

EDITORIAL

When you seek unending source of discipline, look out for the sun. It blooms up every morning to salute us lesser mortals and showers shines in our lives with no casual breaks. And it has been doing this for millions of years (may be more), perfect example of bleeding discipline.

When you seek unending source of inspiration, look out for the bunch of cacti. With virtually no water or minerals beneath their roots, they continue to extract the best from sand and remain plump happy.

When you seek unending source of hope, look out for the face of an ailing person, who knows about the notoriety of underlying terminal illness, yet makes attempts with gusto to keep the spirits of acquaintances flowing high. (I witness it so often in medical practice and it strengthens my belief that faith flows in defined direction, it multiplies in its magnitude and produces effects appreciated by eyes and mind)

When you seek unending source of belonging, just try to feel what your mother must have gone through emotionally and what dreams she must have crafted and protected for you with eyes full of high hopes when you were cocooned in the womb.

When you seek unending source of happiness, look out for a bunch of teenagers, who chuckle & chirp with their eyes full of glitters, oblivious to the sweltering realities of life.

When you seek unending source of dynamism, just think what the heck our primordial 2 cells undergo to produce a body full of 100 trillion cells.

When you think lost in the lanes of learning a new language, Try imagining a member of the royal family of Thailand. Deeply revered by the Thai people, the royal family speaks a private and ancient language known only to themselves and a privileged few.

Spare 60 dedicated seconds of your life with closed eyes to think about the unfortunate folks who are devoid of sight and you will understand the power of blessing (that you have been bestowed with)

When you think you do enough hard work, think of ants. They travel 1.09 km in a day, and going by the approximate size ratio of 1:660, an average person must walk for approximate 720 km a day. Have you ever done this? (Will you ever attempt this?)

HEALTH NEWS

People with higher intakes of a fat found mainly in dairy products might have lower odds of developing diabetes, a new study suggests. Looking at more than 3,700 U.S. adults, researchers found that those with higher blood levels of the fatty acid—known as trans-palmitoleic acid—were about 60 percent less likely to develop type 2 diabetes over the next 20 years than people with the lowest blood levels. That would seem to run counter to longstanding recommendations to trade in whole milk and cheese for the skim varieties for the sake of health. For one thing, whether the fatty acid itself deserves the credit for the lower diabetes risk is not clear. And then there's the fact that full-fat dairy products are often high in calories, which could lead to weight gain—itsself a risk factor for diabetes—and saturated fat, which could boost "bad" LDL cholesterol and contribute to heart disease.

The results, reported in the *Annals of Internal Medicine*, also point to a potential explanation for some previous research that showed dairy lovers to have a lower diabetes risk than people who consume little dairy. While some studies have found that dairy lovers have a lower diabetes risk, there are also many studies linking the same benefit to the Mediterranean diet—typically low in dairy, but high in fats from olive oil and fish, and rich in high-fiber grains, vegetables and legumes. At this point, the best defense we have against diabetes is maintaining a healthy weight, getting regular exercise and eating a balanced diet.

Mothers who don't breastfeed their newborns for at least one month are more likely to develop type 2 diabetes at some point in their lives than women who do, a Pennsylvania study finds. Previous research demonstrated health benefits to moms who breastfed as long as six months or a year. The Pennsylvania results suggest that even a month of breastfeeding can have positive, lasting effects.

In type 2 diabetes, the most common form of the disease, either the body does not produce enough insulin or the cells ignore the insulin that the body needs to turn food into energy. An estimated 10 percent of American women have it. To see how long a new mom needs to breastfeed to reap later benefits to her health, Schwarz and colleagues analyzed a large database of patients treated by Kaiser Permanente Medical Care Program of Northern California. They compared the incidence of type 2 diabetes in 2,233 women between the ages of 40 and 78, divided into three groups: those who had never had children (405 women), those who had children but never breastfed them (703 women) and those who had breastfed (1,125 women).

The researchers found that 188 (26.7 percent) of the study mothers who didn't breastfeed their infants later went on to develop diabetes compared to 202 (18 percent) of women who exclusively breastfed their newborn at least one month and 71 (17.5 percent) of women who never had children. The findings "highlight the importance to maternal health of consistent lactation after each birth" and add to the growing body of evidence that not breastfeeding might add to health risks. The study results tell new mothers that they can do something for their own health by breastfeeding for at least a month, Schwarz said. The authors also have a message for moms who, for whatever reason, never breastfed their children.

"Variability is the law of life, and as no two faces are the same, so no two bodies are alike, and no two individuals react alike and behave alike under the abnormal conditions which we know as disease."

William Osler

"People who laugh actually live longer than those who don't laugh. Few persons realize that health actually varies according to the amount of laughter."

James J. Walsh

"Happiness? That's nothing more than good health and a poor memory."

Dr. Albert Schweitzer

Be web suave, its high time

With the advent of new-era communicative tools, findings things of relevance has not remained a tough nut to crack. People all over search the internet for things that interests them and make their opinions about. I think it's important in today's fast-paced and interconnected world for a doctor to make some use of various collaborative tools in the web world. It won't just leverage the quantum and authenticity of their practice but in turn would be helpful for the patients as well. Suppose, someone is desperately searching for competent oncologists in his / her area and he googles it, there are high chances that he will be connected to the profiles of some of the specialists in the region, who may or may not be super experts. Now the choice is limited as the person in need is unlikely to personally visit every specialist and form an opinion to select the best. Here role of web presence matters a lot.

By understanding the need of projecting your special interests and capabilities as a clinician, you can help patients in dire need of your services and believe me its not a web developer's job to highlight your profile or to enhance your web reach. By virtue of simple tools (your personal website, basic social networking tools i.e. facebook, linkedin etc, bookmarking tools i.e. stumbleupon, delicious etc), the profile's visibility can be increased multifold. If you can write a blog, make it a point to do it regularly and keep on updating about your professional inclinations and techniques. If the target audience is a patient, the goal should be to equip him / her with the knowledge and options of various treatment modes.

The top trends in web and social media usage of internet tools are increase in the number of websites that target to social networking of health care professionals only & a high rise in web version availability of all medical and scientific journals. Its high time that we start contributing actively our scientific papers to online journals that would add up the credibility and serve as a cornerstone for our patient in his / her selection of care provider. Patients are looking for authoritative but personal information to help them navigate all of the health information they find in today's media, and I find that using social media helps me to reach more than just the patient in my exam room, hopefully saving patients and parents unnecessary anxiety and saving physicians and other health care providers unnecessary visits.

**He who has health, has hope; and
he who has hope, has everything.**



Minimal Access General Surgery . Laparoscopic Hernia Repair . Laparoscopic Assisted Vaginal Hysterectomy . Total Laparoscopic Hysterectomy . Laparoscopy For Gall Bladder Stone . Laparoscopic Removal Of Ovarian Cyst . Laparoscopic Bariatric Surgery . Diagnostic Laparoscopy . PCNL . URS . Extra Corporeal Shockwave Lithotripsy . Flexible Ureteroscopy . Laparoscopic Splenectomy . Laparoscopic Appendectomy . Minimally Invasive Procedure For Piles . Endoscopic Spine Surgery . Malignancy Surgeries . Specialities . Anesthesia and Pain Clinic . Andrology . Psychiatry and Deaddiction . Neurology . Gastroenterology . Endocrinology . General Medicine . Cardiology . Ophthalmology . Pulmonology . Paediatrics . Maternal and Child Health .Nephrology . Immunology . Rheumatology .Oncology . Geriatrics Dermatology and Venereal Diseases . Bone and Joint Relacement . Arthroscopy . Cardiothoracic and Vascular Surgery . Neurosurgery . Endocrine Surgery . ENT Surgery . Cosmetic and Aesthetic Surgery . Infertility Clinic . Stroke Clinic. Urogynaecology Surgery . Surgery For Incontinence . Metabolic Surgery For Diabetes and Morbid Obesity .

KHETARPAL HOSPITAL

Center of Excellence for all laparoscopic, endoscopic and bariatric surgeries.

An emblem of endurance, an insignia of innovations, a benchmark of highest standards. Driven by ethical values and intrinsic competency to provide dedicated patient care.

Founded in 1992, Khetarpal Hospital has bludgeoned its stature continuously by adapting to newer technologies and practicing complete patient care with passion and honesty.

Here, at whatever time you come, you would experience a blend of hope, help and holistic care. We aim to be your health care partner to make your life a winning one.

EDITOR IN CHIEF

DR ANIL KHETARPAL

ASSOCIATE EDITORS

DR MANJU SINGH

DR DARSHANA CHAWDA

ASSISTANT EDITORS

DR SMITA KHETARPAL

DR AYUSH KHETARPAL

EDITORIAL ADVISORY BOARD

DR S P BAJAJ, MCH

DR S K JAIN, MCH

DR RAKESH NATHANI, MCH

DR MANOJ SAREEN, MD

DR SUSHEEL SAYAL, MD

PRODUCTION DIRECTOR

MRS RENU KHETARPAL

Khetarpal Hospital,

F-95, Bali Nagar, Main Najafgarh
Road, Near Ramesh Nagar Metro Station,
New Delhi - 110015

Phone Number: (011) 45515100, 25923139-
40-41-42-43-44

Fax Number: +91-11-25193344, +91-11-
25115746

**24 Hour Helpline No:
9910116211**

E Mail: anilkhetarpal@gmail.com