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## Know Your Consultant



**Dr. Suchita Agrawal**  
Consultant, Psychiatrist

Dr. Suchita Agrawal is a Consultant Psychiatrist, extremely passionate about mental health awareness. Born in the small town of Burhanpur, Dr. Agrawal moved to Pune when she was in high school. True to her interests, she completed her MBBS and post-graduate education in Psychiatric Medicine (DPM) from Mumbai, and also trained in the renowned Nair Hospital's Psychiatry Department. She then worked as SMO at Kamla Nehru Hospital's Department of Psychiatry for a year.

Being born on World Environment Day, she is a true nature lover and makes a conscious effort in conservation. She is a firm believer of 'Knowledge is rooted in all things' and likes to know in depth about a diverse range of topics. In fact, most of her hobbies center around learning and experiencing new things. During her free time, she likes to study nutrition, cook, hike and listen to audiobooks.

She is currently an Associate Consultant Psychiatrist at KEMH and strives to provide wholesome and evidence-based treatment to her patients. She knows the importance of a correct diagnosis and the equal importance of a firm grasp of the patient's life situation. It is with the help of these that she decides the frequency of consultations and makes a well-balanced treatment plan. She believes in empowering her patients right from the start of the treatment and focuses on helping them find solutions and support. She believes that every challenge is an opportunity to learn and grow.

She has significant experience in her field, having treated and counselled a large variety of patients with mental health issues like depression, anxiety, stress, OCD, addictions, personality problems, marital and sexual issues, gender dysphoria, dementia and others. She also deals with child and adolescent psychiatric issues including ADHD, learning disabilities and autism, teenage addictions like gaming and internet addiction, eating disorders, body image issues, alcohol, smoking and other behavioural issues.

In order to spread awareness and campaign for mental health, she has been conducting individual and group sessions for patients and, if needed, for family members to educate and help them cope with the issues. Her expertise lies in practising mindfulness based therapies and providing training in relaxation techniques. Recently, she has also been working with people on mental health issues arising out of social isolation, lack of employment, financial crisis and paranoia about Covid infections during the pandemic.

She is LGBTQ+ friendly and practices at MindAid Psychiatry Clinic, her private clinic in Pune. She is also a visiting psychiatrist at her hometown of Burhanpur, where she visits once a month.



## Understanding and Managing the Side Effects of Chemotherapy

Chemotherapy is very important in the armamentarium of cancer treatments (also including surgery, radiation). Even with the introduction of newer agents like targeted therapies, immunotherapy etc, chemotherapy still forms the basis of treatment. Most chemotherapies can cause side effects which are immediate or delayed or can be long lasting. While looking at side effects, basic side effects are the ones that are looked for primarily.

### Basic Side Effects:

During chemotherapy, good and bad cells are killed, including blood cells; which causes the blood count to drop. Additionally, the mucosal lining is affected as well, which results in mucositis, diarrhea, and constipation. Hair follicles are affected too, which results in hair loss, and may cause loss of eyebrows and eyelashes. These kinds of immediate side effects of chemotherapy are not very lasting. Generally, these aspects will see recovery once the chemotherapy is over.

### Other Serious Side Effects:

However, other side effects can be serious. These include change of taste, anorexia (not liking to eat), nausea (feeling of distaste for food), and vomiting. These are some of the most important side effects because these cause people to not consume food. If a person stops eating, they can become dehydrated, weak and this can also hinder their recovery and trouble to continue further treatment. Nowadays, doctors individually explain to the patients the side effects of particular drugs which will be used for the treatment. For example,

- If a patient is on a drug which is going to cause them to vomit, doctors are required to explain to them the specifics of what to eat.
- If a patient has nausea with vomiting as a side

effect, they are advised to change their diet. Since their taste is gone, they are asked to eat fried food and sweets during the first five days



of chemotherapy. They can be asked to eat chocolates, coffee, eat cold foodstuffs like ice cream, and nuts. They are also advised to not eat regular food but eat soft food instead like custards and pudding.

- If the patients are going to have neuropathy, they are explained how to hydrate themselves and to inform the doctors in case they experience side effects like buttoning - unbuttoning, losing belongings, so that their dosage can be adjusted accordingly.
- If a patient has their blood count going low as myelosuppression, then they are given either growth factors or are asked to inform the doctors if they suffer from fever, loose motion or any fatigue and weakness. The doctors then test their blood count, give them growth factors and antibiotics.
- If the patient's hemoglobin is dropping, they are given erythropoietin, nutrition, and appropriate support.
- If the platelets of a patient are going low, they are given drugs like romiplostim among others to push them.

### Rare Side Effects:

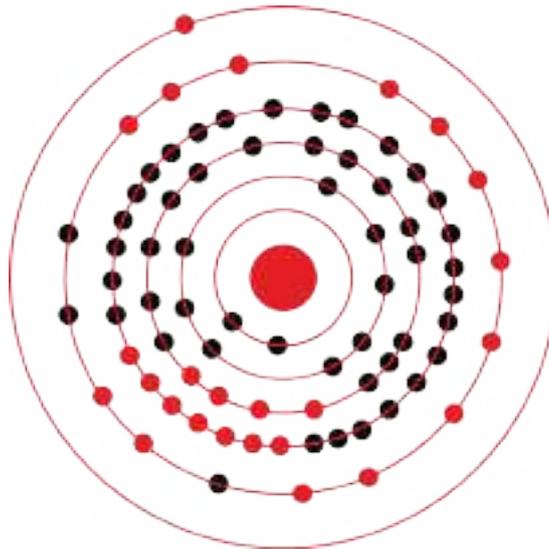
Certain side effects are extremely rare but need to be mentioned nonetheless.

- A few patients who receive chemotherapy, get 'chemo-brain'. This refers to the mental fogging caused rarely in some patients as an after effect of the treatment.
- Patients can have depression or suffer from anxiety. Hence doctors sometimes have to make use of antidepressants and involve psychiatry in management.
- Individualised side effects also need to be explained to patients, though they can be managed with the help of current advanced medications.

Growth factors can help in increasing blood count, while hydration and nutrition can make patients eat well. Having psychologists and doctors explain to the patient can help in reducing their side effects significantly. Additionally, antibiotics can help in taking care of infections. With all this armamentarium, a major percentage of patients would manage their chemotherapy very well. Most importantly, the patient should get involved in their treatment. If they are involved with their treatment, eating well, hydrating enough and are exercising regularly, most of these side effects can be managed by the patients on their own. Very few side effects require hospitalisation or support.

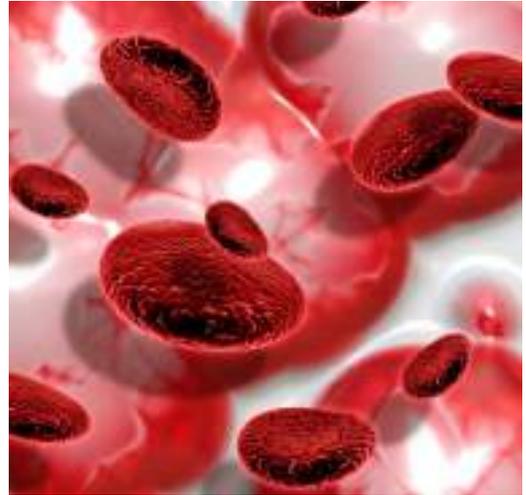


**Dr. Minish Jain**  
Consultant, Oncology



## Blood Cancer

**H**aematology is a speciality that deals with the diagnosis and management treatment of all diseases related to blood. Among these, cancers that are related to blood and non-cancerous diseases which cause abnormalities in either red blood cells (RBC), white blood cells (WBC) or the platelets are treatable. Hematologists are involved in treatments of diseases like coagulation defects which means more bleeding, less bleeding, more clotting occurring in areas in which it should not happen, fluctuating hemoglobin and others.



### Types of Blood Cancer:

- From a broader perspective, here are a few basic things about blood cancers.
- Blood cancers are one of the common malignancies and forms of cancers. They are known as 'liquid cancers' since blood is fluid, as opposed to solid cancers which are formed in organs like lungs, brains and other organ tissues. Blood cancer is one of the commonest forms of cancer that can be seen in children, and it is also associated with increased frequency as the age of a person increases, which means that as a person grows older there is a chance of more and more forms of cancer occurring.
- Blood cancer can be of two types - Chronic Cancer and Acute Blood Cancer. Chronic Blood Cancer is a slowly progressing disease and does not cause any immediate threat to life. However, acute blood cancer is very aggressive and progresses rapidly and can become fatal if not treated immediately.
- The only advantage of treating blood cancer is that blood is usually available and easily accessible, and tests for these can be easily done at labs. It can also be easily judged or picked up through a normal hemogram.
- The only problem is that unlike other cancers, there is no way to know why blood cancers occur.
- For example, lung cancers are associated with increased smoking, colon cancer involves certain dietary factors. The occurrence of these cancers can be prevented by preventing smoking and changing dietary changes. But because it is not known why blood cancers occur, there is no concrete way to understand how to prevent them. However, it has been noticed that in lower socio-economic countries where there is a higher use of fertilizers, there is a higher occurrence of blood cancers. It is being speculated if it is possible to change the occurrence of these cancers based on the consumption of fertilizers and chemicals that are used for agricultural practices and if they contribute towards the harmful impact.

Another important question that most patients have is, if mobile radiation or radiation from telephone towers can contribute towards the increased incidence of these cancers?

As of today, there is no absolute causality for these types of influences. However, compared to other cancers, these cancers are eminently curable and treatable. Blood cancers are usually spread all over the body since their diagnosis, and generally, most blood cancers are Stage 4.

Though they are at an advanced stage, if apt treatment is received, a sizable portion of patients can be completely cured.

### **The Occurrence of Blood-related Cancers:**

There are several differences in how the cancers occur, and blood cancers start in the bone marrow. From these blood production sites, they get into the blood. There are also other organs known as lymphatics where lymphocytes are type 4 blood cells which circulate and their primary function is immune. However, blood cancer can also originate in the lymph nodes. Since the lymph nodes are spread across the body, they are present in the neck and throat. This causes cancer to originate from such places and is called lymphoma.

### **Treatment:**

- Both these kinds of cancers can be treated and often, cured. Treatment of these cancers typically involves chemotherapy, which means medications through IV or orally.
- A chronic myeloid leukemia today can be simply treated with one tablet. This causes cancer to become treatable throughout the patient's lifetime. Continuing with the treatment will eventually help the patient get rid of the disease completely. However, all controls are not as easily available as this one, as some of these treatments can be quite intensive as they can need admissions and can cause side effects. However, the more aggressive the disease is, equally aggressive therapy can treat it.

### **Bone Marrow Transplant:**

Blood cancer the patient may need a therapy called bone marrow transplant. During this process, the stem cells which produce blood cells are replaced because the blood cancer originates from the stem cells.

For a bone marrow transplant, it is necessary to have a donor which is typically a brother or sister, who has to match on the white cell group. Once the patient has a donor who is Human Leukocyte Antigen Match, the procedure can be started. The cure rate can be as high as 80-90% depending on when you do the procedure, after which the patient can lead a normal life.

### **Progress in Treatment Methods:**

The further progress in blood cancer is that while examining blood cells, the type of coating on the cancer cell is examined. These are called CD antigens, and based on the type of blood cancers, antibodies can be produced that will specifically act against these cancers. This can be associated with much fewer side effects, thereby improving the effectiveness and decreasing the side effects of this therapy. Today, there are ways to train your immune system to attack these cancers, which are called carceral antigens or carceral antibodies.

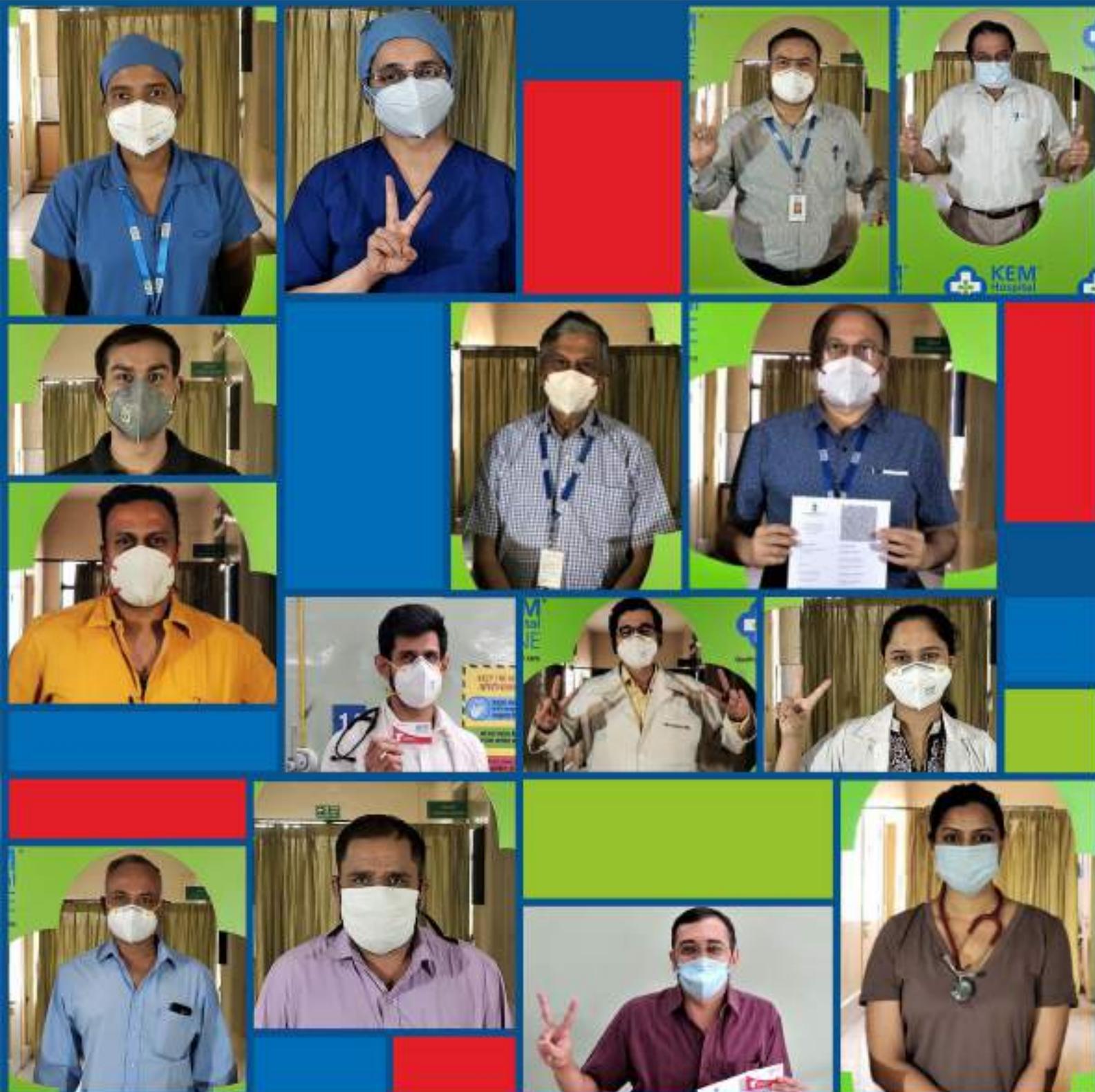
Much progress is happening in the field of blood cancer treatment that will ultimately help in curing more and more patients.



**Dr. Kannan Subramanian**  
Associate Consultant, Haematology



# I am COVID- 19 Vaccinated



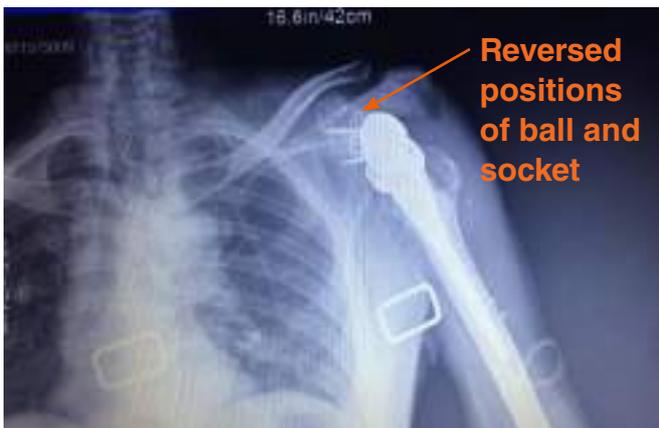


## Reverse Shoulder Replacement

This is a procedure performed to provide pain relief and improve movement in painful and stiff shoulders.

It differs from normal shoulder replacement, as the implant reverses the anatomy of the ball and socket of the shoulder joint. This is done so that lever arm for shoulder abduction, which is done by the deltoid, is increased. This allows abduction even when the rotator cuff muscles are completely torn or non functional.

The rotator cuff is a layer of muscles around the shoulder which initiates shoulder movements and also provides stability to the shoulder.



### Indications:

Painful, stiff shoulders which have little movement i.e Pseudoparalysis of the shoulder are the conditions in which reverse shoulder replacement is indicated.

1. Rotator cuff arthropathy (Milwaukee shoulder).
2. Rheumatoid arthritis or Osteoarthritis with torn rotator cuffs.
3. Comminuted multi fragmentary fractures of proximal humerus in elderly with very osteoporotic bone.
4. Failed fracture fixation of proximal humerus.
5. Revision of shoulder arthroplasties which have failed because of failure of the rotator cuff.

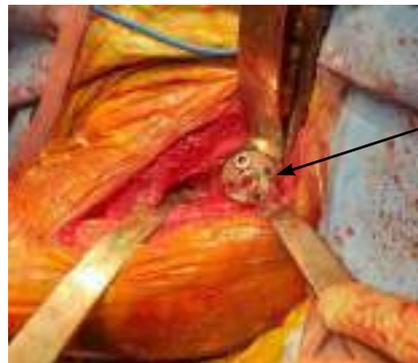
6. Tumours of proximal humerus which require excision of rotator cuff and its bony attachment. In these cases a normal shoulder replacement would not work and would fail at an early stage.

### Procedure:



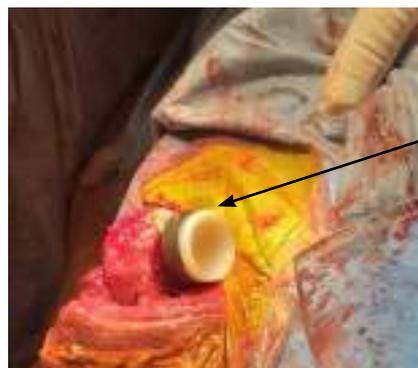
**Worn out head with no rotator cuff**

In place of the socket of the shoulder called the glenoid, a Base plate is inserted on top of which, a ball like Glensphere is implanted.



**Base plate implanted onto glenoid**

In the humerus, a socket is implanted on top of a stem inserted in the medullary cavity of the humerus.



**Socket implanted into humerus**

Thus, this procedure increases the lever arm for abduction by the Deltoid muscle and also Pre-tensions the deltoid muscle. This will allow better movement even when the muscles which normally initiate movement i.e. the rotator cuff are absent. Also, pain is relieved as the worn-out bony surfaces are replaced by metal and plastic surfaces.



**Glenosphere**

Post operatively the shoulder is placed in a shoulder immobilizer with it being removed for exercises daily.



After soft tissue healing, the immobilizer is removed and exercise continue to strengthen muscles and improve range of movement.

**Complications and Disadvantages:**

1. Infection, dislocation and scapular fractures. Rates are higher than for a normal shoulder replacement.
2. Implant is 2 to 3 times more expensive than the routine implants used for shoulder replacement. Hence Reverse shoulder replacement is not done in all cases but is a boon for a small group of patients in which a normal shoulder replacement would not be possible.



**Dr. Rahul Nerlikar**

Head of Department, Orthopaedics

 **Highlights**

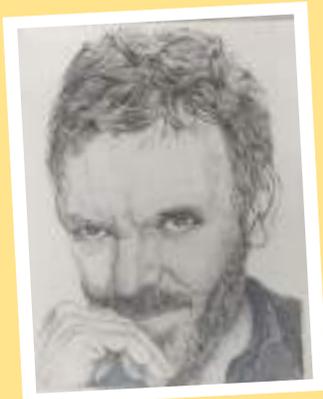
## New Website: Soft Launch

We are happy to announce that KEM Hospital, Pune has launched a newly designed website at <http://www.kemhospitalpune.org/>



## Doctor's Day Off

**Featuring: Dr. Jyoti Singhal, Junior Consultant - Paediatric Nephrology**



“Creating something has always given me joy. Be it a sketch, painting or some crafty new idea that I just want to try. Here's a glimpse from that part of my life, that feels like a burst of vacation whenever I can squeeze in some me time.

Pastels are something new that I picked up during covid times and recently I've started trying my hand at digital paintings. Each medium has a charm and I loved creating each one of them.”





## Events and Activities

# Donations

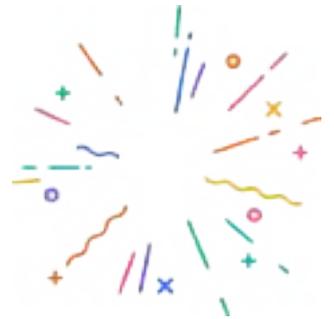


*Thank you*

We are grateful to receive continuous support from Forbes Marshall. Thank you for helping us with four Laptops for our COVID-19 vaccination programme.

We sincerely thank Persistent Foundation for their generous donation of two 99L Godrej Vaccine specific refrigerators for COVID-19 vaccination programme.

Our heartfelt gratitude to Federal Bank for their generous donation of SLE 5000 ventilator to our NICU unit through their Hormis Memorial Foundation.



## Advanced stroke life support course (ASLS) for Emergency Medicine Department (EMD)

Acute care of stroke victims largely relies on rapid identification and timely clinical and radiological assessment in emergency department. The introduction of thrombolysis and dedicated stroke code in Emergency department have greatly improved the management of stroke patients. However, for the benefits of these advances to be fully realised, EMD doctors and nurses must be able to recognise signs of stroke and act fast to improve patient outcome.

Keeping this objective in mind, the Department of Emergency Medicine of KEMH conducted an Advanced stroke life support course for all the doctors working in EMD. ASLS is a premier e-learning course containing 9 modules of stroke education. The course provided neurological assessment tool, the MEND exam, together with practical video examples to support theoretical learning. This curriculum is developed by University of Miami Miller School of Medicine, USA.

Course was followed by online examination to judge the knowledge of participants. All the doctors of EMD successfully completed all the modules and passed exam with bright score.

These updates on stroke care will definitely improve acute stroke care in our hospital and will help us to deal with current challenges and find new ways to treat stroke patients more efficiently in this 'new normal' life during the COVID-19 pandemic.

ASLS course was organised in KEM Hospital under guidance of Dr. Suchitra Mohite with the help of 'Angels Initiative' of the World Stroke Organisation.



## Webinar on Role of Physiotherapy in Frozen Shoulder

The physiotherapy department of KEM Hospital, Pune conducted a webinar on "Role of Physiotherapy in Frozen Shoulder" in association with the diabetes unit on 3<sup>rd</sup> February 2021. The webinar began with Dr. Smita Dhadge giving a short introductory speech to the participants. Dr. Charuta Nijampurkar from the Physiotherapy department then began with her webinar and showed basic shoulder related exercises that included a short informative segment regarding frozen shoulder and its causes in patients with diabetes.

This was followed by a demonstration of basic exercise regimens that the patients were requested to follow. The session ended with questions and answers from the panelists.



## Blood Donation Camp



**Location:**  
Apte Ghat Anand Tarun Mandal,  
Shaniwar Peth, Pune



## Team KEM



**Dr. Vivek Sodhai**, MS-Orthopaedics has joined us as an **Associate Consultant Surgeon (Paediatric Orthopaedics)**

**OPD Timings: Mondays & Fridays Timing: 1:00 PM - 3:00 PM**



**Dr. Parikshit Prayag**, MD, ABIM, ABMS- American Board Certified in Internal Medicine and Infectious Diseases **has joined us as Associate Consultant - Transplant Infectious Diseases**

**OPD Timings: Every Tuesday Time: 11.30 AM - 1.30 PM** in the Plastic Surgery OPD



**Dr. Kalpana Shingane**, MD- Anaesthesiology, IDCCM has **joined as a Full time Consultant Anaesthesiologist and Intensivist in Cath Lab and ICU 3 (HDU)**



**Dr. Sarita Verma-Kokane**, DNB-Paediatrics has joined us as a **Junior Consultant (Paediatric Haematology & Oncology)**



**Ms. Rekha Arun** has joined us on 1st November 2020 **as a Process and Financial Analyst**



Spotlight



**CONGRATULATIONS!!**



**CONGRATULATIONS!!**



Congratulations! **Dr. Melanie Kapadia, Dr. Neelam Vaid and Dr. Varda Vaze, for your publication getting featured in Indian Journal of Otolaryngology and Head & Neck Surgery.** The publication looks at the results and challenges while implementing hearing screening of all babies at KEM Hospital Pune.

**Link to access the publication:**

[https://link.springer.com/epdf/10.1007/s12070-021-02435-w?sharingtoken=UNfO4drKWeKNQO0pCXqSsPe4RwIQNchNBiy7wbcMAY7FtG47QqhukObV3Sn\\_nrvccWK2JCAR4p\\_0q-Wg7BbQM\\_5D5JIVHSZHkgieWNq\\_KIHJS2ktzESAt\\_NYiuUVZzSTISEdIKyISTReKsud2zl2flZ3jbHdziS6YyGEpjFAXU%3D](https://link.springer.com/epdf/10.1007/s12070-021-02435-w?sharingtoken=UNfO4drKWeKNQO0pCXqSsPe4RwIQNchNBiy7wbcMAY7FtG47QqhukObV3Sn_nrvccWK2JCAR4p_0q-Wg7BbQM_5D5JIVHSZHkgieWNq_KIHJS2ktzESAt_NYiuUVZzSTISEdIKyISTReKsud2zl2flZ3jbHdziS6YyGEpjFAXU%3D)



## Testimonials

Hello मी पौर्णिमा भोरे. मी आठ वर्षांची असताना २०११ साली मला  
 blood cancer हा आजार झाला. मला पुण्यातील K.E.M या हॉस्पिटल  
 मध्ये डॉ. कृष्ण सर यांनी मला ट्रिटमेंट दिली. खरतर ज्या वेळी  
 माझ्या आई-वडीलांना मला cancer झाल्याचे हे कळताच त्यांना खूप  
 मोठा धक्का बसला. परंतु कृष्ण सरांनी स्पष्टपणे सांगितले की cancer  
 हा आजार पूर्ण बसतो. आणि ती नक्कीच बरी होईल. हे आणून त्यांना  
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 मदत तर मिळवून दिलाच परंतु अॅडमिट असताना पेशंटला पॅथिज व  
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 तर पेशंटला व त्याच्या नातेवाईकांना प्रेरणा मिळावी, आधार मिळावा  
 म्हणून या हॉस्पिटलने प्रेरणा ग्रुपची निर्मिती केली. हा फक्त ग्रुपच नाही  
 तर खरच एक खूप मोठी प्रेरणा आहे आम्हा सर्व पेशंट साठी. या ग्रुपच्या  
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 खेळ इ. कार्यक्रम आयोजित करून मुलांना आनंद देण्याचं काम या  
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 कृष्ण सरांनी तेच समजावून सांगितले की आपण पूर्ण प्रयत्न करू व ति  
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 धक्का बसला परंतु त्यांनी हार मानली नाही व पुन्हा सरांवरती पूर्ण  
 विश्वास ठेवून मला ट्रिटमेंट द्यायला सांगितली. परंतु माझ्यासाठी पुन्हा ती  
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 १५ वर्षांची आहे. व इ ११ वी मध्ये शिकत आहे मला १२ वी नंतर B.S.C  
 नर्सिंग मध्ये माझे करिअर करायचे आहे व K.E.M च्या सर्व स्थापने जशी  
 माझी सेवा केली तसच मलाही भविष्यात प्रत्येक परतल्या सेवाकराची



## Health Awareness Communication

### World Cancer Day

**Reduce your cancer risk**

- Do not smoke or use any form of tobacco
- Breastfeeding reduces the mother's cancer risk
- Enjoy a healthy diet and exercise regularly
- Help reduce indoor and outdoor pollution

**KEM Hospital PUNE** For more information call  
020 6603 7460  
020 2621 7460

### World Epilepsy Day

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

Seizures are caused due to the disturbances in the electrical functioning of the brain

**Common Symptoms**

- Fixed stare
- Lip smacking
- Recurrent eyelid twitching
- Uncontrolled jerking of limbs

**KEM Hospital PUNE** For more information call 020 6603 7460/ 020 2621 7460

## Sexual and Reproductive Health Awareness Day



**Good sexual and reproductive health can improve the quality of your life**

- Practice **safe sex**.
- Consult a doctor about **birth control** and opt for one that suits you.
- Visit your gynaecologist regularly. Get a **Pap smear** examination as per your doctor's advice.
- Taking the **HPV vaccine** between age 11-26 years protects women from cervical cancer.
- Learn **self-breast examination**.
- Track your **monthly cycle** closely and be aware of any changes.

**For more information call**  
020 6603 7460 / 020 2621 7460

 KEM Hospital PUNE