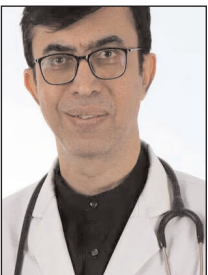


# Hepatitis and liver diseases, how to prevent and what to do

Hepatitis Day is celebrated all over the world so that it reminds us that we have to avoid this deadly disease, take all precautions and make this earth hepatitis free, but is it possible? Let us first understand some statistics.

Hepatitis means inflammation of the liver which usually occurs due to viral infection, however there are other causes for it too like alcohol, many kinds of medicines (Allopathy, homeopathy or ayurvedic), some genetic diseases or autoimmune disease. If we talk about viruses, there are five types of viruses A, B, C, D & E. Out of these, the specialty of B & C is that they make their home in the body, i.e. they go into chronic phase and gradually damage the liver and get converted into cirrhosis or liver cancer.

How will a person know that he has hepatitis? Its main symptoms are jaundice, loss of appetite, weakness, vomiting, mild fever etc. But the special thing is



that not every patient has symptoms, many people are asymptomatic and they can be detected only through tests.

Hepatitis B needs special attention because it has been controlled in the developed countries of the world and we are still far behind. Let us first understand how Hepatitis B spreads. It happens through blood transfusion, during surgery, through injection, syringe or through unsafe sex. But one of the most important ways is the infection from mother to child. Even today, most of the patients of chronic hepatitis B get this disease from their mother's womb i.e. vertical transmission and all of these are asymptomatic but are infectious i.e. they can infect anyone who comes in contact with them.

Currently around 40 crore people in the world have Hepatitis B and 95% of them do not have any symptoms. This is the biggest challenge of this disease, hence the slogan for World He-

patitis Day this year is "Hepatitis let's break it down" i.e. break all social, administrative and economic barriers to prevent and treat Hepatitis and get Hepatitis tested and get it treated in the initial stage, and those who do not have it, should get vaccinated. This is a very good slogan because Hepatitis does not wait.....also you should not.

Liver diseases are easy to detect, blood tests like LFT and sonography are enough. After this, if there is any doubt, then Hepatitis Markers and if liver damage is suspected then Fibroscan and Endoscopy are done. Fibroscan is a very effective test in which liver damage is detected within 10 minutes and Endoscopy is a very useful means of stopping vomiting of blood in these patients.

The basic mantra to prevent hepatitis is vaccination, get vaccinated for Hepatitis A & B, use clean food items and water for Hepatitis A, pay special attention to hand hygiene, follow safe medical practices for Hepatitis B & C and avoid unsafe sex. This was about viral hepatitis.

Hepatitis E Prevention

Use bottled water for brushing your teeth in high-risk areas

Use purified water for washing vegetables or when cooking

Avoid raw meat, particularly pork and game meat

Boil water to purify it

Wash your hands frequently

Now let us see what other reasons there are that can damage the liver, the main one being alcohol. It should be consumed in limited quantities i.e. not more than two days a week and not more than 60 ml. Even today, about 40% of cirrhosis (liver damage) cases in the world are due to alcohol.

But now the biggest concern is about NAFLD! That is, the dis-

ease in which a person has never consumed alcohol but does not exercise, is overweight or is diabetic. They get the same disease as those who drink alcohol. Its new name is MASLD, which means fat gets deposited on the liver but the result is the same i.e. cirrhosis or liver damage. So to avoid this, exercise regularly for 45 minutes or one hour, do not let your weight increase, do not

eat fast food, fried or too much sweets and if you are diabetic keep sugar under control and keep HbA1c below 7.0. Apart from this, many other precautions are necessary like do not use unnecessary medicines without medical advice, many medicines are Hepatotoxic and their continuous use damages the liver. There are many genetic diseases and many Immunity Mediated Diseases, it is not possible to avoid them but good treatment is available for all of them.

Even after all this, if the liver gets damaged, liver transplantation can be done which is a very successful technique in itself and is completely available in our country.

So let us pledge on this Hepatitis Day that we will make every effort for liver health, be aware, get vaccinated, exercise regularly, avoid alcohol, will not take medicine without medical advice. In case of any problem, we will not delay getting tested. "Knowledge is prevention, understand liver diseases".

**Support Gastrocare's mission to make India Hepatitis free**

## Is It Narcissistic Abuse? Telltale Signs You Shouldn't Ignore



Ever felt like you're in a one-sided relationship where everything revolves around the other person? Welcome to the world of narcissistic abuse. But fear not, dear reader, for you're not alone in this bewildering theatre of manipulation and deceit.

Navigating a relationship with someone exhibiting narcissistic tendencies or traits of

narcissistic personality disorder can be immensely challenging and emotionally draining. It's worth noting that some individuals may exhibit these behaviours unknowingly. Before jumping to conclusions, open communication is key. However, it's essential to be vigilant for these eight common signs indicating you may be experiencing narcissis-

tic abuse:

**Gaslighting:** It is a form of manipulation where someone tries to make another person doubt their own thoughts, feelings, or perceptions. For example, imagine a situation where someone constantly tells you that something you remember happening never actually occurred. Over time, you might start to question your memory and wonder if you're mistaken, even though you originally felt sure about what happened.

**Projection:** It is a defence mechanism where they attribute their own undesirable thoughts, feelings, or motives onto another person. For example, a person who is dishonest may accuse others of being untrustworthy. This helps them to avoid facing their own flaws by projecting them onto someone else.

**Lack Of Empathy:** They show little empathy or understanding of your emotions, often dismissing them.

**Emotional Manipulation:** This happens when someone uses deceptive or sneaky tactics to control or influence another person's feelings or behaviour. This can include

things like guilt-tripping, gaslighting, or playing mind games. The goal is often to make the other person feel confused, guilty, or obligated to do what the manipulator wants.

**Constant Criticism:** They criticise you constantly, often using insults and belittling language.

**Control And Domination:** This refers to the exertion of power over another person or group, often in a way that limits their freedom or autonomy. This can manifest in various forms, such as imposing one's will, making decisions without considering others' input, or using intimidation tactics to maintain authority. In relationships, control and domination can be harmful, leading to feelings of powerlessness and low self-esteem in the person being controlled.

**Isolation:** They isolate you from friends and family, making you dependent on them for validation and support. This can make the victim more dependent on the abuser and less likely to seek help or leave the abusive situation. Isolation can contribute to feelings of loneliness, helplessness, and fear

NARCISSISTIC ABUSE CYCLE

PHASE ONE IDEALIZATION

- NARCISSIST SHOWERS THE VICTIM WITH AFFECTION AND ADMIRATION.
- VICTIM FEELS VALUED AND SPECIAL.

PHASE TWO DEVALUATION

- NARCISSIST UNDERMINES AND CRITICIZES THE VICTIM'S SELF-ESTEEM.

PHASE THREE DISCARD

- NARCISSIST ABRUPTLY ENDS THE RELATIONSHIP OR WITHDRAWS AFFECTION.
- VICTIM FEELS CONFUSED, HURT, AND DISCARDED.

in the victim.

**Idealization And Devaluation:** They cycle between idealising you and devaluing you, creating confusion and emotional turmoil.

## 'Let's learn to communicate'



Whether it is in listening to the rhythm of the falling rain, feeling the cool of a winter breeze, watching the snowflakes fall and glisten on the trees, or in witnessing the grain sprout, all the time we are experiencing god who speaks to us through every experience and event in our lives. All our sensory experiences find their origin in him. Why then do we find it so hard to communicate with him?

God is only a breath, a simple prayer or hello away. Yet, we struggle as if communication with him is an onerous task. We have strong expectations of such a god. We make a list of demands and requests that we expect him to accede to. When that does not happen, we are disappointed and unhappy.

Even if god does not give us everything we want, he is speaking to us at every moment through the day-to-day experiences and the events that punctuate our lives. He answers prayers in his own way and in his time.

Daily events may pose new challenges to us. To some, especially the old, it may be loss of mobility or an increasing disorientation from reality. To the young, it may mean a daily struggle with finances, the inability to land a steady job, a sudden accident that may be disenabling. And now we have the new pandemic that is sweeping across the world in the form of COVID-19. These daily challenges make us wonder if god exists.

In such situations, we begin to pray in a different way. All our prayers may not be answered and god may not speak to us in spectacular

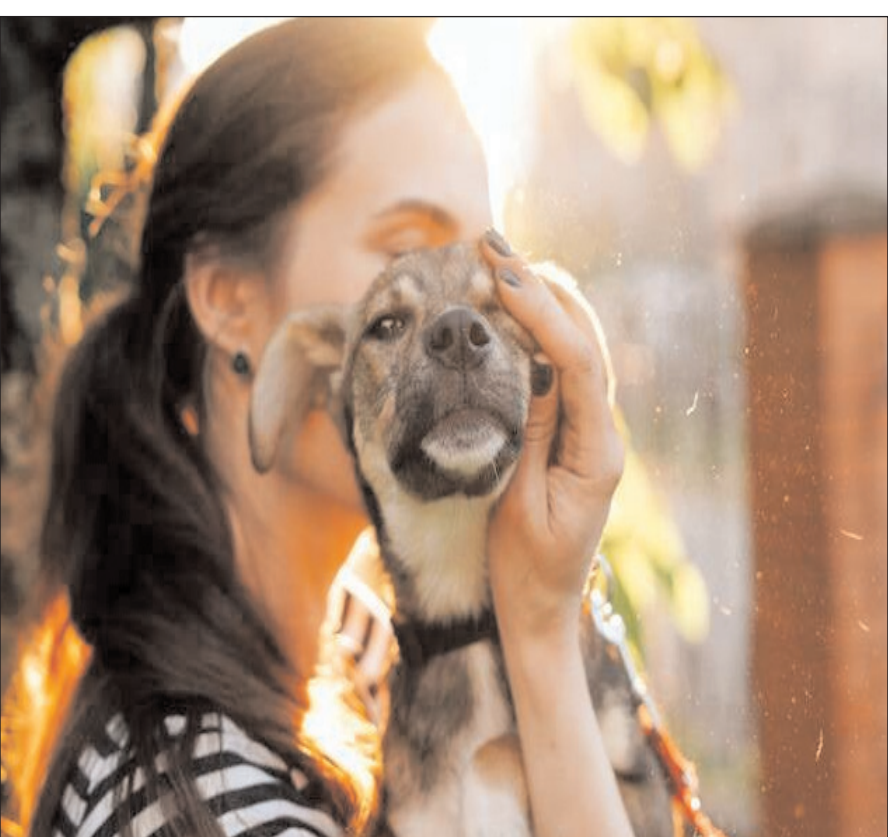
ways. But, if only we listen, we find that he has opened up new channels of communication, such as genuine intense prayer, more effective action and a positive attitude, which bring us both strength and peace of mind, less anxiety and better health.

We hear him, we listen to him, when we are able to accept daily realities that may be painful to experience and see his presence even in the worst of circumstances. To find meaning in circumstances that test us — as the present pandemic is doing — is to open a fresh channel of grace that god reserves and pours upon the unfortunate and the afflicted. Maybe, we do not listen to him because we are too busy and do not take the time to listen.

If we are too caught up with ourselves, we may ignore the still, small voice. We may expect him to reveal himself in dramatic ways but that is often not the case. It is even more difficult for us to experience God in big tragedies that strike our lives. But, he has a message for us even in tragedies. Some call this surrendering to the will of god in our daily lives. Surrender may sound passive and defeatist but really it is a quiet acceptance of reality while keeping hope and optimism alive.

Some listen to god in the beauty of nature, others by meditating and focussing on him. Most are able to experience his closeness in the daily happenings of their lives. If we really listen, we will find that god is present and gives meaning and hope to each and every circumstance of our lives.

## How To Keep Our Community Pets' Tails Wagging And Their Hearts Full



Have you ever come across dogs and cats that live on the streets, yet exude friendliness and warmth? They coexist harmoniously, finding happiness and contentment in one daily meal and a few belly rubs and pats. These endearing creatures, whether cats or dogs, bring a sense of joy and togetherness.

You don't need to be a pet parent to brighten the lives of these strays. It simply requires a bit of love and time that you can invest in caring for your community pets.

Dr Shivangi Product Executive Manager, Drools suggest following

ways to care for these animals that are homeless:

**Fresh Water, Always:** Just like us, our four-legged friends need a constant supply of fresh water. Make sure you leave out a bowl that's easily accessible and refill it regularly.

**Wholesome Food Choices:** Treat your community pets to nutritious food that suits their dietary needs. While sharing your leftovers might seem tempting, it's best to stick to pet-approved meals to ensure their health and safety.

**Tasty Treats:** Who doesn't love a treat now and then? Consider offering occasional pet-friendly

snacks like small bits of cooked meat or specially formulated treats. But remember, moderation is key!

**Shelter And Safety:** If your community has outdoor pets, providing a little shelter can go a long way. A makeshift doghouse or a cozy nook for cats can protect them from harsh weather.

**Spread The Love:** Community pets thrive on human interaction. Spend a few minutes petting, playing, or just talking to them. Your attention can make a world of difference in their day.

**Health Matters:** Keep an eye out for signs of illness or distress. If you notice any unusual behavior or visible health issues, it might be time to reach out to a local animal shelter or vet for assistance.

**Steer Clear Of Harmful Foods:** While sharing is caring, not all human food is safe for pets. Say no to chocolate, onions, grapes, and anything that might harm their tummy.

**Tidbits For Felines:** If you're catering to community cats, remember that they're more independent. Offering dry cat food can be a convenient option, but wet food can be a tasty treat on special occasions.

**Pup-Friendly Picks:** Dogs are generally more social, so they might appreciate a mixture of dry kibble and some cooked meat or vegetables. Just ensure that what you're sharing is dog friendly.

**Blanket Of Kindness:** Ultimately, your care and consideration mean the world to these community pets. Your warmth, both in companionship and cuisine, can create a better world for them and a stronger sense of unity within the community.