Aims of the Centre

- 1. To arrange/appoint competent Physicians who are sympathetic towards patient and are dedicated to provide better patient-friendly care and attention.
- 2. To diagnose the diseases/disorders as accurate as possible with the sole aim of treating them.
- 3. To adopt the single best treatment option.
- 4. To charge consultation fees as minimum as possible.
- 5. To arrange specialists also for Super Specialities on demand.
- 6. To arrange diagnostic tests from recognized / reputed Diagnostic Centres and ensure collection of samples and delivery of results at our premises itself.
- 7. To provide free health care service to the poor students, who pursue their studies, staying in welfare hostels run by Delhi Government.
- 8. Thus, arranging the total primary as well as specialised health care services under one-roof for the benefit of the people of all walks of life.

1. General Physician:

- Complete Primary Health Care and Total Management of illness and injuries in patients from Infants to Elderly Persons.
- Examination, Diagnosis and Treatment of patients suffering from common diseases and diseases caused by common symptoms.
- Diagnosis, Treatment and Prevention of Communicable Diseases (CDs) listed in the guide and Vaccination against some of the CDs prevalent in India such as Chicken Pox, Hepatitis, etc.
- Counselling on Diet, Hygiene and Preventive Health Care.
- Preparing / Reviewing case-histories of patients suffering from diseases not responding to the general treatment or with unusual symptoms, advising relevant diagnostic tests to trace the presence of hazardous bacteria / infection / infestation causing such a sickness, interpreting the test results, evaluating the test values and further treatment and management of diseases.
- Referral to respective Specialities / Super-Specialities for further treatment and management of diseases of Specific / Secondary / Tertiary nature.

2. General Physician-cum-Chest & TB Specialist

Besides attending to the diagnosis and treatment indicated on pre-page under the caption 'General Physician' at a level compatible to his vast experience and exposure in different specialities at **Dr. RML Hospital, CGHS** and **various Govt. Hospitals and Health Institutions in West Afirica particularly Nigeria**, the physician is also specialized in the following areas:

- Diabetes (sugar ailment), Blood Pressure, Heart & Asthma related diseases.
- Anxiety Disorders, Stress related problems, Sleep Disorders and Mental Ailments.
- Psycho-sexual Disorders, Dhat (semen in urine) Syndrome and Male Eractile Dysfunction, premature ejaculation, orgasmic disorder (delay in/absence of orgasm), hypoactive (uninterested) sexual desire disorder, dyspareunia (genital pain).
- Chest related diseases & Tuberculosis.

3. Consultant Physician, Cardiologist & Diabetologist:

Consultant Physician: Besides attending to the diagnosis and treatment indicated under the caption 'General Physician' at a level compatible to his **master/doctorate degree in medicine** and adept handling of patients in private practice, the Consultant Physician is also specialized in the following areas:

- Heart diseases: Prevention of abnormal heart beat, High Blood Pressure, reversing heart diseases, Stroke, valvular heart diseases, decreasing the risk of heart attack through appropriate treatment. Early warning of heart attack. Management of Coronary Artery diseases through non-surgical treatment. Exercise for making the heart strong.
- Treatment & management of Asthma and related diseases.
- Diabetes: Treatment of diseases caused by Diabetes Type-I, Diabetes Type-II, Hyperglycemia and Hypoglycemia and complete management of associated problems. Counselling on exercise and tips on nutrition for diabetes.

4. <u>Paediatrics (Child Specialist)</u>:

- Complete Primary Health Care and Total Management of illness, injuries, infection, genetic defects, malignancies and other types of organic diseases and dysfunction in patients from Infants through adolescence.
- Detection, Management and Treatment of common diseases and diseases caused by common symptoms in patients from infants and Children from birth till 21 years of age.
- Preventive maintenance of child's health through regular check-ups and Vaccination / immunization against all childhood diseases.
- Treatment of Asthma, Chicken Pox, Cold Sores and Pink Eye.
- Advice on Breast Feeding & Toilet Training, Bedwetting, Height & Weight pattern.
- Prevention, detection and management of behavioural and developmental problems in children from birth through adolescence.

Kids are not just little adults. Treating diseases or disorders in children needs unique approaches and challenges. This could be effectively handled by a physician specially trained to treat the paediatric population. Paediatricians possess the skills of all other specialists working together and provide for the total physical, emotional and social well-being of a child.

5. <u>Obstetrics & Gynaecology</u>:

I. Obstetrics:

- Total Health care management of the expectant mother/ baby from Conception through Childbirth.
- Monitoring healthy development of foetal.
- Tackling of changes in the body system, Nausea and Morning Sickness in women due to Pregnancy.
- Advice on Diet, Drug usage, Nutrition and Skin care during Pregnancy.
- Management of Unborn Child & Labour and Normal/ Cesarean Delivery, Pre/Post Natal Care and Breast Feeding.
- Tackling complications in pregnancy-Abortion / Miscarriage.
- Medical Termination of Pregnancy- DLC, DLE.
- Preventing / Delaying Pregnancy through Copper 'T' and oral pills.
- Treating Infertility, interpreting Post-coital test and evaluating test values of semen analysis and further treatment and management for deficiency.
- Determination of ovulation for fertility. Treating disorders / abnormalities in Chromosome.

II. Gynaecology:

- Treating problems relating to external & internal parts of Female Reproductive System.
- Tackling Puberty Disorder in Children, Pre-Menstrual Syndrome, Irregular /Painful Menstruation, Heavy/ Scanty/ Absence of Bleeding during Menstruation, White Vaginal Discharge, Menopause Syndrome.
- Treatment of Common benign Tumor in Female Reproductive Organs such as womb, uterus, etc.
- Treatment of Sexually Transmitted Diseases.

6. Ophthalmology (Eye Surgeon):

- Correcting of visual abnormalities-Near & Far sightedness.
- Prescription of Corrective/Contact Lenses & Cosmetics.
- Prevention of Blindness/Loss of Peripheral vision, Dimness/Fogginess, Double Picture Vision, spots/sudden flash lights appearances, reducing vision in one eye.
- Treatment for Eye irritation, allergy, dryness, injury and infection/conjunctivitis, migraine/headache/pain, swelling eyelids, turned eyes, redness and watering.
- Surgery for Cataract under OT set-up.
- Removal & Corneal Transplantation and Retinal Detachment.

7. ENT Surgeon (Ear, Nose & Throat):

- The Ear: Treatment of ear disorders. Medical and surgical treatment for hearing disorders, ear infections, balance disorders, facial nerve or cranial nerve disorders as well as management of congenital (birth) and cancerous disorders of the external, middle, and inner ear as well as the nerve pathways which affect hearing and balance.
- The Nose: Medical and surgical treatment of diseases and disorders of the nasal cavity, paranasal sinuses, allergies, sense of smell and nasal respiration (breathing) as well as the external appearance of the nose. Medical treatment of inhalant allergies affecting the upper respiratory system.
- The Throat: Medical and surgical treatment of throat including larynx (voice box) and the upper aerodigestive tract or esophagus including disorders of the voice respiration (breathing) and swallowing.
- The Head, Face and Neck: Treatment of infectious diseases, cancerous and non-cancerous tumors (both benign and malignant), facial trauma and deformities of the face. Performing both cosmetic/plastic and reconstructive surgery for abnormalities of the face and neck.

8. <u>Orthopaedic Surgery:</u>

- Treatment of impairments in the skeletal system including deformities of bones, joints, ligaments, tendons and muscles.
- Diagnosis and treatment of illnesses, injuries, deformities and malformations of the Musculoskeletal system including bones, joints, ligaments, muscles and tendons.
- Treatment of traumatic injuries to bones, such as fractures and dislocations; disturbances in joints such as sprains, torn cartilages or strained ligaments; and inflammation of muscle or connective tissues such as bursitis, myositis and tendinitis.
- Treatment of osteoporosis (bone thinning disease), back problems such as strains, ruptured discs or curvatures; foot problems such as flat feet or high arches; and neck disorders such as strains or arthritis.
- Repairing of broken bones using mechanical appliances such as braces, splints and casts.
- Surgical procedures for repair of broken bones using hardware such as screws, pins, nails, and bolts/nuts.
- Treatment for deformities by open operation.
- Diagnosis of Lesions in bones and joints by improved X-ray techniques and their treatment.
- Transplantation of bone, fascia, muscle and tendon for the restoration of function to destroyed tissue or its replacement.
- Replacement of arthritic joints by the use of newly devised metal prostheses.

9. General Surgery:

- Evaluating and determining the condition and the necessity of Surgery.
- Pre-Surgical consultation and follow up care.
- Surgery of Thyroid Tumors, Breast Tumors, Colon Tumors, Appendicitis, Hernias, Anal Fissure and treatment of Gallbladder Diseases.
- Removal of Gallstones, Laparoscopic Hernias Repair.
- Pre-Operative and Post-Operative Nutrition, Post Surgery Care and management of Associated Diseases.
- General, Vascular and Laparoscopic surgical procedures.
- Detection of lesions in the internal parts of the body such as tissues, muscle, membrane by improved technology and their treatment.

10. <u>Dermatology (Skin, Sexually Transmitted Diseases & Leprosy):</u>

Skin is the outer reflection of one's age and inner Health

- Diagnosis and treatment of diseases and tumors of the skin, hair, nails and mucous membranes in patients from infants to elderly persons.
- Treatment of Itching, Rashes, Tumors, Growths and Cancers affecting the Skin, Hair and Nails.
- Treating and preventing of infectious diseases caused by the following infection:

Sl.	Infection	Diseases
No.		
(i)	Bacterial	Impetigo, Boils, Cellulitis
(ii)	Viral	Herpes Simplex Type
(iii)	Infestations	Scabies, Peliculosis Capitis.
(iv)	Fungal	Candida and Tinea of the nails and Candidiasis
		(Thrush) on and around the mouth & genitals of
		both male and female patients.

- Performing Skin Surgery to prevent and Control diseases such as Skin Cancer. Cosmetic/ Laser Surgery, phototheraphy, Cryosurgery, Electrosurgery for removal of wrinkles, sagging skin and Acne scarring.
- Hair transplantation, Chemical peel, dermabrasion and tumescent liposuction.
- Removal of Pregnancy stretch marks and Tackling of loss of hair and premature skin aging.
- Treating Allergy and Allergic reaction caused by Drug Allergy, Sun Allergy and Skin Allergy.
- Treatment & management of Sexually Transmitted Diseases such as Chlamydia, Genital warts, Gonorrhea, Herps, HPV (human papillomo virus), Syphilis, Vaginitis and HIV/AIDS.
- Diagnosis, treatment and containing spread of Leprosy.

11. Physiotherapy:

- **Problems:** Spinal problems, Back pain, Slipped discs, Trapped nerves, injuries to muscles, Joint problems, Pain / swelling / stiffness in joints, fractures, Strokes & Cerebral Palsy and Vascular Disorders.
- Procedures & Treatment: Short Wave Diathermy (SWD), Ultrasonic, Inter Ferential Therapy (IFT), Ilio-Lumbar Ligament (ILL), Intermittent Cervical Traction, Infrared Traction, Hot Packs, Hydrocollator, Paraffin Wax Bath, TENS, Stimulator- R.D. Testing.
- **Exercise:** Exercise session for expectant mother for Pre-Natal and Ante Natal care. Training for Back Care Posture to computer users and School Kids. Preventive pains in normal aging.

12. <u>Dental Surgery</u>:

- Prevention and Treatment of Dental Diseases such as Acute Dental Pain, Dental Caries/Cavities, Gum Infection, Bad Breath and Gingivitis.
- Surgery of impacted Wisdom Teeth, cyst of Jaws and extraction of Teeth.
- Removal of Calculus and Plaque from below & above the Gum Line and Ultrasound Scaling.
- Application of Caries Preventive Agents such as Fluoride and Fissure Sealants.
- Filling and Periodontal Dressing and Removal of Suture. Bonding / Grinding of Teeth, Repair of fractured/Broken Teeth, Change of Shape or Colour of Teeth.
- Full / Partial Denture, Broken Denture and Denture Care.
- Root Canal Treatment.
- Treatment of Chronic Pain in Head, Neck or Ear caused by Pulp-Damaged Teeth.
- Treatment of Abscessed Gum / Tooth Decay and treatment to contain spread of infection.

13. <u>Homoeopathy:</u>

Mental	Depression, Suicidal Tendency, Disappointments, Short Temper, Anxiety, Tension		
Disturbances	Suspicion, Jealousy, Stage Fear, Mood disorders, etc.		
Eyes	Watering, Itching, Redness, Styes, Glaucoma, Photophobia, cataract, conjunctiviti (Eye flu).		
Nose	Repeated attacks of cold, Sore throat, Tonsillitis, Nose Bleeding, Blocking, Polyps Adenoid, Sinusitis.		
Skin	Wrist Patines on the skin, Eczema of any part of the body, Corns, Wart, psoriasis Ringworm, Discoloration of skin, Rashes, Burns, Cuts, Acne, Pimples, Boils Urticaria, Chickenpox, Measles, Leucoderma.		
Abdomen	Abdominal Pain, Gas Trouble, Jaundice, Acidity, Indigestion, Piles, Fistula Fissures, Constipation, Diarrhea, Ulcer, Anal Prolapse, Worm infection, Dysentry Amoebiasis, Frequent Urge for Stool, Perianal Abscess.		
Urine	Bed Wetting, Bad smell, Frequent & Involuntary Urine and Involuntary Urine o Coughing, Sneezing, Laughing, etc.		
	Coughing, Sneezing, Laughing, etc.		
Cases where A	Coughing, Sneezing, Laughing, etc. Illopathic fails and Homoeopathy starts without any side effects		
	Coughing, Sneezing, Laughing, etc.		
Cases where A	Coughing, Sneezing, Laughing, etc. Allopathic fails and Homoeopathy starts without any side effects Increased Desire, Impotence, Sexual Debility, Seminal Discharge while passing Stood		

14. An Illustrative list of Diseases and Symptoms.

COMMON DISEASES:

Allergy
Asthma
Appendicitis
Blood Pressure
Bronchitis

Conjunctivitis
 Dysentery
 IrritableBowel Syndrome

COMMUNICABLE DISEASES:

Diarrheal • AIDS Amebiasis Acute Diseases Brucellosis Cholera Chicken Pox Diphtheria Hepatitis Hook Worm Influenza Leptospirosis Leprosy Lymphatic Filariasis Malaria Measles Poliomyelitis Rubella Rabies

COMMON SYMPTOMS:

Backache
 Cough
 Diarrhoea
 Fever
 Nosebleed
 Sprain

15. <u>Immunization schedule for children from the day one onwards:</u>

At birth : BCG + OPV + Hepatitis-B

At 6 weeks : DPT + OPV + HIB + Hepatitis-B

At 10 weeks : $\mathcal{DPT} + \mathcal{OPV} + \mathcal{HIB}$

At 14 weeks : DPT + OPV + HIB + Hepatitis-B

At 9 months : Measles Vaccine

At 1 year \mathcal{L} 3 months : MMR Vaccine

At 1 year \mathcal{L} 6 months : $\mathcal{DPT} + \mathcal{OPV} + \mathcal{H}IB \text{ First Booster}$

At 2 years : Typhoid Vaccine

At 4 years & 6 months : DPT + OPV Second Booster

- This is the schedule laid down by the Indian Academy of Paediatrics, which is generally followed by most of the Paediatricians. There are many combination of vaccines available like Hepatitis A & B; but the choice rests with your Paediatrician. There are now newer optional vaccines like Hepatitis-A and Chicken Pox and can be administered after the age of two years.
- All information on kids' immunization is for academic purposes only. For specific medical advice, diagnosis and treatment, consult your Paediatrician.

16. Need of Calcium and Recommended Daily Allowance for various life stages

Calcium, a mineral is needed for building bones and teeth and in maintaining bone strength. It is also used in muscle contraction, blood clotting and for maintenance of cell membranes. Osteoporosis is a disease caused by deficiency of calcium. The symptoms are thinning of bone, weakening of bone strength and making the bone more brittle.

Recommended Daily Allowance (RDA) of Calcium

Category	Life stages/Age group	RDA
Babies	0 month through 6 months	210 mg
	7 months through 12 months	270 mg
	1 year through 3 years	500 mg
Kids	4 years through 8 years	800 mg
	9 years through 13 years	1300 mg
Teenagers	14 years through 18 years	1300 mg
Adults	19 years through 50 years	1000 mg
	51 years and older	1200 mg

 $Source: \underline{www.takecalcium.com} \ \ and \ books.nap.edu$

17. A Guidance Chart For Daily Calcium Intake

Food	Amount	Calcium				
		(in mg)				
Milk L Milk Products						
Buffalo's Milk	1 cup (250 ml)	300				
Cow's Milk	1 cup (250 ml)	244				
Yogurt	1 cup (175 ml)	292				
Butter Milk	1 cup (250 ml)	292				
Paneer	100 gm	480				
Cheese	1 pc (50 gm)	269				
Khoa	50 mg	479				
Ice Cream	1 cup (250 ml)	200				
Vegetables & Fruits						
Dark Green Leaf	1 cup	200				
Veg.	-					
Potato	100 gm	5				
Methi	50 gm	235				
Onion (Raw)	100 gm	180				
Banana	1 (medium)/175 gm	52				
Orange	1 (medium)/175 gm	10				
	Cereals & Pulses					
Wheat-Chapati	4 nos (Thin)	28				
Rice-cooked	100 gm	10				
White Bread	1 slice	32				
Soyabean	100 gm	240				
Rajmah	100 gm	260				
Dal	100 gm	160				
g	Egg / Meat / Fish					
Chicken	100 gm	30				
Mutton	100 gm	150				
Egg	2 no	40				
Sardines (Fish)	1 average size	429				

18. <u>An introduction to other specialities</u>

<u>Andrology</u> is a science of diagnosis and treatment of diseases and disorders of the male sex, especially of those of the male reproductive organs. Male impotence, male infertility, ejaculatory disturbances, male menopause, Curves, bends and pain, lump formation and deformity of the penis on erection (peyronie's) diseases, Penis lengthening and Girth Enhancement, transexualism, etc. are treated by an **Andrologist**.

Endocrinology: It is branch of physiology and medicine concerned with endocrine glands and hormones. Endocrine glands are organs that secret hormones which pass directly into the blood. Diseases and disorders of endocrine glands and hormones such as diabetes, hypothyroidism (low activity of the thyroid gland resulting in retardation of growth and mental development) hyperthyroidism (over-activity of the thyroid gland resulting in a rapid heartbeat and an increased rate of metabolism), children with growth problems and abnormal growth of hair on a woman's face and body (hirsutism) and hypoglycemia (deficiency of glucose in the bloodstream) are treated by an Endocrinologist.

<u>Gastroenterology:</u> The branch of medicine which deals with disorders of the stomach and intestine and digestive process. Treatment of disorders in digestive tract-alimentary canal (esophagus), stomach, small intestine, large intestine (colon), the pouch connecting both the intestines and rectum are handled by a **Gastroenterologist**.

<u>Hematology:</u> It is a branch of medicine that deals with the morphology of blood and blood forming tissues and their physiology and pathology. Treating disorders of the blood and diseases caused by various anemia such as sickle cell anemia, megaloblasic anemia, macrocytic anemia, hemolytic anemia, immune hemolytic anemia, aplastic anemia, pernicious anemia, addison's anemia, anemia of chronic infection and diseases caused by deficiency of G6PD, folate iron, etc. are the responsibility of **Hematologist**.

<u>Neprology:</u> Nephrology is the branch of medicine, which deals with medical disorders that affect the kidney. Diagnosis of various ailments affecting the Kidney, Urethra and urinary Bladder through symptoms and their treatment, removal of fluid & Electrolytes, dialysis are handled by a **Nephrologist.**

<u>Neurology:</u> Neurology is the branch of medicine, which deals with diseases and disorders in the nervous system and its structure. The Brain & Its illness & injuries, Cancer of the Brain, Acid Maltase Deficiency (AMD)-glycogen storage disease-type II, dementia ('madness'), Bell's Palsy (sudden, one-sided, facial muscle paralysis), Epilepsy (recurring seizures/ convulsion), Meningitis (an infection and swelling of the meninges covering the brain and spinal cord), Pinched nerve (pain in a nerve or impaired function of a nerve), stroke (Brain attack) are some of the disorders treated by a **Neurologist.**

Occupational Therapy: It is the development and maintenance of capacity to achieve functional outcomes that promote health, prevent injury, or disability and develop, improve, or restore the highest level of independence to any individual who has injury, illness, cognitive impairment, psycho social dysfunction, mental illness, developmental or learning disability, physical disability or other disorder or condition.

Oncology (Cancer): cancer is a disease of genes. It is not just one disease, but a large group of almost one hundred diseases. Its two characteristics are uncontrolled growth of the cells in the human body and the ability of theses cells to migrate from original site and spread to distant sites. Diagnose and treat patients with bladder cancer, breast cancer, Bone Marrow cancer, colon cancer, larynx cancer, leukemia cancer, lung cancer, oral cancer, ovarian cancer, protest cancer, and rectal cancer are the responsibility of an Oncologist.

<u>Pain Management:</u> It is an effective management of pain through different modalities and appropriate treatments such as medication therapy, injections or nerve blocks, physical therapy and reactivation, psychotherapy, biofeedback, acupuncture and other implantable devices.

<u>Plastic surgery</u> is the surgery of repair or reconstruction of deformity, malformation, disfigurement, etc. on human body either by nature or due to accident. Eyelid lift, Facelift Surgery, Eyebrow & Forehead Surgery, Surgical removal of unwanted fat, Breast Lift, Breast Enlargement, Breast Reduction, Surgery of Nose, Plastic Surgery of Chin are surgery done by a **Plastic Surgeon**.

<u>Psychology</u> is the study of the behavior of humans and animals in which the Psychologists use scientific methods to understand and predict behavior, to develop procedures for changing it, and to evaluate treatment strategies. The conditions such as <u>Depression</u>, <u>Delayed sleep Syndrome</u>, <u>Anorexia Nervosa</u>, <u>Suicide and Kids</u>, <u>Insomnia etc. are treated by a **Psychotrist**.</u>

<u>Radiology:</u> is the study of images of the human body through X-Rays and photographic films. The modern Radiology uses a variety of newer tools such as MRI and Ultrasound for "taking pictures" of human body without the use of any X-Rays and radiation of any kind. Barium Enema, CT Scan, Digital Subtraction Angiography (DSA), Endoscopy, Magnetic Resonance Imaging (MRI), Ultrasonography,_Color Doppler Imaging, Vascular Radiology, X-Rays Convenional Radiology are some of the images to know the changes in the human body.

<u>Vrology:</u> is a science of diagnosis and treatment of diseases and disorders of the genital and urinary systems in men, and the urinary system in women-the kidney, the bladder and the prostate gland. Urologic Cancers, Kidney Stone, Urinary Tract Infection, Urinary Incontinence, Erection Disorders, Urinary Stone Disorders, etc are treated by an Urologist.