



# PRAVARA MEDICAL REVIEW

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## **From editor's desk:**

*In past few months, we are hearing a lot on "Swine Flu" in our surrounding through various mass communication media. We must remember that seasonal influenza results in higher mortality rates among patients with certain chronic medical conditions, as well as in pregnant women and those at extreme of ages. H1N1 influenza A has similar pattern although here only few elderly individual have been affected. If heart related disease can be reduced by adopting healthy life style, then why not death from swine flu can be reduced till effective vaccine is available in market. It can be avoided by adopting respiratory flu hygiene measures incorporating 3feet distance precaution; frequent hand hygiene and learning cough etiquettes. At the same time it is also true that not all infected with swine flu are at risk of deaths. Only persons with co-morbid conditions like heart patients excluding high blood pressure, uncontrolled diabetes, chronic lung, liver or kidney diseases, cancer and elderly patients are more vulnerable.*

*Keeping "Swine Flu" topic alive, the present issue starts with commentary on swine flu where as all other sections are presented as usual.*

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