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Massive pulmonary embolism: Diagnosis and treatment

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Acute pulmonary emboli can be further classified as massive or sub massive. Massive PE is a catastrophic entity that frequently results in acute right ventricular failure and death. Urgent diagnosis and treatment is vital since death is often within one to two hours of the event. Specific symptoms and signs are not helpful diagnostically because their frequency is similar among patients with and without PE. Thus, additional testing is needed to confirm or exclude the diagnosis of PE. The major diagnostic tests employed in the evaluation of a patient with suspected PE include computed tomography pulmonary angiography (CT-PA), ventilation-perfusion (V/Q) scanning, D-dimer testing, ultrasonography, and conventional pulmonary angiography. Thrombolysis is the mainstay of therapy for massive PE. Other treatment strategies include anticoagulation, vena caval filters, and embolectomy, either catheter directed or surgical.

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Treatment and prevention of asthma through yoga

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According to WHO estimates, 235 million people suffer from asthma. Asthma is the most common chronic disease among children and older people. Asthma is not just a public health problem for high income countries: it occurs in all countries regardless of level of development. Over 80% of asthma deaths occur in low and lower-middle income countries. Asthma is under-diagnosed and under-treated, creating a substantial burden to individuals and families and possibly restricting individuals' activities for a lifetime. Asthma is a universal chronic airway inflammatory disease of the air passage characterized by recurring symptoms, excessive air sensitiveness and airflow obstruction. Asthma can be managed, controlled and cured by alternative medicine like yoga. Some of the yoga exercises like pranayam and meditation have been found very useful for the prevention and treatment of asthma and can be practiced easily by common people. In populous countries including India, yoga practice can be a very cost effective alternative medicine for the prevention and treatment of asthma.

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