

infoKEM

91

2023 JANUARY





Dr. Farokh Master Consultant, Homoeopathy



Having finished his schooling with a first class, Dr. Master joined the Bombay Homoeopathic Medical College in June 1976. In December 1979, he passed his CCMP (Certificate Course in Modern Pharmacology) course. He was also honoured by the Governor of Maharashtra for an outstanding medical career. He is the country's first MD Homoeopath. Dr. Master is also one of the first few homoeopaths to have successfully completed Ph.D. He did it in "Cancer Management using Homoeopathy."

Dr. Master has been instrumental in starting homoeopathic outpatient departments in many allopathic hospitals viz. Bombay Hospital, King Edward Memorial Hospital, Nowrosjee Wadia Hospital, Jerbai Wadia Hospital. Dr. Farokh Master is recognised worldwide for his immense contributions in the treatment of cancer & homoeopathy.

He is the recipient of numerous national and international awards and honours for outstanding contributions to classical homoeopathy, cancer and homoeopathy, homoeopathic education and other alternative therapies.

He has been independently practising as a Homoeopathic Physician at Mumbai's Homoeopathic Health Centre. He has also authored more than 60 books translated into several international languages. In terminal cases of cancer and in the treatment of various complications of malignancy, Dr. Master has pioneered the use of Iscador therapy with homoeopathy, leading to pain relief, reducing haemorrhage, and increasing the periods of remission. Besides his over four decades of homoeopathic and teaching practice, he is also known for his philanthropic work.



CARDIAC SURGERY CAMP

In association with the Dharmendra Mulji Daiya Foundation

January 2023 13, 18, 20, 25, 27

February 2023 1, 3, 8, 10, 15, 17, 22, 24

March 2023 1, 3, 8, 10



Concessional rates for deserving patients

For details, call Vanita Vengurlekar: + 91 20 66037428 / 66037566
Venue: Cardiac OT, 4 th Floor,
TDH Building, KEM Hospital, Pune

Know More About Heart Surgery



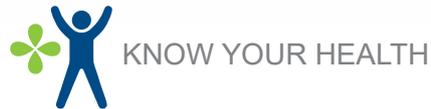
Any heart surgery is scary for a common man. What adds to this fear is a lot of misunderstandings and misinformation. Especially in the case of bypass surgery, many questions come to mind. Is this procedure very risky? Why was no other surgery advised? Will it cause complications? Will I be able to resume daily activities? How many years will this bypass surgery be effective? There are many such questions. But what is needed is sufficient awareness and removing misconceptions about it.

Need proper information about coronary bypass surgery

Bypass surgery is one of the treatment options suggested in cases of partial or complete blockage of blood vessels supplying the heart due to various reasons. In this procedure, a healthy blood vessel in the arms or heart is taken and connected to the lower or upper side of the blocked artery to create a new pathway. This improves blood flow in the heart. For many people, this process is life-saving.

When is it done?

Bypass may be advised when a person starts experiencing symptoms like severe pain in the chest and the main reason for this is narrowing of various arteries that carry blood to the heart.



The heart has two parts - the left ventricle and the right ventricle. The left ventricle is the main blood supply area of the heart. Bypass may also be advised when the artery narrows and affects the blood flow. In this case, a small balloon is inserted and inflated to widen the artery in the heart. This is called Angioplasty. However in case of more rigid or stiff blockage, Bypass procedure may be suggested. Also, bypass may be advised in an emergency situation where there is no response to other treatments.



Can bypass surgery be done in the elderly?

Many people think that bypass surgery is a very risky procedure, so it is not suitable for older people. However, it is important to understand that with the advancements in the medical field, new technologies, the risks associated with valve implantation surgery, bypass surgery and other heart surgeries have also reduced.

Another situation where bypass surgery is advised is when there are blockages/obstructions in many blood vessels or in many places and if no other procedure is suitable for the person. Importantly, no external device is implanted during this procedure and the blood vessels are the patient's own. Therefore, the results are good and the requirement of blood thinning medication may also be minimal. Importantly, the safety remains high in case some problems arise with age and if the procedure is required in any other area of the heart.



Dr. Dhairyasheel Kanase
Associate Consultant
CVTS



Thyroid Disorders



Thyroid disorders are on the rise in India & have become common. Resulting from abnormal levels of thyroid hormones these disorders are likely to affect the most productive phase in our lives. Low levels of awareness & lack of screening are equally responsible for this growing burden.

A state of complete physical, mental, and social well-being is called health. Our daily lives are greatly impacted by our state of health. There are many different ways of living that can cause hormonal imbalance and have different effects on health, typically the thyroid gland.

The thyroid is a gland in the neck that produces thyroid hormones. It is in front of the trachea, or the windpipe. The brain, heart, and digestive system are all regulated by thyroid hormones- the chemicals produced by the thyroid gland. In addition, they are essential for healthy sleep, normal metabolism, energy levels, and weight. Additionally, these hormones are crucial to the growth and development of infants and children.

A person is said to have a thyroid disorder if the functioning of the thyroid gland is abnormal.

Too less – called Hypothyroidism

Or

Too much – called Hyperthyroidism

Causes for abnormal functioning of the thyroid gland range from nutritional deficiencies, inflammation of the gland, thyroid cancer etc. The different features of Hypo and Hyperthyroidism are enumerated in the chart given in the next page.



HYPOTHYROIDISM (decrease in level of thyroid hormones)	HYPERTHYROIDISM (increase in level of thyroid hormones)
Weight gain	Weight loss
Fatigue	Anxiety
Decreased heart rate	Increased heart rate
Cold intolerance – feeling cold easily.	Heat intolerance – feeling hot and sweaty
Increased sleepiness	Difficulty sleeping
Dry hair, dry skin, Hair loss	Palpitations- feeling one's own heart beats
Depression	Tremors in hands
Increased bleeding during menses/ increase in frequency of menstruation.	Decreased bleeding during menses/ not getting menses for prolonged period
Infertility	Loss of libido / impotence

Doctors will direct you to get blood tests to determine the thyroid hormone levels in your blood (such as TSH, T3, T4). Depending on other accompanying symptoms you may also be advised an ultrasound of the neck, radioactive iodine uptake test, thyroid antibody tests or biopsy of the gland. Treatment for a thyroid disorder is initiated as soon as a diagnosis regarding its presence and cause is made. You will be advised to take thyroid hormone supplements orally if you have hypothyroidism. Your doctor will need to check your blood on a regular basis to see if the dose of thyroid hormone supplementation that was given to you is sufficient for you.

If you have hyperthyroidism, you will be prescribed medications to suppress the gland's activity. Blood tests will be required on a regular basis to check if the activity has been adequately suppressed.

Certain important points to remember while taking thyroxine (thyroid hormone supplementation)

1. Take a tablet on an empty stomach at the same time every morning. Wait for half hour before consuming any food or beverage.
2. Do not change the brand of thyroxine or dosage of the tablet without consulting your physician.
3. Do not stop your tablets on your own.
4. If you start experiencing any symptoms of hyperthyroidism or there is recurrence of hypothyroid symptoms, consult your doctor immediately.



Hypothyroidism and Pregnancy:

Hypothyroidism during pregnancy can result in stillbirth, growth retardation, premature birth, placental abnormalities, low IQ, and low birth weight. Thyroid hormones are very important for the growth and development of the foetus while it is in the mother's womb. Therefore, if you intend to become pregnant, it is essential to have your thyroid hormone levels evaluated.

Dr. Piyush Lodha

Associate Consultant, Endocrinology



Inauguration of Parkinson's Disease Support Group



A Parkinson's Disease (PD) Support Group was inaugurated on 18th January 2023 at KEM Hospital, Pune. The support group programme has been initiated jointly with the 'B K Parekh Parkinson's Disease and Movement Disorder Society' (BKP -PDMDS). Dr. Charulata Sankhla Neurologist at Hinduja Hospital and Trustee BKP -PDMDS, Dr. Pradeep Divate, HoD Neurosciences Department at KEM Hospital, Dr. Sharmila Donde, Director-Community Development and Training at BKS-PDMS, Dr. Maria Barretto, CEO of the PDMDS, and Dr. Madhur Rao, Senior Deputy Medical Administrator were present on the occasion.

In his welcome address, Dr. Madhur Rao said that the initiative would include a weekly two-hour session at KEM Pune every Wednesday from 10:30AM to 12:30 PM.

Dr. Sankhla gave a presentation on the management of Parkinson's disease. She emphasised that after a diagnosis of PD, treatment should be started at the earliest. Follow-up is lifelong and medicines should not be discontinued at any point. What is also important is to exercise which is a key to maintaining body movement. Dr. Sankhla stressed the importance of the role of caregivers in supporting individuals with Parkinson's Disease.

Dr. Pradeep Divate, Head, Department of Neurosciences at KEM Pune said that the progressive disorder affects the nervous system and subsequently the parts of the body that are controlled by them. The symptoms progress with age and may include tremors in the body, loss of movement, deterioration in posture and balance, inability to walk and maintain weight, stiffness, the rigidity of muscles, changes in speech, etc. The deterioration in movements and other symptoms also play on the confidence and affects individuals



EVENTS AND ACTIVITIES

emotionally and psychologically. Therefore apart from regular medication, the need of the hour is such support groups. The support group programmes are meant not only to help individuals with PD but also for their caregivers.

Dr. Sharmila Donde, Director-Community Development and Training at BKS-PDMS said that the Parkinson's Disease Support Group programme by BKP-PDMDS is carried out through multiple centres in India. The programme is in the form of a multidisciplinary module which includes occupational and speech therapy, physiotherapy, laughter therapy, art therapy, music therapy and movement therapy along with Yoga, meditation, consultation on diet, and lectures/awareness sessions by doctors on other neurological disorders in old age. These activities are carried out by trained professionals from BKP –PDMDS.

The programme will be free of cost for individuals, caregivers may accompany them for sessions.





Consultants' Breakfast



Republic Day Celebration





Group Therapy Session

At our TDH Rehabilitation & Morris Child Development Centre, we conducted a group therapy session for children with sensory issues & fine motor difficulties on 24th December 2022. The response for this initiative was great & we closed the group at a whopping number of 16 kids. We intentionally restricted to a smaller group for focused intervention. Group therapy was conducted and the purpose was to improve interaction of the children with their peers and to develop social skills. Group therapy helps children who have adjustment problems in school. Parents appreciated this activity, because they could also interact with each other & they formed a support group with the therapists.





DR. ASHISH KHOMANE, DA
has joined as a Consultant Anaesthesiologist
in our Endoscopy & Ophthalmology departments.



DR. HANMANT GADADE, MD (Skin & VD)
has joined our hospital as an Associate Consultant - Dermatology.
OPD Timing: Every Saturday from 11:30 AM to 01:30 PM



DR. HARSH DESAI, MDS (OMFS),
has joined our hospital as a Panel Maxillofacial Consultant
in our Dental Unit.



DR. GIRIRAJ GANDHI, MS (Gen.Surgery), M Ch (Plastic Surgery)
has joined our hospital as a Panel Consultant, Plastic Surgery.



DR. VISHAL MORE, MD (Respiratory Medicine),
has joined our hospital as an
Associate Consultant -Respiratory Medicine.
OPD Timing: Every Tuesday & Thursday, 11:30 AM - 01:30 PM



DR. HARSHAL MAHURE, MD (Pathology)
has joined us as a Full-time Consultant and Deputy Director
in Pathology.



CONGRATULATIONS

Dr. Jayashree Todkar for receiving distinguished teacher award at ANBAI 2022 at Koimbtore at the hands of the Ex. Chairman ISTRO Dr. Kasturirangan for the creation of first curriculum in metabolic sciences.



CONGRATULATIONS

Dr. Sharmila Patil who has been appointed as a head of Sub Chapter - Child Development of IAP Pune for the year 2023.



CONGRATULATIONS!

Dr. Sudha Chaudhuri conferred with **Lifetime Achievement Award** by the **National Neonatology Forum**

Awarded for her pioneering work for better outcomes for low-birth-weight newborn babies Eminent paediatrician and neonatologist at KEM Hospital, Pune, Dr. Sudha Chaudhuri was conferred with the prestigious Lifetime Achievement Award at the 41st Annual Convention of National Neonatology Forum recently organised at Kolkata. The award was given by Suvir Anandji Maharaj in the presence of Dr. Siddarth Ramji, President, NNF - 2022 and Dr. Dinesh Tomar, Secretary, NNF.

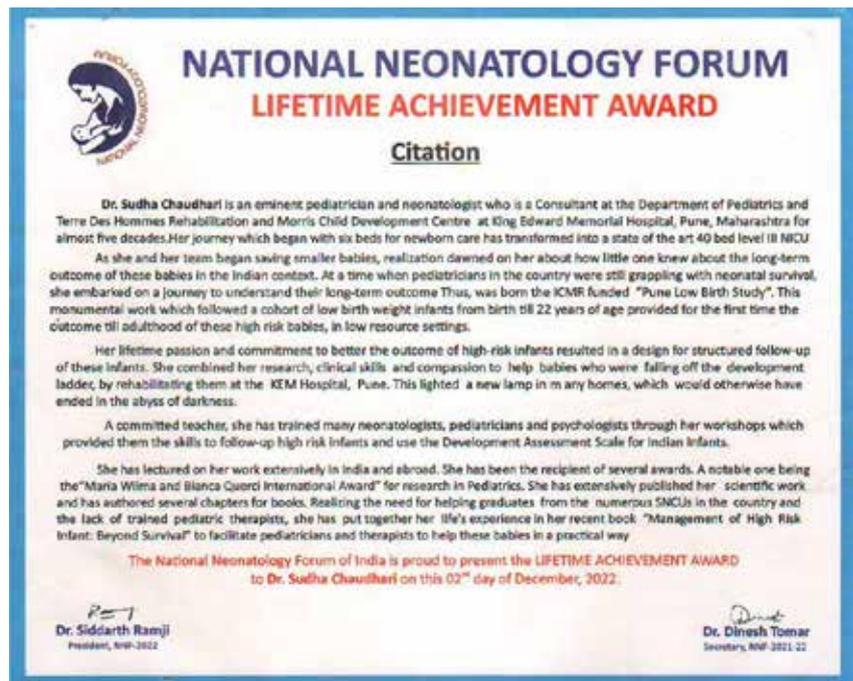
National Neonatology Forum is the apex body of neonatologists and related professionals and is actively involved in advocacy, policy making, research and improving the quality of neonatal health care practices.

Dr. Sudha Chaudhari is a Consultant at the Department of Paediatrics and Terre Des Hommes (TDH) Rehabilitation and Morris Child Development Centre at KEM Hospital, Pune



for nearly five decades. Her persistent efforts on working to better the outcome of high - risk infants gave birth to ICMR funded “Pune Low Birth Study- Birth to 22 years”. This resulted in a design for structured follow - up of these infants. She combined her research, clinical skills and compassion to help babies who were falling off the development ladder, by rehabilitating them at the KEM Hospital, Pune. This lit a new lamp in many homes, which would otherwise have ended in the abyss of darkness. This monumental work which followed a cohort of low-birth-weight infants from birth till 22 years of age provided for the first time the outcome till adulthood of these high risk babies, in low resource settings.

Dr. Madhur Rao, Senior Deputy Medical Administrator said that Dr. Chaudhuri has been a part of newborn care at KEM Hospital right from the beginning and has played a pivotal role in transforming it into a state of art NICU. Her work in neonatology started at a time when survival of low birth weight newborns was a challenge, resources were few and technology had not evolved the way it does today. Truly, her passion and work is commendable. She has not only treaded the path of treatment and research, but also trained many young neonatologists, paediatricians and psychologists who will help the next generation of professionals and in turn better the outcomes.





We at KEM Hospital are proud to have pioneering medical professionals like Dr. Chaudhuri who have transformed their departments into centres of excellence.



City Doctor conferred with Lifetime Achievement Award by the National Neonatology Forum



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डॉ. सुधा चौधरी यांना नॅशनल निओनॅटोलॉजी फोरम तर्फे जीवनगौरव पुरस्कार

पुणे : प्रख्यात बालरोग चिकित्सा तज्ञ व केईएम हॉस्पिटल पुणे येथे कार्यरत असणाऱ्या डॉ.सुधा चौधरी यांना कोलकाता येथे नुकत्याच पार पडलेल्या नॅशनल निओनॅटोलॉजी फोरमच्या (एनएनएफ) ४१ व्या वार्षिक परिषदेत जीवनगौरव पुरस्काराने सन्मानित करण्यात आले. स्वामी सुविरआनंदजी महा हस्ते देण्यात आला. याप्रसंगी - २०२२ चे अध्यक्ष डॉ.सि आणि सचिव दिनेश तोमर उपस्थित होते.

नॅशनल निओनॅटोलॉजी नवजात व बालरोग चिकित्सा तज्ञ व केईएम हॉस्पिटल पुणे येथे कार्यरत असणाऱ्या डॉ.सुधा चौधरी यांना कोलकाता येथे नुकत्याच पार पडलेल्या नॅशनल निओनॅटोलॉजी फोरमच्या (एनएनएफ) ४१ व्या वार्षिक परिषदेत जीवनगौरव पुरस्काराने सन्मानित करण्यात आले. स्वामी सुविरआनंदजी महा हस्ते देण्यात आला. याप्रसंगी - २०२२ चे अध्यक्ष डॉ.सि आणि सचिव दिनेश तोमर उपस्थित होते.



आहेत. उच्च जोखीम असलेल्या नवजात बालकांसाठी त्यांनी केलेल्या अथक प्रयत्नांमुळे आयसीएमआर तर्फे निधी प्राप्त झालेले पुणे लो बर्थ स्टडी - बर्थ टू २२ इयर्स या दीर्घकालीन उपक्रमाचा उदय झाला. यामुळे कमी वजनाच्या नवजात बालकांचा दीर्घकालीन पाठपुरावा करणे आणि त्यासाठी रचनात्मक पध्दत तयार करणे शक्य झाले.

डॉ.सुधा चौधरी इनको नॅशनल निओनॅटोलॉजी फोरम द्वारा जीवनगौरव पुरस्कार



पुणे : प्रख्यात बालरोग चिकित्सा तज्ञ व केईएम हॉस्पिटल पुणे में कार्यरत रहे डॉ.सुधा चौधरी इनको हालहि में कोलकाता में संपन्न हुए नॅशनल निओनॅटोलॉजी फोरम (एनएनएफ) के ४१ वें वार्षिक परिषद में जीवनगौरव पुरस्कार से सम्मानित किया गया. यह पुरस्कार सुविरआनंदजी महाराज के हाथों से दिया गया. इस दौरान एनएनएफ - २०२२ के अध्यक्ष डॉ.सिध्दार्थ रामजी और सचिव दिनेश तोमर आदी मान्यवर उपस्थित थे.

डॉ.सुधा चौधरी यह केईएम हॉस्पिटल में तेर ते ब्रोम्स

पुढारी

डॉ. सुधा चौधरी यांना जीवनगौरव पुरस्कार

पुणे : पुढारी वृत्तसेवा बालरोग चिकित्सा तज्ञ डॉ.सुधा चौधरी यांना कोलकाता येथे नुकत्याच पार पडलेल्या नॅशनल निओनॅटोलॉजी फोरमच्या (एनएनएफ) ४१ व्या वार्षिक परिषदेत जीवनगौरव पुरस्काराने सन्मानित करण्यात आले. हा पुरस्कार सुविरआनंदजी महाराज यांच्या हस्ते देण्यात आला.

याप्रसंगी एनएनएफ - २०२२ चे अध्यक्ष डॉ. सिध्दार्थ रामजी आणि सचिव दिनेश तोमर आदी मान्यवर उपस्थित होते. डॉ. चौधरी यांनी आपले वैद्यकीय कौशल्य व संशोधन याबाबत वापर करून अनेक नवजात बालकांना मदत केली. पहिल्यांदाच बालकांचा जन्मतः कमी वजनाच्या बालकांचा तब्बल २२ वर्षांपर्यंत पाठपुरावा करण्यात आला.



COT
 Mrs. Vinita Sirsikar
 Patient - Mr. Shailesh Sirsikar
 ward - Cardiac OT
 Great support from all the
 staff. Excellent service committed &
 dedicated staff. Keep up the
 good work.
Thankyou
 Thank you for giving me comfort
 and family like atmosphere
 coming from home
 many thanks
 Jyoti
 (patient)

Patient from Cardiac OT

COT
 for cardiac OT (COT) ward
 दिनांक: 22/01/2023
 तार: शुक्रवार
 प्रति,
 डे. ई. एम. हॉस्पिटल
 रस्ता पेठे
 पुणे.
 मा. मेहोदयं डा.जी नर्सिंग आनि कर्मचारी
 मी अगोड सुदान पवार आपल्या हॉस्पिटल मध्ये
 मासिक - 2-3 दिवसांपासून उपचार घेत होते. मी ICU
 (COT) मध्ये होस्टलिट होते मला मला डॉ. जयश्री, डॉ. टोपडे
 आनाशुभ सरोजेशी उपचार मिळाले त्यांच्याविषयी
 मला नर्सिंग स्टाफ व इतर कर्मचारी यांनी अत्युत्तम चांगले
 प्रकारे वागणूक मिळाली.
 सर्वांचे प्रभावीपण घेतवारे काय आपल्या सर्वोत्तम
 प्रभावीपण मी आपल्या हॉस्पिटल मध्ये पूर्णपणे बसू लागले
 आपण वैशेट
 श्री. अगोड सु पवार

Patient from Cardiac OT

First of all, I really like to thank wonder woman Dr. Jayashree Todkar and her team they did an excellent job. Thanks to all of them, Huge thanks to staff and sisters at 4th Floor. They all are very sincere, honest and hardworking women and should get appreciated all the time, thanks to 4th floor and mama as well for the help. Thanks to Dr. Neeta and her guidance towards us and to visiting doctor as well to take care of patient Always.

Patient from Nursing Home 4th Floor



Arogya

SAKAL READERS' CONNECT INITIATIVE

हृदय शस्त्रक्रियांबाबत योग्य जागरूकता हवी

हृदयाची कुठलीही शस्त्रक्रिया ही सामान्य माणसासाठी धडकी भरविणारी असते. याच्याशी निगडित अनेक समज-गैरसमज या भीतीमध्ये भर घालत असतात. विशेष करून बायपास शस्त्रक्रियेच्या बाबतीत मनात अनेक प्रश्न येतात. ही शस्त्रक्रिया अत्यंत जोखमीची असते का? इतर कुठल्या शस्त्रक्रियेचा सल्ला मला का नाही दिला? यामुळे गुंतागुंत निर्माण होईल का? मी पुन्हा दैनंदिन कामकाज करू शकेल का? बायपास शस्त्रक्रिया किती वर्षे प्रभावी ठरेल? असे अनेक प्रश्न असतात. मात्र गरज आहे ती, पुरेशा जागरूकतेची आणि याबाबत गैरसमज दूर करण्याची.

कोरोनरी बायपास शस्त्रक्रियेबाबत योग्य माहिती हवी :

विविध कारणांमुळे हृदयातील रक्तवाहिन्यांमध्ये अंशतः किंवा पूर्णपणे अडथळा निर्माण झाला तर त्यावर उपाय म्हणून बायपास शस्त्रक्रिया ही उपचारांमधील एक पर्याय आहे. या प्रक्रियेत पाय, हात किंवा छातीतील निरोगी रक्तवाहिनी घेऊन अडथळा असलेल्या धमन्यांच्या पुढच्या भागास जोडून एक नवीन मार्ग तयार केला जातो. यामुळे हृदयातील रक्तप्रवाह सुरळीत

होतो. अनेक लोकांसाठी ही प्रक्रिया जीवनदायी ठरते.

जेव्हा केली जाते ? : जेव्हा एखाद्या व्यक्तीला हृदयात तीव्र वेदनेसारखी लक्षणे सुरू होतात आणि याचे प्रमुख कारण जर रक्तप्रवाह करणार्या विविध धमन्या अरूंद झाल्या तर बायपासचा सल्ला दिला जाऊ शकतो. हृदयाला चार कप्पे असतात - लेफ्ट व्हेंट्रिकल, लेफ्ट एट्रियम व राईट व्हेंट्रिकल, राईट एट्रियम. हृदयातील डावा कप्पा म्हणजे लेफ्ट व्हेंट्रिकल हा शरीरास रक्त पुरविणारा प्रमुख भाग असतो. जेव्हा ह्या कप्प्यास रक्त पुरवठा करणाऱ्या रक्त वाहिन्या अरूंद होऊन हृदयाचा रक्त पुरवठा कमी होतो तेव्हा देखील बायपासचा सल्ला दिला जाऊ शकतो. ज्याबाबतीत हृदयातील धमनी रूंद करण्यासाठी छोटा फुगा टाकून फुगाविला जातो व कृत्रिम जाळी बसवली जाते, त्याला अँजिओप्लास्टी म्हणतात, मात्र धमनीतील अडथळा कडक असेल किंवा अँजिओप्लास्टी करणे घोकादायक असेल तर अशा वेळी बायपासचा सल्ला दिला जाऊ शकतो.

वयस्कर लोकांमध्ये बायपास शस्त्रक्रिया होऊ शकते का ? :

लोकांमध्ये बायपास ही अत्यंत

जोखमीची प्रक्रिया आहे, असा समज असल्याने वयस्कर लोकांमध्ये ही शस्त्रक्रिया योग्य नाही असे अनेकांना वाटते. मात्र हे समजून घेणे गरजेचे आहे की, वैद्यकीय क्षेत्रात झालेली प्रगती, नवनवीन तंत्रज्ञान यामुळे वॉल्व्ह रोपण शस्त्रक्रिया, बायपास शस्त्रक्रिया व इतर हृदय शस्त्रक्रियांशी निगडित जोखीम देखील कमी झाली आहे. दुसरी गोष्ट म्हणजे जेव्हा अनेक रक्तवाहिन्यांमध्ये किंवा अनेक ठिकाणी ब्लॉकजेश/अडथळे असतात आणि दुसरी कुठली प्रक्रिया त्या व्यक्तीस योग्य नसेल तर

बायपासचा सल्ला दिला जाऊ शकतो. महत्वाचे म्हणजे यात कुठलेही बाहेरचे उपकरण रोपित करण्यात येत नसल्याने व रक्तवाहिन्या स्वतःच्याच असल्याने या प्रक्रियेचे परिणाम चांगले दिसून येतात आणि रक्त पातळ होण्याची औषधे देखील कमीत कमी घ्यावी लागतात. आणखी एक महत्वाची बाब म्हणजे वयानुसार इतर कुठल्या समस्या निर्माण झाल्यास व इतर कुठल्याही भागात शाश्वतता गरजेची असल्यास सुरक्षितता जास्त राहते.

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महिना	दिनांक
जानेवारी २०२३	१३, १८, २०, २५, २७
फेब्रुवारी २०२३	१, ३, ८, १०, १५, १७, २२, २४
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