



# inf+KEM

SEPTEMBER  
2022



Vol. 87

**Know Your Health**

Dentistry for children with special health care needs

Polycystic Ovarian Syndrome and Homoeopathy

**Achievements**

Dr. Sajili Mehta

**Know Your Consultant**

**Team KEM**

**Healthcare Awareness**

World Heart Day  
National Nutrition Week  
World Physiotherapy Day  
Spinal Cord Injury Day

World Marrow Donor Day  
World Alzheimer Day  
World Pharmacist Day  
World Suicide Prevention Day

**Testimonial**

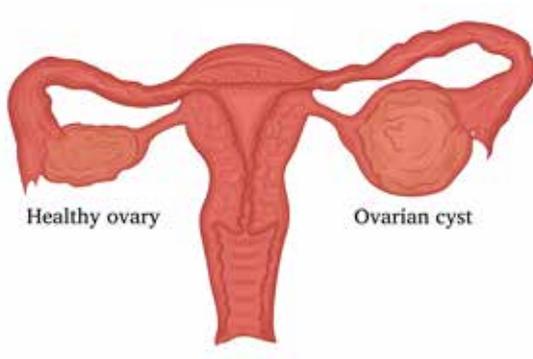
Mental Health and Suicide Prevention

**Events & Activities**

Ergonomic Care for Healthcare Workers



## Polycystic Ovarian Syndrome and Homoeopathy



Polycystic Ovarian Syndrome (PCOS) is a common endocrine disorder in women of reproductive age. PCOS is characterised by a combination of various clinical presentations on account of ovulatory dysfunction and hyperandrogenism. It is influenced by genetic and environmental factors; including diet, lifestyle patterns and stress. PCOS is usually associated with insulin resistance, Type 2 diabetes mellitus, hypertension, cardiovascular disease and endometrial cancer. PCOS is one of the important causes of female infertility.

Homoeopathic treatment not only focuses on managing the signs and symptoms produced due to PCOS - whether it be menstrual irregularities, hirsutism, acne, difficult conception and other associated complaints; but it also works towards treating the condition itself. The goal of Homoeopathic treatment is to restore the menstrual cycles naturally. Homoeopathy considers the individual as a whole – taking into account the pathological state, in addition to the constitutional features i.e. her physical and mental make-up. With this the ultimate aim lies in resolution of cysts in ovaries and regularisation of menstrual cycles naturally and improves fertility.



Dr. Mrinal Parikh-Wani  
Consultant, Homeopathy

The research studies show positive leads for management of PCOS with Homoeopathy. PCOS is closely linked to lifestyle habits. Inactivity plays an important role in its development and progression. Physical activity and losing weight has a positive impact on PCOS.



## Dentistry for children with special health care needs- Handle with care!

Over years, Dentistry has evolved from being merely the art and science of 'removal of the painful tooth' to a wider specialty ranging from Paediatric dentistry, dental implants, orthodontics and Geriatric dentistry. With time, the needs for aesthetics and perfection has embraced dentistry to a finesse practice, just getting better by the day.

However, a large population of children with special needs still have their comprehensive dental care needs unmet. Physical or intellectual disability, poly pharmacology, other priority medical needs, parental unawareness and the lack of will or expertise of the practicing dentist are potential barriers in providing dental care for these children and young adults.

Special health care needs, by definition include any physical, developmental, mental, sensory, behavioural, cognitive, or emotional impairment or limiting condition that requires medical management, health care intervention, and/or use of specialised services or programs. Implied to dentistry, the definition becomes very subjective and many children may have impaired performance of even routine activities, including basic tooth brushing! Ranging



from milder forms of autism, children with diabetes, renal disorders, epilepsy, liver disorders, hearing and speech disorders, childhood cancer, congenital heart diseases to severe forms of cerebral palsy, each child needs an individualised and multidisciplinary dental care plan.

A lot of myths roll around milk teeth and their importance. Milk teeth fall off anyway! Why do so many efforts to save teeth that will fall off eventually! Just pull the painful tooth out! These, and a lot more. Yes, contrary to permanent teeth, milk teeth do exfoliate at a certain age (between 7-14 years). But these years happen to be crucial for growth and development. Nutritional deficiencies in these age groups have been linked to many systemic and medical conditions. All efforts should be made to retain as many milk teeth as possible until natural exfoliation.

Awareness and Action- can be the focus points to begin with. Awareness of both, the parents and the primary physicians of the child. It's sad to see severely mutilated dentitions causing chronic pain in children, where in parents are unaware of any sort of available dental treatment. Prevention and maintenance has, and will always be the cornerstone for all dental treatments. Surprisingly, oral hygiene has been linked to many systemic diseases and vice versa. Routine dental visits every 3-6 months, catering to individualised brushing armamentarium and techniques, dietary changes in consultation with child's paediatrician and parent motivation can improvise oral hygiene in children with special needs. Once sensitised to the dental environment, a large number of these children are cooperative for dental treatment. Various other pharmacologic means of behaviour management like sedation and general anaesthesia are available and practiced routinely with good amount of safety. Children with decayed dentition needing extensive dental treatment are usually treated in Operating rooms with the safety of General anaesthesia, wherein all treatments can be completed in a single sitting. This is particularly beneficial in children with limited cooperative ability, intellectual deficits or very young children. At KEMH Pune, the dental care and implant centre is equipped and well experienced for carrying out mostly all dental procedures (multiple root canal treatment, dental extractions, restorations, crowns etc.) in the operating room with the help of our experienced anaesthesia team. Apart from this, we have been constantly striving to increase awareness by the means of oral health check up camps and parental education lectures at many schools in Pune and around.



Dr. Pratibha Pandit  
Consultant - Paediatric Dentistry



## Dr. Sajili Mehta

### Associate Consultant Endocrinologist

Dr. Sajili was born in a small town in Konkan where she completed her schooling and went on to Ruia College, Mumbai. . She completed her MBBS from Mimer Medical College, Pune and MD and DNB Pediatrics from B.J. Medical college Pune. This was followed by a Fellowship in Paediatric Endocrinology from B.J. Wadia and Tata Hospital, Mumbai and Center for Diabetes and Research, Kanpur. Her medical education completed, she settled down in Pune .

When time permits she pursues nature trails, trekking and adventure sports. She is also an avid gardener.

Apart from running the Paediatric Endocrinology OPD in KEM, she also practices at Surya Mother and Child Superspeciality Hospital. In the evening she practices in her Kothrud based OPD .She is a member of the International Society of Paediatric and Adolescent Diabetes and Indian Society of Paediatric and Adolescent Endocrinology Society. She loves teaching students and has authored a few chapters in Paediatric Endocrinology books.

She treats children suffering from the entire spectrum of endocrinological issues like disorders of sexual development, pubertal issues, pediatric diabetes, hypoglycemia, adrenal disorders, pituitary disorders, obesity spectrum and growth issues. She also has experience in managing patients with endocrinological issues related to malignancy, and post radiation or chemotherapy while being treated at the Tata Hospital, Mumbai.



## ACHIEVEMENTS

Congratulations to Dr. Ambrish Kumar Mishra, Dr. Sarita Verma Kokane, Dr. Sandeep Kadam and Dr. Abhijeet Botre from department of paediatrics for the article which got published in Indian Paediatrics Pubmed Indexed Journal.

The article highlights their experience in treating post Covid children with MIS-C emphasising the need to consider other differential diagnosis before treating children as a case of post covid MIS-C.

Link for the article:  
<https://rdcu.be/cUYNu>



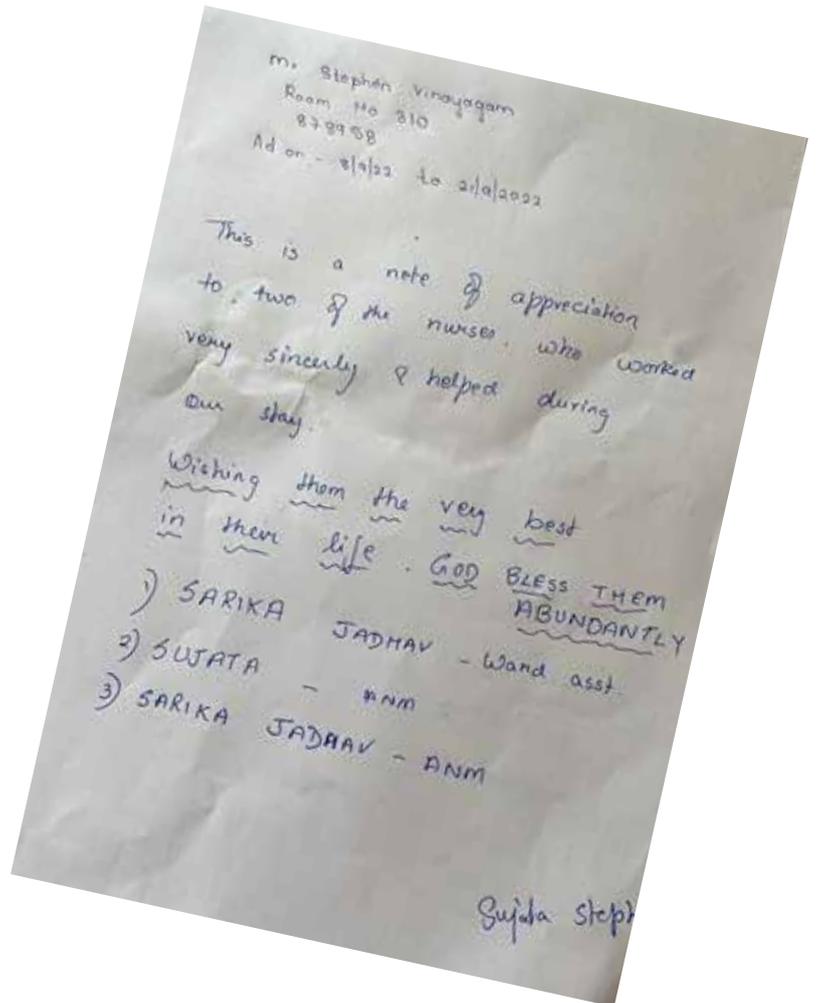
## TESTIMONIALS

*In KEM Hospital all are very friendly and helpful in nature. I especially loved how Dr. Umesh Vaidya and Dr. Shashank Shrotriya took his time to explain Mayra conditions with me and future treatment options. I had a great visit and the doctor's demeanour las really put me at ease so I highly recommended their doctors.*

Relative of Patient from NH 2nd Floor

आमच्या अनुभवानुसार ICU मधील सर्व स्टाफ डॉक्टर नर्स यांनी रुग्णाची आवश्यक ती काळजी घेतली. रुग्णाला योग्य रीतीने मार्गदर्शन केले. तसेच आमच्या बरोबर आपुलकीने वागून त्यांनी चांगल्या प्रकारे सहकार्य केले त्या सर्वांचा मी नातेवाईक या नात्याने त्याचा आभारी आहे.

Relative of Patient from ICU- A





EVENTS AND ACTIVITIES

# Celebration of World Physiotherapy Day





## Session on Ergonomic Care for Healthcare Workers

### Taking care of those who take care

Often as health care workers, we tend to ignore self care while providing for patients. This commonly leads to aches and pains, fatigue at the end of day. To make the work more efficient and less tiring we need to be more aware of our body posture and energy conserving techniques. Keeping this thought in mind, Reliva Physiotherapy and Rehab and KEM Hospital

conducted a session on ergonomic care for healthcare workers on 8th September 2022 which is observed as WORLD PHYSIOTHERAPY DAY across the globe.



Attending clinical and non-clinical staff were taught about proper ergonomic postures and exercise techniques to follow in daily living.





## Session on Mental Health and Suicide Prevention

On the occasion of World Suicide Prevention day i.e 10th September, KEM Hospital in association with Connecting NGO arranged a session on Mental Health and Suicide Prevention for our KEM staff.





EVENTS AND ACTIVITIES



## Talk for Critical Care Unit Staff Members by Dr. Kapil Zirpe

On 14th September, the Renal Unit organised a session for staff members of all Critical Care Units titled 'Selection and Maintenance of Deceased Donor for Deceased Donor Transplantation' Ruby Hall Pune's Head of Critical Care and Neuro Trauma Unit the well-known Dr. Kapil Zirpe delivered a talk on the subject. It was followed by a Q & A session.

## Retirement function

It was held on 30th September '22 for Ms. Maya Kadam (Sister Incharge), Ms. Kalpana Pradhan (Jr. Accounts Executive), Ms. Munniamma Muttu Swamy (Sweeper).



TEAM KEM



**MS. JANINE GARDA**  
has joined the KEM team as  
Neuro Psychologist  
& Coordinator.

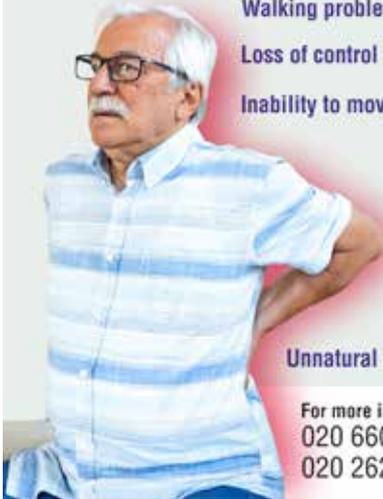


**DR. SHRIRANG RANADE**  
MS (General Surgery), M Ch (CVTS),  
DNB (CTS) has joined us as a Panel  
Cardiovascular & Thoracic (CVTS) Surgeon.



HEALTHCARE AWARENESS

## SPINAL CORD INJURY SYMPTOMS



- Walking problems
- Loss of control of bladder or bowels
- Inability to move the arms or legs
- Numbness or tingling sensation in the extremities
- Pain, pressure, stiffness in the back or neck area
- Unnatural positioning of the head

For more information  
020 6603 7460  
020 2621 7460



## KNOW THAT YOU ARE NOT ALONE

If you are considering suicide reach out to someone you trust or seek professional help.



For more information 020 6603 7460 020 2621 7460

We can ensure no one faces Alzheimer's alone by helping them feel loved and accepted

- Keep talking to them.** Even if they can no longer respond.
- Keep things simple.** Stick to short, specific statements.
- Remove distractions.** Get rid of any background noises.
- Chat one-to-one.** More people means more confusion for them.
- Avoid arguments.** No one will win.

For more information  
020 6603 7460  
020 2621 7460

Take the right steps to a healthy heart and a longer and better life from childhood!

Physical activity learned in childhood continues in adulthood, contributing to the person's decreased risk for heart disease and stroke.

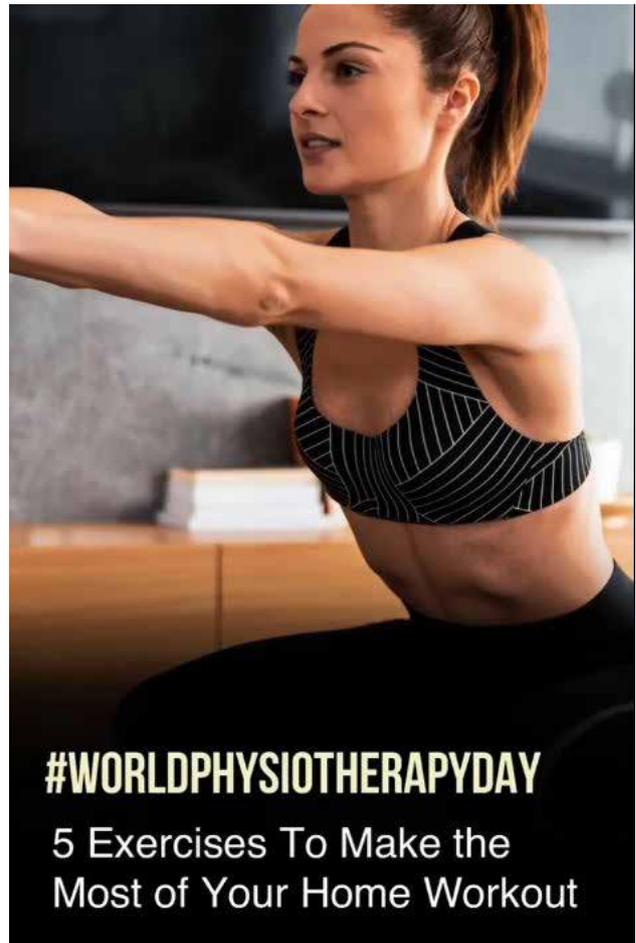
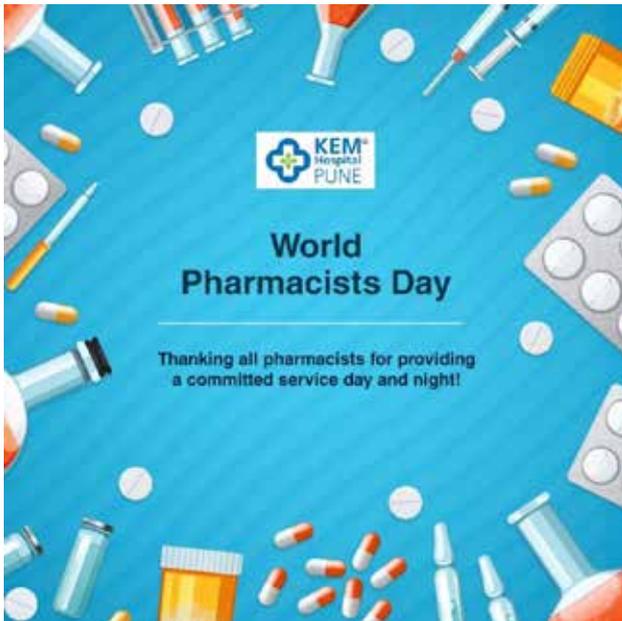
Children aged 5-17 should do at least 60 minutes of physical activity every day

at least one hour of exercise

Start a heart-healthy diet. Control your portion size. Eat more fruits and vegetables. Select whole grains. Limit unhealthy fats. Choose low-fat protein sources. Limit or reduce salt.

For more information 020 6603 7460 / 020 2621 7460





<https://www.instagram.com/p/CiPFXuXjWzy/>



<https://www.instagram.com/p/Ch9wHSsJTeU/>

