

Know Your Consultant

Dr. Sanat Phatak (Associate Consultant Rheumatologist)

Dr. Phatak was born in Pune. He studied at the Symbiosis School and Fergusson College, before completing his MBBS at Karad. He went on to pursue an MD in Internal Medicine at the Seth GS Medical College in Mumbai, and a DM in Clinical Immunology and Rheumatology at the Sanjay Gandhi Postgraduate Institute in Lucknow. While very different from each other, he loves both his adoptive cities – but is happy to have returned to his hometown after a hiatus of 14 years. His parents are based in Pune; his father is an investment consultant, and mother is an IT programmer.

He is an avid reader, loves 'Origami', which is the Japanese art of paper folding, and sketches with pen and ink in his free time. He loves to travel and in his own words, "starts developing a strange burning sensation in his feet after being in one place for 3 consecutive months". He enjoys a daily chat with his grandparents - both practicing doctors - and their dog Rafael - who, while not a doctor, always sports an equally serious expression.



Dr. Sanat
Phatak

Apart from running a rheumatology clinic at KEM, he also practices at his grandfather's clinic in Deccan in the evenings. On Thursdays, he serves as visiting consultant at the low-cost rheumatology OPD at the Sassoon General Hospital. He enjoys teaching and gives lectures on musculoskeletal disorders at the undergraduate level in BJ Medical College. He is a member of the Indian Rheumatology Association (IRA), edits the fellows' corner of the IRA newsletter, and will be conducting the yearly rheumatology quiz in Pune for medicine postgraduates.

He sees patients - both adults and children - suffering from the entire spectrum of rheumatologic disease, including inflammatory arthritis, connective tissue diseases, vasculitis and fibromyalgia, and can help interpret tests for autoimmune disease. Additionally, he has experience in the work-up and management of primary immunodeficiency disorders. Owing to the multi-systemic nature of all these illnesses and the effects of immunosuppressive drugs, most of his patients need to be in touch with a wide variety of specialists including, but not limited to, physicians, nephrologists, gynaecologists, orthopaedic surgeons, dermatologists, ophthalmologists, psychiatrists and physiotherapists.

Welcome

The following consultants have joined us this month.

Please welcome...

Dr. Kalpana Kelkar
MD (Anaesthesiology)
and FACEE

Senior Consultant
Emergency Medicine
Department

Dr. Pramod Kulkarni
MD (Paediatrics)
and MRCPCH

Full Time Consultant
Paediatrician

Dr. Nitant Shah
MS, DNB
(Ophthalmology)

Associate Consultant
Ophthalmologist &
Vitreoretinal Surgeon

OSA (Obstructive Sleep Apnoea) is a hugely underdiagnosed condition even today.

Regular and sufficient good-quality sleep is of vital importance to maintain physical and mental health. Sleep is your body's natural way of recharging its batteries for the next day.

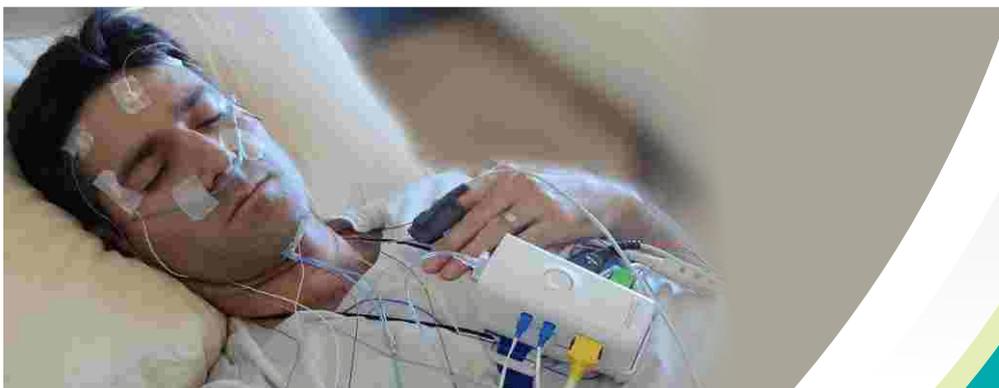
Sleep Disordered Breathing

Unfortunately, sleep disorders go unnoticed both by patients and their clinicians very often in clinical practice. Most people know when to seek medical help for physical discomfort such as fever or pain, but the same is not true about sleep-related disorders such as Obstructive Sleep Apnoea (OSA). OSA is the most common sleep-related breathing disorder observed in clinical practice.

Obstructive Sleep Apnoea is a repeated episode of partial or complete collapse of the airways, which causes intermittent hypoxia while sleeping. This disrupts the sleep cycle, resulting in excessive daytime drowsiness to compensate for the lost rest during the night. It may also lead to a variety of symptoms starting from headaches in the morning, reduced cognitive performance, resistant hypertension, and vehicular accidents during often inevitable naps while driving. Sleep disordered breathing can be diagnosed with overnight Polysomnography or a Sleep Study.

Polysomnography can be conducted either in the hospital or at home. It is a non-invasive overnight examination which monitors thoracic and abdominal respiratory efforts, nasal flow, ECG, EEG, oxygen saturation and body movements throughout sleep. It also has a microphone to record snoring. The data collected digitally in the overnight sleep is analysed by the sleep specialist next day. After an analysis of data collected, a sleep specialist can diagnose the type of sleep-disordered breathing and guide treatment.

Moderate to severe OSA can be treated with a CPAP device. Other approaches include surgical correction on the advice of an ENT or Maxillofacial Surgeon. Treatment of underlying abnormalities such as obesity, hypothyroidism, retrognathia etc. also helps in reducing OSA symptoms.



Common indications for Sleep Study / Polysomnography

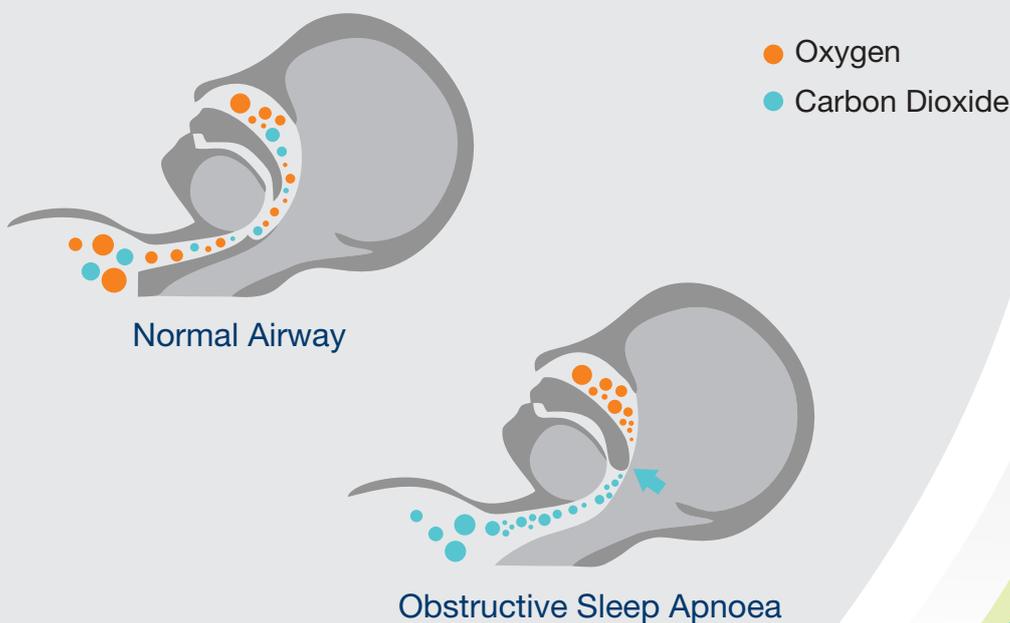
Polysomnography or Sleep Study is indicated in the following subset of patients:

- a) Patients with excessive daytime sleepiness or insomnia.
- b) Heavy snoring associated with Observed Apnoea and/or excessive daytime sleepiness along with:
 - Resistant Hypertension
 - Atrial Fibrillation
 - Unexplained Pulmonary Hypertension
- c) Patients with chest-wall and neuromuscular diseases whose illness is complicated by chronic hypoventilation, polycythemia, pulmonary hypertension, disturbed sleep, morning headaches, or daytime somnolence and fatigue.
- d) Patients with COPD whose awake PaO₂ is > 55 torr with pulmonary hypertension, right heart failure, polycythemia, or excessive daytime sleepiness.

Polysomnography / Sleep Study experience in KEM Hospital

KEM started regular Sleep Studies in 2012 when it set up a Sleep Clinic. We have experts from relevant fields required for comprehensive management of OSA. Consultants from Chest Medicine, ENT, Paediatrics, General Medicine, Nephrology Unit, Maxillofacial Surgery all contribute towards the management of OSA patients.

Since 2012, KEM Hospital has performed more than 200 Sleep Studies and treated patients of OSA successfully.



A Session on Men's Mental Health Dr. Vasudeo Paralikar (28th June 2018)

KEM Hospital's Dr. Vasudeo Paralikar, H.O.D. of the Psychiatry Unit, delivered the first of three sessions, opening an ongoing workshop series for Men's Health Month 2018, being run by KEMH. His workshop titled, '**On Men's Mental Health**', was conducted with an audience of our KEMH male staff members.

The session covered a wide range of topics on how we are taught what our gender and personal identity is, how this can develop what we experience and are exposed to as stressors, and our attitudes and management of those stressors. Thus for example, we could think of what specific stressors exist for men, and what men's ways of coping with those could be!

Stressors could include physical or psychological health, and involves psychosocial & cultural factors. This includes how we experience stress & manage our mental health in the workplace.

Stigma can act as a barrier in help seeking when one is having mental health problems, which we must overcome to reach out when needed.

A Session on Depression and Stress Management Dr. Niket Kasar 29th June 2018

Dr. Niket Kasar, a consultant of the Psychiatry Unit, KEMH delivered the second of three sessions of an ongoing workshop series for Men's Health Month 2018. His workshop was titled '**On Depression and Stress Management**'.

The session focused on what mental health and mental illness is. We all exist on such a continuum of health & illness. Across our lifespan, we have different capacities and needs as we deal with daily living, and so, we have a varying relationship with health. We see the same in the bodily signs that disturb us when we are strongly affected by our emotions and/or circumstances.

Dr. Kasar spoke about the signs and symptoms of depression in men. While most of them are not alien to us as a human experience, we may not always have felt them in the severity, intensity or for the duration that translates them into an illness. Stress management and developing our resilience can go a long way in managing our health well.



LGBTI Workshop: Taking 'Pride'

On 2nd July 2018, KEM Hospital held a workshop called 'Dialogue on Inclusive Healthcare Service Delivery for the LGBTI Community'. The workshop was conducted by gay rights activist Bindhumadhav Khire, representing Samapathik Trust, Pune, and Humsafar Trust, Bombay. Over 40 doctors, researchers, social workers, mental healthcare professionals and the management attended. The discussion opened with what it means not to identify with one's biological gender and/or to have a sexual orientation on the LGBTI spectrum, and challenges in seeking safe healthcare for an LGBTI person.



The poster features the KEM Hospital Pune logo at the top right, with the tagline 'Quality and ethics in patient care'. The main title is 'DIALOGUE ON INCLUSIVE HEALTHCARE SERVICE DELIVERY FOR THE LGBTI COMMUNITY'. Below the title is a speech bubble containing the date '2nd JULY 2018'. The central illustration shows a person with rainbow-colored skin and hair being examined by a healthcare professional in a white coat. The background is light blue with faint floral patterns.

**DIALOGUE ON INCLUSIVE
HEALTHCARE
SERVICE DELIVERY FOR
THE LGBTI COMMUNITY**

**2nd JULY
2018**

Timing: 12:30 p.m. - 1:30 p.m.
Venue: Auditorium, Floor 3, KEMHRC
Audience: Doctors & Clinicians

Designed by Annada Menon

Mr. Khire not only presented the personal, social and medical aspects of the community's experiences, but also the Indian Psychiatry Society and World Psychiatry Association's significant statements on Sexual Orientation and Gender Identity being normal and not a disorder, the current stance of Indian law on the same, and what we as healthcare professionals can do to address these issues. KEMH Pune will continue this engagement as a way forward to providing inclusive healthcare services.



Nature's Nurture at 'Nectar' Human Milk Bank

KEM Hospital has its own Human Milk Bank (HMB) named 'Nectar', which was inaugurated on 8th June 2018. 'Nectar' has been set up within the Neonatal Intensive Care Unit (NICU) and established in association with the Rotary Club of Pune South. The bank was inaugurated by Dr. Kurus Coyaji, Dr. Anand Pandit and Dr. Kiran Purohit (President, Rotary Club of Pune South).

The initiative was undertaken by Dr. Yemul, Dr. Madhur Rao, Mrs. Shirin Wadia and many of the Rotary Members. This initiative was undertaken by Dr. Umesh Vaidya, who is in charge of 'Nectar'. He believes that the NICU is now truly complete as mother's milk is of utmost importance for preterm babies.

The idea of a HMB was brought to fruition in less than a month by the momentous efforts of Dr. Rao, Dr. Vaidya, our lactation counsellors Ms. Rashmi Poduval and Ms. Sayali Sathe, and our entire team from the maintenance and purchase department.

'Nectar' Human Milk Bank is the 5th Milk Bank in Pune, and one amongst 46 HMBs in India. The Rotary Club on Pune South has donated major equipment for the bank, which includes a new indigenous fully-automated pasteuriser called 'Kimie'. It has been developed and manufactured by Mr. Sudhir Wagmare, Director, Shreeyash Electro Medicals.

Human Milk Banks play an essential role in providing milk to infants who are otherwise not able to receive it. Research has shown that Pasteurised human milk from donors immensely benefits babies in the NICU, and helps decrease incidences of Sepsis and Necrotising Enterocolitis (NEC), while also cutting their hospital stay short.

Our lactation counsellors Ms. Rashmi and Ms. Sayali will be handling the bank's functioning, and will handle milk collection, storage, pasteurisation, maintenance of hygiene protocols, record-keeping and dispensing of milk to needy babies in the NICU. Since KEM's NICU caters to a large number of preterm, low-birth weight babies every month, the pasteurised donor milk is expected to improve the outcomes and be a boon for our little angels.



In Appreciation...

Acknowledging Dr. Sanjay Kulkarni's Achievements

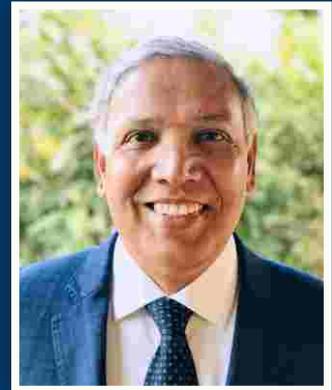
In urology, a surgical technique named after an Indian urologist is extremely rare.

KEM Hospital Pune is honoured to have a pioneer doctor who is one of the few doctors to have a procedure named after his invention. Dr. Kulkarni has been invited by the American Urology Association as a faculty for their annual meeting held in Washington DC.

Dr. Kulkarni is known for “The Kulkarni Urethroplasty”, which he invented for the cure of urethral strictures.

Here are few more achievements on the list:

- The Urology Society of India awarded “Urology Gold Medal” for his outstanding contribution to Urology in India in 2011.
- Dr. Kulkarni is the first Indian to be elected as the President of the Society of Genito Urinary Reconstructive Surgeons in 2014 (Based in USA).
- GURS Fellowship Director – Approved by AUA and MUHS.
- The Medical Council of India has conferred the prestigious Dr. BC Roy award to Dr. Sanjay Kulkarni in the year 2016.
- In 2018 Sanjay was nominated as an Honorary Member of British Association of Urological Surgeons Society.
- Dr. Sanjay Kulkarni invented the new technique of one stage reconstruction of pan urethral stricture by one side dissection, penile invagination and dorsal onlay buccal mucosa graft urethroplasty. “The Kulkarni Technique” is popular around the world for the repair of pan urethral strictures and has led him into teaching courses at AUA, SIU, USI and international meetings.
- His new technique of “Laparoscopic Omentoplasty to support anastomotic urethroplasty in complex and redo pelvic fracture urethral defects” is also useful for recto-urethral fistulas.
- Dr. Sanjay Kulkarni is visiting Professor of Urology at Guy's Hospital in London.
- In 2018 The Royal College of Surgeons of England bestowed Honorary FRCS.
- President ISORU - International Society of Reconstructive Urology.
- Kulkarni Urethroplasty published in Hinman's Atlas of Urology Surgery.
- Kulkarni Urethroplasty published in UCNA.



Dr. Sanjay Kulkarni
MS, FRCS (Glasgow),
Dip. Urology
(London)

**Let's Support
Breastfeeding!**



**World
Breastfeeding
Week** 1st - 7th August

The Foundation Of Life

Breast milk is a baby's first
form of immunisation!