



# MAX SUPER SPECIALITY HOSPITAL, PATPARGANJ

# HealthLine



August, 2013

## Dengue Fever

-what you should know about Dengue



**Dr. Mukesh Mehra**  
Senior Consultant  
Internal Medicine Department

### What is Dengue fever?

Dengue fever is a viral infection caused by the female mosquito. It fever occurs in the hot and humid months.

Dengue fever lasts for approximately 7 days, typically people infected with dengue virus are asymptomatic (80%) only 5% have severe illness and in small proportion it is life threatening. Extra precautions should be taken after the recovery period. These precautions will help prevent severe illness from occurring in some people, such as dengue haemorrhagic fever (DHF) or dengue shock syndrome (DSS).

### How is Dengue fever transmitted?

Dengue viruses are transmitted to humans (host) through the bites of the female striped Aedes Aegypti Mosquito (vector). The mosquito may carry the virus from one host to another host and the mosquito is most active in the early morning and later afternoon. Incubation period occurs when the



virus has been transmitted to the human host. The period ranges from 3 to 15 days (usually lasting for 5-8 days) before the characteristics of dengue appear.

### The signs and symptoms of Dengue fever are as follows:

- High fever (104°F, 40°C)
- Chills
- Headache
- Red eyes, pain in the eyes
- Enlarged lymph nodes
- Deep muscle and joint pains (during first hours of illness)
- Loss of appetite
- Nausea and vomiting
- Low blood pressure and heart rate
- Extreme fatigue

Basically, dengue commences with high fever and other signs as listed above for 2 to 4 days. Then, the temperature drops rapidly and intense sweating takes place. After about a day with normal temperature and a feeling of well-being, the temperature rises abruptly again. Rashes (small red bumps) show up on the arms, legs and the entire body simultaneously along with fever. However, rashes rarely occur on the face. Once a person recovers from dengue, he or she will have antibodies in their bloodstream which will prevent them from having a relapse for about a year.

### Treatment

There is no specific treatment to shorten the course of dengue fever. Medications are given to alleviate the signs and symptoms.

The patient may be required to be sponged down with

water at room temperature using a wet, squeezed-out towel for about 20 minutes at a time. This will help to lower the high temperature. Ice water should not be used for this purpose. Bed rest is essential to a speedy recovery and the patient should consume plenty of water which will help to alleviate the illness. Patients should be kept in a room that has screens to prevent mosquitoes from entering or else under mosquito netting until the second period of fever has subsided.

### Prevention and Control

At present there is no vaccine available, the only method of preventing and controlling dengue fever is to eradicate the mosquito population.

- Cover all containers to prevent egg laying female mosquito's access to it.
- Implement proper waste disposal.
- Eliminate any sources that may collect water such as tins, bottles, plastic food containers and old tires.
- Always clean and check drains to ensure they are not blocked especially during the rainy season.
- Breed small mosquito-eating fishes in an artificial pond to eradicate the mosquito larvae.
- Avoid wearing dark and tight clothing because mosquitoes are attracted to dark colours. Wear loose, white and long clothes, which cover the whole body.
- It is suggested to sleep under mosquito netting or in a room which has mosquito screens on the windows.
- Mosquito coils are also useful to help prevent mosquitoes from entering the room. Apply mosquito repellents.
- Avoid / reduce outdoor activities during morning and late afternoon because Aedes mosquitoes are daytime feeders

Write to the Doctor at 'mukesh.mehra@maxhealthcare.com' for any of your query

## Computer-Assisted Knee Replacement Surgery

-error-free precision



**Prof. (Dr.) Anil Arora**  
Head of Unit and Senior Consultant  
Department of Orthopaedics

goal of improving the alignment, which in turn is aimed to improve the overall survivorship and life of artificial knee.

An incorrectly aligned joint can lead to early wear and loosening of the joint replacement. Similar to the alignment of the wheels on your car, a poorly aligned joint replacement will cause problems with early wear of the replacement. Computer-Assisted Knee Replacement Surgery is an additional check to confirm proper placement and balance of the joint replacement.

Millions of Knee joints are replaced annually throughout the world. With the help of advancements in computer technology, the surgeons and researchers are constantly working towards achieving perfection in each surgery; one such example is Computer-Assisted Knee Replacement Surgery (CAS).



The procedure of Total Knee Replacement consists of replacing the damaged articular surface of the knee with an artificial knee. The positioning of this implanted knee has been conventionally performed and assessed with the use of manual alignment jigs. More recently, computer-assisted systems have been developed to improve the positioning of the artificial knee components, and balancing of knee, with the

The CAS system uses special sterile probes which are touched to various parts of your knee during surgery to create a 3D Model of your knee in the computer with the help of infrared camera. With the guidance of Computer-Assisted Knee Replacement Surgery, knee is then replaced and the position of implant confirmed, to be hundred percent sure of positioning and balancing.



Write to the Doctor at 'anil.arora@maxhealthcare.com' for any of your query