

DRUG AND HEALTH INFORMATION CENTER

HEALTH BULLETIN | AUGUST 2015

Drug and health information centre is a unique information centre in the premises of Institute of Pharmacy to dispense information and knowledge on various health related issues as well as drugs.

Objectives

- To provide information to maintain health
- To provide basic facilities for estimation of body mass index, recording of blood pressure, detection of blood group, estimation of hemoglobin level, random blood glucose level etc.
- To be able to identify or give an early indication of probable health related issues.
- To inform about appropriate use of medicines, adverse effects and interactions of medicine.
- To provide information on non therapeutic/ lifestyle changes appropriate with particular diseased condition
- To improve quality of life of patients suffering from chronic and lifestyle disorders

Activities

To educate the society through the information of diseases and preventive measures

To conduct health check up camp within the campus and outside the campus

To publish health bulletin periodically. The health bulletin will be a mean to educate and create awareness amongst peoples for different aspects of drugs and health.

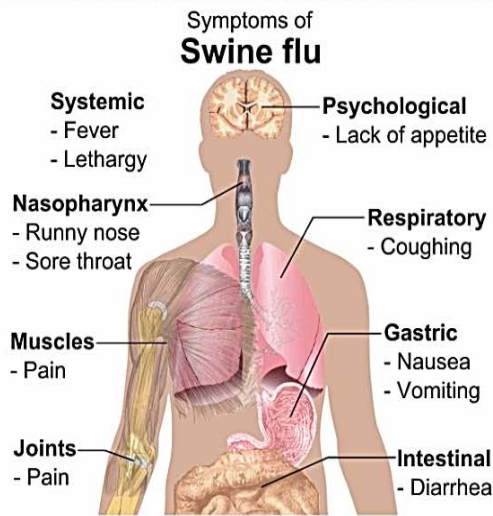
Being well... Becoming better...

DRUG AND HEALTH INFORMATION CENTER



SWINE FLUE

Influenza or Flu is the contagious infection primarily of the respiratory tract. Swine flu is the popular name for influenza (flu) caused by a relatively new strain of influenza virus A. It was responsible for the flu pandemic in 2009-10.



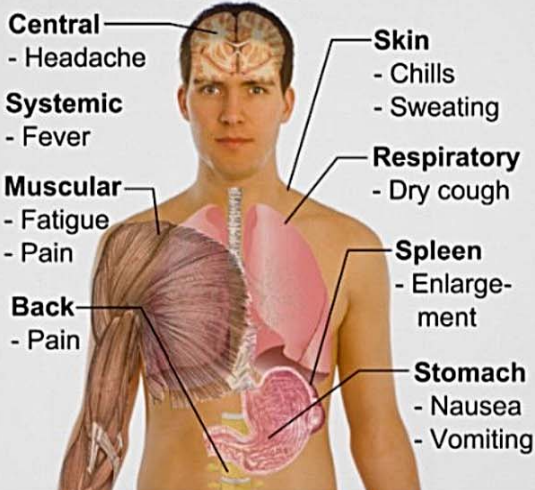
How to avoid H1N1



Malaria

Malaria is a debilitating infectious disease characterized by chills, shaking, and periodic bouts of intense fever. Caused by single-celled protozoan parasites of the genus Plasmodium, malaria is transmitted from person to person by the bite of female anopheles mosquitoes.

Symptoms of Malaria



Dengue Fever

Dengue Fever is a seasonal viral infection caused by viruses, and are transmitted from one person to another by the female mosquito of two species of the genus Aedes. Outbreaks of the disease usually occur in the summer when the mosquito population is at its peak.

DENGUE FEVER

- Symptoms
- High Fever
- Muscle and Joint Pain
- Rash
- Nausea
- Headache
- Vomiting

Warning Signs Rush to the hospital for

- Severe abdominal pain
- Persistent vomiting
- Bleeding gums
- Rapid breathing
- Fatigue/restlessness



Treatment

- Bed rest
- Symptomatic treatment
- Drink plenty of fluids-ORS
- Aspirin/ibuprofen should not be taken

Prevention of Mosquito Bite



Mosquito net



Use insect repellents



Close windows



Risk of getting bitten reduced

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AS SHARP AS YOU CAN GET

Diabetes Mellitus

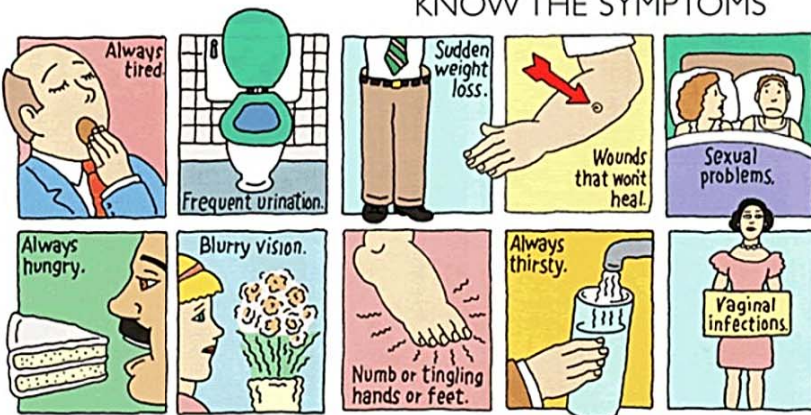
BLOOD GLUCOSE CHART

Mg/DL	Fasting	After Eating	2-3 hours After Eating
Normal	80-100	170-200	120-140
Impaired Glucose	101-125	190-230	140-160
Diabetic	126+	220-300	200 plus



DIABETES

KNOW THE SYMPTOMS

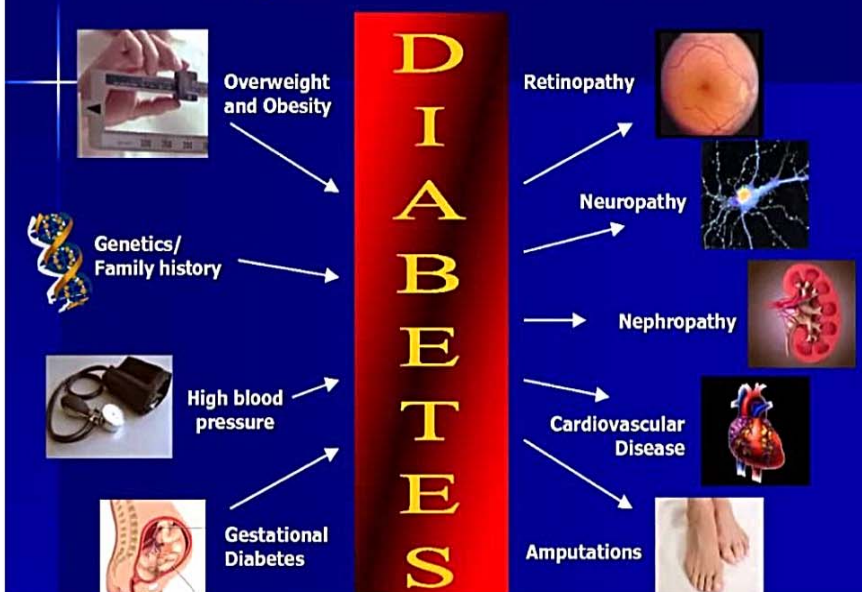


Diabetes Mellitus

Diabetes mellitus is a syndrome of impaired carbohydrate, fat, and protein metabolism caused by either lack of insulin secretion or decreased sensitivity of the tissues to insulin. There are two general types of diabetes mellitus:

1. Type I diabetes, also called insulin-dependent diabetes mellitus (IDDM), is caused by lack of insulin secretion.
2. Type II diabetes, also called non-insulin-dependent diabetes mellitus (NIDDM), is caused by decreased sensitivity of target tissues to the metabolic effect of insulin. This reduced sensitivity to insulin is often called insulin resistance.

Risk Factors for and Complications of Diabetes



DIETSMANN SAFETY CAMPAIGN

PREVENT DIABETES

DIABETES SYMPTOMS:

- EXCESSIVE DRINKING
- URINARY INFECTIONS
- REDDENED OR STINGING EYES / BLURRED VISION
- FATIGUE OR DROWSINESS
- IMPOTENCE
- DRY MOUTH AND TONGUE
- INCREASED APPETITE

MINIMIZE THE RISK BY:

- EATING HEALTHILY
- AVOIDING SUGAR (DESSERTS, CHOCOLATE) AND DRINKS CONTAINING LOTS OF SUGAR (COLA)
- LOSING WEIGHT
- EXERCISING
- QUITTING SMOKING



YOU ONLY HAVE ONE LIFE. KEEP IT HEALTHY!

औषधे घेतांना घ्यावयाची काळजी

- उत्तम आरोग्यासाठी व्यसनांपासून दूर राहावे तसेच व्यायाम आणि योगासने करावी.
- जर अन्य कोणती औषधे चालू असतील तर त्याची कल्पना डॉक्टरांना व फार्मासिस्टला (औषधनिर्मात्याला) घावी.
- डॉक्टरांनी सांगितलेल्या वेळेनुसार औषधाची मात्रा घ्यावी. स्वतःच्या मनाने मात्रा कमी किंवा जास्त करू नये.
- कोणतेही औषध त्याच्या expiry date म्हणजेच निर्धारित मुदत संपल्यावर घेवू नये.
- OTC म्हणजे विनाप्रीस्क्रिप्शन औषधेसुद्धा फार्मासिस्टच्या (औषधनिर्मात्याच्या) सल्ल्याने घ्यावी.
- गरोदर स्त्रियांनी तसेच नवजात शिशुच्या मातांनी कुठलेही औषध डॉक्टरांच्या सल्ल्याशिवाय घेवू नये.
- औषध कसे घ्यायचे यासंबंधीची माहिती तसेच इतर संभाव्य दुष्परिणामांविषयी फार्मासिस्टला म्हणजेच औषधनिर्मात्याला विचारणा करा.
- औषधाची मात्रा घ्यायची चुकून राहून गेली असेल, तर लक्षात येताच ती घ्यावी. परंतू दोन मात्रा एकाच वेळी घेवू नयेत. अशा वेळी दोन मात्रांमध्ये कमीत कमी दोन तासांचे अंतर ठेवावे.
- डॉक्टरांनी किंवा फार्मासिस्टने संगीतल्याप्रमाणे औषध जेवणापूर्वी किंवा जेवणानंतर घ्यावे.
- रिकाम्या पोटी घ्यायची औषधे जेवणाच्या अगोदर एक तास घ्यावीत. जेवणानंतर घ्यायची औषधे जेवणानंतर लगेच घ्यावीत.
- कोलेस्टेरॉल कमी करावयाच्या गोळ्या रात्री झोपतांना घ्याव्या.
- प्रवासामध्ये उलट्या होवू नयेत म्हणून, घेतल्या जाणाऱ्या गोळ्या प्रवास सुरू होण्यापूर्वी किमान आर्धा तास आधी घ्याव्यात.
- उच्च रक्तादाबामध्ये दिली जाणारी लघवी जास्त होण्यासाठीची औषधे सकाळी लवकर घ्यावीत व दिवसभर भरपूर पाणी प्यावे.
- उच्च रक्तादाब तसेच मधुमेहामध्ये दिली जाणारी औषधे नियमित घ्यावी. डॉक्टरांना विचारल्या शिवाय यात कुठलेही बदल करू नयेत.
- उच्च रक्तादाब तसेच मधुमेहामध्ये सकाळी योग्य प्रमाणात व्यायाम केल्यानंतर योग्य आहार घेवून संपूर्ण दिनचर्या योग्य पद्धतीने तज्ञांच्या सल्ल्याने ठरवून घ्यावी. दिवसभर भरपूर पाणी प्यावे.
- उच्च रक्तादाब तसेच मधुमेह असणाऱ्यांनी आपली औषधे वेळेवरच घ्यावीत व बाहेर गावी जातांना किंवा औषधे संपण्याआधीच पुन्हा औषधे आणावीत.



- उत्तम आरोग्यासाठी आरोग्यपूर्ण जीवनशैलीचा अवलंब करावा.
- उच्च रक्तादाब असणाऱ्यांनी अति खारट, तेलकट पदार्थ, धूम्रपान व मद्यपान टाळावे.
- Acidity म्हणजेच आम्लचा व peptic ulcer चा त्रास असणाऱ्या व्यक्तींनी डॉक्टरांच्या सल्ल्याशिवाय कुठलेही वेदानाक्षामक औषध घेवू नये, तसेच अति तिखट व मसालेदार पदार्थ टाळावेत.
- औषधांचा संपूर्ण कोर्स करावा मध्येच औषध घेणे बंद करू नये.
- अस्थमा असणाऱ्या व्यक्तींनी आपले औषध सोबत ठेवावे व धूर, धूळ पाळीव प्राणी यांपासून दूर राहावे

For further information contact us at
DRUG AND HEALTH INFORMATION CENTER
MET's Institute of Pharmacy

THE MET LEAGUE OF COLLEGES
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