



inf+KEM

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Vol. 90

High Blood Pressure and Kidney Diseases



Know Your Health

50 years of the KEM Pune Blood Bank



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Health Awareness



World AIDS Day
International Day of Disabled Persons



Achievements



High Blood Pressure and Kidney Diseases



Timely care, proper treatment and adopting a good lifestyle are the keys to control high blood pressure.

High blood pressure is a major cause of kidney disorders and kidney failure. The kidney is an important organ in the body and plays an important role in controlling blood pressure. This is done by disposing off excess water and minerals from the body through urine and by regulating the levels of certain hormones in the blood.

High blood pressure can damage the blood vessels and filters in the kidney. As a result, blood vessels become narrow, blood flow decreases, and the kidneys are unable to function properly. This further increases the blood pressure and the increased blood pressure again damages the kidneys while this vicious cycle continues. Overall, this makes it difficult to remove waste products from the body and leads to kidney failure. High blood pressure can have adverse effects not only on the kidney but also on many organs like the brain, heart, eyes etc.

Symptoms of kidney disease:

- Swelling of the feet
- Decreased urination
- Night-time increased frequency of urine
- Vomiting, nausea, loss of appetite, etc



But in many patients, the disease is already in advanced stages before any symptoms show up. Therefore, tests such as serum creatinine, urea, electrolytes, protein in urine and abdominal sonography, etc., are required to diagnose kidney disease. These tests should be done when high blood pressure is diagnosed and thereafter every six to twelve months.

If the kidney disease is diagnosed, doctors may suggest certain medicines. The main goal is to control blood pressure, thereby preventing further damage to the kidneys. But these medicines are given according to the medical condition of each individual. For those with diabetes, it is important to take special care. Keeping blood pressure under control is essential if high blood pressure to avoid resulting kidney disorders.

Five things are to be kept in mind :

- Take tablets as per doctor's advice
- Check blood pressure levels regularly
- Reducing the amount of salt in the diet
- Lifestyle changes – healthy diet, weight loss, adequate sleep, stopping smoking or related habits
- People with high blood pressure should exercise regularly but should consult a doctor before they start.

Another important issue is high blood pressure at a young age. Blood pressure before the age of forty can possibly be a sign of a kidney disease. Such patients need to be treated properly. But many of these patients stop treatment and reach the stage of kidney failure simply because of neglecting their own health.

Kidney diseases can be prevented or controlled by taking timely care, proper treatment and adopting a good lifestyle.



DR. VIPUL CHAKURKAR

Associate Consultant, Nephrology



Special programme to mark 50 years of the KEM Pune Blood Bank

Pune 24 December 2022: KEM Hospital, Pune organised a special programme to mark 50 years of its blood bank. Around 20 regular donors and 45 camp organizers were felicitated for their selfless deeds. The KEM Pune blood bank is one of the oldest in Pune and has grown and flourished under the determined and able leadership of Dr. Jeroo Coyaji, Hon. Administrator of the Blood Bank since March 1972. Dr. Jeroo Coyaji was felicitated for her enormous contribution to the blood bank.

Dr.Kurus Coyaji, President KEM Hospital Society, Dr.Jeroo Coyaji , Dr.FF Wadia , Trustee and Director of the Department of Nephrology, Dr. Xerses Coyaji, Medical Director , Dr. Vishwanath Yemul Medical Administrator , Dr. Madhur Rao, Senior Deputy Medical Administrator, Dr. Anand Chaphekar, Chief BTO (Blood Transfusion Officer) in charge of the Blood Bank at KEM Hospital were present on the occasion.

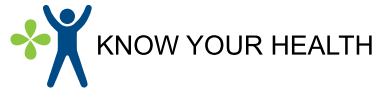


Dr.FF Wadia, Dr.Yemul and Dr.Anand Chandekar spoke on the occasion. The citation for Dr. Jeroo Coyaji was read out by Dr. Madhur Rao. On behalf of blood donors and camp organisers Ram Bangad, President of Raktache Nate, Dinesh Shah, Dr.Sachin Jathar, Narendra Rane also spoke on the occasion.

Dr. Anand Chaphekar, Chief BTO (blood transfusion officer) and In charge of Blood Bank at KEM Hospital has witnessed the evolution of this unit since 1984. He said that the blood bank has been helping patients during surgeries, trauma and all types of treatment which may need the back up of blood and blood products. Today the blood bank has a team of 27 skilled members including doctors, technicians, nurses and support staff.

Dr. Chaphekar added that the blood bank has been a witness to all the changes that happened in the last five decades in the field of transfusion medicine. The seventies had glass bottles for blood collection and use, which were later replaced by





plastic bags followed by integrated plastic bags. Till about four decades ago blood was considered as a whole and single factor. In 1988 KEM Pune was amongst the first blood banks in the city to introduce component separation which included red cells, plasma and platelets. Today component separation is an essential part and a norm of every blood bank which has amplified its use for more patients in need. In the early 2000s this was followed by Leukocyte Reduction to remove WBCs from platelets.

Our Blood Bank has been at the forefront of pioneering and adopting new techniques and technologies which have helped the blood bank transform into a state-of-the-art facility. The blood bank has been one of the first to adopt new technologies like Phenotyping, three cell panel antibody screening for every donor and patient, identification of antibodies and issue of antigen negative blood, Nucleic Acid Amplification Test, or NAAT, a type of viral diagnostic test which adds another safety layer etc., he added.

Dr. Madhur Rao, Senior Deputy Medical Administrator KEM Hospital Pune said 'bound by our vision of Quality and Ethics in patient care, our blood bank is a center of excellence. Stringent protocols, modern technologies, skilled manpower and safety have been the main pillars of blood bank operations throughout the five decades of its existence. The blood bank has been a part of every procedure and multidisciplinary effort thus proving lifesaving for many.

We will continue to drive down this path to deliver quality care to all'.







Consultant's Breakfast







Retirement Function

This was held on 20th December 2022 for Mr. Subhash Ubale (Housekeeping Staff), Mrs. Surekha Mohite (Housekeeping Staff and Smt. Sulochana Tambe (Clerk / DEO)





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|---|---|
|  | <p>MAJ GEN (DR.) RAMESH KAUSHIK SM MBBS, MS, MCh has joined us as a Consultant Cardio Thoracic & Vascular Surgeon. OPD Timings: Every Wednesday & Friday, 09:00 AM -11: 00 AM in the Cardiology OPD on the 4th Floor of the TDH Building.</p> |
|  | <p>DR. MILIN JAISWAL DNB (Orthopaedics), has joined us as an Associate Consultant - Spine Surgery OPD Timing: Every Monday & Wednesday, 01:00 PM - 03:00 PM</p> |
|  | <p>DR. SUSHRUTA KULKARNI-DESHMUKH DCH, DNB, has joined us as an Associate Consultant - Paediatrics OPD Timing: Every Monday, 09:00 AM – 11:00 AM</p> |
|  | <p>DR. ADITI KASAR has joined us as a Full-time Dentist OPD Timing: Monday - Saturday, 10:00 AM – 07:00 PM</p> |

 **ACHIEVEMENTS**

Congratulations!!

Dr. Anusha Kulkarni

(Dept. of Pathology) for your case report titled '*Florid vascular proliferation of colon: An incidental finding in intussuscepted bowel with underlying adenocarcinoma*' which got published in Indian journal of Pathology and Oncology.

Link for paper:
<https://doi.org/10.18231/j.ijpo.2022.084>



Congratulations!!

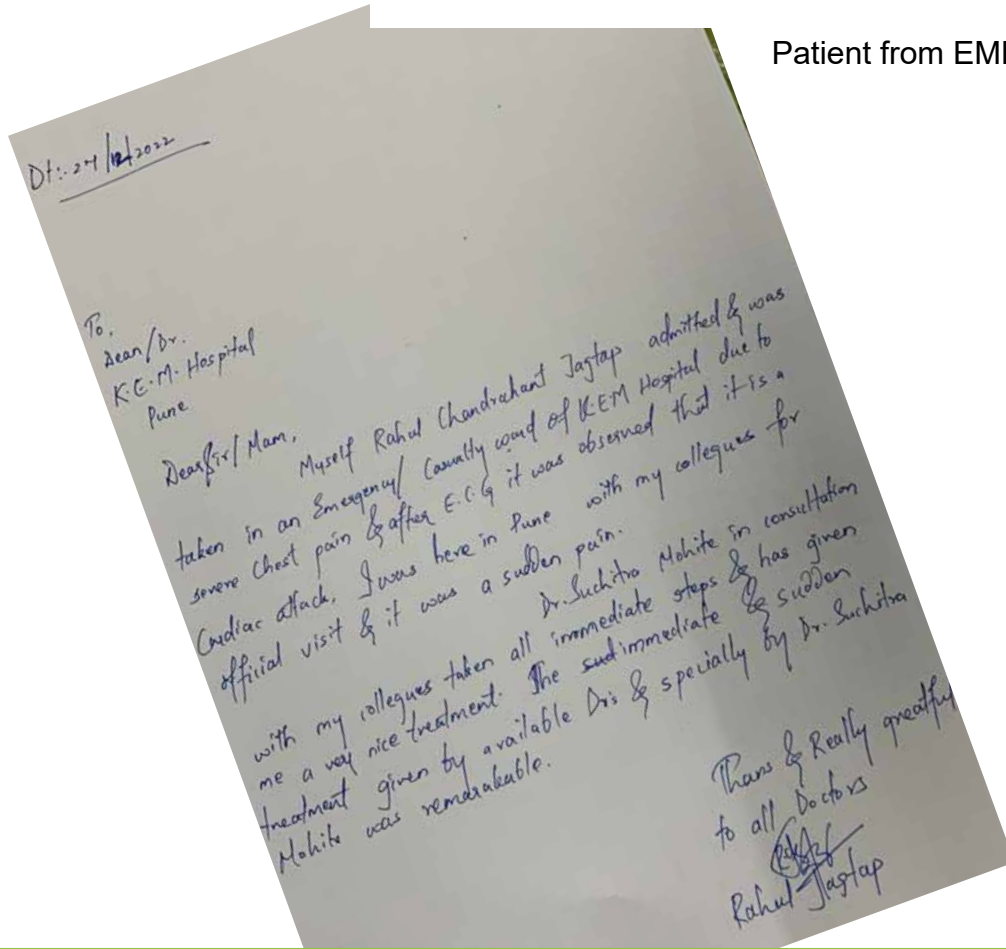
Dr. Umesh Vaidya

for receiving the Best Paediatrician and Neonatologist Award by the Health Icon Survey 2022 conducted by Pune Mirror.



TESTIMONIALS

Patient from EMD



MEDIA

उच्च रक्तदाब आणि मूत्रपिंडाचे विकार

डॉ. विपुल चाकुंकर
मुरभारवाडी, काठेरा हास्यमंदिर

उच्च रक्तदाब हे मूत्रपिंडाचे विकार आणि मूत्रपिंड (किडनी) निकामी होण्याचे एक प्रमुख कारण आहे. किडनी हा शरीरातील एक महत्त्वाचा अवयव असून, रक्तदाब नियंत्रित ठेवण्यात तो महत्त्वाची भूमिका बजावतो. शरीरातील जवळीचे पाणी व क्षार लक्ष्मीवाटे बाहेर टाकून; तसेच काही संश्लेषकांचे रक्तातील प्रमाण नियंत्रीत ठेवणे हे कार्य केले जाते.

उच्च रक्तदाबामुळे मूत्रपिंडामधील रक्तवाहिन्या व फिल्टरिंग युक्ताने होऊ शकते, परिणामी रक्तातील अनेक अणु, रक्ताचा प्रवाह कमी होतो आणि मूत्रपिंडांना त्यांचे कार्य नष्ट करत घेत नाही. यामुळे रक्तदाब आणखी वाढतो आणि काबोलना शकता. रक्तदाबाचा पुढा मूत्रपिंडांना अणु होऊन हे दुष्टचक्र चालू राहते. एकंदर, यामुळे शरीरातील टाकाऊ पदार्थ बाहेर काढणे होत जाते आणि मूत्रपिंड निकामी होतो. उच्च रक्तदाबाचा विपरीत परिणाम हा कसा मूत्रपिंडावर नाही, तर मंद,

उच्च रक्तदाब आणि मूत्रपिंडाचे विकार टाळण्याचे असतील, तर रक्तदाब नियंत्रणात ठेवणे अत्यंत आवश्यक असते.

आरोग्यमंत्र

- हरप, दोळे इत्यादी अनेक अवयवांचा होऊ शकतो.
- मूत्रपिंडाच्या अजाराची लक्षणे
- पायथर सृज येणे
- लक्ष्मीचे प्रमाण कमी होणे.
- उलटी, मळमाळ, भूक न लागणे, इत्यादी.
- शरीराला वेळी अधिक वेळा लक्ष्मीत जावे लागते.

ब-याच रोगांना यातील कोणतेही लक्षण दिवून घेण्यात आजार पुढच्या टप्प्यात आलेला असतो. त्यामुळे मूत्रपिंड आजारचे निदान करण्यासाठी


समसमया कठिना लागतात. जसे, की 'सिरम क्रिएटिनिन', 'युरिया', 'होमोस्टॅटोलाइट', लक्ष्मीतील प्रथिनांचे प्रमाण आणि पोटाचे स्वेदछपरी इत्यादी. या तपासण्या उच्च रक्तदाबाचे निदान झाले तेव्हा करण्यात आणे त्यानंतर प्रत्येकाने दर सात ते चात महिन्यांनी तपास कराव्यात. जर मूत्रपिंडाच्या अजाराचे निदान झाले, तर डॉक्टर वेळी औषधांचा सल्ला देतात. याचा मूळ हेतू रक्तदाब कमी न देता नियंत्रित ठेवणे हा आहे. जेणेकरून मूत्रपिंडाला अधिक युक्ताने होण्यापासून पावविले जाऊ शकते. मात्र, हे औषधांपासून प्रत्येकाच्या वैयक्तिक परिस्थितीनुसार दिले जाते. यामुळे असलेल्यांनी विशेष काळजी घेणे महत्त्वाचे आहे.

- यासाठी आवश्यक अशा पाच गोष्टी
- अजारात घेतले प्रमाण कमी ठेवणे.
- नियंत्रित रक्तदाबाची घाटो लक्षणे.
- डॉक्टरांच्या सल्ल्यानुसार नियंत्रित ठेवणे घेणे.
- रक्तदाब असलेल्या व्यक्तींनी व्यायाम करणे करावे, पण त्यासाठी डॉक्टरांचा सल्ला घ्यावा.
- जीवनशैलीत बदल करणे, सकस अजारा, बजत कमी करणे, पुरेसे सोप घेणे, तंबाखूचे सेवन बंद करणे.


आणखी एक महत्त्वाची बाब म्हणजे, लक्ष्मी घ्यावे होण्यात उच्च रक्तदाब, पाहिलेला आणि रक्तदाबाचा आजार शक्यतो किडनीच्या आजाराने लागत असू शकते. अशा रोगांचा योग्य पद्धतीने उपचार घेणे गरजेचे असते; परंतु या रोगांचेही बरेच बरे उपचार बंद करतात आणि वेगळे स्वतःच्या लक्ष्मीकडे दुर्लक्ष होण्यामुळे मूत्रपिंड निकामी होण्याचा टप्प्यात जातो. वेळोवेळी काळजी घेऊन, व्यवस्थित उपचार व घेतले जीवनशैली अनेकदा मूत्रपिंडाचे आजार टाळत येत अथवा आटोक्यात आणत येतात.



**Disability is
the inability to
see the ability.**

A photograph of a man in a wheelchair on a basketball court. He is leaning forward, looking down at a basketball on the floor in the foreground. The court has a white line on the floor. The background is a plain wall.

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

The KEM Hospital PUNE logo, featuring a blue cross with a white plus sign inside, followed by the text "KEM Hospital PUNE" and the tagline "Quality and ethics in patient care" in a smaller font.