

Health Concepts

May 2024

Wellness is your responsibility.

PREFACE

Wellness is an active process. Do not wait for good health to happen or be dependent on someone else to fix your problems. You must be actively involved in your health to achieve wellness.

We tend to view someone who shows no signs or symptoms of health problems as healthy. Wellness goes beyond the absence of symptoms and works toward achieving maximum potential and the prevention of health problems.

Look at each illness as a lesson in achieving wellness rather than blaming yourself.

Wellness is holistic. Rather than focusing on symptoms, it is important to integrate the body, mind, and immediate environment as one. What you think, feel, and believe dictates what happens to you. Thus, the "whole" person must be assessed and treated when there is a health problem.

The individual knows more about his health condition than his treating physician. The individual himself is the only true healer. Positivity is the empowerment of the individual for self-care. Negative thinking masks rational judgment and control over ill-health.

Take credit for feeling good.

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NUTRITIONAL FACTS

खीरा (Hindi)
ఐవలగరీ (Tamil)
దోసాయి (Telugu)



CUCUMBER

The cucumber (*Cucumis sativus* L.) belongs to the *Cucurbitaceae* family. Other important crop plants in the Cucurbitaceae family are watermelon, muskmelon, squash and pumpkin. The fruit of typical cultivars of cucumber are roughly cylindrical but elongated with tapered ends. Cucumber fruits consist of 95% water, 4% carbohydrates, 1% protein, and negligible fat. A 100-gram serving provides 16 kilocalories of food energy. It also contains a range of vitamins B, A, K, and antioxidants, including a type known as lignans. Cucumber is a mild-tasting, refreshing food that is easy to add to various dishes and is a good source of nutrients. Eating cucumber can be a part of a balanced diet and a healthful lifestyle.

Hydration - Cucumbers consist mostly of water. They also contain important electrolytes. They can help prevent dehydration in hot weather or after a workout.

Bone health - Cucumber contains Vitamin K and calcium. Vitamin K helps improve calcium absorption. Together, these nutrients can contribute to good bone health.

Heart health - Potassium and magnesium in cucumber may help prevent high blood pressure and atherosclerosis.

Diabetes - Cucumbers are low in glycemic index (GI) thereby providing essential nutrients without increasing blood glucose.

Controls inflammation - Antioxidants in Cucumber prevent cell damage.

Skincare - Applying sliced cucumber directly to the skin can help cool and soothe the skin and reduce swelling and irritation.

NOTE Cucumber is safe for most people to eat, but some people find cucumber hard to digest. Cucumber is relatively high in vitamin K. Eating too much cucumber could affect how a person's blood clots.

MEDICAL UPDATE

This year's high temperatures bring an increased risk of dehydration that can cause urinary tract infections (UTIs).

As the heat and humidity rise, it's easier for germs to grow. It's also easier to lose fluids, and people who don't stay hydrated could have a higher risk of getting a UTI. The other common factor that can contribute to UTIs in the summer is holding urine for long periods of time.

Women are four times more likely to get a UTI than men.

Most UTIs are not dangerous and can be treated with medicine. If the UTI is treated early, then there will likely be no lasting effect on your urinary tract.

It is important to know the likely signs of UTI:

- Pain or burning when you urinate.
- Frequent urination.
- Pain in your back.
- Pressure in your lower abdomen.
- Urine that is cloudy and highly coloured.
- Fever or chills.

PREVENTIVE PEARLS

To reduce your chance of a UTI this summer, take these steps:

- Keep yourself well hydrated by drinking at least two to three liters of fluid every day.
- Urinate frequently - at least every three hours.
- Avoid constipation.

"HAPPINESS IS ... a glass of cold water after a walk home in hot weather."

----- Unknown.

Injections or pills: Which is better?

While doing clinical practice, I am often surprised by the number of patients (even well-educated urbanites) who want injections and intravenous fluids (popularly referred to as “Drips”) as a magic quick remedy for ailments.

This unusual demand is despite the fact that these patients are not dehydrated, are eating well, and have no symptoms of nausea or vomiting.

When we take a drug, either as an injection or pill, and the drug molecule gets absorbed, the molecules don't have control over where they eventually end up, but the drug is designed in such a way that the drug molecules bind strongly to the places we want them and weakly to the places we don't, and this helps trigger the desired response.

Compared with pills and tablets, a more efficient way of getting drugs into the blood is to inject them directly into a vein. This way, all the drug gets circulated throughout the body and avoids degradation in the stomach. When you swallow a tablet, it will initially dissolve in your stomach and intestines before the drug molecules are absorbed into your bloodstream. Once in the blood, it can circulate throughout the body to access different organs and tissues.

The physician's decision to administer the patient oral or injectable drugs (intramuscular, subcutaneous, slow intravenous injection, or infusion) will completely depend on the purpose of treatment and the actual condition of the patient, as well as consideration of drug delivery factors.

The physician's requirement when prescribing drugs is to

1. Choose the most suitable drug capable of achieving the desired effectiveness.
2. Does not cause serious side effects.
3. Easy to administer.
4. Pleasant taste when taken orally or causes little or no pain when injected.
5. Reasonably priced.

Injections are faster-acting than pills.

Drugs administered by injection will quickly reach high concentrations in the blood and in the site of action, which means they will work quickly. However, injections can also be quickly eliminated from the body.

Potential complications of injections are,

- Infection
- Reaction
- Pain
- Administration error
- Needlestick injuries

All of the above risks can be minimized by trained individuals with safe and aseptic practices.

Injections are most preferred during emergencies when a quick result is needed and in situations where the individual is unable to take oral medications due to certain conditions, such as vomiting or being unconscious. However, injections are usually more expensive than pills and require a healthcare professional to administer them.

Pills are easier to take and have fewer side effects.

Pills are easier for patients to take than injections and are more readily available and reasonably priced. They also have fewer side effects and complications than injectable forms.

Common side effects of tablets or pills are,

- Reaction (allergic condition)
- Nausea & vomiting
- Bowel movement disturbances
- Skin rashes
- Malaise (feeling of unwellness)
- Dizziness

The less troublesome and expensive it is to administer a drug, the more likely is that the patients will take their medications completely.

Injections are usually required less often since they are more concentrated, whereas a person may need to take a tablet more regularly, thus consuming a large volume. However, the effectiveness would remain the same no matter the drug format.

While there are many differences between injections and tablets, both are effective in achieving the goal they were created for. Each case is different, and a person may require one or the other or perhaps both.

END NOTE

As such, there can be no definitive answer as to whether injections or oral medications are better. The choice of drug form will depend on the disease condition, safety, patient characteristics, cost, and many other factors.

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