

GUARDIAN Q & A

**Max
Healthcare**
Caring for you...for life

EMERGENCY
011 4055 4055
SECONDS SAVE LIVES



Dr Rajiv Dang,
Senior Consultant -
Internal Medicine,
Max Hospital, Gurgaon

Q I am 30 years old man. When I get up early in the morning I have pain in my left abdomen. Please tell me what should I do?

A Left abdomen pain could be due to many causes like amoebiasis, renal calculus, some injury etc. But these possibilities should have no predilection for morning hours. You need to see a doctor so that he can conduct a detailed examination and advise accordingly.

Q I have been using Telmaam and Storvas 10 for my hypertension on the advice of my doctor. My lipid report is not that good as my HDL is on the lower side. What can I do to boost my HDL level?

A A good control on blood pressure, regular exercise and quitting smoking (in case you do) should be the mainstay of your cholesterol management. Other helpful factors could be cutting on alcohol intake, diet management and further drug adjustments, if so desired by your doctor.

Q My job involves overseas travel, which also includes countries like Bangladesh, Cuba and Sudan. Please tell what all vaccinations I need before I head to these lands. Otherwise I am healthy.

A For a visit to these countries, you should be vaccinated against Hepatitis A, Hepatitis B, Typhoid, Pneumococcal vaccines and yellow fever. It is also advised to take Malaria, Chemoprophylaxis, Hepatitis A, BHhh

Super-Specialist Consultants at Max Hospital, Gurgaon will answer your health queries in this fortnightly column. For appointments at Max Hospital, Gurgaon; Call 0124 662 3000 or Log on to www.maxhealthcare.in



Mail all your health queries to:
guardian.health@guardianlifecare.com

Write to us

GUARDIAN LIFECARE PVT. LTD.

Plot No. 55, Sector - 37, Udyoug Vihar Pahse VI
Gurgaon - 122 001, Haryana, India

