

# Medical Messenger

Official Publication of KH Nursing Home



**Smile Care**  
The Complete Oral  
Rehabilitation Centre

## From the Editorial

Dear Readers, warmly welcome to the 7th Issue of the Newsletter Medical Messenger, September 2023.

Unseasonal rains are once again causing havoc in our daily lives. We are witnessing an upsurge in vector-borne diseases, such as Dengue fever and Viral infections, namely Conjunctivitis (commonly known as MADRAS EYE).

Due to sudden cloud bursts and incessant downpours, the stagnation of fresh waters is bringing in newer Dengue cases ranging from milder to severe degrees.

Hence, in this newsletter, we will be reiterating the awareness of Dengue through some exciting and informative mediums.

I hope you find our newsletter informative, useful, and beneficial. Please share your valuable comments, feedback, and suggestions to help you serve better.

Do subscribe to our newsletter by sharing your e-mail information. Thank you once again! Healthy Reading!



**Take this Survey  
Learn about Gum Disease?**

<https://www.linkedin.com/feed/update/urn:li:activity:7107763496037097472>



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## Dengue Prevention: A Collective Responsibility

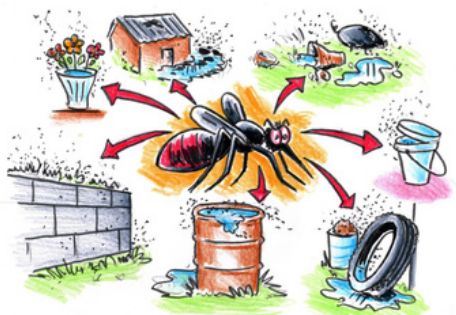
**Dr Arvind Bharani. R. S.**

Dengue, a seasonal viral disease transmitted by female Aedes mosquitoes, poses a significant public health challenge. Understanding this disease and taking preventive measures is crucial to curb its spread. Here are some key facts and actions to protect yourself and your community:

1. Mosquito Species: Dengue is primarily transmitted by two mosquito species: Aedes aegypti and Aedes albopictus. These mosquitoes are easily recognisable by their small, black bodies with white stripes, earning them the nickname "tiger mosquitoes."



2. Breeding Sites: Aedes mosquitoes breed in stagnant water within and around houses. They are "container breeders," utilising objects like tires, pots, and even discarded containers to lay their eggs. Regularly check and eliminate these breeding sites.



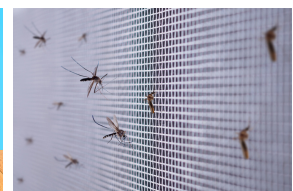
3. Clean Water: Contrary to common belief, Aedes mosquitoes prefer clean water for breeding. Ensure that your water storage containers are tightly sealed and clean.



4. Peak Activity Times: Aedes mosquitoes are most active during the morning (8-10 am) and afternoon (3-5 pm). Protect yourself by wearing long-sleeved clothing and using mosquito repellents.



5. Personal Protection: Use mosquito nets and repellents, and wear protective clothing to reduce the risk of mosquito bites. Ensure that windows and doors are screened to prevent mosquito entry.



6. Larval Control: Use larvicides like Temephos, Diflubenzuron, or Pyreproxifen to control mosquito larvae in water bodies.





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7. Fogging: Fogging is a temporary solution and should be used sparingly. It is best for killing adult mosquitoes outdoors. Ensure proper precautions as it may cause discomfort to those with respiratory issues.



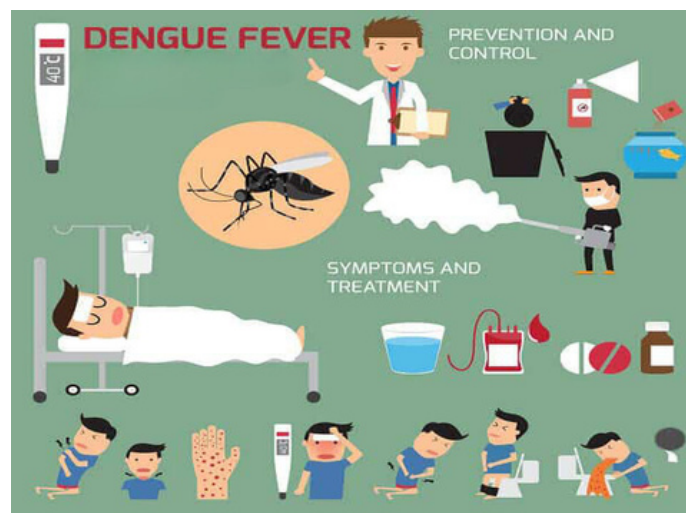
8. Community Responsibility: Dengue control is a collective effort. Cooperate with local authorities, follow civic bylaws, and maintain hygiene in your surroundings.



9. Educate Others: Spread awareness about dengue prevention to your family, friends, and neighbours.



By adopting these measures, we can collectively reduce the risk of dengue outbreaks and protect our communities. Remember, prevention is the key to a dengue-free environment. Stay informed, stay safe.



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## Poor Gum Health - A precursor to heart disease!

**Dr Subha Hariharan**

Gums are also known as Gingiva/Gingivae. Healthy gums are coral pink in colour, stippled and firm in texture and contour.

They are attached to and surrounding the necks of the teeth and adjacent jawbone.



### PLAQUE- GINGIVITIS

The sticky, slimy biofilm that forms on the teeth is known as plaque, which can be easily removed by regular brushing, flossing, and rinsing the mouth with plain water post-meal.

When this practice is inefficient, the plaque hardens to become Tartar or Calculus.

This condition is commonly known as known as GINGIVITIS.

### CHRONIC INFLAMMATION- PERIODONTITIS



Tartar / Calculus is a hard, dark yellow to brownish deposit on teeth predominantly loaded with bacteria, calcium, and other minerals from the saliva.

The tartar slowly encroaches the marginal gums (neck of the tooth), which then finds its way between the gums and the tooth (SUB-GINGIVAL).

This causes the gums to recede in time, leading to Dental root exposure, causing tooth Sensitivity, gum bleeding, and tooth mobility.

This chronic inflammatory change of the gums is called PERIODONTITIS.

### NON-PLAQUE FACTORS

Smoking, Tobacco chewing, and certain modern lifestyle diseases like Diabetes add to the woe by increasing the bacterial count multi-fold.

This causes bacteraemia, defined as the presence of bacteria in the bloodstream.

## DENTAL PLAQUE - ARTERIAL PLAQUE

Poor gum health with high plaque accumulation can be a superadded factor to coronary artery disease.

The plaque inside the arteries supplying the heart is called "Atherosclerosis".

Though not everyone with gum disease develops heart attacks/strokes, not everyone with heart problems has poor gum health.

Research and studies show the link between chronic gum disease and heart disease.

Poorly maintained gum health increases the risk of developing silent heart attack, stroke, and other cardiac diseases by 3 to 4 times.

Thus, routine dental checkups and scaling become imperative!

Tartar, which is very hard and tough to remove by brushing, requires a Dental prophylactic Scaling/Cleaning procedure.

This can be repeated once every 6 months, which will be assessed by the Dentists, keeping in mind the patient's medical condition, habits, and other conditions.

### "Our Health is in our own Oral Cavity".

Follow these golden rules to have clean and healthy teeth and gums!

1. Brush your teeth twice a day with fluoride toothpaste.
2. Use floss to clean between teeth after food.
3. Avoid frequent consumption of sugary foods/snacks between meals.
4. Drink plenty of water and eat a healthy and balanced diet.
5. Change the toothbrush once every 3 months.
6. Visit your dentist once in 6 months.



**Busting Myths | Gum Disease |  
Dr Subha Hariharan**

<https://youtube.com/shorts/KbqOhoI65WM?si=BbNRX8ge4OTOmM64>

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## Plantar Fasciitis

### Dr Immanuel Jacob

**Plantar fasciitis** (PLAN-tur fas-e-l-tis) is one of the most common causes of heel pain.

It is a condition in which the thick band (plantar fascia) that connects the heel bone and foot is inflamed and causes pain in the heel region.

This can be identified by stabbing pain in the morning, and the pain will be reduced later. Prolonged standing may cause severe pain.

The cause of plantar fasciitis is poorly understood. It is common in runners and in people who are overweight.



#### Who Might Get Plantar Fasciitis?

- Prolonged standing person - Repetitive stress during standing upright and weight-bearing.
- Athletes and sports person - Repetitive stress on the heel from a chronic or acute condition
- Ballet dancers - If dancers do not properly stretch their feet before dancing.
- Aerobic dancers - Activities that stress the heel and attached tissues.

A common cause is a repetitive movement that puts much pressure on the foot's arch.

#### Chief complaint of Plantar Fasciitis

- Sharp and stabbing pain in the bottom of the heel and mid-foot
- Pain during activities
- Swelling around the heel with pain
- Tightness in Achilles tendon (A band of tissue in the back of your leg - Tendon that links your heel bone to your calf muscle)

#### How to diagnose Plantar Fasciitis?

- Physical Examination
- X-ray
- MRI (Magnetic Resonance Imaging)

#### Treatment for Plantar Fasciitis

- Rest up: You may reduce the activity for some days, reducing further inflammation and increasing healing time.
- Icing at the heel surface may reduce pain.
- Ultrasound therapy may reduce inflammation and speed up the healing process.
- Strapping / Taping at the heel surface may reduce the strain on the fascia.
- Using laser therapy improves the cell repair of the ruptured fascia.
- Stretching and exercises may develop the movement without the pain.
- Myofascial release of the plantar fascia to release the trigger nodes.
- Increasing heel support using MCR footwear

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## Plantar Fascitis Exercises



Towel stretch



Standing calf stretch



Plantar fascia stretch



Static and dynamic balance exercises



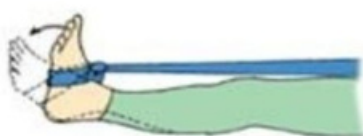
Towel pickup



Frozen can roll



Resisted dorsiflexion



Resisted plantar flexion



Resisted inversion



Resisted eversion



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## Fact of the month

### Zinc in Human Health: Vital Nutrient and Defender

#### Dr Arvind Bharani. R. S.

Zinc is an essential trace mineral that is multifaceted in maintaining human health. Here are key facts about zinc's importance:

- Immune Support: Zinc is a potent immune booster, vital for immune system function and defence against infections.
- Wound Healing: It aids tissue repair, crucial for wound healing and skin health.
- DNA Synthesis: Zinc plays a role in DNA synthesis, which is critical for the growth, development, and repair of body tissues.
- Sense of Taste and Smell: Zinc is essential for taste and smell perception.
- Antioxidant Properties: It acts as an antioxidant, combating harmful free radicals.
- Fertility: Zinc is linked to reproductive health in both men and women.
- Child Development: Adequate zinc is vital for children's normal growth and cognitive development.
- Preventing Age-Related Diseases: Zinc may help reduce the risk of age-related chronic diseases.
- Food Sources: Common dietary sources include meat, dairy, nuts, and whole grains.
- Supplementation: In cases of deficiency, zinc supplements can be beneficial but should be used under medical guidance.

Zinc's diverse roles make it an indispensable nutrient for overall well-being. Ensuring sufficient zinc intake through a balanced diet is vital to maintaining good health and vitality.



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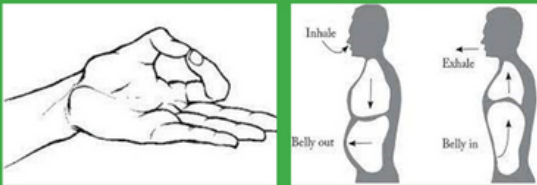
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## Yoga Corner: Sectional Breathing

**Mr Parthiban R, Yoga Teacher - SVD Foundation**



### Vibhagiya Svasana (Sectional Breathing) Abdominal (Diaphragmatic) Breathing



It has four practices:

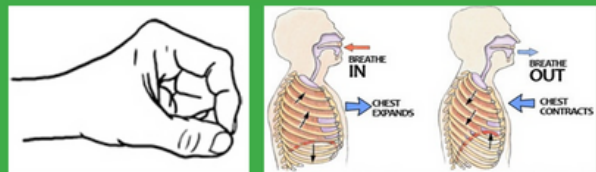
- Abdominal (Diaphragmatic) Breathing (Adhama).
- Thoracic (Intercostal) Breathing (Madhyama).
- Upper Lobar (Clavicular) Breathing (Adi Svasa).
- Full Yogic Breathing.

Practice :

1. Place the hands resting on the thighs in Cin Mudra.
2. Inhale deeply, slowly and continuously, the abdomen bulges out.
3. Before exhaling stop the breath for a few seconds effortlessly.
4. Exhale the abdomen is drawn inwards continuously and slowly.
5. Before the breath is reversed, stop the breath for a second.
6. Repeat this breathing cycle 5 times.
7. There should be no jerks in the whole process. It should be smooth, continuous and relaxing.
8. In abdominal breathing the air fills the lower lobes of the lungs. Avoid movement of the chest.



### Vibhagiya Svasana (Sectional Breathing) Thoracic (Intercostal) Breathing



It has four practices:

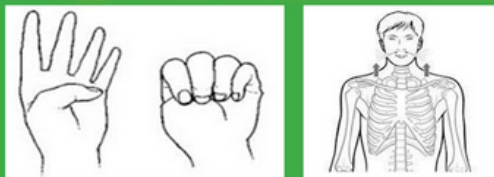
- Abdominal (Diaphragmatic) Breathing (Adhama).
- Thoracic (Intercostal) Breathing (Madhyama).
- Upper Lobar (Clavicular) Breathing (Adi Svasa).
- Full Yogic Breathing.

Practice :

1. Place the hands resting on the thighs in Cinmaya Mudra.
2. Inhale deeply, slowly and continuously, expand the chest cage forwards, outwards and upwards.
3. Before exhaling stop the breath for a few seconds effortlessly.
4. While exhaling relax the chest wall and return to resting position.
5. Before the breath is reversed, stop the breath for a second.
6. Repeat this breathing cycle 5 times.
7. There should be no jerks in the whole process. It should be smooth, continuous and relaxing.
8. Avoid movements of abdomen.



### Vibhagiya Svasana (Sectional Breathing) Upper Lobar (Clavicular) Breathing



It has four practices:

- Abdominal (Diaphragmatic) Breathing (Adhama).
- Thoracic (Intercostal) Breathing (Madhyama).
- Upper Lobar (Clavicular) Breathing (Adi Svasa).
- Full Yogic Breathing.

Practice :

1. Place the hands resting on the thighs in Adi Mudra.
2. Inhale deeply, slowly and continuously, raise the collar bones and shoulders upwards and backwards.
3. Before exhaling stop the breath for a few seconds effortlessly.
4. While exhaling drop down the shoulders to the resting position.
5. Before the breath is reversed, stop the breath for a second.
6. Repeat this breathing cycle 5 times.
7. There should be no jerks in the whole process. It should be smooth, continuous and relaxing.
8. Try and avoid movements of the abdomen and chest.



### Vibhagiya Svasana (Sectional Breathing) Full Yogic Breathing



It has four practices:

- Abdominal (Diaphragmatic) Breathing (Adhama).
- Thoracic (Intercostal) Breathing (Madhyama).
- Upper Lobar (Clavicular) Breathing (Adi Svasa).
- Full Yogic Breathing - Full yogic breathing is a combination of all three sections of sectional breathing.

Practice :

1. Place the hands resting on the abdomen at the navel in Brahma Mudra.
2. Inhale deeply, slowly and continuously the abdomen bulges out, expand the chest and raise the collar bones occur sequentially.
3. Before exhaling stop the breath for a few seconds effortlessly.
4. While exhaling in the same sequence abdomen is drawn inwards, chest return to normal position and drop down the shoulders to the resting position.
5. Before the breath is reversed, stop the breath for a second.
6. Repeat this breathing cycle 5 times.
7. Roughly the time of your inhalation and exhalation, take one third of your inhalation time for Abdominal, one third for Thoracic and one third for Clavicular.
8. There should be no jerks in the whole process. It should be smooth, comfortable, continuous and relaxing, without any tension on the face.

<http://svdfoundation.org>




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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>



**KH NURSING HOME**

DR. K. HARIHARAN

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**ALLERGY & LUNG FUNCTION DETECTION CAMP**

**Every Month Last Wednesday**

2.30 PM to 4 PM



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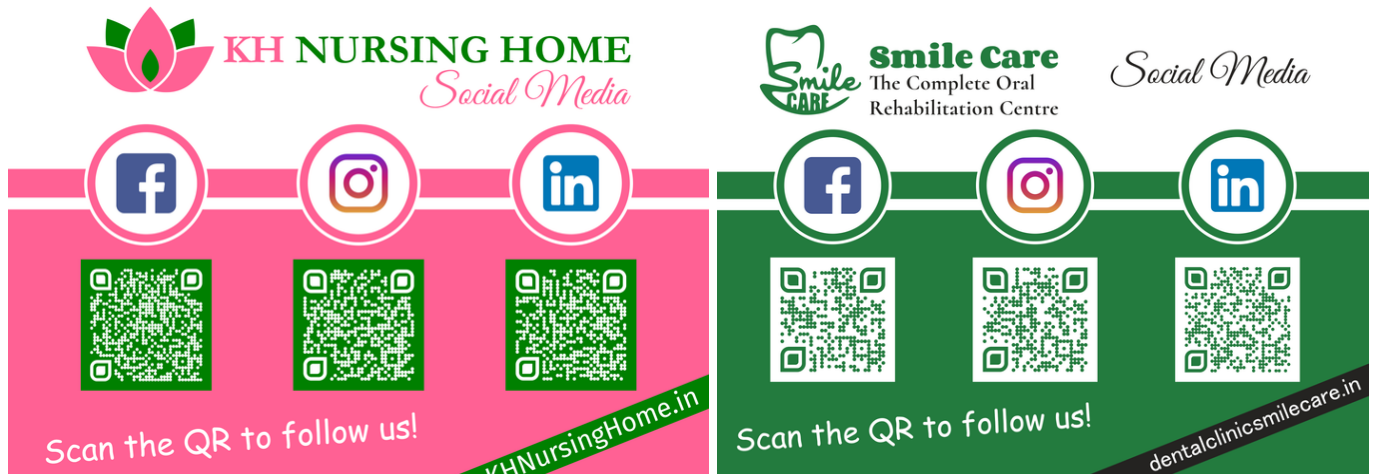
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We thank Shri V. Ramachandran for sharing his personal experience about K H Nursing Home - <https://youtu.be/CoEI8i51FKw>