

## Message from Group Chairman

Welcome to the first edition of YSH Newsletter, a newsletter Yenepoya Specialty Hospital will publish on quarterly basis to keep you informed about developments and news within the hospital.

In this issue, I am sure you would find useful information on the installation of new MRI Machine which is the first of its kind introduced in South Karnataka to ensure the comfort of our patients and other interesting news.

I wish the whole team behind this newsletter all the very best!



**Mr Yenepoya Mohammed Kunhi**  
Managing Director

## Message from Chairman

I am delighted to know that Yenepoya Specialty Hospital is publishing a quarterly newsletter to provide an update on the latest developments in the hospital to outside world. I encourage you to take the time to go through the first issue and guide the team with your constructive comments.

When I reflect on the past two decades, my belief is that the growth of this institution is nothing short of phenomenal !!

What started out as a support establishment to our Dental and Medical Colleges, has transformed itself into a well reputed Multi Speciality Hospital. Personally, I feel a great sense of pride that this extraordinary journey has been consistent with the vision of our Founder and my father Late Yenepoya Moideen Kunhi, whose dream was to provide accessible, affordable and quality health care to all.

Going forward, our goal is to invest, not only on our facilities and infrastructure but also on our human capital - Doctors, Nurses and supporting staff to make this a truly world class institution.

I would like to congratulate the Medical Director Dr Muhammed Thahir and his team for coming up with such an initiative.

I hope you would find the newsletter useful. I look forward to your kind feedback on this newsletter and issues to release.



**Mr Yenepoya Abdulla Kunhi**  
Chairman

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**Try to Make at least  
three people Smile  
Each Day.**

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# Hospital News

## MRI Inauguration

May 06, 2018 - We formally Inaugurated a patient friendly, truly digital - Philips Ingenia 1.5T MRI which is the first of its kind in the entire South Karnataka.

Considering the patient's state of mind, we have gone extra miles to install Wide bore MRI with inbore experience. The large 70cm wide bore, wider patient table and ambient light ring helps the patient to feel comfortable.

This machine is ideal for all ages and delivers superb image quality with higher SNR but shorter scan time and better patient experience throughout.

Philips Ingenia 1.5T MR will provide very high image quality, increased functionality and the potential to increase patient throughput. The Ingenia 1.5T will not only provide routine MRI applications but also more specialist imaging in areas such as oncology, neuro and orthopedics.

The digital D Stream with digitization of the signal in the coil not only delivers superb image quality with higher SNR but also shorter scan times and better patient experience throughout. "



**Medicines can cure,**  
but a **good doctor's**  
**inspirational** words  
can give the **strength**  
to **fight** from within..



## NABH Accreditation

On the same day, we marked the special occasion to celebrate our achievement of NABH accreditation. The function was attended by our Chairman Mr Yenepoya Abdulla Kunhi, the top Management team, doctors in and around Mangalore and the other invited dignitaries.

National Accreditation Board for Hospitals and Healthcare Providers (NABH), the premier health care accreditation body in India, is set up to establish and operate accreditation programme for healthcare organisations. The board is structure to cater to the much desired needs of the patients and to set benchmarks for the progress of health industry.

Being accredited by NABH, Yenepoya Speciality Hospital has proved its highest quality standard in the industry. The full accreditation is effective January 8, 2018 through January 7, 2021 and to be renewed upon.







**Dr Deepak Rai**  
MBBS, MS (Ortho)

Consultant Orthopaedic &  
Joint Replacement Surgeon,  
Mangalore

## Tips for Arthritic Patients

- ✓ Always consult a physiotherapist before starting any exercise regimen.
- ✓ Consult doctor and modify if there is pain or discomfort due to the exercise regime.
- ✓ Try to lose weight since it reduces the load on knees
- ✓ Start with 2-3 simple exercises and then progress to more challenging exercises.

## Benefits of physical activity

- ✓ Strengthens muscles around OA-affected joints.
- ✓ Reduces pain and stiffness.
- ✓ Maintains and improves joint flexibility.
- ✓ Improves stamina and energy levels.
- ✓ Reduces excess weight.
- ✓ Reduces the burden on joints.

## Osteoarthritis

Osteoarthritis is the most common chronic condition of the joints. In normal joints, a firm, rubbery material called cartilage covers the end of each bone. Cartilage provides a smooth, gliding surface for joint motion and acts as a cushion between the bones. In osteoarthritis, the cartilage breaks down, causing pain, swelling, stiffness and impaired movement. It affects mostly middle-age to elderly people.

In India, osteoarthritis is the most frequent joint disease with a prevalence of 22-39%. Osteoarthritis is more common with women than men, but the prevalence increases dramatically with age. Nearly, 45% of women over the age of 65 years show symptoms of osteoarthritis.

### Diagnosis of osteoarthritis

Osteoarthritis is usually diagnosed based on the signs and symptoms reported by the patient.

- Joint tenderness • Muscle thinning • Creaking or grating sounds
- Joint instability • Bony swelling • Reduced movement
- Excess fluid

### Tests for osteoarthritis

- Blood test • X-rays • Magnetic resonance imaging (MRI) scan

### Treatment of Osteoarthritis

#### Physical activity

- Exercise helps to strengthen bones and thus, reduce the pain and improve flexibility.
- Stiffening of the joints can be reduced by performing full range of motions at least once a day.
- Exercise can also improve your mood and self-esteem.
- If a joint is very inflamed, a short period of rest is advised to reduce swelling and inflammation.

#### Drug therapy

Medicines such as pain killers, non-steroidal anti-inflammatory drugs (NSAIDs) are available for osteoarthritis that helps to reduce swelling and pain. Surgery is one of the management strategies when drugs have failed to reduce pain or when the joint has serious damage.

#### Surgery

Surgery is considered in patients of severe osteoarthritis and when medical management has failed to reduce pain or when the joint has serious damage. There are several surgical options for osteoarthritis. Your doctor will decide the procedure for treatment based on the severity of the condition.

## EXERCISES

### Stretching Exercises

- Stretching helps in moving joints through their full limit.
- It improves and maintains flexibility of joints.
- Stretching exercises helps to maintain and improve muscle strength.

### Swimming

- Swimming strengthens muscles and reduces weight since the buoyancy of water helps to relieve pressure of the body's weight on the affected joints.

### Walking

- Walking reduces stiffness of joints and helps in strengthening muscles.
- It also reduces weight and tones muscles.

# Happiness Corner

What is happiness? People have agonized over this question for centuries, but only recently has science begun to weigh in on the debate.

**Happiness is Not: Feeling Good All The Time**

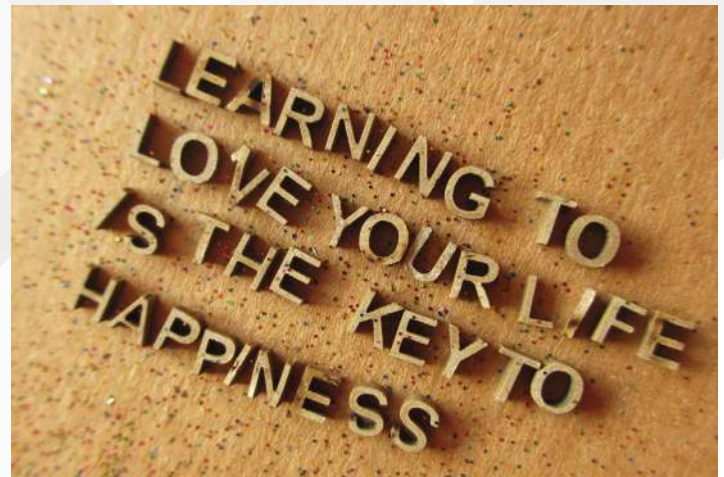
**Happiness is Not: Being Rich or Affording Everything You Want**

**Happiness is Not: A Final Destination**

**So, What IS Happiness?**

The research suggests that happiness is a combination of how satisfied you are with your life (e.g, finding meaning in your work) and how good you feel on a day-to-day basis. Both of these are relatively stable—that is, our life changes, and our mood fluctuates, but our general happiness is more genetically determined than anything else. The good news is, with consistent effort, this can be offset. Think of it like you think about weight: if you eat how you want to and are as active as you want to be, your body will settle at a certain weight. But if you eat less than you'd like or exercise more, your weight will adjust accordingly. If that new diet or exercise regimen becomes part of your everyday life, then you'll stay at this new weight. If you go back to eating and exercising the way you used to, your weight will return to where it started. So it goes, too, with happiness.

In other words, you have the ability to control how you feel-and with consistent practice, you can form life-long habits for a more satisfying and fulfilling life.



## Family Health Awareness Sessions to Patients and Patient parties.

### Our Nursing team in action

- ✓ Breastfeeding on 26 April
- ✓ Hand Hygiene on 18 May
- ✓ Urinary Tract Infection on 14 June
- ✓ Lifestyle Modification on 22 June
- ✓ Obesity and Weight Management on 28 June
- ✓ Diabetes on 18 July







## International Nurses day

We celebrated the International Nurses Day on 11<sup>th</sup> May acknowledging the selfless services of our nurses. The nurses from our sister concerns Zuleka Nursing College and Yenepoya Nursing Home also joined hands on this auspicious day. On this special occasion those who excelled in their performance were honoured.

IN THE PHOTO: Mr. Prashanth, the Emergency In-Charge cum Nursing Supervisor receiving his Best Nurse Cash Award and Certificate for the year 2017-2018 from Dr Muhammed Thahir, MD & Nursing Superintendent Mrs Mary Vas, while Zuleka Nursing College Principal Dr. R. Kanagavalli Finance Manager Mr Hamad Bava, DNS Mrs Gracy D'Silva look on.

## International Yoga Day

Practicing Yoga is one of the ways to grow into a better human being with a Sharp Mind, Good Heart and Relaxed soul.

We celebrated the 4th International Yoga Day on 21st June at our Conference Hall. Our Medical Director Dr Muhammed Thahir formally inaugurated the function while our chief guests Mrs Veena Srinivas, Kavi Artist & Mr. Shailesh Jain, Entrepreneur on dias joined hands to light the lamp. Ms Vidyashree our Yoga Therapist for the past 15 years addressed the gathering by conveying the essence of yoga and later led the gathered guests and regular yoga therapy participants to demonstrate basic yoga asanas.



**“The good physician treats the disease ;  
the great physician treats the patients who has the disease.”**

- William Osler

