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Editorial

Greek mi fing Socrates khan mihringte tana hriatna zau neih a pawimawhzia hi a lo hrechiang em em mai a. Hriatzauna a\anga thil \ha leh \angkai tinreng kan dawn laiin HRIAT LOHNA leh MAWLNA a\ang chuan thil \ha lo chi hrang hrang kan paw chhuak ve thung a ni, a ti.

Hrisel lohna leh bawrhsawmna pawh hi kan duh vang renga kan chung a thleng ni lovin, kan hriat lohna avanga lo thleng \hin a ni tlangpui a, chuvangin helama hriatna kan tih zauh pawh hi a \ul hle a ni. Doctor thiam tak takten mihring hriselna tur atana thil \angkai leh natna kan pumpelh theih dan tur kawng hrang hrang ziakin an sawi \hin a, hengte hi chhiar peihin zawm peih ngat \hin ila chuan, kan buaina tam tak te hi kan pumpelh ngei ang.

Chuvangin, he Hriselna Chanchinbua kan tarlan \hin kan hriselna tur atana ei tur \ul leh ei loh tur chungchang te, khawi a\angin nge natna kan kai \hin? Engtin nge kan pumpelh theih ang? tih te hi kan hriat hnem a pawimawh tak meuh meuh a ni. Tichuan, he Hriselna Chanchinbu pawh hi taima taka chhiar tur leh zawm a, hriselna kawnga hriatna zau kan neih theihna tur a ni tih i hre nawn \heuh ang u. Bawrhsawmna hian sum leh pai a heh bakah rilru lam a tih retheih thinzia hre reingin hriselna hlutzia hi i theihngilh lovang u. ■

HRISELNA ATAN IN CHHUNG, HNATHAWHNA HMUN LEH LIRTHEI CHHUNGA MEIZUK LOH A PAWIMAWH

Dr. Jane R. Ralte
State Nodal Officer
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itin hian boruak thianghlim leh hrisel hip turin dikna chanvo kan nei theuh a, chu kan chanvo humhim chu kan tih tur pawimawh tak a ni. Kan bula meizuk khu (Secondhand smoke) kan hip avang hian kan taksaah harsatna tam tak a thleng thei a, a langsar zualte chu Cancer, thawhah, chuap ro, thluaka thisenzam chat, pangkhing zeng leh thawkna dawt lama harsatna (Respiratory problem) leh inthlah chhawn kawnga harsatna te an ni. Tin, naupang zawkte chungah pawh vaihlo a tur (chemicals) 7000 chuang awm hian harsatna tam tak a thlen thei bawk a, chuvangin kan tu leh fate hriselna venghim tur hian puitling zawkte hian mawhphurhna pawimawh tak kan nei a ni.

Kum 10 liam taah kha chuan India rama Vaihlo hmang nasa ber State kan ni thin. Mahse Sorkar hotute leh thawktute, Kohhran leh tlawmngai pawl hrang hrangten thahnemngai taka kan thawhhona zarah hmasawna lawmawm tak kan nei chho mek a, Global Adult Tobacco Survey-2 (GATS 2016-17) in a tarlan dan chuan Mizoramah hian Vaihlo hmang 58.7% kan awm mek a, GATS 1 (2009-

10) ai khan 8.5% lain kan tlahniam a, hei hi a lawmawm viau rualin India ramah Vaihlo hmang nasa ber 2-na kan la hauh pha tho a ni. Mipui hriselna kawngah hmasawna chak zawk kan neih theihna turin kum 2014 atang khan thupui pawmawh tak tak nen kum tin Mizoram State Anti-Tobacco Day kan lo hmang chho thin a, kumin chu "**Inchhung leh lirthei chungah mei zuk loh**" a ni.

Hmasawna lawmawm tak kan neih chhoh mek lai hian hmalakna tur pawimawh tak tak kan la nei a. Meizial khu hian a zu tu tan chauh ni lovin a vela midang, meizial khu lo hip ve te tan harsatna nasa tak a thlen theih avangin meizial khu laka kan him theihna tura hmalak hi a tul em em a ni. Midang te meizuk khu laka kan fihlim tlan theihna atana hma kan lakna turte han tarlang ta ila -

1. In chungang meizuk loh: GATS-1 (2009 – 2010) in a tarlan danin Mizoramah **chenna in chungang** a Second-hand Smoke tuar tu, puitling leh naupang **96.5%** an awm laiin GATS-2 (2016 – 2017) ah chuan **84.1%** ah a tlahniam a ni. Hmasawna a awm rualin hmalak nasat kan la ngai hle tih kan hrethiam mai awm e. Tun dinhmunah Mizoram chungang mi **9,22,750** vel in midang meizuk khu keimahni in chungang ngeiah kan hip lutin kan tuar mek a ni. Chhengkaw hrisel din duh, ei leh in lamah leh kawng hrang hrang mahni phak tawka thil tha duh kan nih mek

lai hian Secondhand smoke avanga natna tam tak kan tawrh theihna hi kan pumpelha hun tawh a, chumi atan chuan chungkaw tin ten mahni in chungang meizuk khap a, **“Smoke Free Home”** nei tura tan kan lak a pawimawh takzet a ni.

Changkanna in min chim chho zel a, chungkaw tam tak chuan an in chungang meizuk te an rem ti tawh lova, tin, mi in a kan len luh chang pawhin kan lenna te zah thiam tak chungin insum nachang kan hre chho zel a, changkanna leh hmasawna duhawm tak anih avangin i intihmuh deuh deuh ang u.

2. Hnathawhna hmuna Meizuk khap: The Cigarette & Other Tobacco Products Act, 2003 (COTPA) Section - 4 chuan puipunna hmun reng rengah meizuk a khap tlat a, zu lui chu COTPA dan vek man hian pawisa chawitir theih an ni. Puipunna hmun hian Damdawiin te, Zirna In te, Office te, Court Building, Bazar, Community Hall, Khelmual, Hotel, restaurant, Transport leh Commercial

Vehicles te, Taxi, Bus, Sumo Stand te, Auditorium leh an anpui te a huam vek a ni. Hnathawhna hmun pawh hian kan eizawna kawng hrang hrang, office, zirna in, lirthei, etc. te a huam vek bawk a ni.

GATS-1 (2009 – 2010) in a tarlan danin Mizoramah hnathawhna a Secondhand Smoke tuar tu, puitling leh naupang **64.6%** an awm laiin GATS-2 (2016 – 2017) ah chuan **44.4%** ah a tlahniam a ni. Secondhand Smoke avangin mipui **4,87,160** velin kan nitin hnathawhna hmunah vaihlo tur hlauhawm tak tak kan hip lut reng a lo ni. Kan duh reng vang pawh ni lovin, kan bula mi changkang lo zawkte inthlahdah vang emaw te in meizu ve lote pawhin Chemical hlauhawm tak tak kan lo hip lut nasa em em a, boruak thianghlim kan neih theih ngeina turin kan hnathawhna hmun theuhah hma kan lak a ngai a ni. Kan hnathawhna hmunte felfai leh zahawm taka kan enkawl a pawimawh a, zuk leh hmuam tihna hmun a kan hman chuan

keimahni ngei pawhin kan ti zahawm lo a ni tih i hria ang u.

3. Lirthei chhunga Meizuk khap: COTPA Section - 4 hnuaiah mipui veivahna lirthei (Public Transport Vehicles) Bus, Sumo, Taxi, Auto etc. ah te meizuk khap tlat a ni a, heng lirthei a Passenger emaw Driver leh Conductor meizu te chu ` 200/- thleng chawitir theih an ni. Motor chhungah phei chuan meizu lote tan hian mei khu rim ringawt pawh ruihna tham fe a ni thin a, kan hriselna a inchen lo a ni tih hriain kan bula chuang ve te tan kan meizuk khan harsatna a thlen a ni tih hria in insum hram hram thin a tha hle a ni.

National Health Profile 2018-ah chuan Mizoramah Per Capita Health Expenditure chu ` 5862/- a ni a, National Average chu ` 1112/- a ni thung. Dam lohna avanga kan sum senso dan en chuan India rama State hrisel lo ber pawl kan ni mek a ni. Hetiang kan nihna chhan langsar tak chu vaihlo zuk leh hmuam hmang kan tam lutuk vang hi ni ngeiin a lang a, vaihlo kaihnawih Cancer natna tuar kan tam em

em hian a tilang chiang hle a ni. GATS report 2016-17 in a tarlan dan chuan puitling zingah meizuk in taksa hrisel lohna leh natna a thlen theih ring 96.7% lai kan awm a, Secondhand Smoke in taksa hrisel lohna leh natna a thlen theih ring 93.6% lai kan awm bawk. Chutih rual chuan mahni in chhung leh hnathawhna hmun a Secondhand Smoke tuartu kan tam em em tho si hian hrisel tura kan in enkawl na kawngah awmze nei zawka hma kan lak a tul zia a tar lang chiang hle a ni.

Hriselna tha kan neih theihna turin hmalakna tur tamtak a awm a, a bik takin tuna kan rawn tarlan - chenna inchhung, kan hnathawhna hmun leh kan lirthei chhungah te meizuk kan khap thei a nih chuan; meizu thin in an zuk tlem phah ang a, meizu ve lo ten Secondhand Smoke an tuar loh phah bawk ang, chu chuan hriselna kawngah awmzia nasa tak a nei ngei dawn a ni.

Hetianga hma kan lak chuan kan hlawkna tur langsar zualte chu:

1) Hriselna lam kawngah hma kan sawn ang a, vaihlo kaihnawih natna hrang hrang te a tlem phah ang.

2) Secondhand Smoke a lo tlem phah ang, hemi avanga natna a tlem phah bawk ang.

3) Zuk leh hmuam kaihnawih thihna a tlem phah ang.

4) Nausen thisa a piang leh thla kim lova piang te a tlahniam ang.

5) Vaihlo avanga kan sum sen a lo tlem ang.

6) Meizial nghei leh zuk tlem phah an lo pung ang.

7) Meizuk intih hmuh a lo tlahniam bawk ang.

8) Thangtharte pawhin vaihlo zuk leh hmuam that loh zia an than len pui ang a, thangthar hrisel zawk kan nei thei ang.

Kan chenna in chhung, kan hnathawhna hmun leh kan lirthei chhungah te meizuk kan khap thei a nih chuan chungkua, khawtlang, ram leh hnam hrisel zawk kan ni thei ngei dawn a ni tih hre reng chungin, hma thar ila theuh ang u.■

CHHUL HMAWR CANCER

Dr. Eric Zomawia

Chhul hmawr hi Saplawng chuan 'Cervix' an ti a, chhul (uterus) hnuai dawmtu, chhul kawngka ti pawhin a sawi theih ang. Nu in nau a pai hian chhul chhungah naute a thang lian a, a tlak mai loh nan chhul hmawr chip chuan a lo dang tlat a, naute a pian dawnin chhulhmawr chu a lo inhawng zau ta vak thin a ni. Hmeichhe thlatin thi pawh hi chhul chhungah insiamin cervix atang hian a rawn baw chhuak thin a ni.

Chhul hmawr Cancer pawimawhna em em te chu – kumtin hmeichhe nunna tam tak suattu a nih vangte; inven theih a nihna te; cancer tak taka a chan hma, zaa za tihdam theih a nih laia awlsamte a hmuhchhuah theih a nihna te; hmuhchhuah hma theihna test awlsam tak, na baw si lo a awm vangte hi a ni.

A hluar dan:

Chhulhmawr cancer hi khawvela hmeichhe cancer zinga hluar ber 4-na niin kumkhat chhungin vei thar mi 528,000 leh thihpui mi 266,000 an awm a (2012). Ram changkang lo apiangin an vei nasa in an thihpui tam a, vei thar zawng zawng zinga 85% leh thihpui zinga 87% zet chu

ram changkang lo zawk a mi te an ni. Ram changkang zawkah chhulhmawr cancer thihpui an tlemna chhan chu hmuhchhuah hma-na programme (cervical cancer screening programme) tha tak an nei a, cancer tak tak a chan hma in an hmuchhuakin an enkawl dam zel vang a ni.

National Cancer Registry Programme in a tarlan danin India rama population chhuta chhulhmawr cancer hluarna ber chu Mizoram (Aizawl district) a ni. Mizoramah kum 5 chhung (2006-2010) khan chhulhmawr cancer vei hmuhchhuah 364 an awm a ni.

A awm chhan:

Chhul hmawr cancer zinga 90% aia tam mah hi natna hrik

chikhat 'Human Papilloma Virus' (HPV) an tih avanga awm a ni a. HPV chu sex hman atanga inkai niin, mipa leh hmeichhiain an kai thei ve ve a. HPV hi kai a awl hle a, hmeichhia kum 50 tling tawh zinga a zatve (50%) zet hian HPV an kai tawh an ti a ni. Sex hman hma lutukte, kawppui ngahte, a mipa zawkin kawppui a ngahte hian HPV kai a awl bik a, mahse kawppui pakhat chauh neih pawhin a kai theih tho. Mahse HPV tam zawk chu amahin a reh/bo/dam ve leh mai a, a bo mai loh chuan a rei hnuin chhulhmawr cancer a siam thei a ni. HPV hi chi 200 vel a awm a, cancer an thlen vek lova, a then chuan vun leh serh leh mawngkaw bulah te, hrawkah te singsihlip leh vun chawr (wart) an siam thei a; type 16 leh type 18 te hi chhulhmawr cancer thlentu tam ber an ni.

Hengte hian chhulhmawr cancer a ti tam bawk-

- 1) Mei zuk.
- 2) HIV/AIDS vei zingah.
- 3) Birth control pill rei tak (kum 5 chuang) ei tawh zingah.

4) Fa 3 emaw a aia tam nei zingah.

5) Serh bawr vel invawng thianghlim lo zingah.

A lan chhuah dan:

Chhulhmawr cancer veite chu rei tak in sawisel lovin an awm thei a, a rei hnu chuan a hunbi ni lova thi chhuakte, sex hman zawha thi chhuakte, a pangngai aia rei thi neihte, thi hul tawh hnua thi neih leh te, bawlhhlawh leh tui chhuak te, tai na leh sex hman laia n ate an nei thei. Heng insawiselna te hi chhul hmawr cancer ah kher lo pawh a awm thei na in, hengte hi a awm a nih chuan ngaihthah miah lova doctor in entir vat tur a ni.

A hmuhchhuah dan:

1) Pap Smear : Miin HPV hrik a pai chuan kum tam tak hnua h zawi zawiin chhul hmawra timur (cells) te chu cancer-a an chan tak tak hman cancer ni chiah si lovin an lo thang danglam phawt thin a; hetianga timur thang danglam hi 'dysplasia' (dis-plei-sia tia lam tur) an ti a, 'CIN' (Cervical Intraepthelial

Neoplasia) te pawh an ti bawk. He timur thang danglam hi a nasat dan azirin 'mild dysplasia' (CIN 1), 'moderate dysplasia' (CIN 2), 'severe dysplasia' (CIN 3) an ti thin. He dysplasia/ CIN hi awlsamte in Microscope (enlenna) hmangin a hmuh theih a, chhulhmawr kha zawite in doctor emaw nurse in emaw hmawlhthe (spatula) emaw brush emaw hmangin an hru a, chu chu 'slide' (malaria en dawna thisen lakna darthlalang hi) ah tat kaiin chemical hrang hrangah an chiah a, chu chu pathologist (doctor specialist chikhat) ten microscope ah an lo enfiyah leh thin a ni. Pap Smear hi Grik doctor Papanicolaou chuan 1926 vel daih a a hmuhchhuah tawh kha niin, he test hmang hian chhul hmawr cancer a hriat theih mai bakah cancer hmahruai (dysplasia/CIN) a hriat theih avangin a tha em em a, a awlsam bawk si a. Chuvangin khawvel hmun tinah Pap Smear hi chhul hmawr cancer hriat chhuah hma nan an hmang nasa hle. Ram changkangah

phei chuan hmeichhia sex hmang tawh emaw pasal nei tawh emaw chu kum 25 an nih atangin kum 3/4 danah Pap Smear an tih tir ziah thin a, a tan tirte cancer a la nih hmain ah an hmu chhuak a, an enkawl dam vat a, chhulhmawr cancer vei leh thih pui an tlem phah ta em em a ni.

2) VIA/VILI : VIA (Visual Inspection with Acetic acid) emaw VILI (Visual Inspection with Lugol's Iodine) hi tunhnua an uar tak em em, awlsam taka na si lova chhul hmawr tha lo hriat chhuahna a ni a. Doctor kher ngai lovin nurse emaw health worker pawhin awlsamte a a tih ve theih mai a nih avangin leh a damdawi hman hi a tlawm em avangin India ram hmun hrang hrangah pawh an hmang nasa tawh hle. Acetic acid pawlh dal (Vinegar kan hman thin ang hi) emaw Iodine emaw kha chhul hmawrah an hnawih a a rawng inthlak dan en khan dik lo lai a awm chuan a hmuh theih mai a. Chu rawng dik lo chu a awm a nih chuan cancer emaw dysplasia emaw a nih theih

avangin Gynaecologist (Hmeichhe Specialist) hnenah refer in Biopsy lak tur a ni.

3) Colposcopy: Hei hi chu Gynaecologist in khawl pakhat 'Colposcope' hmanga chhul hmawr a endik kha a ni a. Colposcope khawl chuan a hmawrah en lenna a neih avangin Chiang zawkin chhulhmawr kha a hmuh theih a. VIA leh VILI te nen an hmang kawp fo va, chhul hmawr dik lo lai tak kha colposcope a en chungin Biopsy an la thin a ni.

4) Biopsy: Hei hi chu chhul hmawr kha a them an help thla a, Pathologist nen uluk taka an lo en thin kha a ni. A chung a test hrang hrang kan sawi – Pap Smear, VIA/VILI, Colposcopy a dik lohna awm kha cancer emaw dysplasia emaw a ni chiah em tih finfiahtu ber chu biopsy hi a ni.

5) HPV Test: Chhul hmawr cancer zawng zawng deuhthaw hi HPV kai benvawn atanga lo awm a nih avangin chhul hmawrah HPV a awm leh awm loh test hi ram changkang

zawkah chuan an uar tawh hle a. HPV negative an nih chuan engmah tih a ngai lova, HPV Positive an nih chuan chhul cancer an vei theih avangin uluk taka khing test kan sawi hmang khian en thin tur a ni.

A enkawlina:

Dysplasia a la nih a cancer a la nih loh chuan tih dam awlsam lai tak a ni a, chuvangin hmuhchhua hma hi a tha hle a ni.

Mild dysplasia/CIN 1 chu enkawlina hran a ngai lova, thla 6 danah emaw zel Pap Smear leh test danga enzui mai kha a tawh a ni.

CIN2/CIN3 a nih chuan heng hrang hrang hian a enkawl dam theih - Cryotherapy (Thil vawt taka deh) emaw LEEP (Loop Electrosurgical Excision Procedure) emaw conization (zai tenau chikhat) in enkawl a ni tlangpui. Hetiang hmanrua hi a awm chuan chhul paih kher loh pawhin a enkawl theih a ni.

Chhul hmawr cancer chu a stage a zirin – Surgery (Zai), Radiotherapy (Hem), Chemo-

therapy (Damdawia enkawl) te hman a ni thin a, a mal chauh emaw pahnih emaw a vaiin emaw hman a tul mai thei.

A inven dan:

1) Pap Smear - kum 25 chung lam, kawppui nei tawh tan chuan kum 3 atanga kum 5 danah Pap Smear hi tih ziah tur a ni. Hei hi kan ti thei lo a nih pawhin kum 25 leh kum 40 inkarah vawi 2/3 tal tih kan tum tur a ni. Pap Smear aiah VIA emaw VILI pawh a hman theih.

2) Sex atanga HPV hrik kai lo tura hma lak -

I. Kawppui a tlem thei ang ber neih tur a ni.

II. Sex hi kum tlem deuh (tleirawl) laia hman loh tur a ni.

III. Condom hman thin hian engemaw chen a veng thei.

3) Vaccine: Tunhnaia chhul hmawr cancer venna atana thil pawimawh em em mai chu HPV danna Vaccine tha tak a awm tawh hi a ni. HPV hi chhul

hmawr cancer zawng zawng deuhthaw thlentua nih avangin he vaccine hian chhul hmawr cancer tam tak a veng ngei tura ngaih a ni. Tunah chuan khawvelah company 2 chiahin an la siam chhuak a, chu chu 'Cervirax' leh 'Gardasil' an ni. Heng vaccine te hi WHO pawhin him tawh hle ah a ngai a, ram 100 chuang fe ah an hmang tawh a ni. Tun dinhmunah chuan vaccine la tu tur chu hmeichhe tleirawl, sex la hmang ngai lo te niin an ngai. Vaccine hi thla 6 chhunga vawi 3 chiu tur a ni a, tunah chuan a la to rih hle.

Tlangkawmna:

Chhul hmawr cancer hi ram changkang zawkah a tlem tawh hle laiin ram changkang lo zawk Mizoram te angah te vei leh thih pui kan la tam hle a. Inven theih leh cancer tak taka a chan hmaa hmuh-chhuaha tihdam hmiah theih a nihna te hre thar leh ila, vaccine te pawh hi ngaihven ila tiin kan inchah a ni.



ENGVANGIN NGE?

Dr. Ngurnunzami Sailo

THAW HAH

1) Thawkna dawl hlawh avanga thaw hah: Hnar a\anga chuap thlenga boruak kalkawng a hnawhtu a awm reng reng hian thaw a hah \hin a. Chaw lemsual avang te, taksa huatzawng hipluh avangte, asthma vei avangte hian a awm tlangpui.

2) Chuap vanga thaw hah: Pneumonia vangin a tam hle a, chuap lam natna Chronic Obstructive Pulmonary Disease an tih mai vangte hian a tam hle.

3) Lung vanga thawhah: Lung chakloah hian thaw-hah hi a tam hle a, a tirah chuan hna hahthlak thawh chauhin a awm \hin a, lung chu a lo chakloh chhoh zel chuan awm mai mai pawhin thaw a hah \hin a ni.

4) Dawldanna avang thaw hah: Dawldanna reng reng a awm hian taksa thisenin boruak (O2) a keng tam thei lo va, taksa a thawh rim viau chuan

thisenah boruak a kal tam theih loh avangin tihrawlte chuan kham khawp an hmu lo va, boruak tam zawk hipluh tumin an thaw nghek nghek ta \hin a ni.

5) Zam lutuk emaw thil huphurh tak kan hmachhawnte hian thaw hi amahin a lo rang ve mai \hin a ni.

KHUH :

Kan takxaa ka a\anga thil duhawm lo a lo luh hian a paih chhuah nan kan khuh \hin a, heng thil lo lut hian kan hrawk a tiza a, mi hrisel pangngai chuan kan khuh \hin a ni. Boruak kalna kawng hi pipe ang mai hi a ni a, timur tam takin a siam a ni a, he d^wtt> hian a huatzawng thil lo lut a awm vaih chuan mihring chu a khuhtir ta \hin a ni. Meikhu te, boruak hrisel lote pawh a hre thei vek a ni. Tin, natna chi hrang hrang vangin a awm thei bawka, a lar zual chauh lo tarlang ila chungte chu :- hritlang, awmna, bronchitis, laryngitis te an ni.

Tin, khuh hi chuap natna chi hrang hrangah a awm ve bawk \hin a, chungte chu Pneumonia, TB, emphysema, Cancer etc. Chuap cancer chi khat Bronchogenic Carcinoma an tih maiah hi chuan khuh leh khak thi hi a nasa zual a ni. Lungphu chawl kan tih maiah pawh hian khuh hi a awm ve thei bawk, thisen-zam peng lian tak pakhat Thoracic aorta an tih mai piansualna awmin thawkna dawt a nekchep hian khuh a tel thei bawk a ni.

LUNG SA HUAM HUAM (HEART BURN)

A Sap \awnga dah hian a awmzia chu a chiang mai a, lung awmna zawn velah hian, lung a kang ta mai emaw tih mai turin a rawn sa huam huam \hin a ni. Chaw ei hnem lutuk vangte leh vawikhata chaw lem hnem lutuk vangte pawhin a awm \hin a ni. A chhan ber chu ka leh pumpui zawmtu, chaw dawt a fan nasat lutuk vang a ni. Tin, hengte hian an titam zual bawk hle – Aspirin, coffee, zu leh vaihlo chi hrim hrim (zial, sahdah, khaini.....)

CHAW EI PAI | AWIH THEIH LOH

Mi tam takah chuan chaw pai \awih theih loh hi ze chi hrang hrangin a awm thei a, kan pumpui chak zawng a inang vek kher lo tih chu kan hre chiang \heuh awm e. Kan pumpuiin chaw a pai\awih theihloh chuan pum a lo puar pung a, vawih leh irh a lo nasa a, a \henah phei chuan khaw-\halo te hial a thlen thei a ni.

Mi \henkhatah hi chuan 'Lactase' pianpui loh vang a ni \hin a, he enzyme hi chaw pai \awih kawngah a pawimawh hle a ni. Bawngnhnute hi a bikin 'Lactase' tel lo hian pai\awih lohvin a in up thur a, chu chuan pum a ti nuam lo ta \hin a ni.

Enkaw! dan: Hetianga pum nuam lo a awm hi chuan chaw ei loh vang vang a, pumpui hahchawlh tir a \ha ber a, darkar 24 chhung chu chaw khal lam chi ei miah lova, tui leh thei tui ang vel chauh ei rih tur a ni. A hnua a rawn awm leh chuan bawngnhnute chi reng reng insum a, a la \hat loh cheu chuan mi thiamte r^wn vat tur a ni ang.

MIT LIAM:

Taksa billirubin a lo tam lutuk vanga vun leh mit a lo eng hian Jaundice an ti a. Kan thisen hi ni 120 chhung chauh an dam a, an lo upat hnu hian an lo kehsawm ta \hin a, an chhungrila Hb chu a lo zalen ta a, he Hb \henkhat hi chu Hb thar siam nan hman an ni a, a \henkhat erawh hi chu biliverdin leh bilirubin-ah siam an ni a, hengte hi rawng nei chi an nih avangin an lo tam viau chuan taksaah a lo lang-chhuak ta \hin a ni. Jaundice thlen theitute lo thlrho ila:-

- i) Thisen (RBC) tam tak tihchhiat an nihin: Hetianga thisen timur tam tak a lo kehchhiat hian taksaah bilirubin a lo tam a, hei hian vun leh mit vel leh taksa hmun dang a lo ti eng ta \hin a ni. Natna chi hrang hrang a awm \hin a, a langsar zualte chu Malaria, Haemo-lytic anaemia, pneumococcal pneumonia te an ni.
- ii) Thin a lo bawrh-sawmin: Billirubin (taksa ti engtu) tlem azawng hi chu thin hian a lo \hiatdarh mai theih loh

avangin thisenah a lo tam a, Jaundice a thlen ta \hin a ni. Natna \henkhat lar zual chauh han tarlang ila, chungte chu thin sawng leh viral hepatitis te an ni.

iii) Hit tui luanchhuahna a inhnawhin: Hei hi chhan chi hrang hrang vangin a awm thei a, chungte chu:

- a) Damdawi (indanna dam-dawi) hman avangin.
- (b) Mit a lung awm vangin leh
- (c) Rilbawh cancer avangin.

THIL LEM HARSAT

Thil lem hi hrisel pangngai tan pawh harsa tak a ni a, kan hmai, lei, hrawk leh chaw dawta tihrawl zawng zawngte intuahrem a ngai a, tin, heng tihrawlte hi hriatna thazam chi hrang panga (5) in a chawm avangin thil awlai tak chu a ni lo hrim hrim a ni. A thlen theitute lo thlr ho dawn ila:-

- a) Chaw dawt hliam: Chaw-dawt hi acid in vang emaw thil dang hlauhawm in avangin a lo pem awlsam em em a, hetia a lo pilh emaw hian thil reng reng a lem hleih theih \hin lo va, thisen zam a\anga

chaw (chiu chi) pek a ngai \hin a ni. Tin, a lo dam zel pah hian chaw dawt chu a lo zim telh telh \hin baw a, chu chuan thil lem a ti harsa \hin a ni.

b) Chaw dawt cancer: Chaw dawt cancer hi a hmawr lampangah a awm \hin tlangpui a, hei hian a kua chu hnawh chepin chaw lem a lo harsa ta \hin a ni.

c) Kan sawi tawh ang khan chaw lem tur hian tihrawl chi hrang hrang a ngai a, heng zingah khawi emaw ber a lo zeng hian thil lem a harsa ta \hin a ni.

d) Chaw dawt nekchep thei reng reng: a bul vela thil hrang hrang awmte hi a len thut emaw a lo \han thut hian chaw dawt chu a nekchep ta \hin a, chu chuan thil lem a ti harsa ta \hin a ni.

e) Lei cancer, ka chhung leh a bawr vela p^n a lo awm hian thil lem a harsa baw \hin.

f) Chaw dawta thil tang vangin thil lem a harsa thei baw.

g) Hlahthawn lutuk emaw rilru hah lutuk hian thil lem a harsa baw \hin a ni.

Mawitea huang!

◆ Sumo driver samsei deuh mai pawh khan \ul uk lovah hian a brake a rap leh thut thin a, passenger ho chu an bu leh lawp thin a, "Engati nge i brake leh thut thin a?" an tih lah chuan, "E...a brake ka rah laia ka sam han bu suau thin kha in lo hmu ve nange" zuk ti a!!!

◆ Zanlaiah mi kawngkhar a va kik dawt dawta "Thihna lam a nia" a ti a, a neitupa chu phak deuhin a rawn thova, "Zualko maw i nih" a han ti dek dek a, "A... ka meizial a thi a, khawi maw lighter chu" zuk ti a!!

◆ A thiante khan "I bialnu kha mi hrang hrangin bike in an phur kual thin a nia" an ti a, ani chuan chuai raih hian, "Chuvang chu alawm, mahni puala ngaihawng neih ve hi ka chak tawh em em ni..." zuk ti a!

MEDICATION THERAPY MANAGEMENT (MTM)

Dr. C. Lalramdina Pharm D
PG.Dip. Medicine & Poison

INTRODUCTION

Mizo te zingah natna benvawn nei, enkawl harsa leh khirhkan tak tak kawl kan tam ta hle mai. Zunthlum leh Bp sang te pawh mi lian natna kan tih thin kha tunah chuan chhungkaw tin deuhthaw in kan kawl ta, kum upa leh naupang, thalai a thliar tawh bik lo. HIV positive leh cancer kan pung telh telh bawk nen. Kum upa, thalai leh naupang thleng a bp-sang damdawi ei ngai, Isua lo kal leh hma zawng ei tawh tur kan awm ta nawk mai. Kal tha lo, ruh seh, cancer, HIV kan pung tial tial bawk nen.

Kan ram zimte hi damdawi siam chhuahna ni lo in damdawi ei ralna hmunpuiah kan siam chu a ni deuh ber tawh chu a nih hi. Heng kan han tarlan tak natna te enkawl tur chuan damdawi pahnih khat ei mai a lo tawh thin lo a, sawm chuang dawn lai, a aia tam thlenga damdawi ei ngai te a lo nih tawh thin avangin leh heng damdawi te hi fimkhur ngai tak tak leh en zui ngai te mai bakah side effect ngah leh damdawi dang mai pawh ni lo kan ei leh in te nen thlenga inhal thei te an nih avangin fimkhur an ngai leh zual em em a.

Damna dawit tura kan hman kha, thihna dawiah an chang thei reng a ni tih kan hriat a tha awm e. Chuvang chuan kan damdawi hman kawnga kan fimkhur deuh deuh a, kuhva khawr lei anga lei a, duh hun hun a ei mai mai chi a ni lo tih kan hriat a tul tawh takzet a ni.

MEDICATION THERAPY MANAGEMENT CHALLENGE ?

Medication therapy management in a tum ber chu damlo ten an damdawi ei leh hman chungchanga hriattur pawimawh leh kimchang,

chiang leh mumal zawk, dahthata a tul hun apianga en let zung zung theih tur a ziak a inhrialfiahna a ni ber a. Damlo ten a him thei ang ber leh tha thei ang bera treatment an lak hi a tum ber pakhat chu a ni. Kan hriat si loh kan damdawi ei avanga tawrhna hi a tam em em a, damdawi hman dikloh avanga thihna hial thleng pawh sawi tur a awm nual tawh a ni. Chutiang tak a hman fimkhur ngai te an nih avangin, engvanga kha damdawi kha hmang nge kan nih a, a ei dan tur leh ei hun chhung tur thlenga chiang zawk leh ziak ngeia inhrihriatna a ni a. Chu mai bakah chuan a damdawi ei lai in a thlen theih side effect awm thei te leh damdawi inhal, taksa tan a pawh thei te ziah lan vek thin niin, damdawi inhal thei pawh a kar awl tlemte siam a ei mai theih an nih dan te thlenga inhrihriatna a ni a. Damdawi thenkhat chu kan electrolytes level ti sang/hniam thei te, chutiang bawkin blood pressure, glucose level, kidney function, liver function heart rhythm khawih danglam

theite an nih thin avangin hman fimkhur an ngai em em a, monitor tur pawimawh zual bik, a damdawi a zira inhrihriatna thlengin MTM hian a tum chu a ni. Hei hian damlo te inentir tur a an kal leh hunah pawh doctor ten awlsam zawk a treatment an siam theih nan nasa takin a puih mai bakah a hlawkna tel tur chu mipuite/ damlo te bawk an nih dawn avangin mipuite hriselna kawngah leh kan damdawi hman kawngah nasa takin hma kan sawn phah ngeiin a rinawm a ni.

TU TEN NGE MTM SERVICE HI PE THEI :

Medication therapy management hi ram changkang zawk leh healthcare system changtlung zawk USA, UK, NEW ZEALAND, AUSTRALIA, CANADA etc-ah te chuan tha takin an lo practice tawh a. India ramah pawh kum 2016 khan heimi chungchang hi Pilot study hi Dr. Narahari M.G. Associate Professor. Dept of Emergency Medicine hnuaiah JSS Medical College Hospital, Mysore-ah neih niin a hlawhtling hle a. Kan ram a

damlo natna khirh tak tak vei tamzia leh damdawi kan hman nasatzia ngaihtuah chuan he Medication therapy management hi kan mamawh hlein a hriat a. Hemi hna thawk thei tur a ram changkang zawk ten an hman tangkai ang bawk Doctor of Pharmacy (Pharm D) zir chhuak te kan nei ta nual bawk nen. Heng mite thiamna hi kan hman tangkai a kan ram a Pharmacy Profession chawisan nan leh kan health care system in hma a lo sawn lehzual nan a tangkai dawn em em a ni. Medication therapy management hi Clinical Pharmacist/Consultant pharmacist Licence nei ten an pe thei a. Clinical pharmacist ni tur chuan Doctor of pharmacy (Pharm D) emaw, Ph.D. Pharmacy Practice an ni tur a ni a, Pharmacotherapeutics expert mai bakah hospital experience nei an ni tur a ni.

TUTEN NGE MAMAWH :

- Damlo damdawi 5 leh a aia tam ei te.
- Damdawi side effect ngah leh fimkhur ngai zual ei teah.
- Hun rei tak chhung damdawi lo ei tawh, a natna in a zia awm phah chuang si lo ah te.
- Doctor hran hran pan thin te-ah.
- Drug regimen (eg. Ant-viral drug, anti-cancer, anti-hypertensive etc) thlak sak an nih in.
- Kum upa lam damdawi ei nasaah.
- Hospital atanga chhuak te mai bakah hospital a awm lai ah te pawh doctor in a trul a tih chuan.
- Nu naupai mek te damdawi eiah.
- Damdawi leh t<r (poison) lama hriatchian duh nei teah.

Mawitea huang!

◆ “Pu Khum, kumin in buh te eng nge a an, a tha em?” an ti a, ani chuan, “E.... min ngeizawngte tan chuan thlir a hrehawm ve ngawt ang” zuk ti a!!

ZUNTHLUM NATNA (Diabetes Mellitus)

- Dr. Lalawmpuia Chhangte
Diabetologist

1. Zunthlum (thisen thlum) kan tih hi tunlai khawvel, ram changkang leh kang lovah te pawh a hriselna lam hawi (Health issue) lian ber pawl a ni hial awm e. Chuvang chuan WHO pawhin Nov-14 apiang hi World Diabetes Day-ah a lo puang hial a ni. He natna \ihbaiawm tak, mihring nunna ti chau a, ti chhia a, nunna tam tak suat mek tu hian keini MIZO te pawh min hmaih bik hauh lo mai. Chhinchhiahna data mumal tak a awm thei lo mahse, a tlangpui thu in puitling zaa sawm (10%) vel hi zunthlum vei anga ngaih a ni. Chuvang chuan WHO pawhin hrileng (Epidemic) ang hial in a puang a, a enkawlina hautak dan (sum lamah) leh zunthlum in taksa peng hrang hrang a khawih nasat/chhiat avanga dam lohna a inenkawlina tur a senso te, ram leh chhungkua economy a khawih dan te, mihring nunna a suat hnem dan em em avang hian - Zunthlum natna hi khawvel pum puiin kan buaipui mup mup ta mai a nih hi.

2. Zunthlum (Diabetes Mellitus) chu eng chiah nge a nih? (diagnose) tur hian Diagnostic criteria a awm a, chungte chu:

Zunthlum ve lo mi pang-ngaiah chuan kan thisen thlum awmzat chin tur a awm a, chumi normal level ai a thisen thlum (Glucose) kha a lo tam chuan Zunthlum (Hyperglycaemia) tih a ni.

a) Miin a blood sugar (Random) a check a, 200 mg/dl aia a san leh classical symptoms - tuihal huam huam, zung vak vak, cher tial tial, serh him dam lo te a neihin - emaw

3. Amaherawhchu zunthlum a vei ngei a ni tih puang

b) Fasting blood sugar (engmah ei lo) in 126 mg/dl a pelhin emaw

- c) Post prandial sugar (chaw ei kham darkar-2 hnu) in 200 mg/dl leh a chung lam a nihin. Duhthusamah chuan, heng 3 te zinga mi eng emaw ber khi a tukah repeat leh nise.

NORMAL LEVEL: Mi pangngaiah chuan,

- 1) Fasting blood sugar hi 110 mg/dl or a hnuai lam.
 - 2) Post Prandial blood sugar hi 140 mg/dl or a hnuai lam.
4. Zunthlum chi hrang hrangte:

Kan sawi chian hmain a ziaka kan hmuh ang hian, Zunthlum tih a puang tur chuan Fasting- 126 mg/dl or a aia sang, chaw ei kham (PPBS) 200 mg/dl or a aia sang a nih in, tin, normal kan tih kha Fasting 110 mg/dl or a hnuai lam, PPBS - 140 mg/dl or a hnuai a nih a ngai. Chik takin lo en Chiang la, Hetah hian Fasting normal 110 mg/dl a nih laiin, zunthlum tih tur chuan Fasting 126 mg/dl a ni a, a inkarah hian mi a awm theih a,

e.g: Fasting-ah 116 mg/dl, 120 mg/dl, 125 mg/dl emaw PPBS 150, 160, 180 etc. mg/dl te a awm theih a ni. Hei hi Fasting ah chuan IFG (Impaired Fasting Glucose) an ti a, PPBS-ah IGT (Impair Glucose Tolerance) heng IFG, IGT te hi Pre- Diabetes stage an ti a, enkawl hun lai tak an nih avangin he mi stage a man fuh hi a pawimawh khawp mai.

Zunthlum chi hrang hrangte chu:

1) IGT/IFG te hi zunthlum tan tir a nih tho avangin enkawl ngai a ni.

2) TYPE 1DM:- Zunthlum zawng zawng zaa pahnih (2%) vel an tling lo mai thei. Naupangah a awm duh hle a, puitlingah pawh a awm thei tho. Heng natnaah hi chuan an Pancrease a Beta-cell (Insulin) pe chhuak tute kha eng emaw avangin (a chhan hriat chiah a ni Iova) Auto Immune Destruction a lo thleng a, virus vang pawh a ni mai thei: B-cell te kha a rawn suat vek a, an thisenah Insulin pe chhuaktu an awm ve lo. Ni tin nunna atan

pawn lam atanga Insulin pek ngei ngei an ngai. Insulin lak loh emaw lak mumal loh chuan an nunna atan a hlauhawm hle a ni.

3) TYPE 2 DM: Hei hi zunthlum zawng zawng 96% bawr vel hi an ni a, an thisenah Insulin chu a awm ngei a, mahse Blood Sugar control thei khawpin a tam lo a ni thei a, emaw Insulin chu tam tho siin, hna a thawk hlei thei lo emaw a pahnih inkawp pawh a ni thei ang. An nunna atan Insulin pawn lam a\anga pek a mamawh kher lo, a awmna chhan hi \huang hnihin a awm thei a,

- a) Genetic Inheritance- in thlah chhawn
- b) Environmental - nunphung, chetzia ei leh in uluk loh avangin a rawn insiam thei sawi tur a tam mai.

Type 2 DM kan tih hovah hi chuan zaa sawmnga (50%) hi inthlah chhawn niin, a chan ve leh chu environmental/life style effect an ni tlangpui.

4) GDM (Gestational Diabetes Mellitus): Naupai

lai chauh a zunthlum, nau neih zawh hnuah blood sugar a normal leh mai thin, mahse high risk group an ni. GDM zaa 20% te chuan zunthlum puitling an neih hnuah pawh blood sugar check fo tur a ni.

5) OTHER SPECIFIC TYPE: Chhan dang vangin zunthlum hi natna dang in a pawchhuak thei thin. Chung te chu; Thawhah (Ashma) ho enkawl nan a steroid reitak hman te, chromosomal abnormalilis te, Pancrease hrim hrim a natna dang Pancreatitis, cancer, lungte, bawk etc. a lo awm in.

5. Zunthlum natna chuan engti tak a nain nge taksa a khawih ang?

Zunthlum kan tih hi thisen thlum a ni a, chu thisen thlum uchuak tak chuan thisenah oxidative stress nasa tak siam in; thisen d^wt (blood vessels) a \it ek (advanced glycation end product) a siam a, chu chuan thisen dawt nasa takin a khawih chhia a, zunthlum hi metabolic disorder tih ni mahse- Vascular Disease,

thisen zam natna a ni mah mah zawk.

Kan taksa peng hrang hrang hi thisen zam hian a khat chhuak in, chaw tha tin reng nunna tan a pawimawh chaw a pe thin a ni. Chutiang a chaw pekna kawng pipe line/ blood vessel te a khawih chuan kan taksa peng zawng zawng in thisen an mamawh vek si a, tichuan zunthlum chuan kan taksa peng zawng zawng a hmaih lo a nih chu. Amaherawhchu, a zavai chuan kan sawi seng lo vang. Thisen zam a khawih dan hi hlawm hnih lian takin then ila:

- 1) Macro Vascular Complication (thisen zam lian)
- 2) Micro Vascular Complication (thisen zam te)

Macro Vascular Complication:

1) Cerebrovascular Complication (thluak a thisen zamte): Thluaka thisen zam lian leh te deuhte khawihin thisen zam te te phui in Ischaemic stroke a tam hle. Tin, zunthlum vei te hian a

tlangpui thu in cholesterol a sang duh hle a, chung thisen thauchhia leh thisen te chu inhlawm in thluak a thisen zam te an block a stroke a siam fo \hin.

2) PAD (Peripheral Arterial Disease): A bik in thisen zam zawng zawngte chu khawih tho mahse a bik takin ke lam a thisen supply tu thisen zam te a khawih \hin a, zunthlum vei tawhah chuan thisen zam kal miah lo te pawh awmin, a chanve lek kalte pawh a awm thei a, chu chuan ke thi/gangrene a siam a, ke tan a ngai \hin. Tin, a phui hmak lo a nih pawh in ke hmawr a p^n te a dam thei lo va, chu chuan ke \awih (septic) a siam avanga tan te a ngai thin bawk. Ketan (Amputation) thlen tu tam ber chu accident chi hrang hrang vang niin, a dawttu chu zunthlum vang a ni.

3) Cardiovascular Complication: Lung hian tha tak leh regular taka hnathawh thisen taksa peng hrang hrang a pek chhuah a ngai thin a, chumi atan chuan chaw tha tak a hmuh a ngai a, thisen zam in a hual vel \uk mai a ni. Lung ti

hrawl thisen supply tu te - thluak a thisen zam a block kan tih ang tho khan a block ve thei a, Heart-attack neih a awlsam hle. Chuvang chuan mi in zunthlum a vei in - lungna, Heart-attack nei emaw Coronary Artery Disease nei ang a ngaih tawp mai tur (CAD RISK) thihna chhan tam ber chu accident a ni a, a dawtah lung \hat lohna avang a ni leh a. Heta za a sawmnga te chu zunthlum vei tawh a ni.

Micro Vascular Complication:

Tam tak awm zinga a langsar zual te.

1) Diabetic Retinopathy: Khawvel a bik takin, ramchang kangah chuan mitdelna thlen tu tam ber a ni. Zunthlum hnathawh avangin mitparda (Retina) a thisen zamte khawih in, thisen a put a, chuti chuan mitparda khawih chhiain photo coagulation (laser) treatment te a ngai thin.

2) Diabetic Nephropathy: Zunthlum hian kal a khawih chhe nasa thei hle a, Dialysis unit or kidney transplant ngaihna hmun a dam lo za a

sawmnga (50%) te chu zunthlum in a khawih vangte an ni thin.

3) Diabetic Neuropathy: Zunthlum in kan taksa a khawih chhiat (complication) zingah chuan neuropathy a lo lang hmasa ber thin, a bik takin ke hmawr leh kut hmawr hriatna thazam nerve sei ho (long-nerve) a khawih hmasa bik, chu chu peripheral neuropathy tih a ni.

Tin, kan taksa khawl a bik takin lung, chuap, pumpui leh ril te an mahni thu a nung leh che a ni a, kan duh a kan ti nun leh tawp theih a ni lo, chu chu automatic nervous system an ti a, hengte pawh hi zunthlum hian nasa takin a khawih thei a ni.

OTHERS: Kan sawi tawh ang in thisen thlum a nih miao avangin thisen kalna apiang kha a khawih a ni mai a, sawi zawh sen pawh a ni awm lo ve, a dang pawimawh leh te chu:

a) Immunity: Kan taksain natna hrik a beih letna kawngah zunthlum vei te an chak lo hle a, chuvang

- chuan WHO pawhin secondary AIDS a ti hial a ni.
- b) Vun natna fungal infection a hluar hle.
 - c) Mipat hmeichhiatna, abikin mipaah ED or DE a tam hle.
 - d) Pⁿ leh natna dang reng reng infection- chuap , ril, vun, etc. a dam har bik.
 - e) Ngaihtuahna leh hriat-rengna (memory) a tla hniam thei.

Zunthluma common em em mai chu thau chhia a tam thin a, chu thau chhia chu thau (liver) a kai in fatty liver a awm thin. Zunthlum vei rei deuh zaah 70% chuan fatty liver an nei thin.

- 1) A enkawl dan tlangpuite :
 - a) Diet
 - b) Exercise
 - c) Meizial, zu-nghei
 - d) Mut tam leh rilru hahdam

2) Medication:

- a) OHA
- b) INSULIN

3) Education and regular check up

Diet + Exercise + medication te hi MIZO in lungthu pathum kan sawi thin te kha an ni a, a \an rual \hap a ngai. Tin, complication nei tawh te tan chuan a problem a zir a enkawl chhunzawm zel mai tur.

Zunthlum in enkawl hi a Kristian nun em em a. Bansan a thiang tawh lova i hnung tawlh a rem baw lo, that deuh avang a inthlahdah loh tur a ni.

Zunthlum vei lo turin khawsak phung, ni tin nun, ei leh in te fimkhur a ngai em em a ni. Taksa chetna tam, zuk leh hmuam in sum, taksa mamawh tawh ei leh in chungchangah te mitin zunthlum la vei lo te ka chah duh chu, insumtheihna i nei \heuh ang u.

Mawitea huang!!!

* A nula rim kha a leng rei awm mai mai asin.....pindan atangin pa berin ring tawkin, "Mami, zing thingpui han lum tawh teh u...." an tiah...

ENG NGA TI NGE KAN LO THAU TAK |HIN...?

Dr. S.R. Lalthantluanga

umah thausa a piang kan awm awm lo ve. A cher leh a sa\ha deuh chi, a khal leh a khal lo deuh chite pawh kan awm ngei a lawm. A tirin kan thau lo phawt, kan lo thau tak thin chhan ber chu, a tawi zawngin 'kan mamawh aia tam kan ei vang a ni mai.' A awlsam zawngin han sawi dawn ila. Ni tina kan chet tlatnaah thahrui (energy) kan hmang ral \hin a, thahrui kan neih theih nan kan taksain ei leh in (intake) a mamawh, tichuan kan taksain kan ei leh in a\angin kan mamawh thahrui a siam chhuak \hin a ni. Kan ei in zat leh thahrui hmanralah kan taksa; kan thau leh kan cher a innghat kan ti thei ang. Kan ei in a\anga kan taksain thahrui a siam kan hman ral leh si loh chuan a inchhekkhawl ang a, thauah an lo insiam ta mai \hin a ni. Chutiang bawkin kan thahrui hmanral zat kan ei in a puhruk loh chuan kan taksain a tuar a, kan cher phah leh mai a ni. Kan lo thau tak \hinna chhan han tarlang ta ila:

- 1) Kan ei tam vang: Hei hi pawh tla lova i awm fo chuan, kan thau chhan a ni fo ang. i ei zat i hmangral lo tihna; i la Kan ei tam \hin lutuk emaw thau thei cheu. I taksa hah leh kan ei zin lutuk \hin vangin kan hah lovah ei in i mamawh zat a thau phah. Kan mamawh aia innghat. Kan taksa in kan ei zat tam ka ei \hin chuan thau lam a hmanral ve zel a ngai a nih kan pan mai dawn a ni. A bik chu. Hna hram thawk ngai lo, takin thil thlum lam (carbohy- thlan tla ngai lo mi hahdam chu drates tamna), hriak, thau leh an thau nge nge dawn a ni. thil mawm (fat) lampangten Thildang leh, accident avanga thauna an thlen hma bik hle. hnathawk thei ta lo \henkhat
- 2) Taksa hahdam vang: Ni (entir nan: ban tliak, ke ruh tina i ei zat ei reng mah la, i tliak te) an tawhsual/damloh taksa a lo hahdam a, thlan hnua thau ta daih an awm \hin.

Hei hi a chhan chu kan sawi tak ang khan an taksa a lo hahdam a, an ei zat an hmanral loh vang mai a ni.

3) Pianpui: Thau chi leh cher chi kan awm ve hrim hrim, kan pianken; kan gene-a bet tlat a ni. Thau chi tur chu ei tlem deuh mah se an thau tho tho. Chutiang bawkin cher tur chi chu ei ei mah se an thau rei tak tak chuang lo. Hei hi a chhan chu kan Basal Metabolic Rate - BMR (taksain kan ei in a hmanral chak dan) a in an loh vang a ni. Rulte hian an uchang/sazu dawlhte hi thla tam tak a ring thei, hei hi a chhan chu an Basal Metabolic Rate (BMR) hniam/muan vang a ni. Mi thau miah chuan BMR a hniam a, ei tam em em lo mahse an taksain a hmanral zung zung loh avangin thauah a insiam mai \hin a ni. Mi cherah chuan BMR a sang/chak ve thung, an eiin an hmangral zung zung a, thau a insiam tur pawh a awm hman lo a ni.

4) Kum: Mi tam tak an upat hnua lo thau ta an tam mai, nulat tlangval laia thau hran lo,

nupui pasal neih hnua thau ta luah an awm bawk. Kum upat hnua thau a awl bik.

5) Hmeichhia an thau duh zawk: Mipai aiin hmeichhia an thau hma zawk. Mipa taksa aiin hmeichhe taksaah thau inchhekkhaw (subcutaneous fat) tam zawk vang a ni.

6) Thau chungkua: Chhungkua kuaa thau an awm thin. Chhungkua kuaa thaute zingah zunthlum leh thisen sang nei an awm thluah \hin. An pi pute han chhui ila, chutiang harsatna nei hriat tur an lo awm leh \hin bawk. Hei hi inthlah-chhawn vang a ni.

7) Mi neingung: Awm hahdam leh kut hnathawk ngai lote an thau nge nge, i awi em?

8) Zu: Teh daih a, zu in vangin mipain kan thau phah thei, hmeichhiaah a letling thung (intih cher nana hman erawh a \ha lo).

9) Mei zuk: Mei zu aiin mei zu lo an thau duh zawk a hriat a ni. Hei pawh intih cher nan a hman tlak loh.

10) Damdawi: Damdawi \henkhat (thauna damdawi ni

lovin) ei vangin a thau thei, mahse hetiang hi damdawi thlahin a reh ve leh mai \hin. Damdawi \henkhat - steroids lam chi ho, naupai indanna (contraceptive pills), insulin (zunthlum damdawi) leh a dang ten thauna an thlen thei.

Kan invena kan lo cher zawk theih nan...

Kan sawi tawh ang khan, tun dinhmunah i thau lutuk lo a nih mahna, kan hriselna dinhmun kan ngaihchan reng erawh a ngai. I thau belh tulh tulh em? Nakin lawkah i la vawkpui thau hnur mai lo maw? Kan inven reng chu a ngai a ni, harsatna kan hmachhawn duh a nih loh chuan. Thau a har lutuk lo, mahse thau tawh hnuah intih cher leh a har zawk daih, beih fe a ngai \hin.

Intih cher kan tum avang kherin rei lo te chhungin rihna tlahniama cher vat kan tum a nih chuan a dik lo vang, hrisel pawh a hrisel lo vang. Urhsun taka beih a ngai fo, awlsam a ni lo, rei tak; a thlaa thla, a kuma kum a duh \hin. Karkhat

chhunga kg chanve a\anga kg 1 kan hlauh theih a nih chuan a tawk fu ang. Intih cher nan insawizawi (exercise) a \ha ber, a tluk a awm lo, a aia \ha a awm lo. Intih cher dan chi hrang hrang kan tarlante hi a mal \heuhin a sawt lo mai thei, duhthusamah chuan ei in insumna, regular taka insawizawi leh damdawi ei a sawt berin a rinawm. Hetiangin hma la dawn ta ila...

* Ei leh ina insum: Kan thau chhan chu kan mamawh aia tam kan ei vang kan tih tawh kha. Kan ei zat kan hmangral emaw kan mamawh zat kan ei thiam a ngai dawn a ni. Mi tam tak chuan in-diet kan ti mai \hin, chaw an ei tlem a, an nghei a, ril\am chung chung pawhin an insum \hin. Hei hi a dik ber lo. Kan pum a ruah rei lutuk chuan kan chauh phah thei, bakah pumpui l^wng (pum ulcer) a awm duh bawk. Chaw kan nghei dawn a nih pawhin zing lamah ei ila, chawhnu lamah insum zawk tur a ni, mi thiamten a \ha zawk e an ti. Ei leh ina kan insum laia kan hriat turte:

Ei zat/tam lam tih tlem: kan ei in kan ti tlem a nih pawhin vawikhata ti tlem thut lovin zawi zawia tih tlem thin tur a ni.

Protein lampang ei tam a \ha: Protein ei tam hian kan taksa a thaute an kalral (burn) chak zawk a ni. Artui, be lam chi leh saah te protein a tam.

Hriak leh mawm ei tlem tur, kan thil ei a mawm a, kan lam chi kan ei nasa a nih chuan kan thil ei leh siam dan thlak tur a ni.

Carbohydrates tamna chi insuma thil thlum lampang ei tlem tur.

* Insawisawi (exercise): Mi tam takin intih cher nan ei in an insum a, damdawite an ei, a \ha ber chu a ni lo, insawizawi a \ha ber, side effect a awm ve lo, bakah \hatna tam tak sawi sen loh a awm. Regular taka exercise i laka i insawizawi fo chuan rei lo t>ah i rihna pawh a lo tla hniam ang a, i hrisel zawk bawk ngei ang. Mahse tuarchhel a ngai, tih tak takna a ngai ve tlat. | henkhatin kar

hnih khat an han ti lep lep a, sawt lovin an hria a, an beidawng leh mai \hin. Chutiang tur a ni lo, a thlaa thla, a kuma kum i tih ngat chuan i inchhir lo tawp ang, kawng dang dangah i hlawkpui bawk ang a, i vun a lo nung zawk ang a, i lung a lo hrisel zawk ngei bawk ang. Bakah i young sawt mai ang, tak tak. Kan insawizawi a nih pawn vawi leh khata ti vak lovin, ni tin minute 30 a\anga 45 vel hah lutuka tih a \ha lo tih hriat bawk tur.

@ Damdawi: Mi tam takin intih cher nan damdawi an ei, an cher phah kher lo. Damdawi chauh an ei a, ei leh inah an insum leh chuang si lo, a sawt tak tak thei lo. Damdawi kan ei a nih pawhin ei insum paha insawizawi ve zel a \ha hle. Damdawi i ei ve duh a ni mai thei, hei hi hre reng rawh, heng damdawite hi a sawt (effective) vek kher lo, side effect eng emaw tal a awm ziah a nia. Nangma thuin lo ei ve ngawt lo la, doctor leh damdawi lam thiamte i r^wn te te dawn nia.

**1) Chaw ei ti tui lo/Ril ti
\am lo thei damdawi
(appetite suppressant):**

Sibutramine: Chaw i ei a ti tui lo va, thil itna a tireh, hman lar pawl tak a ni. Dose - nikhatah vawi khat, 10mg emaw, 15mg (capsule) a ei \hin tur. Lung \ha lo, thin leh kal \ha lovah te ei/hman loh tur a ni.

Fenfluramine, Dexfenfluramine: Heng damdawite pawh a hmaa mi ang bawkin chaw itna an ti reh. BMR an ti sang/chak nia hriat a ni. Dose - Fenfluramine, 20mg - 40mg nikhatah vawi hnih emaw vawi thum ei tur, thla tum aia tam ei loh a him ang. Dexfenfluramine, 15mg (capsule) in nikhatah vawi hnih ei tur.

2) A chi dang:

Orlistat: Hei ve thung churilah a thawk a, kan thil ei a \anga hriak (fat) kan taksain a la lut (absorp) tur a veng thung. Cholesterol sang tur pawh a veng thei bawk. Side effect \henkhat - eka hriak tam lutuk, kaw \halo, ek chhuak hma lutuk leh a dangte pawh a awm thei. Dose-120mg, nikhatah vawithuma ei tur a ni.

Phentermine, Rimonabant leh a dangte pawh an hmang \hin. Homeopathin damdawi pawh a tam mai, mahse mahnia lo ei ve ngawt loh tur.

Inzai (Surgery): Intiher dan chi hrang hrang tih hnu pawha cher thei lote an zai tlang pui. Zai ngai khawpa i thau loh hram ka beisei hle. Inzai lampang chu sawi tam vak lo ila - pumpui an zai te a, ril an zawm tawi a, puma thau an paih a, chutiang vel chu a ni e.

Japan ramah: Hun a lo kal zel ang a, hma kan sawnin kan changkang zel ang; chutih huna i la thau reng a nih chuan Japan ramah i han kal ang a, nalh deuh deuh pahnihah an lo chhuah tawh mai dawn che a ni (Fiamthu).

A nalh tawka inkhaithlit hi a mawi a, a smart in a changkang zawk bawk. Tun \um atan kan duh tawk mai dawn ang a, chhiartu zawng zawngte hriselna \ha in neih theih nan duhsakna sang ber ka hlan a che u, ngalfimin in dam reng dawn nia. ■

NAU HRISELNA

Nu pum chhunga awm lai :

Nau hriselna chu nu pum chhunga a awm lai daihin a in\an a. Chuvangin, nau hrisel hring tur chuan nu hrisel a ngai phawt a. Nu hrisel pawhin nau a pai chuan, abik taka amah leh a naupai chu enkawl a ngai a ni.

Tichuan, naupai hun tha ber chu kum 20 a\anga 25 chhung hi a ni. Chuvangin, pasal neih hun dik tak chu kum 20 hnu a ni.

Nu chu a hrisel theih nan leh a fa hmasa te \ha taka a enkawl theih nan nau chu kum 3 a\anga kum 4 danah chauh a neih a \ha.

Nunna lo in\an dan: Mipa chi leh hmeichhe chi a lo inbelhbawm veleh hian nun thar chu a lo in\an nghal a ni. Hmeichhe chi hi thi neih a\anga ni 13 a\anga ni 17-na velah a chhuak a, chutih laia nupa an inpawl chuan mipa chi 2000-3000 vel chuan chhul inngah kawngka kal tlangin chhul dawtah (fallopian tubes) a lut chho a. Tam tak chu a kalkawngah hian a thi a. Mahse tam tak pawh dam se pakhat chauh khan hmeichhe chi chu a

belhbawm \hin a ni. Phir turah chuan kha chi inbelhbawm kha a phel emaw, hmeichhe chi 2 a belhbawm emaw a ni \hin. Chutia an inbelhbawm hnu chuan chhul inngah chhungah lut lehin, chutah chuan chak takin a lo thang ta \hin a ni.

Naupai nih inhriat theih dan:

1. Thi neih hun dik taka nei \hin khan a nei ta lo va.
2. Hnute a lo \ang a, a hmur te a lo dum.
3. Luakchhuak hlui te a lo awm a.
4. Pum a lo lian a.
5. Thla 5 velah chuan naute a lo che \an \hin.

Nau neih hun chhut dan:

Nau neih hun chhut nan chuan thi hul hma chiaha thi neih hnunhun ber \an ni a\ang khan chhut tur a ni a. Chuta

\ang chuan ni 280 emaw, thla 9 leh ni 7 emaw, kar 40-na emawah a lo piang ang. Hemi ni chiah chiah hi emaw a nih loh pawhin a hla lo ang.

Thi nei mumal lo leh chhinchhiah lo tan puma nau chet \an tirh kha thla 5-na a ni a. Chuta \ang chuan a chhut theih bawh.

Tin, mi thiamte chuan pum len dan azirin neih hun tur chu an chhut thiam bawh.

Nau pai laia inenkawl dan tlangpui:

Nau pai laia inenkawl dan tur chu hetiang hi a ni:-

1. Insawiselna a neih loh pawhin a nau pai chu a dik leh dik loh te, \ha taka a hrin theih dawn leh dawn loh te hriat nan a khat tawkin doctor emaw, nurse te hnenah emaw a inentir \hin tur a ni. A inentir fo thin lo a nih pawhin nau neih hma thla 3-ah vawi khat tal a inentir tur a ni. Insawiselnate a neih a, luak nasa takte a neih chuan a inentir vat tur a ni.

2. Ei tur: Nu chuan naute a chawm tel tak avangin \ha taka a \han chhoh theihna turin a ei

pangngai let 2 dawn lai chaw a ei tur a ni. Thil man tam chi - artui, sangha leh sa te lei belh vak vak a ngai chuang lo va, chaw leh chhang te, dailuah leh thlai hnah te leh be lam chi leh mim lam chi te a ei tam belh mai tur a ni.

Iron leh vitamin tam tawh a mamawh avangin sorkar-in nau paite hnena a pek \hin chu dawng turin Sub-Centre-ah te a kal a \ha a. Chutiang tamna lam chaw pawh a ei tam deuh a ngai ang.

3. Mut leh insawizawi: Nu chuan nau a awl nan kea kal tein a insawizawi \hin tur a ni a. Mahse, Mizo hnathawh anga rit lak vak vak leh chawi vak vak te a ti tur a ni lo. Tui takin a mu \hin tur a ni a, chhunah te pawh a muhil kher lo mah se chawlh hahdamna hun a nei thin tur a ni.

4. Thawmhaw: Nu chuan thawmhaw thawl nuam hek hawk leh fai \ha tak a inbel fo tur a ni a, tluk te a awm loh nan pheikhawk sang te pawh a bun tur a ni lo. Hnute hren tawt lutuk te a ti tur a ni lo bawh. Kawr thawl (maternity

coat)-te hi a mawi chauh ni lovin a hrisel a ni.

5. Taksa enkawl fai: Nu chu a inbual fai fo tur a ni a. A serh velte fai takin a vawng \hin tur a ni. A hnute hmurte chu a tlum loh nan leh hnute tui a chhuah \hat theihna turin a inbual pahin a kutzungpui leh zungchalin a hmet hrual \hin tur a ni. A tlum deuh sa a nih phei chuan sahriak nen a hmet hrual tur a ni.

6. Natna laka invenna: Sakawrekhrik laka invenna turin hetiang hian a venna (Tetanus Toxoid) a la tur a ni-

Nau pai thla 4 leh thla 5 inkarah vawi khatna,

Nau pai thla 5 leh thla 6 inkarah vawi hnihna,

Nau pai tirh lama tih hman loh pawhin vawi hnih lak tho tur a ni. Pai hmasaka la tawhte chuan neih hma kar 4 vel a la awmin vawi khat lak leh tur a ni.

Mawitea huang!

◆ Civil hospital gate sirah a lo kun ngar ngara, a mittui a lo tla zawih zawih bawk a, kawngaa kal ho chuan, "Tinge a? I englai nge na?" tiin an bial laih laih a... mittui parawl kuanga rawn hawi chhuah pahin, "Ka sahdah hmuam a al lutuuuuuk a" zuk ti a!!!

Mei zuk leh zu in chuan naupang hriselna a tichhe mai ni lovin an rilru chaknate a tibo thei a, chuvangin nau pai laiin tih reng reng tur a ni lo.

Nau no pawm lai:

He hun pawh hi nau pai lai ang bawkin nu leh nau tan a pawimawh a, nau pian a'anga thla 1A-ah a hmaa insawiselna a neih loh pawhin nurse emaw, doctor hnenah emaw a inentir tur a ni. Ei turah te, mut leh insawizawi thuah te, thawmhnaw thuah te leh taksa enkawl thuah te nau pai laia tih ang khian a ti tur a ni.

Nu chu hrisel taka a inenkawl chuan a fa chu tha takin a enkawl thei ang a, a fa-ah chuan natna te a kaihhnawih lo bawk ang a, naute pawh chuan eitur a mamawh ang a hmuh theih nan nu chuan kum khat chhung tal hnute a pe tur a ni.

CHUAPATUIAWM (PLEURALEFFUSION)

- Dr. Monica Biakthanmawii

Eng nge a nih?

Mihring chuap hian tuamtu a neia, chungte chu 'Visceral Pleura' - chuap deptsu leh 'Parietal Pleura' - awm ruh tuamtu r[^]ng. He r[^]ng pahnih inkarah hian hmunawl (space) zau vak lo a awm a, chu chu 'Pleural Space' an vuah. He hmunawl (space) ah hian tui hn[^]ng pante/temte a tling \hin a, chu chu 'Pleural Fluid' an vuah bawk a. Dan pangngaih chuan 200ml aia tam lo tur a ni. He tui hn[^]ng hi a awm zat tur aia (200 ml aia tam) a awm chuan 'Chuapa tui awm (Pleural Effusion)' an ti. Chuap emaw taksa peng danga natna avanga lo insiam a ni tlangpui thin.

A thlentu :

Chuapa tui awm kan tih hi natna chi hrang hrang, inang lo tak tak vanga lo irh chhuak a nih \hin avang hian a thlentu natna hriatchian hi thil pawimawh ber a ni. A thlentu larzual deuh deuh te chu :

- 1) Bacterial pneumonia
- 2) Tuberculosis
- 3) Pulmonary infarction (lung thisen tlachham)
- 4) Cancer
- 5) Lung hlawhchhamna/ lung hnathawh that theih loh
- 6) Viral infection
- 7) Cirrhosis (thin sawng)
- 8) Awm bawr hliam

9) Acute Rheumatic Fever

10) Rheumatoid Arthritis.

Chuapa tui awm lo insiam dan/Chuapa tui lo awm dan:

Chuapa tui insiamchhuak leh hip ral zat hi a intluk (balance) thlap \hin a, chuap in a hip ral theih aia tam a lo insiam chhuah hian lo inkhawlkhawmin chuapah tui a awm (pleural effusion) kan lo ti ta thin a ni. A tlangpuiin tui hnang hi parietal pleura a\angin pleural space-kan tihah a rawn lut a, chuta \ang chuan taksa hmun hrang hrang a \halbe leh thalbe inkara zamah (lymphatic)- a luang lut ta \hin

a ni. Lung a\angin visceral pleura kan tih kaltlangte pawhin pleural space kan tih hi an thleng \hin bawk. Lymphatic hian tui hi a awm tur zat aia tam let 20 a awm thlengin a hip lut thei a ni.

Chuapa tui awm chhan hi tui hn^ng insiam tam lutuk vang emaw, chuapin a hip tur ang zat a hip ral theih loh vanga lo awm a ni ber a, hei hi natna chi hrang hrang vanga lo awm a ni thin a ni.

Natna lanchhuah dan :

Chuapa tui awm hi tui awm tam dan azir leh a thlentu natna azirin chi hrang hrangin a lang chhuak \hin. Tui tam deuh pawh zawi muanga a insiam chuan damlo in na a hre vak \hin lo. A lanchhuah dan tlangpuite chu :

- 1) Thawhah/thawk harsa
- 2) Awm bawr na
- 3) Khuh
- 4) Awm bawr rihna
- 5) Tlai lam khawsik (khawsik ser ser).

Natna hrik vang emaw inhliam vang a nih chuan a tir

tein awm bawr vel hi a na hle \hin, amaherawhchu tui a lo insiam \an hnuah erawh chuan a na hian ziaawm lam a pan zawk \hin. Thawhah/thawk harsa erawh hi chu tui a tam zawh poh leh a zual thin. Cancer vangte a awm a nih chuan awm bawr tui awmna lai vel hi a na riai riai thin bawk.

Kan tarlante bakah hian thawri (breath sound) a zawi a, awm kuk (percussion) ri a zawi bawk \hin (tui awm hi a tam poh leh a ri hi a zawi tial tial \hin).

Chuapa tui (pleurak fluid) hi chi hnih a \hen theih a ni a, chungte chu (1) Exudate (2) Transudate Pleural fluid zirchianna atang hian taksa peng (organ) \ha lo lai a hriat theih \hin a ni.

Transudate thlentu langsar zualte :

- 1) Left ventricular failure (Lung pindan pali a vei lampang pindan pahnih)-a chung leh hnuaiin a hnathawh tur ang a thawh theih lohna avangin.

2) Thin sawng/rawp tawh avangin Exudate thlentu langsar zualte :

- 1) Bacterial pneumonia
- 2) Cancer
- 3) Viral infection
- 4) Thisen khang in chuap a hnawhin (pulmonary embolism)

Natna chi hrang hrangte avanga chuapa tui lo insiam dan :

Taksa bung hrang hrang fel hlelhna avanga lo irh chhuak \hin a nih avangin, tui lo awmtirtu natna zawn chhuah hi thli awlsam a ni lo va, Chiang leh zualin i han zir dawn ila :

(1) Bacterial pneumonia avanga chuapa tui lo insiam dan: Bacterial pneumonia natna nei mi zaa sawmli (40%) ten pleural effusion hi an nei a, a tir tein pleural fluid hi thi hna rawng a ni a, tichuan a lo rei deuh hnuah a nu khuih \hin a ni. A tir tein he pleural fluid hian natna hrik a pai lo va, mahse a chang chuan a natna thlentu natna hrik hian a luh khung ve \hin a, tichuan pⁿ hnaite a lo insiam bawk \hin.

(2) Tuberculosis (TB) avangin: Chuap TB hi a lo nasat tawh chuan, TB thlentu natna hrik khan chuap kal-tlangin a tuamtu rang hi a zuk run (infect) ta \hin a, a daidangtu tichhiain tui a lo insiam phah ta \hin a ni. TB avanga tui hi lo insiam a nih chuan khawsik a sanga, thawhah leh awmbawr na a nasa a, taksa rihna a tlahniam thin hle bawk.

(3) Cancer vangin: Cancer hnathawh chak tak avangin taksa bung pakhat a \ang pawhin a dangah a kai awl thei hle a, chuvang chuan taksa khawimawlai cancer avangin chuapah tui a lo awm thuai \hin. A thlentu tam berte zinga pahnihna a hauh hial bawk, chutah pawh chuap cancer, hnute cancer leh lymphoma te hian 75% an hauh a, thawhah hi a lanchhuah dan tlangpui ber a ni. Tui hn^{ng} zirchian hian cancer vang a ni nge ni lo a tichiang a, thorascopy tih leh biopsy lak a \angkai hle.

Chemo khai chi a nih ve loh avangin thawhah chhawk

nan tui hi siak chhuah tur a ni. Cathetar pawh an vuah bawk \hin. Tin, Sclerosing agent Doxytim 500mg pek \hin tur a ni.

(4) Lung hnathawh \hat loh avangin (Heart failure): Lung pindan vei lam pang hnathawh \hat loh avangin a tam ber a, tui hi chuap lamah a hrangtein a awm khawm duh bik hle \hin. Tin, damloin awmbawr vel na te, khawsik te, chuap vei lam emaw ding lam chauh a tui tling a neih phei chuan siak chhuah vat \hin tur ani. A nih loh pawhin zun tamna damdawi pek \hin tur a ni.

(5) Heaptic hydrothorax: Damlo pum puar leh thin sawngte (cirrhosis)-ah za zela panga ten chuapa tui awm hi an nei a. Tui hi chuap ding lam pang bulah a awm tlangpui a, a tam duh hle a, thawhah a siam nasa thei hle bawk.

(6) Chuap bul vela tui awm (parapneumonic effusion) avanga chuapa tui awm: Parapneumonic effusion hi natna hrikin chuap a tihnat avangte leh chuap vung vangtea lo awm a ni deuh ber.

Aerobic bacterial pneumonia leh pleural effusion awm kawp chu khawsik sang vak lo, awmbawr na, khak tam leh thisen var sang (leuco-cytosis) a\angin kan hre thei a. Anaerobic bacterial pneumonia leh pleural effusion inkawp ve thungah chuan taksa rihna a tlahniam a, thisen var (WBC) a sang a, thisen sen zawk (RBC) erawh a tla-hniam hle thung.

Khawlbik hmanga endik \hin a ni a, chungte a\ang chuan kan hrechiang thei dawn chauh a ni.

- * Lateral decubitus radiography
- * Computed tomography (CT - scan)
- * Ultrasound te an ni.

Tin, he tui tling hian chuap leh awm ruh chu 10 mm aia tama a in hlattir phei chuan rang taka siak chhuah vat tur a ni. Siak chhuah hnua a awm nawn leh a nih pawhin siak chhuah nawn leh mai tur a ni. Fai taka lak chhuah theih loh a nih pawhin thorascopy tih \hin tur a ni.

(7) Haemothorax: Thisen hi chuapa tui tlingah hian a tel ve \hin a, a tlangpuiin awmbawr vel inhliam vang a ni ber. Thisen zam chat leh pⁿ vang pawhin a ni thei. He thisen chhuak hi darkar khat chhunga 200ml aia tam a nih phei chuan thoractomy tih vat a \ha.

(8) Viral infection vangin: Viral infection vang pawh hian chuapa tui awm hi a tam hle a, hetah ve thung hi chuan a mahin tui hi a kang ve leh mai thei a, tui hi a tam tak vak ngai lo baw. Chuvangin za zela sawnhnihte phei chu an tui pai an hmuh hmaih chawbaw.

(9) AIDS: AIDS vang chuan tui awm hi a vang hle.

(10) A thlentu dangte: Kan tarlan takte bakah khian natna tam tak thlen theitu a awm a, chungte chu chawdawt keh/ chat vang te, pum puar te, chi bawm bawbaw leh damdawi \henkhat nghawng \ha lo vangte an ni.

Investigation :

(1) X - Ray: Ngil taka \huin hnung lam a\anga lak tur a ni.

Tui tling 200ml aia tlem erawh chu a hmuh theih loh.

(2) USG: Chiang leh zualin a tui awm zat nen lam a tilang thei.

(3) CT - Scan: Cancer vang a nih leh nih loh a tilang chiang thei.

(4) Chuapa tui awm endik: Pleural fluid a thisen needle vang a nih chuan a tui chhuah tirah a fim a, a tawp lamah thisen a rawn tel chauh \hin. Thisen rual khai taka a tir a\anga a tawp thlenga a awm chuan thisen cancer, TB, chuap hliam leh lung hnathawh that loh vangte a ni thei.

Microscopic: TB-ah chuan lymphocyte a sanga, viral/ fungal vang a nih chuan eosinphil a sang.

Enkawb dan: A awmtirtu azira enkawb tur a ni a, bacterial effusion chu antibiotics pek tur a ni. TB effusion chu antitu-berculosis chemotherapy leh corticosteroid (prednisolone 20mg daily) kar 2-3 chhung pek tur. Corticosteroid hi SLE,

Rheumatoid disease leh post cardiac injury-ah pek tur a ni bawk.

Exudate insiam nawn leh hi amahin fibrosis (ti hrawl \hat loh vanga bawk na)-ah a insiam thin a, chuap chawl tur a phuar thin. Chuvangin siak chhuah vat leh a mil tur damdawi pek vat tur a ni. Nachhawkná damdawi pek \hin tur a ni.

NB : Pleural effusion avanga awmbawr na hi awm ruh auhte,

nak ruh khi/tliakte, tihrawlna leh tha na a\angte a hriat chian a \ha phawt a, chuvangin X-ray tih vat a \ha.

Exudate effusion chu test a nihin a hnuaiá mi pakhat tal hi hmuh a ni \hin.

1) Pleural fluid - protein/ serum protein > 0.5

2) Pleural fluid - LDH/serum LDH > 0.6

3) Pleural fluid - LDH > 2/ 3rd upper limit.

Mawitea huang!

◆ An mikhual kha a huangtau ve mai mai asin chawei dawnah. 'Sa te hi kan hmeh ve dawn nange' a ti a, pa ber chuan, "Tunlai chu kan harsa lutuka, sa leina tur pawh kan nei lo" a lo ti chuar chuar a, ani chuan "Aw...ba mai ula..." zuk ti hram pek a!!

◆ Thehlei kha a kapthla ve a, a fapa hmingah KAPHRANGA zuk phuah ngawt pek a!!!

◆ An kohhran kha an fekfawn mai mai asin, zu nam deuh thutna leh virgin thutna tur te kha zuk nei hrang thlap a!

◆ An kohhran zaipawl kha an chhangchhe mai mai khawpa... Suprano in an sak rin deuh leh SIKHAR rim a nam hak a, a bass in an sak rin deuh leh ZU | HING rim a nam leh rum rum bawk si.

Doctor awmlohna hmunah (First Aid)

SHOCK

Shock hi nikhaw hre lova tluk thut hi a ni. Thisen a lo hniam hle in emaw, a lo san viau te, hliam nasa a thisen chhuak nasa ah te, kang nasaah te a lo awm thin. Tin, taksa in tui tam tak a hloh (Kawthalo nasa)-ah te, taksa in a huat zawng eng emaw nasa taka neihte pawhin a awm thei bawk a ni.

Shock hriat theihna te:

1. Marphu chak lo leh rang si (minute khatah vawi 100 aia tam a phut chuan)
2. Taksa vawt tak, vun hnawg chuap a, thlan tuiin a leih bawrh bawrh, vun te chu a lo dang vek thin.
3. Rilru fim lo (rilru buai) emaw, nikhawhre lo emaw in an awm thin.

Shock vendan leh enkawldan

Shock awm dan kan sawi tak anga a lo awm chuan emaw, shock mai tur anga hlawthawnawm taka a lo awm chuan:-

- a) Damlo chu a ke lam kam sang la, a lu lam hniamin muttir rawh.
- b) Vawt a tih chuan puan sintir rawh.
- c) A rilru a harh chuan in tur thil lum lam pe rawh.
- d) Na a tih chuan nachhawkna(Aspirin) emaw, nachhawkna dang pe rawh.
- e) Hlahthawng lo takin enkawl la, damlo chu tawng thlamuan rawh.

Damlo chu nikhua a hriat loh chuan:-

- a) A saisirin a lu chu tlem a dak deuhin muttir rawh
- b) A luak chuan a ka te chu tihfai thuai tur a ni a, a lu chu a sir zawngin dah a ni em, a chuapah te luak them a hip lut em tih enfiah rawh.
- c) Nikhua a hriat leh hma chuan engmah pe suh.
- d) Thisen chaw pek thiam an awm chuan Normal Saline rang takin pek tur a ni a, a far zat pawh ti rang deuh ang che.
- e) Rang takin damdawi thiam rawih tur zawng ang che. ■

R I L P H I R

- Dr. C. Vanlalhlua, M.S. (Gen. Surgery)

Kan chhak lam unautena Rilpeng an tih, keinina 'Rilphir' kan tih mai hi a tuipuiral \awng chuan 'Appendix' a ni a, kan taksa tana \angkaina nei lem lo anga sawi a ni \hin. Mahse heti taka natna a thlen ngun avang hian a pawimawh tih loh chi rual a niin a lang lo. Inzaipui hmanhmawhthlak bik zingah chuan zai tam ber a la ni reng a, natna dang tam tak anga ruahman lawka zai tura nghah chi pawh a ni ve lo tlangpui. Rilphir natna nei zingah chuan \halai an tam ber a, naupang leh kum upa lamah chuan a tam lem lo. Zai ngai natna kawmawn deuh ber a nih avang hian Doctor thawk tir pawhin zaipui khawih hmasak ber a ni fo.

Hmanlai a\ang tawhin...: Rilphir natna hi kum tam tak ralta a\ang khan hriat a ni tawh a. Kum 1500 AD daih tawh pawh khan a nat dan hi sawilan a ni tawh. Kum 1736 khan tu emaw chuan a lo zai tawh tih hriat a ni. Mahse kum 1886 a\ang chiah khan Reginald Fitz chuan rilphir na tihdam hlenna chu paih chhuah mai a nih thu a sawi. Chiang lehzuala zirbingtu erawh chu Charles McBurney a ni thung; kum 1889 khan a zir chianna chu a tlangzarh a, ama hming chawh hian rilphir natna leh zai dan chungchang pawimawh leh lar

tak pawh vuah a ni chhunzawm ta a ni.

Khawiah nge a awm....: Kan pum dung lam pang hnuai deuhvah hian a awm, i'n ti leh mai teh ang. Lai leh khelruh ding lam inkarah hian a natna chu a lo langchhuak \hin deuh ber. Chu chu rilphir \antir (caecum) awmna hmun a ni. Chu rilpui a\ang chuan lo chawrchhuakin a hmawr lam chu khawi lam hawi zawng pawhin a bet kual thei. A tam berah chuan rilpui bawh zawngin a hnung lamah a bet chho va, a hma lamah pawh a awm thei. Tin, kumkuruh

chhung lamah pawh a thle chhuk daih thei bawh. Bakah, rilte hmawr tawp lam pawhin a phei thei a, a awm hmun chiah hi a danglam thei hle a ni. Mahse a chawr chhuahna erawh hi chu a ngai reng.

A lo nat tan dan chu...: Kan pumpui leh ril chhungah hian natna hrik pawisawi lem lo a tam mai a, chaw pai \awihna tur tuihn^ng a insiam chhuak hnem hle bawh, chu chu rilphirah pawh a ni tho. Eng emaw avanga rilphir kua a lo pin khan tui insiam chhuak reng avangin a kaw chhungah chuan nekna a lo sang zel a, chu chuan thisen saplai a nek buai a, natna hrikte chu a lo darh vak a, rilphir bang te a lo vung puar lian a, a nasat zel phei chuan a lo pawp/puakkeh hial thei a ni. Rilphir kua hnawh pingtu hi ekthem khal (faecolith) emaw, cancer hrik emaw pawh a ni thei. Tin, a rilphir banga kha eng emaw avanga a lo sawr zim tawh sa vang pawh a ni thei. Ram changkangah chuan sa leh thau lam ei nasa ho hian an vei duh bika hria a ni a, thlai hring ei

tam ho zingah hian a tlem deuh niin an hria.

A natna lanchhuah dan...:

A tirah chuan thinthip leh lai bul vel pum hi a na \an riari riari a, a natna zawn tak sawi har si, mi khei deuh fek fek te pawh a ni thei. Chu chu thil ei chak lohna leh luakchhuakin a zui a, \henkhat phei chu an luak hial thei. Darkar eng emaw zat hnuah chuan a natna lai chu rilphir awmna zawn pum ding lam hnuai lamah a insawn thla a, helai hmunah hian a na chhonzawm reng \hin; chu chu khawsik ser ser leh lungphu rangin a zui bawh. A rei deuh hnuah phei chuan chulai chu han khawihin a na em em a, chet vel hlek pawha a nat \hin avangin mi a pawt kawm reng thei. Hetih huna thisen test chuan a rizal pawh a lang Chiang thei a ni. Tunlaih chuan Alvarado score an tih hmangin rilphir natna hi a hriat chian theih zual a ni.

Natna dang a ni thei...:

Rilphir na hi natna dang nena thliar hran ngai tak a ni a. Natna dang tam tak, rilphir na nena ngaih pawlh theih a awm.

Kalna leh zunkawnga lung awm te, pumpui leh ril pawp te, ril pan typhoid te, chi kawnga naupai te, chibawm puar te, hmeichhe natna bik chi hrang hrang leh chhul na te, mipa chi kawng na te, ril ping leh rilpui natna dang te, awm leh chuap dinglam na te nen thleng pawh ngaih pawlh theih tak a ni. Naupangah phei chuan kaw\halo naran nen pawh thliarhran ngai tak a ni. Chuvang chuan a veitu kum azir leh hmeichhia mipa a nih ang zelin natna dang tam tak chian phawt a ngai. Pum dinglam na nazawng hi rilphir na a ni vek lo tihna a nih chu.

Kum upa leh mi thau te hian...: Sawi tawh angin kum upat lamah chuan rilphir na pawh a lo tlem deuh tawh a, mahse an vei vek vek chuan a hlauhawm hma hle thung. Taksa vengtu sipai an neih tlem tawh avangin a pun zual hmain a pawp keh darh hma bik a. Tin, ril ping leh natna dang nen an awm kawp avangin kum upa lam chu enkawl uluk pawh an ngai bik, cancer-te pawh an neih leh neih loh chian a tel a ngai

ang. Mi thau tak hote pawh hi an rilphir natna hriatchhuah a har a, a lan chhuah dan a danglam bik thei a, natna hrik a pung chak bik a, zai pawh an harsa tlangpui \hin a ni. Chuvang chuan enkawl thiam an ngai bik hle kan ti thei ang.

Raipuar laia rilphir na...:

Raipuar sanghnih vel zela pakhat hian rilphir na vei ziah anga ngaih a ni. Rai lai chuan chhul lian zelin ril leh rilphir te pum chung lamah a nawr chho va, a nat chhuah dan a dang daih thei. Luak-chhuak, luhai leh pumna tih velte hi naupai \ha pangngaiah pawh a awm fo avangin rulphir vanga na nen thliar hran a har a, rilphir na a zualkai hman thei fo. Hei vang tak hian rai laia rilphir na hriatchhuah chu a hma thei anga zai a, paih mai hi kawng \ha zawk a ni. Zai vanga naute \hatloh phah aiin zai loh vanga nu leh naute in an tawrhna chu nasa zawk fe anga ngaih a ni.

Entia enkawl tur nge....:

Rilphir na chu paih mai tur a ni. A tel lovin mihring hi a dam theih khawp mai. Thil dang \ha

lo a tel a nih loh chuan insawiselna pawh an nei zui ngai lem lo. Mahse inzai reng reng chu fel famkim lo palh a awm thei tih hriat a \ha. Mahse thil dang na rinhlelh vang emaw, rilphir na tih chian fak ngam loh vang emaw a nih chuan damdawi hmang pawhin \um hnih khat chu a lo in enkawl lailawk theih tho, a hnu a paih leh tho erawh chuan a hnuah a na nawn leh fo \hin a, a zual zawk fo duh bawk a, chutiang pumpelh nan chuan paih hma chu a himna zawk a ni. Mahse, rilphir na a ni lo tih hriat chian chu paih kher a \ul chuang lo.

Zai dan chi hrang hrang...: Rilphir zai kan hriatlar ber hi chu a natna zawn dul vun zai kak a pum chhung natna a\anga zuk lak chhuah a ni a. Zaina hmumhma kut zung bawk leka kuaah khan rilphir zu zawn hmuh a, pir chhuah a, a chawmtu thisen zam leh duar te \awn pina tihchah hnuah rilpui a\anga chawr chhuahna lai hren pin a zai thlaka paih a ni. Tunlaih chuan rilphir zai dan chi dang a lo awm thar zel

a. A verha verh hmanga paih (Laparoscopic Appendicectomy) pawh hmun tam takah an uar tawh. Aizawl Civil Hospital-ah ngei pawh kum 2008 March ni 9 a\ang khan a verha verh hmanga paih \an a lo ni ta. Hmun thuma verh hmanga paih \hin kha tunah phei chuan hmun hnih/khat leka verha paih theih a ni ta zel bawk. Tin, hmunpui \henkhatah phei chuan Endoscopic Appendicectomy pawh an ti thei tawh bawk.

Zai nghal vek tur em ni...: Ni vek chuang lo. \henkhat chu a nat \anna rei deuh hlek hnu, ni thum ni li hnuah te doctor an pan chauh \hin a. Hetih hunah hi chuan rilphir vung puam vel kha ril leh rilbawh vel te nen an inbelhbawm khawm tawh \hin avangin zai a harsa tawh thin a, bakah zai kha a hlauhawm tawh avangin damdawi hmanga inenkawl phawt a, thla hnih thla thum hnu vela ruahmanna fel zawk nen a zai zawk tur a ni. A \hen phei chu hnai tlingkhawm te nen an awm avangin a hnai lakchhuah ringawt a, a hnua rilphir paih

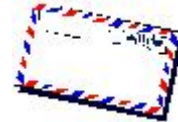
chauh a ngaih chang te pawh a awm bawk.

Inzai vanga harsatna lam te....: Inzai reng rengah chuan thil fel famkim tawk lo a awm palh thei vek. A bikin rilphir phei chu natna hrik tam tawkin a bawm a ni a, inzaina hmuam-hma p<n leh dam fel lo te, hnai la te a awm thei hle a ni. Ril khawih chet vanga ek leh vawih chhuah harsatna te,

hnimhlum lam thil vanga thawk lam chian lohna te, natna hrik \aidarh vanga thin leh mitliam natna thlengin a awm thei vek. Tin, ril pawp leh hnai la te, ril ping leh tila ril tla kan tih ang thleng pawhin a hnufeah phei chuan a thlen mai thei. A \henah phei chuan chi thleh theih lohna thlen thei hial pawha sawi a ni.

Lehkha thawn

Ka pu,



In department in thlatina a tihchhuah Hriselna hi ka lo chhiar ve thin a, in department hnathawh hi a ropuiin mipui tan a tangkai takzet a ni. Hetianga mipui hriselna tur ngaipawimawha an in lama thu tha tak tak leh tangkai em em a in la umzui thin hi in hnatthawhah in chiangin in inpekna a ropui takzet zet a ni. Hetianga in inpumpekna hian rah tha a thlen ngei ngei ang tih a hriata, in hnathawh avang hian Zoram mipui hian hriselna lamah hma kan sawn ngei ngei ang tih a chiang a ni. He in Hriselna chanchinbu hi Zoram mipuite tana chhiar vek theih tura hma lak dan te hi awm phei se a va tha dawn tak em.

Engpawh nise in hmalak mekah hian theih tawp chhuah zel turin ka ngen duh che u a, hei hian Zoram mipuite hmasawna leh changkanna lamah nasa takin min hruai dawn ani tih hrerengin tan han la sauh sauh the u.

Hriselna ngaihlu tu.
LALNGAILIANA, Serchhip.

Cheng 5,00,000 thleng bill theihna Scheme thar

Ayushman Bharat – Pradhan Mantri Jan Arogya Yojana hi Sawrkar laipui, Ministry of Health & Family Welfare hnuai Scheme thar, tuna Scheme kal lai mek Rashtriya Swasthya Bima Yojana (RSBY) thlak thlengna Scheme thar a ni a. He Scheme thar hnuai hian chhungkua pakhatin kum khatah ` 5,00,000/- (Cheng nuai nga) thleng damdawi ina an inenkawlina senso an bill thei tawh dawn a ni. 1st October, 2018 a\anga hman \an tur a ni. Mizoram State Health Care Society, Department of Health & Family Welfare in a keng kawh ang.

AB-PMJAY thil tumte:

AB-PMJAY hian thil tum pahnih (2) a nei a, chungte chu:-

- 1) Damdawi ina inenkawlina hautak avanga harsatna tawh thinte chhawk zangkhai turin leh tun hma aia mipuite sum sen titem zawk turin.
- 2) Awlsam zawka mipuiten damdawi ina inenkawlina tha zawk an lo neih theih na tur leh a hma aia sum hman tur tihsan.
- 3) AB-PMJAY hman thei tu te - Sawrkawr laipui phal chin:-
 - 1) SECC (Socio Economic Caste Census) 2011 Census List-a tel chhungkua te,
 - 2) RSBY Smart Card hman mek chhungkuate.
Mizoram Sawrkar hmalakna (Sawrkawr laipui remtihna nen)
 - 3) Mizoram Health Care a inziak lut tawh sa chhungkuate leh kumin October chhung a inziak lutte.
- 4) AB-PMJAY hamthatnain a ken telte:
 - i) He Scheme hnuai hian Natna chi hrang hrang 1390 chuangah rate bituk sa (package rate) hmanin iienkawlina senso ` 5,00,000/- thleng a bill theih tawh dawn a ni. Heng package rate hian investigation man, damdawi man, in zai senso, chaw, Nursing senso, Doctor Visit senso, etc. a huam tel ang.
 - ii) RSBY leh Health Care hnuai chhungkaw member tam lam zat limit (5 chin) awm thin chu tihtawp a ni a.
 - iii) He Scheme-a inziak lutte chuan India ram puma Sawrkar damdawi in te leh Sawrkarin a phalsak Private damdawi inah Cashless in an inenkawl thei dawn.
 - iv) He Scheme tharah hian Enrollment hranpa a ngai tawh lova, Enrollment Fee hranpa pawh chawi a ngai tawh lo vang. Nimahsela, APL tan

erawh chuan a, kumin October chung hian la in register lote tan hun hawn a ni dawn a, Register man chu` 1500/- a ni thung ang. Mahni bial Sub-Centre theuhah ngaihven tur ani. In register tawh sa tan tih nawn a ngai lo ang

- v) Damdawi ina luh hma leh chhuah hnuah senso awmte pawh huam thei tura duan a ni.
- vi) He list-a ziah luh chungkuate chu damdawi ina an inenkawl dawnin Sawrkar siam ID (Voter's ID leh Aadhaar Card) leh Chhungkaw Ration Card kengin Beneficiary Identification System hmangin finfiah ngei ngei tur a ni.
- vii) Phai lama kal mamawhte chuan a hranpa a Medical Board phalna lak a ngai tawh lovang. Nimahsela, phai a kal hmain, BIS hmanga finfiahna lehkha 'Golden Record' neisa tan a awlsam ang. He lehkha (Golden Record) hi sawrkar damdawi in atanga siam theih a ni.
- viii) Transportation man bill theih thin kha bill theih a ni tawh dawn lo.
- ix) Damdawi ina inenkawlina leh bill siam chu damdawi in mawhphurna a ni a, internet leh computer hmangin bill siam a ni mai dawn a ni.
- x) AB-PMJAY hi mipui tan tha taka kalpui a nih theih nan Sawrkar laipuih a enkawltu tur National Health Agency (NHA) din a ni a; State tina a enkawltu atan State Health Agency (SHA) din a ni bawk.
Mizoramah chuan Mizoram State Health Care Society chu **AB-PMJAY SHA** a ni ang.
- xi) NHA hian hmasawn zel turin State zawng zawngte thawhpui zel a tum.
- xii) Damdawi ina enkawlina chungchang emaw harsatna chi hrang hrang nei chuan mahni biala Health Worker/Medical Officer/Chief Medical Officer emaw Health Care Society Office hnenah thlen tur a ni.
- xv) AB-PMJAY hnuaja bill theihloh natnate:
(a) Admit ngailo natna. (b) Natna kaihnawih nilo senso. (c) Inhlam vang ni lo Pianhmag mawina tur atana plastic surgery emaw enkawlina. (d) Ka chung zai ngai lova ha enkawlina (ha phawi, ha tih var, brace vuah etc). (e) Natna vang nilova serh tan. (f) Vaccine lak senso. (g) Nunphung tibuailo pianpui natna. (h) Damdawi/zu hmansual kaihnawih natna. (i) Mipat-hmeichhiat thlakna senso. (j) Mahni intihnat senso (Intentional self-injury/suicide). (k) Nihaw hrelo kum bet rei tawh (persistent vegetative state). ■

- 14.9.2018 khan North Eastern Council (NEC) kaltlanga ` 2.28 crores senga lei Mizoram chhim lama Computed Tomography (CT) Scan khawl hmasa ber 'Siemens 16 Slice CT Scan' chu Health and Family Welfare Minister Pu Lal Thanzara'n damlo leh mamawhte hman theih turin a tlangzarh. He hunah hian Cancer Day Care Centre, Blood Component Separation Unit leh NEDP kaltlanga Hospital hmanraw hrang hrang lei thar te Health Minister hian a hawng nghal bawk a. Cheng vbc 5 senga sak tur H&FW Department Type IV leh Type III Staff Quarter leh cheng vbc 3.81 senga sak tur Trauma Centre lungphum te a phum bawk a ni.
- September ni 11 khan Aijal Club Conference Hall-ah Transport Minister Pu John Rotluangliana hovin 5th Mizoram State Anti-Tobacco Day 2018 hman a ni a. Indian Society on Tobacco & Health, Mizoram (ISTHM) leh National Tobacco Control Programme, Mizoram (NTCP) buatsaih niin thupui chu 'Inchhung leh lirthei chhunga meizuk loh' tih a ni. Dr. Jane R. Ralte chuan 'Inchhung leh lirthei chhunga meizuk loh', Global Adult Tobacco Survey (GATS) leh vaihhlo dona atana hmalakna hrang hrang presentation a pe bawk ani.
- September ni 7 khan Health Director Conference Hall Dinthar ah 33th National Eye Donation Fortnight hman a ni. He hun hi Dr. F. Lallianhlira, Principal Director in kaihruaiin Dr. Lalremmawii SPO, NPC & VI chuan presentation a pe a, Dr. Enghmingpian' in Eye donation report a pek hnuah Dr. Lalrozama IAS, Mission Director, NHM chuan eye donation chungchanga hriat tur pawimawh a tarlang.
- Mizoram bikah chuan July Ni 31, 2008 khan Aizawl Civil Hospital-a Eye Bank atanga bul tan a ni a, a vawikhat nan kum 2009 khan Civil Hospital neih tan a ni. Tun dinhmunah Mizoramah Mit thawh tura inziaklut 5356 anawm mek thu leh dawng tur inziaklut 313

awmin, mit thawh tawh 345 leh mit \ha lo thlak sak 86 vel an awm tawh thu tarlan a ni. Mit darthlalang (Cornea) hi mit pawnlang bera har fim tak mit hmalam tuamtu hi a ni a. Tihpalh emaw taksa mamawh ei loh avangin a paw thei a chu chuan mitdelna a lo thlen thin a ni.

■ August. 2018 chhung khan Aizawl Civil Hospital-ah mi 36168 an inentir a, heng zinga mi 1162 te chu admit an ni. Major operation (Zai pui) mi 596 leh zai tenau mi 999 an ni a, nausen piang mi 334 an awm a, mithi 45 an awm bawk. Mizoram pawna referred mi 223 an awm bawk.

■ September ni 19 khan cheng nuai 125.55 a sak Rabung damdawi in (PHC) chu bialtu MLA Pu TT Zothansangan a hawng.

■ September ni 19 khan Mizoram Health Care Society Governing Board chu Chief Minister Pu Lalthanhawla hovin CMO conference hall ah an thu khawm a, health care chung-chang an sawi ho. He meeting ah hian RSBY & Health Care chu AB-PMJAY tia thlak a ni.

Hemi hnuaiah hian cheng 5,00,000 thleng damdawia inenkawlna senso bil theih ani tawh dawn a ni, tin, natna chi hrang hrang 1,395 atan bill phal ani tawh dawn bawk a ni.

■ Mizoram a HIV hrik pai October, 1990 atanga August, 2018 theng dinhmun chu hetiang hi a ni.

■ HIV hrik pai zat hi mi 16.413 a ni a, heng zing a mi 10,780/- chu mipa niin hmeichhia 5633 zet HIV hrik pai an awm mek bawk a ni. HIV hrik an kai na tam ber chhan chu Mipat hmeichhiat hman khawlohna avangin a ni a, heng avang hian mipa 6299 zet in HIV an kai phah a, hmeichhia 4646 hi HIV an pai phah bawk. Hriau thianglimlo hman atangin mipa 3901 leh hmeichhia 599 in HIV an kai phah a, nu in a fa-ah a kai hi mipa 247 leh hmeichhia 261 an awm bawk. Kai chhan hriat loh hi mipaah 182 awmin hmeichhiaah mi 127 zet an awm mek bawk. Anpui inkawp atangin mipa 151 zet in HIV an pai phah bawk. Thla 9 chhung mai in mi 1659 in HIV an kaithar a, nu naupai zingah mi 113 zet an tel a ni. ■