

UNNIKRISHNAN S @TPuram

EARLIER this year, Helen Monai achieved a monumental feat by scaling the Everest Base Camp. For the 29-year-old IT professional, it was a giant leap as eight years back Helen was struggling to even get up from bed or perform simple daily routines. She was suffering from rheumatoid arthritis.

RHEUMATOID ARTHRITIS

DON'T LET PAIN BOG YOU DOWN

Rheumatoid arthritis is an autoimmune form of arthritis where the immune system attacks healthy joint tissues, causing it to swell and become tender, in one or more joints. Most forms of arthritis are caused by a fault in the immune system. This may be inherited genetically while some other forms are caused by a metabolic condition.



green vegetables and food having antioxidants and avoid junk food or fast food. Reduction of weight must be prioritised," Dr Behera added. A study conducted by Dr Shenoy found that awareness about arthritis and its complications are relatively low as the average delay for diagnosis was 60 months in 2010.

UNSHACKLING THOSE JOINTS

Studies have shown that early treatment would not only give better treatment outcomes but it can also reduce the monthly expenses for medicines required for maintenance.

- Common Symptoms
Pain, Stiffness, Swelling, Redness, Decreased range of motion

- Consult a doctor
Persistent joint pain for more than a week without any history of trauma, Swelling in the joints lasting a couple of weeks, Pain-associated fever and rashes, Multiple joints are involved

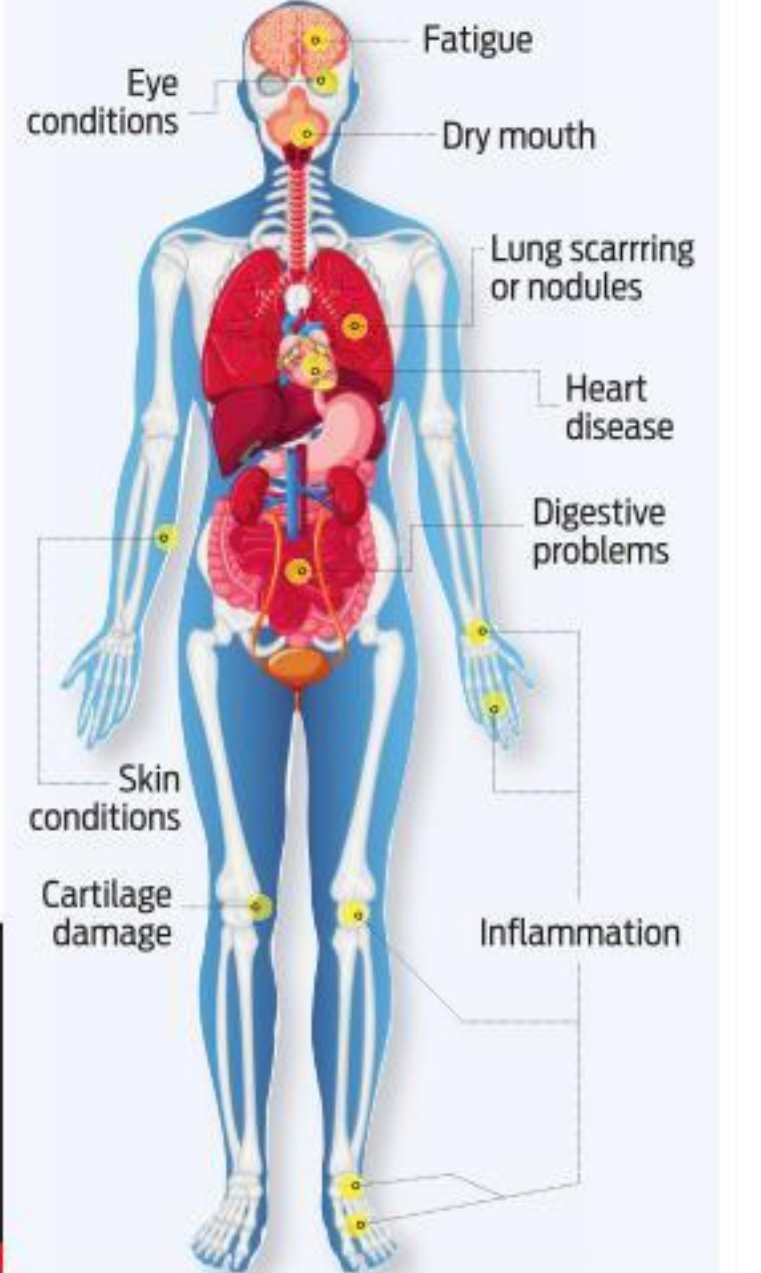
- Diagnosis
Clinical examination for a pattern of joints involved, Blood tests (ESR, ANA test, rheumatoid factor, CCP antibody test), x-ray, ultrasound, MRI of joints

- Treatment
Steroids, Targeted therapy, Physiotherapy, Deformity correction surgery

- Risk Factors
Family history, advanced age, gender (women), obesity, trauma

DID YOU KNOW: Rheumatological diseases are not generally covered by various insurance and reimbursement policies

EFFECTS ON THE BODY

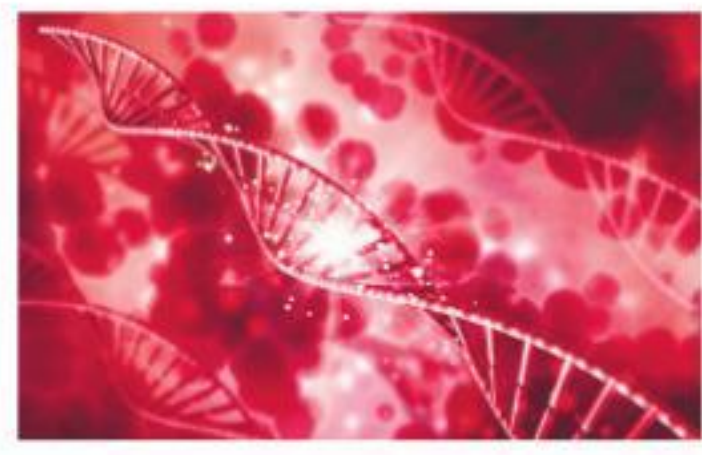


Cost comparison table showing earlier cost of ₹10,000 per month vs now ₹500-₹1,500. Includes a section on Gout (Inflammatory arthritis) and its symptoms.

'Excessive milk intake leading cause of anaemia in kids'

NAMRATA SINDWANI @Bengaluru
Poor nutrition in India is one of the major reasons for a large population to be anaemic, a condition where the number of red blood cells or haemoglobin concentration is below normal.

most common one is dietary deficiency of iron, putting young adolescents, menstruating girls and women, and pregnant, postpartum women at high risk. Iron deficiency largely occurs in vegetarians, especially children consuming more milk, according to experts.



Green leafy vegetables, millet, unpolished rice and wheat are good sources of iron," he added.

ANAEMIA SYMPTOMS
Tiredness | Weakness | Shortness of breath | Pale or yellowish skin | Irregular heartbeat | Dizziness or light headedness | Chest pain | Cold hands and feet | Headaches

Even the recent debate on anaemia cut-offs and dropping it from the National Family Health Survey (NFHS) - 6 and shifting it to a different survey with a much smaller sample size raised concerns over the quality of data as people from all socio-economic backgrounds will not be covered under the new survey.

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