

## New Medicine

Recently, one person was admitted to a nursing home at Kandivili, Mumbai (India) due to severe chest pain. He had an earlier attack in 1997 and was under treatment. The doctors now suggested Angiography. Upon undergoing Angiography at Hinduja Hospital, Doctors diagnosed multiple blockages for which Angioplasty was ruled out and instead, suggested 'Bypass Surgery'. That evening, he was brought home as the doctors suggested his heart was very weak and bypass can be performed only after 15-20 days. Meanwhile, whilst discussing the matter with relatives and close friends, fresh information came from a family friend. A new treatment known as - Chelation Therapy has been introduced into the Indian medical theatre. With this therapy, a patient who has to undergo by-pass need not do so. Instead, the patient is given about 18 bottles of blood in which certain medicaments are injected. The blood cleans the system and removes all blockages from the heart and arteries. The number of bottles given may increase depending upon the age-factor and health of the patient. Cost per bottle may be around Rs.2,500/- Treatment takes about a month. Currently, only a few doctors in India specialize in this field. One of them is Dr. Dhananjay Shah of Malad (Mumbai). He had a list of patients who were to undergo by-pass from Lilavati, Hinduja and other major hospitals; but, instead after undergoing the new treatment, they are absolutely fine and are leading a normal life. Doctors' details for your information are:

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Please forward this message. It might help someone. Medicine for Blood Cancer has been found!!!! **'Imitinef Mercilet'** is a medicine which cures blood cancer. It is available free of cost at "**Adyar Cancer Institute in Chennai**". Create Awareness. It might help someone. Kindness costs nothing.

Cancer Institute in Adyar, Chennai.  
East Canal Bank Road,  
Gandhi Nagar, Adyar,  
Chennai - 600020

Landmark: Near Michael School

Phone: 044-24910754/044-24910754/044-24911526 044

## **HOW TO SURVIVE A HEART ATTACK WHEN YOU ARE ALONE?**

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital. Tell as many other people as possible about this. It could save their lives!! A cardiologist says if everyone who sees this post shares it to 10 people; you can bet that we'll save at least one life. Rather than sharing jokes only please contribute by forwarding this info which can save a person's life.

## **SEVEN COMMON HABITS THAT DAMAGE THE KIDNEYS**

Kidney disease is one of the costliest illnesses in the world and managing kidney disease is very expensive. Each year, lots of people die of kidney disease all over the world, and the number of people suffering from chronic renal failure, and need dialysis or kidney transplant to stay alive keep increasing. Statistics have it that, worldwide, more than million patients are waiting for kidney transplants, but only a few thousands will receive transplants because of shortage of suitable organ donors. Patients usually felt surprised when they are diagnosed of Kidney Failure. Experts have found the explanation from your daily life habits. Here are the top habits which lead to your kidney failure:

1. **Not emptying your bladder early:** Maintaining a full bladder for a long time is a quick way of causing bladder damage. That the urine stays in the bladder for a long time can cause the bacteria breeding in urine to multiply quickly. Once the urine refluxes back to the urethra and kidneys, the bacteria can result in kidney infections, then urinary tract infection, and then nephritis, even uremia. So, no matter how busy you are, remember to drink a lot of water and urinate regularly. Once you form the habit of holding back urine, it will ultimately damage your kidneys.

2. **Not drinking enough water:** The main functions of the kidneys are to regulate

erythrocyte balances and eliminate metabolic wastes in urine. If we do not drink enough water, the blood will be concentrated and the blood flow to the kidney will not be adequate, thus the function of eliminating toxins from blood will be impaired.

**3. Taking too much salt:** 95% sodium we consume through food is metabolized by the kidneys. Exceeding the salt intake will make the kidneys work harder to excrete the excess salt and can lead to decreased kidney function. This excess sodium will cause water retention, causing edema. Edema usually elevates blood pressure and increases the risk of developing kidney disease. The daily salt intake should be controlled within 6g per day.

**4. Not treating common infections quickly and properly:** Common infections, such as pharyngitis, tonsillitis, common cold etc, usually trigger or aggravate kidney damage. They do this by causing an acute attack of glomerulonephritis or chronic nephritis. So, you will see that people who get kidney disease for the first time or whose illness condition becomes worse are usually present in hospitals with a history of cold or sore throat. If after having cold, symptoms like blood in urine, swelling, headache, nausea, vomiting, fatigue and poor appetite appear, you should consult your doctor immediately, to assess your kidney functions, and start treatment if compromised.

**5. Eating too much meat:** Eating too much meat and protein can increase the metabolic load of the kidney. For those suffering from proteinuria, meat consumption too may aggravate protein leakage, worsening renal pathological lesion. It is suggested that protein intake should be 0.8g/kg per day. This means that a person with 50 kg should consume 40g of protein per day. Meat consumption per day should be limited within 300g.

**6. Not eating enough:** This is equally as dangerous as eating too much, both of them will lead damages to your digestive organs where is full of mucosal tissues. Mucosal tissues relates closely to your immune system. This is why many kidney failure patients are diagnosed with “autoimmune kidney damages”.

**7. Painkiller abuse:** The use of analgesics for a prolonged duration may reduce the flow of blood and greatly affect kidney function. In addition, patients with analgesic-induced renal failure are more likely to suffer from bladder cancer. Use analgesics only when it's absolutely necessary, learn to rest instead of taking to the bottles. If you have been on pain killers for a long time, it's about time you had a test to ensure healthy kidneys.

**Written By OLUSEYE AJAYI**