



NABL & NABH accredited

### From Editor's Desk...

After Diwali, Thanksgiving, Yuletide and New-Year, it is now an almost mandatory cliché to talk about the 'so-called – RESOLUTIONS'.

So when you review, revise, resolve, reward or reconcile, just try it slightly differently.

These festivals are symbolic of the continuum and passage of time. So it is in reference to time that we will do it, in small steps-let us say weekly basis.

“ Make life manageable” ....kaydee.

So here goes--- for the **168 hours in a week.**

#### Recommended Your (Hrs.) Nos.

1) Sleep	49	_____
2) Work*	66	_____
3) Time with Spouse	07	_____
4) Time with children	04	_____
5) Family Time	04	_____
6) Time with Parents*	03	_____
7) Time with Relatives/Friends*	06	_____
8) Time for Exercise	04	_____
9) Time with-Self/GOD	02	_____
10) General Reading	04	_____
11) Professional Reading	08	_____
12) Internet/T.V. Social sites/Whats App.	06	_____
13) Hobby/Charity Social/Sport	05	_____
<b>TOTAL:</b>	<b>168</b>	_____

(\* Includes- Getting ready, travel,etc)

Note: “ Kuchh paane ke liye kuchh khona padta hai”  
(New jungle saying) 😊 So check it out .  
kya paane ke liye aap kya kho rahe ho!!

Wish you happier times ahead.  
“Success of anything depends  
on sustain ability and consistency”  
.....kaydee.

Dr. Kanishka Kapasi  
MD, DGO

# Godrej Memorial Hospital

(Unit of Godrej Memorial Trust)

# PULSE

Volume No. 01, Issue No. 05, January 2013, Page : 1



### MESSAGE FROM CEO

As the old year fades away in the long and dark wintry night, everybody looks expectantly at the dawn of a New Year for better tidings. We all live on eternal hope; even if the year was good to us, we hope that the next one will be even better. As the new year dawns, it also gives us a chance to look back at the year gone by and sort of check our 'activity' account for the blue & red marks; the positives and the negatives. It is said that while travelling long distances, lion turns back every now and then and looks at the distance covered, what is called as 'Simhaavalokan' in Sanskrit, possibly to reassure himself that distance covered and the direction is as per the plan. Every individual or organisation could fruitfully adopt this trait.

We, at Godrej Memorial Hospital (GMH), can look back at the year gone by with some satisfaction. GMH was reaccredited by NABH with minimum Partial Compliances, perhaps a record of sorts in the field of hospital reaccreditation. Even the NABL audit for reaccreditation is over and we are very hopeful that we shall achieve that milestone. A Child Development Centre was started for children with learning disabilities, developmental abnormalities etc complemented by a full team of specialists in Developmental Paediatrics : Including General Paediatrics, Paediatric Neuro physiotherapy, Occupational therapy and Speech therapy. Newsletter 'Pulse' was started this year for reaching out to medical fraternity and lay public with its judicious mix of articles & news.

In the new year we look forward to dedicating a State of the Art Cardiac Centre and a Neuro & Radiological interventional unit to the community. This will help us complete our service armamentarium and truly leap frog us to the next level of healthcare delivery. It is worth noting that since its inception, Godrej Memorial Hospital has pursued the path of ethical and rational practice at affordable rates for patients. GMH has covered a significant ground since 2004 when it began its journey, at times lonely in its insistence on ethical & affordable patient care, but has stood test of time with patients and consultants reposing faith in us time and again. There never was and there will never be an effort to entice the various stakeholders, including the patients by cheap gimmicks or market compulsion. We reiterate that the same value system that guided us in past in offering patients, high end medical care without burning a hole in their pocket, will light the path in future..

We wish that all beings be happy and healthy '*Sarve Sukhinah Santu, Sarve Santu Niramayah*' but in case they need medical attention Godrej Memorial Hospital will definitely offer them loving and appropriate medical care.

On behalf of the staff and management of GMH let me wish all our readers “*A Happy & Prosperous New Year*”

Dr. Suhas Gangurde  
CEO, Godrej Memorial Hospital

The Physician's High and only Mission is to Restore the sick to health, to cure, as it is termed.  
*Organon of Medicine*

**MEDICINE : AN HONOURABLE PROFESSION !!**

Case Scenario : Elderly male patient comes to our OPD, complaining of progressive, painless drop in vision in both eyes, since last two years.

On clinical examination, both eyes have less than 80% vision due to bilateral cataracts. Apart from history of high blood pressure, which is well controlled with medication, there is no other significant ocular or systemic pathology.

I explain to my patient, in the best vernacular 'Marathi' that I have mastered over my 22 years of practice, about the condition he has been suffering from, and that apart from surgery, his vision would not be restored.

My patient then asks me if his surgery would be covered under medical insurance, to which I gladly reply in the affirmative. This stumps him! When I probe further, he tells me about his turmoil of having gone to several eye surgeons only to be told about the various CATARACT SURGERY PACKAGES available, primarily depending on the type of intraocular lens implant that would be used. What was most disturbing to my patient was that none of the surgeons were willing to operate on his eyes unless he paid the full stipulated amount in CASH!

Here is an elderly retired individual, coming from a very simple middle-class background. Has served a third or more of his life in the industry that he owes much to, and having diligently over the many years, paid annual premium for his medical insurance, in the sunset years of his life, to now be told about CATARACT PACKAGES and CASH upfront!! What do you think may have gone on in his frail insecure mind?

I for one, am not a businessman. I am a DOCTOR.

I still very strongly believe in the values and principles of this noble profession. I have been bestowed the power to heal the infirm, to ease human suffering, to cure sometimes. Patients compare the likes of us close to God.

They respect us and trust us with their lives! We DOCTORS deserve to likewise treat our PATIENTS with the same element of respect, understanding, care and compassion. We too are human. We too will grow old. We too will need medical help, care and empathy. We are no different than our PATIENTS!! We are all mortal.

Let us perform our duties to the best of our abilities. Let us not be drawn into the black-hole of one upmanship. Let us regain their trust. Let us heal with pure hearts. Let their blessings enrich our lives and the lives of our dear ones. Let us perform our duties not for monetary gain, but for the simple joy of practising medicine as DOCTORS!

To sum up I would like to share a quote that I have truly been inspired by and follow.

"Success, like happiness, cannot be persuaded. It must ensue."  
And it only does so as the unintended side effect of one's personal dedications to a cause greater than oneself."

**Dr. Dinshaw A. Dastoor**  
MBBS; DOMS; FRCS (Glasg)  
Consultant Ophthalmic Surgeon.  
Godrej Memorial Hospital.

**"Hip", "Hip", Hurray!!**

Meet Mr. Balu Khule! With a wide smile and relief writ all over his face. He enjoys every moment of his pain free life now following a **Redo Total Hip Replacement** at Godrej Memorial Hospital (GMH). He showers blessings on his doctors, nurses, ward helpers and all those who cross his path while he is on his routine walk in the hospital corridor and demonstrates how well he can balance and walk pain free.

However this was not the case a week ago when his relative walked into the Arthroscopy and Joint Replacement Clinic of GMH to discuss Mr Balu's plight with Dr. Sarang Deshpande. 52 years old Mr. Balu Khule was confined to his bed as he was suffering from Avascular Necrosis (AVN) of both his hip joints. He had undergone total replacement of hip on the right side in a reputed hospital in South Mumbai. However within a day the joint had given way and Mr Balu returned to his life of confinement. Desperate, they had come to seek second opinion & advice from Godrej Memorial Hospital.

**Normal Hip Joint**

How we take for granted the gift of mobility and don't appreciate the part played by the hip joint! Hip joint is well constructed for its intended use : standing, walking and running. [The joint is very stable and strong because of its ligamentous attachments and it's "congruence" between both the concave (acetabulum) and the convex (femoral head) symmetrical. The hip joint motion is also important for movement of the trunk. Basically the two identical synovial joints of the left and right hip are exactly the same size and shape so as to allow for easy movement. The joint space is equal at all points with slight deviation to permit adequate lubrication allowing for rotation about a fixed axis. When a person is standing, the weight of the body is transferred to the acetabula and finally to the femora. The head of the femur fits into the acetabulum where it is held firmly by a thick capsule. The femoral head articulates within the acetabulum which allows normal range of motion at the hip joint like flexion & extension; abduction & adduction and limited rotation].



**Normal Anatomy of Hip Joint**

**Avascular Necrosis**

'AVN is a commonly encountered condition in Asian population', states Dr. Sarang Deshpande, who is Arthroscopist and Joint Replacement surgeon at GMH and also specialises in correcting failed Joint replacement surgeries. Typically, this condition is a result of prolonged use of corticosteroid medication for various diseases like Asthma, Rheumatoid Arthritis and certain skin diseases, Perthes' disease, Ankylosing Spondylitis or chronic alcoholism. Blood supply to the femoral head is substantially reduced or completely obstructed. It causes the femoral head to die inside the hip joint cavity. Slowly the ball loses its capacity to support the body weight and starts to crumble or flatten out. The femoral head is unable to withstand large forces that are transmitted through the hip joint during even normal activities like walking and climbing stairs, and becomes increasingly deformed.. This deformed head starts to create difficulty in smooth movements of the hip joint and soon arthritis of hip sets in.



**Avascular Necrosis of Hip Joint**

**Symptoms:**

1. The most common symptom is pain during walking or even sitting for prolonged periods, typically felt in the groin area or buttocks or at times over the front portion of thigh.
2. Limp while walking
3. Difficulty with certain activities such as getting into or out of a low chair or a car, or using the toilet.
4. Difficulty in crossing over low obstacles on the ground.
5. Pain may be present continuously keeping the patient awake at night.

**Surgical treatment**

The only lasting solution for this condition is to replace the total hip joint with an artificial joint.

continued pg 3

**Did you know...**

You can see a candle flame from 50 Kilometers on a clear, dark night. You can hear the tick of a watch from 6 meters in very quiet conditions. You can taste one gram of salt in 500 liters of water (.0001M). You can detect one drop of perfume diffused throughout a three-room apartment. You can detect the wing of a bee falling on your cheek from a height of one centimeter.

**Flax Seeds - A Boon to Mankind**

These little wonder seeds, also as known "alsi", may look small and innocent but they're actually a powerhouse of nutrition and goodness. So grab a handful of flax seed today!

Flax seeds look similar to sesame seeds (til) but are slightly larger in size. They have a hard but smooth and shiny outer shell and their colour palette ranges from deep amber to reddish brown. The flavour is warm, earthy and subtly nutty.

**Health benefits of flax seeds:**

- **Good source of Omega-3 fatty acids:** Flax seeds are rich in omega-3 essential fatty acids which help in combating inflammation. Omega-3s are especially good for those suffering from hypertension, as it helps to regulate blood pressure.
- **Rich in multiple nutrients:** High in nutrients such as vitamin B complex, magnesium and manganese. They also help to lower cholesterol.
- **Good for digestion:** These seeds are full of fibre and hence act as a natural laxative
- **Anti carcinogenic properties:** Having high levels of lignans (plant chemicals with lots of health benefits), these seeds help in protecting against breast and prostate cancer.
- **Protection against diabetes:** They are known to decrease insulin resistance and help in regulating blood sugar. The lignans in flax seed may actually help prevent diabetes.
- **Beneficial for women's health:** Research shows that flax seed is especially beneficial for women. It's known to help women improve their chances of conceiving a baby. Flax seeds also helps to promote normal ovulation and in restoring hormonal balance. It's also been known to protect postmenopausal women from cardiovascular disease.
- **Protection against dry eyes:** The Omega-3 fatty acids in flax seed help to fend off dry eyes.

**Tips for using flax seed**

Ideally, flax seed should be consumed in the grounded form rather than as a whole seed or as its oil. Light grinding allows a better nutrient absorption (or else they will just "pass through"), while flax seed oil alone contains neither the fibre nor the phytochemicals (plant chemicals with disease fighting properties) of the seed itself. Start slowly if you aren't used to a high-fibre diet. Grind it coarsely and drink plenty of water along with the powder.

To get maximum benefits, 2 tablespoons of ground flax is recommended per day.

Though it's still being researched and until more is known, pregnant and breastfeeding women should check with their doctors before eating flax seed. Also check the quantity you can have in a day.

**Compiled by Sneha Trivedi  
Chief Dietician & Nutritionist  
Godrej Memorial Hospital**

**What is Total Hip Replacement?**

It is a Surgery in which the diseased hip joint is replaced with an artificial joint or prosthesis. Usually performed under general or regional anaesthesia, the surgery takes around 1 – 2 hours. It involves an incision approximately 15-20 cms that is made over the top of the hip. The prosthesis is then fixated into position with the use of bone cement to hold the prosthesis in place. Plastic or metal are typically used to replace the socket of the hip, & metal or ceramic used to replace the head & stem. Hip replacement surgery without complications usually involves a 6- 10 days hospital stay.

**Post operative Recovery**

Is normally uneventful and symptoms if any vary depending on several factors. However within a week the patient is up & about. Sadly Mr Balu was not so lucky being confined to bed for over 3-4 weeks.

**Treatment & Physiotherapy following a hip replacement**

The surgical wound is covered with a dressing and a drainage tube fixed to remove excess fluid from the wound. Antibiotics and blood thinning medications are usually given to reduce the risk of infection and blood clot formation. Strong pain relief is administered often via a patient controlled analgesia (PCA) pump allowing the patient to administer their own dose of pain relief on demand. Early breathing and coughing exercises and exercises to move the feet and other leg are encouraged as soon as possible, along with the use of compressive TED stockings, to reduce the risk of clot formation and lung complications following a hip replacement. Prescribed by the physiotherapist to encourage healing, mobility and strength the exercises begin almost the next day of surgery. Eventually, over the coming days, this progresses to standing, walking and climbing stairs with the use of walking frames or crutches as guided by the treating physiotherapist and surgeon. Patients who have undergone a hip replacement should perform regular flexibility and strengthening exercises as part of their rehabilitation to ensure an optimal outcome. Emphasis is placed on restoring hip range of movement and gluteal strength. Quadriceps, hamstring and calf strengthening exercises are also important to improve the control of the hip joint with weight-bearing activities. Hydrotherapy exercises are often indicated to improve movement and strengthen the hip in a low weight bearing environment. The treating physiotherapist can advise which exercises are most appropriate for the patient and when they should be commenced. The success rate of treatment is largely dictated by patient compliance. In the final stages of rehabilitation for patients with a hip replacement, a gradual return to activity can occur as guided by the treating physiotherapist provided there is no increase in symptoms. In well selected patients for a hip replacement, the prosthesis lasts more than 15 years in approximately 95% of patients although excessive wear and tear may reduce prosthesis longevity. It is particularly important to maintain a healthy weight as obesity may reduce the life span of the prosthesis.

**Post script**

Mr Balu was on this regime and was instructed to avoid crossing the leg beyond the midline of the body (e.g. not crossing the leg over the other leg), bending the hip beyond 90 degrees and twisting the hip and leg excessively as these movements may alone or in combination, dislocate the hip. On 4th post op day, Mr Balu was extremely happy as he could stand and walk few steps. On 5th day, he showed significant progress and was pain free and was able to exercise and ambulate independently. He refused to get into bed since then as he wanted to enjoy to the fullest the new lease of quality life that he was blessed with. His grateful heart turned towards the almighty and to every one who helped him out. "The entire team of doctors, specially Dr.Sarang, the nurses, Physiotherapist and the ward helpers, all were very helpful and supportive that resulted in my speedy recovery. The atmosphere in GMH is very pleasant and soothing that helped me to regain my lost confidence" – said Balu. Mr Balu was discharged with a planned exercise regime.

He and his family were beaming with joy as he walked independently out of the hospital.



**Before Revision Surgery**



**After Revision Surgery at GMH**



**Mr. Balu Khule all happy & standing on his feet**

*Compiled by : GMH Pulse Editorial Team*

**Surgical Team :**

**Dr. Sarang Deshpande (Joint Replacement Specialist), Dr. Ambrish Saraf (Orthopedic Surgeon), Dr. Vaishali Ahire (Anaesthetist), Dr. Radhika Kamat (Physiotherapist) & Others**

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### PREVENTION OF OSTEO-ARTHRITIS

About 50% of the population will develop OA ( Osteo-arthritis ) by the age of 70 years. Atleast 11 gene variations have been linked to OA. But still, it is, to some extent, possible - to prevent/ postpone the development of OA.

- 1) Diet and nutrition- A 'caveman diet' of whole grains and fresh fruits, vegetables and nuts -rich in all vitamins (A,D, E, C, B-Complex); iron; calcium; selenium; boron; omega fatty acids; antioxidants; etc.
- 2) Supplements- of chondroitin sulfate and other glucose-amino-glycans( GAGs) esp. after the age of 40 years.
- 3) Exercise- Mild to moderate exercise without any stress / injury to the joints will strengthen the muscles and ligaments and help maintain the cartilages and lubrication of joints.
- 4) Weight- Every extra 1 pound of weight is adding 4 pounds of stress to the knee. In other words, if you can lose 5 pounds( 2.3kg ) you will take off 20 pounds (9.2kg ) of stress off your knees.
- 5) Joint protection- Pain is a protective signal. Respect it. Rest and then gradually rework your activity & /or exercises. Protect joints from injuries &/or injurious activities.
- 6) Stress management- Will reduce free radicals and hormonal imbalance ---> less tissue damage.
- 7) Consult- your doctor at the earliest to learn more and to stay healthy.

Compiled by Dr. Kanishka Kapasi  
MD,DGO

### A TRIBUTE TO DR. S. V. PANDIT

Born in a small hamlet of a village in Maharashtra, Late Dr. S. V. Pandit faced many hardships and discriminations and still achieved early academic success & went to Medical College in Aurangabad. A thing unheard of in his village & community in his times. Dr. Pandit ultimately became a medical teacher in the college in which he had studied.

Dr. Pandit was kindhearted, gentle, charitable and helpful with scholarly bent of mind and had interest in a variety of subjects like history, geography, anthropology- both local and international.

Close to few but friendly to all. He adapted to Mumbai on relocation and the community soon adopted him.

He always gave more than he received- but without publicity, pomp & pride. A man who never forgot his roots but did not allow them to cramp him either- he outgrew them and was instrumental in giving back to the community and helping many more grow.

He was associated with many organisations and institutions. As a trustee and advisor at Amar Kaur Vidyalyaya for the underprivileged in Bhandup, he worked and helped in the upliftment of the school.

He was associated with Godrej Memorial Hospital since its inception in 2004 and made significant contribution in establishing the Dept. of Surgery.

He is survived by his wife, daughter and son. Active till almost the very end, he will always be fondly remembered by all whose lives have been touched by him.



(1950 - 2012)

Activity for January 2013		
Date	Speciality	Camp Details
03 <sup>rd</sup> Jan 2013	"Gynaecology"	Menstrual Disorders
20 <sup>th</sup> Jan 2013	"Chest Medicine"	Asthama Problems

Activity for February 2013		
Date	Speciality	Camp Details
10 <sup>th</sup> Feb 2013	"ENT"	ENT & Voice Disorders
24 <sup>th</sup> Feb 2013	"Dental"	Dental Problems in all age groups

**"The above Activities may change without prior notice Kindly confirm before attending."**

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