

# STOP THE SPREAD OF GERMS



## PREVENTION



Wash your hands frequently at least for 20 seconds

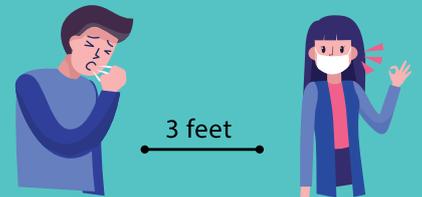


Wash with soap and water or an alcohol-based hand rub

Wear a mask if you have cough and cold



Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing



Cover mouth and nose with your bent elbow or a tissue when you cough or sneeze. Then throw away the tissue immediately



Avoid touching eyes, nose and mouth



Clean and disinfect frequently touched objects and surfaces



Avoid close contact with people who are sick



Consult your physician if you have any symptoms like fever, cough, difficulty in breathing



# infoKEM

Newsletter - March 2020

## Pune's first Prostate Artery Embolisation at KEM



### Prostate Artery Embolisation

**Pune's first Prostate Artery Embolisation ( PAE ) was done at KEM Hospital, Pune on 13<sup>th</sup> March 2020 for a 72 yrs male patient. This was performed by Dr. Yadav Munde, Interventional Radiologist for Benign Prostatic Hyperplasia (BPH).**

Prostate Artery Embolisation is a well-established alternative to TURP for benign prostate enlargement with good results comparable to surgery. There is no cutting, no sutures, no or minimal pain, fast recovery time and is a minimally invasive procedure. It's a well-established and practised procedure in the West, but due to lack of awareness among doctors and patients it's yet not well established in India.

#### What is PAE?

PAE is a minimally invasive procedure performed for men with an enlarged prostate gland or Benign Prostatic Hyperplasia (BPH). Many men avoid treatment because they do not want to undergo surgery, especially with the risk of sexual side effects.

#### PAE Benefits

- Shorter hospital stay and recovery time
- Low risk of sexual side effects
- Low risk of urinary incontinence
- Shorter urinary catheterization time (may be avoided completely)
- Decreased discomfort

## What's Inside?

- Pune's first Prostate Artery Embolisation at KEM
- Dental Care for People with Down Syndrome
- Celebration of Women's Day at KEM
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- Cardiac Camp at KEM
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- **Health Awareness Communications**
- Self - Injury Awareness Day
- World Glaucoma Week
- World Kidney Day

## The PAE Procedure

The PAE procedure begins with a tiny incision in upper thigh or wrist after a mild sedation medication is administered. The interventional radiologist uses this incision to insert a catheter into your arteries and guide it near your prostate. Embosphere Microspheres, tiny round particles each about the size of a grain of sand, are injected through the catheter and into the blood vessels that feed the prostate, reducing its blood supply. By reducing the blood flow to the prostate with PAE, the prostate rapidly shrinks and allows for improved urination without the surgical risks.

## Post PAE

Patients report excellent quality of life. In most cases relief begins to occur within days as the prostate shrinks, relieving pressure on the urethra and improving symptoms.

In order to avoid possible risks, it is important for men to understand that PAE is a challenging procedure that should only be performed by experienced and properly trained interventional radiologists possessing a strong understanding of pelvic vascular anatomy.

- World Oral Health Day
- Down Syndrome Awareness Day
- World TB Day
- Purple Day
- World Bipolar Day



# Dental Care for People with Down Syndrome

## The Triplicate Smile- Dental care for children with Down Syndrome

World Down Syndrome Day is marked each year on 21<sup>st</sup> of March to signify the uniqueness of the triplication of the 21<sup>st</sup> chromosome which causes Down Syndrome.

Down Syndrome comes with its own unique array of dental problems besides developmental and intellectual disability, speech and language delays, cardiac disorders, low immunity, hypotonia, recurrent infections and hearing loss. Delayed eruption of teeth, missing teeth, high chances of gum diseases, cavities in teeth and dental malocclusion are commonly seen.

- A stitch in time saves nine. Preventive treatments like fluoride application and dental sealants can prove to be beneficial for these children.
- Brushing, oh that's a task! Small changes like watching their favourite cartoon character brushing, reading a book with brushing figures, changing toothbrushes to their favourite colours or shapes, changing toothpaste flavours play a big role in helping children brush better.
- Diet modifications like limiting sugar intake and refined bread based snacks, reducing between meal snacks and controlling sticky and caramel substances limit dental diseases.
- While a few parents have dental phobia, many think that their child will be unable to cooperate or sit through a dental procedure. Believe me, at times it's a surprise for us as well as parents, about how well children cooperate and sit through dental visits.
- Many conditions like congenital heart disease, compromised immune system, hypotonic muscles and a large tongue present unique challenges for dental care in children with Down Syndrome.
- Generating awareness about dental needs in children with special health care needs is of paramount importance and the need of the hour.



**Dr. Pratibha Kukreja**  
**Paediatric and Special Needs Dentist,**  
**KEM Hospital Pune**

# Celebration of Women's Day at KEM



## INTERNATIONAL WOMEN'S DAY

✿ 8 MARCH 2020 ✿

“ The hand that rocks the cradle, is the hand that rules the world ”

Equal Rights, Equal Opportunities

W<sub>insome</sub> O<sub>rganized</sub> M<sub>otivated</sub> A<sub>mbitious</sub> N<sub>oble</sub>

#StrongerTogether #NoLimitToAchieve #DreamLearnBecomeMore

“  
**Led by women that inspire us  
to dream more, learn more  
and become more**  
”

#StrongerTogether  
#DreamLearnBecomeMore





## Elocution



#InspireWomentoEmpower



## Singing



#DreamLearnBecomeMore



# Prize Distribution



“  
When women support each other  
- incredible things happen  
”



# Know your Consultant



**Dr Aishwarya Mulay**  
**Associate Consultant, Ophthalmologist**

Born in Pune, her early education is from Jnana Prabodhini Prashala and S.P. College, Pune. Growing up in a family of doctors, this third generation was also fascinated about medicine and she completed her MBBS from Pune.

She completed her post-graduation from National institute of ophthalmology (NIO), Pune under Dr. Kelkar followed by Cataract and IOL Fellowship from Haji Bachooali Eye Hospital, Mumbai. She chose Glaucoma as a subspecialty branch and completed her Medical and Surgical training in Glaucoma from H.V. Desai Eye Hospital, Pune.

Her father and elder sister are well-established dental surgeons in Pune and mother is a Homemaker.

She loves to participate in Dhol Pathak during Ganesh festival and recently rekindled her passion for painting after a gap of 15 years under renowned artist Ravi Paranjape .

She is a foodie as she loves to try different types of cuisines, loves spending time with her family and friends, loves to go for jogging and trekking. She has learned Indian Classical Music and completed 3 levels of Akhil Bhartiya Mahavidhyalay. Drama and Dance is her another field of interest. She was also part of a bollywood movie along with her dance group but then medicine happened.

Being a member of MENSA she has conducted various workshops for intellectually gifted tribal (rural, underprivileged) Mensans.

She practises as a Glaucoma specialist.

# Dental Camp for Special Needs Children



On the 28<sup>th</sup> of February 2020, a dental health check-up camp was conducted at Little Angels School for Children with special needs.

Dr. Sudha Chaudhari, Consultant Paediatrician and Dr. Sana Khan organized the camp. The examination of the school children was conducted by Dr. Pratibha Kukreja, Consultant Paediatric and Preventive dentist.

Around 35 children with special needs were examined and treatment was advised. In order to educate parents regarding oral hygiene, a lecture was conducted. This helped create awareness about the various equipment available for oral hygiene amongst children with special needs and different techniques to accustom them to brushing.

The school authorities as well as the parents appreciated the effort.

# Cardiac Camp at KEM



**CARDIAC SURGERY CAMP**

In association with  
**Dharmendra Mulji Daiya Foundation**

January 2020	20 <sup>th</sup> , 22 <sup>nd</sup> , 27 <sup>th</sup> & 29 <sup>th</sup>
February 2020	3 <sup>rd</sup> , 5 <sup>th</sup> , 10 <sup>th</sup> , 12 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> & 26 <sup>th</sup>
March 2020	2 <sup>nd</sup> & 4 <sup>th</sup>

Concessional rates available on case basis



**Contact**  
Medical Social Worker  
Vanita Vengurlekar  
+ 91 20 66037428

**Venue**  
Cardiac OT,  
4<sup>th</sup> Floor, TDH Building,  
KEM Hospital, Pune



# IVF Camp at KEM



## Camp Highlights

- Free Consultation
- Ultrasound
- Semen Analysis
- 10% Concession on IVF cycle after enrollment

## Who Can Register ?

Patients with the following health issues can enroll for the camp:

### Female Infertility Issues

- Blocked Fallopian Tubes
- Endometriosis
- PCOS
- Pre failed IVF cycles
- Poor Ovarian reserve
- Recurrent Miscarriage
- Long standing Infertility
- Unexplained Infertility

### Male Infertility Issues

- Oligospermia
- Azoospermia
- Ejaculatory Dysfunction
- Asthenozoospermia
- Teratozoospermia
- High DNA Fragmentation Index



A free check-up camp for IVF patients was conducted at Tata Centre for reproductive health KEM Hospital on 27<sup>th</sup> & 28<sup>th</sup> February 2020.

This included a free consultation, ultrasound and semen analysis. Patients who registered for the camp were given concession for the IVF cycle.

# Cataract Camp at KEM



**के.ई.एम. हॉस्पिटल तर्फे  
मोफत मोतीबिंदू तपासणी शिबिर**

**दिनांक  
रविवार, ८ मार्च २०२०  
वेळ  
सकाळी ९ ते दुपारी १२**

**गरज असल्यास मोतीबिंदूचे  
ऑपरेशन सवलतीच्या दर्यात  
करण्यात येईल**

**अधिक माहितीसाठी संपर्क  
डॉ. चिन्मय: +९१ ९९९५०२८५५३**

**स्थळ: डोळ्यांची (ऑप्थॉल्मोलॉजी) ओपीडी - १०४, पहिला मजला,  
बानू कोयाजी बिल्डींग, के.ई.एम. हॉस्पिटल, रास्ता पेठ, पुणे - ४११ ०११**

A free Cataract Camp was organized by KEM Hospital on 8<sup>th</sup> March 2020. The focus was to make eye care facilities accessible to needy people. Under this screening camp, cataract surgery was made available at very low cost.

Of the 60 patients who were screened, 15 were advised cataract surgery which will be carried out in the future.

## Fun Trip



Trip to Meher Retreat  
for staff members

## Media Coverage



### मोतीबिंदू



**मो** तीबिंदू म्हणजे डोळ्यातील नैसर्गिक भिंग (नेत्रमणी) धुरकट होणे. उत्तम दृष्टीकरिता नैसर्गिक भिंग पूर्णतः पारदर्शक असणे आवश्यक असते. जेव्हा या लेन्सची पारदर्शकता मोतीबिंदू झाल्याने कमी होते, तेव्हा रुग्णास

अंधुक दिसू लागते.

**मोतीबिंदूची लक्षणे :-**

डोळ्यांना सर्व काही अस्पष्ट दिसणे, रात्रीच्या वेळी प्रकाश सहन न होणे, सतत चष्मा बदलणे.

**मोतीबिंदू होण्याची कारणे :-**

वृद्धापकाळामुळे, मधुमेह, डोळ्याला मार लागणे, मोतीबिंदूची वेळच्या वेळी तपासणी करणे अत्यंत गरजेचे आहे. कारण, वेळीच मोतीबिंदूचे निदान न झाल्यास मोतीबिंदू अधिक पिकून काचबिंदू देखील होऊ शकतो.

Punyanagari Arogyanagari - 5<sup>th</sup> Mar' 20, Page 3

# Health Awareness Communications

**Self-Injury Awareness Day** 1<sup>st</sup> March, 2020

**Recognise Signs & Symptoms**

- Constant cutting of the arms to create a hole.
- Scars on forearms, wrists, elbows, knees, but mainly on other muscles.
- Removing other objects on their skin.
- Scars, often on palms, usually on the same side & level of scars.
- Showing long scars on legs and the scars in their mouth.
- Emotional & mental instability, impulsivity & irritability.
- Difficulties in interpersonal relationships.
- Disturbance of sleep, depression, frustration or dissatisfaction.
- Frequent reports of emotional injury.

**Self-harm or self-injury means a pattern of hurting yourself on purpose.**

It is a harmful way to cope with emotional pain, intense anger and frustration. It can provide momentary release of tension and bring a sense of calm, but usually the emotional pain and guilt resurface soon.

Many people self-injure only a few times and then stop. But for others, self-injury can become a long-term, repetitive behaviour. Although self-harm is not intended to be life-threatening, it can lead to a loss of life. Any form of self-injury is a sign of bigger issues that need to be addressed.

**When to see a doctor**

You can find supportive, caring and non-judgmental help. If you're injuring yourself, even in a minor way some thoughts of harming yourself or others, or believe a self-inflicted injury may be serious and life-threatening, reach out for help.

**For Enquiry**  
+91 20 2621 7460 | +91 20 6603 7460

**World Glaucoma Week** March 08 - 14, 2020

**Vision loss in Glaucoma is Slow and Silent**  
More than 90% of cases remain undiagnosed

**If suffering from Glaucoma one may experience**

- Eye pain & headaches
- Coloured halos
- Blurry vision
- Frequent change in reading glasses
- Sudden loss of side vision

**Risk Factors**

- People above the age of 40 years
- Family history of Glaucoma
- High myopia power
- Diabetes & hypertension

**Beat Invisible Glaucoma By Regular Eye Examination**

**For Enquiry:** +91 20 2621 7460 | +91 20 6603 7460

**Renal Unit of KEM Hospital celebrates**

**World Kidney Day**

**12 March 2020**

World Kidney Day is a joint initiative of ISN & IFKF

© World Kidney Day 2006 - 2020

**WORLD ORAL HEALTH DAY** 20<sup>th</sup> MARCH 2020

**It's never too late to start looking after your Oral Health**

- Brush properly, twice a day
- Don't use any tobacco products
- Floss every night
- Drink plenty of water
- Limit sugary and acidic food
- Eat more fibre fruits and vegetables
- Get regular dental check-ups done

**For Enquiry:** +91 20 2621 7460 | +91 20 6603 7460 | +91 20 2621 7467

**Stay Aware. Stay Alert.**

**WORLD DOWN SYNDROME DAY** 21<sup>st</sup> MARCH 2020

**I may be different but I'm special, I love dancing and I'm good at music, I enjoy being with people. Include me in everything you do. Make me a part of mainstream just like you.**

**For Enquiry:** +91 20 2621 7460 | +91 20 6603 7460

**World TB Day** 24<sup>th</sup> March 2020

**Every breath counts, STOP TB now!**

**IT'S TIME TO END TB**

**Signs**

- Cough that lasts more than 3 weeks
- Coughing up blood
- Weight loss
- Night sweats
- Fever (rise in temperature in the evening)
- Fatigue

**For Enquiry:** +91 20 2621 7440 | +91 20 6603 7460

**PURPLE DAY** 26<sup>th</sup> MARCH 2020

**Epilepsy is a neurological condition characterized by recurrent seizures**

**How to help someone during a seizure?**

- Stay calm
- Don't hold them down
- Clear hard or sharp objects away from the person
- Custom their head with something soft
- Put them into a lateral position after the seizure stops
- Note the time when the seizure starts
- Stay with them until they are fully recovered

**For Enquiry:** +91 20 2621 7460 | +91 20 6603 7460

**World Bipolar Day** 30<sup>th</sup> March 2020

**Strengths for Today, Hope for Tomorrow**

Bipolar disorder (previously known as manic depression) is a mood disorder involving extreme swings of mood from mania to depression (highs and lows).

Generally, people feel a particular way because of what is happening in their lives at that time. With mood disorders like bipolar disorder, however, mood becomes disconnected from the environment and appears to be outside of a person's direct control. Instead it is regulated by brain mechanisms that do not always function as they should.

There can also be long periods of stability during which times, a person's mood and behaviour can return to that which reflects their 'usual self'.

Although there are some exceptions, bipolar disorder is a long term, serious mental health condition that can affect a person across their lifespan.

As an 'invisible illness', it can have a big toll on someone's life, including with their family, friends, when they are at work, and in all aspects of everyday life.

It is life threatening and support to a person affected by bipolar can play a vital role in their health. An estimated 1 out of 5 people living with bipolar die by suicide.

**Each person's symptoms and experiences are unique**

But with more education, the right support, resources and flexible accommodations provided by employers, and a combination of treatment like medication, counselling & self-management

It is possible to cope with healthy strategies and improve the quality of life.

The first and often the most difficult milestone in gaining control of lives affected by bipolar is to have the courage to accept the diagnosis.

**Reach out for information and support.**

**For Enquiry:** +91 20 2621 7460 | +91 20 6603 7460