

Summer 2023

Issue 2.2

તમારી તબિયત

Your Health

Summer Edition



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For this instalment of Tamari Tabiyat, we are trialling our first seasonal issue including a collection of articles from our team of doctors, dentists and other medical professionals. We hope you enjoy reading them!

If you would like to get involved or have any feedback, please email us at tamaritabiyat@gmail.com or message us on our socials @tamaritabiyat.

Diabetes in Dentistry

by Dr Nikita Thanki, BDS

How is diabetes related to our oral health?

Uncontrolled diabetes is when there is an increased level of glucose in the blood. If poorly controlled, this may increase your risk of gum disease.

Gum disease is when there is destruction of soft tissue (the gums) and then eventually the hard tissue (the bone) around your teeth. So when the bone that is holding our teeth in place starts to shrink away, our teeth can become wobbly and eventually fall out.

So if you have diabetes already, it makes all the difference to have your blood sugar under control because it's uncontrolled diabetes that increases your risk of gum disease. Hopefully, you can keep putting off having to get those dentures for as long as possible!

Immune system

On top of this, diabetes affects our immune system. This has 2 main impacts on the mouth:

- 1) It reduces our ability to fight off infection and so we can be more prone to for example, fungal infections such as oral thrush
- 2) It can affect wound healing so it can take longer to heal from injuries in the mouth or tooth extractions

Diabetes in Dentistry

by Dr Nikita Thanki, BDS

Dry mouth

Diabetes can also lead to dry mouth. If anyone has ever had dry mouth for a prolonged period of time you'll know how uncomfortable it can be. Aside from this, it also means that there is less saliva bathing the teeth in the mouth. Saliva acts as a buffer from the acids that attack our teeth.

This acid is of 2 types from:

- bacteria in our mouth producing it when they feed on the sugar we eat - and this can cause tooth decay
- non-bacterial sources such as from foods/drinks, vomiting etc. where the acid can come in direct contact with the teeth and cause toothwear

Diabetes can reduce saliva and so reduces its benefits.

If you do have diabetes and you do have dry mouth, then regular sips of water can help to neutralise some of the acid that can harm our teeth.

Having sugar-free chewing gum can help stimulate saliva which will help protect the teeth as well.

Brushing and flossing twice a day, and keeping a diet low in sugar, help to prevent tooth decay and gum disease that diabetes can also sometimes increase the risk of.



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Tamari Tabiyat - Your Health

Written by Dr Nikita Thanki

High Cholesterol

by Dr Adam Gadhvi, MBBS

What is cholesterol?

Cholesterol is a type of fat found in the blood. This comes from foods and is also made by the liver. It is used to maintain the cells in our bodies.

However, when there is too much cholesterol, this builds up in your blood vessels leading to blockage. Blocked vessels can cause heart disease, heart attacks and strokes.



A simple blood test can tell you if your cholesterol levels are high. There are two types of cholesterol the good kind, HDL and bad kind, LDL. Triglyceride is another type of fat in the blood that may be tested.

How to reduce cholesterol

Exercising, not smoking and maintaining a healthy diet can help bring cholesterol down to safe levels. Alcohol does not contain cholesterol, but heavy use can lead to higher levels of LDL and triglycerides.

- Sources of HDL are beans, legumes, nuts, oats, olive oil, seeds, whole grains, etc.

- Sources of LDL (TO AVOID!) are baked goods, fried foods, full-fat dairy products, red meat, etc.



High Cholesterol

by Dr Adam Gadhvi, MBBS

Medication

In serious cases where your levels are significantly high or you have an increased risk of heart disease, your doctor may suggest starting a medication called a statin. This is taken lifelong and works by reducing cholesterol production in the liver, therefore reducing the build-up in your blood vessels and reducing the risk of disease.

Be sure to inform your doctor if you or a family member has a muscular disorder, as sometimes statins can cause muscle pain and toxicity. If statins do not work for you, there are other medications that can be tried.



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Tamari Tabiyat - Your Health

Written by Dr Adam Gadhvi

Managing Hay Fever

by Dr Ravi Joshi, MBBS

This article will explain what hay fever is, what symptoms you may experience and how these can be managed so you can enjoy the warmer days and be out in the sun for longer.

What is hay fever?

Hay fever is simply an allergic reaction to pollen in the air. Pollen is released by plants, leaves and grass during the spring and summer as they begin to blossom and grow. When this pollen comes in contact with your eyes, throat, mouth or nose, it can cause a reaction to people who are sensitive to it.

What are the symptoms of hay fever?

Hay fever can cause a large range of symptoms:

- Sneezing/coughing
- Runny/blocked nose
- Itchy, red or watery eyes
- Itchy throat/mouth/nose/ears
- Loss of smell
- Pain around temples and forehead
- Headache/earache
- Tiredness



If you suffer from asthma as well, you may experience:

- Chest tightness
- Shortness of breath
- Wheeze and cough

Managing Hay Fever

by Dr Ravi Joshi, MBBS

How can you manage your hay fever symptoms?

Unfortunately, there is no current cure for hay fever, but there are a number of things you can try to reduce the symptoms as much as possible:

- Put Vaseline around your nose. This will help trap pollen and stop it going into your nose and throat
- Wear wrap-around sunglasses. This will stop pollen from getting into your eyes
- Shower and change your clothes after being outside to wash off any pollen
- Keep windows and doors shut as much as possible
- Vacuum regularly and wipe surfaces with a damp cloth
- Buy a pollen filter for the air vents in your car and a vacuum cleaner with a HEPA filter
- Ask the pharmacist for advice with antihistamine drops, tablets or nasal sprays

These steps may not get rid of all your symptoms, but they will reduce the symptoms and hopefully allow you to enjoy the warmer months a lot more.

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Written by Dr Ravi Joshi

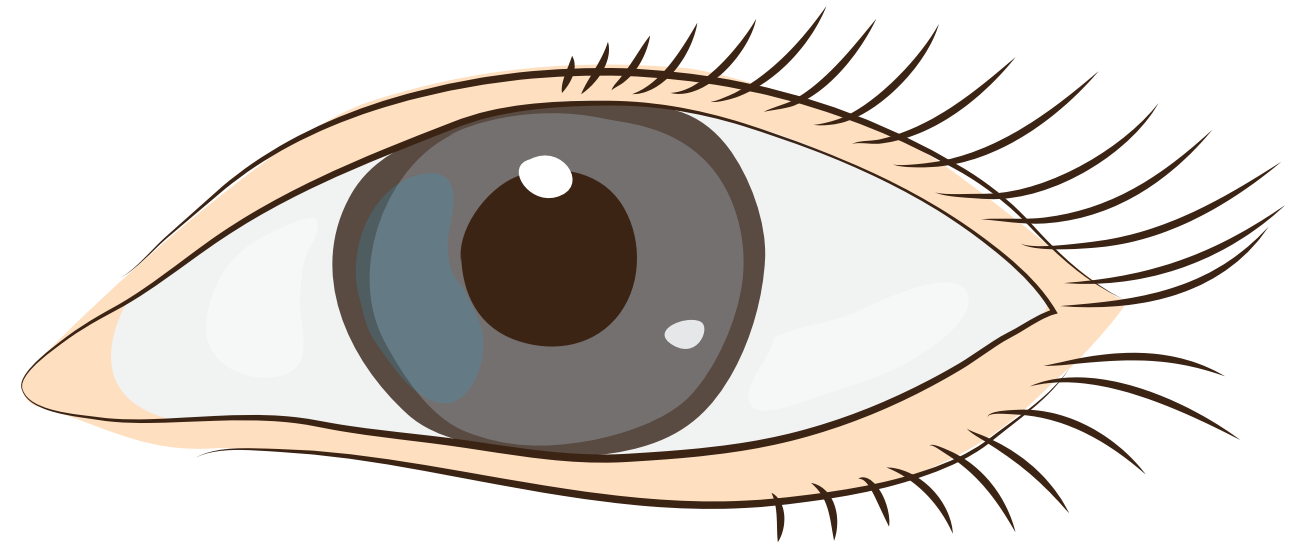
Dry Eyes

by Jagriti Jyoti, Bsc(Hons) Optometry McOptom pgCert(ClinEd) prof cert(Glauc) FHEA MECS accredited

Having dry eyes can make your eyes feel itchy, gritty and sore. Your eyes may also look red. Your eyes are usually more watery than normal.

Symptoms to lookout for

- Itchy eyes
- Sore eyes
- Redness - more at the end of the day
- Watery eyes
- Sticky eyes - worse in the morning
- Blurring of vision



How to avoid dry eyes

- No smoking
- Lid hygiene: cleaning your eyes every day with something as simple as salt water
- Hot compressions on the eyes for at least 5 minutes a day while massaging the eyelids
- Less computer work
- Regular breaks from screens

20-20-20 rule

Looking at 20 metres from the screens every 20 minutes for 20 seconds give eyes a break and reduces the symptoms of dry eyes.

Treatment

Consider ocular lubricants/dry eye drops.

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Written by Jagriti Jyoti



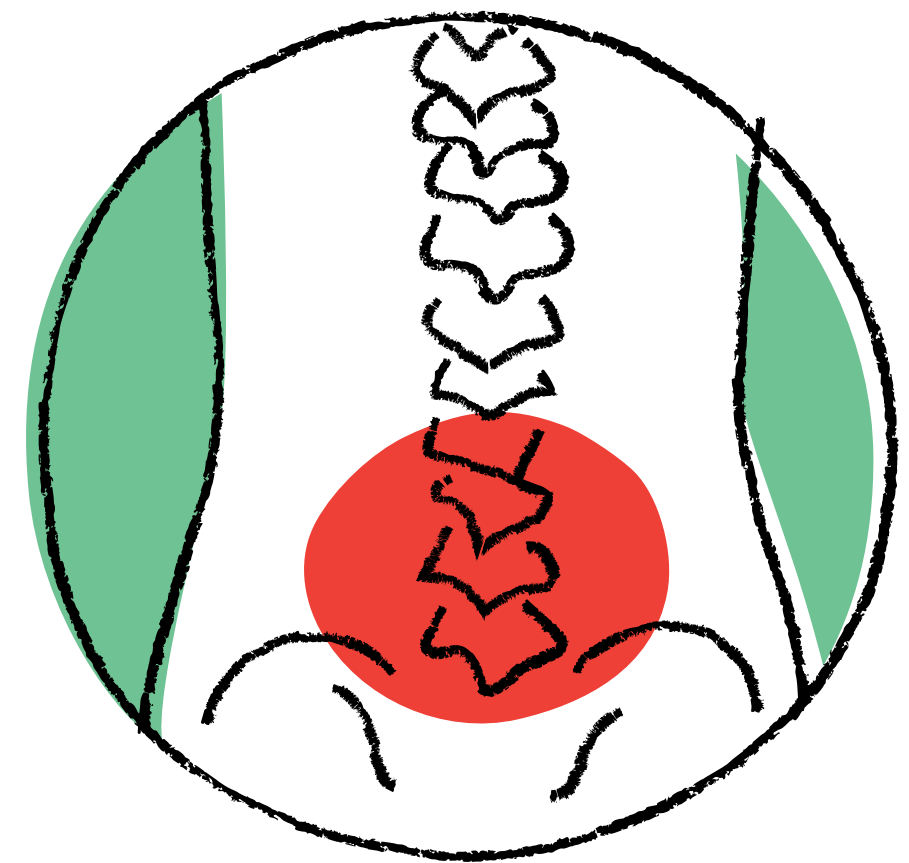
Back Pain

by Dr Sonam Gadhvi, BMBS BSc BMedSci

As we get older, many of us start complaining of back pain, specifically lower back pain. Sometimes there may be a serious cause for this pain such as broken bones (fractures), cancer or infection.

Reasons you may need to see a health professional to investigate further would be:

- If you have or have had a history of cancer
- If the pain is in the upper region of the back (thoracic)
- If there was no injury to the back
- If you are under 18, or over 50
- If it is associated with weakness or numbness of the arms or legs
- If it is associated with problems passing urine
- If pain is at night or wakes you up from sleep
- If you also have a temperature, weight loss or swelling anywhere



However the vast majority of the time, it is due to wear and tear of the bones and weakening of muscles in the back which happens as we get older. It causes a lot of people a lot of suffering.

Back Pain

by Dr Sonam Gadhvi, BMBS BSc BMedSci

What to do to Prevent Back Pain?

Exercises

- Since the lower back holds up your whole upper body, it's important that we strengthen these muscles. There are core exercises that can help both to prevent and reduce back pain. Visit websites such as the NHS and Versus Arthritis which give specific exercises to try.
- There is also some evidence that yoga stretches the body and allows for tension and tight muscles to relax which can sometimes be the cause of pain.
- Reduce the amount of time sitting/lying down or keeping still as this can worsen or exacerbate the pain.



Vitamin D and calcium

These are factors to consider if you have long-term conditions, if you stay indoors frequently for long periods or have a poor diet. Low levels of calcium and vitamin D increase the risk of osteoporosis (weakening of bones) which leads to an increased risk of fractures. See a health professional for advice regarding what foods to eat with high vitamin D and calcium levels and enquire about supplements if required.

Back Pain

by Dr Sonam Gadhvi, BMBS BsC BMedSci

What to do when you have back pain?

Simple measures like ibuprofen (if you are able to take it) and paracetamol can ease the pain as well as heat packs and rubs. Ibuprofen can also be applied as a gel to the area in pain. We all know a bit of Iodex can work wonders.

If these do not work, sometimes stronger pain relief is required however these need to be started with advice from a health professional after a discussion about risks and benefits.

Exercise as previously mentioned can not only help prevent but help reduce the pain too.

These exercises can generally be started at home by yourself however if you require assistance, a physiotherapist can help in demonstrating the exercises that may help with reducing the pain in the long term.



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Tamari Tabiyat - Your Health

Written by Dr Sonam Gadhvi

We hope this has helped!
Tame 100 varus na sukhi thav - May you live
happily to 100 years!

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