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FROM THE  
**EDITOR'S DESK**

*Hello readers,*

Hope majority of the students are enjoying their summer vacation. It's alright to enjoy yourselves, but dear students, to make yourselves stand out in the crowd, it is also essential to possess a unique skill. This is the best time of the year to further your cherished interests and hobbies. Enquire yourself to find out what suits you the best, try to pursue that and become a master. Today, plenty of



The incidence and burden of cancer is huge and is set to rise. More than 70% of all cancer deaths already occur in low - and middle-income countries and these regions are projected to account for two thirds of all cases of cancer worldwide by 2050 (an increase of 15% since 1975). There are significant regional differences in cancer prevalence, but the biggest cancer killers worldwide are lung cancer (1.4 million deaths in 2008), stomach cancer (740,000 deaths in 2008), liver cancer (700,000 deaths in 2008), colorectal cancer (610,000 deaths in 2008), and breast cancer (460,000 deaths in 2008). In addition to the impact on loss of life, the economic impact of cancer is huge. Currently it is estimated that the disease costs economies across the world an estimated \$ 290 billion in 2010 - \$ 154 billion of which were medical costs.

Prevention & early detection of cancer:

More than a third of all cancers are preventable by reducing exposure to risk factors including tobacco, obesity, physical inactivity and sexually transmitted infections. Preventative measures such as

resources are available online to save your time. Become proactive, go out, meet people and let those human experiences enrich your knowledge and broaden your perspective. Mould yourselves into participatory change agents of society.

You must be the change that you want to see in the world. --- Mahatma Gandhi

Hope Sanjivini, is providing you with relevant information on the existing health trends in the society.

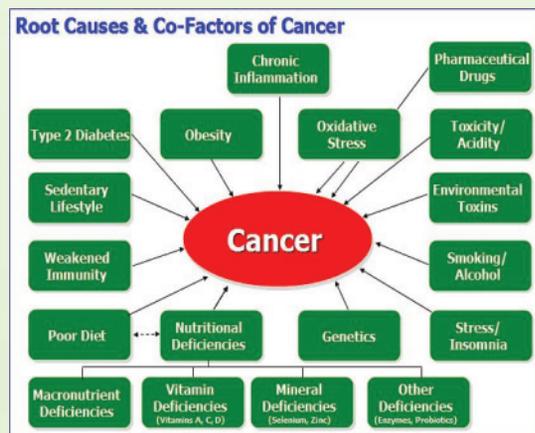
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Meet you in the next academic year!

vaccination programmes against HBV and vital HPV and public education campaigns are vital now, and in the future, to mitigate the expected increase of people affected by cancer in the coming decades.

Early detection can also play its part in reducing the global cancer epidemic. Implementation of screening programmes to identify pre-cancer or early stage cancer is crucial in the fight against the disease in both developed and developing countries. In order for early detection programmes to be effective, strong healthcare systems must be in place to provide equity of access to diagnosis and treatment for all cancer patients. In addition, public education campaigns are needed across the world to tackle the cancer epidemic by helping people recognize the early signs of disease and encourage the seeking of prompt medical attention.





# VIJAYA INSTITUTE OF PHARMACEUTICAL SCIENCES FOR WOMEN

## DIZZINESS AMONG ELDERLY: A PROBLEM OF HEALTH CONCERN

Dizziness and imbalance are among the most common complaints in elderly people and a growing health concern as they put the elderly people at a higher risk of fall and consequent injuries. According to the report of a population-based study in 24% of people older than 72 years have dizziness and falls stood the leading cause of hospital admission and accidental death in elderly people. In vertigo, the subjective sense of motion is dominating and is accompanied by nausea, vomiting, or sudden sweating. Vertigo is a hallucination of movement. It is typically but not necessarily rotatory and suggests a lesion in the vestibular system. Among the balance disorders, vertigo can be differentiated from other types, such as: Dizziness is a movement-related feeling of instability (Ex: While stepping up on a stool). Dizziness can appear independently but often accompanies vertigo.

Lightheadedness is described as stupor, blackout or disorientation. Non-specific lightheadedness is the most common form of dizziness. Often the patient's symptom is vague and subjective. Causes of nonspecific lightheadedness include hyperventilation, hypoglycaemia, anaemia, head trauma and associated with psychogenic disorders such as depression, anxiety or phobia.

Presyncope is the feeling of upcoming swoon or collapsing with darkening sight or ringing in the ears, without losing consciousness. The patient may also experience generalised weakness. Often the symptom occurs when the patient rises from a lying or sitting position. Symptom is typically worse in the morning. No symptom is experienced when the patient is supine. Causes include orthostatic hypotension, autonomic dysfunction which can be the result of diabetes, and cardiovascular diseases like arrhythmias, myocardial infarction, and carotid artery stenosis. Medications such as anti-hypertensive and anti-arrhythmic drugs can sometimes cause presyncope.

Disequilibrium means an impaired balance and gait without abnormal head sensation. The patient has a feeling of unsteadiness but there is no illusion of movement or sensation of faintness. The most common cause is ageing. Ageing produces multisensory deficits that affect balance.

Degeneration is evident in the ampullae of the semicircular ducts and the otolith organs as well as in the vestibular nuclei and brainstem pathways.

### Vertigo Treatment

#### Symptomatic Therapy

Applied only in cases of acute attack of vertigo accompanied by vegetative symptoms (vertigo shock phase) and the patient usually requires hospitalization. Neuroleptics, anxiolytics and anti-histamines of the 1<sup>st</sup> generation are used, which act on structures in medulla, hypothalamus and limbic system for reducing neurovegetative symptoms (nausea, vomiting, anxiety, sweating & heart palpitations).

Neuroleptics - Chlorpromazin, Thiethylperazine

Anxiolytics - Benzodiazepines - Diazepam

Side effects - Quick addiction possibility and memory disorders.

First-generation antihistamines have anticholinergic activity, blocking muscarinic receptors and inhibiting effect on the central nervous system. Among them, in the case of vestibular shock, promethazine is used. In mild vertigo and motion sickness - Dimenhydrinate (Aviomarin), Hydroxyzine & Clemastine can be taken.

In symptomatic treatment of acute vertigo prokinetics like Metoclopramide may be used, which also exerts Dopamine receptor (D<sub>2</sub>) blockade in the CNS and has a tranquilizing and antiemetic effect, inhibits nausea.

#### Causal Pharmacotherapy

Potentially causal treatment used in a long-term treatment of vertigo include: cerebral vasodilators like: calcium antagonists and derivatives of histamine, a blockers, anti-platelet medicines, extract of Ginkgo biloba and also cytoprotective medicines, steroids and diuretics. Especially polytherapy should be avoided.

Betahistine blocks presynaptic histamine H<sub>3</sub> receptors & stimulates weak postsynaptic H<sub>1</sub>, but does not exhibit a significant affinity for H<sub>2</sub>. As a result, it increases the release of histamine in nerve endings. It exerts relaxant effect on the precapilar sphincters in inner ear microcirculation, which leads to improved stria vascularis blood flow of labyrinth. It inhibits activity of vestibular neurons. Betahistine reduces the frequency and intensity of vertigo and tinnitus. It is approved for the treatment of Meniere's disease. The only contraindication to the use betahistine is a pheochromocytoma. The medicine should be used with caution in patients with asthma, severe hypotension and peptic ulcer. Cytoprotective medicines should be prescribed reasonably.

#### References:

- ◆ Tinetti ME, Williams CS, Gill TM. Dizziness among older adults: a possible geriatric syndrome. *Ann Intern Med* 2000; 132(5): 337-344.
- ◆ Ruckenstein MJ, Staab J. Chronic subjective dizziness. *Otolaryngol Clin North Am* 2009; 42: 71-77.

"Now a days, people know the price of everything and the value of nothing."

– Oscar Wilde

# VIJAYA INSTITUTE OF PHARMACEUTICAL SCIENCES FOR WOMEN

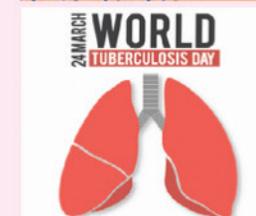


## HYPERTENSIVE PATIENTS MAY BENEFIT FROM FOLIC ACID SUPPLEMENTS

Hypertensive adults with low platelet count who took a combined daily pill of both enalapril and folic acid saw a 73% reduction in their risk of first stroke compared to patients who took only enalapril daily, according to a study published in the Journal of the American College of Cardiology. Stroke is the second leading cause of death worldwide, and the number one cause of death in China. About 77% of strokes are first events, creating a need for better primary prevention efforts. In an earlier published report from China Stroke Primary Prevention Trial (CSPPT), researchers found that folic acid treatment could reduce first stroke risk by 21% on average in hypertensive adults by lowering total homocysteine levels - elevated levels are a risk factor for vascular disease. This present study is the first and largest of its kind to examine the association of elevated homocysteine levels and platelet count together - both of which play a significant role in the development of cardiovascular disease - with first stroke (Source: [www.worldpharmanews.com](http://www.worldpharmanews.com)).

## NOVEL DRUG APPROVALS FOR 2018

Drug Name	Active Ingredient	Approval Date	FDA-approved use on approval date
Lutathera	Lutetium Lu 177 Dotatate	26/01/2018	To treat a type of cancer that affects the pancreas or gastrointestinal tract called gastroenteropancreatic neuroendocrine tumors (GEP-NETs).
Biktarvy	Bictegravir, Emtricitabine, Tenofovir Alafenamide	07/02/2018	To treat infection in adults who have no antiretroviral treatment history or to replace the current antiretroviral regimen
Symdeko	Tezacaftor; Ivacaftor	13/02/2018	To treat cystic fibrosis in patients age 12 years and older
Erleada	Apalutamide	14/02/2018	To treat certain type of prostate cancer using novel clinical trial endpoint
Trogarzo	Ibalizumab-Uiyk	06/03/2018	To treat HIV patients who have limited treatment options
Ilumya	Tildrakizumab	20/03/2018	To treat adults with moderate-to-severe plaque psoriasis who are candidates for systemic therapy or phototherapy
Tavalisse	Fostamatinib	17/04/2018	To treat thrombocytopenia in adult patients with persistent or chronic immune thrombocytopenia (ITP)
Crysvita	Burosumab-Twza	17/04/2018	To treat adults and children ages 1 year and older with x-linked hypophosphatemia (XLH), a rare, inherited form of rickets
Akynzeo	Fosnetupitant and Palonosetron	19/04/2018	To prevent acute and delayed nausea and vomiting associated with initial and repeat courses of highly emetogenic cancer chemotherapy



*"Faith, faith, faith in ourselves; faith, faith in god... this is the secret of greatness"*

- Swami Vivekananda"



## VIJAYA INSTITUTE OF PHARMACEUTICAL SCIENCES FOR WOMEN



### Campus News

- ❖ Indian Pharmacological Society (IPS) has honoured Dr. K. Padmalatha, Principal, VIPW at Golden Jubilee Concluding Celebrations & 50<sup>th</sup> Annual Conference of IPS on 15<sup>th</sup> February, 2018 in recognition of dedicated services rendered in the capacity of Organizing Secretary for ERIPSCON – 2017.
- ❖ A mega health camp was organized by VIPW at Gollapudi on 27<sup>th</sup> to 29<sup>th</sup> January, 2018. The camp was inaugurated by Sri Devineni Uma Maheswara Rao, the Chief Guest of the programme, Hon'ble Minister for Water Resources and Irrigation, A.P. Govt. Students of Pharm. D have actively participated and conducted various health tests for above 700 residents of Karakatta, Gollapudi One Centre. Patients were checked for Diabetes, Hypertension, Eye problems and BMI followed by the distribution of free medical kits by the Hon'ble Minister. ECG, scanning and retinal tests were also conducted for the needful patients. The tests were conducted under the supervision of Dr. Kola Vijaya Sekhar, renowned General Physician & Ophthalmologist of Vijayawada. Sri B. S. Sri Krishna, Secretary, SRK Foundation; Dr. K. Padmalatha, Principal, VIPW and members of teaching faculty also were present at the camp.
- ❖ Free eye screening camps were conducted on 10<sup>th</sup> Dec, 2017 (Lions Centennial Operation Cataract) by the International Association of Lions Clubs in nearby rural areas of Vijayawada (Gollapudi, Kanchikacherla, Kondapalli). Total 300 people were surveyed out of which 8 were diagnosed with cataract.

To,

*We are pleased to receive your feedback and suggestions to :*

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