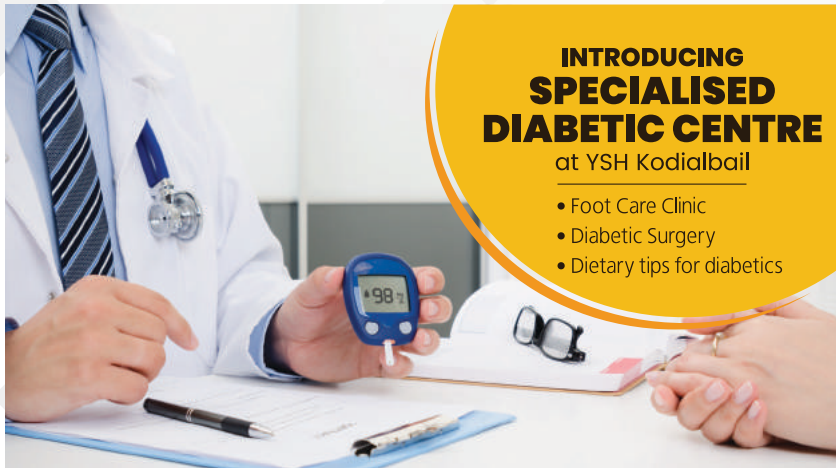


Page 3

HUMAN BODY IS NOT DESIGNED TO SIT. THE BODY IS A PERPETUAL MOTION MACHINE.



INTRODUCING SPECIALISED DIABETIC CENTRE at YSH Kodialbail

- Foot Care Clinic
- Diabetic Surgery
- Dietary tips for diabetics

Message from Medical Director

The dawn of a New year always gives an inspiration and excitement to do much more with determination. It also gives us an opportunity to look ahead with positive spirit. We look forward to a remarkable year with peace, prosperity, health and happiness to all.

Looking back, in the year 2019, we are so proud to have improved our core strengths and was able to introduce a number of new services. We could make significant investments on needed areas and continue to thrive to make this hospital the most trusted one in the region; ensuring affordable medical care to all.

To highlight few significant areas of improvement in 2019;

Upgradation of Cathlab, Introduction of Diabetes & Wellness centre, Infertility Clinic, Neurology Clinic, Vertigo Clinic; Installation of Blood Storage Unit, MRI compatible anaesthesia monitor. In addition, fully qualified Paediatric endocrinologist and a Bariatric surgeon has joined our team of Consultants.

Our aim is not only to treat the illness but also to encourage wellness.

We have maintained our focus on providing high quality healthcare services with proactive approaches. Patient feedback has helped us to improve wherever we lacked, on timely basis. Based on this we have focused on our relentless effort in training staff to improve and sustain quality of patient care.

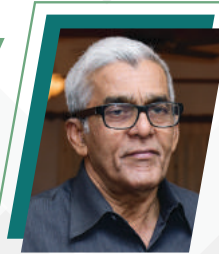
Our success recipe is the team work – highly dedicated and skilled clinical & non clinical staff members and the visionary Board of Directors. Renowned Oncosurgeon Dr M V Jaykumar having associated with us in the capacity of Hospital Developmental Committee Chairman has many plans on the anvil to take the hospital forward in the technological front. It is indeed a special occasion to thank each and every one from the bottom of my heart.

Our biggest strength remains the trust of our patients, their families and the community we serve. We sincerely thank each one of you for your trust and support.

Team YSH joins me in wishing all it's readers a fabulous year 2020!



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



**Mr Yenepoya
Mohammed Kunhi**
Managing Director



**Mr Yenepoya
Abdulla Kunhi**
Chairman

IN THIS ISSUE

Feature Article	Page No.
Message from Medical Director	01
Hospital News	02
• Did you Know?	
Doctor Speaking	03
• Human Body Is Not Designed To Sit. The Body Is A Perpetual Motion Machine	
Health Message	04
Health Information	04
Hospital News	05, 06
Social News	07
Foot Care Clinic For Diabetic	07
Diabetic Surgery	08

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

Did You Know?

- ✓ For every 10 seconds in the world someone dies due to complication associated with diabetes.
- ✓ Diabetes is one of the top ten leading causes of death in India.
- ✓ India actually has the highest number of diabetics among any other countries.
- ✓ Diabetics have health expenditures that are 2.3 times higher than non-diabetics.
- ✓ The prevalence of IGT (Impaired Glucose Tolerance) is thought to be around 8.7 per cent in urban areas and 7.9 per cent in rural areas.
- ✓ Around 35 per cent of IGT sufferers go on to develop type 2 diabetes, so India is genuinely facing a healthcare crisis.
- ✓ Type 2 diabetes mellitus (T2DM) is the most common form of diabetes, amounts to 90%, and is attributable to excessive body fat.
- ✓ Metabolic and bariatric surgery is the most effective treatment for T2DM among individuals who are affected by obesity and may result in Diabetes remission or improvement in nearly all cases.

EXERCISE GUIDE FOR DIABETIC FITNESS

F - FREQUENCY
3X PER WEEK

I - INTENSITY
60-80% OF MAXIMAL HEART RATE

T - TIME
AEROBIC ACTIVITY
30-50 MIN.
WITH 5-10 MIN.
WARM UP



A

- ✓ The most common form of diabetes, accounting for approximately 90 percent of all cases
- ✓ Increased rate of obesity is the primary cause for T2DM

B

- ✓ Premature death from T2DM is increased by as much as 80 percent and life expectancy is reduced by 12 to 14 years.

C

- ✓ Current therapy for type 2 diabetes includes lifestyle intervention and Anti-diabetes medication

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



INTRODUCING DIABETIC CENTRE

**COMPREHENSIVE CENTRE FOR ALL YOUR
DIABETES RELATED PROBLEMS**

✓ **Diabetology Clinic**

✓ **Diabetic Risk Profiler Test**

✓ **Podiatric Clinic (Foot Care)**

✓ **Counselling on Lifestyle / Diet modifications**

✓ **Weight Loss Surgery Clinic**

AVAIL A MEMBERSHIP AND GET THE FOLLOWING PRIVILEGES

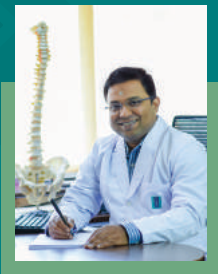
- ✓ Systematic and timely evaluation based on accepted protocols and advice on diabetes control by our expert team.
- ✓ Continuous education on diabetes control and interactive sessions for wellness.
- ✓ Diabetic benefit card which entails you for subsidized price for diabetic medicines and related Lab investigations.
- ✓ Complete diet plan for Diabetes.

For Appointments

MONDAY TO SATURDAY ☎ **+91 6364708855**

www.yenepoyahospital.com

📍 : 5th floor, Annex Block, Yenepoya Specialty Hospital,
Kodiabail Mangalore



Dr. Srijith Padmanabh

MS Ortho, DNB Ortho, AO Spine Fellow
Orthopaedic Spine Surgeon

HOW CAN YOU SAVE YOUR HEALTH FROM THE DANGERS OF SITTING?

Some ways you can incorporate activity into your day are:

- ✓ Walk or cycle, and leave the car at home.
- ✓ Use the stairs instead of the lift or escalator, or at least walk up the escalator.
- ✓ Park further away from wherever you're going and walk the rest of the way.
- ✓ Calculate how long it takes you to walk one kilometre – you may find you can reach your destination faster by walking than if you wait for public transport.
- ✓ Don't let bad weather stop you from being active! You can do body weight exercises such as squats, sit-ups, and lunges.
- ✓ You can also try indoor activities such as: dancing, swimming at an indoor pool, yoga
- ✓ Walk around when you're on the phone.
- ✓ Stand up and do some ironing during your favourite television shows.
- ✓ Get in public transport, get off one stop early and walk to your destination.
- ✓ Stand up while you read emails or reports.
- ✓ Move your rubbish bin away from your desk so you have to get up to throw anything away.

Happy standing !!

“Human Body Is Not Designed To Sit. The Body Is A Perpetual Motion Machine.”

Living a sedentary lifestyle can be dangerous to your health. The less sitting or lying down we do during the day, the better our chances for living a healthy life. If we stand or move around during the day, we have a lower risk of early death than if we sit at a desk. If we live a sedentary lifestyle, we have a higher chance of being overweight, developing type 2 diabetes or heart disease, and experiencing depression and anxiety.

Humans are built to stand upright. Our heart and cardiovascular system work more effectively that way. Our bowel also functions more efficiently when we are upright. It is common for people who are bedridden in hospital to experience problems with their bowel function. When we are physically active, on the other hand, your overall energy levels and endurance improve, and our bones maintain strength.

The most common cause of lower back pain is postural stress. For this reason, lower back pain is frequently brought on by prolonged bending, heavy lifting, or even standing or laying down in a poor, rounded-back position. Up to 90% more pressure is put on your back when you sit versus when you stand. This applies to sitting at work, in the car/bus, and at home.

The rule of thumb is to frequently change postural positions and take micro-breaks for every 30 minutes of sitting throughout the work day. A helpful strategy is to drink lots of water: it keeps you hydrated, which is healthy, and it forces you to get up and move in order to use the bathroom!!

Sitting for long periods can lead to weakening and wasting away of the large leg and gluteal muscles. These large muscles are important for walking and for stabilising trunk. If these muscles are weak you are more likely to injure yourself from falls, and from strains when you do exercise.

Moving your muscles helps your body digest the fats and sugars you eat. If you spend a lot of time sitting, digestion is not as efficient, so you retain those fats and sugars as fat in your body. Even if you exercise but spend a large amount of time sitting, you are still risking health problems, such as metabolic syndrome. The latest research suggests you need 60–75 minutes per day of moderate-intensity activity to combat the dangers of excessive sitting.

Sitting for long periods can cause problems with your back, especially if you consistently sit with poor posture. Poor posture may also cause poor spine health such as compression in the discs in your spine, leading to premature degeneration, which can be very painful.

At present, research has not proven the links between sitting and mental health, but we do know that the risk of both anxiety and

depression is higher in people that sit more. This might be because people who spend a lot of time sitting are missing the positive effects of physical activity and fitness. If so, getting up and moving may help.

Sitting for long periods has been linked to heart disease. One study found that men who watch more than 23 hours of television a week have a 64% higher risk of dying from cardiovascular disease than men who only watch 11 hours of television a week. People who are inactive and sit for long periods have a 147% higher risk of suffering a heart attack or stroke and 112% higher risk of diabetes.

Health Message

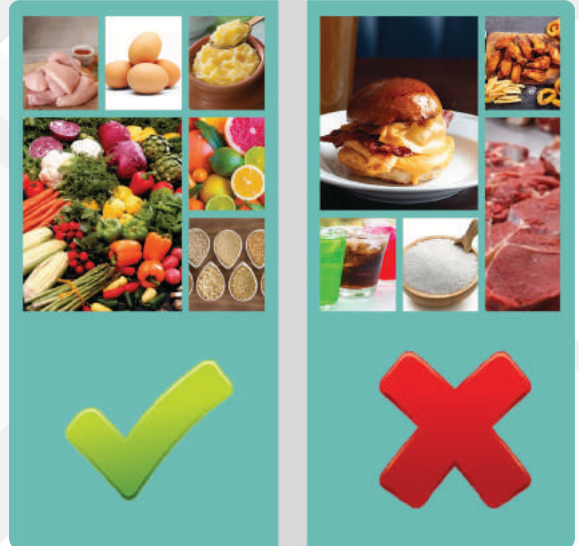
Dietary tips for diabetic

Strict dietary measures are an essential tool for the treatment of Diabetes alongwith drug/insulin and exercise.

Few Facts

- ▶ Consuming rice before vegetables or meat can cause significant increase in blood sugar. Changing order would help manage post-meal blood sugar spikes.
- ▶ Wheat is more nutritious than rice as it is richer in protein, fibre, and vitamin B.
- ▶ Feasting can be done by fasting the next meal is a myth. However, fasting will result in hyperglycemia which is very risky when you are on diabetic medication.
- ▶ Diabetic diet is a normal diet where patient can have food in moderation avoiding some food based on their health condition.
- ▶ Consuming fruits in large quantity may spike blood sugar. Some fruits like berries, citrus fruits in moderate amount (100g) per meal is good for diabetic.
- ▶ Fruit juice without fibre can increase the sugar level. So its better to have whole fruit.

Alongwith the diet, exercise is very important. It benefits the diabetics by enhancing the action of insulin. It also reduce stress and enhance the quality of life.

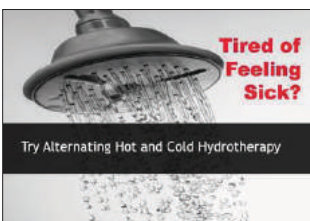


Ms Saaksha M
Dietician



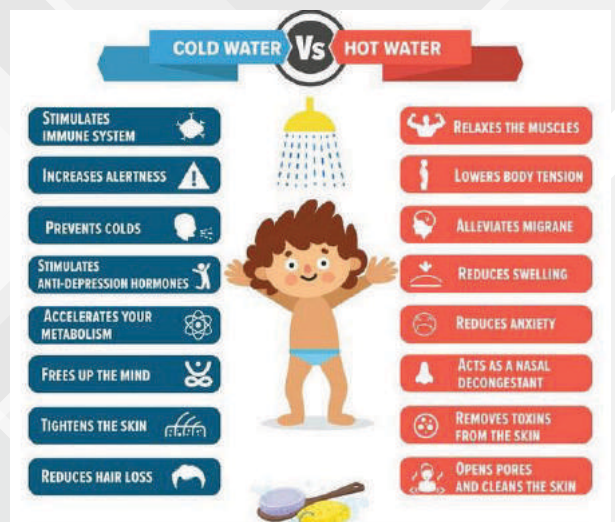
Health Information

hot and cold shower or bath.



The #1 trick for strengthening the immune system is to do alternating hot and cold shower or bath.

- ✓ Hot water for 2-3 minutes only (bath immersion or shower)
- ✓ Then cold water for 1 minute only (bath immersion or shower)
- ✓ Repeat hot and cold cycles 5-6 times
- ✓ ALWAYS END ON COLD (1 MINUTE)!!!!!!



On a daily basis, always end your shower with cold water. This will also help strengthen the immune system every day.

Hospital News

WINNER OF PERFORMANCE EXCELLENCE AWARD – 3RD QUARTER 2019.

Ms Anitha Mahesh - With an overall experience of 20 years Ms Anitha Mahesh, Dialysis Department In-charge is been with us since 2007.

Mrs Mahesh has excelled in handling the department to its highest standard with hardly any complaints whatsoever from patients or staff members. Patient care was never compromised, and she has taken a lead role in improving the aspects of patient care and department as a whole.

Congratulations Ms Anitha Mahesh!!



Ms. Anitha receiving the certificate and monetary award from Dr Muhammad Thahir.



Sister Lalitha receiving the certificate and monetary award from Dr Muhammad Thahir.

#CLEANERYSH AWARDEE FOR THE MONTH OF DECEMBER 2019 - MICU.

Team MICU under the leadership of Mrs. Lalitha Sarojini-MICU Incharge bagged the trophy ensuring the highest level of cleanliness in the department as a whole.

Health Awareness Session

Health Awareness Session was conducted for the Ambuja Cement Plant employees at Panambur, Mangalore on 1st October on the occasion of World Heart Day. General Physician Dr Adeeb Muhammed Hussein facilitated the session.



Soft Skills Training



A soft skill training session on How to build Self Confidence was conducted on October 25, at YSH Conference Room. The activity based session motivated and guided the employees on the importance of developing Self Confidence; and the impact of Confidence how it helps them as an individual, employee and the organization.

Fecilitator: Ms Verina Joshna



Hospital News

WHAT IS NEW AT YSH

- ✓ Upgradation of Cathlab so as to enable us to handle full range of Cardiac as well as Neurological and Peripheral vascular interventions.
- ✓ Installation of MRI compatible accessories to monitor Paediatric and criticality ill patients while undergoing MRI scanning.
- ✓ Introduction of Infertility clinic run by well qualified professionals in association with the full fledged Infertility Center at Yenepoya University.
- ✓ Dedicated one entire floor to establish Diabetes & Wellness Unit where in you can obtain all information about various aspects of the disease and healthy lifestyle corrections from professionals which is the need of the hour for our loyal patients.
- ✓ Introduction of Neurology Clinics with provision for EEG / Nerve conduction studies in our OP.
- ✓ Installation of state of the art equipment at our Vertigo Clinic which is connected remotely to an advanced centre at Bangalore which is manned by experts in the field.
- ✓ Installation of Blood Storage Unit.
- ✓ Highly skilled Paediatric endocrinologist and Bariatric surgeon has joined our team of Consultants.



Nursing Activities

Hand Wash Steps by Nursing Staff

Awareness session on "Techniques of Handwash" was conducted by our MICU, Dialysis & EMR staff members spreading the importance of hand hygiene through a dance form on 2nd November.



YSH Physiotherapy Representation at International Neuro Conference



Ms. Ramya V. Rao, Head of Physiotherapy at YSH was invited to deliver a talk at the 1st Annual International Neuro Conference organized by the Neurosurgery department of Manipal College of Medical Sciences (MCOMS), Pokhara, Nepal on 14th December. Ms. Ramya delivered a talk on Low Back Pain Diagnosis and Treatment Based Classification in the Allied Health Session. She represented YSH and was the only Physiotherapist from India. The talk was well received by the audience and highly appreciated by the organizing Doctors. She was also appointed as a Chairperson to moderate Allied Health sessions.

WORLD QUALITY WEEK ACTIVITIES

On the occasion of World Quality Day (November 14), YSH organized World Quality Week. Employees, with lot of enthusiasm and effort participated in several activities organized by the Quality department.

Competitions on Slogan writing, poetry writing and pencil sketch based on the theme were conducted. YSH observed maximum participation in these events from doctors to support staff.





Festive mood all around!

YSH employees on the day of Diwali, with their colourful rangoli to welcome prosperity and happiness throughout the year. Distributed sweets among the employees and guests.

When Santa visited YSH on December 26

Patients and patient parties (especially children) along with the staff of YSH welcomed Santa who distributed sweets and cookies, spreading happiness all around.



Nehru Cup Cricket and Throwball Tournament

Team YSH at the 10th Nehru Cup Cricket and Throwball tournament organized by Yenepoya Group Sports Committee on 8th December.

Foot Care Clinic For Diabetics

Foot ulcer in diabetic patients is a dreaded complication ultimately leading to limb loss in a significant number of patients. Limb loss has psychological as well as socio-cultural implications to the patient. It severely limits the patient's lifestyle and is known to increase mortality in the next 5 years after amputation.

Modern foot care aims to reduce these complications by screening the diabetic patients for neuropathy, altered foot mechanics and vascular insufficiency. Early detection and appropriate management can prevent foot ulcers.



SCREENING, PREVENTION AND RECONSTRUCTION

- Screening begins with daily foot examination by patient himself to detect any callous formation, redness of feet or maceration in inter-digital areas. Later patient is examined by foot care team. Monofilament test and vibration sense are assed to detect neuropathy. Ankle brachial pressure index is measured to detect vascular insufficiency. Pedobarogram and weight bearing x ray are done to detect altered biomechanics of feet.
- All the findings will be analysed by the foot care team consisting Plastic surgeon, Vascular surgeon, Orthopaedic surgeon and Physician. Appropriate multimodal treatment plan is formulated depending on severity of changes.
- Treatment options range from simple offloading shoes, tendon re-balancing procedures, osteotomies and arthrodesis, vascular intervention to complex micro vascular reconstructions.

Our newly acquired Diabetic Risk Profiler helps early detection of these risk factors. Our team of experienced and skilled doctors counsel you with the easiest way to prevent limb loss and build a good quality of life with diabetes.

DR.DEVIPRASAD .S
MBBS, MS, Mch
Consultant - Plastic Surgeon



Diabetic Surgery

Why Bariatric Surgery In Type 2 Diabetes

Nearly all individuals who have bariatric surgery show improvement in their diabetic state. Bariatric surgeries performed in more than 135,000 patients were found to affect type 2 diabetes in the following ways:

1. SURGERY IMPROVES TYPE 2 DIABETES IN NEARLY 90 PERCENT OF PATIENTS BY:

- ✓ Lowering blood sugar
- ✓ Reducing the dosage and type of medication required
- ✓ Improving diabetes-related health problems

2. SURGERY CAUSES TYPE 2 DIABETES TO GO INTO REMISSION IN 78 PERCENT OF INDIVIDUALS BY:

- ✓ Reducing blood sugar levels to normal levels
- ✓ Eliminating the need for diabetes medications

3. HEALTH IMPROVEMENTS

- ✓ Cause the improvement or remission of T2DM to last for years
- ✓ Types of Metabolic and Bariatric Surgeries for Diabetes

The following are the most common bariatric surgeries performed in India and their known effects on T2DM.

- **Roux-en-y Gastric Bypass:** Roux-en-y Gastric Bypass is a surgery that alters the GI tract to cause food to bypass most of the stomach and the upper portion of the small intestine. The operation results in significant weight-loss and causes remission of T2DM in 80 percent of patients and improvement of the disease in an additional 15 percent of patients.

Improvement or remission of diabetes with gastric bypass occurs early after surgery and before there is significant weight-loss. The weight-loss independent mechanisms of diabetes improvement after gastric bypass are partially explained by changes in hormones produced by the gut after the surgery, and this is an active area of research in the field of metabolic and bariatric surgery.

- **Sleeve Gastrectomy:** Sleeve Gastrectomy (Vertical gastrectomy) is an operation that removes a large portion of the stomach and, in doing so, causes weight-loss. The remaining stomach is narrow and provides a much smaller reservoir for food.

Sleeve Gastrectomy also appears to have some weight-loss independent effects on glucose metabolism and also causes some changes in gut hormones that favour improvement in diabetes. Diabetes remission rates after sleeve gastrectomy are also very high (more than 60%) and, in some studies, similar to results seen after gastric bypass.

- **Mini-Gastric Bypass:** It is also called as Single Anastomosis Gastric Bypass (SAGB) or One Anastomosis Gastric Bypass (OAGB). It is something like hybrid of sleeve gastrectomy and gastric bypass but eliminates multiple anastomosis. This gives comparable weight loss similar to gastric bypass. Remission of T2DM is around 60 to 70 percent in some studies. It can be offered to very morbidly obese patients with reasonably less surgical risks.

➤ BENEFITS VS RISKS

Type 2 Diabetes is the leading cause of death in India and rest of the world. It is also a major contributor to morbidity and mortality from heart disease, stroke and kidney failure. Each year millions of individuals die from the effects of T2DM. With the advancements in bariatric surgery, many of these individuals could be saved and experience an improved quality of health and life.

While bariatric surgery certainly has some risk, the long-term risk of continued diabetes (which is often inadequately treated with medication) typically outweighs the risk of a surgical procedure for most patients. Each patient's individual risks for surgery, though, should be evaluated in the context of the duration and severity of their diabetes as well as their other obesity-related health problems.

Metabolic and bariatric surgery for T2DM must be performed within accepted guidelines which include an ongoing multidisciplinary care, patient education, follow-up and clinical audit, as well as safe and effective surgical procedures.

You may please visit YSH Diabetic Centre for more information and Counselling on how to deal with Diabetes.

DR. SHARATH. S. HONNANI

MBBS, MS (General Surgery) Fellowship in Gastrointestinal Surgery

Consultant Surgical Gastroenterologist,
Bariatric and Advanced Minimal Access surgeon.

