

life TOGETHER.

STEPS IN



Picture this:
a well-choreographed
ballet of organs
dancing in harmony
to turn a humble meal
into the energy that
fuels our every move.

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Healthy hello from the team of **Life Together!**
We are pleased to introduce our very first edition
of our Insights Medical Mag.
With every edition, we will hear from our various
healthcare professionals from the 6 pillars of
Life Together who kindly offer to share their
expertise and experience with
like-minded professionals equally committed
to the betterment of healthcare in Mauritius
and the region.

**In this first edition, we literally dissect
the digestive system!**

Life Together is committed to improving the health and well-being of all people through a blend of compassionate care and scientific and medical expertise, because we believe that by nourishing both body and mind, we empower ourselves to care for one another and thus embrace life to the fullest.

This holistic approach is reflected in our health and well-being journey, based on 6 key pillars and structured around the patient and their loved ones, whom we support at every stage of their life.



Each of these pillars has been designed to place the human touch at the heart of our commitments, offering patients not only the best possible quality of care but also empathy, listening, and kindness.

Research & Development





For more info, contact us on
401 26 00

Unveiling the wonders within ... A journey into the digestive symphony

Our thanks to Dr Gitanjali Petkar, Medical Director & Dr Vedassen Jagabrun, Clinical Investigator from CIDP for their precious contribution.

Get ready to embark on a fascinating voyage through the intricate world of the digestive system, often hailed as the fire engine of our body. Picture this: a symphony of organs working in harmony to turn a humble meal into the energy that fuels our every move...

The journey of a food bolus is complex – with each organ along the intestinal tract playing a vital role. From the initial intake in the mouth to the final expulsion through the anus, each organ is important. It's not just about intake and output; an interconnected chain of hollow organs namely the oesophagus, stomach, small and large intestine and rectum provides a passage, through which a meticulous process of breaking down food into raw materials that our cells can transform into energy, takes place. Think of it as a culinary masterpiece happening within you!

Although the small intestine is narrower than the large, it is the longest section measuring about 7m on average – this equals to more than 3 times the length of the body! Often underestimated, it steals the show as the true powerhouse where absorption of specific nutrients takes place. And don't be fooled by the length – the small intestine, though lengthier, is the star of digestion, while the large intestine focuses on forming stools.

Now, let's talk about the unsung heroes – our gut bacteria. Contrary to popular belief, not all bacteria are villains! Many are good, maintaining the delicate balance of the microbiome to maintain a healthy gut flora.

Moving on to common digestive disorders; from diarrhoea to constipation. Understanding the symptoms is key. Vague symptoms of pain, nausea, vomiting could indicate anything from an irritated and inflamed bowel to gastro-intestinal cancers underscoring the need for careful assessment.

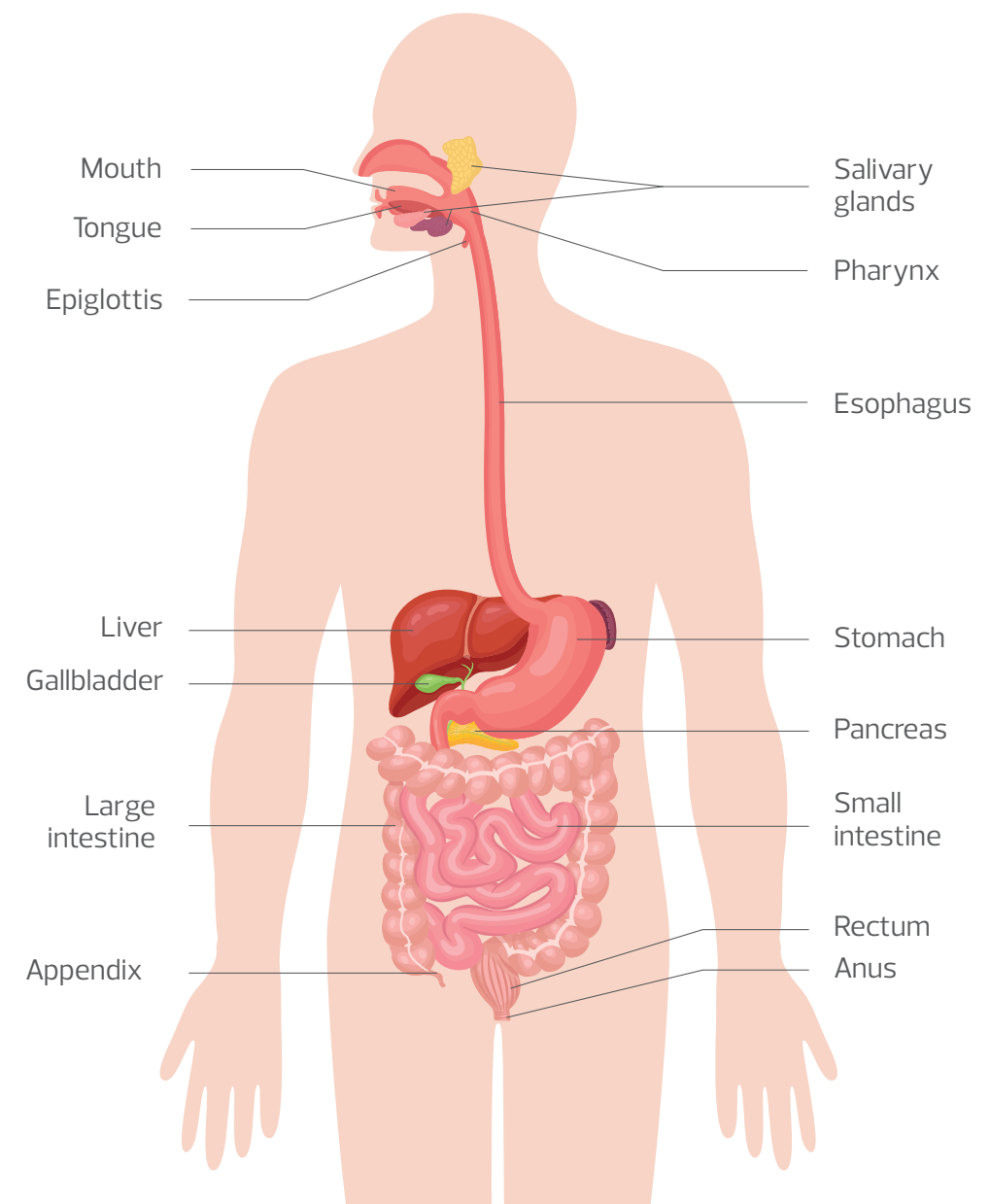
And who would have thought that our emotions could sway the digestive rhythm? Stress, sleep, and emotions are players in this symphony. A happy gut, it turns out, is the secret to happy eating.

Before we conclude, here are two captivating facts to ponder:

1. Did you know the liver, a true superhero, can regenerate itself even if two-thirds are lost?
2. Or that the digestive system boasts its own separate nervous system: thus, even if a patient is brain dead, supporting them for respiration is one thing, but there's no need for external support to keep the gut functioning ...

So, buckle up, readers! Our journey through the digestive system promises to be both enlightening and entertaining. Stay tuned for more revelations about this complex and fascinating part of our everyday life tucked away within each of us!

HUMAN DIGESTIVE SYSTEM



**Which healthcare professionals can help?
By all means, your General Practitioner,
Internal Medicine Specialist or Gastroenterologist,
but please also consider a Diagnostics expert,
Dietitian, or Health Coach.**

Diagnostic & Analysis

The crucial role of diagnostics in digestive wellness!

Information Courtesy: Leigh-Anne McIntyre, COO Laboratory and Nadeem Imrit – Lab Technician, Life | Nova+

The diagnostic renaissance: unveiling the gut's secrets

In the age of data-driven precision, diagnostics take centre stage, steering us away from outdated medical practices. The gut, a vibrant ecosystem, demands more than traditional guesswork because the gut is linked to so much more than just the gut! State-of-the-art diagnostics become the compass for our healthcare professionals, guiding us to non-invasive solutions and avoiding unnecessary medical detours.

Genetic insights: Pioneering a new era in digestive understanding

Recent advancements spotlight a shift toward genetic tests and predictive medicine, delving into DNA codes to unveil the risk of developing disorders. The innovation lies not just in the tests themselves but in a holistic approach to life, reflecting the structured complexity of existence.

Diagnostic tools: Crafting non-invasive answers

Diagnostics isn't just about tests; it's the art of getting tools in a non-invasive manner to reach precise answers.

Impact in action: Case studies in diagnostic triumph

The impact of cutting-edge diagnostic tools is evident in carefully reviewed diagnostic pathways and outcomes-driven decisions. Nova+ is opening multiple locations, enhancing accessibility to respond promptly to patient needs, ushering in a new era of patient-centred care.

Protecting patients and doctors

Diagnostics is also about helping doctors navigate this well-informed environment, ensuring every decision is backed by irrefutable evidence.

In this ever-evolving diagnostic landscape, we don't just offer tests; we provide assurance, and transparency for doctors navigating through the complexities of today's medical world. At Life | Nova+, we're not just embracing change; we're pioneering it!

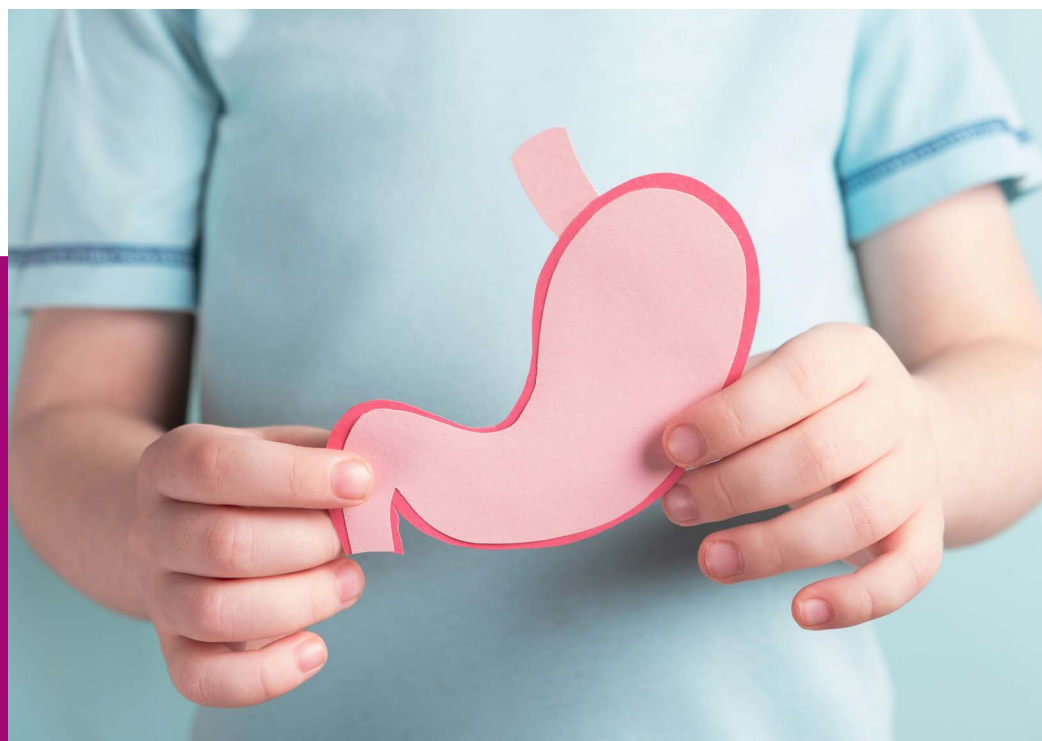


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Unlocking digestive wellness: a guide to better health

Information Courtesy: Dr Eloïse Dupont, General Practitioner – Life | Nova+



Embarking on a journey to robust digestive health is essential for overall wellbeing. Let's decode the essentials: fibre-rich diets, diverse food choices, and bidding farewell to ultra-processed food. Hydration, polyphenol-packed foods, and savouring each bite form the foundation. Engage in an active lifestyle, for your gut health echoes through your body, influencing cognition, emotions, and physical vitality. A thriving gut is your shield against diseases like diabetes, high blood pressure, and obesity.

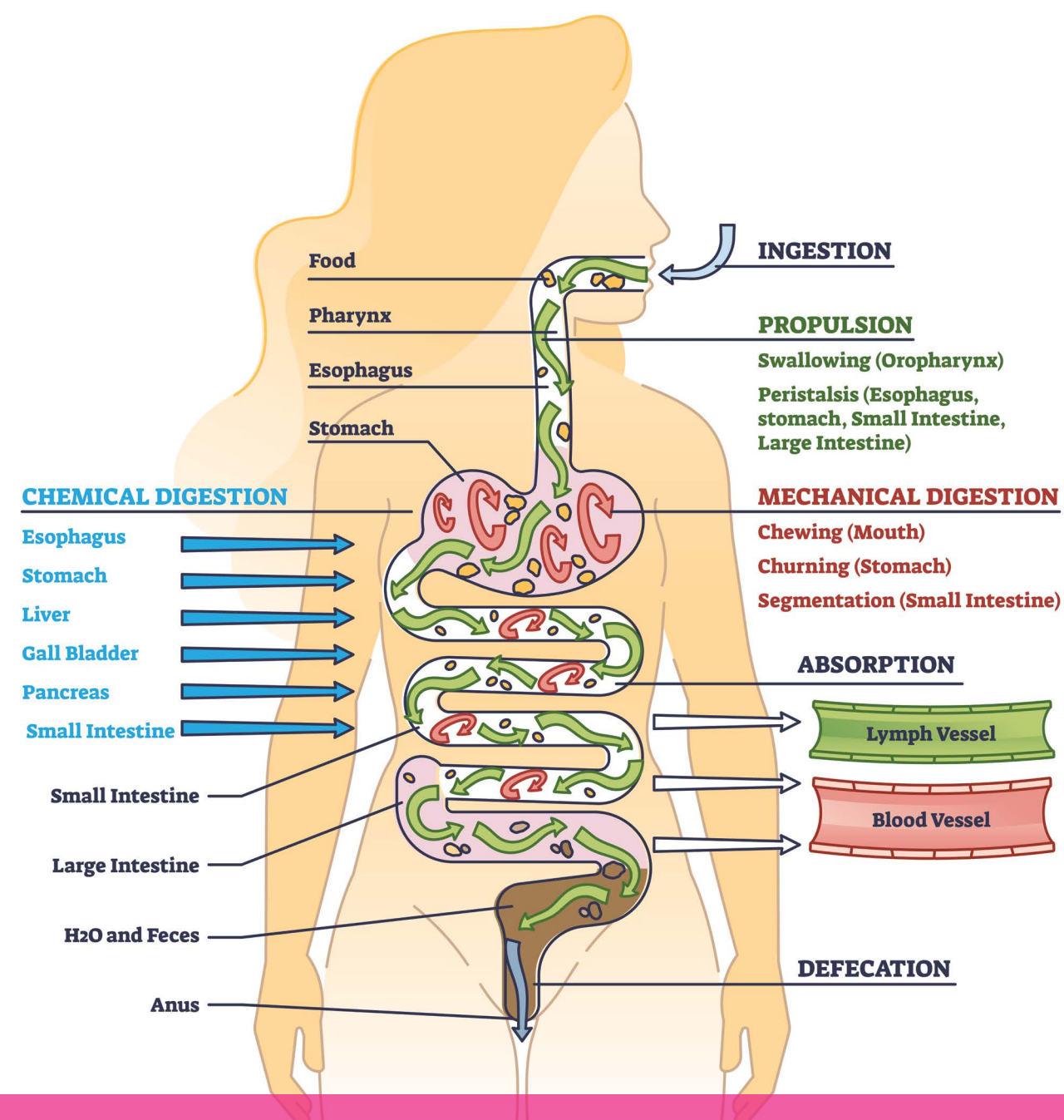
Unravelling digestive myths: Spice doesn't brew ulcers, lactose tolerance varies between people, and blood in stool warrants attention. It's time to debunk misconceptions around IBS and rethink the need for supplements. Breast milk trumps artificial alternatives.

Guiding tiny tummies: Parents, nourish healthy habits early. Breastfeeding is gold, introduce diversity at six months, and curb sugary snacks. Encourage kids to play with their food – the right way – and share family meals.

Warning signs in kids: Constipation, blood, appetite changes, and unusual weight shifts signal a visit to the doctor. Positive vibes for little ones? Start early, blend fruits into their routine, keep portions in check, and let them romp around.

Health's future: Recent strides link childhood obesity to a surge in type 2 diabetes. Behavioural family therapies emerge as game-changers. Let's navigate health, teaching children the ABCs of digestive joy – one bite at a time.

DIGESTION PROCESSES



If you have doubts, here are the 3 quick blood tests to diagnose potential digestive issues:

- 1) Faecal occult blood test – Hidden (occult) blood in the stool;
- 2) Stool culture – Presence of abnormal bacteria in the digestive tract; and
- 3) Helicobacter Pylori – A common digestive pathogen.

Medical, Surgery & Maternity

Discovering the power of endoscopies

Extracts from an interview with Dr Reshad Kurrimbukus, Internal Medicine & Gastroenterology



Delving into the mysteries of the digestive system, endoscopies play a pivotal role in early diagnosis and treatment. Gastroscopy, exploring the upper route through the mouth, provides a precise view of the oesophagus, stomach, and duodenum. It's not just diagnostic but therapeutic, allowing for the removal of potential threats like polyps. Fear not – it's a quick, generally planned ambulatory procedure with minimal risks. On the lower route, colonoscopies journey through the anus into the rectum and colon. Vital for colorectal cancer detection, especially if there's a family history, this procedure is a lifesaver. The beauty lies in prevention – spotting and removing polyps during a colonoscopy ensures a cancer-free future.

Preparation is key: a liquid diet and fasting prior to a colonoscopy ensures optimal conditions for the proceduralist and higher pick-up rates of abnormalities. Despite initial worries, these procedures, lasting minutes, offer immense benefits. Clinical successes abound – early detection of gastrointestinal issues, treating bleeding ulcers, and preventing cancer development. The endoscope, a flexible marvel, lets us explore with precision, ensuring no incisions. The discomfort is fleeting, outweighed by the potential to save lives. Let's embrace the journey into our bodies, unravelling health mysteries, one endoscopy at a time.

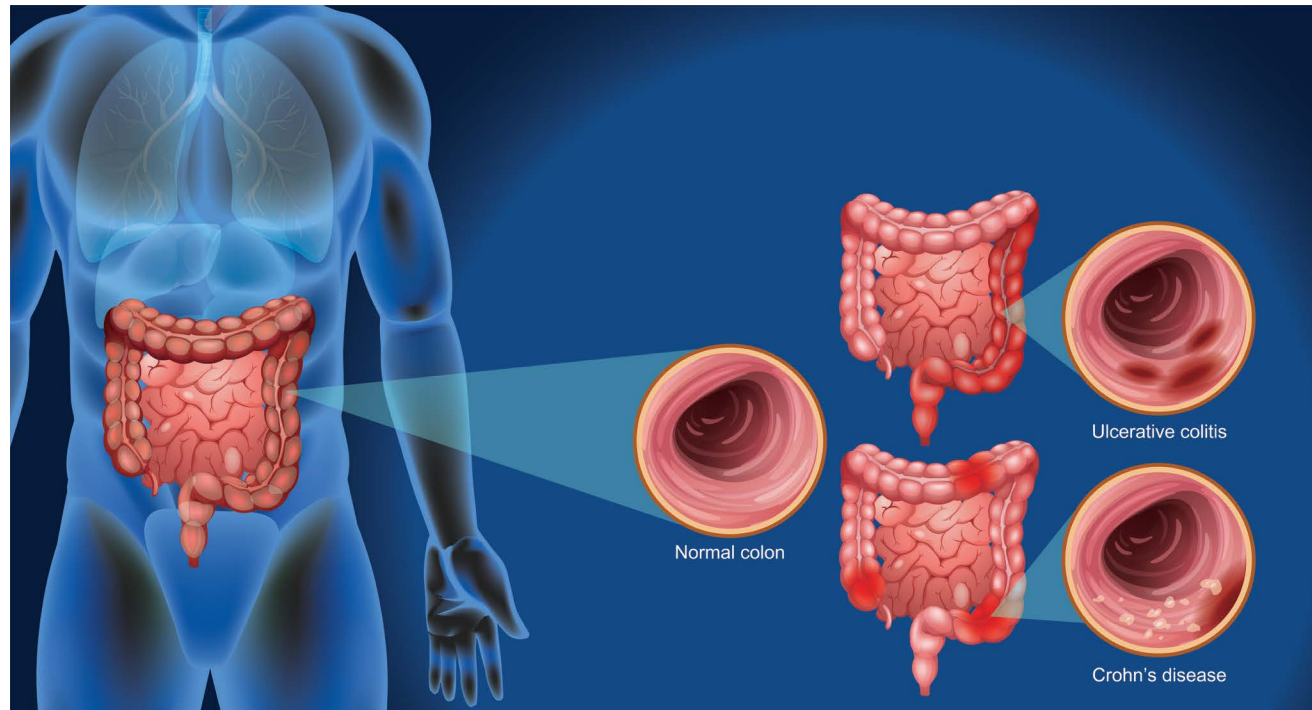
Stick to a liquid diet and fast before your endoscopy procedure for better conditions and improved detection of abnormalities.

life | **VIVA**
ambulatory clinic

For more info, contact us on
260 8182 (Forbach)
460 1901 (Cap Tamarin)

Demystifying Inflammatory Bowel Disease (IBD)

Information courtesy from Dr Oomar Mowlah, Operations Manager – Life | Viva Ambulatory Clinic



Today, in Mauritius, a growing number of young patients are seeking guidance for Inflammatory Bowel Disease (IBD). This umbrella term envelopes Crohn's disease (CD) and ulcerative colitis (UC), intricate conditions marked by persistent gastrointestinal (GI) tract inflammation. CD can affect any GI tract segment, while UC predominantly targets the large intestine.

Symptoms:

Despite being different diseases, CD and UC share symptoms, including abdominal pain, persistent diarrhoea, rectal bleeding, weight loss, fever, and anaemia. In many cases, the first sign of IBD may come after exposure to an irritant that disturbs the intestines, such as a medication (especially anti-inflammatories or antibiotics) or even a GI infection. After the stimulus goes away, the immune system keeps responding.

Uncontrolled inflammation may lead to complications like abscesses, strictures, and fistulas, with an increased risk of colon cancer.

Diagnosis:

Possibly rooted in a weakened immune system, IBD diagnosis involves a blend of medical history examination, colonoscopy, endoscopy at Life | Viva Ambulatory Clinic, stool analysis, and medical imaging at Life | Nova+

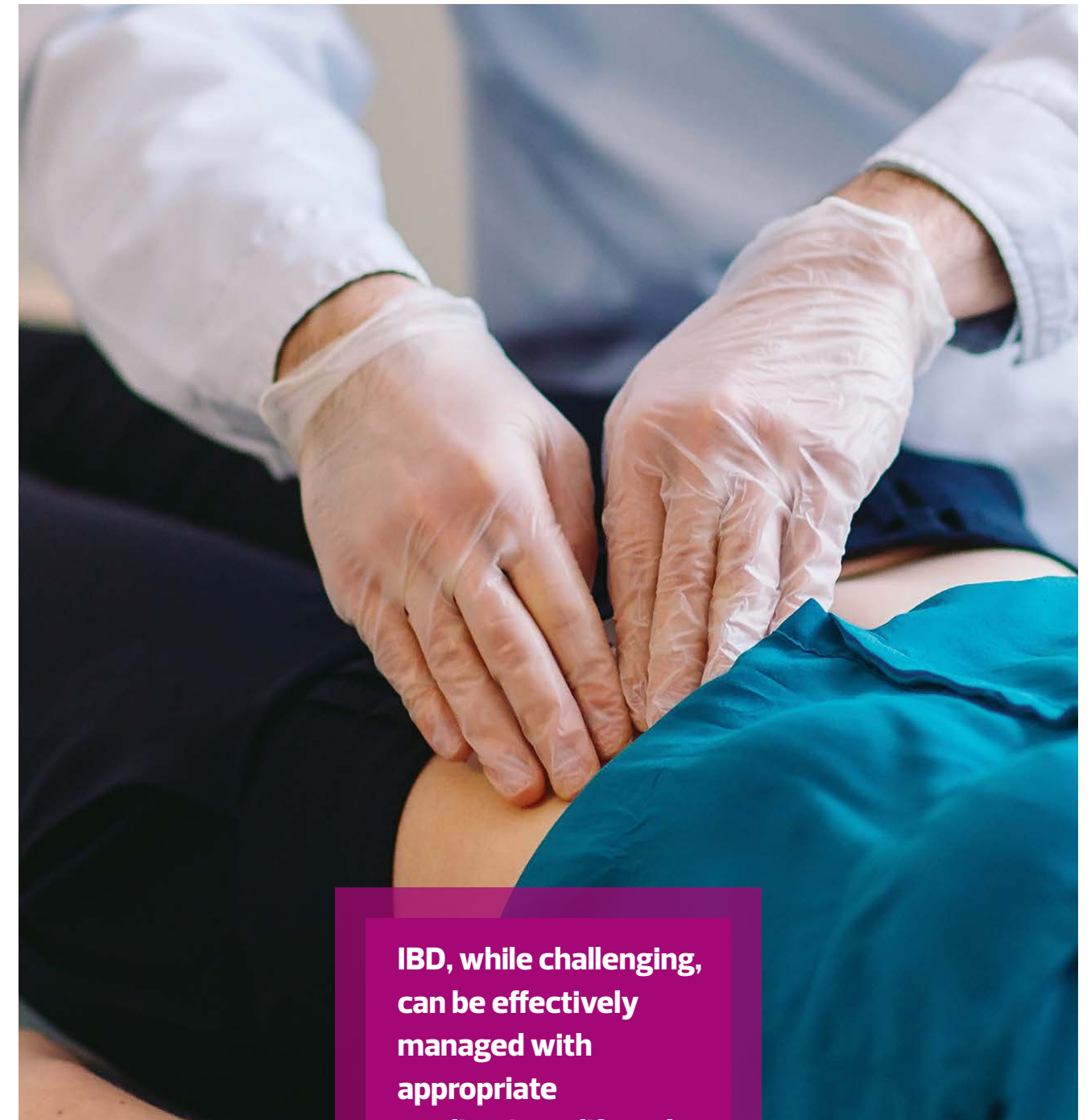
Diagnostic & Laboratory. Routine colonoscopies for known IBD patients are crucial due to the heightened risk of colon cancer.

Treatment:

Even though there is no cure yet for IBD, therapies aim to manage symptoms and reduce inflammation. A multidisciplinary approach, involving gastroenterologists, surgeons, rheumatologists, and others, is often essential. Treatments encompass anti-inflammatory drugs, corticosteroids, immunosuppressants, and biologics.

Dietary recommendations involve limiting dairy, consuming small meals, staying hydrated, considering multivitamins, and consulting a dietitian for personalised plans. Surgery is a last resort if other interventions prove ineffective.

Overall, managing IBD requires collaborative efforts, with healthcare professionals across specialties working together to enhance patients' quality of life.



IBD, while challenging, can be effectively managed with appropriate medications, lifestyle adjustments and regular follow-up, allowing patients to lead fulfilling lives despite the diagnosis.

Re-education & Rehabilitation



Life | act

For more info, contact us on
267 0270

Embark on a tasty digestive adventure: nourishing your inner buddies!

Thank you to Mélissa de Guardia, Dietitian, Nutritionist and Hypnotherapist
– Life | Act for her precious time.



- 1) Nourish your gut bacteria with a high-fibre diet, diverse foods, and polyphenol-rich choices.
- 2) Stay active to support a thriving gut microbiome, enhancing overall wellbeing.
- 3) Recognise warning signs and visit a professional for prolonged constipation, blood in stool, or unusual weight changes.



The earlier a child is exposed to a variety of foods, the more developed their taste palette will be, enabling them to maintain dietary balance, shape their immune system, and make healthy nutritional choices throughout life.

As we dive into the delightful world of digestive wellness, trust us, it's more thrilling than a foodie's dream come true!

Microbiota Mingle: The gut's VIP Party! Your gut is hosting the ultimate party, and the VIPs are trillions of microorganisms – the microbiota (or intestinal flora). Feed them a rainbow of foods for a gut soirée that's diverse and balanced. It's the ultimate potluck for your gut's exclusive party!

Fibre Fiesta: Keeping the Gut Bash Lively! The life of the gut party? Fibre! These rockstars are found in veggies, fruits, nuts, and whole grains. Load up your plate with a variety of fibre-packed goodies and let the party begin!

Food Faux Pas: When the gut party gets crashed! Party crashers – processed foods loaded with saturated fats, sugars, and additives. To calm the gut turmoil, go back to basics – fresh, minimally processed foods with a sprinkle of portion control.

Gut Gymnastics: Stress, sedentary slumps, and the gut olympics! Stress, a lack of activity, and fatigue can throw your gut into a somersault. Keep your gut olympians in shape – move, destress, and get that gut acrobat on a roll!

Probiotic Party Poppers: Boosting your gut's social scene! Introduce the real party poppers – probiotics! Invite them to the party with probiotic-rich foods like kefir, kombucha, and yoghurt. It's a mini rave for your gut's VIPs!

Kids' Culinary Quest: A tasty learning journey! Parents, you're the culinary trailblazers for your little ones!

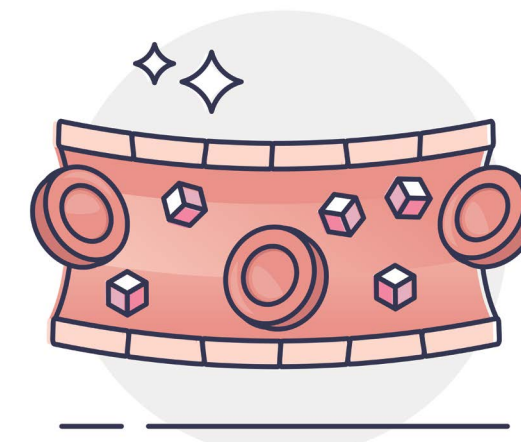
Expose them to a potpourri of flavours early on, shaping their taste buds for a lifetime. Little chefs in the making – let the flavour fiesta begin!

Fellow culinary explorers, let's make every meal a celebration, a gastronomic journey that nourishes not just our bodies but the incredible microbiotic universe within!

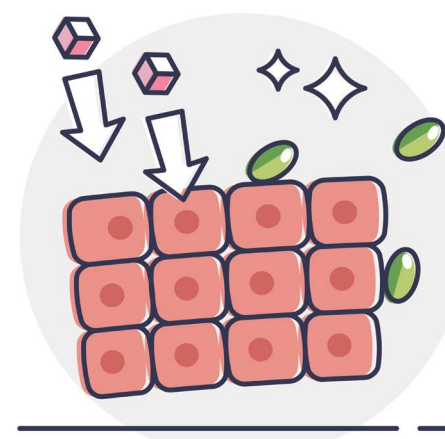
Functions of Carbs



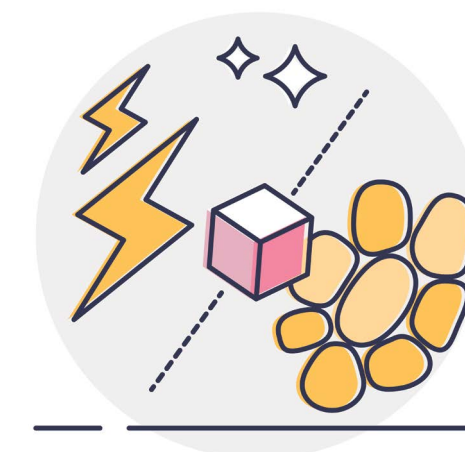
During digestion carbs break down into simple sugars



It absorbs into bloodstream as blood sugar (glucose)



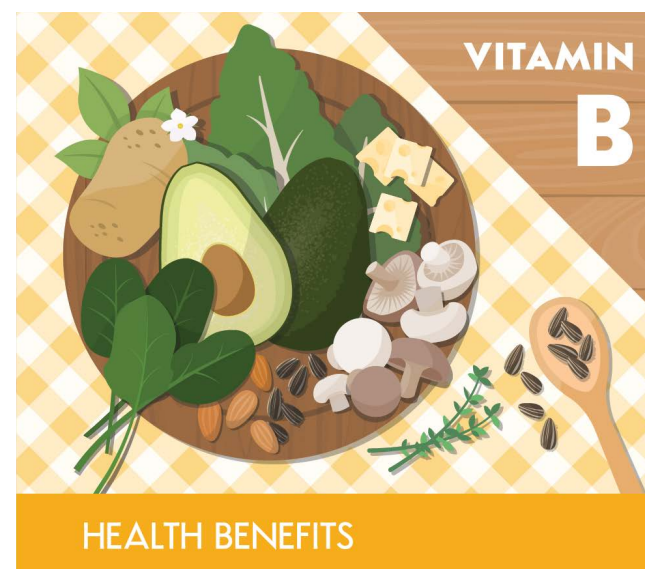
Glucose gets sent to the body's cells by the hormone insulin



Cells use glucose as fuel, that isn't used is stored for later use as fat

Health tips: dysbiosis demystified: Gut insights for a healthier you

Thank you to Lindsay Kassem, Executive Health Coach, Life | Act for the holistic insight!

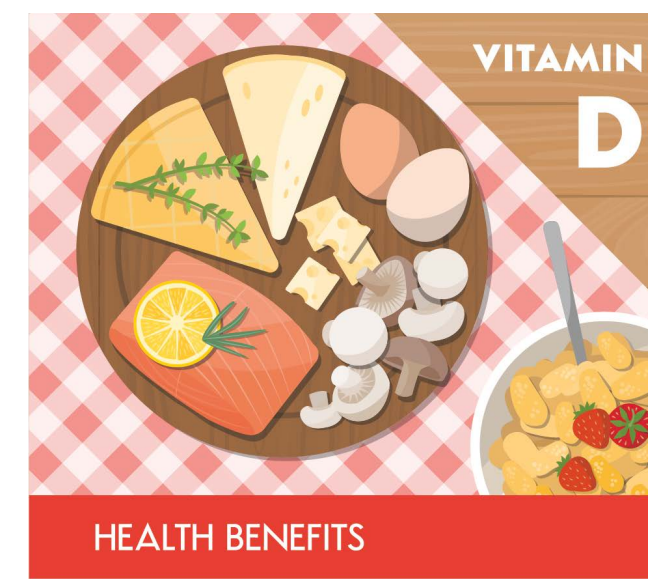
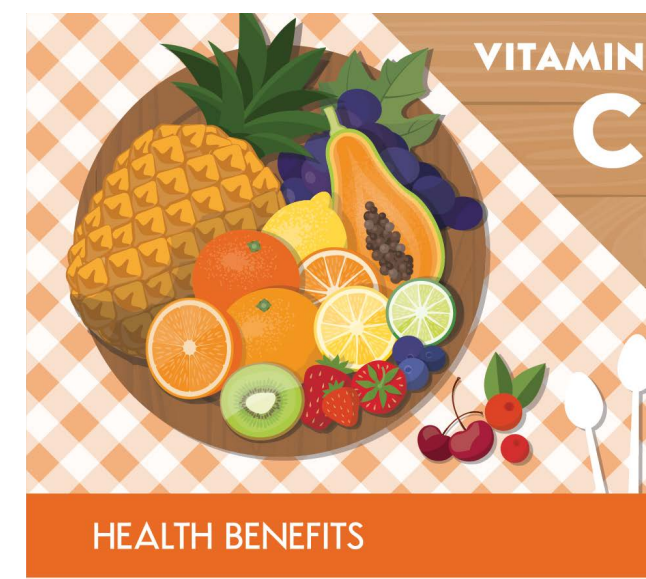


Did you know that 70% of our immune system resides in the gut? It's time to fortify this powerhouse to supercharge overall health. Let's address the five root causes hampering gut glory:

1. Dearth of fibre: Colour your plate with a rainbow of veggies; they're your gut's best friends.
2. Inflammatory oils: Bid farewell to fried and packaged delights wreaking havoc in your system.
3. Refined carbs: These sneaky culprits can disrupt the gut balance.
4. Stress overload: High cortisol levels from stress compromise gut microbiota – breathe, relax, and let your gut thrive.
5. Sugar saga: Sweet, but not so sweet for your gut – limit your sugar intake. Dysbiosis, the gut's disharmony, invites pathogens and triggers inflammation, a grave concern for the immune system. Enter insulin sensitivity – the gateway to weight gain, diabetes, and obesity.

How to steer your gut towards equilibrium?

Boost your fibre intake by incorporating well-chewed leafy greens into your diet. Additionally, avocados and nuts serve as excellent sources of dietary fibre.



1. Boost the good vibes: Infuse your diet with goodness, and watch your body crave it unconsciously.
2. Outsmart the bad: Kick out fried stress inducers; they bring six days of oxidative stress in a single meal.

While doctors aren't routinely trained in nutrition, collaboration presents a promising path. In Mauritius, breaking free from generational chains is crucial, with a unique opportunity for doctors to lead the charge towards holistic well-being. Let's turn the desire to help people into a collaborative force for patient health!





What makes your stomach grumble?

Ever wonder what causes those strange noises in your belly? Contrary to popular belief, it's not always hunger! These sounds, known as borborygmi, are created by the movement of gas and fluid through your intestines.

When your stomach and intestines contract and squeeze air and liquid, it can create these entertaining sound effects. It's a perfectly normal part of digestion and often occurs when you're digesting a meal or even if you have some trapped gas.

So next time you savour a delicious meal, take a moment to appreciate the incredible machinery within you that ensures you're nourished and energised! Until our next edition, happy healthy digesting!



Life

TOGETHER.

Together, improving people's health for a better life

Medical and scientific know-how, technology and facilities are essential. But the human touch is what is vital. At Life Together, we have crafted a health and well-being journey driven by **people caring for people**. We believe in **making a difference together**. We accompany you through every step of your life, with an **expertise you can rely on**, by providing a more meaningful, kind and holistic approach to living a healthier life.

Research &
Development

Well-being &
Alternative Care

Diagnostic
& Analysis

Medical, Surgery
& Maternity

Re-education &
Rehabilitation

Home &
Long-term Care

STHIGHTS INSI

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