



FIG.1 Angiography of lower limb vessels showing atherosclerotic obstruction and aneurysm formation (black arrow)

Moreover, aneurysm formation is more likely to be associated with atherosclerotic vascular insufficiency rather than thrombosis. Both Doppler USG and angiography were in favour of atherosclerosis. Hyperlipidemia is an integral component of nephrotic syndrome [3] but the long term implications of this fact in

children is not known. The role of statins needs to be explored [4,5].

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Adolescent Girls in Rishikesh, Uttarakhand

Adolescent girls are a select high-risk group, next only to neonatal period and early infancy. We conducted this study to study the belief, customs, health, food habits and ambition of adolescent urban girls between age group of 11-19 years from Various government colleges of Rishikesh, Uttarakhand, with the permission of the Principal, college administration and the parents. A pre-tested questionnaire was issued in batches for filling up.

Majority of the girls, 234 (96.3%) were Hindus, socioeconomic class 81(33.33%) belonged to upper middle, the majority belonged to lower middle 120 (49.38%) and the rest 40 (16.46%) were in the lower social class. Majority of the girls, numbering 117 (48.14%) were vegetarian, 109 (44.85%) were non-vegetarian and only 17(7.01%) was vegetarian but occasionally consumed eggs. Fast food were very popular among them. On the basis of clinical examination, 105 girls (45.7%) were considered anemic. 153 (63.8%) were brushing their teeth twice a day and 88 (36.2%) once a day. Only 13 girls

(5.5%) reported the presence of lice in their scalp. It was interesting to note that two hundred thirty seven girls (97.53%) used soap for washing their hands before taking food. One hundred fifteen girls (47.32%) practiced some form of exercise. 197 girls (86.8%) knew that breast milk is ideal for newborns. The girls had poor knowledge of their own sexuality and physical well beings. 167 girls (68.72%) wanted to get married between 21 and 24 years of age and 60 girls (24.69%) above the age of 24 years. Only 47 girls (19.34%) had some knowledge of contraception. 208 girls (85.60%) were aware of the AIDS and its transmission through sexual relationship, contaminated blood transfusion, needle and from infected mother to infant. Most of the girls were ignorant of sexually transmitted diseases, only a few girls knew about syphilis and gonorrhea.

Adolescent health and nutrition are important issues which have not received any attention though they are important in our country, especially in the context of the girl child.

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