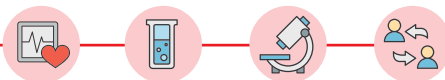


ASPIRA PREVENCIA



ISSUE : 01 MAR 2017

EDITORIAL BOARD: Dr. Pankaj Shah, Dr. Chaitali Nikam, Dr. Swati Patki, Mr. Subodh Gadgil



Untouched by hand
touched by heart

- 1 Message from Chair
- 2 About ASPIRA
- 3 Managing Diabetes
- 4 Biofire - THE FILMARRAY®

Message from Chair

Greetings!

I am excited to present Aspira's first newsletter to you. In this issue, we have covered some important topics that are essential for the wellbeing of individuals. The routine screening tests are important to track the status of one's health. They enable us to track our essential health parameters and take corrective / preventive actions to ensure our health.

India has the world's largest population of people suffering from Diabetes. In this issue we are providing simple steps that can help in prevention and management of diabetes.

The newsletter provides you links to other important resources and our mobile apps that can help you virtually connect with us anytime, anywhere.

We are open to your ideas and suggestions for making this newsletter better. Please share your inputs on support@aspiradiagnostics.com. We encourage you to stay up to date on our work by visiting our website at www.aspiradiagnostics.com

Sincerely,

Dr. Pankaj Shah, MD (Pathology)

Managing Director

About ASPIRA

Aspira Pathlab and Diagnostics is an inventive venture in quality healthcare and the pioneer in comprehensive reliance on technological automation. Aspira offers wide ranging diagnostic services which assist in mapping the entire journey of a patient's prognosis, remission and recuperation. With the digital universe imploding onto a cell phone screen, Aspira brings healthcare to your fingertips with an app. Booking appointments, Ordering tests at home, Monitoring test results and Accessing one's complete diagnostic history at the click of a button is now possible. Thanks to AspiraHealth – our mobile app.



Why choose
Aspira?



What is
Diabetes?

Biofire
THE FILMARRAY®
GATEWAY TO
SYNDROMIC
TESTING



ASPIRA
Mobile Apps

Useful healthcare information
can be obtained from these sites.

● www.nrhm.gov.in
● www.who.int

● www.nlm.nih.gov
● www.nhp.gov.in

● www.cdc.gov
● www.nhs.uk

What is Diabetes?

Diabetes mellitus literally means "sweet urine". The word "diabetes" is Greek for "siphon," which refers to the copious urine of uncontrolled diabetes. "Mellitus" is Latin for "honey" or "sweet".

Introduction

Diabetes mellitus: Group of metabolic diseases in which there are high blood sugar levels over a prolonged period.

Main Types

- Type 1: Also called 'Juvenile onset diabetes mellitus'. Cause is unknown
- Type 2: Also called 'Adult onset diabetes mellitus'. Caused due to Insulin deficiency/resistance
- Gestational diabetes: Pregnant women without a previous history of diabetes develop high blood-sugar levels.

Managing Diabetes

In the present issue we cover the topic of Diabetes Mellitus, it is a major preventable cause of morbidity and affects the major organ systems of our body.

Diabetes Mellitus (DM)

Today, India has a primary position in the global diabetes epidemiology map as it is the home of nearly 62 million diabetic subjects the highest in the world. This is both, due to a rising prevalence of the disease and the large population in the country. The rate of occurrence of DM has doubled in last two decades. The average age of onset is 42.5 years. It is predicted that by 2030 Diabetes Mellitus may affect up to 79.4 million individuals in India. It is high time for all of us to understand about this so common but equally dreadful disorder Diabetes Mellitus.

Freedom from Diabetes (FFD) is a **transformational experience generating** organization that **EDUCATES, INSPIRES and SUPPORTS diabetics so that they may become FREE of insulin and tablets naturally!** Diabetics and family members who come in contact with FFD, change their attitudes and habits towards diet, exercise, stress and positivity. **150+ batches of Basic Program** (of 2 hours), **35 batches of Intensive Program** (of 16 weeks with 1 year follow-up), **18 batches of Residential Program** (of 7 nights & 7 days) have already been conducted in Pune, Mumbai and Delhi and the results have been amazing. As of now, over **1000 diabetics are completely free of insulin and another 5000 diabetics are completely free of diabetes medicines with normal sugar levels.**

For more information, log on to www.freedomfromdiabetes.org or call on 7776077760 .

Why the Concern?

The "Long-Term Consequences of Diabetes," and its effects on a person's overall health makes it a cause of concern. The complications of DM that increase the morbidity are

- Retinopathy (Eye disorders)
- Nephropathy (Kidney disorders)
- Cardiovascular (Heart disorders)
- Neuropathy (Nerve Disorders)
- Respiratory disorders (like Koch's/Tuberculosis)

Can we conquer Diabetes?

The growing epidemic of Type 2 diabetes seems to have a direct correlation to the prevalence of obesity, changing lifestyles. However, even thin people and those who carefully watch what they eat can succumb to diabetes. So, in such cases we attribute the occurrence of diabetes to family history. Here we need to understand another terminology Stress induced hyperglycaemia which predisposes to the Diabetes and can be prevented by Yoga, meditation and lifestyle changes Now lets move towards the topic of conquering diabetes by making slight modifications in lifestyle, monitoring and treatment:

Prevention

- Healthy diet
- Regular physical exercise
- Maintain a normal body weight

Monitoring

- Blood sugar levels (Fasting and Postprandial)
- HbA1c (Glycated Hemoglobin)

Treatment

- Oral Antidiabetics
- Insulin

We offer a panel of tests for Diabetes Mellitus with the most modern and latest technology with highly automated instrument systems driven by software algorithms. This enables to reduce pre-analytical errors. So we as a team can ensure the results of tests to be accurate and precise. The details of the tests and their principles are as mentioned below:

Test name	Technique/Principle	Method
Fasting & Postprandial blood sugar	Photometry	Hexokinase
HbA1c	HPLC*	HPLC*

*High Performance Liquid Chromatography

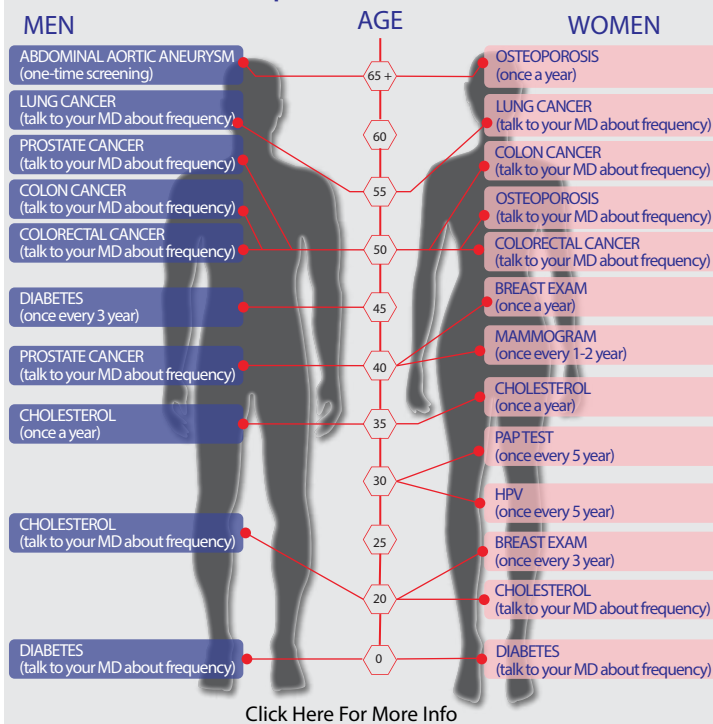
Importance of Screening Tests:

Wellbeing for most of us is limited to eating healthy and exercising regularly. Visiting a clinic or a lab is associated with falling sick. However, it is now fully established that regular preventive health checkups is an important part of staying healthy.

Screening tests help the doctor diagnose and treat a condition early in the disease cycle. Below we examine common screenings recommended by National Health Portal of India. The frequency for each exam varies by age and sex, but they are all important aspects of your health.

Please speak with your doctor and visit www.nhp.gov.in for more information.

Annual Check-ups



Biofire - THE FILMARRAY®: GATEWAY TO SYNDROMIC TESTING

This test allows physicians to easily choose the right test, the first time.

Many infections that present similar signs and symptoms are common to a multitude of potential pathogens. But today's targeted infectious disease diagnostics limit testing to only the most common pathogens associated with a clinical syndrome. Unfortunately, traditional diagnostics force clinicians to make a guess and test for only one or two. This leaves most infections undiagnosed and leads to additional downstream testing, patient dissatisfaction and compromised patient care. FilmArray eliminates this guessing by rapidly targeting several viruses, bacteria, fungi and/or parasites linked to a clinical syndrome. By using a molecular syndromic approach and a broad test menu, the FilmArray can better detect and identify the infectious agent with just one easy diagnostic test.



Get Faster Results

The FilmArray helps healthcare providers deliver proper treatment and reduce patient hospital stays by providing fast and accurate pathogen identification. With just one hour turnaround time, clinicians can make faster vital decisions regarding hospital admission, isolation, initiation of antiviral or antibiotic therapy and additional diagnostic testing.

Get Better Results

BioFire's syndromic approach increases the probability of identifying a pathogen in patients with symptoms of an infectious disease and increases capability of detection of co-infections.

Impact of a Rapid Respiratory

Panel Test on Patient Outcomes: Please find more information about Biofire capabilities by clicking this link.

Archives of Pathology & Laboratory Medicine > May 2015 > Impact of a Rapid Respiratory Panel Test on Patient Outcomes

Exclusive Mobile Apps

AspiraHealth is an exclusive app that's specifically built to track your diagnostic tests at Aspira Pathlabs easier. This makes the process for our customers, hassle free.

AspiraHealth is designed to track, save and share your diagnostic reports at our pathlabs.

Having to visit pathlabs with the impending anxiety of the test results can be very stressful and time consuming. So, don't visit us. We'll bring you your test results ON YOUR PHONE. AspiraHealth is designed for exactly that.

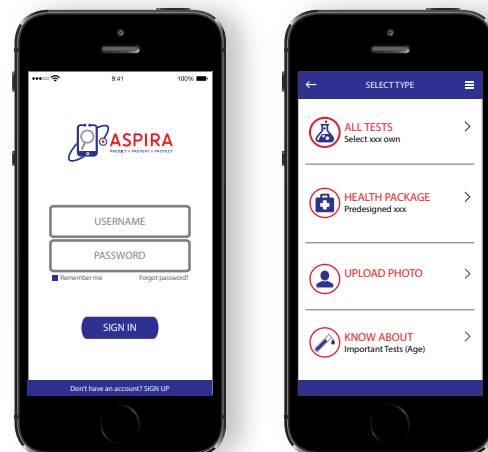
Here's How

- ▶ Find an Aspira registered healthcare provider/lab near you: SEARCH SIMPLER
- ▶ Book an appointment for Home/Lab visits: HASSLE FREE BOOKINGS
- ▶ Check status of appointments: REAL TIME APPROVALS DIRECTLY FROM LAB CENTRES
- ▶ Track your tests and reports right on your phone: TRACK RESULTS
- ▶ Understand your reports with our indicators: INTERPRET RESULTS BETTER
- ▶ Track health with automated archives: DOWNLOAD/SAVE/SHARE ARCHIVED REPORTS

If you've not tried Aspira yet, and just need a regular health tracking system, just enter your diagnostic test results manually and we'll keep track of your health.

The five simple steps to make healthy living, easier

- 1 SEARCH 2 BOOK 3 PAY 4 TRACK 5 RELAX



Aspira Pathlab & Diagnostics Limited

Unit Ghatkopar: Ankur Pathology Lab R D Shah Building, Opp. Railway Station, Ghatkopar (W), Mumbai 400 086

Unit Navi Mumbai: Plot No. 6, RPT House, Sector 24, Turbhe, Navi Mumbai 400 703

✉ support@aspiradiagnostics.com 🌐 www.aspiradiagnostics.com ☎ 022 - 7197 5757, 7197 5656