

infoKEM 2024

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2024 DECEMBER





Dr. Banoo Coyaji Oration



Dr. Chittaranjan Yajnik delivers the 8th Dr. Banoo Coyaji Oration on the topic 'Predicting the Future-Horoscope to Molecular Biology'

“Years of research is yielding results and a change is happening,” says Dr. Yajnik, “Next frontier will explore molecular mechanisms.”

World-renowned diabetes researcher and Head of Diabetes Unit of KEM Hospital, Pune, Dr. Chittaranjan Yajnik highlighted the research work done by the diabetes unit and the way forward. He was speaking at a Press interaction on the sidelines of the 8th Dr. Banoo Coyaji Oration on the topic 'Predicting the Future-Horoscope to Molecular Biology'.

Dr. Yajnik said that the oration is a perfect platform to pay tribute to Dr. Banoo Coyaji who gave a free hand and helped to establish a thriving unit which went on to become a Center-of-Excellence in diabetes research. “She supported us at every stage and this oration is a public acknowledgement of her leadership and contribution,” he added.

Dr. Yajnik said that the Diabetes Unit at KEM Hospital, Pune is the first specialised diabetes care unit in Western India that started in 1987. The unit has led from the front and has done notable work in three areas viz. service to the patient, education to the patients and

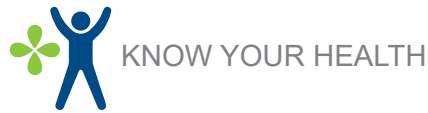


research. On the research front, the KEM Hospital Research Centre was one of the first ones to start investigating why diabetes is so common among Indians. The first finding was that this is largely related to central obesity i.e extra amount of fat inside and outside the abdomen in the central area of the body. Later on the unit went on to describe the 'Thin Fat Indian' concept which means that Indians have a thin look, but a lot of fat in the body. This is because the body has less muscle, which means thin limbs and a lot of fat in the body with central obesity. The idea explained why Indians have more diabetes.



He added that it was originally thought to be due to genetic factors, but with our research in collaboration with Prof. David Barkar showed that this actually starts when the baby is growing in the mother's womb. Mother's nutrition, metabolism, stress and a lot of other factors decide baby's health. Indian babies look small but have more fat than the English babies. Building on this research, the Unit went on to show importance of Vitamin B 12 and folate imbalance in the phenomena. After this, a trial has been done on supplementing B12 and other micronutrients to young girls and studying the outcome in their children. The trial is complete and it looks like the socio-economic development and the micronutrient supplementation we provided is helping the babies to gradually overcome the excess fat during the intrauterine growth. This is the beginning of the improvement of the health of Indian population. The government and other agencies must support to improve the health of young girls and boys so that the next generation is born healthy.





Next frontier is exploring Molecular mechanisms

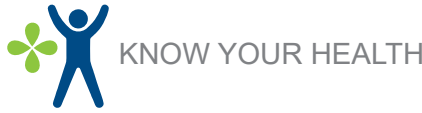
Dr. Yajnik said that we are in the process of finding out molecular mechanisms which we think are epigenetic rather than genetic and are driven by the environment changes which modify the gene function. The study will allow us to properly understand what to do, how to do and how Government Policies can be shaped. From research, we are now trying to move towards advocating and educating about the research so that policies and programs of the government can be shaped and a large population can be benefitted.

Thriving Clinic and Centre of Excellence

The Diabetes Unit at KEM Hospital, Pune has treated thousands of patients with Type 2 and Type 1 diabetes, gestational diabetes and specialised varieties of diabetes. We have a thriving clinic of Type 1 Diabetes Children in which we have more than 1500 patients recorded and many hundreds are treated free with the support of charitable donations from Hinduja trust, Mukul Madhav Foundation and Nityasha Foundation. The Unit has done pioneering work in educating patients about their day-to-day management and helping them become self-reliant. Thriving active online programs for Type 1 Diabetes patients and their parents helps to fill the void between visits to the clinic. The Madhuraksha application designed by a team at Diabetes Unit, KEM hospital Pune has also been downloaded by thousands with type 1 diabetes. It serves as a ready reckoner for those with type 1 diabetes and explains basic survival skills. It also provides various calculators for meal and insulin dose calculations to facilitate blood sugar control.







EIGHTH DR BANOO COYAJI ORATION

Years of research yielding results, change happening: Diabetologist

EXPRESS NEWS SERVICE
PUNE, DECEMBER 4

MATERNAL HEALTH factors, including nutrition, metabolism, and stress, significantly impact a baby's health. A research undertaken by KEM Hospital's diabetes unit, based on more than 75 years of studies across three generations, highlights that Indian babies, though smaller than Western babies, often have higher fat levels, partly due to imbalances in Vitamin B12 and folate, and increased diabetologist Dr C S Yagnik at the 8th Dr. Banoo Coyaji oration.



Diabetologist Dr C S Yagnik, Pune

delivering the lecture on 'predicting the future from open to molecular biology'. The KEM Hospital Research Centre was among the first to start investigating why diabetes is so common among Indians. The first finding was that this is largely related to central obesity - extra amount of fat inside and outside the abdomen in the central area of the body. Later on, the unit went on to describe the 'Thin fat Indian' concept which means that Indians have a thin look, but a lot of fat in the body. This is because the body has less muscle, which means this fat is not as healthy as the fat in the body of someone who has more muscle.

Dr Yagnik said that it was usually thought due to genetic factors, but research in collaboration with Professor David Barker has shown that this actually starts before the baby is born in the mother's womb. "This oration is a perfect platform to pay tribute to Dr Banoo Coyaji who gave a free hand and helped to establish a thriving unit which went on to become a centre of excellence in diabetes research. She supported us at every stage and the research is a public acknowledgment of her leadership and contribution," he said. "We are in the process of finding out molecular mechanisms which we think are epigenetic rather than genetic and

driven by the environment changes which modify the gene function. Our studies will allow us to better understand what

Diabetes: 'Thin fat Indian' key factor

Hospital says research throws light on 'lifestyle epidemic'

Pune Diabetologist Dr C S Yagnik, who has been studying diabetes for over 75 years, says that the 'Thin fat Indian' concept is a key factor in the rise of diabetes in India. He said that the research shows that Indian babies, though smaller than Western babies, often have higher fat levels, partly due to imbalances in Vitamin B12 and folate, and increased diabetologist Dr C S Yagnik at the 8th Dr. Banoo Coyaji oration.

मधुमेह एपिजेनेटिक्स बदलाद्वारे प्रेरित

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Mothers with normal B12 levels deliver 'fitter babies'

LOW DIABETES RISK
Supplementing B12 eventually led to overcoming ventral obesity which means the belly and bits of fat in and around the stomach area, one of the primary reasons for diabetes in Indians.
This excess fat also impacts the growth of liver and pancreas, which can cause diabetes as the baby grows, researchers said.
A 30-year research, which established a link between healthy mothers with normal B12 levels and diabetes, finding that those with normal levels delivered children who were at lower risk of ever developing the disease.
The study by Pune's King Edward Memorial Hospital's Diabetes Center Unit, began in 1990 by placing three generations of women under observation, from six villages.
The researchers followed up till the third generation of their children were born. Those kids, who were measured for their body weight and metabolic agility, were found to be slimmer, healthier and with less fat content.
The trials specifically focused on B12 consumption and its possible effects on diabetes. In addition to supplements of microelements, what also helped outcomes were the socio-economic development and the higher literacy levels among the women in these villages, said Dr Chittarrangan Yagnik, head of KEM's diabetes unit.
Dr Yagnik said that the research shows that Indian babies, though smaller than Western babies, often have higher fat levels, partly due to imbalances in Vitamin B12 and folate, and increased diabetologist Dr C S Yagnik at the 8th Dr. Banoo Coyaji oration.

मधुमेह नियंत्रणासाठी लोकशिक्षणावर भर

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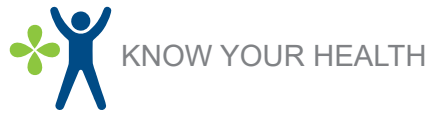
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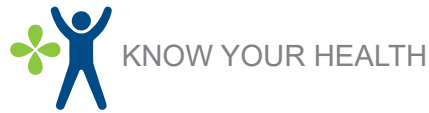
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Winter Skin Care Adapting Your Routine for Healthy, Hydrated Skin

The skin type of every individual is determined by the number of sebaceous glands present in their skin. The distribution of oil glands is different in different areas. They are abundant on face, back and arms. These areas will turn less dry during winter. Areas where oil glands are less or absent can become very dry especially in winters. However, since the activity of sebaceous glands fluctuates with the seasons, skin type can vary throughout the year. For instance, skin that appears oily in one season may become completely dry in winter. As a result, products such as soap, powder, and moisturisers should be adjusted based on weather changes

During cold months, we tend to sweat less, and the skin's oil production decreases. At such times, the use of soap should be minimised. Soap should be used daily only on sweaty areas and parts of the body that are covered, while hands and feet can be washed with only water. The use of products like gram flour, or shikakai as alternatives to soap or excessive scrubbing with plastic scrub can worsen dryness. These homemade alternatives function as scrubs, and their abrasive nature removes the skin's protective layer, making it more prone to infections and dryness. Moreover, exposure to sunlight can lead to problems as the skin lacks its natural barrier.



Some people prefer body washes over traditional soaps, while others use gentle scrubs. It's important to note that body wash is essentially a type of soap, and there is no need to scrub the skin with abrasive materials. Our skin naturally sheds its outer layer every three weeks, revealing new skin beneath. This process happens subtly and isn't visible to the naked eye, so there's no need to forcefully remove dead skin which in fact is a protective barrier for us



To alleviate the dryness caused by cold weather, applying oil or moisturiser within 10 minutes after bathing helps retain the water absorbed by the skin. It locks the moisture in the skin, keeping it soft. In our country, applying oil before bathing is a custom in many households. In fact, it can make the floor slippery and the oil often washes off during bathing, causing the skin to become dry again shortly after. Therefore, applying these products right after bathing is more effective.

When selecting soap, opt for glycerine-based varieties, as medicated soaps tend to dry out the skin further despite offering the same cleaning effect. Additionally, avoid products with strong fragrances or artificial colours. Powder, which absorbs sweat, is unnecessary for non-sweaty skin during colder weather.

In winter, we typically wear warm clothes, but woollen garments can irritate the skin and exacerbate pre-existing skin conditions leading to aggravation in itching. To avoid this, wear cotton clothing underneath woollen garments or substitute woollen with thick cotton or flannel fabrics which are often more comfortable alternatives to wool.



Dr. Anurag

HOD & Consultant, Dermatology



First Critical Care Ultrasound Refresher Course for POCUS Enthusiasts

KEM Hospital Pune, in collaboration with Echopocus Healthcare Simulation, organised its first critical care ultrasound refresher course for POCUS enthusiasts. The workshop was inaugurated by Dr. Farrokh Wadia, Trustee and Director of the Renal Unit; Dr. Xerxes Coyaji, Medical Director; Shirin Wadia, CEO; Dr. Laila Garda, Director KEMHRC; Dr. Poonam Deshmukh, Assistant Medical Administrator; and the workshop faculty members. The workshop featured one-on-one mentoring and was an exclusively hands-on programme, covering various aspects of POCUS.

It was thoughtfully designed and meticulously executed, receiving tremendous feedback and appreciation from the delegates. The course was directed by Dr. Pradeep D. Costa, Dr. Vivek Kumar, and Dr. Suchitra Mohite, with valuable support from esteemed faculty members, including Dr. Kedar Toraskar, Dr. Charudatt Vaity, Dr. Bindu M, Dr. Jayant Shelgaonkar, and Dr. Ruchira Khasne.





EVENTS AND ACTIVITIES

Health Camp at Watson & Chalin India Pvt Ltd

KEM Pune organised a health check-up camp at Watson & Chalin India Pvt Ltd on December 23, 2024. The event was led by Dr. Suvarna Khaladkar and supported by a dedicated team of 14 members.



Health Check Up Camp at Chedda Electricals and Electronics Pvt.Ltd, Shirwal 27th and 28th December 2024





Workshop for parents of cochlear implant recipients

Big Ears successfully conducted a highly engaging workshop for parents of cochlear implant recipients on December 4, 2024. The event focused on a FREE software upgrade and the eLaunch of Remote Programming, bringing the latest advancements in cochlear technology to users. Dr. Neelam Vaid provided valuable insights during her session, while an Advanced Bionics expert covered the advantages of Remote Programming and CROSS technology.

This workshop marked a significant step in improving the cochlear implant experience for both recipients and their families, blending expert knowledge with hands-on support.





EVENTS AND ACTIVITIES

Retirement Function

It was held on 27th December 2024 for Mr. Francis Khilare (Sr. Attendant).



DR. AKSHAY KALE

**MD (Medicine),
DNB (Gastroenterology)**

has been appointed as
Full Time Consultant Gastroenterologist.

OPD Timing

Monday to Saturday, 09:00 AM - 01:00 PM

Tuesday, Saturday, 11:30 AM - 01:30 PM

(Endoscopy Department, TDH Building First Floor.)



We are pleased to share that **DR SADANAND NAIK (HOD, Endocrine and Biochemistry Lab)** is enrolled in DELPHI EXPERT CONSENSUS on The Vitamin B12 Consensus Panellists Group for the Diagnosis, Treatment and Long Term Management of Vitamin B12 Deficiency in Adults.

He is one of the three Indians among the 46-member panel drawn from across the world. We are proud of his achievements.



Moment of Pride

Our renal team with Sandhya Bagwe, who successfully underwent a kidney transplant on November 13, made possible by the generous kidney donation from her husband, Milind.





HEALTHCARE AWARENESS

~~HIV~~ Be PrEPared

PrEP is a prevention method in which people who do not have HIV infection take a pill daily to reduce their risk of becoming infected.

KEM Hospital PUNE
Quality and ethics in patient care

020 6603 7460
020 2621 7460

Be PrEPared

PrEP is a prevention method in which people who do not have HIV infection take a pill daily to reduce their risk of becoming infected.

KEM Hospital PUNE
Quality and ethics in patient care

020 6603 7460
020 2621 7460

Prevent HIV

~~HIV~~

KEM Hospital PUNE
Quality and ethics in patient care

020 6603 7460
020 2621 7460

PrEPare yourself

PrEP is a prevention method in which people who do not have HIV infection take a pill daily to reduce their risk of becoming infected

KEM Hospital PUNE

INTERNATIONAL DAY OF PERSONS WITH DISABILITIES
Celebrating Inclusion and Empowerment!

KEM Hospital PUNE