

# infoKEM

# 99

2023 SEPTEMBER





## Importance of nutrition in maintaining a healthy lifestyle and preventing diseases

Good nutrition means that your body gets all the nutrients, vitamins, and minerals it needs to work at its best. Nutrition is a crucial part of health and development. Good nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity. Nutrition plays a crucial role in maintaining a healthy lifestyle and preventing diseases for several reasons

Nutrients like vitamins, minerals, proteins, and carbohydrates are essential for the proper functioning of the body. They support growth, repair tissues, and regulate bodily processes. Proper nutrition provides the energy needed for daily activities. A balanced diet contains an adequate amount of all the nutrients required by the body to grow, remain healthy & be disease-free. It ensures that the body gets enough calories to function optimally & can help regulate blood sugar levels. Certain antioxidants, such as vitamin A, C & E and minerals like copper, selenium & zinc, boost the immune system, helping the body fend off infections





and diseases. Good nutrition also affects weight control. A balanced diet can help prevent obesity, which is linked to numerous health issues, including heart disease and diabetes.

A diet low in saturated fats and high in fruits, vegetables, and whole grains can reduce the risk of heart disease by lowering cholesterol levels and blood pressure.

Calcium and vitamin D are essential for strong bones. Proper nutrition can prevent conditions like osteoporosis.

Fiber-rich foods support digestive health by preventing constipation and reducing the risk of colorectal cancer.

Good nutrition can positively impact mental health. Nutrients like omega-3 fatty acids help in reducing the risk of depression.

Good Nutrition can also help fight cancer & improve the quality of life. Healthy eating habits can lead to a longer, more active life by reducing the risk of chronic diseases associated with aging.

Water is indeed an essential nutrient for the human body, often referred to as the “forgotten nutrient” because its significance is sometimes overlooked. It helps you keep hydrated, transports various vitamins & minerals, regulates body temperature, helps in digestion process, works as a natural detox for the body, reduces friction of joints, improves skin health & manages weight.

To summarize, nutrition is the cornerstone of a healthy lifestyle and can significantly reduce the risk of various diseases. A balanced diet, combined with regular exercise and other healthy habits, is a key to overall well-being and disease prevention.



**NOOPUR DIKSHIT**  
Clinical Dietician &  
Ketogenic Therapist



## Understanding Alzheimer's Disease

Alzheimer's disease (AD) is a neurodegenerative condition named after Dr. Alois Alzheimer, who first identified it in 1906. It stands as the leading cause of dementia, characterized by a gradual decline in memory, cognition, behaviour, and social skills, significantly affecting an individual's daily functioning.

Central to AD are the presence of plaques and tangles in the brain. These pathological structures disrupt the normal communication between the brain cells (neurons) and ultimately lead to brain cell death, resulting in brain shrinkage.

AD is a progressive disorder, with symptoms worsening over time. Memory loss is often an early sign, causing individuals to struggle with retaining new information, leading to repetitive questions and forgetfulness of important details. Cognitive deficits follow, affecting memory loss that disrupts daily life, poor judgment leading to bad decisions, loss of spontaneity and sense of initiative, losing track of dates or knowing current location, taking longer to complete normal daily tasks, repeating questions or forgetting recently learned information, forgetting about recent conversations or events, misplacing items, having trouble thinking of the right word etc.

### **AD can be categorized into stages:**

#### **Mild AD:**

Characterized by memory issues, cognitive difficulties including taking longer than usual to perform tasks, difficulty handling money, wandering and getting lost.

#### **Moderate AD:**

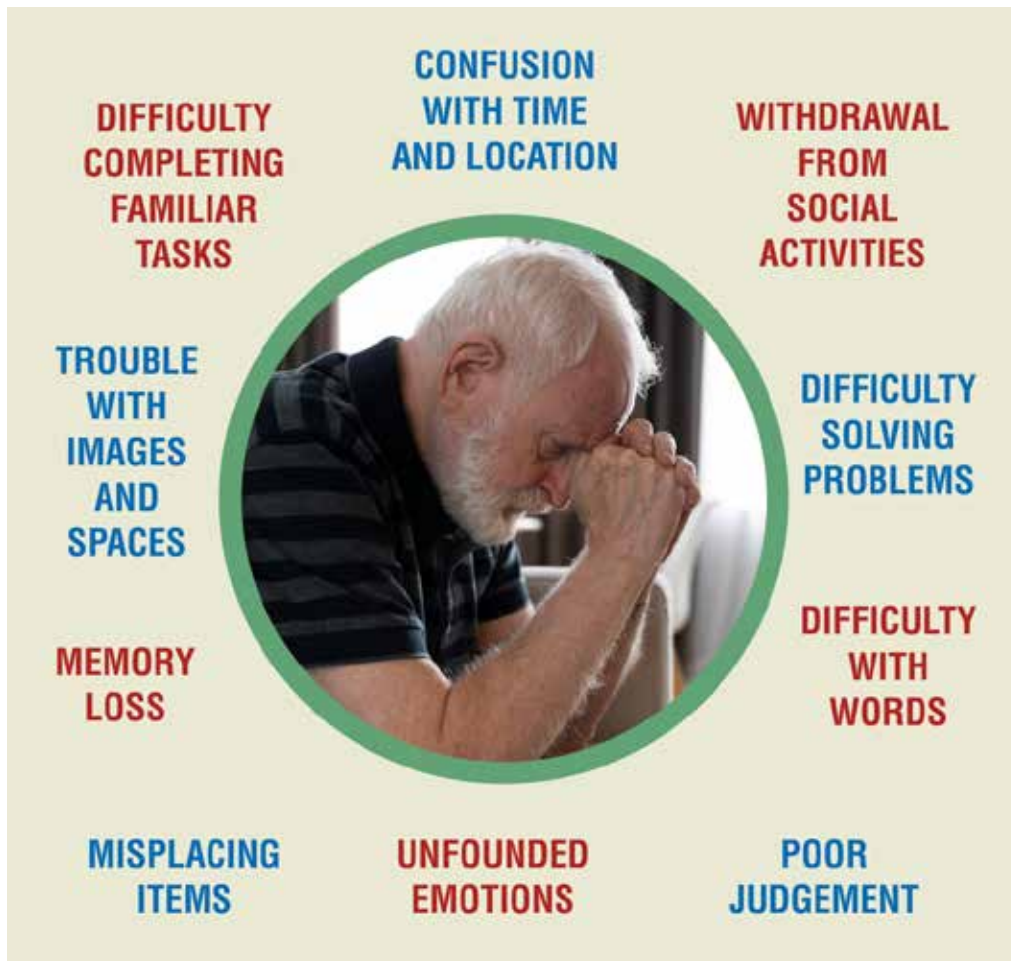
Damage to parts of the brain responsible for language, senses, and reasoning leading to greater memory loss, confusion, difficulty recognizing loved ones, impulsive behaviour and delirium.

#### **Severe AD:**

Plaques and tangles spread extensively, causing significant brain tissue shrinkage. Patients may become non-communicative, heavily dependent on caregivers, and bedridden.

Diagnosing AD is complex and relies on recognizing memory loss, cognitive decline, or behavioural changes that hinder daily functioning. Often, friends and family notice symptoms before the affected individual. Medical professionals may conduct cognitive tests, neurological evaluations, blood or urine tests, and brain imaging scans to reach a diagnosis.

Currently, there is no known cure for AD, as it's impossible to reverse brain cell death. However, present treatments aim to alleviate symptoms and enhance the quality of life. While there are no disease-modifying drugs, certain medications can slow symptom progression and improve cognitive functions for a short while. Lifestyle interventions such as regular



exercise, a balanced diet, and cognitive stimulation may contribute to a better quality of life. Emotional and behavioural changes, common in AD, can be managed by identifying the triggers and addressing the underlying causes, such as side-effects of medications or other health issues.

Prevention strategies include staying mentally and physically active, managing heart health, and maintaining a social network. Researchers are actively investigating potential breakthroughs in the field, such as new drug therapies and genetic insights, to better understand and combat AD.

AD is a formidable challenge that affects millions of individuals and their families worldwide. While there is no definitive cure, ongoing research offers hope for a deeper understanding of the disease's underlying causes and improved treatments. As we continue to learn more about AD, early detection, lifestyle changes, and appropriate medical care remain essential in providing the best possible outcomes for those affected by this devastating condition.

## TEAM NEUROSCIENCES





# Annual Day Celebrations







# Annual Day Awards





 ANNUAL DAY





 ANNUAL DAY





 ANNUAL DAY





 ANNUAL DAY







## The Quiz Competition and the winners







Fashion or fancy, we've got it all!  
Glimpse the fabulous fashion show that lit up KEM  
Hospital's Annual Day celebrations.



 ANNUAL DAY







## Winners of the Fashion Show





## Carrom Competition







## Winners of the Carrom and Chess Competition





 ANNUAL DAY





 ANNUAL DAY





From fireless recipes to fiery flavours, our cooking competition at KEM Hospital was a true gastronomic adventure!

Chefs, both budding and experienced, showcased their culinary prowess, leaving everyone craving for more.







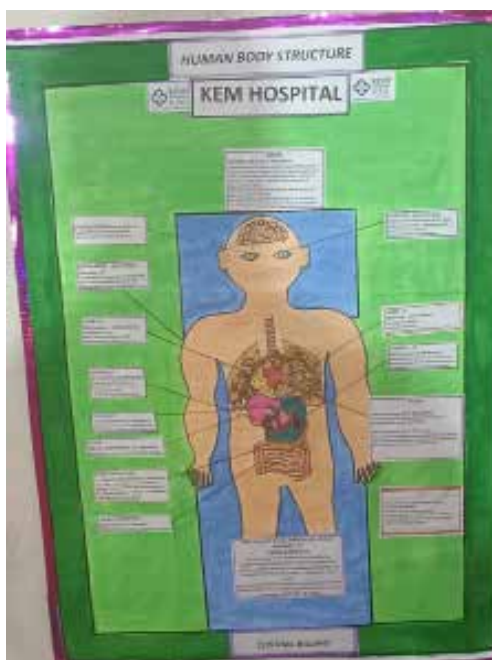
## Winners of the MasterChef Competition





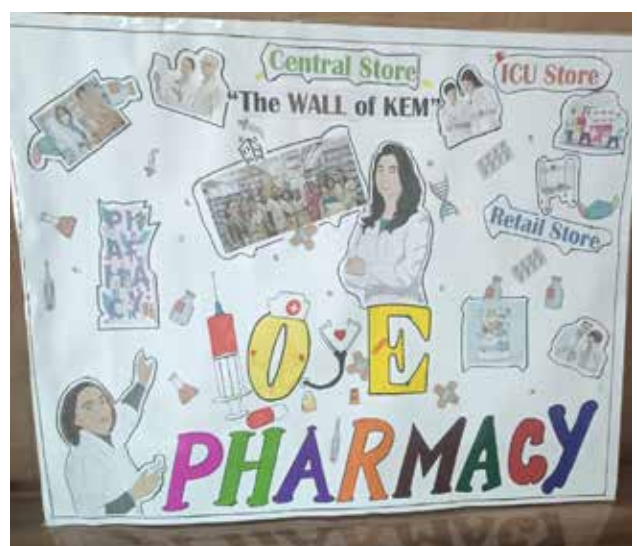
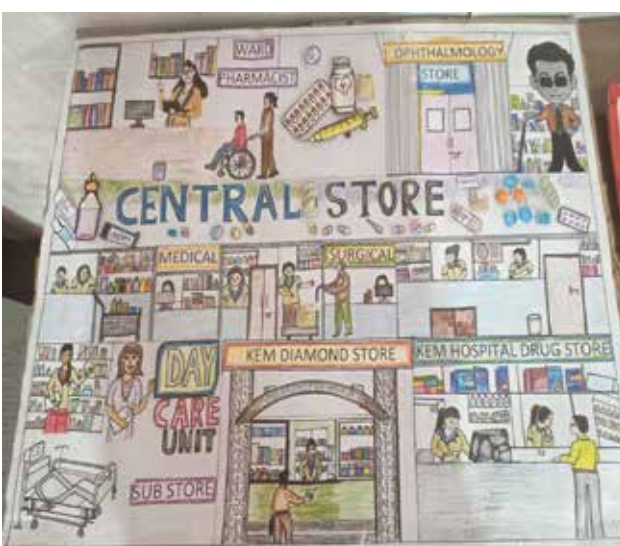
## Crafting Creativity!

KEM Hospital's Poster Making Competition was a whirlwind of imagination and artistic brilliance. Get ready to be amazed by the incredible designs and creative minds that made this event a masterpiece!



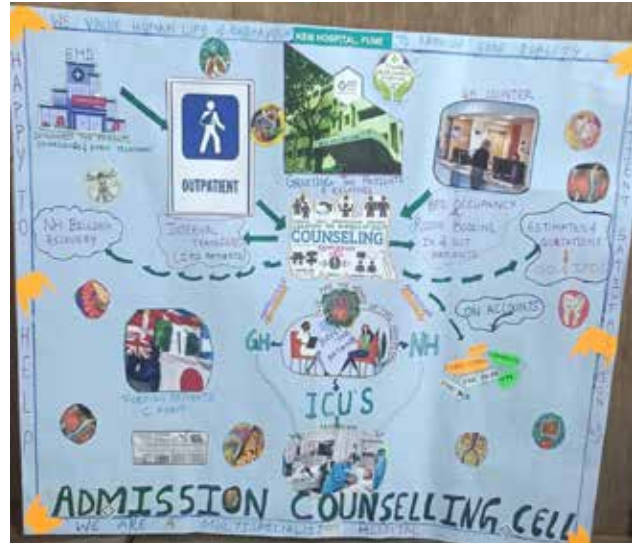


 ANNUAL DAY





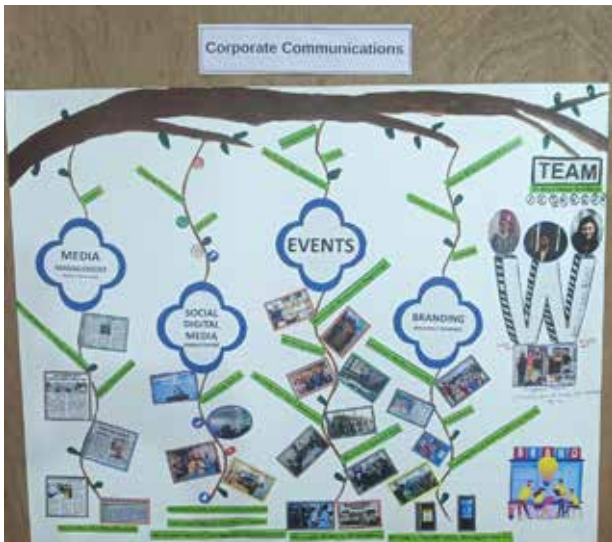
 ANNUAL DAY







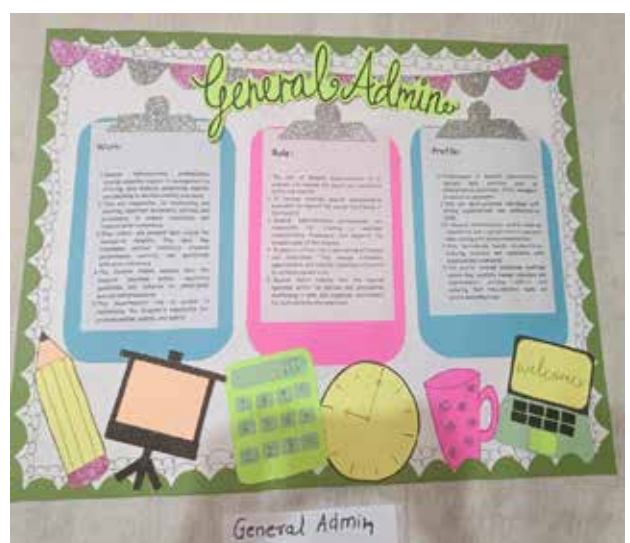
Ophthal Department



Corporate Communications

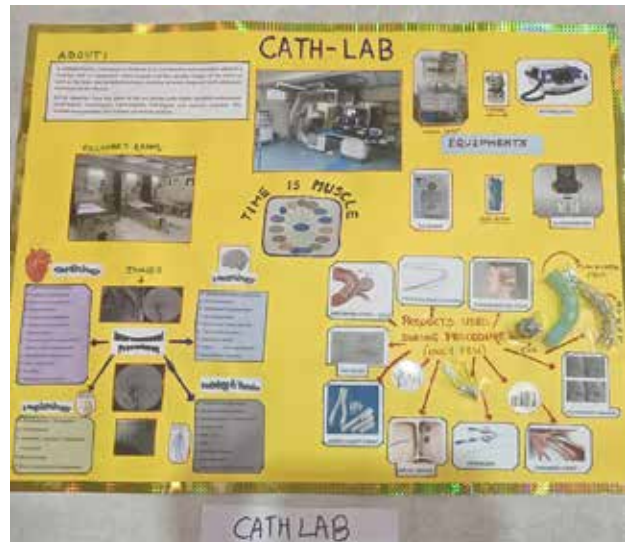
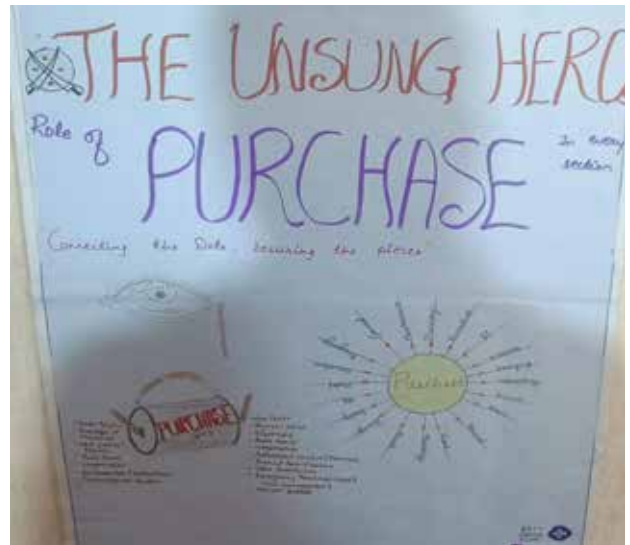


TPA Department



General Admin











## Winners of the Poster Competition







Colours blended with creativity  
our rangoli-making competition was a canvas of  
imagination coming to life! Participants poured their  
hearts into crafting stunning patterns, leaving us in  
awe of their artistic flair.





 ANNUAL DAY







## Winners of the Rangoli Competition





## The Second National Quiz in Pediatric Nephrology for Postgraduates in Pediatrics (Zonal Rounds) 2nd September 2023

This quiz has been initiated by the Indian Society of Pediatric Nephrology (ISPN) to encourage postgraduate students to understand more closely and generate an interest in this subspecialty of Pediatrics.

The preliminary round of the quiz was conducted on a virtual platform all across India on 2nd August 23. Teams from 145 Medical Colleges participated, 27 from the west zone. The 4 winners from the west zone competed in zonal rounds at our Centre. These 4 participating teams were from Pune (Armed forces Medical College & KEM Hospital and Research Centre), Mumbai (NH SRCC Hospital) and Ahmedabad (GMERS Medical College and Civil Hospital, Sola). All the participants did very well in the 7 rounds, and the team from NH SRCC Hospital, Mumbai, won the quiz. Dr M S Otiv, Incharge of Pediatric Intensive Care Unit kindly handed over the certificates of merit and participation to the participants.

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 14th October 2023.







**DR JYOTI SINGHAL**

Consultant Pediatric Nephrology

KEM Hospital, Mumbai

West Zone representative of the Indian Society of Pediatric Nephrology








## Sanemi's fundraiser cake sale for Big Ears

Sanemi Parashar, an 11 years old girl from the UK, had decided to raise a fund through cake sale for hearing impaired children for their cochlear implant just like her. Sanemi and her Jiju, Viren Naralkar, proprietor of The 5th Course Confectionary had set up her cake sale stall at Sankul Complex, Pune, on 13th August 2023. They baked and sold about 66 bar cakes and 84 cup cakes collecting Rs. 27,360/- from the stall and social media orders combined. Sanemi's parents, Deepak and Manjiri, have matched the funds raised by the cake sale to a total of Rs. 54,720/- The entire family has decided to keep supporting Big Ears from time to time. Three cheers to the bakers and helpers







	<p><b>DR. ALOK GADKARI,</b> MS (Orthopaedics) has joined us as an Associate Consultant Spine Surgeon. <b>OPD Timings:</b> Every Tuesday &amp; Friday, 09:30 AM - 11:30 AM</p>
	<p><b>DR. PRANJAL PANDIT,</b> DNB (General Surgery), M Ch (Plastic &amp; Reconstructive Surgery) has joined us as an Associate Consultant Plastic Surgeon. <b>OPD Timings:</b> Every Wednesday &amp; Saturday, 09:00 AM -11:00 AM</p>
	<p><b>DR. ATUL GAVANKAR,</b> DMRE, DNB (Radio-Diagnosis), has joined us as a Full time Consultant Sonologist.</p>



ACHIEVEMENTS



**Dr. Kiruthiga KG,  
Dr. Sarita Verma**  
for your paper published in  
Open Access Journal of  
Cancer and Oncology.

<https://medwinpublishers.com/OAJCO/ganglioneuronal-differentiation-in-ewings-sarcoma-of-the-chest--wall-askin-tumour-an-uncommon-post-chemotherapy-change.pdf>



**SPINAL CORD INJURY DAY**

**PREVENTION is a cure**

- DRIVE CAREFULLY
- AVOID SLIPS AND FALLS
- PLAY SPORTS SAFELY

For more information  
020 6603 7460  
020 2621 7460



**Never too early Never too late**  
Watch out for Alzheimer's symptoms



- DIFFICULTY COMPLETING FAMILIAR TASKS
- CONFUSION WITH TIME AND LOCATION
- WITHDRAWAL FROM SOCIAL ACTIVITIES
- TRUBLE WITH IMAGES AND SPACES
- DIFFICULTY SOLVING PROBLEMS
- MEMORY LOSS
- DIFFICULTY WITH WORDS
- MISPLACING ITEMS
- UNFOUNDED EMOTIONS
- POOR JUDGEMENT

**CREATING HOPE THROUGH ACTION**  
Support someone who might be suicidal

**You seem very low and I am worried about you.  
Are you thinking of ending your life?**

Asking this direct question to someone who is suicidal will NOT give them the idea to take their own life. Instead you will give them the chance to open up and to talk.

**If the answer is yes, do not panic.**

For more information  
020 6603 7460  
020 2621 7460




- Listen and understand without judgement
- Stay connected with them
- Get help for them
- Take them seriously
- Be aware of your own reactions



**KEMH DIAMOND DRUG STORE**



**KEMH DIAMOND DRUG STORE**

**NOW OPEN 24x7**







7

tips to fuel you  
wellness journey

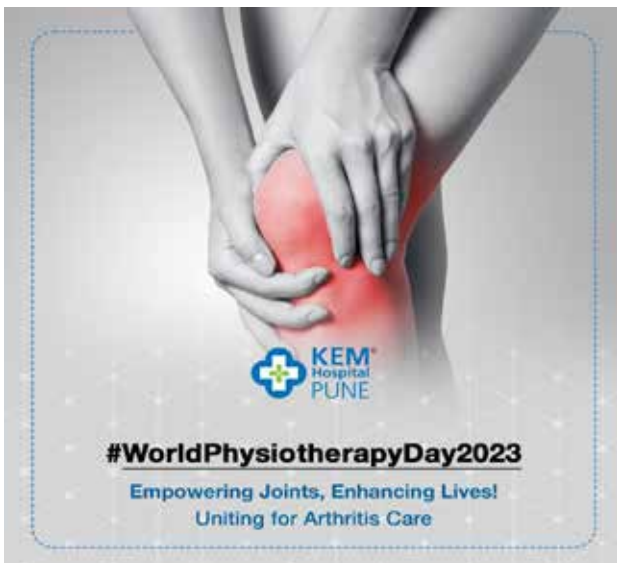
**#NationalNutritionWeek**



5

Insider Tips for  
a Healthy Heart

**#WorldHeartDay**



**#WorldPhysiotherapyDay2023**

Empowering Joints, Enhancing Lives!  
Uniting for Arthritis Care