

# PULSE

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**WOMEN'S DAY SPECIAL**



**GODREJ  
MEMORIAL  
HOSPITAL**

COMPASSIONATE CARE FOR ALL  
( NABH & NABL Accredited )

# From the Editor's Desk

Though the society does not appear to be woman-centric, a woman is the core & foundation of the basic societal unit, that is - "The family"

If the core & foundation is not strong or stable, the structure cannot hold for long - sooner or later it tends to crumble & disintegrate.

The core & foundation are not visible & therefore rarely acknowledged or even noticed, let alone cared & nurtured.

A woman is the nurturer by tradition & inherently. But who nurtures the woman?

It becomes the duty of parents to bring up their daughters to be strong & stable & not just 'sacrificing'. To be self sufficient & self sustaining & self nurturing.

It is also the duty of the family to take care of the 'lady of the family' so that they can all grow & stay healthy & happy.

As a recognition of this need & to create awareness about the importance of "Women's health", Godrej Memorial Hospital has chosen to conduct "Awareness & Health check up camp" every year - specially for women.

Kudos to everybody who share this ideology.

**Dr Kanishka Kapasi**  
MD,DGO

## *Happy Laboratory Professionals Week !!! 19th to 27th April*

Laboratory medicine is an integral part of the hospital nowadays. Nearly 70% of the clinician's diagnoses is dependent on laboratory results findings.

In today's era Laboratory Medicine is offering more than 3000 types of tests to patient and clinicians.

The laboratory at Godrej Memorial Hospital has been functioning right from the inception of the hospital in 2004 with a predominantly female staff.

Since then the laboratory, under the able guidance of Pathologists & Microbiologists has advanced from strength to strength. Pathology department at GMH is fully equipped with fully automated analysers & highly efficient, competent staff who have worked all shifts including nights as well as NABL & NABH preparations supporting each other in the face of pressing home & family commitments. This mutual co-operation has ensured that the laboratory has functioned without a hitch at all times, neither compromising quality of work done nor affecting the work life balance of the staff.

The laboratory management & staff are committed to provide quality testing and advisory services, hoping to expand along with the hospital, in leaps & bounds in the years to come keeping in mind that the patient welfare must be the foremost consideration. We are ready to go the extra mile to help our doctors to make diagnosis as early as possible based on laboratory findings.

Its International laboratory week  
Thank a Lab Professional,  
They have been making doctors & nurses  
look smart for years !

An unknown professional to some,  
Not too important to many  
Its because we just remain quiet and unseen  
but we see things beyond the capacity of naked eyes  
and we know the conditions of the patients  
without seeing them

We may not take care of the patients  
But we care about whats wrong with them  
We may not charm doctors  
but they rely on us.

We play the essential part as the  
" Back bone of the Diagnostics Team"

We are " MEDICAL TECHNOLOGISTS

PROUD TO BE ONE !

**Compiled by Manisha Gaonkar**  
NABL Co -ordinator  
Pathology Department



# A HEALTHY LIFE BY A HEALTHY DIET

**Better health through better living, Experience the difference**

According to WHO Global Health Observatory (GHO) data, every day in 2010, about 800 women died due to complications of pregnancy and child birth, including severe bleeding after childbirth, infections, hypertensive disorders, and unsafe abortions. Out of the 800, 230 deaths occurred in Southern Asia. The risk of a woman in a developing country dying from a pregnancy-related cause during her lifetime is about 25 times higher compared to a woman living in a developed country.

A healthy diet (a well-rounded diet consisting of whole grains, fresh fruits and vegetables, healthy fats, and lean sources of protein,) provides women with plenty of energy, the means for lifelong weight control, and the key ingredients for looking and feeling great at any age. It can act as a huge support through the different stages in a woman's life, as healthy food can help reduce PMS, boost fertility, combat stress, make pregnancy and nursing easier, and ease symptoms of menopause.

The following are some of the nutritional tips for women to stay healthy:

**Focus on plant-based foods :** Fill most of your plate with fruits and leafy green vegetables, include a variety of grains, beans, and other legumes, eat food in its most naturally occurring form to give you filling of fiber and keep you going throughout the day.

**Bone up on calcium :** Women are at a greater risk than men of developing osteoporosis, so it's important to get plenty of calcium to support your bone health. Foods like low fat milk, dairy products, plant-based sources like beans, broccoli, sesame seeds, Brussels sprouts, Ragi can be included.

**Make sure you get enough iron :** Many women don't get enough iron in their diet. On top of that, women lose a lot



of this important mineral during menstruation. Boost your intake by eating iron-rich foods such as lean red meat, Gradencrest seed, lentils, spinach, almonds, and iron-fortified cereals, have VitC rich sources like fresh lemon juice for better absorption of iron.

**Cut back on alcohol and caffeine :** Women who have more than two alcoholic drinks a day are at higher risk of osteoporosis. Caffeine consumption interferes with hormone levels and also increases the loss of calcium. Try to limit caffeine consumption to one cup a day.

**Eat the right type of protein :** They are an essential part of any healthy diet, but eating too much animal-based protein can be dangerous for women, as it can cause calcium loss leading to a decrease in bone density. Instead of red meat, processed meat, such as bacon, and salami, opt for fish, skinless chicken, low-fat dairy, and plant-based protein sources, like beans, nuts, seeds, peas, tofu, and soy products.

**Eat breakfast :** Speedup your metabolism in the morning by eating a healthy breakfast. As Studies have shown that people who eat breakfast tend to weigh less than those who skip it.

**Eat regularly :** Support your body's natural cycle of energy by eating a substantial breakfast, a nutritious lunch, a snack rich in protein around 4pm -5pm, and a light early dinner. As having too long gaps between meals can make you feel irritable and tired.

**Eat well to stay healthy and stress free.. It's your future... Be there happy and healthy.**

**By- Malvika.Pande & Ranu. Malviya**  
Godrej Memorial Hospital



# EXFOLIATION OF SKIN

## Tips for removing dead skin (Exfoliation)

In today's world of globalization we all want to look good and young. Having healthy, vibrant and glowing skin demands some amount of care and nurturing, which includes having a healthy diet, regular cleaning and of course periodically removing dead skin cells that accumulate and take away the shine from the skin. Skin cells of our body die and are replaced by the new ones regularly. These dead cells cover our skin and take away the natural shine and glow of the skin. Hence it is very important to cleanse up these dead skin cells, so that the radiant and new cells come to the surface and adds on to the beauty of the skin.

## Things to be taken care while removing dead skin

Remember that you have to be gentle to the skin and it is not a greasy dish to be handled with force or strength. Abrasive products available in the market should be avoided as along with the dead cells, it might remove the healthy and new skin too causing injuries. Take care of the softer areas of the body with extreme care. Areas like those around the eyes should be very carefully and slowly scrubbed to clean them.

## Homemade natural dead skin removal (Exfoliating) methods

- ⇒ A very easy and inexpensive way is to mix organic white-sugar with organic olive oil and to create a thick paste out of it, which can be readily applied.
- ⇒ Baking soda mixed with water also works as an excellent exfoliating agent which can be applied directly to the areas.
- ⇒ Used coffee seeds when grounded and mixed with olive oil can be applied once or twice a week.
- ⇒ Take a good amount of fruits such as banana, papaya, kiwi, pineapple or peach and mash them in a blender. Mix the paste with small quantities of yoghurt or honey. Apply the mixture to your skin for some 15 minutes and rinse with cold water.
- ⇒ Clay is also an excellent exfoliating agent and a mixture with distilled water and glycerin can work very well for oily skins or any type of skin in general.



## Advantages of Exfoliation

### Skin Exfoliation Removes Dead Skin

Skin is in a constant state of growth and renewal, and as new skin grows to replace old skin, the old skin dies off. When this happens, the dead skin can cause skin to feel and appear dull, rough and flakey. Regular exfoliation removes the dead skin before it gets flakey and can dull skin's appearance and lets the new, radiant skin shine through.

### Exfoliated Skin Appears Brighter and Even Toned

Dry and flakey skin appears dull and the skin tone can be uneven. Regular skin exfoliation helps skin tone be even and brighter. Discolorations will be less visible and skin will feel and look younger and fresher when exfoliated.

### Regular Exfoliation Reduces Appearance of Fine Lines

Dry and flakey skin causes fine lines and cracks on the surface of the skin. When cosmetics are applied, they fill in those lines and cracks and they can appear deeper and longer. The deeper and longer the appearance of cracks and fine lines, the older the appearance of the skin, particularly on the face, will look. Regular exfoliation can remove the dead skin flakes and help smooth the surface of the skin, reducing the appearance of those fine lines and making skin appear more youthful, fresh, and clean.

### Exfoliation Removes Toxins

Skin surfaces can retain toxins and irritants that can cause discoloration, rashes, splotches and dryness. Toxins and oils can also build up in pores and follicles, and exfoliation helps remove those toxins and oil buildup on the skin's surface and helps bring oils and toxins from below the skin to the surface so they can be eliminated. When toxins are removed through exfoliation, skin has a healthy tone and glow, without as many breakouts and blemishes caused by pollution and buildup.



### **Exfoliation Prepares Skin for Treatments**

If makeup or face creams or medication needs to be applied to the skin, exfoliating the skin prior to the application will help the application smooth better, absorb better, and, in the case of makeup or cosmetics, appear smoother and more attractive. Lotions, creams, cosmetics will require less product to smooth on exfoliated skin, which can, over the long run, save money too.

### **Professional exfoliation of skin: Chemical peeling**

Peeling is supervised chemical exfoliation of skin as a result of application of some solution of biological origin. Superficial peels are mainly done by the beauty parlours and salons which do not remove all the dead skin, do not stimulate the

live skin and usually have no downtime. Medium to deep peels are done exclusively under the supervision of a dermatologist. These peels will remove all the dead skin and also stimulate the living skin to promote healthy skin. There will be some downtime with these peels. Results are much better than superficial peels. Agents used in peeling are glycolic acid (fruit acids), salicylic acid, trichloro acetic acid, resorcinol, phenol. Peeling is one of the safest procedures to give you healthy, vibrant and glowing skin essential for today's world of fashion.

**Dr. Sunil N Mishra**

**MD (Dermatology), FCPS, DDV**

**Consultant dermatologist Godrej Memorial Hospital**

## **MYTH BUSTERS ON FEMALE HYGIENE**

This article is inspired by misconceptions, encountered over years, by me as a gynecologist. When referring to female hygiene, I will restrict the discussion to the vulva & vagina. Women (be it girls or older women) feel shy to express doubts or consider it too trivial to consult a specialist for this. This knowledge is traditionally passed on from mother to daughter. For better understanding of the following discussion, I would like to first explain the terms vagina and vulva. Vagina is the opening between the urinary passage in front, and anus behind, through which menstrual blood is discharged; it leads to the uterus inside. Vulva is the area between the legs including the opening.

### **Common myths:**

Douching Vagina (a method to wash vagina with mixture of water and vinegar or antiseptics, perfumes) will help keep away infection or counter one. It also makes one cleaner especially after menses. Not so prevalent in India. But what many women in India confess, is to swipe clean vagina during bath with a finger.

Vulval washes, wipes, sprays to be used on daily basis instead of soaps to clean the vulval area.

Yellow staining of undergarments after few washes indicates infection.

Regular shaving or hair removal of pubic hair is essential for good hygiene (patients hesitate to be examined when they have not removed pubic hair).

**Facts:** Douching or cleaning vagina with a finger is to be avoided. There is a natural micro-ecosystem in the vagina similar to other orifices in our body. Plenty of bacteria & fungi live in harmony. This and acidic pH of vagina prevent frequent infections. By douching, this protection is disturbed, making it vulnerable to infections.

Vaginal washes need not be used on a daily basis. Vaginal washes, wipes, sprays etc, although called vaginal, are meant to be used only on the vulva. These are marketed to alleviate symptoms of smelly and itchy vulva. Normal vaginal secretions have a mild fishy odor. During certain phases of the cycle they can increase in quantity, like during ovulation (14 & 15 day in a woman with 28 days cycle, prior to menses) and through out pregnancy. Increased secretions can cause mild itching. At the same time, they may also be symptoms of infection. So any foul smelling discharge or itch in excess needs to be examined by gynecologist before masking them with such products.

Normal vaginal secretions can leave a yellow staining on the panties after few washes. Avoiding very tight underwear, washing them with soft soap, changing them at least twice a day is good practice.

Shaving or removing pubic hair is not required for cleanliness. Daily cleansing with soap and water should be enough. In case of infection of skin, clipping short dense pubic hair or temporarily removing is all that is required. Repeated shaving is a common cause for skin infections.

**Tips on Hygiene:** Daily gentle cleansing of vulval skin during bath, with water and soap should be enough mostly. Washing with water followed by patting dry with tissue after urinating or emptying bowels. Direction of wiping should be urinary meatus to anus, front to back not the other way round. Changing undergarments twice a day or using panty liners, will help in countering itch and smell. Having bath twice a day in summer and immediately after exercise. Changing sanitary napkins especially on days of lighter flow every 6 to 8 hours. Wearing loose light cotton clothes during hot and sultry days.

**Dr. Sita Gururaja**

**DGO, DNB (OB&G)**

**Godrej Memorial Hospital**



# WORLD VOICE DAY

Have you ever lost your voice? If you have you'll know how frustrating it is to function in our every day lives when we can't make a sound! The aim of this awareness day is to promote the importance of us all having a healthy voice.

**World Voice Day** is a worldwide annual event that takes place on **April 16** devoted to the celebration of the phenomenon of voice. The aim is to demonstrate the enormous importance of the voice in our daily lives, as a tool of communication.

It was initiated in 1999 as a combined effort of American and European otolaryngologists and speech and language pathologists

World Voice Day encourages men and women, young and old, to assess their vocal health and take action to improve or maintain good voice habits.

Voice problems occur with a change in the voice, often described as hoarseness, roughness, or a raspy quality.

## SIX TIPS TO IDENTIFY VOICE PROBLEMS

Ask yourself the following questions to determine if you have an unhealthy voice:

- ⇒ Has your voice become hoarse or raspy?
- ⇒ Does your throat often feel raw, achy, or strained?
- ⇒ Does talking require more effort?
- ⇒ Do you find yourself repeatedly clearing your throat?
- ⇒ Do people regularly ask you if you have a cold when in fact you do not?
- ⇒ Have you lost your ability to hit some high notes when singing?

An occupational or professional voice user is anyone whose voice is essential to their job.

As with many ailments, awareness is the key. First, people must be made aware of voice-related occupations.

Secondly, one needs to be aware that high voice demand occupations do place you at greater risk for developing vocal



difficulties, and that you have to listen to your own voice in order to recognize when you are developing problems.

Finally, know that proper evaluation and treatment can take care of most voice-related problems, and can set you up to succeed at even the most demanding voice-related occupation. If you listen to your voice and find that it is complaining to you, seek out your laryngologist (Voice Doctor) for an evaluation and treatment recommendations.

Studies have found that approximately 10% more women than men, regardless of their occupation, have reported vocal issues that have lasted more than four weeks. They also make up the majority of several high-voice-use occupations (e.g., public school teachers, call center workers)

A recent in-depth review of gender physiological differences suggests potential reasons for this disparity. This review was written by NCVS [national centre for voice and speech] and affiliated researchers, and was published in *Phoniatics*, and *Vocology*. Differences between men and women that may be important factors in vocal health are discussed. Among these are differences in the laryngeal system, respiratory system (e.g., breathing mechanism, breath support) and endocrine system (e.g., general hormone differences, cyclic hormone variations), as well as perceptual differences (e.g., pain thresholds, general body awareness).

**DR. T. PARVATHI**  
**VOICE CLINIC,**  
**WEDNESDAY 10 am to 12pm**  
**Godrej Memorial Hospital**

## Events of January & February

### Various Camps

DATE	EVENT	VENUE	SERVICES OFFERED	REGISTRATIONS
25th January 2015	Free Cardiac Diagnostic Camp	Sant Ramdas Vidyalyaya, Ambivili West	BP, Blood Sugar, ECG, Medical Consultation & Medicines	45
28th January 2015	Free Cardiac Diagnostic Camp	Ashoka Buildcon Ltd, Wadala.	BP, Blood Sugar, ECG, Medical Consultation & Medicines	68

### CME

DATE	EVENT	VENUE	SPEAKER	REGISTRATIONS
15th January 2015	Intersting Angioplasty cases	Godrej Memorial Hospital	Dr Amit Sanghavi	95

### Events & Competitions

DATE	EVENT	VENUE
9th, 16th & 23rd & 30th January 2015	Picnic for Staff, Management & Consulatnts	Waterpark
12th February 2015	Salad Decoration	CME Hall
13th February 2015	Flower Decoration	CME Hall
14th February 2015	Hair Dressing Competition	CME Hall

## Forth Coming Events of March & April

### Various Camps

DATE	EVENT	VENUE	SERVICES OFFERED
4th to 21st March 2015	International Womens Day Health Check up camp	Godrej Memorial Hospital	44 Vital Diagnostic Tests & 3 Medical Consultations @ Rs 1600/-
6th to 16th April 2015	International Health Day Camp	Godrej Memorial Hospital	44 Vital Diagnostic Tests & 3 Medical Consultations @ Rs 1600/-
12th April 2015	Free Cardiac Diagnostic Camp	Bhandup	BP, Blood Sugar, ECG, Medical Consultation & Medicines
26th April 2015	Free Cardiac Diagnostic Camp	Kalyan	BP, Blood Sugar, ECG, Medical Consultation & Medicines



## Forth Coming Events of March & April

### CME / Workshops & Conferences

DATE	EVENT	VENUE	SPEAKER
28th & 29th March 2015	The Mumbai Wrist Conference 2015	Plant 13 Godrej & Boyce	Renowned National & International faculty
02 April 2015	Live workshop on Complex Coronary Angioplasties	Godrej Memorial Hospital	Dr Eberhard Grube (Professor Cardiology)

### Health Talks

DATE	EVENT	VENUE	SPEAKER
7th March 2015	Well being of Women	Plant 13, Godrej & Boyce	Dr Sundeepa Sawant

### Celebrations Events & Competitions

DATE	EVENT	VENUE
20th March 2015	Painting Competition	Godrej Memorial Hospital
21st March 2015	Best out of waste	Godrej Memorial Hospital

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