



Value healthcare for all



**GODREJ MEMORIAL HOSPITAL**

NABH NABL ACCREDITED

Pirojshanagar, Vikhroli (E), Mumbai - 400079. India



## **ADVANCED CARDIAC CARE CENTRE**



### **Interventional Cardiologists**

Dr. Anil Potdar  
Dr. Chetan Shah  
Dr. Amit Sanghavi  
Dr. Narayan Gadkar

### **Cardio Vascular Surgeons**

Dr. Suhas Bendre  
Dr. Shantesh Kaushik  
Dr. Rajendra Umbarkar  
Dr. Suhas Parikh

### **Interventional Neuro Surgeons**

Dr. Vishwanathan Iyer

### **Interventional Radiologists**

Dr. Krantikumar Rathod  
Dr. Bhavesh Popat

## EDITOR'S DESK...

Dr. Kanishka Kapasi ( MD, DGO )

**HEART TO HEART** - the most fascinating of organs-starts beating when the pregnancy is just 5 weeks old in an embryo which measures only 6mm and continues to beat till the end of life.

An organ considered the seat of emotions by the romanticists but in turn affected by emotions.

I once read a beautiful sentence 'The journey from the heart to the head is education-but- the journey back from the head to the heart is enlightenment'. How very true.

In this hardnosed (or is it hard hearted?) logic and bottom-line driven competitive world-the so called-'rat-race'-there is a lot of collateral damage due to its undesirable/inevitable by products-viz.-stress, anger, jealousy, depression, poor/broken relationships, loneliness,etc.

In trying to get a 'lifestyle'- people may get the 'style' at the cost of 'life'- and believe me -'styles' change.

For those who are fed on 'fast-food' 'aphorisms' like-"Work hard; party/play harder"& " Work smart, not hard", I suggest--"LIVE SMART NOT HARD(LY)"....kaydee.

## MESSAGE FROM CEO

Dr. Suhas Gangurde

It is extremely satisfying to see that an effort to propagate the medical knowledge and the good work done in Godrej Memorial Hospital through GMH-Pulse among the professionals as well as lay persons has succeeded the way it has. Apart from the editorial board which conceptualized it and guided the effort from time to time with valuable suggestions, it was untiring effort of Dr. Kapasi, the editor in chief and Dr Yusuf that ensured that every issue was not only on time and relevant but also that it reached wider audience that it was intended for.

It is also heartening to note that the anniversary issue of GMH-Pulse coincides with inauguration of Advanced Cardiac Centre at Godrej Memorial Hospital.

Not only has Godrej Memorial Hospital procured the latest equipment, certain advanced features like FFR (Fractional Flow Reserve), Road Mapping software for interventional neurology cases have been incorporated in the Cath Lab machine. Even the Cardiac OPD has been totally revamped with two new Philips 11XE machines; one for 2D Echo and the other dedicated for Ultrasonography and Colour Doppler, a Stress Test machine from GE, and a Holter monitoring system.

We at Godrej Memorial Hospital have always strived to provide critical care services at affordable price and this new centre will be a step in that direction. I wish to thank the Editorial Board for the efforts taken to ensure that the quality of GMH Pulse is maintained and hope that it will carry out publishing the issues in future with same fervour.

## PREVENTION OF HEART DISEASES

Dr. Amit Sanghvi ( Interventional Cardiologist )

### Introduction:

New research reveals that India, a country with more than one billion people, will likely account for 60 per cent of heart disease patients worldwide. A study among Asian Indian men showed that half of all heart attacks in this population occur under the age of 50 years and 25 percent under the age of 40. The major causes of heart disease are tobacco use, physical inactivity, and an unhealthy diet often linked to the developed world.

It was always presumed that Asians (and Indians) are genetically more prone to develop heart diseases. But it is only recently that scientists discovered the gene responsible. The research, published in the journal Nature Genetics, explains how a genetic mutation affecting four per cent of Indians and one per cent of the world's population, leads to a formation of an abnormal protein. This protein often results in cardiomyopathy, a disease that causes deterioration of the heart muscle.

### What is heart disease?

Heart disease is any disorder that affects the heart's ability to function normally. The most common type of heart disease is coronary artery disease, which is the narrowing or blockage of the coronary arteries ultimately leading to heart attacks. Some people are born with abnormalities (congenital heart disease). Various other forms of heart disease include those affecting the heart muscle or cardiomyopathies leading to symptoms of heart failure, disorders affecting the valves (valvulopathies) which are also common in developing countries like India and disorders of heart rhythm (arrhythmias) leading to fast or slow heart rates finally requiring either a permanent pacemaker implantation or various procedures commonly referred to as EPRFA (electrophysiological studies and radio frequency ablations).



### Risk Factors

There are many risk factors for heart disease; some are inherited, but others are quite controllable.

### Uncontrollable risk factors include:

- ▶ Family history of heart disease (especially with onset before age 55)
- ▶ Diabetes mellitus
- ▶ Age (65 and older)
- ▶ Women, after the onset of menopause -- generally men are at risk at an earlier age than women, but after menopause, women are equally at risk

### Controllable risk factors:

- ▶ Cigarette smoking
- ▶ Being overweight by 30 percent
- ▶ Hypertension -- high blood pressure
- ▶ High cholesterol levels (specifically, high LDL cholesterol and low HDL cholesterol and high triglycerides)
- ▶ Stressful lifestyle Sedentary lifestyle (physical inactivity)



### How do we protect ourselves and our near and dear ones from these diseases ?

#### Adoption of healthy food habits :

Going back to our roots and adopting the healthy lifestyle of our ancestors is a sure method of preventing heart diseases. These include change in our diet to include less processed food and incorporating natural ingredients like fruits and vegetables in our diet. This also helps to increase the amount of fiber that we consume which in turn will keep lot of health issues at bay. Select whole grains instead of refine flour. Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. Limiting how much saturated and trans fats you eat is an important step to reduce your blood cholesterol and lower your risk of coronary artery disease. A high blood cholesterol level can lead to a buildup of plaques in your arteries, called atherosclerosis, which can increase your risk of heart attack and stroke. The best way to reduce saturated and trans fats in your diet is to limit the amount of solid fats — butter, margarine and shortening — you add to food when cooking and serving. You can also reduce the amount of saturated fat in your diet by trimming fat off your meat or choosing lean meats with less than 10 percent fat.



You can also use low-fat substitutions when possible for a heart healthy diet. For example, top your baked potato with salsa or low fat yogurt rather than butter, or use low sugar fruit spread on your toast instead of margarine. When you do use fats, choose monounsaturated fats, such as olive oil or canola oil. Polyunsaturated fats, found in nuts and seeds, also are good choices for a heart healthy diet. When used in place of saturated fat, monounsaturated and polyunsaturated fats may help lower your total blood cholesterol. But moderation is essential. All types of fat are high in calories.

Finally its better to eat small meals at regular intervals rather than 3 large meals.

#### **Exercise :**

Physical inactivity is an important risk factor for developing heart attacks. Incorporating some form of cardiovascular exercise in our daily routine be it jogging, cycling, swimming or walking on a treadmill is important. In fact just brisk walking for 30 – 40 mins a day for about 5 days a week offers protection against heart disease.

#### **Avoid unhealthy habits :**

Avoid smoking at all cost. In our day to day clinical practice, most of us interventional cardiologists have seen very young patients with heart attacks and the common underlying factor in lot of these patients is smoking. If you are overweight please lose weight because truncal obesity is an important modifiable risk factor. Avoid tobacco use and excess alcohol consumption.

#### **Regular health checkups:**

Regular health checkups of your blood pressure, blood cholesterol levels, blood sugar levels and ECG is extremely important and may go a long way in early detection of heart problems and avoiding eventual catastrophic events. In fact controlling your blood sugar and blood pressure will keep you healthy longer and prevent all their eventual complications.

We have now several non invasive tests available including CST (stress test), Myocardial SPECT (perfusion imaging) and CT Coronary angiography available for early detection of blockages. Treating these eventually will decrease the morbidity and mortality associated with these diseases.

#### **Stress management techniques:**

The stress that an individual faces in the hectic lifestyle of today has actually gone through the roof. Using relaxation techniques like yoga even if it is for few minutes daily definitely helps. Actually just laughing more keeps you and your family members healthy. So, take out sometime for yourselves and do what you like the most.

#### **Conclusion:**

Want to stay healthy and keep your heart young? Here's How :

1. You are what you eat! Eat nutritious, healthy food.
2. Choose foods low in saturated fat. Make sure you include servings of fruit, vegetables and whole grains which are rich in starch and fiber, but low in fat.
3. Cutting down on dietary cholesterol consumption can help bring down blood cholesterol. Egg white, and foods from plant sources do not have cholesterol.
4. Read food labels. Look for the amount of saturated fat, total fat, cholesterol and total calories per serving on the nutrition label.
5. Stress can be harmful by raising blood pressure, blood cholesterol, and making your heart beat faster. Relax, smile, don't get angry often.
6. Bring down high blood pressure. You can do this by minimizing risk factors, making lifestyle changes, or by taking medication if necessary.
7. Stop smoking. Stub out that cigarette butt - Now!
8. If you drink, do so in moderation.
9. Fight the battle of the bulge! Obesity is bad. Stay slim and lean.
10. If you are overweight, try and lose the excess.
11. Don't try crash diets - instead opt for a slow, steady and sustained program to lose weight.
12. An active lifestyle is healthy. Exercise regularly.
13. Try and incorporate a higher activity level into daily activities like taking a walk, riding a bike to the supermarket, climbing stairs instead of using the elevator and playing sports like badminton and basketball.

#### **Tips:**

1. It's never too late to begin. Start right now!
2. Be consistent in your efforts. Exercise daily.
3. A little bit each day adds up to huge benefits.

## DOWN THE MEMORY LANE.....

Unedited article penned by Late Dr. S. V. Pandit a few months before his demise.

The dawn of Twenty First century has brought a phenomenal change in medical practice. The ultramodern technology and the computer driven biomedical advancements not only revolutionized the medical investigations in the laboratories and imaging but also changed the parameters of the outcome. Evidence based medical practice became the driving force for success in hospital management and the hospitals had to maintain a very high standard to keep themselves in the race. Many such hospitals sprang up, outside the down-town Mumbai, where some such hospitals were already functional since quite some time. Later the central suburbs also came up with similar grade hospitals.



The natural effect was seen in the form of many fold rise in cost of the treatment, which was prohibitive for a large majority of community. On this backdrop Godrej Memorial Hospital was started in Pirojsha Nagar in the eastern part of Vikhroli, with a aim to provide ethical and affordable medical treatment with the help of doctors from all specialities with modern clinical laboratory and imaging facilities.

Godrej Memorial Hospital started functioning in 2004 (Sept) in stages. While the construction was in progress, the staff selection was completed and simultaneously consultants from various specialities were interviewed. Before any clinical activities had started, regular meetings were held by the then CEO for induction of the various consultants to the upcoming institution and its policies and principles.

Over a period, as the construction progressed, various departments of the hospital started functioning. Initially OPD was started, followed by Clinical Laboratory and Imaging Services, and later on six beds with operation theater facility was started in the present casualty block. Incidentally the first patient admitted in GMH was admitted under my care. The Godrej Memorial Hospital was one of the latest social developmental projects undertaken by the Godrej Group.

In 1982, I had the opportunity to work in the rural health program run by the Godrej Group. was NORTH ALIBAUG TALUKA RURAL DEVELOPMENT PROGRAMME which was based at and around Uran.

On 30<sup>th</sup> August a report was jointly published by Indian Council of Social Science Research (ICSSR) and Indian Council of Medical

Research (ICMR) "Health for all- An alternative strategy.

The aims were

1. To bring together the health practitioners and social scientists to study social aspects of medicine.
2. To suggests reforms which would lead to the improvement of community health. This was intended to initiate a debate on the subject by the then policy makers, health professionals, educators and leaders from all walks of life as well as the interested public. The objective was aimed at, for the next two decades to provide health for all by 2000 AD, by
  - a) Providing integrated overall development including family planning.
  - b) Improvement in nutrition, environment, and health education.
  - c) Provision of adequate healthcare services at affordable prices especially for the needy, the poor and under privileged.

Godrej Group had been practicing actively, in this National Health Programme since its inception and the final outcome was the establishment of Godrej Memorial Hospital. The hospital provides all the present day healthcare facilities at a very reasonable and affordable rates under one roof.

In addition to the hospital facilities and activities, the hospital also organize various camps for women, children, elderly and disabled persons. Domestic treatment is provided to the needy, to those who are not able to come to the hospital. This care includes medicines, dressing, physiotherapy as well as sample collections for lab investigation.

One of the unique features of GMH is HBOT department, which is extremely helpful for treatment of longstanding chronic non-healing ulcers and wounds, because of various reasons, especially those on legs.



## CHRONOLOGY OF CARDIAC CARE

131-201 AD	- Galen- Structure and function of heart.
1628	- William Harvey- Heart's beating and blood circulation.
1738	- Stephen Hales- First measures Blood Pressure.
1816	- Rene Laennec invents Stethoscope.
1896	- Ludwig Rehn - first successful Cardiac Surgery - Repair of stab wound to Rt. ventricle.
1903	- Willem Einthoven- develops E.C.G.
1930-50	- Dr. Michael DeBakey- Heart-Lung machine first used by Dr. John H. and Mary Gibbon.
1950	- Dr. Arthur Vineberg - pioneer in surgically grafting arteries to replace damaged heart arteries.
1951-52	- First open heart surgery- Drs. Richard Varco and Clarence Dennis.
1953	- Sven-Ivar-Seldinger- Pioneer in percutaneous approach to angiography.
1956	- Total repair of Fallot's Tetralogy.
1958	- Elinquist and Senning - Totally implantable battery operated pacemaker.
1960	- Robert Goetz - Int. Mammary artery to ant. Descending coronary art and Tantalum stent.
1962	- First A-V Synchronous pacemaker implanted.
1962	- Drs. Sones and Shirey- first practical coronary angiography via Brachial Artery.
1961-64	- Multiple valve replacements.
1964	- Dotter and Judkins - Ballon angioplasty of atherosclerotic vessels.
1967	- Dr. Christian Bernard- First human Heart Transplant.
1967	- Rene Favotaro- multiple bypass grafts.
1963-72	- Birth of Coronary Care Unit - Active care of myocardial infarction.
1973	- Benetti et al - Beating heart surgery thro'intercostal incision.
1977	- Andres Gruentzig - First coronary balloon angioplasty.
1980	- First implantable Cardioverter Defibrillator.
1986	- First stent in coronary art. - J. Puel and U. Sigwart.

1994	- Palmaz- Schatz First balloon expandable stent.
1997	- Octopus to stabilize heart for 'Off pump' surgery.
2003	- First drug eluting stent approved.
2006	- Degradable stents.
2007	- First new heart muscle from embryonic stem cells.

## TIPS TO REDUCE YOUR HEART ATTACK RISK

Compiled by Dr. Kanishka Kapasi

Heredity and family history - you can't do anything about. But you surely can do the following:

- 1) Keep your waistline between 30"-35"- for which walk 30-35 kms per week/ 30 mins /day depending on your starting waistline.
- 2) Keep your B.M.I.around 25 and your E.M.I. around 25% of your net monthly income (White ;))( Note: E.M.I. Is directly proportional to Early Myocardial Infarction risk :-).
- 3) Keep your blood pressure below 120/80 mm. Hg.
- 4) Keep your blood sugar below 90mg% fasting and 140mg% post meal.
- 5) Keep your cholesterol below 160mg% and your weight below 160 lbs.
- 6) DIET-
  - a) Lots of RED- tomatoes; beet; pomegranate; watermelon; carrots; etc BUT NEVER red in the face with anger or embarrassment.
  - b) Lots of YELLOW- mango; papaya; etc BUT NEVER yellow with jealousy, spite or prejudice.
  - c) Lots of GREENS - spinach; lettuce; cabbage; etc. BUT NEVER green with envy.
  - d) Total caloric intake below 2000kcal.
  - e) Six grams of salt /day( 1tsp).
  - f) Saturated fats NOT more than 20 gms./day) "Trans-fats" zero/day .
- 7) Sleep well - at least 7-8 hours /day. Do not sleep-walk through life or O.D. on caffeine or cola.
- 8) Limit you liquor or avoid alcohol altogether.

BMI CATEGORIES:  
Below 18.5=underweight  
18.5-24.9=normal  
25.0-29.9=overweight  
Above 30.0=obese

## Lady with a Palm Top.

Mrs. Daisy N Raj

General Manager (Operations)

What is her definite role in health care ?

I attribute my professional as well as personal prosperity to the unconditional blessings showered upon me by the patients that I have cared for and pay my tribute to each of them in the most gentle and humble manner.



The transition from "Lady with a lamp " who was the epitome of 'care & empathy' to a tech savvy 'lady with a palm top' is a revolutionary change in the concept of modern day Nursing practice.

Change from a fragile, dependent nurse with average knowledge and skill to an intelligent well educated, highly skilled, confident, polite, and independent professional, has brought in a horizon of scope for the nurses all over the world.

The profession of nursing has evolved over centuries. The traditional nursing role was one of humanistic caring, nurturing, comforting and supporting; to this were added specific characteristics of true professionalism including education, code of ethics, mastery of a craft and accountability.

The evolution of modern day nursing has been influenced by the society's changing needs and it requires substantial specialized judgments and skill, based on knowledge and application of principles of biological & social sciences.

The earlier assumption that nursing is an art possessed inherently by a person specially a female, has hindered the development of a concept of nursing as a profession with an organized body of knowledge and specialized skills.

Nursing is an art and science that moulds the attitudes, intellectual competencies and technical skills of the individual nurse into the desire and ability to help people sick or well. It is a therapeutic and interpersonal process. It functions cooperatively with other human processes. An educative instrument, a maturing force that aims to promote forward movement of the personality in the direction of creative constructive productive living.

Therefore it is said, the nurse is temporarily the consciousness of the unconscious, the love of life for the suicidal, the leg of the amputee, the eyes of the newly blind, a means of locomotion for the infant, knowledge and confidence of the young mother, the voice for those too weak or withdrawn to speak.

The health care industry has experienced profound changes during the past decades. Nursing as a health care profession and a major component of health care delivery system, is significantly affected by these changes in the health care industry. Every practicing nurse today needs to appreciate that the success of health care business depends on nursing participation on changing the system for delivering cost – effective care and creating strategies to ensure that clients receive quality care. Nursing is and will continue to be an important force in shaping the future of the health care system.

Technology as it has overwhelmed every field in the world, so in Medicine and Nursing. Advances in medical technology have occurred with greater frequency during the last few decades both in diagnostics and treatment modalities and the nurse plays a pivotal role in these fields, more so when nurses are specializing in clinical areas. Sophisticated techniques and devices have revolutionized surgery and diagnostic testing, making possible to perform many procedures and tests on an outpatient basis, resulting in reduction in hospital stay.

This is also an era of sophisticated communication systems that connect most parts of the world, with the capability of rapid storage, retrieval and dissemination of information. Such scientific and technological advances are themselves stimulating brisk change as well as swift obsolescence in health care delivery strategies.

The general public has become increasingly interested and knowledgeable about health care and health promotion. They have become more health conscious. In this context, the nurse is faced with increasingly complex issues and situations resulting from advanced technology and complex disease processes besides others.

Traditionally, nurses have used a problem solving approach in planning and providing nursing care. Today the decision making part of the problem solving has become increasingly complex and requires technical



expertise along with critical thinking, For eg. Interpretation of the information presented so that she focuses on those factors that are most relevant and most significant to the clinical situation.

It is to be realised that there is palpable loss of this great talent to other countries. The nurses all over the world are involved actively in health promotion, prevention of diseases, medical care, rehabilitation and family welfare of the community. No other health care professional that reaches out to this extent of care. In one of the surveys in United States, nurses have been voted as the most trusted professionals.

In the hospital set up a nurse, provides ongoing assessment of the health of the patient by round the clock vigilance. The nurse is at the bedside specially in the critical areas, observing and caring for the patient, identifies impending critical conditions like shock, arrhythmias, fibrillations, v.tachs, etc, initiate intervention, informs promptly to the physician and averts eventualities. The physician is assisted with accurate and prompt information so as to make better and prompt decisions in the management of their patient. A constant monitoring and care is more valued. Nursing has evolved in to an extremely diverse profession.

Nurses are recognized for their academic and clinical acumen and leadership. She is able to anticipate the patient's need and intervene before the physician arrives. She interprets various diagnostic reports instantly, updates the physician, observes for development of complications, monitor and review the patient's response to the treatment.

She operates for the benefit of the patient high technology equipments like ECG, Defibrillator, ventilator, cardio scope, endoscopes, various diagnostic and monitoring equipments. She is competent in administering advanced life support, cardio version, insertion of central venous lines, arterial lines, etc. Today she is comfortable in operating the computer as well. She seeks instant information, transfers information to those concerned through electronic media. She is technically savvy and she is the LADY WITH A PALM TOP, your nurse at your bedside, caring and comforting with a note of empathy



## **Ankylosis of the right TM Joint**

**Dr. Nisheet Agni (Maxillofacial Surgeon)**

Master Ramdas Harad, 14 yrs old boy, complained of inability to open his mouth since childhood and was on a liquid diet since birth. History revealed some occurrence of multiple septic infections at 15 days after birth. The parents had taken Ramdas to several big hospitals in the city where they were turned down citing the chances of failure and risk to life. They could not afford any expenses for treatment in private set ups either. After thorough clinical and radiographic investigations doctors at Godrej Memorial Hospital (GMH) diagnosed him as a case of ankylosis of the right TM Joint. Ramdas had total inability to open mouth and was obviously anemic. He had facial deformity due to inability of the affected side to grow normally. He also had episodes of obstructive sleep apnoea due to reduced airway space because of a small mandible.

The surgical team comprised of Dr. Nisheet Agni (Maxillofacial Surgeon), Dr. Ravin Thatte & Dr. Bharati Khandekar (Plastic Surgeons) and Dr. Vaishali Ahire (Anesthetist). GMH anesthetist managed to skillfully intubate the patient in spite of nil mouth opening, hence avoiding a tracheostomy for the patient. The ankylosed mass was then removed and interpositioning of temporalis muscle was done to prevent relapse. The patient's mouth opening improved from zero preoperatively to 35 mm post surgery. The patient could open his mouth after a span of 14 years. Now he can eat like a normal person and lead a normal, healthy life. The facial deformity will be corrected at a second stage.



Before

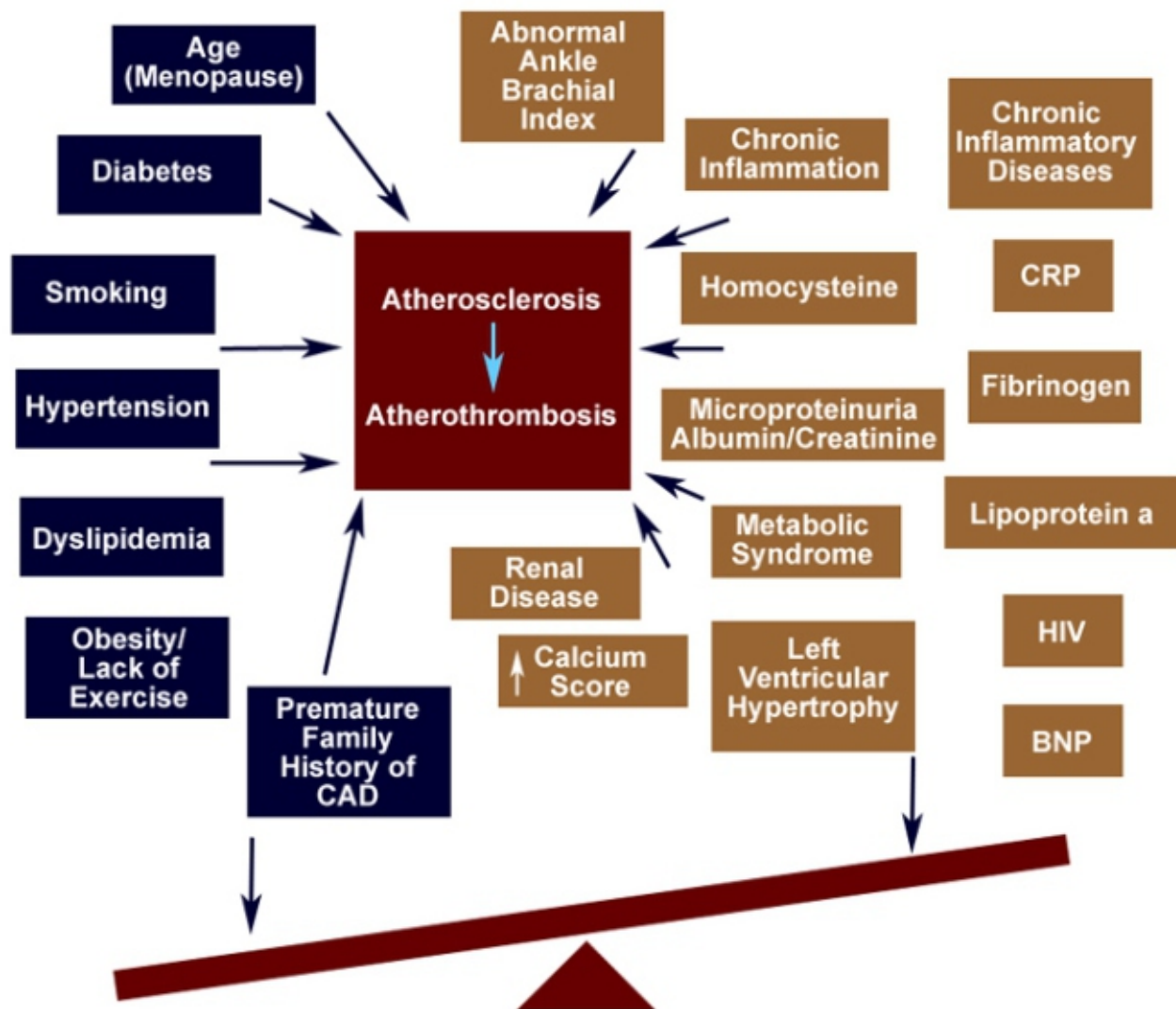


After

Compiled by Dr. Kanishka Kapasi

**Traditional Risk Factors**

**Non-Traditional Risk Factors**



**Major Risk Factors for Coronary Artery Disease**

- Age (men  $\geq 45$  years; women  $\geq 55$  years)
- Family history of premature coronary artery disease (CAD in male first-degree relative  $< 65$  years)
- Hypertension (BP  $> 140/90$  mmHg or on antihypertensive medications)
- Cigarette Smoking
- Diabetes
- Hypercholesterolemia
- Low HDL cholesterol ( $< 40$  mg/dl)
- Hypertriglyceridemia ( $> 200$  mg/dl)
- Obesity

## Year 2012-2013 at a Glance



Doctor's Day Programme 1st July, 2012



Internal Audit Training Programme  
ISO15189 NABL 112



Blood Donation Camp Organised by  
Godrej & Boyce Company



Release of Inaugural Issue of "Pulse"



Diwali Celebration



Annual Day Programme of Hospital



Rajiv Gandhi Jeevandayee Arogya  
Yojana Camp at Kannamwar Nagar



Child Guidance Clinic Programme



Workshop on Child Guidance Clinic  
for Teachers of Udayanchal School

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