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Most Common
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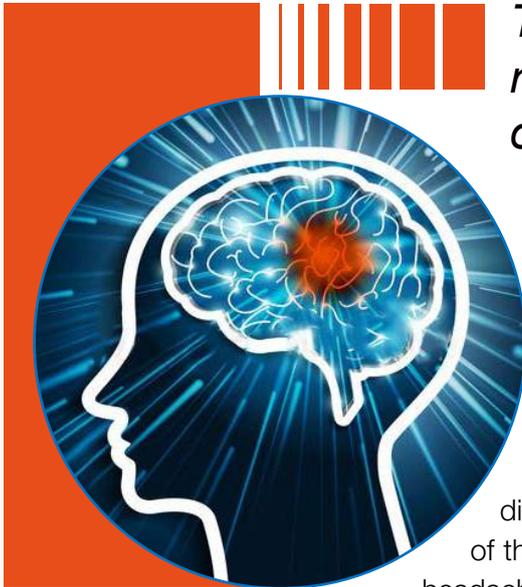


**Health Awareness
Communication**

LGBT Pride Month



An Insight into Brain Tumors



Tumors can affect the brain by destroying normal tissue, compressing normal tissue, or increasing intracranial pressure.

Medical science neither knows what causes brain tumors nor how to prevent primary tumors that start in the brain. Tumors can affect the brain by destroying normal tissue, compressing normal tissue, or increasing intracranial pressure. Symptoms vary depending on the tumor's type, size, and location in the brain. General symptoms include, headaches that tend to worsen in the morning, seizures, difficulty in walking, speech problems (e.g. difficulty finding the right word) vision problems, weakness on one side of the body, increased intracranial pressure, which causes drowsiness, headaches, nausea and vomiting, sluggish responses.

Audiometry, endocrine evaluation, visual field, lumbar, Imaging tests, CT scan, MRI scan are useful for diagnosis.

Treatment options vary depending on the type, grade, size and location of the tumor; whether it has spread; and your age and general health. The goal of treatment may be curative or focus on relieving symptoms (palliative care). Treatments are often used in combination with one another. The goal is to remove all or as much of the tumor as possible through surgery to minimize the chance of recurrence. Radiation therapy and chemotherapy are used to treat tumors that cannot be removed by surgery alone.

Medications are used to control some of the common side effects of brain tumors. Steroids, such as dexamethasone (Decadron), are used to reduce swelling and fluid build-up (edema) around the tumor. Furosemide (Lasix) or mannitol (Osmitol) may be used to control edema and swelling. Anticonvulsants are used to prevent or control seizures.

Surgery is the treatment of choice for brain tumors that can be reached without causing major injury to vital parts of the brain. Surgery can help to refine the diagnosis, remove as much of the tumor as possible, and release pressure within the skull. A neurosurgeon performs a craniotomy to open the skull and remove the tumor.

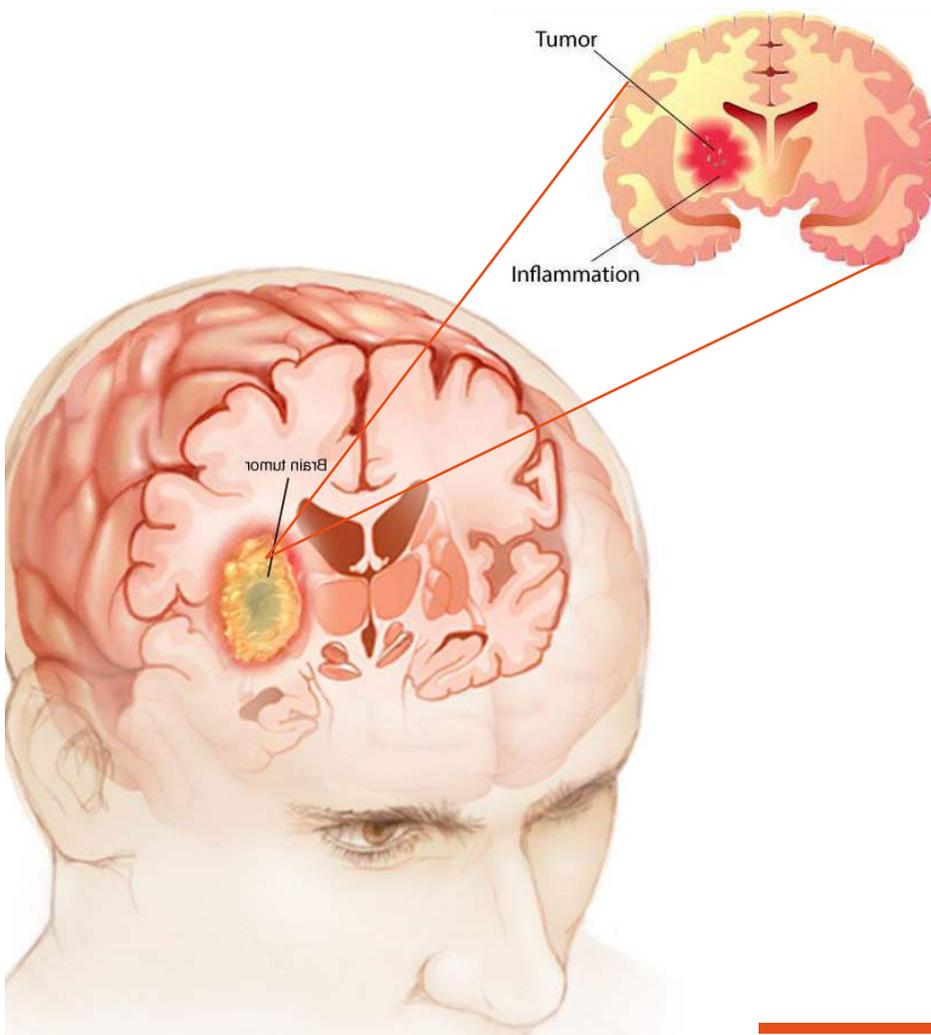
Radiation or chemotherapy may be used on the remaining tumor cells. Image-guided surgery technologies, tumor fluorescence, intraoperative MRI/CT, and functional brain mapping have improved the surgeon's ability to precisely locate the tumor, define the tumor's borders, avoid injury to vital brain areas, and confirm the amount of tumor removal while in the operating room.

Adjunct Therapies

Immunotherapy or biotherapy activates the immune system (T-cells and antibodies) to destroy tumor cells. Research is exploring ways to prevent or treat cancer through vaccines. Gene therapy uses viruses or other vectors to introduce new genetic material into tumor cells. This experimental therapy can cause tumor cells to die or increase their susceptibility to other cancer therapies. Hyperbaric oxygen uses oxygen at higher than normal levels to promote wound healing and help fight infection. It may also improve the tumor's responsiveness to radiation and is being studied experimentally. Currently it is being used to help the body naturally remove dead tumor cells and treat radiation necrosis.



Dr. Nitinkumar Londhe
Consultant, Neurosurgery



Men and Mental health

'Being a man' means being strong and asking for help when needed

According to the National Mental Health Survey 2015-16, the overall prevalence of mental morbidity was higher among men (13.9%) than among women (7.5%) and the prevalence of alcohol use disorders in men was 9% as against 0.5% in women. As per estimates, nearly 250 Indian men died by suicide every day in 2018, a number that is more than double the number of women. More than 70% of callers to India's national mental health helpline, KIRAN, since its launch in September 2020, have been men.

Although there is a rising trend among young men to ask for help, the vast majority do not seek help but rather suffer in silence. Stigma is one of the main reasons why men do not seek help for mental health issues. This stigma tends to affect men disproportionately, and societal expectations and traditional gender roles are thought to play a big part in this. The concept of 'manliness' as being strong and in control can mean it is seen as a weakness to ask for help. If men feel a pressure to appear strong, this can stop them from opening up. This can both cause and exacerbate mental health problems.

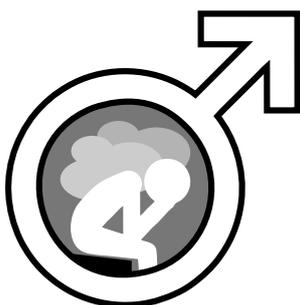


WARNING SIGNS

Men and women can develop most of the same mental disorders and conditions but may experience different symptoms.

Some symptoms include:

- Anger, irritability, or aggressiveness
- Noticeable changes in mood, energy level, or appetite
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Misuse of alcohol and/or drugs
- Sadness or hopelessness
- Suicidal thoughts
- Feeling flat or having trouble feeling positive emotions
- Engaging in high-risk activities
- Aches, headaches, digestive problems without a clear cause
- Obsessive thinking or compulsive behaviour
- Thoughts or behaviours that interfere with work, family, or social life
- Unusual thinking or behaviours that concern other people



WHAT TO DO IF YOU HAVE MENTAL HEALTH ISSUES

(or how to help others you know):

- Talk about your feelings to people close to you
- Keep active - exercise regularly
- Eat well
- Stay away from alcohol and other substances

- Ensure adequate sleep
- Avoid too much screen time
- Keep in touch with family and friends
- Take a break from work
- Do something you are good at or something that you like
- Accept who you are
- Ask for professional help if you are unable to cope

We need to revisit the concept of 'manliness' and encourage a culture that supports men to talk about their mental health issues and seek help when needed.



Dr. Amit Nulkar

Associate Consultant, Psychiatry



Helplines Numbers

[KIRAN Helpline](#)

(Toll free) at 1800-599-0019

[Union Health Ministry Helpline](#)

080-4611 0007

[Connecting NGO Helpline](#)

+91-99220 01122 | +91-99220 04305

Time: 12:00 PM - 8:00 PM | All days of the week

[Vandrevala Foundation Helpline:](#)

+91-99996 66555

WhatsApp: +1(256)6662142

Time: 24x7 | All days of the week

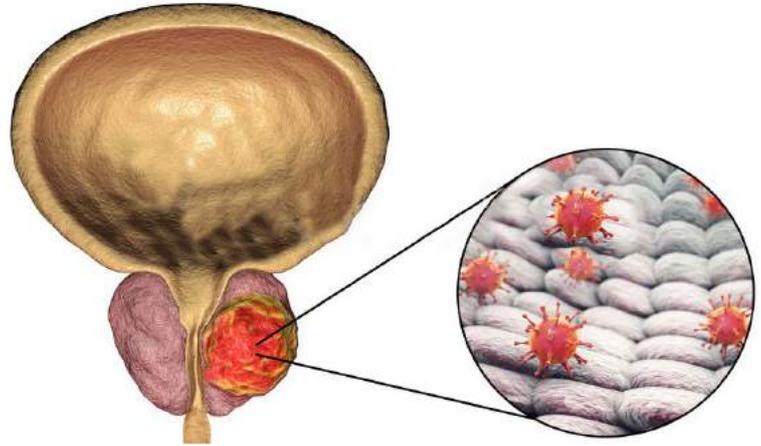
Helpline: 022-2552 1111 | +91-91529 87821

Time: 8:00 AM - 10:00 PM | Monday to Saturday

**To consult in person, visit
KEM Hospital, Pune, Psychiatry OPD
Monday to Saturday 9:00 AM to 11:30 AM**

Prostate: Most Common Urological Issue in Men

The urinary system in a human body consists of many vital organs including kidneys, bladder, urethra etc. They conduct the important function of managing and eliminating the waste from the body. Urological issues are experienced by people irrespective of their age or gender. One of the most common urological problem in men especially older men is that of prostate.



This walnut sized gland is located near the bladder just in front of the rectum. The urethra is a tube that carries the urine and runs from bladder to the penis through prostate right in the middle. Prostate is a small gland in men which produces a fluid that, together with sperm cells from the testicles and other fluids, makes semen. For a small sized organ like prostate, it seems to cause a lot of concern as there are no severe symptoms experienced in onset of any of the problems.

Benign Prostatic Hyperplasia

Normally prostate gland grows with age and usually without difficulty. But when the prostate gland gets enlarged to an unhealthy/ abnormal size the condition is called as Benign Prostatic Hyperplasia (BPH). A person feels the urge to urinate frequently when the prostate gland is enlarged as this puts extra pressure on urethra. The cause may be age, family history or erectile dysfunction. The best way to treat is through medications and if needed surgery. We need to watch out for symptoms such as frequent urination, difficulty in getting a stream of urine going.

Prostatitis

Prostatitis is abnormal swelling or inflammation in the prostate and is cured normally through medications

Prostate Cancer

Prostate is one of the major causes of cancer deaths in men. This is different from BPH or prostatitis. When the cells in the gland start growing uncontrolled and abnormally, it can develop into a cancer. Detecting early is the key to successful treatment, the treatment methods being surgery chemotherapy and radiation. The symptoms include pain while urinating or ejaculating, fever and chills, pelvic pain, urge to urinate frequently etc.

Choosing a healthy lifestyle including diet rich with fruits and vegetables and low in saturated fat, good hygiene can make a difference in the long term. Those above the age of 50 must get their prostate checked periodically so as to keep a tab.



Dr. Yogesh Sovani

Associate Consultant, Urology

 **Procedures in Focus**

Root canal treatment in children

Demystifying common notions

What is root canal treatment?

Root canal treatment (RCT, called pulpectomy in children) is basically a process to remove diseased and infected portion of tooth and filling it with a biocompatible material to restore form and function.



Why is it important to do this procedure in milk teeth?

While it's true that milk teeth are shed, they have an important role in the growth and development of children in early years. Night bottle feeding, frequent consumption of refined sugars and irregular tooth brushing are important factors causing cavities in children. Cavities causing pain and discomfort, lead to overall decrease in diet intake and oral hygiene.



What happens to untreated teeth?

Untreated teeth lead to continuous pain, gum swelling (pus boil) and may sometimes lead to space infections in and around the orofacial region, needing surgical intervention. Apart from that, untreated cavities cause difficulty in eating, bad odour, overall malalignment of teeth and of course unpleasant aesthetics.



How is root canal procedure done?

After an initial diagnosis with clinical history and x-ray, the decision of root canal procedure is made. Age, cooperative ability, medical history and degree and extent of damage are important parameters to consider type of anaesthesia. While most children are extremely cooperative for the procedure done chair side under local anaesthesia, some children need to undergo treatment under general anaesthesia. In majority cases, recovery is immediate with mild post operative discomfort.



What after the procedure?

Generally root canal treated teeth need crowns (caps) for reinforcing strength of the chewing surfaces. These can either be tooth colored or metallic. A follow up is advised every 3-6 months.



Age appropriate oral hygiene maintenance (tooth brushing and flossing), use of preventive strategies (dental sealants and professional fluorides) and regular dental visits for children are paramount to prevent dental decay.



Events and Activities

Felicitation By Ms. Ruby Jhunjunwala



Thank you !! Ruby Jhunjunwala
 For your truly wonderful gesture of appreciation for our nurses looking after those with Covid. Your handcrafted mugs and Origami flowers in vibrant colours are a true labour of love and made our day.



Nuance India Pvt. Ltd donates 10 ICU beds to KEM Hospital Pune



IT services company, Nuance India Pvt.ltd has donated 10 ICU motorized beds to KEM Hospital Pune . The ICU beds were handed over to the hospital authorities in presence of Naveen Naidu, Director Nuance India Pvt. Ltd, Senior Director Ms. Tanuka Bairagi , Facilities Planner Rekha Ghanwani along with Dr. Madhur Rao, Senior Deputy Medical Administrator and Mahesh Bhosale, Manager Bio-Medical Department.



Reaffirming Hope

Extreme premature, tiny twin sisters, who lost their mother a day after their birth, were successfully saved by KEM Hospital Pune and handed over to SOFOSH for a brighter future

Pune 24th June 2021

In the times of widespread negativity created by COVID, there are some reasons to feel happy and cheerful. Extreme premature and extremely low birth weight twin sisters, who had glim chance of survival and whose mother died a day after their birth were not only saved but were to 'SOFOSH' for a brighter future and wellbeing after a due legal process

Narrating the complex medical situation of the twins, Dr. Tushar Parikh, Neonatologist who managed these twins said, "Late last year we had a pair of twins who were so small that they had bleak chance of survival. With birth weights of 640 grams and 490 grams. They were born to mother with pre-existing critical heart disease with severe pulmonary hypertension. The mother could not bear the stress of pregnancy and delivery and she was shifted straight to ICU after delivery. The babies were too small and struggling to breath. ' We started with full respiratory support to the kids knowing that this could be family's last chance to have babies. Such babies need high end neonatal intensive care including advance assisted modes of ventilation, surfactant therapy, total parenteral nutrition and Hemodynamic monitoring with point of care Functional echocardiographies."



However as the babies were struggling to breath, the mother was also very critical and she lost battle on the very second day after twin babies were born. The father and other family members abandoned the babies. No family member were visiting to see the babies. Knowing the difficult situation our social work department informed police. The hospital was in a unique situation where babies had a long way to go and family disowned the babies.



Giving information about the case, Ms. Deepali, Medical social worker at the NICU, KEM Hospital said that the twins were born in mid October last year. Unfortunately a day after babies were born, the mother succumbed to the critical heart disease. The relatives of these twin babies did not show interest in taking up the responsibility of the babies. With concern of their safety, security and wellbeing, we decided to approach SOFOSH. KEM Hospital Medical social work department and administration Dr. Rao, Dr. Coyaji, Ms. Shirin Wadia, Mr. Yadav and entire team were very supportive and gave high priority for this cause.

Ms. Sharmila, Administrative Head of Society of Friends of the Sassoon Hospitals (SOFOSH) said "When KEM Hospital approached us, we were moved with the nature of the situation and for the life of these twin little girls. We were confident that KEM Hospital NICU will save these babies. We immediately proceeded with the legal paperwork and completed all the due legal process and received an order in December 2020 which enabled

these children to be legally free for adoption and rehabilitation. This has paved the way for their brighter future.

Neonatology Consultant incharge for the babies Dr. Tushar Parikh said “These twin girls were critical from the word go and needed extensive high end neonatal care to save them. The survival rates are extremely low in such cases. An advanced support like breathing and ventilator support is required to manage such conditions. They also have to be fed with a tube. Their nutritional reserves also burn out fast in such cases. So we had to give them total Parenteral nutrition (infusing a specialized form of food through a vein (intravenously). Parenteral nutrition provides liquid nutrients, including carbohydrates, proteins, fats, vitamins, minerals and electrolytes). Hemodynamic support was needed to stabilize the blood supply.

The overall condition remained worrying. Both were put on ventilator support followed by C-Pap (Continuous positive airway pressure therapy) and normal oxygen as they improved. It takes a significant time for such condition to improve as the lungs of babies are not fully developed. The Human Milk Bank at KEM Hospital NICU also helped. It took six to seven months as the two babies fought their way out of the complex situation. With no support from the family the medical decisions were taken by the NICU, the primary aim being to save their lives and bring them to a healthier condition. Both of them now are about 2.5 kg and can breathe freely and go to their new home where a brighter future awaits them.

It took long 6 months before they could weigh > 2.5 kg and could get rid of supplemental oxygen and get discharged. We have extensive experience in managing babies this small and previous reported survival of a baby less than 500 grams from Pune was also under our care. We have great medical team comprising of 12 Neonatologist Pediatricians who ensured care 24*7. This medical miracle was possible only due to untiring effort from NICU team. Sister incharge Ms. Patharkar lead the nursing team who played a major role.

Physiotherapy webinar on 'Balance Training for Diabetic Patients'



The Physiotherapy Department and the Diabetes Unit of KEM Hospital, Pune conducted their 5th webinar on 'Balance Training for Diabetic Patients'.

Dr. Smita Dhadge from the Diabetes Unit addressed the 32 participants with a formal introduction and closure of the webinar. It was an informative session that included a short exercise prescription programme and a demonstration of exercises for patients suffering from balance issues using a Swiss Ball and a Balance Pad by Dr. Rutika Tavargeri and Dr. Ayushi Garge from the Physiotherapy Department.

Honouring their Efforts- A Felicitation By Vidhyak Group



Frontline workers in the hospital serving covid patients were felicitated by Mr. Anand Saraf, Mr. Shelar and Mr. Marne from the Vidhayak Group. Those felicitated included

Dr. Poonam Deshmukh - Asst. Medical Administrator, Poonam Nevse - Blood Bank Technician, Jayeshree Gopale-Sister-in-Charge and Sulochana Salunkhe- Housekeeping.

Those present on the occasion from KEM Hospital were included Dr. Yemul, Dr. Rao, Mr. Markale and Matron Joshi.





Achievements

Congratulations!!

Dr. Saroj Bande for becoming a trainer for the ASPA perioperative paediatric life support course.





Asian Society of Paediatric Anaesthesiologists



INDIAN ASSOCIATION OF PAEDIATRIC ANAESTHESIOLOGISTS
IAPA
FOUNDED IN 2015

Asian Society of Paediatric Anaesthesiologists
in association with
Indian Association of Paediatric Anaesthesiologists

CERTIFICATE OF PARTICIPATION
This certificate is presented to

Dr. Saroj Bande
for successful completion of online Training the Trainer course for Paediatric Perioperative Life Support (PPLS e-TTT) on 20th Jun 2021



REBECCA JACOB, MD
Past President, ASPA



AGNES NG, MD
ASPA PPLS Coordinator



ELSA VARGHESE, MD
President, IAPA

Media Coverage





Testimonials

Feedback For Vaccination Programme

Feeling good. Wish to take 2nd vaccination here. Good service. Thanks to Staff & Doctors.

Your feedback is important for us!

Staff most helpful and courteous. Procedure is simplified. Removed the fear of vaccination. Sure to pass on the message. Thanks a ton.

All the staff are co-operative. Very good service. Positive energy.

Removed the fear of vaccination. Staff most helpful.

Procedure was easy. Staff very helpful.

Very clean & organized & efficient. Staff is very helpful & professional.

Came here to KEM Hospital for vaccination. Very organized. Courteous staff.

KEM is offering paid vaccination service. Entire staff including guards and nurses are very co-operative. Service is prompt. No one is making Senior citizens wait and taking care of them. All the staff members respond very patiently. Thank you. Keep up the good work.

The entire process was carried out very professionally. All concerned staff were very polite and supportive.

It is a very good service but I think one more improvement is required that is wheel chair, & proper conversation. Otherwise all are good service. Thank you KEM Hospital.

It is a very good service but I think one more improvement is required that is wheel chair, & proper conversation. Otherwise all are good service. Thank you KEM Hospital.

All the staff are co-operative. Very good service.

Excellent services.

व्यवस्था फारच छान आहे. Cooperate करतात. खूपच सुंदर.

मी रजनी वर्षे आज रोजी कोव्हीड लस घेतली. इथली सर्व्हिस चांगली आहे. व्यवस्थित वाटली. मला काही सुद्धा त्रास झाला नाही.

आम्ही पती / पत्नी दोघांनी आज केईएम मध्ये येऊन कोव्हीड ची लस घेतली. सगळी प्रक्रिया १५ मिनिटात आटोपली. व्यवस्था अगदीच उत्कृष्ट होती. सर्व कर्मचारी अगदी गेटकीपर पासून ते लस देई पर्यंत सर्व लोक सहकार्य करत होती. सर्व स्टाफ सौजन्यशील होते. परत दोघांकडून धन्यवाद.

येथील सोय व व्यवस्था उत्तम आहे.

लसीकरण अत्यंत व्यवस्थित रित्या आयोजित केले आहे. कोणत्याही प्रकारे त्रास झाला नाही. सर्व स्टाफ अत्यंत कार्यक्षम व सहकार्य करणारा वाटला. सर्व ठिकाणी स्वच्छता व व्यवस्था अतिशय छान. सर्व कर्मचारी अतिशय मनमिळाऊ, धीर देणारे व कार्यक्षम आहेत.

खूप बरेवाटले. काही त्रास नाही. खूप छान वाटले. सोय खूप छान होती.

अनुभवी स्टाफ, तत्पर सेवा, स्वच्छता, प्रेमळ वागणूक, व धीराचे शब्द हे सर्व अनुभवायला मिळाल्यामुळे लस घ्यायला भीती न वाटता आनंद वाटला. धन्यवाद केईएम!



Team KEM



Dr. Bhushan Mishal, MD - General Medicine, DNB- Neurology has joined us **as an Associate Consultant Neurologist**

OPD Timings: Every Saturday, Time: 1.30 PM – 3.00 PM



Dr. Supriya Kulkarni (Rawate) MD, DNB-Anaesthesia has joined us **as a Consultant Anaesthesiologist.**



Dr. Shweta Mutha, MD, DNB- Radiation Oncology has joined us as an **Associate Consultant Radiation Oncologist.**

OPD Timings: Every Wednesday, 11:00 AM - 1:00 PM in Day Care Centre.



Dr. Shridhar Khajindar, DNB-Radio-diagnosis has joined us as a **Panel Consultant Interventional Radiologist.**



Dr. Amit Darira, DNB - General Medicine has joined us as a **Panel Consultant Physician.**



Dr. Amruta Beke (Raikar), DNB-General Surgery, M Ch Surgical Oncology has joined us as a **Panel Consultant Surgical Oncologist.**



Dr. Santosh Shingote, MDS has joined us as a **Panel Consultant Maxillofacial Prosthodontist & Implantologist.**



Ms. Rohini Sahasrabudhe has been appointed **Head - Medical Social Work Department** with effect from 1st June 2021



Health Awareness Communication

LGBT Pride Month



Inclusive Healthcare

At KEM we provide an affirmative and respectful environment to all patients

020 6603 7460 | 020 2621 7460

Men's Health Month

MENTAL health is as important as physical health

- Don't fight your feelings
- Open up to the people you trust
- Ask your partner, father, brother or friend to talk about things on their mind
- Do not shy away from seeking professional help
- Ensure you make time for your self



020 6603 7460 | 020 2621 7460 **Men's Health Month 2021**

Wise men take care of their health

Take the first step towards your fitness, schedule a health-checkup for

- Blood pressure
- Cholesterol
- Blood sugar levels
- Prostate cancer and other prostate issues (PSA test after the age of 60)



Men's Health Month 2021



For more information call 020 6603 7460 | 020 2621 7460

World Brain Tumor Day

Educate yourself about the symptoms that may be indicative of a Brain Tumor



Severe Headache
Hearing impairment
Loss of memory
Projectile vomiting
Seizures

Speech difficulties
Vision abnormalities
Weakness of limbs or paralysis
Personality changes
Dizziness

Consult our Neurologists
020 6603 7460
020 2621 7460



KEM Hospital PUNE
Quality and ethics in patient care

World Blood Donor Day



Donate blood Give now, give often!

Anyone who conforms to the following criteria is eligible to donate blood

-  Age between 18-65 years and upto 60 years for the first time donors
-  Hemoglobin level: 12.5 gm% and above
-  Is in good health
-  14 days after receiving COVID vaccine
-  Weight: 45 kg.+
-  Hasn't donated blood in 3 months (applicable for men) and 4 months (for women)



For safe donation call 020 6603 7324 | 020 2621 7324



KEM Hospital PUNE
Quality and ethics in patient care

Autistic Pride Day

RECOGNISE. RESPECT.
INCLUDE

People with autism often deal with human rights violations and discrimination.
Stop the discrimination and celebrate their lives.



020 6603 7460 | 020 2621 7460 June 18, Autistic Pride Day