



Lungs: A Breath of Fresh Air

ParkPulse - Park Group of Hospital's initiative in public interest

Chest PAIN

Does it always Signal an impending Disaster?

"It is a well known fact that pain is a way by which our body communicates to our brain that something is wrong with a particular organ or part." CHEST PAIN is one of the most common signs that panics patient and people around. Though, there can be many reasons of chest pain most people relate chest pain to heart pain.

Chest pain itself is not a disease but a signal from the body due to reasons that may range from trivial to catastrophic. Any part of the chest can be the cause of the pain including the heart, lungs, esophagus (food passage), muscle, bone, and skin. Because of the complex nerve distribution in the body, chest pain may actually originate from another part of the body. The stomach or other organs in the abdomen can cause chest pain.

If a person has severe, crushing, squeezing pain or pressure in the chest that lasts for more than a few minutes, or if the pain moves to the neck, left shoulder, arm, or jaw, he should be taken to the hospital emergency care immediately. If the person is alone, he should not drive himself but call for an ambulance or assistance.

Any kind of chest pain should be considered as a warning sign from the body and a medical opinion should be sought to rule out any serious disease.

SYMPTOMS AND PROBABLE CAUSES OF CHEST PAIN:

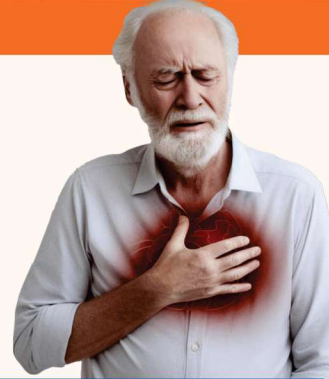
Acute (sudden & severe) Chest Pain

- **Myocardial Infarction or Heart Attack:** Sudden crushing, squeezing, discomfort, pressure or pain in the chest or upper arm that may radiate to the lower jaw or shoulders. May be accompanied by sweating or breathing difficulty.
- **Pneumonia:** Chest pain accompanied with high fever, body pain, shortness of breath, productive cough with greenish yellow mucus.
- **Viral Bronchitis:** Chest pain with fever and productive cough with clear mucus.
- **Gastritis/Esophagitis or Hiatus Hernia:** Chest pain involving the lower chest and upper abdomen, and increases on swallowing or after eating food.
- **Compressed Nerve or Compression Fracture:** History of injury to your upper back or chest with pain that starts in the upper back and radiates to the front of the chest.
- **Heart failure/Asthma or Pulmonary Edema:** Chest pain and shortness of breath even on sitting, lying down or with minimal activity.

CHRONIC (LONG STANDING) CHEST PAIN

- **Stable Angina:** Chest pain that aggravates with physical activity or emotional stress and causes a feeling of pressure under the breast bone/sternum which may get relieved on resting
- **Asthma:** Chest pain accompanied with difficulty in breathing, wheezing (audible breathing) and cough.
- **Chronic Bronchitis:** Chest pain accompanied by a feeling of tightness, fever and long standing cough with mucus production.
- **Costochondritis:** Pain on the edges of the breast Bone, which increases on deep breathing or coughing.
- **Gall Bladder problem:** Bloating, fullness and pain in the right upper abdomen and lower chest, which increases with fatty or greasy meal.
- **Ulcer in stomach or esophagus:** Pain or burning sensation in the central upper abdomen or lower

This is for general information purpose only and cannot substitute physical examination and diagnosis performed by the physician. There are many other causes of chest pain that require a medical opinion.



The 10 Risk Factors Increasing The Risk of Coronary Artery Disease

Major risk factors that you can't change:

- 1- Increasing age- 40 years or older
- 2- Men have a greater risk of heart attack
- 3- Family history of heart disease.

Major risk factors you can modify, treat or control by changing your lifestyle or taking medicine:

- 4- Tobacco smoke increases the risk by 24 times
- 5- High blood cholesterol
- 6- High blood pressure
- 7- Diabetes mellitus
- 8- Physical inactivity
- 9- Abdominal Obesity and overweight
- 10- Stress or Depression

More risk factors you have, the greater the chance of having coronary heart disease. Also, the greater the level of each risk factor, greater the risk.

chest, which increases on eating or drinking.

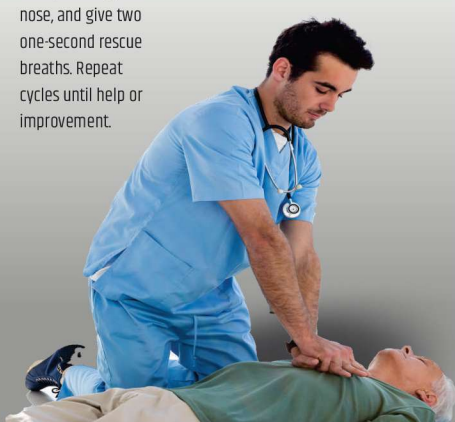
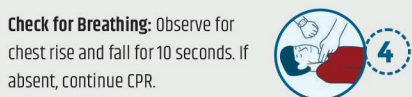
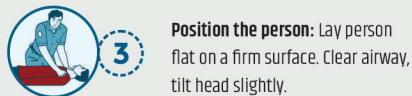
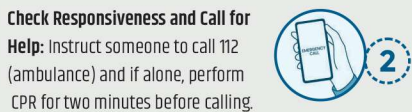
- **Tuberculosis/ Chronic Lung Infection:** Long standing cough with fever chills and night sweat and noticeable decrease in appetite.

TIPS FOR IMPROVING HEART HEALTH:

- Stop smoking
- Eat right with adequate fruits and vegetables in the diet. Eat low fat dairy products
- Restrict alcohol intake
- A brisk walk for 30-45 minutes for at least 5 days/week helps to reduce heart diseases and raises the general fitness level of a person
- Keep blood pressure and diabetes under control- seek advice from your physician.
- If overweight, shed those extra kilos
- Use relaxation therapies to break from stress

Timely CPR (Cardio-Pulmonary Resuscitation) Can Save a Life

Cardiopulmonary Resuscitation (CPR) is a crucial emergency procedure to support circulation and breathing of someone who may be experiencing cardiac arrest or whose heart has stopped beating.



Our STRENGTHS

14 HOSPITALS
IN 11 CITIES

3000+ BEDS

800+ ICU BEDS

30+ SUPER SPECIALITIES

1000+ DOCTORS

7000+ HEALTHCARE WORKERS



Message from CMD's Desk

प्रार्थना, हे प्रभु! वास्तव में यह परिस्थितियों की विडम्बना है कि मेरी जीविका दूसरों की बीमारियों पर निर्भर करती है। लेकिन फिर भी यह मेरा सौभाग्य है कि आपने उनके कष्टों का निवारण करने का उत्तम अवसर प्रदान किया है। आपने मुझे यह जिम्मेदारी पूरी करने की योग्यता भी प्रदान की है। हे प्रभु! मुझे ऐसी शक्ति प्रदान करें कि मैं इस उद्देश्य को पूरी निष्ठा के साथ पूर्ण कर सकूँ। वास्तव में तो आप ही कष्टों का निवारण करते हैं तथा सब सुखों के स्रोत हैं, मैं तो केवल एक माध्यम मात्र हूँ। हे प्रभु! मेरे मरीजों पर दया दृष्टि बनाये रखें।

HEALTH?



Doctor, I have vaccinated my child against chicken pox. Can I be 100% sure that he will never get chicken pox now?

Answer: No vaccine is 100% effective in preventing a disease. There is a chance that 1 out of 10 people vaccinated against chicken pox may contract the infection sometime later. Even if the person vaccinated against chicken pox does get chicken pox, the infection is usually very mild with fewer skin lesions and mild fever. Even the recovery is quicker due to the immunity built by vaccine.

Hello Doctor, I have delivered about 4 months ago and have developed terrible stretch marks on my tummy and hips. I visited a cosmetologist and was suggested a laser treatment for stretch marks removal. Does this treatment work?

Answer: There is a controversy on the effectiveness of laser treatment on the removal of stretch marks. Laser treatment may be more effective in removing the recent stretch marks when they are still red or brown as these are easily detected by the laser. Stretch marks older than a year are white and faded and are not easily detected by the laser.

For your medical related problems please write to us on info@parkhospital.in

IMMUNIZATION SCHEDULE

Globally, 2.3 million children died in the first month of life in 2022 - approximately 6,300 neonatal deaths every day. This can be drastically brought down by protecting the children by use of the vaccines against some preventable diseases.

Immunization for newborn babies is most critical to protect them from various diseases that can cause infection, permanent disability or even death. The schedule varies across the world according to the disease prevalent in the region.

Immunization Table (Based on IAPCOI recommendations) 2023-24

BENEFICIARY AGE	VACCINE
Birth	BCG, Hep B1, OPV
6 weeks	DTwP /DTaP1, Hib-1, IPV-1, Hep B2, PCV 1, Rota-1
10 weeks	DTwP /DTaP2, Hib-2, IPV-2, Hep B3, PCV 2, Rota-2
14 Weeks	DTwP /DTaP3, Hib-3, IPV-3, Hep B4, PCV 3, Rota-3*
6 Months	Influenza-1
7 Months	Influenza -2
6 - 9 Months	Typhoid Conjugate Vaccine
9 Months	MMR 1 (Mumps, measles, Rubella)
12 Months	Hepatitis A- 1
12 - 15 Months	PCV Booster
15 Months	MMR 2, Varicella
16 - 18 Months	DTwP /DTaP, Hib, IPV
18 - 19 Months	Hepatitis A- 2**, Varicella 2
4 - 6 years	DTwP /DTaP, IPV, MMR 3
9 - 15 years (Girls)	HPV (2 doses)
10 - 12 Years	Tdap/ Td
2nd, 3rd, 4th and 5th Year	Annual Influenza Vaccine

ABBREVIATIONS

- BCG = Bacillus Calmette-Guérin-For Tuberculosis
- DPT = Diphtheria, Pertussis & Tetanus
- DTaP = Diphtheria, Tetanus and acellular pertussis
- IPV = Inactivated Poliomylitis Vaccine and/or a whole-cell pertussis vaccine (wP)
- OPV = Oral Polio Vaccine
- DT = Diphtheria & Tetanus vaccine
- HIB = H influenza B
- HEP B = Hepatitis B Jaundice
- MMR = Measles, Mumps & Rubella
- HPV = Human papillomavirus vaccine
- PCV = Pneumococcal conjugate vaccine



OPTIONAL VACCINES-RECOMMENDED BY INDIAN ACADEMY OF PAEDIATRICS

Meningococcal vaccine, HPV vaccine, Japanese encephalitis vaccine and cholera vaccine Following two vaccines as a routine vaccine:

- Rotavirus 6 10 14 weeks
- HPV 1 and 2 for girls 10 to 12 years of age
- Japanese encephalitis vaccine:
 - 1st dose 9 to 12 months and 2nd dose 16 to 24 months
 - Varicella Vaccine- 1 dose at age 12 through 15 months and Second dose at age 4 through 6 yrs.

IMPORTANT REASONS TO VACCINATE YOUR CHILD

- Vaccination protects children from serious illness and complications of vaccine-preventable diseases which can include amputation of an arm or leg, paralysis of limbs, hearing loss, convulsions, brain damage, and death.
- Vaccine-preventable diseases, such as measles, mumps, and whooping cough, are still a threat.
- If children aren't vaccinated, they can spread the disease to other children who are too young to be vaccinated or to people with weakened immune systems, such as transplant recipients and people with cancer.
- Vaccines are only given to children after a long and careful review by scientists, doctors, and healthcare professionals.
- Vaccines will involve some discomfort and may cause pain, redness, or tenderness at the site of injection but this is minimal compared to the pain, discomfort, and trauma of the diseases these vaccines prevent.
- If exposure to disease occurs in a community, there is little to no risk of an epidemic if people have been immunized.

DO YOU KNOW?



1. Your mouth produces about one litre of saliva each day!
2. Your brain is sometimes more active when you're asleep than when you're awake.
3. Laid end to end, an adult's blood vessels could circle Earth's equator four times!
4. The word "muscle" comes from Latin term meaning "little mouse", which is what Ancient Romans thought flexed bicep muscles resembled.
5. Bodies give off a tiny amount of light that's too weak for the eye to see.
6. The average person has 67 different species of bacteria in their belly button.
7. You lose about 4kg of skin cells every year!
8. Babies don't shed tears until they're at least one month old.
9. The human heart beats more than three billion times in an average lifespan.
10. Your left lung is about 10 percent smaller than your right one.
11. Human teeth are just as strong as shark teeth.
12. Scientists estimate that the nose can recognize a trillion different scents!
13. Humans are the only species known to blush.
14. Your blood makes up about eight percent of your body weight.



FUNNY BONE

A doctor is bandaging an injury on the patient's hand when the patient asks

Patient: Doctor, will I be able to play the piano when these bandages come off?

Doctor: I don't see why not.

Patient: Well, that's funny, I wasn't able to play it before.





Pap Test

Questions you always wanted to ask

What is a Pap Test?

A Pap test also called as 'Pap smear' or 'Papanicolaou test', checks for abnormal changes in the cells of the cervix. The cervix is the lower part of the uterus (womb) that opens into the vagina (birth canal). A Pap smear can detect an infection, abnormal cells in the cervix (precancerous) or cells indicating cancer of the cervix.

Is a Pap test necessary for every women?

A Pap test can detect the earliest signs of cervical cancer even when there are no symptoms. When detected early, the chances of curing the cervical cancer are very high, It can also detect some infections and abnormal changes in the cervix that can potentially develop into cancer. These lesions can effectively be prevented from developing into active cancers. Thus, a Pap test can save your life.

How often is a Pap test done?

The first Pap test can be done after the age of 18 or earlier if you are sexually active. The test is done once every year until you have had at least 3 normal results. Thereafter, the test can be done once in 3 years unless your doctor thinks that you need it more often. Pap test should be done even after you have gone through menopause.

I have had a hysterectomy. Do I still need a Pap test?

It depends on the type of hysterectomy you have had. If the cervix is left behind in subtotal hysterectomy, a Pap test is necessary. If a total hysterectomy is performed for abnormal cells or cancer, a Pap smear is still necessary to detect vaginal cancers.

- Cervical cancer is the fourth most common cancer in women globally with around 660 000 new cases and around 350 000 deaths in 2022. (WHO 2024)
- The incidence of cervical cancer caused by Human Papilloma Virus, or HPV can be drastically brought down by a simple non-invasive test called as Pap test, which can be done on an outpatient basis.
- To cut cervical cancer incidence, screening for HPV is critical

Is a Pap Test Painful?

A Pap test is a simple, quick, and painless procedure. It can be done in a doctor's clinic or in the outpatient department.

How do I prepare for a Pap test?

The test is done when you are not menstruating. You should avoid using vaginal creams, sprays, powder, tampons and douching, 2 days before the test. Avoid sex for at least 24 hours before the test.

What happens after the Pap test?

If your results are normal, nothing further needs to be done. If the results are abnormal, the doctor may repeat the Pap smear or advice further treatment depending on the abnormality.

How can I reduce the risk of getting cervical cancer?

- You can reduce the risk of getting cervical cancer by
- Delaying sexual intercourse till 18 years of age or older.
 - Limiting the number of sexual partners
 - Testing yourself and your partner against sexually transmitted infections. Using condoms to protect against sexually transmitted infections
 - Avoid smoking

Need for Vaccination

Centres for Disease Control and Prevention (CDC) recommends HPV vaccination at age 11 or 12 years (or can start at age 9 years) and for everyone through age 26 years, if not vaccinated already. India reports around 1.25 lakh cases and about 75,000 deaths each year. The vaccine is 97% effective in preventing cervical cancer.

Lungs

A Breath of Fresh Air

On the Birth of a Newborn, first breath which is in the form of a cry is of vital importance. This first breath pushes the fluids out of the lungs and the lungs breathe for the first time. Thereafter, the lungs continue working for your entire life time whether you are asleep or awake, realize it or not

A newborn baby breathes about 40-60 times a minute and an average adult at rest breathes about 14-11 times a minute that calculates to about 25000 times a day and about half billion breathe in an average life time.

The air that we breathe travels from the nose through the pharynx, larynx, trachea and the bronchi on either side to reach the lungs. Lungs are, elastic, and conical organs present in the chest cavity on either side of the heart. The right lobe is bigger than the left. It is estimated that the surface area of the lungs is equal to that of a tennis court.

Inside the lungs the bronchi subdivide into a network of smaller tubules that enter cup shaped sacs called alveoli. There are about 700 million alveoli in normal adult lungs, These alveoli are surrounded by a network of blood capillaries where the exchange of gases takes place. The oxygen from the atmosphere enters our system and the carbon dioxide from our body is exhaled out into the air via lungs. These air tubules in the lungs if joined end to end can cover a distance of 50 km.

The lungs are covered by membranes called as pleura. The lungs



expand (inhale) and contract (exhale) with the help of the diaphragm, and the rib cage which is moved by the chest muscles, The hair in the nose help to clean and warm the air that we breathe.

Oxygen is one the most important nutrient required by almost all tissues of the body for their existence. Hence it is important to keep the air that we breathe pollution free.

This can be done by regularly exercising and avoid abusing them by habits like smoking.

Tuberculosis (TB), Pneumonia, Asthma, Bronchitis, and lung cancer are some of the diseases that can affect our lungs. These can be detected, and treated by regularly screening our lungs and visiting healthcare professional, at slightest discomfort.

HEARING IMPAIRMENT

Do you have to ask people to repeat themselves again?



Tips to Protect Hearing:

- Avoid exposure to loud sounds
- In case of noisy environment at your work place, wear recommended protection gear for the ear
- Avoid alcohol, nicotine, tonic water.
- Avoid over the counter drugs, medicines known to be damaging to the ears, should only be advised by the medical practitioners.
- Good control of your blood pressure and diabetes (in case of diabetic patient it necessary to protect the hearing.
- Athletic lifestyle always helps in maintaining good blood circulation, even to ears.
- Treat colds promptly

DADI MAA KE NUSKHE

HOME REMEDIES

ACIDITY:

- Suck on a piece of clove.
- Take fresh mint juice.
- Eat fruits like water melon, cucumber and banana.

COMMON COLD:

- Drink a glass of warm water mixed with Lime juice and a teaspoon of honey.
- Drink Garlic soup. Mix equal amounts of powdered ginger and tulsi seeds. Eat 5gms of it twice a day.
- Haldi Doodh - try having a glass of warm milk with half tsp. of turmeric.



SMART SNACKS

Healthy Weight- it's not a Diet, it's a Lifestyle

Smart Snacks : Remember substitution is the key.

Try substituting one or two of the following options for 30 grams of potato chips (200 calories), and you will have a satisfying snack with fewer calories.

• A Medium-size Apple (Apx - 100gm)	63 Calories
• A Medium-size Banana (Apx - 100gm)	105 Calories
• 1 Cup Steam meal Green Beans Salad (Apx - 100gm)	121 Calories
• 1 Serving Strawberries (Apx - 80gm)	19 Calories
• 1 Serving Green Grapes (Apx - 90gm)	49 Calories
• 1 Bowl Broccoli Salad (Apx - 90gm)	53 Calories
• 1 Plate Carrots Salad (Apx - 100gm)	33 Calories

About

Park Group Of Hospitals

Excellence in Healthcare

For over four decades, the Park Group of Hospitals has been a shining example of healthcare excellence, serving communities across North India and beyond. What started as a humble effort has blossomed into a network of state-of-the-art facilities dedicated to transforming lives and restoring hope.

Park Group of Hospitals was founded in 1982 by the visionary Dr. Ajit Gupta with the goal of ensuring that everyone has access to high-quality healthcare at affordable price. Our organization's ethos was founded on Dr. Gupta's unshakable dedication to serve humanity. We made a commitment to treat every patient with the utmost care, compassion, and respect, regardless of their background or means.

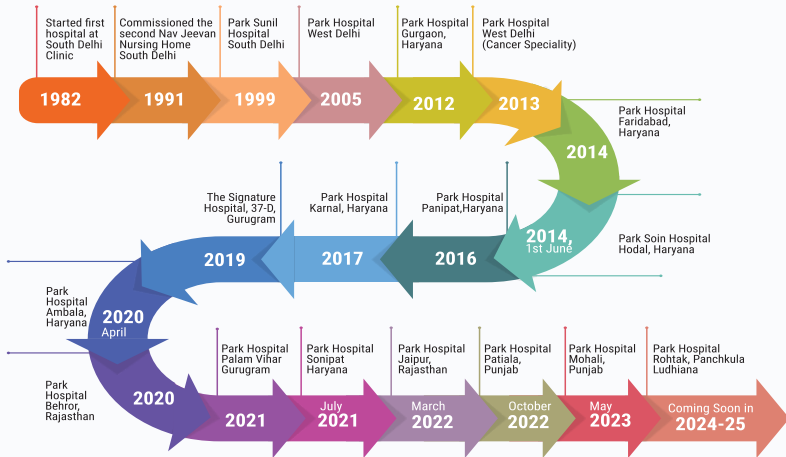
continue to innovate, expand, and adapt to the evolving needs of the populations we serve, always guided by our unwavering commitment to compassionate, accessible, and transformative healthcare.

Established as a modest 50-bed hospital in South Delhi's Malviya Nagar, our healthcare network has rapidly expanded to 14 state-of-the-art facilities across Rajasthan, Haryana, Punjab and the Delhi NCR region.

With each new hospital we opened, our commitment to raising the standard of care has only grown stronger.

It is this unwavering dedication to excellence that has allowed us to become a trusted name in the industry.

OUR JOURNEY



Park Group of Hospitals has grown to become a trusted leader in the healthcare industry. We have expanded our network of state-of-the-art facilities, recruited the finest medical professionals, and invested in cutting-edge technologies to deliver world-class treatment. Yet, despite our growth, we have never lost sight of our founding principles.

At the heart of our mission is a belief that healthcare is a fundamental human right. We are driven by the conviction that everyone deserves access to the highest standard of medical care, and we work tirelessly to make this a reality. Through our network of hospitals, clinics, and outreach programs, we have touched the million of lives, providing life-saving treatments, preventative care, and holistic support to communities in need.

As we look to the future, we remain committed to upholding the legacy of our founder, Dr. Gupta. We will

By consistently investing in the latest medical technologies, recruiting the most skilled healthcare professionals, and cultivating a patient-centric approach, we have set a new benchmark for the level of services that a modern healthcare provider should deliver.

Our rapid growth is a proof to the faith that communities across northern India have placed in us. Families know that when they walk through our doors, they will receive compassionate, world-class treatment tailored to their unique needs. It is this hard-earned reputation for quality that continues to drive us forward as we expand our reach and impact.

The Park Group of Hospitals is available to provide compassion during your healing process, regardless of whether you are seeking medical attention or simply need a routine checkup.



FIX THE FLAWS

MEDICAL PUZZLE

1. GENEMERCY
2. BALANCEUM
3. RULEC
4. THAMAS
5. SAMLEES
6. ACNEVIC
7. ADICARC
8. TESCH NAIP
9. TRAUFRE C
10. GRAMOPHAMMY



Ready to put your brain to the test? Dive into our latest puzzle challenge and see if you can crack the code!

Once you've successfully solved the puzzle, scan the QR code or click the link below to share your answers and stand a chance to win.

Click Here: <https://forms.gle/3X2U6PaBUDCj6dSj8>

Get ready to unlock the secrets and we will reveal the solutions in next edition. Happy solving!

WINNERS INFORMATION

"Puzzle results and winners' names will be shared on our social media accounts". Incomplete entries will not be entertained, incase of more. Winners decision will be taken by draw of lots.

- Follow the "Park Group of Hospitals" Facebook and Instagram pages.
- "Weighing scale in prizes for 3 winners with all correct and timely submission of answers" and "thermometer as consolation prizes for first 3 winners."
- Our Endeavor is to keep you Healthy.
- Staff & Relatives of Park Hospitals are not entitled for prizes.

Quote

FOR THE MONTH

"Good health is not something we can buy. However, it can be an extremely valuable savings account."

– Anne Wilson Schaefer

Disclaimer: Park Hospital has taken all reasonable measures with regard to the correctness of the information contained in this newsletter. However, Park Hospital gives no warranty and accepts no responsibility for the accuracy & completeness of the information. All articles are for general information purpose only. Human anatomy, its disease pattern & their treatment may differ from individual to individual and can be commented upon by a medical expert only after thorough clinical assessment of an individual. Please consult your doctor before taking any course of action.