

CLINICAL CASE NUMBER 4



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Today 7th August 2021, I saw a different patient. Raghuvir (name changed) was my patient for the last 2 years. He suffered from Diabetes, IHD, Kidney failure, Hypertension, congestive cardiac failure. After a meticulous management the patient was stabilised and was leading a good quality life. A regular follow up made him loose about 12 kg of his weight. Everything was stable and good.

Three months back his son gets married with the arrival of a daughter- in-law who is welcomed by the family creating very happy atmospheres in the family. For some time everyone has forgotten father's sickness. The daughter -in -law takes charge of the house. She gives him proper medicines and to make him strong (I am still to understand the meaning of this strong) and happy, feeds him very well. She enjoys all her culinary ability and feeds him with all exotic dishes. As a result he puts on 8 kg extra weight, loses all the control on his body functions. The family has forgotten all about his sickness. One day it is noticed that he is very breathless and brings him to me. He is in gross congestive heart failure with very high blood urea.....A dire critical condition.

Lesson to be learned.....Proper weight and proper diet is vital for our health. Such happy moments are required but right understanding and knowledge of any condition is a must for us to live our life well.

Please analyse many such events in your house and try to avoid such incidents.