

Main Topic : Alternative Medicine

Sub Topic : Alternative Medicine Practitioners

Alternative medicine can be defined as a section of preventive or curative health care practices such as naturopathy, homeopathy, chiropractic and herbal medicine. It does not follow the generally accepted medical methods and may not have verifiable scientific explanation for its effectiveness. Alternative medicine is gaining popularity fast and alternative medicine practitioners pursue various streams of medicine including Reiki, Ayurveda and Touch Therapy.

Selecting an alternative medicine practitioner is a vital decision guaranteeing that you are receiving the best health care on earth. Even though conventional medicine is still the primary option for treating illnesses, of late, people across the world consider alternative medicine as a viable solution. The fact that it is less expensive has also contributed to its popularity.

Many professionals resort to alternative medicine for healing simple ailments such as a fever, cold or headache as well as severe illnesses including cancer and neural or heart disorders. Alternative medicine practitioners employ homeopathy, message therapy, reflexology, chiropractic, acupuncture, Ayurveda, naturopathy or yoga to cure diseases. These practitioners focus on the relationship between bodily structure and function to restore physical and psychological health.

Ayurveda is an alternative medicinal system that has been practiced mainly in the Indian subcontinent for 5,000 years. The practitioners of ayurveda employ diet control and herbal remedies to cure ailments. They give emphasis to the body, mind, and spirit in preventing and treating diseases. Some practitioners advise yoga, a form of exercise that includes specific postures, to improve physical health.

Practitioners of aromatherapy use extracts or essentials from herbs, flowers and trees to promote health and heal diseases. Massage therapy is used to manipulate muscles and connective tissues. Massage therapists employ oil massage that can cure many ailments related to pain and sprain. Naturopathy is another alternative medicinal system in which practitioners use natural healing forces within the body to heal diseases. Naturopathic practitioners resort to massage, acupuncture, exercise, dietary alteration and minor surgeries to cure ailments.

Another set of alternative medicine practitioners believe in touch therapy. Touch therapists pass their hands over a patient in order to identify energy imbalances. The healing power in the therapist helps the patient's recovery. Healing is promoted when the body's energy levels are balanced.

Other popular types of alternative medicine are electromagnetic fields, dietary supplements and osteopathic treatment.



Main Topic : Alzheimers

Sub Topic : Early Onset Alzheimers

Alzheimers is a geriatric neurodegenerative disease. However, around 10% of the total Alzheimer patients are in their middle ages. An early onset of Alzheimers has devastating effects on the social and personal life of a person. Early symptoms are often ignored by people owing to ignorance and lack of motivation.

Early onset Alzheimers symptoms usually begin with short-term loss of memory and confusion. Difficulty in performing normal tasks, problems with language, poor or decreased judgment, inability to recognize objects, impaired motor ability and personality changes add chaos to the life of the victim. These symptoms vary from person to person, thereby making diagnosis difficult. Early patients of Alzheimers suffer more damage before they begin to show symptoms. They tend to have more brain damages than late onset Alzheimer patients. This is caused by neurofibrillary tangles and beta amyloid plaques. Myoclonus, muscle twitching and spasm are common conditions in early onset Alzheimers. They are generally absent in late onset Alzheimers. Even though young patients are more physically fit and active, early onset Alzheimer patients decline at a faster rate than sporadic Alzheimer patients.

Early onset Alzheimers has a strong genetic link. Autosomal dominant mutations of three genes such as presenilin 1, presenilin 2 and amyloid precursor protein trigger this early onset. People with Down's syndrome, who have an extra copy of chromosome 21, also develop the Alzheimer plaques and tangles in their brains. Experts suggest that families, that inherit a genetic fault on chromosomes 21, 14 or 1, have high chances of a premature outbreak of the disease.

Apart from physiological hazards, the early onset Alzheimer patients have to suffer many psychological problems. The self-esteem of early Alzheimer patients is affected seriously since they are prone to depression and anxiety about the future.



Main Topic : Breast augmentation

Sub Topic : Breast Augmentation 101

Breast augmentation, technically known as augmentation mammoplasty, is a cosmetic surgical procedure to enhance the size and shape of a woman's breast through breast implants. Women choose breast augmentation for various reasons: when the breast size is too small, to balance a variation in breast size, to restructure the breasts that have lost their shape from breast-feeding or aging and as a reconstructive procedure following breast surgery. Breast augmentation will increase the size of a woman's breasts but it will not perfect them.

Most procedures are performed in an outpatient setting under general anesthesia. By inserting an implant behind each breast, surgeons are able to enhance a woman's bust line by one or more bra cup sizes. Earlier, silicone gel-filled implants were used for breast augmentation. Currently, breast implants usually make use of saline, a saltwater solution, although some implants use silicone. In 1992, the U.S. Food and Drug Administration (FDA) imposed a ban on the general use of silicone gel-filled

breast implants. The new saline implants are a safe substitute for the silicone gel implants.

The surgical incisions are made in the crease where the breast meets the chest, beneath the areola, or in the armpit. The insertion of an implant behind the breast tissue or under the chest wall muscle will push the breast tissue forward, making the breast appear larger and fuller. Most physicians prefer placing the implants under the chest muscle. This is because the muscle provides an additional layer of padding to provide a more natural look, and minimizes the probability of scar tissue formation around the implant. A small scar will be present after the surgery, even though most plastic surgeons try to make the incision in an area that will lessen the visibility of the scar.

According to the American Society for Aesthetic Plastic Surgery, the number of women undergoing breast augmentation is increasing at a rapid pace. Over the last couple of years, breast augmentation surgery has advanced in terms of safety and effectiveness.



Main Topic : Breast Cancer

Sub Topic : Glyconutrients and Breast Cancer

Glyconutrients are a combination of eight sugar nutrients which boost or reactivate the immune systems in the patient's body and help the body to fight breast cancer. Glyconutrients are special types of nutraceuticals which regulate health through improved nutrition.

Glyconutrients and breast cancer have close medical relation as these nutrients help individual tissue cells in the affected area to have proper communication with each other. These also ensure proper blood circulation in the cells and between cells. Daily intake of glyconutrients will help in the repairing, regeneration and functioning of the cells.

The use of this sugar nutrient helps the patient come out of the anxiety and depression caused by the disease. Glyconutrients contain eight essential sugars such as glucose, galactose, mannose, fucose, xylose, n-acetylneuraminic acid, n-acetylgalactosamine and n-acetylglucosamine. These essential sugars will help in fighting off the toxins developed by cancerous cells.

Experiments have proved the effectiveness of glyconutrients in the treatment of cancer. Breast cancer is a malignant disease that can lead to many physical distresses and reduce necessary body nutrients. The daily usage of glyconutrients will enable the body to regain those lost nutrients or to replace the one that you may not get from your daily diet, thus offering total body health.

During surgery, chemotherapy, or radiation, glyconutrients are also used as a part of the treatment of breast cancer. Its usage will reduce the side effects of the treatment and help in healing the disease.



Main Topic : Cerebral Palsy

Sub Topic : Children with Cerebral Palsy

Children with cerebral palsy have varying degrees of physical disability. Many children who have cerebral palsy have no associated medical disorders. However, disorders that involve the brain and impair its motor function can also cause seizures and impair a child's intellectual development, vision and hearing. It will also influence the activity, behavior and attention of the child with regard to the outside world. The child and its family go through severe emotional, social and physical distress. Apart from these factors, the family has to bear the financial stress associated with the medical upkeep of the child. Family support and mental strength are vital factors in bringing up a child with cerebral palsy.

In the initial years, parents have to learn to cope with the special needs of their child. Cerebral palsy cannot be cured, but treatments can often improve a child's capabilities. For this, parents of children with cerebral palsy have to consult several medical practitioners, therapists and other professional staff who will determine and advise on which type of therapy and courses of action to follow. The human brain has an amazing capacity to recover after an injury and it is this that the family needs to understand and work upon to rehabilitate their child. Specific treatments available for children with cerebral palsy include physical and behavioral therapies, drug therapy, surgery and mechanical aids. In addition to these treatments, rehabilitation of children with cerebral palsy depends on the love and care, encouragement, happy childhood experiences and the presence of friends and relatives.

At the time of schooling, parents have to search for special schools that provide a focused approach to understanding and handling these challenged children. The focus of education for a child with cerebral palsy should be on improving the motor skills to foster independence in day-to-day living and to encourage emotional and social development. A collective, mutual approach among parents, teachers, doctors, school psychologists, speech and other therapists will work best to provide an individualized approach to productively rehabilitate children with cerebral palsy.



Main Topic : Sleep Apnea

Sub Topic : Sleep Apnea Pillows

Sleep apnea pillows are specially designed pillows meant for those suffering from sleep apnea. These pillows are designed so that they keep people sleeping on their back. This helps in keeping the airway open while sleeping. Sleep apnea pillows are only useful for mild and moderate sleep apnea. These pillows can be used independently or in conjunction with other treatments.

Sleep apnea pillows have a pair of elevated sides, at a predetermined angle, which are shaped to hold persons' head and shoulders. These pillows only allow you to sleep on your sides. Sleeping on one's side helps to reduce extra weight on the chest. This eventually results in more natural alignment of internal air passages, which ultimately prevents the accidental closure of trachea. Most modern pillows also have an alarm to warn, when one begins to sleep in an awkward position. Most sleep

apnea pillows are constructed using soft resilient materials, which offer comfort and enough elevation. So far, no long-term side effects are reported with these pillows.

The size and weight of the sleep apnea pillows vary according to the physical dimensions of the patients. There are certain standard sizes such as small, medium, large and X-large. There are many companies which produce custom pillows according to your body dimensions. Usually custom ordered pillows take 3 to 5 week to deliver. The price depends mainly on size. The price ranges from \$130 to \$550.

It might take some time to get used to sleeping on sleep apnea pillows, but once you get used to it you are sure to experience a more restful sleep with out any suffocation.

Only a few companies produce sleep apnea pillows. Internet is the best way to find these companies. The U.S. Food and Drug Administration so far has approved only one pillow model for apnea patients. There are a number of companies waiting for patent and approval of their pillows.



Main Topic : Stress Management

Sub Topic : Stress Management Exercises

Stress management exercises aid to control stress levels. Physical exercise is also enormously beneficial and important for both mind and body. Stress management exercises are designed to help caregivers take care of themselves. Stress management exercises are mostly simple and short. They help a person become more aware of his responses to the environment and to others.

There are several types of stress management exercises. Daily review exercise is a simple technique that allows a person's mind to slow down and to become more objective about daily life. In daily review exercise you sit in a relaxed position and mentally create the image of a movie screen, project the thoughts and activities of the day. If a negative or unsatisfying event which comes into the view, hold the picture still and see how this event could be changed to become more positive one. The next exercise is building awareness. This exercise is very easy to do almost anywhere in just a few minutes. Building awareness exercise assists to appreciate the differences between inner and outer world. Body awareness is also a stress management exercise. This helps in promoting body awareness and identifying areas of tension.

Many other types of stress management exercises are also used. Basic progressive relaxation is a kind of exercise. Basic progressive relaxation is easy to learn and very powerful. Because of its simplicity it can be mastered quickly and can be used in many stressful situations. Basic autogenic training is another stress management exercise. This simple but sophisticated technique offers mastery over all systems that respond to stress.