

Newsletter September- October 2023

With Dashain around the corner, we would like to wish you a joyful and prosperous festive season. May you all be blessed with lots of happiness, good health, and success! We hope you don't fall ill during the holidays, but if you do require CIWEC services please remember that we are open 24/7. There are a few updates that we would like to bring to your attention.

1. CIWEC welcomes new Pediatrician

CIWEC Hospital would like to introduce you to Pediatrician, Dr. Sangita Puree.

A highly experienced pediatrician, she completed her undergraduate medical education from the Universal College of Medical Sciences, Bhairahawa and Masters in Pediatrics from the Institute of Medicine (IOM), Maharajgunj in 2010. She worked in Patan Academy of Health sciences for 3 years and Nepal Medical College for 7 years. She had been working as a full time Pediatrician in Helping Hands Community Hospital for two and half years before joining CIWEC. She has vast experience in handling pediatric outpatients, inpatients as well as taking care of neonates and critically ill patients.



Dr. Sangita is very happy to offer well child checks which is an integral part of taking care of children. After birth of a child, well-child checks are recommended at 3-5 days, then at 1, 2, 4, 6, 9, 15, 18, 24 and 30 months following which it will be yearly from age 3. The components of a preventive well-child visit include a) developmental/behavioral assessment b) physical examination including measurement of growth c) immunizations and d) addressing concerns or queries from parents.

You can book your appointment with Dr. Sangita either by phoning or emailing the reception desk at bookings@ciwec-clinic.com.

2. FLU vaccine is available at CIWEC!

Manufactured by Abbott Biologicals B.V., InFluVac Tetra 2023/2024 flu season (Northern Hemisphere) is now available at CIWEC. This vaccine complies with the World Health Organization (WHO) and EU recommendation for the 2023/2024 season. We recommend this vaccine for everyone particularly for children less



than 5 years of age, pregnant woman, and person over 65 years of age and the ones with chronic medical conditions or weakened immune systems.

3. Dengue Update in Nepal

The dengue virus has emerged as a major public health problem in Nepal of late as the disease has become endemic. As per the reports issued by epidemiology and disease control division (EDCD), Nepal reportedly had a total of 36744 cases of dengue fever including 20 confirmed deaths till date as of 11th October 2023 with Kathmandu having 785 cases.



Since there is no specific treatment for dengue, and vaccines are not yet available in Nepal, the best way to keep yourself safe is to prevent being bitten by mosquitoes. We recommend covering up, using mosquito repellents when needed, and prevent your surroundings from holding water to prevent mosquito breeding.

4. Altitude Sickness

Autumn season is an excellent time for trekking / hiking in Nepal. Everest Base Camp, Annapurna Circuit, and Langtang Valley are few of the popular trekking routes amongst the travelers during this season. However, with altitude comes the risk of getting altitude sickness.



Altitude sickness is caused by ascending too rapidly, which doesn't allow the body enough time to adjust to reduced oxygen and changes in air pressure.

Mild symptoms of altitude sickness includes headache, loss of appetite, nausea, fatigue, lack of sleep and dizziness. These symptoms can resolve once someone is acclimatized. For details, please look up the CIWEC website at: <https://ciwechospital.com/health-articles/altitude-illness-advice-for-trekkers/>

5. What would you like to see at CIWEC?

Please get back to us with your comments and suggestions. We would love to hear from you. Thank you.