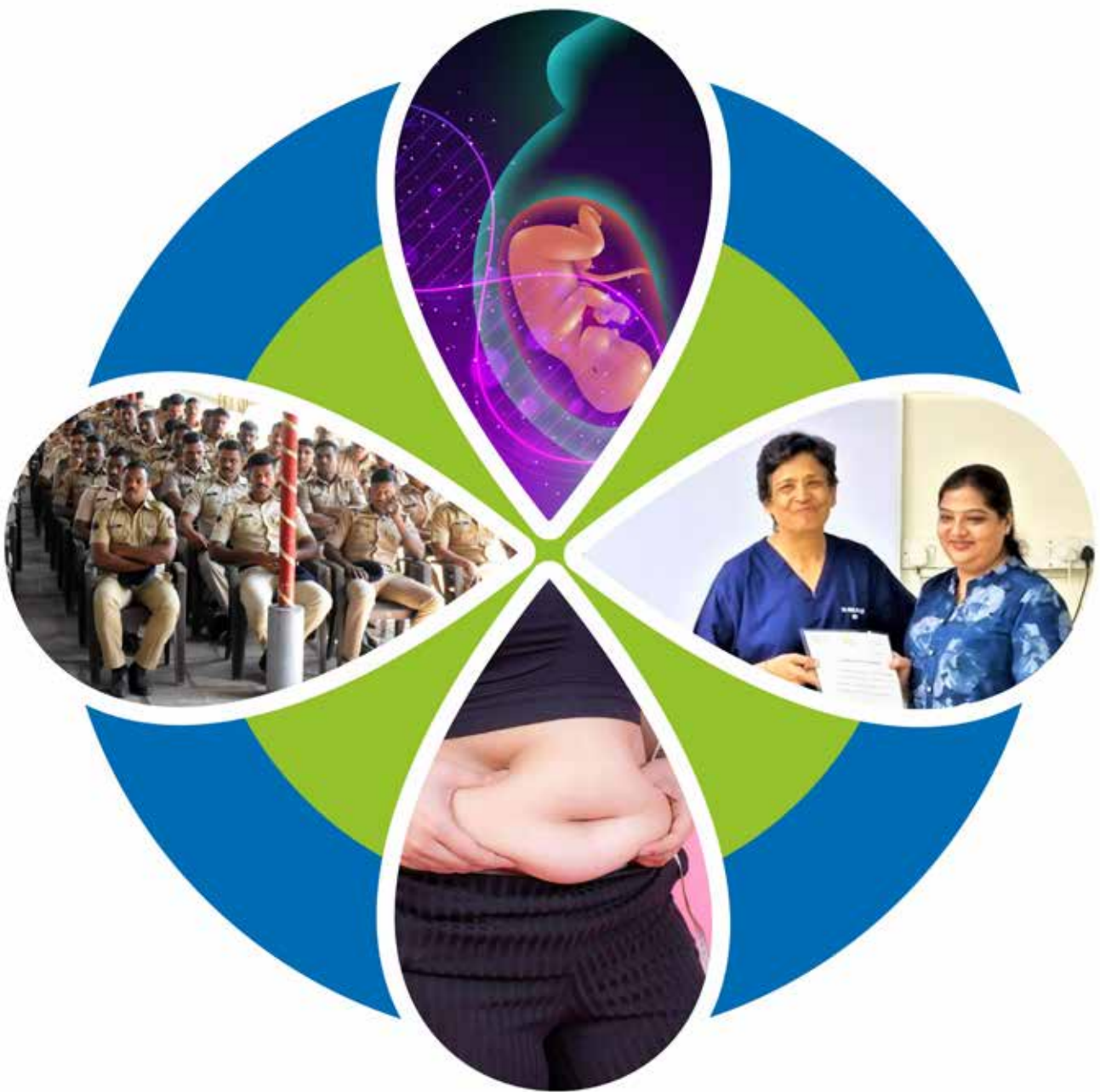


infoKEM

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2023 FEBRUARY



“Thanks! No-one explained to us in that way before.”



These were the concluding remarks from a couple whom I counseled regarding antenatal sonographic findings of an extra toe in the left foot and a mild unilateral dilatation of renal pelvis. The couple was concerned that they had done “all possible” genetic testing for the unborn child and their NIPT test was negative. They were anxious and were ready to terminate the pregnancy at 22 weeks of gestation.

After hearing out their concerns and taking a detailed family history, I realized that the family was not at high risk for any particular genetic disorder. The following points were explained to them in a simple language-

1. Every pregnancy is at risk for some genetic disorder. There are about 7000 genetic disorders and there is about 2 - 5 % chance that a pregnancy might be affected with a serious genetic disorder. This risk may be increased for certain genetic disorders if the family or personal history suggests so. A detailed family history analysis may determine that.



2. Antenatal sonography done at appropriate gestational ages (12 weeks, 16-17 weeks and 19-22 weeks) can rule out major structural abnormalities in the unborn baby with 95% of sensitivity. However, functional abnormality of organs (like deafness or neurological function) can not be determined by sonography.

3. NIPT or noninvasive prenatal screening test is offered to all pregnant women to determine the “chances” of common genetic disorders in the fetus. This test SCREENS ONLY for 3 common aneuploidies (Trisomy 21, 18 and 13) in the fetus. If the fetus is detected to have significantly higher risk than the background/ predefined risk then the definitive testing (amniocentesis) may be recommended. Importantly, as it is not a definitive test, it does not detect/ screen/ diagnose ALL POSSIBLE genetic disorders.

4. If sonography is suggestive of any major structural abnormality or family history is suggestive of any specific genetic disorder, in those cases definite invasive testing might be recommended only for a single or a few specific genetic conditions.

5. I also told them that a mild unilateral pelvis dilations and extra toe in one foot are very commonly observed structural variations in antenatal USG. In majority of the cases, renal pelvis dilatation disappears on its own as the pregnancy advances. Appropriate testing might be suggested if this dilatation increases significantly or amniotic fluid around the baby diminishes.

Initially anxious, the couple started to relax that their baby was after all not at very high risk for serious genetic disorders. Antenatal USG or genomic testing is not perfect but can rule out common abnormalities. Reproductive decisions should be weighed on a delicate balance of perceived risk and scientific facts. There will always be some uncertainties about the pregnancy outcomes and we need to be truthful while speaking to every family.



Dr Meenal Agarwal
Consultant, Medical Genetics



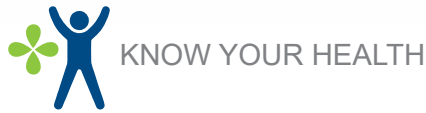
Obesity



Obesity is a chronic illness in which a person accumulates excess fat, which can jeopardize one’s health. The National Institute of Health (NIH) states that excess weight becomes a health hazard when it is 20 percent or more above the ideal body weight. Anyone with a BMI of 30 kg/m² or more is classified as obese. Obesity is the result of an increase in the size or number of fat cells in the body. When a person gains weight, these fat cells first grow in size and then in number. It can result in either significant physical disability or even contributes to death. Obesity can be defined by the following criteria:

Based on BMI

Class	BMI (Global)	BMI (Indian)
Normal	18.0-24.9	18-22.9
Overweight	25.0-29.9	23.0-27.9
Grade I obesity	30.0-34.9	28.0-32.9
Grade II obesity	35.0-39.9	33.0-37.9
Grade III or morbid obesity	40 and above	38 and above



Based on waist circumference

	Increased risk to life	Substantial risk to life
Men	Greater and equal to 94 CM	Greater and equal to 102 CM

**Obesity is more than a cosmetic issue
Obesity is a disease and a serious health risk**

Many people have the misconception that being fat is simply a lack of self-control. Actually it is a complex syndrome that involves control of appetite and energy metabolism. Similarly, being obese is often mistakenly considered the same as being overweight. In clinical terms, the difference is vital and often life-threatening. Several medical organizations, including WHO, classify obesity as a disease and a serious threat to health.

Causes of Obesity:

Obesity can be caused due to various reasons like genetic factors, changed lifestyles, energy dense diets, low level of physical activity, environmental factors, heredity, psychological and cultural influences and many others.

1.Genetic Factors:

Research shows that 80% of times genetic factors are responsible for a person’s predisposition for developing obesity. They can directly lead to obesity in combination with several diseases. Unfortunately, we do not know how genes make us fat or thin. Some genes affect parts of the brain that control appetite and the feeling of being full. Others can determine how the body saves or burns calories.

2.Environmental Factors:

An increase in caloric intake, changes in lifestyle, food systems and increased portion sizes, eating out frequently also lead to increased calorie intake as one meal served in restaurants and fast food outlets exceeds a person’s caloric needs for the entire day.



Dr. Jayashree Todkar
Associate Consultant, Bariatric Surgery



Audiologist Training Programme

Big Ears conducted an “Audiologist Training Programme ” for professional audiologists on 9th Jan 2023. Participants came from Belgaum, Buldhana, Ahmednagar, Hingoli, Satara. The main attraction for this training programme was live demonstration of cochlear implant surgery and an interaction with Dr. Neelam Vaid.

Dr. Vaid explained the detailed steps of cochlear implant surgery from the operation theater. After the surgery she delivered a lecture regarding how to choose a suitable candidate

for cochlear implant surgery. She emphasised the importance of proper hearing aid fitting, types of hearing assessment, audio verbal therapy and the psychological evaluation of candidates. Medical Social Worker Ms. Anuradha explained documentation needed for fundraising ,empanelment for ADIP and Rashtriya Bal Swasthya Karyakram (RBSK)Schemes for free cochlear implant surgery to all invited professionals



The interactive nature of the Question & Answer session was very helpful in clarifying issues related to Cochlear implants





EVENTS AND ACTIVITIES

Consultant's Breakfast





Mental Health Awareness Programme for the SRPF team

The Unit of Psychiatry, KEM Hospital, Pune organised a Mental Health Awareness Programme for the SRPF team. Over 300 jawans participated, giving an exhilarating response to our initiative. In the session, a skit was performed to convey the message and awareness regarding Mental Health and unhealthy coping mechanisms. The session was concluded gradually with some breathing and muscle relaxation techniques to help them deal with anxiety.





Paediatric Endocrinology CME

On 26 February 2023 a CME on Paediatric Endocrinology was co-hosted by KEM hospital and IAP Pune. Eminent national faculty Dr. Sudha Rao (Professor and Chief ; Division of Paediatric Endocrinology, Bai Jerbai Wadia Hospital for children, Mumbai) and Dr. Anurag Bajpai (Paediatric endocrinologist, Regency Centre for Diabetes Endocrinology and Research, Kanpur) were the guest faculty. Though short it was an academic feast to receive from them as they generously shared of their vast experience. It also included eminent and senior faculty from Pune and primarily from KEM from the field of general paediatrics, neonatology and gynaecology and paediatric endocrinology. The talks and the interactive panel discussions were very well received. They fulfilled the purpose of focusing on the general paediatrician's office approach to some common endocrine issues in neonates and in adolescents. There was also a very informative talk on the role of genetic evaluation in paediatric endocrinology.

Overall the CME which was attended by over 100 delegates was a rich addition to the academic calendar of KEM hospital and IAP Pune.





EVENTS AND ACTIVITIES

Programme by Prerana A Support Group for Cancer Patients and their Families



The Department of Medical Social Work of KEM Hospital, Pune, organized a special programme on World Cancer Day, for members of their support group 'Prerana'. The aim of the programme was not only to create awareness about cancer treatment, but also to encourage the parents and children to take proper treatment.



Children who had successfully completed their treatment and the achievers were felicitated. Ms. Jyoti Pillay who was instrumental in organizing this programme, has been involved with the support group since 1994. She also felicitated the donors who have time and again reached out to the needy patients.



Mr. Narayan Rathi, Director of Sudarshan Chemicals and a very senior member of Rotary Club of Pune Central, who has been a long time donor and supporter of 'Prerana' was felicitated on this occasion along with Dr. Sarang Rote, Chairman of the Medical Programme of Rotary Club of Pune Central.



The others present were: Mr. Navneet Karnani, a Philanthropist, Dr. Vishwanath Yemul, Medical Administrator, K.E.M. Hospital, Pune, Dr. Anand Bhatia, Head, Department of Anesthesia, K.E.M. Hospital, Pune & Member of Rotary Club of Pune Central, Dr. S. Kannan, Haemato-Oncologist, K.E.M. Hospital, Pune, Dr. Laila Garda, Director Research, K.E.M. Hospital Research Centre, Pune, Dr. Sarita Kokane, Consultant Paediatric Haemato-Oncologist, K.E.M. Hospital, Pune among others.

The Guests and children also enjoyed watching a magic show and a delicious lunch thereafter



लोकमत

कॅन्सरमुक्तीविरोधात लढणाऱ्यांचा केईएमने केला सन्मान

लोकमत न्यूज नेटवर्क पुणे : जागतिक कर्करोग दिनाच्या निमित्ताने केईएम हॉस्पिटलच्या वैद्यकीय सामाजिक कार्य विभागातर्फे विशेष कार्यक्रम आयोजित केला. या कार्यक्रमादरम्यान कर्करोगावर जिद्दीने मात करून उपचार पूर्ण केलेल्या आणि यश मिळविणाऱ्या मुलांचा सत्कार करण्यात आला. या कार्यक्रमात डॉ. सांगर रॉटे यांच्या सत्कार करण्यात आला. याप्रसंगी प्रेरणा मंदत गटाचे दीर्घकाळ समर्थक व देणगीदार असलेल्या, रोटी व क्लब ऑफ पुणे सेंट्रलचे वरिष्ठ सदस्य आणि सुदर्शन केमिकल्सचे संचालक आणि रोटी व क्लब ऑफ पुणे सेंट्रलच्या मेडिकल प्रोग्रामचे संचालक नागवण राठी यांचा सत्कार करण्यात आला. याप्रसंगी प्रेरणा मंदत गटाचे दीर्घकाळ समर्थक व देणगीदार असलेल्या, रोटी व क्लब ऑफ पुणे सेंट्रलचे वरिष्ठ सदस्य आणि सुदर्शन केमिकल्सचे संचालक आणि रोटी व क्लब ऑफ पुणे सेंट्रलच्या मेडिकल प्रोग्रामचे संचालक नागवण राठी यांचा सत्कार करण्यात आला. याप्रसंगी प्रेरणा मंदत गटाचे दीर्घकाळ समर्थक व देणगीदार असलेल्या, रोटी व क्लब ऑफ पुणे सेंट्रलचे वरिष्ठ सदस्य आणि सुदर्शन केमिकल्सचे संचालक आणि रोटी व क्लब ऑफ पुणे सेंट्रलच्या मेडिकल प्रोग्रामचे संचालक नागवण राठी यांचा सत्कार करण्यात आला.

अवतीभवती

कर्करोग दिनानिमित्त 'केईएम'मध्ये कार्यक्रम

पुणे : जागतिक कर्करोग दिनाच्या निमित्ताने केईएम रुग्णालयातील वैद्यकीय सामाजिक कार्य विभागातर्फे प्रेरणा मंदत गटातील सदस्य विशेष कार्यक्रम आयोजित करण्यात आला होता. या कार्यक्रमाचा केवळ उपचाराबाबत जागरूकता निर्माण करणे नव्हे तर पालक आणि मुलांना योग्य उपचार घेण्यासाठी प्रोत्साहित करणे या कार्यक्रमादरम्यान कर्करोगावर जिद्दीने मात करून उपचार पूर्ण केलेल्या आणि यश मिळविणाऱ्या मुलांचा सत्कार करण्यात आला. या कार्यक्रमात डॉ. सांगर रॉटे यांच्या सत्कार करण्यात आला. याप्रसंगी प्रेरणा मंदत गटाचे दीर्घकाळ समर्थक व देणगीदार असलेल्या, रोटी व क्लब ऑफ पुणे सेंट्रलचे वरिष्ठ सदस्य आणि सुदर्शन केमिकल्सचे संचालक आणि रोटी व क्लब ऑफ पुणे सेंट्रलच्या मेडिकल प्रोग्रामचे संचालक नागवण राठी यांचा सत्कार करण्यात आला. याप्रसंगी प्रेरणा मंदत गटाचे दीर्घकाळ समर्थक व देणगीदार असलेल्या, रोटी व क्लब ऑफ पुणे सेंट्रलचे वरिष्ठ सदस्य आणि सुदर्शन केमिकल्सचे संचालक आणि रोटी व क्लब ऑफ पुणे सेंट्रलच्या मेडिकल प्रोग्रामचे संचालक नागवण राठी यांचा सत्कार करण्यात आला.

केईएम हॉस्पिटल में मना कॅन्सर डे

पुणे, (सं.) - कॅन्सर डे के उपलक्ष्य में केईएम हॉस्पिटल पुणे के वैद्यकीय सामाजिक कार्य विभाग द्वारा प्रेरणा सपोर्ट ग्रुप के सदस्यों के लिए विशेष कार्यक्रम का आयोजन किया गया था. इस कार्यक्रम का उद्देश्य केवल कैंसर के उपचारों के बारे में जागरूकता फैलाना नहीं बल्कि पालक और बच्चों को योग्य उपचार लेने के लिए प्रोत्साहित करना था. कैंसर पर जीत हासिल करने और सफलतापूर्वक इलाज पुरा करने वाले बच्चों को सम्मानित किया गया. इस उपक्रम के आयोजन में ज्योती भूमिका रही है. इस दौरान डॉ. सांगर रॉटे का सम्मान किया गया. इस दौरान समाजसेवक नवनीत कर्नाती, केईएम हॉस्पिटल के वैद्यकीय विभाग प्रमुख डॉ. सांगर रॉटे के अध्यक्ष के रूप में सम्मान किया गया. इस दौरान प्रेमलता शिवाजी के अध्यक्ष के रूप में सम्मान किया गया.



प्रेरणा सपोर्ट ग्रुप के लंबे समय से समर्थक व देणगीदार रहे, रोटी व क्लब ऑफ पुणे सेंट्रल के वरिष्ठ सदस्य और सुदर्शन केमिकल्स के संचालक नागवण राठी एवं रोटी व क्लब ऑफ पुणे सेंट्रल के मेडिकल प्रोग्राम के अध्यक्ष डॉ. सांगर रॉटे का सम्मान किया गया. इस दौरान

केईएम हॉस्पिटल पुणेच्या वैद्यकीय सामाजिक कार्य विभागातर्फे कर्करोग दिन साजरा

पुणे : जागतिक कर्करोग दिनाच्या (४ फेब्रुवारी) निमित्ताने केईएम हॉस्पिटल पुणेच्या वैद्यकीय सामाजिक कार्य विभागातर्फे प्रेरणा मंदत गटातील सदस्यांकरिता विशेष कार्यक्रमाचे आयोजन करण्यात आले होते. या कार्यक्रमाचा उद्देश केवळ कर्करोगाच्या उपचारांबाबत जागरूकता निर्माण करणे नव्हे तर पालक आणि मुलांना योग्य उपचार घेण्यासाठी प्रोत्साहित करणे हा होता. या कार्यक्रमादरम्यान कर्करोगावर जिद्दीने मात करून उपचार पूर्ण केलेल्या आणि यश मिळविणाऱ्या मुलांचा सत्कार करण्यात आला. या कार्यक्रमात डॉ. सांगर रॉटे यांच्या सत्कार करण्यात आला. याप्रसंगी प्रेरणा मंदत गटाचे दीर्घकाळ समर्थक व देणगीदार असलेल्या, रोटी व क्लब ऑफ पुणे सेंट्रलचे वरिष्ठ सदस्य आणि सुदर्शन केमिकल्सचे संचालक नागवण राठी यांचा सत्कार करण्यात आला. याप्रसंगी प्रेरणा मंदत गटाचे दीर्घकाळ समर्थक व देणगीदार असलेल्या, रोटी व क्लब ऑफ पुणे सेंट्रलचे वरिष्ठ सदस्य आणि सुदर्शन केमिकल्सचे संचालक नागवण राठी यांचा सत्कार करण्यात आला.

केईएम हॉस्पिटल पुणे के वैद्यकीय सामाजिक कार्य विभाग ने मनाया कॅन्सर डे

पुणे : वर्ल्ड कॅन्सर डे (४ फेब्रुवारी) के अवसरपर केईएम हॉस्पिटल पुणे के वैद्यकीय सामाजिक कार्य विभाग द्वारा प्रेरणा सपोर्ट ग्रुप के सदस्यों के लिए विशेष कार्यक्रम का आयोजन किया गया था. इस कार्यक्रम का उद्देश्य केवल कैंसर के उपचारों के बारे में जागरूकता निर्माण करना नहीं बल्कि पालक और बच्चों को योग्य उपचार लेने के लिए प्रोत्साहित करना यह था. कैंसर पर जीत हासिल करने और सफलतापूर्वक इलाज पुरा करने वाले बच्चों को सम्मानित किया गया. इस उपक्रम के आयोजन में ज्योती भूमिका रही है. इस दौरान डॉ. सांगर रॉटे का सम्मान किया गया. इस दौरान समाजसेवक नवनीत कर्नाती, केईएम हॉस्पिटल के वैद्यकीय विभाग प्रमुख डॉ. सांगर रॉटे के अध्यक्ष के रूप में सम्मान किया गया. इस दौरान प्रेमलता शिवाजी के अध्यक्ष के रूप में सम्मान किया गया.



संचालक नागवण राठी और रोटी व क्लब ऑफ पुणे सेंट्रल के मेडिकल प्रोग्राम के अध्यक्ष डॉ. सांगर रॉटे इनका सम्मान किया गया. इस दौरान समाजसेवक नवनीत कर्नाती, केईएम हॉस्पिटल के वैद्यकीय विभाग प्रमुख डॉ. सांगर रॉटे के अध्यक्ष के रूप में सम्मान किया गया. इस दौरान प्रेमलता शिवाजी के अध्यक्ष के रूप में सम्मान किया गया.

KEM Hospital, Pune, organizes a special program to mark World Cancer Day



has been a long time donor and supporter of 'Prerana' was felicitated on the occasion along with Dr. Rote, Chairman of Medical Programme of Club of Pune Central. The others present Mr. Navneet, Karnia Iantropist, Dr. Vimal, Medical Advisor, K.E.M. Hospital, Dr. Anand Bhatia, Department of Hematology, K.E.M. Hospital, Member of Rotary Pune Central, Dr. Sarita Kokane, Paediatric Haematologist, K.E.M. Hospital. A magic show for the and a delicious lunch arranged.



केईएम हॉस्पिटल पुणेच्या वैद्यकीय सामाजिक कार्य विभागातर्फे कर्करोग दिन साजरा

पुणे (प्रतिनिधी) : जागतिक कर्करोग दिनाच्या (४ फेब्रुवारी) निमित्ताने केईएम हॉस्पिटल पुणेच्या वैद्यकीय सामाजिक कार्य विभागातर्फे प्रेरणा मंदत गटातील सदस्यांकरिता विशेष कार्यक्रमाचे आयोजन करण्यात आले होते. या कार्यक्रमाचा उद्देश केवळ कर्करोगाच्या उपचारांबाबत जागरूकता निर्माण करणे नव्हे तर पालक आणि मुलांना योग्य उपचार घेण्यासाठी प्रोत्साहित करणे हा होता. या कार्यक्रमादरम्यान कर्करोगावर जिद्दीने मात करून उपचार पूर्ण केलेल्या आणि यश मिळविणाऱ्या मुलांचा सत्कार करण्यात आला. या कार्यक्रमात डॉ. सांगर रॉटे यांच्या सत्कार करण्यात आला. याप्रसंगी प्रेरणा मंदत गटाचे दीर्घकाळ समर्थक व देणगीदार असलेल्या, रोटी व क्लब ऑफ पुणे सेंट्रलचे वरिष्ठ सदस्य आणि सुदर्शन केमिकल्सचे संचालक नागवण राठी यांचा सत्कार करण्यात आला. याप्रसंगी प्रेरणा मंदत गटाचे दीर्घकाळ समर्थक व देणगीदार असलेल्या, रोटी व क्लब ऑफ पुणे सेंट्रलचे वरिष्ठ सदस्य आणि सुदर्शन केमिकल्सचे संचालक नागवण राठी यांचा सत्कार करण्यात आला. याप्रसंगी प्रेरणा मंदत गटाचे दीर्घकाळ समर्थक व देणगीदार असलेल्या, रोटी व क्लब ऑफ पुणे सेंट्रलचे वरिष्ठ सदस्य आणि सुदर्शन केमिकल्सचे संचालक नागवण राठी यांचा सत्कार करण्यात आला.





Short Film by KEM Hospital Pune, bags first prize at Maha Arogya film Festival

“Sakhrepeksha Goad,” a short film released by the KEM Hospital and Research Centre, Pune, and D.A.T.E. (Developing Awareness Through Entertainment) to create awareness about the importance of diet and nutrition during pregnancy, bagged the first prize at the recently held Maha Arogya Film Festival 2022–2023 in Pune. The competition, organized by the Public Health Department, Government of Maharashtra, received 155 entries, which were judged by 8 jury members. Dr. Rohan Shah received the award on behalf of the Sakhrepeksha Goad team. The prize distribution ceremony was at the hands of Hon. Health Minister Dr. Tanaji Sawant.

The short film released in the year 2020 is based on the research by Dr. Chittaranjan Yajnik, Senior Scientist and Director of the Diabetes Unit, KEM Hospital, Pune, and his team. It focuses on what the youth of today can do for a healthy life for future generations. The short film was conceptualized and produced by veteran actor Dr. Mohan Agashe and written and directed by the late Sumitra Bhawe. It stars Om Bhootkar, Shruti Madhudeep, Jyoti Subhash, Renuka, and Devika Daftardar. This unique initiative was financially supported by Finolex Industries Limited, its CSR partner Mukul Madhav Foundation, and JetLine’s Navani family.

This film originated with the philosophy that science and research can reach people more effectively through the creative arts. Listening to something in a visual form is more effective than complicated scientific communication. The film is available on YouTube’s KEM Hospital Pune and Vishay Khol channels and has received more than 1.3 million views.

Congratulations

Dr. Vidya Ganapathy, Associate Consultant, Child Psychiatry at the TDH Centre for children successfully presented a symposium with 2 other Consultant Psychiatrists on ‘Comorbidities which undiagnosed adolescents of ASD present with in the clinic’ at the Annual National conference of Psychiatry 2023. She also took part in a symposium on ‘Eating disorders in Adolescents: through a Clinician’s lens’ in the Annual Conference of Social Psychiatry 2022, held earlier in Agra.





HEALTHCARE AWARENESS

