
- Adult women: 90 mcg/day



Deficiency

- Easy bruising and bleeding.
- Slow blood clotting.
- Osteoporosis and bone fractures.
- Increased risk of cardiovascular issues.

Ensure a balanced diet rich in Vitamin K to maintain optimal health and prevent deficiency-related issues.

Medical Messenger

Official Publication of KH Nursing Home



Yoga Corner:

Mr Parthiban R, Yoga Teacher - SVD Foundation

PRITHVI MUDRA – EARTH ELEMENT

Performed to attain balanced health of 5 sense organs, immunity and energy. Represents the physical body.

Formation:

Join the tip of the ring finger with the tip of the thumb finger and rest of the fingers stretched out straight.

Benefits:

1. Body & Mind becomes strong.
2. Dizziness, unsteadiness vanishes.
3. Restlessness of body & mind disappears.

Major mudra benefits are:

1. Body temperature is balanced.
2. Sinusitis, chronic cold etc. will decrease.
3. Digestion is improved.
4. Body weight decreases.
5. Steadiness in life.
6. Patience.
7. Concentration.
8. Self confidence.



Prithvi Mudra

<http://svdfoundation.org>

Medical Messenger

Official Publication of KH Nursing Home



Smile Care
The Complete Oral
Rehabilitation Centre

Medical Marvel of the Month

Dr. S. I. Padmavathi 1917-2020



Born in 1917 in Burma, Dr. S.I. Padmavathi shattered gender barriers to become India's first woman cardiologist. After completing MBBS in Rangoon and advanced training at prestigious institutions like Johns Hopkins and Harvard, she returned to India in 1953 to serve her country. She founded India's first cardiac clinic, cath lab, and DM Cardiology course, alongside establishing the All India Heart Foundation and National Heart Institute. Honored with the Padma Bhushan and Padma Vibhushan, she dedicated her life to providing cardiac care for the poor. Dr. Padmavathi passed away in 2020, leaving behind a legacy of service and compassion.

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**

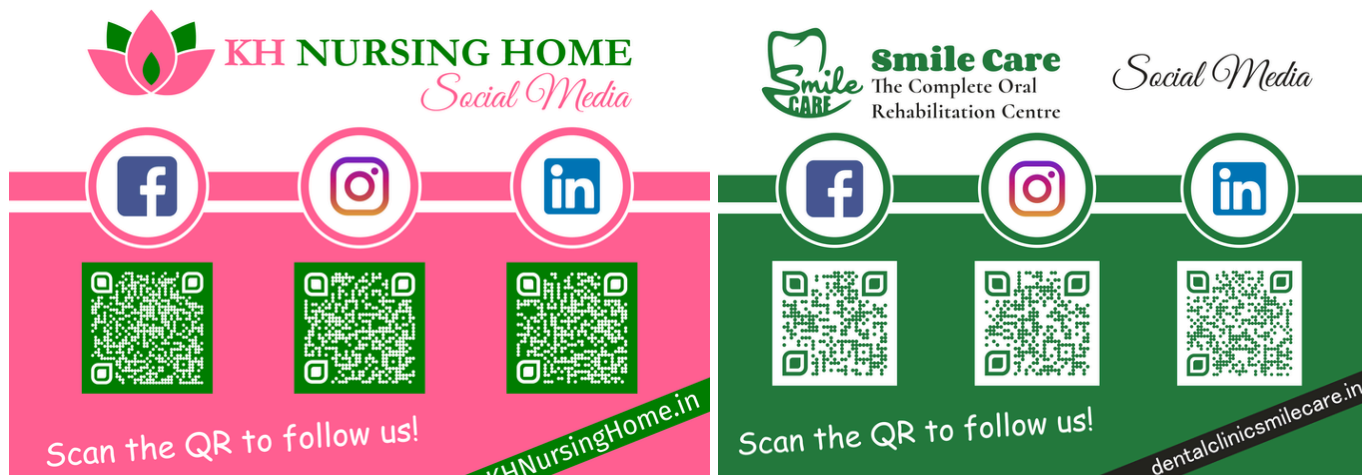
 <https://khnursinghome.in>

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>