



What's  
**Inside**



Celebration of 50<sup>th</sup> Work Anniversary  
of Dr. Anand Bhatia

Men's Health Month 2020

Skin Care for Men

Lifestyle Disorders in Men

Bone, Joint and Muscle Health for Men

Urosurgical Men's Health

Celebrating Differences Digitally:  
LGBTIQ & Global Pride Month 2020

Awards and Recognitions

Testimonials

Circular

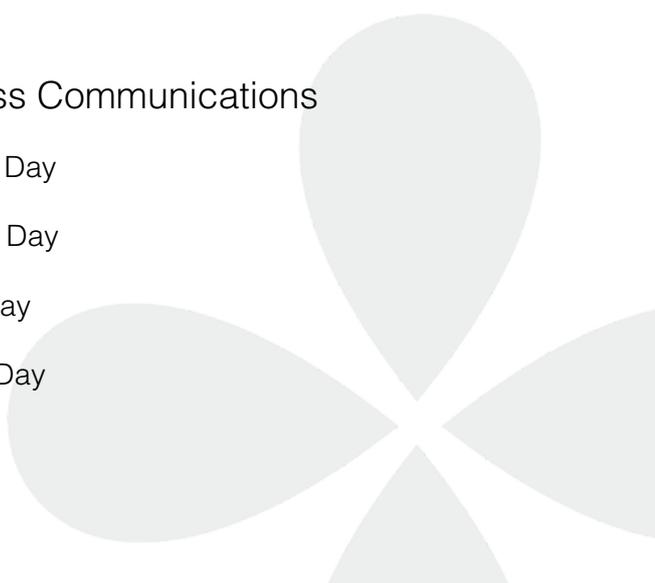
Health Awareness Communications

World Environment Day

World Blood Donor Day

World Sickle Cell Day

International Yoga Day



# Celebration of 50<sup>th</sup> Work Anniversary of Dr. Anand Bhatia

Dr. Anand Bhatia,  
“**NOTOUT 50**”  
on KEM wicket!



Way back in 1968, a young DA qualified Anaesthesiologist meets a friend's mother, Dr. (Mrs) Banoo J. Coyaji, then Chief Medical Officer of KEM Hospital, seeking a job. He is politely counselled and directed to become more learned and come back! Thus, he does and comes back after two years! Madam kept her promise and history was created, by separating Anaesthesiology from the Department of Surgery, on June 2<sup>nd</sup>, 1970 and appointing this 30 years' young MD qualified Anaesthesiologist, Dr. Anandprakash Balakram Bhatia, as its Director and the rest is history of 50 long years!

There started a long dynamic journey, along with the colleagues who were already working in the discipline. Many firsts in the city were to come very soon as Anaesthesiology evolved rapidly in its modern format, i.e. from open ether anaesthesia to modern workstation based one.

In 1973, the Department was recognised for PG training by the University of Pune, courtesy of Dr. F. J. Mendonca, a retired Dean BJMC, Pune and the Medical Administrator of our hospital. In the same year, the first Respiratory Intensive Care Unit was started in 1973 under Dr. F. F. Wadia. Along with that came the installation of the Blood Gas Analysis Apparatus (Radiometer) - the first of its kind in the city. The Department of Anaesthesiology shared direct primary responsibility of handling the respiratory and hemodynamic care in the ICU under the able guidance of Dr. Anand Bhatia.

Dr. Anand Bhatia has been a hard core academician besides being a professional par excellence. We always saw him entering OT, carrying a blue book, a British Journal of Anaesthesiology!

Besides academic updation, he saw that hospital and Department remained a leader in technological upgradation. In the early 80s our OTs were equipped with Schiller ECG monitors and East Radcliff Anaesthesia Ventilators and Bird ventilators in the recovery area. Those days we needed Bird ventilators in recovery to ventilate post-operative patients as we struggled to keep pace with the surgical speed of the Surgeon par excellence, Dr. P. K. Bharucha. One of those Birds ventilators coming as a gift, directly from Birds Inc, California, USA, as a reward for flying a GBS pregnant patient on a Bird ventilator from Bombay to Los Angelis, accompanied by Dr. Bhatia.

The ICU also got the first volume cycled ventilator in the city, Puritan Bennett MA 2+2, in 1985, a year of my joining the Department and I was lucky to start my initial ventilation lessons on it.

In the early 80s we were the only hospital performing very major neonatal surgeries in the city by Dr. Govind V Datar and Dr. Aquil K Khan, very well backed up by our neonatal intensive care unit, under the able guidance of Dr. Anand Pandit. At that time we had a neonatal volume ventilator namely, Bourns neonatal and Paediatric ventilator. Dr. Bhatia then trained Paediatricians about airway management and mechanical ventilation not only in KEMH but at BJMC as well.

Soon to follow in late 80s, were central lines, invasive pressure monitors, advanced anaesthesia workstation, pulse oximeters and an Ohmeda Capnograph, first in the city!

In early 90s we were equipped with Pentax Intubating fibroscope, a need of the time when we had many difficult intubations to be performed in Onco and Plastic surgery.

Since the early 80s we have had all the super speciality surgical branches of surgery , a unique feature for the city as many other hospitals were yet evolving and thus we all got the best comprehensive anaesthesia training with massive workload and that too under one roof.

The reason to mention these historical details is that Dr. Anand Bhatia was very well supported by all these professionally passionate contemporaries who saw that hospital evolve as one of the best places to work and where affordable treatment was available to all patients. They all strove for the best quality and the leading position of the hospital in the city. Besides passion of all these contemporaries, the strong support of Dr. Banoo Coyaji in initial decades and later by Dr. K J Coyaji, has gone a long way in evolving all the disciplines to achieve the reputation that the hospital enjoys today.

We started joint replacements in the 80s, renal transplant in early 90s and of course liver transplant a few years ago. The Department currently has practically all the advanced technical support that a modern anaesthesiologist needs to know about i.e. video laryngoscopes, portable USG machine and so on.



Thus the comprehensive anaesthesia training in the Department led by Dr. Anand Bhatia, made many of our student alumni reach to occupy prestigious positions in the country and abroad.

Not only professional training but Dr. Anand Bhatia and all the consultants saw that everyone in the Department is mentored to be rational, hardworking and ethics bound human beings.

Many of the few hundred students of the Department, attended the alumni meet in 2015 when we celebrated Dr. Anand Bhatia's 75<sup>th</sup> birthday!

This year, as he turns 80 and completes his golden journey of 50 long years in KEM Hospital, his envious professional enthusiasm and sharpness, physical and mental fitness, utmost rationality, profound sincerity and unique mentoring ability remain a huge inspiration for all who know him.

In 2016, he was conferred an Honorary FICCM by the Indian Society of Critical Care Medicine.

He has contributed a lot in the field of social service by being a member and President of the prestigious Rotary Club of Pune Central.

On behalf of all of us, I wish him many more years of healthy life, happiness and professional excellence and we will like to see him to remain not out as long as he wishes, on the wicket of our hospital!



*Dr. B. D. Bande  
MD, EDIC, FICCM, PGDMLS  
Senior Consultant, Anaesthesiology, Medicine and Critical Care*

## *Down the memory lane, memories shared by few of our alumni*

### *Dr. Leena Patil, DNB, IDCCM, Jalgaon*

*He is a father figure of the department and besides Anesthesia we learnt a lot from him like punctuality, health, fitness, academics, and honesty. I personally miss KEM days.*

### *Dr. Rashmi Deshmukh, DNB, Pune*

*I respect Sir for his concern for his students and juniors. He is the best teacher and Head of the Department I have worked with.*

### *Dr. Asir Tamboli, DA, DNB, FNB (Critical Care), Pune*

*His willingness to accept suggestions, implementing new ideas and treating us like friends inspite of we being the junior most in the OT. One thing he once said has etched in my heart that, Asir remember you keep learning all your life. He showed us age is just a number.*

### *Dr. Tanuja Waghlikar Kulkarni, MD, Sangli*

*What I learnt from Dr. Bhatia in the initial months of my residency is an indelible lesson in work ethic.*

*Dr. Suchitra Mohite, DNB, IDCCM, EDIAC, FRCEM, Pune*

While doing SR job, I remember Dr. Bhatia's broadminded approach and compassion to make one comfortable in a difficult situation and of course subsequently showing confidence in me to be his colleague consultant!

*Dr. Ashwini Tambe, FCPS, DNB, FANZCA, Brisbane, Australia*

My life, my success, and all my professional accomplishments would not have been possible without your support, encouragement and faith in my abilities. I spent 5 years of residency in KEM and later in Ireland and in Australia, I have learnt most in KEM under your able guidance.

*Dr. Girish Joshi, MD, FFARCS, Dallas, Texas, USA*

We all are at this stage because of Dr. Bhatia and others in KEM Hospital. Subconsciously while teaching next generations, we all teach what and how we are taught!

*Dr. PRN Das, MD, Salallah, Oman*

The trust in Dr. Bhatia, by our surgical colleagues, was immense. The example he set for all the students trained with him was exemplary.

*Dr. Sangita Kulkarni, MD, Ahmednagar*

Besides being a mentor, idol and inspiration, Dr. Bhatia taught us how to face challenges!

*Dr. M Koyakutti, Kalikat, Kerala*

A totally unmatched inspiration for the profession and life!

*Dr. Smita Oswal, UK*

A professional role model for all of us!

*Dr. Tarkeshwari and Deepak Mane, Senior Consultants, UK*

Incredible journey of 50 years!

*Dr. Dattatray Tambe, MD, Pune*

Sir you are great source of inspiration, confidence, commitment, contribution and dedication for all of us!

# Men's Health Month 2020

**Make a commitment to your health**

**MEN'S HEALTH MONTH**

**HAVE A CHECK-UP FOR**

- High Cholesterol
- High Blood Sugar
- Prostate Issues (PSA after the age of 60)

**KEM Hospital PUNE**  
Quality and ethics in patient care

☎ 020-2621 7460 | ☎ 020-6603 7460

**Make a commitment to your health**

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# Skin Care for Men



All men can have a glowing, flawless & radiant skin

Skin is the largest organ of our body and is constantly under the assault of various external factors like sun rays, chemicals, germs, scrapes etc.

Anatomically speaking, a man's skin is a lot thicker and oilier as compared to a woman's skin. The lifestyle, clothing style, daily habits and food are also different.

But that should not stop men from having flawless and untainted skin. So each male has every right to explore the 'skin journey'.

Let's see the know-hows of skincare:



## 1. Know and understand your skin type.

Is it oily? Is it dry and flaky? Or is it a combination?

Each one has a unique skin type. So an individual regime has to be defined for each person depending on the skin type for choosing the right cleanser, moisturiser and a sunscreen. Do not welcome any friendly advice or blindly follow others' regimens.



## 2. Know your products or cosmetics.

A general guideline while buying products or cosmetics is, those with oily skin should choose 'oil free' products and stay away from moisturisers. The ones with dry skin should opt for fragrance free labels.

Please read the products carefully "Oil-free", "Non-comedogenic", "Fragrance-free" and make the right choices!! Stay away from beard oils if you are suffering from acne.



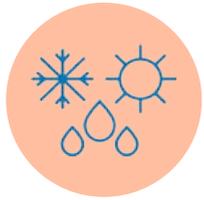
## 3. Build good habits.

- Early to bed early the rise keeps the body clock ticking healthily and keeps stress at bay.
- Wash your face twice a day with a mild cleanser.
- Simply taking bath post exercise sessions, dusting antifungal powder in between the toes before wearing shoes can prevent fungal infections like Jock itch (Groin itch) and prickly heat (Miliaria).



Follow these super simple shaving tips to prevent the razor bumps, boils and ingrown hairs:

- Wetting the beard before shaving helps soften the beard
- Using multi blades razor for thick beard
- Using the blade in the direction of the hair follicle gives an extra clean shave



#### **4. Tune in with the seasons.**

The climate and seasonal change has a great impact on our skin.

##### **In winters:**

- Use gentle cleansers and alcohol free products
- Soak your skin in moisturisers for face and natural oils like cold pressed coconut oil, olive oil or sesame oil for the body

##### **In Summers:**

- Use water and sweat resistant sunscreens with SPF more than 30 generously every 3 to 4 hourly. Choose formulation of sunscreen (gel, cream or lotion) that suits your skin type
- Opt for sun protective gears like scarf, hat, goggles and a full sleeve shirt will prevent the extra melanin and wrinkles building on your face

##### **In Monsoons:**

- Keeping dry is the key to stop the fungus growing in your groins, armpits and over your buttocks
- Use of loose, light-weight, cotton clothing



#### **5. Food**

- Consume fruits and salads rich in antioxidants and fibre. A citrus fruit daily builds your immunity.
- Hydrate your body with juices and fruits (apples, strawberries, water melons, tomatoes and cucumbers).
- Cut down oily foods, refined foods, tea and coffee.



#### **6. Minding your mind.**

At times when the thoughts goes haywire, stress builds and it shows on your skin as a very irritating, persistent and troublesome 'Itch' commonly called as Neurodermatitis.

- Regular "Mind Vacations" in the form of meditation, pranayama, passionate hobbies, music, dance etc., aligns your thoughts and eventually skin too!!

After a brief daily skin care routine, let's look into the most common skin issues encountered by men. To enlist these are few:

Acne | Rough skin | Skin tags (Acrochordons) | Sun damage | Wrinkles | Eye bags | Moles, freckles

Pubertal age group suffers from acne and seborrhoea or oily skin.

- A good scrub advised by the dermatologist depending on the skin type can help remove the excess oil, dirt and debris and clean clogged pores.
- Timely intervention by the dermatologists can prevent inflammation, scars and tell-tale signs of acne.



### Conditions like androgenetic alopecia or baldness:

These are very troublesome as they have a deep psychological impact on the person.

- A high protein diet mixed with fruits and vegetables provide all the essential amino acids, minerals and vitamins.
- Oral and topical medications and in severe cases, surgical interventions (Hair transplantation) have helped these men to gain their confidence back!



### Obesity:

It is associated with acanthosis nigricans (characterised by pigmentation over the face, neck, armpits and groins) and skin tags (Acrochordons: outgrowths in the armpits and over the neck). As it is a metabolic syndrome; it demands a multipronged approach in the form of

- Counselling
- Oral and topical medicines
- Fractional lasers
- Weight management
- Radiofrequency surgery

Lasers can be helpful in treating facial pigmentation (Melasma) and hairy ear pinnae which is seen in some men.

The IT male crowd frequently consult for eye strain, periorbital pigmentation, and dry skin. Simple tips can help to deal with these issues.

- Use of screen shields, glasses with antiglare films
- Taking breaks in between the work
- Diet rich in antioxidants vitamins and minerals may help the tired eyes
- Taking breaks in between the work
- Hydration

### Take away:

**All men can have a glowing, flawless & radiant skin adding to one's personality and do away with common skin problems by having a daily grooming regime!!**



*Dr. Varsha Sidwadkar*  
Associate Consultant- Dermatology

# Lifestyle Disorders in Men



Instead of using the body as a temple of God, we use it as a vehicle for indulgences

In Young India, August 8, 1929 Mahatma Gandhi wrote:

‘Instead of using the body as a temple of God, we use it as a vehicle for indulgences, and are not ashamed to run to medical men for help in our effort to increase them and abuse earthly tabernacles.’

The above statement very well summarises the occurrence of lifestyle related non communicable diseases - neglect of preventions, indulgence in excesses and then seeking medical assistance to cure diseases. Lifestyle related diseases are now ubiquitous in young men in metropolitan cities of India. Habits that detract people from activity and push them towards a sedentary routine can cause a number of health issues like obesity, diabetes, hypertension, dyslipidaemia, cardiovascular disease, stroke, COPD which can have near life threatening consequences and significant morbidity. The major risk factors are tobacco use, unhealthy diet, insufficient physical activity and harmful use of alcohol. These are compounded by rapid unplanned urbanization, pollution, cut-throat competition, and stress related to work.

Lifestyle diseases are a threat to socioeconomic aspects of a nation and appropriate actions for their management are the need of the hour. It's management includes early diagnosis, screening

and appropriate treatment. Lifestyle diseases are prevented by adopting healthy lifestyle which includes balanced diet with plenty fibre, no smoking or alcohol, sufficient sleep and regular exercise and meditation.

Instituting small changes in our daily life can contribute to a big makeover. Let's start for healthy, happy and blessed life !!



*Dr. Smita Dhadge  
Junior Consultant,  
Diabetes Unit*

# Bone, Joint and Muscle Health for Men



Bone, joint and muscle health is of importance in men of all ages but traditionally the focus is usually directed at women.

The goals of Men's Health Month are:

1. To create awareness of preventable musculo-skeletal health issues
2. Early detection
3. Effective treatment

Men definitely score over females as they have good bone density and protection from osteoporosis.

## **Young men:**

Fractures resulting from high velocity trauma are seen in younger men. Sports injuries like ACL tears and shoulder injuries, arthritis like Juvenile Rheumatoid Arthritis and Ankylosing Spondylitis, Acute Disc Prolapse are commonly seen in young men.

## **Middle aged men:**

Degenerative conditions like spondylosis of cervical and lumbar spine, Gout and soft tissue conditions like Achilles tendon tears and Bursitis are more often seen.

## **Elderly men:**

Degenerative arthritis of knee, hip and CMC joint of hand, back pain and sciatica, osteoporotic fractures of spine, wrist and neck of femur, metastatic (pathologic) fractures are seen due to multiple myeloma or metastasis from lung, liver and prostate, etc.

Tips to keep the bone and muscles healthy:



**1. Maintain optimal Body Mass Index (BMI) (20-25)**



**2. Maintain good BMD (Bone Mineral Density)**

Good BMD in elderly men will ensure protection from fragility fractures



**3. Nutrition and Diet**

Sunlight, diet rich in calcium, Vitamin D and proteins and calcium & Vitamin D supplements will help in getting the required raw material for building strong bones. Protein rich diet is also helpful in muscle building and in catabolic phase of illnesses



**4. Exercises**

The importance of daily, age appropriate exercises cant be overemphasised. Weekly combination of strength training, aerobic conditioning and flexibility exercises is required. Exercises also build up muscles and give the joints the stability to prevent falls



**5. Lifestyle Changes**

Alcohol and smoking should be avoided as they affect calcium absorption and lead to Osteoporosis



**6. Early Detection**

Doing preventive health check ups helps to catch the problem early. BMD testing, hormones like thyroid and testosterone also have impact on the bones and can be frequently checked



*Dr. Devendra N. Vartak*  
*Associate Consultant Orthopaedics*

# Urosurgical Men's Health



Men's Health is taken for granted. The focus of this discussion is urinary problems in men. Urinary problems are by far the commonest and affect elderly population but there is tendency to take these as part of aging process.

- Urinary problems mostly seen in form of frequency, urgency, slow flow, incomplete voiding, frequency at night, pain and urine infections. In elderly males these are attributed to growing prostate which if neglected can lead to permanent bladder damage, acute or chronic renal failure, fulminating urinary tract infections/septicaemia.
- Blood in urine in elderly could be due to UTI, stone but importantly it could be presenting symptom of cancer of bladder, kidney or prostate.
- Stricture or narrowing of urethra leads to poor flow, pain etc. and is seen in all ages because of previous procedures or infection or trauma.
- Coming to younger population erection problems, semen inadequacy and stones are common. Rarely testicular tumours are seen in this age group. Erectile dysfunction is very common now with early DM, stress, sedentary life style.
- Infertility (male component) seen very common today due to multiple factors e.g., stress, late marital age, sedentary life etc. Most commonly seen semen problems are decreased number, motility

and quality of sperms. Today we have whole range of investigations to accurately diagnose and treat (by medical and surgical means) all male health issues in KEM.

Surgically, availability of laser and flexi scope apart from usual urology instruments has contributed in managing patients. For prostate and bladder tumours, we have latest bipolar machine. We have ultramini scopes (0.3mm) for renal stones.

Our's is the only centre in Pune with electroejaculation facility.



*Dr. Yogesh Sovani*  
*Associate Consultant, Urology*

# LGBTIQ+ Global Pride Month 2020



## Celebrating Differences, Digitally

Pride Month is a yearly reminder to us of the need for inclusion, recognising equity and assuring equality to everyone. The LGBTIQ+ community teaches us about resilience, hope, compassion and thriving in times of adversity and uncertainty over years.

Every June, in various places around the world, including the cities of India, the LGBTIQ community commemorates Pride Month to make visible and affirm their spirit and express their rainbow identities. This year though, the COVID-19 pandemic has scrambled daily lives, and there have been many hardships such as limited safety, healthcare and socioeconomic support and welfare, that vulnerable LGBTIQ+ persons would have especially experienced in the last few months. Pune city will not see its Pride March this year.

Instead, various organisations are responding to the need of the hour, to connect safely online, and will be going digital with Pride events online - webinars, performances, poetry readings and other events can be found on their websites and social media platforms - and for those of you interested in exploring, learning more and participating, I urge you to be present. Here are a few links:

<https://www.lifestyleasia.com/ind/culture/indian-lgbtqia-insta-handles/>  
<https://www.news18.com/news/buzz/how-you-can-celebrate-pride-month-2020-amid-the->

[coronavirus-pandemic-2647503.html](https://www.lgbteventsindia.com/coronavirus-pandemic-2647503.html)  
<https://www.lgbteventsindia.com/>  
<https://thepridecircle.com/21daysallychallenge/>

In 2019, as a part of our ongoing commitment to inclusion, we have had enriching, vulnerable and honest conversations with 631 nurses, technicians, housekeeping & hygiene, security staff members of KEMH Pune about the context, experiences and need for care for LGBTIQ patients. KEMH Pune is an ally and we welcome one and all to avail of inclusive health services, during the second thriving year of our Diversity and Inclusion (D&I) Initiative.



*Taysir Moonim*  
*Psychologist, Mental Health & Psychosocial Services (MHPSS)*

# Awards and Recognitions



Congratulations Dr. Poonam Deshmukh for receiving 'Corona Warriors' award by DD News Marathi

**पुरस्कार**



**कोरोना**  
वॉरियर्स

**डॉ. पुनम देशमुख**  
सहाय्यक वैद्यकीय अधिकारी, केईएम हॉस्पिटल, पुणे.

एक 'योद्धाच' जनतेसाठी आपले प्राण पणाला लावू शकतो. कोरोनासारख्या महामारीच्या प्रतिकूल परिस्थिती मध्ये आपण आपले प्राण पणाला लावून जनतेची सेवा करीत आहात. म्हणूनच आम्ही आपल्याला 'योद्ध्याची' उपमा देवून 'कोरोना योद्धा' म्हणून आपला गौरव करीत आहोत. आपले हे कार्य अखंड मानव जातीस प्रेरणादायी व स्फुर्तीदायी आहे. म्हणूनच, आम्ही

**'डीडी' न्युज मराठी**

च्या माध्यमातून आपल्यातील योद्ध्याला व असामान्य कर्तृत्वाला सलाम म्हणून 'कोरोना वॉरियर्स' हा पुरस्कार देऊन आपणास सन्मानित करीत आहोत.  
धन्यवाद...!





टिम:  
'डीडी' न्युज मराठी

संपादक:  
'डीडी' न्युज मराठी

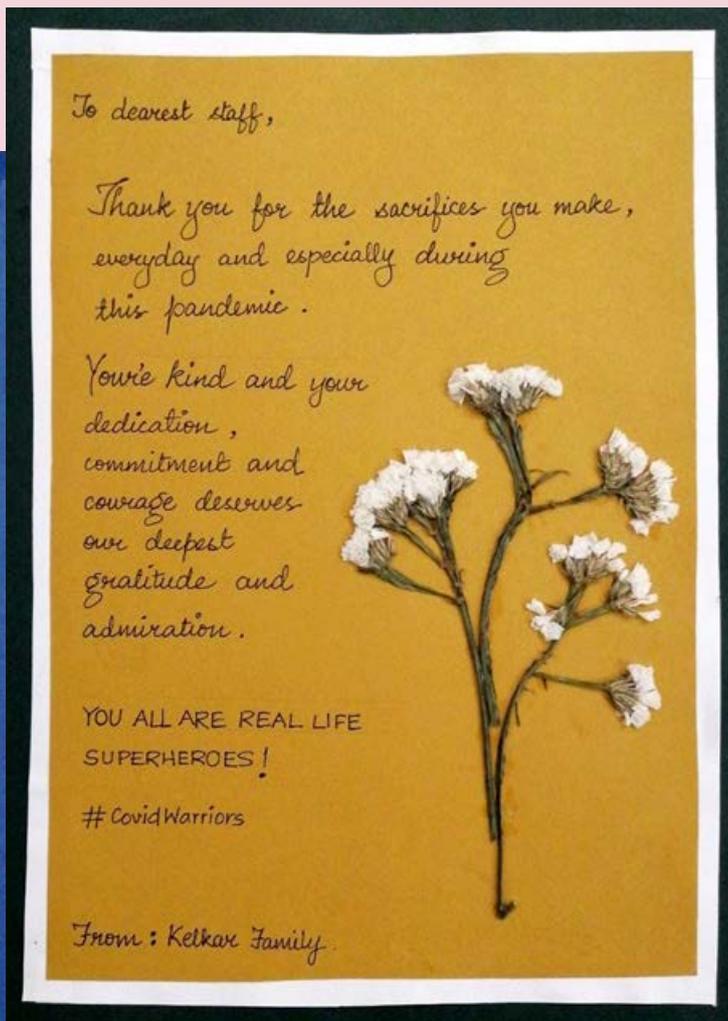
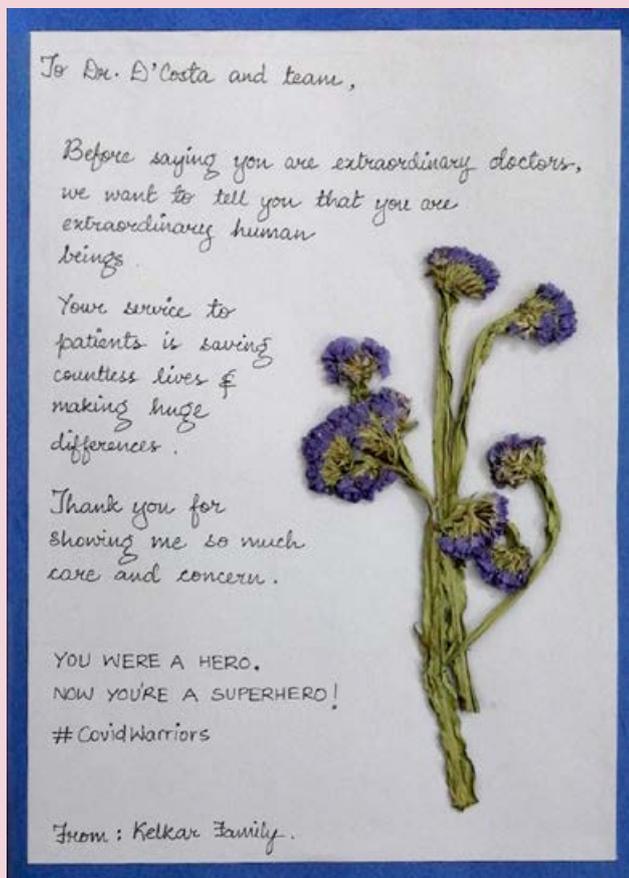
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**बातमी**  
महाराष्ट्राची,  
प्रत्येक  
मराठी माणसांची...

# Testimonials



**- Patient from Nursing Home 1<sup>st</sup> floor, Isolation Ward**

We always be thankful to KEM Hospital, Pune throughout my life. I was having throat pain so I came to KEM Hospital and then after a test it was detected that I was COVID positive. I am really thankful to entire staff for giving me great service of highest quality. My overall experience with this hospital was very good. Now I have recovered. Once again I would like to thank everyone.

**- Patient from Nursing Home 1<sup>st</sup> floor, Isolation Ward**

# Circular



*Dr. Durga Borkar, MD- Anaesthesia has joined us as a Part-time Consultant Anaesthesiologist.*

# Health Awareness Communications

**Corona virus** and its impact on **medical waste**

The surge in solid medical waste has put millions of waste collection workers at risk.

**Let us dispose of our Bio Medical waste in a responsible way.**

Stay safe. Stay healthy.

**KEM Hospital PUNE**  
Quality and ethics in patient care

**WORLD ENVIRONMENT DAY**  
5 June

**KEM Hospital PUNE**  
Quality and ethics in patient care

**14 JUNE WORLD BLOOD DONOR DAY**

**You can help save lives by donating your blood**

Register to become a donor today. It only takes a few minutes

☎ 020-66037324 | 020-66037397 | 94220 85419 | 73786 54553

**19 JUNE | WORLD SICKLE CELL DAY**

**Screening for sickle cell anemia at birth should be routine**

**Visit our haematology department for a check up if you have these symptoms**

- Tiredness
- Pain in joints, bones
- Vision problems
- Frequent infections
- Pain in chest, stomach
- Swollen hands and feet

**KEM Hospital PUNE**  
Quality and ethics in patient care

☎ **020-2621 7460 | 020-6603 7460**

**FLEX YOUR MUSCLES SOOTHE YOUR MIND**

**Yoga for physical, emotional and mental health**

**21<sup>st</sup> JUNE International Yoga Day**

**KEM Hospital PUNE**  
Quality and ethics in patient care

**Yoga for Harmony & Peace**

☎ 020-2621 7460 | 020-6603 7460