Acquaintance of Chronic obstructive pulmonary disease and its risk factors; A cross-sectional study from western region of Nepal

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Abstract

Introduction and Rationale

Chronic obstructive pulmonary disease is the disease of airway .Although factors such as cigarette smoking, inflammation in the lungs, and heredity (e.g., alpha1-antitrypsin [AAT] deficiency-related emphysema) contribute to the development of COPD, the importance of each of these factors is not fully understood at this time.

Objective:

Study to assess the knowledge on COPD among the people of Pokhara valley,Nepal.

Materials and Methods

This study was a descriptive study and conducted in Pokhara valley , Nepal . The tool was demographic performa and knowledge questionnaire on COPD. Data were collected by interviewing structured questions regarding COPD. Total samples were 100 and sampling technique was convenient. This study was done from 1st October to 31st October 2012.

Results

There was a significant relationship between caste factors viz: is COPD communicable, common among (M/F), disease of airway, smoking as a cause, primary symptoms, is curable. Brahmin has maximum knowledge regarding COPD ie:40% with [CI(30.3%,50.3%)].There is also significant relationship between education factors viz: is COPD communicable, common among (M/F), disease of airway, smoking as a cause, primary symptoms, is curable, treatment modalities (on the basis of p<0.05).Literate people have maximum knowledge regarding COPD ie: 82% with [CI(73.1%,89.0%].

Conclusion

The study concluded that most of the people have awareness regarding causes, risk factors, signs and symptoms and treatment modalities. Still they used to smoke. More appropriate and accessible educational and counseling program needed to control COPD. So the awareness of COPD is important to prevent the mortality rate of country.

Prevalence and Determinants of multiple concurrent risk behaviours related to substance use among adolescent high school students in Kottayam municipal area

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Abstract

Introduction and Rationale

Multiple health risk behaviours like smoking, use of alcohol, tobacco products and drug tend to co-occur among adolescents and pose a threat to their health and wellbeing and increased the risk to non-communicable diseases, which can be prevented through appropriate timely intervention.

Objective:

To estimate the prevalence of concurrent health risk behaviours related to substance use and to explore the association of health risk behaviour with socio-demographic factors, peer and parental behaviours.

Materials and Methods

This cross sectional study was conducted among 975 adolescents from randomly selected Government, Aided and Unaided high-schools of Kottayam Municipality proportionate to sampling frame using WHO designed GSHS questionnaire. Statistical analysis was done using Epi-Info version 3.4.3. Multivariate logistic regression analysis explored the demographic factors, parental and peer behaviours for the no risk, one or more multiple risk behaviours categories.

Results

A total of 975 respondents, 501(51.47%) boys and 474(48.6%) girls were included in the study. Majority (82%) reported no risk behaviours while 18% significantly more males (31%) were involved in one or more risk behaviours related to substance use. The protective factors were helpful behaviour of other students (OR- 0.45, CI-0.32-0.64), Parental understanding (OR- 0.41, CI- 0.29-0.59), and parental checking (OR-0.68, CI-0.47-0.90) while logistic regression yielded low educational status of father(OR-1.919, CI- 1.117- 3.298), father's alcohol use (OR-3.863, CI-2.404-6.209) and habit of smoking among close friends (OR-4.707, CI-2.724-8.134) as risk factors.

Conclusion

Almost one fifth were involved in one or more health risk behaviours related to substance use. It was significantly associated with socio-demographic factors, peer and parental behaviours. This highlights the need for preventive action at family, school and community level.

Keywords: Prevalence-health-risk-behaviour-substance use

Study on the Prevalence of Osteoarthritis in women above age 40 in a rural area of Kottayam District, Kerala

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Abstract

Introduction and Rationale

Indian women are developing osteoarthritis at an earlier age since the average menopausal age is less.

Objective:

To find out the prevalence of osteoarthritis in women above 40 years and factors associated with osteoarthritis

Materials and Methods

A cross-sectional study was conducted among women above 40 years in ward 16 of Ettumanoor panchayat. A total of 375 women above 40 years were included in the study. Information collected includes socio-demographic details, occupation, past illness, present illness, treatment history. Weight, height, waist circumference were measured and also knee joint examination done. Osteoarthritis was diagnosed by using clinical criteria given by American College of Rheumatology for Classification of Idiopathic Osteoarthritis of Knee. Data was entered in excel spread sheet and analyzed by Epi info 3.5.3.

Results

Prevalence of osteoarthritis among the study subjects was 34.7%. Among them 74.6% had bilateral osteoarthritis of knee joint. Mean age of subjects with osteoarthritis were higher and significant (p- 0.0001). In 40-49 age groups only 12.8% had osteoarthritis where as in 80-99 age group 56.5% had osteoarthritis (p-0.0001).There was statistically significant association between osteoarthritis and hypertension, hypercholesterolemia, history of osteoarthritis, family history of osteoarthritis, high parity, hysterectomy and attainment of menopause. Among obese subjects 46.9% were having osteoarthritis. 65.4% of subjects with waist circumference more than 88cm had osteoarthritis.87.44% of the women with osteoarthritis had knee joint pain for more than 8 yrs. Only 29.2% of the subjects having osteoarthritis were being investigated. 36.9% of the arthritic patients were not getting any treatment.

Conclusion

As age increases prevalence of osteoarthritis increases. There is significant association between osteoarthritis and hypertension, hypercholesterolemia, family history of osteoarthritis, hysterectomy and menopause.

Keywords: osteoarthritis, prevalence, menopause

A study to assess the effectiveness of tea decoction mouth rinse on dental plaque among school children at selected Government schools of Tirupati

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Abstract

Introduction and Rationale

Dental plaque is a sticky, soft, colorless material adhering to the teeth, consists of bacterial cells (60-70% the volume of the plaque), salivary polymers, food residuals and bacterial by-products. Dental plaque is redefined as naturally-constructed biofilm. In addition to the bacterial cells, plaque contains a small number of epithelial cells, leukocytes, and macrophages. Bacteria that live in the mouth thrive on foods producing acidic metabolites . Over a period of time, these acids destroy the tooth enamel, resulting in tooth decay.

Objective:

To assess the dental plaque among school children. To evaluate the effectiveness of tea decoction mouth rinse on dental plaque among school children of experimental group. To compare the effectiveness of tea decoction mouth rinse on dental plaque between experimental and control groups.

To find the association between selected demographic variables with pre and post assessment levels of dental plaque index in experimental group.

Materials and Methods

The research approach was Quasi-experimental approach which involves "pretest and posttest design with a control group". The sample of the study was chosen by non-probability purposive sampling technique, which includes 60 subjects with 30 subjects in experimental and 30 subjects in control group. Questionnaire and Sillness and Loe plaque index scale was used to assess the dental plaque index of the school children. Pretest was conducted in both groups, followed by giving tea decoction mouth rinse to experimental group only and post test observations were made both groups in order to assess the effectiveness of tea decoction mouth rinse on dental plaque.

Results

The study shows that in pre-assessment the mean dental plaque index was 1.598 with S.D 0.655 in experimental group and it was 1.976 with S.D 0.194 in control group and the student't' test value obtained was 0.66, which is statistically not significant. In post-assessment the mean dental plaque index was 0.289 with S.D 0.548 in experimental group and it was 2.007 with S.D 0.204 in control group and the student't' test value obtained was 16.108, which is statistically significant at one per cent level.

Conclusion

The mean post-assessment dental plaque index scores were significantly lower than pre-assessment dental plaque index scores. The tea decoction mouth rinse was found as an effective strategy in reducing dental plaque of school children.
Keywords: Dental Plaque, Tea decoction, mouth rinse

A study to determine the effectiveness of Video Assisted Teaching Module (VATM) regarding Immediate First Aid Measures on knowledge of Ambulance drivers in selected health care settings of Mangalore, Karnataka

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Abstract

Introduction and Rationale

The purpose was to educate the ambulance drivers regarding immediate first aid measures that are taken immediately after the road traffic accident (RTA) such as lifting, shifting and transporting the casualties. This would enable them to transport the accident victims to the nearest health care setting effectively. This study is aimed at improving the knowledge of ambulance drivers by VATM on immediate first aid measures.

Objective:

To find the effectiveness of VATM on immediate first aid measures among ambulance drivers in terms of gain in post test knowledge score.

To find the association between the pretest knowledge of ambulance drivers and selected demographic variables

Materials and Methods

Pre experimental one group pre-test post-test design was used for the study. 50 ambulance drivers were selected using non probability convenient sampling technique. Pretest knowledge was assessed using structured knowledge questionnaire. VATM on immediate first aid measures was administered to the ambulance drivers. Post-test was conducted on the 7th day.

Results

There was significant difference between the mean post-test knowledge score ($\bar{X}_2$=23.96) and mean pre-test knowledge score ($\bar{X}_1$=17.66). Computed 't' value (t=37.417) showed significant difference between the pre-test and post-test knowledge score (t$_{49}$= 1.680; p<0.05).

Association between pre test knowledge score and demographic variables such as years of experience as an ambulance driver (χ^2=12.884) and previous experience of providing first aid (χ^2=5.104) were statistically significant at 0.05 level.

Conclusion

The VATM on immediate first aid measures was found to be an effective strategy for providing information and for improving the knowledge of ambulance drivers.

Keywords: Video assisted teaching module (VATM), Immediate first aid measures, and Ambulance drivers.

Burden of Non-Communicable Diseases in Elderly in India: Evidence from Longitudinal Aging Study in India (LASI)

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Abstract

Introduction and Rationale

Population aging is a global phenomenon that all countries face, but global averages can mask considerable heterogeneity both across and within regions. Large numbers of the older population are suffering from Non-Communicable Diseases (NCDs) in developing countries like India.

Objective:

This study is an attempt to understand non-communicable diseases among old- age population by background characteristics like differentials by place of residence, level of education, caste, wealth index and sex in India.

Materials and Methods

In this study I have been used Longitudinal Ageing Study India (LASI) 2010, data. LASI data provided enough information about the old age health related problems with different background characteristics. Bi-variate and Multivariate techniques are used here for the analysis of data with SPSS 20 version. **The results:** -From this analysis it is found that most common mental (psychotic) health problems have a higher recorded prevalence in older more male than in older female. The result has showed NCDs have a positive relationship with old group. As age increased prevalence of NCDs also increased. Kerala has highly experienced of NCDs followed by Karnataka. Psychiatric problem (3.5%) in Karnataka state has significantly higher than other selected states in India

Results

The majority of NCDs with old age are happening in developed states than others. The phenomenon of population ageing with many kinds of NCDs is becoming a major concern for the policy makers in India.

Conclusion

Almost one fifth were involved in one or more health risk behaviours related to substance use. It was significantly associated with socio-demographic factors, peer and parental behaviours. This highlights the need for preventive action at family, school and community level.

Keywords: Non-communicable disease, Old age, Sex, States, and Caste

Prevalence of migraine among medical students of a private medical college in central kerala, India

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Abstract

Introduction and Rationale

Migraine is a common neurological disorder which is associated with significant disease burden. Migraine affects work, social and leisure activities and has a tremendous impact on person's life.Students frequently use analgesics rather than specific anti-headache treatment leading to analgesic abuse headache further impairing quality of life.

Objective:

1. To findout the prevalence of migraine among medical tuents of a private medical college

2. To find out the triggering factors

3.To find out the symptoms which accompany migraine

Materials and Methods

A cross sectional study was done using a modified pre-structured questionnaire, which was distributed among the students of four batches of a private medical college in Central Kerala after obtaining informed consent. Questionnaire contains specific questions on headache , its type, characteristic features , severity, aggravating and relieving factors, interference with daily activities

Results

On a total of 400 medical students who were included in the study, 370(92.5%) students completed the questionnaire. A total of 370 students were included in the final analysis.81(21.8%) males and 289(78.1%) females were enrolled. The mean range of students were ranging from 18 to 23 years. On the total of the participants,88(23.78%) ,95(25.67%),87(23.51%),100(27.02%)were final year ,3rd year,2nd year & 1rst year students respectively. Among the participants, 74 (20%) were suffering from migraine among which 64(86.4%) were females & 10(13.5%) were males.

Conclusion

The prevalence of migraine among medical students is very high which affects the academic performance. It has strong association with stress, sleep disturbance, consumption of caffeine containing substances, missing meals

Keywords: prevalence, migraine, medical students, stress.

Effectiveness of Community Based Education Programme (CBEP) on compliance to psychiatric medications among Primary Health Centre (PHC) workers at Mangalore, Karnataka.

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Abstract

Introduction and Rationale

Despite advances in treatment, poor compliance to medication still poses a problem leading to relapse of the illness. Most of the mental health services are curative in nature and based in hospitals. At primary health care level, there is either absence of, or fragmented health services. If mental health is to be successfully integrated into PHC, then grass-roots workers need to acquire relevant knowledge and skills so that they are able to recognize, refer and support people experiencing mental health disorders in their own communities

Objective:

To find the effectiveness of CBEP in terms of gain in knowledge scores among PHC workers.

To determine the association of pretest knowledge scores of PHC workers with selected demographic variables.

Materials and Methods

A one group pre test post test design with repeated measures was adopted. 100 PHC workers were selected through purposive sampling technique. The pretest knowledge questionnaire was administered to the PHC workers on day 1, followed by the CBEP. The Post test was done after one month and six months. The data was analyzed using SPSS 16.0 statistical software.

Results

The mean post test knowledge scores after 1 month and 6 months were significantly higher than the pretest knowledge scores. The F value obtained [$F_{(2, 198)}=397.279$, $p<0.05$] showed that the CBEP was effective in enhancing the knowledge. There was no significant association of mean pretest knowledge scores with selected demographic variables of the PHC workers (Age, sex, experience) except for an area of practice.

Conclusion

The study concludes that CBEP is a useful strategy to enhance the knowledge of PHC workers   .

Keywords: Community based education programme, compliance, psychiatric medications, and PHC workers.

Reproductive factors and breast cancer risk, A case control study

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Abstract

Introduction and Rationale

Breast cancer is the most common malignancy among the women of Kerala, Oestrogen exposure to breast has been explained as the association of Reproductive factors as risk factors for breast cancer.

Objective:

To determine the strength of association between reproductive factors like age of menarche,age at first live birth,number of children,duration of breast feeding ,OCP use and breast cancer risk among women attending a tertiary care cancer center in south India.

To determine the strength of association of duration of un opposed exposure of oestrogen to breasts.

Materials and Methods

Un matched Case control study conducted among 660 newly detected breast cancer patients admitted for surgery at Regional cancer center Thiruvananthapuram in 2003-2004 period and 920 controls selected from hospital and community.

Results

Mean age of cases 47.79yrs and controls 44.77yrs. Age at first live birth, number of children and duration of breast feeding showed significant association. Age of menarche did not show significant association with breast cancer risk. Duration of unopposed exposure of estrogen to breast has been calculated as the period between age of menarche and age at first live birth. Mean duration for cases was 9.78 yrs and for controls was7.96yrs. Odds Ratio was also found out which shows that those with duration of more than 20 years has a 3.9 fold risk for developing breast cancer compared to those with duration of less than 10 years.

Conclusion

Duration of unopposed estrogen exposure is proved to be a risk factor of breast cancer even though the association age of menarche is not statistically significant [OR=1.209 (95%CI—0.863-1.695)]. Age of women at her first live birth has a significant association to breast cancer risk. Breast feeding more than 18months gives protection against breast cancer.

Keywords

Breast cancer, risk factors, reproductive factors, Duration of unopposed exposure of oestrogen to Breast

Knowledge , attitude and practice of oral hygiene habits among medical students in a private college in Central Kerala

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Abstract

Introduction and Rationale

Oral health is related to the general health of an individual. The medical students , being the future physicians, represent the most important population where better oral hygiene habits are expected. They should know the importance of preventive dental care so that they can percolate it to the community. So this study has been conducted to determine the oral hygiene habits of medical students.

Objective:

To determine the knowledge , attitude and practice of oral hygiene habits among medical students

Materials and Methods

A cross –sectional study was done among the medical students of a private college in Central Kerala using a pre – tested questionnaire which had questions regarding the knowledge, attitude and practice of oral hygiene.

Results

Among the 339 students participated , 99.1 % knew that sweets affect dental health , 95.9 % knew that soft drinks affect dental health 3.6 % didn't think routine dental check – up was necessary for maintaining oral hygiene . Only 68.7 % brushed their teeth at least twice daily and only 53.1 % had the habit of brushing teeth regularly at night. The major reasons for avoiding night brushing were forgetting(40.9%) ,laziness(36.5%). Only 8 % had routine dental check – up in every 6 months. 5.3 % of the participants had habits of smoking and alcoholism. There was significant association(p<0.05) between gender and practices.

Conclusion

Among the medical students, though the overall knowledge and attitude towards oral hygiene were good , their practice of oral hygiene was not satisfactory. So this study calls for some interventions in improving the oral hygiene practices.

Keywords

Oral hygiene, medical students, knowledge, attitude , practice

Profile Of Patients With Lung Cancer Attending A Tertiary Care Hospital.

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Abstract

Introduction and Rationale

Lung cancer is one of the commonest and most lethal cancers throughout the world. The epidemiological and pathological profile varies among different ethnicities and geographical regions. At present adenocarcinoma is the commonest histological subtype of non-small cell lung cancer (NSCLC) in most of the Western and Asian countries. However, in India squamous cell carcinoma has been reported as the commonest histological type in most of the series. The aim of the study was to analyze the current clinico-pathological profile. There have been very few studies from this part of state regarding the profile of lung cancer

Objective:

To study the clinical profile of lung cancer patients admitted in MES Medical College

Materials and Methods

We analyzed 100 cancer cases registered at our Centre over a period of January 2012 to July 2013 years. They were evaluated for their clinical and pathological profiles. The study protocol included a detailed history, symptomatology, general and systemic examination was performed. All patients were subjected to baseline blood investigations, chest X-ray PA and lateral view and ultrasound abdomen. Computerized Tomography of chest was done to characterize the lesion further and to help arrive at tissue diagnosis. Bronchoscopy was done in certain patients to detect and aid in getting a histopathological diagnosis.

Results

total of 100 patients were studied. In our study the age ranged from 39 to 86 years. The mean age was 62.5 years. The male female ratio was 9:1. 80% of patients were smokers. Cough was the most common presenting symptom in 79% patients followed by dyspnea in 41% patients. The most common clinico-radiological presentation was mass lesion, which was seen 66 patients. Diagnosis was established by CT guided aspiration in 70 patients. Squamous cell carcinoma was observed in 53%, while 33% had adenocarcinoma and 11% had small cell carcinoma.

Conclusion

This analysis suggests that Squamous cell carcinomais the commonest histological subtype in our region and smoking was present in 80% of patients.

Breast Cancer awareness: A cross-sectional survey among women of Ranchi, Jharkhand

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Abstract

Introduction and Rationale

Breast cancer is the second most common cancer and accounts for 19-34% of all cancer cases among women in India. A five year survival rate of 92% has been seen by early detection of breast cancer by means of increased awareness and cancer screening programs. Hardly any data exists regarding awareness regarding risk factors and simple screening methods like self breast examination (SBE) particularly among women of Ranchi.

Objective:

To assess the awareness of breast cancer among women of urban community in Ranchi, Jharkhand

To carry out lecture cum discussion to increase their knowledge and teach them simple screening methods like self breast examination based upon their baseline knowledge.

Materials and Methods

A cross-sectional community based survey was carried out in Ranchi in April 2013 were in all married women living within a particular community were included in the study and data was collected by means of pretested questionnaire. A total of 240 women gave consent and were included.

Results

65% were educated above 10th class while 22.5% didn't had any children.38 % say that trauma, 22.5% say big breast and 83.3 % believe that nipple size/shape/colour changes can lead to breast cancer.47.5 % believe that breast cancer can also occur in male also. 4.2% had very good knowledge while 37.5% and 58.3% had satisfactory and poor knowledge about risk factors respectively. Education and risk factor knowledge score were statistically significant associated with each other (P=0.0484). Also women who thought breast cancer to be most cancer (P=0.0060) had statistically significant association with risk factor knowledge score. The same was with women who thought that breast cancer was high risk to life (P=0.0002). Only 19 % of the women were aware about self breast examination. At the end of the survey lecture cum discussion was held for all the ladies and SBE was thought with the help of video clippings

Conclusion

The awareness level of women was inadequate particularly in less educated women and awareness generating programs to educate women is the need of the hour. Teaching simple screening tools like SBE would benefit in a long way and help in promoting early detection of cancer..

Keywords

Breast cancer, self breast examination, Risk factors, Knowledge

Management of acute pancreatitis at MTH

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Abstract

Introduction and Rationale

Acute pancreatitis manifests with severe pain abdomen radiating to the back, vomiting, shock like features, raised Serum amylase and LDH and positive CT finding. Treatment is conservative unless there is complication.

Objective:

To correlate the clinical finding with biochemical and radiological parameters with a view to optimize treatment protocol.

Materials and Methods

Cohort prospective study involving 271 cases done at Manipal Teaching Hospital from 2008 May to 2013 Nov.

Age, sex, clinical findings were recorded.

Serum amylase, LDH, WBC, blood glucose, serum calcium, pO2, X-ray abdomen, chest, USG, and CT scans were analyzed.

Treatment protocol established.

Results

Patients age ranged from 14 – 88 years (mean age 48years ; males were 132–female 139 (ratio1:1.06). Cause – alcohol78 , gall stone 52 , idiopathic131 , mumps 5 , ascariasis 3, trauma 1, postoperative 1 (lscs) . Clinical finding – pain epigastrium radiating to back -109 , pain abdomen without radiation -162 vomiting - Cullen's sign 1, Leucocytosis, serum calcium - , S.amylase - LDH - s glucose, pO2, AXR, CXR,USG abdomen, CT and CECT, Complications – renal failure -4, ileus 5, pseudo pancreatic cysts - 3, splenic vein thrombosis - 1. Death 2. Laparotomy in 1. Difficulty in diagnosis 4 casesAverage hospital stay 4 +/- 2 days. hospital stay prolonged in case that underwent cholecystectomy.

Conclusion

Over a period of time a management protocol has evolved; most of the cases being of mild form could be treated conservatively. Prophylactic antibiotic with cefuroxime is found to be useful. CECT is probably the best form of diagnostic tool.

Risk Factors For Malignancy In Solitary Nodule Thyroid

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Abstract

Introduction and Rationale

Solitary thyroid nodule (STN) is a common thyroid disorder. Clinically recognized thyroid carcinoma constitutes less than 1% of human malignant tumours. The risk of malignancy in solitary thyroid nodule is greater than other thyroid swelling. The risk of malignancy in generalized thyroid swelling is about 3% and in solitary thyroid nodule it is about 15%.

Objective:

To study the clinical profile of patient presenting with solitary nodule thyroid to the tertiary care centre

To identify the risk factors for malignancy in those patients

Materials and Methods

A hospital based observational study including all the patient with a diagnosis of solitary nodule thyroid in MES medical college perintalmanna.Diagnosis was made by clinical examination and ultrasound.80 patients were included in the study.

Results

In total 80 cases 22 were malignant.Of which 4 were in males that's 18.1%.in females its 81.2%.Proportion of malignancy in male was 26.6%compared to 25.7%in females .Proportion of malignancy in younger age group were 28.1%compared to older it were 27.1%.Among the malignant cases commonest one was papillary 68.1%followed by follicular which was 38.1%.Ultrasound done for the total cases in all malignant case lesion was found to be hypoechoic and some of them were showed microcalcification.

Conclusion

The present study showed that male patient in younger age with solitary thyroid nodule has got increased chance of malignancy and solitary nodule thyroid itself has got an increased chance to develop malignancy compared to generalized swelling.Hence all the patient with solitary nodule thyroid should be investigated by radiology and cytology to ruleout malignancy for a better treatment outcome.

Pharmacoepidemiological Perspective Of Irritable Bowel Syndrome In Wardha District: A Community Based Cross Sectional Survey

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Abstract

Introduction and Rationale

Irritable Bowel Syndrome (IBS) is one of the most common functional gastrointestinal disorders in which abdominal discomfort or pain is associated with defaecation or a change in bowel habit.IBS patients experience a significant reduction in the health related quality of life. Their symptoms hamper their day to day activities ultimately affecting not just their physical health but also plays a significant role in their mental and social life.

Objective:

To evaluate the prevalence of IBS in Wardha district.

To ascertain the factors responsible for IBS in this locality.

To study the Allopathic and Ayurvedic Prescribing Modules.

To study the correlation of prescription with the therapeutic efficacy.

To compare the final outcome of Allopathic, Ayurvedic and Combined Therapy.

Materials and Methods

Type of Study: Community Based Cross-sectional Survey

Locus of Study: Deoli, Nandori, Seloo, Samudrapur, Sawangi and Salod

Time Frame: 6th May 2013 to 6th July 2013

Sample Size: 156

Retrospective Study of Case Sheets/Registers available in Medical Record Section of Study Centers.

Indepth Discussion with Medical Officers, Senior and Junior Healthcare Providers.

Structured Interview of Patients.

Results

The prevalence of IBS in rural population of Wardha district in the study sample was found 8.4% in males and 5.6% in females. Factors responsible for IBS were viral gastroenteritis (27.6%), bacterial gastroenteritis (31.2%), intestinal dysbiosis (38.4%), maladjusted relationship (7.2%), physical problems (62.4%), emotional problems (76.8%), sexual problems (7.2%), disturbances during prenatal and perinatal period (3.6%) and genetic predisposition (1.2%)

Treatment algorithm comprised Lifestyle Modification, Symptom Directed Therapy and Serotonergic Drug Therapy alongwith Prebiotics and Probiotics.

Conclusion

: A judicious blending of Allopathic and Ayurvedic therapy alongwith Lifestyle Modification leads to a better therapeutic outcome in patients suffering from Irritable Bowel Syndrome.

Thyroid Profile In Metabolic Syndrome

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Abstract

Introduction and Rationale:

Metabolic syndrome is a cluster of metabolic abnormalities of obesity, hypertension, high triglyceride level, low high density lipoprotein and abnormal fasting glucose level. Both Metabolic syndrome and thyroid dysfunction are associated with increased risk of atherosclerotic heart disease little is known about the relationship between metabolic syndrome and thyroid dysfunction. Only few small studies have been performed .There is no information available in literature regarding this association in Kerala state.

Objective:

1. .To study the prevalence of thyroid dysfunction in metabolic syndrome.
2. .To determine the types of thyroid dysfunction in metabolic syndrome.

Materials and Methods

One hundred patients with metabolic syndrome who fulfilled latest international diabetes federation criteria of metabolic syndrome (Increased waist circumference, with ethnic-specific waist circumference cut-points (Men≥90 cms ; Women ≥80cms: PLUS any two of the following .Triglycerides >150 mg/dL (1.7 mmol/L) or treatment for elevated triglycerides ,HDL cholesterol <40 mg/dL (1.03 mmol/L) in men or <50 mg/dL (1.29 mmol/L) in women, or treatment for low HDL, Systolic blood pressure >130, diastolic blood pressure >85, or treatment for hypertension, Fasting plasma glucose >100 mg/dL (5.6 mmol/L) or previously diagnosed type 2 diabetes; an oral glucose tolerance test is recommended for patients with an elevated fasting plasma glucose, but not required)in the age group between 18 to 60.patients with liver disorders, renal disorders, congestive cardiac failure, pregnant women, patient on oral contraceptive pills, and those who are under treatment for any thyroid related disorder were excluded from the study. acutely ill patient were excluded taking in to account sick euthyroid syndrome. patients were subjected to anthropometry, evaluation of vital parameters, lipid and thyroid profile along with other routine laboratory parameters including fasting blood sugar. Students t-test, chi square test and Pearson correlation were used for statistical analysis.

Results

73 % of study populations were under 50 years of age. There is male predominance with a ratio of   2.5:1. 70 % have dyslipedeamia , 44 % have diabetes and 41 % have hypertension with a considerable overlap. Prevalence of thyroid dysfunction is 22 %, out of which 16 % are male. Among thyroid dysfunction 13 % have subclinical hypothyroidism 4 % have hyperthyroidism, 3 % have subclinical hyperthyroidism and 2 % have overt hypothyroidism. As the clustering of the components of metabolic syndrome increases the percentage of subclinical hypothyroidism also increases compared to the other thyroid dysfunctions. In euthyroid   individual waist circumference has a positive correlation with serum TSH value.

Conclusion

Thyroid dysfunction occurs in 22 % of metabolic syndrome patients which is higher than normal subjects. 15 % have hypothyroidism either subclinical or overt .this finding indicates a need for investigating the presence of thyroid dysfunction during managing metabolic syndrome.