

### **Diarrhea in Children**

*Most children battle diarrhea from time to time, but the good news is that it's often caused by infections that don't last long and usually are more disruptive than dangerous. Here are some frequently asked questions and some popular myths about diarrhea.*

#### **Is diarrhea dangerous for my child?**

In diarrhea, the child loses water and salt from the body. If the salt and fluids are not replaced properly, it can lead to dehydration which may be dangerous.

#### **How can I treat diarrhea at home?**

The main purpose of treating diarrhea is to prevent dehydration. This is done by giving the child Oral Rehydration Therapy (ORT). ORT is done by giving the child fluids which contain salt, sugar and water in appropriate dilution. ORT should be prepared as instructed in the package or as advised by the doctor. Giving ORT will not cure diarrhea, but it helps prevent or treat the dehydration due to diarrhea. Most diarrheas are caused due to viruses and no specific treatment is available for viral causes of diarrhea.

#### **When I give any food or fluid to my child, he immediately passes loose stools. Should I stop feeding him or restrict his diet?**

No, never. You must continue to give fluids and food to your child because they are the source of energy to him. If you stop giving him fluids and food, he will get dehydrated very fast and can become really sick.

#### **Will I need to hospitalize my child?**

In most cases diarrhea can be managed at home. If the child is unable to drink, vomits frequently, or signs of significant dehydration set in, the child needs to be hospitalized in order to receive intravenous fluids.

#### **How can diarrhea be prevented?**

Though there is no sure way to prevent diarrhea, frequency of diarrheal illness can be decreased by maintenance of hygiene and good hand washing.

- The Intermed Medical Staff

*Edited by Byron Dawson*

### **A message from CMO Dr. Rohit Jaswal**



Warm Greetings from Intermed!

As the holiday season approaches and the year winds down, we often find ourselves reflecting on the past year. If you are anything like me, each year seems to pass faster than the last as work, family and social obligations take up more and more of our time. In the haste to get everything done around the holidays, we often neglect our and our loved ones' health.

With all the sweets and sedentary living around the holidays, it is easy to pack on extra pounds. You can prevent this by keeping healthy snacks on hand and encouraging your family to burn off the extra calories with a nice after dinner walk or other outdoor activities.

Most of all, Intermed would like to remind you that we are here for you not just in times of illness, but in times of health and prosperity as well. We believe strongly in the power of preventing lifestyle diseases before they occur, giving our patients a longer, higher quality life. See the attached coupon at the end of this newsletter to save even more on Intermed's cutting edge wellness and preventative health service, Wellmed. Learn more at [wellmed.in](http://wellmed.in).

- Dr. Rohit Jaswal

### Intermed News

While Intermed's retail patient growth has been very strong over the past 6 months, corporate patients and clients have also been on the rise. Just in the past month, Intermed has performed pre-employment tests for several major Indian and Global corporations. Below are listed some of Intermed's most recent additions to the client roster, with all coming on board in the last month.



Each corporate client provides a steady stream of patients based on the size of the corporation. As Intermed's reputation grows, we are able to attract more numerous and larger clients. Look forward to many exciting tie-ups coming in the near future.



### In the News

#### [Home Healthcare is an Emerging Field in India, Experts Say](#)

"At least 40 percent of all diabetic patients [are] in desperate need of home healthcare"

#### [Rampant Corruption in Health Services Impoverishes Millions in India](#)

"India's \$74 billion health care industry is preying on poor people, thanks to ... unethical doctors, hospitals and diagnostic laboratories"

#### [With Ebola Threat, It's Time to Fix India's Healthcare System](#)

"There are only nine hospital beds per 10,000 in India, compared with 41 per 10,000 in China"

### Anniversary Celebration

In October, Intermed celebrated its two year anniversary with a get-together for the entire company. The festivities were attended by Intermed Managing Director and CEO Rohit Kantor as well as several key advisors, managers, and many employees.



A great time was had by all as the group gathered to discuss the events of the past two years and speculate on the bright future ahead for Intermed!

