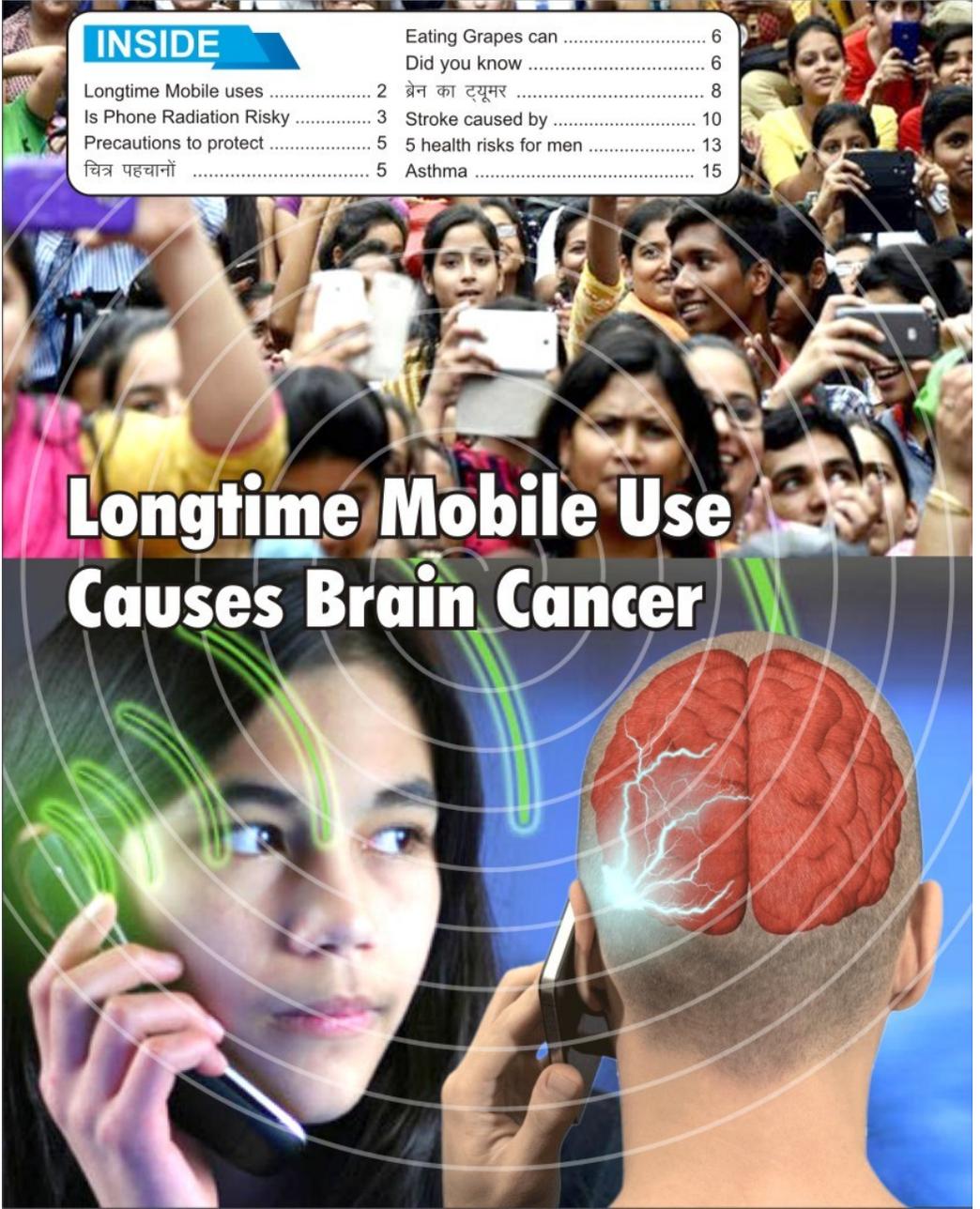


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Longtime Mobile Use Causes Brain Cancer



Longtime Mobile Use Causes Brain Cancer

Using mobile for long can lead to a form of brain cancer, a study carried out by WHO has stated. A research wing of WHO has come out with a study which examined the possibility of carcinogenic effect of certain substances. It has categorised gasoline engine exhaust, lead, DDT and cellphones as “possibly carcinogenic”.

The International Agency for Research on Cancer, working under WHO, however, also added that there was no extensive evidence as yet to conclusively establish cell phone usage as the cause of cancer. Despite this, the WHO-IARC team reiterates that radiofrequency of the electromagnetic fields increases the risk for glioma, a malignant form of brain cancer.

31 scientists from 14 countries in the IARC team observed “hundreds of epidemiological studies” carried out throughout the world to determine the adverse health effects of prolonged exposure to radio frequency of cellphone's electromagnetic fields.

Risk of glioma and acoustic neuroma (life-threatening tumor) was examined by going over the data under study. The reports from hundreds of studies are the basis of the conclusion that the two types of cancer can be caused. There was no data available to suggest that it could lead to other types of cancers.

The IARC's chief of this study, Dr.

Kurt Straif said, “there is just a possibility of a link between high cellphone use and brain cancer, not a certainty. We also don't know how much radiation exposure can be termed harmful”. Some rough estimates are that mobile usage for 1600 hours of active call time over a period of 10 years puts a person at highest risk.

IARC was embarked on this project considering the increase of cellphone usage throughout the world with close to five billion subscribers worldwide. A lot of concerns have been sounding from all corners of the world regarding the possible health hazards posed by the electromagnetic field of mobile phones. In view of the lack of concrete evidence, the IARC director, Christopher Wild, offered a workable solution, “It is important that additional research be conducted into the long term use of mobile phones. Pending such information, it is important to take pragmatic measures to reduce exposure such as hands free devices or texting.”

Similar research is underway in India too with the Indian Council of Medical Research, JNU's School of Environmental Sciences and Departments of Obstetrics, Gynaecology, Neurology and Biochemistry of AIIMS joining hands to conduct a 5 year long study on health impact of cellphone use.

— Sarita Gupta

भारत माता का है यह सपना – स्वस्थ, समुन्नत, विकसित भारत ही अपना

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(This journal is for the use of medical profession only.)

Is Phone Radiation Risky for Kids?

Children use cell phones to watch TV, play games, make phone calls, and send text messages. Many older kids and teens have their own cell phones, which they are attached to 24/7. But are there risks to such frequent use by children, and if so is that different than the risks for adults?

Cell phones emit a type of radiation that is known as Radio Frequency-Electromagnetic Radiation (RF-EMR), also referred to as microwave radiation. There have been concerns from the scientific community about whether or not cell phones are safe.

Cancer is a particular concern, but since cancers take 10-20 years to develop and children's frequent cell phone use is a relatively recent development.

There are several studies of the impact of cell phone radiation on children. Here are some of the conclusions:

- A 2010 study of cell phone radiation noted that, "in general and on average, children suffer a higher exposure of their brain regions than adults." This is because children have proportionally smaller heads and brains, yet receive the same levels of cell phone radiation as adults. The American Academy of Pediatrics agrees, saying that "when used by children, the average RF energy deposition is two times higher in the brain and 10 times higher in the bone marrow of the skull, compared with mobile phone use by adults.
- Another study found that people who begin using cell phones (and cordless landline phones) before the age of 20 are at an even higher risk of developing brain tumors than people who begin using these wireless phones as adults. This is because of the closer proximity of the source of radiation to the brain of kids (they have thinner tissues and bones than adults).

- Research also suggests that cell phone exposure could affect children's behavior. The children in the study who were hyperactive or had emotional or behavioral problems, including trouble getting along with other kids, were much more likely to have mothers who used cell phones during pregnancy. After accounting for other factors that could affect behavior, the children of these mothers were 80% more likely to have behavioral problems than children whose mothers rarely or didn't use cell phones. However, this is difficult to study because mothers who use cell phones frequently during pregnancy or after the baby is born, may pay less attention to their children, resulting in the children's bad behavior. More research is needed to understand the link between mother's cell phone use and children's behavior.

- Children that used cell phones more were more likely to have ADHD. Although the link to ADHD was only for children who also had high levels of lead in their blood, when researchers adjusted for blood lead level, they still found that ADHD was more likely for children who made more phone calls and spent a longer amount of time on the phone. This study was conducted in Korea, so it would be important to do similar research on children living in other countries.

- An article reviewing studies on children and their cell phone use found that the younger the child, the greater the risk of brain cancer and brain tumors. The same article also points to studies concluding that cell phones are associated with an increased risk of breast cancer (due to adolescents putting cell phones in their bras), parotid (salivary) gland tumors, and sperm damage for adolescents and adults.

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Precautions to protect from Mobile Radiation

By the time we find out, many people will have been harmed if cell phones are found to be dangerous. Here are some precautionary tips on how to protect your children from the health issues that could be connected to cell phone radiation:



- Turn airplane mode on when giving a child a technology device or when a cell phone is near a pregnant abdomen, to prevent exposure to radiation.
- Turn off wireless networks and devices to decrease your family's radiation exposure whenever you aren't actively using them. As an easy first step, turn your Wi-Fi router off at bedtime.
- Decrease use of phones or wifi where wireless coverage is difficult, in order to avoid an increase in radiation exposure.
- Use the speaker phone or a plug in earpiece when you use a cell phone. To protect children from radiation, they should not use cell phones except in emergency and should use the speaker phone.
- Increase the distance between you and your cell phone whenever it is

on, to reduce your exposure to radiation emitted. For example, do not use a cell phone while a child is on your lap, and do not carry your cell phone in your baby carrier, crib, or pockets.

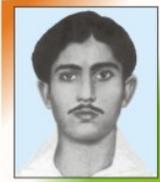
When the phone is on, tell your kids to put it in a backpack as far from their body as possible (such as an outside pocket) or on the desk or other furniture at home, instead of holding it or carrying it in a pocket.

- Read the fine print: All device manufacturers advise that cell phones should be at least 5 millimeters, or about ¼ of an inch away from your body or brain. With the iPhone 6 and the iPhone 6s, the company advises users to keep the cell phone at least 10 millimeters, or about half an inch, away from your body or brain. See the safe distance for your phone. For iPhone and android this is located under: Settings -> General -> About -> Legal -> RF Exposure.

Share this info with your friends, family, and schools so that they can make these simple changes as well.

चित्र पहचानो

Identify and write the name of following National Heroes of the Month. They have contributed to the freedom of India. We have their inspiration in our heart & soul.



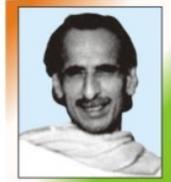
A. _____



B. _____



C. _____



D. _____

(Find answers, printed somewhere in this issue)

Eating Grapes Can Help Avoid Depression

Eating grapes may have a positive effect on your health, says a study. The natural compounds derived from the fruit act as therapeutic agents that help treat depression. The compounds target newly developed underlying mechanisms of the disease.

"The discovery of these new, natural grape-derived polyphenol compounds targeting cellular and molecular pathways associated with inflammation may provide an effective way to treat a subset of people with depression and anxiety, a condition that affects so many people," said lead researcher Giulio Maria Pasinetti, Professor at Icahn School of Medicine at Mount Sinai in New York.

Depression is associated with a multitude of pathological processes, including inflammation of the peripheral immune system - a set of biological structures and processes in the lymph nodes and other tissues that protect against disease and abnormalities involving synapses, the structures that permit neurons to pass an electrical or chemical signal to other neurons.

The available antidepressants are limited to targeting systems that regulate dopamine, serotonin, and other related neurotransmitters.

These antidepressants do not particularly target synaptic maladap-



tations and inflammations associated with major depressive disorder.

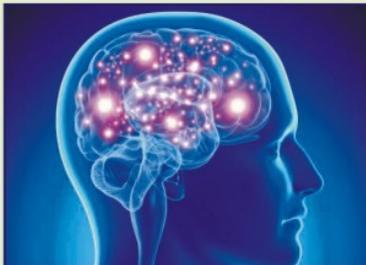
Researchers have found that a bioactive dietary polyphenol preparation from grape was effective in promoting resilience against stress-induced depression in mice.

In the findings, the researchers also demonstrated that DHCA/Mal-gluc treatment was effective in attenuating depression-like phenotypes in a mouse model of increased systemic inflammation induced by transplantation of cells from the bone marrow of stress-susceptible mice.

Jun Wang, an associate professor at Ichan said, "Our research shows that combination treatment with the two compounds can promote resilience against stress-mediated depression-like phenotypes by modulating systemic inflammatory responses and brain synaptic plasticity in a mouse model of depression."

This study suggests the need to test and identify novel compounds that target alternative pathologic mechanisms, such as inflammation and synaptic maladaptation, for individuals resistant to currently available treatment.

The findings were published in the journal, Nature Communications.



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- c) In habitual and drug induced constipation.

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ब्रेन ट्यूमर लक्षण, कारण, निदान और इलाज

ब्रेन ट्यूमर मस्तिष्क में या मस्तिष्क के निकट में असामान्य कोशिकाओं के विकास के रूप में परिभाषित किया जाता है। ब्रेन ट्यूमर के दो मुख्य प्रकार हैं :- **घातक या कैंसर ट्यूमर**

बेनिग्न ट्यूमर :- कैंसर ट्यूमर को प्राथमिक और माध्यमिक ट्यूमर में विभाजित किया जाता है। प्राथमिक ट्यूमर वह होता है जो मस्तिष्क के भीतर विकसित करता है, और माध्यमिक ट्यूमर वह है जो अलग स्त्रोत से फैलता है उसे मस्तिष्क ट्यूमर मेटास्टेसिस के रूप में जाना जाता है।

लक्षण :- हमारे मस्तिष्क के अलग-अलग हिस्से हमारे शरीर के विभिन्न कार्यों का नियंत्रण करते हैं, जो, लक्षण स्थान और ट्यूमर के प्रकार के आधार पर बदलते हैं। ब्रेन ट्यूमर का एक आम प्राथमिक लक्षण सिरदर्द है, जो सामान्य सिरदर्द-उपचार से ठीक नहीं होता है।

अन्य लक्षणों में शामिल हैं:-

- दौरा पड़ना • ध्यान केंद्रित करने में असमर्थता होना • संतुलन की समस्याएँ होना • दृष्टि में परिवर्तन होना • चलने में समस्या होना • स्तब्ध हो जाना या हाथ या पैर में झुनझुनी होना • स्मृति के साथ समस्या होना • भाषण या सुनवाई में परिवर्तन होना • व्यक्तित्व में परिवर्तन होना • शरीर के किसी खास हिस्से में कमजोरी होना।

कारण :- ब्रेन ट्यूमर जो मस्तिष्क में विकसित होता है। जब सामान्य कोशिकाओं के डी.एन.ए. में परिवर्तन होता है, तो प्राथमिक मस्तिष्क ट्यूमर का विकास होता है। प्राथमिक मस्तिष्क ट्यूमर मस्तिष्क में या आसपास के टिशू में जैसे मस्तिष्क को कवर करने वाली झिल्ली, पिट्यूटरी ग्रंथि, क्रैनियल नर्व या पीनियल ग्रंथि में आरंभ होता है। माध्यमिक ब्रेन ट्यूमर के विपरीत, जिसमें कैंसर मस्तिष्क तक फैलने का एक अलग स्त्रोत होता है, प्राथमिक मस्तिष्क ट्यूमर उतना आम नहीं होता है। जैसे :-

ग्लिओमास :- ये ट्यूमर मस्तिष्क या रीढ़ की हड्डी में आरंभ होता है और इसमें एपेण्डीमोमा, ओलिगोडेंड्रोग्लिओमास, ग्लिओब्लास्टोमास,

अस्ट्रॉयोटोमास और ओलिगोनस्ट्रॉयोटोमास शामिल हैं।

मेनिंगियोमास :- मेनिंगियोमा एक ट्यूमर है जो झिल्ली से शुरू होता है और यह मस्तिष्क और रीढ़ की हड्डी के चारों ओर होता है। अधिकांश मेनिंगियोमास नॉन कैंसरस होता है।

ध्वनिक (एकॉस्टिक) न्यूरोमास :- ये बेनिग्न ट्यूमर हैं जो नर्व में विकसित होता है जो संतुलन और सुनने पर नियंत्रण करता है। यह कान के भीतरी भाग से शुरू होकर मस्तिष्क तक होता है।

पिट्यूटरी अडेनोमास :- इनमें से ज्यादातर बेनिग्न ट्यूमर है जो पिट्यूटरी ग्रंथि (मस्तिष्क का एक भाग) में विकसित होता है। ये ट्यूमर आमतौर पर पिट्यूटरी हार्मोन को प्रभावित करता है, जिसका सारे शरीर पर प्रभाव होता है।

मेडुलोब्लास्टोमा :- ये कैंसर ब्रेन ट्यूमर का सबसे सामान्य रूप है, आमतौर पर बच्चों में देखा जाता है। मेडुलोब्लास्टोमा आमतौर पर मस्तिष्क के निचले हिस्से में होता है और यह शरीर की रीढ़ की हड्डी में तरल पदार्थ के माध्यम से फैल जाता है। यह ट्यूमर वयस्कों में कम होता है।

पी.एन.ई.टी.एस. :- तंत्रिका ऊतक और हड्डी को प्रभावित करने वाले न्यूरोकेडर्मल मूल के छोटे गोल कोशिकाओं से बना अत्यधिक घातक ट्यूमर का एक समूह है। यह कम पाया जाता है। ये ट्यूमर मस्तिष्क के भ्रूण कोशिकाओं में आरंभ होते हैं, हालांकि, यह मस्तिष्क में कहीं भी विकसित हो सकते हैं।

रोगाणु सेल ट्यूमर :- रोगाणु सेल ट्यूमर बचपन से ही जहाँ अंडकोष या अंडाशय बाद में बनेंगे, वहीं विकसित करना शुरू कर देते हैं। लेकिन कभी-कभी रोगाणु सेल ट्यूमर शरीर के अन्य भागों (जैसे, मस्तिष्क में) फैल जाते हैं।

क्रैनियाफरयंगीओमा :- ये दुर्लभ, नॉन कैंसर ट्यूमर है जो मस्तिष्क की पिट्यूटरी ग्रंथि के पास ही शुरू हो जाते हैं। यह शरीर के कई कार्यों को नियंत्रित करने के लिए हार्मोन स्रावित करता है।

क्रैनियोफरयंगीओमा :- धीरे-धीरे विकसित होता है, यह पिट्यूटरी ग्रंथि और मस्तिष्क के पास

स्थित अन्य भागों को प्रभावित करता है।
कैंसर जो कहीं भी शुरू होता है और मस्तिष्क तक फैलता है शरीर के एक अलग स्रोत से उत्पन्न हुआ मस्तिष्क तक कैंसर फैलने से माध्यमिक या मेटास्टेटिक मस्तिष्क ट्यूमर होता है।

माध्यमिक मस्तिष्क ट्यूमर ज्यादातर उन लोगों में होता है जिनमें कैंसर का इतिहास होता है। लेकिन कुछ मामलों में, मेटास्टेटिक कैंसर ब्रेन ट्यूमर एक अलग स्रोत से जन्मा पहला संकेत हो सकता है।
माध्यमिक मस्तिष्क ट्यूमर प्राथमिक मस्तिष्क ट्यूमर से अधिक आम है। कैंसर के आम रूप जो दिमाग में फैल सकते हैं पेट के कैंसर, फेफड़ों के कैंसर, स्तन कैंसर, मेलेनोमा, गुर्दे के कैंसर हैं।

निदान :- ब्रेन ट्यूमर का निदान (डायग्नोसिस) करने के लिए, डॉक्टर को मस्तिष्क संबंधी विकास के लक्षण को देखना चाहिए। व्यक्तिगत और परिवार के स्वास्थ्य के इतिहास की जाँच की जानी चाहिए। मस्तिष्क संबंधी परीक्षाओं के बाद, अगर ब्रेन ट्यूमर का संदेह है, तो निम्न परीक्षण की सलाह दी जाती है:-

इमेजिंग परीक्षण (टेस्ट) :- मैग्नेटिक रेजोनेंस इमेजिंग या एम.आर.आई. आमतौर पर ब्रेन ट्यूमर को निदान करने में मदद करने के लिए प्रयोग किया जाता है। कुछ मामलों में, एम.आर.आई. के अध्ययन के दौरान एक डाई आपके हाथ की नस से इंजेक्शन के माध्यम से दिया जाता है। अन्य संभावित इमेजिंग परीक्षण के कंप्यूटरीकृत टोमोग्राफी (सी.टी. स्कैन) और पोजीट्रान एमिशन टोमोग्राफी (पीईटी) होते हैं।

एंजियोग्राम या एम.आर.ए.:- इसमें ट्यूमर या असामान्य रक्त वाहिकाओं के लक्षणों की पहचान करने के लिए डाई और मस्तिष्क की रक्त वाहिकाओं के एक्स-रे का उपयोग करते हैं।

बायोप्सी :- डॉक्टर ट्यूमर में कैंसर है या नहीं यह निर्धारित करने के लिए बायोप्सी के लिए कह सकते हैं। टिशू का एक नमूना मस्तिष्क से या तो सर्जरी के दौरान ट्यूमर को हटाते समय या उपचार से पहले सुई से खोपड़ी में छोटे से छेद से निकाला जाता है। नमूने को फिर परीक्षण के लिए एक प्रयोगशाला में ले जाया जाता है।

इलाज :- ब्रेन ट्यूमर के इलाज के लिए कई तरीके हैं, लेकिन यह कैंसर के स्टेज, स्थान और ट्यूमर के प्रकार पर निर्भर करता है।

सर्जरी :- मस्तिष्क ट्यूमर अगर ऐसी जगह है जहां पर ऑपरेशन करना आसान हो, तो इसे हटाया जा सकता है। अगर ट्यूमर छोटा है और आसानी से आसपास के मस्तिष्क के टिशू से

अलग किया जा सकता है, तो ट्यूमर को शल्य चिकित्सा से दूर करना संभव है। कुछ अन्य मामलों में, ट्यूमर आसपास के टिशू से अलग नहीं किया जा सकता है या वह मस्तिष्क के संवेदनशील क्षेत्रों के पास स्थित होता है, जिससे सर्जरी बहुत ही जोखिम भरी बन जाती है। इन मामलों में, डॉक्टर ट्यूमर को उस हद तक हटाने की कोशिश करते हैं जब तक वह सुरक्षित है।

जोखिम :- सर्जरी, जिसमें ब्रेन ट्यूमर को हटाना शामिल है उसमें संक्रमण और खून बहने का खतरा रहता है। अन्य संभावित खतरों में आपके मस्तिष्क में ट्यूमर के स्थान पर निर्भर होता है। उदाहरण के लिए, जो नसों आपकी आँखें कनेक्ट करती हैं उनके पास ट्यूमर में सर्जरी करने की दृष्टि हानि का जोखिम हो सकता है।

रेडिएशन थेरेपी :- रेडिएशन थेरेपी में उच्च ऊर्जा किरणों, जैसे एक्स-रे या प्रोटॉन, ट्यूमर कोशिकाओं को मारने के लिए शामिल है। रेडिएशन थेरेपी सिर्फ आपके मस्तिष्क के हिस्से पर ध्यान केंद्रित करती हैं जहां ट्यूमर स्थित है, या यह पूरे मस्तिष्क में किया जा सकता है। पूरा मस्तिष्क का रेडिएशन ज्यादातर पहले से ही शरीर के कुछ अन्य हिस्से से मस्तिष्क में फैल गया कैंसर के उपचार में प्रयोग किया जाता है।

कीमोथेरेपी :- कीमोथेरेपी में ट्यूमर कोशिकाओं को मारने के लिए दवाओं का उपयोग करने की प्रक्रिया शामिल है। कीमोथेरेपी की दवाओं को मौखिक रूप से गोली के रूप में लिया जा सकता है या नसों में इंजेक्ट किया जा सकता है। कीमोथेरेपी दवा, टेमोजोलोमिड आमतौर पर मस्तिष्क ट्यूमर के इलाज के लिए है। इसको आमतौर पर गोली के रूप में लिया जाता है। कीमोथेरेपी दवाओं के कई अन्य रूप उपलब्ध हैं जिनका प्रयोग कैंसर के प्रकार के आधार पर किया जा सकता है।

ड्रग थेरेपी :- लक्षित दवा उपचार आमतौर पर कैंसर की कोशिकाओं के भीतर मौजूद विशिष्ट असामान्यताओं पर ध्यान केंद्रित होता है। इसका पहला लक्ष्य असामान्यताओं को ब्लॉक करने के लिए, कैंसर की कोशिकाओं को मारने के लिए होता है। एक लक्षित ड्रग थेरेपी, जो आमतौर पर मस्तिष्क कैंसर के इलाज के लिए प्रयोग किया जाता है उसे ग्लियोब्लास्टोमा कहा जाता है। इसमें दवा को नसों के माध्यम से इंजेक्ट किया जाता है। यह ट्यूमर में रक्त की आपूर्ति कम करता है और ट्यूमर को मारने के लिए नई रक्त वाहिकाओं के गठन को रोकता है।

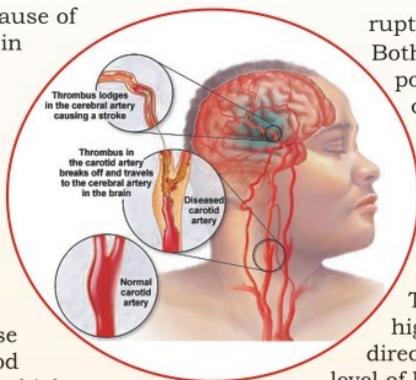
Stroke Caused by High Blood Pressure

Stroke is a leading cause of death and disability in adults. According to studies, the prevalence of stroke in India is about 203 cases per 100,000 population above 20 years which amounts to about a total of 1 million cases. The most worldwide cause of stroke is high blood pressure. This makes high blood pressure or hypertension the single most important risk factor.

A stroke can be defined as a sudden loss of brain function due to interruption of the blood supply to the brain. It is caused by an acute vascular event such as interruption of blood supply (ischemic strokes) and/or bleeding into the brain tissue (hemorrhagic strokes). Interruption of the blood supply results in a deficiency of oxygen and other nutrients to the brain tissue. As the brain tissues use oxygen at an exceptionally high rate, interruption of the oxygen and other nutrients to the brain even for a few seconds can cause extensive damage and serious complications.

Blood supply to the brain can be interrupted because of:

- ❖ A block by a clot or other debris in the blood vessel, which supplies blood to the brain. If this happens, you are having an ischemic stroke. This type of stroke is more common (85 % of all strokes are of ischemic stroke)
- A Hemorrhagic stroke occurs when there is a rupture of the blood vessels in the brain, which then leads to bleeding in the brain tissue and interruption of blood supply to tissues located after the point of



rupture.

Both these are potentially serious and can cause extensive damage and potentially serious complications

The Influence of High Blood Pressure

The risk stroke due to high blood pressure is directly related to the level of blood pressure that is higher the blood pressure higher is the risk of stroke. The risk of stroke is lesser in patients with well-controlled blood pressure as compared to patients with poorly controlled blood pressure.

Warning Signs of Stroke :

- ❖ The signs and symptoms of stroke depend on the area of the brain which is affected. But the symptoms that are a cause for concern include:
 - ❖ Loss of consciousness
 - ❖ Numbness or Weakness of any part of the body
 - ❖ Loss of sensation in any part of the body
 - ❖ Deviation of mouth to one side
 - ❖ Difficulty in speaking
 - ❖ Difficulty in understanding conversation
 - ❖ Sudden visual defect in one or both eyes
 - ❖ Dizziness, giddiness, or confusion
 - ❖ Loss of balance or unexplained falls
- Stroke is a serious and potentially life-threatening condition so never ignore your symptoms. In many people, the symptoms may last only for a few seconds. Consult your doctor or visit an emergency room immediately if you have symptoms of stroke even if they last only for a few seconds.

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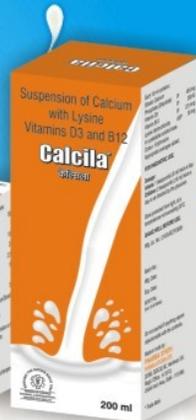
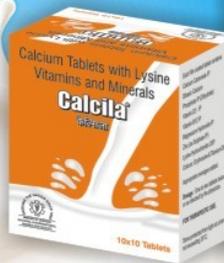
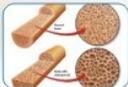
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5 health risks for men in modern life

Heart Disease: Men are at a greater risk of contracting heart disease as they have lesser time to prevent its development. The risk factors that trigger heart disease include advancing age, family history and race, smoking, high blood cholesterol, high blood pressure, lack of exercise, obesity and diabetes, you should learn to eat right and exercise hard to decrease your risk of getting heart disease.

Stroke : Did you know that the third largest killer of men in the world after cancer and heart disease is stroke?

Hypertension is the root cause of stroke and the only means to prevent stroke is to find ways to control it.

Avoid smoking, excessive alcohol intake, and change your lifestyle into a healthy one. Exercise moderately (like going for a brisk walk), and take up recreational activities like yoga and meditation that help you relax.

A healthy lifestyle means eating the right types of foods and getting plenty of exercise. Avoid red meats and dairy products that are rich in saturated fats. Include lots of fresh fruits, whole grains and vegetables in your diet.

Suicide and Depression : Men are more susceptible to committing suicide than women. The under-diagnosed depression in most men is partly to be blamed. Men fail to openly project their depression and others fail to recognise it and proper treatment doesn't take place, leading to suicide.

Men show different symptoms from women when they're depressed. While women become sad, men express their grief in the form of anger, risk taking behaviour, work burnout, midlife crisis, and indulge in alcohol and substance abuse.

Men who are immensely depressed tend to think that their life is certainly not worth living and resort to suicide as a quick end to all their miseries. Seeking immediate medical help is

the only way out of this problem.

Lung Cancer : Lung cancer is another leading health disorder that most men face. It is one of the leading killers of both men and women alike.

Your risk of getting lung cancer increases with exposure to secondhand smoke, other factors that matter are your personal history, the level of air pollution that you're exposed to, and your exposure to radon or asbestos.

Lung cancer is caused by tobacco products and you need to stop smoking as this will prevent further damage to your lungs. Most people are often subjected to secondhand smoke in public places and closed rooms.

Prostate Cancer : Another common health disorder that is found in men worldwide is prostate cancer. After lung cancer, this is the second largest killer of men. Causes for prostate cancer remain unknown and prevention of the same is also under study.

The ailment is treatable especially if detected in the early stages. Detecting prostate cancer in early stages is quite challenging as no symptoms of the illness can be seen till it spreads to other parts of the body.

Prostate cancer screening is the best means to detect this ailment. Men who are prone to prostate cancer are people who have a family history of this killer disease and men who are black.

Other risk factors include advancing age and a diet that's high in fats. Men who consume lots of red meat and high fat dairy products without including sufficient fresh fruits and vegetables in their diet are prone to this type of cancer.

Make sure that your diet is healthy by including plenty of fresh fruits and vegetables, turning to low fat dairy products, and avoiding red meat and instead consuming lean meat.

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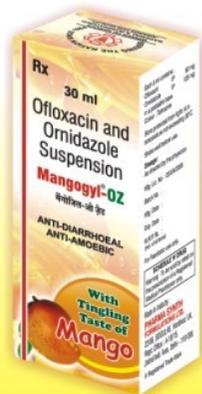
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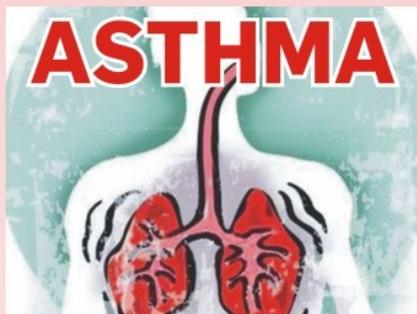
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Asthma or hyperactive airway disease is one of the most common diseases not only in India but world over. It is chronic inflammatory disorder of the airway. Pathophysiology of asthma is complex and involves following:

- Airway inflammation;
- Intermittent airflow obstruction;
- Bronchial hyper-responsiveness;

Inflammation in asthma may be chronic, acute or sub-acute. Presence of edema in airway, mucus secretion also contributes to airflow obstruction and bronchial reactivity.

There are two types of asthma i.e. allergic (caused by exposure to allergens) and non-allergic (caused by stress, exercise, illness like cold or flu, or exposure to extreme weather, irritants in air or some medications). Exercise induced asthma(EIA) or exercise induced bronchospasm (EIB) is asthma variant. Pathogenesis of EIA is not clear. It may be mediated by water loss from airway, heat loss from the airway or a combination of both.

SYMPTOMS

The most common symptoms of asthma are:

- Coughing, especially at night, during exercise or when laughing;
- Difficulty in breathing;
- Chest tightness;
- Shortness of breath;
- Wheezing (a whistling or squeaky sound in the chest)

Asthma symptoms may appear at any time. Mild episodes may last a few minutes and may be resolved quickly

or with medication. More severe episodes can last from hours to days and will need medication.

CAUSES

Asthma symptoms may be triggered by exposure to an allergen (e.g. pollen, animal dander, or dust mites), irritants in the air (because of air pollution) or extreme weather conditions. Exercise or illness, particularly a respiratory illness or flu can also cause asthma. A physical display of strong emotion which affects normal breathing (e.g. shouting, crying or laughing) can also trigger asthma. People with family history of allergies or asthma are more prone to develop asthma.

ASTHMA MANAGEMENT

There is no permanent cure for asthma. Therefore, it should be managed. The long term outpatient management of asthma should follow the stepwise therapy model based on the global initiative for asthma guidelines. Management of asthma should incorporate four treatment components:

- Objective measures of lung function;
- Environmental control measures and avoidance of risk factors;
- Comprehensive pharmacologic therapy;
- Patient education.

Medication used for asthma is of two types, namely, reliever medication (quick relief) and controller medication (long term control). For quick relief, bronchodilators are used and for long term treatment antihistaminics, anti-inflammatory agents and long acting beta-agonists are used.

The best way to prevent an asthma attack is to follow your treatment plan suggested by physician. The patient should learn his/her triggers and avoid them. As soon as symptoms appear, medicines for quick relief should be used.

Courtesy : <http://pharmacyinfo.in>

(A blog by Mr. P.P. Sharma)

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