

Mr. Yenepoya Mohammed Kunhi
Managing Director

YSH has made every effort to deliver the highest possible standards of health care in a compassionate and professional manner over the years, and the accreditations, accolades and adulation we have painstakingly earned for ourselves speak for us. Yet, as we march ahead vehemently towards our silver jubilee year, we are filled with a renewed zeal to serve better and achieve more.

The simple words of Tim Duncan – “Good, better, best. Never let it rest. Until your good is better and your better is best.” – sum it up for us. Improving the quality of our healthcare, improving access to it and enhancing patient experience has always remained our primary aim. As healthcare providers we are accustomed to a process of constant quality and performance improvement to better serve our patients. We will continue to make the right choices for the society we serve and constantly strive to meet the high expectations, which people have come to expect of us.

In closing, while thanking our wonderful team for all the support and efforts to excel individually and collectively, I once again call out to you to rededicate yourselves and help us achieve this goal. Like Anatole France once said – “To accomplish great things, we must not only act, but also dream, not only plan, but also believe.” I am sure, you will agree that the unflinching support and encouragement of our dear Chairman, Managing Director and our Medical Director continues to inspire us in this direction.



Mr. Yenepoya Abdulla Javeed
Director-Operations

I would like to place on record, a whole hearted thanks to each and every one of you. 2018 was a very fruitful year for YSH. You all have been an integral part of this hospital, and our success today would not have been possible without your contribution. Special thanks to my team at YSH for their zeal, commitment and dedication, which has been with us for all these years.

The year ahead will bring its own challenges, but I'm sure by working together, keeping focus on our priorities and putting our patients' need first we can achieve our vision.

On behalf of the Board of Directors and the Management, I wish each one of you a very happy and prosperous 2019.



Dr. Muhammad Tahir
Medical Director

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**Smile... it's
free therapy!**



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'Blood Donation - Save Life'



The YSH nursing staff organised a programme on **'Blood Donation - Save Life'**. Patients, hospital and the general public were trained and educated on blood donation by our experienced nursing staff.

Participation in 'Spoorthy', Annual District Conference by Rotary Club



YSH set up a stall in the conference providing free medical advice. The event featured inspiring speeches, entertainment programs and fun filled games.



2nd Place in Interdisciplinary Conference of Health Science and Technical Research (ICHTR)

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for the 2020 Olympics, who underwent ACL reconstruction at YSH 2 months faster than any published or documented record of the injury, determined by protocols around the world.



“THE ONLY WAY TO KEEP YOUR **HEALTH** IS TO **EAT** WHAT YOU DON'T WANT, **DRINK** WHAT YOU DON'T LIKE, AND **DO** WHAT YOU'D RATHER NOT.”

Mark Twain



Dr. Rathi Abhijith
Consultant - Ophthalmologist

1. DR is a common ocular complication of Diabetes Mellitus and is a frequent cause of preventable blindness in working adults.
2. Visual loss may not be present in the early stages of Retinopathy, regular screening of persons with diabetes is essential to enable early intervention.
3. Optimal control of blood glucose, blood pressure and blood lipids can reduce the risk of developing DR and slow its progression.

Diabetic Retinopathy (DR) is a common ocular complication of Diabetes Mellitus and affects one in three persons with diabetes making it a frequent cause of preventable blindness in working adults.

Diabetic Retinopathy develops with time and is associated with poor control of blood sugar, blood pressure and blood lipids. Impaired renal functions are another risk factor for development and progression of DR. Those with pre-existing diabetes mellitus are at risk of developing DR during pregnancy.

Diabetic Retinopathy typically presents no symptoms in the early stages. Symptoms start with the progression of disease which usually includes blurred vision, floaters or a sudden drop in vision.

DR can be classified as Non-Proliferative and Proliferative. Non-Proliferative Diabetic Retinopathy is a milder form and is usually symptomless. Whereas proliferative diabetic retinopathy is an advanced stage characterized by formation of abnormal, new blood vessels in the retina. If untreated can lead to complications like vitreous hemorrhage, glaucoma, retinal detachment.

Since visual loss may not be present in the early stages of Retinopathy, regular screening of persons with diabetes is essential to enable early intervention. Visual acuity and retinal examination are important in diagnosing DR. For those with no apparent diabetic Retinopathy, re-examination in 1-2 years is advised. Those with mild grade of DR may need review in 6 to 12 months. Frequent follow ups are needed for those with severe forms. Women with diabetes who become pregnant should have a comprehensive dilated eye examination as soon as possible. Additional examination during pregnancy may be needed.

Optimal control of blood glucose, blood pressure and blood lipids can reduce the risk of developing retinopathy and slow its progression. Timely treatment with laser photocoagulation and appropriate use of intraocular administration of Vascular Endothelial Growth Factor (VEGF) inhibitors can prevent vision loss in vision threatening Retinopathy, particularly Diabetic Macular Edema. More severe forms of Retinopathy may require surgical treatment. Hence diabetic screening is a key part of diabetes care.

Did You Know?



The Silent Killer We Often Fail to Keep Accountable
STRESS can kill you! Yes, I mean literally.

In our fast-paced and rapidly changing world, we often can get caught in the noise and distractions that the world has to offer; so much so that we stop paying attention to what matters the most. We stop paying attention to our bodies, our minds, our heart rate, how we eat, how we sleep or feel after waking up in the morning, and whether we are even breathing or not.

While it is impossible to be mindful of every thought, feeling, and moment we experience; we can make progress by actively bringing our minds back to focus on the present moment.

Mindfulness is not a trait or set of exercises; rather, it is a state. Practices such as meditation, tai chi, and yoga can, however, induce this state. These practices must be repeated in order to achieve any degree of mastery. Mindfulness trains cognitive capacity, and strengthens concentration and sustained focus. With ongoing practice, this state can be cultivated with a variety of intentions from relaxation to coping.

Let's start to integrate mindfulness into our daily lives for a more colorful, rich, and powerful experience of the moments that matters the most to us. The first step would be to regulate your heart rate through mindful breathing by following the steps outlined in the picture.

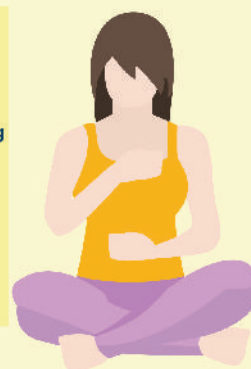
BREATHE IN, BELLY OUT

Place one hand on your chest
and the other on your belly.

Inhale deeply through your nose
for a count of four, making sure
your belly abdomen is expanding
and not your chest.
Exhale for a count of four.

Continue this breathing cycle
for a few minutes.

Feel the stress leave your body
while your mind becomes calm.



Introducing Our New Doctors



DR. PRIYA B. NAIK
M BBS, M D (Anaesthesiology)

**Fellow of National Board in
Critical Care Medicine**

**SPECIALIST IN
ANAESTHESIOLOGY &
CRITICAL CARE**

P., A. M. N., Z. m. m., V. q. p., m., n., b. g. { q, O z x n i, n.
the Critical Care Department of Yenepoya Specialty Hospital
from 8th of October, 2018.

Dr. Naik earned a Bachelor's degree in Medicine from K. S. Hegde Medical Academy, Mangalore in 2007. She completed her Masters in Anaesthesiology in 2013. Dr. Naik, then underwent Fellowship of National Board in Critical Care from Narayana Health Bengaluru in 2017, in addition to several short term professional trainings.

Medical College, Narayana Health Medical Centre, Bengaluru.

**To request an appointment,
please call 9008518855 or 0824-4238855**



DR. GANESHA SHETTY B.
M BBS, M D (Radiodiagnosis)

Fellow in Interventional Radiology

**SPECIALIST IN
INTERVENTIONAL
RADIOLOGY**

Dr. Ganesha Shetty has joined us as an In-house Consultant from 23rd of October, 2018.

Dr. Shetty earned a Bachelor's degree in Medicine from Father Muller Medical College, Mangalore in 2011. He attended SS Institute of Medical Sciences, Davengere and worked as a Senior Resident in the Department of General Surgery, Health Care Global Hospitals, Bangalore in 2018.

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**To request an appointment,
please call 9108984300 or 0824-4238855**



PROF. DR. B.P. SHELLEY

**M BBS, MD (Med),
DM (Neuro), FRCP (Edin)**

COGNITIVE & MEMORY DISORDERS SPECIALIST

Fellowship in Behavioural Neurology(London, UK)

Fellowship in Cognitive Neurology & Disorders of Movement & Cognition(Cambridge, UK)

Cognitive Behavioural Neurologist

Behavioural Neurologist at the Neuro/Stroke Clinic of Yenepoya Specialty Hospital from 3rd of December, 2018.

involved in academia, teaching and research experience both in India as well as abroad. His alma mater is Kasturba Medical College, Manipal University obtaining MBBS in 1985, MD in 1991, and DM in 1995. He is the recipient of two post doctoral research fellowships in Behavioural Neurology at the Institute of Neurology, Queen Square, London in 2000, and in Cognitive Neurology & Disorders of Movement and Cognition at Addenbrooke's Hospital, Cambridge, UK in 2007.

His subspecialty interests is in cognitive behavioral neurology, memory disorders & dementia syndromes, epilepsy, Tourette syndrome, disorders of movement and cognition, and interface disorders at the borderlands of neurology and psychiatry. He is the recipient of the Bharat Jyoti M' mp. u. ><=> n p. R^O\ 0p u n -st 5u. ><=@

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Prof Dr. B. P. Shelley is available at Yenepoya Specialty Hospital from 4 pm to 6 pm on Monday, Wednesday and Friday.

**To request an appointment,
please call 9008518855 or 0824-4238855**



DR. DEEKSHITH R. M.
M BBS, M S-ENT

**Fellow in Implantation Otology
(CMC Vellore)**

**SPECIALIST IN
COCHLEAR IMPLANT
SURGERY**

Dr. Deekshith has joined us as a visiting, Of z 8x n i, n i t q, Q ` P q | n i y q z i of Yenepoya Specialty Hospital from 22nd of November, 2018.

P., Pqqw t ut ,^:Y , qmz qp,mNmot qx ~3,pqs~qq,u,Y qpwine from K.S. Hegde Medical College, Mangalore in 2009. He attended Zns{ pm mY qpwnxOf xqs q8^mot ~-nz p,qmz qp,t u,Y mjq~,u,QZ `:, Dr. Deekshith, then underwent Fellowship in Implantation Otology r~y ,Ot~ujunz,Y qpwnxOf xqs q8 bq~q~q, "t ux," {~wzs,m,_qzU~ ^g upqzi,nz p,mrmox-,it q-q:

Dr. Deekshith is available from 5 pm till 7 pm from Monday to Saturday.

**To request an appointment,
please call 9008518855 or 0824-4238855**

Social News

YSH Participation at the Walkathon

An Organ Donation Awareness Walkathon was conducted on 25th of November by the Indian Medical Association. YSH supports the Organ Donation initiative and was an active participant with much of the staff taking part in the Walkathon.



Felicitation of Mr. Dhananjaya

YSH held a felicitation ceremony for Mr. Dhananjaya K. K., Night Supervisor. Mr. Dhananjaya's 20 years of loyal and dedicated service with YSH is highly valued and he has played an integral role in our success.

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New Year and Christmas Celebration

A New Year Card Making Competition was organized among the YSH Staff to bring in the festive season. The YSH Staff also spread the Christmas cheer among patients and visitors with Santa Claus making an appearance.

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Diwali Celebration

Yenepoya Specialty Hospital celebrated Diwali, with the staff coming together to decorate the campus with fireworks were used in the festive celebrations.

Soft-Skills Training Program Organised

A Soft-Skills training program was conducted for first level executives by Mr. Arun S. Nath, the Training and Development Session Manager at Yenepoya University on 30th of November 2018. Mr. Nath spoke on the topic "Introduction to Leadership Development Session - aiming to help individuals step out of their comfort zone."



Family Health Awareness Sessions to Patients and Patient Parties.



Our Nursing Team in Action

Role of Parental Nutrition in Surgical Care on 26th of October
'Save Life' Blood Donation Program on 6th of November
Lower Back Pain Management on 21st of December

