

infoKEM 2024

109

2024 JULY





A heartwarming Doctor's Day celebration

Honoring the remarkable contributions and tireless efforts of our white coat heroes.

Thank you for your dedication and expertise which significantly enhances the quality of care we provide at KEM Hospital, Pune. Your commitment to patient well-being and professional excellence is deeply appreciated











IVF- a bundle of joy made possible with advanced technology

A lot has been talked about IVF or In vitro fertilization and the growing problem of infertility in India and worldwide. The fact remains that IVF is one of the best breakthrough technologies to have happened in the field of medical science in recent history. It offers a bundle of joy to the couples who otherwise would have lost all hope of conceiving.

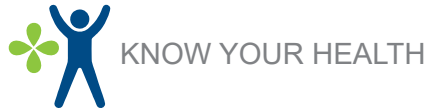
CAUSES OF INFERTILITY

Both men and women suffer from infertility issues and the number is growing significantly every year. The major causes of infertility include damage to the fallopian tube causing blockage, endometriosis, ovulatory disorders, male factor infertility like low sperm count, infections, hormonal imbalances, defect of tubules carrying sperm, zero sperm count, cancer etc .

Late marriages, postponing pregnancy due to career, lack of awareness about ART, lifestyle issues are all adding to the already worsening problem.

WHAT IS IVF?

There are different types of procedures or treatment which can address difficulties in conceiving a child. There are different types of Assisted Reproductive Techniques including



In vitro fertilization-embryo transfer (IVF), Intrauterine Insemination (IUI), Intracytoplasmic Sperm Injection (ICSI) and Frozen Embryo Transfer (FET). IVF is a procedure which involves fertilizing mature eggs from a woman's ovaries and fertilizing them with sperms in a laboratory. The embryos resulting from this fertilization process are then transferred into the uterus. IVF is not the first option.

Clinical assessment including medical history, physical examination and diagnostic investigations can decide the further course of action. Based on these multiple factors, doctors will decide on whether the couple needs to undergo IVF cycle or associated treatments. IVF offers beneficial and versatile treatment according to the requirements of the individual based on the medical assessments. It has proved to be a boon for many couples worldwide and given them and their family bundles of joy.

But starting the IVF journey can be a challenging experience for a couple as they have many questions in their mind including whether the treatment will be successful, the cost associated with the treatment, the risks involved, etc. It is for this reason, 'The World IVF Day' is celebrated on 25 July of every year. It aims at creating an awareness about the various aspects of IVF. Both physical and mental aspects need to be understood and the journey of motherhood should be enjoyed with the strong support from the entire family.

THIS YEAR AT KEM HOSPITAL, PUNE.....

This year KEM Hospital, Pune celebrated World IVF Day with a guidance programme focused on stress management. Around 50 people, including those who have successfully conceived through IVF and those undergoing IVF cycles participated in a programme organised to mark World IVF Day. Various experts spoke on the importance of stress management during the IVF cycle. Couples who had conceived through IVF also narrated their experience.

While embarking on the journey of IVF, couples naturally have a lot of anxiety and stress about whether the treatment will be successful and other issues while continuing with their daily work routine. Taking proper care of self, a healthy lifestyle and stress management is therefore very important. Stress along with many other factors like age, genetics, underlying causes, lifestyle factors etc. can affect the success of IVF. The programme was aimed at creating awareness to manage stress during this critical period.



Dr. Mugdha Parasnis

HOD, Tata Centre for Reproductive Health and ART



Golden Days First 1000 days of Nutrition

First 2 years of life are crucial in terms of child's overall physical, mental, intellectual growth and development. There is a critical window of opportunity as far as growth and development of a child is concerned. The concept of "1000 days" is 9 months of pregnancy plus first 2 years of life during which optimal breastfeeding (for first 6 months of age) and timely and appropriate introduction of complementary feeding (at 6 months of age) are extremely important.

The ability of a child to develop, learn, and thrive is significantly impacted by how well they are fed and cared throughout this period. Effect of poor nutrition can be long lasting on mother's health as well as child's growth and development.

First 1000 days of nutrition are divided into 4 stages-

- 1) 9 months of pregnancy
- 2) First 6 months of Exclusive breastfeeding
- 3) 6 to 12 months - Breast feeding with complementary feeding
- 4) 1 year to 2 year- Transition to family diet.

DURING PREGNANCY:

Several nutrients play an important role.

These include iron, protein, copper, folate, zinc, iodine and certain fats. Zinc, in particular, supports the development of the autonomic nervous system.



A mother's diet and her nutrient stores are the only source of nutrition for the developing baby. When a pregnant woman does not get the calories, key nutrients or essential proteins, her baby is placed at high risk for developmental delay, birth defects and cognitive deficits.

INITIAL 6 MONTHS:

Breast milk is a natural super food. It helps protect against allergies, infectious diseases (respiratory tract & gastrointestinal tract infections). Lowers the risk of overweight/obesity as well as chronic diseases (diabetes, heart diseases, asthma & cancer) It improves cognitive & motor development.

AFTER 6 MONTHS:

Infant's need for energy and nutrients starts to exceed what is provided by breast milk, and complementary feeding becomes necessary to fill the energy and nutrient gap. The introduction of complementary feeding around 6 months is the ideal time or "sensitive period". If introduction of complementary feeding is delayed, then child may enter "critical period" after which the infant may become a poor chewer and may be poor in eating solids later.

Complementary feeding is important for oral motor skill development, maturation of digestive system, development of taste and social attachment. Hence starting semi-solid food along with breast feeding is the key.

AFTER 1 YEAR TILL 2 YEARS OF AGE:

Baby can eat food from family plate.

Solid foods, including healthy snacks are now your child's main source of energy and nutrition. Your child can take between three quarters to one cup of food three to four times a day, plus one to two snacks between meals. Continue breastfeeding as much as your child wants, until at least 2 years of age.

Malnutrition during the first 2 years of life causes wasting and stunting, leading to the adults being underweight (wasted) and several centimetres shorter (stunted) than his or her potential height.



Dr. Bhagyashree Parmar
Consultant Paediatrician



Dr. Smita Kokitkar
Nutritionist

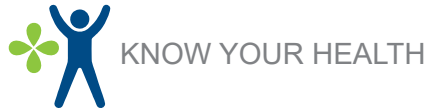


Termination of pregnancy after 24 weeks: A technical, legal, moral and emotional dilemma

Mrs. Neha [Name changed] was referred to our genetic OPD at 32 weeks of pregnancy with her antenatal USG showing left sided diaphragmatic hernia. Fetal liver and intestines were pushed in thoracic cavity and lungs were appearing hypoplastic. The pregnancy was also complicated by mild Rh Isoimmunisation. Previous antenatal scans were reported to be normal. The couple was extremely anxious and they wanted to know:

- 1) Why was the abnormality not detected in previous scans?
- 2) Is it possible to “terminate the pregnancy” now?
- 3) What will be the outcome of the baby if they decide to deliver the baby?

Congenital Diaphragmatic Hernia [CDH] is a major developmental malformation with a prevalence of 1-4:10,000 live births. Majority of the cases can be identified in 18-24 weeks antenatal scans. However, rarely, the diagnosis of CDH, may first time be apparent after 24 weeks in cases of small defect, absence of abdominal organs herniation into the thoracic cavity and diaphragmatic eventration, which is a close differential of CDH. This fact answers their first question, that not diagnosing CDH in earlier gestation age was not a negligence by the health practitioner who had performed previous antenatal USG.



About their second question, Indian MTP law allows families to discontinue of pregnancy upto 24 weeks of pregnancy. However, if a serious abnormality is detected after 24 weeks, the family may seek assistance from a medical board [available in Pune and Mumbai]. However in this case, pregnancy was already at 32 weeks, if delivery was attempted at this gestational age, there was a good chance, that baby would be born live. At that point of time, the family would have to take decision of either treating the baby or removing all life support.

Third question- CDH can be treated by postnatal surgery and a satisfactory outcome may be expected in 30-50% cases. However the outcome depends a lot on gestational age at delivery, birth weight, size of the defect and degree of lung hypoplasia. Moreover, about 30-40% of CDH cases may have associated genetic aberrations, which may worsen the prognosis. This pregnancy was very advanced for performing any fetal genetic evaluation. At few selected centres in developed countries, pregnant couple have an option of prenatal therapy in antenatally detected CDH. In these cases, by an open hysterotomy, between 26-30 weeks of gestation, a balloon is inserted into fetal trachea. The balloon has to be removed at around 33-34 weeks. This balloon allows the accumulation of fluid in fetal lungs and their expansion, and hence reducing the chances of subsequent lung hypoplasia. The babies still need surgery after delivery. This procedure is associated with high fetal and maternal morbidity.

Though I could empathise with decisional and emotional dilemma faced by family, as a geneticist, I could just support them in any decision they would take and provide the best plan of management in that context. After considering all the options, the family decided to continue the pregnancy, work-up the baby after birth and give him/her a complete chances of a successful life. The pregnancy is currently 34 weeks and is being planning for Caesarian section with a team of pediatrician and paediatric surgery on standby.

This case highlights a usual day in a life of Medical Geneticist. The counseling had to be factual, non directive and yet empathetic. Many a times, no decision is completely right or wrong, but we have to support the family in whatever decision they take.



Dr. Meenal Agarwal
Medical Geneticist



Celebration of International Yoga Day

International yoga day was celebrated in KEM hospital on June 21. It is a global event promoting physical, mental, and spiritual wellness through yoga. The Department of Physiotherapy embraced this day with enthusiasm by organising a series of activities aimed at highlighting the synergies between yoga and physiotherapy in promoting overall health and well-being. Dr. Aboli Gore, physiotherapist and Yoga instructor, led an interactive workshop. The asanas were guided through a series of exercises to improve flexibility, strength, and improve breathing. This included different techniques. A large group of KEMH doctors, nursing staff and other employees participated and experienced mental relaxation and mindfulness.





EVENTS AND ACTIVITIES





Balance Training Programme for Elders

Balance training through physiotherapy is a vital component in the elderly population that has numerous benefits beyond preventing falls. They can achieve significant improvement and lead a more active, independent and fulfilling life. The programme was conducted by the department of physiotherapy on the 10th of July. Dr. Naiyarah Farooqui, Neurophysiotherapist, conducted a lecture about the importance of exercises which helps in balance with demonstrations. The entire team of physiotherapists led by Dr. Gauri Moghe (HOD, Physiotherapy Department) actively helped the participants in practicing the exercises as well as did a comprehensive assessment of each participant to know the risk of fall. The test used for this assessment was TUG (TIMED UP AND GO). Furthermore awareness and guidance was given to all the participants as per their specific needs. The programme was attended by 60 participants. We received very positive and encouraging feedback.





EVENTS AND ACTIVITIES

Celebration of World IVF Day with a guidance programme focused on stress management

Around 50 people, including those who have successfully conceived through IVF and those undergoing IVF cycles participated in a programme organised by KEM Hospital, Pune to mark World IVF Day.

The programme focused on the importance of reducing stress for the couples battling infertility and those undergoing IVF cycles. Dr. Meenal Agarwal, Medical Geneticist and Dr. Ujjwal Nene, Clinical Psychologist, interacted with the couples and gave them information about the importance of stress management and different stress management techniques. Dr. Shreepad Karhade HOD & Associate Consultant - Fetal Medicine, Dr. Mugdha Parasnis, HOD - IVF/ART, Consultant - Obstetrics & Gynaecology, along with other experts also spoke on the occasion. Couples who had conceived through IVF narrated their experience.





EVENTS AND ACTIVITIES



केईएम हॉस्पिटलतर्फे आयव्हीएफ सल्ला जागतिक आयव्हीएफ दिनानिमित्त केईएम हॉस्पिटलतर्फे येत्या गुरुवारी (ता. २५) मोफत सल्ला शिबिर आयोजित करण्यात आले आहे. हे शिबिर सकाळी १० ते दुपारी ३ दरम्यान होणार आहे. या शिबिरात तज्ज्ञांकडून सल्ला, अल्ट्रा साउंड चाचणी, वीर्य विश्लेषण मोफत केले जाणार असून, आयव्हीएफमध्ये सवलतही दिली जाणार आहे, अशी माहिती केईएम हॉस्पिटलच्या आयव्हीएफ विभागाच्या प्रमुख डॉ. मुग्धा पारसनीस यांनी दिली. अधिक माहितीसाठी दूरध्वनी क्रमांक ०२०-६६०२७३८५/०२०-२६२१७३८५ येथे संपर्क साधण्याचे आवाहन करण्यात आले आहे.



Celebrating New Beginnings: A SPECIAL GIFT TO PARENTS AT KEM!- AN HR INITIATIVE

At KEM, we believe in celebrating the milestones that shape our lives. As a token of our appreciation and support, we are thrilled to present our amazing new parents with a special gift. This initiative is our way of honouring the incredible journey of our employees and sharing with them the happiness as they begin a new journey with their little bundle of joy.



Retirement Function



It was held on 31st July'24 for

Mr. Anil Sharma (Manager Billing)


Mr. Nelson Londhe (Sr. Attendant GR-I)





	<p>DR. JAYESH DESALE MS (General Surgery, M.Ch (Paediatric Surgery) has joined our hospital as an Associate Consultant Paediatric Surgeon OPD Timing: Every Thursday, 11:00 AM - 01:30 PM</p>
	<p>DR. MONIKA BHAGAT MS (ENT), has joined our hospital as an Associate Consultant ENT Surgeon. OPD Timing: Every Thursday, 09:00 AM - 11:00 AM</p>

 TESTIMONIALS

Dear Dr. Mohite & Team EMD,
"THANK YOU!" is not enough
to express the gratitude that is felt
for your kindness, compassion and
100% willingness to go way beyond the
call of duty to help not just me &
my family, but all who come into your
department!
My husband Neville & I have been
witness to your tremendous dedication to
saving lives - and we salute you!
More power to you all in your
noble work!
With gratitude & best wishes 
2 Neville & Mahrukh Bharucha
25 Jul '24



CITY DIGEST

Balance training for elderly in KEM

The physiotherapy department of KEM Hospital will conduct a specialised balance training programme for senior citizens on the fourth floor of the facility on July 10, from 11am to noon. The session is free and participants will learn how to stay healthy from experts.

लोकमत



अमली पदार्थ करेल आयुष्याची राखरांगोळी...

अमली पदार्थ प्यायते वाटा

डॉ. बाजीबर : अमली पदार्थ प्यायते वाटाची कायदे आजारी पदार्थ म्हणून मानले जाते. त्यातून शरीराला अनेक प्रकारचे नुकसान होऊ शकते. त्यातून शरीराला अनेक प्रकारचे नुकसान होऊ शकते. त्यातून शरीराला अनेक प्रकारचे नुकसान होऊ शकते. त्यातून शरीराला अनेक प्रकारचे नुकसान होऊ शकते.

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City doctor urges people to embrace a healthy lifestyle

Every year on July 1, Doctors' Day is celebrated to recognise the significant role doctors play in the lives and communities of people. This day commemorates the birth and death anniversary of Dr Bidhan Chandra Roy, a renowned physician and humanitarian.

Doctors wear multiple hats: they are diagnosticians, educators, learners, and above all, healers offering comfort and hope, says Dr Arati Lokhande, an intensivist at KEM Hospital, Pune. She stresses the importance of taking responsibility for our own health by maintaining a healthy diet and exercising. She believes that this is a silent expression of gratitude to the doctors who tirelessly devote themselves to our well-being.

Addressing the rise in young deaths due to heart attacks and strokes, she shares, "In this era of modernisation, I urge everyone to return to their cultural roots and embrace healthier lifestyles to prevent untoward situations. Let's celebrate Doctors' Day by committing to our own health and honouring those who dedicate their lives to saving ours."

The views/suggestions/opinions/data in the article are the sole responsibility of the expert/organisation



अमली पदार्थ करेल आयुष्याची राखरांगोळी...

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HEALTHCARE AWARENESS

Today and every day, we celebrate the power of hope, resilience, and medical innovation.

Happy World IVF Day!



Call
020 6603
020 2621



**WORLD
POPULATION DAY**

Together, we can create a sustainable future for all

**To our heroes in white coats,
Happy Doctors' Day!**

