

HEALTH IMPACT

Dr. BALABHAI NANAVATI HOSPITAL NEWSLETTER
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Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense.

Ralph Waldo Emerson



EDITORIAL:

We feel immense pride at the bravery shown by our men in eliminating the terrorists. We salute those brave men and women of the staff at the hotels who gave their lives to protect the guests in hotel. It is in a sense our finest hour - shows how a decent peace-loving citizenry can rise to the occasion.

Each individual has in her own small way shown defiance to the act of terrorism & while we are on the threshold of the New Year we welcome it with great zest for life & fulfilling dreams. It is that time of the year when we are in a nostalgic mood, look back on the year bygone, introspect and resolve to make amends. "We must join forces -- as never before -- to meet and defeat the threats posed by terrorists and extremists around the world." Our endeavour should not be restricted to combat terrorism alone but to curb & challenge all social evils we come across in our routine life.

We wish you all a Very Happy & Prosperous New Year & sincerely believe that we are able to realize our dreams, with a little planning, we can turn a resolution into a habit and a kept promise!!

Professor Josh Klapow, a clinical psychologist and author of 'Living Smart : 5 Essential Skills to Change Your Health Habits Forever' has offered five tips to succeed in the annual ritual, which include:

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1. Set a very specific goal.

“Know exactly what you’re trying to achieve. For example, exercise is not a goal, but walking three days a week for 20 minutes is a goal.” For more major changes you need short- and long-term goals.

2. Monitor forward steps.

“Keep track of what you’re doing toward change. Mark the calendar, diary or tick off the checklist every time you achieve the new behaviour. Self-accountability has a lot to do with happy habits.”

3. Arrange to succeed.

“Chiefly this means modifying your environment to remove barriers. Put exercise clothes out at night for a morning workout, or to cut back on sweets get them out of the house or keep them out of reach.”

4. Recruit a support team.

“Research clearly shows that having others support you in behaviour change lends help toward success. Ask family and friends to advocate and cheer you on, and show them markers of progress along the way.”

5. Treats as reward.

“It is human nature to expect a reward from hard work, and research shows rewards help solidify behaviour change. So plan now for treating yourself after consistently sticking with a New Year’s resolution.”

NEWS UPDATE:

The **Lamp Lighting & Graduation Ceremony** was celebrated by School of Nursing on **Friday 31st October, 2008**. **Mr. Arvind B. Kulkarni** – President Trained Nurses Association of India and Commonwealth Nurses Federation Board Member, South Asia Region graced the occasion as Chief Guest.

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On **November 16, 2008**, the Nanavati Hospital's new, state-of-the-art **Electrophysiology and Electroacoustic Centre of Audiology & Speech Therapy** Department was inaugurated by Film Star **Hrithik Roshan**. The centre built in memory of Hrithik Roshan's grandmother late Smt. Ira Roshan has become a reality because of the support given by him to the Hospital.

On **December 12, 2008**, the new, state-of-the-art **Cosmetology Centre** was inaugurated by veteran film actor **Mr. Anil Kapoor**. The hospital has achieved the distinction of being the first hospital in the city to launch a Cosmetology Centre.



A multimodality seminar on the etiology, clinical presentation, diagnosis, imaging and management of Jaundice was held on **December 14th 2008**. Eminent speakers - **Dr. Sanjay Oak**, Dean, KEM Hospital and Director Medical Education and Major hospitals, BMC & **Dr. N.H. Banka**, consultant, Bombay Hospital and Ex professor in gastro enterology, J. J. hospital spoke on "**Pediatric Surgical Jaundice** " & "**Diagnosis of Medical Jaundice**" respectively. Speakers from Nanavati Hospital included **Dr. Sammer Parikh, Dr. Jayant Barve, Dr. Joglekar and Dr. Nitin Rathod**.

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DEPARTMENTAL & TECHNOLOGICAL UPDATES:

ELECTROPHYSIOLOGY AND ELECTROACOUSTIC CENTRE OF AUDIOLOGY & SPEECH THERAPY:

The Centre is a testimony to the Nanavati Hospital's continued commitment to providing the community with the most advanced medical care. The centre offers its patients the best talent in the country and the most sophisticated medical technology available worldwide. The Centre specializes in the diagnosis of hearing and speech problems for infants, children and adults. The centre has conducted critical research to establish normative data on the subject of "Behavioural Responses to Auditory Stimuli in New Born Infants", and has tested as many as 1251 newborn babies between 1976 and 1981, the largest sample studied so far.



Audiology & speech Therapy Department is upgraded with latest equipment for BERA, ASSR, Oto-Acoustic Emissions, Impedance audiometry and pure tone audiometry with special insert earphones for children.

The department consists of three new sound treated rooms of international standard besides separate speech therapy rooms, Cochlear Implant

Centre, Consultation Rooms and Voice centre.

The program at the centre includes the early diagnosis of deafness in infants (as early as one week after birth), creation of "High Risk Babies Register, fitting of special hearing aids to assist in hearing and training for language & speech development. Hearing assessment for all age groups (including new born babies and infants) are conducted here which include Pure



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Tone Audiometry, Impedence Audiometry, BERA ASSR etc. & Oto Acoustic Emission tests.

Cochlear Implant Centre:

The hospital has initiated a programme “SILENCE TO SOUND” for the hearing impaired. The children or adults who show poor response to hearing aids are ideal cases for Cochlear Implant.

What is Cochlear Implant?

Cochlear Implant is an electronic device which delivers sound information in the form of electrical impulses to the hearing nerve. This information is further carried to the brain by the auditory nerve where interpretation of sound takes place. Implant with the array of electrodes is surgically placed under the scalp behind the ear and in the cochlea respectively. A speech processor is connected to the implant through a magnet. This processor looks like a small behind-the-ear hearing aid. It processes the outside sound signals and conducts them to the ear through the electrodes.

Surgical procedure for implant and post implant switch-on, mapping and special training is performed at the centre.

Voice Centre:

Facilities for endoscopic view of larynx and computerized voice analysis will provide better means of diagnosis and voice therapy.

Speech therapy:

Several types of speech disorders in children viz. delayed language & speech stuttering childhood aphasia, cleft lip & palate, ADHD cases, articulation disorders, Cerebral Palsy & in adults - stuttering, misarticulation, dysarthria/aphasia following stroke, voice disorders, laryngectomee cases etc. shall be thoroughly investigated & treated at our centre.

Client specific and result oriented therapy program is the thrust of the centre.



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COSMETOLOGY CENTRE:

The Centre was launched to cater to the ever-increasing demands for specialized cosmetic dermatology treatment. Informs Dr. Kalpana Sarangi, Head of Cosmetology Centre “it is our social cause for helping individuals to face the world on their own. Many times people go through a psychological trauma like inability to get

married, rejections in getting jobs, etc. Our aim is to help these people correct the flaws & come in the main stream of the society. Complete skin, nail and hair care is our motto. We aim for a holistic and aesthetic approach wherein we do not just make blemished skin healthy but also help to make your healthy skin more beautiful.”

The department consists of a minor operation theatre and three specialized rooms, viz

1. Moroccan room for Botox and fillers
2. Zen room for peels and various face treatments.
3. Laser room for:
 - Hair removal laser.
 - Skin rejuvenation laser.

Iontophoresis with galvanic electrodes, which is one of the newest modalities of treating skin disorders, is an integral part of these face treatments, which are individually tailored to suit each patient’s needs.

Microdermabrasion or skin polishing is also done here for the improvement of skin texture and treatment of scars or marks on the face. Non-surgical face-lifts are conducted for toning and tightening of the skin. Chemical peels with both Alpha and Beta hydroxy acids and T.C.A are also our field of expertise. Hair removal is done with the latest state-of-the-art ‘Diode Laser’ for excessive facial or body hair for both men and women.



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The latest inclusion is Palomar Laser for skin rejuvenation, scars, pigmentation etc.

Sutureless ear lobe repair, ear piercing, tattooing are all done under strict aseptic precautions. We offer radiocautery removal of warts, skin tags, moles, corns and cysts. Our cryosurgery unit is used to treat keloids and hypertrophic scars in combination with Intra Lesional Steroid injections for fast results. We have some of the highest success rates of treatment of hair-fall disorders, both generalized and localised (Alopecia Areata). Every possible type of vitiligo surgery (treatment of white patches) – punch grafting, split thickness grafting or the ultra thin Suction Blister Grafting is done here. Other Surgical procedures like nail

avulsion, acne scar revision, skin and mucosal biopsies are also done.

Doctors perform all procedures and ensure that one always get the best treatment. Full sterility is maintained during procedures ensuring least risk of complications and infections.

The department offers observership posts for fortnightly periods to students and dermatologists wanting to further their knowledge in the field of Cosmetology.



List of Services in the Cosmetology Centre

Several state of art equipments are used to deal with various Cosmetic problems pertaining to Skin, Hair and Nails such as:

<ul style="list-style-type: none">• Acne (Pimple) treatment	<ul style="list-style-type: none">• Skin rejuvenation (Botox, Dermalage, Laser, Peels etc.)
<ul style="list-style-type: none">• Pigmentation treatment (Laser, skin peels, etc.)	<ul style="list-style-type: none">• Dermafillers (for wrinkles, scars etc)

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<ul style="list-style-type: none"> • Cosmetic treatment for Vitiligo 	<ul style="list-style-type: none"> • Non-surgical facelift
<ul style="list-style-type: none"> • Treatment for wrinkles and scars (Dermalage, Dermaroller, Laser) 	<ul style="list-style-type: none"> • Ear lobe repair
<ul style="list-style-type: none"> • Palomar Fractional non ablative laser for acne scars / trauma scars / melasma / wrinkles 	<ul style="list-style-type: none"> • Tattooing & permanent for Vitiligo
<ul style="list-style-type: none"> • Microdermabrasion (Skin Polishing) 	<ul style="list-style-type: none"> • Permanent hair reduction by Laser
<ul style="list-style-type: none"> • Radiocautery (Wart, skin growth etc.) 	<ul style="list-style-type: none"> • Treatment for hair fall
<ul style="list-style-type: none"> • Cryosurgery (Kelioids, corns, etc) 	<ul style="list-style-type: none"> • Hair weaving & bonding
<ul style="list-style-type: none"> • Mole and cyst removal 	



HEALTH CAPSULE

Make your own list of food chart for year 2009.

Ms. Usha Sisodia

Chief Dietician

All of you must be curious to know about the diet which will boost your immune system. As a nutritionist, I would say that our bodies need to fight off infection. A poor diet is a top factor in making us susceptible to illness. While an all-around healthy diet is crucial, there are particular foods which help us best flex our immunity.

Non-drug Dietary interventions, lifestyle changes and immune boosting foods.

- ◇ Whether or not your weight changes depends on a simple rule:
 - Weight change = calories in - calories out
- ◇ Try not to think of “going on a diet” - the changes needed to lose weight are likely to be long term.
- ◇ Try to accept that you need to eat a different balance/choice of foods if you are going to lose weight.

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INTAKE OF FATS:

- ◇ There is more to consider about margarine than just cholesterol.
- ◇ Research shows that trans-fatty acids increase inflammation in the body. This can worsen illnesses such as colitis and arthritis. LDL is the “bad” cholesterol.
- ◇ Hardening agents used in the production of margarine include nickel and cadmium. Nickel is a toxic metal that in excess causes lung and kidney problems. Cadmium is among the most toxic of the heavy metals. It may contribute to serious diseases such as arteriosclerosis, high blood pressure and malignancy.
- ◇ Omega-3 and Omega-6: Both are Essential Fatty Acids (EFAs) are necessary fats that humans cannot synthesize and must be obtained through diet.
- ◇ Butter is a natural food and a good source of important fat-soluble vitamins. You will pay more for butter, but nutritionally it is well worth it.

FIBRES:

- ◇ Dietary fibre plays a key role in a healthy diet, whether it comes from whole grains, wheat bran, beans, lentils, dried fruit, nuts, seeds or fruits and vegetables.
- ◇ Soluble fibre (including pectins and gums) dissolves in the large intestine forming a “gel” that binds with substances containing fat and cholesterol.
- ◇ The result is beneficial because blood sugar as well as energy levels are stabilized. It also binds with bile salts containing cholesterol so the higher the soluble fibre in the diet, the lower the cholesterol.
- ◇ Insoluble fibre (cellulose, hemicellulose and lignins) this type of fibre performs a number of roles including acting like a sponge soaking up water, bulking up stool and allowing the intestine to remove waste products through the body more easily and quickly.

THE BENEFITS OF JUICE:

1. Fresh Carrots

- ◇ It's a delicious nourishing beverage for all members of the family. Use carrot

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juice to lose weight by adding celery while juicing. It is very high in beta-carotene, and is a cancer-fighting agent. Helps maintain the digestive system and urinary tracts, as well as enhances the fight towards bacterial infection.

- ❖ Good for Night blindness, poor growth, dry skin, and xerophthalmia or dry eye.
- ❖ May also be used to cleanse to liver and excrete fats and bile from the body. The liver is capable of storing large quantities of vitamin A over a period of years to be called upon when needed.
- ❖ 250ml of fresh carrot juice will provide an average of 50,000 or more units of vitamin A. In this form the daily requirements and adds to the surplus accumulated to meet any emergency.
- ❖ Another vitamin contained in carrot juice is vitamin E. Vitamin E has been found to affect reproduction. When foods bearing this vitamin were fed to animals that had failed to reproduce, their sterility was overcome.

2. Beetroot

- ❖ It contains sodium, potassium, phosphorus, calcium, iodine, iron, copper, Vitamins B1, B2, B3, B6 and C. It provides a good source of anthocyanadins, a natural antioxidant that contributes to its deep red colors and is used traditionally as a blood building food.
- ❖ Beetroot has liver, spleen, gall bladder and kidney cleansing properties
- ❖ The iron contained in beetroot is organic and non-irritating and will not cause constipation. Beetroot is useful in acidosis due to it being rich in alkaline elements.

3. Papayas

- ❖ Papaya's fibre is able to bind to cancer-causing toxins in the colon and keep them away from the healthy colon cells.
- ❖ The folic acid in papayas is needed for the conversion of a substance called homocysteine into benign amino acids such as cysteine or methionine.
- ❖ Anti-Inflammatory Effects: Papain and Chymopapain. These enzymes help lower inflammation to improve healing from burns.
- ❖ The digestive enzyme, papain, which is used like bromelain, a similar enzyme

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found in pineapple to treat sports injuries, other causes of trauma and allergies.

To improve your Immune System:

Include vitamin C & vitamin A rich foods such as papaya, carrot, beetroot and green and yellow colour vegetables, which are needed for the proper functioning of a healthy immune system which help in preventing illnesses such as recurrent ear infections, colds and flu.

Curds / Yogurt:

- ❖ Curds/Yoghurt should be eaten every day to boost immunity “We should eat these daily, as often as we can”
- ❖ Yogurt, another immunity-boosting food, is especially important to eat, particularly after you have been prescribed antibiotics.
- ❖ “When we take antibiotics they destroy most of the bacteria in our body,”. “The problem is that there are some beneficial bacteria that the antibiotics take care of as well. We need these especially those found in our intestines, to help us break down foods.”
- ❖ The lack of those bacteria can make us vulnerable to germs that cause diarrhea, for instance.
- ❖ Zinc deficiency can greatly increase your risk of infection. Zinc helps develop white blood cells, the cells that we really need those to fight off foreign bacteria and viruses.
- ❖ Vegetarians can look for their zinc supply in fortified cereals, yogurt and milk.
- ❖ We should also be eating orange vegetables daily. Sweet potatoes, or any of the orange vegetables are a great way to add vitamin A to our diets.
- ❖ “Think orange, foods like sweet potatoes, and also carrots, squash, pumpkin,. They all are great sources of beta-carotene, which the body quickly turns into vitamin A.”
- ❖ To add to those 3-ounce lean burgers, mushrooms are another high-immunity food.
- ❖ Mushrooms help in the production of white blood cells in the body. “Some

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recent studies have also found that they may make white blood cells act more aggressively against foreign bacteria.”

- ❖ The very best kinds of mushrooms are shiitake and maitake, which are available in most supermarkets.
- ❖ **In addition, I recommend a cup of black or green tea a day to muscle up our immune systems. Tea is a great source of polyphenols, which clean up free radicals - the damaging compounds that can hurt your DNA and accelerate ageing.**

“Once you make a decision, the universe conspires to make it happen.”

Ralph Waldo Emerson

Following major technological advances were made to upgrade our hospital to meet the expected standards of patient care:

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| <ol style="list-style-type: none">1. STARKEYAA1200 2 CHANNEL (Diagnostic Audiometry)2. MAICO TYMP M144 MIDDLE EAR ANALYZER3. IHS 2 CHANNEL ABR (Auditory Brainstem response system)4. HIS DP 2001 (T 2001 Combo Distortion and Transient Evoked OAE System) | } AUDIOLOGY DEPT. |
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