# Sustaining and Living through Medical Conditions (SLMC)

**Getting around smoking, over eating, and other addictions**

**(Subbarao V Wunnava: 11/06/09 12/01/2009 02/26/2010)**

***Preface:***

*Recent statistics indicate that more and more youngsters are practicing smoking and other hazardous activities, which would compromise the health and possibly career of the individuals, without their knowledge. The stress levels are at all time high and still increasing: for students at school and college levels, regarding their performance and career opportunities; for working people in their work and professional environments regarding the scope of their jobs; for business people regarding the progress and substance of their businesses and industries; for family people regarding the uncertainties and financial demands in their domestic lives; for most people regarding the health and financial downturns. While one should keep the hopes high and work towards improvement, most people resort to quick fixes such as smoking, drinking, over eating, and self imposed inactivity (or depression). Unfortunately, all these lead to health risks and chronic medical conditions. It is always better to avoid any health risks to start with. However, when the medical conditions set in, one should stand against them, take appropriate medical treatments and medications, and make necessary adjustments in life styles. Adherence to regular physical exercises, rational and healthy food habits would control these medical conditions, and even eliminate them if possible. It would not help the individuals or the family, or the society, if the persons get more deeper into the medical conditions by not responding properly, and giving up to fight them. Unfortunately, I have gone through many of the medical conditions, by negligence and compromising behavior with the health issues. I would feel gratified if my experiences would help others in the early stages.*

 *I started smoking even in my junior high school, for fun and from the peer pressure from the friends and classmates, and to impress other associates about my heroic behavior. Before I realized, the smoking became a bad and intimidating habit by the time I graduated from high school. In addition, just like any other smoker at that tender age, I lost my self esteem and even was distorting the truth with my parents and teachers about my smoking. In the early years of college, my academic performance drastically went down, and I became so dependent upon smoking even to do home work, or take an examination. This has been the case with just not me, but with people like me who practiced smoking and became totally dependent upon it. Every day I was taking an oath to stop smoking, but total in vain, and my dependence on smoking was increasing. As the years rolled by, and as I entered professional life after college, the pressures of the job performance and ambition to excel in the profession increased my smoking to almost like a chain smoker. In addition, I got addicted to over eating and coffee drinking and my health took a roller coaster effect. I developed acute migraine headaches, unprecedented anxiety and body shakes, and severe nervousness and behavioral inconsistency. However, I managed to progress in my profession at the cost of my health and family activities.*

 *My eye opener has come when I barely managed to pull my 3 year old son from the swimming pool, from drowning. I had such a difficulty to move few feet in water due to my exhaustion, and out of shape body due to my over weight and breathing congestion due to heavy smoking. That was it, and God has given me enough strength, determination, and courage to stay away from smoking, over eating and other irrational addictions, to improve my body, health, and self esteem. .*

 *My wife Sunanda, daughter Madhavi and son Manoj provided me outstanding support to quit smoking and control my irrational eating. They were very considerate during my withdrawal symptoms. As a delayed and recurring effect of smoking and irregular eating and sleeplessness, in later years unfortunately I developed hemorrhoids, hearing problems and intestine gastric cancer. I had to go through several surgical procedures and follow up treatments to control these medical conditions.*

 *I have been so lucky to have wonderful team of doctors who have been extremely considerate to me.* ***Dr. Alan Seifer****, my attending physician who had overseen several of my hospitalizations and had been treating me for my migraine headaches.* ***Dr. Pamela Garjian****, my Gastro enologist had been instrumental in discovering my cancer and suggesting the proper treatments and surgical procedures.* ***Dr. Joe Levi*** *had been extremely compassionate in conducting the complicated surgery to remove my cancer tumor and providing me with a functional life****. Dr. Beneditto,*** *my oncologist had given me the follow up treatment and keeps my cancer under control. His support staff* ***Kim*** *treat me and other patients like me with so much compassion, that when I visit them for my checkups, I feel I am visiting a family for discussions.*

 *During last several years I have been ably supported and treated for my vision and ophthalmology matters by* ***Dr. Mike Hoff****, for ENT issues by* ***Dr. Steve Fletcher*** *and* ***Dr.******Lawrence Grobman****, neurological matters by* ***Dr. Wayne Tobin,*** *urological issues by* ***Dr. Robert Meckler****, dental issues by* ***Dr. Jeff Kane*** *and* ***Dr. Fred Kane.*** *There were several other medical personnel in my life. My own friends* ***Dr. Ram Iyengar****, (late)* ***Dr. Raju Kalidindi,*** *my own son* ***Dr. Manoj Wunnava,*** *my nephew* ***Dr. Silesh Babu***  *have also been very helpful in guiding me through. I would always remain grateful to these doctors, their associates and the staff. God bless them.*

 *I have derived great support, help, and encouragement from various medical support groups and in turn I could put my efforts into these groups. They are really good and beneficial to boost the morale and the attitude of the patients, and the family members. While following the health care reforms being discussed and being implemented in USA, I could clearly see that the patients should really try to improve their health conditions to the best of their abilities, rather than leaving everything to the government of the insurance companies. Many times, proper food and exercise habits would cut down on the medications and health down turns. Similarly, breathing and yoga type exercises would greatly help the patients with migraine headaches become functional rather than disabled during the migraines. Exposure to fresh air, and balanced vegetable and fruit intake rather than cookies and candies would greatly help the diabetic and overweight patients. And the list goes on…*

 *All my family members and my medical personal have provided me tools to rehabilitate myself from self acquired medical conditions (due to chain smoking and other related irregular habits). I would like to share my experiences and how I came out of the smoking and over eating and other irresponsible life styles with others, so that they would be careful from the beginning rather than going through what persons like me had to go through. My own physicians have encouraged me to document my medical experiences and rehabilitations, for the benefit of other patients, If my experiences would help some others not to get into the bad habits and compromise the health, my mission would be accomplished. I would ever remain grateful to my medical team and family.*

 *Preventive medicine is sure better than waiting for some medical catastrophe to happen and go through expensive, demanding and painful medical procedures. Most of the hospitals and medical schools are opting from preventive medicine type of activities as well. At the Florida International University* ***(FIU),*** *where I retired in 2009 as a Professor of Electrical and Computer Engineering, the newly formed* ***Herbert Wertheim College of Medicine*** *(under the direction of Presidents:* ***Dr. Modesto******Maidique*** *and* ***Dr. Mark Rosenberg****) follows the same philosophy. The author (Subbarao Wunnava) would be collaborating with some of the medical professors from FIU, in this book project.*

*Respectfully*

*Subbarao V Wunnava February 2010*

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