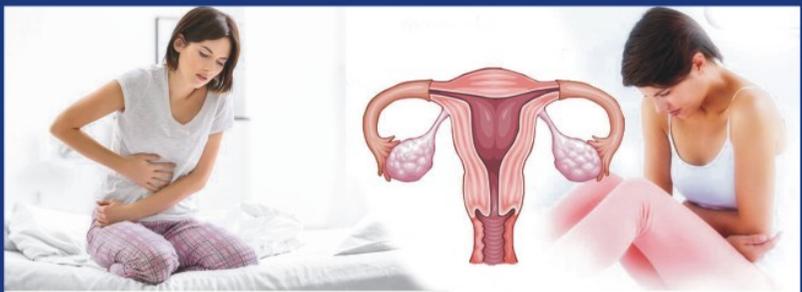


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## Abnormal Uterine Bleeding



## Abnormal (Dysfunctional) Uterine Bleeding

Dysfunctional uterine bleeding (DUB) is abnormal genital tract bleeding from female genital tract and found in the absence of demonstrable structural or organic disease. It may be acute or chronic (occurring >6 months). The International Federation of Gynecology and obstetrics (FIGO) revised the terminology system and now uses AUB rather than dysfunctional uterine bleeding (DUB). It is commonly associated with anovulation. Adolescent and perimenopausal women are affected most often, upto 30 % of reproductive age group have DUB.

### **Anovulation accounts for 90% of DUB**

- Loss of cyclic endometrial stimulation
- Elevated estrogen levels stimulate endometrial growth.
- No organized progesterone withdrawal bleeding
- Endometrium eventually outgrows blood supply, breaks down, and sloughs from uterus.
- 6-10% will have polycystic ovarian syndrome (PCOS).

Adolescent DUB is usually due to an immature hypothalamic-pituitary-ovarian (HPO) axis that leads to anovulatory cycles.

Polyp, adenomyosis, leiomyoma, and

malignancy and/or hyperplasia, coagulopathy, ovulatory disorders, endometrial, iatrogenic, and not yet classified

- Reproductive pathology and structural disorders
- Uterus : leiomyoma, endometritis, hyperplasia, polyps, trauma
- Adnexa : salpingitis, functional ovarian cysts
- Cervix : cervicitis polyps, STIs, trauma
- Vagina : trauma, foreign body
- Vulva : lichen sclerosus, STIs
- Malignancy of the vagina, cervix, uterus, and ovaries

### **Systemic diseases**

Hematologic disorders (e.g. von Willebrand disease, thrombocytopenia)

### **Diseases causing anovulation**

- Hyperthyroidism/hypothyroidism
- Adrenal disorders
- Pituitary disease (prolactinoma)
- PCOS
- Eating disorders

### **Medications (iatrogenic causes)**

- Anticoagulatns
- Steroids
- Tamoxifen
- Hormonal medications: intra-

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uterine devices (IUDs)

- Selective serotonin reuptake inhibitors (SSRIs)
- Antipsychotic medications
- Postmenopausal hormone therapy

#### Other causes of DUB

- Pregnancy: ectopic pregnancy, threatened or incomplete abortion, or hydatidiform mole
- Advanced or fulminant liver disease
- Chronic renal disease
- Inflammatory bowel disease
- Excessive weight gain
- Increased exercise

#### Genetics

Unclear but can include inherited disorders of hemostasis

#### Risk Factors

Risk factors for endometrial cancer (which can cause DUB)

- Age >40 years
- Obesity
- PCOS
- Diabetes mellitus
- Nulliparity
- Early menarche or late meno-

pause (>55 years of age)

- Hypertension
- Chronic anovulation or infertility
- Unopposed estrogen therapy
- History of breast cancer or endometrial hyperplasia
- Tamoxifen use
- Family History: Gynecologic, breast, or colon cancer
- Thyroid disease

#### Management

The drug of choice is progesterone. Management of dysfunctional uterine bleeding consists of hormone therapy.

Mid-cycle estrogen and late-cycle progestin can be used for mid and late-cycle bleeding respectively. Also, non-specific hormonal therapy such as combined high-dose estrogen and high-dose progestin can be given. Ormeloxifene is a non-hormonal medication that treats DUB. The goal of therapy should be the arrest bleeding, replace lost iron to avoid anemia, and prevent future bleeding. Excessive movement before any treatments or surgeries will cause excessive bleeding. A hysterectomy may be performed in some cases.

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# Food Care for fatty liver diseases

There are two major types of fatty liver disease — alcohol-induced and nonalcoholic fatty liver disease. Fatty liver disease affects nearly one-third of American adults and is one of the leading contributors to liver failure.

Nonalcoholic fatty liver disease is most commonly diagnosed in those who are obese or sedentary and those who eat a highly processed diet.

One of the main ways to treat fatty liver disease, regardless of type, is with diet. As the name suggests, fatty liver disease means you have too much fat in your liver. In a healthy body, the liver helps to remove toxins and produces bile, the digestive protein. Fatty liver disease damages the liver and prevents it from working as well as it should.

In general, the diet for fatty liver disease includes:

- lots of fruits and vegetables
- high-fiber plants like legumes and whole grains
- very little added sugar, salt, trans fat, refined carbohydrates, and saturated fat
- no alcohol

A low-fat, reduced-calorie diet can help you lose weight and reduce the risk of fatty liver disease. Ideally, if you're overweight, you would aim to lose at least 10 percent of your body weight.

**Foods and drinks that you should eat for a fatty liver :** Here are a few foods to include in your healthy liver diet:

**Coffee to lower abnormal liver enzymes :** Studies have shown that coffee drinkers with fatty liver disease have less liver damage than those who don't drink this caffeinated beverage. Caffeine appears to lower the amount of abnormal liver enzymes of people at risk

for liver diseases.

## **Greens to prevent fat buildup :**

Broccoli is shown to help prevent the buildup of fat in the liver in mice.

Eating more greens, like spinach, Brussels sprouts, and kale, can also help with general weight loss.

## **Tofu to reduce fat buildup :**

A University of Illinois study on rats

found that soy protein, which is contained in foods like tofu, may reduce fat buildup in the liver. Plus, tofu is low in fat and high in protein.

## **Fish for inflammation and fat levels :**

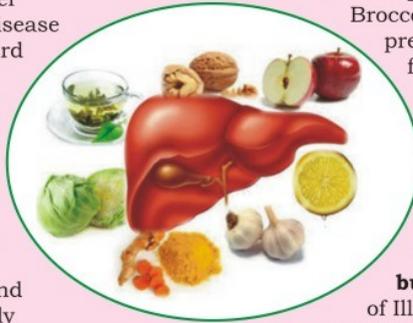
Fatty fish such as salmon, sardines, tuna, and trout are high in omega-3 fatty acids. Omega-3 fatty acids can help improve liver fat levels and bring down inflammation. Try this teriyaki halibut recipe, recommended by the Canadian Liver Foundation, that's especially low in fat.

**Oatmeal for energy:** Carbohydrates from whole grains like oatmeal give your body energy. Their fiber content also fills you up, which can help you maintain your weight.

**Walnuts to improve the liver:** These nuts are high in omega-3 fatty acids. Research finds that people with fatty liver disease who eat walnuts have improved liver function tests.

**Avocado to help protect the liver:** Avocados are high in healthy fats, and research suggests they contain chemicals that might slow liver damage. They're also rich in fiber, which can help with weight control. Try this refreshing avocado and mushroom salad from Fatty Liver Diet Review.

**Milk and other low-fat dairy to protect from damage:** Dairy is high in whey protein, which may protect the liver from further damage, according to



a 2011 study in rats.

**Sunflower seeds for antioxidants:**

These nutty-tasting seeds are high in vitamin E, an antioxidant that may protect the liver from further damage.

**Olive oil for weight control:**

This healthy oil is high in omega-3 fatty acids. It's healthier for cooking than margarine, butter, or shortening. Research finds that olive oil helps to lower liver enzyme levels and control weight.

**Garlic to help reduce body weight:**

This herb not only adds flavor to food, but experimental studies also show that garlic powder supplements may help reduce body weight and fat in people with fatty liver disease.

**Green tea for less fat absorption :**

Data supports that green tea can help interfere with fat absorption, but the results aren't conclusive yet. Researchers are studying whether green tea can reduce fat storage in the liver and improve liver function. But green tea also has many benefits, from lowering cholesterol to aiding with sleep.

**6 foods to avoid if you have a fatty liver:**

There are definitely foods you should avoid or limit if you have fatty liver disease. These foods generally contribute to weight gain and increasing blood sugar.

**Alcohol:** Alcohol is a major cause of fatty liver disease as well as other liver diseases.

**Added Sugar:** Stay away from sugary foods such as candy, cookies, sodas, and fruit juices. High blood sugar increases the amount of fat buildup in the liver.

**Fried foods:** These are high in fat and calories.

**Salt:** Eating too much salt can make your body hold on to excess water. Limit sodium to less than 1,500 milligrams per day.

**White bread, rice, and pasta:** White usually means the flour is highly processed, which can raise your blood sugar more than whole grains due to a lack of fiber.

**Red meat:** Beef and deli meats are high in saturated fat.

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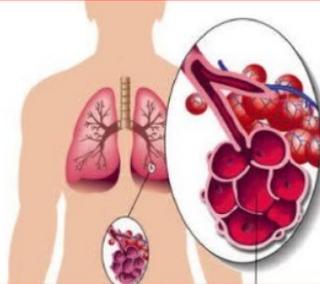
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# Are e-cigarettes a safe alternative to smoking?

An electronic cigarette is a battery-operated device that emits doses of vaporized nicotine, or non-nicotine solutions, for the user to inhale. It aims to provide a similar sensation to inhale tobacco smoke, without the smoke.

Also known as e-cigarettes, e-cigs, electronic nicotine delivery systems, vaporizer cigarettes, and vape pens, they are marketed as a way to stop or cut down on smoking.

E-cigarettes have been taken up by millions around the world since they first appeared on the Chinese market in 2004. In 2016, 3.2 percent Trusted Source of adults in the United States were using them.

"Vaping" is now the most popular form of tobacco use among teenagers in the U.S. E-cigarette use rose by 900 percent among high school students from 2011 to 2015.

In 2016, over 2 million middle and high school students had tried e-cigarettes. For those aged 18 to 24 years, 40 percent of vapers had not been smokers before using the device.

A growing body of research suggests that vaping may be hazardous.

While it may help existing smokers to give up, there is concern that young people are starting to vape for its own sake, and not to replace tobacco use.

In 2016, the U.S. Food and Drug Administration (FDA) started to enforce rules about the sales, marketing, and production of these products.

## **Fast facts on e-cigarettes:**

Here are some key points about e-cigarettes-

- E-cigarettes aim to resemble cigarettes, but without burning tobacco.
- They are sold as aids to reduce or quit smoking, and some people find them helpful for this.



- However, research shows that they may have a negative impact on health.
- Health authorities are trying to tighten up regulations to discourage young people from using e-cigarettes.

E-cigarettes claim to bypass many of the health risks of tobacco smoking, and to offer a more healthful alternative to cigarettes and other conventional forms of nicotine intake.

Some studies have found that using e-cigarettes can help some smokers quit.

Others suggest they offer "modest" benefits for those who want to quit smoking, but "good potential" for those who are cutting down.

However, vaping is probably not risk-free, and in 2016, the Surgeon General declared e-cigarette use a "significant public health concern."

While e-cigarettes may help some people quit, there is growing evidence that vaping may be harmful in some cases, and more harmful than avoiding smoking altogether.

The researchers found that the ability of lung cells to repair after exposure to e-cigarette smoke was significantly reduced. In addition, the smoke damaged the lungs, bladder, and heart in mice.

They conclude: "It is therefore possible that E-cigarette smoke may contribute to lung and bladder cancer, as well as heart disease, in humans."

# Diabetes Diet: Myths and Facts

Diabetes has become a common disease nowadays. In most cases, it's preventable and in some it's reversible. To control and prevent diabetes, it is necessary to eat a tasty and balanced diet that boosts up your energy and mood and keeps the nagging hunger at bay. However, most people in their zeal to control diabetes overlook this aspect and they tend to deprive themselves which often results in malnourishment. With so many information available on the internet, it is very easy to confuse between what to eat and what not to eat. So we thought it is time to sort out the myth from reality.

**Myth:** Give up on favourite dishes and follow restricted diet

**Truth:** You don't need to stop eating your favourite food. Instead, change the preparing method or the food items you eat along with them or reduce the portion sizes. Diabetes diet helps to plan your meals. It includes food that works along with your medicines and activities and keeps your blood sugar in control.

**Myth:** Carbs = problem and proteins = solution

**Truth:** Carbohydrate food items are good for diabetes and contain minerals, vitamins and fibre. Include whole-grain bread, baked goods and high-fibre fruits and vegetables in your diet. On the other hand, when you eat fewer carbs, you substitute it with more protein. Protein rich food like meat contains saturated fat. Excess intake increases heart disease risk.

**Myth:** Sugar-free products are healthy and artificial sweeteners aren't

**Truth:** All products which claim to be sugar-free aren't healthy. They may still contain fats and carbs. Do check the nutrition label before buying.

Artificial sweeteners taste like sugar but provide fewer calories than that of sugar. They contain Saccharin, Aspartame, Acesulfame potassium and Sucralose. Know how much and which sweeteners are best for use.



**Myth:** You need to eat special diabetic meals or diet foods

**Truth:** There's no special meal for the diabetics. The normal meal focuses on the total amount of calories and the amounts and types of fats, carbs and protein you consume.

'Diet food' labelled items aren't the best for diabetics. Read the labels to find out the ingredients and amount of calories it contains. If any doubts ask your dietician.

**Myth:** Sugar causes diabetes and when on medicines, consume as much as you like

**Truth:** Consuming sugar doesn't cause diabetes. Type 1 diabetes is caused by genetics or an autoimmune response to a trigger. Type 2 happens due to genetics and factors like increased weight, high blood pressure, age and sedentary lifestyle.

When on medications, plan your meal and keep a tab on the calories that you're consuming, in order to control your blood sugar level.

## Food misconceptions

- No fruits are excluded from the diabetic diet. Some fruits are high in natural sugars but eating proportionate amounts isn't harmful.
- If your blood sugar level is under control, drinking alcohol in moderation is acceptable.
- Never say no to desserts. Satisfy your sweet tooth by indulging in a small portion of your favourite sweet.

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# कार्डिएक अरेस्ट और हार्ट अटैक में फर्क

क्या है कार्डिएक अरेस्ट— हार्ट अटैक से बहुत अलग और घातक है कार्डिएक अरेस्ट। अधिकांश लोग दोनों को एक ही मानते हैं, लेकिन इनमें अंतर है। जब दिल की धड़कन रुक जाती है और वह शरीर के बाकी हिस्सों को रक्त की आपूर्ति नहीं कर पाता है तो उस स्थिति को कार्डिएक अरेस्ट कहा जाता है।

- **क्या होता है :** मिनटों में ही व्यक्ति बेहोश हो जाता है। अगर तुरंत इलाज न मिले तो व्यक्ति की मौत तय होती है।
- **क्या है वजह :** यह किसी को भी कभी भी हो सकता है। वैसे हार्ट अटैक भी इसका एक कारण हो सकता है। इसके अलावा दिल की मांसपेशियों के कमजोर होने (कार्डियोमायोपैथी) से भी ये हो सकता है।
- **क्या है इलाज :** तुरंत CPR शुरू करके अस्पताल पहुंचाया जाना चाहिए। बचने की संभावना तत्काल शुरू किए गए CPR पर निर्भर करती है। इसलिए सभी सामान्य व्यक्तियों को CPR का प्रशिक्षण लेना ही चाहिए।

**क्या है हार्ट अटैक :** जब दिल तक रक्त पहुंचाने वाली धमनियों में कोई बाधा आती है, तब हार्ट अटैक होता है। धमनियों में एकाएक क्लॉट जमने या 100% अवरुद्ध होने से हार्ट अटैक होता है।

**क्या होता है :** सीने में दर्द या सीने का भारी होना। इसका सबसे सामान्य लक्षण है। इसके अलावा सांस फूलना, पसीना आना, उल्टी होना अन्य लक्षण हैं। ये लक्षण तुरंत या कुछ घंटों बाद भी सामने आते हैं।

**क्या है वजह :** खराब जीवनशैली इसकी सबसे बड़ी वजह है। खान-पान में अनियमितता, कम सक्रिय रहना और कम नींद लेने जैसे कई कारण इसके लिए जिम्मेदार होते हैं।

**क्या है इलाज :** तुरंत एस्पिन की दो गोलियां दी जाएं। इसके बाद ECG के माध्यम से डायग्नोसिस किया जाता है। बंद धमनियों को दवा से खोला जाता है। जरूरत पड़ने पर स्टेंट



का उपयोग।

**क्या है CPR :** यह जीवन रक्षक तकनीक है। इसमें मरीज के सीने के बायीं ओर एक हथेली पर दूसरी हथेली रखकर प्रेशर दिया जाता है (लगभग 100 प्रति मिनट)। इसके अलावा मरीज की नाक बंद कर मुंह से भी सांस दी जाती है।

**किस उम्र में कौन—सा टेस्ट कराएं**

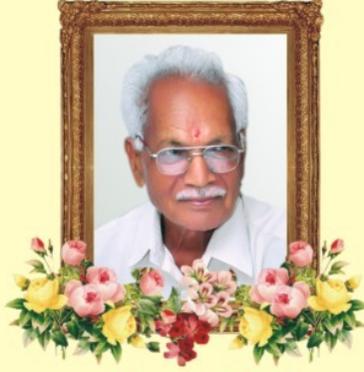
यदि आपको हृदय संबंधी कोई समस्या नहीं है, तब भी कुछ टेस्ट ऐसे हैं, जो समय-समय पर आपको करवाने चाहिए। यह भविष्य में होने वाली किसी अप्रिय स्थिति से प्रति आगाह करेंगे।

**उम्र 20 से 30** — ब्लड प्रेशर, कोलेस्ट्रॉल, लिपिड प्रोफाइल, डायबिटीज— ये जांचें 2-3 साल के अंतर से करवाएं।

**उम्र 30 से 40** — ईको, टीएमटी, 20 से 30 आयु वर्ग में कराई गई सभी जांचें जैसे बीपी, कोलेस्ट्रॉल, लिपिड प्रोफाइल, डायबिटीज।

**उम्र 40 से 50** — कोरिनरी सीटी एंजियोग्राफी, 20 से 40 आयु वर्ग में कराई गई सभी प्रकार की जांचें जैसे ब्लड प्रेशर, कोलेस्ट्रॉल, लिपिड प्रोफाइल, डायबिटीज, ईको, टीएमटी।

**उम्र 50 से 60** — 20 से 50 साल में कराई गई सभी जांचें जैसे ब्लड प्रेशर, कोलेस्ट्रॉल, लिपिड प्रोफाइल, डायबिटीज, ईको, टीएमटी और कोरिनरी सीटी एंजियोग्राफी बीच-बीच में डॉक्टर की सलाह पर करवाते रहें।



## - देहदान की अनूठी मिसाल -

हरिद्वार स्थित फार्मासिंथ कम्पनी के डायरेक्टर श्री रमेश चन्द जैन के पूज्य पिताश्री के पार्थिव शरीर को नेत्रदान के बाद ऋषिकेश स्थित एम्स को दान कर समाज में एक अनूठी मिसाल पेश की।

82 वर्षीय जगदीश राय जैन जी का निधन विगत 10 अक्टूबर, 2019 को हरिद्वार में हुआ। उनके पुत्र श्री रमेश चन्द जैन ने बताया कि करीब 20 साल पहले उनके पिताजी ने देहदान का निर्णय लिया था। उनके संकल्प के अनुसार मृत्यु के तुरन्त बाद नेत्रदान और फिर पूरे विधि-विधान के साथ अन्तिम संस्कार की रस्में पूर्ण कर समाज के सैकड़ों लोगों की उपस्थिति में उनकी देह एम्स के एनाटॉमी विभाग के अध्यक्ष डॉ. ब्रिजेन्द्र सिंह को शिक्षा और अनुसंधान हेतु सौंप दी गई। इस अवसर पर डॉ. सिंह ने सैकड़ों की संख्या में उपस्थित जन-समुदाय को देहदान व अंगदान के महत्व एवं प्रक्रिया के बारे में विस्तार से बताया और कहा एक देह से 200 विद्यार्थियों को शिक्षा तथा एक नेत्रदान से 8 लोगों को दृष्टि लाभ होता है। इससे प्रेरित होकर कई लोगों ने अंगदान की इच्छा व्यक्त की।

यह सौभाग्य की बात है कि मृत्यु के बाद भी वे इस दुनियाँ को देख सकेंगे। समाज में एक नारा प्रायः सुनाई देता है - **“जीते जी रक्त दान - जीवन के बाद देहदान”** उन्होंने यह आदर्श, स्थापित कर, जाते-जाते समाज को एक और सीख देकर गये कि, **जीवन के बाद भी जीवन जिया जा सकता है।** एम्स ऋषिकेश के निदेशक पद्मश्री प्रो. रविकान्त जी ने इसे एक सराहनीय एवं अनुकरणीय कदम बताया। उन्होंने सही मायने में **“सादा जीवन, उच्च विचार”** की जीवन शैली को चरितार्थ किया, और हम सब को उच्च आदर्शों पर चलने की सीख भी दी।

फार्मासिंथ परिवार के पूर्वजों द्वारा दर्शाये गये मार्ग की सभी तरफ भरपूर सराहना हो रही है और समाज के प्रबुद्ध लोगों का साधुवाद भी मिल रहा है। हम सभी एक बार फिर उनके द्वारा स्थापित आदर्शों और समाज तथा राष्ट्र के प्रति समर्पित भाव से अविरल-अविचल चलते रहने का संकल्प दोहराते हैं।

# Menorrhagia

Many women commonly have heavy flow days and cramps when they have their period. But it's not common to have the medical condition known as menorrhagia, which means "heavy periods."

If you have this problem, your flow will be so heavy that you'll need to change your tampon or pad every hour for at least an entire day, and you'll also have cramps so severe that they'll stop you from doing your usual activities.

Heavy periods are sometimes caused by subtle health problems, and they can lead to other health issues. If you soak through a pad or tampon every hour or so on a regular basis, talk with your doctor. She may be able to help.

## Symptoms:

Some women have heavy periods all the time, from their very first menstrual flow. Others may start to have heavy periods after having normal periods for years or decades.

It's always wise to discuss your heavy periods with your doctor, especially if the problem is new for you. It could lead to anemia (low levels of red blood cells), which can make you feel weak, tired, or out of breath.

## Women who have menorrhagia may have to:

- Change pads or tampons at least once an hour for an entire day or more
- Change pads in the middle of the night
- Wear two pads at a time to manage heavy flow

## They may also:

- Skip things they like doing, due to painful cramps
- Pass blood clots that are the size of quarters
- Have periods that last longer than 7 days
- Feel tired or short of breath
- Bleed between periods
- Bleed after menopause

## Causes

There are many reasons why some



women have heavy periods. These are some common causes:

## Hormone problems-

Every month, a lining builds up inside your uterus (womb), which you shed during your period. If your hormone levels aren't balanced, your body can make the lining too thick, which leads to heavy bleeding when you shed the thicker lining. If you don't ovulate (release an egg from an ovary), this can throw off the hormone balance in the body, too, leading to a thicker lining and a heavier period.

## Growths in the uterus (womb)-

Polyps are growths within the lining of the uterus. Fibroids are benign (non-cancerous) tumors that grow within the uterus. Both can make your periods much heavier or make them last longer than they should.

## Certain IUDs-

Many women use a small intra-uterine device (IUD) for birth control. If your IUD doesn't contain hormones, it may make your periods heavier.

**Problems related to pregnancy-** In rare cases, after sperm and egg meet, the growing ball of cells implants itself outside the uterus instead of inside. This is called an ectopic pregnancy. It can't ever be a viable pregnancy, and it may cause serious health problems, such as heavy bleeding, which you may mistake for a heavy period. A miscarriage, which is when an unborn baby dies in the womb, can also be the cause of heavy bleeding.

**Some female cancers:** It's rare, but cancer of the uterus, cervix, or ovaries may cause excess bleeding in some women, which may appear to be a heavy period.

**Bleeding disorders:** They're not common, but bleeding disorders -- which run in families -- make it hard for someone to stop bleeding when they've been cut. They can also make a woman's period heavier and make it last longer.

**Certain medications:** Blood thinners or drugs that fight inflammation may cause heavy periods.

**Some health problems:** Women who have any of these conditions may have heavy periods:

- Endometriosis
- Thyroid problems
- Pelvic inflammatory disease (PID)
- Kidney disease
- Liver disease

### Diagnosis

Your doctor will ask about your health history, and she'll want you to describe your symptoms. She'll also do a physical exam and may need to order tests, like an ultrasound, Pap test, or blood tests. She may also take a sample of the tissue that's lining your uterus. After she rules out other health problems, she may be able to diagnose you with heavy periods.

### Treatment

Your doctor may be able to treat your heavy periods with these methods:

**Birth control options:** Taking birth control pills can alter the balance of hormones in your body, which can put an end to heavy periods. Getting an

IUD that emits hormones is another choice that can help lighten your periods.

**Certain drugs:** Your doctor may prescribe medications to reduce the flow of your heavy periods. You may only need to take the medication when you have your period.

**Surgery:** If your doctor finds that you have polyps or fibroids, you can have them shrunk or removed. This may stop the heavy bleeding.

**Removing the lining of your uterus:** There are different ways that doctors can do this. The simplest procedure, called dilation and curettage, or D&C, only removes the outermost layer of the lining of your uterus. It often stops heavy periods, but some women need to get this done more than once.

Other procedures (called endometrial ablation and endometrial resection) permanently remove or destroy the lining of the uterus. Women have much lighter periods or no periods afterward. Keep in mind that doctors advise women not to get pregnant after endometrial ablation or resection. You'll still need to use birth control because these treatments aren't a form of contraception.

**Hysterectomy:** In extreme cases, you may need this surgery, which will remove your uterus. You won't get your period anymore, but you also won't be able to get pregnant.

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# Asthma



Asthma is a chronic medical condition in which the airways swell up, causing breathlessness and tightness in the chest. As of now, there is no complete cure available for Asthma but the symptoms can be controlled with proper treatment. In this condition, the bronchial tubes (branches of the windpipe) become inflamed and extremely irritated resulting in restricted air supply to the lungs. Asthma can also be triggered by an allergic reaction, often during season change.

Some of the common allergens include pollen or mold spores. While for some people battling with this chronic respiratory disease can be a minor inconvenience, it can result in serious complications and life- asthma attack in others. There are different types of asthma and understanding what kind of asthma you have, can enable you to seek better treatment options.

## **Some of the most common types of asthma include:**

**Allergic asthma:** Allergy is one of the leading causes of asthma and is also known as allergic rhinitis or hay fever. Allergies and asthma can often occur together. Infact, the same allergens which trigger allergic rhinitis can also aggravate asthma. Anything from a strong smell, pollen, dust, mites, molds, to smoke and fumes can result in asthma symptoms. If you have allergic asthma, your airways tighten in response to certain allergens, making it harder for you to breathe properly.

**Childhood asthma:** Asthma in children can become more severe as

their airways get easily inflamed during seasonal changes. While some



kids may experience mild symptoms daily, others may suffer from extreme symptoms and heightened sensitivity to allergens. According to The Centers for Disease Control and Prevention (CDC), “children were more likely to have one or more routine office visits, emergency department visits, and urgent care visits for asthma.”

**Seasonal asthma:** As the name suggests, seasonal asthma gets aggravated during seasonal changes. The onset of winter and autumn might trigger seasonal asthma in many asthma patients. In addition to pollens and mold, environmental pollution can also trigger asthma. Heavy air pollution can cause an allergic reaction and asthma symptoms.

**Cough-variant asthma:** In this type of asthma, severe and persistent cough is the predominant symptom. If you are experiencing non-stop coughing, which does not seem to be getting better with regular medications, it is a possibility that it is because of sinusitis asthma. The coughing with asthma can occur during both daytime and night time.

**Exercised-induced asthma:** If you experience breathlessness after working out, it might be the result of physical exertion or exercising. You may feel that it is getting difficult to breathe after you begin exercising. The symptoms may begin a few minutes after you start working out or five to ten minutes after you are done exercising.

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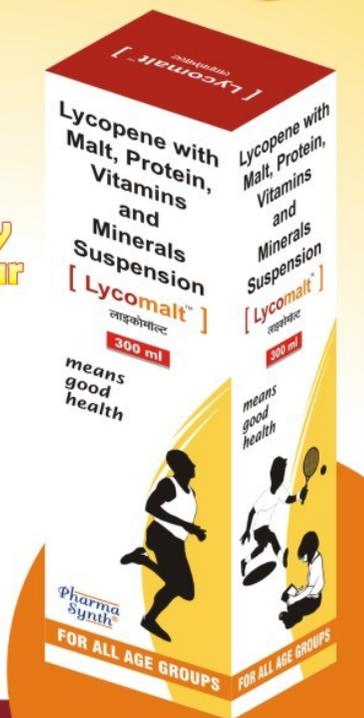
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