

YSH Team wishes you A Happy Newyear 2022



From the desk of the Director

Reflecting on 2021, it has been a year of extreme challenges just like the ones faced by most sectors.

It was an eye opener for us in a way that we realized our own potential. We were happy to be able to impact the society in such a positive way. When members of the medical fraternity as well as the social elite opted for our hospital in spite of the many options in front of them, it came as a great validation for the work we've done so far.

It took us closer to our goal of being the "most trusted hospital in the region".

It has brought in us a deep sense of pride and with that, a resolve for stronger commitment to reach out to all those who have placed their trust in us.

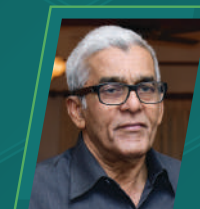
In this time of crisis, our team collaborated well to ensure safe and compassionate care to our patients, and the community at large when they needed it the most. I am brimming with admiration for their deep involvement, dedication, perseverance and hard work.

During this period, we also went ahead with our re-accreditation with NABH based on their new 5th edition, which is also a corollary of our team's determination and commitment.

Ushering in 2022, we resolve to provide services par excellence to our patients.



Dr. Muhammad Thahir
Director - Medical



**Mr Yenepoya
Mohammed Kunhi**
Managing Director



**Mr Yenepoya
Abdulla Kunhi**
Chairman



**Mr Yenepoya
Abdulla Javeed**
Director - Operations



**Air Marshal
(Dr) C.K. Ranjan**
AVSM, VSM (Retd),
CEO

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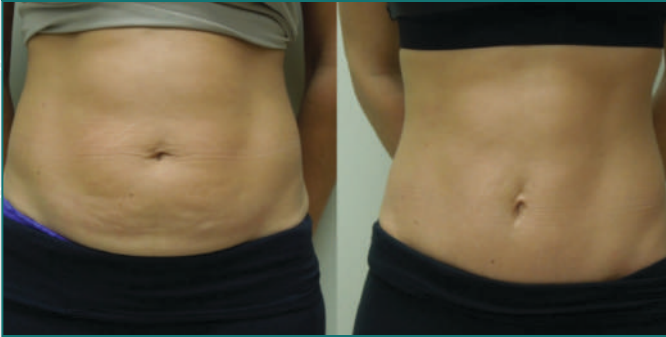
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TUMMY TUCK / ABDOMINOPLASTY



Are sit-ups not giving you the taut tummy you want? If you've got too much flab or excess skin in your abdomen that doesn't respond to diet or exercise, you may be considering a "tummy tuck," which doctors call "abdominoplasty."

The tummy tuck is a cosmetic procedure to remove excess fat from the abdominal wall and tighten the abdominal muscles.

So what are the indications?

1. Women who have had several pregnancies may find the procedure useful for tightening their abdominal muscles and reducing skin.
2. Men with pendulous abdominal wall and excess skin.
3. Massive weight loss after bariatric surgery leads to excess uncontracted skin. These patients need abdominoplasty as well as other skin tightening procedure.
4. Patients with umbilical hernia, divarication of recti, incisional hernia can also be treated with abdominoplasty approach.

The procedure is performed usually under general anaesthesia. Abdominal wall skin flap is raised to expose the rectus abdominis muscles till the xiphisternum through a bikini line incision (Scar will be hidden within the undergarment). The muscles are tightened by bringing them close to the midline with sutures. The excess skin of the lower abdomen will be excised and sutured. This procedure effectively tightens and flattens the abdomen.

This surgery can be performed as a day care procedure in selected fit patients. It can be also combined with liposuction to remove excess fat.

Benefits

1. Enhances the body image of the patient due to better cosmetic appearance.
2. A tightened anterior abdominal muscle improves the core strength and enhances physical ability.
3. Prevents the development of low backache due to traction on mesentery secondary to abdominal wall laxity.
4. Hygiene issues under the hanging panniculus will be taken care of after the procedure.
5. Hernias of abdominal wall can be treated with the hidden scars.
6. Patient takes about 2-3 weeks to return to work depending on the type of work. Wounds usually heal in 10 days. Some patients may have complications like seroma formation, wounds disinfection, and partial skin necrosis.

Major complications are very rare.

The tummy tuck is a cosmetic as well as functional procedure, to improve physical appearance as well as to enhance physical ability. It is a safe procedure, which can be performed as day care procedure in selected patients.



Dr Devi shetty

MBBS, MS (General Surgery),
Mch (Plastic Surgery)

Visiting Consultant – Plastic Surgeon

Doctor Speaking

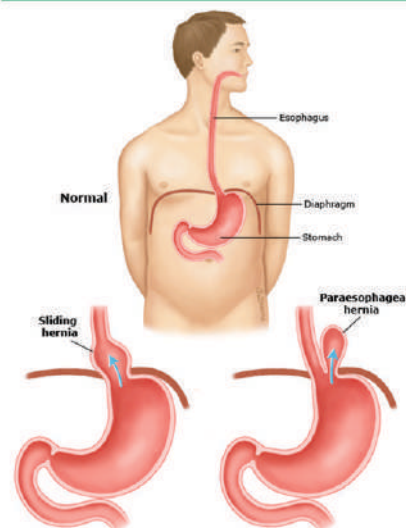
What is a hiatal hernia?

A hiatal hernia is what doctors call it when a part of the stomach moves up into the chest area. Normally, the stomach sits below the diaphragm, the layer of muscle that separates the organs in the chest from the organs in the belly. The esophagus, the tube that carries food from the mouth to the stomach, passes through a hole in the diaphragm. In people with a hiatal hernia, the stomach pushes up through that hole, too.

There are 2 types of hiatal hernia

- ✓ Sliding hernia – A sliding hernia happens when the top of the stomach and the lower part of the esophagus squeeze up into the space above the diaphragm. This is the most common type of hiatal hernia.
- ✓ Paraesophageal hernia – A paraesophageal hernia happens when the top of the stomach squeezes up into the space above the diaphragm. This is not very common, but it can be serious if the stomach folds up on itself. It can also cause bleeding from the stomach or trouble breathing

Hiatal hernia



A sliding hernia happens when the top of the stomach squeezes up into the space above the diaphragm. This is the most common type of hiatal hernia.
A paraesophageal hernia happens when the top of the stomach folds up against the esophagus, creating a pouch. This is not very common, but it can be serious.

What are the symptoms of a hiatal hernia?

Hiatal hernias do not usually cause symptoms. In some cases, though, hiatal hernias cause stomach acid to leak into the esophagus. This is called acid reflux or gastroesophageal reflux, and it can cause symptoms, including:

- ✓ Burning in the chest, known as heartburn
- ✓ Burning in the throat or an acid taste in the throat
- ✓ Stomach or chest pain
- ✓ Trouble swallowing
- ✓ A raspy voice or a sore throat
- ✓ Unexplained cough

Is there a test for hiatal hernia?

Yes, but doctors do not usually test for hiatal hernia. Instead, most people learn they have a hiatal hernia when they are having tests to find the cause of symptoms, or for other reasons. For instance, some people find out they have a hiatal hernia when they have an X-ray. Others find out when their doctor perform Upper GI endoscopy. Once it is diagnosed, they will undergo following tests.

- ✓ Barium swallow — Barium swallow can determine the anatomy and size of the hernia, orientation of the stomach, and location of the GE junction.
- ✓ Upper endoscopy — On upper endoscopy, a sliding hiatus hernia is defined as a greater than 2-cm separation between the squamocolumnar junction and the diaphragmatic impression using the hash marks on the endoscope relative to the incisors
- ✓ High-resolution manometry — On high-resolution manometry (HRM) with esophageal pressure topography (EPT), a hiatus hernia is characterized by the separation of the crural diaphragm from the lower esophageal sphincter (LES) by a pressure trough.

DIFFERENTIAL DIAGNOSIS

The differential diagnosis of hiatus hernia includes other etiologies of epigastric or substernal pain, dysphagia, heartburn or regurgitation, and refractory gastroesophageal reflux disease (GERD). This includes esophagitis, an esophageal motility disorder, functional dyspepsia, and coronary artery disease. While an evaluation to exclude these diagnoses is not required to diagnose a hiatus hernia, it may be necessary in patients with refractory symptoms and is discussed in detail, separately.

MANAGEMENT

Sliding hiatus hernia - Surgical repair of an isolated, asymptomatic type I hiatal hernia is not indicated. Management of patients with a symptomatic sliding hiatus hernia consists of management of gastroesophageal reflux disease (GERD).

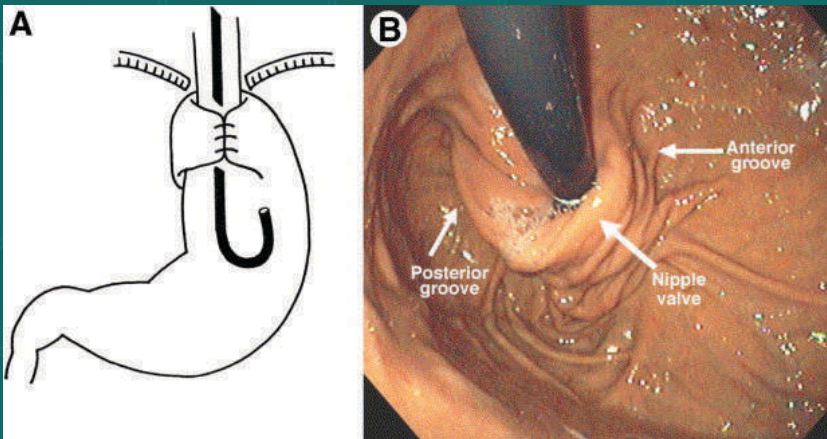
Paraesophageal hernia - The optimal management of asymptomatic patients with paraesophageal hernias is controversial. While a few experts recommend prophylactic surgical treatment even in the absence of symptoms, as there is high risk of these patient developing carcinoma esophagus. The mortality rate from elective paraesophageal hernia repair is approximately 1.4 percent.

Surgical repair is indicated in patients with a symptomatic paraesophageal hernia. Emergent repair is required in patients with a gastric volvulus, uncontrolled bleeding, obstruction, strangulation, perforation, and respiratory compromise secondary to a Paraesophageal hernia

Surgeries for paraesophageal hernia is done laparoscopically with less than 2% conversion rate to open :

- ✓ **Nissen fundoplication**
- ✓ **Toupet fundoplication**

Final result after surgery



Dr Honnani

MBBS, MS (General Surgery)
Fellowship in Surgical Gastroenterology
Visiting Consultant Surgical
Gastroenterologist

Eat Healthy. Live Healthy

Healthy eating and a healthy living are two important aspects to know how we look, feel and enjoy life.

A routine of good food and regular exercise can help us make the most of what life has to offer. Making smart food choices throughout our life, can help reduce the risk of obesity, heart disease, hypertension, diabetes, certain cancer & osteoporosis.

Balance Diet & Healthy Living



The key factor of a healthy diet

1. Enjoy the wide variety of food
2. Balance and moderation
3. Eat loads of fruits and vegetables
4. Drink plenty of fluids
5. Balance the salt intake
6. Eat regularly
7. Maintain a healthy body weight
8. Eat food rich in carbohydrate
9. Consume fat in moderation
10. It's never late to start NOW

Introduction of **Doctors**

New Cardiologists in the Panel



Dr Kumar K P

MD, DM (Cardiology)
Consultant Interventional Cardiologist
Assistant Professor

Dr Kumar K P has joined us as Visiting Consultant Interventional Cardiologist since 22nd October 2021.

Dr Kumar K P has obtained MBBS from Kasturba Medical College, Mangalore in the year 2012. In 2015, Dr Kumar completed MD (General Medicine) from Father Muller Medical College & Hospital.

Following that, he did DM in Cardiology in 2019 from the prestigious St John's National Academy of Health Sciences in Bangalore.

Dr. Kumar K P is an Assistant Professor in the Department of Cardiology at Yenepoya University since 2020.

His area of Expertise

- ✓ ACS
- ✓ Heart failure
- ✓ Arrhythmia management
- ✓ Primary angioplasty
- ✓ Radial route angiograms and angioplasty
- ✓ Complex coronary interventions
- ✓ Renal artery Stenting
- ✓ Pacemaker implantation

Dr Kumar K P is available

from **04:00 pm to 06:00 pm**
only on **Tuesday & Friday**.

To request appointment please call:

☎ **6364708855**



Dr Sujal Shetty

MD, DM (Cardiology)
Consultant Interventional Cardiologist
Assistant Professor

Dr Sujal Shetty has joined us as Visiting Consultant Interventional Cardiologist since 18th October 2021.

Dr Sujal Shetty is an Interventional Cardiologist who earned his MD (General Medicine) from MKCG Medical College, Berhampur in 2013 and completed his DM in Cardiology from Government Medical College, Kottayam in 2018.

Dr Sujal Shetty is currently working as Assistant Professor in the Department of Cardiology since 2019 at Yenepoya University.



Dr Prashanth R M

MD, DM (Cardiology)
Consultant Interventional Cardiologist
Associate Professor

Dr. Prashanth R M has joined us as Visiting Consultant Interventional Cardiologist since 20th October, 2021

Dr. Prashanth R M earned his DM in Cardiology from Sri Jayadeva Institute of Cardiology in Bangalore in July 2012.

He obtained his MD in General Medicine, from Lokmanya Tilak Municipal Medical College, (affiliated to the university of Mumbai) in 2008.

In 2003, he graduated from JJM Medical College in Davangere with an MBBS from RGUHS.

Dr. Prashanth R M is currently working as Associate Professor in the department of Cardiology since 2017 at Yenepoya University.

His area of Expertise

- ✓ Skilled in performing 2D echocardiography (neonatal, pediatric & adult), stress echo & TMT
- ✓ Can independently perform Cardiac Catheterization; Coronary angiography & angioplasty through Radial route, special interest in complex angioplasty like CTO, Bifurcation and LM Stenosis.

Dr. Prashanth R M is available

from **04:00 pm to 06:00 pm**
only on **Wednesday & Saturday**.

To request appointment please call:

☎ **6364708855**

His area of Expertise

- ✓ Coronary and peripheral angiogram
- ✓ Angioplasties
- ✓ Primary angioplasty
- ✓ Pacemaker implantation
- ✓ ASD device closure

Dr Sujal Shetty is available

from **04:00 pm to 06:00 pm**
only on **Monday & Thursday**.

To request appointment please call:

☎ **6364708855**

Introduction of Doctor



Dr Mehnaz Abdulla
MBBS, MS (OBG),
Obstetrician & Gynaecology

Dr Mehnaz is available

from **09:00 am to 04:00 pm**
Monday to Saturday.

To request appointment please call:

+91 7204199662 or 08244238855 extn 611.

Dr Mehnaz Abdulla joined us as in house consultant gynaecologist at the OBG department from November 15th 2021.

Dr Mehnaz Abdulla did MBBS degree from Yenepoya Medical College in 2009. Later, she pursued WHO certified Basic Course in Palliative Medicine at Calicut Medical College in 2009.

Dr Mehnaz served for 3 years as a medical Officer (Labour room) at YSH. Later, she decided to pursue her post-graduation in Obstetrics and Gynaecology at Yenepoya University, which she completed in 2019.

Dr Mehnaz further underwent SRship in Yenepoya Medical College Hospital in the same year she was promoted as a Assistant Professor in December 2020.

She has a special interest in managing issues in girls and women with special needs, especially those who are intellectually disabled.

The most intriguing aspect, which no one is aware of, is Dr Mehnaz is dedicating her time for special / intellectually disabled children only on Saturday from 02:00 PM to 04:00

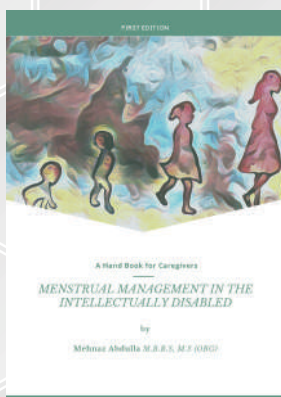
YSH observed International day of persons with Disabilities

On 3 December, YSH, in collaboration with the Sam's Clinic, observed the International Day of Persons with Disabilities by launching a handbook titled "Menstrual Management in the Intellectually Disabled," for caregivers written by Dr Mehnaz Abdulla, Consultant Obstetrician and Gynecologist, YSH and launched by the chief guest Sr. Maria Jyothi, Rajyotsava Awardee of Karnataka.

The guests of honour, Ms Vidya Shenoy and Mrs Ledith Pinto addressed the gathering by sharing their personal experiences of working with people with disabilities.

Dr Muhammad Thahir, Director Medical, assured providing special consideration for persons with disabilities and announced special OP Services to give preferential treatment at YSH in all the departments.

The program was also attended by Dr Sally Mary Abraham, HOD of the department of OBG, Yenepoya Medical College Hospital.



A Handbook for Caregivers - Menstrual Management in the intellectually disabled.

Menstruation has always been a topic of taboo in our country, hardly talked about and surrounded by a volley of myths and misconceptions. To combat these, many programmes have been introduced nationwide and worldwide, which has helped girls and young women manage their menstruation hygienically and with confidence.

The Caregivers of the intellectually disabled face a unique challenge as they need a totally different approach to educate and train their wards regarding understanding and managing menstruation.

This manual written by Dr Mehnaz Abdulla is an insight to all caregivers in dealing with the various aspects.

Hospital News

Basic Life Support Training and Awareness Session



Basic Life support Training and Awareness talk session for the fitness trainers at Atomm fitness Club, Mannagudda, Mangalore were conducted by Dr Priya Nayak, Dr Vinayak Nayak and Dr Harsh Vardhan on December 5.

Diabetes Day 2021

To commemorate the International Diabetes day 2021, YSH Preventive Health Checkup team lead by Dr Savitha Shetty, organized a free Health Checkup Campaign and Awareness program on November 13, at YSH conference hall.

Dr Prabha Adhikari, Specialist in Diabetes was the key speaker. Dr Adhikari educated the gathering on the A-Zs of Diabetes and explained, how diabetes can be treated and its consequences avoided or delayed with medication, regular screening and treatment for complications.

Dr Jazeela B F, Medical Officer at YSH clarified the queries of the gathering. Ms Angel Kotian, Clinical Dietician explained the ways for diabetic management and diet control. The program concluded with a demonstration of different aspects of yogic practices and its benefits by Dr Anla Shetty, Yoga Therapist.

Free Health Checkup consultation and tests, discounts on diabetic packages and risk profile studies were availed by many during the camp on November 15 and 16.



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

The service and treatment provided here are first-rate. I sincerely thank all the doctors and nurses for their dedication. My heartfelt appreciation for the care and professional services provided by the Medical, Clinical, and support services staff, who took care with expertise, compassion and smiles.

Mr. Bijesh

The ward secretary was very helpful. All of my queries were answered right away. I have personally experienced the exceptional care and homely atmosphere provided by the ward staff and nursing staff. I never felt like a patient during my stay.

Mrs. Shama Intiaz

I went to this hospital for my delivery. Excellent hospital with excellent services. Nurses are extremely professional. The prices are also reasonable.

Mrs. Sahana

Soft Skills Training – Mentoring



At the Mentoring workshop held on November 13, to nurture the skills of mentors and introduce new methods on how to effectively boost fresh graduates and novice team members.

Mr Arun S. Nath, softskills trainer conducted an interactive session for selected 30 mentors at YSH.

Performance Excellence Award – 4th Quarter 2021

Performance Excellence Award is constituted to recognize those high performing employees who have outperformed in the past 3 months. Mr Santhosh Shetty – Technicians In-charge, who is working with YSH since May 2005 is conferred upon this award for his excellent attitude towards work, accountability, integrity and dedication in whatever he does.



Congratulations to Mr Santhosh Shetty on this well-deserved Award. Keep doing the excellent job!



YSH Core Committee members with our Chairman Mr Yenepoya Abdulla Kunhi, CEO Dr C K Ranjan, Director Operations Mr Yenepoya A. Javeed and Director Medical Dr Muhammad Thahir.

Social News

Diwali – Celebration of the Festival of Lights



On the occasion of Diwali, YSH organized Diwali celebrations for its staff members. Celebrations were heralded with competitions starting from November 2 onwards, spreading an atmosphere of joy and happiness at YSH.

Maintaining the COVID norms, celebrations were held on November 5 with traditional Rangoli, Ethnic wear fashion show and cultural shows by the staff followed by prize distributions for the team wise lantern making competition and Diwali sweets cooking competition. Employees in traditional attire radiated the spirit of festivity.

Dr Rashmi Naik, Gynecologist and Specialist in Reproductive Medicine was the chief guest. Mrs Nafeesa Moideen Kunhi and Mrs Parveen Thahir from the Yenepoya family graced the occasion with their elegant presence.



Winners of the Competition:

Cooking Competition:

- 1st Prize - Ms Akheefa and Ms Ishrath from OT
- 2nd Prize – Ms Missriya Rakith and Ms Zunaira from Pharmacy

Lantern making Competition:

- 1st Prize – Dr Radhika T (Discharge Summary) & Mr Deepak from IT
- 2nd Prize – Ms Anitha Fernandes and Ms Chandrika from Radiology.

Ethnic wear Fashion Show:

- Ms Fashionista – Ms Preethika Rao – Office Secretary
- Mr Fashionista – Mr Santhosh Shetty – Technician's Incharge



Christmas and New Year Celebration



YSH hosted a fun-filled evening to celebrate Christmas and New Year on December 29.

Rocking performances of employees including Christmas Carols and skits enthralled the staff members and guests.

Dr Vidya Pai, Microbiologist addressed the gathering with her powerful Christmas message and wishes for a wonderful New Year 2022.

Santa Claus, with a pocket full of candies went around distributing sweets to everyone.

As a part of celebration, competitions were also organized.

Winners of the competition:

Greeting Card making:

1st Prize – Dr Radhika T (Discharge Summary)

2nd Prize – Deeksha Nayak (MICU Staff Nurse)

Christmas Wreath making:

1st Prize – Mr Deepak Kumar (IT) & Dr Radhika T (DS)

2nd Prize – Ms Anitha Fernandez (Radiology) & Dr Swathi (Quality)

A day out to rejuvenate



November 28 - YSH team spent a fun-filled day at the River Roost Resort, Mudushedde, with many employee engagement activities, team building games and water sports activities. The tranquil atmosphere and the charming nature added bliss to the day.



My Philosophical Ruminations during Pandemic Precarity

“There is nothing to fear in life, you just have to understand it. Now is the time to understand more, so we can fear less”

-Marie Curie

The ‘inner being’ inside ‘me’, although a neurologist, always have had philosophical ruminations about our rendezvous with the ‘human universe’, the rationalities, absurdities and ‘existential humanism’ of the ‘human condition’ and life on Planet Earth. Being a Cancerian, I had always been a person with a reflective and curious sense of wonderment in search of the ‘meaning of life’ and meaning in life. In the travelogue of my life, I tend to concur with the philosophy on the ‘human condition’ as proclaimed by Carl Gustav Jung in 1959 i.e. “The only danger that exists is man himself. He is the great danger. We are the origin of all coming evil. And we are pitifully unaware of it. We know nothing of man, too far little. His psyche should be studied. We need far more understanding of the human nature.”

This pandemic is now viewed through the lens of ‘Syndemics.’ This has magnified a fast unfolding shocking crisis of global non-egalitarianism in the heartland of our human society. These crises lay bare the social fault lines of society like systemic racism, gender inequality, economic and food insecurity, health disparities, and a crisis of vaccine inequity. The Hubris of Man with the consequent ignorance for the respect for Nature’s law has now led humanity to face a genuine multi-hazard of not only the pandemic, but the coincidence of climate change, forest fires, floods, earthquakes, cyclones, landslides, lack of awareness of soil revitalisation. Indeed 2021 is a year marked by conflict of Man versus Nature.

The virus has shown us our human fragility and the quintessential need to rediscover of collective good, universal ‘oneness’ global health solidarity, and human solidarity as expounded in our Indian philosophy of ‘Vasudhaiva Kutumbakam’ [The World is One Family]. To my mind, a disciple of ‘medical scientism’, I am mindful that Philosophy may not offer practical solutions to the current humanitarian crisis in the syndemic challenges of COVID-19. However, it certainly does reawaken our sense of purpose to foresee our human predicament through a rational reflection and to reignite our sapience for a sustainable future of humankind and Planet Earth. Being in this pandemic and as a survivor of COVID-19, I think of the pandemic as a threatening event to our very existence. In tandem with Descartes who echoed “cogito ergo sum”- “I think, therefore I am.” Thus ‘my inner being’ thinks out of current existential crisis to search for meaningfulness in the chaos that is pushing humanity into oblivion from this ‘conscious planetary system.’ We have indeed erred to become the masters of life and nature. Through ‘thinking’ we should realise that Man is not omnipotent and we should not have the arrogance that we are the builders of our existence. Humans are not the centre of creation. No, man is not the builder of his own existence, man is still one of a species on Earth and it should be a calling for a shift from an Anthropocene to a Symbiocene. Through higher conscious thinking of the universal mind, this era is a call for a human–earth systems integration thus embracing the concept of Biospheric Egalitarianism and Bio (Eco) centrism.

My mind is left bereft in wonderment with this question “Is there a room in our collective hearts and the universal mind, to help us build a better and sustainable world after the pandemic?” We should re-imagine the philosophy of Socrates who once said “Man must rise above Earth to the top of the atmosphere and beyond, for only then will he fully understand the world in which he lives.” Let us not forget the fragility and brevity of life. Despite the existential anxiety during this pandemic crisis, let us develop an Albert Camus-type philosophy where we refrain from a ‘moral plague’, focus on our duty to be calm, and sublime our fear and despair. Combination of this philosophy with Existential Positive Psychology will indeed give us resilience and renewed thrust to tackle the pandemic with robust responses with global solidarity. Philosophy still has its voice to advocate difficult choices and decisions we need to envisage a ‘One Planet, One Health, One Future’ thus securing sustainable future

(SDG-3) of our generations to come. This will be a triumph for humanity. Existential hope and humanism, a deep insightful enquiry, revisiting philosophies of Friedrich Nietzsche, Jean Paul Sartre and Albert Camus helps the ‘universal mind’ to move forward through critical reflection to finding purpose and meaning during this existential crisis. Doing what’s right isn’t the problem. It is knowing what’s right that ultimately make the difference. ‘Following the science’ as well ‘following humanist philosophy’ can help inform what we ought to do, and the ‘right thing’ to do. Despite the chaos and tragedy in the human universe, man now must focus proactively to ‘secure meaningfulness’ in our existentialism through an existentialist-Humanistic approach intertwined with Positive Psychology. This will be the dawn of a sustainable future for humanity in this ‘conscious living planet.’

“The Planet does not need more successful people. The planet desperately needs more peacemakers, healers, restorers, storytellers, and lovers of all kinds.” His Holiness the Dalai Lama



Prof Dr. Bhaskara P Shelley
MBBS, MD, DM, FRCPE



“Medical and nursing care at your home”

HOME CARE SERVICES AT YOUR DOORSTEP

Facility will be provided within the city limit



For Enquiries

+91 720 422 8055

Services Available

- ✓ Collection of lab samples
- ✓ Delivery of medicines
- ✓ Skilled nursing care for discharged patients.
- ✓ Nursing care for the elderly and patients with mobility impairments.
- ✓ Physiotherapy.

