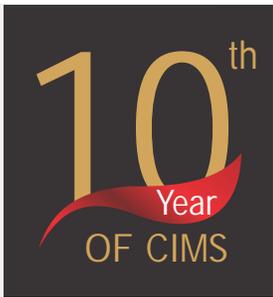


CIMS NEWS CARE & CURE

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ÓĒPhkòk (nkxoyaxf) yx÷ubt?

Sòlk pi÷e çkĒ ÷ ðkúke ÓĒP hkòkLkùò¼ {
60 xfk rLkðkhe pfkP!

MkeBMk nkMĀkx ÷ Lkk fkŞZPkú= kúSMx

zku r{ ÷Lk [øk nkxoyaxf yòkLke

nfefíkkMk { òðuAu

ĒmLkPk{kít rðð½ hkòkLkù fkhýu {jPw Āk{kítk ÷kfkLke Mkí'Pk{kít ÓĒP hkòkúke {jPw Āk{kítk ÷kfkLke Mkí'Pk Mkúke ðĀkhuAu yĒksu yf ík'íkPkP ÷kfkunkxoyaxf yúðk íkku Ākú½kíkLk nk ÷kLkku ¼kòk çkLkAu Mkðk÷ yuúkkP Au funkxo yaxf pkLk fkhýuúkkP Au?

MkeBMk nkMĀkx ÷ Lkk ELxhòLpLk ÷ fkeðPkú= kúSMx yLkunkxo xMĀk÷kLx zku r{ ÷Lk [øk ÓĒPhkòkLk nk ÷k rðpu Mk {òðíkk sýkðu Au fu "ÓĒP yf ĀkĀk Au yLk ykĀkík SòlkfkĀ ĒhBPKLk h0 fhkz ÷exh ÷kneLkù phēh{kít ĀkĀkòk fhuAu rĒðMk-hkík fkeĀkík rðhk{ fPkòðøk yk yf s yòk phēh {kxu fPkPñík hnuAu íkLk ĀkúkkLk fPkPñík hñðk {kxu ykòMksLk yLk ð÷fkúLke sYh Ākzu Au su ÓĒPLke MkĀkxe WĀkh ykðe= hfíkðkrlkeyku (½Lke) jkhh ĀknuLk Au ò{h ðĀðkLke Mkúke ĒhĀf ÒPrfíkLke yk Ā{Lkeyk{kít fke= Mxlnke= (hçke) Lke s{kòx Úkíke òP Au yLk Lkæyku Mkí'æ Úkíke òP Au yk fkhýu ÒPrfíkLk { fhíke ð¼íkú ÓĒPLkku Ē¼kòk(Angina) yLk¼kòkP Au yk Ē¼kòkúkyef nkP Au yLk h Úke Āk {elkex ykhh{ fhðkúke fu LkEx÷elMkheLkLke òkkæ [Mkðkúke Ē¼kòkúke Úke òP Au yk Angina Lkku Ē¼kòkAkíkelke zçke çkksw fu zçkk nkú{kít s ÚkkP íkðe Mkk{kLp {kLpík Ākík Mkk[e Lkúke. yk Ē¼kòkú s{ýk nkú{kít fu ¾¼k{kít, òk÷k{kít, LkeLk szçkk{kít, Āk÷k{kít, ðkMkk{kít fu Akíkelk {æp{kít Ākík Úke pfuAu 20% ÷kfkĀm u Ēku fkr Ē¼kòkúkyef ¼ð ÚkĒkus Úke. spkhu yk Mkí'æ Lkæ yk {íkē çkĀ Úke òP Au íPkhu ÓĒPLk y{f ¼kòk{kít ÷kneLkku ĀkPòXku íĒĒk çk¼ Úke òP Au yLk íku ÓĒPhkòkLk

nk ÷k{kít (nkxoyaxf) Ākhrý{uAu Ē{kLk¼çkh Au fu 60% Ākúkk yLk Āk0% M'keyk{kít ÓĒPLke rçk{kheLke [íkðýe s {÷íkē Lkúke yLkMkúke Āk÷k ÷úky YĀkMkeĀkunkxoyaxf s ykðuAu yLk yíPík òk¼eh çkçkíkíkku yuAu funkxoyaxf ĒhBPKLk hĀk % ÷kfkúkkú½húke zkfXh ĀkMkuĀknuLk íkk Ākne= k s {jPw Āk{kít uAu rði Lke fkeĀkík rçk{khe{kít ykx÷ku ò [ku yLk ykx÷ku í zĀke {jPw Ēh Lkúke ! yLk fYýík íkku yuAu fu rði Lk fkeĀkík Ēp fhíkk ¼khík{kít ÓĒPhkòkLke rçk{kheLkù «kík Āk Úke 10 òkýt ð½khu Au yLk ¼khíkLk ÓĒPhkòkLke hksĀkLke fnðkP A!

zku r{ ÷Lk [øk ¼k s Lkðkē WĀksu íkðe hMkĒĒ ðkík sýkðíkk fnPw fu "ík{u fPkP Mk¼kP u funkúelkunkxo yaxf ykòPk fu ½kzkLk ÷fðk (Ākú½kík) ÚkPkú? yhu ykLke íkkhe¾u ykĒefk yLk Ērúky y{nefk{kít Sòíkk fæ=kf ykĒeðMkeyku Lk Ākík nkxoyaxf fu ÷fðku Úkíkku Lkúke! íkkuĀkĒe ykĀkíkLkPñík{ ykðuĀP ykLk fkhý yuAu fu MkMíkLk «kíkē yLk Āk÷k ykĒeðMkeykLk ÷kne{kít fke= Mxlnke= Lkù «kík 100% mg % yLk LDL (Mkúke ½kík fke= Mxlnke=) Lkù «kík Āk0 mg % Úke Ākík ykĀu Au ykĀkík sL { ð¼íkú ykĀkík «kík Ākík ík÷÷u s níkk yk çk¼kLke ÷kneLke ½{Lkeyk{kít ykx÷k ykĀk fke= Mxlnke= Lk fkhýu [hçke ò{íkē s Lkúke. yLk yk fkhýunkxoyaxf fu ÷fðk (Ākú½kík) Úkíkku s Lkúke. Að÷k fæ=kf ðkçk{kít ykĀkíkē Sòlkpi÷e íĒĒk çkĒ÷kē òkē Au íkLkð-Pñík Sòlk, ¾kñk{kít ½e, íkē, VhMkík, {eXkELkku ðĀw Ākíkku WĀkPkòk, Ē{kfkĀm MkðLk, ð½w Ākíkú ðsLk yLk phēhLke {ĒMðēíkk, fMkhíkLkku y¼kð, zPkçkexelMk-çkēke sðk hkòkLkù ð½íkù «kík yLk ykĀmLk SòlkLke Ēkz½k{, nheVke, yLk xfk òk÷k{kít ð½w ĀkMk f{kē ÷ðkLke ykĀkíkē ðíkēLk fkhýu ykĀkík fke= Mxlnke= yLk LDL Lkù «kík ÷kne{kít h òkíkúke Ākík ð½e òkPk yLk íkLk hfíkðkrlkeyk{kít ò{e sòkLkù pY ÚkPñík fkhýu ÓĒPhkòkLk nk ÷ku fu ÷fðkLk hkòkLkku sL { ÚkPkú ¼khíkLk ĀkPò ðzk «½kLk {Lk{knlkMkn nkP fu

y {nefklk Ākōo hkoxākrik rçk÷ f÷eLxLk nkP, yk hkøk fkeLkuAkz rkuLkÙke.

þr ykĀký ykLkÙke çk[e þfeyþ Vfík SðLkpi÷e çkË÷ðkÙke s yk ð¼{ 60% s÷÷ykuAwÙke þfuAu ð½w Ākzík SðLk™e ¼køk-Ëkz Ùke Ëþ hneyu yLku íkLkðÙke Ëþ hñð {kxupkøk- æþkLkLke Mknkþ ÷Eyu ð½wĀkzík [hçke þfík ík÷÷e ĀkËkÙkkLku ¾kñkf {kt WĀkþkøk ykuAkufheLku ÷e÷kt þkf¼kS, V÷ V÷kËeLku WĀkþkøk ð½kheyu fkeĀký «fkhLk ík{kfLk MðLk Ùke Ëþ hneyu «{kýeík ðSLk ðððe hk¾eyu yLku hks 4Āk Ùke 60 {eLkex Lku Mk{þ ðþkþk{-fMkhík {kxv ÷eyu ðu ík{kY ÷kneLk Ëçkky (çkeĀke) ð½w nkP íku SðLkpi÷e Ùke yLku syh Ākzíkku Ëðykùke íkLk Lkuç÷÷ ð÷÷kt ÷E ykðeyu fkeĀký ð{hu ykĀkýþ BP 130/80 mm.Hg Ùke Lke [u nkðw ðEyu ðu ÷kne {kt [hçkeLk «{ký ð½wnkP íku íkLkuĀký ¾kñkf-fMkhík yLku syh Ākzíkku zkfxhLke Mk÷kn «{kýÙke ËðkÙke Lke [u ÷kðe þfkþ Au STATIN ðþkLke Ëðk yk {kt yþþk WĀkþkøke Mkrçkík Ùkþ÷e Au yLku íkLkÙke nkxoyçf, ÷fðk yLku {þþLku Ëh 30 Ùke Āk % ð½w Lke [u ÷kðe þfkþ. ¼kñkþkþk {kt [hçkeLk «{ký çksu {kt Ëþkð÷e fñk «{ký h¾ðw ðEyu skuç÷÷ zþkþkfxeMk nkP ÆkurLkþ {eík heík 3 {neLkLk Mkhñkþ ÷kneLke þfñkLk «{ký (Blood sugar)- Glycated Hb-6.0 Ùke 7.0 Lke ðā [u h¾ðw ðEyu yLku MkkÙke {níðLke ðkík:- ðu ík {Lku ðkhMk {kt ÓËLke rçk {khe nkP íku ík {LkuĀký yk hkøk ykððLke Ākñkñkne þfþík Au yLku íkLkÙke çk [ðk {kx, [k÷ku yk Ùke s «þílku þY fheyu

MkkisLP

zkp r { ÷Lk [ðk

MD, DM (Cardiology), DNB (Cardiology), FACC
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ÓËLke rçk { kheÙke çk [ðk Lke [Lk Mk { efhykuþkË h¾¼ku	
ç÷z «þh	
Wþk {	< 120/80 mm Hg
Mk {kLþ (Lkuç÷÷)	< 130/85 mm Hg
Mk {kLþÙke ð [w	130-139 / 85-89 mm Hg
nkE çkeĀke (hypertension)	> 140/90 mm Hg

÷eĀkez «kùkE ÷	
Mk {kLþ (Lkuç÷÷)	ÓËþhñkLk ËËe zþkþkfxeMk, nkE çke.Āke., ð¼ {e Ākñkçk÷ku
fku÷Mxð÷ < 150 mg %	fku÷Mxð÷ < 150 mg %
LDL < 100 mg %	LDL < 50-70 mg %
Triglyceride < 150 mg %	Triglyceride < 100 mg %
HDL > 45 mg %	HDL > 50 mg %
LDL/HDL < 1.5	LDL/HDL < 1.0-1.5

Lkuç÷÷ ðSLk { kĀðLke Mkh÷ heík
ð [kE (cm) - 100 ðSLk (kg) Ëk.ík ík {khe ð [kE 160 cm nkP íku 160 cm - 100 = 60 kg
zkþkçkexeMkLku fLxð÷
3 {rnLkLk Mkhñkþ (Glycated Hb) = 6.0-7.0

МкеВМк фкрзӨкф МккПЛМк

CHD : SL{òík ÓĚPLke rçk{khe



Ĕh 100 çkkç fkyuyif çkkç fLkusL{òík ÓĚP rçk{khe nkP Au

÷Ûkýku:

- ðÄwÄkzíkkui kMk
- ðkhðkh LPwçkLkPk Úkðku
- [k{zeLkkuhðk ¼4mkuÚkðku
- ðsLk Lk ðÄðw



yksLk {uzf÷ «ðkríLk fkhýu
ÓĚPLke rçk{khe Úke Äkerzík çkkç f Äký
Mkhhðkh ÄkAe ÷kçkwSðLk Sðe pfuAu

ykkhþLk {kxuçkkç fLke ô{h fuðsLkLke
fkE {PkĔk LkÚke.

SL{òík ÓĚPLke rçk{kheLkufkhýu
33% xfk çkkç fku1 ðkkLke
ô{h Äkne-k s
{jPwÄkçuAu

10 ÷k¼ Úke Äký ðÄkhu
ÓPÄóík SL{òík ÓĚP Lke
rçk{khe MkkÚkuSðuAu

yÄkkELX{LX {kxu+91-79-2772 1008 | {kçkkE÷ : +91-98250 66661

Mk{P : Mkðkhu9.00 Úke Mkktsu7.00 MkÄe (Mkkç Úke þrLk) | E{# : opd.rec@cimshospital.org

rpðkçkLke É íkwĔhr{þkLk nkxolke rçk{khe (yçxf) Úke fðe heíkuçk [ðw

- ðÄkhuÄkzíkwÄe yLkuíke-ðkçe ðMíkwmkðLk Lk fhðw
- ykÄkýk þhehLkuxze Úke çk [kðe hk¼ðw
- ðÄkhuXze{kð ðÄkhuÄkzíke fMkhík Lk fhðe
- rpðkçk Lke É íkwĔhr{þkLk ðÄkhuĔKY ÄkeðwLk ðEyu
- Ĕhhkç fMkhík fhðe
- ÓĚP Lkurðxkçelk-ze Lke sÁh nkP Au yç÷uíkçfk{kçkMkðwðEyu



ðhefki ðELMkLke Mkkúke Mk [kx Mkkhðkh



ðhefki ðELMkLku þçEMk: yúko yx÷u yMkÁkhý hefku Vw-e ðkþe-e rphkyku Mkk{kLP hefku Ákøk{kt yþæÄ ÷kneLkú ðnLk fhíke LkMkku(rphkyku) Lkk MkÉ¼çkt ðÁkhíkkú yk þçÉ rphkykúkk çkknþ Éþ¼kð fhíkk rphkykúLke yÉh hnu÷k ðkððLke ¾hkçke(÷efis) Mkkúku Mktf÷kþe-kúAu

Éhf ÓPrfíLk Ákøk{kt Ákðúke ÷E Mkkúku Mkwæ [k{zeLke Lke [u yf ÷kçke rphk ykðe-e nkþ

Au su ðÁLk WÁkhLk ¼køk{kt yÉhLke {iþ rphk Mkkúku ðæKE ðþ Au yk çkík rphkLku yf ðÁkhLke rphk fnðk{kt yríkþþkrfík Lkúke.

hfíðkrnLkeykúkk ðkð ÷kneLkú yf s rÉþk{kt ({iþ rphk íkhV)Vhíkuhk¾ðk{kt {ÉÉ fhuAu sþkhu yk ðkðð{kt ¾hkçke WíÁLk Úkkþ Au íþkhu ÁkøkLke yÉhLke rphk{kúke ðÁkhuÉçkkyðk÷÷kne çknhLke rphk{kt ÷ef Úkkþ Au slkk ÷eAu çknhLke rphkyku Vw-e ðþ Au ÷kneLke LkMkúLk Vw-ðLke Mkkúku Ákøk{kt f÷íkh, Mkkúð, [k{ze{kt f÷kþ ykððe, ¾sðk÷ ykððe, LkMkku ðkðKE Lku ÷k÷ ÚKE sðe yúðk ÷kne ðnðk {kzðisðk ÷úkyku ððk {÷uAu ÁkøkLke Lke [Lk ¼køk{kt ½þelke ykMkÁkMkLk rðMíkkh{kt [kÉwÁkze þfu Au slukuYí ððwÁyþ{wfe nkþ Au

MkkhðkhLke rð¼Lk Ákææfkyku- hfíðkrnLkeLke yÉh ykðe-k ðkððLke Mktþk Áye ðÁkhu nkþ Au (ÉMkúke Ák [emk) sçkt yókíþLk fne þfkþ yðk ðkðð [khúke Ákkt [nkþ Au slkúrhÁkh fhðk ÷k¼køk yþfþ Au yk fkhýus ÷ef Úkþe-k ðkðð MkkúkuVw-e ðkþe-e rphkLkú ykÁkhþLk íkhk fkZe Lkþ¼ðe (Stripping) yúðk yÉhúke çkæe Lk¾ðe Ákzu Au ðkh{eLke çk÷ðLke ÁkæÁrík yx÷u yç÷þLk (Ablation), slkk {kx÷Mkh yúðk huzþkæfðLMke ðÁkhðk{kt ykðuAu yLku hMkþýúke çk÷ðLke ÁkæÁrík yx÷u MfT÷híkúknÁke (Sclerotherapy). ykíæ {kºk{kt ÷ef Úkíkk ðkððLku ykÁkhþLk ððkh Áký (Stockings) [÷kðe þfkþ.

(1) rMxðk÷k (Stripping):- yk fíÁkkðk÷u yLku xktfíðk÷u ykÁkhþLk Au sçkt yf ¾kMk «fkhlke çkLkðxLk

íkh (rMxðkh) ðzuVw-e ðkþe-e rphk ¾kLk fZe Lk¾ðk{kt ykðu Au ÷k¼køk ÉMkúke ÁkÉh rÉðMk Mkwæ yókðzíkk ykÁkLkkt yk ykÁkhþLkLkúMkkúke slke Ákkt Áký yMkhfkfhf ÁkæÁrík fne þfkþ.

(h) ÷Mkh (Laser) :- hzeyþLkúke WíÁLk Úkþe-e ðkh{eLku yf fúðkhúke LkLk fkýkt {khVíkú rphkLke yÉh Áknkú [kzðk{kt ykðu Au su LkMkLke yÉhLke rÉðk÷Lku çkæe fíZu Au hzeyþLk Lku WÁkþkøk yLku ykÁkhþLkLke srx÷íkk síðk Árhçk÷kúku ÷eAu yk ÁkæÁrík yMkhfkfhf nkðk Ákkt yLkúMk [kx MkkhðkhLke f÷kðhe{kt {fe þfkþ Lknn.

(3) huzþkæfðLMke (Radiofrequency) :- yðksLk íkhþkúke WíÁLk Úkþe-e ðkh{eLku ÷Mkh ÁkæÁríkLke sl s yf fkýkt {khVíkú rphkLke yÉh Áknkú [kzðk{kt ykðuAu yLkú Ákkt Áký ¾kçk s yMkhfkfhf hefku fk{ fhu Au Éw¼kðu Lknnðík Úkkþ Au hzeyþLkLke ykz yMkh Lkúke íkú s ÁkæÁrík ¾kçk Mkh÷ Au ÉÉeoÁkkt [úke A f÷kf{kt Áký ½husE þfu

(4) MfT÷híkúknÁke (Sclerotherapy):- hMkþýLk WÁkþkøk ðzu LkMkLku çk÷íke yk ÁkæÁrík Mkk{kLP hefku WÁkhfíík ðýðe ÁkæÁríkykúke Mkkúku s (yúkk ¼køkYÁku s) ½kýLke Lke [u hne-e LkLke rphkyku {kx ðÁkhþ Au slku yf {kºk MkkhðkhLke ÁkæÁrík íkhefuMk [kx Lk ðkýe þfkþ, ðÁkhu Ákzíkk hMkþýLkú WÁkþkøk yÉhLke {iþ rphk {kx ðð¼e ÚKE þfu

íkký:- Lkðk ð{kLkLke ÁkæÁríkyku xktfk ððkhLk ykÁkhþLkúke þfþ Au ÷Mkh fu huzþkæfðLMkeLk {þelkku yLku MkkúkkkíVekLk {þelkku yk MkkhðkhLku syh Úkzæe {kíæ çkLkðu Au Ákhíku ÉÉeo yf rÉðMk{kt s ÁhusE þfu Au yLku ÁkíkkLk YrxLk{kt ðþMík ÚKE þfu Au

{khk {íku huzþkæfðLMke yç÷þLk MfT÷híkúknÁkeLke Mkkúku ðhefki ðELMkLke MkkhðkhLkúMkkúke Mk [kx rðfÓÁk Au

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Cancer & Nutrition



We all know what is a healthy balanced diet (At least we think we do). Most nutrition guidelines recommend lots of green leafy vegetables, fruits and whole grains along with limiting the intake of processed foods, sugar, alcohol, tobacco salt and maintaining an age- height appropriate weight.

But when you are suffering from cancer, these guidelines can be difficult to follow as you need to fight the disease itself as well as the Stress of treatment.

Nutrition is one of the most important aspect of cancer treatment, because healthy body tolerates the treatment better and recovers fast!! Isn't it logical?

Almost always, a change in diet is essential to help build up the strength and withstand the effects of cancer and its treatment. Now, who likes a sudden major change in their lifestyle? This is the reason why majority of cancer patients find it difficult to follow the "cancer nutrition guidelines".

When you are diagnosed with cancer, your oncologist will talk about the treatment plan. which may include surgery, radiation therapy, chemotherapy, hormonal therapy or combination of treatments. All these treatments, essentially target the cancer cells, but our healthy cells bear the brunt as well. This damage to the normal cells, is what causes side effects.

Approach to nutrition differs in cancer patients, as

compared to general population. For instance, cancer patients need high fat, high calorie food to maintain their weight because Basal Metabolic Rate (BMR) increases significantly in all cancer patients along with increase in requirements of calorie, fat & protein by 1.5 to 2 times as compared to that of a healthy individual. Some patients need soft and cold foods like ice-cream or milk shakes as they are unable to eat solids due to oral ulcers.

Some common side effects that can affect nutrition are:

- Loss of appetite
- Oral ulcers
- Dry mouth
- Change in taste or smell
- Nausea
- Vomiting
- Loose stool
- Constipation
- Fatigue (Feeling tired all the time)

Not all patients suffer from these side effects. These are dependent on multiple factors like the type of cancer, stage of cancer, part of body affected, general health of patient and type, dose & length of treatment. Most side effects can be managed by medicines, lifestyle change and positive attitude. They even reduce over time once the treatment is completed. Discussions with your oncologist or cancer team will make it easy to deal with it.

For more information feel free to contact us.

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