

Health is Wealth

Gout Symptom, Causes, Treatment of Gout

Gout is an insaneness of the body's chemical balance in which chronic spare uric acid in the blood produce to deposits of needle-shaped urate crystals in and close to joints and tendons, where they cause soreness (gout is a type of arthritis). Blood uric acid is evolved from the outage of body cells and protein in the diet.

Causes of Gout

Most gout is referable to a disorder of kidney function which produce in reduced purgation of urates in the urine. Decreased urine production in hot climates can lead to the difficulty. The inclination to gout may be genetic (1 in 5 sufferers has a close relative involved).

Symptoms of Gout

Acute gouty arthritis seems with-out warning. Attacks may be instigation by venial iruury, overindulgence in food or alcohol, surgery, fatigue, or physical or emotional stress. The first several attacks normally affect a single limb joint -usually in the ball of the foot, but the instep, ankle, knee, knuckles, wrists and elbows are also general sites. The gouty joint transform hot, red, swollen and gravely painful, though symptoms subside within some days. Later on attacks may involve several joints and last longer, and may be related with fever and malaise.

Treatment of Gout

Acute gouty arthritis normally reacts fast to non-steroidal anti-inflammatory drugs and/or the drug colchicine. A few attacks may need drainage of fluid from the affected joints with a syringe, succeed by injection of CORTICOSTEROID DRUGS into the conjunctive cavity. Later on the acute attack has subsided, the aim of medical care is to prevent recurrent attacks with regular doses of a drug which lowers blood uric acid by enlarging its urinary excretion and/or blocks its production. Additional measures include high fluid intake(3 litres or more a day); drugs which maintain the urine alkaline to decrease the risk of kidney stones (in acid urine, small uric acid crystals may come together to form stones or gravel); diminution of obesity, if exhibit to take the weight off affected joints; and decreasing purines (food constituents which increase blood uric acid) in the diet.

Alzheimer's Red Flag or False Alarm?

Routine memory lapses are often benign, while dementia shows up in more subtle ways.

Memory or language problems alone don't equal dementia. "It has to be a memory loss that also interferes with function," one expert says.



Misplacing and retracing. Routine information overload could make anyone momentarily forgetful, says Dr. Sharon Brangman a past president of the American Geriatrics Society. "So if you lose your glasses, it's most likely because you weren't thinking about them when you put them down; and you weren't in a routine where you put your glasses in the same place all the time," she says. If you're able to retrace your steps and find missing items, it's no big deal. However, if you can't retrace your steps because your short-term memory is too impaired to re-create your last minutes or hours, that's a problem. Or, she says, "If when you do find your glasses they're in a really strange place, then I would be more concerned."

Memory loss to the test. To make a dementia diagnosis, health providers need to see objective deficits or decline in thinking abilities, based on cognitive testing. "It's not just a subjective, 'I think I'm getting worse,'" Maust says. For definitive results, he says, "You test [patients'] memory and [see that] they are doing worse than other people their age." Knowing a person's baseline is important, he adds: "If you're concerned about your memory and you're going to see a doctor, take along a family member who knows you really well."

Headache

Symptom, Causes, Treatment of Headache

Headache is one of the most frequent pains we experience. The pain does not descend from the brain, but from diluting of and/or tension in the pain-sensitive structures of the head - the meninges (the membranes encompassing the brain); the large blood vessels inside the skull; the blood vessels and muscles of the scalp; and several head and superior neck nerves.

Causes of Headache

Virtually headaches are not induced by life-threatening disease but by scalp muscle tension, frequently the result of excited stress (tension headache or by contraction and dilation of blood vessels. Several other frequent causes include inordinate noise, too much smoking or drinking, feverish disorder. SINUSITIS, and hormonal commute

in the menstrual cycle. Headache may also be a symptom of illness of the eyes, ears, nose, throat or teeth. Much more life-threatening but less general reasons of headache may be very superior blood pressure (HYPER TENSION), infection within the skull (such as MENINGITIS, ENCEPHALITIS) and brain abscess, head injury, tumours of the brain or meninges or bleeding within the skull. In such cases there are normally some other symptoms to point to the reason.

Treatment of Headache

Headaches warrant medical invest gation if they are insistent, severe or recurren have no obvious reason; or do not react to self improve measures such as rest and mild painkillers.

A Remembrance of H. Jean Khoury, MD

The Arabic Community in general and the Lebanese Community in particular mourned the loss of an esteemed Doctor: Hanna Khoury died at age 50 on May 22, after a year spent battling cancer. He was an outstanding physician, researcher and a respected and beloved member of the community.

A native of Beirut, Lebanon, Dr. Khoury came to Emory from Washington University in St. Louis, where he served on the faculty after completing a fellowship in hematology-oncology. He earned his medical degree from the Université Catholique de Louvain in Brussels, Belgium, and completed a residency in internal medicine at Memorial Medical Center in Savannah, Georgia.

He was recruited to Winship by Fadlo R. Khuri, MD, former deputy director of Winship and now president of the American University of Beirut. What he first saw in Dr. Khoury was someone who was "in the best sense, a disruptive presence."

Throughout his career, Dr. Khoury cared about how to comfort his patients' lives, whether through research discoveries or through compassionate care. Even after being diagnosed with cancer a year ago, Dr. Khoury continued to see patients and carry on his work in the clinic and in his research.

Dr. Khoury devoted his life to his medical career as well as to his family. He died at home with his family by his side. He is survived by his wife, Angela, and three children, Mikhail, Iman, and Alya.

His legacy is always remembered.



Science & Technology

Science Center Inaugurated in Jordan

King Abdullah Formally Lunches Research Center Whose Members Include Experts from Disputing States Like Palestine, Israel, Iran, Turkey, Cyprus.

AMMAN - Jordan's King Abdullah II formally launched an international research center whose members include experts from around the world including arch-rivals Iran and Israel.

The International Center for Synchrotron-Light for Experimental Science and Applications in the Middle East, known by the acronym SESAME, "is the first research center of its kind in the region," said the royal court. The facility, located in Balqa province, just northwest of Amman, "will house the first nuclear-powered accelerator in the world," said SESAME council president Chris Llewellyn Smith.

"The center is expected to attract a large number of scientists from the region," Smith said, adding it had "so far received 55 scientific research projects on the use of nuclear accelerators".

SESAME was set up on the model of the European Organization for Nuclear Research (CERN) Europe's top physics laboratory -- and construction work on the \$100 million centre started in 2003.

It was developed under the auspices of UNESCO and officially came into existence in April 2004.

Jordan was chosen from among five countries for the project, which was funded mostly by the member countries and the European Union.

The project's website says that SESAME is a "third-generation" synchrotron light source aimed at promoting "scientific and technological excellence in the Middle East".

Its mission is to "prevent or reverse the brain drain by enabling world-class scientific research in subjects ranging from biology, archaeology and medical sciences."

SESAME also seeks to "build scientific and cultural bridges between diverse societies, and contribute to a culture of peace through international cooperation in science," the website says.

Among the project's members are arch-rivals Israel and Iran, in addition to Cyprus, Egypt, Jordan, Pakistan, Turkey and the Palestinian Authority.

Despite their deep hostilities, experts from Israel and Iran have served two-year terms as vice presidents of the SESAME council. In 2010, one Iranian member of SESAME, Majid Shahriari, was killed in Tehran, with Iran accusing Israel of assassinating the nuclear scientist.

Seyed Mahmoud Reza Aghamiri served as vice president from December 2011 to May 2014 when Eliezer Rabinovici, a physics professor at Jerusalem's Hebrew University, replaced him.

Members Cyprus and Turkey also do not have diplomatic relations, like Iran and Israel.

The centre also has 17 observers, who have an advisory role and include the European Union, China and the United States.

The Jordanian king was given a tour of the facility and was briefed on the technology used there, the royal court said in a statement.

Synchrotron uses a high-resolution X-ray to delve below the surface and identify minute details.



The centre has three accelerators that can propel electrons up to 2.5 billion electron volts.

The chairman of the Jordan Atomic Energy Agency, Khaled Toukan, "pointed to the political, technical and financial challenges that faced the project's task force," the statement added.

Billionaire Bill Gates Says These 3 Fields Have the Most Potential to Change the World

Catherine Clifford

Bill Gates dropped out of college because he saw a digital revolution happening and he wanted to help shape it.

He and Paul Allen went on to co-found Microsoft (NASDAQ: MSFT) and the technology they created was fundamentally transformative. "The chance to be part of the software revolution empowering people was the biggest thing.

Today's graduates can make a similar mark on society, according to Gates. He sees three areas as having the most opportunity for impact:

1. Artificial intelligence

"We have only begun to tap into all the ways it will make people's lives more productive and creative," he says.

2. Energy

"Making it clean, affordable, and reliable will be essential for fighting poverty and climate change," according to Gates.

3. Biosciences

The field is "ripe with opportunities to help people live longer, healthier lives," says Gates.



Gates' world view is decidedly optimistic. "When you tell people the world is improving, they often look at you like you're either naive or crazy," says Gates, in a blog post he published. "But it's true. And once you understand it, you start to see the world differently. "If you think things are getting better, then you want to know what's working, so you can accelerate the progress and spread it to more people and places," he says.

The idea guides Gates' own philanthropic work. Worth \$87 billion, he has pledged to give away the majority of his wealth. His namesake foundation works to improve the health of children living in poverty, empower women and children and fight infectious diseases that affect the poorest people in the world.

To Power Electric Cars, Look Skyward

Tesla has begun taking orders for a new type of solar roof that not only can power homes but also feed a companion battery for recharging electric vehicles at night, though some market challenges remain. As an energy analyst recently explained in Issues, new ways to "synchronize battery recharging with clean power" will be among innovations needed to make electric vehicles more widely practical and capitalize on their potential for taming climate change.