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 **Know Your Consultant****Dr. Kedar Deogaonkar**

Associate Consultant- Spine Surgeon

Dr. Kedar Deogaonkar is from Pune. He did his schooling at Jnana Prabodhini Prashala. He then did his 12<sup>th</sup> from SP College Pune. After that he joined BJ Medical College Pune and completed his MBBS in 1997. Through an all-India level entrance exam, in which he was ranked 16, he joined PGI Chandigarh. He completed his MS in Orthopaedics from PGI and then went abroad for further training.

In UK, he was soon selected for Orthopaedics Specialist Registrar Training Program (type 1) and completed his FRCS Orthopaedics and got the CCT (Certificate of Completion of Training). He currently holds an active GMC UK registration and is on the Specialist Register UK.

Before starting as a spine surgery consultant at Queen's Medical Centre Nottingham UK in 2014; he went to USA for a 12month clinical spine surgery fellowship at the prestigious Twin Cities Spine Centre in Minneapolis. He is ECFMG certified and has cleared his USMLE (steps 1, 2 and 3).

After 1.5 years as a consultant in UK, he returned to Mumbai and joined PD Hinduja Hospital as a full time spine surgery consultant (2015-2020).

He has returned home to Pune in May 2020. He has joined KEM Hospital from January 2021 as an Associate Consultant in Spine Surgery. His OPD is on Monday and Friday 1.00 PM to 3.00 PM.

***He has expertise in all aspects of spine surgery including***

- ***Scoliosis***
- ***Pediatric spine surgery***
- ***Adult spine deformity surgery***
- ***Minimally invasive spine surgery***
- ***Spinal trauma and tumors***

He has numerous publications to his name and enjoys teaching. In his spare time, he loves to play badminton.



## Childhood Obesity

Since well before the COVID-19 pandemic started, the world has been facing the global epidemic of obesity since the decade of 1990. This owes to highly sedentary lifestyle, and easy availability of high calorie foods.

During the pandemic of COVID-19 it has been globally noticed that morbidity and mortality was significantly higher in patients suffering from obesity and diabetes. Lockdowns restricted movement, social distancing and work / learn from home seem to worsen obesity indices across the middle class and higher socio-economic groups.

**The children and adolescents have suffered the most:** we are observing minimum 10% to maximum 80% rise in the weight of children and adolescents in the last 2 years. This partly owes to non-availability of playground/sports complex/opportunity to mingle with friends and thereby decrease in physical activity combined with increased screen time and junk food intake. This has unveiled genetically predisposed diabetes (combination of obesity and diabetes) in children and adolescents.

Patients present with

1. **Weight gain**
2. **Central obesity**
3. **PCOD and Hirsutism in girls**
4. **Gynecomastia and less facial hair in boys**
5. **Hypertensive tendencies**

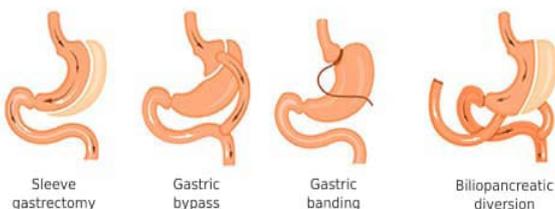


It is important to monitor weight, waist circumference, signs of fatigue and signs of hypogonadism in this age group before they land up in long lasting impact of obesity on various organs of the body. Up to the BMI of 30 kg/m<sup>2</sup>, dietary modifications and physical activity can reverse the disease of obesity. A Rising BMI shifts the control from the voluntary factors to involuntary factors and creates impairment of various organ function like heart lung, liver, kidney, skeletal and endocrine system during these age groups.



After the BMI of 35 kg/m<sup>2</sup> many of the organs get a near permanent function damage. In this situation bariatric surgery can save the patient from severe diseases with long-term impact.

### TYPES OF BARIATRIC SURGERY



Severe obesity affects the health and well-being of millions of children and adolescents in the India and is widely considered to be an “epidemic within an epidemic” that poses a major public health crisis.

Currently, few effective treatments for severe obesity exist. Metabolic and bariatric surgery are existing but underuse treatment options for paediatric patients with severe obesity. Roux-en-Y gastric bypass and vertical sleeve gastrectomy are the most commonly performed metabolic and bariatric procedures in the globe and have been shown to result in sustained short-, mid-, and long-term weight loss, with associated resolution of multiple obesity-related co-morbid diseases like hypertension, diabetes, fatty liver disease, strain on cardio-pulmonary system, hypogonadism, skeletal deformities etc.

Substantial evidence supports the safety and effectiveness of surgical weight loss for children and adolescents, and robust best practice guidelines for these procedures exist.



**Dr. Jayashree Todkar**

Associate Consultant - Bariatric Surgery

## Home Care for Children Infected with Covid-19

After long months, in these just opened, less restricted, inviting social times of festivity, we all need to be vigilant, careful and well prepared for next few months for a probable, challenging resurgence of COVID menace.

The fundamental pillars of effective management of COVID in children are



1. Risk /severity based triaging and management of children with mild COVID at home
2. Involvement & responsive care by parents and all family members
3. Nutritious diet and healthy feeding practices
4. Age-appropriate psychological care and support

Every child suspected to have COVID infection needs proper evaluation at a dedicated fever clinic, appropriate testing and advice by a trained child healthcare professional.

Many kids have positive test for SARS CoV II virus, due to contact with a symptomatic COVID +ve adult at home. Most of the infected kids do not have any symptom and very few may have variable fever, cold or cough and not having any red flag signs.

COVID in children presents with different grades of severity & needs appropriate interventions accordingly. Most of the cases (~95%) are mild in severity and can be successfully managed by family at home with well informed, educated, personal care.

Less than 5% of all children having COVID infection need in-hospital management and rarely (<2%) may need high level/ critical care in PICU/ NICU/ HDU. The red flag signs for such rare hospitalisation need in a children are:

1. Co-morbidity- obesity or chronic heart/ kidney/ liver/ lung/ brain/ immunity disease
2. Any sign of pneumonia suggested by fast breathing for age/ difficulty in breathing
3. Any sign of shock, bleeding, brain, heart, major organ dysfunction

**Children with mild COVID are managed scientifically and effectively at home as follows:**

1. Stay home bound - quarantine of 14 days
2. Grandparents and high-risk family members to stay separate
3. All to strictly follow 'SMS' - Social distancing, correct use of a Mask and frequent Sanitisation
4. Continue age-appropriate normal diet including breast feeding and extra fluid intake
5. No Antibiotic/ No investigations, Only paracetamol and WHO ORS as needed
6. Vigilant regular monitoring by parents/ healthcare worker. Keeping chart of temperature, pulse, breathing rate, SpO2, Urine output, activity and reporting daily to the fever clinic on phone.
7. Any change/ red flag signs to be reported to and followed by visit to the fever clinic/ hospital



Most of these children with mild COVID get well by 3- 5 days but do need continued isolation for total of 14 days, due psychological support and watchful routine healthcare over next months. Not to forget regular age appropriate vaccines to protect from other infectious diseases! So get braced up to rightly suspect, manage and control COVID infection and disease in kids!



**Dr. Pramod Kulkarni**  
Consultant - Paediatrics

## Well Baby Clinic



It is a budding concept in India for health is mostly considered curative more than preventive.

The paradigm shift the Well baby clinic can bring in the lives of tiny souls will bring it into focus in the coming years.

To see a newborn feeding well, growing well, immunised, to observe development and assist it via addition of proper supplements brings his life on a "Road to health".

Important questions that are asked during such visits are:

1. What is the best food for my baby in the first six months? When is the optimal weaning time?

Emphasising on exclusive breast milk feeding in the initial 6 months and ensuring its awareness in parents is the most important step. Feeding guidance is needed for most mothers. Timely help of lactation consultant is necessary to establish breast milk by explaining the right technique of feeding.

Top feed in selected few cases need detailed explanation and guidance.

Weaning involves supplementing home based, freshly cooked meals in their diets as taste buds develop during this period. Food, water and personal hygiene to be emphasised to avoid GI infections.

2. How is my child's growth; is my child developing normally?

The growth and development of a child plotted gives visual impression to parents and active participation of them in knowing about it. If below the fifth centile or above 95<sup>th</sup> centile can raise timely alarm and actions thereby.



3. What vaccines do I need to give my child?

Detailed talk about the diseases, it prevents and age of administration and removing myths about them is an essential step to provide best preventive care.

4. Shall I do this or not ? \*(Do's and Don'ts)

E.g. Giving ghuttis, applying kajal, burning coal shegdi in vicinity of child etc. strict don'ts to be explained to parents to save child from hazardous traditional practices is done in well baby clinic

5. Can i give massage to my baby? Which oil to be used and how?

Again tactile proprioception and its importance in development of child is emphasised with right techniques and knowing that wrong practices about the same are prohibited.E.g. putting oil in ears or nose

6. Family history of some specific diseases, genetic counselling, accidental finding of abnormal features are noted during these visits and timely referral to concerned specialities can save the child.

For physical, mental and emotional well being of children Well Baby Clinic is a must visit place.

Well baby visits are frequent during initial 2 years and then yearly till child grows into adolescence.

Do visit it before it gets too late. Lets bring the best in child's health with holistic approach.



**Dr. Preeti Kulkarni**  
Consultant - Paediatrics



**Achievements**

*We congratulate our cochlear implantees on their super success!*

*Shrawani Dikshe's write...*

सुनोगत दि. १३/०८/२०२१

मी श्रावणी पद्मकर दिसे रा. शाहपुणे, सातारा. सध्या माझे सय वर्षे १८ आहे. माझे कॉन्सिडर एम्बॉय्न्स ऑपरेशन मी ५ वर्षांनी असताना झाले आहे. माझ्या पालकांनी माझा प्रवेश इंग्लिश व हिंदीला निव्वळ परिसर शाळेमध्ये घेतला. ऑपरेशनच्या आधी मला १००% लॉस असल्याने कोणत्या वस्तूला काय म्हणतात प्रभावाने, खणी यासारखे काहीही कल्पना नव्हती. माझे कॉन्सिडर एम्बॉय्न्स ऑपरेशन डॉ. निलीमा वैद्य मंडमनी केले. त्यासाठी मला अनुराधा मांदरे मंडम व कल्याणी सावळे मंडम यांची खूप मदत झाली. कल्याणी मंडमकच्या स्पियर घोरपीमुळे मध्येक शब्द, वस्तूची नावे, आवान याचे ज्ञान झाले. त्यानंतर माझ्या आईने माझी शब्दसंख्या वाढविण्यावर भर दिला. सर्वसामान्य मुलांच्या शक्ति प्रवेश दोनव्यामुळे पहिल्यांदा मला खूप वास आला. त्यामुळे मी खूप चिडचिड करायचे. परंतु व्हडव्हड वर्गशिक्षक सौ. सुळे मंडम व शोबच्यांनी व पालकांनी माझी शब्दसंपत्ती वाढविण्यासाठी खूप सपोर्ट केला.

सध्या मी वाराची कॉमर्स मध्ये ५५% गुण घेऊन सर्वसामान्य मुलांप्रमाणे शिक्षण घेत आहे. आपी M.S.C.I.A. चा सुध्दा क्लास करत आहे. ऑपरेशन केल्यामुळे मला कवास्थित ऐकता व बोलता येते.

डॉ. वैद्य मंडम, मांदरे मंडम, कल्याणी मंडम व निकम सर यांची मी खूप खूप आभारी आहे. त्यांच्यामुळे मला नवनीवन मिळाले व सर्वसामान्य मुलांवरेशेबरीने मी आपले आयुष्य जगत आहे.

मला माझे पदवीशिक्षण पूर्ण करून सरकारी खात्यामध्ये नोकरी करवाची माझी इच्छा आहे. आपल्या सर्वांच्या आशीर्वादाने माझे इच्छा पूर्ण व्हावी व्हावी मी हेवता विनंती करते.

आपली  
Shrawani  
डॉ. श्रावणी पद्मकर दिसे



**55.05%**

**Shrawani Dikshe**



**67.40%**

**Asia Sharwan**



**86.40%**

**Sarthak Atole**



**82.00%**

**Sanika Saindane**

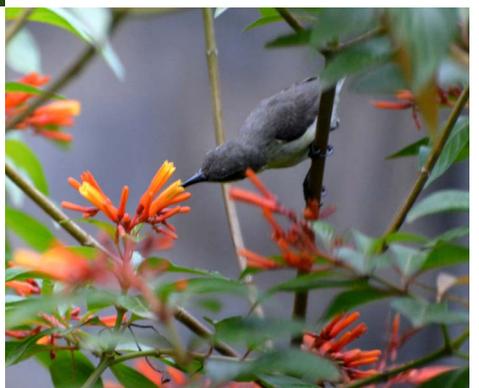
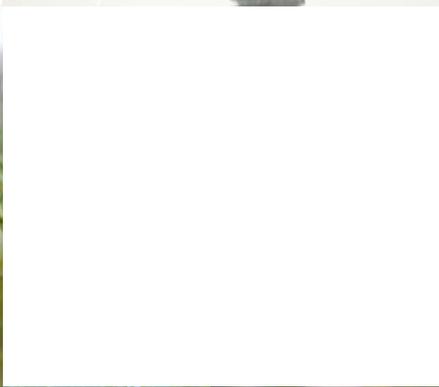
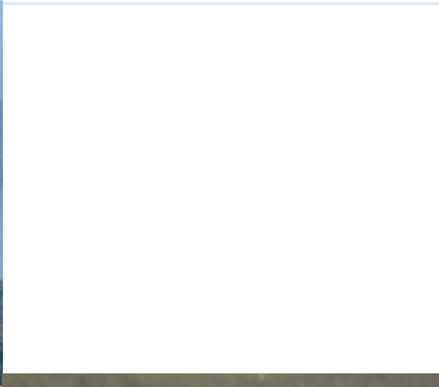


## Doctor's Day Off

**Featuring: Dr. Valentine Lobo, Consultant - Nephrology**

“A thing of beauty is a joy forever” said John Keats two hundred years ago. Not being able to draw or paint meant the only way for me to record something wonderful was amateur photography. I started with a simple fixed focus camera and moved on to an Asahi Pentax SLR in college when film photography was the norm. The subject was what mattered, whether a bird, an object or animal, scenery or event it has to be something worth capturing. There’s nothing more satisfying than a good photograph, and nothing more disappointing than a botched up one, because the chance may have been lost forever. That means developing the technique, choosing the aperture and shutter speed perfectly, waiting for the perfect picture and adjusting the focus. Of course automatic settings and digital photography have removed some the skill, you can shoot and then discard, touch up on the computer to compensate and do a lot of things that weren’t possible earlier, but one can still have fun using the manual mode.





**Featuring: Ms. Rashmi Poduval, Lactation Counsellor**

**Heroes of my breastfeeding journey**

This is a poem explaining this year's World Breastfeeding week theme - Protect Breastfeeding: A shared responsibility. Its about a mother recollecting her breastfeeding journey and the struggles she faced and the kind of support she received along her journey.

I remember the first time when I held my precious one in my arm, his tiny little eyes, spreading all his charm. I wished that I could pour all my love onto him and keep him secure, protected and warm.

I was so eager to provide him all the nourishment, give him my liquid gold and the best start to his life. But never had I imagined that breastfeeding him, would be such a strife.

My doctor said, "This is just the begining of something wonderful. Patience and perseverance, is the key." He sent in the LC to my rescue, and within no time she miraculously got him latched onto me.

Day by day I was mastering the skills and my little one seemed happy and glee. But the long breastfeeding hours and sleepless nights, were indeed taking a toll on me.

My husband said please let me help, you need to rest before the next feed  
Meanwhile, I will play with him, cuddle him and take care of all his needs.

My mom said dont worry about the household chores, I have taken care of it all.  
My sister kept checking in and said, if you need anything just give me a call.

My mom in law brought me food and snacks, they were so nutritious and tasty, I was slowly gaining my energy back, and was truly on the path of recovery.

My neighbours, friends and cousins visited often, they entertained my child while I could bathe and freshen up  
The doctors and nurses have been so empathetic, they would boost my morale at each follow up.

Soon it was time for me to resume my work and on my first day back, I did feel a little nervous and clueless  
But, my colleagues greeted me with so much warmth, helped me with the updates and cleared all the mess.

The management had allowed me to take a few breaks and colleagues willingly offered to share my responsibility.  
I was so pleased to see the new milk expression room there, with breast pumps and milk storage facility.

My little one is now a year old, absolutely healthy and still breastfeeding.  
I knew I could achieve all my goals, because of the undying support that I kept receiving.  
I am so grateful, to all those who helped me and kept me from falling into the abyss  
I wish that all moms across the world, get to experience, this motherhood bliss.



## Events and Activities

# World Breastfeeding Week 2021 celebration at KEM



The World Breastfeeding Week theme for the year 2021 was 'Protect Breastfeeding: A Shared Responsibility'. The theme highlights the links between breastfeeding and survival, health and wellbeing of women, children and nations. Breastfeeding is not the sole responsibility of a mother but, of the entire community around her. The spouse, family, friends, colleagues, employers, healthcare providers, celebrities, educational organisations, government, media and law makers, should all come together to protect, support and promote breastfeeding.

Like every year, this year too, we celebrated the World Breastfeeding Week at KEM with great zeal and enthusiasm. Our Lactation consultants: Ms. Rashmi Poduval and Ms. Sayali Sathe planned and made arrangements for the events for the entire week, well in advance. The plan was supported whole-heartedly by Dr. Umesh Vaidya. The celebration plan for the Paediatric department was made under the guidance of Dr. Anand Pandit and Dr. Pramod Kulkarni. It was successfully coordinated by Ms. Jyoti Pillay. The Neonatal, Paediatric, Obstetrics and Gynaecology departments participated in these events.

Keeping the theme in mind, the events were planned to raise awareness about breastfeeding and also to involve different healthcare providers that cater to mother baby dyads. We also tried to make the events innovative, for a fun way of learning. The Covid protocols were also followed throughout the celebration. The event schedule and posters were put up everywhere and circulated to various departments and the NICU and Baby ward were decorated.



## Feeding Room Project for The NICU Mothers

This World Breastfeeding Week 2021, we decided to provide the mothers of babies admitted in the NICU, with a much better place to rest and relax. The Feeding room within the NICU was refurbished, filled with fresh and vibrant colours, new colourful cushions for feeding chairs, informative breastfeeding posters, hospital grade breast pump and a music system. The project was approved by Dr. Madhur Rao and executed by our Purchase department and Maintenance department, within a week's time.

The idea behind this, was to gift our NICU moms with a very calming, soothing and stress-free environment, amidst all the worries that come with a preterm birth. Research has shown that listening to soft relaxing music while expressing breastmilk, helps improve the milk output for many moms.

The inauguration for the room was done on 2<sup>nd</sup> of August 2021(Monday) by Dr. Sudha Chaudhari. On the same day, NICU webinar room was also inaugurated by Dr. Sheela Bhawe. Dr. Anand Pandit, Dr. Vishwanath Yemul, Dr. X K Coyaji, Dr. Madhur Rao, Dr. Umesh Vaidya, Dr. Sandeep Kadam, graced the occasion and appreciated the initiative. Here are a few glimpses



**Educational sessions for the mothers**

As a part of Baby ward celebration of World Breastfeeding Week, on 2<sup>nd</sup> of August, Dr. Pramod Kulkarni and Ms. Manasi Bagul conducted an informative session on ‘Breastfeeding Basics (Why and How?)’ for the new moms.



On 3<sup>rd</sup> August (Tuesday), Ms. Rashmi Poduval took a lecture on ‘Common difficulties in Breastfeeding’. Many frequently asked questions were answered by her and lots of misconceptions were cleared. Troubleshooting of problems like flat nipples, nipple soreness, engorgement, less milk supply, etc. was also explained with the help of teaching aids.

On the same day, in the afternoon, two wonderful sessions were organised for moms admitted in the PNC wards, especially for the mothers whose babies are admitted in the NICU.



**The talks were as follows:**

1. A lecture by Psychologist Ms. Bhakti Ghate on ‘Mental health and breastfeeding’. Its long-term implications. This was followed by relaxing meditation and visualisation techniques for improving positivity in these mothers and boosting their confidence.
2. A talk by our Respiratory therapist Dr. Shikha Ganjoo on ‘Supportive interventions for preterm babies’. Many practical tips were given for long term wellbeing of these babies. Massage techniques were also taught.





There was a lecture arranged in Baby ward on '**Importance of ORS**' for mothers and the staff. This session was conducted by **Dr. Pramod Kulkarni, Dr. Dinesh** and our paediatric resident doctors. They patiently answered all the queries from these mothers.



### **Breastfeeding, Human milk banking and nutrition quiz for the resident doctors**

On 5<sup>th</sup> August 2021 (Thursday) we had a special Breastfeeding quiz for our NICU resident doctors. The doctors were divided into 5 teams. The quiz was designed by our lactation consultants into 6 different rounds as follows:

- 1. Anatomy and physiology of breastfeeding**
- 2. World breastfeeding week special**
- 3. Nutrition**
- 4. Pictorial**
- 5. Human milk banking and new updates in lactation**
- 6. Rapid-fire**



**Dr. Sandeep Kadam** took a lecture on 'Breastmilk and milk substitutes' in the Paediatric ward for the Nursing students. He spoke about breastfeeding recommendations, implications of various substitutes and the dos and don'ts of breastfeeding.



**An interactive session and learning through role-play for the nursing staff:**

On 6<sup>th</sup> August 2021 (Friday) we had a fun filled interactive session with our nursing staff. Different wards were given different situations pertaining to breastfeeding issues that mothers face quite frequently and they were requested to perform a 10 minutes role-play giving important messages for breastfeeding protection and awareness. This also helped the LCs to guide the staff with respect to their counselling skills.

There were role-plays on counselling for breastfeeding benefits and techniques. Common myths and problems regarding breastfeeding, how family support plays an important role in breastfeeding success, supporting a mom of premie and guiding her with establishment and maintenance of her milk supply. The nursing staff did a wonderful job and made many informative posters as well.

Our LCs took the opportunity to felicitate our Matron - Ms. Joshi and the Nursing Superintendent - Ms. Mahankale, for their immense support during the entire breastfeeding week celebration. They also felicitated our Nurse educators, Ms. Neha and Ms. Pramila for their great help in organising the Nurses events and ensuring a splendid participation by all.



We also conducted a lecture for the Nursing students on Kangaroo Mother care in the paediatric ward. **Ms. Sayali Sathe**, explained to the students the benefits of KMC, why it should be given, to whom it should be given, role of father and family members in giving Kangaroo care, kangaroo positioning, precautions and red flags to observe during KMC and use of KMC bags or binders.



On 7<sup>th</sup> August 2021 (Saturday) we culminated the week-long celebration of World Breastfeeding Week 2021, by words of encouragement from Dr. Anand Pandit and felicitation for all those who took the initiative and put so much efforts into organizing and conducting these events and making it a grand success.

Team KEM hospital, Pune is striving hard to help lactating moms in every way possible by helping them with early initiation of breastfeeding and skin to skin contact and continuous guidance to all mothers, by our experienced lactation consultants.

Our Nectar Human milk bank is functioning successfully for last 3.5 years and we routinely conduct educational programs on breastfeeding for our doctors, nursing staff and patients with an aim to provide the best possible care to all the breastfeeding families.



## Cooking competition for the Nursing staff

On 4<sup>th</sup> August 2021 (Wednesday): We organised a cooking competition for our PNC wards nursing staff. The theme was to prepare Nutritional recipes for lactating mothers which are enriched with different galactogogues. All the recipes were judged by Dr. Umesh Vaidya and Ms. Vaishali Madkaikar based on their appearance, taste, texture, galactogogues used, nutritional value and presentation skills of our staff. A total of 21 teams participated out of which three winners were chosen.



## Eye Donation Awareness Programme

KEM Hospital Pune in association with H. V. Desai Eye Hospital had arranged Eye Donation awareness programme on 30<sup>th</sup> August 2021. The aim was to make people aware that how their kind gesture of donation of eyes will make some people's life beautiful. In this programme, all the queries related to eye donation were answered. One important fact was also shared that the consent of family members is enough to make an eye donation even if the donor has not pledged for it in his / her lifetime.



## Liver And Kidneys Donated To Three Individuals

The 21-year old son and other close relatives of a 51 yr old lady certified with brain death due to an intra-Cranial hemorrhage consented to donate all her organs. By doing so, the family facilitated this year's 20th multiorgan donation to benefit a 61-year-old man admitted at a private hospital in Chennai for lung failure on Wednesday. The woman's liver and both kidneys also gave a new lease of life to three other needy patients at two different hospitals in Pune on the same day. This was the 20th case of multi-organ donation in Pune so far this year. "The woman suffered intracranial bleeding and was admitted at KEM Hospital at Rasta Peth three days ago. Her

### Liver And Kidneys Donated To Three Individuals

## City woman's lungs benefit critical patient in Chennai

TIMES NEWS NETWORK

**Pune:** The family members of a 51-year-old brain-dead Pune woman donated her lungs to benefit a 61-year-old man admitted at a private hospital in Chennai for lung failure on Wednesday.

The woman's liver and both kidneys also gave a new lease of life to three other needy patients at two different hospitals in Pune on the same day. This was the 20th case of multi-organ donation in Pune so far this year.

"The woman suffered intracranial bleeding and was admitted at KEM Hospital at Rasta Peth three days ago. Her



GIFT OF LIFE

family members, including her 21-year-old son, consented to donate her vital organs, including lungs, liver and kidneys, after she was declared brain dead," said Aarti Gokhale, transplant coordinator, Zonal Transplant Coordination Committee (ZTCC), Pune

branch. The ZTCC is an apex organization that oversees the allocation of donated organs.

The Chennai hospital's medical team arrived in Pune early on Wednesday, retrieved both lungs, and flew back to Chennai soon after. "The lung transplant in the 61-year-old Chennai man has been successful. The next 48 hours are crucial to confirm the transplant outcome," Gokhale said.

The woman's liver benefited a patient with end-stage liver disease at Aditya Birla Memorial Hospital and her two kidneys benefited two patients with renal failure at Ruby Hall Clinic, Gokhale said.

## मेंदूमृत महिलेचे अवयवदान; तीन गरजू रुग्णांना नवजीवन

लोकसत्ता प्रतिनिधी

**पुणे:** शहरातील खासगी रुग्णालयात उपचार घेणारी महिला मेंदूमृत झाल्याने तिच्या कुटुंबीयांनी तिचे अवयव दान करण्याचा निर्णय घेतला. त्यातून तीन गरजू रुग्णांना जीवदान मिळाले. ही महिला ५१ वर्षांची होती. तिच्या २१ वर्षीय मुलाच्या पुढाकारातून हे अवयवदान करण्याचा निर्णय कुटुंबीयांनी घेतला. पुणे विभागीय अवयव प्रत्यारोपण समन्वय समितीतर्फे पूर्ण झालेले वंदाचे हे २० वे अवयवदान आहे.

मेंदूतील अंतर्गत रक्तस्त्रावावर उपचार घेण्यासाठी सदर महिलेला के ईएम रुग्णालयात दाखल करण्यात आले होते. मात्र, उपचारांना पुरेसा प्रतिसाद न मिळाल्याने डॉक्टरांनी तिला मेंदूमृत जाहीर केले. के ईएम रुग्णालयाच्या अवयवदान विषयक समुपदेशक रोहिणी सहस्त्रबुद्धे यांनी महिलेचा मुलगा आणि इतर कुटुंबीयांचे समुपदेशन केले. त्या वेळी

त्यांनी मूत्रपिंड, यकृत आणि फुफ्फुसे दान करण्याचा निर्णय घेतला. त्यांपैकी फुफ्फुस हे चेन्नईतील गरजू रुग्णासाठी पाठवण्यात आले.

आदित्य बिलां रुग्णालयातील गरजू रुग्णावर यकृताचे यशस्वी प्रत्यारोपण करण्यात आले. दोन्ही मूत्रपिंड रुबी हॉल क्लिनिकमध्ये उपचार घेणाऱ्या गरजू रुग्णांसाठी देण्यात आली.

रोहिणी सहस्त्रबुद्धे म्हणाल्या, की महिलेच्या मुलांने तिचे सर्व अवयव दान करण्यास परवानगी दिली, मात्र स्वादुपिंड आणि हृदय प्रत्यारोपणायोग्य नसल्याने त्यांचा वापर करणे शक्य झाले नाही. महिलेच्या कुटुंबाला अवयवदान चळवळीविषयी थोडी माहिती असल्याने त्यांचे समुपदेशन करणे काहीसे सोपे झाले. २१ वर्षीय मुलाने अत्यंत धडाडीने आईच्या अवयवांचे दान करण्याचा निर्णय घेतल्याने तीन गरजू रुग्ण निरोगी आयुष्य जगू शकणार आहेत.

## Pune records 20th multi-organ donation this year

**Pune:** This year's 20th multi-organ donation in Pune was performed on Wednesday after a 51-year-old woman was declared brain dead at KEM Hospital. The woman's 21-year-old son, who also lost his father a couple of years ago, agreed to donate her organs.

The woman's kidneys, lungs and liver were donated while the heart could not be harvested for transplant due to some medical issues.

Rohini Sahasrabudhe, transplant coordinator at KEM Hospital, said the woman had suffered a headache a few days ago. She suffered from an intracranial bleed, leading to symptoms like headache nausea and vomiting, and was declared brain dead two days ago at KEM Hospital.

"After consulting with relatives, her son agreed to donate his mother's organs," Sahasrabudhe said.

—ENS



## Testimonials

डॉ. भावे सर आणि डॉ. डी' कोस्टा सर यांनी माझ्यावर व्यवस्थितपणे उपचार केले व काळजीपूर्वक लक्ष दिले त्याबद्दल मी त्यांचे आभारी आहे. तसेच येथील सर्व नर्सस व स्टाफ हे सर्वजण प्रामाणिकपणे व काळजी पूर्वक काम करतात त्या बद्दल त्यांचे ही आभारी आहोत.

**नर्सिंग होम पहिल्या मजल्यावरील रुग्ण**

This is one of the best area where treatment was done. The cleanliness & staff over here is the best. I am very much impressed with the calm & smooth environment. The softness & calmness of the staff is one of the best/ superb reason for healing of the patient. I was nervous for the first when I came, but nurse Sangita was one of the strong & supportive person because of whom the journey of chemo would not have been possible. I would always be thankful to 'Day Care Centre' for their way of treatment to patients. All the best!!

**Patient from Day care Centre**



## Team KEM



**Dr. Neha Tilak**, DA, DNB- Anaesthesiology as a Full-time **Junior Consultant- Anaesthesiology**.



**Dr. Preeti Kulkarni**, DCH, DNB- Paediatrics as a Part-time **Consultant- Paediatrics (Well Baby Clinic)**.

Timing: Mon - Sat, 11.00 AM - 3.00 PM



**Dr. Asir Tamboli**, DA, FNB- Critical Care Medicine as a **Junior Consultant- Intensive Care in ICCU & Neuro ICU**.



**Dr. Sanjay M H**, DNB-Radiotherapy, has joined us as an **Associate Consultant- Radiation Oncology**.

OPD Timings: Every Monday, 9:30 AM - 11:00 AM



**Dr. Bharatkumar Dholu**, MD-Physician (KSMU,Russia), FCPS-Medicine (KEMH Pune) as a **Panel Consultant-General Medicine**.



**Dr. Balasubramanian Srinivasan**, MDS has joined us as a **Panel Consultant- Maxillofacial Prosthodontics and Implantology**.



## Health Awareness Communication

World Breastfeeding Week

### Breastfeeding protects infants from childhood illnesses



**Prevents diarrhoea**

**Prevents pneumonia**

**Breast milk is affordable**

**Breastfeeding promotes healthy growth**



**Breast milk is the ideal food for infants**  
For more information : 020 6603 7344 | 020 2621 7344



World Breastfeeding Week

### Let us help and support mothers breastfeed their babies

Breastfeeding has to be learned and many women encounter difficulties at the beginning.

Mothers should get help in preparing themselves to practice responsive feeding.

Parents and all the family should be supportive and help sustain breastfeeding.

Friendly environment and routine for the mother.



For more information : 020 6603 7344 | 020 2621 7344



Eye Donation Fortnight



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