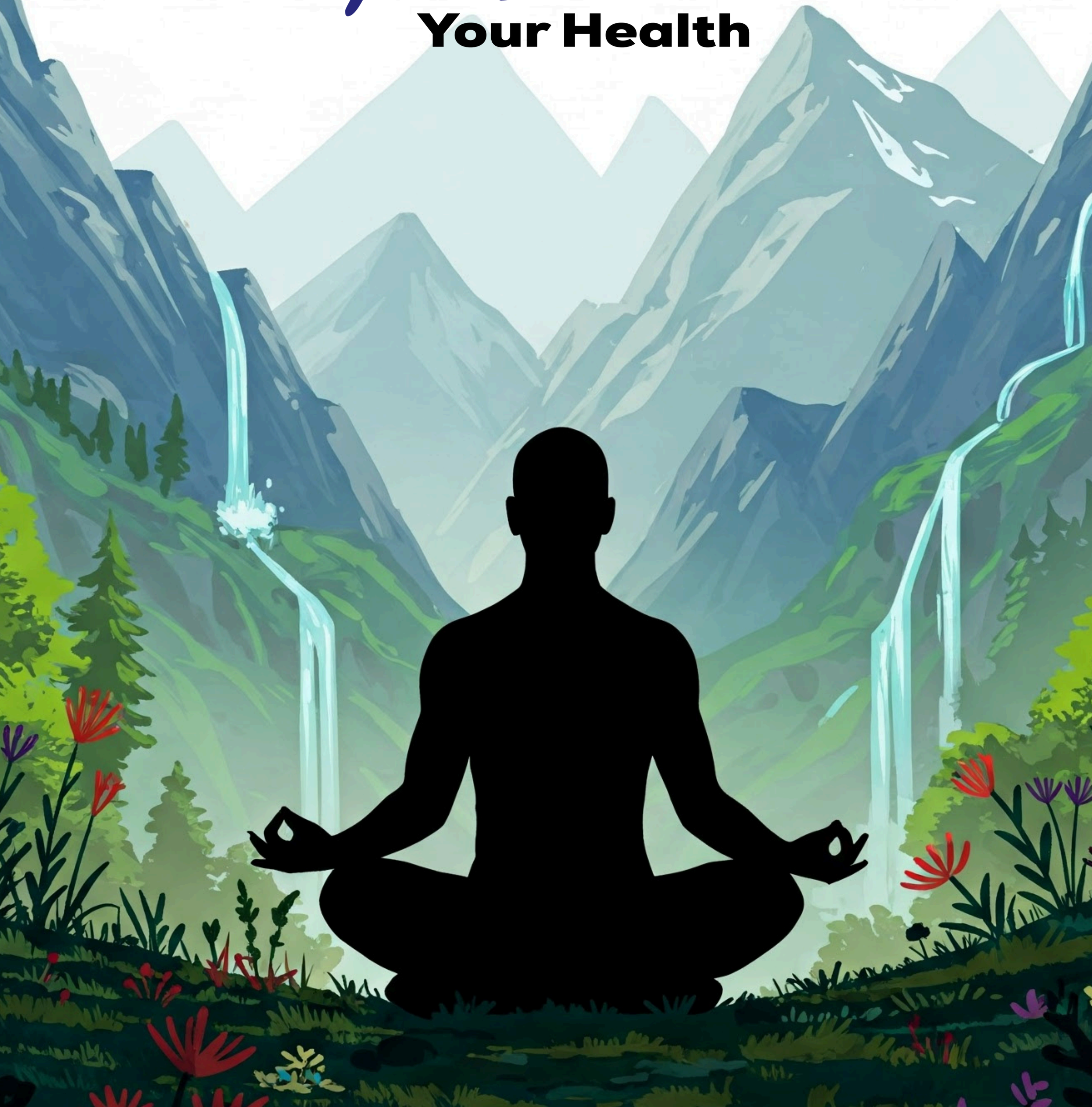


Issue 4.1
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તમારી નિમિત્ત

Your Health



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Welcome to our Winter issue including a collection of
articles from our team.

We hope you enjoy reading them!

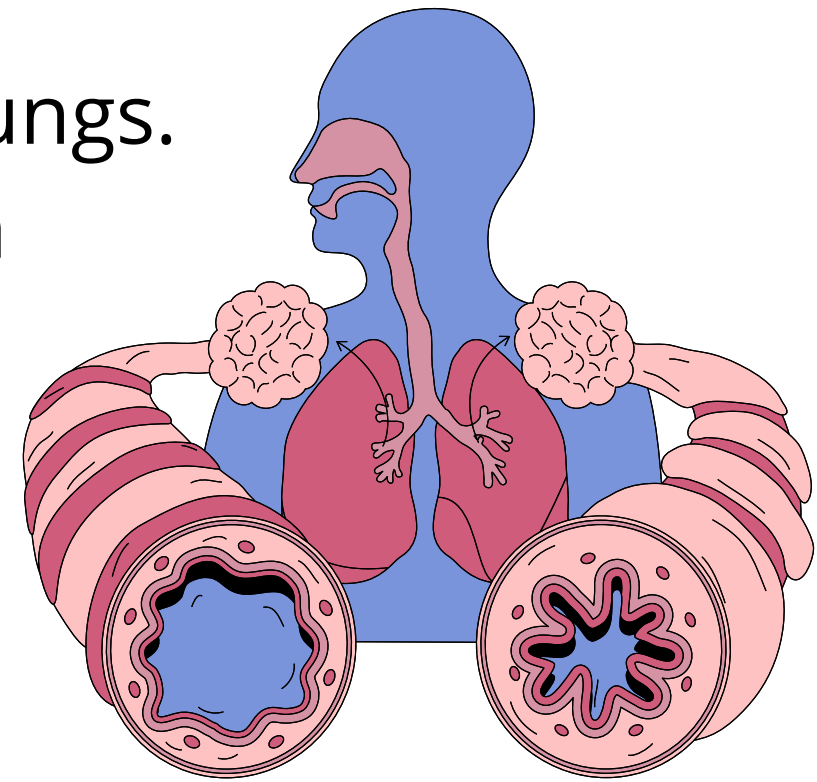
If you would like to get involved or have any feedback, please email us at
tamaritabiyat@gmail.com or message us on our socials @tamaritabiyat.

Asthma

by Dr Sonam Gadhvi BMBS BSc
GP Resident Doctor - East London

What is asthma:

Asthma is a very common chronic condition affecting the lungs. It causes inflammation and narrowing of the airways which makes it more difficult to breathe. This can be in response to certain triggers such as exercise, cold, pollen, viral infections, dust, animals and even stress. It generally affects children over 5 years old, some may 'grow out' of it but many adults also suffer from it.



Symptoms:

- Cough at night
- Chest tightness or difficulty in getting breath in and out
- Wheezing or noisy breathing
- Asthma attacks - if symptoms are severe and not improving with inhalers or rest (you should seek emergency medical attention)

Factors that increase your risk of getting asthma:

- Genetics -if you or someone in your immediate family have asthma, eczema or Hayfever
- Air pollution - growing up in an urban environment
- Smoking - the smoke irritates the airways leading to inflammation
- Obesity - being overweight or obese increases the risk of asthma
- Occupation - certain occupations expose people to dust (wood, industrial), fumes and vapours that can cause asthma.



Asthma

by Dr Sonam Gadhvi BMBS BSc
GP Resident Doctor - East London

What can you do to prevent worsening of your asthma symptoms:

Identify and Avoid - Identify your trigger and if possible, avoid it

- If it's dust - vacuum and clean your house frequently by washing bedding, curtains, soft toys regularly, switch carpets to hard flooring.
- If it's animals - avoid getting a pet or going to someone's house for long periods if they have a pet
- If it's the cold - try to cover your mouth and nose when going outside to provide a layer of insulation.
- If it's stress - try using techniques to reduce stress, either mindfulness meditation, exercise/sports or spending time with loved ones

Some triggers such as exercise or viral infections are difficult to avoid so aim to be vigilant during exercise and identify symptoms early to know when to stop. Wearing masks, washing hands and avoiding contact with others who are unwell will help reduce the chance of catching viral infections and therefore triggering an asthma attack.

Smoking:

Stopping smoking will reduce the inflammation in the airways and help with symptoms, reduce needing inhalers, reduce hospitalisation and have a better quality of life. There are many quit-smoking services available in your local area, contact your GP to find out where to get help in quitting smoking.

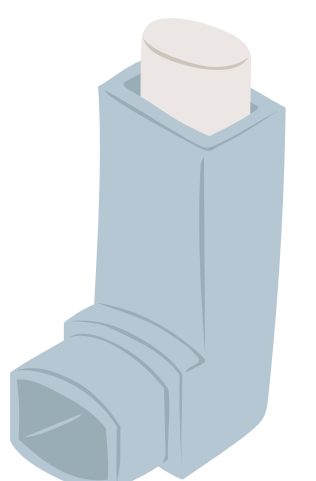
Inhalers:

Generally, there are 2 main types of inhalers: reliever and preventer.

The reliever is a blue inhaler containing salbutamol - you take it as and when required for example if struggling to breathe, chest tightening/wheezing.

The preventer is sometimes a brown inhaler containing a steroid - you take it every day as prescribed by your doctor, for example, 1 puff twice a day once in the morning and once in the evening.

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Your Health



Asthma

by Dr Sonam Gadhvi BMBS BSc
GP Resident Doctor - East London

Important tips to remember:

- It is extremely important that you keep your blue inhaler on you as well as putting one in places you regularly visit like your work/school, home and car.
- It's also important to remember to take your regular preventer/brown inhaler every day as this reduces the risk of going to the hospital when it gets really bad. Put an alarm on or note somewhere every day to prevent you from forgetting.
- If you need to use your blue inhaler (reliever) more than 3 times a week, then your asthma may not be well controlled. In this case, avoid any triggers and see your doctor to discuss further treatment.
- All patients with asthma will have an 'Asthma Action Plan' which outlines what medications to take, what triggers to avoid and what to do if inhalers are not working. Familiarise yourself with your asthma plan and share it with family and teachers so they know what to do in case of an attack.
- Vaccinations - All patients with asthma are offered yearly flu vaccines which help prevent flu, so regularly receiving your flu vaccine may prevent worsening of your asthma.
- Healthy lifestyle - Studies have shown obesity to be linked to higher rates of asthma therefore maintaining a healthy diet and physical activity, which will help maintain a healthy weight can reduce your risk of asthma.
- A healthy diet with a wide variety of fruits and vegetables provide vitamins and minerals needed to maintain your immunity, thereby reducing your risk of infections that could worsen your asthma.

તમારી સ્વસ્થતા
Your Health



Written by Dr Sonam Gadhvi

Gum Disease

By Dr Chandni Nakum BDS MFDS
Associate Dentist - Essex

Gum disease is a common condition where bacteria in the mouth attack the supporting structures of the teeth e.g, gum and bone that holds the teeth firmly in place. It is often identified by sore, swollen, or infected gums. As you brush your teeth you may experience bleeding or painful gums or in more advanced gum disease the teeth can also become loose and fall out.

What causes gum disease?

Poor oral hygiene is the main cause of gum disease, as it can create a build-up of plaque (film of bacteria/food) on your teeth.

Plaque is a sticky film formed from the bacteria and saliva in your mouth. It can break down the surface of your teeth, while other bacteria may irritate and cause inflamed, sore gums – a sign of gum disease. Without regularly or properly brushing and flossing your teeth, plaque can build up and turn into calculus. Calculus is hard and regular brushing won't remove this, so you may require cleaning from a dentist or hygienist.

Further causes of gum disease include:

- Medication – such as antihistamines and antidepressants, may reduce the flow of saliva. As saliva protects your teeth and gums, this can negatively affect your oral health.
- Pregnancy – hormonal changes can make your gums more sensitive and vulnerable to plaque building up.
- Uncontrolled diabetes
- Malnutrition – lacking nutrients such as vitamin B and C.
- Weakened immune system
- Smoking - can weaken your immune system and make it harder for gum disease treatments to work

Gum Disease

By Dr Chandni Nakum BDS MFDS
Associate Dentist - Essex

Gingivitis

Gingivitis is the early, milder, and reversible type of gum disease. It's normally caused by a bacterial infection related to a build-up of plaque on your teeth, which can lead to inflamed gums.

It usually causes red, swollen gums that bleed easily when brushed or flossed. If it is not treated by improving your oral care, it can progress and develop into the more serious, non-reversible stage of gum disease, periodontitis.

Symptoms of gingivitis can include:

- Bleeding gums – after brushing or flossing are one of the main signs of gum disease. Your gums can become inflamed due to a build-up of plaque at the gum line, which can lead to gingivitis (the early stage of gum disease).
- Swollen, puffy or inflamed gums – Healthy gums look firm and pink.

Periodontitis

This type of gum disease attacks gums, bone and the tissue that holds teeth in place, eventually loosening them until they could fall out.

Symptoms of periodontitis can include:

- Receding gums
- Loose teeth or changes in their position
- Unpleasant taste in your mouth
- Bad breath – may also have an unpleasant taste in your mouth.
- Gum abscesses – a collection of pus develops under your gums or teeth.

Gum Disease

By Dr Chandni Nakum BDS MFDS
Associate Dentist - Essex

Treating and preventing gum disease

Gum disease is one of the most common causes of tooth loss in adults, but it can be treated and prevented with the right care. The best ways of preventing and treating gum disease include:

- Improving your oral hygiene routine

Brushing and flossing can help reduce bacteria in your mouth to prevent gum disease taking hold. Flossing regularly removes plaque from between your teeth, reducing the chance of gum disease occurring.

- Regular visits to your dentist

Your dentist will check your teeth and gums, and may take some X-rays to check your teeth and jaw bone. They may also refer you to a specialist for further tests and treatment.

Your dentist or dental hygienist may also thoroughly clean your teeth – removing any plaque and calculus to help prevent gum disease developing.

Treatments for gum disease

In the early stages, your dentist will:

- Give you advice about keeping your teeth clean, such as using interdental brushes
- Advise you to stop smoking, if you smoke
- Advise you to get your teeth cleaned by a hygienist
- If your gum disease is serious, you may need to have deep cleaning under the gums or be referred to see a gum specialist (periodontist).

चम)री चमयत
Your Health



Written By Dr Chandni Nakum

Dementia

by Dr Adam Gadhvi MBBS
Psychiatry Resident Doctor - East London

Dementia describes a group of conditions that affect memory, intellect and personality. It worsens over time, impairing function and increasing dependence on others. Dementia is not a normal part of ageing.

There are many types of dementia and they all exhibit memory loss. They may also include difficulty with planning, communication, decision-making, changes in mood and personality.

Alzheimer's disease is the most common type of dementia and is usually seen in people aged over 65. It is caused by proteins building up in your brain resulting in damage to its messaging system. It is a life-limiting condition.

Conditions that can increase your risk of having dementia are:

- Parkinson's disease
- Down's syndrome
- Stroke
- Heart disease
- High blood pressure
- High cholesterol
- Type 2 diabetes
- Depression

Other important factors that can increase your risk are:

- Lower educational attainment
- Obesity
- Social isolation
- Smoking
- Excess alcohol
- Repeated head injuries
- Older age



Dementia

by Dr Adam Gadhvi MBBS
Psychiatry Resident Doctor - East London

Making positive changes to your lifestyle can significantly reduce your risk!

If multiple family members develop dementia before age 65, there may be a genetic risk that would need investigating.

When someone is depressed they may display pseudo-dementia. This is when symptoms of depression mimic the symptoms of dementia, such as the inability to care for oneself.

At present, there are no cures for dementia. However, there are medications, vitamins and therapies that can support symptoms. The best thing you can do to prevent being in such a situation is to enhance your lifestyle.

If you have any concerns about your memory or maybe concerns have been raised by family, book an appointment with your GP. You may be referred to a memory clinic where thorough questionnaires and assessments are carried out to explore various aspects of your brain function. You may also have scans such as an MRI or CT of your head that can help diagnose a type of dementia and blood tests to rule out other causes.



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Your Health



Written by Dr Adam Gadhvi

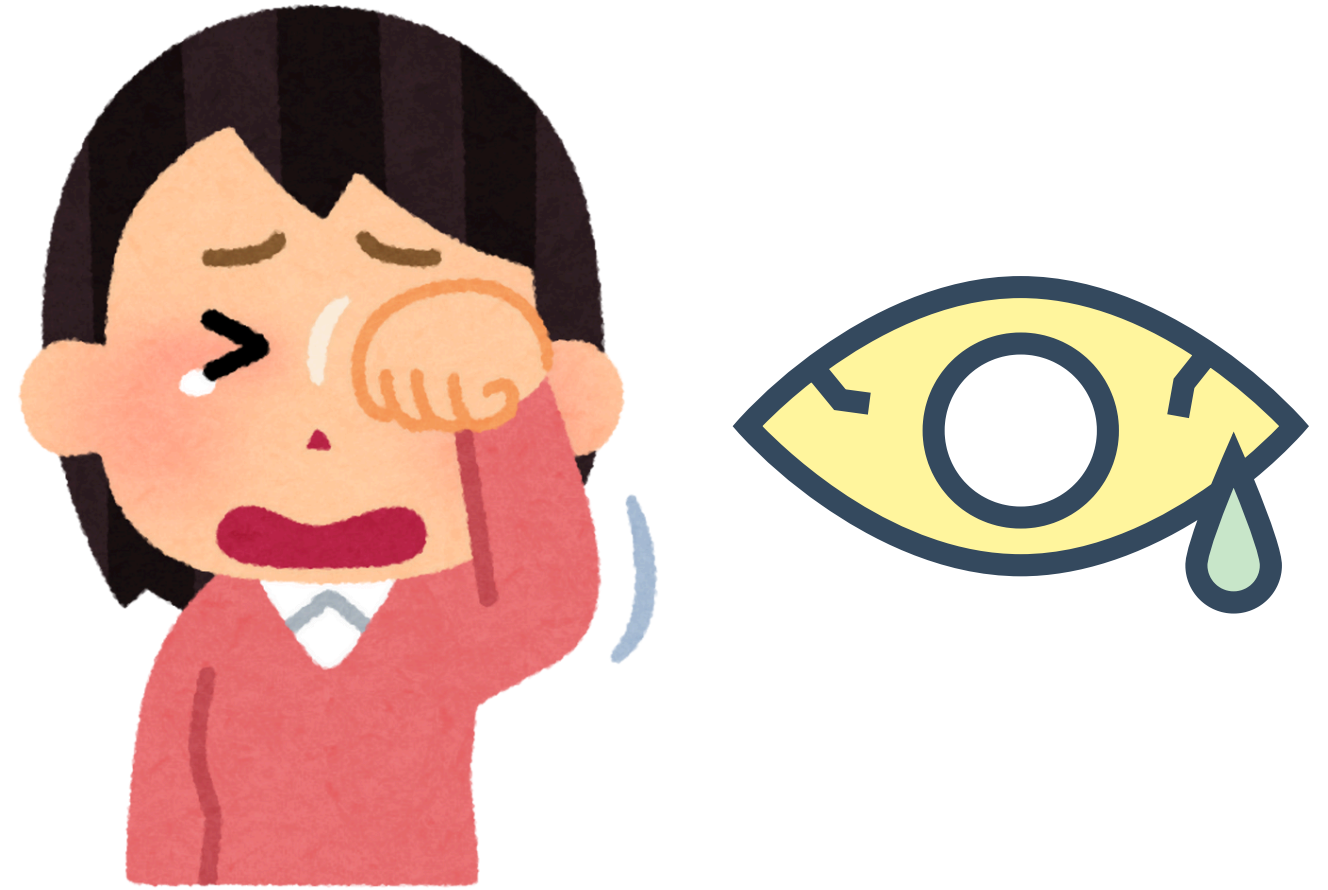
Eye Infections

by Dr Ravi Joshi MBBS
GP Resident Doctor - Harlow

Conjunctivitis is the medical term for a common type of infection of the eye. It is also commonly known as red eye or pink eye.

Symptoms typically include:

- Redness of the eye
- Burning or gritty sensation in the eye
- Sticky eye lashes due to pus
- Itchiness
- Watery discharge



A lot of the time, conjunctivitis can be managed at home. Saving you the hassle of booking a GP appointment or going to A&E. Here is how you can manage this condition at home:

1. Boil some water and then let it cool down
2. Once the water is at a warm temperature, use a cotton wool pad, dip into the water and wipe your eyelashes (use a separate pad for each eye)
3. When wiping your eyes, you need to use 2 motions. First start near the nose and wipe out towards the temple, after doing this, start in the upper eye lid and wipe down.
4. Once you have done this, hold a cold flannel on your eyes for a few minutes to cool them down
5. Remember to avoid contact lenses at all costs until your symptoms are gone.

Eye Infections

by Dr Ravi Joshi MBBS
GP Resident Doctor - Harlow

If this doesn't help the symptoms after 4-5 days, you can visit your Pharmacist or Opticians who can review the eye and give you eye drops or antihistamines. If they think it is a bacterial infection, you might be given antibiotic eye drops.

Conjunctivitis is contagious, so you will have to take some precautions to avoid it spreading to people around you.

- Regular hand washing
- Wash your pillow cases and face towels
- Avoid rubbing your eyes
- Avoid sharing towels and pillows

Having conjunctivitis can be difficult to deal with, especially when trying to manage it with a busy schedule, but follow the steps above, and hopefully it will be resolved in no time.

If you have any other symptoms such as loss of vision, severe pain in the eyes, swelling around the eyes, double vision, blurring of vision, flashing lights, floaters and shadows. You will need to see a specialist, and either see your GP, opticians or A&E (if out of hours) as this may be something much more serious.

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Your Health



Written by Dr Ravi Joshi

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

તમારી તબિયત
Your Health



Tamari Tabiyat - Your Health