



Mr Yenepoya Mohammed Kunhi
Managing Director



Mr Yenepoya Abdulla Kunhi
Chairman

Message from Medical Director

Yenepoya Specialty Hospital has completed 24 glorious years of its operations in the region this year.

When we look back at the distance we have travelled in achieving our goals, I am extremely happy with the progress we have made. We have a wonderful location and great infrastructure; and more importantly we are proud that our patients are happy with the fact that our doctors and nurses offer top class healthcare services from preventive medicine to treatments for many specialized areas. Adding new technology surgical tools has attracted a team of highly skilled medical consultants who share our vision of building centre of excellence in their respective fields.

Going forward, along with our dedicated team of Specialists and support staff, I am optimistic to take our hospital to the highest level of healthcare standards in the next couple of years. We are focused to target our new set of goals by following the best practices in the medical field and maintain the continuity of our growth without compromising on quality of services at any time.

Providing safe, high-quality, compassionate care to each and every person that seek healthcare at YSH has always been our priority. We are aware of many new opportunities, challenges and issues that impact us in our pursuit of excellence. We aim to be the best private healthcare provider in the region contributing to the nation building process.

Our well-wishers are our strength. We thank you very much while we strive to meet and exceed your expectations. We wish to hear from you always. Your feedback is very important to us.



Dr. Muhammad Thahir
MBBS, MS (ORL)
Medical Director

“WHEREVER THE ART OF **MEDICINE** IS LOVED,
THERE IS ALSO A **LOVE** OF **HUMANITY.**”

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**A Day without
Laughter is
a Day wasted**

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Hospital News

Did You Know? Hepa Filter

Based on various demands made by specialized procedures, hospitals have many areas where air filtration must be of the highest efficiency. This usually includes operating theaters, outpatient surgery suites, bone marrow transplant, isolation rooms, critical care, intensive care, and several other area designations as well.

The High Efficiency Particulate Air (HEPA) filter provides the best protection from infection and contamination from airborne microorganisms, especially when engineered so that the filter is mounted at the terminal of the duct, commonly referred to as ceiling mounted HEPA filters or modules. These filters have a long history of providing protection against airborne contaminants. Such contaminants may include biological agents, gases, fumes, and dust particles.

Most hospitals that utilize HEPA filtration in Operating theatres apply this technology because they understand the value in terms of reducing the number of nosocomial (Hospital acquired) infections. One of the principles of operating suite design is reducing the concentration of particles to the lowest possible level. We have been using Laminar Flow Diffuser with HEPA filter in our Operating theatres at Yenepoya Specialty Hospital.

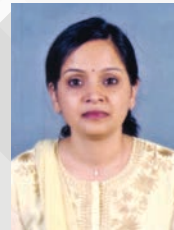
HEPA filtration in operating rooms of a healthcare facility provides the highest quality of air cleanliness, helping safeguard the life and health of the patients and the healthcare workers.



Dr Srijith Padmanabhan, Spine Surgeon is seen with his OT team Jinendra, Saly James, Sumithra, Meghana, Christy, Pramila, Vimala and Santosh Shetty.



Introduction of Infertility Clinic



Dr Rashmi Nayak

MBBS, MS-OBG, DNB, MRCOG (London),
Consultant in Reproductive Medicine.

Dr. Rashmi Nayak is a Gynaecologist & specialist in Reproductive Medicine with over 12 years of quality experience.

After completing her MBBS from JSS medical college Mysore, Dr Rashmi has secured Masters in Obstetrics & Gyneacology from Father Muller Medical College, Mangalore and DNB from Delhi Board. She underwent specialist training in ultrasound scanning, infertility, laparoscopy & urogynaecology all from renowned institutes. She was awarded the - MRCOG degree (UK) in 2015.

Dr Rashmi has worked as Assistant Professor (OBG) in Medical Colleges of Bangalore & Salem and then as full time consultant in Sakra World Hospital, Bangalore before joining Santhathi, the Center for Reproductive Medicine, Mangalore.

Presently Dr Rashmi Nayak is available at YSH from 12:30 pm till 2 pm on all weekdays.

Services Offered at our Infertility Clinic.

- Counselling
- Hormone Analysis
- Ultrasound & Doppler Studies
- Tubal Evaluation (Hsg)
- Hysteroscopic & Laparoscopic Surgeries (Endoscopy)
- Semen Analysis & Urological Evaluation
- Ovulation Induction & Cycle Monitoring
- IUI – Intrauterine Insemination
- Donor Insemination
- IVF/ ICSI / Oocyte Donation/Surrogacy
- Surgical Sperm Retrieval Procedures (Tesa, Tese)
- Semen Banking



Dr Ashwini Kamath
 MBBS, MD, DNB (Gen. Medicine)
 Fellow in Rheumatology

- 1 RA is a mutisystem disease; do not get eluded by just joint affliction.
- 2 Early recognition of symptoms and prompt referral provides the best window of opportunity for diagnosis and effective disease control.
- 3 RA increases between 25-55 yrs of age, with women being affected 2-3 times more often than men

Rheumatoid Arthritis

Seek right treatment for a better outcome

Rheumatoid arthritis(RA) is a chronic, multisystem, autoimmune disorder with articular and extra-articular manifestations.

The incidence of RA increases between 25-55 yrs of age, with women being affected 2-3 times more often than men. Children may also be affected by rheumatoid arthritis.

Most patients experience a chronic fluctuating disease course which may result in progressive joint damage, deformity and disability.

In 70% of the cases RA has a slow onset over weeks to months. They have joint pains and swelling most commonly involving the small joints of the hands and feet, wrists and knees. There can be involvement of the elbows, shoulder, ankles, hips and temporo-mandibular joint(jaw) and spine too. Morning stiffness lasting for more than 45 mins, easing with physical activity is typically observed. Patients may even have fever, weight loss, fatigue, generalized body pains etc at times preceding the onset of arthritis.

In 20% cases symptoms develop over a few weeks and in 10% an acute onset is recognized wherein symptoms peak within a few days of onset.

Extra articular symptoms include anaemia, skin, cardiac, ocular, pulmonary involvement etc.



Early recognition of symptoms and prompt referral provides the best window of opportunity for diagnosis and effective disease control. This allows for improvement of long term disease outcomes and prevent associated complications of the disease.

Diagnosis is based on thorough clinical examination, imaging studies and laboratory testing including certain special immunological tests.

In the last two decades, the outcomes of RA have improved remarkably. The historic description of crippling arthritis is seen less frequently. Much of this astounding progress is due to adoption of early diagnosis and treatment interventions and a wide array of effective therapeutic medicines including Biologicals.

With better awareness and early referral of patients with inflammatory arthritis to rheumatologists for prompt diagnosis and initiation of therapy, RA associated morbidity and mortality can be well tackled and patients will achieve their best outcomes!

BENEFITS OF LAUGHING

- Reduces heart disease
- Natural pain killer
- Improves breathing
- Helps you lose weight
- Gives good sleep
- Decreases stress
- Makes you look young

THERE'S NO REASON NOT TO LAUGH!

EXERCISES are of three types depending on the overall effect they have on the human body.

Endurance 4 - 7 days/ wk

Aerobic Exercise

Improving cardiovascular endurance requires challenging your system by increasing aerobic activity for sustained periods of time (10-15 min.)

Activities: brisk walking, biking, interval training, swimming, dancing

Strength 2 - 4 days/ wk

Weight Bearing & Resistance Exercises

Weight bearing exercises improve posture, increase muscle strength, bone density, & metabolism.

Activities: weight lifting, resistance training

Flexibility 4 - 7 days/ wk

Stretching Exercises

Stretching elongates muscles & increases the blood flow for best performance.

It improves your flexibility (range of motion) and decreases the chance of injury.

Activities: tai chi, pilates, stability ball

Not everyone benefits equally from different types of exercise. There is tremendous variation in individual response to exercise: where most people will see a moderate increase in endurance from aerobic exercise, some individuals will as much as double their oxygen uptake, while others will never get any benefit at all from the exercise. Similarly, only a minority of people will show significant muscle growth after prolonged weight training, while a larger fraction experience improvements in strength. This is why people should experiment and try different types of physical activity, so that they can find what type they really like and what works for them.

- 1 Aerobic exercises, such as cycling, walking, running, hiking, and playing tennis, focus on increasing cardiovascular endurance
- 2 Anaerobic exercises, such as weight training, increase short-term muscle strength.
- 3 Flexibility exercises such as stretching improve the range of motion of muscles and joints



Family Health Awareness Sessions to Patients and Patient parties.

Our Nursing team in action

- ✓ Insulin Therapy on 1st July
- ✓ Ovarian Cancer on 24th august
- ✓ Kidney failure on 11th September



A contented Mind is the greatest Blessing - Our patients speaks...

“ No matter how many times I wanted to go to washroom, nurses were always ready to remove the drips with a smiling face, no matter what time of the day.

Mr. Mohammed Rayyan

“ Appreciating the care and services provided by the nurses. Very good ambience. Very comfortable with our consulting doctor.

Mr. Kunhali



Haj Vaccination

Haj Pilgrims at the annual Vaccination Camp held at Yenepoya Specialty Hospital, Kodialbail on July 12, 2018. 515 pilgrims received the vaccination sponsored by the Karnataka State Haj Committee.

The Group Chairman Mr Yenepoya Mohammed Kunhi inaugurated the program in a grand function where our Chairman Mr Yenepoya Abdulla Kunhi and Haj Committee members were also present.

Independence Day Celebration

YSH Team celebrated India's 72nd Independence day on 15th August, by hoisting the flag at Kodialbail premises at 8:30 am. Chief guest, Dr Ashok Pandit, Senior Consultant Urologist hoisted the flag in the presence of the Medical Director Dr Muhammed Thahir, Zulekha Nursing College Principal Dr R. Kanagavalli, Nursing Superintendent Mrs Mary Vas, invitees and the staff of YSH, ZNC and YNH, followed by sweet distribution.



Physiotherapy Day

Physiotherapy department of Yenepoya Speciality hospital celebrated World Physiotherapy day on 15th September at YSH conference hall, with the WCPT theme of "Physiotherapy for Mental Health". Ms. Varsha Rohit, national level athlete graced the occasion as the Chief Guest and Dr. U. T. Ifthikar Ali, Senior Physiotherapist and Professor in MV Shetty college of Physiotherapy was the guest of honour.

Ms Varsha delivered the Chief guest address with reference to the ACL reconstruction surgery she underwent at YSH under the guidance of Dr. Deepak Rai and also was successfully rehabilitated for a month by Dr. Ramya, Head Department of Physiotherapy after which she is back on her athletic track now within just 3 months. Dr. Ifthikar talked about the flourish of Physiotherapy in Mangalore and the event also included talks by specialist doctors Dr. Deepak Rai and Dr. Ashwini Kamath on Psychological influence on Musculo skeletal system. The keynote address was delivered by Dr. Ramya on how the Mind influences the treatment and recovery of physical problems followed by demonstration of certain routine exercises by Physiotherapists Yazmin, Anish and Ashwini.



Session at St. Aloysius PU College

YSH's Emergency Medicine Physician, Dr Samuela Rego conducting a session on First Aid at St. Aloysius PU College on September 4 for their students and staff members.

Mock Drill on Air Crash Handling

YSH Emergency Medicine Physician Dr Samuela Rego and her team, in action at Mangaluru International Airport conducting Mock Drill on air crash handling on September 06.

