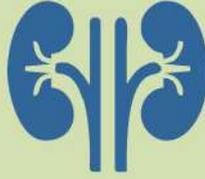


		What's Inside	
 <p>Know Your Consultant</p>		 <p>Know Your Health</p>	<p>Is Glaucoma Preventable?</p>
	<p>How Can One Live A Qualitatively Good Life While Living With Chronic Kidney Disease?</p>		 <p>Spotlight</p>
 <p>Doctor's Day Off</p>		 <p>Event and Activities</p>	
<p>World Bipolar Day</p>		 <p>Team KEM</p>	 <p>Testimonials</p>
<p>World Kidney Day</p>	<p>World Oral Health Day</p>	<p>World Cancer Day</p>	<p>World TB Day</p>
<p>World Glaucoma Week</p>	<p>International Women's Day</p>	 <p>Health Awareness Communication</p>	<p>Self-Injury Awareness Day (SIAD)</p>



Know Your Consultant



Dr. Sagar Kulkarni

Junior Consultant- Nephrology, Renal Department

Dr. Sagar Kulkarni has done his MBBS and MD Medicine from B. J. Govt. Medical College, Pune. During his MD he did research work on clinical aspects of Heart and Kidney Interactions (called as Cardio-Renal Syndrome). Later he worked as Assistant Professor in Internal Medicine at B.J.G.M.C., Pune.

Following his interest in kidney diseases he went to Bangalore for super-specialty training in nephrology. Under the guidance of Dr. H. Sudarshan Ballal at Manipal Hospital, Bangalore he completed his Nephrology training. During the training he was actively involved in management of over 250 kidney transplants including cadaver donor kidney transplants and multi-organ transplants. He did research on comparing effect of various immunity suppressing medicines on outcomes of kidney transplant patients and presented a scientific paper on the same topic at South Zone Nephrology conference in Hyderabad.

He has also been trained in dialysis therapy and various interventions related to it. He stood first in nephrology final exam conducted by national board and was awarded Dr. H.L.Trivedi Gold Medal in 2019 at New Delhi. In his words it was a proud moment for his parents and wife who toiled all hardships of medical training.

He has been associated with Renal unit of KEM Hospital since 2019. He believes that, team work and continuous learning is way to provide better care to patients. He also has keen interest in academics and actively participates in training of DNB students at KEM Hospital, Pune. He is currently working on a research project related to biomarker for acute kidney injury.

Apart from practicing nephrology he also practices his hands on the harmonium. Having graduated from the cultural capital of Maharashtra, he has, and continues to, participate in various cultural activities of Pune city.



Is Glaucoma Preventable?

Types Of Glaucoma, Diagnosis And Treatment Options Available



Glaucoma is a group of diseases that affect the optic nerve, due to abnormally high pressure in the eyeball. These changes are permanent and result in visual impairment and in severe cases total blindness.

When it comes to glaucoma, prevention is key. Glaucoma is not curable and any vision that is lost cannot be brought back.

Glaucoma is the second leading cause of blindness in the world after cataracts, and the leading cause of irreversible visual impairment around the world.

CAUSES

Elevated eye pressure is due to a build-up of a fluid (aqueous humor) that flows throughout the inside of your eye. When fluid is overproduced or the drainage system doesn't work properly, the fluid can't flow out at its normal rate and eye pressure increases.

GLAUCOMA RISK FACTORS

It mostly affects adults over 50, but young adults, children, and even infants can have it.

You're more likely to get it if you:

- Are over 50
- Have a family history of glaucoma
- Being extremely nearsighted or farsighted
- Take certain steroid medications especially eyedrops, for a long time
- Have had an eye injury or certain types of eye surgery

- Have corneas that are thinner than usual
- Have high blood pressure, heart disease, diabetes, or sickle cell anemia
- Have high eye pressure (intraocular pressure)

TYPES

Glaucoma can be broadly divided into childhood and adult glaucomas.

Childhood Glaucoma: Can be Primary congenital and Infantile are usually due to developmental anomalies in the angle of the anterior chamber of the eye leading to deficient drainage of the aqueous humor.

Adult Glaucomas: Are primary open angle glaucoma (POAG) is the more common type, It occurs due to a deficient drainage mechanism at the level of the trabecular meshwork.

Primary Angle Closure Glaucoma (PACG): is characterized by closure of the angle of the anterior chamber by the iris thus preventing drainage of the aqueous humor. Here, the intraocular pressure rises are more sudden and more severe than that of POAG.

Normal-tension Glaucoma: In normal-tension glaucoma, your optic nerve becomes damaged even though your eye pressure is within the normal range. No one knows the exact reason for this. You

may have a sensitive optic nerve, or you may have less blood being supplied to your optic nerve.

Secondary glaucoma's can be either open angle or closed angle and are usually associated with some other disease in the eye. Some of the causes of secondary glaucoma are – eye Injury, uncontrolled diabetes, lens induced glaucoma, steroid induced glaucoma, inflammatory glaucoma

SYMPTOMS:

The symptoms of glaucoma depend on the type. Primary open angle glaucoma usually does not cause any symptoms and is often picked up on routine examination. The patient may experience a gradual painless progressive reduction of vision. Because of its non-specific presentation, patients often have significant visual impairment by the time it is diagnosed, and hence POAG is often referred to as a silent killer of vision.

Primary angle closure in its acute stage presents with severe eye pain, one-sided headache, redness of the eye, seeing colored halos around lights and rapid reduction of vision, nausea, vomiting.

Chronic angle closure clinically presents very similar to primary open angle glaucoma and the only differentiating feature is the presence of a closed angle.

In primary congenital glaucoma, there occurs corneal swelling which can give rise to severe photophobia (abnormal sensitivity to light), tearing, enlarged eye ball.

DIAGNOSIS:

A detailed eye examination including vision testing, refraction and slit lamp examination.

Ophthalmoscopy helps to evaluate the optic disc to determine the presence, nature and extent of any glaucomatous cupping.

1.Measurement of central corneal thickness (pachymetry).

Measurement of intraocular pressure (tonometry).

Gonioscopy (assessment of the angle of the anterior chamber) to determine if it is narrow or wide open, and if there is any additional pathology.

Perimetry (assessment of the visual field) OCT (Optical Coherence Tomography) for quantitative measurement of the optic nerve head and the retinal nerve fiber layer.

Children younger than 5 years may have to be examined under general anesthesia for better cooperation.

Secondary glaucomas will show features of the cause of the glaucoma in addition to raised intraocular pressure, optic disc and visual field changes.

TREATMENT

Treatment of glaucoma depends upon the type and stage of the glaucoma. It is important to realize that treatment does not reverse the damage to the optic nerve. It only prevents further damage and subsequent blindness.

Glaucoma is treated by lowering your eye pressure (intraocular pressure). Depending on your situation, your options may include prescription eyedrops, oral medications, laser treatment, surgery or a combination of any of these.

Eyedrops

Glaucoma treatment often starts with prescription eyedrops. These can help decrease eye pressure by improving how fluid drains from your eye or by decreasing the amount of fluid your eye makes. Depending on how low your eye pressure needs to be, more than one of the eyedrops below may need to be prescribed.

Surgery and Other Therapies

Other treatment options include laser therapy and various surgical procedures. The following

techniques are intended to improve the drainage of fluid within the eye, thereby lowering pressure:

1. Laser therapy:

Laser trabeculoplasty and SLT can be performed in open angle glaucomas

In angle closure glaucoma a laser peripheral iridotomy is performed in that a small opening in your iris using a laser is created.

This allows fluid (aqueous humor) to flow through it, relieving eye pressure

2. Surgery :

Glaucoma surgeries aim to provide enhanced drainage of aqueous, through alternate routes such as trabeculectomy. In trabeculectomy, the drainage pathway may become blocked with scar tissue and become less effective over time. In cases where this is expected such as in neovascular glaucoma and in repeat trabeculectomy, a glaucoma drainage implant is used wherein a tube shunt is used for aqueous drainage.

The most important advance in glaucoma surgery is the group of surgeries referred to as minimally invasive glaucoma surgery (MIGS).

HOW DO YOU PREVENT GLAUCOMA?

All types of glaucoma cannot be prevented. If a child has primary congenital glaucoma, the parents can undergo genetic counseling to discuss the possibilities of subsequent children developing the disease. Primary open angle glaucoma cannot be prevented, but regular screening after the age of 50 years (especially in individuals with risk factors) can detect it at a very early stage and thus prevent its progression.

In patients with narrow anatomical angles, laser iridotomy (making an opening in the iris with laser) can prevent acute attacks.

Secondary glaucomas can be prevented to a certain extent by treating the causative disease adequately. In all types, it is mandatory to arrest the progression as soon as possible, as the damage to the optic nerve cannot be reverted.

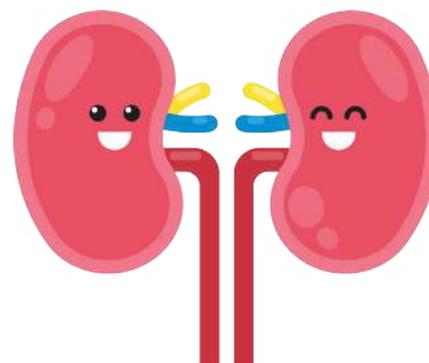


Dr. Aishwarya Mulay

Associate Consultant - Ophthalmology

How Can One Live A Qualitatively Good Life While Living With Chronic Kidney Disease (CKD) ?

To be able to live well, maintain one's role and social functioning while maintaining some semblance of normalcy and control over one's health and wellbeing" – should be a realistic goal for persons living with Chronic Kidney Disease (CKD). It is therefore not really surprising how restricted they (and their caregivers) feel when they become victims of CKD, and as a result become depressed or rebel, and become non-compliant with necessary management measures.



In order to live a good and reasonably normal life while dealing with CKD, a few steps which the Renal Care Team can share with the patient and caregivers are:

- 1. Recognize and accept** one's own role in managing the kidney disease. By taking responsibility for one's actions which might have caused or accelerated the condition, patients can arrive at a balance between treatment and living as well as possible within the unavoidable restrictions. Here counseling by the Renal Care Team can go long way towards achieving this balance.
- 2. Share details with the Renal Care Team** about various problems of CKD or the treatment such as sleeplessness, anxiety, fatigue, pain, gastro-intestinal problems, cognitive impairment, and family, social or financial distress. This will help the team to introduce supportive treatment or to suggest solutions to alleviate these issues.
- 3. Eat well within the limitations** prescribed. If you find normal meals difficult to manage, try smaller and more frequent ones. A lot can be done to make meals palatable. Drink the right kind and quantity of fluids as advised.
- 4. Engage in some form of light and regular exercise.** This definitely helps enhance mental and physical well being.
- 5. Alcohol can be taken, but in moderation**, unless prohibited by your doctors for specific reasons.
- 6. Follow-up regularly in OPD** at the intervals advised by your Nephrologist. Regular consultation with the Renal Team can alleviate significant health issues, even minor ones, and clear your doubts.
- 7. Follow all regular vaccination schedules** as advised, against Hepatitis B, Influenza etc. as well as during viral epidemics.



Ms. Rohini Sahasrabudhe
Dialysis & Transplant Co-ordinator

Doctor's Day Off

Featuring: Dr. Devendra. N .Vartak

Orthopedic and Specialist Joint Replacement Surgeon

Seven years ago I had gone to a wild life safari in Madhya Pradesh and the guide was showing me some rare birds with great interest, but the eyes don't see what the mind doesn't know. I was totally disinterested then. I wanted to see only mammals. But just before this lockdown of 2020 I had developed interest in birds and so I did my certificate course of ornithology of Ela Foundation from Garware College, Pune. Since then every day there is something new to learn and look at. It's a fantastic relaxation for me and it takes me to very peaceful places which I otherwise would not have seen. Sharing some images of birds around pune.



Shikra



Black Hooded Golden Oriole



Tickles Blue Flycatcher



Brahminy Duck Pair



Green Bee Eaters



Spotted Owlet



Asian Paradise Flycatcher



Black Naped Blue Monarch



Team KEM



Dr. Rahul Bhadgale, MS, M Ch-Plastic & Reconstructive Surgery is now available as an **Associate Consultant Plastic Surgeon**.

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



Dr. Hemant Chaudhari, DNB-General Surgery, DNB-Peripheral Vascular Surgery will be available as an **Associate Consultant Vascular Surgeon**

OPD: Every Friday Timing: 1.00 PM – 3.00 PM



Dr. Sampada Kulkarni, DA, DNB-Anaesthesiology, IDCCM has joined us as a **Part-time Consultant Anaesthesiologist and Intensivist for Cathlab and ICU3**



Mr. Mahesh Bhosale has joined the KEM team w.e.f., 1st March 2021 as Manager- Biomedical



Mr. Pavan Gorde has joined the KEM team w.e.f., 1st March 2021 as **Night Administrator**.



Mr. Sardar Pachimbare, who has joined the KEM team on 19th March 2021 as **Manager - IT**.



Ms. Neeta Mahankale, who has joined the KEM team on 22nd March 2021 as **Nursing Superintendent**.



Events and Activities

Women's Day Celebration



Physiotherapy Webinar On Knee Pain

Knee pain is one of the most common complaints in patients with diabetes. The Physiotherapy department in collaboration with the Diabetes unit, KEM Hospital, Pune held a webinar on 3rd of March 2021 on prevention and treatment of knee pain caused by over-weight, improper walking pattern, improper footwear etc. The webinar started with a introductory session addressed by Dr. Smita Dhadge (Diabetes unit). Exercises were described and demonstrated by physiotherapist Dr. Charuta Nijampurkar and team.



DASII Workshop At KEM

We have been conducting six day workshops on **Developmental Assessment Scales for Indian Infants (DASII)**, for the last ten years. Due to the changed circumstances, we conducted 3 six day online DASII workshops. In the first three days students were taught the test with live demonstrations on babies.

The participants were asked to practise for one month and then demonstrate the testing to us on babies on zoom.



Workshop On Early Intervention In High Risk Infant

We have conducted a two day workshop on “Early Intervention in High Risk Infant”. The occupational therapists gave live demonstrations of methods of assessment in the high risk clinic, red flag signs and therapy at the TDH Centre. This workshop had 127 participants, there were some from Sri Lanka, Dubai and Kuwait. Besides my lectures, Dr. Umesh Vaidya spoke on Nutritional Intervention and Dr. Neelam Vaid spoke on Hearing Assessment and Intervention.

Dr. Sudha Chaudhari played an important role of convenor for both the workshops.



Testimonials

Special thanks to Dr. Sandeep Kadam Sir, Dr. Ashish Bavadekar Sir and all the team of NICU Department of KEM hospital. Because of you all and your profession we feel safe as human being. Thanks to all of you again and best wishes for your future progress.

- Relative of patient from NH 2nd Floor

I would like to extend my heartfelt gratitude to Dr. Arti Lokhande for being so gentle and reassuring. Having her around was a blessing. I would also like to thank Dr. Anil for constantly encouraging me and guiding me. Also, a big thank you to all the nurses and support staff at the Covid Care Unit for taking care of me. Thank you so much!!

- Patient from NH 3rd Floor

Dr. S Otiv sir met with us while attending other patients, he spoke with us and provided mental support. He is a very nice person, kind of God in human being. Dr. Shashank is superb and he is Mr. Perfectionist.

- Relative of patient from NH 2nd Floor

Thank you everyone for taking care of me. It was an amazing experience with you guys, that I didn't felt like I was hospitalised at all. From wheelchair person-cleaner-nurses-Doctors-other staff all were really genuine and helpful.

- Patient from NH Ground Floor

Dr. Leena Shah is a great doctor. All the staff members are energetic and hard working, very cooperating in those difficult times.

- Patient from NH 3rd Floor

Dr. Bharat Patel & Dr. Kasar Sir are very good doctors. All nurses and cleaning staff are also good. They really take care from heart.

- Relative of patient from NH Ground Floor

डॉ. सस्ते सर, डॉ. भूषण सर, डॉ. किशारे, डॉ. दिवटे सर इ. यांनी खूप चांगल्या प्रकारे ट्रीटमेंट दिली. तसेच नर्सस स्टाफमध्ये सिस्टर इन्चार्ज बोर्डे सिस्टर, पाटोळे सिस्टर, कामठे सिस्टर, पूजा सिस्टर, या इतर नर्सस स्टाफ यांनी खूप चांगल्या प्रकारे रूग्णांची देखभाल केली. अशा चांगल्या प्रकारे रूग्णांना सेवा देऊन केईएम हॉस्पिटलचे नाव अजून मोठे व्हावे ही सदिच्छा. सर्वांचे मनःपूर्वक धन्यवाद!

- Relative of patient from NH Ground Floor

डॉ. मुल्ला मॅडम, भूषण सर यांचे त्याचप्रमाणे फिजिओथेरेपिस्ट गौरी मॅडम व विवेक पत्की यांचे मोलाचे मार्गदर्शन लाभले. प्रत्येक पाटीएन्ट बद्दलची आत्मीयता जाणवत होती. खूपच सहकार्य व आत्मविश्वास मिळाला. Yes, we won the (battle) war! आपण सर्व सर्वसामायांसाठी देव आहेत. या जगातील अशक्य गोष्ट तुमच्या टीमनी शक्य करून दाखवली. सर्वांना तुमची गरज आहे. We know you all are always with us. Thank you so much for everything.

- Relative of patient from NH Ground Floor

Feedback For Vaccination Programme

Today we came for vaccination at KEM Hospital. As soon as we came from the lift, we have been guided by the security guard and the person who asking the pre-registration. We have been guided by all the staff very politely. Even in the Cash Counter and the Registration Counter. The Sisters who vaccinated us, she also spoke very politely and explain about the vaccine that, fever & hand pain will be there so not to worry take crocin today after lunch & tomorrow.

We have been seated in the Observation Room there also Doctor came & asked us about the health. The (mama) ward boy came & asked us for photograph. We are very impressed to see the arrangements & social distancing maintained by each & every person.

Your Feedback Is Important For Us!

We had a very good response from the Medical Staff. At every stage the staff was co-operative and were kind enough to guide us. We thank you KEM for the services rendered.

KEM recommended by our friends for speedy action although my wife and I were registered at Ruby Hall Clinic and Jehangir Hospital for the 1st & 5th April respectively. Why wait when KEM was doing it immediately and the Hospital is located near our home. The efficiency of the Staff surprised us right from reception, billing, registration and administering of the Covax. Can't wait to tell my friends. Keep it up KEM and continue the good work.

Got vaccinated today. Had a great experience well-coordinated. Awesome team work. Staff very helpful. Gave us a relaxed feeling. God bless. Thanks to the entire KEM staff

Very good experience. Were clean place made us pleasant at sight. Great coordination & planning. Very smooth execution. Keep it up. You all are doing great work to keep Pune healthy. A Big Big Thank you!

The entire process of vaccination is highly streamlined and we did not face any difficulty. The staff was helpful in guidance the process.

Excellent service!
I, Maninderpal Singh, took my COVID vaccine here yesterday. Today, I got my Mom, Mrs. Jaswant Kaur Wasu for COVID vaccine. Right from table no.1 to the Certificate Counter i.e. all counters the service & instructions given were very polite, upto the mark and perfect. The nurses and staff gave the proper explanations & gave their full co-operation. Even the Peons/Ward boys helped us in clicking pictures. The cleanliness was also upto the mark. I am very happy and satisfied with the services.
Thanking you,

I had a very good experience while at KEM Hospital for vaccination of COVID-19 of my grandparents. The staff here is very co-operative & caring. Each and every minute instruction were given about vaccine. The management of vaccination is great & well attended. I would give ranking 9/10 for the staff & management. Will surely refer other for vaccination or any other medical necessity. Very grateful to KEM Staff & Administration. Thank you.

- Cordial service
- Quick response
- Professional team
- Quick & efficient administration
- Lucid & clear instructions

- Clear directions
- Very polite staff
- Nurse who gave the vaccine, very light hand
- Excellent service

Very gentle approach of every staff member. They gave all the information & took care of me and the every patient. The staff is very humble to the patient. I really thank everybody.



Self-Injury Awareness Day (SIAD)

A deliberate act of self injury is a way of coping with overwhelming feelings of distress



Those who self-harm often feel alone and do not ask for help because they are afraid or ashamed.

020 6603 7460 or 020 2621 7460



International Women's Day



From challenge comes change

Let us call out gender bias and inequity.

Let us seek out and celebrate women's achievements.

Let us help create an inclusive world.

#ChooseToChallenge



World Glaucoma Week

The world is bright, save your sight!



Do get your eyes tested for Glaucoma if you have

- High negative power
- Family history of glaucoma
- High blood pressure
- Diabetes

And also if you are above 50 years of age



To make an appointment call **020 2621 7460**



World Kidney Day

Living well with Kidney Disease

KEM Hospital, Pune empowers individuals with kidney disease to lead full and active lives by helping them to effectively manage their symptoms and condition.



The Renal Unit at KEM Hospital, Pune is one of its Centres of Excellence



For more information call 020 6603 7384

World Oral Health Day

Be proud of your mouth

3 ORAL HEALTH HABITS THAT CAN CHANGE YOUR LIFE



Brush twice a day for two minutes

Visit the dentist regularly

Don't forget to floss after brushing

To make an appointment call 020 2621 7607 or +91 99210 51234



World TB Day

PREVENT TUBERCULOSIS

For early diagnosis and treatment be aware of following signs of TB



Chronic Cough



Unexplained Weightloss



Loss of Appetite



Night Sweats



Fever



Chest Pain



Fatigue



Chills

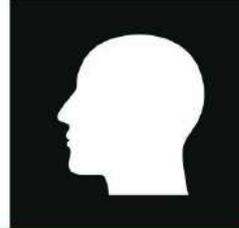


For more information call 020 6603 7460 or 020 2621 7460

World Bipolar Day

TALK • LISTEN • SUPPORT

Support from loved ones matters



Understand the symptoms and treatment options for Bipolar disorder



Quality and ethics in patient care

For more information call **020 2621 7460**

