

Diarrhoea cases on the rise due to rising temperatures

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Diarrhoea cases are being reported in various hospitals on daily basis. It's a problem of serious nature because if not treated serious implications may follow.

According to Dr Pankaj Garg, senior consultant at Fortis, "Diarrhoea are bowel movements (stools) that are loose and watery. Diarrhoea cases are on rise due to dehydration in summers hence is necessary to keep the body hydrated at all times. Some people have diarrhoea often as part of irritable bowel syndrome or other chronic diseases of the large intestine."

DIARRHOEA MAY OCCUR DUE TO:

- Adulteration in products made of milk.
- Sweets made out of milk products must be avoided since they are highly impure these days.
- Street food, they are highly responsible for diarrhoea cases.
- According to Ram Singh, HOD, Medicine, GMCH 32, "One or two cases of Diarrhoea at present are reported at the hospital on

daily basis. To avoid the spread of the disease appropriate measures must be taken during summers to control it."

PREVENTIVE MEASURES:

- Oral rehydration therapy (ORT) is type of fluid replacement used as a treatment for dehydration. It involves drinking water with small amounts of sugar and salt.
- Wash hands thoroughly before eating or preparing

food.

- Practicing good food hygiene will help avoid getting diarrhoea as a result of food poisoning.
- Eating foods that upset the digestive system must be avoided.

SYMPTOMS OF DIARRHOEA?

- Abdominal cramps
- Thin or loose stools
- Nausea and vomiting
- Watery stool
- Weight loss
- Fever

Heatwave triggers diarrhoea cases

PANCHKULA: The rising temperatures has triggered the diarrhoea infection, especially in children as the general hospital Panchkula is receiving two to three cases daily. However the hospital staffs do not term it was an outbreak but has advised the public to keep away from the heat, contaminated food or water. Diarrhoea is caused by the consumption of contaminated food or water, said a senior doctor. He said

that when the temperature rises, there are chances that the stored food develops fungus resulting in infection which causes Diarrhoea.

Secondly, due to immense heat, children get dehydrated which also causes diarrhoea. Resident Medical Officer, general hospital Sector 6, Panchkula, Dr Vinod Gulati said, "Presently we are receiving two to three patients with the symptoms of

Diarrhoea. But the same patient has not shown the symptoms at hospital as the parents told that they vomited and passed loose motions. So we rest them in hospital on precautionary basis."

Dr Gulati also added that just two or four cases a day cannot be termed as an outbreak and there is no need to panic but precautions must be taken to save the children from getting infected.