



Intermed News



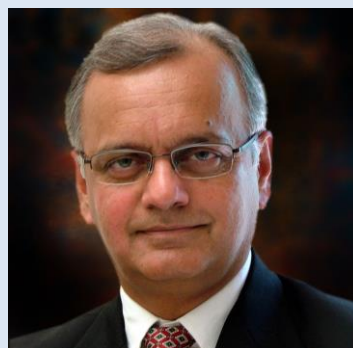
Intermed is proud to announce the hiring of its newest Clinic Manager, Mr. Jyotish Saini. Mr. Saini brings with him 10 years of experience working with Indraprastha Diagnostics Pvt. Ltd. Most recently he was with M/s Gupta Multispecialty Hospital as Marketing and Administrative Head.

Mr. Saini's education includes an Honors Degree in English from Delhi University. He is pursuing an MBA in Human Resources from Symbiosis Pune.

Mr. Saini will be charged with steering Intermed's marketing team and improving the clinic experience of each Intermed patient.

Edited by Byron Dawson

A message from CMO Dr. Rohit Jaswal



March and April have been busy months at Intermed as we continue to fine-tune Intermed's service offerings and outreach programs to meet the needs of our clients. New services & staff members will ensure Intermed meets all your basic health needs with proficient medical treatment and friendly office staff.

Soon, Intermed will launch state of the art Dental Services at the clinic where you would be provided the best services around by a team of experts in their fields. Watch out for launch announcement soon!

Our Sunday Special Packages have been a hit and have been extended due to their popularity. Save over 50% on Diabetes, Obesity, and Healthy Bone packages every Sunday between 8 and noon and also on other days too! Ask for these special offers at the clinic.

Stay tuned for more exciting announcements, events, offers and specialties from Intermed!

- Dr. Rohit Jaswal

Hypertension FAQ



by Dr. Sanjiv Gupta
Intermed Cardiologist

What Is Blood Pressure?

Blood pressure is the force of blood against the walls of arteries. Blood pressure is recorded as two numbers—the systolic pressure (as the heart beats) over the diastolic pressure (as the heart relaxes between beats). For example, a blood pressure measurement of 120/80 mmHg (millimeters of mercury) is expressed verbally as "120 over 80."

Normal blood pressure is less than 120 mmHg systolic and less than 80 mmHg diastolic.

How do I know if I have high blood pressure?

High blood pressure often has no signs or symptoms. The only way to find out if you have high blood pressure is to be tested for it.

What are the causes of Hypertension?

Causes include old age, obesity, stress, anxiety, having too much salt in your diet, family history, diabetes, and smoking. **Most of the time, no cause is identified. This is called essential hypertension.**

What is the treatment of High Blood Pressure?

The treatment goal is blood pressure below 140/90 and lower for people with other conditions, such as diabetes and kidney disease. Adopting healthy lifestyle habits is an effective first step in both preventing and controlling high blood pressure. If lifestyle changes alone are not effective in keeping your pressure controlled, it may be necessary to add blood pressure medications.

In the News

Easy Steps to Control Vector-Borne Diseases

"Dengue claims several lives every year in India and is the number one vector-borne disease worldwide." - Satish Koul, Physician, Columbia Asia Hospital, Gurgaon.

India's Drug Inspectors Hard Pressed to Scrutinize Factories

"Of 48,082 drug samples collected by state inspectors in the year to March 2012, 4.5 percent, or 2,186, were found to be of sub-standard quality"

Beat Your Fatigue in Natural Ways

"To beat fatigue, make sure that you have a regular sleep pattern. Avoid watching television before going to bed. And having a nice hot shower before going to sleep in the night can soothe you."

Wellmed news

April is Intermed's Special Wellness month and brings with it a host of special offers and discounted pricing. Wellness services can help prevent the onset of lifestyle diseases such as diabetes, obesity and hypertension which can become major health issues later in life. Come in to Intermed today for a health check and see what you can be doing to help make sure you maintain a high quality of life well into your golden years with assistance from Wellmed's highly trained staff.



(Above: View of Wellness Month Banner with Intermed Clinic in background)