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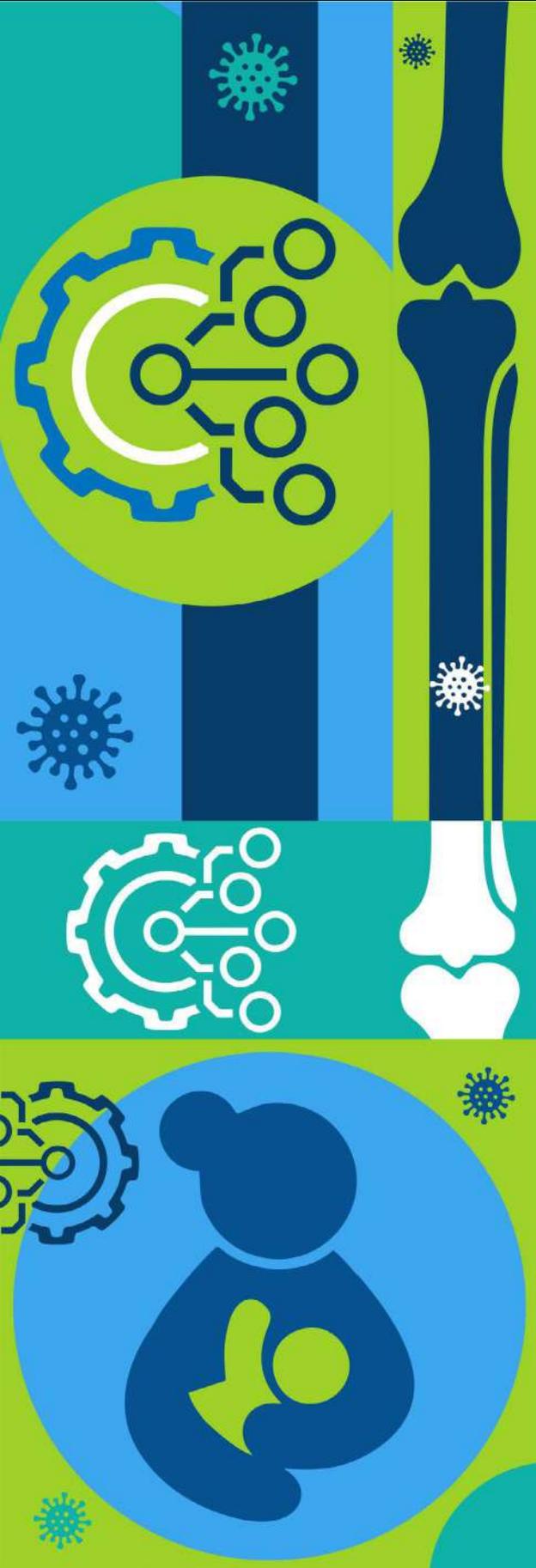
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Know Your Consultant



Dr. Jayashree Todkar

Consultant, Laparoscopic, Bariatric and Metabolic Surgeon

Dr. Jayashree Todkar was born in Pune and studied in Modern High School and Fergusson College, Pune, then pursued her MBBS from BJMC and MS in General surgery from KEMH, Pune. She started working as a versatile general surgeon and specifically treated surgical diseases of women and trauma surgery. She developed an interest in Laparoscopic surgery and pursued her Diploma in Advanced Laparoscopic surgery from the University of Strassbourg, France.

Along with her team she was featured in the Limca book of Records in 2005 for 45 hernia surgeries in 10 hours. The record is still unbroken even after 15 years. She brought her expertise of minimally invasive surgery to operations like Myasthenia Gravis. The thoracoscopic technique she developed was judged as best innovative surgical technique at the world congress SAGES 2003.

She developed an interest in Obesity surgery and pursued her super speciality training in Bariatric surgery from Brazil, Italy and the USA. She is the 1st Indian lady Bariatric surgeon.

She is one of the pioneers of laparoscopic bariatric surgery in India. Since 2004 she has operated on > 8000 patients for the same. In total, she has operated on > 1 lac patients. Her centre is one of the Asian centres certified as "Centre of Excellence by SRC, USA. She started

JTOS and JTF in 2007 for holistic patient care. She has presented multiple papers at numerous National and International conferences of surgery, laparoscopic surgery, Metabolic surgery and Obesity and Hernia. She has visited more than 70 countries for various academic activities as invited faculty, speaker or panellist. She has published widely in International journals. She was awarded the Prestigious IFSO scholarship in 2009 and ASMBS best International Poster award for Gut Microflora and Obesity in 2010.

She has been an Investigator in multiple clinical trials such as the Level Phase I clinical study on COSMID (Comparison of Surgery vs. Medicine for Indian Diabetes). For this study she and her team received the best Innovation "Vivian Fonseca" award from ADA 2017.

She has served on the Ethics Committee in ASI, IAGES, AIAARO and OSSI. She has helped organise more than 25 National conferences including IFSOAPC 2017, GOA. The 1st International Conference on Diabetes.

She has performed surgeries across Asian countries like Indonesia, Malaysia, Pakistan, Shrilanka, Bangladesh, Seychelles etc. She was on the International Communication Committee, IFSO and Research International member, ASMBS also reviewer for member IFSO journal.

She has trained > 5000 surgeons across globe

through various academic activities. She is DNB post graduate teacher in General surgery. She has developed 1st Fellowship course in Obesity and Non Communicable Diseases under MUHS in 2017 and she is the convenor of Obesity and NCD task force under MH government since 2015. She has authored 'Obesity Mantra' a popular book on Obesity.



Dr. Neha Dagade

Panel Consultant, Endoscopy and IVF

Dr. Neha was born at the KEM Hospital, Pune. She did her schooling and junior college at Walchandnagar (120kms from Pune). She completed her MBBS from the prestigious Seth GS Medical College in Mumbai and MS in Obstetrics and Gynaecology from JJM Medical College, Davangere in Karnataka. Before pursuing the Fellowship in Minimal Access Surgery, she worked as a lecturer at the KEM Hospital, Pune and then completed her Diploma in Pelvic Endoscopy surgery from Germany. She trained in IVF at KEM hospital and in office hysteroscopy at Mumbai. Her father is a practicing gynaecologist (KEMH alumnus) at Walchandnagar and mother is PhD, working as a hospital administrator. Her hobbies include gardening and baking, where most of her free time is spent. She also likes to travel.

Apart from KEM, she also practices at Kothrud and owns a mobile endoscopic unit. She does free lancing exclusive gynaec laparoscopic surgeries at the peripheries of Pune. She is committed towards treating patients from the rural areas as she believes in providing them with the latest technology available for treatment.

She manages women of all age groups and has experience in all sorts of gynaec endoscopic surgeries ranging from endometriosis, myomectomy, ovarian cystectomy, hysterectomy, with special interest in fertility preserving and enhancing surgeries. Additionally, she also performs various hysteroscopic procedures required for infertility treatment and perimenopausal problems with office hysteroscopy. She treats infertility related patients as well.



The outbreak of the COVID-19 pandemic has posed serious challenges for the health and security of millions of people worldwide. We are deeply grateful for the spontaneous and very generous donations we have received towards our COVID-19 fund. These donations have been in the form of funds, PPE, medicines, equipment and food and ORS for our staff. The support has come not just from individuals, but also from organisations including The Poona North Rotary Charitable Trust, Praj Foundation, Helping Hands Poona, The Mukul Madhav Foundation, Dharmendra Mulji Daiya Foundation, Bajaj Foundation and Renishaw Metrology Systems and many others. We may not have been able to mention you all by name, but our gratitude is heartfelt.

Achievements

Cochlear Implant Surgery During the Covid Pandemic Lockdown—The KEM Hospital, Pune Experience

Neelam Vaid, Varada Vaze, Nikhil Gokhale & Ajay Kothadiya

Indian Journal of Otolaryngology and Head & Neck Surgery

ISSN 2231-3796

Indian J Otolaryngol Head Neck Surg
DOI 10.1007/s12070-020-02220-1



 Springer



Dr. Neelam Vaid, ENT



Dr. Varada Vaze, ENT



Dr. Nikhil Gokhale , ENT



Dr. Ajay Kothadiya , ENT

CONGRATULATIONS !!!

It's a proud moment for us as our students and staff members have received the following awards at the West Zone Annual Conference of the Indian Society of Nephrology.



Dr. Rakesh Patil
DNB Nephrology 2nd year resident

Received the Dr. Lalit Shah Award (2nd prize) for oral papers. His topic for paper presentation was 'Negative fluid balance by renal replacement therapy improves outcomes in critically ill acute kidney injury patients'.



Dr. Nayan Choudhari
Paediatric ISPN Fellowship student

Received the Dr. Praveena Shah Award for her poster on Clinical profile and short term outcome of children presenting with enuresis: a cross-sectional study.

Jr. Consultant (Full time)



Dr. Vipul Chakurkar

Congratulations for bagging 3rd Prize for Consultant ePoster



Dr. Jyoti Singhal

Congratulations for getting 1st Prize for Consultant Oral Paper



**Bravehearts
of KEM**

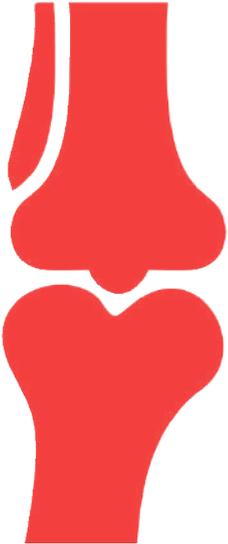
**We thank you all with pride
for your brave and tireless
efforts in our continued
battle against COVID - 19**



**Bravehearts
of KEM**

**We thank you all with pride
for your brave and tireless
efforts in our continued
battle against COVID - 19**

Osteoporosis



Osteoporosis is a systemic disease characterised by low bone mass and micro architectural deterioration of bone tissue leading to increased fragility of bone and consequently increased fracture risk.

Commonly affected bones which are vulnerable to fracture are the vertebral column, hip bone and wrist. Fractures of these bones can be painful, debilitating and life threatening and have a profound effect on mobility and health.

Who are affected by Osteoporosis?

Osteoporosis commonly affects postmenopausal women and older men, but can occur in younger patients especially those having other chronic medical conditions.

What are the symptoms?

Osteoporosis, initially does not cause any symptoms and is called the silent killer. In some patients it may cause back pain or loss of height of 2 to 3 cms, or a deformity (curvature) of the spine. Mostly osteoporosis becomes apparent when the weakened bones fracture. This can happen with very Low Energy Trauma (trivial trauma) - like bending, coughing or sneezing or getting jolted by a vehicle going across a speed breaker.

Who are at risk?

1. Postmenopausal women
2. Women and Men older than 65 years
3. Can also occur in younger patients who have medical disorders like Kidney disorders, thyroid disorders, Cushing's syndrome, chronic liver disorders, Intestinal mal absorption problems, Rheumatoid Arthritis. Patients on certain medications like steroids, anti-epileptics are also at risk.

What are the risks?

1. Genetic or family history
2. Hormonal
3. Diet
4. Environmental or Lifestlye related eg: smoking and excessive alcohol consumption

How is it diagnosed?

Not diagnosed on Xrays. Test called DEXA scan is performed to determine Bone Mineral Density (BMD)

Special imaging technique called Dual Energy Xray Absorptiometry (DEXA Scan)

Who should have a BMD test?

1. Men and women over 65 years of age
2. Men and women over 50 who have fragility fracture or have symptoms
3. Patients who have risk factors like smoking, alcohol consumption, poor diet, long term steroid treatment, kidney disorders etc

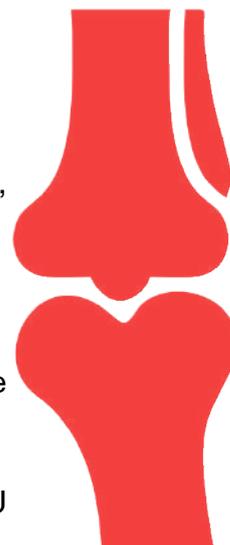
Prevention and Management

Aim of the treatment is to reduce loss of Bone mass and to enhance new bone formation.

1. Calcium and Vitamin D supplementation
2. Adequate quantity of Calcium 1000 to 1200 mgs and Vitamin D 400 to 1000 IU per day is prescribed. This reduces loss of Bone mass.
3. Nutritious Diet - Diet containing adequate protein, calcium and Vitamin D is advised
Some Calcium rich foods are: Dairy products, green leafy vegetables, Nuts, fish like Sardines.
Vitamin D rich foods are: eggs, Liver, Butter, fatty fish and fortified foods like milk.
4. Exercise - Weight bearing and muscle strengthening exercise are extremely important as they help in maintaining Bone Mass. They also improve balance and agility which help in preventing falls which are a common cause of fracture.
5. Lifestyle Modification - Stopping smoking and reducing alcohol consumption.

Treatment

Medications for treatment include medications which reduce bone loss like Bisphosphonates, Calcitonin Hormone and Medications which increase Bone formation like Teriparetide, Denosumab. Hormonal treatment is now not commonly used because of its risks like increased incidence of breast and Uterine cancer and deep vein thrombosis and strokes.



Dr. Rahul Nerlikar
Head of Orthopaedics Department

Technology Update: Centralised UPS at KEM

Centralised UPS (Uninterruptible Power Supply)

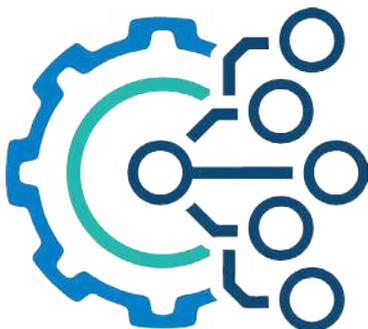
The face of healthcare is changing fast with technology. It plays an important role in diagnosis, treatment of patients and monitoring their condition. So technology is not only saving the lives of patients but also speed up their recovery. As part of this general development, technologies like ultrasound, MRI and X-Ray, have moved radiology into a more central role in patient care. This technology ensures that medical resources are used proficiently, by more quickly identifying the need for additional tests, specialist referrals and even hospitalization.

We have successfully installed & commissioned centralized ups system (120 KVA X 2) at our hospital which is going to serve the critical areas of hospital like **ICU, CCU, OT, NICU, PICU, COT, HDU, CENTRAL LABORATORY, DIAGNOSTIC (X-RAY,CT SCAN,MRI,ULTRASOUND, CATHLAB,ETC)**



Due to this all critical areas of our hospital will have uninterrupted power supply for at least 45-60 minutes in the case main grid (MSEB) or DG set fails, which will give us breathing time to recover the fault or to make alternate arrangement without putting the lives of patient in danger.

Overall it is a great step and surely it will improve the life of equipments.



Mr. Chetan Mal
Manager - Projects and Facilities

Kangaroo Mother Care

Kangaroo Mother Care - boon to the pre-term and low birth weight neonates

World Breastfeeding Week is celebrated every year from 1st August to 7th August to encourage breastfeeding and improve the health of babies globally. It commemorates the Innocenti declaration signed in August 1990 by Governments, WHO, UNICEF and other organisations to Protect, Promote and Support Breastfeeding.

The theme for this year is **SUPPORT BREASTFEEDING – FOR A HEALTHIER PLANET.**

What is Kangaroo Mother Care(KMC)?

No matter how advanced human beings get technologically, we have always borrowed from nature, our tips for survival. So also is the concept known as Kangaroo Mother Care.

It's the special method of care of preterm infants / low birth weight babies (<2500gms)

Life cycle of a Kangaroo : The gestation of a baby kangaroo is just 1 month. After that the baby kangaroo crawls out of the genital tract and finds its way into the **POUCH** of the mother Kangaroo. There it attaches to one of the breasts and spends the next 6 months of its life inside the pouch till it becomes independent.

The same concept is used in KMC for human infants. When a baby is born premature (brief period of gestation), or is low birth weight (< 2500 grams), the baby has not fully developed physiologically and the concept of Kangaroo Mother Care is adopted.

KMC is continued till the baby gains weight more than 2500 grams and starts showing

signs of discomfort when placed in the KMC position on the mother's chest.

It is not just for the survival of the preterm infant but also the quality of that survival in terms of physical, social, and emotional development.

How is KMC given should come here followed by the rest.

Which babies should have KMC?

All small babies less than 2500 grams are eligible for KMC

What mothers need to do while starting KMC

All mothers can provide KMC irrespective of age, education, culture, religion.

Mother must be willing to provide KMC which will give them great sense of emotional satisfaction of doing something special for their baby.

Hygiene is utmost important - Hand washing, cleanliness, short and clean nails.

Family support – Family members should also be encouraged to provide KMC when the mother

takes rest and when she is busy with her house chores. Mother clothing-front open light dress, or blouse or sari, gown or shawl

How is KMC given?

This should be moved to the top before which babies should get KMC .

The baby is placed by a professional to begin with in an upright position between the mother's breasts. The infant's head should be turned slightly to one side in an upturned position which helps breathing and eye to eye contact



with the mother. The baby should be in a FROG POSTURE, the baby's abdomen should be at the level of the mother's upper abdomen. The mother can place her hand on baby's back and the other on her bottom. Mothers should be provided a safe and private environment to practice KMC. Each session can last for 1 hour to begin with.



KMC Chair



An innovative need-based, customised and comfortable chair is used in giving KMC care. Such an innovative chair would facilitate comfortable and longer duration KMC, resulting in maximum benefit to low-birth weight babies.

Benefits of KMC

KMC is beneficial for both mother and the baby in the following way:

Benefits for the baby:

Better brain development, better emotional development, less stress, less crying, better sleep, more alert when awake, feel less pain from injections, heart rate stabilizes, oxygen saturation is better, less breath holding episodes, breathes better, body temperature is well maintained, breast feeding starts more easily, more breast milk is produced, good weight gain, early discharges from hospital

Benefits for the mother/parents

Better bonding with the child, emotional healing, less guilt (for baby's prematurity), parents are calmer, parents are empowered and get confident, they learn the baby's unique clues of hunger, parents and baby get more sleep, mothers are less depressed.

Thus we see that Kangaroo Mother Care is a boon for the baby and the parents alike and is a great concept to use in resource limited country like India.



Dr. Ashwini Joshi
BHMS

Child birth educator C.B.Ed (CBI)
Lactation Counsellor

Circular



Dr. Rashmi Walimbe

DA, DNB-Anaesthesiology has been appointed as a Consultant Anaesthetist (Part-time)



Dr. Shailendra Kanade

DNB-Anaesthesiology has joined us as a Consultant Anaesthesiologist



Dr. Hemant Chaudhari

DNB-General Surgery, DNB-Peripheral Vascular Surgery has joined us as a Panel Consultant Vascular Surgeon



Dr. Siraj Basade

DNB-General Surgery, DNB-Neurosurgery has joined us as a Panel Consultant Neurosurgeon

Testimonials

It is said that self-experience is the most important and reliable experience which you get!!

My journey through COVID-19 was full of such experiences. Fortunately with the help of entire KEM staff it was positive and memorable.

First I would like to thank Dr. Kajal, Dr. Harshavardhan from EMD B, these were the two people whom I met first when I tested positive. They did all the investigations properly and made me comfortable to believe it is not a matter of concern if you follow the right treatment.

I would also like to thank Dr. Poonam, Dr. Tehnaz for being so considerate for me to getting treatment on time.

I can't forget Dr. Adira, Dr. Bharat, Dr. Devendra Vartak who were so prompt and keeping eye on each development or issues which I was facing and their prompt actions help me to recover fast.

Dr. Vivek. Dr. Gauri, thanks for physio sessions which were extremely helpful.

All the nursing staff, Mama and Mavshi from Nursing Home were so helpful and who really gave me homely feeling during this tough time.

A very big thank you to Dr. Rashida Melinkeri, under whom I got this entire treatment. She was extremely patient towards all my health queries. She explained me each and every bit which helped me to get out of the anxiety which anyone could get during such time. I must say I was into her safe hands. I will always be grateful to her!

Last but not the least, big thank you to General Administrator of KEM, Shirin Wadia who made sure that I will get right treatment at right time. She is the leader who leads by examples. She made me believe in legacy of KEM of quality patient care.

Once again, I would just like to say a big, big thank you to you all.

- Patient from Nursing Home, 3rd floor

I would like to thank Dr. Pai and his esteemed team from the bottom of our hearts for bringing out my sister from such a critical situation and sending her home hale and hearty. stay blessed always will always keep you in my prayers.

- Patient from Nursing Home, 3rd floor

Health Awareness Communications

• **National Audiology Awareness Month**



Get your hearing test done today



Hearing Screening



Tinnitus Management



Hearing Evaluation



Hearing aids and Cochlear Implant



Aural Rehabilitation



Research



For appointments call 020-66037440
Monday to Saturday 10 AM - 4 PM

• **Breast Cancer Awareness Month**

PREVENTION IS BETTER THAN CURE

Look for following signs

- ✗ New lump in the breast or underarm
- ✗ Thickening or swelling of part of the breast
- ✗ Irritation or dimpling of breast skin
- ✗ Redness or flaky skin in the nipple area or the breast
- ✗ Pulling in of the nipple or pain in the nipple area
- ✗ Nipple discharge other than breast milk, including blood
- ✗ Pain in any area of the breast
- ✗ Any change in the size or the shape of the breast



DO A BREAST HEALTH CHECK-UP
020-2621 7460 OR 020-6603 7460

BREAST CANCER AWARENESS MONTH 2020



Quality and ethics in patient care

• **International Day for the Elderly**

International Day for the Elderly
1st October

THE BEST CLASSROOM IN THE WORLD IS AT THE FEET OF AN ELDERLY PERSON



For a comprehensive check-up for your parents or grandparents

020-2621 7460
020-6603 7460



Quality and ethics in patient care

• **National Anti Drug Addiction Day**

IT'S NEVER TOO LATE TO QUIT YOUR ADDICTION



For professional guidance from experts
Call : 020-2621 7460 or 020-6603 7460

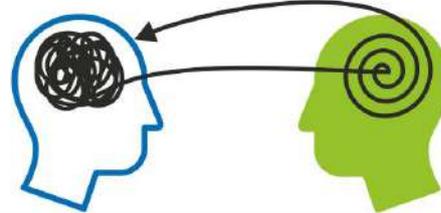
2nd October
National Anti-Drug Addiction Day



Quality and ethics in patient care

• **World Mental Health Day**

Taking care of your Mental Health is as important as taking care of your Physical Health



Don't be afraid or ashamed to seek the help of a qualified therapist



For professional guidance from experts, call
020-2621 7460 or 020-6603 7460



• **World Sight Day**



WORLD SIGHT DAY

October 10th 2020

MAKE THE RIGHT CHOICE FOR YOUR SIGHT

GET YOUR EYES TESTED

• **Down Syndrome Awareness Month**

Down's Syndrome is a genetic disorder causing developmental delays

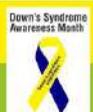


Children born with Down's Syndrome can have intellectual impairment, vision and hearing disorders, thyroid problems and congenital heart disease.

Our TDH Rehabilitation Centre offers a holistic and comprehensive approach towards diagnosis, treatment and management.



TDH Rehabilitation Centre
020-2621 7486 or 020-6603 7486



• **International Day of Girl Child**

“Women belong in all places where decisions are being made. It shouldn’t be that women are the exception.”

Ruth Bader Ginsburg

11th October



020-2621 7460 020-6603 7460



• **OCD Awareness Week**



#OCD Week
October 11-17

Obsessive Compulsive Disorder can be distressing for the person and their family. Get help.

020-2621 7460 or 020-6603 7460



• **World Arthritis Day**

**Do you have joint pain?
Do your joints feel stiff?
Do you feel exhausted?**



FOR CHECK-UP, CONNECT TODAY
020-2621 7460 or 020-6603 7460



• **Global Hand Washing Day**

Wash your hands correctly				Avoid infections	
 <p>1 WET HANDS AND APPLY SOAP</p>	 <p>2 RUB PALM TO PALM</p>	 <p>3 RUB PALMS WITH FINGERS INTERLACED</p>	 <p>4 SCRUB WITH BACK OF YOUR HANDS</p>	 <p>5 CLEAN BASE OF THUMBS</p>	
 <p>6 WASH FINGERTIPS AND FINGERNAILS</p>	 <p>7 CLASP FINGERS AND RUB ROTATIONALLY</p>	 <p>8 RINSE HANDS WITH WATER</p>	 <p>9 DRY YOUR HANDS WITH TOWEL</p>	 <p>10 YOUR HANDS ARE NOW CLEAN</p>	




• **World Trauma Day**

Avoid trauma injuries!



Always wear a helmet/seat belt
 Do not use your cellphone while driving
 Do not operate machinery when sleepy
 Follow safety rules on the road and in the workplace

Every second is crucial for an injured person

In emergency situations rush to our 24/7 Emergency Medicine Department

17th October
WORLD TRAUMA DAY

020-2621 7305/7444
 020-6603 7305/7444



• **World Thrombosis Day**

 Walk every 2-3 hours to get your blood circulation flowing

 Perform foot flex exercises & stretching every 30 minutes

 Consult experts if you notice any symptoms

 **B12**
Check Sr Homocysteine & B12 levels especially if

 Don't sit for long periods of time

 Maintain a healthy lifestyle

 Avoid dehydration & ensure you walk around during long travel



WORLD THROMBOSIS DAY

13 OCTOBER

KNOW THROMBOSIS. EVERYONE IS AT RISK

 Wear compression stockings if advised by your doctor

 Stay Active & Stay Hydrated

 Avoid self medication

• **Domestic Violence Awareness Month**



Seek help before
its too late



020-2621 7460
020-6603 7460

• **World Osteoporosis Day**

Take early action for long term bone and muscle health with regular exercise and a bone-healthy diet

 Exercise daily	 Vegetables	 Vitamin D intake	 Calcium
 Quit Smoking	 Fish/Meat	 Yoga	 Milk, egg, cheese

Consult our doctors to check your bone density

020-2621 7460
020-6603 7460



LOVE YOUR BONES
World Osteoporosis Day
20th October

• **World Stroke Day**

Recognising and responding to a stroke emergency immediately can lead to quick treatment and may save a life!

What are the warnings signs of a stroke?



- F** Face drooping
- A** Arm weakness
- S** Speech difficulty
- T** Time to call your doctor

For an appointment with our specialist, call 020-2621 7460 or 020-6603 7460

