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Message from Medical Director

We, at Yenepoya Specialty Hospital has been in operation for the last 25 years and we relish the joy in serving the population each day with compassion, empathy and utmost care.

This takes us towards our vision to be the best health care provider in the region with a mission to create an ecosystem where healthcare is dispensed in an ethical manner by professional and skilled team. I am so proud to say that we are fortunate to have the support of our highly qualified & skilled doctors, efficient paramedical staff and ever enthusiastic back support employees.

I am sure that you are aware of the inception of specialized clinics in Infertility, Neurology, Vertigo and Diabetics & Wellness centre at Yenepoya Specialty Hospital providing all kinds of support. Yenepoya Specialty Hospital continues to prove its advancement in the industry by providing the best medical care with accessible and affordable services.

I am sure; you are enjoying a good read of 'YSH Times' which comes to you on quarterly basis. Our main intention is to bring upto you our updates and make the public more aware of healthy living. Please keep sending us your feedback on the same.



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



Mr Yenepoya Mohammed Kunhi
Managing Director

Mr Yenepoya Abdulla Kunhi
Chairman

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Please send us your Feedback to
hospital@yenepoya.org

Did You Know?

In today's rapidly growing era of fast food culture in India, the incidence of diabetes in young is at its peak. The recent data on diabetes shows that by 2030, there may be 9 million people suffering from diabetes in India and approximately 8.7% diabetic population will be in the age group of 20 and 70 years which poses a big challenge. It is due to various factors like rapid urbanization, sedentary lifestyle, unhealthy diet, tobacco use, and increasing life expectancy.

The question is, Am I Diabetic and when to meet the doctor?

Being overweight is a risk factor for developing diabetes but physical activity, family history, ethnicity and age also play an important role.

Are carbonated drinks a risk factor?

Yes, research has shown that carbonated drinks are linked to Type 2 Diabetes. Just 120 ounce can of regular soda has about 150 Calories and 40 grams of carbohydrate which is equal to 10 teaspoons of sugar. Take home message is, avoid canned and artificially sweetened beverages.

Does changing food or eating special food helps to prevent diabetes?

Yes, a healthy meal plan helps in maintaining a healthy life. Eat diet which is low in saturated fat, moderate amount of salt, sugar & lean protein, lots of non-starch vegetables, whole grains, healthy fats and fruit.

What are the symptoms of diabetes?

Excessive thirst or hunger, sudden weight gain or loss, fatigue, irritability, blurring of vision, nausea, slow wound healing, tingling, numbness or pain in the hands and feet, patches of dark skin and the list goes on.

Is Diabetes a serious Disease?

Yes, Diabetes causes more deaths than breast Cancer and HIV combined and having Diabetes nearly doubles your chance of having a heart attack.

Can people with diabetes eat sweets and chocolates?

If eaten with a healthy meal plan or combined with exercise, sweets can be eaten by diabetics, but in a very small portion when compared to non-diabetics.

Can foods containing starch be a part of a healthy meal plan?

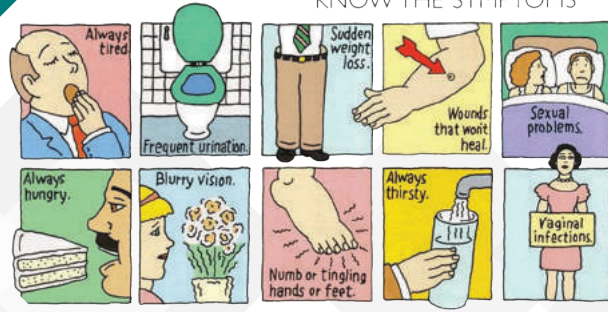
Yes. Bread, cereals, pasta, rice, vegetables with starch (potatoes) can be included in the meal.

Regardless of the type, diabetes isn't yet a curable disease. But, people with diabetes can live a long, healthy and a happy life.

Dr Adeeb Mohammed Hussain
General Physician

DIABETES

KNOW THE SYMPTOMS



“

You can live with diabetes. It's not the worst thing to have, but you have to manage yourself and have some self control.

”



Introduction of

DR. SHAWEEZ FAIZI

MBBS, DGO (Obstetrics & Gynaecology)

MS(Obstetrics & Gynaecology)

Fellowship in Reproductive Medicine

**Consultant - Gynaecologist
& Reproductive Medicine**

Dr Shaweez Faizi has joined YSH as a Visiting Consultant Gynaecologist/Reproductive Medicine at the Obstetrics & Gynaecology Department of Yenepoya Specialty Hospital from June 03, 2019.

Dr.Faizi has obtained her Bachelor's degree in Medicine from Kasturba Medical College Manipal in 2008. She pursued her D.G.O from Kasturba Medical College, Manipal in 2010 followed by M.S in Obstetrics & Gynaecology in 2013 from the same prestigious Institution. Further, Dr Shaweez Faizi pursued her Fellowship in Reproductive Medicine from Craft Hospital & Research Centre, Kodungalur, Kerala.

Dr Shaweez Faizi has over 10 years of experience in the field of general Obsteritrics and Gynaecology, surgeries, ultrasound and now specializes in Reproductive Medicine.

Dr Faizi holds keen interest in academics & research and is also a receipt of best dissertation award during her post graduation. Dr Faizi has research publications in renowned journals and authored chapters of reproductive medicine books.

“ **A GOOD LAUGH AND LONG SLEEP
ARE THE BEST CURES IN THE DOCTOR'S BOOK** ”

**Dr Shaweez Faizi is available
from 2:30 pm till 6:30 pm
from Mondays to Saturdays.**

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



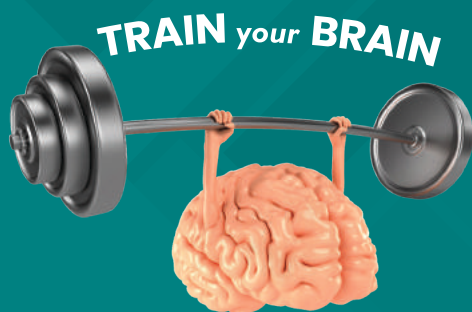
Prof Dr B.P. Shelley

MBBS, MD, DM, FRCP Edin
Post Doctoral Fellow in Dementia,
Cognitive & Behavioural Neurology (UK)

**“When meditating over a disease,
I never think of finding a remedy for it,
but instead a means of preventing it,”**

(Louis Pasteur, 1884)

BRAIN HEALTH LIFESTYLE



**MAINTAIN *your* BRAIN
DRIVE OUT DEMENTIA**



activities such as walking, bicycling, gardening, yoga, and other physical activities for about 30 minutes daily; (4) Avoid head injuries; (5) Adopt a brain-healthy diet: include low calorie diet, low glycemic load diet, high intake of fish, high fiber diet, fruit and vegetables, omega-3 fatty acids (docosahexaenoic acid and eicosapentaenoic acid), antioxidant rich foods (vitamin E and flavonoids), and B group vitamins such as folate, B6 & B12 and, Vitamin D supplements; (6) Keep body weight, blood pressure, cholesterol, and blood sugar (diabetes mellitus) under control (7) practising a stress-minimizing psycho spiritual engagement, improving sleep and relaxation, and recognition of depression, and (8) Yoga, Meditation and Pranayama practices

Lifestyle has a profound impact on your brain health and preserving brain wellness. What you eat and drink, how much you exercise, how well you sleep, the way you socialize, and how you manage stress are all critically important to your brain health. A healthy brain lifestyle encompassing a 'life-course approach' model undoubtedly are "push-ups for the brain" and paths to enhancing neuroplasticity and brain wellness. These healthy brain ageing strategies alluded to certainly exerts neuroprotective effects, promotes emotional resilience, cognitive reserve and ultimately cognitive and mental health. This will be the road map to successful and 'creative ageing' and keep dementia at bay.

Healthy Brain Lifestyle & Healthy Brain Ageing For Dementia Prevention

Dementia is a public health challenge and a silent epidemic of the 21st century. Worldwide, around 50 million people have dementia, and there are nearly 10 million new cases every year. Alzheimer disease is the most common form of dementia and may contribute to 60-70% of cases. This literally translates to someone in the world develops dementia every 3 seconds. These numbers will almost double every 20 years, reaching 75 million in 2030 and 131.5 million in 2050. Much of the increase will be in developing countries. Already 58% of people with dementia live in low and middle income countries, but by 2050 this will rise to 68%. Thus, the 'silver tsunami' will impose an enormous burden in terms of economic and social impact on the health care systems and the quality of life of people with dementia, their families and caregivers. Neurotherapy with several drugs are in the research pipeline, and is certainly making its thrust in mitigating and fighting dementia. However, it is quintessential to realise that the cure for dementia through an effective drug therapy remains elusive, and an absolute breakthrough still remains a frustrating goal today. Therefore, I would advocate a vision for the future to a strategy of "healthy brain ageing" and adopting a 'healthy brain lifestyle' right from the 'cradle to the grave' in order to protect our brain wellness and keep dementia at bay. The proof of the pudding for health brain ageing and lifestyle comes from centenarian and super centenarian models of healthy, successful, positive and creative brain ageing from elderly Okinawans in Japan.

Brain health lifestyles and Brain healthy diet would ensure brain wellness, enhance cognitive reserve and it is re assuring that we can actually "train" our brain to stave off the ravages of ageing, cognitive decline and thus protect our brain from the dementia process. A Healthy Brain Lifestyle mandates the following: (1) Intellectually challenging leisure activities (Mental Fitness) : Stay mentally active by staying curious and Leisure activities: read, write, work puzzles, attend plays or lectures, play games, garden, pursue memory exercises, learning to play musical instruments, learning a foreign language, debates, doing crossword puzzles or sudoku, playing memory games (2) active socially integrated lifestyle; rich social networking, to engage in social and leisure activities by volunteering, travelling, or joining social clubs; (3) Stay physically active: regular exercises; engage in



DR. PRIYA B. NAIK

MBBS, MD (Anaesthesia)
FNB (Critical Care Medicine)

“

In India five million patients require ICU care but only 70,000 ICU beds are available. There is a requirement of about 50,000 trained intensivists in the country while there may be only about 8500 trained intensivists and most of them are in metro cities

Dr Priya B. Naik

”

ICU –The Matters of Life & Death

Wikipedia defines INTENSIVE CARE MEDICINE as a branch of medicine concerned with diagnosis and management a life threatening conditions requiring sophisticated organ support & invasive monitoring.

Intensive care is an all encompassing speciality. It is heady yet cerebral ! It is a melting point where the patient's past, present & future collide with a very limited time to collate all the above.

Being an intensivist is an enormous privilege & a great responsibility lies on our shoulders. Firefighting patient's illness can be both daunting as well as dispiriting as these patients on the verge of death, repose their utmost confidence in us. I still remember the first patient I saw in the ICU, a naked man, covered in a white sheet, plugged with bands of machines beeping hysterically, blinking with rainbow colored lights, tubes radiating from his body. Muted & voluntarily immobile so as not to break the fragile web that kept him alive, his eyes traced me as I entered the cubicle. Intensive care unit can be a disconcerting place.

The job demands few essential traits-Being calm under pressure, rapid decision making, flexibility of decision and immense patience and perseverance to deal with patient's relatives as well as other doctors who have unrealistic expectations about what ICU can offer. The best bit is when things are going rapidly downhill & everyone looks at you & you step in and save the day. The worst bit is when things are going rapidly downhill & everyone looks at you & you have no idea at all !

One of the dilemma we face regularly in our practice is relentless focus on prioritisation. Multiple ideas & opinions with the presence of limited time and deranged physiology requires a mix of knowledge, skills & experience to which must be added a health scepticism meaning open mindedness (e.g. Could this phenomenon be due a different cause ? Do i need to think out of the box?) & humility. Assume nothing, trust no one, give oxygen.

As a treatment, it is remarkably successful. Perhaps the greatest tribute to the people who work in critical care is this simple fact:- most patients leave ICU alive - despite being dangerously close to death when they come. Thus a combination of dedication, determination & technology, along with a committed & vigilant ICU team ensure that most patients pull through. Always listen when ICU nurse says something.

Therefore what exactly is intensive care about? Intensive care is about saving lives & is also about saving quality of life. They must necessarily be mentioned in the same breath. Most importantly, it is making patients feel they are being treated as human beings at all stages of their illness, including during process of dying.

One piece of advice to doctors aspiring to work in ICU - JUST DO IT! If you want one of few specialties which give you a chance to see people improve(or deteriorate) in front of your eyes, plenty of procedures and to be the one everyone is always pleased to see at cardiac arrests(before they all bugger off & leave you bagging the 94 year old on your own), then ICU is the one for you.

WE HELP YOU
**FIGHT
DIABETES**



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

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
 - Ophthalmologist
 - Podiatrician (Foot care specialist)
 - 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

• 2nd floor, Annex Block,
Yenepoya Specialty Hospital,
Kodialbail, Mangalore

www.yenepoyahospital.com

Pre-workout habits, the things you do before you exercise, can affect performance and results if not done correctly.

1 Static stretching

Static stretching: stretching a muscle and holding the stretch for a duration, can lead to injury. Only do static stretching after the workout, when it will restore muscle length and cool down the body.

Dynamic stretching: should be used as a warm-up exercise. Using momentum to go through a full range of motion (for example, stretching the hamstrings with gentle kicks) loosens the joints and gets blood flowing through the muscles.

2 Overdoing stimulants

- Consuming too much caffeine can cause anxiety, nausea, and rapid heartbeat—things that will all lower your performance.
- Drink coffee in moderation before your workout, and stay away from caloric energy drinks.

3 Overeating

- Eating a heavy meal right before a workout can cause cramps, nausea, and even vomiting.
- Eat heavy meals at least 2 hours before a workout.
- If you need to eat something 30 minutes before you exercise, opt for lighter fare, like fruit.

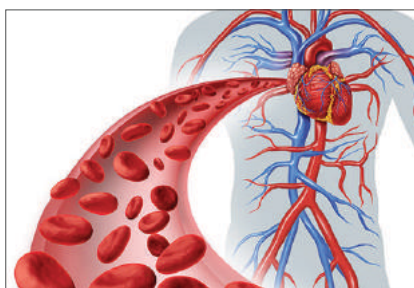
4 Drinking a lot of water

- Drinking a ton of water has the same effect as overeating—it can lead to nausea and cramping.
- So take a few sips before and during the workout. But don't overdo it; just take a sip when you feel thirsty.

5 Starting with abdominal training

- We use the core when performing most exercises, so exhausting it at the start of the workout is never a good idea.
- Save those core moves for the end.

Having Good Blood Circulation Is Essential To Staying Healthy.



Improving your blood circulation helps your blood flow to all your vital organs, supplying them with needed oxygen and nutrients.

You may need to improve your blood circulation if you frequently have cold feet and toes, swelling in your feet, pins and needles in your legs or arms, dizziness, headaches, or get fatigued easily.

Blood circulation in your body is regulated by your heart. Your heart beats around 100,000 times a day and pumps about 2,000 gallons of blood. Blood flows through a series of arteries that feed your body's tissues. Blood also removes waste products and promotes good health.

Good circulation, therefore, is necessary to maintain good blood pressure, stabilize

body core temperature, maintain pH levels, and keep all cells in your body healthy

Poor blood circulation can negatively affect every organ in your body. Usually, you will notice the effects of poor blood flow in your fingers and toes. However, poor circulation can cause dizziness, breathlessness, high blood pressure and chest pains..

What Affects Blood Circulation?

- Aging
- High Blood Pressure
- Overweight
- Diabetes
- Smoking
- High Cholesterol
- Lack of physical exercise/ sitting all day

How to Improve Blood Flow in Your Body?

- Exercise Stretching
- Eat a healthy diet (lots of vegetables and fruits)
- Drink plenty of water.
- Reduce caffeine and alcohol intake
- Drink green tea
- Quit smoking

Foods that stimulate blood flow

You can also add foods to your diet that are known to have a positive effect on blood circulation. Here are some of the best foods that stimulate blood flow:

- Ginger.
- Dark chocolate.
- Garlic
- Cayenne pepper.



BEST NURSE AWARDEE - 2019

MRS SALY A. JAMES

It is a prestigious award being bestowed upon a Registered Nurse who has exhibited outstanding accomplishments and significant achievements as an individual in the delivery of nursing care to patients and for extending exemplary support to other health professionals. Mrs Saly James is the in-charge of Operation theatre at YSH.

Congratulations Saly! Keep up the good work!!!

EMPLOYEE OF DISTINGUISHED PERFORMANCE - MRS GRACY D'SILVA

Winner of Performance Excellence Award - 1st Quarter 2019.

Mrs Gracy D'Silva, a person who has touched lives of thousands with her loving care, hospitality and humble attitude, leaves no stone unturned to give support to her patients and ensure their fast recovery. She has demonstrated high level of dedication and competency in her work over the last decade of her service at YSH. Mrs D'Silva's sustained commitment enabled her to continuously update her knowledge and competencies by attending various training programs.

She is a person who has excelled in providing comprehensive primary care to the patients inspite of several obstacles and challenges. Her outstanding performance was recognized in 2015-2016 as well, in the form of 'Best Nurse Award'.



CME on “Guidelines for Antibiotic Prescription in the ICU”

CME conducted by Dr. Priya Naik on the “Guidelines for Antibiotic Prescriptions in the Intensive Care Unit”, in association with Pfizer Ltd. at the Ocean Pearl Hotel on April 12.

It was a platform for discussion with the In-house doctors, where they expressed their views on the role of Antibiotics in ICU.



CME on Stroke Management

Our Consultant Neurologist, Dr. Pawan Raj conveyed the essential aspects and Parameters to handle Stroke cases within the window period. The session was well attended by clinical team on 17th May at YSH Conference Hall.

CME on AES / Japanese Encephalitis

At the Training Cum Workshop session on AES/Japanese Encephalitis Prevention & Control in association with Directorate of Health & Family Welfare on 29 May at YSH Conference Hall.



Hospital News

At the Mangaluru Mega Health Expo

Yenepoya Specialty Hospital alongwith Yenepoya Medical College Hospital participated at the Mangaluru Mega Health Expo, organized by Indian Medical Association, held at Kadri Park on 6th and 7th of April.



BLS Training



At the BLS Training conducted for employees on 23rd June. Facilitated by Dr Priya B. Naik.

Social News

International Day of Yoga 2019



At the celebration of International Day of Yoga 2019 at Yenepoya Speciality Hospital on 22nd June 2019. Lighting the lamp : Chief Guest, Dr. Ganapathi Joisa (Asst. Professor, Dept of Yoga, University Kerala), Dr. Muhammad Thahir (Director-Medical, YSH) alongwith Ms. Vidyashree (YSH Yoga Therapist).

Nurses Day



On the occasion of World Nurses Day, YSH in association with Zulekha Nursing College celebrated Nurses Day 2019 on May 11. Prof (Dr.) R. Kanagavalli, Principal of Zulekha Nursing College Inaugurated the event in the presence of Managing Director Dr Muhammad Thahir and other management team members.

2019 Best Nurse Awardee Mrs Saly James and Employee of distinguished performance - Mrs Gracy D'silva were felicitated along with other winners of several competitions conducted on the occasion of Nurses Day.

Haj Vaccination



Karnataka State Haj Committee sponsored Vaccination Camp which was conducted at Yenepoya Specialty Hospital, Kodialbail premises on 29 June. The camp was inaugurated by Mr Yenepoya Mohammad Kunhi where more than 620 Haj pilgrims received vaccination.



Nursing Activities

- ✓ Case presentation by NICU - 14 April
- ✓ Prevention of Heart Attack - on 16 May.



Our patients speak...

It is more than excellent. How well the doctors and nurse cooperated with us; i am really happy and satisfied with the hospital.

Mr. Khamis Abdulla

Approach of sisters (staff) in pre labour room and NICU are excellent. They gave us homely atmosphere.

Mrs. Deepathi

The visit by the hospital team is excellent. Feedback requested & genuine concern for patients is much appreciated.

Mrs. Akansha

Quiz based on YSH Times Issue 02.

We wish to sincerely thank all those who have taken time to read our YSH Times and participate in the last Quiz. Your encouragement is our tonic. Keep enjoying our YSH Times and let us know your feedback. Thank you once again.

1. Name the Infertility Specialist at YSH.

- a) Dr Rashmi Nayak b) Dr Shameema Hafeez c) Dr Preetha Naik

2. Rheumatoid Arthritis is commonly seen in men than women

- a) True b) False

3. Cycling is a :

- a) Aerobic Exercise b) Anaerobic Exercise c) Flexibility Exercise

4. Family Health Awareness session on Kidney Failure was conducted on:

- a) September 11 b) September 21 c) September 8

5. Who was the chief guest at YSH Independence Day Celebration?

- a) Dr Ramanujan R b) Dr Ashok Pandit c) Dr Nagendra Pai

Please send your answers with your full name to
hospital@yenepoya.org



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WHAT YOU THINK**

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provide your feedback



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