

# Thyroid: The Powerhouse Gland That Impacts Health and Metabolism

**Dr Sameer Ulah Khan**  
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The thyroid gland, a small butterfly-shaped organ located in the neck, often goes unnoticed in our everyday lives. Yet, this unassuming gland plays a vital role in regulating numerous bodily functions and maintaining overall health. As the medical community continues to explore the intricacies of thyroid function, it becomes increasingly important for the general public to understand the significance of this remarkable gland.

The thyroid gland is responsible for producing hormones that help control metabolism—the process by which the body converts food into energy. The two primary hormones produced by the thyroid are triiodothyronine (T<sub>3</sub>) and thyroxine (T<sub>4</sub>). These hormones influence various organs and systems, including the heart, brain, muscles, and liver, affecting their growth, development, and functionality.

## Hypothyroidism

One of the most common thyroid disorders is hypothyroidism, a condition characterized by an underactive thyroid gland that fails to produce sufficient amounts of thyroid hormones. Individuals with hypothyroidism often experience fatigue, weight gain, hair loss, dry skin, and a general feeling of sluggishness. Left untreated, it can lead to more severe complications, such as cardiovascular problems, depression, and infertility.

## Hyperthyroidism

On the other hand, hyperthyroidism

occurs when the thyroid gland becomes overactive, producing an excessive amount of thyroid hormones. This condition can cause symptoms such as weight loss, rapid heartbeat, irritability, anxiety, and increased sensitivity to heat. Like hypothyroidism, untreated hyperthyroidism can have serious consequences, including heart problems and bone loss.

## Key Symptoms That Could Indicate Thyroid Issues

### Fatigue and Lethargy:

One of the most common symptoms of an underactive thyroid, known as hypothyroidism, is persistent fatigue and a general feeling of sluggishness. Individuals with an underactive thyroid may find it challenging to conserve the energy needed to carry out everyday tasks, often leading to a decrease in productivity and quality of life.

### Unexplained Weight Changes:

The thyroid gland plays a vital role in regulating metabolism. When it malfunctions, it can disrupt the body's ability to burn calories efficiently, leading to unexplained weight gain or difficulty in losing weight. On the other hand, an overactive thyroid, called hyperthyroidism, can cause sudden and significant weight loss despite regular eating habits.

### Mood Swings and Depression:

Thyroid dysfunction can impact mental health, contributing to mood swings, irritability, and even depression. Individuals may experience sudden changes in their emotional well-being, struggling to manage stress, anxiety, and feelings of sadness.

## Hair and Skin Changes:

Brittle and thinning hair, as well as dry and itchy skin, can be indicators of an underactive thyroid. Changes in the texture and appearance of hair and skin can be distressing for individuals, affecting their self-esteem and quality of life.

### Insensitivity to Temperature:

An impaired thyroid can disrupt the body's ability to regulate internal temperature, causing individuals to feel excessively cold or hot, regardless of the surrounding climate. This sensitivity to temperature changes is often a telltale sign of thyroid dysfunction.

### Irregular Menstrual Cycles:

For women, hormonal imbalances caused by thyroid dysfunction can lead to irregular menstrual cycles. Periods may become heavier or lighter than usual, and the frequency may vary. Additionally, fertility issues and difficulty in conceiving can be attributed to an underactive thyroid.

### Muscle Weakness and Joint Pain:

Thyroid disorders can manifest as muscle weakness and joint pain. Individuals may experience difficulty in performing physical activities, such as climbing stairs or lifting objects. Joint stiffness and pain can be debilitating, limiting mobility and affecting the overall quality of life.

### Elevated Heart Rate and Palpitations:

Hyperthyroidism can cause an increased heart rate and palpitations, which may be accompanied by feelings of anxiety or restlessness. Individuals may experience a pounding sensation in their chest or an irregular heartbeat, warranting immediate medical attention.

### Diagnostic Procedures for Thyroid

## Disorders

### Physical Examination

### Blood Tests

### Imaging Techniques

### Thyroid Scan

### Thyroid Stimulating Hormone Suppression Test

### Genetic Testing

### Nourishing the Butterfly Gland: The Best Diets for Supporting Thyroid Health

#### The Mediterranean Diet:

Renowned for its heart-healthy benefits, the Mediterranean diet also holds promise for individuals with thyroidism. Rich in fruits, vegetables, whole grains, lean proteins, and healthy fats, this diet provides essential nutrients such as selenium and iodine that support thyroid function. Incorporating foods like fish, olive oil, nuts, seeds, and legumes can contribute to a well-rounded and nourishing approach to man.

#### Thyroid Health:

#### The Anti-Inflammatory Diet:

#### The Balanced Diet Approach:

While specific diets can offer valuable guidelines, it's important to remember that overall balance and moderation are key to maintaining optimal thyroid health. Consuming a variety of nutrient-dense foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats, can provide the necessary vitamins, minerals, and antioxidants for a well-functioning thyroid. Customizing the diet to individual needs, considering factors such as allergies, intolerances, and sensitivities, is also essential for long-term success.

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involves avoiding foods containing gluten, such as wheat, barley, and rye, and opting for gluten-free alternatives like quinoa, rice, and gluten-free grains. Consulting with a healthcare professional or registered dietitian can help determine if a gluten-free diet is appropriate and effective for individual needs.

#### The Low-Glycemic Index Diet:

Maintaining stable blood sugar levels is crucial for individuals with thyroidism, as blood sugar imbalances can affect hormonal regulation. The low-glycemic index (GI) diet focuses on consuming foods that have a minimal impact on blood sugar levels, such as whole grains, legumes, non-starchy vegetables, and lean proteins. By choosing low GI foods and minimizing processed sugars and refined carbohydrates, individuals can promote steady energy levels and support thyroid function.

#### The Balanced Diet Approach:

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THE HINDU  
THURSDAY, APRIL 30, 2020

SOUTH 5

## IN BRIEF



### Buses to ferry labourers stranded in Guntur

KURNIOOL  
The Andhra Pradesh government, with the help of State Road Transport Corporation, has begun transporting 4,641 stranded migrant labourers from Guntur district to various places in Kurnool. The first batch of 159 buses arrived here on Wednesday. This is said to be the biggest passenger transport operations during the lockdown period. All the migrant labourers were seated in compliance with the social distancing norms.

### Fishermen stranded in Gujarat to reach A.P.

GUNTUR  
More than 4,500 fishermen from the Andhra Pradesh, who were stranded at Veraval port in Gujarat owing to the lockdown, are being brought home in 65 buses and they are expected to reach their native districts by Thursday afternoon. Minister for Maritime Fisheries and

# Construction workers turn restive near Hyderabad

Three officials injured after they throw stones

SPECIAL CORRESPONDENT  
SANGAREDDY

Tension prevailed for some time near the Indian Institute of Technology-Hyderabad (IIT-H) on Wednesday when hundreds of workers came out, demanding that they be sent back to their native places. At one point, they pelted stones at a patrol vehicle, injuring three officials, including an assistant sub-inspector.

Police were deployed in large numbers on the premises where about 2,400 workers are staying.

The situation was brought under control after MLA T. Jayaprakash Reddy, Collector M. Hanumantha Rao and Superintendent of Police S. Chandrasekhar Reddy held talks with the workers and pacified them.

According to the police, a large number of workers, mostly migrants from diffe-



**Tipping point:** Workers staging a dharna in Sangareddy district on Wednesday. •MOHD ARIF

rent parts of the country, are involved in construction activity on the IIT-H premises. Alleging that they had not been paid for the past three months, the workers raised slogans against the contractor. They also alleged that the food supplied to them was of poor quality and showed the heaps of food thrown into the dustbin. Even the toilets were in a ve-

ry bad condition, they said. The police brought the situation under control by using force.

"Pending wages for two months would be paid by Thursday evening. Representatives of the construction companies have accepted that. The work would commence from Friday," the MLA, the Collector and the SP told reporters.

## A smart way to watch over COVID-19 patients

AFSHAN YASMEEN  
BENGALURU

With the Union Health Ministry announcing new guidelines for home isolation of people who either have very mild COVID-19 symptoms or are in the pre-symptomatic phase, it will now be a mammoth task for the authorities to monitor their health status and also ensure they do not violate home quarantine norms.

This is where a wearable device developed by the faculty of the Indian Institute of Science (IISc.) and city-based doctors, in collaboration with MIISKY Technovation Pvt. Ltd., could come in handy.

The device, a smartwatch, can measure various vital parameters of individuals under isolation on a real-time basis. Linked to a smartphone via Bluetooth, the smartwatch will record the patient's blood oxygen saturation and body temperature, said Hardik J. Pandya, Assistant Professor, at

the Department of Electronic Systems Engineering at IISc.

The team that has developed this device comprises, besides Dr. Pandya, students at BEES Laboratory and doctors from Aster CMI and Sri Shankara Cancer Hospital and Research Centre and researchers from MIISKY Technovation Pvt. Ltd.

Sonal Asthana, Senior Consultant Transplant surgeon in Aster Integrated Liver Care team, said the device will also help get the location details of the wearer. "The location details will help ensure that the individual is adhering to quarantine norms. A warning can be sent to authorities if the user crosses over from one zone to another. Also, if the temperature rises or the oxygen saturation level falls below 93%, the wearable device alerts the local tracking centre about the impending need for hospitalisation," he explained.

## WEATHER WATCH

RAINFALL, TEMPERATURE & AIR QUALITY IN SELECT METROS YESTERDAY



TEMPERATURE DATA: IMD, POLLUTION DATA: CPCB, MAP: INSAT/IMD (TAKEN AT 18.00 hrs)

**Forecast for Thursday:** Thunderstorm accompanied with lightning, hail and gusty winds very likely at isolated places over Himachal Pradesh, Uttarakhand, Telangana and Maharashtra; with lightning and gusty winds at isolated places over Punjab, Delhi, Uttar Pradesh, Madhya Pradesh, West Bengal, Meghalaya, Nagaland, Mizoram, Goa, Karnataka, Tamil Nadu and Kerala.

CITY	RAIN	MAX	MIN	CITY	RAIN	MAX	MIN
Agartala	44.6	33.5	21.6	Kozhikode	—	36.0	25.6
Ahmedabad	—	41.8	27.4	Kurnool	—	38.9	25.8
Alizawl	—	24.9	16.8	Lucknow	—	33.8	22.1
Allahabad	—	36.4	22.6	Madurai	—	38.2	27.5
Bengaluru	1.0	25.8	19.6	Mangaluru	—	36.2	26.1
Bhopal	—	40.0	23.6	Mumbai	—	36.4	25.8
Bhubaneswar	—	34.4	22.1	Mysuru	—	35.0	22.6
Chandigarh	—	33.5	21.2	New Delhi	—	37.6	23.1
Chennai	—	35.2	27.7	Patna	—	32.4	21.4
Coimbatore	38.0	33.7	21.8	Port Blair	3.8	32.8	25.2
Dehradun	—	30.4	17.9	Puducherry	—	36.0	26.2
Gangtok	2.3	19.4	11.8	Pune	—	39.9	25.3
Goa	—	34.8	27.2	Rajpur	—	36.6	22.0
Guwahati	3.9	31.6	21.4	Ranchi	4.2	29.2	17.2

# Rx: Covid is a Lifestyle Disease



**Suparno Chakrabarti**

The last 12 months have changed a lot of our perceptions regarding life. The term 'our' here refers to the affluent and privileged classes—not local or national, but global. A lot of things we took for granted, no longer exist, most importantly, the ability to avail of the best possible healthcare, whether in India or abroad.

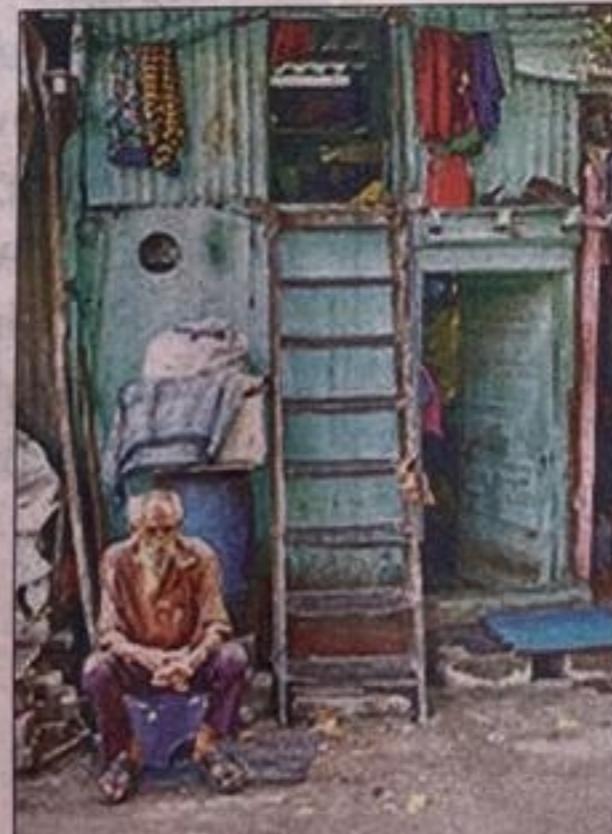
Infections such as malaria, tuberculosis, encephalitis, diarrhoea and dengue were—and still are—indicators of poor socioeconomic status. Hence, despite an annual toll of lakhs, these diseases never deserved dashboards or hogged headlines. A virus has changed all that.

Sars-CoV-2, the virus that causes Covid-19, especially attacks those affected with 'lifestyle diseases'—diabetes, hypertension, heart disease, obesity, etc. It seems to spare most urban slum-dwellers living in abysmal conditions, and for whom wearing masks, maintaining 6 ft distance and using sanitisers can be a cruel joke. While 'we' have kept ourselves locked in our houses and feasted on OTTs, these Indians lost, and continue to lose, their livelihoods. They lost their lives too. However,

not so much from Covid-19, but from starvation, exhaustion, and illnesses brought on by things getting far worse economically. 'We' suddenly became aware of their existence, as the media flashed photos of families walking across the country from their workplaces to make their way 'home'.

My apartment overlooks a large temporary settlement—mostly tin sheds with one common toilet for 100-odd people. These jhuggis are occupied by construction workers, whose wives and daughters work as domestic helps in the highrises. I had asked one of them how they were coping through the pandemic. Did anyone die? Did they get vaccinated?

They are aware of something happening around them—they are



Steps to nowhere

getting their temperatures checked at building security posts, and are asked to cover their nose and mouth. If any resident of the apartment block gets infected, the domestic helps are asked to get tested and provide a negative report to re-enter the complex.

Where do they get tested? Do they get any counselling? As part of Covid protocol, they are supposed to be quarantined if found positive. Really? In 4x4 sheds, with a family of 5-10? But then, who really cares, as long as 'we' are protected.

And yet, we are not protected. We had largely ignored the virus, which has now mutated—"learnt" to change its genetic make-up—to escape whatever little we did to fight it. Vaccines train the more sophisticated parts of our immune system, the T cells and the B cells that produce antibodies, to attack the virus at identified parts of its structure.

If the virus is 'clever' enough to change those genes that matter, then the vaccine may well need to be redesigned. That's what we end up doing for influenza—change vaccines with new anticipated strains every year. And for those that mutate so rapidly, like HIV or hepatitis C virus, we are not clever enough to rid them with a vaccine. With or without intervention, if our first line of defence in the immune system—innate immunity—is strong enough, we may be able to thwart the Covid-19 virus from waging a serious attack and result in severe disease.

For those surviving through

numerous life-threatening illnesses, innate immunity is bolstered for survival. The child on the street begging is more likely to be run over by a car than dying from Covid-19. This paradox of the 'trained' innate immunity partly explains why the ones living with diarrhoea, dengue, malaria and tuberculosis in their everyday lives may be less likely to die from Covid-19. This may also explain why African Americans have been dying disproportionately from Covid in the US, when compared to Blacks in mainland Africa who are far more familiar with numerous infections like ebola and are, therefore, relatively protected.

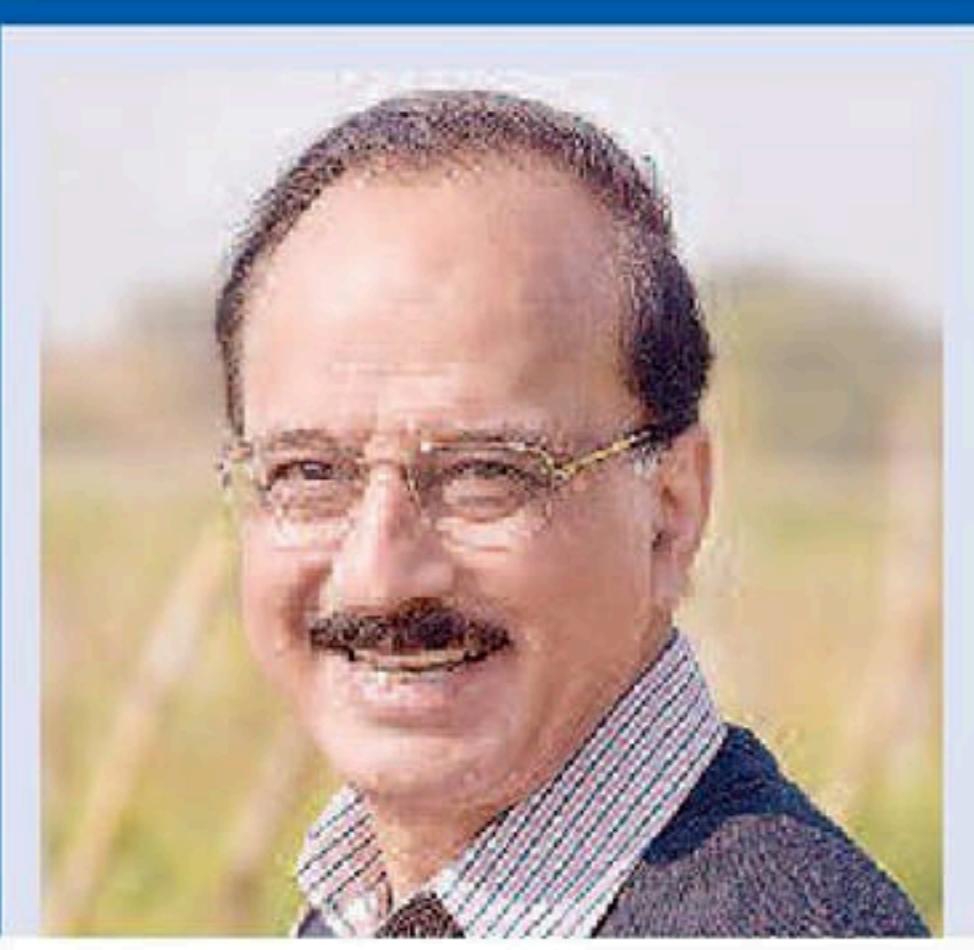
Nigeria, Congo, Ghana have not fallen apart in the pandemic. Neither has Dharavi, or the tin-sheds in front of our highrises. But I am not sure how long will they remain protected through the multiple waves of the Covid-19 virus—without jobs, food and the shelter of a lifestyle that has protected them so long.

It is time science, society and polity recognise this reverse disparity in the pattern of the infection and invest in a policy beyond lockdowns and slogans. Chasing away street-vendors is not going to end the pandemic. Covid-19 is a 'lifestyle' disease, where being wealthier is no longer a guarantee to being healthier.

The writer is head, department of blood and marrow transplantation and haematology, Dharamshila Narayana Superspeciality Hospital, Delhi

# Lumpy skin disease becoming a nightmare for cattle farmers

**While the Centre dithers on the issue of declaring the contagion as an epidemic, an effective compensation plan is need of the hour for the cattle owners**



**DEVINDER SHARMA**

THE picture is scary. The aerial shot taken by a popular Hindi newspaper shows thousands of cattle carcass littered along the highway to Bikaner in Rajasthan. Reminiscent of the ghastly images of human dead bodies lying buried along the river Ganges, near Allahabad, when the second phase of deadly Covid-19 epidemic had hit the northern regions of country, the Lumpy Skin Disease (LSD) in cattle has also grown in epidemic proportions.

The report says as many as 6,000 cattle have died in the urban parts of the city from the LSD virus whereas another 50,000 cattle have perished in the rural hinterland in the Bikaner region. Owners of these cattle are throwing the carcass in open fields, which serve as an open dumping ground. In another news report, more than 2,000 cattle have died in the hilly State of Himachal Pradesh, and another 53,000 bovine have reportedly contracted the viral infection. In both these cases, improper disposal of the dead bodies is causing health and sanitation issues.

Ever since it was first reported from West Bengal and Odisha in 2019, the viral disease

has now spread to 12 States, right from Himachal Pradesh in the north to Kerala in extreme south, and as well as to Andaman and Nicobar islands. It is spread by blood-sucking insects, including mosquitoes and flies. The first time I read a report in Down to Earth (Jan 13, 2021) magazine on how the disease has spread to cattle in Kerala, and how it has the potential to leave a devastating impact in the country, I have followed the slow progress in taking adequate precautions and launch preventive measures. It left me wondering why as a nation, while we are still struck in the pandemic after effects, we have failed to see the urgency in controlling another viral disease which is equally contagious, and could be equally devastating or perhaps more.

The only difference being that the viral outbreak was in cattle, which have no voice. Media reports say the disease has inflicted more than 11.50 million cattle, and has killed at least 50,000. This is a grossly underreported number, and farmers claim that unofficially the number of cattle deaths would be several times more. But still worse, the disease load is on the small, marginal and landless farmers

who have traditionally thrived by owning a couple of dairy animals. The economic fallout on these marginalised communities is far greater given the fact that most have reared a few cattle to somehow eke out a living.

Endemic across Africa and the Middle East, the vector-borne disease has now transgressed the national borders to spread into Balkan countries, Russian Federation and also to Asia. According to the Food and Agricultural Organisation of the United Nations (FAO) high-milk producing cattle of Europe and America are more susceptible compared to the indigenous cattle in Asia and Africa. Considering that most cattle in India

**It is generally believed that most farmers who do not commit suicide own cattle that compensates for the farm distress. Moreover, like the industry sector, which gets an economic stimulus or an economic bailout at the drop of a hat, cattle owners too need an economic stimulus package, which conforms to the number of cattle a farmer has lost, and in addition to cover up for the cost of medication and the fall in income a farmer suffers**



## GROUND REALITY

are non-descript, and carry low immunity given the poor intake of nutritiously adequate feeds, the outbreak has been high among cattle that belong to small and marginal farming communities. But if the spread goes out of control, even the bigger dairy farms can be negatively impacted.

There is no evidence of the LSD spreading to humans. This is perhaps what keeps us disinterested of the pandemic proportions that the disease has already spread among cattle in India. Given that the cattle population is about 300 million, and although many experts have said that the peak of spread is already over, the entire effort still has to be on containing any further spread of the LSD in bovine population, including buffaloes. Let us not forget, for a small and marginal farmer, the timely vaccination of the affected cattle means a livelihood saved. Remember, India is also the world's largest producer of milk, with domestic production touching 204 million tonnes. If the spread goes unchecked, milk production gets impacted, with small and marginal farmers facing a serious drop in incomes. At the trade level, countries can ask for LSD-free trade status.

At present, the Ministry of Agriculture has set up a control room. The Indian Council of Agricultural Research (ICAR) has already announced an indigenous vaccine for LSD. The National Research Centre for Equines (NRCE) at Hisar and the Indian Veterinary Research Institute (IVRI) at Izatnagar – the two institutes that developed the vaccine – can produce about 2.5 lakh dosages per month. Although a significant proportion of the affected cattle have been vaccinated with earlier available and equally effective goat pox vaccines, the new vaccine has to be quickly commercialised to make it easily ac-

cessible. This has to be reached to the affected regions as quickly as possible.

Meanwhile, the Himachal Pradesh Kisan Sabha has in a memorandum to the State government made some important suggestions, which needs to be implemented even at the national level to deal with the contagion on a war footing. Calling for the virulent disease to be declared as

an epidemic, the suggestion is to form an inter-department coordination committee to deal effectively with the epidemic. Once an epidemic is declared, the Disaster Management Authority will come into play. This will enable disaster management norms to become operative, including adequate compensation for the affected families whose cattle have perished or are affected.

Although the disease is reported to have spread to 165 districts in 12 States, but given the alarming situation, once the disease is declared as an epidemic, it will bring the entire country into being an affected zone. Prevention is better than cure, and like in the case of the Covid-19 pandemic, the effort on a war-footing should be to ensure that the virus is not allowed to spread to any new areas.

Even while the Centre dithers on the issue of declaring the contagion as an epidemic, an effective compensation plan should be announced for the cattle owners. This is important given the fact that dairy is the saviour when it comes to mitigating the severity of the farm distress. It is generally believed that most farmers who do not commit suicide own cattle that compensates for the farm distress. Moreover, like the industry sector, which gets an economic stimulus or an economic bailout at the drop of a hat, cattle owners too need an economic stimulus package, which conforms to the number of cattle a farmer has lost, and in addition to cover up for the cost of medication and the fall in income a farmer suffers.

*(The author is a noted food policy analyst and an expert on issues related to the agriculture sector. He writes on food, agriculture and hunger)*

**F**ever is the commonest symptom in children. Most often it occurs due to an infection, which is most commonly due to a virus. There are also other causes, which occur rarely.

This article aims to inform parents about when to take their child to the doctor, what constitutes an emergency, and other frequently occurring doubts that may arise in their minds.

#### FAQs

**Q :** My child has fever; when should I take her to the doctor.

**A :** Depends on the age of the child and presence or absence of other symptoms. An older child beyond 4-5 years of age with no other symptoms can be managed at him with paracetamol in the correct dose for a couple of days. If fever is persisting beyond 2-3 days or any other symptom like cough, vomiting, diarrhoea, urinary symptoms, rash or joint pains appear, then a paediatrician should be consulted without delay.

A younger child with fever should also be seen by a paediatrician early, but a newborn baby with fever must be seen immediately.

Concern should also be there depending on the height of fever and behaviour of the child. Very high fever could point to a more serious cause of fever.

Children become dull during the rise in temperature, but usually start playing once temperature returns to

# Fever in children

normal. But if the child remains dull and is refusing food, don't delay visiting the doctor.

Altered level of consciousness or an unarousable child should be rushed to the emergency room.

Decreased or absent urine output with other signs of dehydration like sunken eyes and dry oral mucosa, cold peripheries are also symptoms of concern.

As also fast breathing or difficulty in breathing.

**Q :** How will I know if its a bacterial or viral infection

**A :** It is not possible to make out in the initial days whether the cause of fever is due to bacteria or virus.

A moderate grade fever with no other symptoms is presumed to be of viral origin and if the fever subsides within 3-5 days, no tests are required.

If fever is high, or there are associated symptoms suggesting infection of the lungs, gastrointestinal or urinary tract systems; and the doctor finds signs while examining the child, blood and urine tests, and x ray or scans may be required to find the source of infection.

Antibiotics may be added according to the site of infection.

**Q :** Is fever harmful to my child.

**A :** Fever is only the symptom that tells us that the body is facing



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an intruder ( a microbe, i.e virus or bacteria or protozoa, like malaria) and the immune system is defending the body by getting activated.

Rarely, the immune system gets activated without an infection or stays activated long after the initial infection with a microorganism.

All viral infections may not be harmless. For instance, in a small percentage of population affected by Dengue, the immune system causes leaky capillaries and platelet destruction, which if not managed properly, can be life threatening.

Viruses which attack the liver cause jaundice and in about 1% it can be very severe causing destruction

of liver cells.

However all these can be recognised early and if managed properly there is every chance of recovery.

**Q :** The elder sibling had febrile fits. How can I prevent this in the younger child.

**A :** Most often fits occurs due to the rapid rise in core temperature , which may not be detected and the rise in surface temperature lags behind. Temperature can be reduced by giving the antipyretic and sponging the child with water ( the skin has to be rubbed, this will dilate skin vessels and heat reduced by evaporation)

**Q:** What medicine can I give for fever. If its not coming down with paracetamol syrup, can I give a tablet or any other medicine.

**A :** Paracetamol in appropriate dose will suffice in most cases. If fever is high and not subsiding, it is better to consult the doctor. If they see fit, other drugs may be prescribed. Do not use these alternate drugs without prescription as there are some situations when it may be harmful to the child.

Tablets may not be ideal for children as its difficult to administer the right dose. Take care in not substituting drops for syrup as a higher dose can be toxic and cause liver failure.

**Q :** My child gets fever often; does it mean she has poor immunity. How can I

boost her immunity - any super foods ?

**A :** Fever only indicates that the immune system is competent to fight the infections. After birth maternal immunity transferred in womb and through breast milk protects the child. The Childs own immune system is developed around 2years of age. During this interval it is common for children to get 6-8 minor infections in a year. However if there are 2 or more serious infections requiring hospitalisation or ICU care, the child may be investigated for an immune deficiency disorder.

During the kindergarten years the child is also exposed to many children and consequently many germs; so it'll appear that they are falling sick often. But as long as they get better as expected, there's nothing to worry. Remember, All these only serve to strengthen their immune system.

A normal balanced diet of the right proportions of carbohydrates, fats and protein with adequate fruit and vitamins is all that a child needs.

If a child is a picky eater, supplements can be added as per requirement.

These are only a broad guide to fever in a child. There are always exceptions and unusual circumstances.

Whenever in doubt, please consult the doctor.

For details call: 87544 64444