

# 2026 infoKEM

## FEBRUARY



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**A Proud Milestone for Us. A Promise for You.**



**ACCREDITED FOR 6TH EDITION**

**KEM Hospital Pune is now NABH 6<sup>th</sup> Edition accredited Hospital**



**This reaffirms our dedication to:**

- **Quality Care**
- **Compassionate Care**
- **Clinical Excellence**
- **Patient Safety**
- **Continuous Improvement**

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## The Silent Health Crisis Among Indian Men

Indian people (especially men) are having cardiac arrests around the age of 40 yrs, and nobody is treating it like a crisis. He works 14-hour days, skips meals, sleeps for 5 hours, runs on chai and stress, hasn't seen a doctor in 3 years, but he'll tell you that he's "fine."

### Here's what's actually happening:

1. He's eating two meals a day and both are wrong. He skips breakfast and opts for heavy lunch and a late heavy dinner. His body is running on insulin spikes and crashes all day. He's not lazy at 3 pm. He just hasn't eaten properly all day.
2. He is losing muscle every year and doesn't know it. After 30, men lose 3-5% muscle mass per decade without strength training. He hasn't lifted anything heavier than his laptop in 5 years. He's getting softer, weaker, more tired - and blaming it on his schedule.
3. With weekend drinking, fatty food all week and with no movement, his liver is taking damage nobody told him about. About 38% of Indians have non-alcoholic fatty liver disease.



His SGPT level is probably high and he doesn't know because he hasn't tested it. Fatty liver has zero symptoms until it's serious.

4. His gut is destroyed and he thinks it's normal. He feels either bloated after every meal or feels acidity every night. With symptoms of irregular digestion, he pops Eno or Gelusil like it's candy. He has been told that he has a "sensitive stomach." He doesn't. He has a terrible eating pattern that nobody has questioned in 10 years.

5. He is vitamin deficient and has no idea. 70-100% of Indian men are Vitamin D deficient. Most are B12 deficient. The fatigue, the brain fog, the low mood - he blames work. It's his blood. He just never checked.

The average Indian man's health strategy is: ignore it, push through it, and hope it goes away. But, it doesn't go away. It compounds. Quietly. Every year.



**Dr Jayashree S Todkar**

Consultant Obesity & Metabolic expert



## EVENTS AND ACTIVITIES



## KEM Hospital, Pune and ISTBI host CME on blood transfusion

KEM Hospital, Pune, in collaboration with the Indian Society of Blood Transfusion & Immunohaematology (ISBTI) Maharashtra Chapter, conducted a Continuing Medical Education (CME) programme titled “Transfusion – Next Level” on 7th Feb, Saturday, at the TDH Auditorium, KEM Hospital, Pune. The CME was inaugurated in presence of Mr. Girish Hukare, Joint commissioner FDA, Pune, Dr. Dilip Wani, Chairman, ISBTI Maharashtra Chapter, Dr. Anand Chaphekar, Chief BTO and In-charge, KEM Hospital Blood Centre along with Dr. Xerxes Coyaji, Medical Director, KEM Hospital, Pune, Shirin Wadia, CEO and Dr. Rakesh Shah, COO, KEM Hospital, Pune

The CME structured into four scientific sessions, focused on advanced concepts and evidence-based practices in transfusion medicine, with an emphasis on cellular therapy, therapeutic apheresis, and evolving transfusion strategies. The full-day academic event witnessed enthusiastic participation from clinicians, transfusion medicine specialists, residents, and healthcare professionals from across the region.

### **ISBTI CONFERS LIFETIME ACHIEVEMENT AWARD ON DR JEROO COYAJI**

ISBTI, Maharashtra Chapter on Saturday conferred the lifetime achievement award on Dr. Jeroo Coyaji ( posthumous) . The award was accepted by Dr. Kurus Coyaji, President KEM Hospital Society at the hands of Dr. Dilip Wani. Dr Jeroo Coyaji, was a true legend in the field



## EVENTS AND ACTIVITIES



of blood banking since 1972 and dedicated more than five decades of her life to ensure that needy patients receive safe and timely blood transfusions.

Invoking the journey of the Blood Centre at KEM Hospital, Pune Dr. Anand Chaphekar, said the centre has been a witness to all the changes that happened in the last five decades in the field of transfusion medicine. He said that Dr. Jeroo Coyaji was firm right from the start on the principle of voluntary

blood donation, when many felt it was impossible. The centre continued the principles under her leadership and ensured safety and ethics were never compromised for convenience. The paid donation was banned after the Supreme Court directive in 1998.

In 1988, KEM Pune was amongst the first blood banks in the city to introduce component separation which included red cells, plasma and platelets. Today, component separation is an essential part and a norm of every blood bank which has amplified its use for more patients in need. In the early 2000s, this was followed by Leukocyte Reduction to remove WBCs from platelets. The blood centre has been one of the first to adopt new technologies like Phenotyping, three cell panel antibody screening for every donor and patient, identification of antibodies and issue of antigen negative blood, Nucleic Acid Amplification Test, or NAAT, a type of viral diagnostic test which adds another safety layer.

KEM Hospital, Pune Blood Centre will be introducing Extracorporeal Photopheresis (ECP) Dr. Anand Chaphekar mentioned that “With the introduction of Extracorporeal Photopheresis, KEM will no longer be just a blood centre; but a Cellular Therapy Hub. ECP is an incredibly elegant treatment. Instead of suppressing the entire immune system with heavy drugs (which leaves the patient vulnerable to infections), ECP ‘teaches’ the immune system to stop attacking the patient’s own body. KEM is entering into the era of Modern Immunotherapy. The technology is “top-tier,” it was all built on the foundation of voluntary Non-Remunerated Blood Donation (VNRBD), a principle Dr. Jeroo Coyaji championed. While the technology changed, the commitment to Dr. Jeroo Coyaji’s vision of high-quality, ethical blood banking has remained the constant thread.



## EVENTS AND ACTIVITIES

### WHAT IS ECP ?

Extracorporeal Photopheresis (ECP) is a specialized blood treatment that involves removing white blood cells, treating them with a photosensitizing agent and UVA light, and returning them to the patient to induce immune tolerance and reduce harmful T-cell activity.

“We haven’t just kept pace with science; we have consistently set the pace for transfusion safety in the region,” added Dr. Chaphekar. At KEMH, we don’t just issue blood; we provide a precisely matched, highly screened, and therapeutically optimized biological product tailored to the individual patient.





## Celebration of World Cancer Day: Care goes beyond clinical excellence

This year's World Cancer's Day theme, United by Unique, truly resonated with us. Every child's journey is different, yet the care that surrounds them remains constant. This balance of personalised treatment and shared compassion is what defines us at KEMH. To bring this thought to life, we chose to do something special.

Stepping away from hospital walls, routines, and protocols, we organised a one-day picnic for our young cancer warriors and their families to Shivshrushti. For those few hours, there were no appointments—only laughter, play, exploration, and the joy of simply being children. It was a day filled with smiles, lightness, and togetherness—a reminder that healing is not just medical, but deeply human.

Being part of an institution that protects hope, celebrates life, and always puts people at the heart of healthcare is something we carry with immense pride.





EVENTS AND ACTIVITIES





## KEM Clinical Meet – Sixth Session

We are pleased to share that the sixth session of the 'KEM Clinical Meet' was successfully conducted on 26th February 2026.

This initiative continues to serve as a strong platform for knowledge exchange, creating awareness about the excellent clinical work across departments, and fostering interdisciplinary collaboration. Beyond academics, it aims to strengthen best practices through shared learning and collective insights. Abstracts of both cases presented during this session:

### **DEPARTMENT**

**Dermatology**

### **PRESENTERS**

**Dr. Kusumika Kanak, Dr. Vijay Bhute**

#### **1. Abstract:**

Mohs micrographic surgery is a specialized and highly precise surgical technique used to treat certain types of skin cancer. It is most commonly performed for basal cell carcinoma and squamous cell carcinoma. This procedure is especially useful when skin cancers are located on sensitive or cosmetically important areas such as the face, nose, eyelids, lips, ears, scalp, and hands. It is also recommended for large tumors, recurrent cancers, or cancers with unclear borders.

In Mohs surgery, the cancer is removed layer by layer, and each layer is examined under a microscope during the procedure. This step-by-step method ensures complete removal of cancer cells while preserving as much healthy surrounding tissue as possible. As a result, Mohs surgery offers the highest cure rates with better cosmetic and functional outcomes compared to conventional surgical methods.

Mohs micrographic surgery has recently been started in our hospital, allowing us to provide advanced, accurate, and tissue-sparing treatment for patients with skin cancer.

#### **2 Abstract:**

Hair transplantation in traumatic and scarring alopecia is a technically demanding but valuable reconstructive option for carefully selected patients. These types of alopecia are characterized by permanent follicular destruction, fibrosis, and compromised vascularity, leading to reduced graft survival compared with non-scarring alopecia.

Only medical management may not be able to grow hairs from the scarred tissue area. Successful outcomes depend on accurate diagnosis, strict disease inactivity for at least 12–24 months, and optimal control of the underlying inflammatory process.



## EVENTS AND ACTIVITIES



Follicular unit extraction is generally preferred to avoid additional scarring, with conservative graft density and meticulous recipient-site creation. Pre- and post-operative anti-inflammatory therapy may further enhance graft survival.

When performed in stable disease, hair transplantation can substantially improve not only cosmetic appearance but also psychological well-being, quality of life and improve confidence of patients.

## Retirement Function on 23rd February 2026



Ms. Sunita Padwal (Sister In-charge)



Ms. Rohini Bhosale (Staff Nurse GR)



### **DR. TANVI BINDAL**

Designation: **Junior Consultant Paediatric Nephrologist**

Department: **Nephrology**

DOJ: **25.02.2026**

Qualifications:

**MD (Paediatrics), MRCPCH, DM (Paediatric Nephrology)**

Areas of Interest:

**Complement mediated kidney disorders, nephrotic syndrome, kidney transplant.**



### **DR. PANKAJ BORADE**

Designation : **Associate Consultant Psychiatrist**

Department : **Psychiatry**

DOJ : **09.03.2026**

Qualification : **MD (Psychiatry)**

OPD : **Monday 9:00 AM to 11:00 AM**

Areas of Interest:

**General Adult Psychiatry, Child & Adolescent Psychiatry, Addiction Psychiatry, Consultation-Liaison Psychiatry, Sexual Health & Psychiatry, Academic Research**




## ACHIEVEMENTS




Congratulations Dr. Tanvi Sharma and Team on your recent publication. Sharma T, Vaid N, Kiruthiga KG. The lone lymphoid surge in a child from India: A rare case of solitary lymphoid papillary hyperplasia of palatine tonsil.

International Journal of Otolaryngology Research 2026; 8(1): 17-20.



<https://www.doi.org/10.33545/26646455.2026.v8.i1a.78>


**THIS WORLD  
CANCER  
DAY**




*Let's choose awareness,  
prevention and timely care.*

 KEM Hospital Pune 



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**INTERNATIONAL  
EPILEPSY DAY**



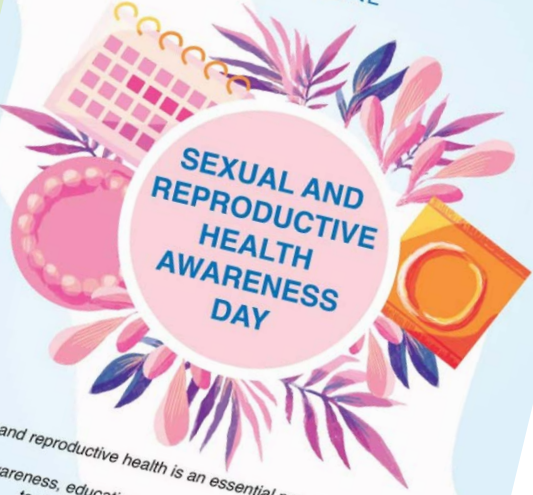
*Let's educate ourselves,  
challenge misconceptions and support individuals  
and families living with epilepsy.*

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**SEXUAL AND  
REPRODUCTIVE  
HEALTH  
AWARENESS  
DAY**




*Sexual and reproductive health is an essential part of overall well-being.  
Awareness, education, and timely care empower individuals  
to make informed choices for a healthier future.*

 KEM Hospital Pune 



Call 020 6603 7460  
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This  
**WORLD  
DONOR**  
choose to give



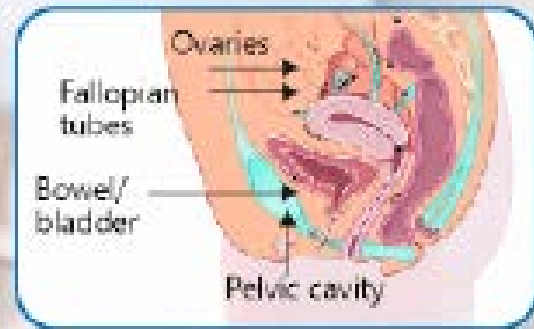
*because your donation can change  
more than one life.*

 KEM Hospital Pune 

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## ENDOMETRIOSIS

Endometriosis is a condition in which the endometrium (uterine lining) grows outside the uterus



### COMMON SITES

Ovaries

Fallopian tubes

Pelvic cavity

Bowel/bladder

### SYMPTOMS



Painful  
Periods



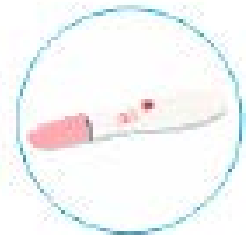
Painful  
intercourse



Pain during  
urination



Heavy bleeding  
during periods



Difficulty in  
conception

### WHAT WE OFFER

- Medical management for pain
- Endoscopic surgery for fertility preservation
- Assisted reproduction (IUI/IVF)
- Tubal testing



KEM Hospital Pune