



**Mr Yenepoya Mohammed Kunhi**  
Managing Director



**Mr Yenepoya Abdulla Kunhi**  
Chairman

## Message from Medical Director

Yenepoya Speciality Hospital has been providing dedicated patient care and endeavours to improve its services on a constant, ongoing basis since 1995. The Hospital has seen many changes in these years. However, quality of health care has always remained highly acclaimed throughout its history.

We have been blessed with outstanding employees and medical staff. Having experienced that it is our compassionate and caring attitude that is most often recognized.

While we strive to meet our patients expectations, integrating all facilities under one roof, it is management's commitment to meet the ever changing healthcare needs of the communities we serve. We are on a mission to start our Diabetes Clinic, Wellness Clinic and Blood Storage Bank in the coming quarter ensuring comprehensive healthcare solutions to the community and beyond.

It takes immense pleasure to inform you that Yenepoya today enjoys a place of pride in the Medical Tourism map of India as well.

We invite you to explore our website and learn more about us. We will be happy to receive your inputs which will help us provide sustainable improvements in the coming years.



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

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MEDICINES HEAL DOUBTS  
as well as Diseases

Kodialbail, Mangalore - 575 003.

📞 : 0824 4238855

📠 : 0824 249 6800

✉ : hospital@yenepoya.org

🌐 : www.yenepoyahospital.com

/YenepoyaSpecialtyHospital

Please send us your Feedback to  
hospital@yenepoya.org

“ THE GOOD PHYSICIAN TREATS THE DISEASE  
THE GREAT PHYSICIAN TREATS THE PATIENT  
WHO HAS THE DISEASE ”

# Hospital News

## Did You Know?

### Electrophysiology in diagnosis of neurological disorders

Electrophysiology is the branch of neuroscience that explores the electrical activity of living neurons. Neurons communicate using electrical and chemical signals and Electrophysiology techniques listen on these signals by measuring electrical activity. These facts were first confirmed by Helmholtz in 1849 and Clinical applications began in the 20th century with the invention of electroencephalogram and electroneuromyography

**Electroencephalogram:** Hans Berger in 1924 recorded the first human electroencephalogram. Since then EEG has become mainstay for the investigation of several neurological disorders, particularly in diagnosis and management of epilepsy. Routine EEG is typically used in clinical circumstances to distinguish epileptic seizures from other types of spells, such as psychogenic non-epileptic seizures, syncope, sub-cortical movement disorders and migraine variants, to differentiate organic encephalopathy or delirium from primary psychiatric syndromes such as catatonia, to serve as an adjunct test of brain death, to prognosticate. In certain instances, in patients with coma, it is used to determine whether to wean anti-epileptic medications.

**Electromyoneurography (EMNG) :** This technique allows for the measurement of a peripheral nerve's conduction velocity upon stimulation (electroneurography) alongside electrical recording of muscular activity (electromyography). Electromyography is useful in identifying muscle disease such as dystrophies, myopathies and neurogenic muscle weakness such as Amyotrophic lateral sclerosis. Electroneurography or Nerve conduction study is used in diagnosis of peripheral neuropathies such as diabetic peripheral neuropathy, carpal tunnel and tarsal tunnel syndromes, lumbar and cervical radiculopathies and other peripheral nervous system disorders. Other specific tests such as repetitive nerve stimulation tests are useful for diagnosis of myasthenia gravis and other neuromuscular junction disorders.

I am happy to share with you that EEG and ENMG diagnostic services are available at Yenepoya Specialty Hospital since January 2019. These investigations will be helpful for diagnosis and management of several conditions spanning across multiple specialities.

**Dr. Pawan Raj**  
MBBS, DM, DNB, SCE(UK)  
Consultant Neurologist



### Introduction of Dr Gautham Kulamarva

MBBS, MS (ENT), DNB (Oto-rhino-laryngology)  
DOHNS, MRCS (Royal College of Surgeons)  
Specialist in Snoring / Sleep-Apnea disorders

Dr Gautham Kulamarva has joined us as a Visiting Consultant in the department of ENT at Yenepoya Specialty Hospital from December 13, 2018.

Dr Gautham earned a Bachelor's degree in Medicine from Karnataka Medical College, Hubli in 1996. He pursued his Diploma in Otorhinolaryngology (DORL) from the College of Physicians & Surgeons in Mumbai followed by MS in ENT (Oto-Rhino-Laryngology) in 2000 from University of Mumbai. Further, Dr Gautham secured DNB in Otorhinolaryngology from National Board of Examination, New Delhi in 2001, DOHNS from Royal College of Surgeons London in 2004 and MRCS from Royal College of Edinburgh in 2006.

Dr Gautham has been in service since 1996 and was previously associated with several hospitals in India and abroad.

Dr Gautham, will be available at Yenepoya Specialty Hospital on

**Every Thursdays**  
**from 2:00 pm to 4:00 pm**

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

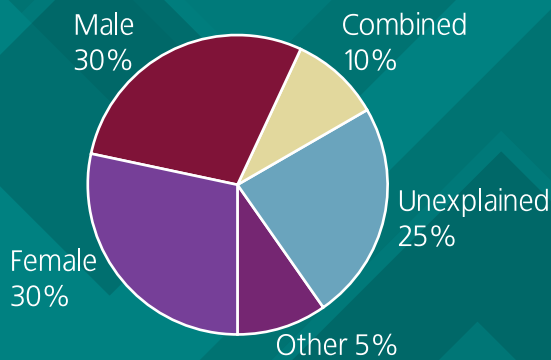


**IT'S NOT ABOUT BEING**  
*The Best*  
**IT'S ABOUT BEING**  
*Better* **THAN YOU**  
**WERE YESTERDAY**



**Dr Rashmi Nayak**  
MBBS, MS-OBG, DNB, MRCOG (London),  
Consultant in Reproductive Medicine.

## Infertility Causes



"If the data on sperm counts is extrapolated to its logical conclusion, men will have little or no reproductive capacity from 2060 onwards. "

## THE INFERTILITY EPIDEMIC

- Defined as inability to conceive even after 12 months of regular trying.
- Currently affects about 10 to 14 percent of the Indian population.
- One out of six couples in urban areas are affected.
- Nearly 27.5 million couples suffer from infertility in India.

## ARE FERTILITY PROBLEMS ON THE RISE??

India, the world's second most populous nation at 1.3 billion people after China (1.4 billion) is now being projected as the population may exceed China's as early as 2022.

However, knowledge about an entirely surprising scenario - a dramatic decline in fertility rate. While this may be a welcome news as it also points to the concerning trend of young couples unable to reproduce.

"Infertility is no longer a private sorrow, but now recognized as a public health issue." 'It is no longer an urban phenomenon, nor is it confined to women'.

Determining the root cause of infertility is a complex process. Ranging from the simple and visible causes like cysts, fibroid, infections, age related decline, lifestyle ailments of hormonal imbalance, obesity, diabetes & stress to a very complex genetic disorder or even due to some occupational hazards like exposure to chemicals, radioactive elements, fertilizers and pesticides, it can be anything.

## WHAT INCREASES YOUR RISK?

Age is a major factor in infertility. Rapid urbanization, job pressures, pollution, postponing parenthood, environmental toxins, rampant use of plastics, a change in diet are other reasons attributed to sharp decline in fertility.

Unexplained infertility; Up to 25 per cent of couples receive this diagnosis, which can often be quite frustrating for everyone involved. Infertility often can be successfully treated even if no cause is found.

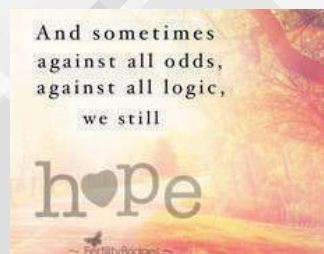
## WHAT CAN BE DONE?

There's a lot more fertility options than people ever had before.

Lifestyle changes (like healthy eating & exercises, regular sex, moderation of alcohol intake, quitting smoking, going organic), medications, surgical procedure & assisted conception including IUI (intrauterine insemination) and IVF (in vitro fertilisation), egg or sperm donation may be recommended. Some treatments may be combined to improve results. Infertility treatments can be costly, and are not always guaranteed to work.

For healthy couples in their 20s or early 30s, the chance that a woman will become pregnant is about 25-30% in any single menstrual cycle. Success rate of a treatment similarly, declines with increasing age of a woman, particularly after the mid-30s. For young, healthy women, IVF success rates are roughly 40%. So, even in the best case scenarios, it can take 2-3 cycles to get pregnant.

"Being childless is emotionally and physically distressing, but it is now not a lonely ride anymore."





Here is our Mrs Mohini B, proud FNO from the Nursing Department. She deals with all the sick and tired people on daily basis and does it with an ever lasting empathy and smile on her face.

Caring in nature, she does her work with high dedication and determination, upholding the dignity of the hospital. Flexible for any kind of support required for our patients.

Joined our hospital in January 2006 and ever since she has been doing this job passionately and with high emotional stability. **Congratulations Mrs Mohini.**

## Quiz based on Ysh Times Issue 01.



- 1. When did YSH attain its NABH Accreditation?**  
a) April 2018    b) Jan 2018    c) Jan 2017
- 2. Osteoarthritis is more common in men than women.**  
a) True    b) False
- 3. Best way to early identify Osteoarthritis is by?**  
a) MRI Scan    b) CT Scan    c) Physical Examination.
- 4. International Nurses day is observed on?**  
a) 12 May    b) 11 May    c) 12 June
- 5. Family Health Awareness session on the topic 'Urinary Tract Infection' was conducted at YSH on?**  
a) 14 June    b) 22 June    c) 26 April

Please send your answers with your full name to [hospital@yenepoya.org](mailto:hospital@yenepoya.org)



### Our Nursing team in action

- ✔ Prevention of Malaria - 14<sup>th</sup> Jan
- ✔ Diet for pregnant and lactating mothers. - 14<sup>th</sup> Feb
- ✔ Hospital and Patient Safety - 11<sup>th</sup> Mar
- ✔ Care of Vulnerable patients - 11<sup>th</sup> Mar



# Hospital News

## Cancer Day - 4<sup>th</sup> February

World Cancer Day was observed on February 4 to raise awareness of cancer and to encourage its prevention, detection, and treatment. Dr Guruprasad Bhat, Medical Oncologist had given a wonderful session on Early Detection of Cancer at YSH for the patient attendants and employees of YSH.



## BLS Training

At the BLS Training Session conducted for our Employees on Sunday 24<sup>th</sup> February by Dr Priya B. Naik.



## Camp on Early Detection of Hearing Loss

World Hearing Day was observed at YSH on 3rd March. The team lead by Dr Deekshith R.M, Cochlear Implant Surgeon provided free consultation and free audiometry tests to over 35 walk-ins.



## International Patient Safety week

Yenepoya Specialty Hospital had celebrated International Patient Safety week between 11th to 16th March. Various activities and competitions were conducted for patients, visitors and staff of Yenepoya Specialty Hospital. Activities and competitions conducted were health education followed by Quiz, Patients survey, Patient safety culture, Poster making competition and Safety training.





## Soft skill training "Self Motivation"

YSH employees at a soft skill training "Self Motivation" conducted by Ms. Verina Joshna, MSc in Clinical & Counselling Psychology, on 29.03.2019.



## Polio Eradication Programme

Ministry of Health and Family Welfare in collaboration with all hospitals in Karnataka including Yenepoya Specialty Hospital has provided OPV to all children below 5 years of age at YHS on March 10<sup>th</sup> Sunday as a part of polio eradication programme.



## Social News

### Republic Day – 26<sup>th</sup> January

Republic Day celebration at YSH. Flag hoisting Ceremony by Prof. Dr. P.B. Shelley, Senior Consultant – Neurology. Employees of YSH, ZNC and YNH attended the flag hoisting.



### Doctors Get together – 8<sup>th</sup> February

Doctors work tirelessly to support us all in our times of need. A thanks-giving get-together was held at The Gateway Hotel, on February 8, well attended by all our doctors and the management team.



### International Women's Day – 8<sup>th</sup> March

Feast for the eyes. It was a record participation of women employees of YSH in several cultural events and competitions conducted on the occasion of International Women's Day.

The chief guest Ms Lynsha Lobo, Lecturer at the Department of English, Mangalore University inspired the audience with her motivating speech and so did our Intensivist Dr Priya B. Naik and Nursing Superintendent Ms Mary Vas.

The guest of Honor Madam Yenepoya Nafisa recognized the Performance Excellence Awardee 2018 with Certificate and Monetary Award.





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# Yenepoya

Specialty Hospital

(A Unit of Yenepoya Institute of Medical Sciences and Research Pvt Ltd)



WE HELP YOU  
**FIGHT**  
**DIABETES**



## Yenepoya Diabetic Clinic

### AVAIL A MEMBERSHIP AND GET THE FOLLOWING PRIVILEGES

- ✓ Systematic and timely evaluation based on accepted protocols and advice on diabetes control by our team comprising of :
  - Physicians / Diabetologist
  - Podiatrician ( Foot care specialist )
  - Ophthalmologist
  - Dietician
- ✓ Continuous education on diabetes control and interactive sessions for wellness.
- ✓ Diabetic benefit card which entails you for subsidised price for diabetic medicines and related lab investigations.
- ✓ Complete diet plan for Diabetes.

**MONDAY  
TO  
SATURDAY**

**Morning 10:00 AM - 1:00 PM  
Afternoon 4:00 PM - 6:00 PM**

[www.yenepoyahospital.com](http://www.yenepoyahospital.com)

📍 : 2<sup>nd</sup> floor, Annex Block, Yenepoya Specialty Hospital, Kodialbail, Mangalore

For Appointments Contact : +91 900 851 8855 | 0824 4238855 Ext: 2200