

MEDIFIELD

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Health Journal

ASSOCHAM report on Diabetes
**Junk & fried foods are
major risk factors**



Chronic Back Pain

**A common health condition
among youngsters**



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from joint pain
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Chronic knee Pain
Low back Pain
Joint Pain



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Volume 1

Issue 2

MEDIFIELD

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better results.*

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Articles from Doctors

Interested doctors can contribute their articles to be published
in Medifield Health journal

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Do consult your Doctor for any health issue

Chronic Back Pain:

A common health condition among youngsters.



Dr. Umesh Srikantha
Neurosurgery

The disease is no longer limited to the elderly but is also increasing among the youth. Here are few tips that can help to maintain spinal health and prevent back pain.

Back pain today, especially lower back pain have become a chronic ailment in India. The disease is no longer limited to the elderly but is also increasing among the youth. Long working hours along with a sedentary lifestyle is putting too much strain on our spinal discs and back muscles and has highlighted the need for us to take steps and prevent any long-term complications.

Several reasons like sports injuries, excessive stress, over flexible joints and congenital spinal problems can cause chronic back pain among children and teenagers. Additionally, substance abuse too can cause adolescents to experience back pain. According to several recent studies, it has been found that adolescents who smoke cigarettes, drink alcohol are suffering from mental health conditions

like depression and anxiety are likely to suffer from back pain more frequently. For instance, 14-15-year-olds who consume alcohol and smoke tobacco experience back pain more than once a week than those who rarely or never had pain.

This combination of back pain along with unhealthy habits also creates long-term complications in adulthood. The use of toxic substances in early adolescence increases the risk of substance abuse and mental health problems in adulthood and makes the developing brain more susceptible to the negative influences of these substances which also has consequences on our spine.

Chronically poor posture during adolescence in rare cases can stretch the ligaments and can give rise to curved or

slightly humped back called kyphosis. In a few cases, back pain can also indicate the emergence of unrelated problems to the spine such as Kidney problems that can cause lower back pain problems on either side of the spine. In certain rare cases, back pain can also be caused by a tumour. Therefore, we share a few tips that can help you maintain spinal health and can prevent back pain.

Maintain a good posture

People who work long hours on their computers usually slouch a lot which puts pressure on their back muscles, spine and neck and causes pain. Similarly, the ones who are on their mobile phones, often lie on their stomachs with their necks arched upwards which can lead to spine damage. Hence, maintaining an upright posture in alignment with the neck and the lower back and following the correct desktop monitor or laptop level can prevent damage to their spines.

Taking short breaks

Taking short and frequent breaks can help in reducing both work-related mental stress, as well as the physical stress on our spines. Sitting in one position for extended hours is unhealthy and can worsen back pain. Thus, movement while working for longer periods is recommended as it can strengthen the muscles and nerves.

Exercise

Our sedentary jobs weaken our trunk, core and lumbar muscles, and spine and cause back pain. Exercises like partial crunches, bridge, hamstring stretches, knee-to-chest, cat stretch,

and shoulder and neck rolls can help restore the fluidity of our muscles, joints, and spinal discs and can alleviate the pain.

Regular brisk walking too is an easy-to-do and effective way to relieve back and spine pain. Walking and exercising can also help in reducing weight, increasing blood flow to the muscles of the spine and raising the oxygen and nutrient levels in the blood which rejuvenates the muscles and relieves pain.

Adopting a balanced diet

Avoid fatty foods and consuming plenty of water can also help you avoid back and spine problems. Consuming low-fat, calcium and protein-rich diets that are filled with essential minerals can help you in keeping your weight in check and can reduce the overall pressure on your spine.

Our spine is a marvel of engineering that consists of a series of vertebrae which extend from the skull to the small back, enclosing the spinal cord and providing support for our thorax and abdomen. It comprises basic structures such as vertebrae, disks, cervical spine, thoracic spine, lumbar spine and coccyx which are held erect to provide balance to our body. Living in constant pain for a longer period can have a debilitating impact on the quality of life for many patients. Even the simple daily chores will seem like a huge task, when the pain becomes persistent even after months of conventional treatments. So, let us take the pledge, that we will take care of our spine and take steps that can help us in leading a healthy life.

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High intake of junk food and fried foods are major risk factors

ASSOCHAM report on Diabetes

The Associated Chambers of Commerce and Industry of India (ASSOCHAM), the apex trade association of the country, as part of its 'Illness to Wellness' campaign and in the light of the 'World Diabetes Day' has unveiled a report on the findings of a National Level Survey conducted on the state of Diabetes in India.

The survey report entitled "Diabetes in India" was produced by ASSOCHAM and the Delhi-based think tank, Thought Arbitrage Research Institute (TARI). The survey covered 2,33,672 people and 673 public health offices in 21 state clusters covering appropriate regions and age segments.

The key findings of the survey relate to the burden of diabetes and its primary causes or risk factors which lead to its rise and increasing spread in the country. **According to the report, the prevalence of diabetes cases in India almost doubled from 42.6 million cases in 2005 to 85.4 cases in 2019.** Globally, on the other hand, the prevalence of diabetes increased from 273.4 cases in 2005 to 460 million cases in 2019. Small wonder then that India has the dubious distinction of becoming the global hub for diabetes cases with prevalence of cases increasing from 15.6 percent to 18.6 percent cases in the

same interval. Globally, diabetes accounts for 70.9 million DALYs (Disability-Adjusted Life Years) and 36.7 YLDs (Years Lived with Disability) in 2019. In India, Diabetes accounts for 12.8 million DALYs, 6.7 million YLDs and 0.3 million deaths during the same time-period.

Risk factors for diabetes

In terms of risk factors for diabetes, dietary habits related to **high intake of junk / fried foods, most common in younger people today**, has highest relative risk of 47 percent. The next highest risk factors as elicited by the survey report relate to low physical activity (38 percent), low intake of fruits and vegetables (28 percent), and other causes such as stress, pollution, and high consumption of alcohol & carbonated/sugary drinks.

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Over the time, uncontrolled diabetes leads to serious body's systems damage, especially the nerves and blood vessels. There are ample studies conducted by RSSDI (Research Society for the Study of Diabetes in India) which emphatically depict and

- **High intake of junk food, fried foods accounts for 47 percent of relative risk in developing diabetes.**
- **Diabetes has the highest prevalence and comorbidities among all NCD's in India.**
- **More than 56 percent respondents stated that they are seeking treatment for more than 1 year, attesting to diabetes' morbidity**
- **Highest prevalence of diabetes found in southern and eastern states**



highlights that diabetes is a major cause of blindness, kidney failure, heart attacks, stroke, and lower limb amputation.

Prevalence of diabetes is highest in southern states

The survey outlines the prevalence landscape of diabetes in that it accounts for 25 percent of all NCDs in India at a rate of 2.9 percent. The disease incidence increases significantly in individuals above 35 years of age and affects men more than women. The report also finds that about 16.8 percent of the male adult population (>15 years) and 14.6 percent of the female adult population (> 15 years) on average are estimated to be diabetic. **Prevalence of diabetes is highest in southern states including Puducherry, Kerala, Tamil Nadu, Andhra Pradesh and Telangana and lowest in UP and Rajasthan.**

In terms of sufferers seeking treatment for diabetes, the survey presented some important insights in this regard too. About 7 percent of the respondents who were suffering from diabetes stated that they were not seeking any treatment at all. However, more than 56 percent of the respondents stated that they are seeking treatment for more than one year, a fact testifying to the indisputable and inevitable morbidity of this disease.

Diabetes during the COVID-19 pandemic

Diabetes is proven through studies to be associated with a high risk of cardiac arrest and **there have been substantial increases in new cases of diabetes during the COVID-19 pandemic due to various reasons.** In the current situation, diabetes has become a serious health concern since large numbers of patients are already vulnerable to the Corona virus. Thus, **diabetic patients affected by COVID-19 can cause a major health crisis.** Reports show that large occurrence of diabetes makes it a serious comorbidity in COVID-19 patients. Diabetes also imposes a substantial burden on society in the form of higher medical costs, lost productivity, premature mortality, and intangible costs in the form of reduced quality of life.

Shri Anil Rajput, Chairperson, ASSOCHAM CSR Council - "This year marks the **100th anniversary of the discovery of insulin.** It is, however, unfortunate that Diabetes has been underrated as a global public health issue. This needs to be addressed on priority and we as a nation need to take urgent important steps to address this challenge. It is a fact that Diabetes is one of the top three NCDs in India and with each year the burden of this disease is rising."

Dr. Banshi Saboo, President, Research Society for Study of Diabetes in India (RSSDI) - “Diabetes prevention must be part of a larger national mission. Students should be taught ‘Health Science’ as a subject in schools which can help in preventing this disease and crating awareness about healthy lifestyles among our future generations. We must also change the age limit for the cyclical three-year testing protocol for sugar from 30 years presently to 25 years of age.”


Dr. (Col.) Sudhir Tripathi, Chairperson & HOD, Endocrinology & Metabolism, Sir Ganga Ram Hospital New Delhi - “Diabetes can be prevented even at the pregnancy stage. Healthy mothers give birth to healthy children. We must also educate and inform people that this disease is reversible with healthy lifestyle and timely interventions. Babies who are healthier, not obese, have a far lesser risk of developing diabetes in adulthood. It is advised that we must now have a National Diabetes Month in November to spread awareness and access about Diabetes amongst people.”


Dr. Dinesh Agarwal, Senior Consultant

Internist & Head of Department, Department of Medicine Marwari Hospitals, Vice Chairman, RSSDI Assam Chapter - “One of the key risk factors and causes of diabetes is stress and junk food. Even children undergo a huge amount of stress these days due to a highly competitive and strained environment. It is a fact that stress leads to hormonal changes which in turn can trigger diabetes in individuals. Add to this the fact that lack of exercise among both children and adults leads to an onset of the disease which could have easily avoided by following simple steps.”

Dr. Rajesh Kesari, Founder and Director, Total Care Control, Delhi-NCR - “Diabetes free India is a dream for all of us. Diabetes, a chronic disease, has so many affected all of us either as families or as individuals. It is important to control this disease because not only does it cause many other diseases or co-morbidities and complications to take place, but also leads to a huge economic burden. The interesting aspect here is that 95 percent of diabetes can be prevented, and it is important that we all work towards this.”

Shugreek Tablets for Diabetes





BNEFITS :


- Helps in normalizing Blood Glucose Level. (Glycemic Control).
- Protects Pancreas, Liver & Kidney.
- Helps in Metabolism of Cholesterol.
- Useful in Excessive Thirst, Urination & Fatigue.
- Restores Quality of Life.
- Made from Pure, Natural Botanical Extracts.

INDICATIONS :

Type II Diabetes, Madhumeha, UTI, Prameha, Nephritis, Vrikkashota

DOSSAGE :

Glucose level more than 200mg/dl... 1-2 Tablets
2-3 times a day or as directed by the Physician.
Glucose level less than 200mg/dl... 1 tablet 2-3 times a day or as directed by the Physician.



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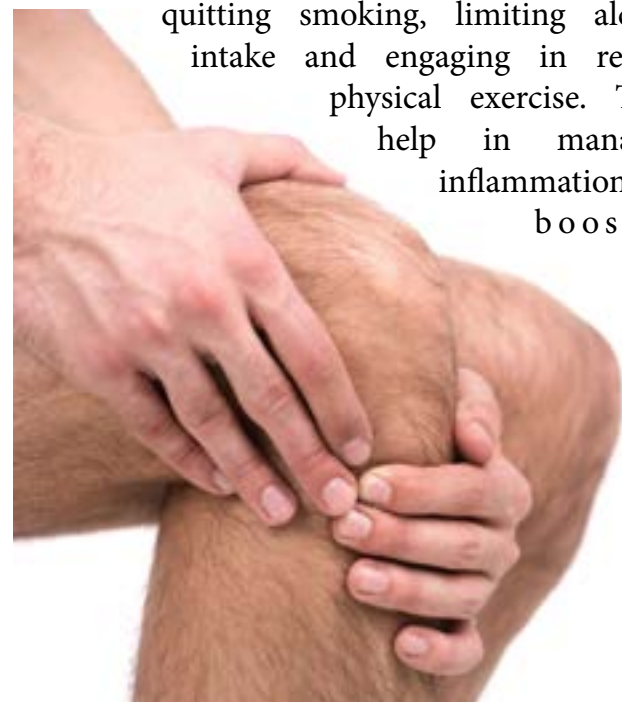
The term “Arthritis” refers to pain and stiffness in joints. It is a very common ailment and a global health problem. It is very much treatable. Sooner you start treatment, better will be the outcome. If treatment is delayed, patients may suffer with chronic pain, difficulty in walking and climbing stairs and inability to perform everyday activities.

The most common types of arthritis are -

- **Osteoarthritis** - It is caused due to damage or wearing of the cartilage, leading to joint swelling, pain, and stiffness. The condition mostly affects the elderly; however, younger adults can be affected too, especially with history of joint injury.
- **Gouty Arthritis** - The condition is identified as sudden unbearable painful attacks in joints. It is seen in young men and older adults. Premenopausal women are usually spared.
- **Rheumatoid Arthritis** - This is an autoimmune disorder where the immune system attacks the joints and the body’s tissues. It can cause severe damage to joints, leading to deformities, if not treated promptly.

While most types of arthritis have no cure, they can be very well managed with a combination of medications (including disease modifying drugs, analgesics, anti-inflammatories), eating a well-balanced diet, adapting a healthy lifestyle,

quitting smoking, limiting alcohol intake and engaging in regular physical exercise. These help in managing inflammation and boosting



Importance of a healthy diet in controlling Arthritis



Dr. Chethana D
Rheumatologist
Bengaluru

Taking control of your diet can not only help as an adjunct to benefits of arthritis treatment, but can also help you avoid the condition and lead a healthy life.

immunity. Several studies have highlighted the benefits of a healthy diet in managing inflammation.

The foods that can help in managing arthritis well are -

- **Fish** - Fatty fish can help in fighting inflammation as they are high in omega-3 fatty acids. Fish is an important part of an arthritis diet as consumption of salmon, tuna and sardines can help in keeping stiffness and swelling at bay.
- **Beans** - Red beans, kidney beans, pinto beans etc. are great sources of antioxidants and help control the levels of CRP (C-reactive protein) that helps in managing inflammation and swelling in the joints. Thus, regular consumption of beans is extremely helpful.

Foods for managing arthritis

Should Consume

Fish
Beans
Nuts and Seeds
Fresh Vegetables and Berries
Garlic and Ginger

Should Avoid

Fried and Sugary Foods
Dairy products
Tobacco

- **N**uts & Seeds - While nuts and seeds are high-calorie foods, consuming them in a regulated quantity can boost energy and can fight inflammation by virtue of monounsaturated fats.
- **F**resh Vegetables & Berries - Leafy and fibrous vegetables like spinach and broccoli help in relieving swelling and lowering inflammation. Berries such as blackberries, strawberries, and raspberries can also inhibit the inflammatory process. These are full of minerals and antioxidants and boost overall health. Berries and fresh vegetables should be a regular part of the daily diet in arthritis patients.
- **G**arlic and Ginger - These have natural anti-inflammatory properties and have been used by nutritionists in natural and holistic treatment for several years. Including ginger and garlic regularly in your diet can reduce arthritis pain and swelling.

What are the foods that arthritis patients should avoid?

Certain foods can aggravate inflammation and arthritis symptoms and are best avoided

- **F**ried and Sugary Foods - A diet high in sugars and processed foods increase the advanced glycation end that triggers cytokine production which leads

to an increase in arthritis swelling and pain. Cutting down on such foods and substituting them with vegetables can result in better outcomes.

- **D**airy products - Although some fatty acids are associated with health benefits, diet rich in saturated fats and full fat dairy products can aggravate inflammation. Arthritis patients should avoid full fat dairy products as they can trigger inflammation and joint pain.
- **T**obacco - Smokers are at a high risk of developing severe disabling rheumatoid arthritis as tobacco consumption is associated with anti CCP antibody.

If you are suffering from arthritis, then managing your diet and regular exercise program can make a huge difference in reducing arthritis pain. Consumption of fluids and fiber rich food can keep constipation at bay. Including vitamin D in your diet through fortified milk, yoghurt, orange juice and cereal along with legumes, pomegranates, green tea, brown rice, and nuts can also help in rebuilding cartilage. For optimal joint function, you might also consider adding a few supplements to your diet that can help reduce inflammation and avoid cartilage breakdown, like the omega 3 fatty acids.

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Shugreek Tablets for Diabetes



Keep diabetes at bay - Stop the silent killer



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Remedies to keep diabetes in check



Dr Nibin John
Ayurveda Consultant
Bengaluru

Improper diet and other factors can make Diabetes lethal. A person with a high blood sugar level has to take precautions and medication to keep the diabetes complications at bay.



- **Fenugreek**

One of the basic herbs utilized in the Indian kitchen, these herbs are highly beneficial in keeping diabetes in check. They help to control diabetes by enhancing glucose tolerance, minimizing blood sugar levels, and activating the secretion of insulin. Regularly having soaked fenugreek early in the morning on an empty stomach aids in lowering the glucose level. You can have both the water and the seeds.

- **Aloevera**

This magic plant filled with all the goodness contributes a good part in reducing the blood sugar level. You can squeeze the gel with the help of a spoon and have it directly. Or else combine it with jaggery or mix with milk in case you find it bitter.



- **Cinnamon**



It is advisable to take cinnamon in an average quantity by health experts. Because too much of it can do harm rather than heal you. Including cinnamon in your regular spice ingredients can help you to stimulate insulin functionalities. Thus, lowering the blood sugar amount in the body. But, keep in mind that an excessive amount of it can harm the liver.

- **Jamun**

Those shiny fruits found especially in the summer seasons help in balancing the amount of sugar. As a result, it helps in maximizing insulin activity.



- **Almonds**



Almonds are good for everyone with their vitamin E and energy reserves. But, they are particularly beneficial for diabetics. A study conducted in the US revealed that those who consumed about 2 ounces of almonds on a daily basis tested for reduced blood sugar levels in fasting. Therefore, almonds can add extra benefits to a diabetic's diet.

- **Physical Exercise**

Physical exercise is undeniably the best remedy for diabetes. Even though diabetes is incurable, working out for a while or practicing yoga daily can reduce a diabetic's risk of complications. It also works wonderfully to reduce excess fat and keep one's heart-healthy.



- **Staying Hydrated**

Diabetes leads to fluctuations in the levels of bodily fluids which results in blurred vision as an effect of it. Therefore, maintaining the body's fluid levels can amazingly help keep diabetes in control. The intake of water sufficiently can do wonders along with proper medication.



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Overuse of Steroids by Covid Patients during Pandemic Triggers Destruction of Hip Joint

- Steroid use entails a real risk of avascular necrosis of the hip in which blood supply to bone is reduced and it begins to die and deform.
- There is a spike of 20-30% in cases of avascular necrosis of hip in post-pandemic period.

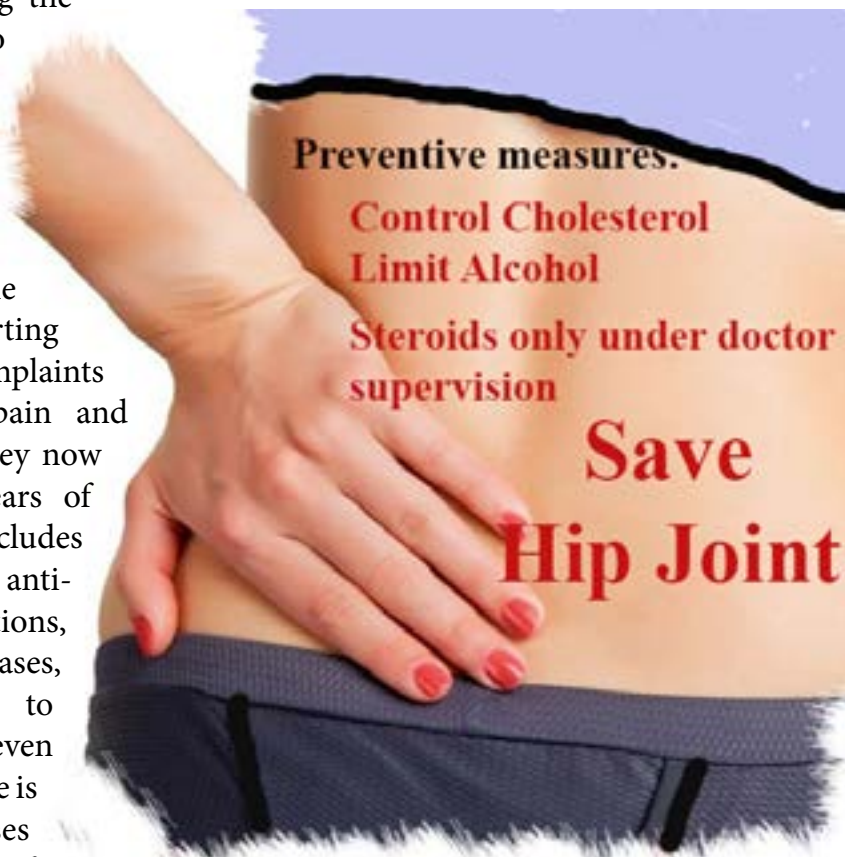


Dr. Mrinal Sharma
Orthopedics
Amrita Hospital, Faridabad

Unrestricted consumption of steroids by Covid patients during the pandemic has led to a sharp increase in cases of avascular necrosis of hip (AVN) affecting the hip joint, with even young people in their 20s reporting to hospital with complaints of hip and thigh pain and difficulty walking. They now need to undergo years of treatment that includes physical therapy and anti-inflammatory medications, and, in extreme cases, surgical intervention to rebuild the joint or even hip replacement. There is a 20-30% spike in cases of avascular necrosis of hip, also called osteonecrosis, in the post-pandemic period.

high doses) even for a few months or years is associated with potentially serious adverse events. Their use is a common cause of avascular necrosis of the hip, a condition which involves death of bone tissue due to reduced blood supply. Bone death eventually leads to collapse, sometimes only in a matter of months. The hip ball gets deformed into a mushroom shape

and cannot bear the load of the body. This results in arthritis of the hip joint, with symptoms like pain in hip and inner thighs, stiffness, and inability to walk. How steroids lead to AVN is not clearly understood but some believe that



corticosteroids can increase levels of lipid (fatty acid) in the blood, reducing blood flow to the bones.

The use of corticosteroids (especially at

Incidence of avascular necrosis of hip is high

among steroid takers. There is no known cause in 60-70% of AVN cases. The rest are caused by factors like excessive drinking or taking steroids, such as by gym goers or patients of diseases like rheumatoid arthritis or lung problems. Sometimes, quacks also mix steroids in their medicines to offer quick relief without informing patients. Steroid abuse has been seen in people who were on acute or long-term treatment of Covid. Many of them took steroids indiscriminately without any dosage control or supervision by doctor, by buying these directly from pharmacists. This has caused a surge of 20-30% in cases of avascular necrosis of hip in the post-Covid period.

We are finding that one out of every five patients coming to us with problems of the hip has a history of taking steroids for Covid treatment. Many have abused steroids without prescription. We are seeing many such cases of hip destruction even in the younger age group of 20-30 years. I know of a 21-year-old patient who had to undergo hip transplant due to the

after-effects of rampant use of steroids during the pandemic.

Early diagnosis of avascular necrosis of hip is essential to save the hip joint. There is no cure for this disease which is progressive and will worsen every year if not treated. When you get symptoms like hip or thigh pain and have a history of steroid use, you need to see a doctor immediately for an X-ray or MRI scan. Get treatment started as early as possible.

Early medication for AVN involves bed rest, use of blood thinners, and bisphosphonates. Intermediate stage might benefit from core decomposition. In later stages, surgical intervention may be the only recourse left. Total Hip Replacement (THR) is indicated in advanced stage of joint destruction. Among preventive measures, **keep your cholesterol level low**, as fat is the most common substance in the body that can block blood supply to bones. Also, **take steroids only under doctor supervision**. It is also important to limit your alcohol intake.

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Ayurveda Now Recognised as a Traditional Medicine in More Than 30 Countries

New Delhi: Ayurveda is currently recognised as a traditional medicine in more than 30 countries and its acceptance is fast increasing globally, said **Dr. Munjpara Mahendrabhai Kalubhai, Hon'ble Minister of State of Ayush.**

Speaking at the Ayurveda Day 2022 programme in New Delhi held recently, he said, **“Ayush, herbal products and medicines are exported to more than 100 countries.** To boost the products and services in the field of Ayush, export promotion council which will cater to exports globally. As per the Research and Information System Centre for Developing Countries report, **the current turnover of Indian Ayush industry is US\$18.1 billion and the market size has grown by 17% between 2014 and 2020.”**

The 7th Ayurveda Day was celebrated in a grand ceremony in India and at international level. This year's, the day was celebrated with the theme **“Har Din Har Ghar Ayurveda”** so as to propagate benefits of Ayurveda to larger and grass root community. **The six-week long celebration saw huge participation from across the country and more than 5000 events were organised by Ministry of Ayush institutes/ councils, with the support of more than 26 ministries of Government of India and Ministry of External Affairs India missions and embassies.**

Chief Guest of the event **Shri Arjun Munda, Hon'ble Minister of Tribal Affairs, said, “Ayurveda is India's ancient tradition and wealth.** Ayurveda can be nurtured in association with the people living in the forests. Ayurveda is the only medical science that talks about prevention of disease, not treatment after getting sick.”

On the occasion, **Shri Sarbananda Sonowal, Union Minister of Ayush, said, “The objective of ‘Har Din Har Ghar Ayurveda’ campaign is to take Ayurveda and its potential to the masses.** Ayurveda is now known globally and this is because of the continuous and untiring efforts of Hon'ble Prime Minister Shri Narendra Modi. **Ayurveda is a science of prevention of disease.** It's ancient knowledge and we are doing some impressive research work in the Ayush sector.”

Smt. Meenakshi Lekhi, Hon'ble Minister of State of External Affairs & Culture said, “It's time to appreciate the science of our ancestors. A science which is more than 5000 yrs old is celebrated on the occasion of Ayurveda day in the supervision of our Hon'ble PM Shri Narendra Modi. He always promoted the science of Ayurveda and in last few years it has reached to its peak.”

Prof. (Dr.) Tanuja Manoj Nesari, Director, AIIA said, “The ‘I support Ayurveda’ campaign got enormous support from all, as more than 1.7 crore people participated. More than 56 Lakh people participated in various programs based on Ayurveda Day 2022 in 6-week long program.”

