

HEALTH EDUCATION
LIBRARY FOR PEOPLE



World's largest FREE health Education library for people

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

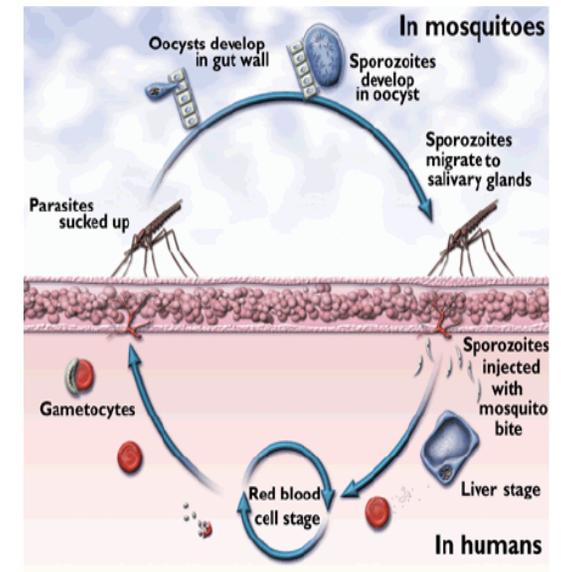
OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.



HEALTH EDUCATION LIBRARY FOR PEOPLE

Malaria



Prevention and Treatment



For more information on this subject:
Ask the Librarian : Free Answers to any
Health Questions !!

<http://www.healthlibrary.com/information.htm>

For More Info: ASK A LIBRARIAN



Health Education Library For People

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Prevention and Treatment of Malaria



Malaria is a serious disease caused by a parasite. Infected mosquitoes spread it. Malaria is a major cause of death worldwide. The disease is mostly a problem in developing countries with warm climates. There are four different types of malaria caused by four related parasites. The most deadly type occurs in Africa south of the Sahara Desert.

Malaria symptoms include chills, flu-like symptoms, fever, vomiting, diarrhea and jaundice. The disease can be life-threatening. However, you can treat malaria with medicines. The type of medicine depends on which kind of malaria you have and where you were infected.

Preventing Malaria



There is a range of effective options to prevent mosquito bites, which include screened windows, air conditioning,

protective clothing and insect repellents (e.g. DEET)



Sleep in a room with screens on the windows and doors. Use a mosquito net over your bed. If possible, spray the net with permethrin, a spray that repels mosquitoes. During the evening, wear light-colored pants and shirts with long sleeves. It's important to protect yourself with a bug repellent spray that contains no more than 35% of a chemical called DEET. Few of these are permanently available to the majority of residents in malaria endemic regions who depend on indoor residual insecticide spraying (IRS) and bed nets. A second approach to prevent mosquito bites is the use of insecticide-impregnated bed nets. Bed nets requiring regular dipping in insecticide solutions are now being replaced by 'long-lasting insecticidal nets', which remain effective for extended periods (years).

Avoid going outdoors without protection in the evening, when mosquitoes are typically more active. Medicine is also available to help prevent malaria. Dirty surroundings, stagnant water, garbage, drainage pipes are the breeding grounds for mosquitoes. Hence, it is very important

to keep your surroundings clean and to maintain your drainage systems.

Treating Malaria



Treatment for malaria should not be initiated until the diagnosis has been confirmed by laboratory investigations. "Presumptive treatment" without the benefit of laboratory confirmation should be reserved for extreme circumstances (strong clinical suspicion, severe disease, impossibility of obtaining prompt laboratory confirmation).

Once the diagnosis of malaria has been confirmed, appropriate anti malarial treatment must be initiated immediately. Treatment should be guided by three main factors:

- The infecting *Plasmodium* species
- The clinical status of the patient
- The drug susceptibility of the infecting parasites as determined by the geographic area where the infection was acquired

