

GASTROENTERITIS

Stomach For It

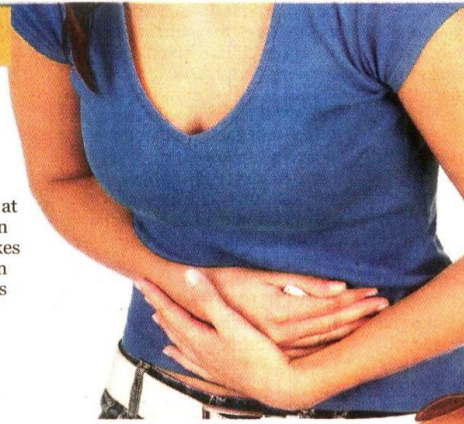
In Mumbai alone last year, over 3,000 cases of gastroenteritis were diagnosed. Gurgaon hospitals are reporting many gastroenteritis cases walking in every day. The inflammation of the stomach and intestines are a result of a viral or bacterial infection.

SYMPTOMS: Vomiting and loose motions (diarrhoea). Could also have abdominal pain.

TREATMENT: It is

important to avoid dehydration. Oral Rehydration Solution (ORS) should be given at regular intervals. When frequent vomiting makes this unsuitable, then an intravenous drip (IV) is administered.

PREVENTION: As this condition spreads through the faeco-oral route, follow hygienic practices, such as thorough hand washing, eating healthy, well-cooked and fresh food.

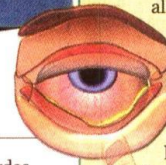


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CONJUNCTIVITIS

The Eyes Have It

Twelve year old Ankur (name changed) returned from school, running a mild fever. He complained about irritation in his eyes, and his mother, a housewife, was worried. His eyes had begun to get red and Ankur was rubbing them vigorously. She took him to the doctor and he diagnosed it as conjunctivitis and put him on a course of mild antibiotics. It's a viral or bacterial infection that results in inflammation of the conjunctival (the transparent, outermost layer that also lines the inside of eyelids) layer of the eye. The most common virus is adenovirus. Highly contagious, conjunctivitis can spread quickly. It can also be caused by chemicals, traditional eye remedies, Chlamydial infections of the eye and allergy. During the rainy season, adenoviral and microsporidial keratoconjunctivitis are possible.



SYMPTOMS: Reddening of eyes with swollen lid margins, accompanied by irritation, discharge, watering and burning sensation. Vision is usually not affected except when there's too much discharge or corneal involvement. The patient may have associated fever and sore throat.

TREATMENT: Bacterial conjunctivitis may affect only one eye compared to viral conjunctivitis. It's treated using drugs called fluoroquinolones. There's no specific treatment for viral conjunctivitis as it's self-limiting and resolves in two weeks. Antibiotics and topical corticosteroids are prescribed only if cornea is involved.

DYSENTERY

Trotter Nama

A 2011 survey showed that 7.16 million people in 9 different states were affected by dysentery in India. The illness is caused by the inflammation of the large intestine caused by a germ called shigella.

SYMPTOMS: Diarrhoea, blood and mucus in the stool, frequent urge to pass stool, fever.

TREATMENT: In mild cases, ORS should be given. In severe cases, antibiotics may be prescribed.

PREVENTION: Maintain proper hygiene by washing hands thoroughly before eating. Avoid eating at roadside stalls.

EXPERT SPEAK: Dr Gourdas Choudhuri, Director & HoD, Gastroenterology and Hepato-biliary Sciences at Fortis Memorial Research Institute, Gurgaon, says, "Infections like typhoid, hepatitis A & E, acute gastroenteritis, dysentery (shigella) and cholera all spread through the faeco-oral route. So, by following good hygiene, one can avoid many such diseases."