



SERUM TIMES

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SERUM MEDICAL BULLETIN

From the desk of the Editor-in-Chief

Dear Readers/Doctors,

Hope you are well. In May 2024 we experienced terrible news of death due to heat stroke. It is reported that more than 80 confirmed and suspected deaths have occurred in India due to heat stroke. We pointed out in our April 2024 issue of ST how to protect oneself from the health problems in the summer season. At the same time, the Union Health Ministry has directed all States and Union Territories to ensure the implementation of critical fire and electrical safety measures at all healthcare facilities. This was done as a large number of deaths in hospital fires had occurred in Delhi and other places a few weeks ago. So, we are very mournful by several health-related problems recently.



A new study by Lancet observed that women live longer than men but women live in poorer health. It is common knowledge that the average longevity of women is more than that of men. But the Lancet study did not implement that women are biologically in a better position and that's the reason their longevities are more. The lesser longevity of men is socially determined where their activities and lifestyles are involved. We may cover this matter in detail in the future if we get the opportunity.

In this issue, we are going to discuss Apraxia diseases. It is a disorder of the brain and nervous system that makes a person unable to perform tasks or movements when asked to do so. In this situation the person understands the command, willing to perform, their muscles are active but they are unable to perform. The brain disorder may occur due to several causes like brain tumour, brain injury, stroke, and other causes that lead to gradual worsening of the brain, etc. Even it may also be seen at birth. The first story discusses the matter in detail as many children aged 4 to 8 have some Apraxia of speech problem and there are many other types of this disease in which many people suffer. The rainy season is coming, we need to take more care of our health. We know that a large number of diseases, some are life-threatening, have been more powerful in this season. The second story will discuss the issue in detail. We must take some protection in this season to keep us healthy, particularly, in this season. Why in monsoon, microbes are more active, and why do several bacterial and viral diseases spread easily? All these matters are discussed in this section.

So be careful in the coming days.

Thanking you.

With good wishes

Sanjib Acharya

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Apraxia, in many cases, can be treated to a large extent

Apraxia of speech is a rare type of speech condition. People with Apraxia know what they want to speak but their brains cannot move the mouth, lips, jaws, and tongues properly. But they can move their faces and mouths, and also, they can eat. Generally, young children with this face problems while feeding, use a limited number of sounds when they begin to talk and even family men cannot understand them easily. However, older children find difficulty in saying longer words, say the same words in different ways, and say with unclear pronunciations.

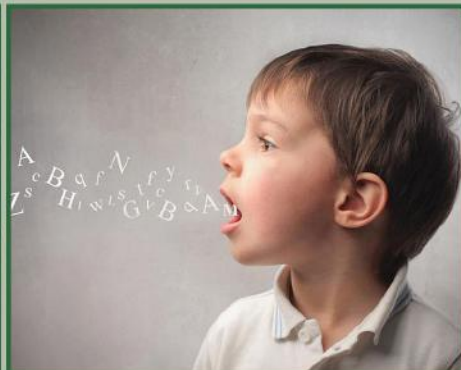
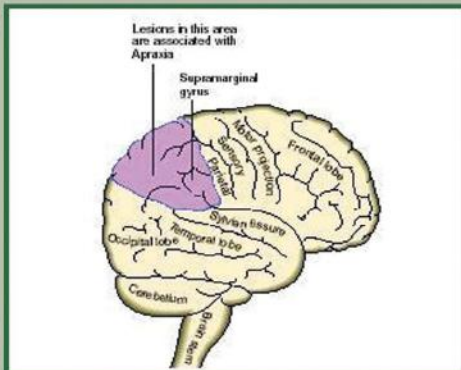
What causes apraxia to occur?

In many cases, childhood apraxia of speech occurs as an isolated condition but is sometimes caused by genetic and chromosome differences. It may come with other disorders like Down syndrome, epilepsy, fragile X chromosome, and Prade-Willy syndrome. Sometimes it can occur after a brain injury in early childhood. It may also caused by a stroke, infection, and brain cancer.

Testing for apraxia of speech

There is a variety of tests to diagnose apraxia. First is an evaluation by doctors about the state of the disease. Secondly, the brain function test is meant to check how the brain of the patient is functioning. Thirdly, there is an imaging test that includes a CT scan and MRI to know whether it has originated from brain damage. Moreover, a speech-language pathologist is also there who can test one's speech and language by looking at how well one can move her/his mouth, lips, and tongue. He may test how the patients understand what others say and how they use the words to talk to others.

Treatment of apraxia



Actually, there is no proper treatment for apraxia. But it can be managed with physical, speech, and also occupational therapy. With such therapy, some improvements can be seen that may make the problem easier and even living easier. Doctors say that in some cases of acquired apraxia, the condition goes away on its own.

In the case of childhood speech apraxia, it cannot be cured without speech-language therapy. Many children with this problem have benefited from seeing a speech-language pathologist three to five times a week. However, each patient needs a particular type of treatment as there is no common treatment for all.

How does the therapy activate?

The therapy actually activates by repeatedly practicing forming and pronouncing sounds and words. Practicing singing together and sounds that emerge can make the speech, which is also helpful. Working with rhythms also improves patients' speeches. Multisensory approaches can also be of help. That means watching in a mirror while trying to form words or touching your face while talking.

Monsoon is the most dangerous season for our health

During the period between July and September, we regularly observe news related to special diseases in the media. It is also called the season of flu. It is a fertile breeding season for many harmful microbes.

Why is the monsoon season a diseases prone period?

In this period air is humid, and hence, increases the risk of exposure to bacteria, viruses, and infections. Doctors say the infection risk is twice in this season compared to others. These diseases can be airborne, waterborne, and mosquito-borne.

Airborne diseases include viral fever, common flu, cold, sore throat, cough, etc. Children and aged people are severely affected by these diseases as their immune system is weak. In this season, sudden fluctuation in temperature may result in these viral infections and that may cause respiratory distress. Running nose, cough, sore throat, fever, watery eyes, sneezing throat irritation, and throat pain are symptoms of these diseases.

Influenza is a common disease of monsoon, and anybody can be infected if infected persons sneeze in the air without covering their mouth. Other than common cold weakness and fatigue are symptoms of influenza.

How to stay safe from airborne diseases?

One should take some preventive measures like covering mouth while coughing or sneezing, drinking warm water every few hours, keeping children away from infected people or making them aware of taking protection from those who are sick, washing your hands and feet, and asking the children also to do so after returning from outside, eating food with washed hands, etc.



Among the waterborne diseases typhoid, cholera, leptospirosis, jaundice hepatitis A and gastrointestinal infections are noteworthy. Please take preventive measures to stay safe from these diseases. Drinking boiled water, washing fruits and vegetables before eating or cooking, avoiding food to keep open, depending mostly on home-made food, maintaining personal hygiene, washing hands and faces properly, avoiding open drainage, etc.

Mosquito-borne diseases are very dangerous and become life threatening: Under this segment, malaria, dengue, and chikungunya are common diseases. Dr. Havannavar of Manipal Hospital in an article has pointed out that India alone contributes to 34% of dengue and 11% of malaria cases worldwide. He has mentioned that common symptoms of all mosquito-borne diseases have been high fever, headache, muscle pain, weakness, shivering, fatigue, nausea, vomiting, and stomach pain. Some of the preventive measures are using a mosquito net, not allowing stagnant water in the locality, resident toilets and keeping the neighbouring areas clean, maintaining a hygienic lifestyle, etc.

Testing of the diseases: For any of these diseases in the rainy season one has to go to diagnostic laboratories for confirmation of the illness.

CSR Activities & Events of SERUM throughout June, 2024



Jun 9: Sri Sanjib Acharya at the cultural event organized by Adwitiya



Jun 14: Moments from Surer Jharna at Wisdom Tree



Jun 15: Celebration of Barsha Baran, at Serum Auditorium

Half-yearly Meeting



Jun 8: For Siliguri



Jun 14: For Howrah



Jun 16: For South Bihar, Patna



Jun 22: For Krishnanagar



Jun 22: For Bardhaman



Jun 23: For Jharkhand was held at Hotel Asansol Inn



Jun 23: For Bankura & Purulia was held at Hotel Asansol Inn



Jun 23: For Paschim Burdwan (Industrial) was held at Hotel Asansol Inn



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