

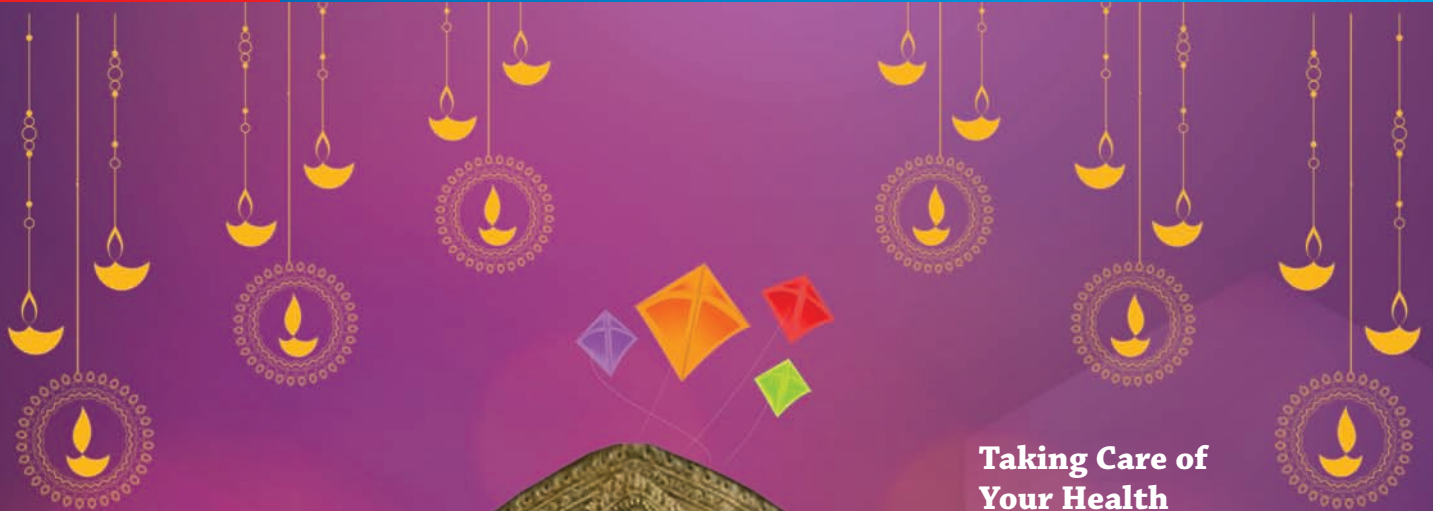
MEDITIME

A Medical Bulletin from TIME Pharmaceuticals (P.) Ltd.

Issue 27

Kartik - Poush 2075 (Oct. - Dec. 2018)

For free circulation only



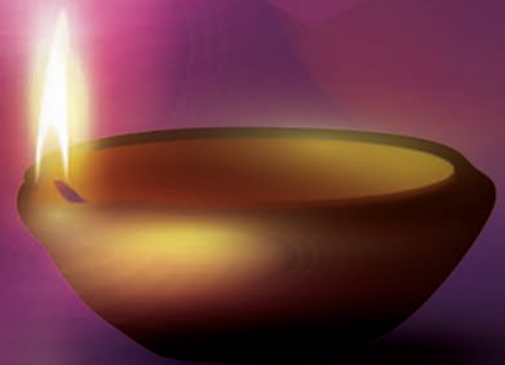
**DO's and DON'Ts for
DIABETICS to Enjoy
Festival**

**Healthy Dashain;
Happy Dashain**



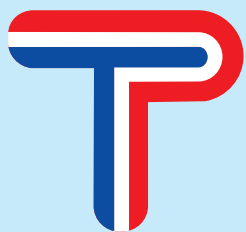
**Taking Care of
Your Health
During Festival**

**What to keep in Mind
this Festival Season**



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A Medical Bulletin from TIME Pharmaceuticals (P.) Ltd.

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Editorial



With the starting of October, the cloudy monsoon slowly changes into clear blue skies, with autumn season being in full bloom, it signifies that the festive season has been started. And I hope you are also in the hang of festive mood when you receive this quarterly magazine "MEDITIME". Hope this festive mood provides you full energy to work for rest of the year.

Nepal is a country rich in culture and tradition, and out of that in October we celebrate the biggest festival like Dashain, Tihar and Chhath. This is the season in which consumers have extra money due to good transaction in entrepreneur's business (like farmers, shopkeepers or businessman) and extra festival bonus for employees. But we have to be careful enjoying festivals to avert health ailment in post-festival period. Moreover the sedentary lifestyle is more prone to increase during the festival season which increases chances of non-communicable diseases like hypercholesterolemia, hypertension, diabetes etc. Also, the high intake of meat and alcohol can also increase different disease relative to digestion or liver. Though most are aware about this, but fail to follow maintain their health. At least, morning exercise in fresh air energizes the systems of our body which is very important to maintain our health.

In this quarterly issue, we tried to blend the information related to festival and health; trying to make it more informative during festive season. Inside this, there is a very informative article related to International Prostate Score Symptoms written in Nepali so that it can be studied easily and self analyzed. I extend my sincere thanks to our well supporter Prof. Dr. A.D. Bhatta, Senior Consultant Urologist for his great article. Similarly, we are also happy to share other valuable articles related to Wellen's syndrome and tips for diabetes during festival from our valued doctors. To add up to the entertainment while reading articles, we also have features of word puzzle game and lucky prizes. I hope the blend of information and entertainment will make your day good.

Wishing everyone is blessed with good health, happiness and prosperity. Happy Dashain, Tihar, Nepal Sambat 1139 and Chhath 2075.

Sudarshan Lal Shrestha
Editor in Chief

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Drinking More Water May Cut Risk of Urinary Tract Infections in Women

Numerous studies in the past have proven the significance of staying hydrated when it comes to good health. Now science gives another reason to drink more water, saying drinking plenty of water may cut risk of urinary tract infections (UTIs) in women.

The benefits of drinking several glasses of water per day are plenty. Drinking more water could help with weight loss, transport nutrients in the body, regulate body temperature, digest food, and boost brain function.

Infection in the urinary tract generally affects the kidneys, bladder, urethra, and ureters. And if you're a woman, your risk of urinary tract infections (UTI) is high. But do not dishearten. Now researchers in America have discovered that women can stay protected from urinary tract infections by drinking plenty of water.

In their study, the research team led by Dr. Thomas M. Hooton, Clinical Director of the Division of Infectious Diseases at the University of Miami School of Medicine, found that drinking an additional 1.4 litres of water a day slashes the UTI risk in half.

The study explains that additional water consumption on a daily basis makes it easier for the bladder to flush more of the bacteria which enters it from the vagina. In addition, the odds of the bacteria getting transferred from the vagina get reduced, which in turn slashes risk of urinary tract infections.

For the study, researchers enrolled 140 women in a premenopausal state who had at least three UTIs in the last year. They all were with no significant health conditions and reported lower daily fluid intake than it was recommended. Of the enrolled women, half served as the control group and were told to continue with their regular water-drinking habits, while the other half had to drink 1.5 liters more on a daily basis.

After one year, the research team found that women who had increased their water consumption had 48 percent less UTIs than those in the control group. In other words, women who increased their water intake had on an average 1.6 UTIs, while those with low water intake were 3.1 times more affected with UTIs.

"While doctors have long assumed this is the case and often recommended that women at risk for UTIs increase their fluid intake, it's never really undergone a prospective trial before," Hooton added, "It's good to know the recommendation is valid, and that drinking water is an easy and safe way to prevent an uncomfortable and annoying infection."

The findings were presented recently at IDWeek 2017, the annual meeting of the Infectious Diseases Society of America.

Too Much Hair Dying May Raise Breast Cancer Risk – Study

Here's some alarming news for women who love to dye their hair more frequently. Too much hair dying can put you at an increased risk of developing breast cancer, a study by British researchers has warned. According to the study headed by Professor Kefah Mokbel, a London surgeon who works at the Princess Grace Hospital in Marylebone, women who colour their hair frequently have a 14 percent higher risk of breast cancer.

Professor Mokbel advises that women dye their hair only two to five times a year and proposes to use products with more natural ingredients, such as henna, beetroot and rose hip in order to reduce their cancer risk. "What I find concerning is the fact that the industry recommends women should dye their hair every four to six weeks," Professor Mokbel said. "Although further work is required to confirm our results, our findings suggest that exposure to hair dyes may contribute to breast cancer risk."

In a post on social media, the professor has also clarified that the link between exposure to synthetic hair dyes and breast cancer risk is only a correlation. "The positive association between the use of hair dyes and breast cancer risk does not represent evidence of a cause-effect relationship," his post reads. Professor Mokbel's study comes months after a Finnish research suggested a similar link between women who use hair dye and their increased chances of developing malignant tumors.

A team of researchers from University of Helsinki (Finland) and Cancer Registry of Finland had suggested that women who change the color of their hair increase their risk of developing breast cancer by 23 percent. The Finnish team headed by Sanna Heikkinen said exposure to carcinogens in the synthetic dyes elevate women's odds for contracting the cancer. "We did observe a statistical association between hair dye use and risk of breast cancer in our study," she said.

Heikkinen and colleagues, however, stressed that they weren't certain of a cause-effect relationship though. "It is not possible to confirm a true causal connection," she said. "It might be, for example, that women who use hair dyes also use other cosmetics more than women who reported never using hair dyes."

Meanwhile, Professor Mokbel has suggested that since exposure to hair dyes can contribute to risk of malignant tumors, every woman should undergo regular breast screening from 40 years. "It is better to choose a hair dye that contain a minimum concentration of aromatic amines such as p-Phenylendiamin," added the surgeon.

Professor Mokbel admitted that more research is needed to confirm the role of hair dyes in triggering breast cancer risk.

Eating Omega-6 Rich Foods Can Reduce Diabetes Risk – Study

Do you consume Omega-6 rich foods? If yes, then your chances of developing type 2 diabetes are very less. This is the conclusion of a new study by Australian researchers. The risk of developing this chronic condition could be significantly slashed by eating a diet rich in omega-6 polyunsaturated fatty acids (PUFA), especially found in seed oils, eggs and nuts, the researchers affirmed.

In their study, a team of experts found adults with the higher levels of linoleic acid-the major omega-6 fat in their blood were at a 35 percent reduced risk of developing diabetes compared to those with the lowest levels of this acid. "Our findings suggest that a simple change in diet might protect people from developing type 2 diabetes which has reached alarming levels around the world," lead author Dr. Jason Wu, of The George Institute for Global Health in Sydney, said.

"This is striking evidence. The people involved in the study were generally healthy and were not given specific guidance on what to eat. Yet those who had the highest levels of blood omega-6 markers had a much lower chance of developing type 2 diabetes," said senior author and Professor Dariush Mozaffarian, of the Friedman School of Nutrition Science and Policy at Tufts University in Massachusetts.

For the study, the researchers analysed data from 20 large observational studies involving 39,740 adults aged 49 to 76 from 10 countries. During the follow-up period, 4,347 new cases of diabetes were identified. Blood samples were collected from the participants and were examined for two main Omega-6 markers- linoleic acid and arachidonic acid. The analysis of blood samples showed an association between elevated levels of omega-6 and a reduced risk of type 2 diabetes. The team found that Linoleic acid was significantly associated with lower risk of diabetes, while no such association was found between the levels of arachidonic acid and any risk of diabetes.

"Some scientists have theorized that omega-6 is harmful to health," said Dr. Wu. "But based on this large global study, we have demonstrated little evidence for harms, and indeed found that the major omega-6 fat is linked to lower risk of type 2 diabetes."

"Based on concerns for harm, some countries recommend even lower intakes," added Dr. Wu. "Our results suggest that eating foods rich in linoleic acid may lower risk of type 2 diabetes." Those who didn't know it already, our body does not synthesise Linoleic acid and can only be obtained from the diet. The findings were published in journal Lancet Diabetes & Endocrinology.

अन्तर्राष्ट्रिय प्रोस्टेट लक्षण प्राप्ताङ्क

International Prostate Symptom Scores (IPSS)

प्रो. डा. अर्जुन देव भट्ट
बरिष्ठ कन्सल्टेन्ट युरोलोजिस्ट



भूमिका

पुरुष ग्रन्थि प्रोस्टेटले मूत्र प्रणालीमा पारेको असरबाट विभिन्न लक्षणहरू देखा पर्ने गर्दछन् । कुन लक्षण कति सम्म तीक्ष्ण वा कठोर छ भन्ने कुरो मापन गर्न बनाइएको अन्तर्राष्ट्रिय प्रोस्टेट लक्षण प्राप्ताङ्क प्रश्नावली (अ.प्रो.ल.प्रा.प्र.) बिरामी खुद आफैले अङ्क उपलब्ध गराउनु पर्ने हुन्छ । यी अङ्क प्रदान गर्दा सुन्ना देखि बढीमा जम्मा ३५ सम्म दिन मिल्दछ । यसरी प्रदान गरिएका अङ्कको संख्या समग्रमा सुन्ना देखि ७ मात्र हुन आएमा हल्का ८ देखि १९ भए नियन्त्रित तथा २० देखि ३५ भए सख्त लक्षण भनेर विभाजन गरिन्छ । त्यो बाहेक एउटा अर्को प्रश्न जो आठौं हुन्छ त्यसमा सुन्ना देखि छ अङ्क सम्म दिन मिल्छ । आठौं प्रश्नबाट प्राप्ताङ्कले बिरामीको जीवन गुणावस्था बारे प्रकाश पार्दछ ।

स्वमृत्याङ्क प्रश्नावलीको सीमाबन्ध

मूत्र थैलीले पिसाब थुपार्ने र त्यसलाई अनुकूल वातावरणमा निखार्ने गर्दछ । त्यसैले अन्तर्राष्ट्रिय प्रोस्टेट लक्षण प्राप्ताङ्क प्रश्नावलीले मूत्र थैलीका यी दुबै कार्य "थुपार्ने र निखार्ने" सिलसिलामा उत्पन्न हुन सक्ने लक्षणहरूलाई समेटेको छ । तर यसले मूत्र चुवाहट सिलसिलामा व्यक्त हुने लक्षणलाई भने ओगटेको हुँदैन ।

मूत्र प्रणालीको तल्लो भाग संग सम्बद्ध लक्षणहरू तथा प्रोस्टेट ग्रन्थि वृद्धिको निदानको निम्ति अ.प्रो.ल.प्रा. प्र.लाई पूर्ण रूपमा प्रयोग गर्न भने मिल्दैन । किनभने पिसाबमा संक्रमण भएको अवस्थामा, मूत्र थैलीमा प्रोस्टेट ग्रन्थिको अर्बुद रोग हुँदा तथा मूत्र थैलीमा भएमा स्नायु विकारमा पनि प्रोस्टेट सम्बद्ध मूत्र लक्षण जरतै लक्षण देखा पर्ने गर्दछन् । त्यति हुँदा हुँदै पनि हालको अवस्थामा प्रोस्टेट सम्बन्धित मूत्र लक्षण कति तीक्ष्ण छ त्यसलाई आधार मानेर र प्रोस्टेट वृद्धि सम्बद्ध रोगमा उपचारले कति फाइदा पुऱ्याएको छ र बिरामीको जीवन-गुणावस्था कुन स्तरमा छ त्यसको लेखा जोखा गर्न अन्तर्राष्ट्रिय प्रोस्टेट लक्षण प्राप्ताङ्क ज्यादै महत्वपूर्ण र भर पर्दा हुने गर्दछ ।

उपचारको असर र रोगको वृद्धि बारे थुप्रै लाभदायीक सूचना सजिलो संग प्राप्त गर्न सकिने भएकोले प्रोस्टेटको निम्ति औषध प्रयोग गर्ने तथा हाल इलाजको आवश्यक नभएका तर चिकित्सकको निगरानीमा रहेकाहरू सबैले अन्तर्राष्ट्रिय प्रोस्टेट लक्षण प्राप्ताङ्कको प्रयोग गर्नु फलदाई हुन्छ ।

प्रोस्टेट वृद्धि लक्षणबाट ग्रस्त जोकोहीले पनि अन्तर्राष्ट्रिय प्रोस्टेट लक्षण प्राप्ताङ्क अभ्यास गर्न सकेका खण्डमा कुन अवस्थामा चिकित्सक कहाँ जाने, उपचारले रोग लक्षणमा कतिसम्म सहजता ल्याएको छ या रोगको वृद्धि कुन रफ्तारमा

हुँदैछ त्यो सहजै बिरामी खुद आफै अनुभव गर्न र त्यसलाई परिमाणमा र्मान्तरण (Quantify) गर्न सक्दछ । अनुकूलतम तवरले गरिएको उपचारले बिरामीको जीवन गुणावस्थामा कति सुधार ल्यायो र उ रोगको लक्षण सम्बन्धित भन्फटको स्थितिबाट कुन मात्रा सम्म मुक्त हुन सक्यो त्यो थाहा पाउन सकिन्छ । उपचार गर्ने सिलसिलामा भने बिरामीले अङ्क तालिकाको अनुस्र मात्र नहेरेर प्रोस्टेट लक्षणलाई कति सम्म कष्ट प्रद रूपमा पीडितले लिएको छ त्यसलाई प्राथमिकतामा राखेर इलाज अगाडि बढाउनु पर्दछ । त्यसैले प्रश्न तालिका बनाउँदा आठौं प्रश्नलाई अलग तर पनि साथै राख्नु बढी व्यवहारिक तथा बुद्धिमत्ता पूर्ण मान्नु पर्दछ ।

रोग एउटै अनुभूति फरक

प्राय जसो प्रोस्टेट हाइपर प्लेजिआ भएका बिरामीहरू यो रोग सम्बद्ध मूत्र लक्षणले जीवन-गुणावस्थामा नराम्रो असर पार्न थाले पछि उपचार खोज्न थाल्दछन् । त्यसैले प्रोस्टेट हाइपरप्लेजिआका मूत्र लक्षणको परिमाण र्मान्तरण गरेर अध्ययन गर्दा त्यसको ठूलो महत्व रहन्छ । त्यति हुँदा हुँदै पनि सबै बिरामी एउटै परिमाणको लक्षणले उत्तिकै मात्रामा कष्ट प्रद हुँदैनन् । कोई बिरामी राति पिसाब गर्न एक दुई पल्ट उठ्नु पर्दा पनि ज्यादै भन्फटिलो मान्दछन् भने अर्का थरी रातमा ४-५ पल्ट पिसाब फेर्न उठ्दा पनि त्यसलाई खासै ठूलो समस्याको रूपमा ग्रहण गर्दैनन् । तर पनि धेरै जसो बिरामीहरू छिनछिनमा पिसाब फेरि राख्नु पर्ने, रातमा पिसाब फेर्न उठी राख्नु पर्ने, पिसाब लागे पछि रोक्नै नसकिने, पिसाबको धारा कमजोर हुने, पिसाब फेरि सकेपछि निखेको अनुभव नहुने, पिसाब फेर्न गए पछि एकछिन पर्खेर र कने पछि मात्र पिसाब हुने जस्ता लक्षणलाई खासै स्वीकार गर्न चाहँदैनन् । यस्ता बिरामीहरूलाई पछिल्लो महिना उसले अनुभव गरेका यस्ता लक्षणहरूलाई बाँकी सम्पूर्ण जीवन अङ्गीकार गर्न परे कस्तो अनुभव होला भनि सोधेमा एकै प्रकारका लक्षणमा पनि विभिन्न व्यक्तिहरूको उत्तर भिन्न-भिन्न आउने गर्दछ । त्यति हुँदा हुँदै पनि उपचारको सिलसिलामा रोग लक्षण परिणामको लेखा जोखा गर्न र प्रति व्यक्तिलाई उसकै रोग सर्वप्रथम उसका लागि कति कष्ट प्रद छ छुट्याउन र सोही बमोजिम उपचार गर्न यस्ता लक्षण प्राप्ताङ्कको प्रयोग वाञ्छनीय हुन्छ ।

अन्तर्राष्ट्रिय प्रोस्टेट लक्षण प्राप्ताङ्क सूचकाङ्क प्रश्नावली

International Prostate Symptom Score Index Questionnaire

क्र. म.	कति पल्ट ?	विलकुलै थिएन	५ पल्ट पिसाब फेर्दा एक वा कम	कुल पटकको आधा भन्दा कम	कुल पटकको आधा जसो	आधा पल्ट भन्दा बढी	प्राय सधैं	तपाईंको प्राप्ताङ्क
१	पूरा पिसाब निखेको अनुभव भयो ?	०	१	२	३	४	५	
२	दुई घण्टा भन्दा छिट्टै पिसाब फेर्नु पर्यो ?	०	१	२	३	४	५	
३	पिसाब रोकिदै फेर्नु पर्ने भयो ?	०	१	२	३	४	५	
४	पिसाब लागे पछि रोक्न गाह्रो भयो ?	०	१	२	३	४	५	
५	पिसाबको धारा मसिनो र/वा कमजोर भयो ?	०	१	२	३	४	५	
६	पिसाब कने पछि मात्र आउने भयो ?	०	१	२	३	४	५	
		छैन	एक पल्ट	दुई पल्ट	तीन पल्ट	चार पल्ट	पाँच पल्ट	
७	राती सुते पछि बिहान उठ्नु अगाडि पिसाब फेर्न उठ्नु पर्‍यो ?	०	१	२	३	४	५	
जम्मा अन्तर्राष्ट्रिय प्रोस्टेट लक्षण प्राप्ताङ्क								

प्राप्ताङ्क: १-७ हल्का

८-१९ नियन्त्रित

२०-३५ सख्त

मूत्र लक्षणले गर्दा जीवन गुणावस्था	प्रसन्न	सन्तुष्ट	प्राय सन्तुष्ट	मिश्रित	प्राय असन्तुष्ट	खिन्न	भयानक
बाँकी जीवन यसै गरि पिसाब फेर्नु परे तपाईं कस्तो अनुभव गर्नु होला ?	०	१	२	३	४	५	६

वैज्ञानिकहरूको प्रयत्न

प्रोष्टेट ग्रन्थि कोशिकाहरूको अति वृद्धि रोगका निम्ति अमेरिकन युरोलोजिकल सङ्घले बनाएका लक्षण सूचाकाङ्क प्रकाश १९९० दशकको सुरुमै भयो । प्रोष्टेट ग्रन्थि कोशिकाहरूको अभिवृद्धि हुने रोगको अस्वस्थता प्राय पिसाबका लक्षणहरूबाट अभिव्यक्त हुने गर्दछ । त्यसैले कसरी ती मूत्र लक्षणहरूलाई मूल्याङ्कन गरेर एउटा लक्षण सूचकाङ्क तयार गर्न सकिन्छ भन्ने सोच आउनु स्वभाविकै हो । विभिन्न देशका वैज्ञानिकहरूबाट यस्ता सूचकाङ्कहरू प्रस्ताव गरिएका छन् । हाल सबै भन्दा बढी प्रचलनमा आए मध्येको एउटा हो अन्तराष्ट्रिय प्रोष्टेट लक्षण प्राप्ताङ्क (IPSS) । अमेरिकन युरोलोजिकल सङ्घ लक्षण सूचकाङ्क-७ (AUSI-7) स्नान्तरित गरेर तयार पारिएको त्यो प्रश्नावलीको प्रयोग उपचार तथा अनुसन्धानको सिलसिलामा व्यापक मात्रामा गर्ने गरिन्छ । पछिल्लो दशकमा यो प्रश्न मालालाई कसरी छोटो छरितो बनाउन सकिन्छ भनेर वैज्ञानिकहरूको प्रयत्न जारी छ । अन्तराष्ट्रिय प्रोष्टेट लक्षण प्राप्ताङ्क प्रश्नावलीका ७ प्रश्नबाट ४ वटा प्रश्न र आठौँ प्रश्नलाई पुरानै रूपमा लिई नया प्रश्न माला तयार गरियो । जसमा सुन्ना देखि १२ सम्म मात्र प्राप्ताङ्क हुन सक्छ । यसरी तयार गरिएको प्रश्नावली छोटो र सजिलो मात्र नभई धेरैले अपनाउन सक्ने, जवाफ दिन कम भन्कट्टीलो र प्रभावशाली पनि भएको छ । खास गरेर उदीयमान देशका लागि यस्तो छोटो-छरितो प्रश्नावलीको महत्व अझै बढी हुन आउँछ । यो प्रश्न मालाले ४ मुख्य लक्षण जसले बिरामीको जीवन-गुणावस्थामा बढी नकारात्मक प्रभाव पार्ने गर्दछन समावेश गरिएको छ । ती हुन: पिसाब लागे पछि अविलम्ब गर्नु पर्ने, पिसाबको धारा लुलो हुने, पिसाब फेरि सकेपछि ननिखेको अनुभव हुने, र राती पिसाब फेर्न उठ्नु पर्ने ।

पाँचौँ प्रश्नमा बिरामीलाई हालकै अवस्थामा मूत्र लक्षणहरू भइ रहे उसलाई कस्तो अनुभूति हुने छ भनेर सोधिएको छ । जसको उत्तर उसबाट: खुसि, थाहा छैन, दुःखी जस्तो उत्तरको अपेक्षा गरिन्छ ।

सबै बिरामीहरूले एकै प्रकारका लक्षणहरूलाई उत्तिकै महत्व दिँदैनन् । त्यसैले माथि उल्लेखित दुई प्रश्न तालिका मध्ये कुन-कसको बढी रोजाइमा पर्छ आफैले अध्ययन गरेर आफ्नो प्रश्न माला भर्दै आफ्नो रोगको स्तर कुन छ, पहिल्याएर सरसल्लाह वा उपचारको निम्ति चिकित्सकलाई भेट्नु उपयुक्त हुन्छ ।

अन्तराष्ट्रिय प्रोष्टेट लक्षण प्राप्ताङ्क वा यू डवल्यू आई. एन. (UWIN) प्राप्ताङ्क प्रश्नावली जुन छानेको भएपनि अन्तमा रोग लक्षणको अवस्था "हल्का" "नियन्त्रित" वा "सख्त" कुन स्थितिमा छ त्यो उम्याउन सकिन्छ । लक्षणको हिसाबले रोगको अवस्था "हल्का" "नियन्त्रित" वा "सख्त" जे देखा परे पनि त्यो बाहेक बिरामीको समग्र स्वास्थ्यको अवस्था मधुमेह, उच्च रक्तचाप, मृगौलाको कार्य क्षमता, छाती-मुटू तथा धमनी (Artery)का रोगहरू, मेरू दण्ड र त्यसबाट

निरस्केका स्नायुको स्वास्थ्य, आमाशय तथा आन्द्राहरूको कार्य क्षमता र मानसिक जस्ता थुप्रै कारक तत्वले मूत्र प्रणाली तथा प्रोष्टेट स्वास्थ्यमा गहिरो असर पार्न सक्छ । समग्रमा भन्नु पर्दा शरीरको कुनै पनि अङ्गको व्यथाबारे सोच्दा सम्पूर्ण शरीरको अवस्थाले त्यो भागमा पार्न सक्ने असर बारे कहिले पनि बिर्सनु हुन्छ ।

स्वमूल्याङ्कन परिणामको महत्व र उपयोगिता

पुरुष ग्रन्थि कोशिकाहरूको अति वृद्धि भएपछि पिसाबमा विभिन्न लक्षण अभिव्यक्त हुन थाल्दछन् । ती लक्षणहरूलाई आफूले अनुभूति गरे अनुसार त्यसको स्वमूल्याङ्क गरेर आफ्नो रोगको स्थिति थाहा पाउन सकिन्छ । त्यसपछि चिकित्सक संग परामर्श गरेर कुन खालको उपचार गर्ने भन्ने निर्णय बिरामीले लिन सक्दछ । पिसाबमा देखा परेका लक्षण बाहेक बिरामीको समग्र स्वास्थ्य कस्तो छ ? मधुमेह, उच्च रक्तचाप, फोक्सो र मुटूको रोगहरू, मृगौला, पेट र आन्द्रा जस्ता अङ्गहरूको विकृतीले प्रोष्टेट ग्रन्थि रोगको उपचारमा ठूलो असर पार्ने गर्दछ । त्यस कारण यी रोगहरूको सामान्यीकरण तर्फ ध्यान पुऱ्याउनु पर्ने हुन्छ ।

"हल्का" वा "मन्द" अवस्था

स्वमूल्याङ्क अनुरूप प्रोष्टेट रोग हल्का वा मन्द अवस्थामा भएको देखा परे चिकित्सक संग परामर्श गर्नु पर्दछ । त्यस्तै रगतमा पिएसए (Total PSA) जाँच गराएर प्रोष्टेट क्यान्सर छैन भन्ने केही हद सम्म सुनिश्चित गर्ने र भविष्यमा प्रयोग गर्न आँकडा राख्नु पर्दछ । अल्ट्रासोनोग्राफी गरेर प्रोष्टेट ग्रन्थिको मापन, ग्रन्थिको बीचको भागको अवस्था र पिसाब फेरेर जाँचेको मूत्र थैलीमा ननिखेको पिसाबको मात्राको अभिलेख राख्नु पर्दछ । मूत्र प्रवाहको जाँच गरेर (Uroflometry-UFM) रेखाचित्र राख्दा भविष्यमा रोगको विकास कसरी र कुन रफ्तारमा भइरहेछ छुट्याउन सजिलो हुन्छ ।

"नियन्त्रित" अवस्था

मूत्र लक्षण स्वमूल्याङ्कन गर्दा नियन्त्रित अवस्थामा रोग देखा परे कसरी त्यसलाई सख्त अवस्थामा पुग्न बाट विलम्ब गर्न सकिन्छ ? त्यसको निम्ति चिकित्सक संग परामर्श गर्नु पर्दछ । रोगमा मूत्र अवरोधका लक्षणहरू प्रचुर मात्रामा भए (पिसाब फेर्न गएपछि कुरेर कने पछि मात्र पिसाब हुने, रोक्दै पिसाब फेर्नु पर्ने वा कमजोर मसिनो पिसाबको धारा हुन्छ र धेरै पिसाब हुँदा फेर्न भन गाह्रो हुन्छ) अल्ट्रासोनोग्राफी गरेर ग्रन्थिको तौल वा मापन, प्रोष्टेटको बीचको भाग वृद्धि भए नभएको र भए कति मिलिमिटर मूत्र थैली भित्र प्रवेश गरेको त्यसको लेखन र चित्र उपलब्ध गर्नु पर्दछ । माथि उल्लिखित सबै सूचना मूत्र थैलीमा भरी पिसाब भएको बेला उपलब्ध गरिन्छ भने त्यस पछि बिरामीलाई पिसाब फेर्न लगाएर ननिखेको पिसाबको मात्राको पनि मापन गरिन्छ । पिसाब रोकेर पूरा थैली हुँदा कति पिसाब थियो र निखारे पछि कति बाकी रह्यो त्यसको अनुपात (ratio) थाहा हुनु पर्दछ ।

यू. डवल्यू. आई. एन. प्राप्ताङ्क प्रश्नावली (UWIN Score Questionnaire)

क्र. म.	कति पल्ट ?	बिल्कुलै छैन (Not at All)	आधा भन्दा कम सम्म	करिब आधा पटक	आधा भन्दा बढी सम्म
१	अविलम्ब पिसाब फेर्न पर्ने अवस्था आयो ?	०	१	२	३
२	लुलो र कमजोर पिसाबको धारा देखा पर्‍यो ? Weak stream	०	१	२	३
३	पिसाब ननिखेको अनुभव भयो ? Feeling of Incomplete voiding	०	१	२	३
४	राती सुतेपछि बिहान उठ्नु अगाडि पिसाब फेर्न उठ्नु पर्‍यो ? Nocturia	०	१	२	३
भन्कट्टीलो/कष्टप्रद (Bothersome)		खुसी	मिश्रित	दुःख	थाहा छैन
५	तपाईंलाई सम्पूर्ण बाँकी जीवन हालकै तरिकाले पिसाब फेरेर बिताउन परे कस्तो अनुभव गर्नु हुनेछ ?	०	१	२	३

यूरोफ्लोमेट्री (Uroflometry-UFM) एउटा यस्तो जाँच हो जसको आधारमा पिसाबको थैली र मूत्र नली बीचको समन्वय र तालमेलको शक्ति र तन्यता शक्ति (Tensile strength) बारे सूचना प्रवाह गर्दछ ।

यूरोफ्लोमेट्रीमा उच्च बेग १० मिलिमिटर प्रति सेकेण्ड र पिसाब फेरेको समय लामो तथा बीच बीचमा रुक्दै भएको रहेछ भने उपचारलाई बढी आक्रामक ढङ्गले जारी राख्नु पर्दछ । यस्तो अवस्थामा प्रोष्टेट ग्रन्थिको मापन थोरै छ भनेर चुप लागेर बस्दा मूत्र संक्रमण हुने मूत्र थैलीको

शक्तिमा हास आउने र पिसाब एककासि रुक्ने डर हुन्छ । यस्ता बिरामीको कम्मर दुःख्ने, दिसा कब्जियत हुने वा एकै पटक दिसा खलास नभएर दिनको २-३ पल्ट वा बढी पटक हुने, खुट्टा धेरै गल्ने र पैताला पोल्ने जस्ता लक्षण देखा परे र चिकित्सकको राय विमर्श अनुस्यू चल्नु पर्दछ । मधुमेह हुने बिरामीले यस्तो लक्षण देखा परे सतर्कता भन्ने बढी अपनाउनु पर्दछ ।

पिसाब थैलीको संचय र भण्डारण गर्ने क्षमता कमी भएकाले (छिटो छिटो पिसाब फेर्नु पर्ने, पिसाब लागे पछि रोक्ने नसक्ने, राती पिसाब फेर्न उठी राख्नु पर्ने) विभिन्न परीक्षण गराउनु पर्ने हुन्छ । त्यस मध्ये पिसाब उमारेर संक्रमण भए नभएको टुडो लगाउने, रगतमा ग्लुकोजको र पिएसएको स्तर नाप्ने, अनिवार्य प्राय हुन्छ । सामान्य पिसाब परीक्षणमा रातो रगतको कोशिका देखा परे बिरामीहरूको थप परीक्षण र क्यान्सर (मूत्र थैली र प्रोष्टेटको) छैन भनि यकिन हुन मूत्र थैलीमा औजार र दुर्विन हालेर हेर्नु पर्ने हुन्छ ।

“सख्त” अवस्था

मूत्र लक्षण स्वमूल्याङ्कनमा रोगको अवस्था सख्त अनुस्यू परिणाम देखिएकाहरूको रोग निदान र उपचार बढी आकस्मिक तरिकाले गर्नु पर्ने हुन्छ । यस्ता बिरामीको समग्र स्वास्थ्य अवस्थाको पनि चौतर्फी जाँच पडताल हुनु पर्दछ । खास गरेर स्वास-प्रस्वास प्रणालीको अवस्था कस्तो छ र त्यसको निम्ति कुन औषधी उपचार भइ रहेछ त्यसको पूर्ण जानकारी लिनु पर्दछ । यदि बिरामी बयोवृद्ध भए र त्यस्तो उमेरमा संक्रमणले खास गरेर छाती, मूत्र प्रणाली र पाचक प्रणालीमा बढी असर पार्ने भएकाले त्यता तिर एकदमै सतर्कता अपनाउनु पर्दछ । पिसाब धेरै नै ननिखेर वा बन्दै भएर क्याथिटर (पिसाब निकाल्न प्रयोग हुने नली) राख्नु परेका खण्डमा त्यसले पनि बार बार मूत्र संक्रमण गराउन सक्छ । ज्यादै सुरुको अवस्थामा बयोवृद्धहरू माफ बराउने, छटपटाउने तथा सामान्य भन्दा अर्को र भिन्दै व्यवहार गर्ने एक मात्र बाहिर देखिने मूत्र संक्रमणको प्रारम्भिक लक्षण हुन सक्छ । शरीरबाट निकाल्न सक्ने क्षमता भन्दा बढी पानी पिएर-खुट्टा वा सम्पूर्ण जीउ सुनिएको खण्डमा तरल पदार्थको मात्रा सुव्यवस्थिकरणमा ध्यान दिनु पर्दछ । मूत्र संक्रमणको अवस्थामा मधुमेह र उच्च रक्त चापको औषधी उपचारमा विशेषज्ञको थप परामर्श आवश्यकता पर्न सक्छ । दिसा कब्जियत भएका प्रोष्टेटका बिरामीलाई त्यसको नियमित करणमा तुरुन्त ध्यान पुर्र्याउनु पर्दछ । एककासि पिसाब रुक्नुको कारण मध्ये कब्जियत पनि एक हुन सक्छ ।

अल्ट्रासोनोग्राफीबाट प्रोष्टेट ग्रन्थि तथा मूत्र प्रणालीबारे सम्पूर्ण विवरण उपलब्ध गर्नु अनिवार्य हुन्छ । तर के सोच्नु हुन्न भने ठूलो प्रोष्टेटले मात्र धेरै समस्या र मूत्र लक्षण दिन्छ । सामान्य वा सानो खुम्चिएको वा सिकुडिएको र आफ्नो लचकता गुमाएको प्रोष्टेटले पनि त्यतिकै वा अझै बढी मूत्र लक्षण दिन सक्छ, जति ठूलाले । युएसजीको रिपोर्टमा ग्रन्थिको तौल भन्दा पनि बढी महत्व प्रोष्टेटको मध्यम भाग कति मूत्र थैली भित्र घुसेको छ र पिसापको थैलीमा पिसाब फेरेपछि कति पिसाब बाँकी रहन्छ, मूत्र वाहिनी नलीहरू (ureters) र मृगौला फुलेका छन्

कि छैनन् त्यो औधी महत्वपूर्ण निष्कर्ष वा परिणाम हो । पिसाब जाँच गर्दा रगत देखा परे सिस्टोस्कोपी (Cystoscopy) गरेर मूत्र थैलीमा अर्बुद रोग छैन भनेर यकिन हुनु पर्छ । दुरबिन जाँच सिस्टोस्कोपीमा मूत्र थैलीको घाँटी कति अग्लो छ र त्यसले मूत्र निष्कासनमा कति बाँधा पुऱ्याउन सक्छ त्यसको लेखा जोखा हुनु पर्दछ । मूत्र थैली भित्र अरु थैलीहरू (Diverticulum) छन् वा छैनन्, थैली जस्ता असामान्य सानो थैली जस्तो संरचना वा खाल्टो - डाइभर्टिक्युलम देखा परे त्यस भित्र कतै पत्थरी लुकेर बसेको छ कि वा कुनै ठाँउमा मासु पलाएको अर्बुद (Tumor) देखा परे त्यसबाट वायोप्सी - तन्तु परीक्षणलाई निकालेर पठाउनु पर्छ । सिस्टोस्कोपीको सिलसिलामा पिसाब थैलीको क्षमता कति छ र कति भरिदा बिरामीलाई पिसाप फेर्ने इच्छा हुन्छ त्यो टिपोट गर्नु पर्दछ ।

निचोड

प्रोष्टेटको हाइपरप्लेजिआले मूत्र प्रणालीमा परेको असरले असुविधा अनुभव गर्न थाले पछि पुरुषहरू चिकित्सक कहाँ पुग्ने गर्दछन् । अरु विभिन्न परीक्षण जरतै - अल्ट्रासोनोग्राफी र युएफएम गर्नु अगाबै पुरुष आफैँ मूत्र लक्षणबाट विभिन्न अनुभूति गर्ने हुँदा ती लक्षणहरूको अध्ययन गरेर चिकित्सकलाई परामर्शको निम्ती भेट्दा बढी फलदाई हुन्छ । हाल थुप्रै प्रोष्टेट लक्षण प्राप्ताङ्क प्रश्नावली उपलब्ध गर्न सकिन्छ । तिनीहरू मध्ये धेरै प्रचलनमा रहेको अन्तरराष्ट्रिय प्रोष्टेट लक्षण प्राप्ताङ्क प्रश्नावली वा यसकै स्यान्तरित “UWIN Score Questionnaire” अनुस्यू आफ्ना मूत्र लक्षणलाई स्वमूल्याङ्कन गरेर आफ्नो रोगको अवस्था: हल्का, नियन्त्रित वा सख्त कुन श्रेणीमा पर्छ त्यो थाहा पाउन सकिन्छ । त्यसको अलावा यी प्रश्नावली मध्ये आफूलाई जुन बढी उपयुक्त लाग्दछ त्यसमा रहेको पछिल्लो प्रश्न जीवन-गुणावस्थाबारे प्रोष्टेट हाइपरप्लेजिया सम्बन्ध मूत्र लक्षणले बिरामीलाई कस्तो असर पारेको रहेछ, उ कति कष्टप्रद (Bothersome) अवस्थामा छ त्यो पनि थाहा पाउन सकिन्छ । प्रत्येक व्यक्तिले खुद आफैँ निर्णय गर्न सके उ हालको अवस्था भन्दा कम कष्टप्रद जीवन अपनाउन चाहन्छ भने उ त्यसको निम्ति कति सम्म उपचारमा संलग्न वा समावृष्ट (Involved) हुन चाहन्छ । त्यो बाहेक स्वमूल्याङ्कन प्राप्ताङ्कको निगरानीमा रहनेले आफ्नो रोगको वृद्धि कसरी भइरहेछ त्यो थाहा पाउन सक्छ । त्यसैको आधारमा उ आफ्नो उपचारबाट पाएको फाइदा बारे पनि जानकारी उपलब्ध गर्न सक्छ र चिकित्सकलाई पनि आफ्नो पक्षमा अगाडि बढ्न सहयोग पुर्र्याउन सक्छ । यति हुँदा हुँदै पनि यी स्वमूल्याङ्कन प्रश्नावली सय प्रतिशत अनुकरणीय र चित्त बुझ्दो नहुन सक्छन् । किनभने मूत्र चूवाहट जस्ता ज्यादै कष्ट प्रद लक्षणलाई यसले समेटेको छैन । यी प्रश्नावली भर्न पनि त्यति सजिलो र छोटो-छरितो नभएको मात्र हैन कि बिरामीको समूचा स्वास्थ्यले मूत्र लक्षण तथा उसको मानसिक अवस्थामा परेको असरलाई दर्शाउदैन । प्रोष्टेट मूत्र लक्षण प्राप्ताङ्कको जे जति खोट र कमजोरी आँल्याउन सकिने भएतापनि आजका दिनमा यसको विकल्प यो भन्दा राम्रो, सुलभ र कम समयमा प्रोष्टेट बिरामी बारे बढी सूचना दिन सक्ने सूचकाङ्क नभएकाले हाललाई यी प्रश्न तालिकाबाट लीन सकिने फाइदाबाट हामी वञ्चित हुनु हुँदैन ।

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Taking Care of Your Health During Festivals



*Arpana Pradhan Bhandary
Deputy General Manager-Factory Operation
Time Pharmaceuticals (P.) Ltd.*

It is the beginning of October and when we look outside the room and see the misty and pleasant weather, it brings the wonderful feeling of Dashain. During season change in September, we often say the weather seems so much like Dashain. With our hectic schedule all over the year, Dashain is the perfect time to relax and enjoy with family and friends. For those who work away from their city/village/home, going home during Dashain is really fascinating. One is ready to face the traffic jams in highways with bright and happy face looking forward for the family get together and be in the place where one has grown up with wonderful memories. Until children from far off do not visit home during dashain, the parents do not feel the charm of it. Once house is filled with all the family members, that is when all the members feel the charm of dashain.

During dashain, people try to forget their normal routine and get lavishly lazy. Those people who were regular with their exercise, meditation and have been eating less oily diet with lots of vegetables and fruits end up having oily food, with varieties of red meat and sugary / alcoholic drinks and no exercise, comforting oneself, Ah!! Come on this is Dashain !!. Even the time of meal is disturbed and people end up missing their breakfast and have direct heavy lunch with lots of calories. People have less mobility during dashain playing cards and have heavy and oily food and alcoholic beverages. It might end up with indigestion, acidity and constipation.

Diabetic patients should be extra careful to have their food on time and not to stay hungry for a long time. They should not skip their breakfast and have their heavy meal all at once. It might shoot up the glucose level leading to further complications.

We should be careful with the stale food during dashain. People tend to cook meat at once and use it for several days storing in refrigerator. As we heat the same food again and again and keep in the refrigerator, more is the chance of bacterial

contamination. So, rather we should keep the raw meat in small packets so that it will be easy to cook the required amount which will be consumed in one meal.

We should be careful not to reuse the oil that has been left after frying food. Once the heated oil reaches room temperature, bacteria attacks the food particles left after frying which can cause food poisoning. Rancid oil (old and stale) contains free radicals, molecules that can damage cells and lead to increased cancer risk, as well as affect the quality of our food.

During dashain we visit our relatives for tika. Due to our hectic schedule, we might be visiting some of our relatives once in a year during dashain only and having food in every place we visit is compulsion. Having small amount at every home, we end up overeating with lots of meat, salt and sugary food which might lead to the complication of diarrhea, constipation etc.

Playing cards are a charm of dashain to some people. They end up playing the cards the whole night and have less sleep hours. To be healthy one should sleep at least 7 hours a day.

So, during dashain, we should not miss our regular exercise or meditation. One should be determined to wake up early and be regular with exercise or meditation. We should be careful on the food we eat. We should eat limited fried food and red meat. We should force ourselves on vegetables, salads and fruits rather than on red meat. We should be drinking lots of water as well. We should learn, we eat to live and not live to eat. We should be careful on the amount of spicy oily food, sugar and salt.

Those people who are on medication should follow the regular time of taking medicine. During the merry making, the time of food get disturbed and so does the time of medicine. So the family members should take care of the medication time and make sure he/she takes food and medicine on time. Dashain is the wonderful time of family gathering. We should fully utilize our festival holidays and make every dashain a memorable one.

Butterflies in our stomachs?

- Butterflies are part of the body's fight-or-flight response when there's a threat to survival, nervousness or anxiety
- The stomach muscles get extra-sensitive during the fight-or-flight response, and that's partially what causes the butterflies.
- Neurons along the brain-gut axis let the stomach know when we're freaking out about something .
- Butterflies and the fight-or-flight response may serve an evolutionary function.
- There's nothing wrong with feeling fluttery once in a while, but if the feeling persists, it's best to seek medical help.



DO's and DON'Ts for DIABETICS to Enjoy Festival



*Dr. Suraj Baral
Consultant Physician*

Diabetes is being regarded as a global epidemic. The number of people with diabetes has risen from 108 million in 1980 to 422 million in 2014. Diabetes prevalence has been rising more rapidly in middle- and low-income countries and it is a major cause of blindness, kidney failure, heart attacks, stroke and lower limb amputation. Diabetes can be treated and its consequences avoided or delayed with diet, physical activity, medication and regular screening and treatment for complications.

Type 2 diabetes is currently a high-burden disease in Nepal. According to IDF (International Diabetes Federation), there were 657,200 cases of diabetes in Nepal in 2017 and its prevalence among adults was 4.0%. Some studies have shown prevalence of type 2 diabetes in urban and rural populations as 8.1% and 1.0% respectively. A systematic review from India reported that women are at higher risk of type 2 diabetes and some reviews in Nepal have also revealed similar results. Similar kind of gender association was seen in few studies in Pakistan and Turkey as well.

Festival season is going to start very soon in Nepal. We have our biggest festivals, Dashain and Tihar coming up within next few days. However, it is certainly going to create anxiety and confusion among diabetics. Some of them are over conscious and try to put off festivals and other just don't care what they are eating. Therefore, increasing awareness among patients, highlighting the need to enjoy festivals responsibly, and promoting healthy diet habits and exercise have an important role in maintaining glycemic control during these festivals. To ensure diabetes patients have a good time without putting themselves at risk of hypoglycemia or hyperglycemia, following do's and don'ts can be really helpful.

DO'S

- ◆ Include foods with high fiber content such as vegetable and fruits in your diet. So if you're hankering for something sweet, make a fruit-based dessert adding a boost of antioxidants and vitamin C.
- ◆ Follow the routine of eating small

and frequent meals to keep your blood sugar levels in control.

- ◆ Drink plenty of water/ non-sugary drinks (may depend on physical activity like dancing, travelling and consumption of alcohol as well) to keep yourself well hydrated and energized.
- ◆ Continue your anti-diabetic medications as prescribed. If you are fasting you may need to avoid some oral anti-diabetic drugs or review your insulin dose/timing so consult with your endocrinologist.
- ◆ Most people have a habit of skipping exercise during festival days but those with diabetes should continue regular physical activities/ exercise during this time.
- ◆ Have enough rest and sound sleep.
- ◆ Nowadays people like to travel during festival vacations so remember to carry your medicines, wear comfortable shoes and clothes, be prepared for any hypoglycemic episodes and carry snacks as you need to eat frequently and it may be quite difficult to get a decent restaurant/hotel especially during treks. Think about reducing your insulin dose if you're doing a lot of activity or if it's very hot. If you

- need to keep your insulin cool, use frio wallets which work by just being run under water. Always carry some identity card that shows you have diabetes. Make sure your friends know about your diabetes and what to do if you have a hypo.
- ◆ You can drink alcohol within LIMITS if your blood sugar levels are under control.

DON'TS

- ◆ Don't eat foods that are high in calories such as deep fried foods, sweets, sugary desserts and drinks. Replace sugar with natural sweeteners.
- ◆ Don't eat foods that have a high glycemic index like flour, pasta, rice, potato or white bread.
- ◆ Don't choose red meats (mutton / buff/ beef / pork). Opt for lean meats and fish instead, cooked with less oil and salt.
- ◆ Don't party late night and consume excess alcohol.
- ◆ Don't skip medicines / exercise and of course self-monitoring of blood glucose.
- ◆ Don't rob yourself of the enjoyment. If you're prepared and you keep safe, there's no reason for you not to have a good time.

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Medical Officer, Dharan

What to Keep in Mind this Festival Season



Kritika Shrestha
Market Planning Department

Dashain the biggest festival of the Nepalese society is a festival of joy and victory and it is all about traditions, puja and rituals. Furthermore, Tihar is the second biggest festival after Dashain. Since festivals like these are celebrated only once a year, most of us do get tempted to enjoy every part of the festival, including the good food. It is difficult to avoid the foods that are made with high usage of oil. But festivals should not be taken as an excuse to eat or drink anything you want.

Meat cooked in varieties (roasted, dried, deep fried, barbecued) are prepared with lots of oil and spices. Such spicy food cannot be digested all of a sudden and causes abdomen swelling, belching, indigestion, vomiting and gastritis. Also, the barbecued meat contains carbon leading to the production of carcinogen (a substance that is involved in causing cancer). When the food items are deep fried, the oil used once must be thrown away as reusing the oil will have an adverse effect on your health.

The intake of alcohol might give you temporary fun but it will affect your liver in the long run. Too much drinking weakens the immune system, affects the brain communication pathways, functions of heart that can cause stroke, high blood pressure, liver inflammation, cirrhosis, cancers (esophagus, throat, liver, breast etc), pancreatitis and others.

People do cook a lot at once and store for later use. One must be very careful of food poisoning caused by the left over foods. Moreover, overeating causes stroke, kidney disease, hypertension, diabetes, high cholesterol and others.

If Dashain is the time to enjoy meat varieties, Tihar is to indulge in sweets. Consuming too much sweets is unhealthy for us. It could gain a few kilos, as sweets contain a high amount of sugar, oil, butter, ghee, etc. The artificial sweeteners and sugar content present in most sweets can allow bacterial growth in teeth, causing cavities and other teeth/gum problems. Even if it is just for a few days, eating a lot of sugary foods and sweets could increase the risk of diabetes; increase the cholesterol levels of the body.



Adulteration in food items can be found in abundance during such season. Different sweet found in the open market can be adulterated with colors and harmful sugars. Such addition of non-permitted colors can cause liver damage, hyperactivity, cancer, allergies and birth defects.

Green leafy vegetables and fruits must be added to food as fruits are rich in antioxidants. It gives energy to the body. Fruits and green leafy vegetables will activate vitamins in the body. Though high in calories, most nuts (almonds, walnuts, even ground nuts)

are high in mono-unsaturated fatty acids that do not increase bad cholesterol.

Different varieties of spices which are daily used in kitchen shows positive impact on health. Regular use of garlic maintains the blood circulation and decrease the risk of heart disease. Raw tumeric has the capacity of maintaining insulin level hence controls the glucose level. In the same way, fenugreek seed, pepper, cinamon and back cumin helps to maintain cholesterol level in the body.

Deepawali and Crackers



On the occasion of Tihar festival, people burn firecrackers to express their happiness. A firecracker is a small explosive material which when burned produces a loud noise along with colorful sparks. It is made up of many harmful chemicals and produces harmful gases when burnt which dissolve in the atmosphere and add to its contamination. Bursting crackers and rockets in the sky may be a wonderful sight but hazardous to nature, animals and human beings.

Firecrackers can cause hearing loss, high blood pressure, sleeping disturbances and sudden exposure to loud noise can cause temporary or permanent deafness or even result in heart attack. The metallic particles in the smoke emitted by fireworks is not just dangerous for those with respiratory problems and lung diseases, but also for others.

Harmful gases and toxic substances are released to environment by bursting fireworks. These prove to be hazardous for our respiratory systems and can cause serious ailments like asthma, lung cancer, shortness of breath, and many other respiratory diseases.

The various chemicals in fireworks and their effects

- Sulfur dioxide** : Causes wheezing and shortness of breath.
- Cadmium** : Can cause anemia and damage to kidney and also affect the nervous system.
- Nitrite** : Can cause skin problems, eye irritation, and respiratory problems in children.
- Lead** : Affects the nervous system
- Magnesium** : Can cause metal fume fever
- Nitrate** : Can cause mental impairment
- Copper** : Irritates respiratory tract



The presence of aluminum, sulfur nitrate enables a cracker to produce loud sounds. The big bangs, whizzing whistles, and the thunderous sounds are no good for ears. It contributes in scaring the animals away in a very inhuman condition This sound is not even good for infants and pregnant women. Also, fire accidents can occur due to the sparks of the crackers.

Lets not forget our health and nature, Celebrate an ecofriendly Deepawali

ECG Findings of Wellens' Syndrome



Dr. Kamal Kumal
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A 62 year old male presents with left sided chest pain since one week and pain increase in sort of exertions. He describes crushing pain and feeling of stones in his chest, it means heaviness of chest and gives history of Hypertension and Diabetes Mellitus. He went to a local clinic and done ECG which reveals normal and treat as GERD.

was found to have a 99% stenosis of his proximal left anterior descending coronary artery, which was successfully stented.

Physical Examination

Vital signs are as follows: T: 98.9 F; P: 72; R: 18; BP: 155/95

General: ill looking.

Chest: Nontender, lungs are clear with good air movement bilaterally.

Cardiovascular: Equal, normal pulses at the wrists, cardiac rhythm is regular.

Abdomen: Non distended & nontender.

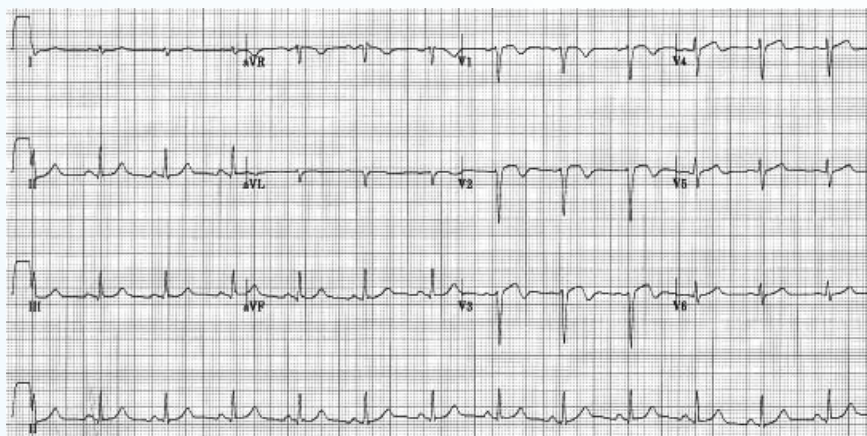
Neck: No masses, No JVP or No carotid bruits.

Extremities: Warm, nontender, no peripheral edema.

Neurological: No deficits in mental status, motor function, coordination or gait.

Discussion

Wellens' sign first described in 1982, consists of deep, symmetric T wave inversion in the anterior ECG leads, with a less common variant being biphasic T wave inversion in these leads. Approximately 90% of patients with these changes have high-grade stenosis of the proximal left anterior descending coronary artery. Wellens' Syndrome refers to the two different types of T wave pattern that are seen at the painless period. The commonest form (75%), there are deep negative T waves in leads V2 and V3 and biphasic T waves typically observed in V2 and V3. The clinician's detection of Wellens' sign in case of more specific suspicion and expeditious referral, even though the patient had no rest symptoms.



He is pain free and completely stable. His initial troponin is negative. His ECG shows nonspecific T-Wave changes. It shows no ST elevations, no Q waves, and a normal R wave progression. There are some T-wave inversions in V2 and V3 that have an odd, biphasic appearance.

The patient did exercise stress test for workup of possible unstable angina. On stage II of treadmill test, he develops ST elevations across the precordial leads. Immediately stopped the test and send to ICU. On the day we refer to Cath lab center. The patient

Conclusion

Unlike most other cases of angina, patients who present with a history of chest pain and an ECG that demonstrates Wellens changes should never be sent for a stress test. Instead, due to the critical LAD stenosis, these patients usually require invasive therapy as soon as possible. They do poorly with medical management. Thus, it is extremely important that all clinician /physicians are able to quickly recognize these characteristic of ECG changes. 20% of all unstable angina patients will have this rare phenomenon. Due to the ECG

changes, treating patient with cardiac catheterization rather than stress testing, and the patient was found to have a 99% stenosis of his proximal left anterior descending coronary artery, which was successfully stented.

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Par Excellent Cardio Protector



JOKES

Doctor: "I'm sorry but you suffer from a terminal illness and have only 10 to live."

Patient: "What do you mean, 10? 10 what? Months? Weeks?!"

Doctor: "Nine... Eight... Seven... "



Never ask google for medical advice i have gone from mild headache to clinically dead in three clicks...

Healthy Dashain; Happy Dashain

Mallika Gubhaju
Market Planning Department

Dashain, the major festival for Nepalese entails many things - season's greetings, new beginnings, merrymaking; and these include lavish lunches, dinners and get together with family, friends and neighbors. The consumption of food increase ten-fold during festive season and among this, the consumption of meat and meat item is very high.

Without meat, for many of us, our celebration is incomplete. People eat meat in plentiful quantities. Whether you are the guest or the host, meat has to be there in the menu. People enjoy meat in different flavors, cooking recipe and even make special ways to treat different body parts. People enjoy meats in flavors like deep fried in oils, barbecued or roasted or even cooked as a curry. To make each variety of the meat tasty the ample amount of oil, spices, and salt are added. People even keep meat for days and almost week.

It is the scientific truth that meat is rich in protein and our body can only absorb a little up to maximum 100 grams of protein in a day and that is when the person is on full workout and heavy working exercises. All the other proteins unabsorbed by the body are a waste. In addition to that, Nepalese way of cooking meat involves many activities which make it even riskier to eat a large quantity of meat. A large quantity of oil used to cook meat especially in deep-fried meat might increase the cholesterol level. The fats and protein take a lot of time to burn which increases fats in the body of people causing an increase in weight.

Here we share with you few types of meat and their benefits with their nutritional values

Mutton: Generally speaking, mutton is very healthy. Because goats graze on grass all day, the omega 6 to 3 ratio is very low and optimal compared to other meats. Mutton contains a broad range of health-protective nutrients, especially zinc, potassium, selenium and B vitamins. Mutton meat is considered a red meat and must not be consumed in excess; special precaution must be taken by people who have heart related diseases, & are diabetic.

Chicken: Chicken is very popular, and one of the main meats that a lot of people consume. However, chicken has a different classification of meat and comes under the poultry category. Chicken are referred to as 'white meat'. Chicken can be enjoyed in many different recipes. Its light, versatile flavor makes it a great accompaniment to quite a few ingredients. Chicken is very cheap and easily affordable. For those who are trying to consume less fat/calories, chicken offers a smaller amount than other meats but with the same protein content. Chicken provides a decent source of necessary vitamins and minerals, particularly selenium, potassium, phosphorus and B vitamins. The protein in chicken is high, but the fat content is lower. Bacterial contamination with strains such as *E.coli* and *Salmonella* is too common in chicken. As a result, strict hygiene procedures are necessary when handling the raw meat.

Pork: Pork is one of the most popular forms of meat classed as red meat. This is because it contains a large amount of myoglobin, a protein responsible for the red color of meat. Pork is a particularly significant source of thiamin (vitamin B1) and hence plays an essential role in glucose metabolism

and protecting cardiac health. It contains decent amounts of selenium and zinc, which are responsible for boosting the immune system, defending against oxidative stress, and optimal hormone production. But compared to other meats, pork contains extremely high levels of omega-6 fatty acids. It is also more susceptible to bacterial contamination and food-borne illnesses than other meat; ensuring pork is thoroughly cooked is essential.

Duck: Duck is one of the less popular types of meat. It is a highly nutritious form of white meat which is both healthy and tasty. Duck provides a significant amount of selenium, phosphorus, and B vitamins. These vitamins are all important for optimal energy production and a well-functioning immune system. Making duck at home or having a roast duck is perfectly healthy.

Wild Boar: Wild boar is a lot like pork, but it contains less fat and more protein. Boar contains a lot of protein as well as plenty of niacin, thiamine, vitamin B6, vitamin B12, phosphorus, zinc and selenium. While the omega-3 to omega-6 fatty acid ratio is still not fantastic, it is better than that of pork. This is because wild boars have more space and access to better food than domesticated pigs. Wild boar is similar to pork, but the wild nature of the animal means that it has eaten more nutritious food and has a better nutrient profile itself.

Rabbit: Rabbit is highly nutritious meat but is not commonly eaten. It is rich in protein, niacin, iron, phosphorus, zinc, and selenium. It is also an excellent source of vitamin B12 in particular. But it is very expensive to eat rabbit.

Nutritional Value per 100 g

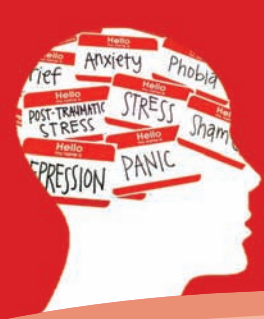
	Mutton	Chicken	Pork	Duck	Wild boar	Rabbit
Nutrient	Amount	Amount	Amount	Amount	Amount	Amount
Calories (kcal)	282	143	263	132	160	173
Carbohydrate (g)	0	0	0	0	0.0	0.0
Protein (g)	16.6	17.4	16.9	18.3	28.3	33.0
Fat (g)	23.4	8.1	21	5.9	4.4	3.5
Saturated (g)	10.2	2.3	7.9	2.3	1.3	1.1
Monounsaturated (g)	9.6	3.6	9.4	1.5	1.7	0.9
Polyunsaturated (g)	1.9	1.5	1.9	0.7	0.6	0.7
Omega-3 (mg)	420	96	70	80	30.0	140
Omega-6 (mg)	1360	1327	1670	670	500	540
Omega 6 to 3 Ratio	1 : 3.2	1 : 13.8	1 : 23.8	1 : 8.4	1 : 16.7	1 : 3.9

In some cultures, there is a tradition of eating raw meat which may cause an infestation of parasites like tapeworm and other harmful unfamiliar bacteria that will cause health problem sooner or later in the future. one needs to be more careful regarding the consumption of food during the festival as the food eaten will have an adverse effect on one's life.

The festive season is not only about meat but about the family, friends and people coming together once a year to share the joys and create memories, take and give blessings and honor gods and thank them for their strong support. It is our duty to make festivals more about these values rather than just about meat and flavors of the meat.

Have a Happy and Healthy Dashain, Tihar and Chhath.

<https://www.nutritionadvance.com/types-of-meat/>



मानसिक स्वास्थ्य र हाम्रो समाज



डा. मो. ऐनुद्दीन बागवान
भरतपुर अस्पताल
नशा तथा मनोचिकित्सा विभाग

परिचय

“स्वास्थ्य भनेको कुनै रोग वा दुर्बलताबाट मुक्त मात्र नभई शारीरिक, मानसिक तथा सामाजिक समग्र रूपमा स्वस्थ हुनु हो” - विश्व स्वास्थ्य संगठन । शारीरिक रूपमा सानो समस्या भएता पनि हामी तुरन्त अस्पतालतिर लाग्छौ । तर मानसिक तथा सामाजिक रूपमा जति अस्वस्थ भए पनि वास्ता गर्दैनौ । जबकि शरीर स्वस्थ रहनकालागि मन स्वस्थ हुनु अति नै आवश्यक छ । मानसिक स्वास्थ्य बिना पूर्ण स्वास्थ्यको परिकल्पना नै अघुरो छ । मानसिक रूपमा अस्वस्थ हुनु भन्नाले मगज बिग्रिनु वा पागल हुनु मात्र होइन बरु मानसिकतामा असमान्य परिवर्तन हुनु, मनमा अन्तर्द्वन्द्व हुनु, अनावश्यक डर त्रास एवं उदासीपन महसूस हुनुका साथै तनाव सहन सक्ने क्षमता कम हुनु, व्यक्तिगत र सामाजिक जीवन बीच सन्तुलन कायम राख्न सक्षम नहुनु तथा व्यक्तिको उत्पादनशीलता एवं बौद्धिक क्षमतामा हास आउनु भन्ने कुरा बुझ्नु पर्दछ ।

मानसिक रोगहरूको व्यथाको प्रवृत्ति शारीरिक पीडा भन्दा बिल्कुलै फरक हुन्छ । यही असहनीय पीडाकै कारण मानसिक विरामीहरू सजिलै आफु मर्न वा अरुलाई मर्न समेत पनि पछि पर्दैनन् । विश्वमा हुने आत्महत्याहरूको प्रमुख कारण मानसिक अस्वस्थता नै रहेको छ र प्रायः हत्याकाण्डहरू पनि मानसिक वा सामाजिक विकृति कै कारण हुने गर्दछन् । तसर्थ हामी मानसिक रूपमा अस्वस्थ व्यक्तिहरूको समयमै औषधी उपचार गरायौ भने यसरी अकालमै मर्ने अनगन्य व्यक्तिहरूको ज्यान सजिलै जोगाउन सफल हुन्छौ र उनीहरूलाई एउटा नयाँ जीवन प्रदान गर्न सक्दछौ ।

मानसिक स्वास्थ्यको अवस्था

सन् १९७८ मा नै मानसिक स्वास्थ्यलाई प्राथमिक स्वास्थ्यको रूपमा सेवा प्रदान गर्नु पर्दछ भन्ने अवधारणा आएता पनि समाजले अहिलेसम्म व्यवहारमा लागु गर्न सकेको छैन । अस्पतालहरूका रेकर्डहरू हेर्दा हाम्रो समाजमा मानसिक विरामीहरू ठुलो संख्यामा छन् र यो संख्या दिनप्रतिदिन बढ्दै गरेको पनि छ । आज विश्वभरी नै मानसिक समस्या महामारी भई फैलिँदै गइरहेको छ । विभिन्न अध्ययन अनुसार २०% देखि २५% जनसंख्या अर्थात चार वा पाँच जना मध्ये एक जना जीवनमा कुनै न कुनै मानसिक समस्याबाट पीडित हुन्छ । जसको प्रमुख कारण समाजमा विद्यमान गरिबी, बेरोजगारी, शोषण आदिले बनाएको तनावपूर्ण जीवनशैली तथा लोभलालच, असफलता, बिछोड, नशालु एवं लागु औषधको सेवनका साथै दीर्घकालीन रोगहरूले गर्दा हुने मनको अशान्ति हो ।

हाम्रो देश नेपालमा मानसिक स्वास्थ्य समस्याले एउटा गम्भीर जनस्वास्थ्य समस्याको रूप धारण

गरिसकेको छ । बर्षौको द्वन्द्वकाल, राजनैतिक अस्थिरताका साथै बाढी, पहिरो, भुकम्प जस्ता विपद घटनाहरूले पनि नेपाली जनताको मानसिक स्वास्थ्यमाथि नकारात्मक असर परेका छन् । जसले गर्दा समग्रमा देशको उत्पादनशीलता एवं विकास निकै चिन्ताजनक अवस्थामा पुगेको छ । तैपनि हाम्रो समाजमा मानसिक स्वास्थ्य प्रतिको जनचासो, सरकारी तथा गैरसरकारी निकायहरूको प्राथमिकता निकै कम देखिएको छ । फलस्वरूप जनचेतनाको अभावको कारण मानिसहरू एन्जाइटी, डिप्रेसन, जॉड रक्सी तथा लागु औषधको दुर्व्यसन आदि जस्ता मानसिक समस्याहरूको पनि उचित औषधी उपचार नगर्दा आजीवन मानसिक पीडा सहेर बस्न बाध्य भएका छन् । जबकी मनोरोग विशेषज्ञको परामर्श लिई औषधी उपचार गरेमा सहजै ती समस्याहरूबाट छुटकारा पाउन सकिन्छ ।

हाम्रो समाजले मानसिक विरामीहरूलाई फरक फरक नजरले हेर्ने गरेको छ । एकातिर समाजले यस्ता विरामीलाई दैवी शक्ति वा प्रेत आत्माबाट प्रभावित भएको रूपमा देख्ने गरेको छ । त्यसै समाजमा बोक्सीले किचकन्नी लगाई दिएको आरोपमा गरिब तथा असहाय महिलाहरूलाई निर्घात कुटपिट गर्ने, मलमूत्र समेत खुवाउने, त्यसमाथि फारफुकको नाममा धामी भौंकीहरूले फन शारीरिक एवं मानसिक यातना दिएको घटनाहरू बारम्बार दोहोरिरहेका छन् । अर्कोतिर समाजले यस्ता विरामीहरूलाई कि वेकम्मा ठानेर फलामे साङ्गलाले बाँधी खोरभित्र थुनेर अमानवीय अवस्थामा राख्ने गरेको छ । कि त छाडा जनावर भई सडकमा थुपारिएका गन्हाउने डंगुरबाट सडगलेका खानेकुरा टिपेर खाँदै गरेको जनावर भन्दा पनि तल्लो स्तरको जीवन जिउन वाध्य तुल्याएको छ ।

त्यही समाजमा अत्यन्त फोहर कपडामा कैयौं दिनको भोक प्यासले बेहाल भएर केही खानेकुरा माग्न आएमा समाजले घिन मानी तिनीहरूलाई धपाएर टाढा भगाउने गरेको पाइन्छ । तिनीहरूको उचित व्यवस्थापन गर्नुको सट्टा हामी आफ्नो नाकमुख छोपी मूकदर्शक बनेर सबै हेरिरहेका हुन्छौ । अहिलेसम्म सरकारले पनि यसबारे मौन धारण गरेको छ । के यस्ता विरामीहरू प्रति हाम्रो समाज वा सरकारको केही जिम्मेवारी छैन त ? के हाम्रो आफ्नै बुवाआमा, छोराछोरी, भाइबहिनी वा स्वयम् आफुलाई यस्ता समस्या हुनै सक्दैन भन्न सकिन्छ र ? एक पटक हामी गम्भीरतापूर्वक मनन गरौं र यसबारे जनचेतना फैलाउन र यस्ता विरामीहरूको औषधी उपचारमा यथासम्भव सहयोग एवं सहकार्य गरौं ।

भ्रम

मानसिक स्वास्थ्य सम्बन्धी सही ज्ञान नभएको कारण हाम्रो समाजमा धेरै भ्रम एवं भ्रान्तिहरू विद्यमान छन् । मानसिक समस्याहरू कुलदेवता रिसाएको, ग्रहदशा बिग्रेको, लागोभागो आदि भएको कारणले गर्दा हुने गर्दछन् । तसर्थ यस्ता समस्याहरू पूजापाठ, दुनामुना, फारफुक आदिबाट समाधान हुन्छन् । औषधीको प्रयोगले निको हुँदैन । मनोचिकित्सा अन्तर्गत पागल भएका विरामीहरूको उपचार गर्ने भएकोले हामी त्यहाँ किन जाने ? भन्ने विभिन्न किसिमका भ्रमहरू विरामीहरूको औषधी उपचारमा बाधा अवरोधहरू उत्पन्न गरिरहेका हुन्छन् । साथै समाजमा मनोरोग सम्बन्धी औषधी सेवन गरिरहेका व्यक्तिहरूलाई हौसला बढाउनुको सट्टा शंका उपशंका तथा हेलाको दृष्टिले हेर्ने गरेको पनि पाइन्छ ।

यथार्थ

मानसिक समस्याहरूको वास्तविक कारण मस्तिष्कमा हुने रासायनिक असन्तुलन हो । जसको पछाडि मानसिक तनाव गराउने विभिन्न वातावरणीय कारक तत्वहरूको मुख्य भूमिका रहेको हुन्छ । यो रासायनिक उथलपुथललाई फारफुक गरि सन्तुलनमा ल्याउन सकिँदैन । तैपनि फारफुकबाट कैयौं विरामीहरू सन्धो भएका छन् भन्ने कुराहरू पनि आउने गर्दछन् । यथार्थ के हो भने सामान्य खालका केही मानसिक समस्याहरू संयोगवश आँफै पनि नियन्त्रणमा आएका हुन्छन् । साथै यसको प्लेसेबो इफेक्टले (Placebo Effect) पनि ठिक भएका हुन सक्दछन् । तर प्रायः समस्याहरू विशेष गरी कडा खालका मानसिक समस्याहरूको औषधीबाट मात्र उपचार सम्भव छ । तन्त्रमन्त्र तथा फारफुकको नाममा आर्थिक शोषण गर्नुका साथै विरामीलाई औषधी उपचारबाट वंचित राख्नु भनेको उसको मानव अधिकार हनन गर्नु हो ।

मनोचिकित्सा अन्तर्गत मगज बिग्रिएर पागल भएका विरामीहरूको उपचार मात्र नभई मानसिक स्वास्थ्यको प्रवर्धन, सबै खालका मानसिक समस्याहरूको रोकथाम, समयमै यस्ता रोगहरूको निदान तथा उपचारकासाथै मानसिक विरामीहरूको पुनर्स्थापना जस्ता सम्पूर्ण क्रियाकलापहरू पर्दछन् । अन्य रोगहरूको उपचार भई मानसिक रोगहरूको पनि सफल उपचार सम्भव छ । समयमै मनोरोग विशेषज्ञको सल्लाह लिई नियमित औषधी उपचार गरेर सजिलै मानसिक समस्याहरूलाई समाधान गर्न सकिन्छ । औषधी उपचारमा सहयोगकासाथै समाजले भावात्मक सहारा, सहानुभूति, स्नेहपूर्ण व्यवहार गरिदिना तिनीहरू पनि स्वस्थ हुन्छन् र हामी जस्तै सामान्य एवं सभ्य जीवन निर्वाह गर्न सक्षम हुन्छन् ।

Product Information



Brand Name: **PROLONG**
 Generic Name: **Dapoxetine**
 Strength: **30mg Tablets**
 Therapeutic Category:
Selective Serotonin Reuptake Inhibitor (Short Acting)

Pharmacology

Pharmacodynamics

Dapoxetine is a short-acting SSRI drug for the treatment of premature ejaculation in men, which makes it the first drug approved for such treatment. Dapoxetine has a unique pharmacokinetic profile, with a short time to maximum serum concentration (about 1 h) and rapid elimination (initial half-life of 1-2 h).

Pharmacokinetics:

Dapoxetine is a short-acting SSRI drug for the treatment of premature ejaculation in men, which makes it the first drug approved for such treatment. Dapoxetine has a unique pharmacokinetic profile, with a short time to maximum serum concentration (about 1 h) and rapid elimination (initial half-life of 1-2 h).

Absorption:

- ♦ Taken 1-3 hours before sexual activity, it is rapidly absorbed in the body. Its maximum plasma concentration (C_{max}) is reached 1-2 hours after oral administration.
- ♦ food doesn't alter dapoxetine pharmacokinetics. Dapoxetine can be taken with or without food.

Distribution:

- ♦ Dapoxetine is absorbed and distributed rapidly in the body. Greater than 99% of dapoxetine is bound to the plasma protein.
- ♦ The mean steady state volume is 162 L
- ♦ Its initial half-life is 1.31 hours (30 mg dose) and 1.42 hours (60 mg dose,) and its terminal half life is 18.7 hours (30 mg dose) and 21.9 hours (60 mg dose).

Metabolism :

- ♦ Dapoxetine is metabolized extensively in the liver and kidney by multiple enzymes such as CYP2D6, CYP3A4, and flavin monooxygenase 1 (FMO1).

Elimination:

- ♦ The metabolites of dapoxetine are eliminated rapidly in the urine with a terminal half-life of 18.7 hours for a single dose of 30 mg .

Indication

- ♦ Premature Ejaculation

Dosage

Missed Dose

The dose regimen for this medicine is not fixed and hence missing a scheduled dose is highly unlikely.

Overdose

Contact your doctor immediately if an overdose with this medicine is suspected. It is recommended to avoid taking more than one tablet within 24 hours.

Side effect

Common are Nausea, headache Dizziness, Diarrhoea, Fatigue, Insomnia.

Contraindication

- ♦ Allergy
- ♦ Heart failure
- ♦ Heart rhythm disorders
- ♦ Bipolar disorder
- ♦ Loss of consciousness
- ♦ Kidney Disease
- ♦ Liver disease
- ♦ Monoamine oxidase inhibitors (MAOI)
- ♦ Thioridazine
- ♦ Selective serotonin reuptake inhibitors (SSRIs)
- ♦ Strong CYP3A4 inhibitors

Special Precaution

This medicine should not be used along with alcohol or any other recreational drugs since the risk of serious adverse effects is significantly high.

Drug Interaction

- **Erythromycin** MODERATE
- **Fluconazole** MODERATE
- **Ketoconazole** SEVERE
- **Lithium** SEVERE
- **Tramadol** SEVERE
- **Warfarin** MINOR
- **Ritonavir** SEVERE
- **Verapamil** MODERATE

Pregnancy Category

Not recommended for use in Women.

Prolong, Pre-z, Anpro, Lintab, Celtime

T	U	P	E	M	C	T	M	C	H
J	A	N	T	I	F	L	A	J	B
G	R	P	B	Y	I	E	D	C	P
A	L	R	O	H	S	Z	V	K	U
R	D	O	U	Q	L	O	W	S	L
O	S	L	I	N	T	A	B	H	M
C	Q	O	W	K	V	V	P	B	A
I	E	N	K	F	D	Y	H	C	R
N	F	G	A	R	T	M	O	E	I
K	B	A	F	W	X	E	Q	F	N
X	L	Q	R	I	P	Z	X	I	T
C	L	I	P	L	O	W	N	M	W
L	A	R	I	P	R	O	G	E	A
N	J	P	Y	G	D	F	C	J	E
I	Z	A	P	R	E	Z	B	G	I
D	V	O	U	Z	S	N	M	N	U

Find the 5 recently Launched/Extended Brands of TIME Pharma

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Lucky winner will Get Surprise Gift From TIME Pharmaceuticals

Winner Pictures



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Dr. Soni Subedi



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Dr. Reshma Dhakal Lamichane



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Dr. Tirtha Lal Upadhaya



Dr. Ranjita Jaiswal

TIME Pharmaceuticals (P) Ltd. welcomes your comments/suggestions/inputs for coming issue of this bulletin.

Last date of "Logo Game" answers Submission : 15th Poush 2075 (30th Dec. 2018)

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Name : _____

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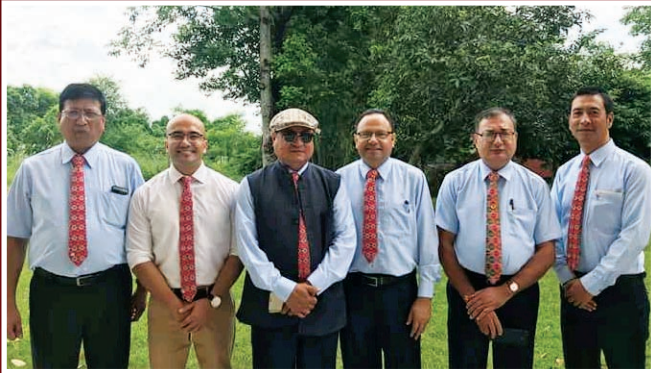
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BOD's with Motivational Trainer Mr. Dipankar Sherpa



Motivational Training at Sauraha



Participation in APPON futsal



Participation in APPON futsal

Various Events During Bishwokarma Puja at Factory



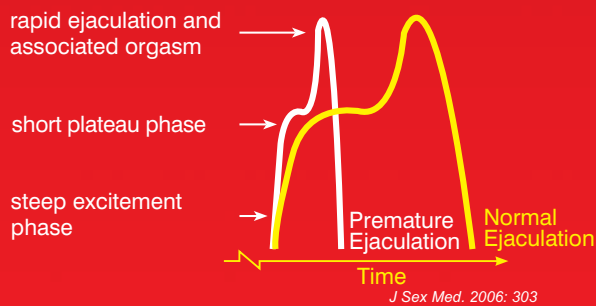
SCENT UP YOUR LIFE

PROLONG-30

Dapoxetine 30mg tablets

*Every one out of three men suffers from
Premature Ejaculation at least once in their lifetime*

-Mayoclinic, 2017



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