

Spandane Medical - About us & Disclaimer

- 1 Every child nurses some dream in his young age. I also had a dream of becoming a doctor. My father was suffering from diabetes for many years. His days were numbered. I worked as his PA and care taker since the age of 9 years. I had prepared a time table for his medication. In fact I learned to give him insulin injection every day. Finally he expired 2 months prior to his retirement at the age of 58 when I was studying in Jr. B. Com. Twice he had TB as he was suffering from diabetes for over 30 years. I was nursing the dream of becoming a doctor in this backdrop of my life. I had no thought of making money by becoming a doctor.
- 2 I spent my childhood in the grand company of medicines, injections instead of toys. When I realized that my Dad won't be with us for long and also realizing financial position, my dream of becoming a doctor got evaporated in no time.
- 3 I joined commerce faculty after SSC and completed higher education. I took up a job in an Industry in 1975. I served in the industry for over 10 years and ventured in practice in 1985. However my dream kept nagging me all the time. Finally I learned Alternate Therapies under the guidance of a well known doctor in 1998. I continued my medical study along with my professional practice. I made elaborate notes on various topics and compiled tips on each disease etc. I have shared these notes on my website 'www.spandane.com'. With the help of this medical knowledge I am taking care of my Family health.
- 4 Man's prime duty is to maintain his health, which is his 'True Asset.' It is always better to prevent the onset of a disease than to eradicate it after it has occurred. One thing is logical that when a person tries to take prudent financial decision by applying his knowledge and experience, it is also necessary that investment in own health should also be done to enjoy peaceful healthy Life.
- 5 There is a general tendency to run to a doctor for even a small physical problem. One should cultivate the habit of keeping track of his health, read medical literature and try home remedies and across the counter medicines before visiting doctor.
- 6 This compilation has been prepared to create awareness about the various common, chronic & major diseases and to give bird's eye view of the disease to the common man.

- 7 I have made every effort to give accurate and useful information in these Articles. However I do not accept any responsibility for the accuracy or completeness of any material contained in these articles and recommend that viewers should exercise their own care and judgment with respect to its use. You can choose to act upon the information contained in these Articles at your own risk. These Articles are purely educative. One should refer various websites, government notifications, advertisements issued by Health Ministry, interview of doctors on TV, press etc.
- 8 It is recommended that the various tips should be followed only after discussion with your family doctor or a specialist and also after considering the present state of patient's health, allergies, and existing diseases. (Such as diabetes, High BP, cholesterol, kidney stones etc.)
- 9 I have no intention of giving any professional medical advice in these Articles. Services of a competent medical professional should be sought immediately for any health problems.
- 10 Your suggestions if any may please be informed to spandane2008@gmail.com.
- 11 Health is wealth. My best wishes for your good health and peace of mind.
- 12 Moderate exercises, Diet control, meditation, control over worries etc. can bring about good health. Hurry, worry and curry should be kept under control.

Monday, May 10, 2010