

A Disease Known Is a Disease Half Cured

This Indian company is doing its part in creating awareness about chronic lifestyle diseases

MUMBAI, MAHARASHTRA, INDIA, July 25, 2016 /EINPresswire.com/ -- In life, we all face a variety of issues. Some of them pose a problem to us and come in the way of our road to success. How would it be if we knew the key to overcoming those fully? The key to getting over problems is to know more about the problems themselves. That way, there is more awareness of what needs to be done to solve it fully.

Keeping this in mind, the idea is to spread knowledge to everyone to make them more aware about their own well-being. This is why social movements rely heavily on making people aware about the social scenario in a new and better way. Health is an issue that must be carefully treated like this. The problem of male infertility is barely spoken about. It seems to the society that such topics are a taboo to be discussed, whereas that should not be the case. This is because there are several indications that may be pointing towards infertility. If these go unidentified due to lack of knowledge or unwillingness to identify the issue, it could lead to problems in the future. There is the famous adage that is important here, "Prevention is better than cure."

Hence, basic knowledge about it is essential, in the way that patients know better about the condition and may help themselves or someone around them who may be suffering from the same.

While it may not be widely known, the diseases in question which amount to causing infertility problems later in life are more common than it seems! There are many thousand cases reported in India alone every year. The sad part however is that many cases go unreported itself, and the results are found out at a later time when a couple cannot conceive. This needs to change by first changing our mindset towards such conditions. They are more common than they seem, and they need to be openly addressed so that the taboo surrounding them can be finished. This will save unnecessarily wasted time in worrying about a condition that the patient doesn't understand.

Now let us examine where the problem really occurs.

If the veins in the scrotal area are compressed, or there is some malfunction in the valves carrying blood to and from the scrotum for purification, it can result in a condition called [varicocele](#). This condition is believed to be the leading cause of infertility in males.

For the blood to go to the heart, the blood has to travel upwards from the scrotal area. Now, modern lifestyle has caused a lot of toxicity from the nearby cells to get accumulated in the blood leading to an imbalance of pH in the body. The altered pH and toxins present in the body give rise to the formation of free radicals in the body that accumulate around those valves that carry the blood. This accumulation of free radicals and toxins around the valves leads to improper functioning, which eventually causes an obstruction in the smooth blood flow. Then, blood starts accumulating in the veins. Eventually, the accumulated blood causes the vein to 'varicose' and forms varicocele.

It is important to understand that diseases like these can crop up due to a sedentary lifestyle. This basically means that the lifestyle being followed is more susceptible to getting acquired diseases. The reason for which is, if you don't have an active lifestyle, the immune system also becomes less able to deal with what may come. A healthy balance must thus be maintained between nutrition, exercise, and remedies so that a successful cure is obtained. Only that will lead to the overall improvement in the health with minimal chances of recurring of the condition.

The aim of this [campaign](#) that is being carried out by [Grocare India](#) is just that – to educate the masses about the condition, and how it affects the body. “Education is the only way to get past the roadblocks that people have firmly set up so far. Through discussions and awareness, the right ideas will be taken forward”, said a spokesperson from the company.

There are various other maladies as well, but those related with infertility are never quite openly discussed. Through the campaign, Grocare wants to establish an open platform where they can be freely discussed and shared without fear of embarrassment.

To conclude, knowledge about diseases is halfway the journey to curing them. Help share your awareness about varicocele to your near and dear ones such that they are able to make informed decisions on treatment if ever required.

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