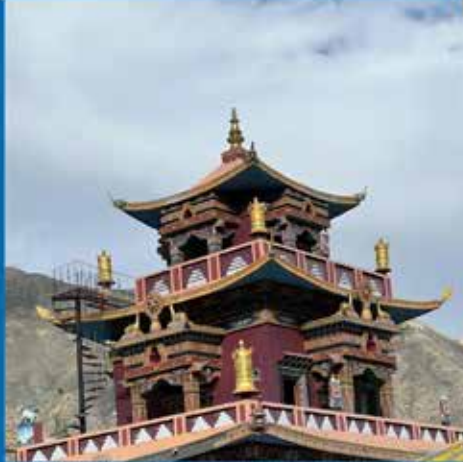


# infoKEM

# 97

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Quality and ethics in patient care



Quality and ethics in patient care



## Wilson Disease

Wilson Disease is a rare genetic disorder that causes copper to accumulate in the liver, brain and other vital organs. It affects approximately 1 in 30,000 people worldwide. Most people with Wilson disease are diagnosed between the ages of 5 and 35, but it can affect younger and older people, as well.

Copper is a trace metal which is present in many foods. Everyone needs small amounts of copper to remain healthy. Normally the body can get rid of any excess copper that is not required by the body. However in patients with Wilson Disease, due to their genetic defect, the body is not able to get rid of this excess copper and so it builds up in the body. Too much copper in the liver is harmful and leads to liver damage causing jaundice, swelling of feet and abdomen, anaemia, etc. Similarly excess copper in brain causes damage to brain tissue leading to slowness of movement, drooling of saliva, change in speech, difficulty in speaking, swallowing, writing, walking, doing school work, having depression, anxiety or mood swings.

As the genetic defect is present at birth, copper deposition in the body starts very early in life. However it takes a few years for copper to build up to a level where it causes significant damage and the patient starts getting problems.

Besides primarily affecting the liver and brain, Wilson Disease can also cause problems in the kidneys, bones, eyes and occasionally other organs in the body. Being a genetic disease, there could be another family member who has been diagnosed to have Wilson Disease or have signs and symptoms suggestive of it.

It is important to diagnose Wilson disease as early as possible so that treatment can be started before there is permanent brain damage and serious liver disease. Wilson disease is diagnosed based upon a detailed patient history, thorough medical evaluation, and specialised laboratory tests. Blood, urine and eye tests are usually required to make a diagnosis. Some patients require additional tests like liver biopsy, MRI brain, etc. If diagnosed early, Wilson Disease can be well treated with medications that remove copper from the body. These medications however, need to be taken life-long. If the liver disease is advanced, then a liver transplantation is required.



**DR. ASHISH BAVDEKAR**

Acting Director & Consultant - Paediatrics





## Ovarian Rejuvenation

Ovarian rejuvenation is a relatively newer procedure in ART to treat ageing ovaries in patients with premature ovarian failure. It allows the patient to use her own oocytes to conceive. Ovaries play a crucial role in IVF treatment. Good ovarian function equals more healthy eggs, more chance of good quality embryos and thereby better pregnancy rates.

The aim of ovarian rejuvenation is to reactivate the stem cells and follicles in the ovary to improve ovarian response in assisted reproduction treatments.

This therapy is carried out through bio-stimulation with plasma rich in platelets (PRP)

### What is PRP?

Platelet-rich plasma is obtained from the patient's own blood. It contains high concentration of platelets and is obtained after separating the components of a blood sample by centrifugation. PRP, once activated, triggers processes that produce the release of Growth Factors (GFs).

Growth factors stimulate the body's own mechanisms for repairing damaged or deteriorated tissue. In this specific case, restoration and rejuvenation of the ovaries is brought about by PRP instillation

### How is PRP prepared?

PRP preparation is done in 4 steps:

**Step 1:** Taking blood from the patient

**Step 2:** Separation of platelets and selection by centrifugation

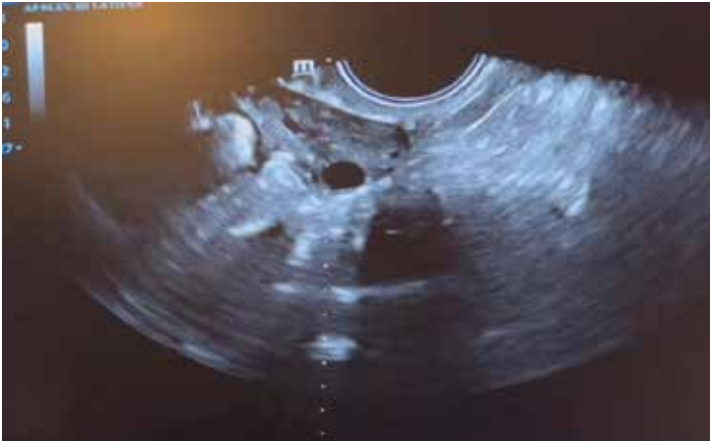
**Step 3:** Release of growth factors (GF)

**Step 4:** Injection of PRP into the ovaries



### Which patients are eligible for ovarian rejuvenation?

1. Patients with low ovarian reserve
2. Poor egg quality
3. Premature ovarian failure
4. High rates of oocyte aneuploidy



### **What are the advantages of this procedure?**

1. It is prepared from the patient's own blood, so no outside drug or material is injected into the body
2. It is a very simple & relatively inexpensive process.

### **Are there any side-effects?**

No. There are no side effects related to the procedure

### **What precautions are necessary post procedure?**

1. Continuation of medication
2. Avoid vaginal douching

### **What are the limitations of this procedure?**

1. It is not a sure shot procedure. The result is variable in different patients.
2. It is not a permanent cure.
3. The beneficial effect reduces over a period of time

Recent evidence states that supplementation with PRP may restore ovarian function, enabling the reactivation of folliculogenesis process and reduction in FSH which can lead to a better IVF outcome. However, the evidence for clinical application of intraovarian PRP injection is still undergoing trials and requires further elucidation.



### **DR. MUGDHA PARASNIS**

Head of Department

Tata Centre for Reproductive Health



## Animal Assisted Therapy

An “Animal Assisted Therapy” (AAT) guest session was organised on 26th July, 2023 for the Parkinson’s Disease ( PD) Support Group in collaboration with the BKP- PDMSD(?? long form). The group meets every week. About twenty patients from KEM and Deenanath Mangeshkar Hospital and their caregivers attended the program, along with several hospital executives and staff from the Psychiatry and Child Development Centre. The session was conducted by Tanushree Rakshit (Canine Behaviourist and Dog Trainer) and her team at Pro-Paws Academy.



The session was conducted by Tanushree Rakshit (Canine Behaviourist and Dog Trainer) and her team at Pro-Paws Academy.

This was a one of a kind experience for our patients and staff, where they got to interact with two gentle, friendly and well trained therapy dogs- Momo and Hazel. AAT harnesses the healing power of animals to provide comfort, companionship and support - and this is exactly what all the attendees experienced in the two hour session.



Initially, Tanushree had the patients familiarize themselves with the therapy dogs. The patients then interacted and bonded with the dogs over a few activities, which included motor skills and balance activities. By the end of the session patients experienced elevated moods, reduction in stress and a feeling of peace.







## Magic Show for Children

The Mukul Madhav Foundation organised a Magic Show for paediatric patients in celebration of their 25th founders' day.



## Retirement Function

This was held on 27th July, 2023 for Ms. Alpana Yadav (Staff Nurse Gr- I).





## Vikhe Patil School Camp by KEM Hospital

The Health Checkup Camp at Vikhe Patil School Lohegaon, conducted by KEM hospital Pune from 3rd to 5th July 2023, proved to be a resounding success in promoting the well-being of students from Junior KG to 10th standard. Dr. Anand Kawade, a distinguished Paediatrics specialist, inaugurated the camp, lending his expertise to benefit the young attendees.

During the camp, vital health checks such as height, weight, and up-to-date age appropriate vaccinations were diligently checked. Mental health assessments were also provided for the slightly older students, ensuring comprehensive care for their overall health.

The event began on an appreciative note as the school involved the doctor in celebrating Doctor's Day, acknowledging the efforts of healthcare professionals. Across the three days, an impressive number of students were attended to, with 230 students on the first day, 596 on the second, and 378 on the third. Making a total of 1,204 students.

The camp concluded with three informative talks by the doctors. Dr. Kawade spoke about General Health, imparting valuable insights on maintaining a healthy lifestyle and building strong immunity. Dr. Himangi Lubree addressed menstrual health for girls, empowering them with essential knowledge and Dr. Rejoy Joseph's talk on hygiene for boys emphasized the significance of personal care.

The Health Check-up Camp proved to be an invaluable initiative, prioritizing the students' physical and mental well-being, and equipping them with vital health information for a brighter and healthier future.







2

Times **WORLD**

# IVF Journeys: Dr. Mugdha Parasnis Explores Innovations, Emotional Support, and Lifestyle Factors in Fertility Treatment

In Vitro Fertilisation (IVF) is an assisted reproductive technique that offers hope to couples struggling with infertility. In an interview Dr. Mugdha Parasnis, head of department at the Tata Centre for Reproductive Health, KEM Pune provides valuable insights into the world of IVF, discusses some common questions. Let's delve into the fertility treatment.

Can you briefly explain what IVF (In Vitro Fertilisation) is and what prompts couples or individuals to consider pursuing it?

IVF is an assisted reproductive technique that involves combining a woman's eggs with sperm outside the body and subsequently implanting the resulting pregnancy back into the uterus. It serves as a viable option for couples or individuals facing fertility challenges. Some common reasons include conditions like blocked fallopian tubes, male infertility, or other factors such as endometriosis and polycystic ovary syndrome. It can also help couples to consider IVF as a potential fertility treatment.

Could you talk about the comprehensive unit called the Tata Centre for Reproductive Health at KEM Hospital and how it benefits patients with specific needs in the field of reproductive health?

The Tata Centre for Reproductive Health at KEM Hospital is a specialised unit that brings together IVF, fetal medicine, and genetic services under one roof. This integrated facility is particularly valuable for patients who have experienced multiple IVF failures, recurrent pregnancy losses, those seeking fertility preservation due to cancer diagnosis, and individuals with complicated IVF pregnancies that require in a single center, patients can receive comprehensive and coordinated care, ensuring convenience and expertise tailored to their specific reproductive health needs.

During the IVF journey, emotional challenges can arise for individuals and couples. How does your team provide emotional and psychological support, and what advice or words of encouragement do you offer to those considering or undergoing IVF treatment?

At KEM Hospital, our dedicated counselling team plays a vital role in providing crucial emotional and psychological support to couples throughout their IVF journey. Through multiple counselling sessions, our counsellors guide patients in coping with the stress and emotional challenges that can arise during the process. They teach effective coping mechanisms, emotional regulation techniques, and interpersonal



Dr. Mugdha Parasnis

skills to help individuals and couples navigate the emotional journey with strength and resilience. We understand the challenges, and our counsellors offer support to address these concerns. We emphasise to our patients that we are not alone in this process and that our team is there to support them. We provide words of encouragement, urging them to never lose hope and to focus on the light at the end of the tunnel, offering reassurance and optimism through our IVF treatment.



In recent years, what advancements or innovations have improved IVF success rates and patient experience?

Recent advancements in IVF include DNA fragmentation tests for male infertility, magnetic sperm selection and the use of ovarian and endometrial gland rich genetic testing (PGT-A, PGT-SR) for pre-uterine natural killer cells in unexplained infertility. These advancements contribute to higher success rates and a more positive experience for IVF patients.

What are some key factors that influence the success rates of IVF treatments, and are there any specific lifestyle changes or precautions individuals can take to enhance their chances of success?

The success rates of IVF treatments are influenced by several key factors. These include the patient's age, duration of affects egg quality, sperm count and morphology, and uterine receptivity. It's important to note that age plays a significant role, as success rates decline with increasing age. In addition to these factors, individuals can make specific lifestyle changes to enhance their chances of success with IVF. Maintaining a healthy lifestyle is crucial, including adopting a nutritious diet, engaging in regular exercise, and practicing stress reduction techniques such as yoga. It's also advisable to limit alcohol consumption and abstain from smoking, as these can have a negative impact on IVF outcomes.

For more details, contact: Dr. Mugdha Parasnis, Head, Tata Centre for Reproductive Health, KEM Hospital, Pune.



## घोरणे थट्टा नव्हे; आजाराचे लक्षण

डॉ. शिमत घाडगे कन्सल्टंट, पेडियाट्रिकी, गैर-सोपि संविधान

घोरणे हा केवळ धट्टेचा विषय समजून तो टाळू नका. त्याकडे लक्ष देऊन तज्ज्ञांचा सल्ला आणि मार्गदर्शन घ्या. शांत झोप ही निरोगी आयुष्याची गुरुकिल्ली आहे.

घोरणे आणि गाढ झोपणे ही मुलींमध्ये आणखी लक्षणे आहेत. असा शोषणवळ सोडून घ्यावा आणि हा आजार अगदी लोपोत्पत्ती टाळू शकतो. हे किती जबाबदाारी आहे? 'अॅडव्हॉकेट' मॅगझिनच्या (ऑगस्ट) हा शोषणे संबंधित विचार आहे. लहान मुलांमध्ये घोरणे आणि थट्टा झोपणे हे बऱ्या लोकांमध्ये झोपण्याचा हाच एकच उपाय आहे. लहान मुलांमध्ये झोपण्याचा हाच एकच उपाय आहे. लहान मुलांमध्ये झोपण्याचा हाच एकच उपाय आहे.



■ सगळी उपाययोजना होणे लहान मुलां, मात्र बरेचदा घोरणे, थट्टा झोपणे, घोरणे आणि गाढ झोपणे हे लक्षण आहे. लहान मुलांमध्ये झोपण्याचा हाच एकच उपाय आहे. लहान मुलांमध्ये झोपण्याचा हाच एकच उपाय आहे.

असे वाटत असते, की झोपण्याचा 'सोप' अॅडव्हॉकेट' असा उपाय आहे. लहान मुलांमध्ये झोपण्याचा हाच एकच उपाय आहे. लहान मुलांमध्ये झोपण्याचा हाच एकच उपाय आहे.

■ 'सोप' उपचारणाची भाव 'सोप' अॅडव्हॉकेट' ये निदान झोपण्याचा हाच एकच उपाय आहे. लहान मुलांमध्ये झोपण्याचा हाच एकच उपाय आहे.

# विल्सन डिजीज : लक्षणं आणि उपचार

डॉ. आशिष ब्रावडेकर कन्सल्टंट, पेडियाट्रिक गॅनरॉलॉजिस्ट

अनुवांशिक आजारांमध्ये 'विल्सन डिजीज' या आजाराचे नाव घेता येईल. या आजाराबद्दल या लेखात जाणून घेऊ. या आजाराची तीव्रता ओळखून त्वार वेळीच उपचार करणं आवश्यक आहे.

'विल्सन डिजीज' हा दुर्मिळ अनुवांशिक विकार आहे. यामध्ये यकृत, मेंदू आणि इतर महत्त्वाच्या अवयवांमध्ये 'तांबे' जमा होते. जगभरातल्या तोंस हजार व्यक्तींपैकी सुमारे एक व्यक्ती या विकाराने प्रभावित असू शकते. 'विल्सन डिजीज' असलेल्या बहुतेकांचे वय वर्षे ५ ते ३५ या वयोगटात निदान होतं. मात्र, वर्षे ५ ते ३५ या वयोगटात आरंभ होतो हा विकार तरुणांसह युद्धाच्या आरंभपूर्वीही परिणाम करू शकतो. तांबे हा धातू अनेक खाद्यपदार्थांमध्ये आढळून येतो. प्रत्येक व्यक्तीला निरोगी राहण्यासाठी काही प्रमाणात तांब्याची गरज असते. सामान्यतः आपले शरीर आवश्यक

नसलेले व अतिरिक्त तांबे बाहेर काढून टाकतं. विल्सन आजार असलेल्या रुग्णांमध्ये, अनुवांशिक दोषामुळे, शरीरातलं हे अतिरिक्त तांबे बाहेर काढता येत नाही आणि त्यामुळे ते शरीरात साठत राहते.

प्रमाणत तांबे असणं आरोग्यासाठी हानिकारक असते. या प्रकारामुळे यकृताला हानी पोहोचून अक्षतपण असा समस्या उद्भवता. त्याचप्रमाणे मेंदूतील अतिरिक्त तांब्यामुळे मेंदूच्या ऊतींचे नुकसान होतं; ज्यामुळे हालचाल मंदीकरण, साळ

गळणं, बोलण्यात बदल होणं, बोलणं, गिळणं, लिहिणं, चालणं, शालेय काम करण्यास अडथळे येणं, नैराश्य, चिंता किंवा स्वभाव बदलणं अशा समस्या उद्भवू शकतात. जन्मावेळी अनुवांशिक दोष असल्यास शरीरात तांबे जमा होण्यास सुरुवात होते. लक्षणीय नुकसान होण्याच्या फाटलीपसंत तांबे साचण्यास काही वर्षे लागू शकतात आणि त्यानंतर रुग्णाला आरोग्याच्या समस्या निर्माण होऊ लागतात. यात मुख्यतः समस्ये निर्माण होऊन होण्यासह मूर्च्छा, थकवट आणि मेंदूचे परिणाम होण्यासह मूर्च्छा, थकवट आणि कधी-कधी इतर अवयवांमध्येही समस्या निर्माण होऊ शकतात.

सदस्यांमध्ये देखील 'विल्सन डिजीज'चे निदान झाल्याची किंवा त्याची लक्षणे असण्याची शक्यता असू शकते. या विकाराचे लवकरात लवकर निदान करणं आवश्यक आहे; जेणेकरून मेंदूला होणारं नुकसान आणि यकृताचा गंभीर आजार टाळता येतो आणि त्यावर उपचारही सुरू करता येतात. विल्सन रोगाचे निदान हे रुग्णाचा कौटुंबिक वैद्यकीय इतिहास, संपूर्ण वैद्यकीय संपासणी आणि विशेष चाचण्यांच्या आधारे केले जातं. निदान विशेष चाचण्यांच्या आधारे केले जातं. निदान विशेष चाचण्यांच्या आधारे केले जातं. निदान विशेष चाचण्यांच्या आधारे केले जातं.



Quality and ethics in patient care



**Dr. Sarita Verma, Dr. Ambrishkumar Mishra, Dr. Abhijeet Botre and Dr. Kannan Subramanian** for their recently published article in the July issue of PubMed Indexed Indian Journal of Paediatrics. The article emphasises to closely monitor Acute lymphoblastic Leukemia patients with rapid weight gain for CNS relapse.

<https://link.springer.com/article/10.1007/s12098-023-04591-z>



**Dr. Sruthi V (DNB Resident, Department of Radiodiagnosis (Batch 2020-23))** for receiving the Certificate of Commendation from National Board of Examinations in Medical Sciences, New Delhi for **OUTSTANDING RESEARCH WORK** for your Thesis work.







11-05-2023

To  
The Administrator,  
KEM Hospital,  
Pune.

Ref: Treatment of my father, Sh. Suresh Laddha (Age: 70) at your Hospital from 6th to 11th May, 2023.

Kind Attn: Ms. SHIRIN

Dear Madam,

I am writing this letter to express my gratitude for the care and assistance received during my father's treatment at your Hospital. Your dedicated team of professionals ensured his comfort throughout his stay.

From the time we took him into Emergency Dept. - coordinated in a super efficient manner by Mr. Anil Deshpande and Mr. Anil Deshpande - the team took over in a reassuring manner. We knew we were in capable hands.

I would like to extend my appreciation to the Nursing staff, in cell as well as on NH&F, who tirelessly attended to his needs. Ms. Kunti Nikalje - CRU deserves a special mention, as does Ms. Zainab Shaikh for their compassion, attentiveness and professionalism. My gratitude to the doctors and specialists who oversee the entire treatment.

I believe that the service provided by the team reflects a culture of care & compassion that sets your institution apart. Wishing you continued success in providing such healthcare to those in need.

Yours sincerely,  
Saket  
Saket Laddha.

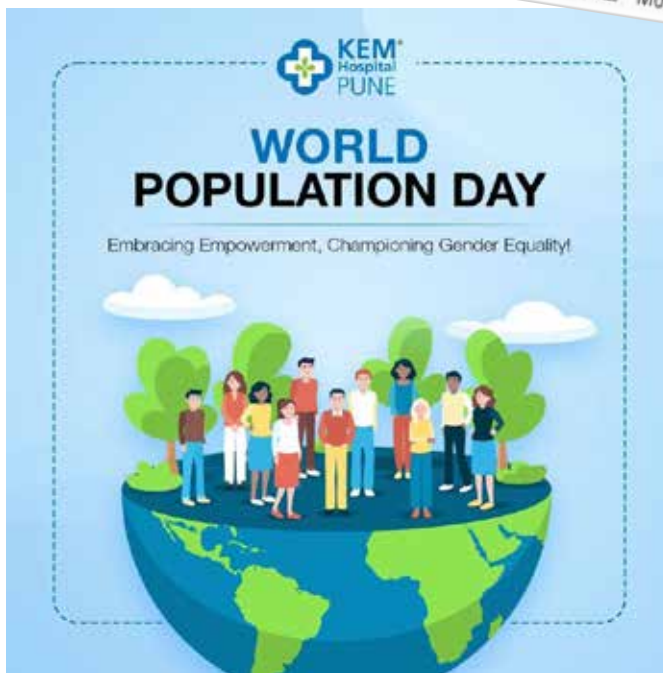
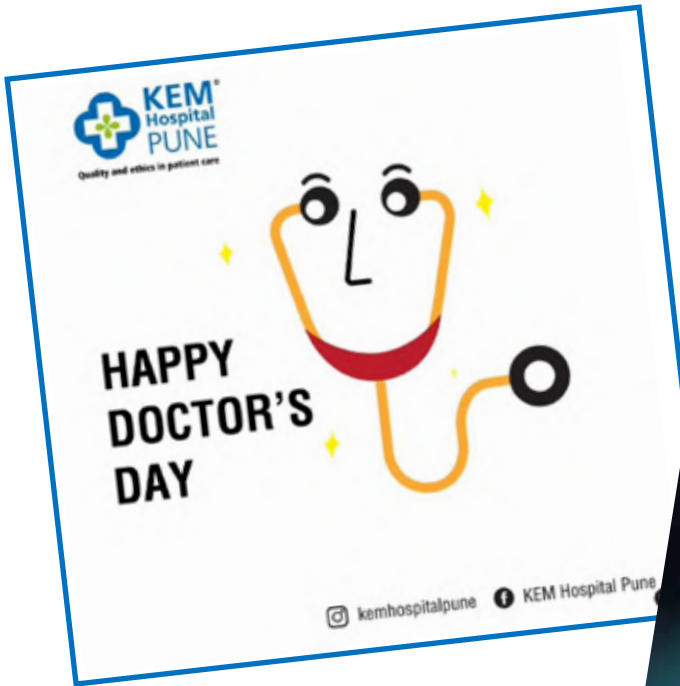
My mother was admitted at KEM Hospital on 30/06/2023 for stomach and back pain. Entire team of KEM Hospital has been very kind and caring towards my mother as well as me. All diagnoses were done thoroughly and treatment was given promptly. Special thanks and regards to all the doctors, nurse and support staff of COT for their dedication towards service. Lastly would like to thank Dr. Aarti lokhande for their guidance, attention to detail during treatment and never ending care towards. The patient without whom treatment of my mother would not be possible.

Thanks and best regards,  
Mr. Subodh Bakale  
Patient Name - Kanchan Bakale





HEALTHCARE AWARENESS



## On Top of the World

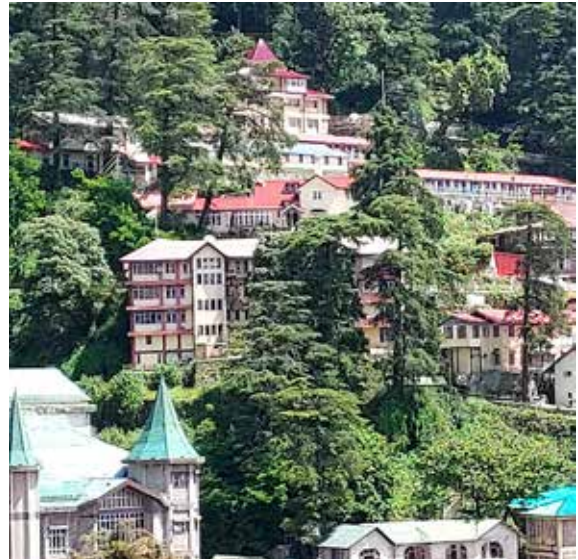
### A travelogue by Rohini Sahasrabudhe

A dream of a place long imagined and cherished, stories about its unmatched beauty, pristine vistas and terrific blue skies had finally come true. How thrilling and exhilarating and totally soul satisfying it was! My 12 days of road journey enroute to Spiti in June 2023, through sometimes lush green and then remarkably stark mountainous terrain, roadside bubbly streams and snaky waterfalls and awe inspiring snow capped Himalayas was beyond imagination. The whole experience made me feel so small in front of these marvels of nature. I felt so damned lucky to have been able to take in and enjoy the sheer beauty in all its purity. Traveling towards it and being in Spiti was a revelation in more ways than one!

A bus journey over water washed narrow stony roads (if one can call them roads!) with jutting out sides of mountains above and a sheer drop on the side made it exhilarating. The fluffy white clouds in the clear azure blue sky were a warm and inviting gesture by nature to the otherwise unpopulated countryside with just a shepherd's house in the high reaches occasionally here and there.

We drove away from the once very pretty and quaint to the now horribly crowded and congested Simla towards Narkanda 8,600 ft above sea level. The drive to our cottage' guest house Agyat Nivas. our first night halt was through some edge of the seat zig-zag roads in the dark. Our wooden cabins weren't warm enough but cuddling a deliciously hot water bottle to counter the sudden drop in temperature was such a comfort!

To someone who is not a regular trekker, just as







unimaginable was me climbing up to more than 11,000 feet above sea level the next morning (albeit stopping several times)! I was not out of breath, or oxygen depleted nor experienced any muscle cramps while climbing. How could that have happened? I can only assume that though low on oxygen, the pure fresh air and cool temperatures had something to do with it! From atop Karena Peak we had the most spellbinding view of all the Himalayan ranges, and the apple orchards that the Kinnaur Range is most famous for.



Towards higher elevations we passed picturesque meadows, rivers, waterfalls, green mountains with the most amazing centuries old and still evolving rock formations. At the Batseri village in Sangla, the mighty Sutlaj gave way to its crystal clear water tributary Baspa. Surrounded by the most stunning view of the mighty snow peaked mountains and densely thick green forests the village is like a picture postcard.. We headed out to Chitkul the last Indian village at 11,320 ft on the border of India and Tibet. After the thrilling experience of how close we were to Tibet over a cup of tea at the roadside dhaba we headed to Kalpa – the old trade route to China and also known as Chini then . The stunning view of the Kinnaur Kailash, always majestically visible from everywhere, looked magnificent in its morning golden sunlit avatar . We drove towards Tabo and saw the naturally mummified and preserved body of the 11th Century monk Sangha Tenzin who was poisoned after a fatal scorpion bite.



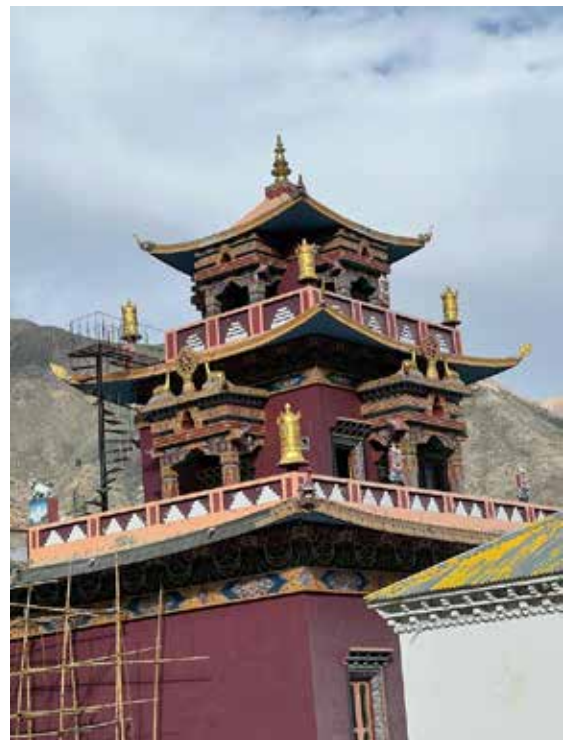
From Tabo to Kaza and a hike to Dhankar Lake and Monastery and Pin Valley, the 6 hour drive gave us the opportunity to visit the thousand years old Tabo Monastery - the Ajanta of the Himalayas – exhibiting murals, thankas and paintings . The Dhankar Monastery – seat of the King in ancient times hangs on a cliff and overlooks the Spiti and Pin rivers. Low on oxygen and the climb made



that much more exhilarating, we actually were at the site of the most photographed and picture post card anointed monument! We moved on to the Kye Monastery which houses 100 monks, atop a mountain overlooking the Spiti Valley and the highest motorable village in the world- Kibber village. We crossed The Chicham bridge, the highest one above sea level - an engineering feat of sorts for the Border Roads Organisation to reach Komic village at 4600 meters and the highest post office in the world run by India Post at Hikkim. It was fun to post a postcard to my school mate Achala who retired as DG India Post! Unfortunately the recent floods have delayed all the 'Dak' and she still has to receive my card!



We drank our hot chais at the dhaba in Losar - the last village in Spiti via Kunzum Pass and were almost able to touch the snow-clad mountains - at just an arm's length . Getting off the bus at the campsite we dropped our bags in our huge tents, excitement and anticipation palpable at what sight awaited us after the gradual but mid-steep hike. Finally , the Moon lake- Chandrataal- God's wondrous creation from the rivers Chandra and Bhaga . It was a truly mesmerizing sight and left us speechless! Photographs followed in a frenzy of activity. Emotionally spent, happy and Chandratal mentally tick marked, we headed back to our tents and a hot dinner around a huge and ancient wood stove.



The drive on the almost nonexistent road to Manali early next morning was rough and tough and we missed a few heartbeats. But Rohtang Pass was no longer arduous because of the engineering marvel – the Atal Tunnel. We reached the green but utterly chaotic and crowded Manali at 6 pm with the Beas River flowing close to riverside constructed houses, shops and hotels - unmindful of any safety network it was a recipe for disaster and how!



While we reached the safety of our homes the Himalayan tragedy unfolded in less than a fortnight. Nature unleashed its fury on Himachal and all the places we visited and swept away the lives and livelihoods of thousands of hill folk. In the name of development and promoting tourism the decisions taken by the powers that be have forever taken away a happy and beautiful way of life. Over the years fueled by the promotion of tourism there has been a singular lack of consideration for human safety. Rampant cutting of trees that are natural soil binders and holders on the banks of mighty rivers, inadequate efforts in the preservation of the centuries old traditional occupations and spaces acting as natural checks on disasters like the recent floods have ruined a life that might take years to rebuild! . I was just plain lucky to be at the right place at the right time - I guess.

