

# infoKEM

# 101

2023 NOVEMBER

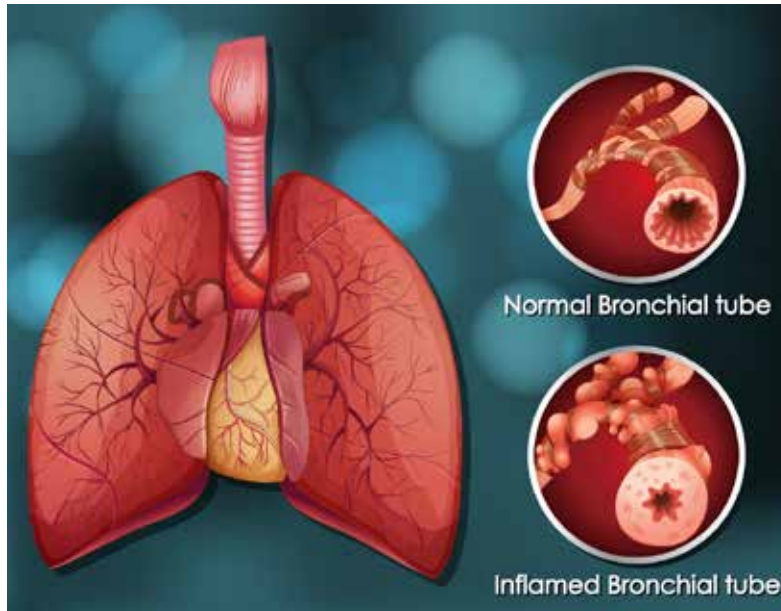


Fetal  
Medicine  
Conference  
2023





# Chronic Obstructive Pulmonary Disease (COPD)



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The World observes Chronic Obstructive Pulmonary Disease (COPD) day every year on 15 November . It gives an opportunity to reiterate the importance of awareness about pulmonary issues. COPD is one of the largest killer diseases in the world and the burden of the disease is only growing.

In our country most common causes of COPD or risk factors include tobacco smoking, exposure to smoke, firewood burning or other biomass fuels etc. Worsening air quality, especially in urban areas is a matter of concern and there is a rising need to ensure that, we reach out to people to ensure early diagnosis and treatment. If left untreated, COPD affects heart, bones, lungs, can cause blood clotting –thromboembolism, can affect mental health etc. The quality of life of the individual is significantly affected with COPD if left undiagnosed and untreated.

Progressive breathlessness, wheeze, cough and sputum production are some of the symptoms which need to be watched for. Simple tests like spirometry can be useful to diagnose, understand the severity and monitor the treatment of COPD. Early management can avoid further complications and damage to lung and heart and provide a good quality life.



In an effort to reach out to the rural communities and those who don't have enough access to medical facilities, KEM Hospital Research Centre Pune, last year, launched a short film to create awareness about respiratory diseases. The 15-minute film has been financially supported by the NIHR Global Health Research Unit in Respiratory Health (RESPIRE) at the University of Edinburgh, UK. This film is a story targeted at rural audiences which aims to raise awareness about respiratory health, focusing on COPD and Asthma, including risk factors, preventive measures, available treatments, and rehabilitation possibilities. The film also sheds light on the important work being done at the Pulmonary Rehabilitation Centre at KEM Vadu.

According to Dr. Parag Khatavkar, Senior Chest Physician, KEM Hospital Research Centre, respiratory diseases, especially COPD and Asthma are amongst the most misunderstood and under-diagnosed and hence poorly managed diseases. The film will help reduce the confusion and increase awareness about the disease and its diagnosis. The film also attempts to debunk myths, misconceptions and superstitions associated with the disease and tries to de-stigmatise the use of inhalers and similar treatments. Such films are necessary to clarify misunderstandings associated with chronic respiratory diseases.



Dr. Parag Khatavkar  
Consultant, Pulmonology



## Inauguration of Specialty Twin and Fetal Therapy Unit of Department of Fetal Medicine

KEM Hospital recently inaugurated its Specialty Twin and Fetal Therapy Unit of the Department of fetal medicine. This initiative is another value addition to Tata Centre for Reproductive Health at KEM Hospital which is a unique concept with ART, Fetal Medicine and Genetics all under one roof. These departments are complimentary to each other and are extremely beneficial to patients. The Specialty Twin and Fetal Therapy Unit was inaugurated at the hands of Dr. Suresh.S, Chief Medical Director, MD at MediScan Systems , Chennai in presence of Dr.Kurus Coyaji, President KEM Hospital Society, Dr. Xerxes Coyaji, Medical Director, Shirin Wadia, General Administrator, Dr. Vishwanath Yemul, Medical Administrator, Dr. Madhur Rao, Sr. Deputy Medical Administrator.

With the exponential rise in IVF pregnancies, the probability of twin pregnancies is also on the rise. This means complicated twin pregnancies are on the rise and there is a need for education on how to handle high risk twin pregnancies. Dr. Shreepad Karhade HOD & Associate Consultant - Fetal Medicine at KEM Hospital said that the unit will manage routine as well as complicated twin pregnancies. The unit will offer diagnosis for genetic conditions, fetal therapy which includes fetoscopic procedure, radiofrequency ablation, bipolar cauterization at affordable charges. This will bring much relief to patients from Pune and around as they otherwise had to travel to Chennai or Bangalore for such procedures. The Unit also has state of the art equipment and high end sonography machines, telescopic trolleys etc.

Chief Guest Dr. Suresh. S, Chief Medical Director, spoke on this occasion. He is one of the pioneers in the field of fetal medicine and continues to be a leading name. He had set up a twins unit in Chennai in 2010 after an increasing number of complicated twins made



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him scout around the world to learn how best to be able to manage these. His training in France made him aware of just how much more could be done to save these pregnancies. Dr. Suresh said that a comprehensive wholesome fetal development unit can serve as a pathway for a healthy child and help identify those who require special care. It helps to establish a strong connect between the mother, the foetus and the expert - something that is invaluable to the entire process.





## KEM Fetal Medicine Conference 2023

A great man once said, “Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.” He was Henry Ford who went on to establish the Ford motor company as we know today based on his philosophy of continuously learning and continuously growing.

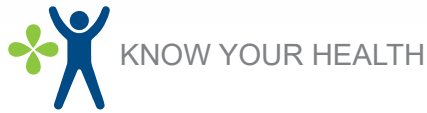
On the 18<sup>th</sup> and 19<sup>th</sup> of November 2023, Department of Fetal Medicine, KEM Hospital, Pune, organised a conference on the new and upcoming branch of fetal medicine, acknowledging and addressing the lack of precise and latest knowledge and existence of innumerable misconceptions regarding the available treatment options. The conference offered a whole day dedicated to multifetal gestation pregnancy and another day dedicated to fetal growth restriction and its complications.

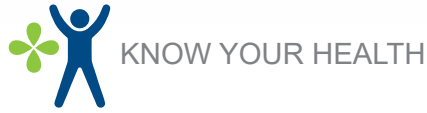
The conference saw a confluence of young and old, stalwarts and beginners in the field, students and teachers all coming together to learn and grow as one, with the common goal of improving the outcome for each and every patient.

Pioneers in the field like Dr. Suresh, Dr. Indrani Suresh, Dr. Pratima Radhakrishnan, Dr. Manikandan and Dr. Sudarshan Suresh came together along with other star faculties to address the difficult questions & challenges that we face in our everyday practice. We also had the opportunity to launch a special book on fetal medicine. The book, made possible due to the herculean efforts of 25 experts in the field, offers more than 30 topics addressing various topics right from the genetic conditions, structural problems, heart evaluation, growth monitoring across all trimesters of pregnancy.

At the end of two wonderful days, the attendees all had the same feedback, that they were already waiting for the next edition of our conference.









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## Book on Fetal Medicine for Education and Advocacy

In an effort to continue with advocacy and education and to provide budding students and gynaecologists with authentic information on this subject, KEM Hospital Pune has produced a special book on Fetal Medicine. The book was released at a conference on fetal medicine organised by KEM Pune recently. This year the conference focused on complicated twin pregnancies and growth abnormalities.

The book contains about 30 important topics contributed by 25 experts in the field. The topics include the probable medical conditions during three trimesters divided into four sections including genetic conditions, structural problems, heart evaluation and growth monitoring. The book is a result of contribution from various experts from the field of fetal medicine including Dr. Suresh.S, Dr. Indrani Suresh, Dr. Pratima Radhakrishnan, Dr. Sudarshan Suresh, Dr. Manikandan Krishnan. Fetal medicine encompasses a broad spectrum of probable medical conditions during pregnancy and has gained tremendous importance in recent years. Although a relatively new subject of science, it is being intensely discussed world over and put into practice. Through timely screening, diagnosis and interventions, the perinatal outcomes can be improved tremendously.

KEM Pune has been supporting Fetal Medicine through education and advocacy. These include conferences and CMEs on various aspects related to this subject. KEM Pune has been running a MUHS Fellowship Programme for Fetal Medicine and ART since 2020 which greatly benefits students taking that want to practise these specialised branches.





## KEM Pune hosts Diwali Celebration for children with Cancer

On 8th November'23, the Department of Medical Social Work, KEM Hospital Pune, hosted a special Diwali celebration for members of Prerana, a support group for children affected with cancer. About 120 children in the age group of 1-17 years along with their parents joined the celebrations.

Dr. Vishwanath Yemul, Medical Administrator, Dr. Madhur Rao, Senior Deputy Medical Administrator, Dr. Kannan Subramanian, Senior Haemato-Oncologist, Dr. Laila Garda, Director KEM Hospital Research Centre, philanthropist Navneet Karnani, Ms. Rohini Sahasrabudhe Dialysis & Transplant Coordinator and Head of Department Medical Social Work, Perveen Bharucha, Senior Counsellor and Jyoti Pillay, Medical Social Worker in-charge of the programme were present on this occasion.

The programme included felicitation of children who have completed their treatment and have been cured of cancer, the felicitation of staff nurses who work with cancer patients and a special orchestra by a team led by senior chest physician Dr. Parag Khatavkar.

Five children who completed their treatment and are in remission were felicitated to inspire children with cancer and their parents to fight the disease and continue with their treatment. This is the 29th year of the celebration which was started in the year 1994.



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# Consultants' Dinner

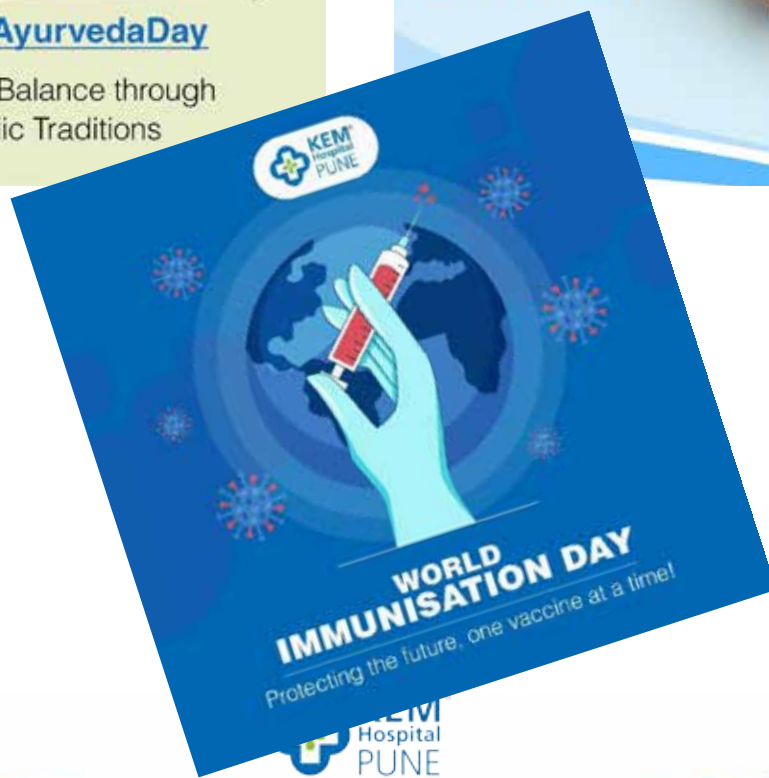
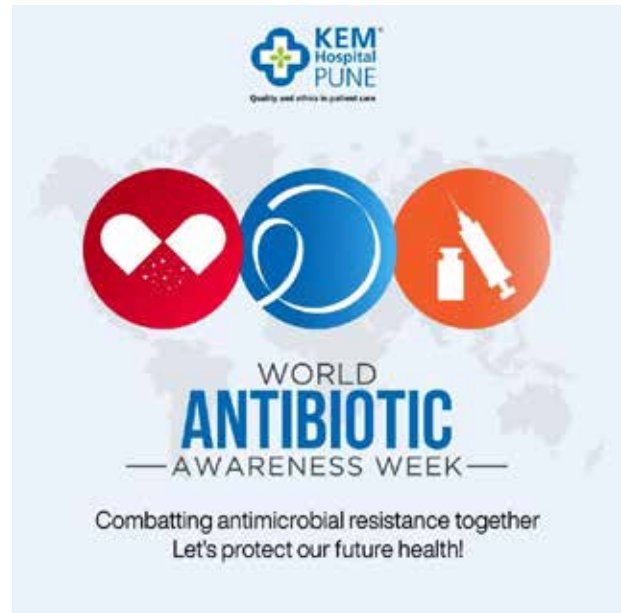




## Dental Check Up Camp

Dental unit of KEM Pune has recently conducted a free dental check-up camp at Vikhe Patil School. Total 1200 school children were examined in a span of four sessions by Dr. Pratibha Kukreja Pandit, Paediatric and Preventive Dentist, Dr. Pournima Gadre (General Dentist) and Dr. Aditi Kasat (General Dentist). This was followed by a sensitisation talk for school teachers about dental caries, dental trauma and preventive strategies by Dr. Pratibha Kukreja Pandit.







HEALTHCARE AWARENESS

**KEM Hospital PUNE**

**World DIABETES DAY**

#EmpoweringGlobalHealth  
for a diabetes-free world

**KEM Hospital PUNE**

**LUNG CANCER AWARENESS MONTH**

Access to Prevention and Treatment for All  
Leave No One Behind

**KEM Hospital PUNE**

**#WORLD PNEUMONIA DAY**

Breathe Clean Air,  
Prevent Pneumonia Everywhere

**KEM Hospital PUNE**

INTERNATIONAL DAY FOR THE  
**ELIMINATION OF VIOLENCE AGAINST WOMEN**

United to eliminate violence against women  
Empowering change for a safer future