

HEALTH CARE AND MEDICAL

Immunization:

Find out the necessary immunization info and get everything done. Generally there are some vaccines like Hepatitis B, which require 3 doses once each month. So do it early. These vaccines are very costly in US and you certainly do not want to start spending money the moment you land in US. Get requisite immunization done (especially MMR)

Health Checkups

Get a medical check-up done

Dental check up

Fresh check-up, especially if you have a major ailment

Is Dental Care necessary?

After extensive survey and upon seeking the opinion of senior's abroad a conclusion on the need for dental treatment while in India has been made.

- Mouth is the mirror of human health. Taking care of oral cavity is a prelude to keeping overall health fit.
- The rationale behind taking dental checkup and treatment while in India is:
- To avoid possible dental treatment abroad as it is a well-known fact that dentist in U.S charge exorbitantly high.
- Under inevitable circumstances if you are required to go for dental treatment
- You need prior appointment of two to three weeks in U.S
- Even Students are required to bear the huge expenditure, as dental care is not covered under health insurance in the U.S.
- It is ironic that the materials we use in India are the same used by dentists in U.S, but the payment made for the dental care is in dollars while the number being the same in India.

Eye Check Up:

Get your eyesight checked - get a new prescription. Buy at least one extra pair of glasses or a pair of contact lens. Get requisite immunization done (especially MMR) Get prescriptions & medicines for all common ailments (the technical name of the medicine along with Indian/US brand name) Important: Complete the health documentation that you may have to submit when you arrive in US.

Medicines:

LIST OF MEDICINES RECOMMENDED BY A DOCTOR

Crocin tablets (paracetamol 500 mg)- 3 strips

For fever, body ache, and headache.

One tablet three times a day as necessary.

Above 60 kg please use 650 mg tablets (thermol/dolo).

For fevers, mild pain relief Actifed tablets – 2 strips (side effect drowsiness)

A costlier but much better alternative is Alerid (cetirizine) or Neoloridin(loridine)less sedation and next to no side effects

Azithromycin 500 mg tablets (aziwin) - 3 strips. One tablet once a day for atleast 3 days ...use if you have a bacterial cold or Respiratory infection ... (most common symptom being dark yellow colored mucus, fever, etc.).NOT NEEDED FOR ordinary cold (white mucus, watery secretions)

Sporidex 500mg capsules - 2 strips. One tablet twice a day when necessary as advised (please don't use on your own. This stuff needs a prescription to be used properly ... meant only for persistent troublesome infections)

Avomine tablets - 1 strip for air/ motion sickness. One tablet as necessary.(causes drowsiness)

Lomotil/Andial tablets- 15 (for diarrhea) But remember the best treatment for diarrhea is plenty of fluids, some good rest and bland food.

Omeprazole 20 mg .For gastritis.Can be take once or twice a day

Digene tablets- 20 mg. For stomach discomfort .One each three times a day.

Spasmoproxyvon capsules - 3 strips for abdominal colic pain, backache, menstrual pain etc. One tablet every 6 hours or as necessary.

Domstal tablets - 10. For vomiting .Has to be taken atleast half an hr before food

Electral powder - 2 packets. One teaspoonful mixed with drinks to make up loss of electrolytes after vomiting & diarrhoea

Novalgine - 2 strips for headache & bodyache. One tablet as necessary.

Brufen 600mg tablets - 2 strips. For arthritic joint pain. One tablet three times a day after food.

Avil Tablets - 1 strip for allergy (use cetirizine/loridin for less sedation), One tablet as necessary.

Relaxyl ointment - 1 tube to be applied as pain balm.

Band Aid assorted - 12

Soframycin skin ointment - 1 tube

**Nimesulide tabs. For the severest of headaches and pains. (But banned in the US).
100mg upto 3 times a day**

Ciprofloxacin capsules 500 mg. 2 strips. 1 capsule twice a day. For Infective diarrheas

Vitamin B-complex capsules .Just in case your starving yourself out there