

Poise

A Publication of Indian Menopause Society

5th Issue
May-June 2010 • Rs.10

CELEBRATING MOTHERHOOD

Menopausal
healthcare

Power Yoga



स्तन कैंसर - बचाव
ही निदान.....



Indian
Menopause Society



From the Editors' Desk

Dear Readers,

It's been a year since we published our first issue. Our visibility is increasing with more of you getting interested in reading about us. This also gives us an opportunity to thank our outgoing team at the IMS headquarters led by Dr Sunila Khandelwal whose relentless efforts and continuous support have helped us sustain ourselves and grow. She sent articles for each issue and encouraged other team members to do so as well. Dr Ranu Patni, our Secretary General has a flair for writing and has been participating in all the issues. Many thanks to Dr Maninder Ahuja, our Public Awareness Chairperson who has always given you advice on fitness. Her fitness column has become our regular feature. Dr Jaideep Malhotra has been instrumental in spreading our message through the Club 35 Plus clubs that she is opening in various cities. Our thanks to her. I must thank all our chapter secretaries and governing council members for supporting this magazine and making it the mouth piece of IMS.

We welcome our new team headed by President - Dr Atul Munshi, Vice President - Dr Jyothi Unni, Secretary General - Dr Hara Patnaik, and Joint Secretary - Dr Jignesh Shah. We are sure that the magazine will grow and reach new heights under their able leadership and guidance.

Summers have begun early this year. May and June are tough months for all of us. However, the month of May also reminds us of a very important day - Mother's Day, which falls on May 9, every year. We wish all our readers A Very Happy Mother's Day and pray that you all have long, healthy and happy lives!!

Mothers have always been respected in this country. In fact, a woman commands the respect of her family only after she becomes a mother. Our Indian culture has been celebrating this day in different ways since ages. We have worshipped our Goddesses, also addressed as 'Ma' on the occasion of Durgaashtmi, Lakshmi Pooja, Saraswati Poojan and other Hindu fests.

To commemorate this day, we include a poem on mothers by Dr Sushma Chawla from our Jalander chapter and another one sent to us by another Dr Sushma Chawla from Delhi. We include much more including a message from our new president Dr Atul Munshi.

We hope you will enjoy this issue!!

Sonia Malik
Editor



Message From the President

Transition is always fascinating - from childhood to adulthood; from reproductive age to climactery. It is also associated with an unknown fear of change.

This is true for menopause also. This affects both body and mind. Menopause is not a disease but requires delicate care from doctors, family members and society at large.

Menopause brings maturity but also emotional instability. It is a time for women to embark upon a new journey.

We, at the Indian Menopause Society, are trying to make this change meaningful. In spite of lots of efforts from various segments, menopausal management is still a neglected subject with the medical fraternity and our society.

Our editorial team headed by Dr Sonia is doing an excellent work through *POISE* – an informative and educational publication with a scientific base.

I am sure this will go a long way in fulfilling the prime aim of the Indian Menopause Society - propagate the awareness for classes and masses.

This month is special for all women who are mothers and daughters since 9th May is Mothers' Day. Make this day more memorable and meaningful by taking your mother for a health check. May you all lead long and healthy lives.

Atul Munshi
President, IMS

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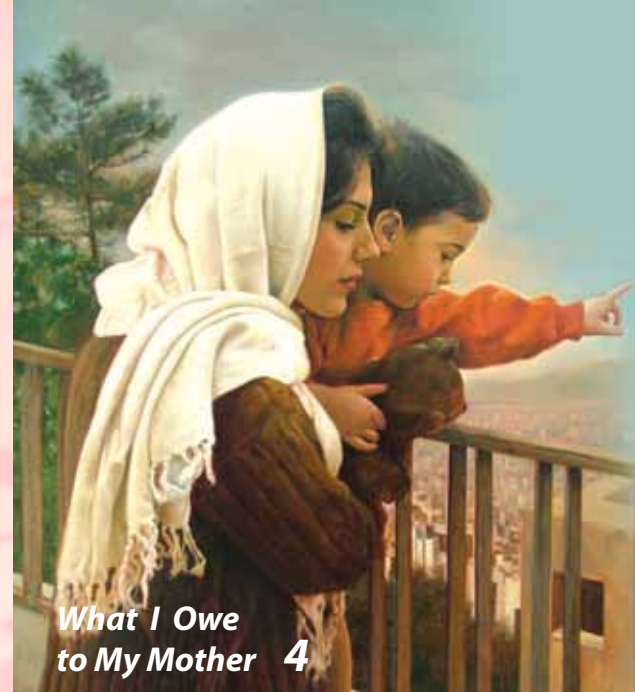
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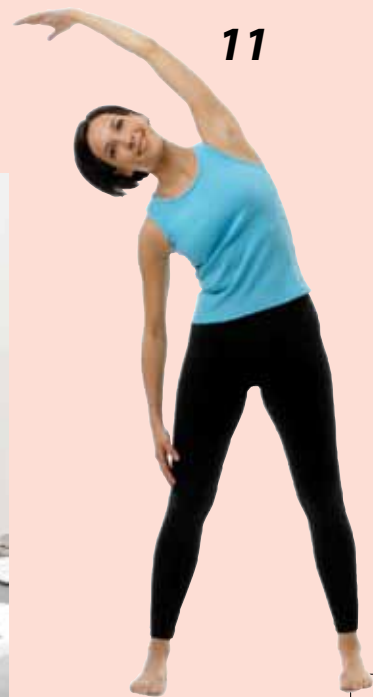
**Programming
Menopausal
Health Care**

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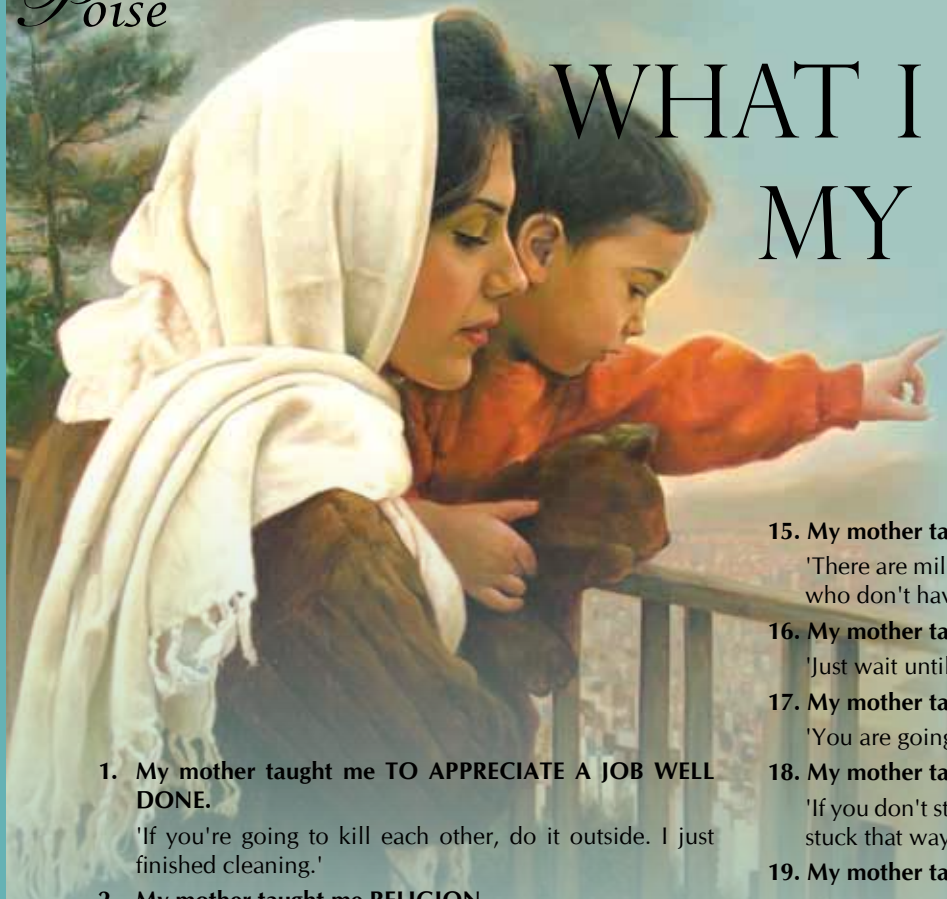


**Awareness
is Cure**

10



WHAT I OWE TO MY MOTHER



1. My mother taught me TO APPRECIATE A JOB WELL DONE.

'If you're going to kill each other, do it outside. I just finished cleaning.'

2. My mother taught me RELIGION.

'You better pray that this will come out of the carpet.'

3. My mother taught me about TIME TRAVEL

'If you don't straighten up, I'm going to knock you into the middle of next week!'

4. My mother taught me LOGIC.

'Because I said so, that's why.'

5. My mother taught me MORE LOGIC.

'If you fall out of that swing and break your neck, you're not going to the store with me.'

6. My mother taught me FORESIGHT.

'Make sure you wear clean underwear, in case you're in an accident.'

7. My mother taught me IRONY.

'Keep crying, and I'll give you something to cry about.'

8. My mother taught me about the science of OSMOSIS.

'Shut your mouth and eat your supper.'

9. My mother taught me about CONTORTIONISM.

'Will you look at that dirt on the back of your neck!'

10. My mother taught me about STAMINA

'You'll sit there until all that SOUP is gone.'

11. My mother taught me about WEATHER.

'This room of yours looks as if a tornado went through it.'

12. My mother taught me about HYPOCRISY

'If I told you once, I've told you a million times. Don't exaggerate!'

13. My mother taught me the CIRCLE OF LIFE.

'I brought you into this world, and I can take you out.'

14. My mother taught me about BEHAVIOR MODIFICATION.

'Stop acting like your father!'

15. My mother taught me about ENVY.

'There are millions of less fortunate children in this world who don't have wonderful parents like you do..'

16. My mother taught me about ANTICIPATION.

'Just wait until we get home.'

17. My mother taught me about RECEIVING.

'You are going to get it when you get home!'

18. My mother taught me MEDICAL SCIENCE

'If you don't stop crossing your eyes, they are going to get stuck that way.'

19. My mother taught me ESP.

'Put your sweater on; don't you think I know when you are cold?'

20. My mother taught me HUMOUR.

'When that lawn mower cuts off your toes, don't come running to me.'

21. My mother taught me HOW TO BECOME AN ADULT.

'If you don't eat your vegetables, you'll never grow up.'

22. My mother taught me GENETICS.

'You're just like your father.'

23. My mother taught me about my ROOTS.

'Shut that door behind you. Do you think you were born in a tent?'

24. My mother taught me WISDOM.

'When you get to be my age, you'll understand.'

25. And my favourite: My mother taught me about JUSTICE

'One day you'll have kids, and I hope they turn out just like you'



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MOTHER



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She loved you,

Now you love her.

She cared for you,

Now you care for her.

She helped you take your first step,

Now be by her side in her last steps.

She held you, when you tumbled over,

You hold her now and don't let her fall.

She nursed you and made you eat,

Today's your turn to feed her.

She is aging now, may be worried for her
future, sleepless bothered for her health.

She may not get cancer or porous bones.

Take her for check-ups for sugar and blood
pressure.

Give her a flower and make her smile.

Take her for an outing, shopping, movie and
eating outside.

Do yoga and dance with her.

She loved dancing, when she was young.

Make her journey comfortable and beautiful.

Let her breeze through menopause while
dancing and smiling.

Now's your turn, come on...

Contrary to popular belief, Mother's Day was not conceived by some youngster. The earliest tribute to mothers dates back to the Annual Spring Festival celebrated by the Greeks. It was dedicated to Rhea, the mother of many deities. Ancient Romans made offerings to their Great Mother of Gods, Cybele. Christians celebrated this festival on the fourth Sunday in Lent in honour of Mary, Christ's mother. In England, this holiday was expanded to include all mothers and was called Mothering Sunday.

In the United States, Mother's Day started nearly 150 years ago, when Anna Jarvis, a Red Indian homemaker, organised a day to raise awareness of poor health conditions in her community, a cause she believed would be best advocated by mothers. She called it 'Mother's Work Day'. In 1905, when Anna Jarvis died, her daughter, also named Anna, began a campaign to memorialise the life work of her mother. Legend has it that young Anna remembered a Sunday school lesson that her mother gave in which she said - "I hope and pray that someone, sometime, will observe a memorial mother's day. There are many days for men, but none for mothers."

Anna began to lobby prominent businessmen and politicians including President Roosevelt to support her campaign to create a special day to honour mothers. In 1914, Anna's hard work paid off when Woodrow Wilson signed a bill recognising Mother's Day as a national holiday.

STRENGTHEN THOSE ACHING BACK MUSCLES



Dr Maninder Ahuja
Chairperson, Public
Awareness Committee, IMS

In menopause, the weakest part of human skeletal system is the backbone. Backbone is the central support system of our body.

If we have a weak backbone then who would carry weight of our axial skeletal system?

- Strength of backbone is of utmost importance in our whole life but more so in menopause as our legs and arms are also getting weak because of loss of muscle mass. If we don't have a strong central support system consisting of backbone and abdominal muscles, our chances of falling down and sustaining fractures are also increased.
- All of you must have seen many middle-aged women bent at the back. This is called kyphosis or dowager hump. You would be losing height and feeling fatigued. If there is loss of more than 1.5 inches then it means you already have had micro-fractures in the spine.

This hump is because of weak extensor muscles of the back along with very small fractures of the upper backbone which go unnoticed most of the time and are not diagnosed in more than one-third cases. This interferes with the quality of women's life.

- Along with the quality of life issues is the issue of medical problems like chronic backache, decreased chest space resulting in respiratory problems, and decreased abdominal space leading to poor digestion.

What you have to do for prevention and treatment is back strengthening exercises along with consuming adequate quantities of calcium and vitamin-D.

When should these exercises be started ?

In early 40s or mid-40s ?

No. Perhaps earlier if possible. But then, definitely 35 years onwards.

Why?

Because this is the age when you start losing your muscle strength and your bone mass.

Till what age you build up your muscle mass and bone mass ?

It is by about 25 years of age. Then, there is almost a plateau till about let us say 35 years of age or so and from that age onwards you lose bone mass and muscle mass at the rate of about 0.5 to 0.75 per cent per year and this loss increases to about 4-5 per cent per year around the age of menopause.

So start as early as possible but definitely soon after 30.

If you have micro-fractures of your spine even while bending to lift up some weights, take the following precautions:

- Don't bend yourself at the spine but at the knees when picking up some objects.

- Strengthen your back muscles by doing resistance exercises like seated rows or wide grip pulley press. While doing seated rows don't bent forward at the back.
- Do back bridges.
- Do some yoga exercises also like cobra pose or Bhujangasan.
- We should strengthen core muscle together. Core muscles are abdominal and back muscles and as they take the weight of our appendages or limbs, it is very important to strengthen them.
- These exercises would increase flexibility and can help to stabilise the back. However, it should be noted that for most of these exercises, you should not feel the stretch in the back itself. For example, the back of the legs have a group of muscles called the hamstrings. These muscles originate in the lower pelvis and insert into the leg. When the hamstrings are tight, the back itself can be tightened due to the pulling on the pelvis. Therefore, stretching the hamstrings will not only loosen the leg muscles up but also take the strain off the back.
- As each back condition is different, always consult your doctor before doing any of these exercises to determine which exercises, if any, are right for your particular condition. If you have any discomfort after performing any of these exercises, discontinue and immediately consult a doctor to properly assess your situation.

Following are some recommended exercises.

BACK BRIDGE

Lie straight on a mat. Bend your knees and raise your torso in a straight line as shown in the figure below. Don't arch. Hold for 10 seconds and repeat it again 10 times and in 3 sets of these 10 repetitions.



SIT-UPS



Sit-up exercises should be done very precisely to avoid any traction to the spine. Place your knees up on a chair, with your legs and hips at a 90-degree angle. First breath out then breath in and pull your abdominal muscles or your belly button towards the floor. This would tighten your internal abdominal muscle, this is your first step.

Support your neck but don't pull on it as you raise your upper chest, no more than 30-degree. Look straight up with your eyes to keep from pulling forward on the head. Do 3 sets of 12 repetitions, or as per your individual tolerance. It is important to concentrate on feeling the strain in your abdominal muscles and not your neck or back. Any pain you feel with this exercise should only be a local muscle exercising sensation to the abdominal area, without aggravating your condition.

EACH BACK CONDITION IS DIFFERENT. ALWAYS CONSULT YOUR DOCTOR BEFORE DOING ANY OF THESE EXERCISES TO DETERMINE WHICH EXERCISES, IF ANY, ARE RIGHT FOR YOUR PARTICULAR CONDITION.

HAMSTRING STRETCH

Sit on the ground, with one leg straight and the other one comfortably bent in front of your body. Bend at the waist and lean forward, keeping your back as straight as possible. Don't curve your back. Reach with your arms towards the foot until a stretch is felt under your thigh. Hold each stretch for a minimum of 30 seconds. Any less than 15 seconds and the muscle will not conform to the new increase in length. Do 3 reps, 3-6 times a day. Any pain you feel with this exercise should only be a local stretching sensation to the back of your thigh area, without aggravating your condition.



BACK FLEXION STRETCH

While lying on your back, pull both knees to your chest while simultaneously flexing your head forward until you reach a comfortable stretch in a balled-up position. Do 8-12 repetitions this way holding each one for 8-10 seconds at a time. You should feel no pain with this exercise as the stretch is designed to relieve tension on the back.



Strength Training Exercises

(Instruction for the patients on steps of exercises)

UPPER BODY DUMBBELL ROW



- Place the opposite hand on the bench for support. Place one foot slightly behind hips on the ground with knee slightly bent; place the other knee on the bench below the hips. Back should remain flat and head should stay focused straight ahead.
- Hold the dumbbell in one hand. Begin the exercise with the weight arm-length away. Slowly pull the weight to the chest while squeezing the shoulder blades together.
- Think of the hand as a hook and pull the weight using upper back muscles. Pause the weight at the chest and slowly lower the weight to the starting position.
- Do not swing your arm to achieve the movement. Remain under control throughout the full range of motion.

Perform desired repetitions on one arm then perform the same number on the opposite arm.

WIDE GRIP PULLEY PRESS

This is a resistance exercise for building strength and muscle mass of upper back and shoulders.



Sit on a stool with back straight and hold the bar of pulley with more than twice the width of shoulders. Breath in and bring the bar down to your nipple level and breathe out and let it go up again. Do 10 repetitions and 3 sets of 10 repetitions. The same exercise can be done with a pair of dumbbells also.

BHUJANGASANA (Cobra Pose)

This posture promotes flexibility in the spine and encourages the chest to open.



This asana strengthens the spine; stretches chest and lungs, shoulders and abdomen; firms the buttocks; stimulates abdominal organs; helps relieve stress and fatigue; opens the heart and lungs.

Don't do this asana if you have any of the following:

- Back injury
- Carpal tunnel syndrome
- Headache
- Pregnancy

Steps:

1. Lie prone on the floor. Stretch your legs back, tops of the feet on the floor. Spread your hands on the floor under your shoulders. Hug the elbows back into your body.
2. Press the tops of the feet and thighs and the pubis firmly into the floor.
3. On an inhalation, begin to straighten the arms to lift the chest off the floor, going only to the height at which you can maintain a connection through your pubis to your legs. Better not to rise above the navel level. Press the tailbone toward the pubis and lift the pubis toward the navel. Narrow the hip points. Firm but don't harden the buttocks.
4. Firm the shoulder blades against the back, puffing the side ribs forward. Lift through the top of the sternum but avoid pushing the front ribs forward, which only hardens the lower back. Distribute the backbend evenly throughout the entire spine.
5. Hold the pose anywhere from 15 to 30 seconds, breathing easily. Release back to the floor with an exhalation.

If you do abdominal crunches and pull your belly button in even then your back muscles would be strengthened.

Again remember it is very important to strengthen our central supports that means our back muscles and our abdominal muscles as they support our body and our limbs. So please, don't neglect the back.

Keep on exercising till I send you some more tips to stay fit and young !

MY EXPERIENCE WITH POWER YOGA

Trust power yoga to make your menopausal journey smooth.

I am a peri-menopausal woman, 48 years of age. I loved going for morning walks every day. However, I avoided them during rainy season. Being unable to go for my daily walks due to rains, this time I had a feeling of guilt creeping in. I was missing out on my fitness regimen.

Then, one fine morning, I came across an ad in a local newspaper about classes on Power Yoga. "Let me give it a try" - was the thought that surged over. So I told my husband about my plan. He said, "Be careful. Don't forget your age. You are not young anymore. Don't do difficult exercises." Next day I called the yoga trainer and told him about my intention to join the classes. He called me at 7 am the next day.

With some apprehension, I reached the place. The class was at walking distance from my home. So I reached there before time. I informed the trainer about my age and requested him to make me do only those exercises that suited my age and physical calibre. "But ma'am, you don't look 48. You look younger!" he exclaimed. Probably this is one of the ways by which these trainers boost your morale.

There were 10 women ranging from 20 to 50 years of age. Our regime started with stretching exercises for 10 minutes. These were followed by different sets of yoga, floor exercises, kicks, weight training exercises and finally some relaxation exercises. Power Yoga is nothing but a combination of yogic exercises which are done at an optional speed and with no interruptions.

Day one was focused on Surya-Namaskar.

Day two was about weight training exercises with dumbbells.

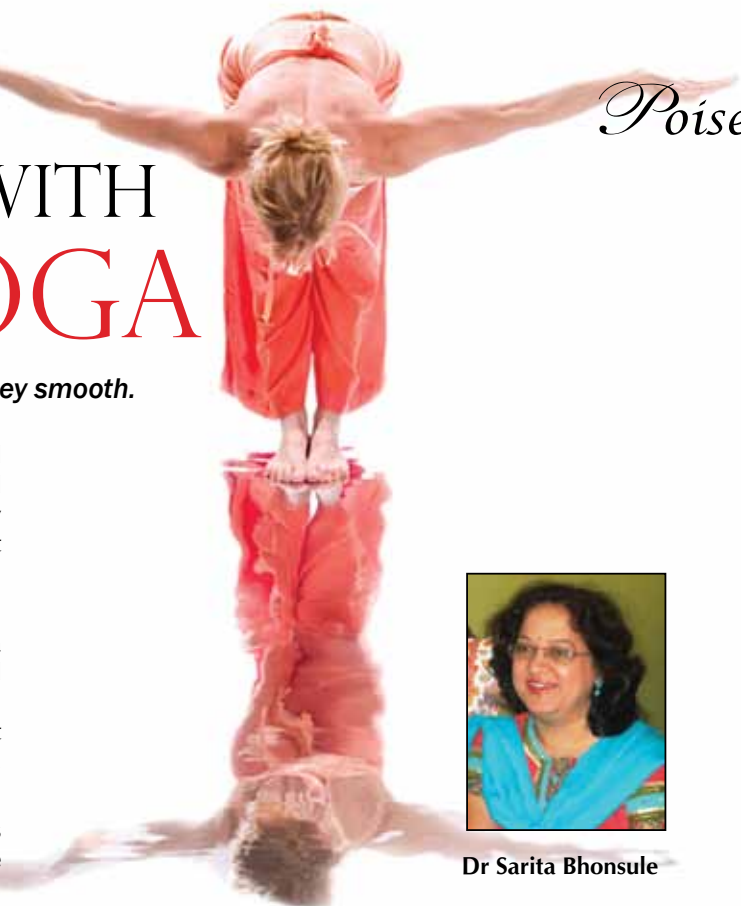
Day three was for abdominal exercises.

Day four was for aerobics and kicks.

Day five was for yoga style postures and stretches.

Initially my stiff body found it difficult to do the exercises. The only kind of physical movement that it was habitual of was walking. However, gradually my body turned quite flexible. A forward bend and touching the ground with fingers and all other difficult postures became quite easy for me to exercise.

After I started feeling better both physically and mentally, I recommended this to my friends. They too joined the classes



Dr Sarita Bhonsule

and found power yoga quite effective. The young girls in our batch used to get surprised seeing us aunties do the different asanas and Surya Namaskar with such ease.

Advantages of Power Yoga

There are many hidden benefits of practicing power yoga. Here they go -

1. Release of Endorphins - hormones secreted in the brain to give a feeling of wellbeing and happiness.
2. The rigorous exercises don't leave you with any time to think of anything else for an hour. One tends to forget all his worries and holds her random thoughts for a while.
3. Muscles and bones get strengthened by power yoga. As we age, we start losing muscles and they turn weak too. Bones also start turning brittle in post-menopausal age. By weight-bearing exercise, bones get stronger.
4. Difficult postures during yoga increase your concentration span.
5. These exercises help in relieving constipation which is common in old age due to decreased intestinal motility.
6. Increased sweating while exercising cleanses your skin and adds glow.
7. Vigorous exercises also help in getting a good sleep.
8. Some exercises and postures are good for fighting thyroid disorders.
9. Abdominal exercises reduce fat deposition around abdomen and you tend to get into shape.

Getting a good figure, good skin and strong body adds confidence to a woman in her postmenopausal age. After continuing power-yoga for nine months, I have lost weight, become confident, flexible and there are no peri-menopausal symptoms.

So dear friends, cheer up! Get energetic by doing any kind of exercise. Find out what you truly love to do and direct all your energy towards doing it. Get empowered with power yoga.



AWARENESS IS CURE

Women health problems are soaring in number because of ignorance and negligence in developing countries including India. A reality check.



Dr Ranu Patni
Consultant Gynecologist &
Gynae Onco-Surgeon, Jaipur

The age old dictum 'health is wealth' is truer but more difficult to achieve in case of women than men. Women pursue happiness with the same fervour with which they pursue material wealth. It is because of this inherent pursuit of mental as well as material prosperity that women are stronger in times of crises. However, this strength fails to help majority of women tide through various stages of life uninterrupted, especially in developing countries due to their poor health status.

Unfortunately, India also reflects this picture. Some states like Kerala might be better than other states like Bihar but the overall picture is still gloomy. In our clinical practice, we regularly come across women succumbing to totally preventable ailments due to sad reasons like ignorance by the woman herself or negligence of her family. This situation needs to be changed fast. It can be done only by implementing widespread effective, preventive as well as curative health programs by the government. Simultaneously, education and health awareness level of people in general especially women needs to be raised considerably.

The World Health Organisation, in an executive summary of its report on 'Women and Health' published in November 2009, has proposed a life-course approach for women's health. This approach fosters a deeper understanding of how interventions in childhood through adolescence, during reproductive years and beyond, affect health later in life and across generations. In a world with an ageing population, the challenge is to prevent and manage the risk factors of today to ensure that they do not lead to the chronic health problems of tomorrow.

For women of reproductive age group, problems related to abortions, pregnancy/ labour, HIV/AIDS and other sexually transmitted infections need proper care and awareness. However, women also face various health problems after their

reproductive period ends. Perimenopausal and menopausal problems are numerous including bleeding disorders, benign and premalignant conditions of the reproductive tract, hormone deficiency (especially estrogen deficiency) and its consequences, and prolapse of the uterovaginal tract etc. All the above are usually obvious problems and many women have these specific symptoms. However, with increasing ageing population, health problems of the geriatric women are achieving large magnitudes.

For women over 60 years of age, cardiovascular disease and stroke – other than reproductive health problems - are major killers and causes of chronic health problems in most countries. Another significant cause of death and disability is chronic obstructive pulmonary disease which has been linked to women's exposure to smoke and indoor air pollution. Eye problems like cataract and trachoma are also significant health problems. Osteoporosis is fast becoming a silent killer of alarming proportions. One in two women suffers from this disease by the age of 65 years. Debilitating fractures and associated complications contribute significantly to the economic burden even in developed societies. Female genital cancers too contribute significantly to disease burden. In India itself, about 1,32,000 new cervical cancer cases are diagnosed every year and 74,000 women die because of this untimely diagnosis and treatment. The irony is that this is a completely preventable malignancy but it reaches proportions of concern due to lack of proper screening protocols and facilities in developing countries like ours.

The right approach to health care of women will definitely go a long way in raising their health status. This is much needed because improving women's health matters not just to women but also to their families, communities and societies at large.

So, improve women's health. Improve the world!

PROGRAMMING

MENOPAUSAL HEALTH CARE

Life after and before menopause could be as healthy and wholesome. All it takes is some awareness and regular care.



Dr Manjit Kaur Bawa
Executive & Life Member
IMS, Jalandhar

Wellness is not just the absence of diseases. To be healthy means to be fit physically, emotionally and also socially. Likewise, menopausal health calls for primary, secondary and tertiary prevention.

Physical Health:-

1. Mind your weight at every age.
2. Right from childhood, one must follow an exercise regime.
3. Go for regular medical, dental and eye checkup and if need be, other super-specialty consultations and required vaccinations like HPV.
4. Including menopausal health care programmes in National health care programmes.
5. Go for menopausal diet plans.

Mental Health :-

1. For mental fitness, yoga and meditation are great options.
2. Diary writing and making daily work-plan also supports the cause.
3. Entertainment break must be included as a part of daily routine.
4. Watching TV and working on computer also help in relaxing your mind.
5. Pursuing hobbies like writing, gardening, needle-work, listening to music & shopping etc. also support in keeping you mentally fit.

Social Wellbeing :-

1. Maintain a diary to keep a record of the important dates etc. of neighbours, relatives, friends and colleagues.
2. Analyse all that you do the previous day.
3. Make future plans.
4. Prepare a list of what all to do in a day - at home, at work place, for leisure, etc.
5. Pray to God before going to bed and after rising every day.

Secondary Prevention:-

Never mind if you have developed

- Obesity
- Heart disease
- Any other health problems

One can always fight health problems with proper care and timely intervention.

Stay calm and be positive. Visit your doctor to get the following done.

1. Physical assessment
 - Evaluate musculoskeletal/CVS status
 - Consider how exercise can be performed with minimal risk of injury
 - Identify risk factor
2. Stress test
3. Good meal plan: Ask your doctor to prepare a diet plan for you as per your height, weight, working capacity and general health.
4. Regular exercise regimen: Never mind if you run or do brisk walk. There's still a lot that you could do to stay physically fit like trying sitting exercises, meditation, deep breathing, etc.

Exercising has multifaceted advantages:-

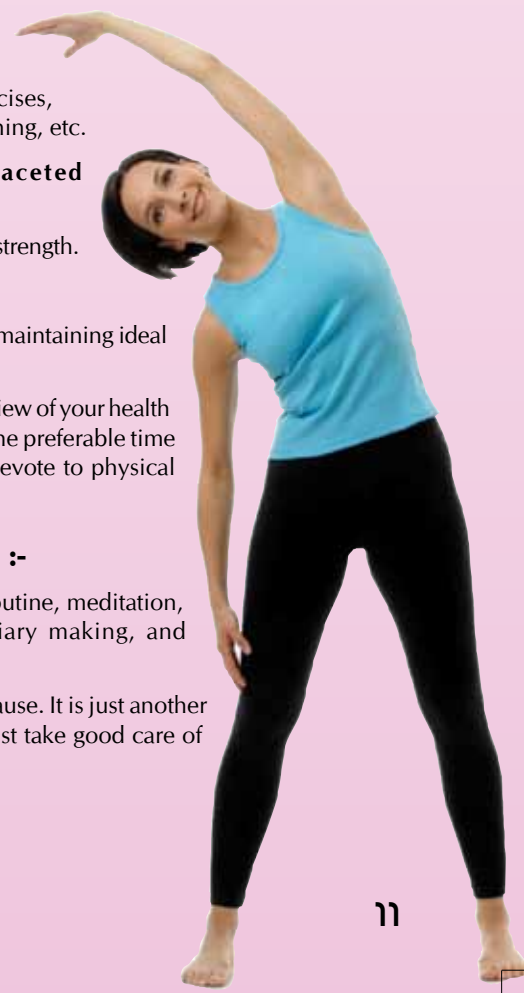
- It builds endurance and strength.
- It improves flexibility.
- It helps in reducing and maintaining ideal body weight.
- 5. Don't over-exercise. In view of your health status, ask your doctor the preferable time duration you need to devote to physical labour.

Tertiary Prevention :-

Be regular with your set routine, meditation, exercise programmes, diary making, and health check-ups.

Menopause isn't really a pause. It is just another phase of life. Don't fret. Just take good care of yourself.

ALL THE BEST!!!



CHAPTER NEWS

IMSCON 2010

The 15th annual conference of the Indian Menopause Society was held on February 5-7, 2010 in Chennai. The theme of the conference was 'Autumn is Awesome, so is Menopause'.

During the inaugural function, IMS Documentary *Sumangala* was released by the Chief Guest Hon'ble Dr Poongothai Aladi Aruna, the State Minister for Information Technology and IMS member Chennai Chapter. The screening of the film with its montage at registration was of great attraction for all the participants. Thanks to Organising Chairman Dr Jaishree Gajraj, Organising Secretary Dr Sumana Manohar, Dr Uma Ram and their team.



MENOPAUSE DOCUMENTARY highlights...

- Breaking the myth that menopause is a disease.
- Informing about the symptoms and prevention of long term and short term consequences by well women screening.
- Counselling and role of family members, especially husband.
- Analysis of pre-menopause phase and cancer screening.
- Nutritional and alternative therapies
- Menopausal Therapies (Individualisation)



Dr Sunila Khandelwal

This film focuses on staying healthy after 40 by understanding menopause, knowing when and how one can effectively manage the problems which directly or indirectly affect the whole family.

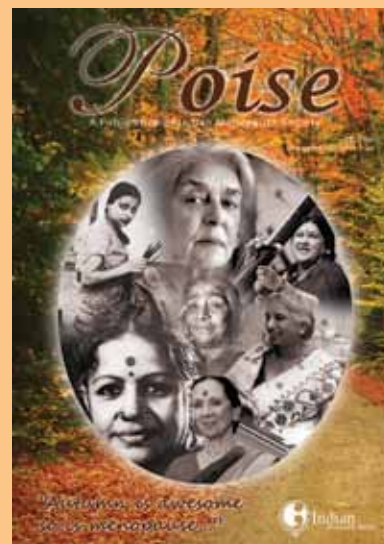
The same film was shown at public forum and was followed by active interactive session between the women's group and the experts.

Thanks to all the contributors (Kirdar's)!



<p>President's Message</p> <p>Welcome to the young ladies turning 40 going to face menopausal transition soon!</p> <p>Menopause may not be an easy transition for everyone. Each woman's experience with menopause is unique. Trust this documentary to bring you current, accessible medical information along with other lifestyle measures to cope on all aspects of life changing condition – unique, common sense guide for this 'rite of passage'. Menopause is not a shameful ailment of aging women. In fact, many women who have been through menopause say that it marks a time of renewed self-growth and recharged sexual energy.</p> <p>You should openly discuss all menopausal treatment options with your primary health care provider before going ahead with them on our own. It is a great pleasure and honor for me to present before you the IMS documentary "Sumangala".</p> <p>I wish that IMS grows and prospers – and is a force to reckon with in the field of mature women health care. Long live IMS!</p> <p>Congratulations to wonderful team of Fourth Dimension for conceiving the idea, beautiful implementation and a sincere contribution for IMS Endeavor – 2009 in creating such a wonderful source of guide for mature women health.</p> <p>Thanks to Wyeth Limited for their generous support.</p> <p><i>Sunila Khandelwal</i> Dr. Sunila Khandelwal President IMS Medical Superintendent Birla & Sons, 21/22, 4th Floor Mahatma Gandhi Road, 600017, Chennai, India</p>	<p>राष्ट्रीय अवसर का संदेश</p> <p>जुन महिलाओं का संवत्सर है जो अपनी उम्र के 40 वर्ष पूरे करने वाली हैं और जल्दी ही स्तब्धित्व के संक्राण में प्रवेश करने वाली हैं।</p> <p>संभव है कि स्तब्धित्व का यह संक्राण सबकी लिए अलग-अलग हो। स्तब्धित्व का कारण प्रत्येक महिला के साथ अलग होता है। स्तब्ध होने का किन्तु आत्म-सिद्धि, आत्म-सिद्धि से अलग-अलग रूप में प्रकट होती है। स्तब्ध हो-ने की वजह है कि जीवन के सभी पहलुओं की बदलावों के साथ आत्म-सिद्धि के साथ-साथ ही जीवन में नया संतुलन खोजने का समय है। स्तब्धता महिलाओं के लिए स्तब्धित्व (menopause) नहीं है। स्तब्ध स्तब्धित्व का संक्राण ही नहीं एक अवसर है कि हमारे जीवन-शैली को और अपनी हीर-हवा में पुनर्-निर्माण करें।</p> <p>सर्वो-सिद्धि का यह संक्राण हीर-हवा में पुनर्-निर्माण का समय है। स्तब्धित्व के सभी संक्राणों पर हमें एक-जोड़ी-जोड़ी। यह स्तब्धित्व आत्म-सिद्धि का एक अवसर है। स्तब्धित्व का संक्राण हीर-हवा में पुनर्-निर्माण का समय है। स्तब्ध स्तब्धित्व का संक्राण हीर-हवा में पुनर्-निर्माण का समय है। स्तब्ध स्तब्धित्व का संक्राण हीर-हवा में पुनर्-निर्माण का समय है।</p> <p>मेरा आशा है कि यह स्तब्धित्व का संक्राण हीर-हवा में पुनर्-निर्माण का समय है। स्तब्ध स्तब्धित्व का संक्राण हीर-हवा में पुनर्-निर्माण का समय है। स्तब्ध स्तब्धित्व का संक्राण हीर-हवा में पुनर्-निर्माण का समय है। स्तब्ध स्तब्धित्व का संक्राण हीर-हवा में पुनर्-निर्माण का समय है।</p> <p>मेरी आशा है कि यह स्तब्धित्व का संक्राण हीर-हवा में पुनर्-निर्माण का समय है। स्तब्ध स्तब्धित्व का संक्राण हीर-हवा में पुनर्-निर्माण का समय है। स्तब्ध स्तब्धित्व का संक्राण हीर-हवा में पुनर्-निर्माण का समय है। स्तब्ध स्तब्धित्व का संक्राण हीर-हवा में पुनर्-निर्माण का समय है।</p> <p><i>Sunila Khandelwal</i> डॉ. सुनीला खन्देशवाल अध्यक्ष आईएमएस मेडिकल सुपरिन्टेण्डेंट बिरला & सन्स लिमिटेड 21/22, 4th Floor, Mahatma Gandhi Road, Chennai, India</p>
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PUBLIC FORUM IMSCON 2010



The fourth issue of *POISE* was released and distributed to all the participants. The release initiated dialogues for fruitful public awareness.



Congratulations to Dr Sonia Malik!





Club 35 Plus

Indian Menopause Society's Club 35 Plus is becoming immensely popular. The nationwide demand for new clubs is phenomenal. It is amazing to know how our women have been deprived of the motivation and know-how about looking after themselves. Keeping that in mind, the Club launched its new club in Chandigarh on April 18, 2010, in its pursuit to strengthen women, physically, mentally and emotionally. The Club Coordinator Dr Jaideep Malhotra, whose brain child this club has been, is very excited by the enthusiasm, which our chapters of menopause society are showing towards this concept and will help them establish the club in their cities.



CHANDIGARH LAUNCHES CLUB 35 PLUS

Club 35 Plus had a launch meeting in Chandigarh. 120 ladies attended the meeting at Hotel Classic on April 18, 2010. They were given an insight into how important it is to look after themselves and the purpose of the Club by Dr Jaideep Malhotra.

Health checkup including height, weight, blood pressure, and body composition check of all these women was done and a health card was made for all those who attended. This was done in collaboration with VLCC and their team of diet and exercise experts. More than 50 per cent of the women were found to be obese and were given guidance on nutrition and exercise. They will be monitored closely for their progress.

Dr Anita member from Chandigarh IMS chapter demonstrated how to do Surya Namaskar.

Mrs. Neelam Gulati, cosmetologist from Mumbai, gave tips on skin care in 35 plus.

Dr Narendra Malhotra (gynaecologist) talked to the women about menopause and its problems.

Abhinav Bindra's mental trainer gave some tips on mental strengthening which is much required in women.

The Chandigarh coordinator Dr Neelam Aggarwal and Dr Navneet conducted the meeting and Dr Sarla Malhotra was the chief guest. This activity of IMS is being supported by German remedies. Already there are clubs in Agra, Faridabad, Gurgaon, Surat, Navi Mumbai and Gwalior. They are shortly opening in Allahabad, Thrissur, Nagpur and Kolkata.



CLUB 35 PLUS REACHES GWALIOR

Gwalior Club 35 Plus was launched on December 27, 2009 with Club 35 Plus coordinator Dr Jaideep Malhotra and Gwalior chapter secretary Dr Roza Olyai. Seventy ladies registered themselves for the first meeting. A health checkup was carried out and health card was made for them. They were given guidance on how to sail through menopause by Dr Narendra Malhotra. Dr Vij from Max hospital Delhi spoke about memory disorders in this age group.

The meeting was presided by Dr Ratna Kaul, senior IMS member from Gwalior and many senior gynecologists and local personalities attended the meeting.



क्लब करेगा महिलाओं को स्वस्थ



फिटनेस के मामले में महिलाओं को जागरूक बनाने के लिए 'क्लब 35 प्लस' का उद्घाटन रविवार को होटल सेंट्रल पार्क में किया गया। इस दौरान आने वाली महिलाओं का वजन, हीमोग्लोबिन, ब्लड प्रेशर और ब्लड शुगर की जांच भी की गई। क्लब की को-ऑर्डिनेटर डा. रोजा ओल्याई ने उपस्थित महिलाओं को फिट रहने के लिए भोजन, व्यायाम और स्तन कैंसर का स्वपरीक्षण करने का तरीका बताया। क्लब की वार्षिक मेम्बरशिप फीस रट्टी गई है। क्लब द्वारा मेम्बर महिलाओं का हर महीने निर्धारित तारीख को बॉडी चेकअप किया जाएगा।

EAT RIGHT

Nutrition plays an important role in keeping a woman physically and mentally fit, especially past 40.

The cessation of menstruation and a woman's ability to have children ceases around the age of 50. Many symptoms that occur during menopause, such as - hot flushes, mood swings, night sweats, osteoporosis and vaginal dryness, happen as a result of falling levels of oestrogen. A healthy woman finds menopause as free of difficulty as was her experience of puberty. (She is aware that the ovaries become less active and cease to bring about the conditions necessary for conception.)

Nutrition plays an important role in a woman's life. She needs adequate intake of proteins, zinc, iron, calcium, and vitamins - A, C, E, B. Absence of proteins even in a single meal and consuming just item in lunch and dinner cannot ensure the smooth synthesis of body fluids, blood, muscle mass, etc. From puberty to cessation of menstruation, the woman has to face on an average 400 menstruation cycles. Thus, this loss of blood is to be refilled by proper food all through her life or else she becomes prey to many diseases and has very difficult menopause. The menopause difficulties often indicate that all these years, her diets have been inadequate and incorrect. It can be stopped or prevented with adherence to a normal balanced diet from childhood only. Hot flushes, night sweats, extreme tensions, nervousness and insomnia tend to disappear when more than the minimum daily amounts of calcium and the B vitamins are added. At menopausal age, psychological, mental, hormonal changes take place in her body, which result into tension, anxiety, worries, depressions, etc. Many a times,

excessive blood loss results into severe anaemia, oedema gain in body weight, tiredness, palpitation, puffed face, etc. This period can even carry on for over three to four years. It should never be neglected. For a woman who suffers from excessive flowing, a thorough medical examination to rule out the possibility of fibroid growth is essential. A special nutritional attention and loving care at this age is extremely essential.

The hormonal imbalance may give rise to heart ailments. Weight gain is to be strictly checked. It is particularly a difficult time for bones. All through her life, the oestrogen hormone protects her

bones. And now that the hormone is in decreased supply, she needs to increase her calcium intake, to prevent rapid bone loss. Lime helps improve the condition. Soft lime can be added in rice while cooking. It can be added in buttermilk or in idli batter. One pinch per head in the family is beneficial. This gives an additional nutritional advantage without impairing the taste or texture of the finished food. In addition to calcium, exercise is an essential part of good bone health. It can re-utilise the calcium. It increases bone strength and size. Dairy products, fish, ragi, green leafy vegetables, soyabean, khuskhus, till, and dates are rich in calcium.

Recent reports indicate a growing use of vitamin E in treating menopausal difficulties. It is present in wheat germ, wheat grass, nuts, green leafy vegetables, betel leaf, oil seeds, cold press oil, sprouts, whole grains, and brown rice, etc. To fight anemia, black treacle, wheat germ, green leafy vegetables, ragi, honey, dates, black raisins, and garden cress seeds, with lemon and pulses in meals can help. Sufficient proteins are important to overcome anemia.

Make sure to eat plenty of plant oestrogens found in soya, carrots, corn, apple, oats, and garden cress seeds, etc. Also, one must consume antioxidants every day. One gets sufficient vitamins - C,E,B carotene, minerals, selenium, zinc, calcium, magnesium from amla, lemon, salads, sprouts, nuts, carrots and papaya.

Vitamins and minerals of natural origin are supplements and not substitutes for good food and vice versa. Both are necessary. Nutrition therapy has to be carried out for a long period of time. What you eat, good or bad, shows its results later in life.

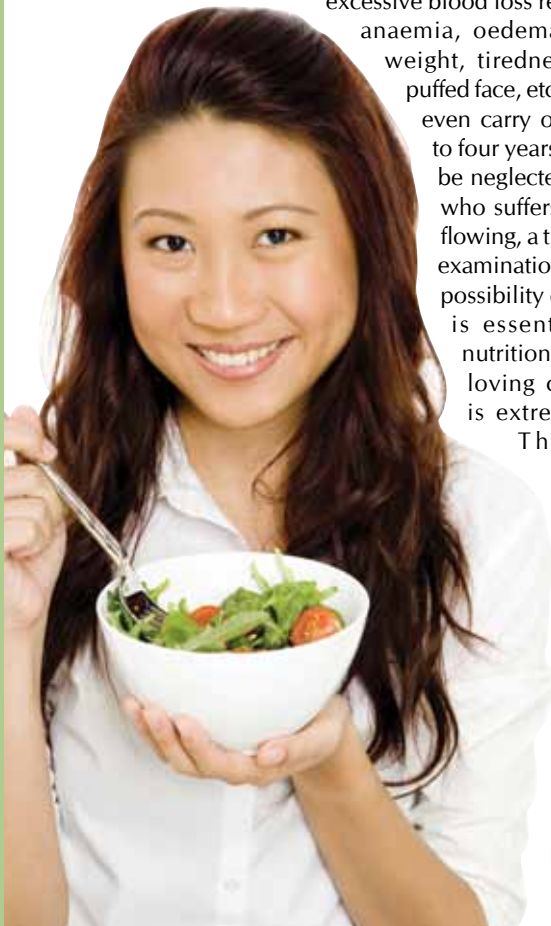
Our body needs a balanced diet. This should comprise 40 essential nutrients. They are: 10 essential amino acids, 15 vitamins, 14 minerals and one essential fat every day. All of them work like a team. Even if just one of these nutrients is missing, the other 39 do not function properly in our body. Vitamins never work singularly, but in partnership with each other, with hormones, enzymes, proteins and many other factors. This balanced diet is to be obtained through two square meals, one breakfast, one evening snacks and intake of milk twice a day. Breakfast should be between 8-9 am, lunch between 12-2 pm, evening tea/milk between 5-6 pm and dinner must be had by 8.30 to 9 pm with bedtime milk. Correct meal timings are very important.

Cook fresh food in an iron or steel vessel. Have at least three tablespoon of oil and half to one tablespoon of ghee per head per day with two bowls of dal, two bowls of legumes, 250 gms of vegetables. Also have 100 gms salad and 100 gms fruits every day.

Include plenty of amla, lemon, sprouts, nuts, dates, ragi garden cress seeds from organic farming. Avoid refined sugar, maida, polished rice, fried foods, readymade processed foods or tinned canned foods.

It is by eating right that a woman can ensure a healthy life.

Mrs. Jayashree Pendharkar (Diet-consultant)
CIIMs Bajaj Nagar, Nagpur-440022
Mob: 9423683760



KNOW YOUR SALT...

After a prayer, Gandhi raised a lump of salty mud and declared, "With this, I am shaking the foundations of the British Empire." He then boiled it in seawater, producing illegal salt. He implored his thousands of followers to likewise begin making salt along the seashore - "wherever it is convenient" and to instruct villagers in making illegal, but necessary, salt.



Dr Sonia Malik, New Delhi

The Satyagraha or the Dandi March, which triggered the wider Civil Disobedience Movement, was an important part of the Indian Independence movement. It was a campaign of nonviolent protest against the British salt tax in Colonial India which began with the Salt March to Dandi on March 12, 1930. It was the most significant organised challenge to the British authority since the Non-cooperation movement of 1920-22, and the Purna Swaraj declaration of Independence by the Indian National Congress on December 31, 1929. Mahatma Gandhi led the Dandi march from his Sabarmati Ashram to Dandi, Gujarat to produce salt without paying the tax, with growing numbers of Indians joining him along the way. When Gandhi broke the salt laws in Dandi at the conclusion of the march on April 6, 1930, it sparked large scale acts of civil disobedience against the British Raj salt laws by millions of Indians. Although salt formed only 8.2 per cent of the revenue to the British, Mahatma Gandhi knew it would touch the sentiments of even the poorest Indian and hence he chose the salt tax to start a nation wide movement.

What is salt?

The word salt is thought to come from the Latin word *sal*, meaning salt. Salt is a chemical compound called sodium chloride, with the formula NaCl (Na = sodium, Cl = chlorine). Sodium chloride consists of 40 per cent sodium and 60 per cent chlorine. Salt is of low toxicity and is non-flammable. Seen under a microscope, table salt is made up of many cube-shaped crystals. Salt exists naturally in seawater. When an area of seawater becomes enclosed, it evaporates under the sun, a deposit is left. This is salt. Over millions of years, other sediments have deposited over the salt, leaving beds of halite (rock salt) below the surface.

Salt used to be used just as a diet supplement and as a means of preserving food. Later, salt was used in such processes as tanning, dyeing and bleaching. More recently, salt has been begun being used for glazing pottery, soap-making and early manufacturing of chlorine. Today, salt is widely used in the chemical industry. It is also used for water softening.

The human body needs salt

Not only does salt help control your fluid balance, it also controls the way your muscles and nerves work. Our bodies automatically regulate how much salt or sodium is present. If levels are too high we get thirsty and drink. This speeds up the process of elimination of salt through our kidneys.

How does salt affect my health?

Studies have indicated that too much salt consumption is linked to health problems, such as hypertension (high blood pressure) and osteoporosis. If you suffer from hypertension you would benefit from consuming less salt.

Small children, elderly people, as well as people with kidney disease cannot excrete sodium and regulate body fluid efficiently.

How much salt do I need?

According to the Food Standards Agency, United Kingdom, the human Guideline Daily Amount (GDA) should be:

- Age 11 years and over, 6g per day;
- Age 7-10 years, 5g per day;
- Age 4-6 years, 3g per day;
- Age 1-3 years, 2g per day.

Infants under one year should not be given salt because their kidneys are not matured.

How much is 6g of salt?

This is about one teaspoonful - not much. About three-quarters of the salt we eat is already in the food we buy.

It is impossible to work out exactly how much salt you eat in one day without knowing the precise salt content of each food and measuring the exact quantities you eat. However, knowing that a recommended daily maximum is 6g is useful. This is because then you can find out how much salt there is in some of the foods you normally eat. Most people are surprised at how much salt they eat when they sit down and work it out from the foods they are consuming. Doctors say we should try to avoid consuming foods that have a high salt content. It is a good idea to select, whenever possible, foods that say 'no salt added'.

According to the Food Standards Agency (FSA) of the United Kingdom - the best way to reduce hypertension is to follow a diet that is low in salt, total fat and saturated fat, and high in vegetables, fruit and low-fat dairy products. People who maintain a healthy body-weight, do not consume too much alcohol and are physically active are much less likely to suffer from hypertension, says the FSA.

स्तन कैंसर - बचाव ही निदान.....

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स्तन में भारीपन या दर्द रहना एवं इस दर्द का माहवारी के समय से कोई सम्बन्ध नहीं होना।
स्तन में गांठ या गुठली महसूस होना।
स्तन के आकार में बदलाव होना।
स्तन में सूजन आना, लाल एवं गर्म होना।
स्तन से खून या गंदले पानी का स्राव होना।
कांख में गांठ होना।



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डॉ. सुनिता खण्डेलवाल
अध्यक्ष, इंडियन मेनोपॉज सोसायटी 2009
मेडिकल सुपरिन्डेंट एवं
आचार्य एवं विभागाध्यक्ष
ऑब्स्टेट्रिक एण्ड गायनेकोलॉजी

डॉ. सीमा शर्मा
सेक्रेटरी, जयपुर चैप्टर
इंडियन मेनोपॉज सोसायटी
सहआचार्य
ऑब्स्टेट्रिक एण्ड गायनेकोलॉजी

महात्मा गाँधी मेडिकल कॉलेज एवं अस्पताल, जयपुर

रजोनिवृत्ति के समीप महिलाओं में कैंसर का खतरा बढ़ जाता है एवं इस तरह के कैंसर में सर्वाइकल एवं स्तन कैंसर सबसे अधिक पाए जाते हैं।

स्तन कैंसर (चित्र संख्या: 1-2) के केसेज़ की संख्या निरन्तर भारत में बढ़ती जा रही है। इन्डियन काउन्सिल ऑफ मेडिकल रिसर्च (आई.सी.एम.आर.) के अनुसार भारत में हर 22 में से एक महिला को अपने जीवनकाल में स्तन कैंसर होने की संभावना होती है। आज के समय में भारतीय महिलाओं में भी अधिक उम्र में पहला बच्चा होने, कम बच्चे होने एवं कम समय तक स्तनपान करवा पाने के कारणों से स्तन कैंसर होने की संभावना से ग्रसित हैं।

इसके अलावा कम उम्र में मासिक धर्म शुरू होना एवं रजोनिवृत्ति

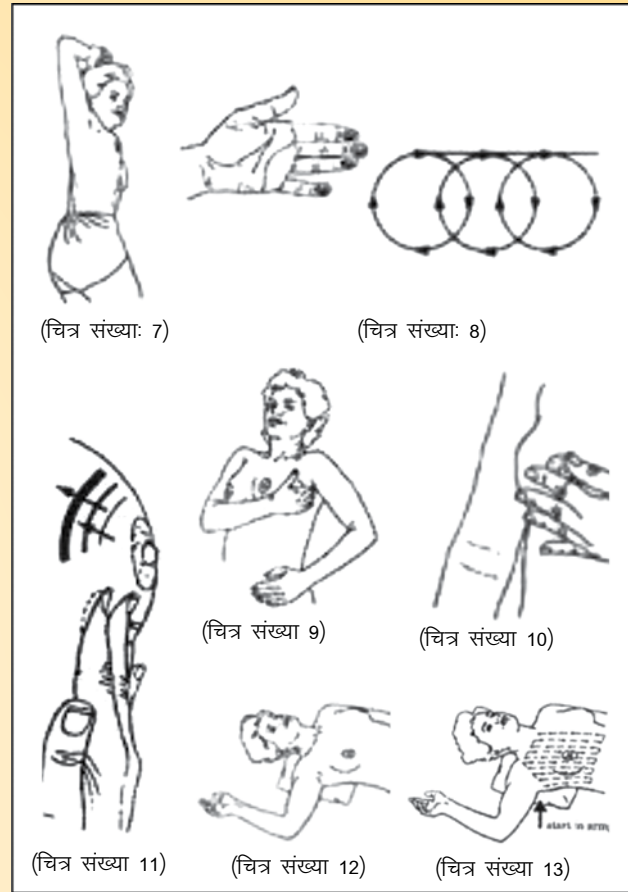
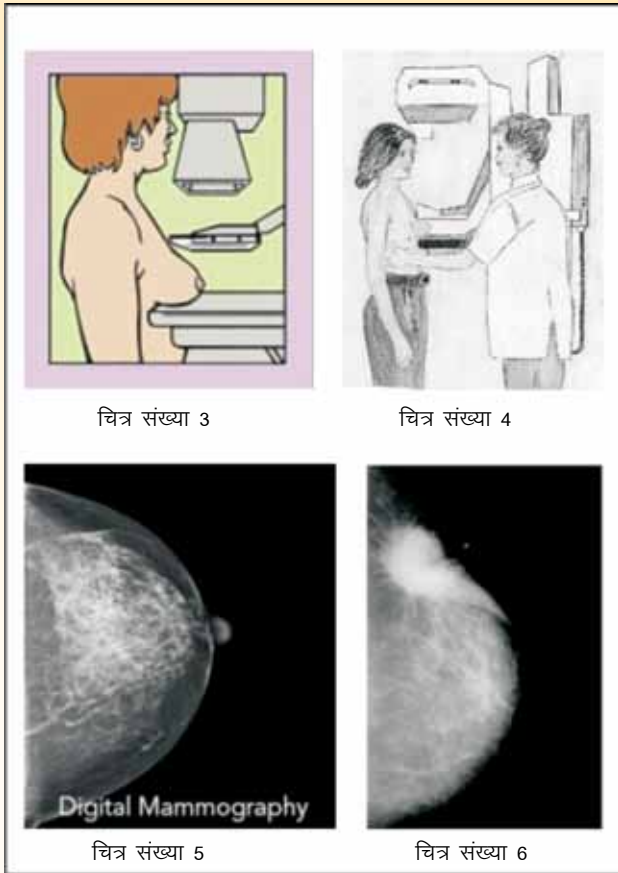
अधिक उम्र में होने से भी इस कैंसर का खतरा बढ़ता है। इसके अतिरिक्त आनुवांशिक कारण भी इस कैंसर के होने में महत्वपूर्ण भूमिका अदा करते हैं। जिन महिलाओं की माँ को यह कैंसर हुआ हो उन्हें यह कैंसर होने का खतरा तीन गुना अधिक होता है। और यदि सगी बहन को यह कैंसर हुआ है तो महिला की आनुवांशिक तौर पर रिस्क दो से तीन गुना बढ़ जाती है।

इस कैंसर की सम्पूर्ण चिकित्सा निम्न तरीकों से प्रारम्भिक अवस्था में पहचान कर लेने से हो सकती है:

1. मैमोग्राफी
2. डॉक्टरी परीक्षण (चित्र संख्या: 4)
3. स्वयं स्तन जाँच (Breast Self Examination) (चित्र संख्या: 7-13)



इस प्रक्रिया में एक्स-रे द्वारा स्तनों की जाँच की जाती है। यह जाँच महंगी होने के साथ ही इसमें एक्स-रे का भी अनावरण होता है। (चित्र संख्या: 3-6)



विशेषज्ञों की राय के अनुसार 35 वर्ष से अधिक आयु वाली हर महिला को हर वर्ष कैंसर की जाँच अवश्य करानी चाहिए। इस तरह से शीघ्र निदान हो जाने से 85% केसेज में यह पूर्णतः ठीक हो सकता है।

स्तनों की स्वयं जाँच हर महीने करनी चाहिए। इसका सबसे उत्तम समय माहवारी खत्म होने के एक-दो दिन पश्चात होता है। अगर कोई महिला हार्मोन (दवाई) लेती हैं तो डॉक्टर से इस जाँच के बारे में सलाह लेनी चाहिए। इस जाँच के दो हिस्से होते हैं—

1. दिखाई देने वाले बदलाव
2. महसूस किए जा सकने वाले बदलाव

पहला भाग आसान है। इसमें शीशे के सामने खड़े होकर स्तनों के आकार या नाप में कोई बदलाव या त्वचा में कहीं सिकुड़न या कोई फुलाव तो नहीं है यह जाँचना होता है।

अपने हाथों को ढीला छोड़कर आईने के सामने खड़े होकर या बैठ कर यह प्रक्रिया की जा सकती है।

इसके बाद जाँच के दूसरे भाग में प्रत्येक स्तन की ध्यानपूर्वक जाँच लेट कर अथवा खड़े होकर की जा सकती है। अपने दाहिने स्तन की जाँच के लिए दाहिने हाथ को सिर के पीछे ले

जाएँ एवं बाएं हाथ से महसूस करें। बाएं स्तन की जाँच के लिए यही प्रक्रिया दाएं हाथ से करें। अपने दाहिने हाथ की अंगुलियों से धीरे-धीरे हल्के दबाव के साथ स्तन के ऊपरी एक चौथाई हिस्से को बाहर से अन्दर की ओर घुंडियों (स्तनाग्र / निप्पल) तक सहलाएँ इसी के साथ-साथ घुंडियों को भी सहलाएँ। इसी हल्के दबाव से स्तन के नीचे के हिस्से को भी सहलाएँ। अब अपने हाथ को नीचे करके अपनी अंगुलियों के चपटे हिस्से से कंधों के पास का हिस्सा सहलाएँ। हल्के दबाव के साथ स्तन के एक चौथाई ऊपरी हिस्से को घुंडी की ओर से दाएँ हाथ की ओर सहलाएँ।

अन्त में स्तन के नीचे के हिस्से को बाहर की ओर से घुंडी की ओर सहलाएँ। इसके पश्चात् अंगुली और अंगूठे के मध्य घुंडी को दबाकर किसी प्रकार के घाव को देखें।

अपनी कांख का भी परीक्षण करें कि वहाँ कोई गिटान तो नहीं है।

किसी भी प्रकार की गांठ या विकृति पाए जाने पर अपने डॉक्टर से सम्पर्क करें। ऐसी स्थिति में गिटान से पानी या बायोप्सी (एफ.एन.ए.सी.) ले कर उसमें कैंसर की जाँच की जा सकती है।

स्तन कैंसर की प्रारम्भिक अवस्थाओं में इसकी शल्य क्रिया द्वारा इसका इलाज सम्भव है। स्तनों का आकार बनाए रखने के लिए विविध प्रकार के ब्रेस्ट इम्प्लांट भी उपलब्ध हैं।

vki us i Wk geus crk k

एल्जेमर क्या है?

, Yt əj cɛlɛj h ds j k f x ; l a d h n s j k h k y &

ejh i Rih fnu & i frnu Hy D d M g l a r h t k j g h g S v l s j m u d h
v k q e k = 50 o ' l z g S D ; k m l g a , T y e j c e l e j h g l a s d h
l h k o u k g S

यद्यपि एल्जेमर बीमारी आम रूप से 60 वर्ष की आयु से अधिक के लोगों को प्रभावित करती है, फिर भी इसे कम आयु के लोगों में भी देखा गया है। एल्जेमर बीमारी से बचने के लिए गठन तंत्रिका वैज्ञानिक और तंत्रिका मनोवैज्ञानिक जांच अवश्य कराई जानी चाहिए।

, Yt əj cɛlɛj h v l s ru f d r u h v o f / k r d j g r h g S

औसतन एल्जेमर बीमारी के रोगी निदान के बाद 8 से 10 वर्ष तक जीवित रहते हैं। तथापि, यह अन्तस्थ (टर्मिनल) बीमारी 20 वर्षों से अधिक तक रह सकती है।

, Yt əj cɛlɛj h d s m i p l j d h D ; k y k r g S

स्वास्थ्य परिचर्या व्यय के रूप में और रोगियों तथा उनके परिचालकों दोनों के पास आया कोई साधन नहीं होने पर एल्जेमर बीमारी की लागत अत्यधिक है। एल्जेमर बीमारी से ग्रस्त वयोवृद्ध लोगों को मधुमेह उक्त रक्त चाप, मोतियाबिंद, सुनने में कभी जैसी अन्य कई बीमारियां हो जाती हैं। दवाईयों का वार्षिक बजट 30,000–40,000 रुपए के बीच होता है। व्यावसायिक परिचारकों की लागत रोगी-दर-रोगी भिन्न-भिन्न होती है और औसतन यह प्रतिमाह 5,000 से 10,000 रुपए है।

D ; k , Yt əj cɛlɛj h o a k u r g S

पारिवारिक एल्जेमर बीमारी (एफएडी) अथवा एल्जेमर बीमारी का शीघ्र प्रारंभ बीमारी का वंशानुगत बिरल रूप है, जो एल्जेमर बीमारी के 10 प्रतिशत से कम रोगियों को प्रभावित करता है। यह 65 वर्ष की आयु के पूर्व और यहां तक कि 35 वर्ष की आयु के लोगों में होता है। यह गुणसूत्र 1,14 और 21 पर तीन जीन में से एक के उत्परिवर्तन (म्यूटेशन) के कारण होता है। अगर इन उत्परिवर्तित जीन में से एक भी माता-पिता से विरासत में मिलती है तो व्यक्ति सदैव एफएडी का शिकार होगा। उसी पीढ़ी के सभी बच्चों में एफएडी होने का 50/50 संभावना होती है अगर एक माता-पिता को यह बीमारी होती है।

आनुवांशिकीय जोखिम कारक ही एल्जेमर बीमारी के देर से प्रारंभ होने का पर्याप्त कारण नहीं है, इसलिए अनुसंधानकर्ता शिक्षा, आहार और वातावरण की सक्रियतर से यह जानने के लिए खोज कर रहे हैं कि बीमारी के विकास में ये क्या भूमिका निभा सकते हैं।

D ; k , d h v l s / k l a g a t k s , Yt əj cɛlɛj h d k i k j k g l u k v l y
l d r h g S

एसीटील कोलिनेस्टेरेल जैसी औषधियां, डोनेपेजिल, रिवेस्टिगेमाइन जैसे निरोधक का एल्जेमर बीमारी की वृद्धि पर धीमा प्रभाव होता है। इन्हें तंत्रिकावैज्ञानिक और तंत्रिकामनोवैज्ञानिक द्वारा उचित मूल्यांकन के बाद लिया जाना चाहिए।

bl cɛlɛj h d s f y , D ; k m i p l j m i y / k g S

इस समय, एल्जेमर बीमारी के लिए कोई उपचार नहीं है। तथापि, ऐसी दवाईया है, जो उसको संलक्षणों को नियंत्रित कर सकती हैं। इसके

अतिरिक्त, उत्तेजना, उदासी अथवा मनोवैश्लेषिक संलक्षणों (मातिभ्रम अथवा भ्रम), जो बीमारी बढ़ने से हो सकता है, के प्रबंधन में सहायता करने के लिए भी उपचार उपलब्ध हैं। कोई भी दवाई लेने के पूर्व चिकित्सक से परामर्श लें।

v l s / k l a

औषधियां जो संलक्षणों को नियंत्रित कर सकती हैं अथवा एल्जेमर बीमारी की वृद्धि को धीमा कर सकती हैं, कोलिनेस्टेरेज निरोधक कहलाती है, कॉग्नेक्स (टेकराइन), एरिसेप्ट (डोनेपेजिल), एक्सेलॉन (रिर्वेस्टेगेमाइन) और रेजेडाइन (गैलेन्टेमाइन) तंत्रिका कोशिका संप्रेषण में शामिल महत्वपूर्ण मस्तिष्क रसायन एसीटीलवोलीन के चयापचयी खराबी को धीमा करते हैं। ये औषधियां कोशिकाओं के बीच संप्रेषण के लिए इस रसायन को अधिकता से उपलब्ध कराती हैं। यह संज्ञानात्मक अवरोध की वृद्धि को धीमा करती है और यह एल्जेमर बीमारी से पीड़ित कुछ रोगियों के लिए प्रभावी हो सकती हैं।

इन औषधियों की प्रभावोत्पादकता व्यक्ति-दर-व्यक्ति भिन्न-भिन्न होती है और कतिपय व्यक्तियों द्वारा कुछ औषधियों अन्यों की अपेक्षा बेहतर रूप से सहन किया जा सकता है। इन औषधियों के पश्च प्रभाव में मटली आना, चक्कर आना, सिर दर्द और थकावट शामिल है। सभी दवाईयां मुख से ली जाती हैं। अब एक्सेलॉन पैच (रिवोस्टिगेमाइन ट्रांसडर्मल प्रणाली) भी उपलब्ध है।

m n k l j f p a k v l s e u l o s y f ' k d l y { k h a d k s f u ; f - r d j u s
d s f y , n o l b z l a &

एल्जेमर बीमारी के मध्य चरण में रोगियों के लिए भ्रमपूर्ण विचार, मतिभ्रम और सहित उदासी, चिंता और मनोवैश्लेषिक व्यवहार के नियंत्रण हेतु भी दवाईयां हैं। ये व्यक्ति आक्रामकता, अतिशयोक्तिपूर्ण क्रिया और विरोध भी प्रदर्शित कर सकते हैं। इन संलक्षणों के लिए दवाईयों पर तभी विचार किया जाता है जब दवाई से भिन्न विकल्प विफल हो जाते हैं और/ अथवा से संलक्षण एल्जेमर बीमारी के रोगियों अथवा अन्य लोगों को खतरे में डालते हैं।

v k o a n d m i p l j % शंखपुष्पी शिलाजीत, ब्राहमी जैसी भारतीय जड़ी-बूटियां उत्कृष्ट तंत्रिकावैज्ञानिक टॉनिक हैं और अगर उचित...के अधीन उन्हें ग्रहण किया जाए तो इनका बहुत अच्छा परिणाम हो सकता है। "होप एक आशा" का "मेमोरी क्लिनिक" माह के प्रत्येक तीसरी रविवार को प्रख्यात वैध हर्ष सहगल द्वारा एक आयुर्वेदिक क्लिनिक चलाता है। इस क्लिनिक से 89 से अधिक रोगियों का उपचार किया गया है और 65 प्रतिशत की सफलता दर प्राप्त की है। हमारे रोगी पिछले 6 वर्षों से उनकी जारी उपचार का प्रमाण हैं।

, Yt əj cɛlɛj h d s f y , l h o r m i p l j

LVSVU

यह परीक्षण करने के लिए कि क्या स्टेटिन, कोलेस्टोरॉल कम करने वाली औषधियां एल्जेमर बीमारी की वृद्धि धीमी करने में सहायता कर सकती हैं, कई नैदानिक परीक्षण चल रहे हैं।

v l m h d j d & j k h

मुक्त मूलकों द्वारा होने वाली कोशिका क्षति के लिए विटामिन 'ई' कुछ

सुरक्षा प्रदान कर सकती है। इसका प्रयोग उपचार के अन्य तरीकों के साथ सहायक के रूप में किया जाना चाहिए।

fxdxlxfcyk

गिंकगो वृक्ष की पत्तियों से प्राप्त रस गिंकगो बिलोबा में ऑक्सीकारक रोधी और उत्तेजना-रोधी गुण पाया जाता है। यह मस्तिष्क में रक्त प्रवाह भी बढ़ा सकता है। तथापि, यह पाया गया है कि गिंकगो बिलोबा या तो स्वस्थ वृद्ध व्यक्तियों अथवा हल्के संज्ञानात्मक बाधा वाले व्यक्तियों में एल्जेमर बीमारी अथवा पागलपन विकसित होने का जोखिम कम नहीं करता। पश्चिमी देशों में परीक्षण चल रहे हैं।

vlexk&3 ol h vfy

ओमेगा-3 वसीय अम्ल मुख्यतः सेलमॉन और एल्बेकोर टूना जैसी "तैलीय" मछलियों में पाया जाता है, परंतु ये कतिपय गिरीदार फलों और तेलों में भी पाए जाते हैं। वैज्ञानिक विश्वास करते हैं कि उनका मस्तिष्क पर संरक्षणात्मक प्रभाव होता है। यह जांच करने के लिए कि क्या ये वसीय अम्ल हल्के से संयत एल्जेमर बीमारी से पीड़ित लोगों में संज्ञानात्मक और कार्यात्मक दोनों गिरावट को धीमा कर सकते हैं या नहीं, नैदानिक परीक्षण चल रहे हैं।

D; k , Yt ej chelj vls vY; qfu; e vFlok vU; /krvks ds cp dkbZl ak gS

तंत्रिकाविकृत बीमारियों में धातुओं को शामिल किया गया है यद्यपि यह संभावना नहीं है कि कोई भी धातु एक मात्र कारण है। उदाहरणार्थ, अल्युमीनियम और एल्जेमर बीमारी के बीच संभावित संबंध में दिलचस्पी 40 वर्षों पूर्व उत्पन्न हुई और अल्युमीनियम की विषाकृता उसी समय से बहुत विवाद का विषय रही है। तथापि अल्युमीनियम एल्जेमर बीमारी का प्रत्यक्ष कारण कभी भी सिद्ध नहीं हुआ है और वर्धित रूप से साक्ष्य दर्शाते हैं कि एल्जेमर बीमारी केवल एक द्वारा नहीं परंतु कई कारणों के संयोजन से होती है।

D; k , Yt ej chelj gels ns k ea fpdfR k cek }kj fd; k t krk gS

इस समय बीमा कंपनियाँ एल्जेमर बीमारी की परिचर्या और दवाईयों को कवर नहीं करती। उसकी बजाय हमारे देश में वरिष्ठ नागरिकों के लिए बीमा घरेलू परिचर्या को कवर नहीं करती और एल्जेमर बीमारी को घर में देखभाल की आवश्यकता होती है।

D; k , Yt ej chelj ds fy, i n. krk dk i rk yklus ds fy, dkbZt kp gS

इस समय एक जांच उपलब्ध है, जो यह पता लगा सकती है कि रक्त में एपोलिपोप्रोटीन (एपीओई) का कौन रूप मौजूद है। पहले से भलीभांति अध्ययन की जा चुकी दशा हृदय रोग से संबद्ध एक रूप एपीओई 4 है और यह एल्जेमर बीमारी विकसित करने का जोखिम भी बढ़ाता है। तथापि, यह रक्त केवल यह पता लगा सकता है कि क्या एपीओई 4 मौजूद है या नहीं, अगर नहीं और व्यक्ति को कब एल्जेमर बीमारी होगी।

ejk l emk vf/kd l gk rk vFlok l puk ds fy, dgk t k l drk gS

"होप एक आशा" स्वैच्छिक संगठन है जो हमारे कार्यकर्ताओं और चिकित्सकों के समर्पित दल की सहायता से एल्जेमर बीमारी को रोगियों के परिहारकों की देखभाल कर रहा है प्रत्येक रविवार को हम 10.00 बजे प्रातः एक "मेमोरी क्लिनिक" चलाते हैं और आप पूर्व समय लेकर हमसे संपर्क कर सकते हैं।

fpfdR d ds ikl t kus ij eqs D; k l puk vius l kfk ys

t kuh pfg, \

जब आप चिकित्सक के पास जाते हैं तब आप अपने सभी चिकित्सा रिकार्ड साथ ले जाएं, बाहर से ले रही और निर्धारित की गई इस समय ले रही दवाईयों की सूची लाएं। अगर आप औषधियों का नाम नहीं जानते हैं तो गोलियों की बोतलें और रेपर अपने साथ लाएं। कोई भी दवाई अथवा दवाईयों के संयोजन से कभी-कभी ऐसे संलक्षण हो सकते हैं, जो एल्जेमर बीमारी से मिलते जुलते हों। वर्तमान चिकित्सीय समस्याओं की भी सूची बनाएं। चिकित्सक को संलक्षणों व्यवहारों और नैमेतिक क्रियाकलाप (यथा कपड़े पहनने, नहाने, वाहन चलाने बिल अदा करने) करने में स्वयं आपको अथवा अपने नजदीकी लोगों को होने वाली समस्याओं की सूची दिखाना अच्छा विचार है।

vxj eqs vYt ej chelj dk l ng gk rks eqs fdl ds ikl t luk pfg, \

पहले अपने नियमित पारिवारिक चिकित्सक के पास जाएं। चिकित्सक एल्जेमर बीमारी की संभावना निर्धारित करने के लिए संभवतः कई किस्म की जांच करेगा। मूल्यांकन प्रक्रिया में तंत्रिकावैज्ञानिक, जराचिकित्सक वैज्ञानिक और जराचिकित्सा मनोवैज्ञानिक जैसे विशेषज्ञों को भी शामिल किया जा सकता है।

ejh i Ruh dks nwjs pj. k dh , Yt ej chelj gS vls og fnu Hk vdsysjgrh gS e smudh l gk rk ds fy, D; k dj l drk gS

अंशकालिक महिला परिचारिका रखें, जिन्हें आपकी पत्नी की आवश्यकतानुसार हमारे कार्यकर्ताओं द्वारा प्रशिक्षित किया जा सकता है।

उनकी तंत्रिकाकोशिकाओं को सक्रिय बनाने के लिए स्क्रैबल, लुडो, कैरम जैसे खेल खेलें। याद रहे या तो आप दिमाग का प्रयोग करें अथवा उसे खो दें।

परिवार के पुराने एल्बम देखें और यादें ताजा करें। अपने नजदीकी परिवार के सदस्यों के चित्र दीवार पर लगाएं।

बाथरूम, बेडरूम जैसे विभिन्न क्षेत्रों की पहचान और उसे निर्दिष्ट करते हुए बड़े-बड़े लेबल लगाएं।

घर में अंधेरे गलियारे आदि को हर समय प्रकाशमान रखें।

दिन में शांत संगीत सुनें और इसे दैनिक कार्य बनाएं। यह देखा गया है कि संगीत चिकित्सा एल्जेमर बीमारी के रोगियों के लिए लाभदायक है।

उनका सम्मान बनाएं रखें क्योंकि उन्होंने अपनी सारी याद नहीं खोई है।

सामाजिक रूप से जुड़े रहें और अपने नजदीकी लोगों, रिश्तेदारों से और समाज से सहायता लेने में नहीं हिचकिचाएं।

, Yt ej chelj dspj. k D; k gS

, Yt ej chelj ds 3 pj. k gS

1% हाल के समय की याद खो जाना प्रमुख है परंतु पिछली याद भली-भांति बनी रहती है। भांति बढ़ती है और समय तथा स्थान की आत्म विस्मृति होती है। उनके पास बोलने के लिए शब्द नहीं रहते और मनोदशा में बदलाव बहुत आम बात है। समाचार पत्र पढ़ने और टी.वी. पर मनपसंद कार्यक्रम देखने की उनकी दिलचस्पी समाप्त हो जाती है।

2% वे बहुत भुलकड़ हो जाते हैं और उन्हें नहाने और कपड़े पहनने जैसी दैनिक क्रिया करने में कठिनाई होती है। यह ऐसा चरण होता है जहां वे बहकी-बहकी बातें करते हैं तथा बाहर जाकर गुम भी हो सकते हैं। अकारण आक्रामकता या नाराज होता भी देखा जाता है।

pk 3% वे अपने नजदीकी रिश्तेदारों और मित्रों को नहीं पहचानते और उन्हें पूरी देखभाल की आवश्यकता होती है। वे घर में भी अपने सभी तरीके भूल जाते हैं और पेट मूत्राशम आदि की असंयमता हो जाती है। वे बिस्तर में ही रहते हैं और उन्हें चौबीसों घंटे देखभाल की आवश्यकता होती है।

, Yt ej chkh ds funku ds fy, folk ijk k ka dk iz lsk fd; k t krk gS

एल्जेमर बीमारी (एडी) अपरिवर्तनीय है। एल्जेमर बीमारी के निदान का एकमात्र उपाय निश्चित रूप से मस्तिष्क परीक्षण है। तथापि जीवित रोगियों पर चिकित्सक सही रूप से एल्जेमर बीमारी का निदान कर सकते हैं। मानसिक और व्यावहारिक संलक्षणों, शारीरिक जांच और तंत्रिकामनोवैज्ञानिक तथा प्रयोगशाला परीक्षणों के आधार पर लगभग 90 प्रतिशत निदान हो सकता है।

चिकित्सक सामान्य रूप से रोगी और परिवार द्वारा प्रदान की गई सूचना का प्रयोग करते हुए मानसिक और व्यवहारगत संलक्षणों का पूर्ववृत्त लेगा। प्रारंभिक चरण वाले एल्जेमर बीमारी के रोगियों को याददाश्त की समस्या का अनुभव होता है जो दैनिक जीवन निर्वाह में हस्तक्षेप करते हैं और यह सक्रिय रूप से खराब हो जाती है। प्रारंभिक एल्जेमर बीमारी के अन्य संलक्षणों में धन का प्रबंधन करने, वाहन चलाने, उन्मुखीकरण, शॉपिंग करने, अनुदेशों का अनुपालन करने सोच-विचार करने और सही शब्द या सही बात कहने में कठिनाई शामिल हो सकती है।

विक्षिप्तता के अन्य संभावित कारणों की पहचान करने और उसे दूर करने में सहायता के लिए शारीरिक जांच की जाएगी। इस जांच में सामान्यतः सामान्य शारीरिक, रक्त संबंधी जांच शामिल होगी ताकि हाइड्रोथोइरॉयड और विटामिन बी 12 की कमी को दूर किया जा सके, जो वयावृद्धों में आम है। चिकित्सक मस्तिष्क ट्यूमर, आघात, मस्तिष्क की सतह पर रक्त संग्रहण अथवा अन्य दशाओं सहित विक्षिप्तता के अन्य संभव कारणों को दूर करने के लिए मस्तिष्क स्केन (जांच) (जैसे चुम्बकीय अनुवाद छायाचित्र अथवा एमआरआई का प्रयोग कर सकते हैं। इसके अतिरिक्त मस्तिष्क की जांच एल्जेमर बीमारी में मौजूद लाक्षणिक सरंचनात्मक परिवर्तनों को दर्शा सकती है। मस्तिष्क में विद्युतीय क्रियाकलाप मापने के लिए ईईजी की अपेक्षा हो सकती है।

तंत्रिकामनोवैज्ञानिक परीक्षण मस्तिष्क में चोट या अपसामान्य मस्तिष्क क्रिया से संबद्ध व्यवहारगत और मानसिक संलक्षणों का पता लगाते हैं। प्रयुक्त तंत्रिकामनोवैज्ञानिक परीक्षण यह पुष्टि करने के लिए कि रोगी बौद्धिक क्रियाओं में समस्याओं का अनुभव कर रहा है, एमएमएसई है। एमएमएसई में स्मरण, ध्यान, गणितीय पवरिकलन और भाषा का परीक्षण शामिल होता है। अगर किसी रोगी में गंभीर विक्षिप्तता है तो एमएमएसई के बाद आगे किसी तंत्रिकामनोवैज्ञानिक परीक्षणों की प्रायः आवश्यकता नहीं होती है। तथापि, हल्के बौद्धिक कमियों वाले रोगियों के लिए यह निर्धारित करने के लिए कि क्या रोगी मात्र बढ़ती हुई उम्र का संकेत दिखा रहा है अथवा उसमें एल्जेमर बीमारी विकसित हो रही है, और परीक्षणों की आवश्यकता हो सकती है। रोगी को तंत्रिकामनोवैज्ञानिक के पास भेजा जा सकता है, जो और विशिष्ट कमियों का पता लगाने के लिए कई परीक्षण करेगा।

ej h ekrk h dks, Yt ej chkh gS eSmudsl k k ds sl a k k d: j

समझना और समझ जाना कठिन हो सकता है।

साधारण शब्द और छोटे वाक्य चुनें और शांत और सम्य भाषा का प्रयोग करें।

बच्चे के समान एल्जेमर बीमारी वाले व्यक्ति से बातचीत करने से मानों

वह वहां नहीं थे।

ध्यान भंग करने और टेलीविजन या रेडियों जैसे शाटिगुल से बचें ताकि आप अपनी बात पर ध्यान देने के लिए उस व्यक्ति की सहायता कर सकें। व्यक्ति को नाम से बुलाएं ताकि आप सुनिश्चित कर सकें कि बोलने के पूर्व आप उसका ध्यान आकृष्ट करते हैं।

प्रत्युत्तर देने के लिए पर्याप्त समय दें। बाधा नहीं डालने के लिए सावधान रहें। अगर अल्जेमर बीमारी पीड़ित व्यक्ति शब्द खोजने या विचार संप्रेषित करने की पुरजोर कोशिश कर रहा है तो उसे धीरे और शांतिपूर्वक वह शब्द प्रदान करें जिसकी वह खोज कर रहा है।

प्रश्न और अनुदंश सकारात्मक तरीके से बनाने का प्रयास करें।

**eS rukoxLr vS Fdk&elak egl w djrk gW eqs D; k djuk plkg, **

“होप एक आशा” जैसे सहायता समूहों की सहायता लें, जहां हम एल्जेमर बीमारी के रोगियों के परिचारकों की देखभाल करते हैं और उनका ध्यान रखते हैं। तनाव समाप्त करने और अपने प्रियजनों की देखभाल का बोझ उठाने की आपकी क्षमता और सामर्थ्य की वृद्धि में योग और प्राणायाम आपकी सहायता करेगा। परिचारक अथवा देखभाल करने वाले के रूप में आप अघोड़ होंगे इसलिए अपने स्वास्थ्य की नियमित जांच कराएं और अगर अपेक्षित हो दवाईयां लें।

l gkufriozl vS d: .ki wZl nS kky dja-, pgzk eage vki ds l k k gS

स्रोत : होप एक आशा

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