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World Thyroid Awareness Month



Team KEM

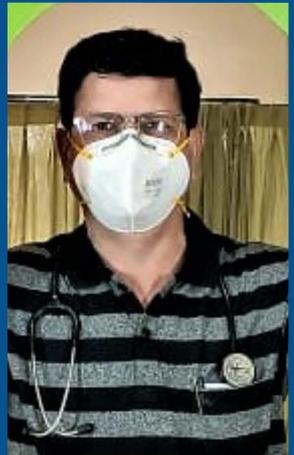
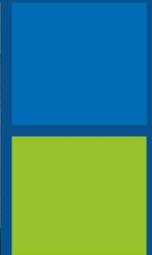


World Leprosy Day





I am COVID- 19 Vaccinated





World Thyroid Awareness Month

While we all understand the importance of timely diagnosis and treatment of health ailments, thyroid disorders remain one of the most common but under-diagnosed health ailments across the globe. January is observed as 'Thyroid Awareness Month' and presents an opportunity to increase awareness about this small but important organ in our body.

The disorder is generally seen in adults above 35 years and as far as hypothyroidism is concerned, it is predominant in women. Women should be at the heart of any campaign undertaken for awareness on thyroid as if left untreated in women, it can cause elevated cholesterol levels, blood pressure, an increased rate of cardiovascular complications, decreased fertility and depression; and in pregnant women, placental abnormalities and increased risks for the baby's well-being.

The thyroid is a butterfly-shaped gland located in the neck. It produces hormones that regulate body temperature, heart rate, weight and blood pressure.

Some of the thyroid disorders that are commonly seen amongst adults are hypothyroidism, hyperthyroidism, thyroid cancer and thyroid nodules.

When the thyroid gland is unable to produce enough hormones, the condition is called hypothyroidism. It is mostly an autoimmune disorder and symptoms include weight gain, constipation, dry skin, fatigue, joint pain, depression etc. This is normally treated through medication.

When the thyroid gland is overactive and produces hormones in excessive quantities, the condition is called hyperthyroidism. Symptoms might include weight loss, rapid heart rate, sweating, diarrhoea, trouble sleeping amongst others. Hyperthyroidism



is treated through medication, radioactive iodine therapy, surgery etc.

Some of the other disorders include thyroid cancers and nodules. Tumours can develop in the thyroid gland. Most of these are non-cancerous but others are malignant. The symptoms of thyroid cancer include lump in the neck, difficulty swallowing, swollen lymph nodes and changes in voice. As far as Thyroid nodules are concerned, most of them are non cancerous.

If you feel you may have thyroid disease, or want to know more about these illnesses, contact your doctor. Doing so in time, thyroid disorders can be managed effectively and one can lead a normal life.

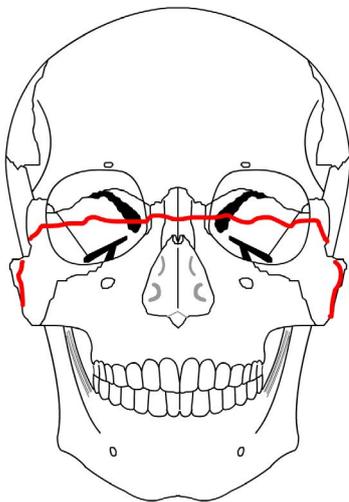
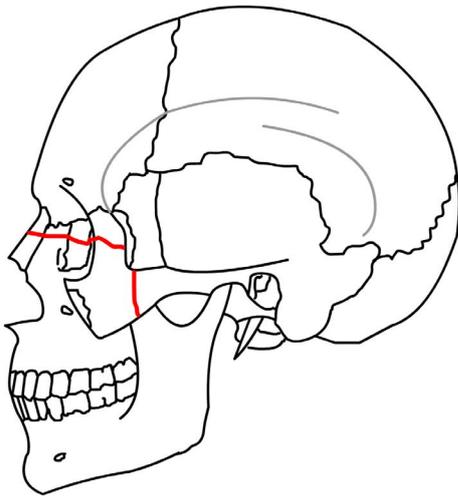


Dr. Rashida Melinkeri

Associate Consultant Physician and Lipidologist
General Medicine



Piezoelectric Bone Surgery Technique – Making Access More Safe and Precise



Piezoelectric bone surgery works on the basis of ultrasound. A necessity in oral and maxillofacial surgeries is to get proper access to the area which needs treatment. The access is made possible by cutting bones, traditionally using power-driven high-speed bone cutting instruments. However, as these generate heat, a risk of damage to the bone and surrounding areas exists. Therefore the piezoelectric bone surgery method which mitigates these risks is important. It involves cutting the area with ultrasonic vibrations of metallic tips without harming the soft tissues. This is also equipped with heat dissipating saline solution. The metallic blade vibrates within a suitable range which allows clean cutting with precision. This is especially suitable for children, sinus surgeries, sinus grating, or treating any area of concern close to vessels or soft tissue. The method is useful because of its precision.

At KEM hospital we have used this method to treat a rare case wherein a three month old baby had both jaws were fused ('Syngnathia'). The baby was unable to open her mouth, unable to eat. In this challenging surgery, we cut the unwanted bone using the piezoelectric method. A second surgery was essential to remove fibrosis. Similarly, we have removed a tumour in the lower jaw of a seven year old using the same technique.



Dr. Pushkar Gadre

Oral and Maxillofacial Surgeon



Testimonials

मी सूर्यकांत सकपाळ आपल्या हॉस्पिटलमध्ये दि. १२-१-२०२१ ला पायाच्या दुखापतीमुळे अॅडमिट झालो होतो. आज मला १० दिवसानंतर अतिशय चांगले वाटत आहे. या काही दिवसात मी आपले कमचारी म्हणजे डॉक्टर्स, नर्सेस, वॉर्ड बॉय, मावशी या सर्वांच्या कार्याने प्रभावित झालो आहे. अतिशय चांगले काम आपला सर्व स्टाफ करत आहे. निम्मा आजार तर आपल्या हॉस्पिटलमधील स्वच्छता पाहूनच निघून जातो. राहिलेला निम्मा आजार परिचारिका देत असलेली सेवा पाहून डॉक्टर म्हणजे माणसांतला देवच आपल्याला इथे पाहण्यास मिळतो.

खरं सांगावचं झाल्यास “सर्वांगाहून सुंदर केईएम हॉस्पिटल, जिथे नांदते सौख्य खरे क्षणभर”. आपण देत असणारी सेवा एक प्रेरणा देऊन जाते, हे सांगावसे वाटते. बोलण्यासारखे खूप काही आहे परंतु प्रत्यक्षात घेतलेला अनुभवच मी व्यक्त आर्त आहे. तुमच्याकडून अशीच जनसेवा घडावी. तुम्ही करत असलेली सेवा ही खरी ईश्वरसेवा आहे.

- मेल सजिकल वॉर्ड मधील पेशंट

डॉक्टर्स, मदतनीस डॉक्टर्स, नर्सेस व इतर मदतनीस यांनी कोविड-१९ काळात अत्यंत उत्तम सेवा दिली. त्याबद्दल सगळ्यांचे मनःपूर्वक धन्यवाद. या सर्वांचे आम्ही ऋणी आहोत. टिपीए विभागाने अॅडमिशन ते डिस्चार्ज अत्यंत उत्तम सेवा दिली. सर्वांचे मनःपूर्वक धन्यवाद.

- पेशंटचे नातेवाईक, नर्सिंग होम, १ ला मजला

Every single person who looked after me was amazing and I am deeply grateful to them all for their warm and compassionate care. I was very well cared for and felt safe and at home. Everyone in this ward is doing tremendous job and I am very grateful and humbled. Thank you all so very much.

- Patient from NH 1st floor

Dr. Prasun Mishra is well organised doctor. I haven't seen such punctuality regarding timing. His experience well deserved. Also taking care of his patients is truly appreciated. People who will be trained under him will have a great future.

- Patient from NH Ground floor

Dr. Suhas Otiv- Magical hands or I would say hands of God. Such a nice and humble doctor, we will never forget. Thank you!!

- Relative of Patient from NH 3rd floor

My 6th donation of Plasma and I hope it helps the recipient. The procedures have all been flawless and well executed. The staff are all super courteous and knowledgeable in their profession. Special thanks to Ms. Suvarna for her excellent attention to everything. I will be willing to donate as long as I have antibodies. Best wishes to Team KEM Blood Bank.

- Plasma Donor from KEM Blood Bank



Team KEM



Dr. Prasad Kulat, DNB-Obstetrics & Gynaecology has been appointed as a **Junior Consultant in the Department of Obstetrics and Gynaecology**



Dr. Tailam Tanmayee, MD-Anaesthesiology, FNB-Critical Care has joined us as a **Junior Consultant in Intensive Care Unit (ICU)**



Mr. Shailesh Datar, has joined the KEM team w.e.f. 1st January, 2021 as **General Administrator – Vadu Hospital**



Ms. Jasmeet Kaur Arora, has taken up the role of **Assistant Coordinator – Nephrology in the Renal Unit** with effect from 01st December 2020



Thyroid Awareness Month

Know about thyroid diseases!

Hyperthyroidism:

refers to an **overactive thyroid** with symptoms like:

Racing heart beat	Insomnia
Diarrhea	Fatigue
Weight loss	Goiter

THYROID
AWARENESS
MONTH
JANUARY 2021



Take your thyroid test today **020 6603 7460 / 020 2621 7460**

Know about thyroid diseases!

Hypothyroidism:

refers to an **under active thyroid** with symptoms like:

Low heart rate	Goiter
Sensitive to cold	Muscle and Joint Pain
Weight gain	Reduced sweating

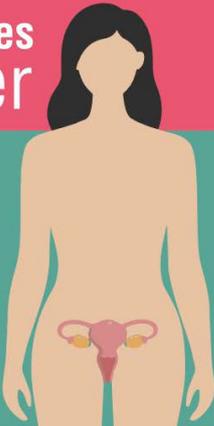
THYROID
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Take your thyroid test today **020 6603 7460 / 020 2621 7460**

Cervical Health Awareness Month

Timely screening can lower the chances of getting cervical cancer



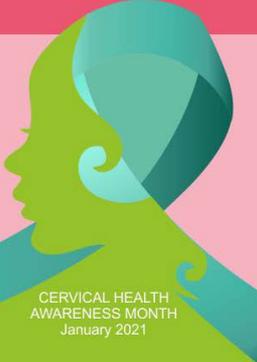
- Regular Check-ups
- HPV Testing
- PAP Smear

KEM Hospital PUNE
Quality and ethics in patient care

For more information on the disease contact our doctors
020 6603 7460 or 020 2621 7460

CERVICAL HEALTH AWARENESS MONTH
JANUARY 2021

Protect yourself from cervical cancer with HPV vaccine



- ❖ HPV vaccine is recommended for routine vaccination at 11 or 12 years.
- ❖ It can be started at age 9 too.
- ❖ Depending on the age, 2 or 3 doses are recommended.

Get your cervical vaccination done today!

Make an appointment for vaccination, call **020 2621 7385**
020 6603 7385

KEM Hospital PUNE
Quality and ethics in patient care

CERVICAL HEALTH AWARENESS MONTH
January 2021

World Leprosy Day

DO NOT STIGMATISE PEOPLE WITH LEPROSY



It is not hereditary
It is completely curable
It cannot be transferred by touch

**Make an appointment with our doctors
to know more about the disease**
Call 020 6603 7460 or 020 2621 7460

