

HT

SUNDAY 8 APRIL 2001

CITY

CITY DIARY

2



Check out the five things you must do today. Plus: Film listings, Funny Bone and Feng Shui Fundas.

AROUND TOWN

3



Aki Narula unveils his new collection at Ogaan. Plus: Tee off with top golfers at the Delhi Golf Club.

TAROT P



Fi
U
to
yo

(TAKES



DR. VIKRAM JAGGI

ASTHMA, CHEST & ALLERGY CENTRE

Five Things To Keep In Mind About Asthma

1 Increase in asthma cases: The incidence of asthma has nearly doubled. Increasing consumption of junk food, exposure to house dust mites and air pollution are some of the reasons behind the rise.

2 Inhalers: They are an efficient method to deliver tiny doses of the medicine at the right place, which means the air tubes.

3 Steroid inhalers are safe: In the usual doses (which are in micrograms) they are safe. There is enough scientific evidence that children treated with inhaled steroids achieve their full-growth potential.

4 Diet for an asthma patient: Avoid deep-fried food, very cold water, cold drinks, rice and curd at night, citrus fruit juices, and a late or heavy dinner. Warm fluids, ginger water and honey are helpful.

5 Is there a complete treatment? An allergy vaccine can be prepared and given according to a proper schedule. It's called Specific Immunotherapy and is the only treatment approved by WHO which can alter the natural history of asthma.