

LIFESTYLE AND PAIN MANAGEMENT CLINIC
HEALTH POINT MULTISPECIALITY HOSPITAL
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Life style is undergoing radical changes from physical outdoor labour to more sedentary life, from traditional freshly prepared food to convenient fast food, excessive consumption of alcohol and smoking and paan &or zarda

These changes in lifestyle are perhaps responsible for many chronic non communicable diseases and also lead to the rise in morbidity and mortality, contrary to the increase in life expectancy .These changes are the cause for Obesity-specially childhood obesity ,diabetes, diabetes (overweight combined with diabetes mellitus-insulin or oral medicine based), hypertension, cardiac disease, strokes, gallstones, insomnia ,sleep apnea asthma, cancer ,psychological problems,(stress related diseases), low sexual urge(libido), decreased sperm count , infertility in males, erectile dysfunction(impotency), arthritis ,hypothyroidism(low thyroid hormone secretion), skin disease, gastric ulcers, menstrual disturbances in females ,with many other disorder to be included in the lists.

**WHAT IS YOUR PROCEDURE AND HOW DO YOU
EXPLAIN TO A PATIENT?**

- ✓ PATHCLA SCAN gives you an individualized computerised corrective prescription to eliminate LIFESTYLE,MEDICAL,AND HEALTH RISKS including
- ✓ Your personalized exercise plan according to age, sex, body, health condition and physical capability.
- ✓ Your personal nutrition plan, identifying metabolic rate ,individual calorie plan, therapeutic diets for blood pressure, diabetes ,high cholesterol, pregnancy, arthritis, and other medical conditions.
- ✓ Your personal stress, prescription , tailor made to help you cope and manage psychosomatic stressful states.

- ✓ How to manage cardiac risk ,high blood pressure, diabetes ,hyperlipidemia, cancer risk etc in holistic healthy way.

✓

✓ **HOW DO YOU ASSES A PATIENT ?**

- ✓ A patient is assessed based on
- ✓ Medical assessment
- ✓ Nutrition assessment
- ✓ Fitness and body assessment that include
- ✓ Accelerated aging
- ✓ Activity assessment
- ✓ Stamina assessment
- ✓ Strength(Muscle/fat)assessment
- ✓ Flexibility assessment
- ✓ Exercise Risk

WHAT IS THE RESULT INDICATED AFTER THE ASSESSMENT ?

It is a non invasive diagnostic process ,provides a prescription health scan(POSITIVE AND TOTAL HEALTH)report

- ✓ Analyse your lifestyle for stress ,cardiac risk ,medical risk psychosomatic risk.

- ✓ Release your health evaluation in all parameters including medical body condition ,fitness levels ,nutrition status ,stress levels etc.

DO WE HAVE TO GO FOR ANY SORT OF DIAGNOSTIC TESTS BEFORE COMING TO YOU FOR ASSESSMENT?

Not necessary ,you may come to my clinic directly but if you have any medical problem and performed any tests **earlier** ,you are advised to bring the reports(that include x rays ,scan-CT Scan and or MRI, Ultrasonography ,blood tests) with you .In such cases old reports may reflect a vivid pictures about the prior diagnosis and diseases.

CAN A FIT PERSON COME TO YOU FOR ASSESMENT?

As it is a non invasive scan procedure, a general person can also need for to asses his\her health irrespective of age , family medical history and daily stress ,sedentary lifestyle habits and poor knowledge about eating ,eating disorders.

WHAT TYPES OF PATIENTS REQUIRE IMMEDIATE ATTENTION FOR LIFESTYLE DISEASES?

Most of us are less bothered or pay less attention to our health .But sometimes we need to worry much about bad health that cause agony and mental tension, often financial losses. Most of the lifestyle diseases are often called the silent killer that include diabetes ,high blood pressure, obesity ,dia-besity (overweight with diabetes),high blood lipids like cholesterol, triglycerides, bad cholesterol (LDL,VLDL), cardiac diseases ,low thyroid(patients are on tablets like thyronorm or eltroxin),osteoarthritis ,rheumatic or rheumatoid arthritis that lead to body pain ,swelling, joint pain ,muscle wasting ,joint deformities .Irregular menses in females ,infertility in males and females ,gastric ulcers, gallstones.

WHAT TYPES OF BLOOD TESTS WE NEED TO DO PRIOR TO SCAN FOR LIFESTYLE ASSESSMENT AND MANAGEMENT ?

Patients have to be categorized and evaluate before the tests. For example a diabetic patients need to check a fasting or post prandial sugar, glycosylated Hb ,blood routine ,Kidney function tests like urea ,creatinine, albumen-creatinine ratio ,lipid profile etc. On addition a chronic diabetic patients can opt for a nerve conduction with EMG tests for detection of peripheral neuropathy(conditions associated with leg pain, numbness, less of sensation in the feet Patients of arthritis and rheumatism, menopausal women may need to asses their bone mineral density(BMD) tests to evaluate osteopenia or osteoporosis. Overweight patients are preferably checked to analyse the root cause of their excessive or sudden weight gain. That include a blood routine,thyroid-T4\TSH,diabetes,any hormonal imbalances, poly cystic ovary disease(PCOD)for females, and so on.

DO YOU BELIEVE IN COUNSELING FOR GENERAL PATIENTS?

Patients counseling are very important issues as because pertaining awareness, knowledge, education to general people considered to be the most effective in preventing the diseases or to manage the acquired disease\\$.I believe ***AN OUNCE OF PREVENTION IS MUCH BETTER THAN A POUND OF CURE.***

WHAT ARE THE COSTS INVOLVED ?

The costs will vary from patient to patients and but for the assessments you require only 3000 INR. These fees include a complete check up as mentioned,plus 3 interactive, practical ,therapeutic sessions absolutely free

.A patient ID from Apollo Hospital, Hyderabad, for your future references.A detailed composite, individualized, customised 11 pages POSITIVE HEALTH Scan ASSESSMENT,PREScription report.

SO FOR WE TALKED ABOUT LIFESTYLE PROGRAMME,BUT WHAT ABOUT PAIN MANAGEMENT ?

Apart from designing lifestyle programme to a patient we also rehabilitate a patient for pain and aches.We provide treatment for arthritis,rheumatoid arthritis,gout,sciatica,paralysis,frozen shoulder,low back pain ,cervical and lumbar spondylosis,heel pain(calcanal spurs),deformities of joints,spine,operated joints(post operation of joints like knee,hip etc)