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**Fortis C – DOC :**

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# Roadside drinks unhealthy

## Docs Report Sharp Hike In Food & Water-Borne Diseases

Durgesh Nandan Jha | TNN

**New Delhi:** Health experts have sounded an alarm at the increase in cases of food and water-borne diseases due to consumption of locally available drinks, like fruit juices and nimbu paani, whose sales have shot up with the soaring temperature. Doctors say this summer an unusually high number of diarrhoea, typhoid and gastroenteritis cases are being reported across city hospitals and intake of food and beverages sold by roadside hawkers is a major cause.

“More than 40% patients visiting OPDs in the last one week have diarrhoea, gastroenteritis, typhoid or jaundice. In some cases, where there is severe dehydration or health complication on account of pre-existing illness like heart disease or diabetes, admission is also required,” said Dr Romel Tickoo, senior consultant, internal medicine at Max hospital, Saket. He said if typhoid is diagnosed after one week, it is dif-

### DOs AND DON'Ts



➤ Avoid street food, unwashed fruits and vegetables. Cut fruits are a strict no-no, including those at home, if kept uncovered for a long time

➤ Use clean water for washing fruits and vegetables. Otherwise you might end up getting more diseases from washed than from unwashed food

➤ Drink 8-10 glasses of water every day

➤ Don't eat tinned, stored, uncooked food. Avoid eating out, you can never be sure of the water used

➤ Reheat refrigerated food for 4-5 minutes before consumption

**Don't drink water from roadside vendors; carry a water bottle**

ficult to treat with oral antibiotics and medicines have to be administered intravenously.

Delhi has seen a rise in temperature over the last few days. On Thursday, the mercury touched 40.6 degrees Celsius. Health experts say many people tend to drink cold water or juices being sold by hawkers. “These drinks are

prepared in an unhygienic manner and ice used is mostly made with unclean water. It is a serious health hazard and the main cause behind increasing number of typhoid and jaundice cases,” said Dr MP Sharma, head of the medicine and gastroenterology division, Rockland hospital.

Those suffering from hypertension, heart disease and

diabetes need to be extra careful, say doctors. “Hot weather leads to decrease in blood pressure and change of medication is required in such patients. Heat leads to sweating and decrease in body sodium, which can affect people with hypertension and diabetes as they are on diuretic drugs,” said Dr Anoop Misra, chairman, Fortis-C-DOC. He added that vomiting and nausea caused due to food and water-borne diseases leads to fluctuating blood pressure and sugar levels.

Doctors said people who live in air-conditioned offices and homes most of the time should avoid sudden change in temperature by exposing themselves to direct sunlight. Despite the heat, cases of mosquito-borne diseases are also on the rise.

Municipal corporation officials say dengue cases have gone up to four this season, with the central zone reporting yet another case this week. Three cases of Malaria have also been reported this season.