

# PULSE

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## MOTHER'S DAY SPECIAL



**GODREJ  
MEMORIAL  
HOSPITAL**

COMPASSIONATE CARE FOR ALL  
( NABH & NABL Accredited )

# From the Editor's Desk

Mother & Motherhood is much more than 'Carrying' & caring or 'Bearing' & rearing.

It requires a transformation, a kind of 'rebirth', when a lady become a mother. From a free & / 'liberated' / independent individual to being a responsible adult part of 'unit' - 'Mother & Child'.

It is about having / expected to have - unconditional love & forgiveness & not just tolerance & patience.

It is about nurturing - trust, faith, confidence, strength character & self-sufficiency, responsibility & in truth - a caring & careful attitude.

It is about preparing the next generation for the future & not just facing the world but trying to change it for the better.

**Dr Kanishka Kapasi**  
MD, DGO

## MOTHERHOOD & SKIN

As women get ready to receive the gift of God. There are few signs left behind on their bodies as a reminder of this journey.

**1. Pigmentation :** Most disturbing hyperpigmentation occurs in a butterfly distribution on cheeks. It is very common in Indians affecting 70 -80% women in the second half of pregnancy.

It may decrease after delivery but definitely increases by sun-exposure and contraceptive pills.

A broad spectrum sunscreen applied 3 hourly protects against further darkening. Azelaic acid creams and Lactic acid peels done under a dermatologist's supervision helps.

**2. Swelling :** Non-pitting edema of face, hands and feet may be observed early mornings and reduces as day passes. It occurs due to the salt and water retention. Keep legs raised while sitting and sleeping to minimize and improve the blood circulation towards the womb.

**3. Stretch Marks:** The most anticipated and dreaded skin manifestation of pregnancy are the stretch marks on the abdomen. They occur due to stretching of the muscles and skin due to the growing foetus.

It can be minimized to a great extent by applying vitamin E containing moisturizers or olive oil all over the abdomen from under the breasts to the pubic region and behind towards the back starting from 1st month. This increases the elasticity of the skin to make it withstand the stretch, without cracking up.

Once formed, treat them while they are still red- purple in colour i.e fresh.

Various Techniques are available to nearly clear them off including dermarollers and Laser.

**4. Pimples :** Acne may increase during pregnancy but using local medications like benzoyl peroxide (after delivery) helps keep your face oil free by washing twice a day with a mild cleanser.

**5. Pruritus :** Itching during pregnancy is another very common symptom.

Usually starts during the last trimester. Starts from abdomen and spreads to trunk and extremities. Reason may be cholestasis or the stretch itself. Treat early to avoid excessive scratching which may lead to secondary infections, sleeplessness and irritability. Good news is that the itching rapidly subsides after childbirth. Calamine lotion acts as a good cooling agent to provide some relief.

Dermatologist may prescribe mild steroids or antipruritic lotions along with oral antihistamines.

**6. Hair Fall :** After pregnancy is very disheartening. Starts 1 to 5 months post delivery. But there is no need to worry as all hair lost are regained in a year. During pregnancy one may notice hardly any hair fall, as the hair cycle is modified to arrest hair fall. These hair eventually get a chance to come back to cycle post delivery and hence the excessive shedding.

**7. Infection :** During pregnancy, woman's Immunity is suppressed. This is nature's way to protect the fetus which is half alien to the mother's body. But, the flipside is, that many infections get a chance to appear for the first time or become florid if already existent. It is important that the mother takes extra care about her physical and oral hygiene during this delicate time where unnecessary medications are best avoided.

**Dr. Radhika Kopikar**  
Consulting Dermatologist



# COMMON DISCOMFORTS FOR THE 'MOTHER-TO-BE'

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

It is often said that as God cannot be everywhere, He created Mother. But for a woman to become a mother, she has to traverse a nine – month journey called Pregnancy. As a woman's body prepares for childbirth, she may experience some physical discomforts which can be easily dealt with if one knows the cause for the complaint.

**Backache :** It usually occurs when the woman compensates for her baby's weight by leaning backwards, thereby straining muscles of lower back.

One can take following precautions to reduce backache:

- ➔ Avoid lifting heavy objects especially buckets and children.
- ➔ Avoid high heel shoes (more than one inch).
- ➔ Avoid bending from back. One should squat to lift an object from ground.
- ➔ Rest one foot on a stool or box if one has to stand for a long time.
- ➔ Sleep on one side preferably left with upper knee bent and supported by pillows.
- ➔ Apply heating pad to sore area.

**Bleeding Gums :** Hormonal changes during pregnancy cause a built up of plaque on one's teeth and lead to bleeding from gums after brushing. To prevent bleeding from gums: Avoid sweets and sticky food items like 'Lays 'and 'Kurkure'. Brush twice daily with soft tooth brush and use Floss gently.

**Cramps :** These are sudden painful contractions of muscles of calf and feet, often felt at night. In case of cramps, massage the affected calf or foot. Get up pull toes upwards towards ankles so as to stretch calf muscle and walk around. Supplements of vitamin E, vitamin D, calcium and L-carnitine are useful.

**Constipation :** Hormone supporting pregnancy, viz. Progesterone relaxes smooth muscles of the intestine and slows down the bowel movements.

Eat plenty of high fibre foods like fruits, vegetables, wholemeal breads, wholegrain cereals, beans, dal and bran flakes.



Drink adequate water, at least eight glasses per day.  
Change iron tablet and take it on a full stomach with plenty of liquid.  
If laxatives are required use milder forms like Isapgol and Lactulose.

**Discharge per Vaginum :**

Some amount of increased discharge is normal as long as it is clear and white.

Seek opinion if discharge is greenish or yellow coloured, foul smelling or associated with itching or burning at vulva.

Avoid vaginal deodorants and perfumed soap products.

**Fainting :** It is often seen if one stands for too long or gets up quickly from bed. Usually occurs due to sudden reduction in blood supply to brain.

Rise slowly from sitting or lying down position by turning to one side first.

If one faints while standing, then sit down and put your head between your knees.

**Frequent urination :** It is caused due to pressure of womb on the urinary bladder, usually in early and late pregnancy.

Drink less water at night and always rule out infection by doing Urine analysis.

**Heartburn and Indigestion :** Feeling of fullness and bloating with loss of appetite and regurgitation. Sometimes severe burning pain in chest due to reflux of acid from stomach to food pipe as the intervening valve relaxes.

Precautions required to avoid these problem include :

- ➔ Avoid spicy and oily food.
- ➔ Eat frequent but smaller meals.
- ➔ Sit straight after meals.
- ➔ Avoid very late meals.
- ➔ Raise head of the bed or use extra pillows while sleeping to give a propped up position.
- ➔ Antacids and Milk can help.

**Morning sickness and Nausea :** It is common in early pregnancy due to hormone changes and initial stretching of womb.

Eat dry toast, biscuit or peeled apple before getting up.

Avoid foods, smell, cigarette smoke, 'Tadka', which makes one feel worse.

Avoid fried foods and highly seasoned food items containing pepper, chillies and garlic.

Reduce tea and preferably avoid coffee.

Distract yourself and think positively.

**Piles (Haemorrhoids) :** These are dilated vessels near the anal region and they cause discomfort, itching, bleeding from rectum and sometimes - can prolapse from anal opening with severe pain.

Eat high fibre diet, avoid constipation and avoid straining during passage of stools.

Stool- softeners and certain drugs and ointments are useful.

Piles usually disappear within a couple of weeks after childbirth.

## Cloud 9

Congratulations on being on the family way. As you embark on a new journey in life, we celebrate you as unique as your pregnancy. As this journey of nine months is exhilarating, it is exhausting too. A few points can help you sail through.

### Ergonomic Advice

1. Always have a lower back support when seated, helps to relieve back pain.
2. Raise your feet up on two pillows to avoid swelling in the feet.
3. Avoid footwear with heels, your calf muscles are already under strain.
4. Wear loose clothes.



### Taking Care of Diet

- Have diet rich in proteins, iron and calcium.
- Stay hydrated.
- Eat small meals throughout the day to avoid acidity.
- Avoid spicy & MSG products.

**Varicose veins and Swelling of Feet:** The engorgement of veins of lower legs occurs due to pressure of enlarged womb on veins of abdomen which interfere with return of blood from legs to heart.

Precautions required are :

- ➔ Avoid prolonged standing
- ➔ Avoid sitting with legs crossed
- ➔ Use elastic stockings
- ➔ Lie on bed and raise feet and legs in air with heels resting against wall for five minutes, three to four times a day
- ➔ Keep a pillow under feet while sleeping at night
- ➔ Check Blood pressure regularly.

**Dr Samir R Pradhan**

**Consultant Obstetrician & Gynaecologist**



### Exercise during pregnancy

- Light exercises like yoga & stretching can be done. You can start after completion of 16 weeks of pregnancy under guidance of a childbirth educator.
- Breathing exercises (Pranayams) when done regularly will help in better oxygenation of the fetus.
- Pelvic floor muscle training commonly known as Kegel's exercises, help during labour.
- Carry on with your routine as long as you are comfortable, just exercise some caution. You are just pregnant, not suffering from any disease.
- As much as labour is a physical process, it is mental too. You need your focus, your strength, your endurance & patience on the delivery day. So don't stress out, don't be tense or anxious. You are programmed to do it.
- Just surrender to labour process when it begins. Its natural, its primitive, every contraction is getting you closer to your baby !!!

**Welcome to Motherhood !!!**

**Dr. Shalini Ananth**

**Physiotherapist, Childbirth Educator**



# Dosabai Godrej -Naoroji Award For Compassionate Care May 2015

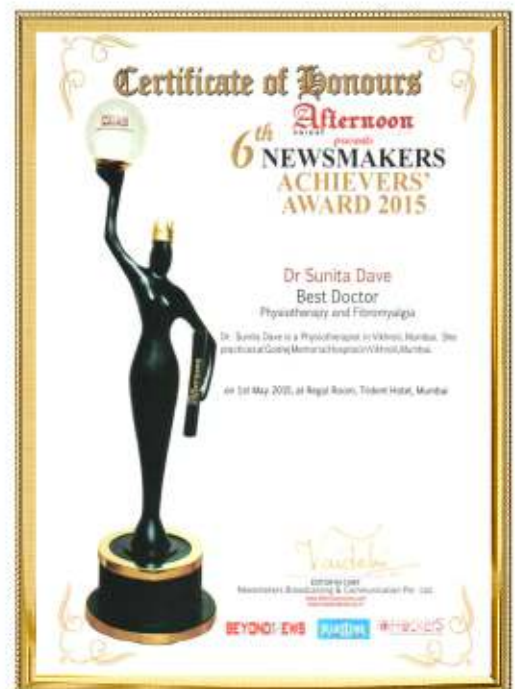
CATEGORY	CANDIDATE NAME
Clinical Nursing, Inpatient Ward	Ms Ulka Bardeskar - Winner
	Ms Kalaiselvi B - Runner up
Clinical Nursing, Inpatient Critical Care	Mr Liju Raju - Winner
	Ms Rosamma Antony - Runner up
Staff/Patient Management Administration	Ms Archana More
Education / Mentoring	Ms Rini Mathew



***Congratulations !!!***

**Dr. Sunita Dave**  
Best Doctor  
Physiotherapy and Fibromyalgia

Dr. Sunita Dave, Physiotherapist  
Godrej Memorial Hospital, Vikhroli, Mumbai



**Congratulations** to the Smile Train team on presenting a paper at the INDOCLEFTCON 2015 held at Goa. Their paper was titled 'Application of International Classification of Functioning Disability and Health on activity limitation and restriction in Participation in individuals with Cleft Lip and/or Palate'. The team comprises of Dr. Ravin Thatte, Dr. Bharati Khandekar, Dr. Nisheet Agni, Ms. Sonakshi Rawal, Dr. Sameer Lohkare and Dr. Himanshu Dave. A plenary session was also presented titled 'Speech therapy then and now- A journey'.



## Feedback from Mothers whose children have been undergoing Speech therapy at Godrej Memorial Hospital



My son has improved a lot after Speech language therapy, everyday he learns something new. I wish he had 3 sessions per week instead of one.

**Mrs. Bhargav**

I have seen a change in my child's self confidence and an improvement in his vocabulary post speech therapy.

**Mrs. Ahire**

My son has been undergoing therapy since 3-4 months at GMH, however he has begun pointing and making different sounds. It's not only speech therapy but also Sonakshi who gave us her input on sensory intergration. I'am very satisfied I wish I could come everyday for my son's therapy. Thank you for everything.

**Mrs. Kadam**

In the period of 2 months, my child with no speech has started saying words, thank you so much for the help.

**Mrs. Jain**

My son has picked up words but I want him to do much much better it's my humble request.

**Mrs. Dhule**

My brother has started speaking in sentences and I'am very thankful for his improvement.

**Ms. Panchal**

My son with a cleft of lip and palate has started producing sounds more clearly and he speaks in longer sentences. Thank you so much for the change.

**Mrs. Prashkale**

## Congratulations !!!

On May 16th Smith & Nephew had organised a nursing education programme among hospitals of the central zone of Mumbai. The hospitals that participated were Kohinoor hospital, L H Hiranandini hospital, Fortis hospital, Horizon hospital and Godrej Memorial hospital. On behalf of Godrej Memorial Hospital, Daisy Flani and Sangeeta Sawant had taken part in the competition. They had prepared the presentation and presented it. The topic was "**Diagnosis and treatment of catheter related blood stream infections.**" The time allotted to them was 30 minutes. When the results were announced, they were happy to hear that they had won the **second prize in the competition.** It gave an opportunity to explore the presenting skills and to meet healthcare professionals from various other hospitals. It was a good learning experience too.





## Events of March & April

### Various Camps

DATE	EVENT	VENUE	SERVICES OFFERED	REGISTRATIONS
4th to 21st March 2015	International Womens Day Health Check up camp	Godrej Memorial Hospital	44 Vital Diagnostic Tests & 2 Medical Consultations @ Rs 1515/-	289
6th to 16th April 2015	International Health Day Camp	Godrej Memorial Hospital	44 Vital Diagnostic Tests & 3 Medical Consultations @ Rs 1600/-	217
12th April 2015	Free Cardiac Diagnostic Camp	Bhandup	BP, Blood Sugar, ECG, Medical Consultation & Medicines	62
26th April 2015	Free Cardiac Diagnostic Camp	Kalyan	BP, Blood Sugar, ECG, Medical Consultation & Medicines	86

### CME / Workshops & Conferences

DATE	EVENT	VENUE	SPEAKER	REGISTRATIONS
28th & 29th March 2015	The Mumbai Wrist Conference 2015	Plant 13 Godrej & Boyce	Renowned National & International faculty	87
02 April 2015	Live workshop on Complex Coronary Angioplasties	Godrej Memorial Hospital	Dr Eberhard Grube (Professor Cardiology)	20

### Health Talks

DATE	EVENT	VENUE	SPEAKER	REGISTRATIONS
7th March 2015	Well being of Women	Plant 13, Godrej & Boyce	Dr Sundeepa Sawant	200

### Celebrations Events & Competitions

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

## Forth Coming Events of May & June

### Various Camps

DATE	EVENT	VENUE	SERVICES OFFERED
17th May 2015	Free Cardiac Diagnostic Camp	Balmitra Mandal, Dadar	BP, Blood Sugar, ECG, Medical Consultation & Medicines
17 & 24 May & 7, 14, 21, 28 June 2015	Free Cataract Detection Camp	Godrej Memorial Hospital	Ophthalmologist Consultation & Concessional Cataract Surgery
14th June 2015	Free Cardiac Diagnostic Camp	Citizens for Social Foundation NGO, Bandra	BP, Blood Sugar, ECG, Medical Consultation & Medicines

## Forth Coming Events of May & June

### CME / Workshops & Conferences

DATE	EVENT	VENUE	SPEAKER
17th May 2015	a) Hypertension b) Endocrine Disorder with Stress on Thyroid Disorder	Godrej Memorial Hospital	Dr Chetan Shah Dr Anurag Lila
18th May 2015	Tiksna Inaguration	Godrej Memorial Hospital	
19th May 2015	Preconception Councelling	Godrej Memorial Hospital	Dr Kanishka Kapasi
17th May 2015	a) What's new in Hematology b) Recent Management in Metastatic Breast Cancer	Godrej Memorial Hospital	Dr Shyam Rathi Dr Vashishta Maniyar

### Health Talks

DATE	EVENT	VENUE	SPEAKER
20,21,27,28 May & 4,5,17,18 June 2015	Tobacco Cessation Training Programme by Life First NGO	Godrej Memorial Hospital	Dr Rohan Bartake & Mrs Ratandeeep Chawla
9th May 2015	Options for end stage Renal Diseases	Godrej Memorial Hospital	Dr Haresh Dodeja
27th June 2015	Rational Use of Antimicrobials	Godrej Memorial Hospital	Renowned Faculties

### Celebrations Events & Competitions

DATE	EVENT	VENUE
12th May 2015	Nurses Day	Plant 13 Godrej & Boyce
27th June 2015	Debate Competition	Godrej Memorial Hospital

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