

Botswana's Premier Health Journal

DIAGNOSTICS

update.com

Issue No: 6 Sixth Quarter 2013

**BREAST
CANCER
AWARENESS**

**Headache
from hell??**

**25 NOV TILL
10 DEC 2013
IS INTERNATIONAL DAY
FOR THE ELIMINATION
OF VIOLENCE AGAINST
WOMEN & 16 DAYS OF
ACTIVISM AGAINST
GENDER VIOLENCE**

**Health
Benefits
of Swimming**

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Dear Reader,

One of the great aspects of this job is having the opportunity to talk with and listen to the many different manufacturers, distributors, and of course the huge network of dealers that is the backbone of our industry.

Years ago I never would have ever imagined I would be in this

position, and it is amazing. To say I really enjoy this job is an understatement.

What makes Diagnosics Update.com so unique is their informative and educative ways to the nation.

The staff and management is always looking for ways to inform there readers on how to tackle different medical issues. Basically, you want more people

to enjoy reading more and more.

That said, there is still the need to get more readers to embrace healthy routines within and outside the homestead. This October/November/December issue we focus more on the winter/spring season ailments. We take a look at different ways to keep healthy.

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used to diagnose, treat, cure, or prevent any disease without the supervision of a medical doctor. Please be advised that medical informaiton changes rapidly and new discoveries are being made on a daily basis. Therefore, some information in this publicaiton may have change by the time you read it.

HEADACHE FROM HELL??

Have you ever had a blinding or constant headache but just could not figure out what the root problem might be? Often we are misdiagnosed; for example, confusing a sinus headache with a migraine headache.

What kind of headache is it?

It's important to figure out what type of headache is causing your pain. If you know your headache type, you can treat it correctly. Here are some tips that will put a name to your pain.

Tension headaches

Tension headaches, the most common type, feel like a constant ache or pressure around the head, especially at the temples or back of the head and neck. Not as severe as migraines, they don't usually cause nausea or vomiting, and they rarely halt daily activities.

Over-the-counter treatments, such as aspirin, ibuprofen, or acetaminophen (Tylenol), are usually sufficient to treat them. Experts believe these may be caused by the contraction of neck and scalp muscles (including in response to stress), and possibly changes in brain chemicals.



Cluster headaches

Cluster headaches, which affect more men than women, are recurring headaches that occur in groups or cycles. They appear suddenly and are characterized by severe, debilitating pain on one side of the head, and are often accompanied by a watery eye and nasal congestion or a runny nose on the same side of the face.

During an attack, people often feel restless and unable to get comfortable; they are unlikely to lie down, as someone with a migraine might. The cause of cluster headaches is unknown, but there may be a genetic component. There is no cure, but medication can cut the frequency and duration.

Sinus headaches

When a sinus becomes inflamed, often due to an infection, it can cause pain. It usually comes with a fever and can be diagnosed by symptoms or the presence of pus viewed through a fiber-optic scope.

Headaches due to sinus infection can be treated with antibiotics, as well as antihistamines or decongestants.

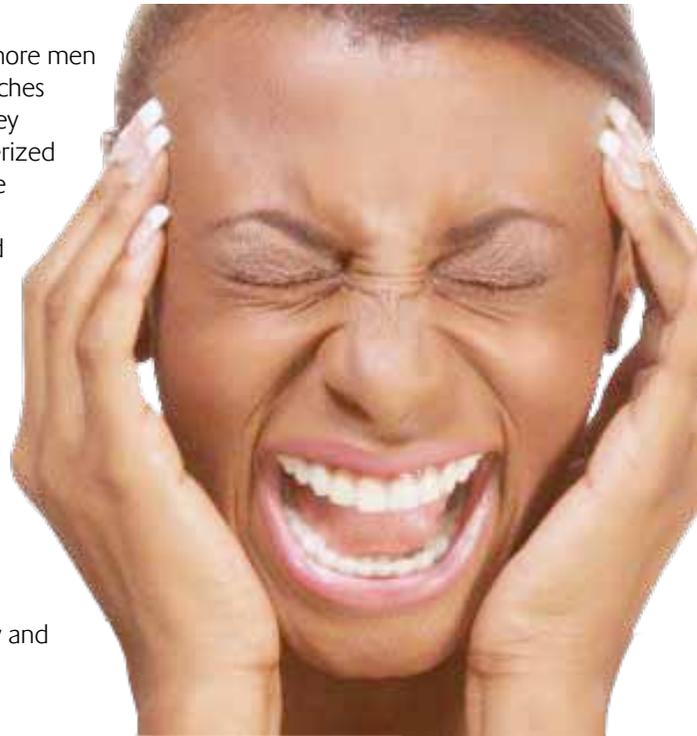
Rebound headaches

Overuse of painkillers for headaches can, ironically, lead to rebound headaches.

Culprits include over-the-counter medications like aspirin, acetaminophen (Tylenol), or ibuprofen (Motrin, Advil), as well as prescription drugs.

One theory is that too much medication can cause the brain to shift into an excited state, triggering more headaches. Another is that rebound headaches are a symptom of withdrawal as the level of medicine drops in the bloodstream.

Migraine headaches



Migraines can run in families and are diagnosed using certain criteria.

- At least five previous episodes of headaches
- Lasting between 4–72 hours
- At least two out of these four: one-sided

pain, throbbing pain, moderate-to-severe pain, and pain that interferes with, is worsened by, or prohibits routine activity

- At least one associated feature: nausea and/or vomiting, or, if those are not present, then sensitivity to light and sound

A migraine may be foreshadowed by aura, such as visual distortions or hand numbness. (About 15% to 20% of people with migraines experience these.)

Baffled by what's causing your pain? You may be surprised by what could be to blame. Take a look at your personality traits, weight, daily schedule, and what you're eating and drinking to find out if one of these is contributing to the problem.

Source: <http://www.health.com/health/gallery/0,,20484672,00.html>

Migraines can run in families and are diagnosed using certain criteria.

Diagnofirm Medical Laboratories International Business Award



Ms Badubi and Ms. Rahman flanked by World Confederation of Businesses (WORLDCOB) President and Vice President after receiving the award

Diagnofirm Medical Laboratories has made Botswana proud again, having been selected by the World Confederation of Businesses (WORLDCOB) to receive the most important business award in the world: "THE BIZZ 2013." This award was given out on September 29 at a gala ceremony at Atlantis The Palm, Dubai, UAE.

WORLDCOB is a leading business organization based in Houston, Texas, dedicated to fostering the development and growth of over 3,000 companies from 80 countries. It recognizes and boosts the growth of the world's most outstanding companies and businessmen, as well as promoting corporate social responsibility.

With this triumph, Diagnofirm has become a member of WORLDCOB, alongside such major corporations as Abu Dhabi University (UAE); Doha Bank (Qatar); Prime Islami Life Insurance (Bangladesh); The Imperial Hotel (India); Near East

University Hospital (Turkey); KPJ Healthcare Group (Malaysia); Oman Arab Bank (Oman); Saudi Telecom Company (Saudi Arabia); PROLAC (Thailand); Ankol (Poland); Competence Call Center (Austria); Massoud Group (Egypt); Credit Libanais (Lebanon); Techcombank (Vietnam); Beerlao (Laos); Ethiopian Airlines (Ethiopia); S.A. Cambios (Mozambique); Beige Capital (Ghana); Yamani Institute of Technology (Algeria); Delphinus (Senegal); Prizma (Bosnia); Nexray (Singapore); and ISD Portolan (Hungary), among other top companies in over 80 countries.

WORLDCOB is supported by its Evaluation Committee, an autonomous body made up of a group of professionals specialized in different areas of the business world, which bases its decisions on aspects such as:

- | **Business Leadership**
- | **Management Systems**
- | **Quality of Goods and/or Services**
- | **Business Creativity and Innovation**
- | **Corporate Social Responsibility**
- | **Achievements and Recognitions**

This award will help Diagnofirm continue to grow as a company, increasing its commercial relations, generating more business, and adding a shine to its corporate image.

ies Receives THE BIZZ 2013 d for Business Excellence



Ms. Lesley Rahman; Diagnofirm Quality Manager (left)
and Ms. Botsile Badubi; Diagnofirm Public Relations Officer (right) posing with trophy and certificate



Ms. Botsile Badubi, Diagnofirm Public Relations Officer giving a thank you speech

Diagnofirm at the Debswana

DIAGNOFIRM

TEAM was at the Debswana safety and wellness day. The day was filled with many activities for Debswana employees and their families. Diagnofirm was present to provide health screening for the attendees. Some of the tests they did are Body Mass Index, Random Glucose, Haemoglobin, Blood pressure, Total cholesterol, and tests for blood group.



Kefentse, Jacinta and Tyron of Diagnofirm getting ready to assist the participants



Safety and Wellness Day!!!





BREAST CANCER AWARENESS

OVERVIEW & FACTS

Is your breast cancer information based on facts or fear? Nix worry by learning about breast cancer causes, risk factors, symptoms, and prevention.

What Is Breast Cancer?

Breast Cancer Facts

Read a detailed description of breast cancer.

What are the Stages of Breast Cancer?

Breast cancer stages run from 0 to 4, noting the size and spread of the tumors. Get definitions of all stages of breast cancer.

The Normal Breast

Learn about the healthy, normal breast and breast anatomy in this brief article.

Causes

What Causes Breast Cancer?

It's often hard to say exactly what causes a given person's cancer. But some factors are associated with breast cancer. Read about them here.

Are You at Risk?

Overview of Breast Cancer Risk Factors

Nearly one in eight U.S. women develops breast cancer some time in her life. Doctors don't always know why breast cancer starts, but some risk factors stand out. Read an overview.

Genetic Breast Cancer Risk Factors

Learn about the genetic risk factors for breast cancer.

Testing for Breast Cancer Genes

Checking for the BRCA1 or BRCA2 gene mutations may help screen for breast cancer. But the results don't mean breast cancer is certain or impossible. Get the facts.

Race, Ethnicity and Breast Cancer Risk

Breast cancer affects all women. But it may differ by racial and ethnic group. For instance, breast cancer is found more often in white women but kills more black women. Read more.

Hormone Replacement Therapy and Breast Cancer Risk

Hormone replacement therapy (HRT) has been linked to a higher breast cancer risk. Get the facts on hormone replacement therapy and breast cancer.

Birth Control Pills and Breast Cancer Risk

Read about the debate on what role, if any, birth control pills may play in breast cancer risk.

Alcohol and Breast Cancer Risk

Drinking alcohol regularly may raise a woman's risk of breast cancer. Read what researchers say about the topic.

Prevention

Breast Cancer Prevention

Doctors can't make any promises, but some habits -- like exercise and a healthy diet -- may cut your risk of breast cancer. Read more about breast cancer prevention.

Tamoxifen for Breast Cancer Prevention

The drug tamoxifen may be used to help prevent breast cancer in women at high risk of breast cancer. This article and drawing explains tamoxifen's use for breast cancer prevention. Evista for Breast Cancer Prevention?

Read why the osteoporosis drug Evista may help cut breast cancer risk in high-risk postmenopausal women.

Preventive Mastectomy

Preventive mastectomy is the surgical removal of the breasts to avoid breast cancer in high-risk women. Learn about it here.

DIAGNOFIRM STAFF TRAINED ON THE USE OF ARCHITECT CI8200 ANALYZER



From left to right: Lillian Okullo, Mothusi Mosiame and Katlego Kabotho displaying their certificates after completing training on the Architect ci8200 analyzer. The machine that checks how well the liver, kidney and hormones and other functional systems of our bodies work



Katlego Kabotho receiving her certificate from Abbott certified Trainer and HOD of Chemistry Mr. Xavier Mugari



Lillian Okullo receiving her certificate of competence after weeks of grueling training from Abbott certified trainer and Chemistry Head of Department, Mr. Xavier Mugari



Mr. Mothusi Mosiame being formally certified competent on the Architect ci8200 analyzer

HEALTH BENEFITS OF SWIMMING

How do you combat the Botswana heat in a healthy way? Swimming is the answer. Maybe it's time you considered taking up swimming lessons if you cannot swim. Swimming has many benefits. Let's go through how swimming can be advantageous to your body

Swimming can offer anyone of any age a huge range of health benefits. You might just feel and look younger, have stronger muscles, and (according to a long time swimmer) better hair. Although you might not have awesome, shiny and chlorine enriched hair, you can find at least ten other reasons to swim. Swimming gives your body the workout minus the harsh impacts. Another awesome benefit is the living longer factor. You prolong your life and have higher brain activity with a regular swimming program. Control your weight and have a healthier heart plus lower your risk of diabetes, stop asthma symptoms and have a higher quality of life.

Living Longer

Swimming has been proven to be the fountain of youth. The University of South Carolina surveyed and studied 40,000 men for more than thirty-two years. This study found those men who swam regularly had a fifty percent lower death than their non-swimming peers. Following 40,000 men for over 32 years old is a very impressive study. With those types of numbers, swimming is definitely becoming more attractive.

Exercise Stronger

You can work your body in a swimming pool without high impact to your bones and muscles. As you submerge in water you automatically become pounds lighter. If you are immersed just to the waist your body bears only 50% of your weight. Sink to your neck and let the water bear up to 90% of your body weight. How awesome

is this! While you are partially submerged, do aerobic exercises. Take a water aerobics class. If you are stiff and sore in muscles and joints or if you are overweight and suffer from arthritis, water is the perfect place to exercise.

That Arthritis Foundation suggests that stretching and strengthening muscles in a pool brings on quick relief. Try swimming a few laps in the pool, do aerobics and see how great you feel. One young lady with rheumatoid arthritis claimed she was pain free when in the water.

Swim and exercise in a heated pool and the warm water will help arthritis sufferers loosen up tight and stiff joints. Those with rheumatoid arthritis do receive huge benefits to health when they swim and participate in hydrotherapy. Swimming also reduces the pain of osteoarthritis.

Those with rheumatoid arthritis do receive huge benefits to health when they swim and participate in hydrotherapy.

Stress Reduction and Brain Building

No one in the world is immune from stress and everyone needs to build brain power. As you merrily swim laps and do water aerobics you are also gaining the advantage of feel-good chemicals releasing throughout your body. These endorphins are one of swimming's happiest side effects. You can relax, enjoy a "natural high" and feel good all at the same time. Swimming brings on the relaxation response that is also found in yoga class. The constant stretching and relaxing of muscles combined with rhythmic deep breaths is the key. Mediate as you swim laps with only

the sound of your own breathing circling your brain. The splash of the water acts as a chant and drowns out distractions.

Change your brain for the better by hippocampal neurogenesis. If you are stress free or in the process of reducing stress by swimming, the brain is replacing those stressed and dead brain cells. Build stronger brain cells by participating in stress-relieving swimming. "Nothing is better than swimming laps," states a former high school swimmer. "All the boy problems, the school problems, and the life problems just go away when I am in the pool."

Control Your Weight



Swimming is one of the most recognized calorie burners around. It is awesome for keeping your weight issues under control. It is difficult to determine the number of calories you burn when swimming; this depends on your own physiology and the intensity you swim. A general rule: for every ten minutes of intense swimming you burn up to 150 calories. Swim the freestyle and burn 100 calories and the backstroke will take away 80 calories. To increase calorie burn utilize interval training in your workout. Work hard for short bursts of time and then rest. Swim fifty yards, rest, swim 100 yards rest, and so on. Keep the pattern going until you can swim up to 300 yards. If you think you will never reach this goal; think again. Swimming tends to come easier than you think.

Muscle Tone Improvements

TO PAGE 11



PIC: WWW.RACKCDN.COM

FROM PAGE 10

If you think that swimming is purely recreation, think about the dolphin and competitive swimmers. You have probably never seen a flabby dolphin or a fat competitive swimmer. Swimming is one of the best ways to increase strength plus muscle tone. A physical trainer recommended swimming to an overweight man to improve his stomach line.

This man argumentatively said, “I don’t want to change my clothes and get wet.” Oh come on now! When was exercise ever perfectly convenient?

Running might be drier, but when a runner runs around a tract your body is charging through air. A swimmer is propelling through a medium that is ten times denser than air. Every stroke and kick is a resistance exercise. Resistance exercises are the best ways to build up strength and muscle tone. If you are menopausal, swim! It will improve your bone strength.

Yoga-Like Flexibility

Exercise machines only work on one part of your body at a time. Swimming gives you a wide range of motion to keep your joints and ligaments flexible. Your arms move in a wide arch, hips are engaged and legs cut through the water. You also twist your head and spine from side to side as you swim. With every stroke, you are reaching forward and lengthening your body. Body length makes our body more efficient in the water and gives a good stretch from your head down to your toes. Stretch before and after swimming. The more you swim the more you will be able to balance, be flexible and swim longer. If you want to take a yoga class, your swimming exercises will help you

look much more graceful.

Asthma and Swimming

If you have asthma, take up swimming. The moist air gives your lungs a chance to work out in an asthma friendly atmosphere. Lung volume and proper breathing techniques are some of the reasons asthma symptoms disappear with a swimming regimen. If you want you or your child to have a better quality of life without the snoring, mouth breathing and emergency room visits due to the inability to breathe during cold and allergy seasons, take swimming lessons.

Heart Healthy

One of the most important muscles in your body is the heart. Swimming is an aerobic exercise and provides life-giving exercise to the heart. It gives the ability to pump more efficiently which in turn leads to improved blood flow. Aerobic exercises have also been proven to combat the body’s inflammatory responses that lead to heart disease.

It is advised that you exercise at least thirty minutes a day and you can use swimming. If you only swim for thirty minutes per day your coronary heart disease is cut by almost 40%. Blood pressure, according to the Annals of Internal Medicine, is also improved by swimming aerobically. Swim away high blood pressure, live longer, and avoid coronary heart diseases.

No More Cholesterol

The perfect ratio of good and bad cholesterol in your blood can be provided with swimming. The aerobic power of swimming will raise HDL (good cholesterol levels). In reverse, the bad cholesterol of LDL will be reduced. For every one percent

increase in HDL, the risk of heart disease drops by 3.5 percent.

The thin layers of cells that line your arteries (endothelium) have an easier time remaining flexible when you do aerobic exercises and particularly when you swim. Those in their sixties who work out or participate in aerobic exercise have endothelium functions that are similar to those in their thirties. Arteries expand and contract as you swim and keep their hosts healthy and fit.

Lowers Diabetes Risks

Diabetes is rapidly becoming a disease of epidemic proportions. Nothing works better on relieving diabetic symptoms and the actual disease than aerobic exercise. By burning only 500 calories a week, men reduced diabetes risk by 6%. Only thirty minutes of swimming the breaststroke three times a week would burn up to 900 calories. You now have reduced your type 2 diabetes risk by over 10%. Women could reduce their risk by over 15% with the same aerobic swimming program.

If you already are experiencing type 1 or 2 diabetes, swim to increase insulin sensitivity. The American Diabetes Association urges every diabetic to get at least 150 minutes per week of moderate physical activity to augment glycemic control.

With the benefits of swimming in mind, hit the pool, bring your friends and family and make it a friendly competition to see who can swim the farthest and healthiest.

Some extracts were sourced from:
www.healthstatus.com



Have a 'Healthy' Holiday



It is that time of the year again, when many of us are excited to be travelling with family and loved ones, enjoying the festivities, eating and being merry.

End of year parties, weddings, travel and holidays in general should be a time when all of us should be safe and healthy as we head to a new year. It is important to take a few steps to remain healthy during the hectic holiday times.

Step 1

Get enough sleep. The holidays are often hectic, and trying to combine that with flights or lengthy road trips usually ends up with your being sleep-deprived.

Lack of sleep can make you overeat, cause dizziness, make you sluggish and affect your mood. Aim for six to nine hours a night and take a short nap in the afternoon if you need it. If you're short on sleep, try to rest while on the plane or in the passenger's seat of the car.

Step 2

Find ways to deal with stress. If spending 24 hours with the family is too much, make some time for yourself and take a yoga class or treat yourself to a massage.

Stay away from the mall at this time of the year. If you're religious or like to meditate, find places

where you can pray or be alone for a few minutes each day, whether it's a temple or a quiet park.

Step 3

Remain active. If you're staying in a hotel, use the swimming pool or the exercise room. If you're staying with family or friends, invite them along for a walk after lunch. If you're vacationing in warmer climates, take a lengthy walk on the beach or go for a jog early in the morning.

Step 4

Eat a healthful breakfast. Once you arrive at your destination and start celebrating, chances are you won't be paying much attention to your meals, so do yourself a favor and eat well while you're traveling to and from your destination. Oatmeal with skim milk, eggs with a piece of fruit or a yogurt are all light, healthy options that will keep your body in tune and working effectively.

Step 5

Beware of the holiday cheer. Many hotels offer complimentary champagne, snacks or holiday cakes or cookies during the holidays. If you're attending events, you may also be served high-calorie holiday food. Having a bite or a sip is fine, but save the bulk of your calories for the big meals with your loved ones.

Step 6

Drink lots of water and take a multivitamin, espe-

cially if you'll be flying. Spending long hours in a plane full of passengers during the flu season can result in disaster and ruin your holiday plans. Carry a large bottle of water with you to have throughout the flight, and take some vitamin C or a multivitamin to keep your defenses high.

Remember to Stay healthy

One overseas traveller in two will have a travel-related illness. The illness may be mild, such as gastroenteritis, and may not require treatment or it may be more serious, such as malaria or dengue fever.

Suggestions include:

I Have a medical check-

up to make sure you are healthy before you travel.

I Discuss vaccinations with your doctor.

I Pack an appropriate first aid kit.

Take enough regular medication to last the entire trip because some drugs may not be available overseas.

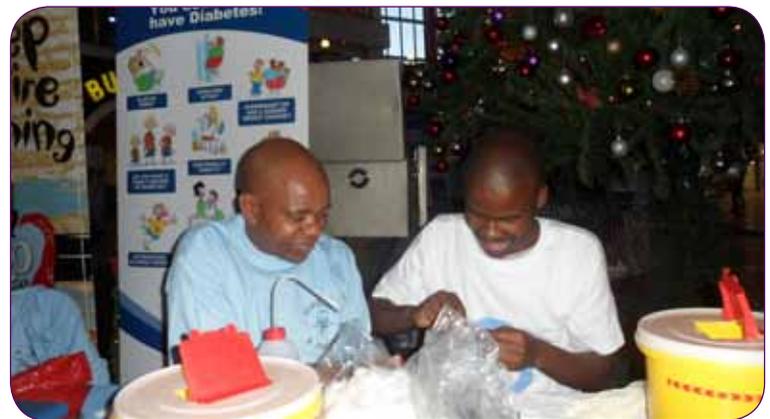
I Always practice safe sex.

I Eat at large busy restaurants and hotels. Drink bottled water.

I If you are at risk of malaria, take every measure to protect against mosquitoes. For example, wear insect repellent and, where possible, stay in air-conditioned and screened accommodation. Take antimalarial drugs when advised.

WORLD DIABETES DAY

On the 9th of November 2013 at Game City mall, Diabetes Association of Botswana and Nando's came together with other sponsors including Diagnofirm Medical Laboratories, Lions International, and The University of Botswana to commemorate the World Diabetes Day by sensitizing the public on the importance of screening for Diabetes. The public was allowed to do free health screening, and get health advice from professionals.





Healthy Christmas & New Year

Let your loved ones live healthier and happier

- *Riverwalk*
- *Gamecity*
- *Molopo Crossing*



This season present your loved ones
a Healthy gift !

Please visit our shop for best offers

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- Body detox
- Multi Vitamins
- Neutraceuticals
- Herbal Cosmetics
- Food Supplements
- Vitality Supplements
- Herbal Slimming Ranges



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Pains in abdomen can be stomach ulcers...!! Heal it naturally

Most if not all of us may have at one point experienced stomach or abdominal pains and the chances of finding someone who hasn't are slim.

The pains in abdomen may be a cause of mild indigestion to cancers of stomach, but in our most modern era of life a major contribution is made by peptic ulcers. Unfortunately, people assume all the chronic abdominal pains are from ulcers in the stomach but only a small portion of the abdominal pains are caused by ulcers in the stomach or intestine.

How we can assess whether pain is from ulcers?

It is so simple, just observe the pain!! Mostly the ulcer pains will have a relation with eating, the pains usually come immediately after eating or it will get relieved after eating. The pains will be burning or gnawing in nature, may or may not be associated with vomiting, bleeding in rectum etc.

What is peptic ulcer?

As the name says, it is the ulceration in the lining of the stomach or part of intestine, called the duodenum.

What causes peptic ulcer?

No single cause has been found for peptic ulcers. However, it happens as an end result of increased stomach acids in the stomach and duodenum.

There are several factors which increase the secretion of stomach acid

- ✦ Stress and anxiety: There is clear evidence that stress and anxiety can increase the stomach acid production and increase the risk of developing ulcers in the stomach
- ✦ Smoking and alcoholism: No doubt, the smoking and alcoholism damages the intestinal and stomach lining and contribute to ulcer formation.
- ✦ Irregular diet habits: In 90% of the people with peptic ulcers, there will be a history of not taking the food at a regular time. Leaving the stomach empty can cause acidity in the stomach and it will damage the intestinal lining, ultimately end up in forming ulcers.
- ✦ Drugs like aspirin, ibuprofen, naproxen, NSAID's, steroids etc. taken over a long period of time increase stomach acidity and contribute to ulcerations.
- ✦ Helicobacter pylori: These bacteria are commonly found in the linings of the stomach. About 90% of duodenal ulcers and 75% of stomach ulcers are caused by these bacteria, which attacks the walls of the stomach.

Who Is More Likely to Get Ulcers?

You may be more likely to develop ulcers if you:

- ✦ Are infected with the H. pylori bacterium



- ✦ Taking NSAIDs such as aspirin, ibuprofen, or naproxen for long time
- ✦ Have a family history of ulcers
- ✦ Drinking alcohol regularly
- ✦ Chronic smoker.
- ✦ Taking your meals irregularly.

What are symptoms of Peptic ulcer?

Stomach ulcer: The pain comes immediately after eating and it starts whenever you eat something.

Duodenal ulcer: The pain happens 1-1/2 hours after eating and if you eat something it goes away.

The pains will be burning or gnawing between the breastbone and navel. This is usually accompanied by heartburn, nausea, loss of appetite and indigestion. Sometimes vomiting and blood in the stool may occur if the ulcer bleeds.

How serious is an ulcer?

Though ulcers often heal selflessly; if ignored or not properly treated, sometimes it can lead to serious health problems like

- ✦ Bleeding
- ✦ Breakage and perforation (a hole through the wall of the stomach)
- ✦ Gastric outlet obstruction from swelling or scarring of the ulcers, which will block the passageway from the stomach to the intestine.

This happens mostly when we are taking NSAID's or painkillers for the warning signs like abdominal pain continuously. So be very careful when taking painkillers for abdominal pains without proper diagnosis.

How ulcers are diagnosed?

Most of the ulcers can be diagnosed from the symptoms itself. Procedures like endoscopy, barium meal x-ray help to confirm the diagnosis.

How to prevent peptic ulcers?

Maintaining a healthy lifestyle can prevent you from getting ulcers.

- ✦ Reduce stress and anxiety
- ✦ Stop smoking and alcoholism
- ✦ Follow regular diet habit
- ✦ Stop inappropriate use of pain killers

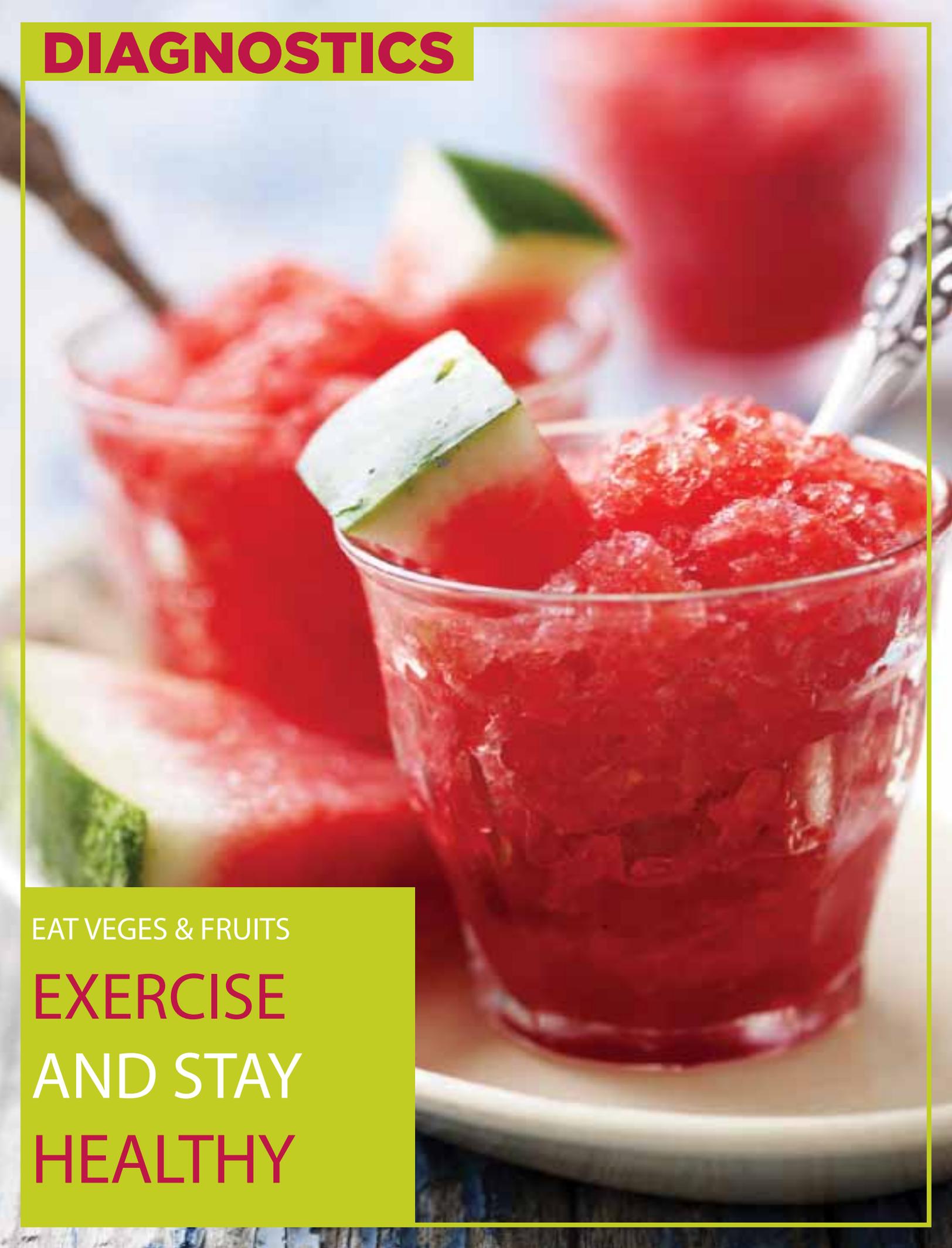
- ✦ Eat small quantities at frequent intervals.

How we can manage ulcers naturally?

Plenty of herbs and supplements found in nature can cure peptic ulcers

- ✦ Cabbage juice: Raw cabbage juice can heal an ulcer within 14 days. The high level of glutamine found in cabbage is responsible for its healing effect. Cabbage also contains phytonutrients capable of destroying H.pylori. Take 400-500ml twice a day before meals.
- ✦ Aloe Vera juice: Aloe vera is an excellent remedy to heal the ulcers in the stomach and also it helps for digestion. Take 2 teaspoon on an empty stomach everyday.
- ✦ Siberian pine nut oil: Take 1 teaspoon of Siberian pine nut oil in empty stomach, it can fight against the H. pylori bacteria and heal the ulcers.
- ✦ Chamomile: Chamomile is an anti-microbial herb, as well as nervous system relaxant. Prepare a very strong cup of Chamomile and drink at room temperature. Gently roll from side to side to ensure the entire stomach lining is in contact with the herb.
- ✦ Licorice root: Licorice promotes healing of gastric and duodenal ulcers. Take 750-1500 milligrams of deglyrrhizinted licorice three times daily between meals for 3 months. Licorice increases the number of mucous secreting cells and enhances the protective lining of the stomach.
- ✦ Goldenseal: Golden seal is anti-microbial, anti-inflammatory, anti-hemorrhagic and restorative to membrane fragility making it a superlative ulcer remedy.
- ✦ Calendula: Calendula is an excellent remedy for wounds and ulcers, if used internally it is equally efficacious in healing ulcerated mucous membranes.
- ✦ Slippery elm : It coats, soothes and heals gastric mucosa. Mix one tablespoon slippery elm bark with water until the mixture resembles a thick milk shake. Drink twice per day between meals.
- ✦ Raw honey: Take 1 teaspoon of raw honey in empty stomach. It can alleviate the symptoms of ulcers in stomach.
- ✦ Foods: Avoid cow's milk- Cow's milk stimulates the production of acid and can worsen the condition. Avoid coffee, alcohol, citrus juices, sugar, hot and spicy foods, these substances irritate the stomach and encourage the production of gastric acid. Take plenty of bananas which will increase the proliferation of lining of stomach. Also take high fiber and low in

DIAGNOSTICS

A close-up photograph of three glasses filled with bright red watermelon slushies. Each glass is garnished with a triangular slice of watermelon. The glasses are set on a white surface, and the background is softly blurred, showing more of the same drinks. The overall scene is fresh and appetizing.

EAT VEGES & FRUITS

EXERCISE
AND STAY
HEALTHY