

TOP NEWS

- RECENT TREND IN CARDIAC DEATH DUE TO HEART ATTACK
- DR DEEPAK RAI WAS A PART OF EURASIAN ORTHOPEDIC FORUM AND PRE FORUM EVENTS.

Page 6

Page 7



Mr Yenepoya Mohammed Kunhi
Managing Director



Dr Yenepoya Abdulla Kunhi
Chairman



Mr Yenepoya Abdulla Javeed
Director - Operations

IN THIS ISSUE

Article	Page no.
Message from medical director	01
A Growing Global Challenge: Medical Insights and the Recent Export of Care Strategies	02
Republic Day Celebration	03
Nurses Day Celebration	03
Hajj Vaccination Drive	03
World Health Day – Dr. Jeevan’s Talk at Canara College	03
Women’s Day Talk by Dr. Mariam Anjum Ifitikhar at NABARD	04
Women’s Day Talk by Dr. Ravichandra at YSH	04
Women’s Day Celebration at Saanidhya School	04
Women’s Day Talk by Dr. Jeevan Pereira at SBI	04
Performance Excellence Award for Dialysis Department	05
Health Awareness Program for Mangalore City Police	05
Rotary-YSH Medical Camp at Polali for Women’s Health	05
World Environment Day	05
Recent trend in cardiac death due to heart attack	06
Blood Donation Camp at YSH	07
Blood Donation Camp in Association with SBI	07
International Yoga Day Celebration	07
Dr. Deepak rai was a part of Eurasian Orthopedic forum and pre forum events	07



-- Dr. Deepak Rai

MESSAGE FROM MEDICAL DIRECTOR

It gives me great pleasure to reflect on the progress and accomplishments of Yenepoya Specialty Hospital over the past six months. This period has been marked by continued commitment to excellence, patient-centric care, and technological advancement.

One of the most significant milestones we have achieved during this time is the successful completion of over 400 robotic surgeries. This remarkable achievement stands as a testament to the skill and dedication of our surgical teams led by Dr. Deepak Rai, the support of our nursing and technical staff. The outcomes have been encouraging, with faster recovery times, reduced complications, and enhanced patient satisfaction.

As we move forward, we continue to focus on clinical excellence, and innovation across departments. I take this opportunity to thank each member of our hospital family for their hard work, professionalism, and passion. Your contributions are what make such milestones possible.

Let us continue to uphold the values of empathy, efficiency, and excellence as we work together toward even greater achievements in the months ahead.

Dr. Muhammad Thahir
Director - Medical



A GROWING GLOBAL CHALLENGE: MEDICAL INSIGHTS AND THE RECENT EXPORT OF CARE STRATEGIES

Diabetes mellitus, commonly known as diabetes, is no longer just a lifestyle-related disease confined to high-income nations. As a medical professional, I have witnessed first-hand how this chronic condition has silently spread across continents, becoming one of the most pressing global health concerns. What's particularly interesting and worth discussing is how the management of diabetes is now being "exported" across borders. Let me share some insights from a clinical perspective.



Dr. Vijay Narasappa

(MBBS, MD, Dip in Endocrinology, MS Diabetology)

UNDERSTANDING DIABETES

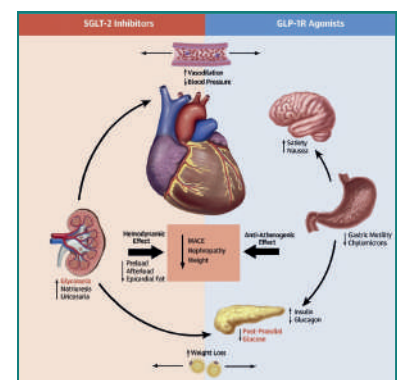
Diabetes is essentially a condition where the body either doesn't produce enough insulin (Type 1) or cannot effectively use the insulin it produces (Type 2). Over time, if uncontrolled, it can lead to serious complications: cardiovascular disease, kidney failure, blindness, nerve damage, and more. According to the International Diabetes Federation (IDF), over 537 million adults were living with diabetes in 2021, and this number is expected to rise to 643 million by 2030.

From what we see in clinics today, the disease is also affecting younger populations, urban poor, and even children, especially in regions undergoing rapid urbanization and dietary shifts.

RECENT MEDICAL ADVANCES IN DIABETES

As a doctor, the most exciting development in recent years has been the introduction of novel therapeutics and technology-based management systems. Some of the key advances include:

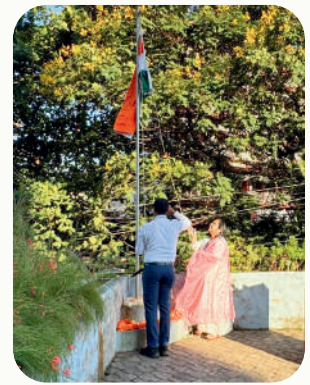
- SGLT2 inhibitors and GLP-1 receptor agonists: These medications not only control blood glucose but also offer cardiovascular and renal protection.
- Continuous Glucose Monitoring (CGM): Patients can now monitor their sugar levels in real-time, reducing hypoglycemic events and improving long-term control.
- Artificial Pancreas Systems: Closed-loop insulin pumps are transforming Type 1 diabetes care.



But perhaps more revolutionary than the medications themselves is how diabetes management protocols are now being exported from developed healthcare systems to low- and middle-income countries through global health collaborations.

REPUBLIC DAY CELEBRATION

Yenepoya Specialty Hospital celebrated Republic Day with patriotic fervor and unity. The national flag was proudly hoisted by Dr. Priya Naik, honoring the spirit of the Indian Constitution and saluting the tireless efforts of our healthcare professionals. Staff members gathered to commemorate the day with heartfelt renditions of patriotic songs, expressing their pride and gratitude as citizens and caregivers.



NURSES DAY CELEBRATION

On International Nurses Day, YSH paid tribute to the real heroes of healthcare – our nurses. The celebrations featured vibrant cultural performances, including group dances by nursing staff, showcasing their talents beyond the clinical setting. Senior nurses were felicitated for their unwavering commitment and decades of compassionate service. The event stood as a heartfelt acknowledgment of their essential role in patient care and healing.



HAJJ VACCINATION DRIVE

As part of our community outreach, Yenepoya Specialty Hospital conducted a dedicated Hajj vaccination drive for pilgrims preparing for the sacred journey. The hospital ensured that all necessary vaccines were administered safely and efficiently, helping pilgrims fulfill health requirements mandated by international travel guidelines. The initiative reflects our commitment to public health and religious harmony.



WORLD HEALTH DAY – DR. JEEVAN'S TALK AT CANARA COLLEGE

On the occasion of the World Health Day, Dr. Jeevan Pereira, a distinguished Orthopaedic Consultant specializing in Sports Medicine and Arthroscopy, delivered a comprehensive talk on holistic wellness and preventive healthcare.

Students received evidence-based guidance on balanced nutrition, debunking common dietary myths while providing practical tips for maintaining energy and focus through proper nutrition.

The importance of regular physical activity was emphasized, with special attention to proper warm-up techniques and injury prevention strategies - crucial knowledge from a sports medicine expert.

This successful initiative has set the stage for ongoing YSH health awareness programs and established Dr. Pereira's talk as a benchmark for future wellness events at the institution.



WOMEN'S DAY TALK BY DR. MARIAM ANJUM IFTIKHAR AT NABARD



As part of the Women's Day celebrations, NABARD had the privilege of hosting Dr. Mariam Anjum Iftikhar for an insightful and empowering session focused on women's wellness, cancer screening awareness and prevention, and women empowerment. Dr. Iftikhar's talk emphasized the importance of maintaining both physical health and emotional resilience, particularly in today's fast-paced work environments. Her informative session encouraged participants to take a proactive approach to their health and well-being. By shedding light on critical health issues and promoting preventive care, Dr. Anjum reinforced the importance of inclusive and accessible healthcare education—a key component of empowering women in all spheres of life. The event was met with enthusiastic participation and left attendees inspired to prioritize their health and advocate for wellness within their communities.

WOMEN'S DAY TALK BY DR. RAVICHANDRA AT YSH

To honor Women's Day, Dr. Ravichandra conducted an enlightening talk at YSH focusing on women's health, emphasizing early detection and prevention of lifestyle disorders. The session highlighted the importance of regular screenings, mental health support, and self-care practices, empowering women staff and patients alike to prioritize their well-being.



WOMEN'S DAY CELEBRATION AT SAANIDHYA SCHOOL



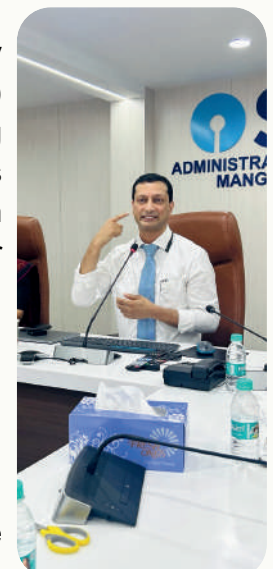
Yenepoya Specialty Hospital extended its Women's Day celebrations beyond hospital walls by visiting Saanidhya School. Staff and doctors organized engaging activities and informative sessions for students and teachers, aiming to raise awareness about women's health and hygiene. The event fostered a sense of community, encouragement, and education for young girls and women.

WOMEN'S DAY TALK BY DR. JEEVAN PEREIRA AT SBI

Dr. Jeevan Pereira Orthopaedic Consultant in Sports Medicine and Arthroscopy surgeries (YSH) led an inspiring Women's day session at State bank of India (SBI) discussing the importance of balancing professional and personal life for working women. The talk resonated on the ergonomics its importance, avoidance of stress and emphasizing on physical activeness. There was an overwhelming response from the SBI group as this was hybrid session amongst their other branches insisting for many more such informative sessions. Attendees left the session equipped with:

- **Immediate implementation strategies** for improving workplace ergonomics
- **Stress recognition tools** and quick intervention techniques
- **Realistic exercise routines** adaptable to busy schedules
- **Work-life integration frameworks** rather than impossible balance expectations
- **Preventive health awareness** to avoid common workplace-related injuries

The session exemplified how targeted health education from YSH can create meaningful, lasting change in professional environments.



PERFORMANCE EXCELLENCE AWARD FOR DIALYSIS DEPARTMENT

We are proud to announce that our Dialysis Department was recognized with the Performance Excellence Award for its exceptional quality of care, patient satisfaction, and clinical outcomes. This accolade is a testament to the dedication, expertise, and collaborative efforts of the dialysis team in delivering life-saving treatment with compassion and precision.



HEALTH AWARENESS PROGRAM FOR MANGALORE CITY POLICE

Yenepoya Specialty Hospital, in collaboration with Sai Physiotherapy Centre, Mangalore, organized a special health awareness program for Mangalore City Police. The session focused on building awareness around orthopedic injury risks and prevention, the impact of diabetes on musculoskeletal health, and the benefits of physiotherapy. A practical workshop allowed police personnel to engage in preventive techniques and fitness routines tailored to their physically demanding duties.



ROTARY-YSH MEDICAL CAMP AT POLALI FOR WOMEN'S HEALTH

In a powerful joint initiative with Rotary Club North Mangalore, Yenepoya Specialty Hospital organized a rural health screening camp at Ramakrishna Tapovana, Polali. The camp focused on breast and cervical cancer awareness for women in underserved communities. With expert consultations, diagnostic screenings, and educational sessions, the camp empowered women to take charge of their health and emphasized the importance of early detection.



WORLD ENVIRONMENT DAY

YSH observed World Environment Day with a series of green initiatives within the hospital premises. Staff participated in a plantation drive and educational sessions focused on eco-friendly practices and waste reduction in healthcare. The celebration reaffirmed our responsibility to safeguard both human and environmental health through sustainable actions.

RECENT TREND IN CARDIAC DEATH DUE TO HEART ATTACK – DOES MOBILE PHONE HAVE A ROLE IN IT?

1) WHAT IS HEART ATTACK?

Heart is a muscular organ which works continuously and needs oxygen. The oxygen supply to the heart is through the coronary arteries. The sudden total blockage of the coronary artery (due to blood clot) results in the death of cardiac muscle due to lack of oxygen. This event is called heart attack.

2) WHAT CAUSES HEART ATTACK?

It is multifactorial.

The most common and strong risk factors are smoking and uncontrolled diabetes mellitus. Hypertension, high LDL cholesterol, obesity, sedentary lifestyle, stress, and age among the other causes.

3) HOW DOES MOBILE PHONE PLAY A ROLE IN HEART ATTACK?

“Sitting is the new smoking.”

Mobile phone per se do not cause any damage, but excessive usage of mobile phone results in loss of any physical activity, which otherwise would have been utilised for any outdoor activity. Sedentary lifestyle is one of the risk factors for heart attack. Your mobile phone will tell your screen time usage. If it shows more than 5 hours, you need to know that more than likely you have been sedentary, which is why ‘sitting’ is called the new ‘smoking’.

(A risk factor for heart attack)

4) How to diagnose heart attack?

The symptoms of heart attack are very often presumed as gastritis. Investigations are necessary to make a diagnosis:

- ECG is the first test.
- 2D Echocardiogram is the next.
- Blood test – Cardiac Troponin

The limitation of cardiac troponin is – it appears in blood after 2–3 hours. Therefore, if the patient presents early and the blood test is done within 2 hours, it may come normal. Hence, it should be repeated after 6 hours following the first blood test.

→ Generally, angiogram is indicated in heart attack for further management.

5) IF YOU GET HEART ATTACK, WHAT CAN BE DONE DURING THE GOLDEN HOUR AT HOME?

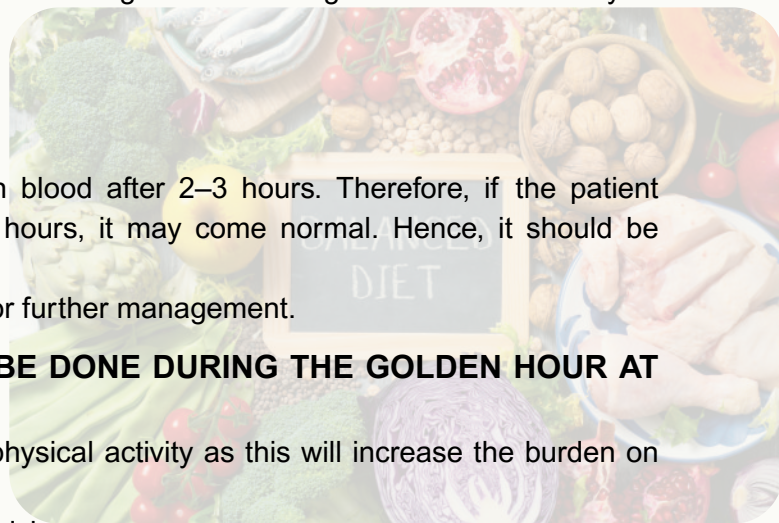
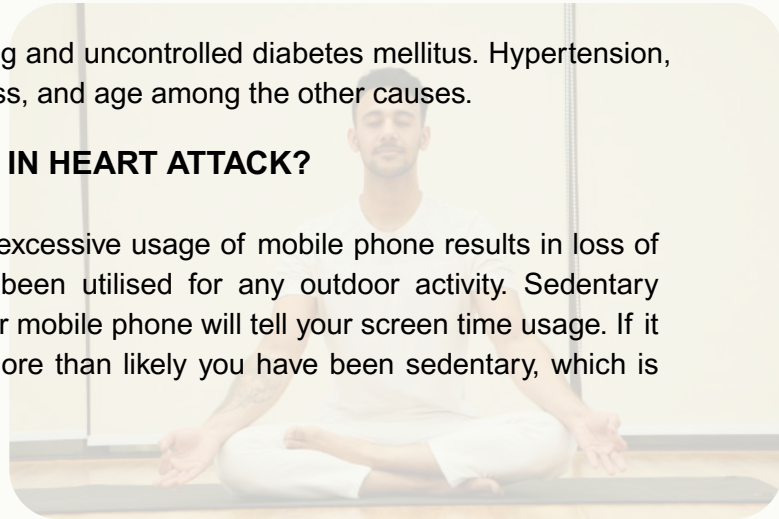
Heart attack cannot be treated at home. Avoid any physical activity as this will increase the burden on the heart.

Get an ECG at the nearest centre and take doctor’s advice.

6) HOW CAN I PREVENT HEART ATTACK?

Simple lifestyle modifications started early in your life will help prevent heart attack:

- Stop smoking.
- Walk 30–45 minutes for 5 days a week – will significantly reduce the risk of heart attack.
- Regular monitoring and control of diabetes mellitus & hypertension.
- Reduce stress – try yoga or other physical activities.



Dr. Krishna Shetty A
(Interventional Cardiologist)



BLOOD DONATION CAMP AT YSH

YSH organized an in-house blood donation camp, reinforcing our pledge to serve the community. Staff, visitors, and volunteers came forward to donate blood, recognizing the life-saving importance of this selfless act. The camp was efficiently coordinated by marketing and nursing teams, ensuring a safe and successful turnout that contributed to the region's emergency reserves.

BLOOD DONATION CAMP IN ASSOCIATION WITH SBI

In collaboration with SBI, Yenepoya Specialty Hospital held another successful blood donation camp. Held at the YSH premises, this event saw enthusiastic participation from employees and the general public. The initiative helped bolster local blood banks and showcased the power of corporate-social partnerships in addressing critical healthcare needs.



INTERNATIONAL YOGA DAY CELEBRATION

International Yoga Day was celebrated at Yenepoya Specialty Hospital with active participation from doctors, nurses, and administrative staff. The session included guided breathing exercises, meditation, and asanas to promote physical flexibility and mental clarity. The event highlighted the benefits of integrating yoga into daily routines, especially in high-stress healthcare environments.

DR. DEEPAK RAI WAS A PART OF EURASIAN ORTHOPEDIC FORUM AND PRE FORUM EVENTS.

It was the 5th Eurasian-Orthopedic Forum (EOF) , the largest event in Eurasia in the field of traumatology-Orthopedics and healthcare economics, which took place in the heart of Moscow at the Central Exhibition Hall "Manege". The forum has been successfully held since 2017.

Dr Deepak K Rai was a part of the international debate and deliberations on Revision Total Knee Replacement. His expertise on Robotic Knee Replacement with CUVIS 3rd Generation Robotic was a highlight of the Robotic Platform.

He also presented his latest surgical tips and techniques on the Direct Anterior Approach for Total Hip Replacement which was well appreciated.



Happy to Care..

Yenepoya

Specialty Hospital



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

Happy to Care...

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