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Health Journal

Impact of Stress on Diabetes

Rheumatoid Arthritis

Carpal Tunnel Syndrome



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Rapid relief
from joint pain
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Chronic knee Pain
Low back Pain
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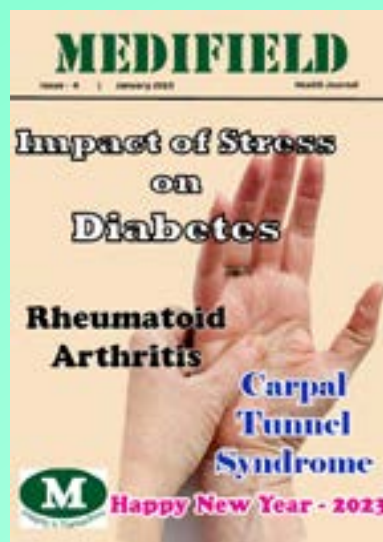
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Volume 1

Issue 4

MEDIFIELD

*Herbal products at par
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through application of
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Happy New Year - 2023

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*Strives hard to blend the ancient wisdom of
Ayurveda & Scientific methods to produce
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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This publication is a reference volume for medical professionals and
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Do consult your Doctor for any health issue

Is your hand pain a sign of Carpal Tunnel Syndrome?



Dr. Dhananjay I Bhat
Neurosurgeon

When Carpal Tunnel Syndrome occurs, pain or numbness is felt in the thumb, index finger, middle finger and half of the ring finger.

Is there any profession that doesn't need you to move your hands? Hand movement is involved in almost every profession. Heavy wrist movements are common across professions, ranging from the corporate working professional to working home-makers to farmers, mechanics, etc. While doing these activities, one may experience a sudden discomfort in the wrist and hand, and dismiss it as a common ache. However, over a period of time this pain can transform into a disease that could potentially interfere with everyday activities. **Known as Carpal Tunnel syndrome**, a person afflicted by this could suffer from persistent and prolonged wrist and hand pain, such that he or she is unable to hold even a light newspaper in the hand.

Carpal tunnel syndrome is a condition that can cause pain, tickling, numbness and weakness in the hands. **This happens when there is a pressure or compression within your wrist on the median nerve. When this occurs, pain or numbness is felt in the thumb, index finger, middle finger and half of the ring finger.** The

little finger is not affected. The reason behind this is that there is a tunnel in the wrist made up of bones and ligaments called carpal tunnel. Within this tunnel the median nerve travels from the forearm to the hand giving sensory and motor supply to the fingers and certain small muscles of the hand. Along with this, nerve muscle tendons also traverse this tunnel making it a cramped region. When the median nerve gets compressed in this tunnel, it causes Carpal Tunnel Syndrome. While this condition is usually uncommon before the age of 20, due to the Covid-19 pandemic, every single generation is constantly using their fingers and wrists more often while using gadgets. This increases the chance of developing Carpal Tunnel Syndrome.

Women are also three times more likely to suffer from Carpal Tunnel syndrome than men, one of the reasons being the repeated movement of the wrist for kneading dough, opening jars, wringing clothes, gripping heavy objects etc. Other reasons include excess fluid accumulation in pregnancy, obesity, rheumatoid arthritis, acromegaly and diabetes.

Nerve damage can even lead to pain spreading up to the forearms and into the shoulder, forcing a person to become significantly disabled. It can become very severe in the night and the patient may also wake up due to it. Often patients seek relief by keeping their hand down and continuously shaking it (flick sign). As the disease progresses there is difficulty in holding objects, writing and using a pincer grasp.

Can carpal tunnel syndrome go away on its own?

Once the pain becomes apparent, it is unlikely to heal on its own. It would be better to seek the advice of a medical professional, neurologist or neurosurgeon. If left untreated, it could lead to permanent nerve damage. A timely consultation will bring a huge relief.

After discussing your symptoms and medical condition, the doctor will examine you. There are tests that your doctor might tell you to take up.

Ancillary tests like nerve conduction studies to confirm nerve compression at the wrist and its severity.

- To know the health of the **muscle Electromyography** is suggested.
- **MRI and Ultrasound** of the wrist to look at the compression and amount of swelling of the median nerve. It also detects the presence of any lesion in the wrist.

How is it managed?

The initial line of management includes **rest to the wrist, identification of the stress factors and avoiding it. Weight reduction, control**

of diabetes and rheumatoid arthritis, successful completion of pregnancy will all improve the condition. Wrist splints can be used to mechanically prohibit any unwitting wrist movement. **Several medications** in the form of tablets are given to alleviate pain. It is not uncommon to find relief with such maneuvers. **Local injection of steroids** to the affected wrist can be given to provide relief which is usually for a short term of few months. **Surgery is indicated if the pain is very severe** not relenting to medications or if weakness of the fingers is appearing. It is essential to get operated at the earliest if weakness is appearing as if muscle wasting occurs it is irreversible. **The surgery known as carpal tunnel release is done as a day care procedure under local anesthesia.**

How can it be prevented or mitigated?

There are no specific strategies to prevent the Carpal tunnel syndrome **but there are a few methods to avoid the condition.** The initial line of management includes rest to the wrist, identifying the habits or factors causing stress in the hands and addressing these, reducing the weight, controlling diabetes and rheumatoid arthritis. Carpal tunnel syndrome observed in pregnant women generally improves following successful completion of pregnancy. Performing conditioning and stretching activities before and after **performing hand strenuous tasks, taking regular breaks in between work will help prevent development or aggravation of carpal tunnel syndrome.**

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Namratha Upadhya
Paediatric endocrinologist

India is already known as the world's capital of diabetes with a vast adult population with diabetes. In children, Type-1 diabetes is the most common form of diabetes and can affect children as young as 1 year of age. Childhood diabetes is on the rise with a worldwide estimate of 1 lakh children under 15 yrs likely to develop Type-1 diabetes. **It develops due to a process called autoimmunity leading to permanent destruction of beta cells of the pancreas leading to little or no insulin production.** This gives rise to high blood sugars resulting in multiple short term & long-term damage to organs if untreated.

Nuances of tackling Juvenile Diabetes

Type 2 diabetes which was once regarded as a disease of adults is increasingly on the rise in children and results from a combination of genetic and environmental factors. Children born with low birth weight and who grow rapidly during childhood can be at increased risk. **Lifestyle factors such as excessive consumption of foods which are high fat & calorie dense, pre-packaged, refined & processed foods, coupled with minimal physical activity, increased amount of screen time as in watching TV, computer games, texting etc. than playing outdoors lead to children becoming overweight & obese.** This puts them at a higher risk to develop type-2 diabetes and its complications by pushing the insulin production & action on an overdrive. Studies have shown that earlier onset of Type-2 diabetes in children tends to be more severe and progress faster than in adults.

There are also other rarer forms of diabetes which may occur due to genetic defects in insulin production or action and diabetes occurring in children with certain chronic diseases, and taking medications for other illnesses

Symptoms of diabetes in children.

Children with diabetes can present with classic symptoms of increased thirst, urination, recent onset bed wetting, weight loss despite having a normal or increased appetite. Younger children in addition, may present with increased frequency of infections, and failure to gain weight. Children with untreated Type-1 diabetes can present with ketoacidosis, wherein keto acids accumulate in the body which can lead breathing difficulty and vomiting, dehydration and excessive fatigue which is often the first time the child is diagnosed with Type -1 D. These children will need to be treated as an emergency. Children with Type-2 diabetes are often overweight or obese and can also have increased thirst and urination and feel tired easily and may be unable to perform well at school.



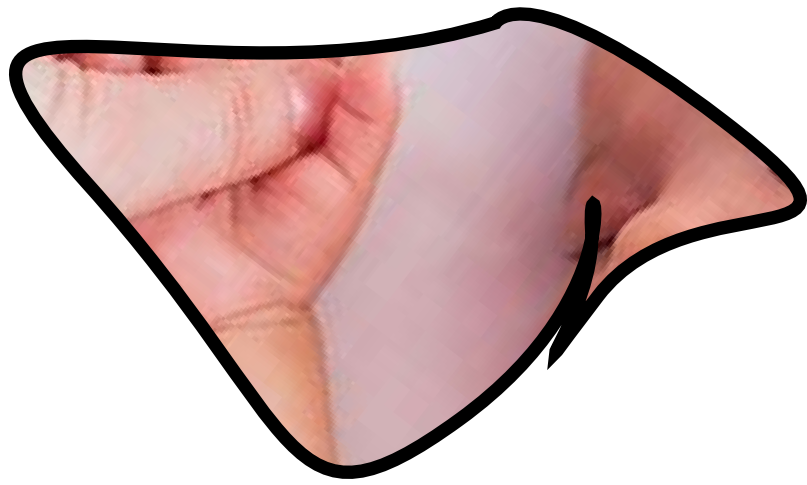
Managing childhood diabetes

Type 1 diabetes is managed with the help of daily insulin shots to the skin, blood glucose monitoring, meal planning with supervision from trained professionals and family support. Timely diagnosis & screening periodically under the guidance of a trained professional can help prevent complications.

Type 2 diabetes is largely preventable. Preventing children from becoming overweight by promoting and opting for healthy eating, keeping oneself physically active and keeping screen time to the minimum.

Parental Support

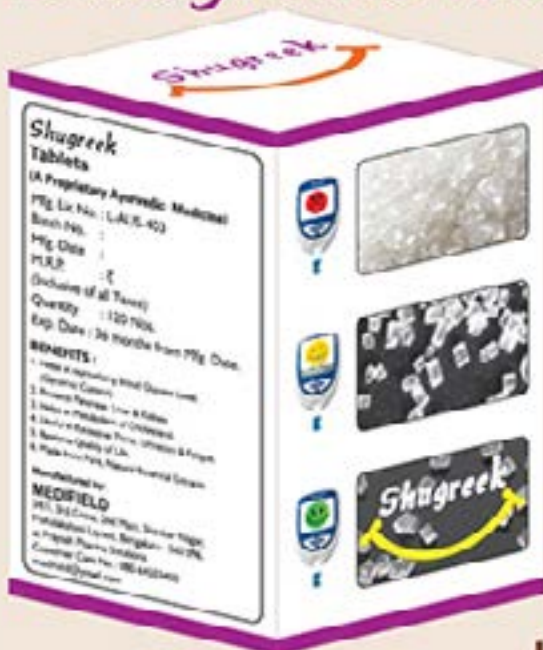
It's necessary to get child's blood sugars checked if you feel child might have any of the symptoms of diabetes. **Children with type 1 diabetes, once started on treatment, might temporarily go into a phase of very low insulin requirement which is referred to as the "honeymoon" phase and some might mistake this phase to be a cure for diabetes.** Omitting insulin without supervision by doctor might lead to serious consequences in the child. Hence it is necessary to get child evaluated by a professional who can guide appropriately. **Children**



with diabetes can lead a normal life with professional and family support. As parents, the best gift they can give to their child is by being role models themselves and lead by example, **especially in adopting healthy eating practices,** keeping oneself physically active and get your child checked if you feel child is having symptoms of diabetes and also get child screened for obesity.

Keeping the intake of high calorie/high sugar & processed food, sugary drinks to a minimum, adopting healthy eating practices - eating a rainbow everyday - at least 5 different types of whole fruits & vegetables in a day, consuming whole over refined foods, avoiding screen time during meals and engaging in any form of physical exercise for at least 30 minutes a day.

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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Impact of Stress on Diabetes



Dr. Manjunath Malige
Endocrinologist and
Diabetologist

Cause, Effects and Ways to Cope

One of the deadliest health conditions in today's world is diabetes and one of the major causes of blindness, kidney failure, stroke, heart attacks, and limb amputation. According to a WHO report, there was a 5% increase in premature mortality from diabetes between the years 2000 and 2016. Moreover, in 2019, diabetes has been named the ninth leading cause of death with an estimate of 1.5 million deaths directly caused by this metabolic disease, 40% of which occurred before the age of 70. **In recent years during enhanced hostility periods, studies have shown stress is one of the formidable causes of diabetes-related morbidities.**

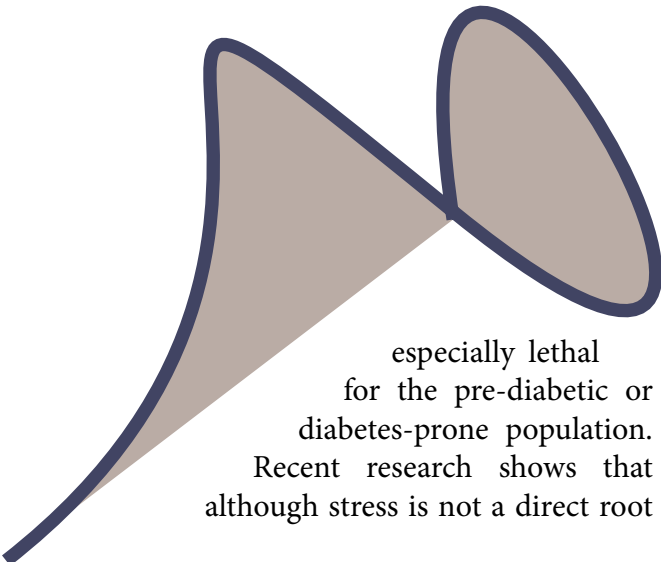
In today's fast-paced life, stress has become an unavoidable trespasser in our everyday lives, affecting not only our mental health but also our physical well-being. It has proven to be

of origin for diabetes, it is indeed a very potent contributor to chronic hyperglycemia in diabetes. The COVID 19 Pandemic and the subsequent lockdown measures have had a tremendous effect on lifestyle and diabetes self-management.

According to BMJ Open Diabetes Research and Care, the changes due to the pandemic have caused weight gain, less exercise and as result poor glycemic control in diabetic people around the world. Furthermore, work-related stress factors are associated with diabetes development in workers with reduced glucose tolerance (Journal of UOEH, 2021). For Type 1 Diabetes, mental stress may either increase or decrease blood sugar levels while in Type 2 diabetic people, it mostly increases blood sugar.

How Does Stress Affect Diabetes?

Research has proven that **stress has a significant effect on our metabolism as it stimulates the release of various hormones.** This can result in elevated blood glucose levels. When our body experiences stress or feels threatened, it reacts and activates a fight or flight response. Meanwhile, the body releases adrenaline and cortisol into the bloodstream, increasing respiratory rates and running the blood to muscles and limbs. Now if a person has diabetes or is prone to it, their body may not be able to process the released glucose. As a result, their body may not be able to convert glucose into energy, causing a build-up of glucose in the bloodstream. And as a result, the blood sugar level rises.



especially lethal for the pre-diabetic or diabetes-prone population. Recent research shows that although stress is not a direct root

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Ways to Cope

In addition to the general stress people experience in this tumultuous world, individuals suffering from diabetes are more prone to experience negative emotions due to the level of tension caused by the diabetes. **To manage diabetes-related stress, an amalgamation of technology and lifestyle changes can prove to be very fruitful.**

Stress Management Coaching Interventions:

It has been seen that adults with diabetes in developing regions may be unable to afford conventionally available medical care due to financial issues. In such cases, rational-emotive cognitive behavioural coaching or RE-CBC can be successfully used as a stress management program for assisting adult learners with type 2 diabetes in reducing stress levels. Present studies have shown that adults who went through RE-CBC have demonstrated significantly reduced stress levels as compared to the waitlisted group.

Mindfulness-based Stress Reduction Intervention (MBSR):

In a recent study published in the Iranian Journal of diabetes and obesity, 2021, a low-dose MBSR intervention was delivered in a group format over 4 waves, each wave comprising 8 to 10 hours of 8 sessions over 6 to 8 weeks. Most participants of the study reported positive overall

experience with low-dose MBSR and a concluding result has shown that it is a feasible method to control glucose levels in Pre-diabetic and Diabetic people. However, future studies with random samples are required for a more concrete process.

Physical Activity and Psychological Stress Detection:

As diabetes is a chronic metabolic disease, constant glucose monitoring helps in predicting the course of future glucose concentration and making informed diabetes management resolutions. The glucose concentration rate depends on several metabolic and psychological factors, eg. physical activity, acute psychological stress, meals and insulin. Regular physical activity, meditation, therapy and other healthy lifestyle choices as well as informed meal plans and insulin dosing decisions are significant in reducing stress as well as managing diabetes.

Although it is nearly impossible to avoid stress in the world we live in, it is surely manageable. Stress and diabetes both present us with a scary set of challenges, but it is not impossible to lead a healthy and happy life while fighting diabetes. Our life has indeed become very fast-paced and stress-inducing. But this fast-paced world has also taken Medical Science to a whole new improved level. With new metabolic and psychological therapies as well as a resolution to follow healthy lifestyle choices can be mammoth assistance in reducing stress and glucose level in diabetic people.

Food and Nutrition

A long way to ensure a healthy future

Eating a nutritious diet should be our top concern when it comes to maintaining our health. Experts from the field shared their valuable insights.

Food plays one of the most important role to build a healthy human body. Noteworthy is which food is to be taken and which is to be avoided. We can magnify this with help of nutrition. Proper balanced diet and nutrition benefits for healthier, happier and prosperous life.

According to Dr. Sheela Krishnaswamy, Nutrition & wellness Consultant Advisor, Founder, Nutrition Nectar:

Nutrition is the centre of our daily life. Our diets should include diverse foods from various food groups like whole grains, pulses, vegetables, fruits, nuts, seeds, dairy, etc, in the right quantities, she said. Foods should be sourced naturally, locally, freshly and be sustainable as far as possible. Ultra-processed foods, refined foods and foods that are high fat or sugar or sodium should be used minimally. Traditional Indian meal plans when incorporated in the right quantities will augment the nutritional value of your food. A qualified dietitian plays an important role in building and maintaining your good health through the right nutrition.

Dr. Sugeeta Mutreja, distinguished Indian diet & nutrition Specialist:

One has to take control of his/her life. You have to make the effort for your own health. Right Nutrition according to your body brings quality of life, eliminates many health issues. Increases your immunity and energy, she noted. So, eat healthy, Stay healthy.

Dr. Rajesh Kesari, Founder and Director Total Care Control, Delhi – NCR EC Member, RSSDI:

A nutritious and balanced diet is our guarantee to good health. We should watch closely on what goes into our tummy - it effects not only our day to day working but our future health and mood as well. Three whites- Maida, Salt and Sugar should be avoided as much as possible as they lead to a myriad of health issues like Obesity, Diabetes, High BP, Heart Diseases, Liver diseases, Ulcers, Osteoporosis etc. Our Traditional food coupled with an active lifestyle would go a long way to ensure a healthy future.



Negative Calorie Foods



Dr. Soumita Biswas
Nutritionist

Negative calorie food refers to those items that consume more energy during their digestion, in comparison to the amount of energy they give to the body. We can say that the calorie cost of digesting the food would be greater than its energy content.

These foods are typically high in fiber and have a low glycemic index. Calories are an important component of food and everything we eat has calories. Calories are of 2 types. One is empty calories which don't have much nutritive value but just has calories and promotes weight gain. Foods with high fiber and water content usually have fewer calories and we need more energy to digest them, these are called negative calorie foods. These foods help to lose weight as they are not only low in calories but also help to burn out more calories than others. Most negative calorie foods are plant-based.

10 negative calorie foods:

Celery:

It contains 16 kcal/100g. It is rich in fiber, vitamin A, C and Folate. It is one of the most popular negative food items as most of its calorie value is stored in

cellulose. Our body receives very few calories from celery as it is full of undigested fiber.

Berries:

Colorful berries such as blueberries, strawberries, raspberries typically

contain just 32 kcal for a half-cup quantity. Berries are called negative calorie foods because of their low glycemic index & their protein content. It also contains antioxidants, which protects us from various cancers.

Tomatoes:

It has 19kcal/100g. Apart from its water content, it is an excellent source of fiber, potassium and vitamin C. Tomatoes also contain lycopene, an antioxidant known to protect us from skin cancer.

Carrots:

They contain 41 kcal/100g. Its vitamin A content is good for the eyes. Carrot fiber content keeps the stomach full for a longer time thus helps in weight loss.

Cucumber:

It contains 15 kcal/100g. This vegetable has high water content which is great to satisfy thirst along with providing all the necessary vitamins and minerals. The water content present in cucumbers is great for hydration. Along with quenching thirst, this fruit provides dietary fiber and is good for irritable bowel syndrome and diabetic patients.

Watermelon:

It has 30 kcal/100g. Some of the benefits of watermelon rind include a healthy heart, provide hydration & regulation of blood pressure. Additionally, watermelon seeds also have many health benefits starting from the prevention of anemia to immune-boosting properties. The water content present in watermelon & vitamins A, B6, C along with lycopene act as an immune-boosting food.

Apple:

It provides 52 kcal/100g. Apple contains a good number of antioxidants, vitamin C & fibers. Apple's high fiber content helps in weight loss & it also helps to boost cognitive performance. Quercetin, an antioxidant present in apples, is also associated with lowering the risk of type 2 Diabetes.

Broccoli:

It contains 34 kcal/100g. Its vitamin A content improves vision. Calcium, Phosphorus, vitamin K content is essential for healthy bone development. Iron and folic acid help to prevent anemia. Kaempferol, a flavonoid present in broccoli, has anti-inflammatory properties. Broccoli is also rich in Alpha linolenic acid (ALA) which is crucial for brain growth & development.

Zucchini:

It contains about 17 kcal/100g. It is packed with many important vitamins, minerals and antioxidants. This has a high fiber content & a low-calorie count. Fiber plays an important role in digestion. Zeaxanthin, present in Zucchini, plays an important role in preventing oxidative stress & improves eye health.

Lettuce:

It provides about 15 kcal/100g. Its vitamin C, Calcium, vitamin K, vitamin A content helps in boosting immunity. The fiber content of lettuce helps in weight loss. It is also associated with a healthy heart and maintaining eye health.

Are there any side effects?

There is no evidence that eating negative calorie foods leads to side effects. **However, directly eating low amounts of calories is not advised if you are not under the supervision of a dietician. The calorie requirement to reduce weight is individualized. The requirement varies depending on the person's height, weight, BMI, BMR, and physical activity.**

These foods can be added to our daily diet as snacks or cooking ingredients. Cucumber, tomatoes, carrots and lettuce can be used in various salads. Berries, apple or watermelon fruit can be used as a midmorning or evening snack. broccoli, zucchini or lettuce can be used in various preparations during cooking.

Joint pain is something that proves hindrance in performing our day to day activities. There are numerous ointments available. When you prefer a natural cure for ailments then try this ----

Mix 4 tablespoon of Aloevera gel, 1 tsp turmeric with 5 crushed garlic into a fine paste. Apply this mixture over the painful area and wash after one hour.



Long-term implications of Arthritis if left untreated



Dr. Chethana D
Rheumatologist

Typically, it causes joints to swell and shows an array of symptoms including joint pain and stiffness.

Rheumatoid Arthritis (RA) is a chronic inflammatory disease wherein immune system mistakenly attacks healthy tissues of the body causing inflammation. In RA, joints of the hands, wrists, feet and knees are mainly affected. Typically, the disease causes joints to swell and shows an array of symptoms including joint pain and stiffness. RA affects the lining of the joint called synovium, causing inflammation of the synovium, destruction of the joint cartilage, leading to chronic pain and deformity.

If not treated early, the effects of RA can go beyond joints and may spread to other parts of the body such as the lungs, heart and eyes.

What complications can RA cause in different organs?

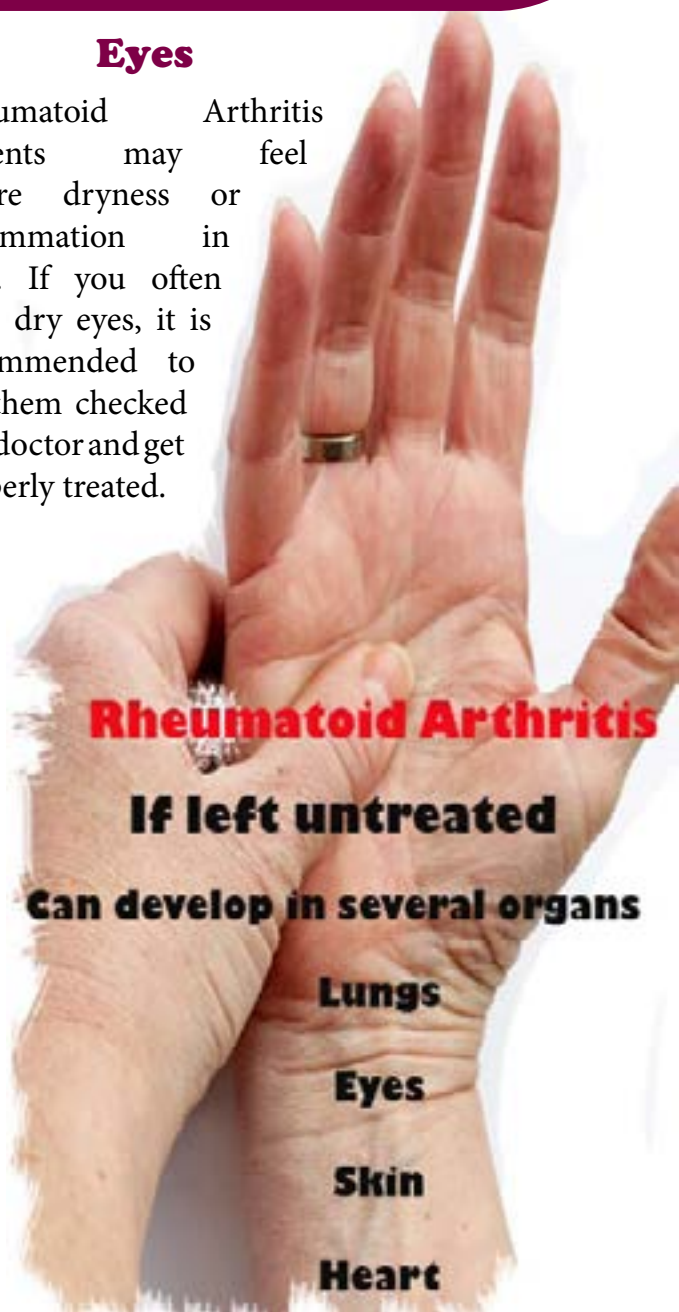
When RA is not treated properly it can lead to a host of serious complications and can develop in several organs including lungs, eyes, skin and heart.

Lungs

Rheumatoid Arthritis can cause interstitial lung disease that presents as chronic cough and breathlessness during exertion. Airway involvement can also lead to reactive airway disease and bronchiectasis.

Eyes

Rheumatoid Arthritis patients may feel severe dryness or inflammation in eyes. If you often have dry eyes, it is recommended to get them checked by a doctor and get properly treated.



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Skin

Skin rashes, ulcers on arms and legs can be seen among people suffering from rheumatoid arthritis.

Heart

Long-standing untreated rheumatoid arthritis can put patients at a 2-fold risk of developing cardiovascular disease and strokes.

What are the signs and symptoms of Rheumatoid Arthritis?

The signs and symptoms of RA include pain and swelling in multiple joints, severe early morning stiffness in joints, joint tenderness, weight loss, fever, fatigue, weakness and tiredness. Since RA is a progressive disease, these symptoms typically get worse. However, with timely treatment the progression of RA can be managed effectively.

What causes RA?

While the exact cause of RA is unknown, certain factors like age, sex, genetics, illicit habits like smoking, pregnancy and obesity can increase the risk of developing the disease. Even though RA can begin at any age, its incidence increases with age. The onset of RA is highest among senior citizens of the age group 60 years and above. People with a genetic background of RA, smokers and people who are obese are also at a higher risk of contracting RA.

Several studies have also indicated that women are more prone to develop RA than men and carry a 2-3 times higher risk. These studies have also highlighted that women who have never given birth or have late pregnancy are also at a greater risk of developing RA.

How is RA diagnosed and what is the treatment method?

If you have the signs and symptoms of RA, you should consult a doctor (Rheumatologist) who will diagnose the disease by reviewing

symptoms, conducting a physical examination, and doing X-rays and lab tests. It is recommended to get it diagnosed within 6 weeks of onset of the symptoms, to stop or slow the progression of the disease. Early diagnosis and treatments can suppress or control the inflammation that can help in reducing the damaging effects of RA.

The treatment of the disease involves the use of medications called disease-modifying antirheumatic drugs (DMARDs) that slow the disease and prevent joint deformity. Biologic DMARDs are an effective second-line treatment. Additionally, people can also adopt several self-management strategies that can reduce pain, prevent disability and allow them to pursue the activities that they want to engage in.

How can you manage RA and improve quality of life?

While RA can significantly affect daily living, fortunately, there are multiple strategies through which can improve quality of life -

- **Physical Activity**

Getting moderate physical activity for 150 minutes per week, like walking, swimming or cycling for 30 minutes a day for five days a week can not only improve quality of life but can also reduce risk of developing other chronic diseases like heart disease, diabetes, and depression.

- **Participate in self-management education class**

You can gain confidence by participating in such classes as they will provide you with information on how to control the symptoms, and live well with the disease.

- **Quit Smoking and Maintain a Healthy Weight**

Cigarette smoking can make the disease worse, reduce responsiveness to medications, and can further increase the risk of cardiovascular disease. Hence, quitting smoking, engaging in regular physical activity and maintaining a healthy body weight can have a positive impact and can help to manage the condition better.