

JUNE 2019

# MEN'S HEALTH MONTH

An Overview On Men's Health

info**KEM**

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Mental illness among men is a public health concern begging attention. There is a silent crisis in men's mental health. Various factors adding to the complexity of the problem are undiagnosed depression in men, heightened suicide rates and poor engagement with mental health services. Men's sense of worth is tied up with their achievement, career success, income for fulfilling needs of their family. In pursuit of this they sacrifice other things in life. In this competitive world it is very easy to feel "failure" in achieving these goals. Men often suffer in silence. This results in loss of pride, purpose and meaning of life. Many succumb to substance abuse. Unemployment and increasing divorces add to the burden of working age adults. This ultimately leads to depression and suicide. Men's depression often presents with anger, irritability, aggressiveness and risk taking behavior as opposed to traditional symptoms of depression like sadness, weeping, guilt, disturbed biological functions- which are masked or absent. Mental illness like depression is thought of as a personal weakness. To seek mental health is a stigma amongst men. Men believe that they should be able to control their feelings and do not ask for help. We need to gear public health services towards working age adult men. Traditionally, women, children and older populations are focused as a vulnerable group. Traditional therapies like "talk therapy" may not work in men. Instead physical activity, hobbies, etc are stress relievers in men. Events and activities that focus on physical, mental, emotional and social aspects of wellness need to be emphasized upon.

**Dr. Daulatram Gulabani**  
**MD**  
**Associate Consultant Psychiatry**  
**KEM Hospital, Pune**



Orthopaedic and Musculoskeletal problems are very common in men of all ages and are very important to diagnose and treat at the right time.

In young men, trauma and sports injuries are the predominant cause of pain and disability. Injury to the knee, shoulder and ankle are very common in athletes. The importance of rehabilitation after treatment and physiotherapy for prevention of these injuries cannot be overstated.

Anterior and medial cruciate ligament tears and medial meniscal tears are very common and can be treated in a minimally invasive way with arthroscopic repairs/ reconstruction. After adequate rehabilitation the athlete can restart competitive sports.

Shoulder dislocations and labral and muscle tears can be seen both in athletes and in old age due to degenerative ruptures. In both age groups it is very important to seek expert help at the earliest and diagnose early so as to ensure a good prognosis. Old injuries result in muscle and tendon shortening and will give sub-optimal results. Ankle sprains can be very tricky and should be differentiated from subtle fractures of the fibula and metacarpals. Appropriate splintage and exercise will give good results.

Men of all ages commonly can suffer from chronic back pain. Identification of the pain generator (cause) is critical for the diagnosis and treatment. Faulty posture is a common cause apart from sports injuries and degenerative Spondylosis and lumbar canal stenosis. Physiotherapy and rehabilitation, attention to posture and ergonomics and swimming are the conservative modalities of treating lower back pain. Leg pain or radiculopathy requires individualised treatments and additional imaging (MRI). Its treatment may require nerve root blocks/facet blocks/epidural anaesthesia or formal spine surgery with decompression of the roots and fixation if indicated.

Degenerative conditions such as Osteoarthritis are common in old age. Arthritis is commonly of the knee, back, foot and hip joints. The mainstay of treatment in early stages is pain relief by anti inflammatory drugs, physiotherapy, activity modification and joint friendly exercises. Later stages may require joint re-constructive/replacement surgery especially of the knee and hip joints. The results of hip replacement and knee replacement surgery are very predictable, improve mobility and function and help patients lead a very active, independent and pain free life.

**Dr. Devendra Vartak**  
**MS - Ortho, DNB - Ortho,**  
**Fellowship in Joint Replacement & Reconstruction**  
**Associate Consultant Orthopaedics**  
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The vast majority of Autoimmune diseases - such as Rheumatoid, Arthritis and Lupus - are far more common in ladies. There are, however a few salient exceptions: Ankylosing Spondylitis and related Arthritis are three times as common in men as women, and much more severe. This disorder presents with back pain in young individuals, often with joint swelling. Early diagnosis and holistic management with medication and exercise is important. Young men often ignore back pain and attribute it to trauma - however long standing back pain, which is worse in the mornings, warrants the attention of a Physician or Rheumatologist.

In older men, common causes of joint pain include Osteoarthritis - degeneration in joint cartilage - and gout - which is joint inflammation caused by uric acid crystals. Pain in any form is debilitating, affects the quality of life and productivity. Most Rheumatologic diseases can be controlled with medication and physiotherapy and early attention avoids joint damage and deformities. In all these situations and more, Rheumatologists can contribute in men's health.

**Dr. Sanat Phatak**  
MD - Medicine, MRCP,  
DM - Clinical Immunology & Rheumatology  
Associate Consultant Rheumatologist  
KEM Hospital, Pune



Certain Neurological disorders are more common in men as compared to women, such as Parkinson's Disease (PD) (1.6 times as common) and Traumatic Brain Injuries (TBI) (3 times as common). Regular exercise in your 30s and 40s may reduce the risk of getting PD later in life by about 30%. This will also reduce risk factors for Stroke like Diabetes Mellitus and Hypertension. Helmet use during bike riding and increasing awareness about road traffic accidents will help in reducing the incidence of TBI. Apart from this, visiting doctor regularly, limiting alcohol consumption, reducing stress, taking part in mentally stimulating activities like puzzles, games, books will also contribute in the treatment of various degenerative Neurological disorders.

**Dr. Aradhana Chouvhan**  
**DNB - Gen Medicine, DNB - Neurology**  
**Associate Consultant Neurologist**  
**KEM Hospital, Pune**



It is a well-known fact that Cardiovascular Disease (CVD) is the leading cause of death worldwide. Yet research has shown that important differences exist between men and women.

Men generally develop CVD at a younger age and have a higher risk of Coronary Heart Disease (CHD) than women. Women, in contrast, are at a higher risk of Stroke, which often occurs at an older age.

New findings indicate that CHD and stroke mortality rates have declined over the past decades in both sexes. However, mortality from CHD and stroke remain higher among men than women until old age. Age-specific reductions in CHD rates may have been stronger in men than women. The age-standardized CVD death rate of 272 per 100,000 population in India is higher than the global average of 235 per 100,000 population

One of the most common questions asked by patients is, 'How can I prevent a heart attack?'

There is usually just one answer for this lifestyle changes. Even men who seem relatively fit physically may be increasing the risk of CVD by incorrect lifestyle choices.

So what do lifestyle changes include?

First and foremost Quit smoking and chewing tobacco. To all the young men who think smoking is a trendy thing to do, think again.

Exercising at least 150 minutes a week of moderate aerobic exercise or 75 minutes of vigorous aerobic exercise is something which everyone can do. Reduce stress through meditation or yoga.

One of the major concerns of today is our food habits. Youngsters often say they don't have the time to eat and snacking on fast food has become the norm. What is really needed is eating a diet low in processed sugars and fats, increasing the amount of fibre, vegetables, and fruit in the diet and lowering salt consumption. Maintain a healthy weight and establish a baseline of health through regular check-ups to help identify problems earlier.

Many of the major risk factors for Heart disease are modifiable. So don't wait to make the change today.

**Dr. Milind Gadkari**  
MD, MRCP, UK  
Consultant & HOD Cardiology  
KEM Hospital, Pune

Skin is the largest organ of the body which is responsible for physical protection, photoprotection, thermoregulation and immunoprotection throughout our life.

Skin is supposed to be a 'mirror' of the body which reflects internal changes like physical, chemical or emotional.

Our skin gets damaged by external factors like sun and pollution. Similarly it get damaged by endogenous factors like degeneration of tissues due to ageing or disease.

We must protect our skin from external factors by using protective clothing, sunscreen and keeping our body clean.

Even though we can't change the ageing process we can postpone it by good habits, regular exercise, healthy diet.

Exercise keep out body fit but for mental fitness and relaxation Yoga and meditation helps to control our emotions.

Addictions like tobacco in any form can cause excessive hairfall and chronic alcohol accelerates the ageing of skin.

Healthy skin is important in today's world as skin is part of your personality.

It is said that skin is an instrument of which actions and reactions are played and displayed.

Try to learn the music of this instrument and see that only soothing pleasant notes comes out of it.

**Dr. Y. V. Tawade**  
**MD, DVD, DDV**  
**Consultant & HOD Dermatology**  
**KEM Hospital, Pune**

A healthy/ disease-free mouth is a sign of a healthy body. Our mouth harbours a complex microbial ecosystem, disturbances in this oral microbial flora leads to a number of oral/dental diseases. Most common of these are dental decay (caries), periodontal (gum) breakdown. Oral hygiene measures like tooth brushing, tongue cleaning, use of dental floss, regular mouth rinsing and periodic professional cleaning of teeth (Oral Prophylaxis) play a pivotal role in prevention of dental diseases. Also, dietary habits such as eating fibrous, non sticky foods, fruits and foodstuffs rich in vitamins help in maintaining oral health.

Increase in consumption of tobacco in the form of cigarettes, smokeless tobacco, cigars and hukkah is a major factor in causing oral cancer. It also has deleterious effects on supporting structures of teeth and causes significant delay in wound healing. Many lifestyle related diseases such as Diabetes Mellitus, Hypertension, Stress and other Metabolic disorders can severely deteriorate oral health. On the other hand, poor oral hygiene has been significantly linked to poor diabetes control, increased susceptibility to Coronary Heart Disease and Stroke.

Face being the most prominent part of human body is susceptible to various injuries related to road traffic accidents and sports. Use of helmets and custom fitted mouth guards can prevent these grievous injuries to face and teeth. An age old adage “prevention is better than cure” holds true for these injuries and diseases.

**Dr. Vikram Pandit**  
**MDS - Oral & Maxillofacial Surgery**  
**Associate Consultant Oral & Maxillofacial Surgeon**  
**KEM Hospital, Pune**





Videonystagmography (VNG) is a test to graphically record eye movements (rather than only Nystagmus) and video record eye movements (including Nystagmus). The equipment that enables has recently been purchased by the Hospital.

It is helpful in diagnosing Vertigo and various diseases involving the brainstem. The most common type of Vertigo in the population is BPPV (Benign Paroxysmal Positional Vertigo) which can be diagnosed accurately and can be treated with Particle Repositioning Maneuvers (PRM).

Cyclops has an inbuilt vHIT (video Head Impulse Test) useful to diagnose vestibular neuronitis as well as Bilateral Vestibular failure which is secondary to drugs or autoimmune disease.

Also VNG is useful to distinguish between central and peripheral vertigo depending on types and patterns of Nystagmus. Various Central Vertigo Disorders secondary to Brainstem Stroke or Demyelination, Vestibular Migraine, Degenerative disorders causing Saccadic and Pursuit movement, abnormal subjective visual vertical like Multiple System Atrophy and other Cerebellar disorders can be diagnosed better with the help of VNG.

The Vertigo Clinic is scheduled every Thursday in the Neurology OPD. The VNG machine is installed in Neurology Laboratory situated in the EEG room on the first floor of the TDH Building.

**Dr. Dhairyashil Saste**  
DNB - General Medicine, DNB - Neurology  
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Our Neonatal Intensive Care Unit (NICU) celebrated Global Hand Hygiene Day on 5<sup>th</sup> May and the following week was celebrated as Hand Hygiene week. Global burden of Infections in ICU settings is increasing with significant rise in Multi Drug Resistant organisms (MDR bugs). The only time tested, proven and effective intervention to prevent spread of these MDR organisms is Good Hand Hygiene.

Our NICU Nurses and Fellows actively participated in NICU decoration. Educational posters were put up. The star attraction was our comic superhero 'Hand Man'- who fights germs with Good Hand Hygiene techniques. All NICU members put vibrant colors on their hand and imprinted stamps of their hands on a white sheet of paper, symbolizing their commitment towards hand hygiene.

KEM NICU is working in close collaboration with Johns Hopkins School of Medicine, Baltimore, USA and Centre for Disease Control, Atlanta, USA to understand the epidemiology of Neonatal Sepsis in Indian NICUs and help form a Comprehensive Unit Based Safety Programme in order to reduce burden of Neonatal Infections. Hand Hygiene week celebration was a part of this effort.

**Dr. Tushar B. Parikh**  
DNB, DM - Neonatology,  
Fellowship in Neonatal Perinatal Medicine, Australia  
Consultant Neonatology  
KEM Hospital, Pune



In-hospital cardiac arrest is an emergency situation that requires teamwork and the appropriate sequential actions to rescue the patients. The aim of this training is to impart both cognitive knowledge and psychomotor skills of CPR in order to provide standardized care to cardiac arrest victims in accordance with the AHA guidelines.

All healthcare professionals should know about BLS so that they can initiate CPR whenever there is a cardiac arrest in the hospital and continue the support until the arrival of the code blue team.

Keeping all these things in mind, the Department of Emergency Medicine, in coordination with the Learning & Development Department conducted the 2<sup>nd</sup> workshop on BLS & ACLS for nursing staff on 14<sup>th</sup> May, 2019. 37 nursing staff participated in the full-day workshop.

Dr. Suchitra Mohite, Associate Consultant-Anaesthesiology, Dr. Amrapali Babras, Junior Consultant-EMD, Dr. Asir Tamboli, FNB Resident-Critical Care Medicine, Dr. Junaid Patel, DNB Resident-Emergency Medicine were the faculties for the workshop.

The modes of training were lectures and hands-on training of peri arrest case scenarios with reading materials, which were followed by a written test and skills assessment.

The workshop ended with distribution of participation certificates by Ms. S. Wadia, Dr. M. S. Rao and Dr. B. D. Bande.

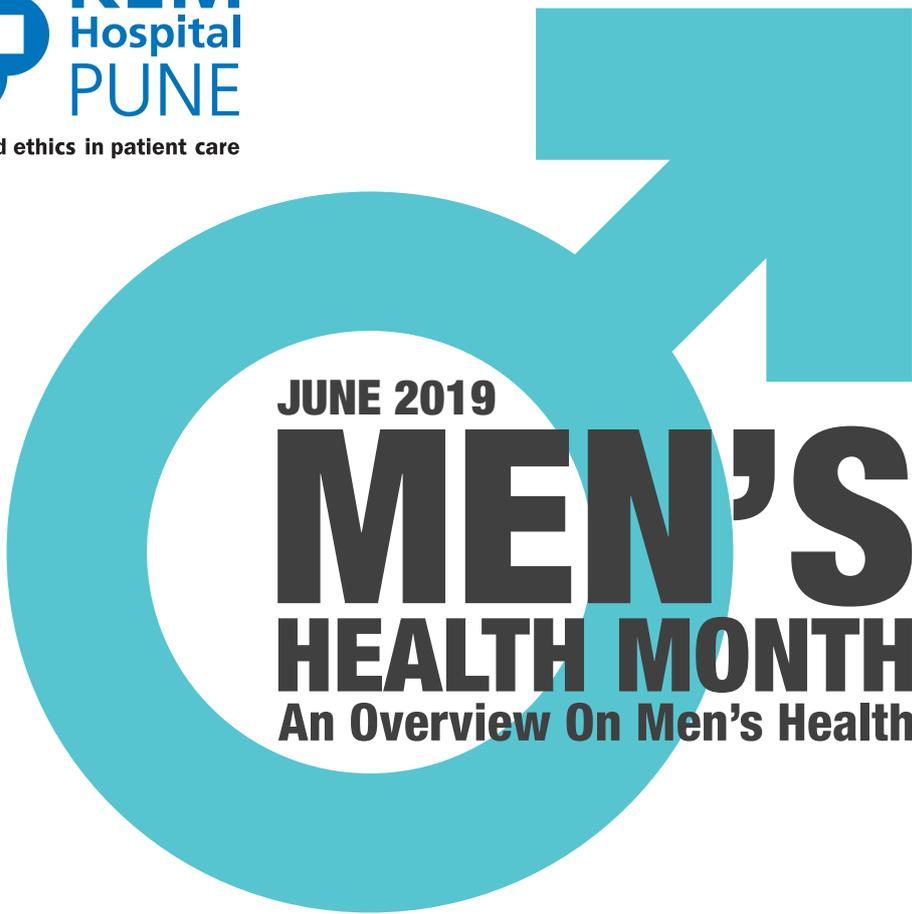


"My mother was admitted to KEM hospital on January 15<sup>th</sup> with acute respiratory symptoms. Her condition was very serious and her treatment and care was managed by a team of doctors led by Dr. N. Mulla. I want to express my sincere thanks and gratitude to the entire team of doctors and nurses that took such good care of her. After a long stay at the hospital of over one month, which included 8 days in the ICU, she made a full recovery. The team of nurses and support staff, both on the regular floor and in the ICU were very attentive, and caring. The entire team is responsible for her recovery from a very serious condition, and it is thanks to them that she is now returning to the US after a full recovery.

We are very happy with the care she got and want to express our thanks to all who helped in her recovery.

Our family trusts and believes in the care given by KEM Hospital. Please keep up the good work."

Daughter of Patient  
Mrs. Nirupama Modi



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Mark This Month To Make A Mantra  
To Stay Fit And Get Regular Checkups

**Tips for staying healthy**

- ♂ Tame your stress - stay connected and seek help
- ♂ Meditate
- ♂ Exercise regularly
- ♂ Get proper nutrition
- ♂ Get regular checkups and screening
- ♂ Get health insurance
- ♂ Know your body and note the changes

**Men have a higher risk of**



Heart Disease



Kidney Disease



Stroke



Suicide



Diabetes



Cancer- Prostate, Lungs, Testicular