



Annual Eye check-up

for kids for detection
of lazy eye

Do you know the main reason for poor vision in children are refractive error (glasses)? In India around 10% of kids are suffering from refractive error. If the refractive error in both the eyes are different and they don't use glasses, the better eye becomes the dominant eye and the weaker eye becomes neglected or lazy. The nerve connection of lazy eye becomes weaker and it can't be treated at a later stage.

Early diagnosis of lazy eye is very important. Treatment of lazy eye includes glasses and patching. Patching is covering the stronger eye and to stimulate the weaker eye. Duration of patching depends on severity of lazy eye. It is recommended to have an annual eye check-up for kids so that it is diagnosed at an early stage and treated to save the vision of the lazy eyes.

Dr. Smriti Choudhary
MBBS, DOMS,
DNB (Sankara Nethralaya)



DIABETES DO'S & DON'TS



DIABETES: DO'S & DON'TS

- 425 million adults i.e. 1 in 11 adults have diabetes and the number is expected to rise to 522 million by 2030.
- 1 in 2 people with diabetes remain undiagnosed (212 million)
- Diagnosing at the right time and early treatment is the key to prevent or delay life threatening complications.
- Listed below are simple do's and don'ts to lead a quality and uncomplicated life with diabetes.

DO's

- Take your medicines regularly
- Check your blood glucose levels regularly
- Exercise regularly as advised
- Eat right type and amount of food at regular intervals as advised
- Use proper footwear and inspect your feet daily for cuts, corns, bruises, infection or any

abnormality

- Get eye check up done annually or as advised by your doctor
- Check your kidney function tests, Lipid profile (cholesterol) tests, HbA1C (3 months average of blood sugar), ECG done on a regular basis as advised

DON'Ts

- Stop/ Skip/ Change medicines without doctor's advise
- Over eat or fast without advise
- Eat excess sweets, sweetened beverages, juices, colas, fried foods, refined foods or high calorie foods
- Walk barefooted, vigorously massage the foot or soak feet in water for long period of time
- Smoke or chew tobacco
- Take undue mental stress

Wishing you all good health.

Dr. Priti Sanghavi
MBBS, D. Diabetology

EMPLOYEE
OF THE MONTH



SEP 2018
MANJUSHA SHINDE
Sr. Lab Technician



OCT 2018
SHALINI KAPOOR
HR & Admin Manager



NOV 2018
NIDHI BANSODE
Guest Relation Manager



DEC 2018
SHARANYA
OMANAKUTTAN
Nurse



JAN 2019
SHRAVANI SAWANT
Nurse



FEB 2019
GOPI THOTA
Customer Representative

QUOTE OF THE
MONTH

**“You treat a disease,
you win, you lose.
You treat a person,
I Guarantee you,
you’ll win, no matter
what the outcome.”**

-Patch Adams



WHAT'S AILING YOU?
- TIPS FOR BLOOD TESTING!

Even if you're not afraid of blood – or needles, having your blood drawn for testing , may not be something you're eager to do.

So what is a blood test ?

A blood test is a laboratory analysis performed on a blood sample that is usually extracted from a vein in the arm using a needle or via fingerprick.

Tips for blood testing -

- **FAST SMARTLY** - Find out if you need to be in a fasting state before testing – Few blood tests like blood sugar & blood cholesterol require 8-10 hours of fasting.
- Drink plenty of water, it is ALLOWED even in fasting state.
- Plan to hit the lab early – Most labs open by 7 am or earlier, so plan to reach early specially incase you are fasting the night before. Reaching early also smoothen out the registration / billing process leaving you less fatigued before the actual blood test. Avoid tight, restrictive clothing on the arms.
- Make sure you bring your paperwork (earlier reports) & personal ID. This helps the lab to verify information.
- **Be calm – Let the phlebotomists do their work:** A phlebotomist is a trained personnel in venipuncture, specifically skilled to withdraw blood. Even if your veins are shy and hard to locate , **RELAX** – phlebotomists are experienced to handle it.
- Follow every instruction & answer all questions – This makes the job of lab personnel easier.
- Leave the IV spot in place – IV spot is

placed at the site of withdrawal of blood to stop the bleeding once the blood collection is over & removing it too soon can result in a bruise.

- Yes, you've enough blood – Many a times, the phlebotomist will fill more than one tube, all of it hardly amounts to 5-10 cc, and a human body has 5-litres of blood. So no need for concern
- Remember to refuel – The whole process is complete hardly in a few minutes , once done do not forget to enjoy a good, healthy meal.
- Drink enough fluids however avoid alcohol & smoking for atleast a few hours after procedure. Do not exercise heavily during that day.

PEDIATRIC BLOOD COLLECTION – This is in itself a separate topic for discussion but in gist;

FOLLOW FOUR FUNDAMENTALS -

- 1) Explain the procedure to your child prior , Be honest that it may hurt little.
- 2) Distract them – Be it an infant, a toddler or a teenager – use age appropriate distraction methods
- 3) Positioning – A good position before phlebotomy and maintaining contact by holding their hand during blood collection is very essential.
- 4) Reward them – Positive encouragement at the end of it provides a strong base for future procedures.

Types of blood tests: Multiple tests for specific blood components (such as glucose & cholesterol) are often grouped together into a test panel. Blood tests are used in healthcare to determine physiological & biochemical states,

We would love our Consultant Doctors and Employees to contribute to the Newsletter articles, all you need to do is send across the article along with high resolution Image.

you can mail your articles to:
editor@naharmedicalcenter.com

mineral content in blood, pharmaceutical drug effectiveness & organ function. Blood tests are also used to detect drug abuse.

A typical clinical blood panel includes:

- A complete blood count
- Blood chemistry & enzyme test
- **A complete blood count measures the Red blood & White blood cells, Platelets, Haemoglobin & other calculated parameters. The CBC helps to uncover anemias, infections like malaria & filaria & even cancers of blood.
- **Another common basic blood test is the basic metabolic panel to check heart, kidney & liver functions.
- Lipid profile – It gives Cholesterol, Triglyceride, HDL cholesterol, LDL cholesterol & VLDL cholesterol levels. This test requires 8-10 hours of fasting state.
- Kidney function test – It gives Serum Creatinine, S.Phosphorous, S.Blood urea nitrogen, S.Calcium, Blood electrolytes viz Sodium, Potassium & Chloride
- Liver function test – It gives Serum Bilirubin (Direct + Indirect), S.Alkaline phosphatase, S.Gamma glutamyl transpeptidase (GGT), SGOT, SGPT.
- Blood glucose tests – Fasting blood glucose, Post Prandial blood glucose, Glycosylated Hemoglobin (gives average of blood sugar levels over 12 weeks), Glucose Tolerance tests (GTT's) mainly done in pregnancy.

**Hormonal assays - Few commonly performed tests are -

- 1) Thyroid tests- T3, T4, TSH, Free T3, Free T4, Anti-thyroid antibodies
- 2) Vitamin tests – Vit D & D3, Vit B12
- 3) Reproductive hormones – FSH, LH, Prolactin, Beta-HCG, S.estradiol, S.progesterone

Here are a few things you need to discuss with your Doctor -

- Your primary physician is the **BEST** to discuss **TEST** – Even if your CBC, blood chemistry, lipid profile or most other routinely done investigations fall within normal ranges and things appear normal, still be sure to follow up & discuss it yourself with the doctor. Compare the latest reports with your last done tests & if any disparity is noticed, discuss with your doctor.

Avoid using GOOGLE / other search engines as the information displayed may create more anxiety and confusion.

- What's considered "normal" differs between men / women & children – The normal ranges of most parameters are different for males, females & children. Hence, if you compare your own results with somebody else, it may be surprisingly different. Please clear all such queries with your health professional. **Eg.** RBC & Haemoglobin normal ranges are different for normal adult males, females & children.
- Results can mean different things depending on your age – **Eg.** Normal levels of haemoglobin differ with age. In children 11-13 grams/decilitre (gm/dl) is normal, in adult males 13.5-17.5 gm/dl is normal, while it is 12.5-15.5 gm/dl for adult females. Age matters for many other tests too like Lipid profile (S. Cholesterol & S. Triglycerides), Blood sugar levels and a few hormonal tests like estrogen, progesterone, testosterone, PSA, etc.
- Every abnormal (HIGH / LOW) flagged test result requires urgent attention from the patient and his clinician.

To conclude, at some point of time in our lives, each one of us will require a blood test. Follow the pointers above and become adept at it.

Finally, **IT IS HEALTH THAT IS REAL WEALTH! STAY HEALTHY, STAY HAPPY!**

Dr. Sonali Pahuja
Consulting Pathologist



Too tied up in your Busy Schedule, Wondering what to do to get the Glow on your Skin...

EXPRESS GLOW PACKAGE
GET THAT GLOWING LOOK IN JUST 2 SESSIONS

HYDRAFACIAL / BRIGHTENING PEEL
MESOGLOW / CARBON PEEL

All this @ Just
₹4,800/-*
SO WHAT ARE YOU WAITING FOR...

For More Information Contact
+91.9619 138 740

GET YOUR BRIDAL GLOW ON NOW AT JUST ₹8,500/-

Special Sessions customised to your skin needs by our Experienced Dermatologists

2 HYDRAFACIAL / 2 BRIGHTENING PEELS + 2 CARBON PEEL / 2 MESOGLOW

For More Information Contact
+91.9619 138 740

LASER HAIR REMOVAL
ITS SAFE. ITS QUICK. ITS EFFECTIVE.

Unbelievable Discount **65%***
VALENTINE'S DAY TO MOTHERS DAY

Available on all Laser Hair Reduction Packages
UNDER | FACIAL | FULL ARMS | HAIR | ARMS
LEGS | BODY HAIR | BIKINI

For More Information Contact
+91.9619 138 740

FEBRUARY SPECIAL OFFER

Get Your Comprehensive Health Check up
at additional 10%* OFF

*Terms and Conditions Apply.

HOME BLOOD COLLECTION SERVICE BY NMC

Your Health is our priority & to make it easy and convenient we started with Home Blood Collection Service. Today Nahar Medical center caters to more than 1,200+ houses in Chandivali & we intend to touch every household because we want to help you save your valued time and make those preventive routine check-ups hassle free. All you have to do is book a test via our Mobile App or call on +91.90697 06666. Our technician will visit your home at the scheduled time to safely collect the blood and urine sample and your reports will be updated online which you can access through the report section on the Mobile App



**Experience The Art Of Caring
In The Comfort Of Your HOME**

- Book Your Test On Smartphone 
- Technician Comes Home To Collect Samples 
- Reports Are Shared Online 

Blood Sample Collection | Fast And Painless
Same Day Reports For Routine Test | Reports Over Email And On App
For More Information Contact +91 90697 06666

Nahar Cayenne Carnival held on 25th Jan, 2019 in association with Nahar Medical Center as the Health Partner. on the eve of the 70th Republic Day of India



Nahar Medical Center Society Promotion at LAKE HOMES, Chandivali on the 26th Jan 2019, 70th Republic Day of India. Promoting Healthy Living & Home Blood Collection Services for the comfort and benefit of the residents, we also did FREE CHECK-UP for the Residents of their Blood Pressure, Height, Weight & Random Blood Sugar Test.



Edited and Published by:

Nahar Medical Center
Nahar's Amrit Shakti, Chandivali Farm Road, Off. Saki Vihar Road, Andheri (East), Mumbai 400 072.
Tel: +91-22-6134 1111
Email: info@naharmedicalcenter.com

The articles expressed in this magazine are the views of the writer. Nahar Medical Center is not responsible for their expressions.

Book an Appointment

To book an appointment with any of our Multi Specialist consultants or to avail of any offers or diagnostic treatment at the center

**Please call us on
+91.9819 260 962**

Subscribe by email

Email subscription service allows members to receive email notifications, as well as receiving this newsletter electronically instead of in paper.

**Just SMS your email to
+91 9819 260 962**