

Men & their Health



'Men' can be defined as adult human beings with a particular occupation background, responsibility, etc.

Whichever definition they belong to, there is no discounting their worth, the reason why men's good health must be assured.

Men live an average seven years less than women and they have higher death rates than women. Their attitudes and behavior are the main causes for their shorter lives.

Men suffer regularly from conditions as

diverse as diabetes, high blood pressure, prostate cancer, mental illness, arthritis, urinary tract infections, athletic injuries, hair and skin problems and digestive disorders.

The Asiri Surgical Hospital (ASH) strives to reduce the risks and incidence of men's bad health through innovative techniques. One such technique is a health screen.

For this purpose, ASH offers the 'Well Man Health Check' Package to cover the necessary screening. Additionally, ASH can help restore

men's normal lifestyle with the GreenLight PVP™ - procedure to relieve the prostate.

ASH also has the facility of a Lithotripter, which is a non-invasive procedure used by Urologists to crush stones, which is risk-free and a painless way of ridding the pain and aggravation caused by kidney stones.

All these tests and treatments are provided by ASH at a reasonable cost.

Special features of ASH's latest technology

Asiri Group of Hospitals has recently introduced the following innovative technologies.

Lithotripter a machine used to remove kidney stones from the out side of the body.

Neuro Navigator - A piece of equipment helping brain surgeons navigate for image-assisted surgery.

GreenLight PVP - Advances made in laser prostate surgery for enlarged prostates.

LeadCare Analyser - A fast, accurate and inexpensive way to perform blood-lead measurements.

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Yet another plus factor for Guests of ASH



Wireless free internet access, with no time limit and no subscription for the Guests of ASH.

Attend the Ash only with a Portable computer enclosed with Internet Navigator and Wireless Card to simply access the internet for free.



64 Slice CT Scan (Future Arrivals)

The most advanced imaging technology 64-slice scanner will be available at ASH shortly.

This modern technology helps in Chest Pain Management, Cerebral Bleeding, Polytrauma Patient Management, Pediatric Examinations,

Oncology (tumor and Organ Perfusion), and Angiography (Vessel Visualization).

In a single rotation it delivers 64 views of body tissues and organs in a matter of seconds which is especially helpful in

shortening the time for patients to hold their breath (8-12 seconds) and deliver highly detailed and colored 3-D images within a few seconds.



CT 64 Slice



Blood Pressure

Well Man Health Check Package

Features of well man Health Check provided at ASH: -

- Checking of vision
- Full Blood Count
- Erythrocyte Sedimentation Rate

3. SGOT/SGPT
4. Creatinine
5. Fasting Blood Sugar
6. Post Prandial Blood Sugar
7. Uric Acid

- Thyroid Stimulating Hormone
- Urine Full Reports and Stools Full Report

- Electro Cardiogram
- Complete Physical & Mental Examination
- U/S Abdominal Scan
- Prostate Specific Antigen



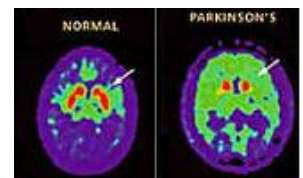
Screening for Diabetics

General Profile

1. Lipid Profile(Cholesterol)
2. Total Protein Gamma GT

- Chest X-Ray with Radiologists Report

Charges Rs.5200/-



Normal Brain Parkinson's Disease

Parkinson's Disease

In the normal brain, some nerve cells produce the chemical dopamine, which transmits signals within the brain to produce smooth movement of muscles.

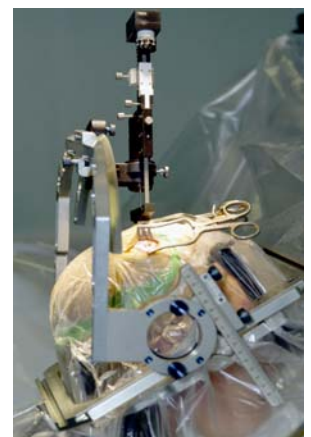
In Parkinson's patients, more of these cells are damaged or dead and the patients are unable to control their movements.

Causes

- **Certain medications** such as antipsychotic
- **Blood vessel Disorders** Such as stroke
- **Street Drugs** MPTP converted by bodies to MPP which destroys dopamine-producing cells
- **Genetics**

Treatment

- **Levodopa-** The most widely used form of treatment is Ldopa in various forms.
- **Surgery-** It is being used in patients for whom drug therapy is no longer sufficient.
- **Pallidotomy-** An Electrical probe is placed in the brain to destroy rigid brain cells.
- **Tissue Transplants**
- **Deep Brain Stimulation**



An electrode placed deep seated in the brain



Prostate Specific Antigen (PSA) Test

Prostate cancer is the third most common cause of death from cancer in men of all ages. Age is the most common risk factor. It is rare in men younger than 40 years of age. Other risk factors for prostate cancer include family history, race, and possibly diet.

In addition, a diet higher in fat, especially animal fat, may increase the risk of prostate cancer.

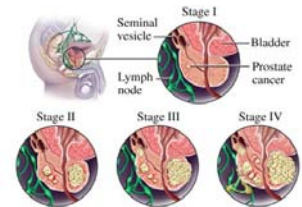
Symptoms of prostate cancer

- Problems such as pain in passing urine and difficulty starting or stopping the stream
- Lower back pain
- Pain with ejaculation

In the PSA test, the doctor takes a blood sample, and the amount of PSA (protein produced by the prostate gland) is measured in a laboratory.

It is normal for men to have low levels of PSA in their blood. However, prostate cancer or benign (not cancerous) conditions increase PSA levels.

PSA levels alone do not give enough information to distinguish between benign conditions and cancer. However, a doctor takes the result of the PSA test into account when deciding whether to check for cancer or not.



Stages of prostate cancer



Men's Reproductive System

GreenLight PVP™

GreenLight PVP™ can help restore the normal lifestyle of men by relieving the prostate. Other medications and surgical procedures can cause side effects, be painful and require long-term recovery. GreenLight PVP™ is pain-free and the patient can return to

regular activities within two days.

How it works is - a thin fiber is inserted into the urethra through a Cystoscope (hollow tube). The fiber delivers green laser energy to vaporize and precisely remove the enlarged prostate tissue.

By this, the Doctor is able to safely view and control the treatment area, because the tissue is vaporized and removed and a wide-open channel is created.



GreenLight PVP™

Lithotripter

Men are likelier to develop kidney stones than women. The prevalence of kidney stones begins to rise between 40 and 70 years of age.

People who have already had more than one kidney stone are prone to develop more stones.

Symptoms of Kidney Stones;

- **Pain from kidney**

- **Renal colic**

The pain in the abdomen results in sweat or to feel sick.

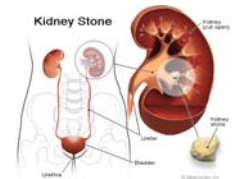
- **Blood**

Blood is passed with urine.

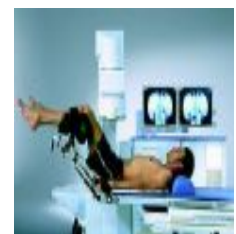
Lithotripsy sends high energy 'shock waves' to the stones from outside the body to break them up.

Prevention of kidney stones

Drink plenty of water.
Consume Lemonade.
Reduce the consumption of meat, fish and salt.



Kidney Stones



Lithotripter



Health Tips



How to fight Aging

According to researchers, the smooth function of the glucose metabolism fights aging. Therefore, it is advised not to spend the whole day sitting at the desk. Occasionally get up and do a few minutes of physical exercise.



How to avoid cancer caused by smoking

If you smoke you can greatly reduce the risk of contracting cancer by drinking carrot juice because carotene found especially in carrots prevent and can even cure cancer according to the German Doctor Hans Nieper. This alternative treatment has become popular in Germany.



How to Avoid Eye Problems

If you work long hours with computers or watch a lot of television, stop from time to time to do some exercises. Roll your eyes in large circles, scan an imaginary text on the wall from left to right or look out of the window as far as you can, to avoid long term eye problems.

Know Us More

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