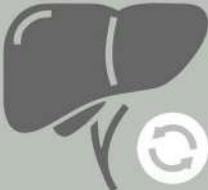


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Know Your Consultant



Dr. Suchitra Mohite Jadhav

Consultant Anaesthesiologist & In-charge of Emergency Department

Dr. Mohite was born in Nagpur. She completed her schooling and higher secondary education from Nagpur with meritorious marks. She realised her love and passion for medicine when she completed her first year of engineering. Dropping from engineering she decided to pursue her dream and completed MBBS from Jawaharlal Nehru medical college, Wardha. It was during internship when she developed interest in acute medicine. She went to Jaslok Hospital and research centre, Mumbai to complete DNB in Anaesthesiology. She joined KEM hospital as lecturer in 2011 and while anaesthetising high risk critical cases she constantly felt the need to get trained in critical care medicine. To quench the thirst for knowledge she joined Indian diploma in critical care medicine (IDCCM) from KEM hospital Pune and same year she was also awarded diploma in Anaesthesiology and Intensive care (EDAIC) by European society of anaesthesiology.

Her father is an electrical engineer and retired as a technical director of state electricity board who was honoured by Govt. of Maharashtra for excellence in service and clean image. Her mother is master in Economics and served as a principal of Arts College in Nagpur. Her husband is a software engineer and has adorable son Prithviraj.

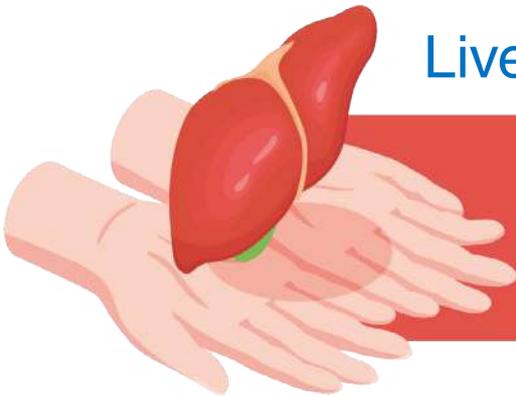
Her areas of interest in anaesthesiology are Obstetrics, Paediatrics and anaesthesia for complex cardiac and neurointerventional procedures. Apart from anaesthesiology, she is also currently fulfilling the responsibility of heading the Emergency Medicine Department of our hospital and has played key role in setting up the department, starting DNB course in emergency medicine and streamlining emergency services. She is actively involved in academic activities for medical officers, nurses and DNB students of anaesthesiology, emergency and general medicine. She believes in continuous learning and updating herself and successfully completed FRCEM intermediate exam this year and soon she will be awarded fellowship by prestigious Royal College of Emergency medicine, UK. She is also a National board accredited faculty and examiner in emergency medicine and actively involved in academic activities conducted by national board.

In free time she likes to listen self-help audio books and music. She believes in work- life balance and tries her best to strike the balance. Her husband is her true support system who provides much needed support on the home front. She feels blessed to have hard-core teachers and bunch of true friends who enrich her life.

She believes that an anaesthesiologist is a true perioperative physician and all must get training in critical care to handle high risk cases. She feels fortunate to have trained in anaesthesia, critical care and emergency medicine at right time and wants to make the best use of it to serve her patients.



Liver Transplantation – Gift Of Life



“There is one thing I know about my donor:
No matter what they did while they were here on
Earth, they died a hero. They saved my life, and
that’s a debt I can never repay.”

- John Wilson

The value and the importance of organ donations and transplantations can not be put in some statistical numbers, as for one who receives it, its life! Chronic Liver Disease leading to liver cirrhosis is the 5th most common chronic disease leading to death worldwide. The global prevalence of Liver cirrhosis among the general population ranges from 4.5-10% and the annual mortality rate for cirrhotic patients is as high as 27.7% in non-alcoholic fatty liver disease associated cirrhosis in India.

Having said that, what happens to all these people, do they get their organ in time? Sadly, No. Wait list mortality of listed DCLD patients is somewhere between 40-50%. And here we are counting only the patients ‘Listed for Liver Transplants’. Lack of early referral to a Transplant center, Failure to diagnose Decompensated chronic liver diseases and most important and surprising one; Lack of awareness among the medical professionals that these patients were eligible for liver transplantation and could have been saved are the common causes of delay in reaching tertiary centres.

Once the cirrhosis of liver reaches its decompensated stage, it’s the time for transplantation. In fact, at this stage it is the Liver Transplant, which is the only treatment option.

Then there come two specific conditions called, Acute liver failure (ALF) and Acute on chronic liver failure (ACLF), where these lines of compensated-decompensated are blurred. ALF needs to be diagnosed within hours while ACLF in 4 to 7 days.

But highlight of these two topics is Liver transplantation in these two conditions, if done at right time, gives exceptionally good results!

Since the first ever successful liver transplantation in 1967, by Dr. Thomas Starlz and the subsequent introduction of modern & effective surgical techniques and immunosuppressants like Tacrolimus, Liver Transplantation has brought revolutionary changes in last two decades in terms of patient outcomes and post-transplant survival leading to 90% survival rate in 1 year and up to 75-85% in 5 years, worldwide.

The Eastern world has revolutionized the techniques of Living donor liver transplantations (LDLT). Japan, South Korea and India are among the leading countries in the field of LDLT. In India, an average of 1200-1500 liver transplants are being performed every year with more than 70% being Living donor liver transplants. These figures are definitely encouraging but when we see our vast population and very high number of patients with liver diseases and the obesity-metabolic syndrome pandemic this part of world is facing, which is now 2nd most common cause of CLD patients (NASH related CLDs); these number fall far from adequate.



Dr. Aniruddha Bhosale

Associate Consultant,
Hepatobiliary & Liver Transplant Programme

Autism Spectrum Disorder

Autism Spectrum Disorder (ASD) is a developmental disorder characterised by significant impairment in social communication along with repetitive behaviours and restricted interests. ASD is one of the most common developmental disabilities which manifest before 3 years of age.



Red flags for autism:

- No babble by 12 months
- No gestures by 12 months
- No single words by 16 months
- No joining words by 24 months
- Any loss of language or social skill at any age

Children may have difficulty with imaginary and pretend play and may also have sensory processing difficulties. The cognitive ability of every child may vary and each child is unique.

For early identification, routine screening is recommended using the MCHAT-R/F at 18 and 24 months. If the child fails this, he or she is referred for early intervention and undergoes a multidisciplinary evaluation. Therapies are individualized as per the child's ongoing needs.



Dr. Archana Kadam,
Consultant, Developmental Paediatrics



Quality and ethics in patient care

www.kemhospitalpune.org

RespiRehab Programmes for Covid Recovery

Highlights

- Effective in improving lung function, stamina and reducing fatigue
- Developed by Cardio-Respiratory therapists
- Personalised Treatment Plan throughout the programme
- Option to have live video sessions with physiotherapist for guidance, training & supervision

PROGRAMME

BEST SUITED FOR

DURATION

1. Preventive

Pre-symptomatic or early mild symptoms

14 days

2. Recovery

After hospital discharge for recovery & rehabilitation

30 days

FAST TRACK YOUR POST COVID RECOVERY

For Details :  www.respirehab.com
 99209 91647

RespiRehab




Procedures in Focus

Bariatric Surgery

Obesity is a major health issue and a risk factor to chronic diseases like hypertension, diabetes, cancer amongst others. When exercise and following a diet does not help, Bariatric surgery or Gastric Bypass assumes importance.

There are certain medical guidelines which determine whether a person can be eligible for the surgery. Body Mass Index of higher than 40 or serious obesity with chronic illnesses like diabetes, high blood pressure are just some of them. Additionally various lab tests are done. The person concerned should be determined to make lifelong changes in lifestyle for a better future.

Once a person is qualified, the bariatric surgery is done using general anaesthesia. **There are different types of bariatric procedures and which**

one is chosen depends on the condition of the individual.

In Restrictive Weight Loss surgery a pouch is created at the top end the stomach with the help of a **Gastric Band** which limits the food one eats and makes the individual feel full. An intragastric balloon is placed inside the stomach limiting the amount of food one can eat. In another type called **Vertical Sleeve Gastrectomy**, a major portion of stomach and removed and the remaining part is in the form of a tube connecting to the intestines.

In **Gastric Bypass surgery** the procedure is similar to the gastric band, but the food in the pouch directly goes to the intestine instead of stomach to be digested. In this procedure the small intestine is severed and connected to the opening of the pouch. So the food does not go in the stomach.

The bariatric surgery can be performed using open approach or laparoscopic. The camera gives a visual to the operating surgeon to see inside the abdomen and conduct the procedure without any large cuts.

Post the discharge a strict regime of lifestyle needs to followed. Before going for the surgery the doctor will apprise the individuals of short term and long term risk factors associated depending on the condition of the patient and then collectively take a decision. But bariatric surgery followed by strict lifestyle changes, regular follow ups can substantially improve the quality of life and day to day activities and reduce the risk of obesity related illnesses.

Weight Loss Surgery
Losing 50% to 70% of excess weight' may be just the beginning...

- Migraines 57% resolved
- Depression 47% reduced
- Obstructive sleep apnea 74% to 98% resolved
- Hypercholesterolemia 63% resolved
- Asthma 69% resolved
- Hypertension 69% resolved
- Non-alcoholic fatty liver disease 90% reduced
- Metabolic syndrome 80% resolved
- GERD 72% resolved
- Type 2 diabetes 82% to 98% resolved
- Urinary stress incontinence 44% resolved
- Osteoarthritis/degenerative joint disease 41% resolved
- Venous stasis disease 95% resolved
- Gout 72% resolved

Quality of Life Improved in 95% of patients. Mortality Reduced by 89% in five-year period



Dr. Jayashree Todkar

Associate Consultant, Bariatric Surgeon

Doctor's Day Off

Featuring: Krisha Krishnani & Dr. Umesh Vaidya

GOOD FOOD FOR KIDS **A SCIENTIFIC GUIDE TO YOUR CHILD'S NUTRITION**

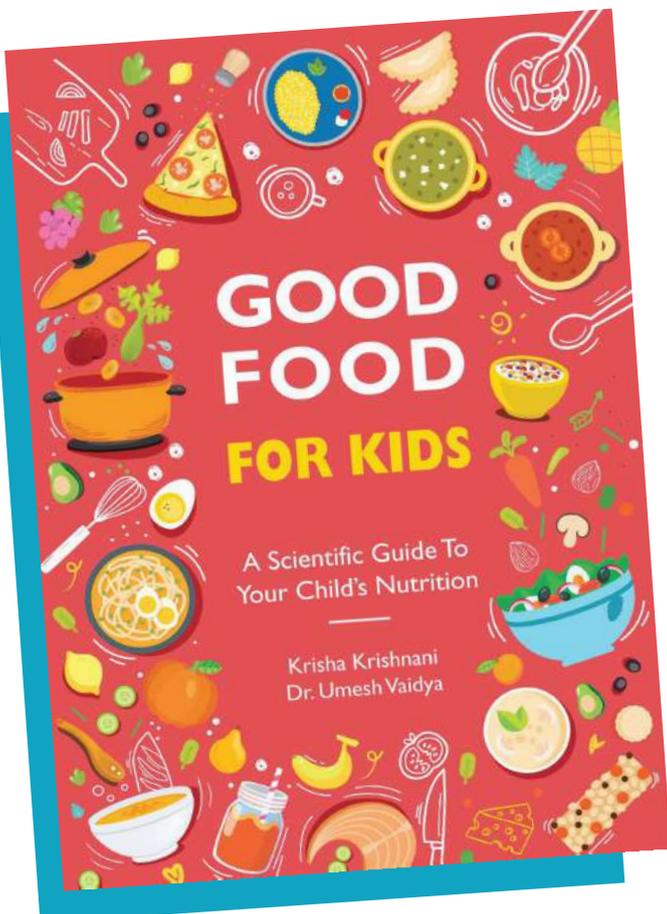
By Krisha Krishnani & Dr. Umesh Vaidya

Good Food for Kids - A Scientific Guide to Your Child's Nutrition has been authored by Krisha Krishnani, mother of two children who has first-hand experience and Dr. Umesh Vaidya, leading neonatologist and paediatrician practising since 1988. Their team also comprised of well qualified and experienced nutritionists, doctors and mothers. This book was released on 11th March 2018. The sole reason for writing this book was to bridge information gap in complementary feeding and lack of information regarding nutrition. It aims to provide information to parents for providing good nutrition to their children. It has about 120 age-appropriate recipes which are categorized in different age groups from 6 months to 5 years. The recipes are Indian as well as International. Foreword of the book has been given by Mr. Sanjeev Kapoor and his suggestions on recipes have been incorporated.



Since its release, authors have been able to create awareness among people regarding importance of providing good nutrition to children from an early age-on.

The age appropriate categorisation of recipes has helped parents in planning a healthy diet for children. More importantly, most of these recipes are prepared using easy to procure and inexpensive ingredients available in majority of the kitchens. Junk food like pizzas, burgers, pastas, noodles, etc. are being made healthy at home by using ingredients like wheat, more of vegetables and less of cheese for which recipes are given in the book. Sugary drinks like Bournvita, Complan, etc. are being replaced by healthy homemade drinks like dry fruits and fruits milkshakes. It is proving to be a complete guide for parents without having to resort to any additional source for further information. Also, book was launched at '*Pedicon 2019*' which was held at Mumbai in February 2019.



Media Coverage

DOCTORS AT KEM HOSPITAL SUCCESSFULLY REMOVE GLASS PIECE FROM THREE YEAR OLD GIRL'S WINDPIPE

Pune 3rd April 2021 : A team of doctors at KEM Hospital Pune successfully removed a piece of glass stuck in a three year old girl's windpipe. The object was removed with rigid bronchoscopy providing a new lease of life to the child.



Explaining the case Dr. Abhijit Benare, Paediatric surgeon said that when the girl was brought to the hospital by her parents she was experiencing difficulty in breathing and had blood in her in sputum. An X-Ray radiography indicated the presence of a radio opaque object in the wind pipe or trachea. This being an emergency situation we immediately took a decision to conduct a Rigid Bronchoscopy. A tubular structure was introduced into the trachea and with the help of special forceps the object was grasped and taken out. Dr. Benare added that the object taken out was a glass piece and was covered with blood and therefore hard to identify initially.

Paediatrician Dr. Umesh Vaidya said that the procedure was high risk as the glass piece being stuck in the trachea was hard to remove. The hard edges of the glasses caused bleeding. Also the procedure had to be done very skillfully so as to ensure there was no injury while taking it out. The girl was kept under observation for a few days in the PICU to ensure that there was no further bleeding or difficulty in breathing. The girl was discharged and is now doing well. Post surgery there could be some swelling of the wind pipe or bleeding but once the wound heals there should be no further problems.

Choking because of foreign bodies is a concern especially in young children as their airway is narrow and a protective mechanism is not fully developed. In case of any incidence of choking parents should immediately call the doctor who would further advise them on what needs to be done, Dr Vaidya added.

Dr. Rajshree Godbole Paediatric Anaesthesiologist at KEM Hospital said that this was a high risk situation before and during the procedure because of bleeding inside the windpipe causing a potential choking hazard

for the child. Therefore the anesthesia was challenging. But since we frequently treat such patients our team has gained experience and the skills to tackle such situations.

Dr. Madhur Rao, Sr. Deputy Medical Administrator KEM Hospital said that any injury by a glass piece is painful even externally. Imagine the distress that the child and her parents must have gone through with the object actually in the wind pipe creating an emergency situation. The management is proud of the entire team of doctors and staff who handled the procedure with skill and precision and brought cheer to everybody around.

The team of doctors at KEM hospital Pune included Dr. Abhijit Benare, Paediatric surgeon, Dr. Rajshree Godbole Paediatric Anaesthesiologist and Dr. Umesh Vaidya, Paediatrician.



Video Gallery

World Liver Day



The Liver, the second largest organ in the human body, carries the responsibility of fighting infections, eliminating toxins, regulating blood sugar and controlling cholesterol.

This #WorldLiverDay let's take a pledge to take care of our liver and adopt a healthy lifestyle.

Autism Spectrum Disorder and how to deal with it!



Here's introducing Dr. Archana Kadam, Consultant, Developmental Paediatrics at KEM Pune.

Listen to her talk about Autism Spectrum Disorder and how to deal with it.

Know more about our NICU department



Our 50-bed facility offers comprehensive neonatal treatment, from standard to advanced, at an affordable rate. *The KEM Hospital NICU has developed into a referral centre with a strong referral base across the state.*

OPD Highlights, Joint Replacement



Here's introducing Dr. Rahul Nerlikar, Head of the Department of Orthopaedics.

Listen to him talk about total Hip Replacement in young patients.



Team KEM



Dr. Rachna Gupta, DNB- Radio-diagnosis, has joined us as a **Consultant in Sonography unit.**



Testimonials

Feedback For Vaccination Programme

The whole process was extremely well-organized and seamless. All the professionals were very kind and considerate and followed procedure. Guidance was given at every point of the process.

Very well organized and very systematic. We feel proud to have come here. Kudos to KEM Hospital. A very lovely experience. Clean hygiene. Thanks to all staff and Doctors. They took lot of care. Hearty gratitude.

COVID-19 vaccine is necessary to take. In KEMH we had a good experience & the arrangement was properly made with precaution.

Overall arrangement is excellent. All staff guiding very well. Overall experience - very nice.

Your feedback is important for us!

It was a smooth experience. Staff is very co-operative. Explained everything before 1st jab of covaxin COVID vaccine properly. Explained post vaccine care also perfectly explained. Overall 10/10

Special mention for sitting arrangement with full social distancing norms. No rush. Post vaccine 30 mins waiting area was also good. Went back home satisfied.

Very systematic procedure. Helpful & supportive staff. No waiting. Will recommend to my other senior citizen friends.

A very lovely experience. Very well organized and very systematic. Feel very proud to have come here.

Kudos to KEM Hospital & its organization. Thanks a million. Heartfelt gratitude.

Very nice arrangement for vaccination. All staff co-operation is good. Everything is systematic.

A very very systematic disciplined way of working. It was a pleasant experience.

It was very well managed.

Very smooth and very efficient, Thank you.

Very good, cooperative staff. Explained everything properly. Overall good experience.

- Dr. Mamta Tamboli

It's very good arrangement. Well done. Thanks to KEM Team. I am proud of it.

Excellent experience. Smooth working. Explained everything personally. Satisfied.

Excellent arrangement for vaccination equally supported by all KEM staff. Good experience.

I Dr. Arun Joshi and my wife Mrs Veena Joshi are vaccinated today on 18.3.21 by Covaxine. Overall arrangement is very good and atmosphere in waiting room is very pleasant. We both extend our thanks for nice arrangement of vaccination process at KEM Hospital, Pune 11.

I pray for good health of all and free from COVID crisis.

I undersigned Ashwini Bhede, I took COVID-19 vaccine today on 15.03.2021. Hospital given very good treatment, very good management & all staff are very coordinative to us. Staff is so much kindful & we are very happy. God bless to all staffs.

Very good and highly glad that they took good care and very happy the way they take care of the patient and explained very well. So I am giving 100 out of 100. Very excellent.

Very efficient and active. Fast service. Clean & tidy atmosphere. Welcoming,

Very much glad to see the cooperation professionalism among the concerned staff. I have successfully received the vaccination and have high regards for all. Once again I thank the entire staff for everything.

KEM has very systematic and good arrangement for giving COVID-19 vaccine. The staff members are very courteous and helpful. Post vaccine advice is very helpful. Hygiene is well maintained.

Today, me and my spouse have taken the first shot of the COVID-19 vaccination at your Hospital.

Everything is very systematic and good procedure have been followed. Your staff & Doctors are very co-operative. For my second shot, they have called me on 17.04.2021.

The month of Fasting, i.e. Ramdan is starting on 12.04.2021. Hence we request you that kindly make the necessary changes in your schedule, so that we can take it in the evening after fasting has been completed may be before 8.00 pm. Please do the needful.

Dear All,

I would like to particularly thank Ms Ananya Ma'm who is in charge of the Covid Vaccination registration and her team for helping me to obtain my second vaccination dose on April 10th, 2021. Her specially co-operative, kind and considerate behaviour is much appreciated. Without her support it would not have been possible for me to get vaccinated in time and go ahead with my travel.

My best wishes and sincere thanks to Ms .Ananya Ma'am and to KEM Hospital for the work that they are doing.

At KEM, vaccination process is well managed. Proper system of queue, receipt and well informed & supported by staff. We managed. Thanks.

Excellent arrangement. Soft spoken staff. Nice approach towards all individual. Thanks all KEM staff members.

Staff of each and every section was very very cooperative. Thanks to everyone.

Your service is excellent and very efficient. The staff was gentle and co-operative. Hats off to you all.

 **Health Awareness Communication**

World Autism Awareness Day

EARLY SIGNS OF AUTISM

- Being alone and not mixing with peers
- Hyperactivity or passivity
- Inability to relate to others
- Oversensitive or under-sensitive to sound
- Poor speech or lack of speech
- Spinning or running around in circle regularly
- Avoids eye contact
- Strange attachment to objects
- Lacks awareness of danger
- Inappropriate laughing or crying fits
- Unusual play or repetitive play

For more information reach out to us 020 2621 7460 or 020 6603 7460



Quality and ethics in patient care

World Health Day

On the occasion of World Health Day we would like to explain our logo



- The **blue flower** suggests growth and reaching out
- The **pure white cross** denotes ethics in medical care
- The **green flower** in the centre represents our patients who we envelope with quality and ethical care
- The **colour blue** stands for reliable knowledge
- The **colour green** represents regeneration and growth

Quality and ethics in patient care

World Parkinson's Day

Symptoms of Parkinson's Disease

- Slowness of movement
- Tremors
- Frequent falls
- Changes in speech

Early diagnosis and detection can help reduce the symptoms

Surgical treatment options are also available



World Parkinson's Disease Day
11th April 2021

For more information call 020 2621 7460 or 020 6603 7460