

## Know Your KEM Colleague

Dr. Kiruthiga Kala Gnanasekaran



Dr. Kiruthiga Kala Gnanasekaran originally from Tamil Nadu, has recently become a Puneite. Having successfully completed her MBBS from Kanyakumari Government Medical College, she set forward to pursue her post-graduate training in Pathology at Christian Medical College, Vellore from June 2013 to June 2016. She was appointed as an Assistant Professor in the same department in July 2016 and held that position until July 2018 when she moved to Pune. She joined KEM Hospital in August 2018 in the Department of Histopathology.

Dr. Kiruthiga scored the highest marks in the University in the M.D. Pathology examination in 2016 for which she was awarded The Tamil Nadu and Pondicherry Chapter IAPM Endowment Gold Medal. She also received The Dr. Hemalatha Krishnaswami Prize For The Best Outgoing Pathology Resident for the year 2016 and The Dr. Arundhati Tambwekar Award For Excellence In Pathology Gold Medal in 2016 for excellence in academic work in the fields of Pathology, Laboratory Medicine, and Transfusion Medicine, at Christian Medical College, Vellore.

Her efforts were not just limited to academics. With a keen interest to set a legacy for herself, she made it a point to move out of her comfort zone and went ahead with research in various fields of pathology and has presented her findings at conferences across the country. She has several publications to her credit, in Indian as well as International peer-reviewed journals. Her areas of special interest in research include molecular mechanisms of carcinogenesis and genome editing.

Dr. Kiruthiga has a passion for haemato-pathology, gynaecological pathology and dermatopathology. She has received special training in haemato-pathology at Christian Medical College, Vellore and has experience in the immunohistochemical work up of hematolymphoid malignancies and the vast and growing field of onco-pathology. She always strives hard to get to the diagnosis in all cases she comes across and does not stop until she has appropriately classified and characterised the diagnoses, helping the patients as well as all the

## Please Welcome

The following consultants  
have joined us this month

**Dr. Neeraj Rayate**  
**MS, DNB (General Surgery)**

Associate Consultant  
Bariatric Surgeon

**Dr. Satish Pattanshetti**  
**MS (General Surgery), FMAS**

Associate Consultant  
Bariatric Surgeon

**Dr. Aditya Yeolekar**

Associate Consultant  
ENT Surgeon

**Dr. Priyanka Mane**

Sonologist

Holding several accolades to herself, she never lets her achievements come between herself and her work. A hardworking, humble and a good humoured individual, she is someone who keeps her heart on the sleeve and never lets her achievements blind her vision, which is to provide quality service to people.

Having gained and shared knowledge with her peers and colleagues at Vellore, she has moved to Pune to continue serving people. Her child like nature and great sense of humour has not only found herself a huge fanfare amidst her students, but also with all the people whom she interacts with. Language being no big a barrier, she aims to utilise her highest potential to provide the best service to her patients. Apart from having a spectacular academic record, she has kept the best of decorum with all her co workers, patients and faculty.



## KEMH Welcomes

**Veena Rane**  
Assistant Medical Administrator

A healthcare professional with seven years of experience in the most rewarding field of human care has joined us on the 18<sup>th</sup> February 2019 as an Assistant Medical Administrator. She holds a Masters degree in Health Administration from Tata Institute of Social Sciences (TISS Mumbai), PGD in Medical Jurisprudence from Indian Law Society, Law College Pune & Bachelors in Physiotherapy.

She has a knack for teaching and training. Having worked with organizations like Deenanath Mangeshkar Hospital and Research Centre & Johns Hopkins University affiliate JHPIEGO in the past she brings in a blend of hospital management expertise along with a blend of public health administration.

Her experience & interest have been patient safety and quality care along with operations management. She likes to listen to music and read in her spare time.

# “PRERANA” (Inspiration)

A Support Group - Parents of Children Afflicted with Cancer

February 2019

Prerana was started in 1994 by the Department of Medical Social Work. The purpose was to support cancer afflicted children and their families by helping them cope with the emotional, medical and social issues related to the disease. Cancer relates to ‘death’ for most. We, therefore, provide appropriate counselling to alleviate such fears and anxieties.

As a part of our work, meetings are organised regularly to provide the parents a common platform to share their problems and experiences. Guidance by the social workers helps parents interact with each other and speak out their fears and anxieties. It gives them a sense of belonging.



We organised a programme to felicitate 17 children on 2<sup>nd</sup> February 2019, who have completed their treatment successfully and are in remission. They have now re-joined their schools and are leading healthy and happy lives.

The purpose in organising such programs is to motivate parents and children undergoing treatment. It also gives them a chance to share their fears and aspirations.

### **Cancer Survival Commandments - Used by our team during counselling**

1. Cancer is just a word, nothing more nothing less.
2. Begin to respect and understand your chemotherapy, radiotherapy and other treatment.
3. You should not regard cancer as the sum total of your life, but merely a part of life.
4. You should know all the details of your disease, its diagnosis, its prognosis and its treatment. This way you will learn to cooperate with your doctors intelligently and knowledgeably.
5. You should give comfort in every possible way to each other.
6. Do not surrender to cancer.
7. Express your feelings openly to your loved ones, as they too need comforting and reassurance.
8. Maintain your sense of humor and laughter, as it lightens the heart and hastens your recovery.
9. Face your fear, it will disappear.



The David Barker Memorial Symposium is a biennial conference held in memory of Prof. David Barker, the father of Developmental Origins of Health and Diseases (DOHaD) theory. On the occasion of the 25<sup>th</sup> year of its DOHaD research, Diabetes Unit, KEMHRC Pune organised the 3<sup>rd</sup> David Barker Memorial Symposium on 9<sup>th</sup> February 2019 at Symbiosis Vishwabhavan. In conjunction with this the 25<sup>th</sup> meeting of SNEHA (Society for Natal Effects on Health of Adults – a consortium of birth cohorts in India) was held on 8<sup>th</sup> and 10<sup>th</sup> February 2019 at the KEMHRC Auditorium.

On the first day 8<sup>th</sup> February 2019, the meeting opened with an update of the work from various centres including, LEU Southampton, Diabetes Unit Pune, IRSHA Pune, HMH Mysore, CSSC Mumbai, CMCH Vellore, SJRI Bangalore and CCMB Hyderabad. Dr. Romy Gaillard from Erasmus MC, Rotterdam presented an invited lecture on Childhood Cardiovascular Health. This was followed by 10 oral research paper presentations.

The 3<sup>rd</sup> David Barker Memorial symposium was held on 9<sup>th</sup> February 2019 at Symbiosis Vishwabhavan. The symposium opened with Prof. S. B. Mujumdar Chancellor of Symbiosis speaking to the audience on Symbiosis's efforts at promoting women education which set the tone for the rest of the deliberations. Prof. C. S. Yajnik presented an overview of DOHaD research in India with a focus on Pune. Prof. Vincent Jaddoe, Director of Generation R study at Rotterdam spoke on Fetal growth and DOHaD in a multiethnic population: Focus on Migrant Surinamese Indians. Prof. Robert Freishtat from George Washington University presented on Exosomes: The Talk Between Tissues. Prof. Saravanan Ponnusamy from University of Warwick gave a lecture on Gestational Diabetes Mellitus in Asian Migrants in UK. This was followed by talk on Ultrasonic Measurements of Fetal Growth by Dr. Suresh Sheshadri, Director Mediscan Chennai. The symposium was well attended by 217 delegates (students, researchers and clinicians).



The highlight of the symposium was the public engagement session in the afternoon on Reversal of Lifestyle Disorders. This has been a controversial topic in the general public with contrasting views and opinions. Differing viewpoints were presented by Dr. Jagannath Dixit, Dr. Pramod Tripathi, Dr. Jyoti Shirodkar and Dr. Jayashree Todkar. The session generated considerable discussions and was moderated by Prof. C. S. Yajnik. The session was attended by 321 people from the general public and was widely appreciated.

On the last day – 10<sup>th</sup> February 2019 Dr. Shantanu Sharma from Lund University Sweden presented his work on Early Life Factors For Prediction of Cancer Risk and Prognosis. This was followed by poster session in which 16 posters were presented. Dr. Rishikesh Behere, Mrs. Sonali Wagle and Mrs. Nilam Memane from Diabetes Unit KEMHRC Pune won best research paper presentation awards.

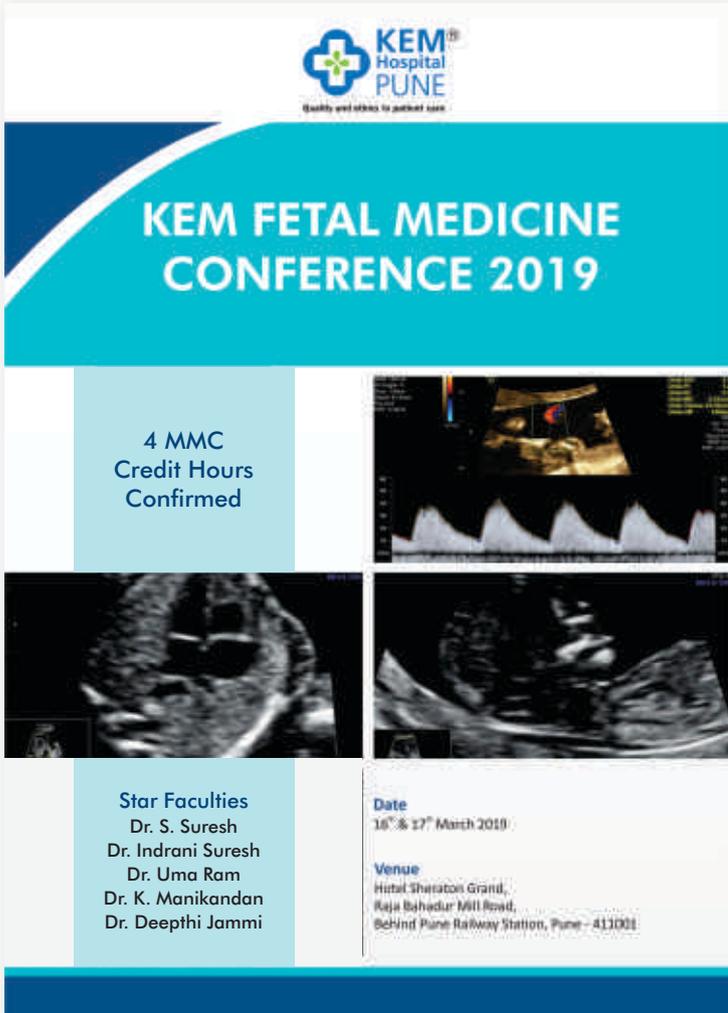


Fetal Medicine Unit of KEM Hospital Obstetrics & Gynecology department takes great pleasure in announcing that they are organising a 2 day conference on Fetal Medicine. The event will be held at Hotel Grand Sheraton, Pune, on 16<sup>th</sup> and 17<sup>th</sup> March 2019.

The scientific program will be of practical benefit for Obstetricians to understand what to expect from Ultrasound reports and how to counsel and manage the pregnant woman based on it. It will also benefit Radiologists and Obstetricians doing Ultrasound scans to understand the standards of reporting in clear, informative, medico-legally safe and actionable terms.

It will cover issues related to Fetal Medicine commonly encountered by Obstetricians and Radiologists - structural anomaly and aneuploidy screening, fetal growth restriction, diabetic macrosomia, Rh-isoimmunization, preterm birth screening and prevention, pre-eclampsia screening and prevention, invasive placentation, fetal MRI and antenatal counselling of fetal anomalies.

Comprehensive elucidation of these commonly encountered issues in Fetal Medicine, by experienced National faculty will bring clarity to the practice and change of approach to reporting and managing pregnancies.



The poster for the KEM Fetal Medicine Conference 2019 features the KEM Hospital Pune logo at the top, with the tagline 'Quality and ethics in patient care'. The main title 'KEM FETAL MEDICINE CONFERENCE 2019' is prominently displayed in a blue banner. Below the title, there are four quadrants: the top-left quadrant states '4 MMC Credit Hours Confirmed'; the top-right quadrant shows a fetal ultrasound image; the bottom-left quadrant lists the 'Star Faculties' as Dr. S. Suresh, Dr. Indrani Suresh, Dr. Uma Ram, Dr. K. Manikandan, and Dr. Deepthi Jamma; and the bottom-right quadrant provides the 'Date' (16<sup>th</sup> & 17<sup>th</sup> March 2019) and 'Venue' (Hotel Sheraton Grand, Raja Bahadur Mill Road, Behind Pune Railway Station, Pune - 411001).

A 'Cholesterol Camp' was organised on 2<sup>nd</sup> September 2018 to mark the Cholesterol Education Month with the objective to create awareness regarding the silentness of cholesterol as a problem.

As continuity to the same and focusing on the closely related and alarmingly high prevalence of coronary heart diseases, "**Lipid and Cardiovascular Disease Prevention Camp**" was conducted on 17<sup>th</sup> February 2019 at KEM Hospital.

The aim was to screen patients for dyslipidemia and other risk factors that lead to cardiovascular diseases. Dyslipidemia has the highest population attributable risk for Myocardial Infarction. LDL levels of around 70 mg/dl for most of the population and less than 50 mg/dl for very high risk category has been recommended by the Lipid Association of India. Effective management of dyslipidemia is one of the most important health targets to prevent atherosclerotic cardiovascular diseases.

Spot lipid profiles, random blood sugars, electrocardiograms and free consulting was provided to the patients. Total number of patients who attended the camp were 56. The number attending the camp more than doubled as compared to the camp held in September 2018.

Both these camps were conducted by Dr. Rashida Melinkeri, Physician and Lipidologist.

It was supported by the Lipid Association of India whose mission is "**A Healthy Heart For a Better Tomorrow**"



We are glad to share the news of the Renal Unit, being awarded an association with Great Ormond Street Hospital for Children, London, UK.

This will allow us to interact with faculty in London for two years with a remuneration that will cover the travel and training.

The primary interest of our mentor, Dr. Rukshana Schroff, is chronic kidney disease especially bone mineral disease.

We hope that the association will benefit patients through knowledge sharing and contribute to the mission of the International Society of Nephrology.



# Inauguration Of Cipla Palliative Care OPD At KEMH

Cipla Palliative Care and Training Centre (CPC) started its free of cost Palliative Care OPD at the KEM Hospital, Pune. The OPD was inaugurated on 1<sup>st</sup> Feb, 2019 by Dr. Rao, Sr. Deputy Medical Administrator, KEM Hospital & Dr. Manjiri Dighe, Medical Director, CPC. The inaugural ceremony was attended by staff members from CPC and KEM.



## A Talk Session On 'Narratives In Psycho-Social Palliative Care'

On 15<sup>th</sup> Feb, 2019, CPC with the support the KEM's administration arranged a session by Prof. David Oliviere, (visiting professor at Middlesex University, London; a social worker, educationalist and consultant in Psycho-Social Palliative Care) on 'Narratives in Psycho-Social Palliative Care'. The session was attended by different specialists of the KEM Hospital, was well received and appreciated by all.





### On a sugarless HIGH

Pune Mirror | Updated Feb 17, 2019, 06:30:51



Two years ago, Aayesha Shaikh, an outgoing school-goer, was formally diagnosed with Type 1 diabetes at the age of 10. The prognosis completely changed her life, and that of her parents, who have since reconciled with their daughter's fate. It all started with Aayesha feeling fatigued for no apparent reason. She would further suffer from bouts of headache and dizziness — and then, one day, she fainted in school.

Following the incident, Sanna Shaikh, Aayesha's mother, rushed her to Alliance Muntol Hospital, where blood tests confirmed that she had developed Type 1 diabetes, formerly known as juvenile diabetes. From thereon, her health deteriorated. In 2017, Aayesha's blood sugar levels spiked, so she had to be put on ventilator support at KEM Hospital in Rasta Peth. She miraculously pulled through, under diabetologist Dr CS Yajnik's care. Yajnik also introduced her to Club 1 Diabetes, a support group for diabetics.

Club 1 Diabetes has given Aayesha and her parents renewed hope. "I was disappointed with life, but now I am learning to cope with diabetes," says the 12-year-old optimistically. Similar organisations in the city are witnessing a steep increase in the number of diabetics seeking their assistance. "The country is, as projected, turning into the 'Diabetes Capital of the World' — that is not something to be proud of. We must redouble our efforts to control the epidemic," says Mavaran Katkar, a volunteer at the Diabetic Association of India, Pune.

Aayesha was terrified of using an insulin pump (a device that administers insulin), but members of Club 1 Diabetes allayed her fears. Thanks to the group, she was also introduced to a glucose-sensor, or Continuous Glucose Monitor (CGM), a device that monitors glucose readings in real-time, and the i-port Advance, a device that lets her take insulin shots without puncturing the skin with an injection. "The introduction to the glucose sensor is one of the best things that has happened to Aayesha. In Type 1 diabetes, monitoring blood sugar levels is crucial," says Sanna. Aayesha's glucose reading is now under control, and she is getting better at managing her diet.

Napur Lalvani, 31, and Sainekha Suresh, 34, who both have Type 1 diabetes, established Club 1 Diabetes six months ago. The club has garnered a sizeable following of 3,000 people across social media platforms. "We are an online and offline platform that connects diabetics, their families, and healthcare providers," says Lalvani. The group has been running monthly video campaigns to increase awareness about the disease.

Members meet every Saturday at KEM Hospital to attend talks and seminars on diabetes. Both Lalvani and Suresh are mentored by Yajnik, director of the diabetes unit, KEM Hospital, and Dr Kaipena Jog, a paediatrician.

In addition, Club 1 Diabetes organises Type One Run, a global initiative that strives to unite Type 1 diabetics through running and exercise. The platform's Pune chapter draws 80-100 participants, who take part in 5km runs every month in the city. A sumptuous breakfast is prepared for the runners, aged three to 75 years. "We started off as a support group for Type 1 diabetes, but grew to include diabetics with Type 2 diabetes," says Lalvani. "Type 1 diabetes is an autoimmune disorder due to which the body does not produce the hormone, insulin." In Type 2 diabetes, however, the body develops insulin resistance. The club welcomes non-diabetics too into its fold.

Soham Mantri, 14, who has Type 1 diabetes, credits Type One Run for changing his outlook on life. "Taking part in the runs has made me confident. I believe that now I can live a normal and healthy life," he says. Mantri's eating habits have improved after joining Club 1 Diabetes. "I eat some carbs, proteins, and occasionally, sweets." Suresh manages her blood sugar levels through diet and exercise. Cutting down on carbs has given her optimum results. "I discuss how I live with Type 1 diabetes with members to help them overcome the disease," says Suresh.

The Diabetes Care & Research Foundation (DCRF) is meant exclusively for children who have Type 1 diabetes. DCRF has 1,200 registered members. "We medically adopt these children and provide them with free medical assistance," says diabetologist Dr Suhas Erande. Aavesh Shaikh, 17, goes to DCRF for treatment. Aavesh was advised to quit school when he was diagnosed with Type 1 diabetes two years ago. "My life changed after the diagnosis.

The most painful moment was when I had to give up playing cricket," he recalls. His condition improved dramatically after joining DCRF. "The treatment and the discussions with members filled me with hope," says Aavesh. He is part of DCRF's WhatsApp group, on which members motivate one another and share their blood sugar readings. "Dealing with Type 1 patients is a challenge as they are children. They can't be asked to stop eating sweets or follow a diet plan," says Erande.

But sharing his ups and downs with diabetics is working for Aavesh. "I feel fine now, and I plan to pursue engineering," he shares. Juliee Mandhre, 22, was diagnosed with Type 1 diabetes when she turned 20. "Juliee's case is rare and she is fortunate than others," points out Erande. Mandhre, too, rapidly responded to medication. She does not suffer from dizziness anymore, she has made friends with DCRF patients, and the best part is that she can do without insulin shots. "Tablets work for me, insulin injections are a torture," she says.

Both types of diabetes are chronic diseases, making it hard for both patients as well as their families to cope on a daily basis. This is why support groups such as DPC are seeing a rise in numbers — to give them a second chance at living a normal life and add a dash of sweetness minus the calories.

The Diabetic Association of India is another group that is helping patients and their families. One of the oldest organisations in the country, the Diabetic Association of India registers 14 fresh memberships every month. Others subscribe to its in-house magazine, Medhumbra, which publishes literature in Marathi related to the disease. Dr Ramesh Godbole, a pathologist, overlooks the institution. Bharati Sudhir Narayan, 77, a retired engineer, has been associated with the organisation for the last 12 years. "I look forward to the annual trips organised by the association," says Narayan. As part of the travel package, the institution ropes in a diabetologist from the region they visit to give a talk on diabetes.

Narayan, who has visited Kerala and Gujarat among other places, finds such talks to be enlightening. "It is interesting to learn about the disease from a doctor who treats diabetics in another state," remarks Narayan. "The travelling instils confidence in me to lead a better life and not ponder over the ailment." Another beneficiary, Shulshada Lale, 82, has found strength to deal with diabetes through the association's activities. Members, furthermore, get to make friends with fellow diabetics and share their experiences.

The Diabetes Patient Club (DPC) has managed to create a network similar to the one formed by the Diabetic Association of India. Dr Sanjay Gandhi, a diabetologist and endocrinologist, manages DPC, which has more than 2,000 followers who have Type 1 and Type 2 diabetes. Members sporadically meet for discussions and take part in activities such as singing and going out for picnics. DPC also sends dieticians on surprise breakfast visits to the members' homes to observe their eating habits. Vijay Padhye, 52, praises DPC and its affiliates for helping him deal with diabetes for over a decade. "I have learnt much about managing the disease through the interactions I have had with DPC affiliates," says Padhye.

Pradip Mandke, 62, who has Type 2 diabetes, stays connected with the group for various reasons. "If someone in the club eats something that raises his/her blood glucose reading, others are alerted. We also talk about insulin dosage and the medicines we are prescribed," shares Mandke. Gandhi echoes the opinions of his patients: "It does make a difference if diabetics connect and learn from their collective experiences of living with diabetes."



(Top - Bottom) Club 1 Diabetes members at KEM Hospital; Type 1 diabetes patients at Diabetes Care & Research Foundation; and a patient at Diabetic Association of India's pathology lab