



inf+KEM

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KEM Hospital Pune launches a unique Metabolic and Obesity Clinic



In an effort to address the increasing burden of metabolic diseases and provide a holistic approach to the treatment, KEM Hospital, Pune today launched a unique Metabolic and Obesity Clinic.

Well known Bariatric Surgeon Dr. Jayashree Todkar who will be heading the clinic said that the main aim behind starting this initiative is to diagnose metabolic diseases at an early stage and treat them with scientific and holistic approach so as to reduce the risk of future complications.



Our country is witnessing a significant surge of combination of diabetes and obesity. If not treated early, there is a risk of landing up with serious complications which have a significant impact on quality of life, leave alone the financial burden, she added. A lot of conditions like high blood pressure, heart diseases, kidney and liver diseases, joint problems, infertility, many types of cancers, fatigue, depression etc are linked to obesity and diabetes. These

diseases are likely to be significantly more aggressive and progressive than those who are non-obese. To add to this the Pandemic has also fuelled obesity linked issues amongst all age groups including children, adolescent and adults.

Dr. Todkar added, while awareness about various diseases is increasing, people approach the doctors only when they experience some problems, and by the time the disease has already progressed. To add to this, about 80% patients with metabolic diseases have central obesity, while 60% have overall obesity. Visceral Fat which is a root cause of all these problems is also significantly higher in our country. Therefore the need of the hour

is education and awareness. Diagnosing and starting the treatment early and stage wise scientific approach according to international guidelines is the key. It is important to make the patient understand that any serious issues like heart ailments, joint problems or others may be linked to obesity and should be treated hand in hand.

Dr. Todkar said that this requires a dedicated metabolic clinic which will do a proper evaluation, identify the stage, risk for future complications and requires multidisciplinary approach. The team includes nutritionist, physiotherapist, physician, surgeon, counsellor, coordinator and other experts. The idea is to provide a holistic approach to address the overall metabolic issue rather than treating only individual symptoms like weight, sugar levels, BP, cholesterol etc. This will help improve the metabolic health of the patients and reduce the risk of future complications and enhance the individual's overall health and productivity.

Media Coverages

केईएम में मेटाबोलिक व ओबेसिटी क्लिनिक शुरू
हॉस्पिटल की बेरियाट्रिक सर्जन डॉ. जयश्री तोडकर करेंगी नेतृत्व

केईएम हॉस्पिटल पुणे येथे मेटाबोलिक व ओबेसिटी क्लिनिक सुरु

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डॉ. जयश्री तोडकर

केईएम हॉस्पिटल येथे मेटाबोलिक, ओबेसिटी क्लिनिक सुरु
डॉ. जयश्री तोडकर यांच्या नेतृत्वाखाली चालणार कामकाज

KEM Hospital Pune launches a unique Metabolic and Obesity Clinic

Pune (Voice news service): In an effort to address the increasing burden of metabolic diseases and provide a holistic approach to the treatment, KEM Hospital, Pune today launched a unique Metabolic and Obesity Clinic.

Bariatric Surgeon Dr. Jayashree Todkar who will be heading the clinic said that the main aim behind starting this clinic is to diagnose metabolic diseases at an early stage and treat them with scientific and holistic approach so as to reduce the risk of future complications.

Our country is witnessing a significant surge of combination of diabetes and obesity. If not treated early, there is a risk of landing up with serious complications which have a significant impact on quality of life, leave alone the financial burden, she added. A lot of conditions like high blood pressure, heart diseases, kidney and liver diseases, joint problems, infertility, depression etc. are linked to obesity and diabetes. These diseases are likely to be significantly more aggressive than those who are non-obese. To add to this the Pandemic has also fuelled obesity linked issues amongst all age groups including children, adolescent and adults.

Dr. Todkar added, while awareness about various diseases is increasing, people approach the doctors only when they experience some problems, and by the time the disease has already progressed. To add to this, about 80% patients with metabolic diseases have central obesity, while 60% have overall obesity. Visceral Fat which is a root cause of all these problems is also significantly higher in our country. Therefore the need of the hour is education and awareness. Diagnosing and starting the treatment early and stage wise scientific approach according to international guidelines is the key. It is important to make the patient understand that any serious issues like heart ailments, joint problems or others may be linked to obesity and should be treated hand in hand.

Dr. Todkar said that this requires a dedicated clinic which will do a proper evaluation, identify the stage, risk for future complications and requires multidisciplinary approach. The team includes nutritionist, physiotherapist, physician, surgeon, counsellor and other experts. The idea is to provide a holistic approach to address the overall metabolic issue rather than treating only individual symptoms like weight, sugar levels, BP, cholesterol etc. This will help improve the metabolic health of the patients and reduce the risk of future complications and enhance the individual's overall health and productivity.

Inauguration of Ophthalmology Department

A state-of-the-art ophthalmology department has been set up by KEM hospital, Pune in association with Vision Next Foundation. The department was inaugurated in presence of Dr Kurus Coyaji, President of KEM Hospital Society, Dr Kishor Jhanvar, Dr F.F.Wadia, Trustee and Director of Nephrology Department, Dr Xerxes Coyaji, Medical Director, Ms Shirin Wadia, General Administrator, Dr Vishwanath Yemul, Medical Administrator, Dr Madhur Rao, Senior Deputy Medical Administrator and Dr Ambarish Darak, Medical Director of Vision Next Foundation, Dr Shruti Warke, Cornea & Refractive surgery specialist, Dr Nikhila Sathe, Anterior segment surgeon and Glaucoma specialist among others.

The centre has all modern facilities and services related to ophthalmology. This includes the latest equipment for cataract surgery and Lasik commonly referred to as laser eye surgery for the correction of refractive errors. As many as 19 new different types of equipment are available at this enhanced department which would greatly facilitate precision diagnosis and treatment of retinal disorders, diabetic retinopathy, and other conditions of the eye. All these services and facilities are available under one roof which would be a great advantage for all patients.

Apart from modern facilities and services, the centre would have a team of around 12 dedicated trained members including eight ophthalmologists with expertise in different sub-specialities of the eye.





Role of Ayurveda in Management of Lifestyle Disorders



We are living in this digital and fast-acting world, which has speeded up our daily routine and has created a lot of adrenaline pumping action. Automisation and mobiles are new add-on factors for inactive life which has slowed down metabolism. Everyone is now part of this modern lifestyle but the individual who understands the real art of living can have a good healthy way of life.

Lifestyle is a pattern of living that we follow, and lifestyle diseases are defined as those health illnesses that react to incorrect ways of leading a lifestyle.

Ayurveda has two objectives, one is “*Swasthasyaswasthya Rakshnam*” that is conservation of health. In prevention of lifestyle disorders, Ayurveda is having individual and holistic approach.

“*Prakruti*” the biotype (constitution) of an individual is analyzed and lifestyle is guided on its basis to maintain balance in biological energies *Vata*, *Pitta* and *Kapha*. Daily regimen -*dincharya*- how to lead the life correctly from morning till night is guided according to biological clock, at the same time seasonal regimen – *Rutucharya* has been advised to take corrective measures to prevent imbalance in these biological humors. Ethical regimen is advised to maintain social and psychological balance.

Agni – the gastric fire is another important concept in Ayurveda. It is the metabolic energy that is transformative force which convert one form to another form. “*Roga sarve api mandegno*” means all diseases start from weakness of *Agni* that is it starts from gut, that’s why right *agni* gives right nourishment to all tissues.

“*HIT bhook MIT bhook so Aruk*”

When an individual eats according to its constitution – *prakruti* and eats according to appetite he remains disease free and away from lifestyle disorders.

Causative factors of lifestyle diseases

- 1.Improper eating habits
- 2.Inactiveness or improper exercises
- 3.Bad habits [smoking, alcohol]
- 4.Lack of social approach
- 5.Wrong ergonomics
- 6.Psychological imbalance [depression]

These kind of *hetu* – causative factors leads various kinds of self inflicted or non communicable disorders

- 1.Cardiovascular diseases
- 2.Stroke
- 3.Metabolic diseases – DM / Obesity / PCOD/ Hypothyroid
- 4.Cancer
- 5.COPD
- 6.Musculoskeletal disorders

Management of Above disorders is done with holistic approach by Ayurveda

- 1.Individual is assessed for constitution and imbalance of vitiated factors
- 2.Corrective measures are advised through lifestyle and dietetic correction
- 3.Herbal preparations are given to correct imbalances of biological energies (*shaman chikista*)
- 4.Purifications and detox treatment is given to eliminate toxins (*shodhan chikista*)
- 5.Suitable therapeutic yoga postures are advised, and adequate rest is also advised
- 6.*Pranayama* and meditation is advised for psychological balance



VD (DR.) AJITKUMAR MANDLECHA
Consultant, Ayurveda



(DR.) MANOJ THAKUR
Consultant, Ayurveda



No Hair To More Hair

Start your Hair Transplant journey at KEM Hospital, Pune

Patterned hair loss is a common cause of hair loss in males as well as females. It usually starts at a young age and progresses with age. Family history may be contributory along with the influence of androgens in the body hence, called Androgenetic Alopecia (AGA).

It can cause psychological stress in some patients. Management of AGA needs a holistic approach; it should not be only seen as a cosmetic concern but a disease process having various pathogenic pathways.

Treatment options are broadly classified into- Surgical and medical, each having its definite role in the management. Hair transplant in properly selected patients can give natural looking hair on the bald areas of the scalp with long term results. This goes a long way in restoring patients confidence, decreasing the psychological stress associated with early balding and overall improvement in quality-of-life. Hair transplant is an intricate blend of fine surgical technique and artistic approach. There have been advancements and refinements in the technique of hair transplant over the past decade, thereby making the surgery more safe, better regrowth of implanted hairs and enhancing the aesthetic outcome.





EVENTS AND ACTIVITIES

We at Department of Dermatology, KEM Hospital, Pune offer a ray of hope to patients suffering from baldness in the form of hair transplant surgery combined with comprehensive medical and other surgical modalities like autologous PRP, micro-needling, Mesotherapy, etc. We have developed a structured and meticulous treatment programme customised to individual patient needs.

Hair transplant is done by FUE (follicular unit extraction) method. There is a pre-procedure examination and counselling of the patient, relevant investigations are done and after medical fitness the patient is taken for hair transplant.

Hair transplant is done under local anaesthesia with the patient being fully conscious and comfortable during the procedure. He/she can interact with the operating team and can also enjoy melodious music during the procedure. Patients will have small breaks in between for a light meal, fruit juice, etc.

Our team of trained doctors is present throughout the duration of the procedure. Patient is explained all detailed post procedure instructions and follow up treatment. Doing hair transplant in a hospital setup has the added advantage of availability of emergency care specialists, in the rarest of rare situations. This adds to the patient-safety. In addition to the transplant of scalp hair we also offer hair transplant of beard, moustache and eyebrow hair, traumatic scars of scalp, scars of repaired cleft lip/palate. Male patients with thin beard can undergo transplant to have optimum density of beard hair which is in vogue grooming style currently.

We at KEM Hospital Pune welcome you or any of your known ones suffering from baldness to start their journey of freedom from baldness with us by booking your transplant consultations. We are starting Hair transplant very soon.

**DR. SWARAJ POTDAR**

Associate Consultant

Clinical Dermatology and Hair Transplant



TDH Centre Awareness Programme “Catch them Young”



Started in 1979, the TDH Rehabilitation and Morris Child Development Centre has been offering a single roof multi disciplinary approach to the treatment of childhood disabilities for the last 43 years. However unfortunately, children with disabilities are referred or arrive late to the Centre. So it was decided to start an awareness programme of all the facilities available in the Centre. The first target audience was the KEM staff, along with the nurses from three neighbouring hospitals - Sassoon, Kamala Nehru and Tarachand Hospitals.

Dr. Abhijeet Botre, Pediatric Neurologist, created case scenarios for the Occupation Therapy, Child Development and Speech and Hearing (Big Ears) Departments. Therapists from each of these Departments discussed their treatment plan, to make the session as informative as possible to the audience.

The final discussion was on Autism. Due to the lockdown, children had no social contact for two years. The incidence of autism seems to have increased considerably. All three specialities participated in this discussion.

The attendance was excellent. Many came to us afterward and expressed their surprise that such good facilities available at the Center for ‘special’ children and children with learning disabilities. Keeping in view the encouraging response, the plan is to extend this workshop to a wider audience. With this in mind our next target group is aimed at Paediatricians.



Zonal Round of National Quiz



The Zonal round of the 1st National Quiz in Paediatric Nephrology for postgraduates was held on 5th November 2022 at KEM Hospital, Pune. This quiz was organised for the first time by the Indian Society of Paediatric Nephrology (ISPAN) to generate an interest in this subject amongst paediatric postgraduate students.

The preliminary round of the quiz, held on 17th September, saw 121 teams participating from across India on a virtual platform. The 4 winning teams from the west zone competed in the zonal rounds at our centre. They were from the Armed Forces Medical College and Noble Hospital and Research Centre, Pune and BJ Wadia Children's Hospital, Mumbai and BYL Nair Hospital, Mumbai. Dr. (Brig.) Rajkumar, Director of Academics, graced the occasion and kindly gave away the certificates.



The event was well appreciated by all the students and the attending faculty. The final round of the quiz will be conducted during the Annual Conference of the ISPAN in Mumbai on 3rd December 2022.





EVENTS AND ACTIVITIES



Celebration of Children's Day

Children's Day was celebrated in fancy dress on 14th November in the TDH -Morris Centre by children belonging to Centre, along with participation from children attending the Renal OPD and Diabetic OPD. The best dressed girl was 'Jhansi ki Rani' and the best dressed boy was a 'Police Inspector'.

The children enjoyed the different tattoos drawn by the invited tattoo artiste on their arms. They also enjoyed getting clicked at a photo booth and captured the memories to cherish. One boy played the Casio while others recited poems. The 'piece de resistance' was a group of young drummers. They played an African instrument called djembe who made the audience clap and dance to their tunes with their lively performance. The whole experience was thoroughly enjoyed by both the parents and children.





EVENTS AND ACTIVITIES



IAPM (Pune Chapter) Meeting at KEM

Dept. of Pathology, KEMH hosted the Indian Association of Pathologists and Microbiologists (IAPM) - Pune chapter meeting on 15th Nov 2022. It was a grand success with 90 participants from eleven teaching institutes from all over Pune.

In this meeting, we were able to project KEM hospital with its subspecialties in pathology as standard of care in Pune city through the various talks by Dr. Aparna Joshi - CNS tumours, Dr. Mayuri Swamy - Flow Cytometry, Dr. Kiruthiga.K.G - Lymphoma, Dr. Sunil Deshpande - Renal Immunofluorescence, Dr. Ketki - HPLC and Coagulation.

Our senior residents and PGs including Dr. Anusha Kulkarni, Dr. Monika Singh and Dr. Aswathy Gopalakrishnan made a mark in their case presentations, which were rare and interesting.

This programme, initiated by Dr. Manchanda was a successful attempt to bring the entire pathology fraternity of Pune city after a long wait. Dr. Pradhan's address to the audience with details of KEM's journey over the last 110 years and driving the entire event to highlight the evolved subspecialty services at KEM hospital made it a lively afternoon.



Neuro-Navigation Machine

We would like to thank Mr Vipen Malhotra, President of Arya Omnitalk Solutions Wireless Pvt. Ltd and members of the Rotary Club of Pune Central who paid us a visit to see the Neuro-Navigation Machine which generously donated by them under their CSR programme and is now available for use in our OT for complex brain surgeries.



Lecture on COVID-19 Vaccine Past, Present and Future

On 30th November, Dr. Prasad Kulkarni, Executive Director, Serum Institute of India Pvt Ltd, Pune has delivered a talk on COVID Vaccines- Past, Present & Future. Dr. Kulkarni during his lecture recapitulated the journey of COVID-19 vaccine development globally and in India during last two years. Serum Institute of Indian Pvt Ltd has been a key partner with the Government of India in rolling out he world's largest COVID-19 vaccine program. KEM Hospital Research Centre has contributed to conducting high quality clinical trials for many COVID-19 vaccines like Covishield, Sputnik and Covovax. Dr Kulkarni very succinctly summarized the various vaccine delivery platforms, the available scientific evidence till date on safety and efficacy of various COVID-19 vaccines in all age groups, and role played by the vaccines in reducing mortality and morbidity during the pandemic. He further discussed the possible future strategies in prevention of COVID infection like use of annual boosters, vaccination of young children, development of bivalent vaccines using different strains of the COVID virus and combining COVID and flu vaccines. He also provided recent updates from FDA and CDC on inclusion of COVID-19 vaccines in routine immunization. The talk was followed by an extensive interactive discussion with the audience. The lecture was attended by consultants, post-graduate students and research staff from KEM Hospital, Pune.





EVENTS AND ACTIVITIES



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The event was well appreciated by all the students and the attending faculty. The final round of the quiz will be conducted during the Annual Conference of the ISPN in Mumbai on 3rd December 2022.



EVENTS AND ACTIVITIES

Lecture on 'Pandemic Perspectives: Where Are We'

On 18th November, Dr. Raman Gangakhedkar, Former Head Scientist, Epidemiology & Communicable Diseases ICMR has delivered a talk on Pandemic Perspectives: Where Are We.



TEAM KEM



DR. SACHIN GANDHI
MS (General Surgery)
MCh (Neurosurgery)
DNB (General Surgery & Neurosurgery)
has joined our hospital as a Panel
Consultant Neuro Surgeon.



DR. (BRIGADIER) RAJ KUMAR
MBBS, MD (Community Medicine),
Ph.D.(Zoology/Entomology)
has joined the KEM team on
1st November 2022
as a Director Academics.



MS. NOOPUR DIKSHIT
BA (Home Science),
PG Diploma (Dietetics)
has joined the KEM team
as a Dietitian



DR. SALONI RAJE
MA, MSPT
has joined us as a
Neurodevelopmental Therapist
and Vestibular Rehab Specialist

ACHIEVEMENTS

Congratulations

**Dr. Pratibha Kukreja Pandit,
Paediatric Dentist**

at KEMH for successfully completing certificate course on special health care needs in dentistry conducted by Indian Society of Paedodontics and Preventive Dentistry (ISPPD) at AIIMS, New Delhi on 6th of November 2022. This is a more significant achievement as Dr. Pratibha is the only Paediatric Dentist from Pune who's been certified with this course at present.



Congratulations

Dr. Pramod Kulkarni

for getting elected as Executive Board Member from Maharashtra to the apex body- Central (National) Indian Academy of Paediatrics for the consecutive second year- 2023.

MEDIA



TESTIMONIALS

To Dr. Arati & team,

I want to thank you for your relentless efforts and dedication towards my father (Sadanand Bhagwat) during his stay at KEM ICU. You and your team's dedication towards every little detail across 24 hours through these 10 days truly demonstrates how much everyone cared for him. We could see my father being very comfortable with your staff, even cracking jokes at some time even in the event when it could be painful for him. Your team did everything best to try and get him out of the woods, but nature demanded something else. Thank you again for being such wonderful person and having such wonderful, dedicated team members who are genuinely good & caring people.

Yours Respectfully,

Ambarish Bhagwat & Bhagwat family

आदरणीय गादिया सर... कवी उमेश ओवाल

मोठं हॉस्पिटल म्हणजे, मनात असते भीती,
आणि खरंच, आपोआप धडधडते हो छाती।

वडील आजारी असल्याने, आमची चिंता होती वाढली,
त्यानिमित्ताने आठ दिवस, आम्ही केम मध्ये काढली।

गादिया सर, केम हॉस्पिटलसाठी आहेत अनमोल ठेव,
आणि सर्व रुग्णांसाठी तर, ते आहेत अक्षरशः देव।

गळटून जातात, रुग्णांच्या नातेवाईकांचे त्राण।
सरांचे कौशल्य आणि ज्ञानाने, वाचलेत हजारो प्राण।

काय बरं असेल गादिया सरांकडे दैवी शक्ती।
गंभीर आजारातूनही, माणसाला देतात मुक्ती।

रुग्ण हाताळताना, लहान सहान
गोष्टींवर, असतं त्यांचं ध्यान।
खरंच अद्वितीय आणि अभिमानास्पद आहे, त्यांचं ज्ञान।

रुग्णांच्या आयुष्याची, ते लीलया पेलतात मदर।
आणि विनोदी बोलण्यातून, रुग्णाला देतात आधार।

प्रचंड ज्ञानी गादिया सरांकडे, अतिशय आदराने पाहतात।
आणि आमच्या सारख्या लाखोंच्या, हृदयात ते राहतात।
कविताच काय, सरांच्या कर्तृत्वावर, लिहीन मी पुस्तक।
आदरणीय गादिया सर आणि
त्यांच्या ज्ञानापुढे सदैव नतमस्तक।

 HEALTHCARE AWARENESS



https://www.instagram.com/reel/Ck8k6PdJCOO/?utm_source=ig_web_copy_link



https://www.instagram.com/reel/ClfYippmTJ/?utm_source=ig_web_copy_link

