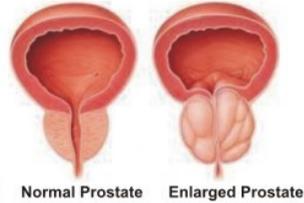


INSIDE

Prostate Problems	2	Did you know	9
Chest Burning	4	Diabetes Related Complications	11
Know about Chest Infections	7	पीढ़ी-दर-पीढ़ी	12
6 Body Signs for	8	Benefits of Fish Oil	13
		Chronic Kidney Disease	14



Prostate Problems



Prostate Problems to Watch Out for as You Get Older

As men age, they are more likely to look at travelling as a series of restroom stops. Heading to the grocery store or to a friend's house for poker may involve strategizing about available restrooms along the way. Although it may be the end of long road trips, it's not the end of the world. It's simply a signal that, similar to your eyesight needs help as you age, the prostate needs some attention too.

The prostate is a gland the size of a walnut that sits at the base of the penis. It wraps around the urethra (the urine conducting tube) like a donut. The prostate is essential for male fertility, as it makes a fluid that protects and nourishes sperm. But as men age, there are two problems that can arise. One is benign prostatic hypertrophy (BPH), which is a fancy way of saying that the gland enlarges. For some unknown reason, the prostate continues to grow as a man gets older. This occurs in about half of all men in their sixties. And due to its strategic location around the urethra, it can cause urinary urgency, dribbling, weak stream, and can make men get up at night to urinate.

The other potential problem is prostate cancer. Fortunately, it is far less common than prostate enlargement (one of 9 men will get prostate cancer in their lifetimes) and typically causes no urinary symptoms.

BPH is not preventable, but prostate cancer may be. Following a heart-healthy, low-fat, low carbohydrate diet is key to the prevention strategy, as are exercise, weight management, and stress reduction. Concentrate on eating fruits and vegetables, which are high in antioxidants that protect the cells of your body from becoming cancerous. Soy and green tea may also be prostate-protective. Sugar intake should be limited, as it often ends up stored in your body as fat, and obesity is linked to prostate cancer.

It may surprise you to learn that prostate cancer isn't always lethal. Cancer is no one's friend, but prostate cancer is typically not as deadly as lung cancer, colon cancer, or breast cancer. Most men who have prostate cancer do not die of it. It is much more slow-growing than many other cancers, doubling in size every 2-3 years instead of every 4-6 months. Because of this, men are 10 times more likely to die of heart disease than prostate cancer. Even more interesting is that some believe that prostate cancer is really a disease of age in men, as the likelihood of having small amounts of cancer in the prostate increases with age. That means, about 80% of 90-year-old men will have prostate cancer but may never know it. It also means that there are many prostate cancers found in men that are "clinically

Owned, Edited and Published by Sarita Gupta at - Plot No. 190, Block-E, Dilshad Garden, Near L.I.C. Colony, Delhi-110095, Ph.: 011-47625719 and Printed by her at - Global Printing Services, 116, F.I.E., Patparanj, Industrial Area, Delhi-110092, Editor : Sarita Gupta, Designing : Mukesh Kumar, Production : Subrat Saraogi, Legal Advisor : Ajay Sahni. The Material of this journal is brief and simply informative, professionals should have their own assessment and are advised to refer details for making their decision etc. Publisher accepts no responsibility of any nature for anything described in this issue. Subscription : Single Copy Rs. 10/-, Annual (12 issues) Rs. 96/- **(This journal is for the use of medical profession only.)**

insignificant,” a rare term in cancer medicine. So, many prostate “cancers” actually don’t act as such. The real challenge is to figure out which are important to treat, and which are not.

Although diseases of the prostate are not usually life-threatening, they can affect your quality of life...and your road trips. Men over 55 should consider having their prostate checked regularly, although most men would rather spend quality time with the dentist’s drill than go in for that exam. Luckily, blood tests for

something called PSA can also help detect cancer. The symptoms of prostatic enlargement are treated with pills; if these don’t work, various, safe but indescribable minimally invasive procedures can remove the symptom-causing prostatic tissue. And, some of the FDA-approved pills to treat BPH may also prevent prostate cancer. So, for all kinds of reasons, don’t ignore the prostate. Attend to it before it disrupts the flow in your daily life.

— Sarita Gupta

**Change of season has every reason
for Cough & Congestion**

**Pharma
Synth®**

Rx **SEDORIL®**
A wide range of Cough Remedies

Choose the
RIGHT Cough Syrup
for
RIGHT Treatment



- SAFE & EFFECTIVE
- FAST ACTING
- TASTES GREAT
- ALCOHOL FREE



Natural Calcium with Lysine

Rx **Calcila**
TABLETS & SUSPENSION

a strong Calcium with Lysine to promote the growth

HIGH ELEMENTAL CALCIUM

Useful in :

- Calcium Deficiency • Fractures • Osteoporosis
- Pregnancy & Lactation • Adolescence

Causes and treatments for a burning chest

Chest burning can be frightening, especially for people concerned about heart health or having a heart attack.

However, there are many potential causes of chest pain. There are also many treatment options available.

Many causes of a burning feeling in the chest are not harmful. In fact, just 15–25% of people who visit the emergency room with chest pain have an acute heart problem.

Causes

Numerous conditions can cause chest burning, including:

Heartburn : Heartburn, or acid reflux, is one of the most common causes of painful burning in the chest.

The sensation ranges from mild discomfort to intense pain.

Heartburn occurs when acid from the stomach travels back up the oesophagus. It is more common in pregnant women, people with gastroesophageal reflux disease, and those with a hiatal hernia.

Consuming acidic foods and drinks, such as tomatoes and alcohol, may increase the risk of heartburn. Smoking tobacco can also increase the risk.

Some other symptoms of heartburn include:

- burping
- burning in the throat
- pain that begins shortly after a meal
- pain that gets worse when lying down

Other gastrointestinal problems

Other gastrointestinal problems may also cause burning chest pain. Some may cause symptoms that mimic those of heartburn.

For example, people with gallstones or liver health problems may experience intense heartburn.

If the pain does not get better after taking an antacid or other heartburn medication, the problem might be due to something else, such as gallstones, liver disease, or pancreatitis.

Some other signs of serious gastrointestinal problems include:



- very dark urine
- very light or infrequent bowel movements
- intense pain anywhere in the abdomen, but especially in the upper right side, under or near the ribs

Muscle or bone injuries

Muscle injuries can cause intense burning in the chest, especially when using the injured muscle to lift heavy objects. Injuries to cartilage or bone may also cause pain and burning in the chest.

Burning chest pain may be a sign of an injured muscle or a problem with bone or cartilage if:

- the pain appears only in certain positions or while lifting heavy objects
- the pain changes with massage or pressure on the area
- there is swelling in the painful area of the chest

Panic attack

A panic attack can occur when a person feels overwhelmed with anxiety or panic. The heart may race and cause pain or discomfort in the chest. As the panic worsens, so too can the pain.

A panic attack will not cause a heart attack, but the two can feel similar. When the symptoms occur following a trauma, or in a person with a history of anxiety or panic, a panic attack is more likely than a heart attack. When in doubt, a person should go to the emergency room.

Heart disease

Although many types of chest pain, including some burning pain, can indicate a problem with the heart, they

do not always mean that a person is having a heart attack.

Angina is a term that doctors use to refer to chest pain when the heart does not get enough oxygen. The most common cause of angina is coronary heart disease, which is a condition that blocks blood flow when plaque builds up in the blood vessels.

A doctor may treat angina as a warning sign that a person is at risk of having a heart attack.

It can be difficult to distinguish the pain of angina from that of a heart attack. Even doctors cannot usually tell the difference based on symptoms alone.

For this reason, a person should go to the emergency room for any angina that does not go away or that gets worse over time. A person who has previously had angina but whose angina pattern changes (unstable angina) should also seek emergency care.

Some symptoms of angina include:

- pain, pressure, or burning in the chest
- nausea
- pain that comes and goes
- feeling winded or breathless
- pain that radiates to the jaw or shoulder

Other vascular health problems

Problems with the blood vessels that carry blood to and away from the heart and lungs may cause chest pain.

For example, an aortic dissection occurs when the aorta, which is a large blood vessel, tears. Without prompt treatment, it can be fatal.

A pulmonary embolism is another blood vessel issue. It occurs when a blood clot breaks loose and travels to the lungs. This can damage the lungs and heart, and it may also be fatal.

Some signs of a blood vessel problem include:

- a sudden ripping, tearing, burning pain in the chest, which may indicate an aortic dissection
- chest pressure or burning that gets worse with exercise
- sudden pain accompanied by difficulty breathing or dizziness

People should always seek emergency medical attention for these symptoms.

Lung health issues

Problems with the lungs can also cause burning in the chest.

For example, lung infections and pneumonia can cause burning pain in the chest or lungs, especially when breathing or during movement or exercise.

People who experience burning pain that makes breathing difficult should see a doctor, as it can be difficult to tell these symptoms from those of a heart attack.

Doctors can also help diagnose and treat other lung health issues, such as pneumonia.

Diagnosis

To diagnose the cause of burning in the chest, a doctor will typically perform several tests. These may include:

- a complete medical history
- a physical exam to check heart rate and pulse, look for swelling, and assess muscle and organ health
- blood work to check for infections or changes that may indicate a heart attack or other heart problem
- an electrocardiogram, which measures electrical activity in the heart
- chest X-rays
- CT scans

Treatment

The treatment options for burning chest pain vary depending on the cause.

For example, heartburn may require a person to take an antacid or make dietary changes, whereas more serious heart or lung conditions often demand comprehensive lifestyle changes.

A person having a heart attack may need blood thinners or surgery, such as bypass surgery.

People should not try to treat chronic chest pain at home, especially if they do not know the underlying cause. Even chronic heartburn can cause long term health problems. Only a doctor can diagnose the cause and recommend appropriate treatment.

STOP

Hyper Acid
Secretion

Pharma
Synth®

Rx

PD-SR

CAPSULES

Pantoprazole 40 mg. & Domperidone 30 mg.



To meet the Challenges of
day-to-day infections

CIFIGOLD®

100-DT & 200-DT

(Cefixime 100/200 mg Dispersible Tablets)



ALSO AVAILABLE IN

CIFIGOLD®

Cefixime 50 mg + Lactic Acid Bacillus 60 Million Spores
Dry Syrup

CIFIGOLD®

Ceftriaxone with Sulbactam for Injection
Injection

For Z Category Protection from
Stubborn Infections

Rx

ONOVA-OZ

Ofloxacin 200 mg & Ornidazole 500 mg Tablets

The most acceptable
prescription for
Unacceptable
Conditions



www.pharmasynth.in

Piles, Fissures
leads to Rest-less-ness
& Frustration ????

For
Comprehensive
Care of
Haemorrhoid

ANOCREAM®

Beclomethasone Dipropionate 0.025%, Lidocaine 3.0%,
Phenylephrine Hydrochloride 0.1%, Zinc Oxide 5.0%

Relieves discomfort...



Everything you need to know about chest infections

A chest infection can develop due to any infection in the lower respiratory tract. This includes infections in the airways, including the windpipe and bronchi, which are the main air passages into the lungs.

Most chest infections are mild and do not require any prescription medical treatment. However, some chest infections can be serious and require more extensive medical care.

Common chest infections, including pneumonia and bronchitis, may respond well to treatment at home. There are also preventive steps that people can take that may help them avoid chest infections.

Symptoms

The symptoms of a given chest infection may vary from person to person, though typical symptoms tend to include:

- a wet, productive cough
- wheezing
- coughing up phlegm
- yellow or green mucus
- chest pain
- shortness of breath
- a sharp sensation when breathing
- a headache, typically from coughing too much
- a fever
- general fatigue
- aches and pains in the muscles

Types : There are several types of chest infections, including:

Bronchitis

Bronchitis is one of the most common chest infections. It occurs as a result of an infection of the bronchi, which are major airways to the lungs.

The National Heart, Lung, and Blood Institute note that infections that result from viruses, including the common cold and flu, are the most common cause of acute (short term)

bronchitis.

Sometimes, a bacterial infection may also cause acute bronchitis.

Pneumonia

Pneumonia is an infection that occurs in the airways of the lungs, causing the air sacs to become inflamed and swell with fluid or pus. Many germs can cause pneumonia, though bacterial pneumonia and viral pneumonia are most common.

When a sick person coughs, sneezes, or breathes out particles into the air, another person can inhale the particles, which may grow in the airways. This may lead to pneumonia.

Tuberculosis

Tuberculosis (TB) is a bacterial infection that develops due to *Mycobacterium tuberculosis* in the lungs or airways.

In the United States, TB is rare. The American Lung Association note that it is not easy to catch a TB infection.

However, TB can be serious or potentially fatal without treatment. Most cases of TB resolve without complications if a person receives prompt, effective medical treatment.

Medical treatment

In most cases, chest infections from viral sources — such as the common cold — do not require prescription medical treatment.

Doctors may recommend over-the-counter (OTC) drugs, such as ibuprofen or a cough and cold medication, to ease symptoms.

If a doctor identifies a particular bacterial or viral source of the infection, they may recommend certain medications.

Antibiotics can help clear out bacterial infections. Antiviral medications may be necessary in certain viral infections or for people at higher risk of complications.

Six Signs That The Body Gives When You Are Starving

With most people going on crash diets or low-calorie, no carb-diets, often complain of sudden hunger pangs. Everyone knows the magic to lose weight is to cut down on calories. However, in most cases, people end up going in extremes by actually starving themselves for weight loss. Apart from weight loss, repeated episodes of hunger pangs can cause grave inconvenience to the digestive system leading to long-lasting health problems. The whole concept of going on a diet is to supplement the body with required nutrients to aid weight loss.

Eating less is fine to one extent, but not eating at all can be undoubtedly harmful. Also, it is a known fact that razing down on calories does not aid weight loss faster. Following are some vital signs and signals that the body gives when it requires food:

Food always on your mind?:

It is common to always think about food when you are on a specific diet. However, in most cases, this means that the body is asking for food for essential nutrition. We often get hunger pangs, after which we end up eating than double. However, in most cases, people tend to ignore these symptoms owing to weight loss reasons. If for the past hour, you have been thinking of food, then eat something.

Dreaming of food while sleeping:

Have you ever had dreams of you eating something delicious or exotic? These are nightmares for those on a strict diet, limiting themselves to eat the required portion of food. Due to starving or eating less, it happens that the mind and body keep asking for food even while sleeping. This denotes that satisfaction after the meal was missing before hitting the sack.

Irregular sleep patterns:

If you are hungry, it is common to

suffer from irregular sleep patterns. When you are dieting, you are so choosy about the food you eat. It is common for people to ignore the important nutrients required by the body for basic nutrition. If you have missed dinner, it is common to get up from your sleep looking for food instantly. In such cases, keep nuts handy to cater to your midnight hunger pangs. In case the level of hunger is more, have a cup of milk.

Bouts of dizziness or lightheadedness:

Have you ever felt dizzy or lightheaded due to hunger? This is because the body is asking for the required energy in the form of food. It is essential to take in the basic nutrients and minerals in account in the diet to maintain the needed energy to sustain through the day. Cutting out on food deprives the body of several vital nutrients

When food starts making you terrified:

Ever felt terrified looking at food? Ever thought that a particular food item may make you fat even by looking at it? This very thought means that your stomach is craving for food, but your mind is stopping you from doing so! A clear sign that you are undereating; these thoughts indicate the hunger hormones in the body is sending signals to the brain but no avail.

You are cranky, crabby and difficult to handle:

It is common in infants to cry when hungry. This happens to adults as well, but as they cannot cry, they sulk, get irritated on the smallest of the things and react drastically to anything. If you are cranky, just one bite of food can lower your irritation. All these symptoms mean that you need to rethink what you are eating and chalk a new plan to control mood swings due to hunger pangs.

DID YOU KNOW ?

Circulatory System

The arteries, veins and capillaries are about 60,000 miles long



Keeps the G.I. Tract Smiling

Rx **LACTOBION FORTE**
CAPSULES

Lactic Acid Bacillus 100 million spores, Vitamin B6 1 mg
Vitamin B12 5 mcg, Biotin 10 mcg, Niacinamide 25 mg, Folic Acid 500 mcg



PRESENTING

Rx
PharmaCyp*

(Cyproheptadine 2 mg + Tricholine Citrate 275 mg / 5 ml SYRUP)

Improves Health & Stimulates Appetite

**भूख बढ़ाए,
Naturally!**

Pharma
Synth®



Lycomalt™
Lycopen, Malt, Protein, Multivitamin & Mineral

A Hi-Tech Tonic for Good health

Fortified with MALT

Malt contains about 6% protein, as well as abundance of free amino acids, vitamins, and minerals.

- ✓ Cardiovascular Disease
- ✓ Hypertension
- ✓ Convalescence
- ✓ Chronic stress

Pharma
Synth®



When skin is under various attacks

Rx **Quinoderm+**

Clobetasol 0.05%, Miconazole 2.0%, Neomycin 0.5%,
Cetrimide 0.6%, Glycin 3.0% with Aloe Vera

A Broad Spectrum Multipurpose Skin Cream

Pharma
Synth®

New Improved Formula



In the interest of "Aam Aadmi" PHARMASYNTH presents
Patriotic Range of Products

मात्र 1 रुपये में - 1 गोली*



AC-1
 Acetofenac 100 mg Tablets



OM-1
 Omeprazole Magnesium 20 mg Tablets



LCT-1
 Levocetirizine HCl 5 mg Tablets



LB-1
 Lactic Acid Bacillus
 120 million spores Tablets



DP-1
 Diclofenac Potassium 50 mg &
 Paracetamol 325 mg Tablets



ACPC ₹ 1.65
 Acetofenac 100 mg &
 Paracetamol 325 mg Tablets

LIVOBION[®]
 Caps., Syrup & Drops लिवोबिऑन

Methionine, Choline and Lysine with Vitamins
**Protects the Liver,
 Makes the life worth living...**



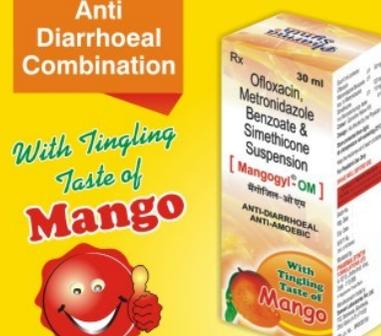
Pharma Synth[®]

MANGOGYL[®]-OM
 Ofloxacin + Metronidazole + Simethicone Susp.

**Double Protection
 to beat the infection**

Anti
 Diarrhoeal
 Combination

With Tingling
 Taste of
Mango



**Dry Syrups are now available with
 STERILE WATER
 for re-constitution...**



CONVENIENT :: HYGIENIC :: SAFE

Diabetes-Related Complications

Diabetes is a silent killer that has the potential to damage every part of your body. It also increases the risk of a host of serious health problems that can be life-threatening if not addressed at the right time.

Therefore, apart from keeping a check on the diet, exercise and sugar levels, being aware of these warning signs of some serious complications of diabetes can help you better manage the condition.

Tingling sensation in feet

Increased sugar level can cause nerve damages in the nerves of hands and feet, and further results to a condition called Diabetic Peripheral Neuropathy. One of the earliest signs of this complication is the feeling of tingling sensation in fingers and toes. If you have diabetes and if you start experiencing tingling followed by numbness or even burning sensation, get a screening test done a neurologist to confirm the underlying cause.

Occurrence of sores and blisters

Spontaneous blistering eruptions are unique to patients with uncontrolled diabetes. The diabetic blisters most often appear on the fingers, toes and feet. There is no definite explanation for what causes these sores and blisters.

Poor wound healing

Diabetes, over a period, affects blood circulation, making it difficult for the body to heal wounds effectively. So even the smallest cut, blister or sore that takes longer to heal should alarm you to bring your diabetes under control.

Skin problems

Along with healing capacity, poor blood circulation due to diabetes also makes it difficult for the body to fight infections. So if you notice redness, rashes, itchy skin or inflammation on any part of the body, it could indicate skin infections as a result of diabetes.



Swelling in the feet

Swollen feet and leg cramps in diabetic patients point towards another serious complication called diabetic nephropathy. Kidneys remove waste and extra fluid from the body. High blood sugar levels over the years can damage the kidneys and prevent them from functioning correctly. This leads to build up fluid in the body causing swollen feet. The condition can eventually cause kidney failure.

Digestive problems

Signs like vomiting, nausea, bloating or diarrhoea in diabetes often indicate nerve damage in the digestive system or an infection as a result of poor circulation to the digestive system.

Blurry vision

Diabetic retinopathy is an increasing problem among people with diabetes as symptoms of poor or blurred vision are ignored. The effect on blood circulation in diabetics can become so severe that it can also damage blood vessels in the eyes. If left untreated, this problem can compound and cause cataracts, glaucoma and even complete vision loss.

Chest pain

Heart disease remains the most common complication of diabetes. Early sign of heart disease development may not always show a symptom of chest pain, but this warning cannot be ignored. If your chest pain is coupled with heaviness and shortness of breath, then it is concerning, and you should consult a medical professional. It could be a warning sign of progressive heart disease.

पीढ़ी-दर-पीढ़ी कर सकती हैं पटेशान ये बीमारियां

शरीर है तो बीमारियों का होना भी स्वाभाविक है। कुछ बीमारियां गंभीर होती हैं तो कुछ सामान्य। लेकिन कुछ बीमारियां अनुवांशिक भी होती हैं, जिनमें इलाज से ठीक होने वाली एवं लाइलाज दोनों शामिल हैं।

अनुवांशिक बीमारियां वे होती हैं जो पीढ़ी-दर-पीढ़ी एक व्यक्ति से दूसरे व्यक्ति में जाती है। इसका कारण, वह गुणसूत्र होते हैं, जो परिवार के एक सदस्य को अपने माता-पिता से मिलते हैं। यही गुणसूत्र एक व्यक्ति के गुणों को एक से दूसरे में लेकर जाते हैं। जीन के जरिए आने वाली इन बीमारियों को जेनेटिक या हेरिडीटरी डिजीज कहा जाता है। जानते हैं उन बीमारियों के बारे में जो अनुवांशिक रूप से होती हैं :-

डीप वेन थ्रोम्बोसिस— डीप वेन थ्रोम्बोसिस यानि डीवीटी। यह ब्लड क्लॉट होता है, जो शरीर की नसों की गहराई में बन जाता है। जब खून गाढ़ा हो जाता है, तब यह स्थिति बनती है। ज्यादातर ये समस्या जांघ पर होती है।

मल्टीपल स्केलेरोसिस— दिमाग की तंत्रिकाओं की रोग प्रतिरोधक क्षमता सामान्य करने वाले सेल्स के क्षतिग्रस्त हो जाने की वजह से यह बीमारी होती है। इसमें एंटीबॉडी मस्तिष्क, रीढ़ की हड्डी और आंखों के नसों पर प्रभाव डालती है।

मधुमेह (टाइप 1 और टाइप 2)— डायबिटीज मेलेटस (डीएम), जिसे सामान्यतः मधुमेह कहा जाता है, चयापचय संबंधी बीमारियों का एक समूह है जिसमें लंबे समय तक उच्च रक्त शर्करा का स्तर होता है। टाइप 1 और टाइप 2 इसी के प्रकार हैं।

रक्तवर्णकता— यानि हेमोचरोमाटोसिस, एक बीमारी है जिसमें बहुत ज्यादा लोहा आपके शरीर में जमा होता है।

पार्किंसन रोग— पार्किंसन रोग केन्द्रीय तंत्रिका तंत्र का एक रोग है जिसमें रोगी के शरीर के अंग कंपन करते रहते हैं।

थैलेसीमिया— इस रोग के होने पर शरीर की

हीमोग्लोबिन निर्माण प्रक्रिया में गड़बड़ी हो जाती है। इसमें रोगी बच्चे के शरीर में रक्त की भारी कमी होने लगती है जिसके कारण उसे बार-बार बाहरी खून चढ़ाने की आवश्यकता होती है।

सिस्टिक फाइब्रोसिस— सिस्टिक फाइब्रोसिस एक अनुवांशिक रोग है, जो शरीर के कई भागों को प्रभावित करता है। इनमें जिगर, पैंक्रियाज, मूत्राशय के अंग, जननांग और पसिने की ग्रंथियां शामिल हैं।

हीमोफीलिया— इसमें शरीर के बाहर बहता हुआ रक्त जमता नहीं है। इसके कारण चोट या दुर्घटना में यह जानलेवा साबित होती है क्योंकि रक्त का बहना जल्द ही बंद नहीं होता।

डाउन सिंड्रोम— डाउन सिंड्रोम एक आनुवंशिक रोग है, जो बहुत कम लोगों को होता है। इस रोग में ना सिर्फ बच्चे का शारीरिक बल्कि मानसिक विकास भी धीमा होता है।

इसके अलावा किसी भी प्रकार की एलर्जी और बार-बार गर्भपात की समस्या भी अनुवांशिक बीमारी हो सकती है।

When eating, drinking, and talking
become uncomfortable...

ORA-G®

Tannic Acid 5%, Choline Salicylate 8%, Cetrimeide 0.02%,
Menthol 0.05% in a Glycerine base.

Gum Paint

Effective Analgesic, Anti-Inflammatory, Anti-Septic and Mouth Deodorant

- Mouth Ulcer
- Food Burns
- Tooth Bites
- Sores caused by Pan Masala
- Teething Pain
- Crack Nipple



Benefits of Fish Oil

Fish oils contain omega-3 fatty acids and vitamins A and D.

What are omega-3 fatty acids?

Omega-3 fatty acids found in fish oils may protect the heart and offer other health benefits, but research results have been mixed.

Omega-3 fatty acids are fats commonly found in plants and marine life.

Two types are plentiful in oily fish:

Eicosapentaenoic acid (EPA): The best-known omega-3 fatty acid, EPA helps the body synthesize chemicals involved in blood clotting and inflammation (prostaglandin-3, thromboxane-2, and leukotriene-5). Fish obtain EPA from the algae that they eat.

Docosahexaenoic acid (DHA): In humans, this omega-3 fatty acid is a key part of sperm, the retina, a part of the eye, and the cerebral cortex, a part of the brain.

DHA is present throughout the body, especially in the brain, the eyes and the heart. It is also present in breast milk.

Health benefits

Some studies have concluded that fish oil and omega-3 fatty acid is beneficial for health, but others have not. It has been linked to a number of conditions.

Multiple sclerosis: Fish oils are said to help people with multiple sclerosis (MS) due to its protective effects on the brain and the nervous system. However, at least one study concluded that they have no benefit.

Prostate cancer

One study found that fish oils, alongside a low-fat diet, may reduce the risk of developing prostate cancer. However, another study linked higher omega-3 levels to a higher risk of aggressive prostate cancer.

Post-partum depression

Consuming fish oils during pregnancy



may reduce the risk of post-partum depression. Researchers advise that eating fish with a high level of omega 3 two or three times a week may be beneficial. Food sources are recommended, rather than supplements, as they also provide protein and minerals.

Mental health benefits

An 8-week pilot study carried out in 2007 suggested that fish oils may help young people with behavioral problems, especially those with attention deficit hyperactivity disorder (ADHD).

Memory benefits

Omega-3 fatty acid intake can help improve working memory in healthy young adults, according to research reported in the journal PLoS One.

However, another study indicated that high levels of omega-3 do not prevent cognitive decline in older women.

Heart and cardiovascular benefits

Omega-3 fatty acids found in fish oils may protect the heart during times of mental stress.

Alzheimer's disease

For many years, it was thought that regular fish oil consumption may help prevent Alzheimer's disease. However, a major study in 2010 found that fish oils were no better than a placebo at preventing Alzheimer's.

It remains unclear whether consuming more fish oil and omega 3 will bring health benefits, but a diet that offers a variety of nutrients is likely to be healthful.

Every Diabetic Should Watch Out for Signs of Chronic Kidney Disease

Your kidneys help filter out the things your body doesn't need. They produce hormones, help control your blood pressure and are also vital for balancing your body's electrolyte and acid base balance. In chronic kidney disease (CKD) there is a gradual loss of kidney function over a period of many years. CKD is common in diabetes and is often un-diagnosed.

Diabetes can damage your kidneys slowly, and in stages. It causes your kidneys to work harder. As years pass by, they don't work as well as they should. High blood sugar levels can cause the blood vessels in your kidneys to become narrow and clogged. You may develop a condition called microalbuminuria, wherein small quantities of albumin (a protein in your blood) leak into your urine. With the progression of the disease, you may develop proteinuria with increased amounts of albumin leaking out into the urine. This condition affects your kidneys' ability to filter. Wastes build up at dangerous levels in your blood and lead to many complications. Eventually, your kidney disease could get worse and lead to kidney failure.

Here are some tips to prevent chronic kidney disease :

If you have diabetes, watch out for these signs and symptoms of CKD

- ⊙ Nocturia – frequent urination at night
- ⊙ Disturbed sleep due to nocturia
- ⊙ Tiredness or weakness
- ⊙ Swollen ankles and feet
- ⊙ Facial swelling, puffiness around your eyes (especially in the morning)
- ⊙ Leg cramps at night
- ⊙ Muscle wasting
- ⊙ Nausea
- ⊙ Vomiting
- ⊙ Loss of appetite
- ⊙ Paleness, anaemia
- ⊙ Dry, itchy skin
- ⊙ Headaches



- ⊙ Weight gain (due to fluid retention)
- ⊙ Protein in the urine, high levels of urea, nitrogen and creatinine in blood
- ⊙ High blood pressure
- ⊙ Breathlessness
- ⊙ Frequent hypoglycemia attacks / episodes (less need for insulin or diabetes medications)
- ⊙ Confusion, trouble concentrating, drowsiness
- ⊙ Bony deformities and fractures in children with long-standing CKD

Usually, the signs and symptoms are not noticeable in early kidney disease and show up only when the condition has advanced to an irreversible stage. Getting your kidneys checked every year can help detect kidney damage. If detected early and treated, kidney disease can often be slowed and stopped from failing.

How to Prevent from CKD?

Healthy kidneys efficiently filter the waste from your blood. As you grow older, there may be some inconsequential decrease in the kidney function. Chronic kidney disease is a condition in which there is a gradual loss of kidney function over a period of many years. Your kidneys don't work as well as they should.

If not treated, the lasting damage to your kidneys can get worse over time and eventually, the kidney functions deteriorate over few years. The most common cause of this damage is longstanding uncontrolled high blood sugar.

CKD is much more common than

people realize. In most cases, the complications are not spotted until the kidney function significantly deteriorates. But fortunately, the condition is preventable. If you already have CKD, you can take steps to prevent the complications.

Eliminate the risk factors

Diabetes and hypertension are major factors that could develop into CKD, but can also be prevented. Lifestyle modifications like making healthy food choices, limiting your salt intake, maintaining a healthy weight, controlling your cholesterol levels, etc. can reduce your chances of getting diabetes and hypertension, and in turn decrease the risk of CKD.

Manage underlying conditions

Keep your blood sugar and blood pressure within the target range. Uncontrolled blood sugar is the most important factor for developing CKD, and if you also have high blood pressure, it adds to the risk. Managing these conditions efficiently is the best way to prevent kidney disease. Keeping the blood sugar and blood pressure levels close to your goal can significantly reduce your risk of developing kidney disease, and its progression as well.

Keep yourself physically active

Make physical activity part of your daily routine. Exercise regularly. It can help reduce your risk of developing kidney disease by keeping your weight under check and also helping lower your blood pressure.

Quit smoking

Kick the butt. Smoking is a well-known risk factor for many diseases. It

has a harmful effect on your kidneys too and is a risk factor for the development and progression of CKD. Studies have shown that smoking causes kidney deterioration in people with diabetes and high blood pressure.

Stop or Limit your alcohol intake

you must know alcohol consumption is a risk factor for high blood pressure. You can also cut down on alcohol. Moderate drinking may not be harmful, but heavy drinking has been associated with CKD.

Keep track of the medicines you take

Don't use over-the-counter pain medications regularly as they can damage your kidneys. Long-term use of NSAID (nonsteroidal anti-inflammatory drug) painkillers such as ibuprofen, naproxen, etc. is linked to an increased risk for speedy progression of CKD.

Don't miss the regular check-ups

Usually, the signs and symptoms are not noticeable in early stages of CKD. They start to show up only when the condition has advanced to an irreversible stage. Getting your kidneys checked every year can help detect kidney damage. So keep up that appointment with your doctor. If detected early and treated, kidney disease can often be slowed and stopped from failing. If you have high blood pressure, your doctor may prescribe specific anti-hypertensive drugs which may have beneficial effects against CKD. Your doctor will also educate you about avoiding the drugs that can harm your kidneys.

To meet the Challenges of day-to-day infections

CIFIGOLD[®]

Ceftriaxone with Sulbactam for Injection

With Highly-Low M.R.P.

As valuable as GOLD





Polythene ने दुनियाँ को नर्क बना दिया

STOP USE OF POLYTHENE

**USE Multi-Purpose, Long-Life,
Heavy-Duty, Carry Bag**



**15th August, 2019 को
माननीय प्रधानमंत्री जी ने
आह्वान किया
और हमने अपनाया
“Polythene Free India”
अभियान**

**Pharma
Synth®**



**Wish You A
Environment Friendly
!!! Happy Diwali !!!**



**PHARMASYNTH
FORMULATIONS LTD.**

A-10/15, Jhilmil Industrial Area, Delhi - 110095
Ph. : 011-476 25 786
e-mail : delhi@pharmasynth.in • web : www.pharmasynth.in