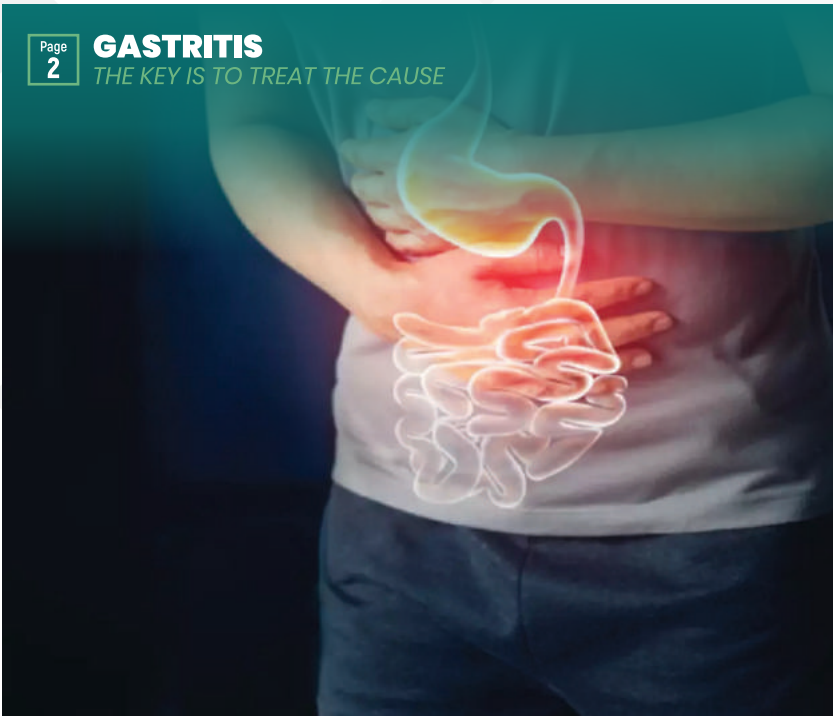




Page 3 **A WALK WITH YOUR HORMONES**
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THE KEY IS TO TREAT THE CAUSE



Message from Medical Director

At Yenepoya Specialty Hospital, we believe in ensuring patient's safety and comfort as our first priority, and we have spent years ensuring that your experience with us is first-rate at all times.

This year has been successful in the development of our hospital especially in adding several specialized Clinics such as Infertility, Vertigo, Neuro, Diabetes, etc...

And, now we are pleased to announce the launch of Wellness Clinic in the month of September. This initiative is a step ahead focussing on awareness and wellness plan to mould a healthier community contributing towards Fit India Movement. As you approach our wellness clinic, primary healthcare guidelines will be provided by the Consultant Physician followed by Yoga therapist, Dietician and Physiotherapist(if required). They will customize your fitness plan for the duration which is suitable for your body. We look forward to your feedback after experiencing the whole new experience of our Wellness Clinic.

As we are moving towards excellence, improving patient care is our top most priority. Our objective of achieving high degree of patient satisfaction is a big challenge as the expectation from the patient is also soaring high. However, with the support of our loyal supporters, corporate clients and ever enthusiastic staff, we remain one among the top best hospitals in the region.



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



Mr Yenepoya Mohammed Kunhi
Managing Director

Mr Yenepoya Abdulla Kunhi
Chairman

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Did You Know?

GASTRITIS: THE KEY IS TO TREAT THE CAUSE

Gastritis, a very common terminology used both by doctors and patients; by itself it is not a disease. In majority of the cases it is something that we have created ourselves by adopting untimely food habits and unhealthy lifestyles.

Most important three factors that lead to gastritis are “Hurry”, “Worry” and “Curry”.

A person in a “hurry” literally means he spares little time on himself especially his food timings and while consuming. In the present world, since people are always busy this has become the most common and leading cause of hyperacidity or gastritis. It so happens that on a particular day when we have food, acid is secreted by the stomach lining for the digestion. But then the very next day at the same time when the stomach is ready with the digestive juices and acids and if no food arrives, then the acid in the empty stomach slowly corrodes the mucosal lining and gastritis sets in due course while we repeatedly miss meals.

“Worry” is the next villain for hyperacidity. Continuous anxiety causes release of stress related hormones which in turn increases the secretion of gastric acid.

The third factor is “Curry” - the intake of spicy, sour and oily food. It poses high chances of increasing acid secretion for digestion. When we consume highly spicy and oily food especially curries which is a prominent part of Indian diet; it increases the risk of gastritis.

In the long run when the severity of gastritis increases, it progresses into Gastro-Esophageal Reflux Disease (GERD). In this condition the excess acid in the stomach regurgitates (brings swallowed food up again) via the oesophagus even till the throat. It often manifests as persistent cough, painful swallowing and chest discomfort. Hence, it is quite often misinterpreted and misdiagnosed.

Treatment with medicines does give good symptomatic relief but it recurs unless we give up on HURRY, WORRY and CURRY! It is really important to inculcate the habit of having food on time. One needs to pay special attention to BREAKFAST as the word itself says there is need to break your fast on time.

Health is wealth so it's important to take care of your well being.

- ✓ Avoid smoking, consumption of alcohol, tea, coffee and anti-inflammatory drugs.
- ✓ Avoid heavy and untimely food habits.
- ✓ Avoid lying down immediately after meals.
- ✓ Follow mental relaxation techniques.
- ✓ Avoid spicy, sour and oily food.
- ✓ Consume plenty of water; it does dilute acids in your stomach.

Always remember medicine is the means; but not the end to solve the issue of gastritis.



Dr Preetha Naik
Family Physician



DR. DIKSHA SHIRODKAR

MBBS, MD (Paediatrics)
Fellow in Clinical Genetics (SIAMG)
Fellow in Paediatric Endocrinology
Visiting Consultant
Paediatric Endocrinologist (First in Mangalore)

Dr Diksha Shirodkar has joined us as a Visiting Consultant - Paediatric Endocrinologist Since August 05, 2019.

Dr. Shirodkar has obtained a Bachelor's degree in Medicine & Surgery from Goa Medical College in 2011. She pursued her MD in Paediatrics from the same college and graduated in 2014. Further, Dr Shirodkar pursued a Fellowship in Clinical Genetics from Nizam Institute of Medical Sciences, Hyderabad in 2015 under Society of Indian Academy of Medical Genetics and then post doctoral Fellowship in Paediatric Endocrinology from Manipal Hospital, Bangalore which she completed in 2019.

Dr Diksha Shirodkar has over 5 years of experience in the field of Paediatrics and is a specialist in Paediatric Endocrinology services which include :

Hormonal disorders like growth problems, calcium, vitamin D and bone disorders, diabetes in Children and adolescents, thyroid illness of neonates and children, obesity, hypoglycemia issues, disorders of sex development (Ambiguous genitalia) in neonates, endocrine deficiency in neuroendocrine tumors and diabetes insipidus.

Dr Shirodkar, a gold medalist in MD Paediatrics holds several awards in the stream of Paediatric Endocrinology and is affiliated to several professional associations.

Dr Diksha Shirodkar is available from 4:00 pm till 5:00 pm from Mondays to Saturdays.
To request an appointment, please call 9008518855 or 0824-4238855



Dr. Diksha Shirodkar

MD(Paediatrics) Fellow in Clinical Genetics(SIAMG),
Advanced training in Paediatric Endocrinology(MAHE)
Consultant Paediatrician and Paediatric Endocrinologist

WHAT ARE THE CONCERNS ABOUT THE PUBERTY TIMING?

Two aspects of puberty of concern:

- ✓ **Precocious puberty:**
<8 years in females; <9 years in males
- ✓ **Delayed puberty:**
>12 years in females ; <14 years in males

Concern regarding the growth and puberty of your child is obvious and hence you need to see the Paediatric Endocrinologist, who can guide you.

A Walk With Your Hormones....

Is Your Child Growing Alright?

Growth problems are very common but frequently missed. Schools, playgroups are unaware of the problems of dealing with very short child and your child may experience practical problems like unable to reach the desk or sit on toilet. As they grow older they develop psychological problems of not being accepted by friends or bullied by the taller children.

What is normal growth?

At birth child is around 50 cm. Growth is maximum in the first year of life, about 25 cm per year. It gradually declines from birth to about 4 years. During second year height gain is half of first year, around 12.5 cm and 6-7cm per year in third and fourth year of life. From fifth year till onset of puberty it is 5 cm per year. During puberty girls gain 6-8 cm of height and boys grow about 7-10 cm.

How do I know if my child is growing okay?

- If your child is not outgrowing his /her clothes and/or shoes
- If your child is among short ten children
- If your child has developed a complex about height

What is puberty?

Puberty is the sequence of physical, sexual, physiological and psychological changes that take place at adolescence which brings one to adulthood. Most of the time it is the sexual maturity which takes the forefront but all the changes needs due attention because this is the time when one moves from parental control to personal control.

What is the normal age at which puberty commences?

Puberty commences at 9-12 years in a female and at about 10 to 14 years in a male.

What should be expected to be seen in girls?	What to be expected to occur in males?
Breasts grow bigger – 1 st sign (Thelarche)	Testis grow bigger and the penis becomes longer
Pubic hair / underarm hair appear	Pubic / underarm / facial hair appears
Start of menses (periods) within 2 years of breast development - Menarche.	Voice changes, Wet dreams



Wellness Clinic

We proudly announce the Launch of YSH Wellness Clinic

The clinic was launched by Dr Srijith Padmanabh on September 14.

The clinic is aimed to guide people from all walks of life; all gender and age group to make necessary Basic Lifestyle changes which will help them lead a healthy and contented life.



The Wellness Therapy Offers

- ✓ Consultation with a General Physician; pre and post evaluation.
- ✓ Yoga Therapy based on evaluation by the Yoga Therapist.
- ✓ Complete Diet Plan guidance by the Dietician.
- ✓ Physiotherapy sessions as or if recommended by the General Physician.

For Queries Contact:

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Health Information

Intermittent fasting

Intermittent fasting is a daily habit that accelerates weight loss. It is an eating pattern where you cycle between periods of eating and fasting. Numerous studies show that it can have powerful benefits for your body and brain also.



Here are evidence-based health benefits of intermittent fasting:

- ✓ When you fast, insulin levels drop and human growth hormone increases. Your cells also initiate important cellular repair processes and change which genes they express.
- ✓ Intermittent fasting helps you eat fewer calories, while boosting metabolism.
- ✓ Studies show that intermittent fasting can reduce oxidative damage and inflammation in the body. This should have benefits against aging and development of numerous diseases.
- ✓ Intermittent fasting has been shown to help prevent cancer in animal studies.
- ✓ Intermittent fasting may have important benefits for brain health. It may increase growth of new neurons and protect the brain from damage.

One of the most exciting applications of intermittent fasting may be its ability to extend lifespan. Studies in rats have shown that intermittent fasting extends lifespan in a similar way as continuous calorie restriction.

Please be aware when practicing Intermittent Fasting, you MUST follow a healthy diet when eating. If you are eating junk foods and bad oils and lots of processed foods, there will be no benefit.

Hospital News

THE WINNER OF PERFORMANCE EXCELLENCE AWARD – 2nd Quarter 2019.

Mr Guruprasad – A very pro-active IT professional; highly loyal and reliable employee of YSH. Introduction of online feedback system for patients & doctors, Online complaint box for employees, and online library system at ZNC made him eligible for this award. Congratulations Mr Guruprasad !!!



WINNER OF BEST NURSE AWARD 2019 For the Second Half of 2019 – MRS MARY A.T.

Incharge of ITU, Mrs Mary has been in service with YSH for the past 10+years. She has been selected for this award in recognition of her accountability and reliability at work and for her lead role in improving the aspects of patient care. Congratulations Sister Mary! Keep up the good work!!!

#CLEANERYSH is a campaign launched at YSH

#CLEANERYSH is a campaign launched at YSH for motivating the employees to clean up their workplace and to improve the productivity. Employees have taken it with very positive spirit and taken extra measures to clean up and organize their respective workspaces.

The Winner of July month #CleanerYSH Trophy is Stores Department. The team Ms Anitha, Ms Sunitha, Mr Ravi alongwith their incharge Mrs Mamatha Balakrishna receiving award from the Medical Director Dr Muhammad Thahir.



← The Winner of August month is 8th Ward Counter. The management appreciated the team consists of Avinakshi, Soujanya, Shruthi, Asna, Ajobhi, Bhavani and the Housekeeping team with a Special mention to NS Madam Mary Vas and DNS Gracy D'Silva for leading the team.



→ The Winner of September month – Emergency Department. The whole ER team under the leadership of Dr Savitha Shetty proudly receiving the trophy. Dr Monisha, Dr Adeeb, Dr Ruba, Dr Jazeela, Dr Divya, Dr Haifa, Sisters Mamatha, Neethu, Nisha, Reshma, Jayona, Supriya, Prajna, Akshatha, Brothers Prashanth, Athul, Athish, MNOs Sreedhara, Narayana & PREs Sushanthi, Madhushree – Congratulations.... team.



World Physiotherapy Day 2019



CHRONIC PAIN – CONQUER IT, BEFORE IT DEFEATS YOU

YSH celebrated its **WORLD PHYSIOTHERAPY DAY 2019** with the theme 'CHRONIC PAIN' on 15th September 2019.

Dr. Ganesh Pai, Senior Consultant Dermatologist was the Chief Guest and Ms. Mishriya Javeed, Director Yenepoya School was the Guest of Honour. The event started with Dr. Srijith Padmanabh, Consultant Spine Surgeon delivering a talk on Work Related Musculoskeletal disorders and the Ergonomic Advice. Thereafter Dr. Ganesh Pai spoke on Ethics and Right attitudes to be followed in Medical profession and also Growth of Physiotherapy. The event concluded with Ms. Ramya V. Rao, Incharge, Physiotherapy talking about Physiotherapy Perspective of Chronic Pain. The event concluded with Exercise Challenges where YSH employees demonstrated lot of enthusiasm and skill to perform the exercise poses winning several prizes for competitions conducted.





CME - Insulin Injection Techniques

YSH Diabetic Clinic organized a training program on “Insulin Injection Techniques” at YSH Conference Hall, Kodiabail on 20th July. The resource person for the program was Dr. Prabha Adhikari M.R., Professor and HOD Geriatric Medicine, Yenepoya Medical College, Yenepoya (Deemed to be University) and Dr. Shaheen Shaikh, Consultant Diabetologist.

Dietician at Canara College

Our Dietician as the Resource Person for the session “Food and Diet” organized by the Youth Red Cross Unit on July 31 at Canara College, Mangalore. The students were guided on the nutritional importance and balanced diet plan.



YSH Health booth at the Canara Knowledge Quiz



YSH Health booth at the Canara Knowledge Quiz Event organized by Canara Bank at T.V.Raman Pai Conventional Centre on September 15.

World Pharmacists' day



Team Yen Pharma at YSH celebrating World Pharmacists' day on 25th September.



Nursing Activities

- ✔ Health Education on Dengue Fever – 04 July
- ✔ BLS Training – 23 August
- ✔ Health Education on Organ Donation – 17 September





NABH Surveillance Assessment

Team YSH with NABH Assessors Dr Shikha Venugopal, Mrs Joyous Thomas & Dr Manisha Kulshrestha, after a successful Surveillance Assessment during August 19-20.

Social News

Farewell of Mr. Hamad Bava

At the farewell of Mr Hamad Bava, Finance Manager on July 12. Mr Bava, after serving for 6+ years at YSH has decided to retire and enjoy the rest of his life with his beloved family. YSH wish him all the very best for a joyous and satisfying retired life.



Independence Day 2019 Celebration



At the Flag hoisting ceremony on August 15.

Flag hoisted by the Chief Guest, Mr.M Vishwanathan, Joint General Manager-Finance-Airport Authority Of India, Mangalore International Airport, in the presence of management & staff of YSH.

IPC Training Winner

Mr Anoop Abraham-Dialysis Technician has been chosen as the Super Learner of the Month July 2019 by iPC Health, for attempting maximum number of online training within a month.

iPC Health is a comprehensive online learning management system which will keep the organization's workforce trained, engaged, updated with the best practices in healthcare through a wide range of training courses – decoding NABH standards, employee induction, continuing education, soft skills training, and competency evaluation through assessments.



Onam Celebration



YSH has a rich culturally diverse talent pool. The team jointly celebrated Onam program on Saturday, 7th September at the conference hall; especially to bring festive mood to Keralites who were not able to go home for the festival. Mrs Nesreen Abdulla Kunhi, Mrs Parveen Muhammad Thahir and Mrs Mishriya Abdulla Javeed graced the occasion. The event witnessed enthusiastic participation from all employee; in several traditional games and cultural programs.





Diabetic Risk Profiler

YSH has acquired Diabetic Risk screening equipment **DIABETIC RISK PROFILER** for its Diabetic Clinic. It is the best Non-Invasive Instrument to estimate the Ankle Branchial Index (ABI) which helps to prevent Coronary Artery disease, which is a major Health Concern in today's developing Medical Era.

It helps in the early detection of Peripheral Neuropathy in Diabetic Patients and helps to prevent its dreadful complications. In short, it is the best No-Pain with Full-Gain Risk Detector for Diabetic Patients.

Make use of our Diabetic Clinic to ensure that you detect your diabetic risks and control the same well in advance.

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

I came with pain and now leaving without any health issues. Commendable service by sisters & all staff. Thank you all. God bless you.

Mr. M S Krishna Mohan

All staff of yenepoya speciality hospital are very helpful and caring in nature. Thank you for everything.

Mrs. Babitha Yadav

Very planned & methodical system of full health check up. Delay were minimal and everthing was done to my satisfaction.

Mr. Gautam Rao

Quiz based on ysh Times Issue 03.



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. What is referred as the 'Silent Killer' in this issue.
a) Gastritis b) Stress c) Diabetes
2. Diabetic Retinopathy is a common ocular complication of Diabetes Mellitus.
a) True b) False
3. "Safe Life" – Blood Donation Awareness session for conducted at YSH on:
a) October 26 b) December 21 c) November 6
4. Name the Cognitive & Memory Disorders Specialist at YSH:
a) Dr Deekshith R.M b) Dr P.B. Shelley c) Dr Ganesha Shetty
5. Ms Ramya was awarded ___ place at the Interdisciplinary Conference for Health Science and Technical Research (ICHTR) conducted by MAHE, Manipal.
a) 2nd b) 3rd c) 5th

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



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