



inf+KEM

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Message from the General Administrator

“The last two years have brought home to us the fragility of life as we knew it. Everyone has confronted loss in some form or the other, no one has been left unscathed. As we move into what one hopes will be a year where ‘pandemic’ will slowly evolve into ‘endemic’ I want to acknowledge the people who have been our backbone during this struggle.

Much is made of healthcare workers - and rightly so - but it isn't unless one is actually in the thick of it that one can truly understand the nightmarish impact.

While the physical strain is not insubstantial, it is the emotional and mental trauma that really takes its toll. Despite this, two years down the line our staff continues to fight the good fight - uncomplainingly.

As we continue to grapple with the pandemic and what is going to be an altered reality I want to express my gratitude to all those who have selflessly given of themselves during this time. I hope that the new year will be kinder to us all.”

- SHIRIN WADIA



Living Better With Thyroid Disorder



Know about the Thyroid Gland:

Thyroid gland, a small butterfly-shaped gland at the base of the neck, that you've likely heard a lot about, but may not know much about. The gland secretes thyroid hormones, which regulates body's metabolism and impact virtually every organ system.

What are the types of Thyroid Disorders:

Common thyroid disorders include hypothyroidism, hyperthyroidism and thyroid cancer.

Importance of diagnosis of thyroid disorder:

About 10 % of the population, may be unaware that they have a thyroid condition. If untreated, a thyroid condition could contribute to more serious issues such as high cholesterol and heart disease. Poor thyroid function may also interfere with fertility.

Burden of diagnosis and treatment of thyroid disorders

Being diagnosed with hypothyroidism can bring immense things along. Firstly, there's often relief at finally receiving an explanation for the symptoms, which were creeping over the years. This is often followed by the realisation that this is usually a life-long condition requiring daily medication. This may be true in some forms of thyroid disorders but not for all. High level of dissatisfaction and poor quality of life is observed amongst the people treated for hypothyroidism. Apart from the incomplete treatment, age, gender, patient expectations and the lack of information on hypothyroidism appear to have a major impact on satisfaction and quality of life.

Leading a normal life with thyroid disease:

Even though living with thyroid problems can be difficult, it doesn't have to be that way forever. It's almost always possible to get back to your normal pre-thyroid life.



Thyroid disorders may need patience:

People often feel their medications are not working as they don't feel better immediately after starting treatment. This is because thyroxine is a slow-acting drug. So, it may take several months for your symptoms to reduce.

Be Careful with Thyroid Supplements:

There are many so-called 'thyroid boosters' available over the counter. These make various claims of supporting a healthy thyroid function and boosting your immune system. It's a smart idea to stay away from these dietary supplements.

Iodine as part of a healthy balanced diet is fine and there's no doubt that a nutritious diet that provides optimal nutrient levels is important for maintaining thyroid health.

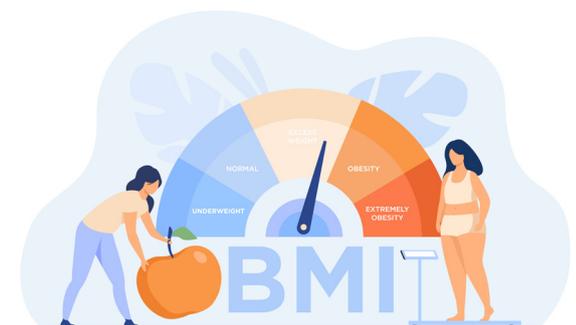
Some common Facts and myths:

FACTS	MYTHS
You Could Unknowingly Have a Thyroid disease	Treating a Thyroid Problem Can Fix a Weight Problem
Some Thyroid Problems can be Reversed or Cured	You'll Need to Take Thyroid Medication Forever
You can lose weight even if you are hypothyroid	If you have thyroid nodules you have thyroid cancer.
A Healthy lifestyle can Improve thyroid disorders	Taking extra iodine is good for thyroid health

KEM Hospital is proud to help raise awareness for thyroid diseases and encourages everyone experiencing symptoms to ask for an evaluation.



Dr. Piyush Lodha
Associate Consultant
Endocrinology



Body Mass Index (BMI)

BMI is a measurement that is a ratio of weight and height. It's a good way to gauge whether the weight is in healthy proportion to height. In fact, knowing your BMI, can help you determine any health risks you may face if it's outside of the healthy range.

Being overweight can lead to a range of chronic conditions including:

- Type 2 Diabetes
- High blood pressure
- Heart or blood vessel problems
- Cardiovascular disease
- Musculoskeletal problems

Being underweight can result in other health issues like:

- Risk of malnutrition
- Osteoporosis
- Anaemia

How to calculate your BMI

Simply divide your weight in kilograms by your height in metres squared.

The BMI scale

18.5 to 24.9 = healthy

25 to 29.9 = overweight

30 and above = obese

18.4 and under = underweight



Dr. Jayashree Todkar
Associate Consultant
Bariatric Surgery

A good measure of your health, but not perfect

While it may be a great guide to establishing the amount of body fat you carry, your BMI won't take into consideration your age, sex, ethnicity, or even muscle mass. It's also not appropriate in determining a healthy weight in the elderly, children, pregnant women or even athletes.



Tunneled Cuff Catheter A life-line for dialysis patients

Tunneled cuffed catheter (TCC) is a form of long-term vascular access for hemodialysis of CKD patients. It is a 19 – 23 cm long tube with 2 lumens placed in a neck vein with its tip in right side of heart. Unlike temporary catheter, tube of TCC passes under the skin for 8-10 cm. and comes out over chest. It is called as tunneling of catheter. TCC is usually inserted under fluoroscopy guidance in Cathlab to assure accurate placement.

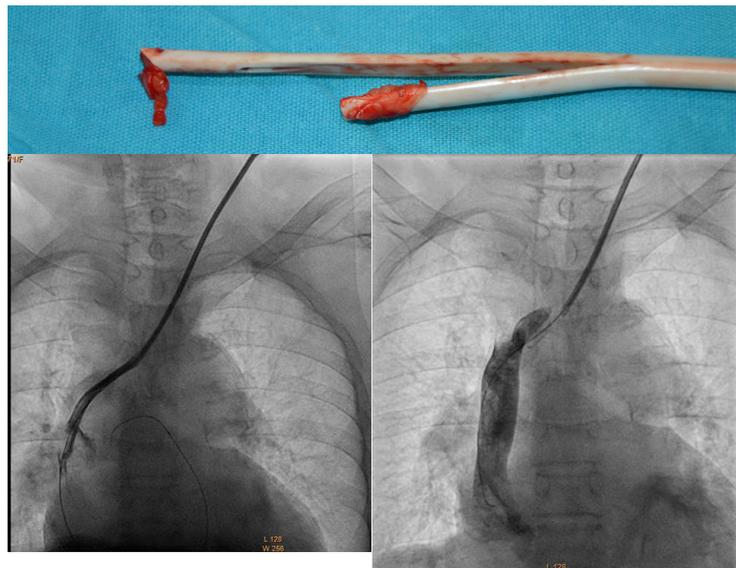
TCC has 2 major advantages over a temporary dialysis catheter. First, the chance of transmission of infection along the skin exit site is reduced significantly as it has a cuff in the tunnel which excites fibrosis. Second, the catheter gets firmly attached to skin which prevents its dislodgement. Compared to AV Fistula, TCC can be used immediately after placement while AV Fistula takes 4-6 weeks for maturation and TCC doesn't need needle pricks for every dialysis session.

The most common complication associated with TCC is catheter related blood stream infection (CRBSI). The chance of CRBSI can be minimized by meticulous catheter care as per protocol.

Sometimes TCC can malfunction due to obstruction by blood clot in lumen or a sheath formation around its tip causing ball valve obstruction. These complications need special treatment / interventions. Hence AV Fistula is still the first choice of vascular access for maintenance hemodialysis and TCC is indicated in patients where creation of AV Fistula is not possible.



Dr. Sagar Kulkarni
Junior Consultant
Nephrology



Fibrin sheath angiography – A cast of the catheter is seen in the left innominate vein and SVC on contrast injection (The phantom Catheter sign)

Normal filling of the SVC after balloon rupture of the sheath



Dr. Almas Pathan

DNB (Family Medicine)
has joined us as a full-time Consultant
Physician and will be available from
9:00 AM to 5:00 PM on all weekdays.

OPD Timings:

Monday – Saturday, 1:30 PM - 3:30 PM in
the Executive Room.

For Palliative Care Clinic:

Every Friday, 1:30 PM - 3:30 PM in the
Executive Room.

She will also be involved with our Health
Screening program and be part of the Health
talks to Corporates.



Dr. Runalaila Soofi

has re-joined our hospital as a Consultant-
Sonology (Part Time). She will be available
on Tuesdays, Thursdays & Saturdays.

Timings:

2:00 PM – 6:00 PM for sonography.



Dr. Priyanka Mane

Consultant - Sonology will be available on
Mondays, Wednesdays & Fridays,

Timings:

3:00 PM- 7:00 PM



Dr. Neelam Vaid

Consultant- ENT,
will be doing the Wednesdays OPD between
11:30 AM -1:30 PM.

She will be continuing with her Saturday
OPD between 11:30 AM – 1:30 PM.



Inauguration of our new vaccination centre



SNICU Inauguration

The much postponed and awaited formal inauguration of the SNICU (Special Nephrology Intensive Care Unit) as part of the Renal Unit finally took place on Sat 8th Jan 2022 at the hands of the donors Mr. Pramod and Mrs. Parimal Chaudhari.

It is named after Mrs. Shakuntala Chaudhari, Mr. Chaudhari's late mother. The Unit had a soft opening during the second COVID wave in 2020 and was of substantial help in looking after covid affected renal patients. Notably we were able to provide the much needed ventilatory support for no less than 90 patients.





VIDEO LINKS

Know more about thyroid gland and diseases related to it from Dr. Piyush Lodha.

<https://youtu.be/piURBSAk6c8>



Begin the new year with a mindful approach towards health

ESSENTIAL CARE HEALTH CHECK-UP @1850

Tests included

- Haemogram
- BSL (Fasting & PP)
- Creatinine
- Lipid Profile
- Urine Routine
- Chest X-ray
- ECG
- Physician Consultation
- Dental Check-Up
- Ophthalmology Check-Up



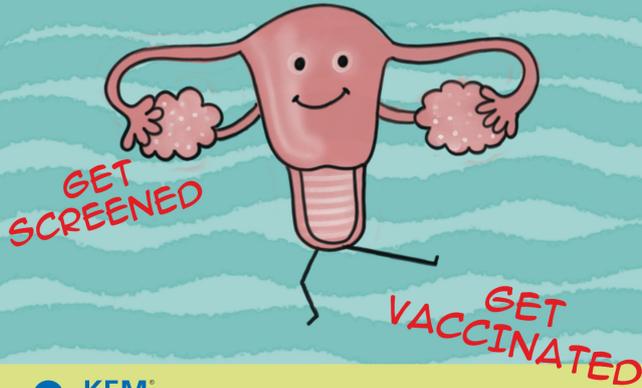
For more details call us on : 020 2621 7460 / 6603 7460



kemhospitalpune.org



Find out all about CERVICAL HEALTH



Make an appointment
020 2621 7385 | 020 6603 7385

GLAUCOMA CAN BLIND ONLY AN EYE TEST CAN DETECT IT



Make an appointment
020 6603 7460 | 020 2621 7460

Get your
booster
dose

Bring the
certificate
of your
second dose
with you.



Beneficiaries aged 60+
who have completed 9 months
after their 2nd dose of vaccination
with Covishield or Covaxin
can book a Precaution (Booster) dose
of the same vaccine with the

**KEM Vaccination Centre
KEM HOSPITAL PUNE**

Gate 1

Opp. Diamond Jubilee Bldg.

489 Rasta Peth

Sardar Moodliar Road

Pune 411 011

To book your dose

please call +020 6603 7544