

ROTARY CLUB OF CHIKHLI RIVER FRONT

RI DISTRICT: 3060 CHARTER DATE: 07 JUNE 2018 CLUB No.: 89348

CHAKRA

HEALTH

ISSUE DATE:
5TH AUGUST 2024



DENGUE ALERT SPECIAL ISSUE

OUR SINCERE THANKS TO ALIPORE HOSPITAL

**ROTARY CLUB
OF CHIKHLI
RIVER FRONT**

**RI PRESIDENT
RTN. STEPHANIE
URCHICK**

**DISTRICT GOVERNOR
RTN TUSHAR SHAH**

**CLUB PRESIDENT
RTN MANOJ SHAH**

**VICE-PRESIDENT
DHARMESH RAVANI**

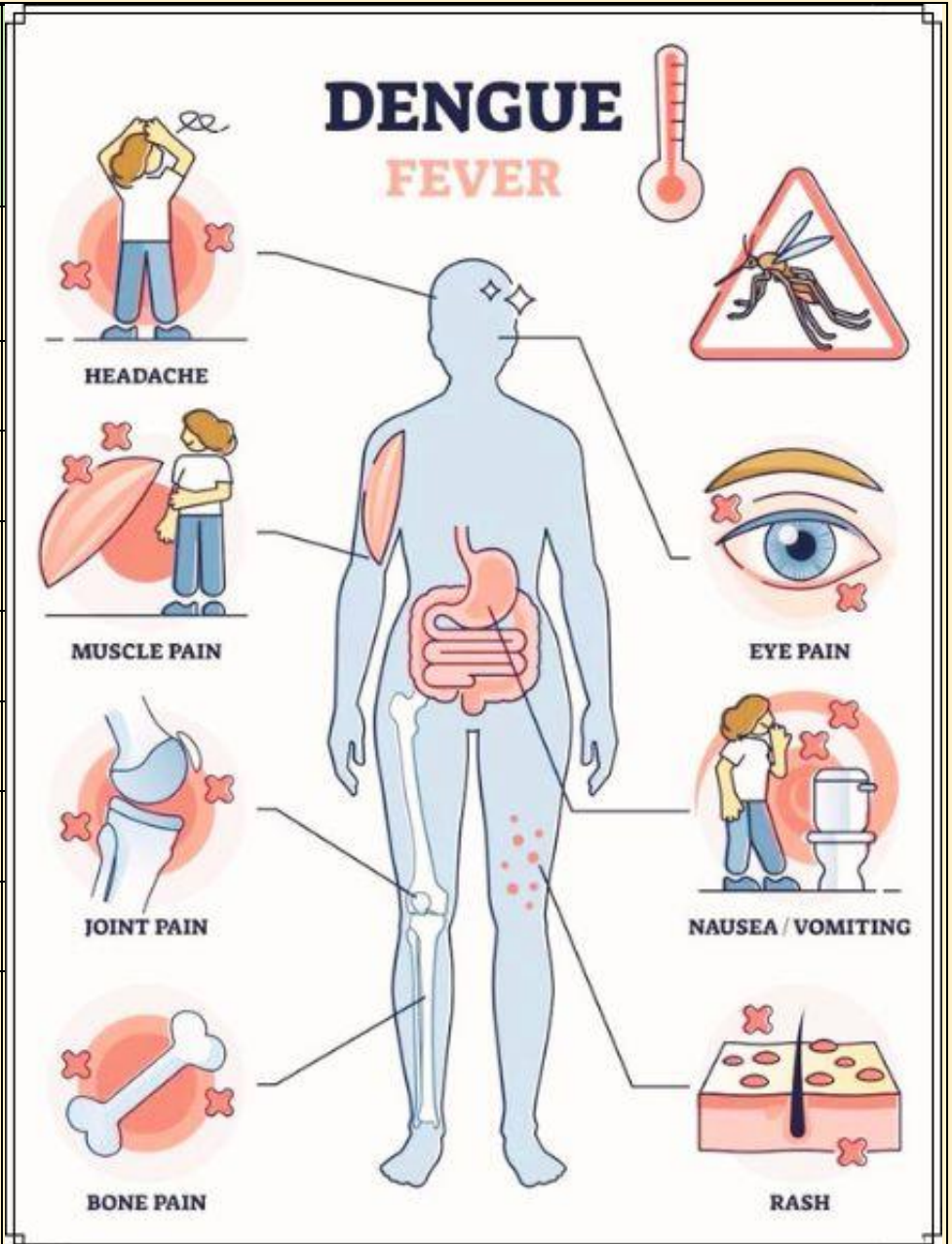
**CLUB SECRETARY
RTN. RAVI PATEL**

**CLUB TREASURER
RTN. NIKUNJ PATEL**

**PAST PRESIDENT
RTN MEHUL PATEL**

**PRESIDENT ELECT
RTN. SANJAY PATEL**

**EDITORS:
RTN HASSAN MAYET
& RTN SWETAL DESAI**



**ROTARY
CLUB OF
CHIKHLI
RIVER
FRONT**

EDITORIAL

ROTARY GREETINGS TO ALL OF YOU!!!

We feel pleased to present this booklet to bring awareness amongst all of us all against deadly disease called Dengue. The reason being to publish this booklet, Chakra Health Dengue Alert Special Issue is to bring about awareness to this deadly disease.

Limited awareness and non-systematized health education programmes have contributed adversely to the increase in dengue incidence at schools due to limited attention which has positively contributed to the increase in vector receptivity.

The current study was conducted to evaluate the existing level of awareness of dengue infection among a selected group of school children and to assess the effectiveness of dengue awareness programmes to improve the existing knowledge and preventive practices on dengue.

Dengue is a viral infection transmitted to humans through the bite of infected mosquitoes. About half of the world's population is now at risk of dengue with an estimated 100–400 million infections occurring each year.



As the above picture suggests, we want all those who read this booklet to be well informed about the problems caused by Dengue.

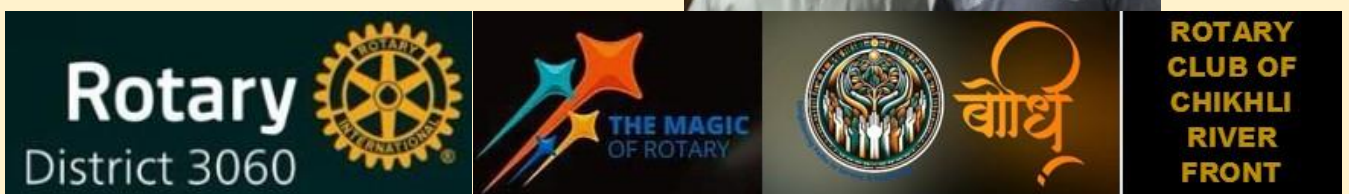
“Dengue prevention and control should be everyone’s concern”.

Participate in Swachh Bharat Mission!

Lastly, enjoy reading and keep yourselves informed regarding Dengue which might be very useful to you in future especially in this monsoon season. Our sincere thanks to all those who have helped us with information to prepare this booklet especially from Alipore Hospital Team.

Yours sincerely

Rtn Hassan Mayet Rtn Swetal Desai



DENGUE

Dengue is a communicable disease, as one mosquito that bites an infected patient will infect other normal people, this fever continues for a maximum of five days, and on the seventh day, the platelets start increasing by themselves.

Prevent dengue with these safety measures



Since the disease is spread by mosquitoes, taking steps to avoid mosquito bites include:

Use mosquito repellents:

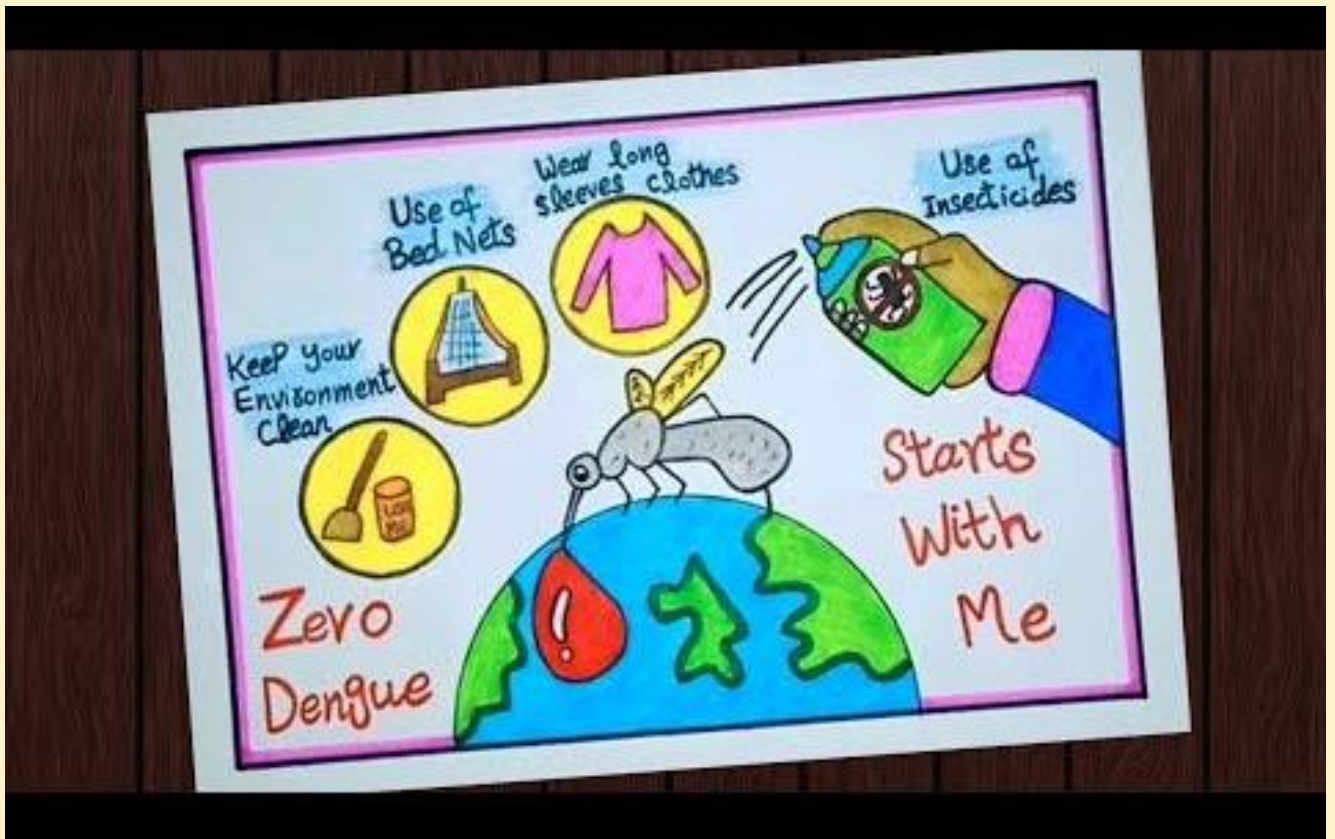
Apply repellents on exposed skin to keep mosquitoes away.



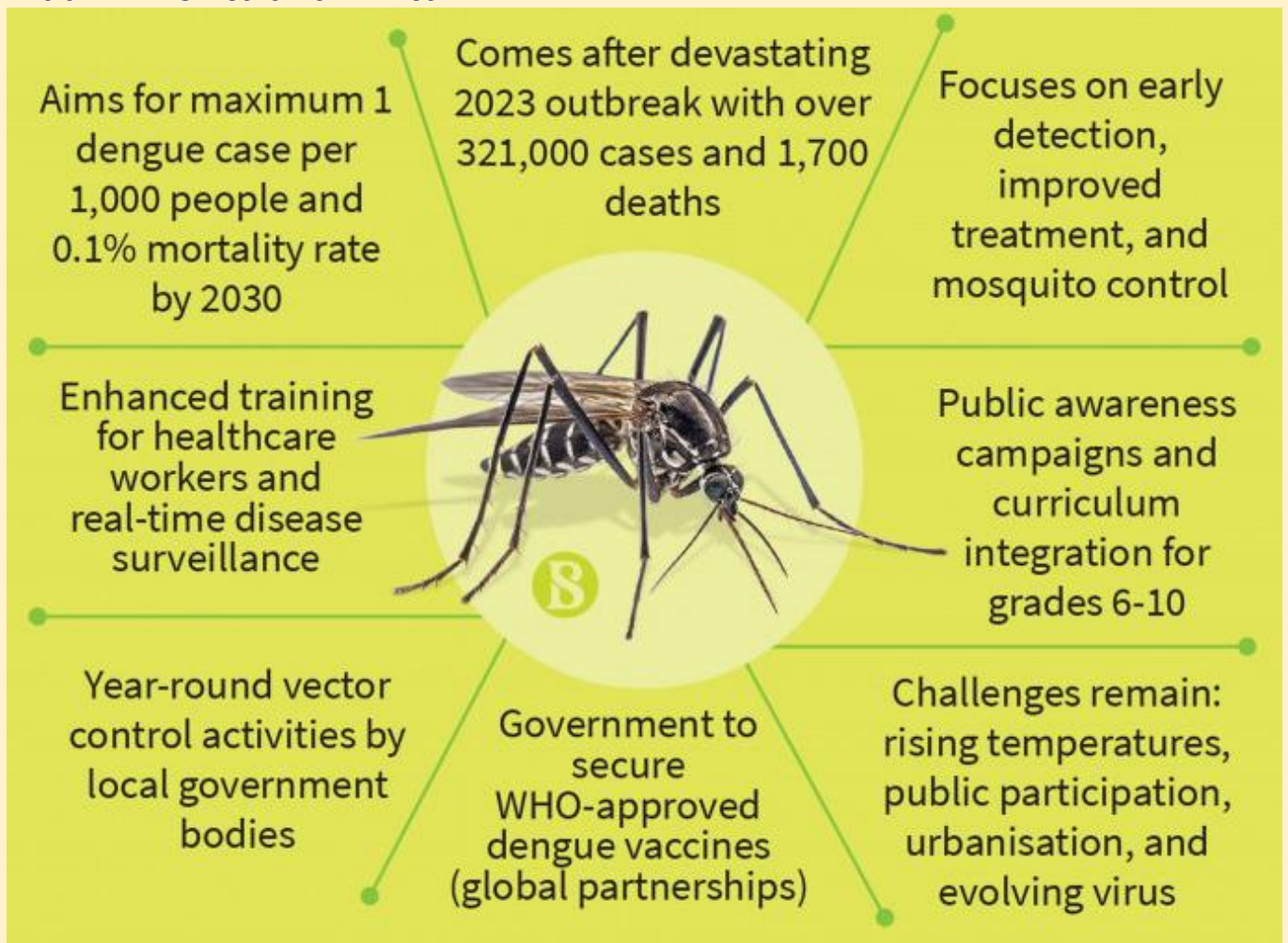
Available in various forms like spray, gel, and patches, protect yourself and your kids with mosquito repellents.

Dengue (DENG-gey) fever is a mosquito-borne illness that occurs in tropical and subtropical areas of the world. Mild dengue fever causes a high fever and flu-like symptoms. The severe form of dengue fever, also called dengue haemorrhagic fever, can cause serious bleeding, a sudden drop in blood pressure (shock) and death.





Millions of cases of dengue infection occur worldwide each year. Dengue fever is most common in Southeast Asia, the western Pacific islands, Latin America and Africa.



DENGUE FEVER

MODE OF SPREAD

Spread through bite of female Aedes mosquitoes.



Identified by black and white stripes over its body.

Generally a day biter.

Ideal breeding locations include -



SIGNS & SYMPTOMS

- The onset is sudden with chills and high fever, intense headache, muscle and joint pains.
- Within 24 hrs there is pain in eyes, extreme weakness, altered taste sensation and colicky pain.
- The skin eruptions also appear for 2 days.



TREATMENT

There is no cure for the disease which being self-limiting cures on its own.



However, symptomatic treatment is required to relieve the symptoms.



Appearance of red rashes or bleeding from the gums is an early sign.



In all cases treatment should be under care of a medical officer.



A careful watch is required for early signs of dengue haemorrhagic fever.

PREVENTIVE MEASURES

Use mosquito nets and mosquito repellents.



Ensure that there is no collection of water in and around the residences.



Spray anti larval hygiene chemicals at all breeding places.



Spray households with 0.1% pyrethrum whenever a case occurs.



Create awareness about the disease through health campaigns.

Wear full sleeves shirt & trousers.



Observe 'dry day' for all water containers in rotative every week.



Cover overhead tanks with lids.



All cases with fever & fever with bleedin must be reported.

But the disease has been spreading to new areas, including local outbreaks in Asia, Africa Europe and southern parts of the United States.



DID YOU KNOW?

KEY FACTS



About one in four people infected with dengue will get sick.



For people who get sick with dengue, symptoms can be mild or severe.



Severe dengue can be life-threatening within a few hours and often requires care at a hospital.

SYMPTOMS

Mild symptoms of dengue can be confused with other illnesses that cause fever, aches and pains, or a rash.

THE MOST COMMON SYMPTOM OF DENGUE IS FEVER WITH ANY OF THE FOLLOWING:



NAUSEA AND VOMITING



SKIN RASH



NOSE AND MOUTH BLEEDING



PAIN BEHIND THE EYE



SEVERE JOINT PAIN



SEVERE MUSCLE PAIN

“Dengue prevention and control should be everyone’s concern”.



DENGUE WARNING SIGNS

A drop in body temperature accompanied by any of the following symptoms:

A drop in body temperature

Intense and continuous abdominal pain

Dizziness

Persistent vomiting

Drowsiness

Bleeding from gums or nose, blood in vomit, urine or stool

Restlessness

A recent report suggested that dengue cases have touched sky high with nearly 190 cases reported in Delhi this year from January 1 to July 22. According to the Municipal Corporation of Delhi (MCD) data, this is the highest since 2018 when 49 dengue cases were reported in the same period, as reported by a renowned media house.

DENGUE AWARENESS

AVOID STAGNATION OF WATER!



COCONUT SHELL



PLASTIC DRUM



CEMENT TANK



AATUKKAL



OLD TYRES



OPEN WELL



PLASTIC BUCKETS



PLASTIC CUPS

PREVENT MOSQUITOES BREEDING! PROTECT FROM DENGUE!

UNDERSTANDING DENGUE

● A common dengue symptom is a high-grade fever that lasts for more than two days



five days to two weeks depending on the severity



● It can be accompanied by body ache, muscle pain, and rashes



● Self-medication for fever should be avoided and a close eye should be kept on the patient's platelet count

● Severe infection can reduce platelets in a person, reducing immunity



● As the rain has halted in the city

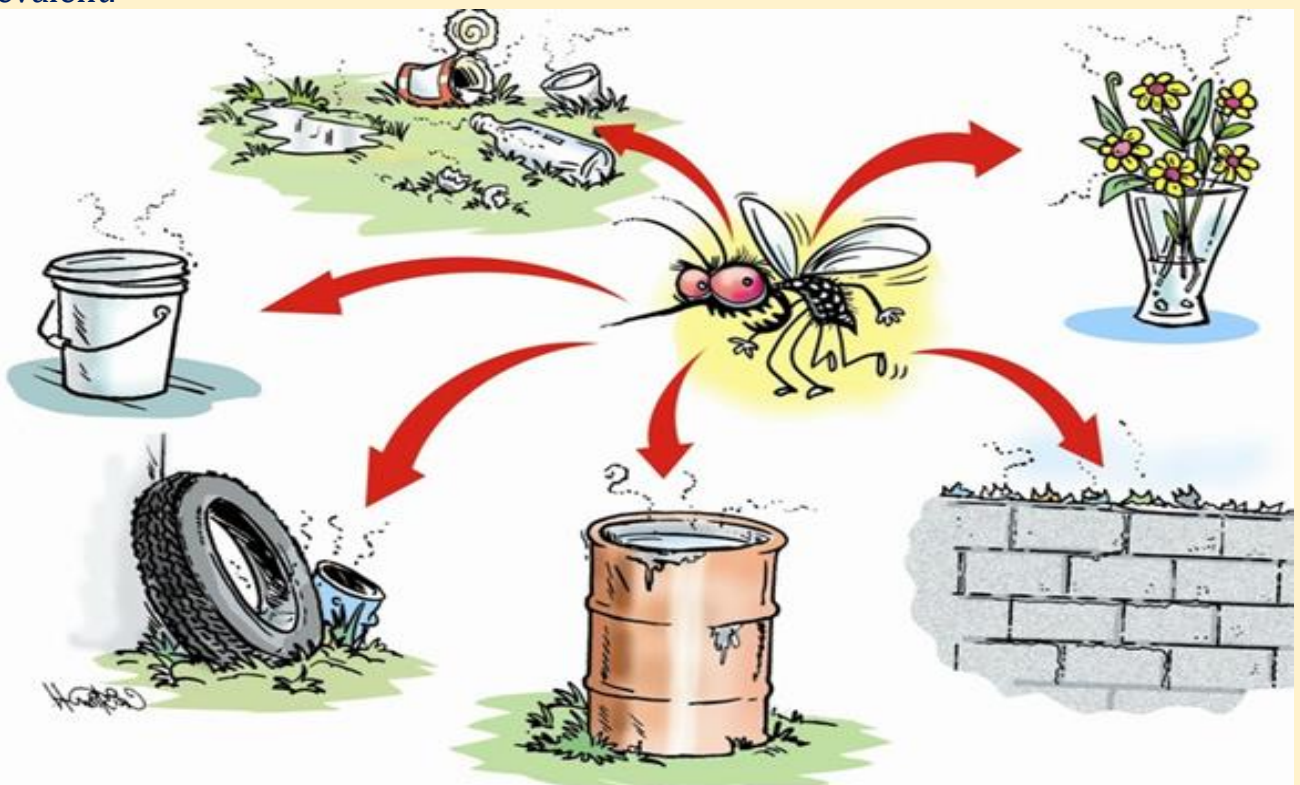


and the state, experts expect the cases to rise in the next fortnight

● The recovery period ranges from



Dengue is a viral infection transmitted by mosquitoes, primarily the Aedes species, which causes flu-like symptoms, including high fever, severe headache, joint and muscle pain, skin rash, and in severe cases. While dengue transmission can occur year-round, there are specific time periods when it is most prevalent.





DENGUE ALERT!

There is no vaccine available against dengue, and there are no specific medications to treat a dengue infection. This makes prevention as the most important step.

Prevention Tips:



Use mosquito repellent products



Wear long sleeves and pants in the evening as additional protection



Make sure no stagnant water at home or premises around you



Spray insecticide in dark corners of your home (e.g. under the bed and sofa and behind curtains)



Increase water intake to control body temperature

Symptoms:



Sudden onset of fever for 2 to 7 days



Severe headache with retro-orbital (behind the eye) pain



Joint and muscle pain



Skin rashes



Nausea and vomiting



Bleed from the nose or gums or easy bruising in the skin

Dengue fever, also known as break bone fever, is a mosquito-borne infection that can lead to a severe flu-like illness. It is caused by four different viruses and spread by Aedes mosquitoes. The Centres for Disease Control and Prevention (CDC) estimate that 400 million people are infected each year. In areas where dengue fever is common, the best ways to prevent infection are to avoid being bitten by mosquitoes and to take steps to reduce the mosquito population.

There are currently no vaccines.

“Patients are strictly advised to avoid painkillers, hard-to-digest food, toothbrush with hard bristles etc. Instead of this, they should take liquid or semi-solid diet, citrus fruits, glucose, etc.”

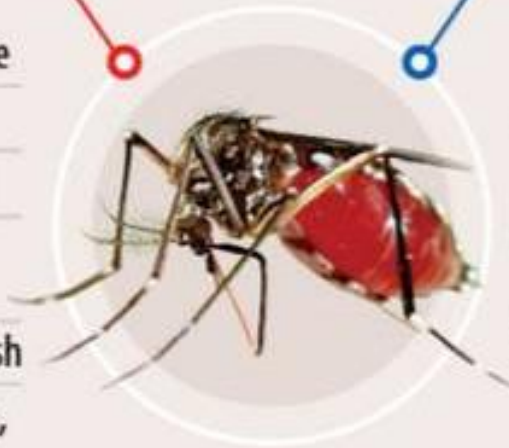
District 3060
Rotary
Chikhli River Front



Alipore Hospital

SYMPTOMS

- » Fever, severe headache
- » Pain behind eyes
- » Muscle and joint pain
- » Nausea, vomiting, swollen glands
- » Unusual weakness, rash
- » Abdomen pain, cough, loose motion



ADVICES

- Immediate blood test on doctor's advice
- Rest and drink plenty of fluids
- Paracetamol can be taken to reduce joint pains, fever
- Aspirin or ibuprofen should not be taken

Severe dengue fever can cause internal bleeding and organ damage. Blood pressure can drop to dangerous levels, causing shock. In some cases, severe dengue fever can lead to death. **Women who get dengue fever during pregnancy may be able to spread the virus to the baby during childbirth.**

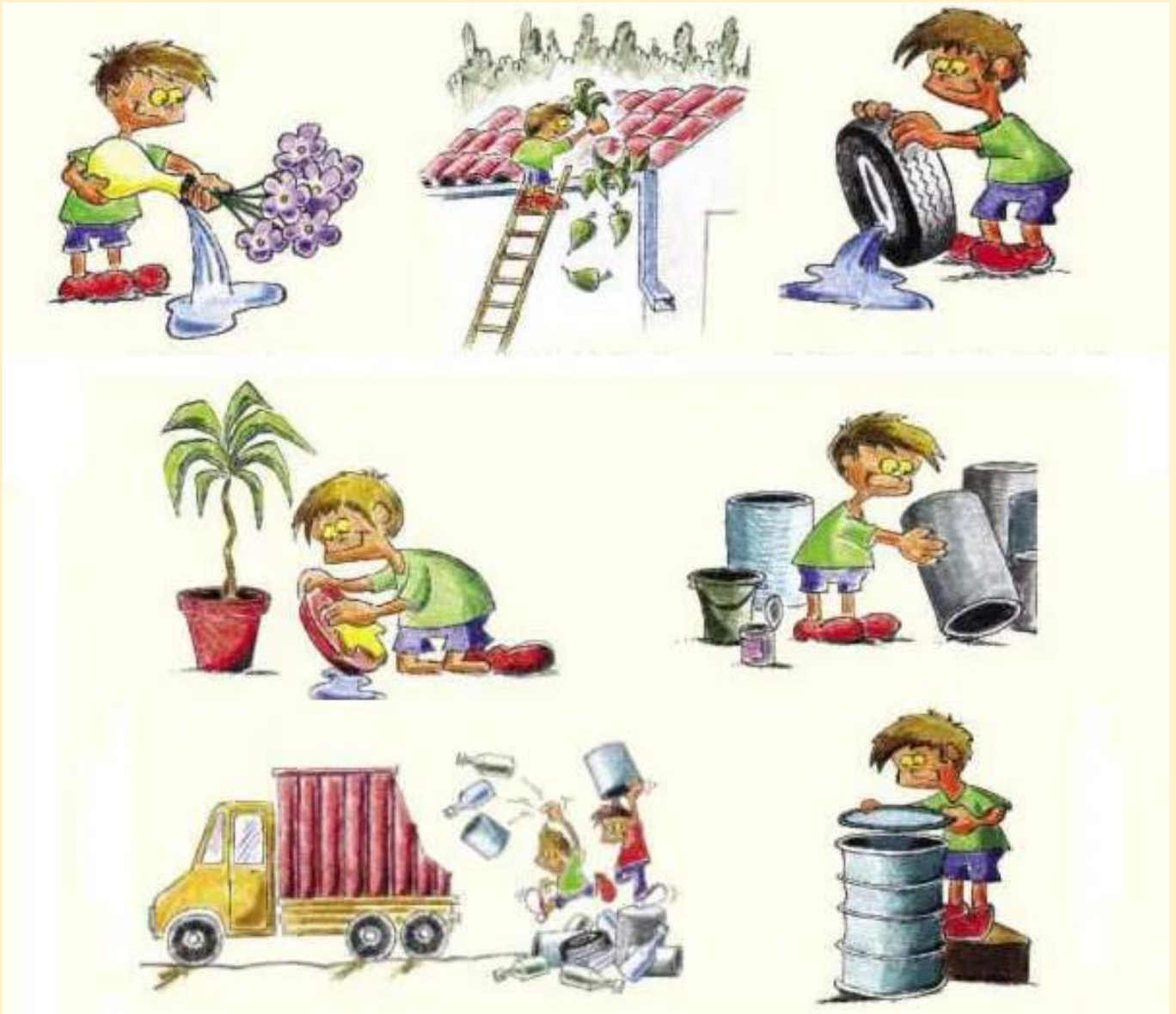
You can get dengue more than once

There are four types of dengue virus (DENV-1, DENV-2, DENV-3, and DENV-4). **An infection with one strain does not protect against the others^[2].**



Facts about dengue:-

- Dengue prevention and control depends on effective vector control measures.
- Dengue is a viral disease caused by dengue virus (DENV, 1–4 serotypes)
- Dengue is transmitted by bite of Aedes mosquito infected with any one of the four dengue viruses.
- Aedes mosquito bites during daylight hours. Person develops symptoms 3-14 days after the infective bite. Patients who are already infected with the dengue virus can transmit the infection to other via Aedes mosquitoes during 4-5 days of onset of symptoms.



“Health is wealth”.

“Good health and good sense are two of life’s greatest blessings” but now a day some dangerous diseases effects on health very much like one of its examples is Dengue Fever.

HOW TO PREVENT DENGUE

WEAR THE RIGHT CLOTHES
Wear long sleeves and pants. Choose lighter colours.

STAY INDOORS DURING PEAK
biting hours Stay indoors during dawn and dusk

KEEP MOSQUITOES OUTSIDE
Use screens on windows and doors to prevent mosquitoes entering.

Stop Dengue

DENGUE FEVER PREVENTION TIPS

Eliminate Standing Water

Use Mosquito Repellents

Stay Indoors

Wear Protective Clothing

Use Mosquito Nets

District 3060
Rotary
Chikhli River Front

Alipore Hospital

Prevent dengue with these safety measures



Since the disease is spread by mosquitoes, taking steps to avoid mosquito bites include:

Use mosquito repellents:

Apply repellents on exposed skin to keep mosquitoes away.



Available in various forms like spray, gel, and patches, protect yourself and your kids with mosquito repellents.

Use insecticide-treated nets and sprays:

Sleeping under a treated net can prevent bites. Ensure there are no holes in the net and spray insecticides around your home periodically.



Install window and door screens:

Use mesh screens to keep mosquitoes out, especially during dusk and dawn when they are most active.



Wear protective clothing:

Long sleeves and pants can reduce exposed skin and prevent bites.



Eliminate stagnant water:

Aedes mosquitoes breed in standing water. Regularly check and empty containers like plant trays, buckets, and clogged drains.



The patients must take care of things like there should be no bleeding via gums, stools, or in vomiting.

If a patient is found bleeding, he or she should immediately contact a doctor.



આલીપોર સોશયલ વેલફેર ટ્રસ્ટ સંચાલિત

દરેક સારવાર એક જ છત્ર નીચે સહતદરે ઉપલબ્ધ

આલીપોર હોસ્પિટલ



નેશનલ હાઇવે નં. ૪૮, આલીપોર. તા. ચીખલી, જી. નવસારી.

ફોન : (૦૨૬૩૪) ૨૯૬૧૪૬, ૨૯૬૧૪૭, ૨૩૩૧૪૬, ૨૩૪૧૪૬, મો. . ૯૪૮૪૯ ૪૧૦૦૬

દર ગુરુવારે
મફત
ઓપીડી

ફિઝિશિયન, જનરલ સર્જરી,
ઓર્થોપેડીક, ગાયનેક તથા
બાળરોગ વિભાગના
દર્દીઓ માટે
ઓ.પી.ડી. ફ્રી

જનરલ મેડીસીન વિભાગ (ફિઝિશિયન)

ડૉ. સૌરભ પટેલ

M.D. (General Medicine),
Fellowship in 2D Echo

ડૉ. યુનુસ માયત

M.D. (Physician)

ઓર્થોપેડિક વિભાગ

ડૉ. હિતેષકુમાર કાછડીયા

MBBS, D. Ortho, FIAA
(Orthopadic Surgeon)

જનરલ સર્જરી વિભાગ

ડૉ. ફૈઝ મુલ્તાની

M.S. (General Surgery)

ગાયનેક વિભાગ

ડૉ. સ્વાતિ પાડવી

MD (OBS & Gynec)

બાળરોગ વિભાગ

ડૉ. શ્રેયા પટેલ

MD, Paediatrics and
Neonatologist (FNNF)



આલીપોર સોશયલ વેલફેર ટ્રસ્ટ સંચાલિત

દરેક સારવાર એક જ છત્ર નીચે સહતદરે ઉપલબ્ધ

આલીપોર હોસ્પિટલ

નેશનલ હાઈવે નં. ૪૮, આલીપોર. તા. ચીખલી, જી. નવસારી. ફોન : (૦૨૬૩૪) ૨૩૩૧૪૬, ૨૩૪૧૪૬, ૨૩૧૭૪૨



જનરલ મેડીસીન વિભાગ

**ડૉ. સૌરભ પટેલ**

M.D. (Gen. Medicine), Fellowship in 2D ECHO

**ડૉ. યુનુસ માયત**

M.D., Physician, CMO cum Administrator

પ્રસુતિ અને સ્ત્રીરોગ

**ડૉ. સ્વાતિ પાડવી**

MD (Obs. & Gynecologist)

જનરલ સર્જરી

**ડૉ. ફૈઝ મુલ્તાની**

M.S. (General Surgeon)

હાડકાના રોગો

**ડૉ. હિતેશકુમાર કાછડીયા**

Orthopedic Surgeon

નાક, કાન, ગળાના રોગો

**ડૉ. મેલની કાપડીયા**

D.N.B. (ENT)

- ડેન્ટલ ડિપાર્ટમેન્ટ, ફિઝિયોથેરાપી
- ડાયાલિસીસની સુવિધા
- ચુરોલોજી, ન્યુરોલોજીની સારવાર
- ડિજીટલ એક્સરે તથા સોનોગ્રાફી
- અલગ-અલગ પેકેજોમાં ફુલ બોડી ચેકઅપ
- અદ્યતન સાધનોથી સુસજ્જ લેબોરેટરી
- કાર્ડિયોલોજી, નેફ્રોલોજી ડિપાર્ટમેન્ટ
- આંખના રોગોની સારવાર
- 24x7 ઈમરજન્સી સારવાર
- એમ્બ્યુલન્સ, કાર્ડિયાક એમ્બ્યુલન્સ સૌથી સસ્તા દરે
- ઉત્તમ સારવાર સૌથી સસ્તા દરે ઉપલબ્ધ
- મેડિકલ સ્ટોર



આલીપોર સોશયલ વેલફેર ટ્રસ્ટ સંચાલિત

દરેક સારવાર એક જ છત્ર નીચે સહતદરે ઉપલબ્ધ

આલીપોર હોસ્પિટલ

નેશનલ હાઈવે નં. ૪૮, આલીપોર. તા. ચીખલી, જી. નવસારી.

ફોન : (૦૨૬૩૪) ૨૬૬૧૪૬, ૨૬૬૧૪૭, ૨૩૩૧૪૬, ૨૩૪૧૪૬, મો. . ૯૪૮૪૯ ૪૧૦૦૬



આજના સમયમાં દરેક વ્યક્તિઓએ સમયાંતરે ફુલ બોડી ચેકઅપ કરાવવું ખૂબ જ જરૂરી છે ફુલ બોડી ચેકઅપ અલગ-અલગ પેકેજમાં આપણા વિસ્તારમાં સૌથી સસ્તા દરે ઉપલબ્ધ.

ફુલ બોડી ચેકઅપ (સંપૂર્ણ ડૉક્ટરી તપાસ હવે ઘર-આંગણે)

BASIC PACKAGE~~₹2000/-~~ **₹900/-**

- લોહીની તપાસ
CBC, ESR
(HAEMOGLOBIN, DIFFERENT COUNT, PLATELET COUNT, TOTAL LEUKOCYTE COUNT)
- સુગર (ડાયાબીટીસ) ની તપાસ
FASTING BLOOD SUGAR
- કીડની ને લગતી તપાસ
CREATININE (Kidney)
- કેલ્શિયમની તપાસ
CALCIUM (BONE)
- લીવર તથા હૃદયને લગતી તપાસ
SGPT (LIVER), URIC ACID
LIPID PROFILE (HEART)
- થાઈરોઈડની તપાસ
TSH (THYROID)
- પેશાબની તપાસ
URINE ROUTINE MICRO
- હૃદયની તપાસ
ECG TEST
- PHYSICIAN CONSULTATION

ADVANCE PACKAGE~~₹5500/-~~ **₹2000/-**

- લોહીની તપાસ
CBC, ESR
HAEMOGLOBIN, DIFFERENT COUNT, PLATELET COUNT, TOTAL LEUKOCYTE COUNT)
- સુગર (ડાયાબીટીસ) ની તપાસ
FASTING BLOOD SUGAR
HBA1C (3 MONTHS AVG. SUGAR)
- કીડની ને લગતી તપાસ
KIDNEY FUNCTION TEST
(UREA, CREAT, ELECTROLYTE, URIC ACID)
- કેલ્શિયમની તપાસ
BONE (CALCIUM, PHOSPHORUS)
- લીવર તથા હૃદયને લગતી તપાસ
LIVER FUNCTION TEST
(SGPT, SGOT, ALP, BILIRUBIN, PROTEIN)
LIPID PROFILE - HEART
(S.CHOLESTEROL, S.TRIGLYCERIDES, HDL / LDL / VLDL)
- થાઈરોઈડની તપાસ
TSH (THYROID)
- પેશાબની તપાસ
URINE ROUTINE MICRO
- વિટામીનની તપાસ
VITAMIN B12 • VITAMIN D3
- હૃદયની તપાસ
ECG TEST
- PHYSICIAN CONSULTATION

PREMIUM PACKAGE~~₹7500/-~~ **₹3000/-**

- લોહીની તપાસ
CBC, ESR
HAEMOGLOBIN, DIFFERENT COUNT, PLATELET COUNT, TOTAL LEUKOCYTE COUNT)
- સુગર (ડાયાબીટીસ) ની તપાસ
FASTING BLOOD SUGAR
HBA1C (3 MONTHS AVG. SUGAR)
- કીડની ને લગતી તપાસ
KIDNEY FUNCTION TEST
(UREA, CREAT, ELECTROLYTE, URIC ACID)
- કેલ્શિયમની તપાસ
BONE (CALCIUM, PHOSPHORUS)
- લોહીમાં લોહતત્વની તપાસ
IRON PROFILE (IRON, TIBC)
- લીવર તથા હૃદયને લગતી તપાસ
LIVER FUNCTION TEST
(SGPT, SGOT, ALP, BILIRUBIN, PROTEIN)
LIPID PROFILE - HEART
(S.CHOLESTEROL, S.TRIGLYCERIDES, HDL / LDL / VLDL)
- થાઈરોઈડની તપાસ
THYROID FUNCTION TEST (T3, T4, TSH)
- પેશાબની તપાસ
URINE ROUTINE MICRO
- વિટામીનની તપાસ
VITAMIN B12 • VITAMIN D3
- ઈન્ફેક્શન ટેસ્ટ
CRP
- હૃદયની તપાસ
ECG TEST • ECHO CARDIOGRAPHY TEST
- PHYSICIAN CONSULTATION

ફુલ બોડી ચેકઅપના ફાયદા ● કોઈ પણ રોગનું પ્રારંભિક નિદાન થઈ શકે

- પ્રારંભિક નિદાન થતા રોગોની તાત્કાલિક સારવાર અથવાથી રોગથી બચી શકાય કે રોગ આગળ વધતો અટકાવી શકાય
- માનસિક કે શારિરીક સહત રહે

● નોં : સર્વ ઈન્ફો માટે ફોન અથવાઓલોજીસ્ટની તપાસ ● ફુલ બોડી ચેકઅપ માટે ભુખા પેટે અભ્યાસનું રહેલું. ● ઓપોઈન્ટમેન્ટ લેવા માટે સંપર્ક : 94849 41006

થાઈરોઈડની સંપૂર્ણ તપાસ/સયોટ નિદાન

~~₹350/-~~ **₹180/-**

દર મહિનાની 1 થી 7 તારીખ સુધી

- થાઈરોઈડ શરીરની એક ગુંથી છે. ■ થાઈરોઈડને લીધે શરીરમાં વજનમાં વધારો/ઘટાડો થઈ શકે.
- ભૂખ વધી કે ઘટી શકે. ■ સ્ત્રીઓમાં માસિક અનિયમિત થવાની શક્યતા.
- વંધ્યત્વ આવી શકે. ■ ઘનકારાનું પ્રમાણ વધી જાય.

Tests to diagnose dengue fever



A blood test is necessary to confirm dengue infection. Depending on the stage of the disease, different tests may be recommended:

1. Dengue NS1 Antigen Test



This test is used to diagnose dengue from the first day of fever onwards. The NS1 antigen appears from the first day of infection and can be detected up to 5-7 days.

2. Dengue RT-PCR Test



Also conducted in the early phase (first 5-7 days), this test detects the viral genome (genetic material) in the blood. It is highly sensitive (around 90%) and specific (95%), making it the most reliable test during the initial stage of infection^[3].

District 3060
Rotary
Chikhli River Front



Alipore Hospital

Only dengue PCR can detect the type of dengue virus that has gotten you sick. However, the type of virus does not change the course or treatment of the illness.



All age groups and both sexes are equally affected but death is more in children due to Dengue Haemorrhagic Fever (DHF).

Dengue fever starts with sudden onset of fever, followed by severe headache, pain behind the eyes, muscle and joint pain, and rash.

A PCR test (polymerase chain reaction) is a type of molecular test that's used to check for dengue. These tests can be done during the first seven days after your symptoms begin. Tests done later than that may not have accurate results.

3. IgM Antibody Test



Most people start producing an antibody called IgM around the 3rd day after exposure. For the most accurate results, it's best to get an IgM antibody test between 5-8 days after illness onset, when levels are more detectable. Note that these levels may decline and become undetectable by 12 weeks.

4. IgG Antibody Test



About two weeks after infection, another protein called IgG appears, providing long-term protection. Combining IgM and IgG antibody tests can help detect dengue-specific antibodies in your blood, and identify current, recent, or past infections.

Regardless of whether it is a first-time or repeat infection, your best option is a combined NS1 antigen, IgM, and IgG antibody test. This approach is effective whether you get tested early or later (within 1-10 days of illness).



5. Complete Blood Count



Prevent dengue with these safety measures



Since the disease is spread by mosquitoes, taking steps to avoid mosquito bites include:

Use mosquito repellents:

Apply repellents on exposed skin to keep mosquitoes away.



ડૉ. કેમ મુલ્તાની

M.S. (General Surgeon)
લેપ્રોસ્કોપી તથા જનરલ સર્જન
દૂરબીનથી થતા ઓપરેશનના નિષ્ણાંત



સમય : કુલ ટાઇમ દરરોજ
સવારે ૧૧ થી ૨ સાંજે ૪ થી ૬

- સારણગાંઠ, હાઈડ્રોસીલ, એપેન્ડીક્સના ઓપરેશનો
- હરસ-મસા, ભગદર, પીતાશયની પથરીની સારવાર તથા ઓપરેશન
- શરીરની કોઈપણ નાની મોટી ગાંઠનું સચોટ નિદાન તથા સારવાર
- જુનો કનજિયાત તથા એસીટીડી, સુગરના લીધે સડી ગયેલા પગ (ડાયાબિટીક ફૂટ) ની સારવાર
- કોઈ પણ રીતે દાગેલાની સારવાર
- હરસ - મસા, ફિશર, ભગદરની કાપ વગર લેપ્રોસ્કોપી સારવાર
- થાઈરોઈડ તથા પેટના આંતરડાના તમામ રોગોની સારવાર તથા ઓપરેશનો
- અકસ્માતનાં કેસોની સારવાર
- આધુનિક પદ્ધતિ દ્વારા બાળકોની ખતના (Circumcision) કરી આપવામાં આવશે.



ડૉ. હિતેશકુમાર કાઠડીયા

Orthopedic Surgeon

હાડકાના રોગોના નિષ્ણાંત

દરરોજ સવારે ૧૦ થી સાંજે ૫

- હાડકાના રોગના તથા ફ્રેક્ચરના નિષ્ણાંત
- સંધિવાના રોગોની સારવાર
- કમરના દુ:ખાવા તેમજ ઓસ્ટીયોપોરાસીસની સારવાર
- ઘુંટણ અને થાપાના સાંધા બદલવાની સર્જરી
- ખભા અને ઘુંટણના દૂરબીનથી થતા ઓપરેશનો
- ઘુંટણ તથા સાંધાના ઘસારા માટે કુદરતી સાંધો બચાવવા માટેના ઓપરેશન
- દરેક પ્રકારના ફ્રેક્ચરની IATV ગાઈડેડ સારવાર
- અકસ્માતના કેસો, તમામ પ્રકારના ફ્રેક્ચરના ઓપરેશનો
- સ્પોર્ટ્સ ઈન્જરી, રમત-ગમત દરમિયાન થતી રનાચુઓ તથા લીગામેન્ટની ઈન્જરીઓની આધુનિક ટેકનોલોજીથી સારવાર



પ્રસુતિ તથા સ્ત્રી-રોગની સારવાર

ડૉ. સ્વાતિ પાડવી

MD (Obs. & Gynecologist)

૨૪ કલાક ઈમરજન્સી સુવિધા

- લેબરરૂમ, નોર્મલ ડિલીવરી
- જોખમી ડિલીવરી તથા પીડારહિત ડિલીવરી
- સીઝેરીયન ઓપરેશન
- ગર્ભાશયનું ટાંકાવાળું તથા ટાંકા વગરનું ઓપરેશન

ગર્ભવતી માતાની સંપૂર્ણ કાળજી નિદાન અને સારવાર, સ્ત્રીરોગને લગતી અન્ય તકલીફો જેવી કે માસિકની અનિયમિતતા તેમજ પેટાને લગતી તકલીફો તથા ત્યાંની ગાંઠોનું નિદાન તથા સારવાર.

નિ:સંતાનપણાની વેજાનિક અને આધુનિક સારવાર

ઉત્તમ સારવાર સૌથી સસ્તા દરે



ડૉ. શ્રેયા પટેલ

(M.D. Paedia.)

દરરોજ સવારે 10 થી 1 સુધી

ઈમરજન્સી 24 કલાક

WE TAKE CARE OF EVERY NEED OF YOUR CHILD



નીચે પ્રમાણેના વક્ષો ધરાવતા દર્દીઓની ઓપીડી તેમજ ઘણા દર્દી તરીકે સારવાર ઉપલબ્ધ

વક્ષણો

- શરટી, ઉધરસ, તાવ, ન્યુમોનીયા
- ડેન્ગ્યુ, મેલેરિયા, ટાયફોઈડ
- આંચકી
- ગ્રાડા, ઉલ્ટી, ડીહાઈડ્રેશન, પેટમાં દુ:ખાવો
- મગજમાં તાવ
- બાળકોનો શાસ્ત્રીક વિકાસ ન થવો
- ઝેરી કમળો
- સોડ એક્સીડન્ટ ઈન્જરી
- કિડની / હૃદયને લગતી તકલીફો

ઉપલબ્ધ સારવાર

- દરેક પ્રકારના સ્ત્રીકરણ (Vaccination)
- ઓક્સિજન તથા નેબ્યુલાઈઝર દ્વારા સારવાર
- ડેન્ગ્યુ, મેલેરિયા, ન્યુમોનીયાના ગંભીર કેસોની એક્સપર્ટ દ્વારા સારવાર
- અદ્યતન આઈસીયુ
- વેન્ટીલેટર તેમજ મોનીટરની સુવિધા સાથે 24 કલાક ઈમરજન્સી સારવાર
- તાલીમબદ્ધ નર્સિંગ સ્ટાફ દ્વારા ઉત્તમ સારવાર
- X-Ray - સોનોગ્રાફી - સીટી સ્કેન પેથોલોજી - 2DECHO

District 3060
Rotary
Chikhli River Front



Alipore Hospital

Dengue Haemorrhagic Fever (DHF)

During this rainy season, it is important not to neglect the dangers brought by Dengue

Practice the **4S** in Dengue Prevention and Control



Search and
DESTROY MOSQUITO
BREEDING SITES



Self-
PROTECTION
MEASURES



Say NO TO
INDISCRIMINATE
FOGGING



Seek EARLY
CONSULTATION

Dengue Haemorrhagic Fever (DHF) is a variant presentation of dengue infection that occurs primarily in children < 10 years living in areas where dengue is endemic. Dengue haemorrhagic fever, which has also been called Philippine, Thai, or Southeast Asian haemorrhagic fever, frequently requires prior infection with the dengue virus.

Dengue haemorrhagic fever is an immunopathologic disease; dengue virus-antibody immune complexes trigger release of vasoactive mediators by macrophages. The mediators increase vascular permeability, causing vascular leakage, haemorrhagic manifestations, haemoconcentration, and serous effusions, which can lead to circulatory collapse (ie, dengue shock syndrome).

DHF has an acute onset of fever followed by abdominal pain, vomiting, bleeding. A small proportion of cases may show fatal disease as dengue shock syndrome.

There are no specific antiviral medicines for dengue. Early clinical diagnosis by physician and proper clinical management lowers the fatality rates below 1%. Use of analgesics (pain reliever) with paracetamol promoting patient to drink plenty of fluids and rest are important. Use of acetylsalicylic acid (e.g aspirin) and non steroidal anti-inflammatory drugs (e.g. Ibuprofen) is not recommended.

Protect yourself from mosquito bites to prevent

DENGUE

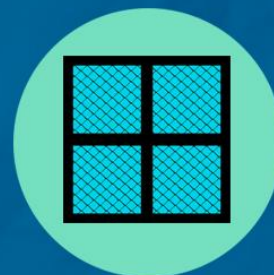
and other mosquito-borne diseases



Use mosquito repellent



Wear light-coloured, long-sleeved clothes



Install window and door screens



Sleep under a mosquito net



Use household insecticides, aerosols, mosquito coils



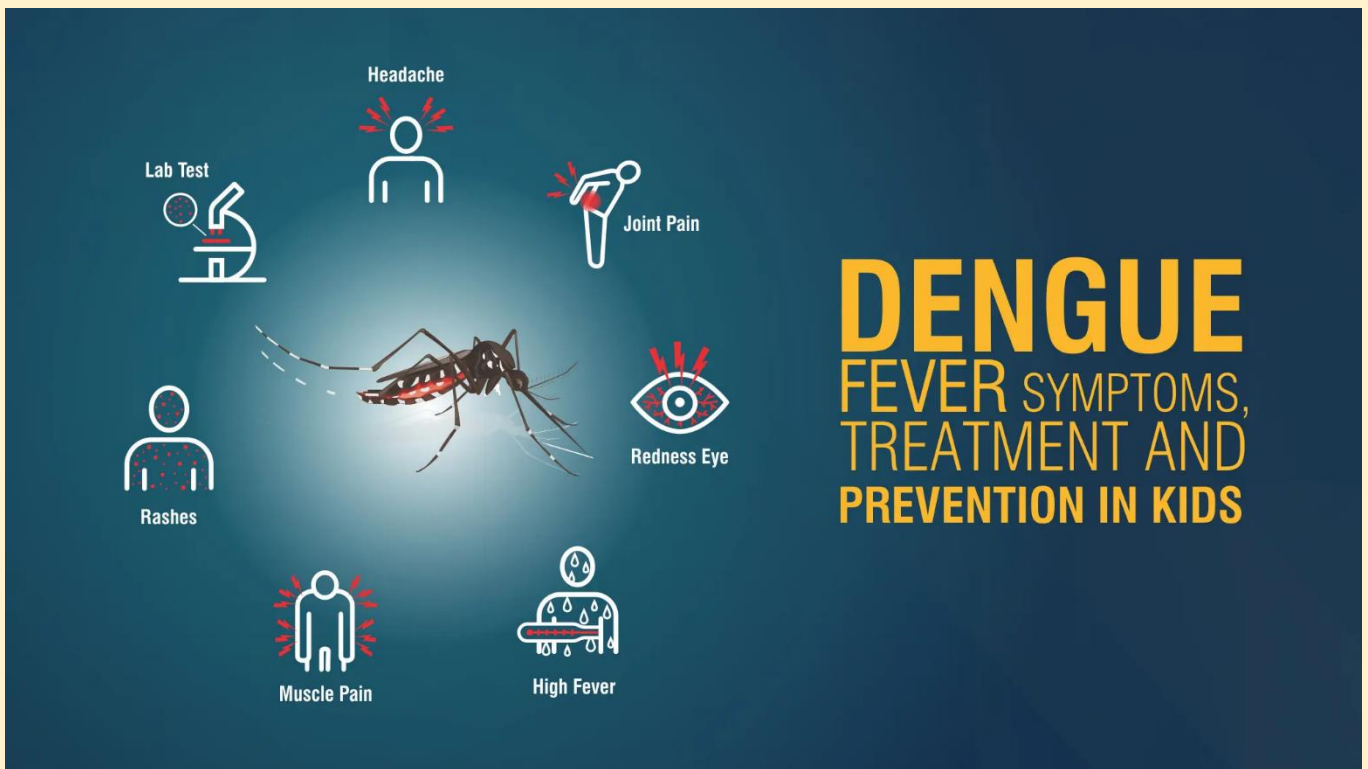
DHF - DENGUE HAEMORRHAGIC FEVER

- Dengue hemorrhagic fever occurs primarily in children < 10 years living in areas where dengue is endemic and requires prior infection with the dengue virus.
- Dengue hemorrhagic fever may initially resemble classic dengue fever, but certain findings (eg, severe abdominal pain and tenderness, persistent vomiting, hematemesis, epistaxis, melena) indicate possible progression to severe dengue.
- Circulatory collapse and multiorgan failure, called dengue shock syndrome, may develop rapidly 2 to 6 days after onset.
- Diagnose based on specific clinical and laboratory criteria.
- Maintaining euvolemia is crucial.

District 3060
Rotary
Chikhli River Front



Alipore Hospital



Prevention and control

Directorate of National Vector Borne Disease Control Programme is the nodal centre for the surveillance and prevention of dengue in India. Integrated Disease Surveillance Programme also helps in disease surveillance and outbreak detection/investigation of dengue in the country.

Notification of dengue cases Ministry of Health and Family Welfare, Government of India has made notification of dengue cases essential. All government health institutions and private hospitals and clinics are required to inform office of the district health authority of concerned district to notify suspected dengue cases reported at their health institution every week or daily during transmission season.

Precautions:-

- Water from coolers and other small containers (plastic containers, buckets, used automobile tyres, water coolers, pet watering containers and flower vases) should be removed at least once in a week.
- Appropriate larvicides should be used to water storage containers that cannot be emptied. • Water storages containers should be kept covered with lid.
- Aerosol can be used during day time to prevent the bites of mosquitoes.
- During transmission season (rainy season) all persons can wear clothes that cover arms and legs.
- Mosquito nets or mosquito repellents can be used while sleeping during day time.
- Personal protective measures such as window screens, insecticide treated bed nets, coils and vaporizers can be used to prevent mosquito bites.
- Dengue patient should be prevented from mosquito bites. This will prevent further spread of dengue to other persons.

**"Dengue prevention and control should be everyone's concern".
"Participate in Swachh Bharat Mission"**



Ministry of Health and Family Welfare
Government of India

NATIONAL HEALTH PORTAL
Gateway to authentic health information
www.nhp.gov.in
NHP Voice Web (Toll Free): 1800-180-1104



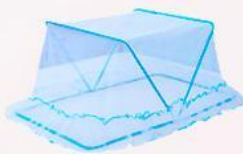
Do's & Don'ts to prevent Dengue



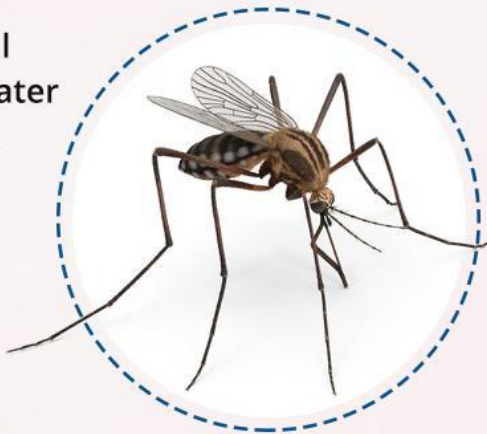
Remove water from coolers & other small containers and cover water containers with lids



Using aerosol during day time to prevent mosquito bites



Use mosquito nets or repellents while sleeping



Wear clothes that do not expose arms or legs

Don'ts

- Do not use Aspirin or Ibuprofen for fever or body aches.
- Do not use antibiotics, unless prescribed by doctor.
- Do not use steroids, unless prescribed by doctor.
- Avoid using Blood Transfusion or Platelets unless indicated

Warning signs: If present, immediately consult a doctor.

- Red spots on skin
- Bleeding from nose or gums,
- Frequent vomiting or vomiting with blood
- Abdominal pain
- Pale, cold or clammy skin

District 3060

Rotary

Chikhli River Front



Alipore Hospital



How can dengue be prevented:

- Avoid outdoor activities at Dawn and Dusk.
- Apply mosquito repellent creams on exposed skin before the kids move out of the house.
- Wear protective clothing. Cover as much of your skin by wearing light colored, loose, long sleeved shirts and pants. Avoid dark colors as they attract mosquitoes.
- Use bed nets for sleeping. Clothes and bed net can be sprayed with mosquito repellents.
- Use mosquito repellent coils or plug-in devices.
- Avoid mosquito breeding:
 - Get rid of stagnant water in pots, tyres, empty containers.
 - Cover all water storage tanks.
 - Empty out water cooler tanks every week.
 - Keep wet garbage covered. Empty out the dustbin daily.

Dengue Fever Prevention Tips



Eliminate Standing Water



Stay Indoors



Use Mosquito Repellents



Use Mosquito Nets



Wear Protective Clothing



START YOUR MOZZIE WIPEOUT

STOP DENGUE WITH **B-L-O-C-K.**



BREAK

up hardened soil



LIFT

and empty flowerpot plates



OVERTURN

pails and wipe their rims



CHANGE

water in vases



KEEP

roof gutters clear and place BTI insecticide

Oddly enough, having dengue fever once does not mean you're safe from it. Indeed, some studies indicate that a second bout of dengue fever often can be worse than the first, with a greater risk of progressing to the haemorrhagic form.

Vaccine:

Researchers are working on dengue fever vaccines. As of now no vaccine has been approved for use in our country.

If you take proper precaution and remain alert for the symptoms, together we can fight Dengue.

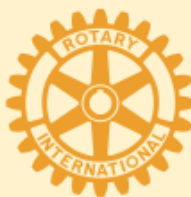
Treatment

There is no specific treatment available for Dengue Fever. Only symptomatic care is available. Some dos and don'ts are:

Dos

- Relieve the pain and fever, use only paracetamol.
- Keep the baby well hydrated. Drink plenty of fluids — ORS, coconut water, fruit juices.
- Adequate bed rest.
- **Consult a doctor and get the child admitted if not getting better.**

District 3060
Rotary
Chikhli River Front



Alipore Hospital

PREVENTION AND TREATMENT FOR DENGUE



Destroy mosquito breeding places



Sleep under mosquito nets



Wear protective clothing



Insect Repellent



Take some fever medication



Rest as much as possible



Drink plenty of fluids



Doctor Consultation

Dengue prevention and control is everyone's responsibility.

Together we can make a difference.

Awareness and prevention are key to beat dengue!

Let's unite to fight dengue by removing stagnant water, using mosquito repellents and taking other general precautions.

We remain committed to root out the dreaded disease from our region.





CONSULT DOCTOR

આલીપોર સોશ્યલ વેલ્ફેર ટ્રસ્ટ સંચાલિત

દરેક સારવાર એક જ છત્ર નીચે સહતદરે ઉપલબ્ધ



આલીપોર હોસ્પિટલ



નેશનલ હાઇવે નં. ૪૮, આલીપોર. તા. ચીખલી, જી. નવસારી. ફોન : (૦૨૬૩૪) ૨૩૩૧૪૬, ૨૩૪૧૪૬, ૨૩૧૭૪૨

જનરલ મેડીસીન વિભાગ

ડૉ. સૌરભ પટેલ

M.D. (Gen. Medicine)
Fellowship in 2D ECHO

દરરોજ સવારે ૧૦ થી ૨ અને સાંજે ૪ થી ૬

ડૉ. યુનુસ માયત

M.D., Physician
CMO cum Administrator

દરરોજ સવારે ૧૦ થી ૨ અને સાંજે ૪ થી ૬

- ડાયાબીટીસની સારવાર
- દમના રોગ, તાવ, પ્લડપ્રેશરની સારવાર
- પેટના રોગોની સારવાર
- I.C.U. વિભાગ નિષ્ણાંત
- દરેક પ્રકારના તાવની સારવાર
- પ્લડપ્રેશરની વધ-ઘટ
- શરીરની સામાન્ય ખિમારીઓની સારવાર
- સર્પદંશ તથા ઝેરી દવા પીધેલાની સારવાર
- મગજના રોગોની સારવાર
- હૃદયરોગનું નિદાન તથા સારવાર
- લીવરનો સોજો તથા સારવાર
- ફેફસાના રોગોની સારવાર
- ટીબી, ન્યૂમોનિયાની સારવાર
- પેટમાં પાણીનો ભરાવો (Ascites) ની સારવાર



૨૪ કલાક
ઈમરજન્સી
સુવિધા



If you think anyone near you have dengue fever, seek medical attention at your primary care doctor.

Use mosquito repellent regularly if you are diagnosed with dengue or suspected to have dengue, to protect your loved ones and others living around you.

You'll likely start by seeing your primary care provider. But you might also be referred to a doctor who specializes in infectious diseases.

Most cases of dengue fever can be treated at home with pain medicine. Acetaminophen (paracetamol) is often used to control pain.

Non-steroidal anti-inflammatory drugs like ibuprofen and aspirin are avoided as they can increase the risk of bleeding. For people with severe dengue, hospitalization is often needed.

Fruits and vegetables to help you recover from dengue faster

Dengue danger. Dengue fever had gripped India across states since a long time and thousands of people are getting affected every day. ...

What to eat? ...

- Papaya. ...
- Kiwi. ...
- Pomegranate. ...
- Pumpkin. ...
- Spinach. ...
- Beetroot
- Many doctors and health practitioners advocate regular consumption of Tulsi, Amla, Ashwagandha, Ginger, Aloe Vera, and Giloy to control the spread of dengue.
- The adequate minerals and salts in coconut water help you stay hydrated.
- Ginger water is also helpful in fighting the nausea and vomiting that many dengue patients experience.
- Fenugreek, or methi, reduces pain in dengue patients and thus induces sleep.
- Neem leaves can help purify the blood and remove toxins from the body.
- Vegetable juice is a wonder for dengue patients. It contains essential vitamins, minerals, and antioxidants to support recovery.

Can I Eat Papaya in case of **Dengue Fever**?

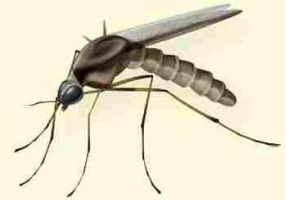
Yes. Papaya is Rich in **Vitamins, Zinc, Folate, & Fiber**, making it a Superfood for your Health.



Bananas are a great option for dengue. They prevent dehydration, replenish electrolytes, and help with digestion. They also contain sufficient nutrients, maintain a balanced diet, and thus act as boosters in recovering from the disease.

Dragon fruit is an exotic fruit loaded with antioxidants, iron, and fibre that aid in building cellular immunity and may support dengue haemorrhagic fever. Besides, dengue fever causes acute pain in the body, so eating dragon fruit will help fight oxidative stress.

How Can I Cure **Dengue** Faster?



Drink Plenty Of Fluids



Consume Yogurt To Fight Bacterial & Viral Diseases



Rest As Much As You Can



Herbal Tea Is Recommended For Restful Sleep



Hospitalization Is Required in Cases of Severe Dengue

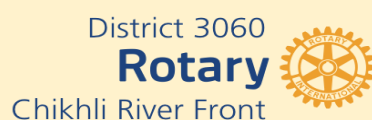
Fruits you should avoid for dengue are:

Whether it is you or someone diagnosed with dengue, you must exclude berries, guava, strawberries, mango, and persimmon from your diet to get favourable outcomes.

In addition, raw and flavoured vegetables such as cabbage, capsicum, turnips, onions, garlic, and eggplant should be avoided. For quick and safe results, no spicy food, caffeinated beverages, or alcoholic beverages should be consumed.

Final Views:

The primary need is medical care to treat the dengue viral infection; however, the dengue above fruits, a rich source of vital vitamins and minerals, act as boosters to experience quick recovery and overall well-being.



Alipore Hospital



ro·ta·ry vol·un·teer

/'rōdərəē/

/,vālən'tir/

Agent of change, Person of action

Rotary:
where *talk* turns into *action*.



Time for FAMILY.
Time for WORK.
Time for COMMUNITY.

Time to make
A DIFFERENCE.



Time  Rotary

District 3060

Rotary

Chikhli River Front



GLOBAL GRANT PROJECT OF THE ROTARY FOUNDATION OF ROTARY INTERNATIONAL GG # 21 18317 ROTARY YEAR 2020-21

The Rotary Foundation
SMT. INDIRABEN & HARSHADHAI PATEL, SADAKPORE-USA
ROTARY CLUB OF CHIKHLI RIVER FRONT

BEST PROTECTION IS EARLY DETECTION

CANCER DETECTION ON WHEELS

- Breast Cancer
- Cervical Cancer
- Oral Cancer
- Head & Neck Cancer
- Lungs Cancer
- Prostate Cancer

ROTARY CLUB OF CHIKHLI RIVER FRONT

Alipore Social Welfare Trust | **ALIPORE HOSPITAL** | **ROTARY CLUB OF CHIKHLI RIVER FRONT & ROTARY CLUB OF GANDEVI** | **Rotary**

**FOR CANCER DETECTION IN YOUR AREA
PLEASE CONTACT SUHEL SHAH +91-99794 93698**

R Recognize an ethical issue

O Obtain Information about the situation and others' interests and perceptions

T Test alternative actions from various perspectives

A Act consistently with your best judgment

R Reflect on your decision after acting

Y Yield to your ethical judgments

Rotary
The National Rotarians World

1. What action benefits me most?
2. What action do my friends think I should do?
3. What action would produce the greatest amount of good and the least amount of harm?
4. What action respects the integrity of every person?

ROTARY CLUB OF CHIKHLI RIVER FRONT

Rotary

"Service Above Self"

"One Profits Most Who Serves Best"

Our Two Mottos

JOIN ROTARY CONTACT
RTN SWETAL DESAI
+91-8511103499

Rotary | **THE MAGIC OF ROTARY**



WHAT IS ROTARY?

Rotary is a global network of 1.4 million neighbours, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

Solving real problems takes real commitment and vision. For more than 110 years, Rotary's people of action have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace to water and health, we are always working to better our world, and we stay committed to the end.

WHAT WE DO

Rotary members believe that we have a shared responsibility to take action on our world's most persistent issues. Our 46,000+ clubs work together to:

- Promote peace
- Fight disease
- Provide clean water, sanitation, and hygiene
- Save mothers and children
- Support education
- Grow local economies
- Protect the environment

OUR MISSION

We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders.

VISION STATEMENT

Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

DIVERSITY, EQUITY, AND INCLUSION

As a global network that strives to build a world where people unite and take action to create lasting change, Rotary values diversity and celebrates the contributions of people of all backgrounds, regardless of their age, ethnicity, race, colour, abilities, religion, socioeconomic status, culture, sex, sexual orientation, and gender identity.

YOUR TIME, ENERGY, AND A PASSION TO IMPROVE YOUR WORLD ARE ALL YOU NEED TO GET INVOLVED WITH ROTARY.

Become one of Rotary's people of action or explore the many opportunities we have for anyone — whatever your age or interest — who wants to improve lives in communities near and far. Connect with a local Rotary club to find out how you can get involved.

JOIN ROTARY, BE A ROTARIAN!

CONTACT SWETAL DESAI +91-8511103499

Thank you
FOR YOUR SUPPORT

THIS PUBLICATION IS FOR PRIVATE CIRCULATION ONLY FOR
ROTARY CLUB OF CHIKHLI RIVER FRONT

ALIPORE HOSPITAL CAMPUS
N.H.No. 48, ALIPORE -396409
TALUKA CHIKHLI
DISTRICT NAVSARI
GUJARAT STATE INDIA

District 3060

Rotary

Chikhli River Front

