



# SERUM TIMES

Monthly | Volume X | Issue I | January 2025

## SERUM MEDICAL BULLETIN

### From the desk of the Editor-in-Chief

Dear Readers/Doctors,

May 2025 bring to you good health and new opportunities for prosperity. Best wishes for a happy new year. We hope you are well. In the winter season, many special health problems occur. Please keep in mind about these illnesses.

Some health issues related to winter:

Respiratory illness, skin conditions, and mental health issues are prevalent in winter. Respiratory illness includes colds, bronchitis with symptoms of cough, pneumonia, runny nose, congestion, and sore throat. Skin conditions like dry, flaky, or cracked skin can occur due to low humidity, harsh winds, and dry indoor heat. Seasonal affective disorder, a sort of mental illness common in winter can cause fatigue and mood swings. There are other problems such as joint pain, heart attack, and even stroke is seen in a bigger number in winter. A large number of asthma patients suffer hugely in this season.

Some tips for preventive measure:

So, try to protect yourself in different ways you feel suitable. Keep in contact with doctors and do not wait for tomorrow if any emergency problem starts. Prevent viruses from attacking your body by most frequently washing your hands and maintaining distance from persons who have already contracted infectious diseases. Do not share dishes washroom clothes, etc. with that person as far as possible. In that case, consult with doctors. The affected person needs ample rest, drink lukewarm water, and drink enough water or other fluid.

In this issue, we are going to discuss allodynia, a disease when even a feather touch or a very light stimulus can cause pain. It is related to the nerve that causes extreme sensitivity when a non-painful stimulus triggers pain. How prevalent is this disease in India? In one sense it is difficult as it is a symptom of many diseases. It is difficult to determine the exact prevalence. However, a study estimated that it may be between 7 & 10% worldwide. It can be treated with medications and lifestyle changes. Story 1 explained in detail this disease.

Story 2 discussed about heart stroke. This is really a growing problem in India in particular. It is actually a lifestyle disease that can be prevented mostly if regularity is maintained in our daily lives. You can get a short summary about the diseases and get suggestions about how it can be prevented by about 80% of cases.

Again, we know you happy New Year. Stay safe.

With good wishes,

Sanjib Acharya



For more details, visit: [www.serumanalysiscentre.com](http://www.serumanalysiscentre.com) | Follow us at



FREE distribution for Doctors and Medical Personnels





**Allodynia, without an underlying condition,  
can be worsening over time**

Story 1

Allodynia is a special type of nerve pain. One study estimated that it affects 6.9% to 10% of people around the world. It causes extreme sensitivity when one feels unexpected pain from nonpainful stimuli. Even a feather touching in skin can be painful. To wear clothes or even sudden temperature change experience pain.

There are mainly three types of allodynia, a) dynamic allodynia when pain results from an object moving across one skin, b) tactile allodynia when pain results from a gentle touch or pressure on the skin (shaking someone's hand), and c) thermal allodynia when pain occurs due to mild change in temperature, that is, while moving from indoor to outdoor.

**Why does it happen?**

Sensitization occurs when a nerve is damaged and nerves become hypersensitive. This can cause the nerve endings to release higher quantities of neurotransmitters. This leads to nerve inflammation and allodynia or hyperalgesia. Allodynia can occur when nerves carry pain messages incorrectly, which may be due to a crossover of nerve fibres. Nerve damage can result from a health condition or injury or for no apparent reason. It can occur in the peripheral nervous system and lead to sensitization in the central nervous system.

**Some conditions that cause allodynia**

Firstly, Alcohol Disorder, secondly Amplified Musculoskeletal Pain Syndrome, and thirdly, is Complex Regional Pain Symbol. Others include diabetes-related neuropathy, fibromyalgia, migraines, multiple sclerosis, post-herpetic neuralgia, trigeminal neuralgia, and vitamin D or vitamin B deficiency. But after an injury emergence of allodynia is a common symptom. In many cases, radiation therapy or chemotherapy



medications for cancer treatment can lead to allodynia.

**Diagnosis**

The severity of pain has to be diagnosed by examining one's pain on a scale. The scale has points from zero to 10 with 10 being the most painful. Then according to the need of a patient blood and urine tests as well as MRI or CT scan and EMG and Nerve conduction study are also prescribed.

**Does allodynia last for long?**

It depends from person to person. Sometimes it may go away on its own, particularly if this happens with migraine. The treatment addresses the cause and determines the duration of treatment.

The specialists suggest some conditions that can reduce the risk of allodynia.

These are participating in regular activities, knowing one's family history of fibromyalgia, stroke, or diabetes, maintaining a healthy weight, staying up to date in vaccination, eating well-balanced food, etc.





**Up to 80% of stroke is preventable  
- according to ASA**

Story 2

ASA's latest guidelines on stroke risk reduction are very important. In their recommendations, the ASA urges healthcare professionals to screen patients for risk factors like high blood pressure, high cholesterol levels, obesity, and high blood sugar. The guidelines highlight unique risk factors for females and transgender women and how social determinants of health impact stroke risk. The guidelines also give importance benefits of GLP-1 drugs for cardiovascular health. It also encourages a balanced diet, regular physical activity, maintaining a proper weight, and getting adequate sleep.

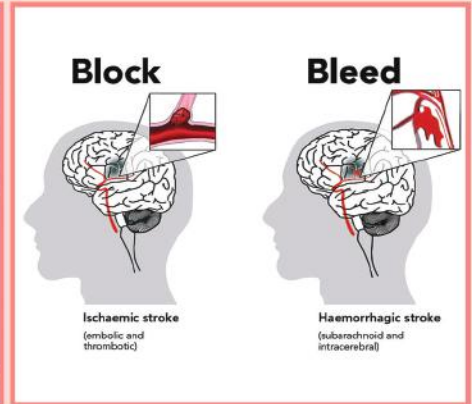
**Some facts about strokes in India**

The incidence of strokes in India is growing and is higher than in high-income countries. In 2021, India had 9.4 million people with stroke. This is a 47% increase from 1990. The annual incidence of stroke is around 145 per one lakh people. The average age of stroke patients is younger than in Western countries. Males have a higher prevalence but this varies by region and age group. Urban people are more prone to stroke.

**Two types of strokes are common**

Most strokes are ischemic, which are caused by a blood clot blocking an artery or vein that supplies blood to the brain or neck artery resulting in insufficient oxygen delivery to the brain. This causes brain cells and tissues to die within minutes. It accounts for 87% of all strokes. One symptom of this has been it causes a gradual progressive headache.

Another is the haemorrhagic stroke which occurs when a blood vessel bleeds inside the brain. This accounts for about 13% of all strokes. Its symptoms have been it causes sudden severe headaches, vomiting, seizures



weakness on one side of the body, and rapid neurological deterioration.

**Some of the ASA guidelines**

First, the recommendation for doctors is to consider prescribing GLP-1 weight loss drugs, according to many specialists around the world. Second is a healthy diet for stroke prevention similar to the well-known Mediterranean diet. More fruits and vegetables, legumes, nuts, seeds, and heart-healthy fats are included in these diets. It discourages processed foods, added sugars, refined grains, and alcohol consumption.

Third includes exercise and stroke prevention that is physical activity is essential to reduce stroke risk and keep overall heart health. At least 150 minutes a week or 75 minutes a week of vigorous activity aerobic activity throughout the week.

Fourthly, regular check-ups and control of blood pressure with the help of a good lifestyle including quality sleep and medication if necessary.





## CSR Activities & Events of SERUM throughout December, 2024



Dec 1: Mega Rally for AIDS & Thalassemia Awareness and Blood Donation on the occasion of World AIDS Day

### Annual General Meeting, 2024



Dec 5: Kolkata & South 24Pgs



Dec 7: Howrah



Dec 8: Siliguri



Dec 15: South Bihar (Patna HQ)



Dec 21: Odisha



Dec 22: North 24Pgs



Dec 22: Hooghly



Dec 20: Sri Sanjib Acharya at the Thalassemia Awareness & Free Health Camp in Bangabasi Morning College Alumni Association



Dec 22: Sri Sanjib Acharya at the Bahir Shilma Sanskritik Sports Day, 2024 programme at Jhamapukur Park



An initiative of **SERUM Analysis Centre (P) Ltd.**

This is a Medical Bulletin. Edited, compiled & published by Editorial Board for and on behalf of S SERUM Analysis Centre (P) Ltd., 82/4B, Bidhan Sarani, Kolkata 700004. Chief Editor: Sanjib Acharya. Website: [serumanalysiscentre.com](http://serumanalysiscentre.com) e-Mail: [serum.kol@gmail.com](mailto:serum.kol@gmail.com)

Phone: +91 62895 32188 / 98302 74990 / 98300 16594

Information & Local Booking Centre,

**SERUM Group**