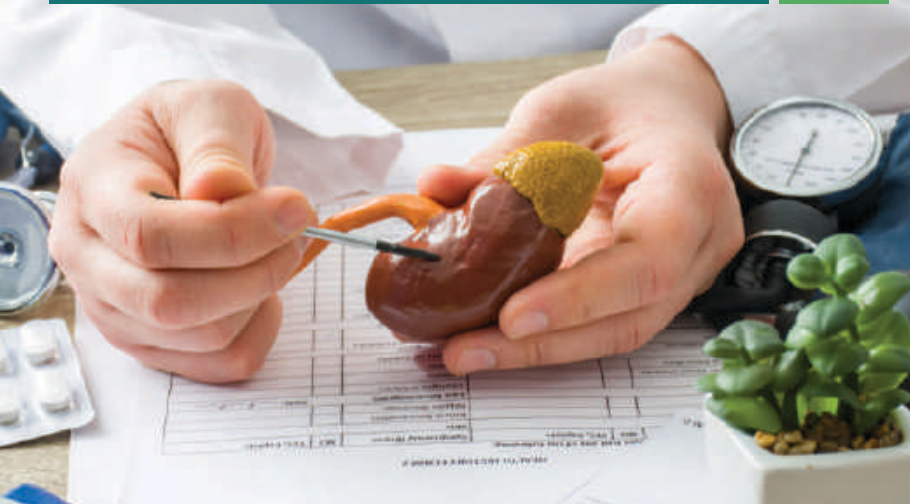


URINARY STONES Causes and Prevention

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Message from Director's Desk.

We, at Yenepoya Specialty Hospital, believe that we are entering an important phase of our journey to the next level in providing highest quality healthcare to all

Having put in place all the ingredients required to deliver excellent care—infrastructure which was developed in a phased manner over a period of two decades, critical Human resource which was identified and nurtured, developed and implemented process flow which are accepted as the best practices in the industry – we are now entering into the next level of our growth story.

Making these three elements – Infrastructure, Human resource and Process flow – to gel and bring out a highly satisfying experience for our patients is an arduous task. We are fortunate to have come across the right person with all the elements required – experience, temperament and tact - to lead such an ecosystem.

It is my sincere pleasure to introduce a new CEO to our units – Yenepoya Specialty Hospital and Yenepoya Nursing Home. Air Marshal (Dr) C.K Ranjan, AVSM, VSM (Retd), with over 38 years of experience in Armed Forces. After retiring from AFMC Pune in the capacity of Director & Commandant, Dr Ranjan has served as Pro Chancellor with a Deemed-to-be University in Kolar. We are privileged to be under his guidance since April 2021.

As we continue our journey towards a world class excellence in providing quality healthcare, guidance from such an accomplished veteran would be a boon to our institutions.

I am excited and looking forward to a more satisfying phase of our journey towards Excellence.



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



**Mr Yenepoya
Mohammed Kunhi**
Managing Director



**Mr Yenepoya
Abdulla Kunhi**
Chairman



**Mr Yenepoya
Abdulla Javeed**
Operations Director

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Introduction of CEO

Air Marshal (Dr) C.K. Ranjan AVSM, VSM (Rtd).

(Ati Vishisht Seva Medal (AVSM) is a military award of India given to recognize "distinguished service of an exceptional order")

MBBS from Armed Forces Medical College, Pune in 1980.

MD (Aviation Medicine) from Institute of Aerospace Medicine, Bangalore, 1988.

DNB (Aerospace Medicine), 1996.

M. Sc (Defence Studies) from Defence Service Staff College, Wellington in 1994.

MPhil (Hospital & Health Sciences Management) from BITS Pilani, in 1999.



Dr Ranjan joined the Air Force in 1980 and then served as a Professor at the Institute of Aerospace Medicine, Bengaluru. Dr Ranjan advanced his career in several distinguished roles in a span of 38 years which earned him Air Marshal rank.

Finally, Dr Ranjan had the privilege to retire from where he started his professional education – at AFMC Pune as Director & Commandant.

After retirement, Dr Ranjan worked as Pro Chancellor-Health Care Delivery at Sri Devraj Urs Academy of Higher Education, Kolar in Karnataka.

YSH is now privileged to have such an eminent professional to guide us through as CEO of YSH.

Please join in welcoming Dr C. K Ranjan to Yenepoya Group.

Message from CEO

I joined Yenepoya Speciality Hospital as the Chief Executive Officer on 01 April 21. It is a privilege to be a part of this prestigious hospital. For the last 25 years YSH has been providing high quality, affordable health care to the people of Dakshin Kannada and adjoining districts.

The doctors, nurses and staff of the hospital have been rendering yeoman service during these demanding and challenging times. The second wave of Covid 19 pandemic has overwhelmed the medical facilities all across the country and the world. With the experience gained during the first wave, the medical authorities at the hospital put in place various measures to mitigate the sufferings of the patients, which has also greatly reduced the morbidity and mortality.

The hospital has a state of the art imaging and laboratory facilities, which functions 24x7. The emergency services are available round the clock and critical patients, both neonatal and adults, are managed by qualified and experienced intensivists in the respective ICUs. Highly qualified, trained and eminent doctors provide quality care in all fields of medicine.

In keeping pace with the changing times, we at YSH will continue to introduce cutting edge technologies and advanced equipment in health care, so as to meet the needs and aspirations of the clientele. In near future we plan to go digital and paperless. The in-patient facilities are being upgraded to provide them with a better ambience and experience. In this era of specialization it will be our endeavour in future to add more Speciality clinics for our esteemed clients.

For the elderly and patients with mobility impairments, we plan to extend Home Care facilities. Our experienced physiotherapists and phlebotomists will visit them and provide necessary care and collect samples for the laboratory tests. Facility for home delivery of medicines is also available.

'Happy to Care' is the motto of the hospital and 'Team Yenepoya Hospital' is always there with you to happily take care of all your medical needs. **Stay Healthy and Stay Safe**

Air Marshal (Dr) C.K. Ranjan, AVSM, VSM (Retd).
Chief Executive Officer

URINARY STONES - Causes and Prevention

What are Urinary / Kidney Stones ?

Urinary stones (Uroliths) are formed from crystals in the urine, which are arranged in a regular pattern. These could be in the kidney, ureters or urinary bladder.

Why do Urinary stones occur ?

Urine is a complex solution. Solutions consist of solutes (usually salts) which are dissolved in a solvent e.g. water. Stone forming elements (solutes) like Calcium, Oxalate, Uric acid, Phosphate, Cystine etc., which are products of normal metabolism are present in every human. These are dissolved in water (solvent). However, there is a limit to the amount of solute that a given volume of solvent can dissolve. This is referred to as Saturation point. Once this is exceeded, the solute forms crystals, which then arrange themselves in the form of a stone.

Urine is a super saturated solution. It can hold slightly more solute in solution than its saturation point due to inhibitors of crystallization, like Orthophosphates and Citrate. However, when this point is exceeded, crystallization occurs.

The three main causes of urinary stones formation are.

1. Too little Solvent i.e. Water
2. Too much Solute i.e. Excess of Calcium or Uric acid in blood / urine
3. Lack of inhibitors of crystallization

How can you prevent formation of Urinary stones?

There are three steps which can help prevent urinary stones.

1. Increase urine output by drinking more water
2. Diet modification
3. Medications

1. DRINKING WATER: By making sure that you drink enough of water to ensure adequate solvent in urine. Most adults form about one to one and a half liters of urine per day. This is usually enough to prevent stones. However, if you are a stone former, then it is prudent to increase this to 2.5 to 3 Liters of urine / 24 hours.

It should be noted that this volume should be spread over 24 hours (and not like Hydrotherapy where a large volume of water is drunk and excreted over 2 – 3 hours). This is applicable to any kind of stones.

A word of Caution! In elderly population, increasing water intake can cause Low Serum Sodium - Dilutional Hyponatraemia. Cardiac and Renal Patients should consult their Physician

2. DIET: If the type of stone is known by means of chemical analysis of a stone, which has spontaneously passed out / or removed by surgery or particular crystals are seen on urine microscopy or increased serum levels of Calcium / Uric acid then specific food can be avoided such as non-vegetarian for Uric acid stones. For a first time stone former, usually strict diet is not needed if adequate urine output is maintained.

3. MEDICATION: Some stone formers have an excess of solutes like Calcium, Uric acid or Cystine in their blood / urine. These can be corrected / treated medically.

Potassium Citrate and Hydrochlorthiazides are also used on long term for stone prevention, usually in patients who have had multiple surgical procedures for stone removal.

How Long Preventive Steps Should Be Taken?

For as long as your Kidneys are functioning – Life Long !



Dr Ashok Pandit MS MCh
Senior Consultant Urologist
Yenepoya Speciality Hospital, Kodialbail

Doctor Speaking

Ankylosis spondylitis



Low back ache is a common complaint in the current era. It is seen that more and more young patients are seeking medical attention for chronic back problems. Mostly this is related to the sedentary lifestyle, lack of exercise, bad posture and rise in obesity. However inflammatory causes of low back pain are often misdiagnosed.

Ankylosing spondylitis is a chronic inflammatory disease primarily affecting the spine and sacroiliac joints (axial skeleton); peripheral joints and extra articular structures are also frequently involved.

The age of onset is in the 2nd or 3rd decade and is usually 2-3 times more common in males. If the age of onset is younger than 16 yrs, it is termed as juvenile ankylosing spondylitis or Enthesitis related arthritis.

Patients complain of dull deep pain felt in the lower back or gluteal region that is slowly developing over weeks to months. This pain is often accompanied by morning stiffness which typically improves with activity and recurs following a period of rest. Pains in the night often force a patient to rise and move around. Within a few months, the episodic pain become persistent and bilateral.

Pain may also involve the neck and the thoracic spine. Peripheral joint involvement is usually asymmetrical and seen in upto 30%. With progression of spondylitis, patient's posture undergoes changes leading to hunching or restriction of movements.

Other organ systems may also be involved, most common being involvement of the eye. Uveitis occurs in 40% cases and sometimes may precede the onset of spondylitis. Typically manifests as painful red eye with increased watering. Involvement of heart, lungs, kidney, neurological systems are also noted.

Diagnosis is through clinical examination, radiological imaging and blood tests. MRI of sacroiliac joints as well as the spine may help us identify cases at the earliest.

Treatment modalities have made tremendous progress in the last decade. With the advent of Biologicals (Anti TNF inhibitors), many patients are able to lead a near normal lifestyle with a positive impact on their socio-economic status as well. However management of ankylosing spondylitis is incomplete without an exercise program designed to maintain flexibility and posture.



Dr Ashwini Kamath
Consultant Rheumatologist
YSH

Doctor Speaking

Dental Care during COVID-19

After going through one of the most unprecedented events in our lifetimes, the COVID-19 pandemic, dental clinics had to stop all non-urgent visits and surgeries. However, as we gradually recover from the second wave it is now recommended that we weigh the risk in our area with the need to provide dental care for patients. Here's what you should know about dental care as cities and states in India reopen.

Is the Dentist's Clinic Safe? Our health care institute follows very strict safety rules & guidelines. Dental clinics follow extra infection control protocols and most of the gears are NEVER reused. But your dentist's clinic may do even more to prevent the spread of COVID-19, like:

- ✔ Disinfect all surfaces and tools more often
- ✔ Clean, replace, and cover tools between uses
- ✔ Wear more protective gear than usual
- ✔ Space out appointments

We suggest you to:

- ✔ Confirm your appointment & do not arrive early.
- ✔ Ensure you do not have any related symptoms.
- ✔ Follow safety protocols such as wearing 3-ply mask, maintaining social distance, frequent hand sanitization
- ✔ Get yourself vaccinated at the earliest.
- ✔ Share information of any contact with infected people within the last 14 days.
- ✔ Limit the number of people you bring with you, especially children & elderly.
- ✔ Avoid roaming around the hospital premise & using common areas or articles in the waiting room. openly share your recent travel details and any contact with infected people, within the last 14 days.
- ✔ Not to bring more than 1 attendant and strictly avoid elderly or below 15 years.
- ✔ Avoid roaming around in the hospital and use common areas or articles in the waiting room.

What Are Non-Urgent Treatments?

These are sometimes called elective procedures. These are dental problems that do not affect your health right now & do not require immediate attention and can be postponed until later if you're worried about COVID-19. Some examples

Include:

- ✗ Teeth cleaning or examination
- ✗ Treatment for things that don't hurt (cavities, tooth removal)

- ✗ Teeth whitening
- ✗ Cosmetic procedures
- ✗ Checkup for braces
- ✗ X-rays

What Is an Emergency Treatment?

Emergencies are to be treated right away if they are life-threatening or cause severe pain or are a high risk of infection. Generally, your dentist decides what an emergency treatment is.

This may include:

- ✔ Serious unbearable pain
- ✔ Bleeding that won't stop
- ✔ Tissue that needs a biopsy
- ✔ Swollen areas in or around your mouth (gums, face, or neck)
- ✔ Broken teeth, especially if they cause pain or tissue damage
- ✔ Signs of infection (pain and swelling)
- ✔ Post-surgery care you can't do yourself
- ✔ A temporary crown that's lost or broken
- ✔ Dental work related to cancer treatment
- ✔ Dentures that don't work the right way
- ✔ Wires in your braces that hurt
- ✔ Trauma that may affect your ability to breathe

We encourage you to call our dental clinic if you wish to discuss any related issues and the doctor can decide if a visit is necessary.

You can call at **+91 725 925 6688** & book an online consultation on our website.



Dr. Mohammed Farhan Sheikh
Consultant Dental Surgeon

Best Nurse award 2020-21



Ms Rukya ME



Ms Sujatha K

Every year YSH honors two individual Nurses who have made extraordinary contributions to the nursing profession that have had an enduring impact on the care provided to its patients.

This year, we have identified four such Nurses who have relentlessly performed to showcase their extraordinary professionalism, administrative skills, communication skills and who cultivated positive environment to emerge as the Best Nurses of 2021.

We thank Dr Kishore Kumar Ubrangala, who has also contributed to this award in memory of his loving father.



Ms Mamatha K



Ms Radhika

Congratulations and keep up the good work!

#CLEANERYSH

Is a campaign launched at YSH for motivating the employees to clean up their workplace and improve the productivity. Employees welcomed the movement very positively and empowered themselves to maintain the cleanliness in the respective department and organized their respective workspaces.

The Winner of 2nd Quarter 2021 #CleanerYSH Trophy is our cafeteria 'Orchid'. The Core Managers of YSH seen handing over the trophy to the Manager Mr Intiqab, HR Manager Mr Mahabala Alva and staff members Mr Sanjeeva, Mr Jaya Shetty, Mr Sampath.



Congratulations Team. Keep it up!

Performance Excellence Award - 2nd Quarter 2021 Ms Missriya Rakit

Performance Excellence Award is constituted to recognize those high performing employees who have outperformed in the past 3 months.

Ms Missriya- Pharmacist who has been working with YSH since November 2018 is one of the dependable employees of YSH. Pleasant and soft in nature, she has excellent interpersonal skills and a good team player.



Congratulations Ms Missriya Rakit on this well deserved Award. Keep doing the excellent job!!!

Hospital News

YSH team at NMPT

YSH team were at NMPT cargo ship to conduct alcohol test for the Captain, Officers, Commanders and Technicians of the ship.

Mr Shawn Akshay, Ms Kalavathy and Ms Swapna with the captain of the ship Capt. Biju Parakadan on June 02, 2021.



At the press conference held at Yenepoya Speciality Hospital



At the press conference held at Yenepoya Speciality Hospital conference room, to introduce the newly acquired latest technology world class Radiology and Urology equipment.

The CEO Air Marshal (Dr) C.K. Ranjan, AVSM, VSM (Rtd), Director Medical, Dr Muhammad Thahir, Director Operations Mr Yenepoya Abdulla Javeed, Senior Urologist Dr Ashok Pandit, Head of Radiology Department Dr Ravichandra G, Senior Radiologists Dr Devadas Acharya and Dr Vinayaka U.S, seen releasing the information of the latest upgrades of diagnostic technologies at Yenepoya Speciality Hospital.

Malaria disease awareness campaign at YSH

A program aimed at bringing awareness on Vector-borne diseases (VBDs) was organized by District Health Authority at YSH on June 30.

The session was well attended by the employees. The District Malaria Health Inspectors Mr Prasad and Mr Sandeep organized the workshop addressed the gathering.



YSH organized a CME session



YSH organized a CME session in co-ordination with Family Doctors Association Mangalore Chapter on April 3, at Maya International Hotel, Mangalore.

Dr Deepak Rai, Senior Consultant – Orthopaedic Surgeon and Dr Krishna Shetty, Consultant Interventional Cardiologist delivered their key notes at the function. Also, the Association in conjunction with YSH, felicitated the retired Family Welfare Officer Dr Ramachandra Bairy.

Hospital News

Super Learner Award from iPC Health.



Congratulations to Ms. Dilshad (EID 595) who has been selected as the Super Learner by iPC Health, in recognition of completing maximum number of trainings in the month of April 2021. She is been awarded with a gift voucher and Super Learner Certificate. YSH is using iPC Health (digital learning) platform also to improve employee training and development.



We believe that Continuous learning is the minimum requirement for success in any field. We strive to keep our staff updated with latest industry updates and skill development.



Social News

Vietnamese patient birthday

On May 10, it was the birthday of one of our Vietnamese patient Ms Nguyen lien who was admitted at our COVID ward. Our team made sure that she is not far away from her loved ones.

