

HMF VAARTA

FIELD VISIT
Ishra Clinic

FOCUS ON
Monsoon's diseases

SUCCESS STORY
The story of Faimida at NSVK

 Inter Aide

 Uplift India Association
Enriching lives of the poor...together

Dear readers,

The rainy season is here and it has brought with it the diseases in the rainy season.

We have to suffer additional expenses due to the diseases such as Malaria, Dengue, Typhoid and many other water borne diseases and we ourselves as well as our family members have to suffer inconvenience. In fact, all these diseases are not life threatening, but if proper care is not taken and preventive measures are not used and medicines are not taken then these diseases can be fatal.

The best option will be not to fall sick at all, so you have to take care about implementing the preventive measures and methods, e.g. to boil the water before drinking, ensure that water should not accumulate at any place, and not to eat outside, to have a mosquito net when you are sleeping.

So friends, enjoy the rains but do not fall sick !

Kumar Shailabh, Uplift

RESULTS OF THE MONTH

Indicators

Number of on-going members (April)	146 728
Number of members receiving services (Marsh)	8 136
Amount saved due to services (Marsh)	209 712
In €	3 226
Number of claims (Marsh)	209
Amount of claims disbursed (Marsh)	659 398 Rs
In €	10 150
Earn contribution (April)	763 908 Rs

FIELD VISIT

Ishra Clinic



Dr. Vimalkant Yadav is a BHMS degree holder. Besides giving general medical treatments, he also gives homeopathy medicines.

Dr. Vimalkant Yadav's clinic is at Ganapat Patil nagar and members of the Navnirman Samaj Vikas Kendra organisation avail his medical services. These members are given medical services at 15-20% concessional cost as compared to other medical practitioners in the Ganpat Patial Nagar area.

Besides this, he has also taken special efforts for organising the health camps, giving health related guidance to the members and giving medicines free of cost.

Dr. Nilesh Lutpute

Medical Officer, Uplift

FOCUS ON

Monsoon's diseases

Monsoon-the season of rains is here again. A season to enjoy everyone's favourite 'pakoras' and 'chai'. Monsoon definitely is a season to enjoy but along with fun, it also brings diseases with it. In order to be safe, it is important to know about the most common diseases in Monsoon and their precaution. Some common monsoon diseases are **Malaria, Cold & Flu, Diarrhoea, Hepatitis A, Chikun Guniya & Leptospirosis**. **These common monsoon diseases can be caused either through water (water born diseases) or through micro organism (vector borne diseases)**

Water borne diseases - Diarrhoea, Hepatitis A, Leptospirosis.

Diarrhoea	
How it spreads	Contaminated food & water.
Symptoms:	<ul style="list-style-type: none">Abdominal pain & cramploose watery stoolfever
Precaution	<ul style="list-style-type: none">Avoid eating outside.Boil water before drinking.Keep yourself and your surrounding clean.
Home remedy	<ul style="list-style-type: none">Drink a lot of liquid like water or juice, to avoid dehydration.Have light food which is easy to digest like Moong dal rice (khichadi)If there is a severe dehydration, homemade saline (1 glass of water + 2 teaspoon sugar + a pinch of salt) or ORS Powder with boiled water should be taken.
Diarrhoea may also be symptom of Cholera or typhoid. These diseases are also spread through water. Frequent vomiting and diarrhoea can lead to dehydration (abnormally low levels of body water). Even after home remedy, if the diarrhoea continues for more than three days, it is important to see a doctor.	

Hepatitis A	
How it spreads	<ul style="list-style-type: none">Contaminated food & water.Direct contact of Hepatitis A patient.
Symptoms	<ul style="list-style-type: none">High fever with headachepain in joints and vomiting
Precaution	<ul style="list-style-type: none">Vaccination. <p>This vaccine is available at all the government and private hospitals and should be taken by all.</p>
If someone get Hepatitis A, he/she should be kept on complete bed rest and should have high calories diet. Avoid having but fatty and oily food.	

Leptospirosis	
How it spreads	<ul style="list-style-type: none">Direct consumption of contaminated water/ when the contaminated water comes into contact with any open wounds present on the individual's body.Through bacterium that is mainly found in rats.
Symptoms	<ul style="list-style-type: none">Severe chillsConstant headaches and muscle ache.
Precaution	<ul style="list-style-type: none">Avoid getting in contact with the rain water.Use closed shoes.Use antiseptic cream or solution to avoid infections in open wounds.

Vector borne diseases - Malaria, Cold & Flu, Chikun Guniya

Malaria	
How it spreads	<ul style="list-style-type: none">Through mosquito bites
Symptoms:	<ul style="list-style-type: none">Fever with chillsHeadacheVomiting & weakness.
Precaution	<ul style="list-style-type: none">Use mosquito repellents and nets.Keep surroundings clean & dry.Use DDT in the drains.Wear full sleeves clothes.

Cold & Flu	
How it spreads	<ul style="list-style-type: none"> • Through virus released in air while sneezing /coughing.
Symptoms:	<ul style="list-style-type: none"> • Constant sneezing, • Sore throat and fever
Precaution	<ul style="list-style-type: none"> • Avoid getting wet in the rain. • Keep yourself dry.
Home remedy	<ul style="list-style-type: none"> • Drink turmeric powder dissolved in hot milk. • Gargles with warm water and salt, to relief the sore throat. • Take rest and drink plenty of warm liquid.

Chikun Guniya	
How it spreads	<ul style="list-style-type: none"> • Infected mosquito bite.
Symptoms	<ul style="list-style-type: none"> • Fever • Joint pains (which is severe) • Occasionally Rashes over body.
Precaution	<ul style="list-style-type: none"> • Use of bed nets. • Usage of Insecticide
Specific antiviral drugs or vaccine for treatment of chikungunya fever are not available.	

These common monsoon diseases can be easily avoided if we take a little precaution. **Let us put prevention first so that we do not have to bother about the cure. Let's together enjoy happy and healthy monsoon.**

Dr Komal Ghamande
Medical Officer, Uplift

SUCCESS STORY



The story of Faimida

When Faimida Ansari, a slum dweller in the Ambujwadi area in Mumbai, and a three time loanee of Navnirman (partner MIU of Inter Aide and Uplift) became a member of the Access to Health Services(AHS) last year she had little idea that AHS will be of help to her.

This March when she came for a loan installment payment she was seven month pregnant with her fifth baby. The service executive on meeting her saw that she was anemic and counseled her to the nearest govt health post where she got diet counseling and was sent further to the resident doctor who gave her iron tablets and advised her to have two bottles of blood transfusion. On the doctor's advice, Faimida admitted herself in a govt hospital for the blood transfusion but she needed to pay 3 600Rs which she did not have.

She called up the 24X7 Helpline and got a concession of 1 200Rs but she did not have even the balance money so she quietly left the hospital. Though she could not buy the blood transfusion she was happy that the 24X7 helpline helped her and when her delivery became imminent she again called the 24X7 helpline to know where to go for delivery. She was directed to the nearest public delivery centre where she delivered her fifth baby.

Both Faimida and her baby are well. Faimida is happy that she took the iron tablets without which delivery would be difficult and she is very happy with the helpline as she says it helps uneducated people like her to get good guidance.

Sulbha Waghmare