



**ADD 15 YEARS TO OUR LIFE
CAN WE? OF COURSE, WE CAN!**

Preface

Life is like an iceberg; 20% of it we see and 80% which is submerged under the water we don't see and that 80% is very important. We need to be aware of that 80%.

The information we provide in our books is vital, basic and simple language medical information which every community member should know.

We present important medical situations, basic drug information, public health guidelines and clinical guidelines in a very simple language.

Based on your age group and your gender, few things may be more important to you but then you have to understand that the other things may be important to your husband or your wife, your children, your parents or your close family members. In this manner, you can wisely direct them or give them the information.

Whenever you visit a doctor you must understand that whether it's in USA or India, doctors always have very limited time. So, you would want to focus on the most important questions and you would want to go to the doctor with the basic medical knowledge.



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Chapter 1

How small the world can get in this era of globalization?

Think about it!

“Here is a small story which is so important today. The boy came from South America and the girl came from India. They studied together, fell in love, and got married. This is a story which is so close to me as the girl I mentioned belongs to my family with same last name. My immediate family was visiting South America for the wedding. How smaller the world can get in this era of globalization?”

I visited India in January and I came back to US on February 13, 2019. So, I printed the papers to show on the Indira Gandhi Delhi Airport and when I got there, I was told that my flight is being canceled for technical reasons.

Anyways, I was shifted to gate 9 and I finally was helped by a United personnel. So, they gave me two options.

They said there are two other flights which are going to US same night –

- *Air India, from India to US (California)*
- *Air India from India to US (Chicago)*



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The purpose of this small story is, long time ago when I came to India I had to change four planes which took me almost three to four days with two little kids to reach India. And today, when my one flight is canceled there are two flights flying directly to US. It is fascinating. Once again, How smaller the world can get in this era of globalization!"



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Chapter 2

How Venezuela went from the richest economy in South America to the brink of financial ruin?

There was a time when Venezuela was one of the richest economies in South America and today it is in the brink of financial disaster.



In this picture, Hugo Chavez is seen . He died in 2013. He was very popular as a president but now the boom of those years is a long distant memory.



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In this picture, we see Ms. Universe Stefania Fernandez of Venezuela in 2009 when the country was still riding high.

Think about it one time there was a Miss Universe from Venezuela, Stefania Fernandez in 2009 and the country was still very prosperous.

Venezuela is the home of world's largest oil reserves. The first time the oil reserves were discovered was in 1920. Since then, oil has made Venezuela a very prosperous country.



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Chapter 3

Why Venezuela is collapsing?

There are two major reasons for Venezuela collapsing.

Reason 1: Political Mismanagement

One is obviously political mismanagement. After Hugo Chavez death, President Maduro took over and since then the political mismanagement run down the country completely.

Two of the most important countries in the world are USA and India.

USA was a first democratic country back in 1776 when it became free and wrote its excellent constitution. A secret which people do not know is that it was the first country in the world which never had a king or a queen. Every other country had a king or a queen. America was nervous. They even did not know whether they will survive or not but, yet they did. And, because of their excellent constitution and freedom of making choices, the people has taken America as number one country in the world.



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Second very important country is India, although China remains number two country in the world and both India and China have their assets in the number of people they have.



But India has one aspect which is working really for it and it is the democracy. We are here in this country free to choose our politicians, free to choose our leaders.

Reason 2: Oil Price Crash-down

Well, Venezuela is the home of the world's largest oil reserves. Venezuelan economy has been based on the huge oil reserves and unfortunately when the oil prices crashed, it led to the collapse of the Venezuela's economy.

First time the oil reserves were discovered in 1920s and since then Venezuela became a very prosperous oil rich country.

In 2014, oil price was \$100 per barrel and in early 2016, it fell to as low as \$30 per barrel. That had really sent Venezuela both economically and politically in downward spiral.



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Venezuela is a petrostate. Petrostate means that whole country's economy moves around oil; everything moves around oil whether it is the government, whether it is economy, or whether it is political power.

Some of the well-known petrostates besides Venezuela which we all are aware of are- Iran and Saudi Arabia.

Venezuela has defaulted billions of dollars in the payment since 2017.

Even the more dramatic fact is that the inflation has gone up to 80,000%.

People in Venezuela are now losing weight because there is not much food available, nobody has money, so they have poor nutrition and poverty. Like as mentioned above, 9 out of 10 people are poor now.

1 out of 10 people in the country is running away to the neighboring countries as the country is collapsing.



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Chapter 4

My focus is on the huge medical crisis in Venezuela.

In 2016 World Health Organization (WHO) very emphatically declared that America (as a REGION) was first region on the globe to eradicate measles.



That will be a wonderful news for any country but now Venezuela is going back to the outbreak of measles.

In June of 2017, very roughly, as a big picture there were 7000 cases of measles in Venezuela and about 70 people died.

Now Measles has also spread in the neighboring countries.

There are more than 10,000 measles cases in Brazil and now it is also being seen in Columbia, Ecuador, Argentina, Chile, Peru and all neighboring countries in the Latin America.

Researchers have confirmed that the measles virus is coming from the Venezuela.

In 2016, almost 1.5 lakh people all over the world, mostly children have died from measles.

Out of these 1.5 lakh deaths, around 50,000 were in India and it's a big percentage of global death from measles and rubella.



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At present, India has a target of eliminating measles by the year 2020.

This target was also met in Venezuela, and now measles has come back not only in Venezuela, but it is coming back into the neighboring countries also.



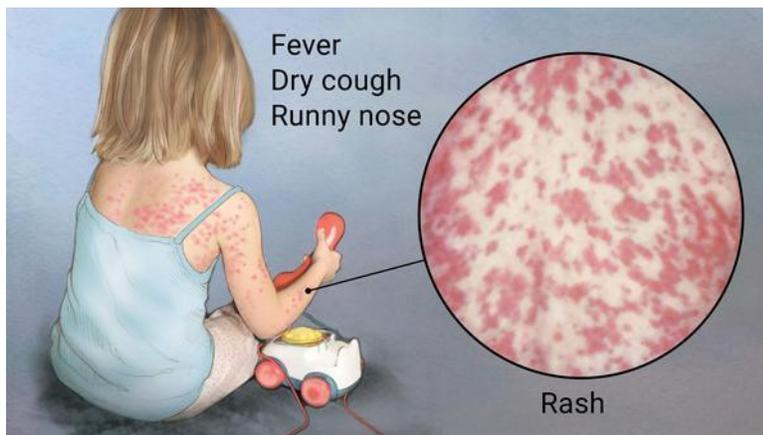
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Chapter 5

About Measles and its symptoms

Measles is caused by measles virus and it's a highly contagious and infectious condition.

Once you are exposed to measles, it takes about two weeks for the symptoms to develop. Measles symptoms are cough, runny nose, inflamed eyes, sore throat, fever and a red blotchy skin rash.



There is no definite treatment for measles. It is a viral infection so what all we need to do is to treat the symptoms and in case of children obviously consult the pediatrician as soon as possible or the primary care physician.

Measles can be very serious for young children. If it becomes worse, it can cause pneumonia and the brain swelling and we may lose our child.

Anybody who has measles, if he or she coughs or sneezes then almost everybody around them will get measles unless they are not already vaccinated.

India (using its successful polio eradication campaign experience) has a target to eliminate measles by 2020).

India is planning to reach around 50 crore children with the measles vaccine which will definitely help to meet its 2020 elimination target.



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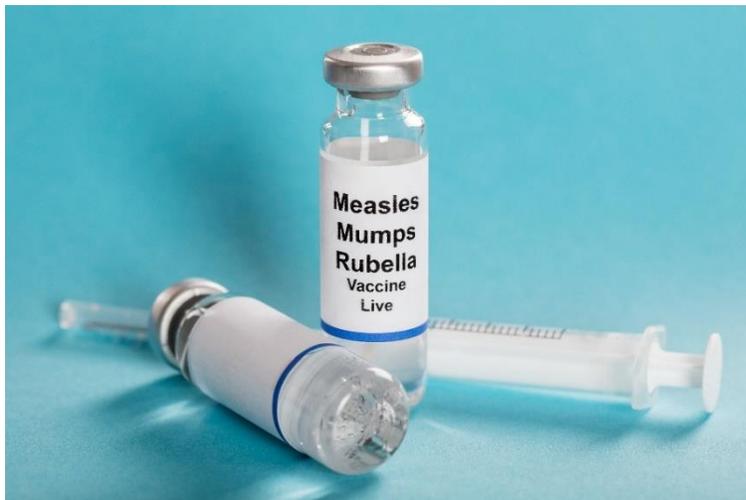
Chapter 6

Measles Vaccination

Measles vaccination has resulted in 80% drop in measles death between 2000 and 2017 worldwide.

- The first dose is given at the age of 1 year.
- And, the second dose is given at around 5 years of age i.e. before the child enters school.

If you are traveling to any country with a baby which is 6 months or little older, then you should give them one dose of measles vaccine.



All children who are 1 year or older, should be actually given the two doses of measles vaccines separated by a period of one month.



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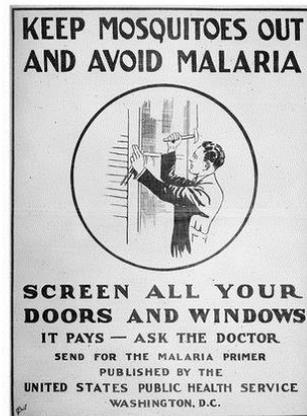
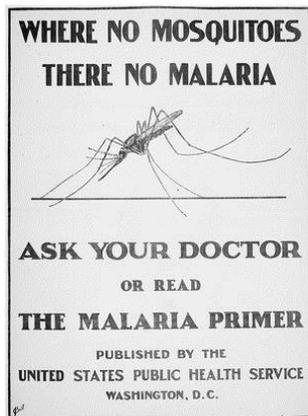
Chapter 7

Malaria has come roaring back in Venezuela, which puts the region, including South Florida, USA at risk.

Malaria is on rise in the **crisis-hit Venezuela**.

As per WHO, Malaria is spreading rapidly in crisis-hit Venezuela, with more than 400,000 cases in 2017 (increased roughly up to 70% from a year before). It is the largest increase worldwide.

Venezuela's crumbling economy has led to the collapse of its medical system, which in turn has caused new cases of malaria to skyrocket.





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Chapter 8

Malaria in the world

Think about it!

“This is a fascinating story. We were living in a home in the state of Arizona.

We got a visit from a public health official and guess what it was for!

Well, somebody in our neighborhood complained that there were too many mosquitoes and they was coming from our backyard.

We have good sprinkler system and a fountain in our garden where sometimes the water does gets collected leaving the pockets of water here and there, standing still.

It was an interesting experience for us and we promised city officials that we will take care of it. We bought the supplies to put in those water pockets areas so that it will not become a source of mosquitoes laying eggs.

We both husband and wife as physicians were very impressed by the aggressiveness of the city officials and we hope that one day the same sense of urgency will come to India too.”

Malaria infected around 200 plus million people in about 90 countries in 2016, killing roughly 500,000 people mostly the young children.



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Chapter 9

Malaria in USA

Malaria was/has been Wiped Out In U.S. But Still Plagues U.S. Hospitals. How is that possible!!!!!!

Malaria in the United States was eliminated in 1950s and this is March 2019. It became possible because of three major actions, all focused on Mosquito-vector which spreads Malaria. These three major actions taken by the US government are:

1. Use of insecticide
2. Draining the ditches which were filled with water or standing water
3. Incredible power of window screens

Now according to the research, almost 1500 people are hospitalized each year in US with malaria.



You know Why and How??

Because while there is no malaria in USA communities, people now increasingly travel to different countries where malaria is rampant and come back carrying malaria.

(Though there are no mosquitoes in USA to spread Malaria.)



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- **Please tell doctors if you are running fever and have just come back from India etc.**
- **Please don't be shy. Do mention Malaria to doctors (and typhoid and Hepatitis A also) so doctors can screen you for these and treat appropriately.**

(I have not seen, and no US doctor has seen a single case of tetanus in USA for last 25 years. In India we were used to of seeing such cases. Back in 1980, We have had one full unit for 20 to 50 patients devoted just for tetanus.)



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Chapter 11

Travel to India

What can be done to protect our self from malaria? We can do a lot.

One fact is that there are excellent- 3 different medicines to choose from PREVENTIVE medicines for malaria available for the travel. But, it looks like either people are not aware of it or people are not just using it.

Malaria sickens more than 200 million people each year and kills more than 400,000, mostly the young children. India was third among the 15 countries having the highest cases of malaria and deaths due to the disease in 2015 (numbers are better now).

We love to treat everything with turmeric, ginger, Neem leaves, lemon water, even Tulsi and above all prayers, and these always work for Indian community.

PLEASE WEIGH RISKS AND BENEFITS OF TAKING MALARIA PREVENTIVE MEDICINES.

Children do develop immunity against malaria, but that immunity goes away very quickly. People who move away form India (and other countries) and live in USA and then go back and do not take any preventive medication then they are very susceptible to getting malaria.

As far as if I speak for our Indian community, they are resistant to taking any kind of medication. It is kind of deeply ingrained in our Indian culture not to take any medicines.



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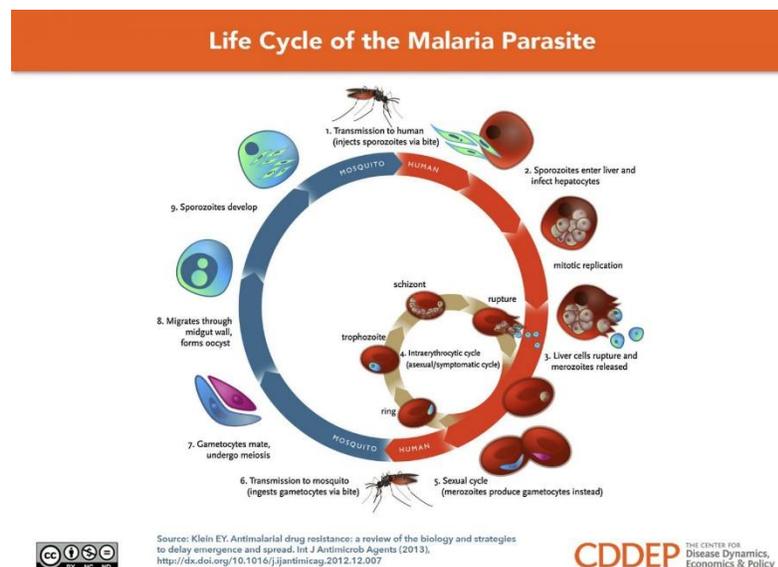
Chapter 12

Facts about Malaria

When we grew up in India back in 1970s and 1980s and went to medical college, plasmodium falciparum (was not at all common in India) is actually responsible for pretty much all the deaths happen due to malaria all over the world, but today plasmodium falciparum and plasmodium vivax are prevalent in India.

Malaria is caused by a mosquito which is infected with malaria protozoa Plasmodium, and not only that it is caused ONLY by the bite of an infected female Anopheles mosquito. Male mosquito does not bite. Female mosquitoes need blood for their eggs.

As female Anopheles mosquito bites, it releases malaria parasites into the person's blood and malaria is a predilection for liver. It starts reproducing explosively inside the person's liver and blood.



The symptoms may be delayed by a week or two but may get delayed up to one month also.

Most of the doctors in US are not very experienced in managing malaria. There may not be any medication available at local drug stores because malaria does not happen in US community. So,



Source: Klein EY. Antimalarial drug resistance: a review of the biology and strategies to delay emergence and spread. *Int J Antimicrob Agents* (2013). <http://dx.doi.org/10.1016/j.ijantimicag.2012.12.007>

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if you are having any symptoms and see a doctor please mention that you have been traveling outside US and mention the country you are visiting. Please, let the doctor know about it and do mention your suspicion about malaria to the doctor.

Most travelers who develop malaria do so because they do not take preventive medicines as recommended or believe 1 dose will protect them.

These recommendations have been developed after intensive research.

Of course, we should take 3 other common-sense precautions mentioned as beneath: -

1. Avoid outdoor exposure between dusk and dawn (when Anopheles mosquitoes feed) by staying in well-screened or air-conditioned rooms.
2. Go for long sleeves. Wear long sleeve shirts and trousers in the evening and at night. The lesser skin that is exposed, the better.
3. Ask a family member or hotel people for liquid repellent vaporizer for Mosquito.

Medicines and their doses to take if visiting India for Malaria prevention.

Remember, plasmodium falciparum is pretty dangerous to get. Once again please do consider, risks to life and benefits of taking preventing regimen any out of these 3.

They are fairly simple and not confusing at all.

- 1. Atovaquone/proguanil 250 mg/100 mg once daily; start 1 to 2 days prior to entering a malaria-endemic area, continue throughout the stay and for 7 days after returning.**



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- 2. Mefloquine 250 mg weekly starting one week before arrival in an endemic area. Continue weekly during travel and the 4 weeks after leaving endemic area.**
- 3. Doxycycline; we should take it orally by mouth 100 mg daily. Initially, one to two days prior to travel to endemic area. Continue daily during travel and for 4 weeks after leaving the endemic area.**



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Chapter 13

HIV situation is “Critical” in Venezuela

Back in 1990, when I took care of so many HIV patients, almost everybody died in 2 years. I was, of course, scared to death.

Not anymore; we have come to a point in time, now in 2019- that we feel we are exposed, and we can really prevent us from getting HIV.

But, no vaccine yet.

Marco Rubio, USA Senator tweeted-

Apparently [#Maduro](#) is blocking \$5 million Global Fund shipment of HIV & AIDS medicine from entering [#Venezuela](#). This is a death sentence to those who depend on anti-virals for survival.

..... 2:23 PM - 6 Feb 2019

People with HIV, who should be on treatment actually are not. That’s terrible from a public health perspective. Not only are people going to get sicker, but HIV is going to spread faster.



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Venezuela's Health Crisis Spills Over To Neighboring Countries.

Latin America has done in the past, has done tremendous good work in managing HIV. Venezuela used to have one of the best healthcare systems on the continent. But now everything is falling apart.

Venezuelans have now left the country because of the ongoing crisis. Most have ended up in Colombia, Brazil and other parts of South America.