

PRESS RELEASE

For Immediate Publication

Arthritis pain high in patients post Dengue and Chikungunya fever

Noida, Wednesday 12 October, 2016: It is a proven fact that an increasing number of patients after viral fever like Dengue and Chikungunya complain of persistent joint and muscular pain. On this occasion of **World Arthritis Day**, Fortis Hospital, Noida shares the causes and effects of these consequences. The initiative is led by **Dr. Atul Mishra, Additional Director, Dept of Orthopaedics & Joint Replacements, Fortis Hospital, Noida** to create further awareness to understand these pains and its roughness.

Chikungunya is proven to have a severe form of joint pain and can subsequently, even result in arthritis. If neglected this pain sometimes carries on for months and can be crippling. Maintaining good health along with good nutritious intake helps fight the disease better. People testing deficient in micronutrients like Vitamin D, B12 and E often complain of persistent muscle and joint pains as compared with those who have sufficient amounts of these vital nutrients. Although severe arthritis is more common in chikungunya, it has been observed that a lot of dengue patients also suffer from joints and bone pain.

Dengue, also known as 'breakbone fever' because of the shattering pain it causes, is transmitted by a mosquito found in warm climates, and is not contagious. People often contract dengue fever without realizing it or recognising that they have contracted it. In some cases this can even lead to dengue haemorrhagic fever, a severe form of the illness which causes internal bleeding resulting in shock and even death. Dengue also has pathological consequences on tendons, muscles, joints and bones. Pains which are associated with dengue are acute reactive arthritis during dengue fever and chronic joint pain after dengue. These are generally treated with paracetamol and few simple exercises. But what is noteworthy is these Joint pains are intense in patients suffering from vitamin deficiencies.

Joint or arthritis pain is usually symmetric, involving large and small joints of the upper and lower limbs; it commonly arises in the wrists, elbows, fingers, knees and ankles. However, knees are the most commonly involved and hip and shoulder are less affected.

Dr. Atul Mishra, Additional Director, Dept of Orthopaedics & Joints Replacements, Fortis Hospital, Noida elaborated on this medical condition stating, "If a patient has been diagnosed with dengue and Chikungunya then joint pains, stiffness and swelling in joints should be attended to seriously and not be neglected. People should consult a specialist to ensure appropriate and adequate treatment like anti-inflammatory medicines, physical and manual therapy to prevent long standing arthritis. Most of the times these symptoms of joint pains can be reversed as the fever abates. However, this year it was observed that in the cases of more than 90% of patients the symptoms have been persistent and recurrent."

Gagan Sehgal, Zonal Director, Fortis Hospital, Noida said, “The team of the doctors at Fortis Hospital Noida extend treatment which is holistic and cures not just the medical condition of the patient not just as it is presented to them but also a condition that could be consequential. This is what makes the patient more satisfied in having received the correct and timely treatment for their medical conditions.”

About Fortis Healthcare Limited

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 54 healthcare facilities (including projects under development), approximately 10,000 potential beds and 329 diagnostic centres.

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