# Earlier Medical Conditions

 (12/08/2009 12/23/09 02/26/2010)

**Introduction**

 At the end of Second World War in 1945, infectious diseases were very prevalent all over the globe. However, hope was not given up. Asian countries like India, China, and several others; South American countries like Brazil, Argentina and several others; African countries like Algeria, Egypt, and several others have followed the lead of Europe and USA in establishing more medical colleges with the latest equipment and capabilities, to treat the medical conditions and disorders. Certainly such an initiative has saved hundreds of millions of lives over all these years. More than 60 years after the Second World War, reports indicate that the medical treatments around the globe (in different countries) during 2009 are comparable to each other. It certainly is very welcoming news, especially with the present day globalized economy, travel, and interactions. I (author: Subbarao V Wunnava) was born and raised in India through his college education, before migrating to the United States in 1967 for graduate studies, and adapting USA as country of domicile.

## Flu, Typhoid, and other Tropical diseases

 **Influenza (FLU)** was one of the very prevalent diseases in the world at the end of the second world war, and India was no exception. FLU has been known as an illness caused by virus and infection. This infection would result in the person getting fever, head and body aches, cold and cough, and sore throat. In some cases the person would also develop diarrhea and vomiting, and total loss of energy. If not properly treated, the FLU could lead to complications such as Pneumonia and Bronchitis, requiring acute medical care and hospitalization. Fortunately in the urban areas in India, I grew up and infected by FLU, there were adequate medical facilities, and diseases like flu were handled properly. FLU vaccine has been available in most of the counties.

 An extension of FLU has been the **Swine FLU**, which has been causing some international concern since 2008/2009. Swine FLU is a respiratory disease caused by viruses that infect the respiratory tract, and result in nasal secretions, a barking-like cough, and decreased appetite. The Swine FLU sometimes is also referred as the H1N1 [H1 (hemagglutinin type 1) and N1 (neuraminidase type1)H1N1] and most of the world countries are making the H1N1 vaccine available. The affected cases are being treated with proper medications and the antibiotics.

 **Typhoid** disease has been known to spread through contaminated food and water, and through close contact with persons infected with Salmonella Typhi bacteria. Typhoid was known to be a disease lasting for 2-3 weeks, during which period treatment with antibiotics and clean environment were very critical. **Tropical diseases** like **Tuberculosis** (abbreviated as **TB**), and **Malaria** had also been extremely prevalent in the world, at the end of the Second World War. TB was identified as a disease caused by the bacterial infection of the lungs and the respiratory organs, which could be transmitted with the bodily contact, or cough, or sneeze and so on. Malaria had been identified due to mosquito and other insect bites. These diseases were treated with special types of anti bacterial and tropical medications.

 While myself and my siblings were growing up, my educated patents took extreme care regarding our food and water intake, and always protected us through proper medications, antibiotics, and appropriate vaccinations. Our childhood family doctors: Dr. Khan, and Dr. M.N. Rao had been instrumental in protecting us from these types of diseases. Many of the Indian children and families were not as lucky as we had been, with the parental attention, and availability of the medical care. Several of them lost their family members, including children, to these types of diseases. Certainly, lack of medical care had always been a national tragedy, and the countries affected with natural disasters and wars would suffer the most. After independence from Briton in 1947, India concentrated on improving the educational and medical system, and as per 2009 reports India has been considered as one of the expanding educational and medical bases in the world. Still, lot more to be done to reach the rural populations and under privileged.

## Sport injuries and associated depressions

 Just like any other country, in India also, the Movie and Sports celebrities carried a special recognition and follow up. Most of the high school and college students would always dream to become one of them, and I was no exception. My father Venkat Wunnava, was a celebrated Tennis player, but he pursued a solid banking career. He used to warn me about neglecting studies and a solid educational path, in anticipation of becoming a movie or sports star. I was very good in high school and college in sports like Soccer, Hockey, Chess, and Relay-Running, and represented the college in several of these sports. Perhaps, I gave more importance to the sports than the studies, and at the junior college level, I could not secure enough academic grades to go to Engineering. I could only secure admission in to the next best discipline of Physics, Mathematics, and Chemistry at the bachelor’s level. My passion and dream about becoming a State or National level sports person continued, or even intensified, in spite of my relative set back at the junior college level. I represented our Hindu College and the Andhra University (of which Hindu College was a part) in Soccer, Hockey, Relay-Running, and Chess. In a way, I became a local college icon and I used to derive so much pleasure and may be even looked down on others, who did not have the same recognition as I did.

 That was it. A bad soccer injury in my left leg, had put me out of circulation for nearly 3 months, and I was fast replaced in every sport (I was so proud to represent the college and the university). My professors, class mates and team mates, and academic administrators, made several visits to me with kind words and cards, but no assurance to put me back in the sports teams. I realized in hard way that was the near end of my sports career and the dreams. It was so depressing and devastating for me, and I lost interest in everything, including studies. My father Venkat, our family physician Dr. M.N, Rao, and my Physics professor Dr. M.G Sastry were very compassionate, supportive, and encouraging to pull me out of the depressed attitude. A shoulder injury in his college sports had put my father away from Tennis to a banking career. A neck injury made my physics professor give up on athletics to pursue PhD in Physics. My physician Dr. M.N. Rao convinced me that the depression was the worst disease, and would destroy not only the patient, but the whole family; and I should use my energies in academics, to compensate my terminated sports career. Perhaps, God has given me the vision and blessing to turn around and pursue academics, rather than blowing out on myself and the family. I would ever remain grateful to the people who helped me to get back to normal life. ***I have also realized that the disappointments would always be there in real life, and one should never ever get depressed and sad, and become dysfunctional and inactive, to cause agony and worry to the family and loved ones. It had been my guiding philosophy all through my life. The soccer and the sports injuries in my earlier life were blessings in disguise.***

## Negligence of health care and medical conditions

 In countries like India, with large populations and limited educational institutions and opportunities during 50s and 60s, the competition was extremely fierce and demanding, It was a common practice to dream about becoming an Engineer, or a Doctor, or a Scientist, or a Banker. At every level there were entrance and competitive examinations. In that process, most of the students were so much wrapped up with studies, class and competitive examinations, they hardly had any time to relax, or practice sports or other hobbies, and I was no exception. We used to be in the class room, or library or the laboratories or group study activities, and get away with 4 or 5 hours sleep per day, when 7 hours sleep was recommended. Like most of the students, I also stayed away from parents in the dormitories, and there was no real check on our heating or sleeping habits. Unfortunately, most of us did not realize that we were neglecting the health care and associated medical conditions. ***Realizing the negligent attitude of the students, the college and the university administrations required the students to go to medical checkups periodically, and the results would be shared with the respective families. While most of us resented this encroachment into our privacy, we realized that it was for our benefit and care. Personally, I got benefitted by discovering my eye sight, under weight, and mal nutrition conditions, through these medical checkups. Proper treatments were administered to correct these conditions.***

## Adherence to medical checkups and schedules would help

 ***Progressing through the student life, professional career and retiring early 2009 as a professor of Engineering, I have realized that regular medical checkups and following the suggested medical schedules would help a great deal, rather than postponing and even avoiding them.*** A neglected FLU may lead to Swine FLU. A neglected cut or burn may lead to complicated infection. While costs are associated with all the medical checkups and treatment, having a team of medical doctors with mutual trust would greatly help. I am sure lucky to have such medical personnel caring for me all through these years in India, in USA, and wherever I travelled or lived.

**Summary**

 ***Neglecting medical conditions, postponing the needed medical treatments and vaccinations would sure cause more problems and chronic conditions, and expensive treatments later. Similarly, either as a student or as a professional, or a retiree, getting into depressed conditions due to unexpected and unavoidable disappointments could lead to more medical problems and less productive life. Seeking alternate paths for life and career progress would relieve a great deal of medical burdens.***

 

 

 

FIGURE 2.2: (Top) Dr. Jeff Kane, outstanding dentist (Crossroad Dental )with Dr. Subbarao Wunnava

 ( Middle) Dental associates :

 (Bottom) Dental Associate: