

Press Release

Never administer Aspirin or Ibuprofen to patients suffering from dengue fever

All heart patients suspected of dengue fever who are on regular low-dose aspirin should stop its consumption immediately and contact their treating doctor

New Delhi August 24, 2016: The cases of dengue are rampant especially in New Delhi. While most people are seen scouting through journals and articles looking for dengue symptoms and its treatment, they often miss one of the most crucial pieces of information. One must never administer aspirin or ibuprofen to a patient suffering from or suspected to suffer from dengue since it can cause internal bleeding. In addition to this, all heart patients who are on regular low-dose Aspirin and associated drugs must stop its consumption immediately and contact their treating doctor

Since dengue presents as a fever with body ache in the beginning, most people mistake it as a case of viral fever caused due to a change in season. They in-turn self-medicate themselves with either Aspirin or Ibuprofen to get relief from the symptoms. This is extremely dangerous for if the patient actually has dengue, their chances of severe bleeding and complications go up drastically. Most heart patients also continue taking Aspirin as a regular feature not realizing that this can be life threatening for them. Creating awareness is the need of the hour.

Speaking about the issue, Padma Shri Awardee, **Dr K K Aggarwal Honorary Secretary General IMA and President Heart Care Foundation of India** said, "Delhi is presently going through a dengue and chikungunya outbreak and not an epidemic, and the cases will continue to come in for the next one month. Common symptoms of dengue include fever along with headache, body ache, fatigue, nausea, and vomiting. Because of the adverse effects ibuprofen and aspirin can have on dengue patients, their administration to all patients must be avoided. Instead, Paracetamol should be used to treat common symptoms such as fever and body aches."

Dengue fever is transmitted by female *Aedes Aegypti* mosquitoes, which acquire the virus while feeding on the blood of an infected person. Dengue occurs in two forms: Dengue fever and dengue hemorrhagic fever or severe dengue. A person is said to be suffering from severe dengue when there is capillary leakage. Patients who have dengue fever do not have capillary leakage.

Dengue fever is marked by the onset of sudden high fever, severe headache and pain behind the eyes, muscles, and joints. There is no specific treatment for dengue fever apart from early recognition and adequate hydration. Use of aspirin during dengue fever is not recommended owing to increased bleeding tendency.

The infecting organism in dengue affects the platelets, which are responsible for clotting (stopping bleeding) increasing the tendency of the person to bleed. Aspirin and Ibuprofen also have similar action. Both of them together could cause the person to bleed excessively pushing the patient into what is called the 'Dengue Shock Syndrome.' And once in this stage, medical treatment is needed in an emergency basis, and hospitalization becomes necessary because of its life-threatening nature.

One must, however, remember that platelet transfusion is not the solution in the majority of the dengue cases unless the counts are less than 10,000, and there is active bleeding. Unnecessary transfusions can cause more harm than good. Instead, one must keep a tab on the hematocrit levels as their count decides the adequate requirement of fluids required by the body.

Here is a simple formula of 20 that can be followed to identify dengue patients:

- Rise in pulse by 20
- Fall in upper blood pressure by more than 20
- Rise in hematocrit by more than 20 percent
- Rapid fall in platelets to less than 20,000
- More than 20 hemorrhagic spots on the arm in one inch after tourniquet test
- Difference between upper and lower blood pressure is less than 20
- Start fluid replacement at 20 ml/kg/hour immediately in such patients, and shift to nearest medical center for observation.

- Ends-

About Heart Care Foundation of India

Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela, an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca book of world records for the maximum number of people trained in hands-only CPR in one go. Keeping article 21 of the Indian constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik

Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

Media Contact

Sanjeev Khanna – 9871079105

Md Adib Ahmad – 9873716235

media.hcfi@gmail.com