

Breastfeeding Week Activities

The World Breastfeeding Week is celebrated every year from 1st to 7th August. It aims at encouraging breastfeeding and improving the health of babies all around the world. World Alliance for Breastfeeding Action (WABA) is a global network of individuals, policy makers and organisations, which partners with different NGOs, breastfeeding support groups, WHO and UNICEF for protection, promotion and support of breastfeeding worldwide.

This year's theme was 'Empower Parents, Enable Breastfeeding' with the focus on parent friendly policies to enable breastfeeding and help them nurture and bond with their children in early years, in order to provide the best start and optimal nutrition for all babies. This included enacting paid maternity leave for a minimum of 18 weeks and also paid paternity leave to encourage shared responsibility of caring for the children on an equal basis. Yet another goal was to provide access for mothers to a parent friendly workplace to help them continue breastfeeding upon return to work by having breastfeeding breaks; a safe, private and hygienic space for expressing and storing breast milk and affordable childcare. This year too, the World

Breastfeeding Week was celebrated at KEMH with great pomp and show. The entire event was a grand success because of the initiative and great efforts taken by our Lactation Counselors Ms. Rashmi Poduval and Ms. Sayali Sathe, Our Marketing team: Dr. Nidhi Gagneja and Meraki Marketing Team, Nurse educator: Ms. Neha Dive and the senior nursing staff: Ms. Aarti Patharkar and Ms. Megha Kulkarni extended their maximum support for the promotion of the program and ensuring maximum participation.

What's Inside?

| |
|--|
| Breastfeeding Week Activities |
| Cataract Detection Camp |
| Eye Donation Fortnight Talk Session |
| Special Needs Dental Health Camps At Special School |
| Corporate Camp |
| Workshop On First Aid |
| Did You Know? |
| Consultants' Breakfast |
| Our New Evolving Idea By Dr. Chittaranjan Yajnik |
| Ergonomics |
| Testimonial |
| Obituary Late Dr. Ratnakar Paturkar |



The event was facilitated and made possible by SAPT Healthcare and rehab and Himalaya Drug company (babycare) who generously sponsored the event by providing tokens of appreciation for guests of honour, exciting prizes for winners of various competitions, participation certificates, gifts and refreshments. They helped make it a joyful and memorable experience for everyone. The Neonatal Intensive Care Unit and Nectar Human Milk Bank was decorated and posters were displayed throughout the week to raise awareness. The program was also shared on social media and received a lot of appreciation from doctors, staff and LCs all over Pune. The programme was designed keeping in mind the theme for this year to empower parents and enable breastfeeding. There were three main events.

On the 2nd of August, various activities were conducted for the Nursing staff. Dr. Umesh Vaidya addressed the audience and enumerated the importance of breastfeeding and milk bank. He also appreciated and emphasized the role of Lactation Consultants in our health care team. After this, Ms. Rashmi Poduval introduced the theme for the year. There was a special cooking competition for the nurses of all postnatal wards. They were asked to prepare nutrient-rich recipes for lactating mothers, incorporating different galactogogues and adding some twist to make it unique. The event was judged by Dr. Vaidya, Ms. Rashmi and Ms. Sayali based on the nutritional value, galactogogues used, palatability and presentation. This was followed by a written

quiz for all the nursing staff on lactation management for full term and preterm babies. More than 50 nurses participated and the answers were discussed in detail making it educational as well as interesting.

On the 3rd of August the event for parents was organised. We invited some of our old patients to grace the occasion and share their experience with the new parents. The guests of honour shared their breastfeeding journey in difficult situations like preterm birth, low birth weight, twin babies, failure to thrive and less milk supply. We also felicitated few of our donor mothers for donating large amounts of milk to the Nectar Milk Bank and motivating other mothers for this noble cause. After that, a quiz was held for mothers whose babies were currently admitted in the NICU. All the mothers performed extremely well. We also had a small teaching session on technique of Kangaroo Care, it's benefits and use of KMC bag followed by a surprise lucky draw of

Kanga sling bags by Bempu Healthcare Pvt Ltd.

On 7th of August was the final event of this Breastfeeding week. Ms. Rashmi conducted the breastfeeding quiz for doctors in the NICU. Participants were divided into four teams and the quiz had five rounds on Anatomy and physiology of lactation, World breastfeeding week special, Pictorial round, Rapid fire and Miscellaneous multiple choice questions round. It was thoroughly enjoyed by all doctors. They gave positive feedback for the quiz being quite unique and informative. Breastfeeding is the best investment plan for parents and best health insurance plan for all babies. It is crucial to empower parents by enhancing faith in their own ability to care for their babies. We pledge to join hands in this venture to help support parents and patiently answer all their queries. Breastfeeding is an informed decision and together we shall empower all parents to make the best choice for their tiny tots.



Cataract Detection Camp At KEMH

The Department of Ophthalmology has been conducting a Cataract Detection Camps three times a year since 2010.

Till date 34 eye camps, with screening of more than 3400 patients have been conducted where more than 600 cataract patients were detected who required surgical intervention.

All these patients were operated at concessional rates. The aim of this activity is to reach out to patients who cannot afford the cost of surgery and provide them the gift of sight. It was a great gesture on the part of all consultants and residents in the department who have helped in this endeavour.



Circular

Dr. Supriya Gadekar
Associate Sonologist

will now also be available
in the Fetal Medicine
Department

every Monday & Tuesday
9.00 am & 12 noon
by appointment only

To book an appointment
please call 020-66037385

Dr. Supriya Gadekar
will continue to carry out
USGs in the Sonography
Department (1st floor)

Wednesday & Thursday
4.30 pm & 6.30 pm.



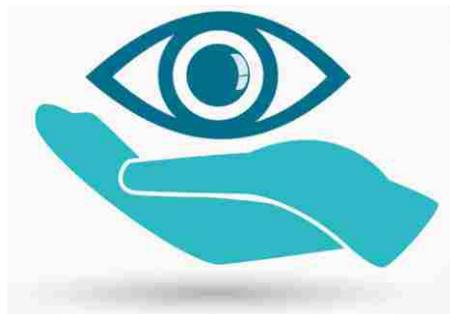
Eye Donation Public Awareness Program

Corneal blindness is a major national problem. EYE DONATION FORTNIGHT is conducted every year and was conducted from 25th August to 8th September 2019, to increase the awareness of eye donation amongst the general public.

A program was conducted on 30th August where Dr. R. D. Kolte, a Senior eye and corneal surgeon from our department gave an informative talk on Eye Donation, followed by a film on Eye Donation.

Lets Know what is EYE DONATION?

Eye Donation, Why should you do it?



Magnitude of corneal blindness In India

- ◆ An estimated 4.6 million people (corneal blindness)
- ◆ 90 % below the age of 45 yrs, including below the age of 12

What are the causes of corneal blindness?

- ◆ Hereditary/ Congenital Disorders
- ◆ Injuries
- ◆ Malnutrition
- ◆ Infections
- ◆ Chemical Burns
- ◆ Postoperative Complications or Infections



Importance of Eye Donation

- ◆ Patients with corneal blindness can be visually rehabilitated through replacing their own damaged or disease affected corneas with healthy corneal tissues obtained from voluntary donors
- ◆ Eye donation allows each & every one of us a chance to perform social work even after death.

Where can eyes be donated?

- ◆ The donor need not to be

taken to the Eye Bank

- ◆ Team working for eye donation comes to receive the eyes from wherever the donor is; AT NO COST.

Who can Donate Eyes?

- ◆ Any person of any AGE, SEX, CASTE, RELIGION after their death.
- ◆ People who wear glasses/ spectacles
- ◆ Person who have undergone cataract surgery
- ◆ Diabetics, Hypertensives
- ◆ People suffering from Asthma



Contraindications

- ◆ AIDS
- ◆ Jaundice
- ◆ Rabies
- ◆ Syphilis
- ◆ Tetanus
- ◆ Septicemia
- ◆ Hepatitis B,C
- ◆ Viral Diseases
- ◆ Meningitis
- ◆ Encephalitis
- ◆ Death due to Drowning
- ◆ Death from unknown cause

All that needs to be done... Till... The Eye Donation Team Arrives...

- ◆ Obtain the vital death certificate of the donor quickly and if possible keep the two photocopies ready
- ◆ Close the eyelids & cover them with moist cotton wool.
- ◆ Switch off the fan and if available switch on the air conditioner
- ◆ Contact Eye Bank immediately, as removal of eyes must be done within 6-8 hours of death and should reach to concerned Eye Bank
- ◆ Raise the donor's head by



- about six inches by placing two pillows under it
- ◆ If possible keep the dead body of donor on the bed so that Doctor can easily obtain the eyes

MYTHS & FACTS

- ◆ Eye donation costs nothing, it is absolutely free of costs
- ◆ The family members of the deceased can give consent for donation of eyes, even if he/she has not pledged the eyes earlier
- ◆ The process of enucleation of eyes can be completed within 30 minutes
- ◆ The eyes are removed by a trained person using sterile

procedure

- ◆ Enucleation of eyes do not cause disfigurement of face
- ◆ Eye donation gives sight to two blind persons as one blind person receives one donated eye

DO DONATE YOUR EYES

- ◆ Remember, by donating your EYES –CORNEAS
- ◆ You will be bestowing on another human being the most precious of gifts.

THE GIFT OF SIGHT ... that will dramatically improve the quality of life for a person who has otherwise lived a life of total darkness.

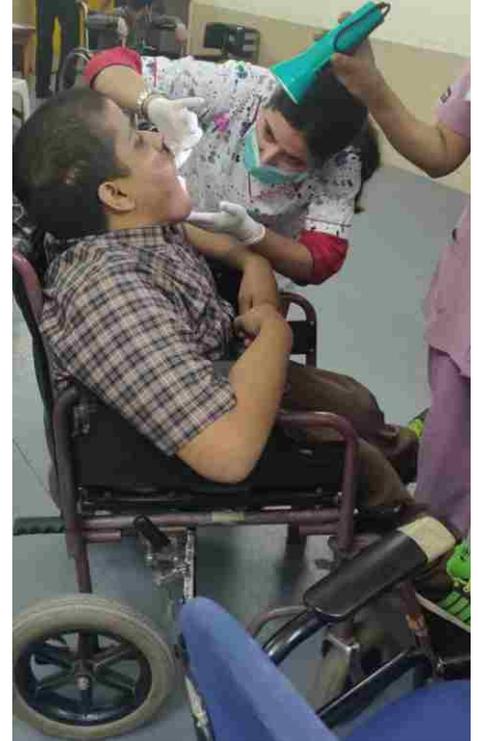


Special Needs Dental Health Camps At Special Schools

Special Needs Dental Health Camp At Jagriti Intervida School, Pune

On the 9th of August 2019 a free Dental health checkup camp was conducted at Jagriti Intervida School as a part of Oral Health Awareness Programme. 47 children having Cerebral Palsy were examined, advised and treatment was suggested. Sample toothpaste and toothbrushes were distributed for increased awareness.

The examination was done by Dr. Pratibha Pandit Consultant Paediatric Dentist and Dr. Rajeshri Shelar (General Dentist). The event was organized by Dr. Anand Pandit, Honorary Professor and Director, Dept of Paediatrics, Dr. Sana Khan and Ms. Veena Rane from TDH Rehabilitation and Morris Child Development Centre. The school authorities appreciated the effort.



Special Needs Dental Health Camp At Jai Vakeel School, Pune

A free dental health check-up camp was conducted by KEM Hospital, Pune in association with IDA Special Olympics Bharat on 21st August 2019 at Jai Vakeel School, Talegaon Dabhade, a school for children in need of special care. The camp was organized by Dr. Anand Pandit Honorary Professor and Director, Dept of Paediatrics, Dr. Sana Khan from TDH Rehabilitation and Morris Child Development Centre.

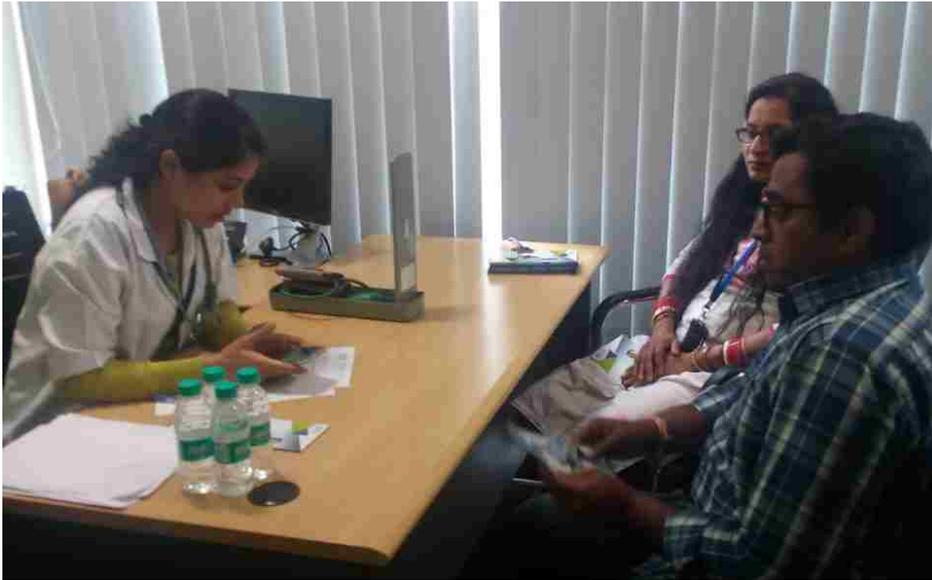
Oral health Screening was carried out for about 50 special students by Dr. Pratibha Pandit and Dr. Rajashri Shelar. The students were accompanied by their parents. After the dental check-up, Dr. Pratibha explained the maintenance of oral hygiene and its importance. The camp was supported by the school teachers and enthusiastic parents. Dr. Nidhi Gagneja (Marketing Manager) supported the KEMH camp.



Corporate Camp

KEM Hospital, Pune in collaboration with Medi Assist TPA had conducted two corporate camps at Foodimentary India Limited, Viman Nagar on 23rd August 2019, Friday and Cushman & Wakefield, Koregaon Park on 29th August 2019, Thursday.

A total of 70 plus employees were provided consultation during these camps. Health Check-up was general in nature and comprised of components like height, weight, BMI, BP, RBS, and a medical consultation.



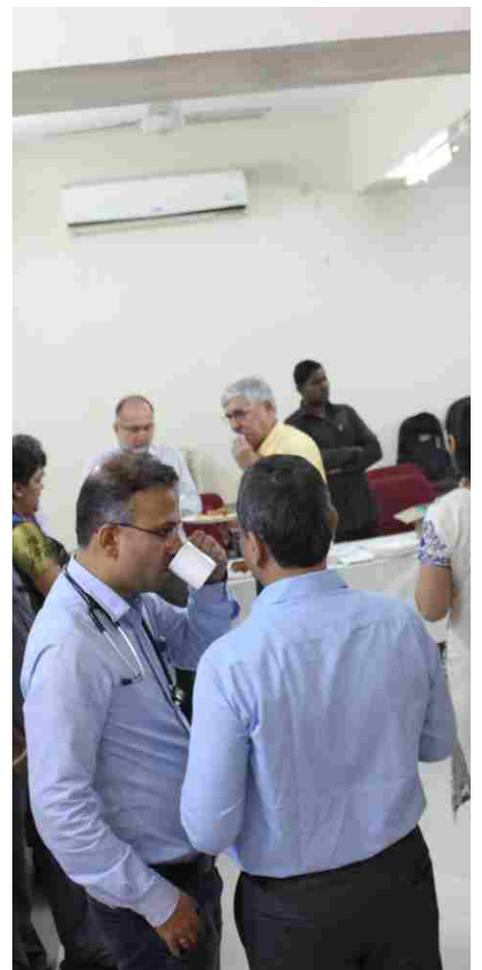
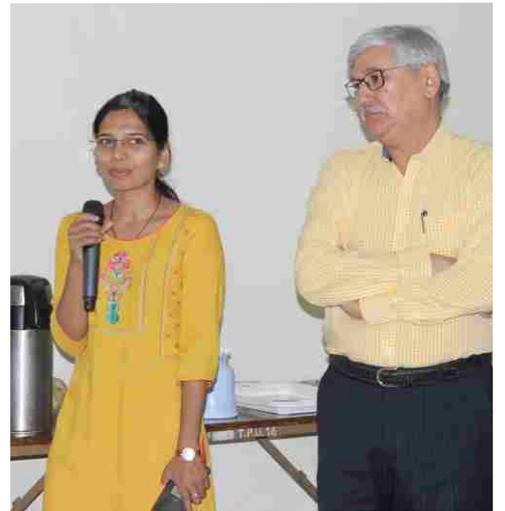
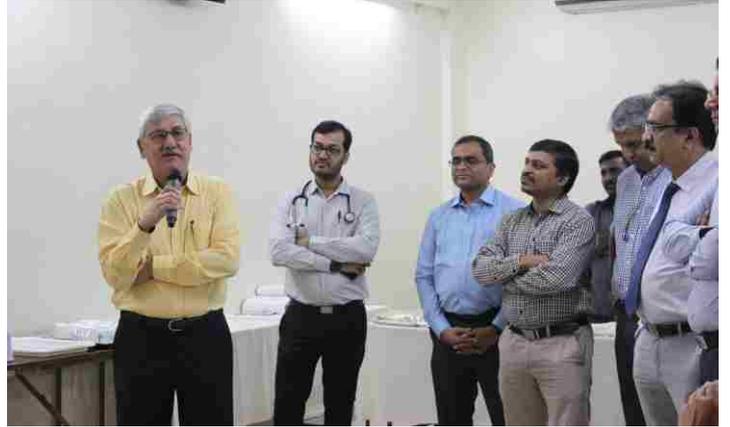
?

Did You Know?

1912

In 1912, a small charitable maternity home was established on a piece of land, donated by a local citizen, Mr Sardar Moodliar. KEM Hospital, Pune as we know it today, is a 550 bedded hospital, the second-largest general hospital in Pune. This growth and expansion have been possible largely due to the incredible vision of Dr Banoo Coyaji and her dedicated team of doctors including Dr Vasant Pai, Dr P. K. Bharucha, Dr K. J. Coyaji, Dr Anand Bhatia, Dr Anand Pandit, Dr Madhav Kale and Dr F. F. Wadia.

Consultant's Breakfast



**29th August 2019 location:
L&D Department 6th Floor
Banu Coyaji Building**

Medical Administration and EMD department of KEM Hospital, Pune organized a workshop for executive staff of Bureau Veritas Certification Pvt. Ltd. Pune on First Aid.

The workshop was inaugurated by Dr. V. L. Yemul, Medical Administrator KEM Hospital, Pune in the presence of Mr. V. R. Yadav Exe. PRO, Dr. Madhur Rao, Sr. Deputy Medical Administrator, Dr. Poonam Deshmukh Asst. Medical Administrator, Dr. Tehnaz Chothia Asst. Medical Administrator, Dr. Kalpana Kelkar, In charge EMD, Dr. Amrapali Babras Consultant EMD, Ms. Veena Rane Asst. Medical Administrator, Ms. Anaya Biswas Asst. Gen. Administrator, Matron. Mrs. Surekha Joshi. In his speech, Dr. Yemul emphasized the importance of First Aid and the role each one

can play in saving a life. He also encouraged the participants to use this opportunity to learn the basic First Aid measures. The workshop was attended by 6 members from Bureau Veritas Certification Pvt. Ltd. Pune

The workshop included sessions on burns, heat and cold stroke, choking, drowning, head injuries, CPR, bleeding, insect-bite, dog-bite, snake-bite, fracture, acute trauma, bandaging. All the topics were demonstrated by the faculty and the students. The demonstration was done for all the topics by the participants.

Dr. Kalpana Kelkar, Dr. Amrapali Babras, Dr. Junaid Patel, Mrs. Saroj Kulkarni, Ms. Sonali Sonwane guided the participants with the help of lectures as well as demonstrations. The program was managed by Dr. Sandeep Nevase and Dr. Aarti Bhosale. The valedictory session for the workshop took place on August 29th 2019, at 4:00pm.



Testimonial

“ The surgeons like Dr. Shrotriya and his assistant doctors are very good and excellent in terms of explaining the disease. We would be happy to use this information for any reference in the future. ”

Thank you,

**Ganesh Agale
Father of Patient**

“ There is no need to mention any particular person or name because all doctors, their assistants, nurses, sweepers, etc. - played their roles brilliantly, their diagnosis method, and management is excellent. The hospitality really had me impressed. ”

It was an awesome experience for me and my family. Thank you very much for everything . ”

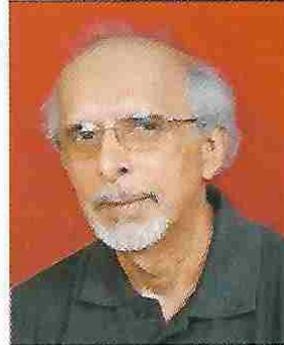
Thank you,

**Prajakta Auti
Mother of Patient**

INTERVIEW



Dr CHITTARANJAN S. YAJNIK
director, diabetes unit,
King Edward Memorial Hospital
and Research Centre, Pune



Reclassification will help us improve treatment

BY POOJA BIRAIA JAISWAL

Q/ The European study published in *The Lancet* identifies five subgroups of adult-onset diabetes.

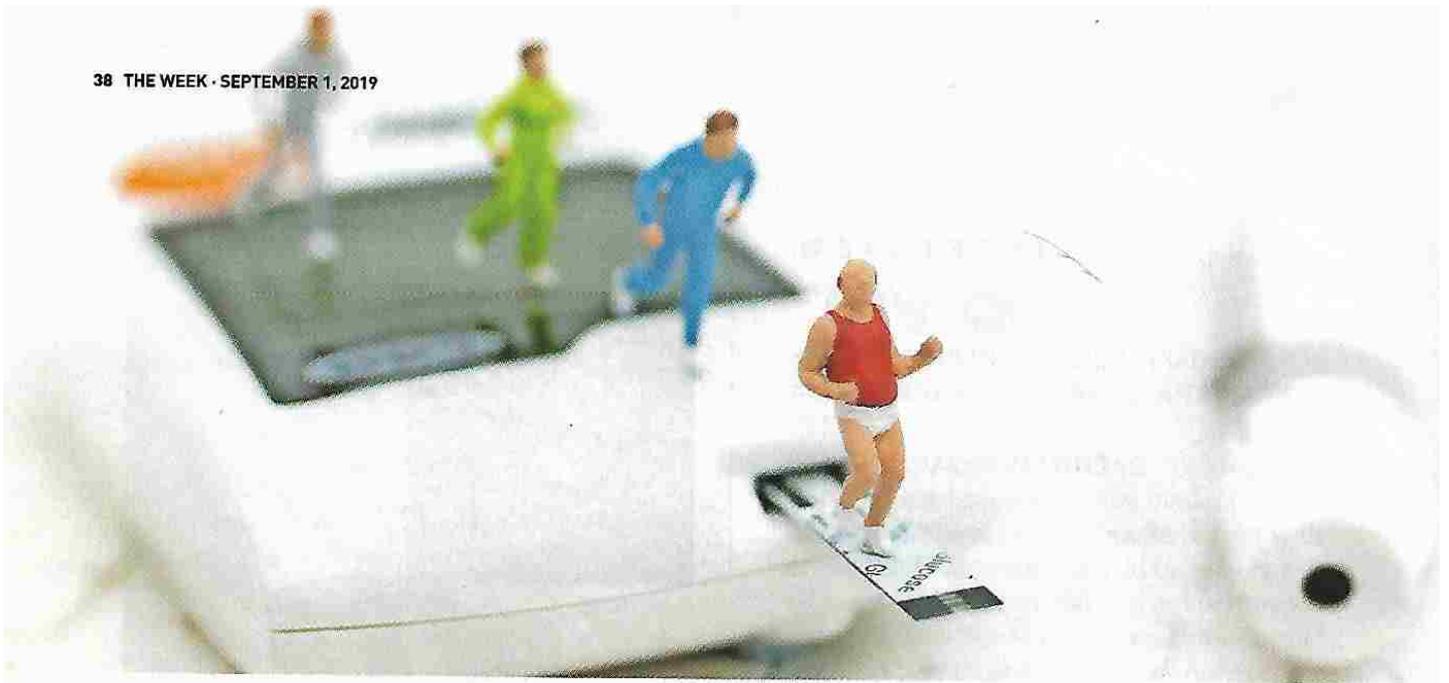
A/ What we really need to study is how our types differ within our own population and from westerners. That is the purpose of our study. This research has been on for the last 30 years but this [latest] description from Sweden gives it a direction. As luck would have it, we have already got a grant for collaborating with the same group. It is an Indo-Swedish grant given by the department of science and technology and the Swedish medical council. The people who have written the paper in *The Lancet* about the five subtypes of diabetes are our collaborators, and even before the paper was published we were planning to do this. So we will now expand our ideas of the characteristics of Indian diabetic patients by comparing them with Europeans, especially Scandinavians.

Q/ Tell us about the concept of the 'thin-fat Indian' and how Indian diabetics are different.

A/ For 30 years, we have been doing research to find out why diabetes is so common in

India. We have found that Indian diabetic patients have different characteristics from European patients. We have described this for many years in terms of Indian patients being shorter and thinner. But we showed in our research that when you measure the body fat with a special technique, Indian patients, though they look thin, are fat. And, they are fatter than Europeans. This is called the thin-fat concept and is named after me as I described the concept of a thin-fat Indian a few years ago.

Though not obese by international criteria, Indians are adipose—that is they have a high body fat percentage. Therefore, because diabetes is linked with excess fat in the body, we get it even though we look thin, and we get it at a younger age. In our research, we showed that Indians develop this thin-fat characteristic in the mother's womb. So we contributed to the idea called foetal programming of diabetes. We showed that the mother's nutrition is an important contributor to all this. India has had a history of undernourishment, famines and environmental stress, going back many hundreds of years. So Indians were used to living in difficult conditions with less



food, less money and poor hygiene. All these things were part of our lives for years and our bodies are programmed to deal with these conditions. And suddenly, in the last 50 years, there was social and economic development, which brought about this epidemic of diabetes. We are now in a situation of relative plenty. Therefore our type of diabetes will be somewhat different from what has been described in Europe.

Q/ How will reclassifying diabetes help?

A/ Diabetes complications can cause economic and human loss, and must be treated effectively. Hence, if we are able to identify any sub types that are specifically predisposed to, say kidney damage, then it will be useful because we can treat them early. Those who already have diabetes need to be treated properly, and when we find different types and which treatment will be effective for them, it will help us improve treatment. The most common ones are type 1 and type 2, of which the latter is a very heterogeneous condition. Now, because of measurement of certain chemicals in the blood, we are going to be able to classify them.

Q/ Will individuals fall exactly into one of the categories?

A/ Never. Each person is an assembly of characteristics that are unique. This is a modern attempt at a systematic understanding of the disease. It will be put to test in clinical studies. Even in the WHO classification, there are

probably 10 different types. But what we are saying is that the most common variety is the type-2 diabetes. We will try to reclassify it with more confidence into separate groups.

Q/ What do you think will be the conclusion of the study?

A/ There is a long way to go. Either we will conclude that our groups are similar to Europeans or they are not. And there is a hope that we will be able to personalise the treatment depending on the classification. But it will need to be clinically tested.

The Swedish classification is relevant to us, but if 10 per cent of Swedes have type A, 30 per cent of our people might have that. And something that is related to gross obesity in old age will be less common in Indians because our population is not that obese.

We will see a few thousand diabetic patients and will enrol them in the study. We will study what complications are common in groups 1, 2, 3, 4 and 5, depending on whatever number of groups we find. Then, we start analysing it and decide whether we want to classify every patient the first time, put him into subgroups and treat him from the previous experience to prevent certain complications. Then, we will see after five or ten years if we have really achieved something. It is not just one cross-sectional report. We will also have to do a clinical study and trial to see whether such a classification is of any use to direct treatment, prevent complications and improve the quality of life. ■

As a part of good health, our posture is one of the most important things which should not be ignored. We the doctors, must be aware of these ERGONOMIC CONSIDERATION tips as it reduces aches & pains from bad postures.

7 Considerations For Better Posture

1) Checking ourselves

Be aware of your own body. Take a minute to notice how you are sitting or standing. A foolproof way to check your posture is the wall test. You can do this by standing against a wall. Measure your posture by the areas of your body that are and are not touching the wall. Your head should be touching the wall along with your shoulder blades. There should be some space between your lower back and the wall. However, if there are over 2 inches of space, your posture is off.

2) Core strength

Strengthen your core on a daily basis. Weight bearing and strengthening exercises are great ways to do that. As you strengthen your core muscles, it will become easier to keep good posture throughout your day. You can also engage your core while sitting and standing. Forcing your muscles to stay engaged helps to increase blood flow and give you energy.

3) Footwear

Choose supportive footwear over heels or other uncomfortable choices. When you wear shoes that throw you off balance, your body tries to make up for it. Your muscles will be straining, and your spine will be bending all day. Especially when you are standing for long periods of time, make sure your shoes support good posture.

4) Sitting

It is easy to fall out of good posture when working in a seated position. Traditional chairs eliminate the necessity of engaging your core muscles. Sit with good posture to not only protect your spine but also to stay productive. Proper blood flow can keep you from feeling sluggish. While sitting, ensure that your knees are level with your hips with your feet on the floor. Engage your core by sitting up with your shoulders back.

5) Standing

Working in a standing position can take the stress off your spine as long as you practice good posture. Stand with your feet hip-width apart putting the majority of your weight on the balls of your feet. Make sure that your knees are slightly bent, pull your shoulders back and keep your head in line with your shoulders.

6) Driving

Commuting is not necessarily fun, but it does not have to hurt. Avoid reclining while in your car. Adjust your seat so your knees can be slightly bent and at hip level. Do not forget lumbar support. You can invest in supportive car accessories or just use a rolled-up towel.

7) Phone

Most of us hunch over our phones when texting or on social media. Do take stretch breaks. Tilting your head down strains your neck. Instead, use a headset and mount your phone at eye level. That way you do not need to strain your neck when using your phone.

Every year on 8th September, World Physiotherapy Day is celebrated all over the globe. The article is an attempt to create awareness & enlighten about the Ergonomics field which we all must follow for our better health.



WORLD SUICIDE PREVENTION DAY

10TH SEPTEMBER, 2019

“Working Together to Prevent Suicide”

Suicides Are Preventable

Worried About Someone?

Go ahead and...

Ask if they are okay and if they have been thinking about suicide

Listen to them when they speak

Encourage them to seek help from a professional

(a doctor, a mental health professional, a social worker)

If you think they are in danger, **do not leave them alone**

Connect them with emergency health services immediately

Inform their family and friends

Make sure that they have **no access to means of self-harm**

Stay in touch to check how the person is doing

For crisis support, please visit the Emergency Department, KEMH

Call: 020-2621-7305 / 7444, 020-6603-7305 / 7444

Would you like to speak to a Psychiatry Consultant or a Psychologist?

Visit the OPD from Monday - Saturday, 9:00 a.m. – 12:00 p.m.

Call: 020-2621-7460 / 7398, 020-6603-7460 / 7398

WORLD HEART DAY

29TH SEPTEMBER 2019



BE A HEART HERO

**Let's promise a better life to our family,
friends, patients and employees.**

For any cardiac-related queries, contact our Cardiology Department
020 26217460/7398, 02066037460/7398

Upcoming Event



You are cordially invited
to attend the

7th Banoo Coyaji Oration

Hosted by
KEM Hospital Research Centre
& KEM Hospital, Pune

Delivered by

Dr. Farokh E. Udwadia

Saturday, 19 October 2019

Time

06:00 PM

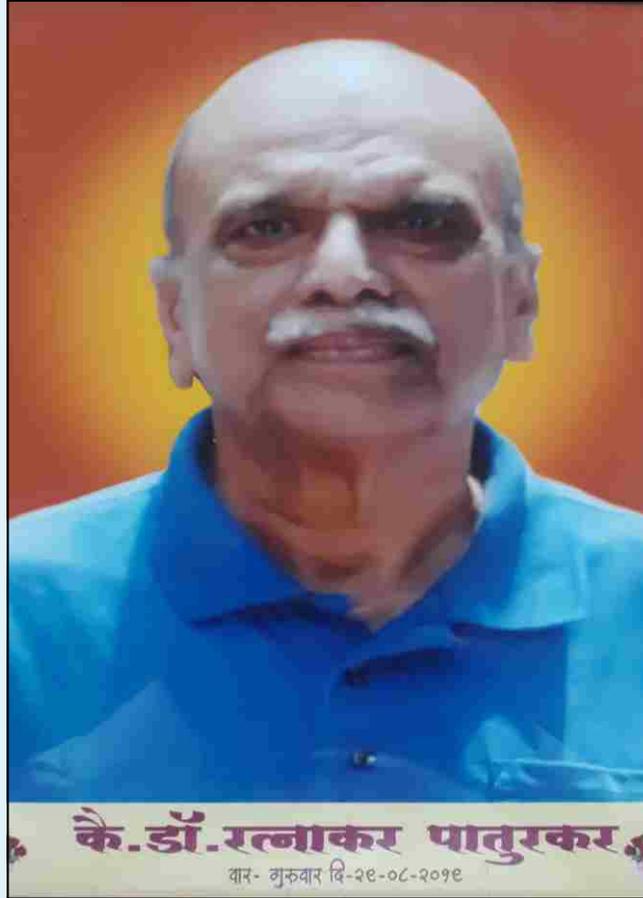
Venue

Mazda Hall, Dastur Primary School,
Camp, Pune, Maharashtra 411001.

RSVP

Vaishali Khade: +91-98818 77310

Sunita Mitkari : +91-83789 87805



Late Dr. Ratnakar Paturkar was indeed a 'Ratna- a Gem' for Vadu Hospital. He joined Vadu in 2002 and continued to serve the Hospital, and the population in Vadu area relentlessly with his Anaesthetist's skills until he fell ill on 4th July 2019. In a condolence meeting at Vadu Hospital on 4th September 2019, Mr. Pandurang Jadhav (admin assistant), Mrs. Shobha Gawde the Nurse in Charge, Dr. Anand Kawade the Paediatrician and Dr. Juvekar the Officer in Charge; who have had the opportunity to work directly with Dr. Paturkar revealed his dedication, meticulousness, inspiration to work and passion for his field of Anaesthesiology. Vadu Hospital team will miss Dr. Paturkar forever.