

EDITORIAL

Hernia is common but curable

Hernia is common in India. It is defined as an abnormal protrusion of a viscus (organ) or part of a viscus through an artificial or natural opening with a sac covering it. Hernia can be seen in any age group, from newborns to elderly people, and is more commonly seen in males than females. The most typical site is the inguinal region (73%). Other sites are femoral hernia (17%), umbilical hernia (8.5%), and others (1.5%). Incisional hernia or hernia occurring at the scar of previous surgery is second to inguinal hernias. Other sites are epigastric, diaphragmatic, spigelian, lumbar, hiatus, and obturator hernia. Port site hernia or hernia occurring at the site of trocar placement following laparoscopic surgery is also seen.

Straining, lifting of heavy objects, chronic cough, chronic constipation, straining to pass urine due to meatal stenosis or phimosis or stricture urethra or prostate enlargement, obesity, pregnancy, smoking, ascites can cause hernia. In short, anything that causes increased abdominal pressure can lead to hernia. These are the precipitating factors for the occurrence of hernia. The symptoms of hernia include swelling (which is better seen on standing or coughing) and pain (especially dragging pain).

Hernia can be treated only with surgery. Surgeries available for hernia will depend on the site of hernia, but generally, the two main options available are open surgery or laparoscopic surgery (minimal access surgery). The choice of surgery will depend upon the patient's age, the presence of co-morbidities and the patient's overall fitness. Once the surgery is done, the patient is advised to avoid strenuous activity for the next

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Dr. Umesh Borwankar

Dr Raikar and the NICU staff of KMFTH script a miracle

Last year, on July 6, Kaushalya Medical Foundation Trust Hospital was put to a stern test as they encountered a case of a pre-matured baby (26.3 weeks) weighing just 900gm (low birth weight). The baby was diagnosed with Hyaline membrane disease (Respiratory distress syndrome), Apnea of prematurity, Anaemia of Prematurity, Acinetobacter sepsis with Meningitis, ventriculitis with Aspergillosis, early Necrotising Enterocolitis, and Retinopathy of Prematurity. The baby required ventilatory support.



Dr Grivita Raikar of Kaushalya Medical Foundation Trust Hospital was at the helm of this case and, with proper treatment and medication, was able to give a new life to the baby. Dr Raikar was well-assisted by the hospital's NICU staff.

On July 6 this year, the baby celebrated its first birthday with its new life-givers.

Throughout this year, Dr Raikar and the NICU staff of Kaushalya Medical Foundation Trust Hospital burnt the midnight oil to script this miracle.

Let's keep the heart diseases at bay

Heart diseases, including coronary artery disease, heart attack, etc. have become common in today's fast-paced world. However, incorporating a healthy lifestyle, which encompasses balanced diet and regular exercise can help overcome heart diseases. Dr Pooja Ghalsasi-Kale, Cardiologist at Kaushalya Medical Foundation Trust Hospital, shares the role of cholesterol with regards to heart ailments and offers advice to keep these life-threatening problems at bay.



How does cholesterol affect the heart?

Cholesterol is a fatty substance in blood. It is essential for good health, but excess cholesterol can clog heart arteries through a process called atherosclerosis. Atherosclerosis can lead to formation of blood clots, which could eventually

result into a heart attack.

What is the normal level of cholesterol?

Normal cholesterol levels are as follows:
Total cholesterol < 200 mg/dl. LDL- < 100 mg/dl
HDL->50 for women, > ... Page-2

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Let's keep the heart diseases at bay

40 for men. Triglycerides < 150 mg/dl

How much dietary cholesterol is considered healthy?

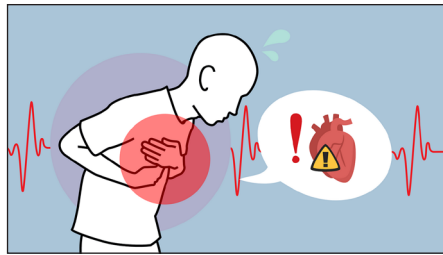
The 2010 Dietary Guidelines for Americans (AHA) specifically limit dietary cholesterol to no more than 300 mg per day.

Which food items contain cholesterol?

Foods high in cholesterol include red meat, such as pork and lamb, processed meats, full-fat dairy like cream, whole milk and butter, sweets, fried foods and tropical oils such as palm oil and coconut oil.

What should you include in your diet to prevent heart diseases?

A healthy and low-cholesterol diet includes green leafy vegetables, high fibre foods like beans, broccoli and sweet potatoes, whole grains, millets, fruits and berries, nuts like walnuts and almonds, polyunsaturated fats, some vegetable oils, canola oil, sunflower seed oil, and olive oil, lean, oily fish and



skinless chicken.

How important is it to exercise regularly?

Exercising regularly prevents heart diseases, increases muscle strength. Oxygen and nutrients reach the tissues due to exercise and helps heart system work more efficiently. Do at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity/week, spread throughout the week. Do resistance or weight training at least twice a week.

Should body weight be under control?

Yes, obesity causes hypertension and

diabetes, which increase your risk of heart disease. Maintain a healthy body weight with BMI < 25.

Can stress lead to heart disease?

Stress can lead to high BP and increase the risk of heart attack and stroke. Stress may provoke smoking, overeating. Meta-analyses show stress as a risk factor for cardiovascular disease events in asymptomatic individuals.

What is the ideal lifestyle to prevent heart diseases?

Eight lifestyle essentials:

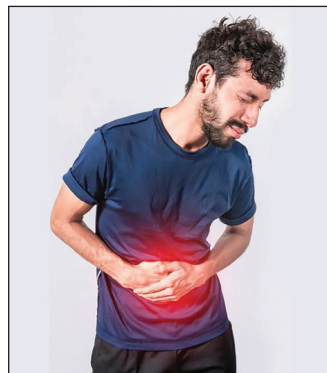
- Daily exercise
- Eat a healthy diet
- Maintain normal body weight (BMI < 25)
- Quit smoking
- Control cholesterol
- Maintain blood pressure (<120/80 mm Hg)
- Control sugar. Fasting blood glucose 100 mg/dL
- Get adequate sleep (7-9 hours of sleep/ night)

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six weeks. Lifting heavy objects and exercises that increase intra-abdominal pressure should be avoided for six months.

Hernia surgery involves some complications. Proper asepsis and technique can prevent infection, hematoma formation and injury to surrounding structures or contents of the hernial sac. The recurrence of hernia is around 3 to 15 % depending on the site of hernia. Post-operative groin pain can occur in about 53% of patients, but significant long-term pain occurs in 5 to 15% of patients. Neuralgic pain is treated by reassurance and conservative treatment, such as anti-inflammatory medications and local nerve blocks. Re-exploration and neurectomy or neuroma excision may be required.

Despite the complications, there is no other medical treatment for hernia than surgery.



Temporary measures, like the use of an abdominal belt or truss, are advised only till the patient is made fit to undergo surgery. However, these measures have complications if not used properly, so they should be recommended with a pinch of salt.

Additionally, obstructed hernia, where the contents of the hernia do not go

back and cause severe pain, vomiting, distension of the abdomen and constipation, which means intestinal obstruction is an emergency. The dreaded complication is strangulation, where the blood supply to the contents of the hernial sac stops, leading to gangrene of the contents and requiring emergency surgery and resection of the gangrenous segment of the intestine. These complications can be life-threatening and should be avoided by timely surgery.

One of the problems associated with a hernia is its ability to recur. Recurrence can occur if predisposing factors are not treated, such as weak abdominal wall muscles, tension on the suture line, infection or hematoma formation in previous surgery, and straining in

the post-operative period.

The incidence of recurrence following hernia surgery has reduced with the use of mesh. While mesh may not be used in infants and children, it is the gold standard in other age groups. Shouldice or Desarda repair can be done without a mesh for inguinal hernias. In the case of mesh usage, infection is rare. However, if there are any superficial infections, they can be tackled with antibiotics. Conversely, deep infections may require the removal of mesh on rare occasions. Migration of mesh or erosion and adhesions are other complications.

In a nutshell, early diagnosis of hernia and proper surgery is paramount to combat this commonly encountered problem.

- Dr Umesh Borwankar

DOCTOR – A RARE BREED

No, would be the instant response
There's a clinic on every corner
But the real doctor would be the one
Who does, his profession, honour!

He's toiled hard for a decade
Honing his skills in the wards
This, after gaining a prestigious seat
Excelling in premedical boards!

He takes the Hippocratic oath
His focus is always the ailing
Family and friends
come second
As his life, he dedicates
to the suffering..



A soothing word,
a reassurance

Is what the patient craves for
"Will I get cured of my disease?"
Is what he asks, and nothing more..

They come with hope in their hearts
As they look into their saviour's eyes
No medicine can replace a soft word
As the doctor, to reassure, tries..

The good doctor heals first
Updating himself on the way
Throughout life, he's a student
As he tries to be relevant to the day!

Golden words of wisdom, I've heard
From my Dad, before he had to go
"Don't run after fame and money,
my son,
Just do your job, and they'll follow!"

After 4 decades in the profession
Privileged to treat a future
generation
I only wish that every child I see
Has cause for celebration!!

*Happy Doctors Day to my dedicated,
untiring, and simply wonderful
seniors, colleagues and young
friends in this noble profession!*

- **Dr Suhas Kulkarni**
Senior Paediatrician

Doctor's Day celebrations done right!



The doctors at
Kaushalya Medical
Foundation Trust
Hospital celebrated
Doctor's Day with
great enthusiasm.
There was a cake
cutting ceremony and
a small get-together of
all the doctors of the
hospital.



KMFTH organises Blood Donation Camp



On June 15, a blood donation camp
was arranged by The Association of
Surgeons of India and Waman Rao Oak
Blood Bank at Kaushalya Hospital. A

total of 22 voluntary donors donated
blood in this camp. Kaushalya Hospital
extends its gratitude to all the donors for
contributing towards this noble cause.

HAPPY PATIENTS

“ Recently, I underwent a knee implant in Kaushalya Hospital. After consulting three orthopaedics, I zeroed down on Dr Jayesh Nayak, a pleasing personality. He explained robotic surgery with the help of a video. We also had a fruitful chat regarding the same. Immediately on the same day I decided to go for the surgery. As I am a senior citizen, Dr Nayak explained to me in a very simple way about surgery and said that I can be rest assured for the next 15-20 years that I will not suffer from any pain. I am thankful to Ms Roshni who liaised the whole procedure of TPA, tests, deciding the date and room booking, etc.



- Ulhas Garud

“ I got robotic knee correction surgery done on my right leg on June 1. It was performed by Dr Sameep Sohoni who also performed the surgery on my left knee six months back. Both my surgeries were done at Kaushalya Hospital. Interacting with Dr Sohoni about my ailment was very helpful. He instilled a lot of confidence in me which resulted in early and smooth recovery. Right from the stay to the staff, everything at the hospital was satisfying. I am grateful to Dr Sohoni, Mrs Roshani, and all other staff.



- Dattatray Phadke

“ I delivered my baby at Kaushalya Hospital under the supervision of Dr Smita Mudgelikar and Dr Jolly Gosavi. I was there for four days and I must say that my stay there was very comfortable. The nurses and the operation theatre team were supportive and kept me very calm during the entire process. Though I endured a lot of pain, which was inevitable in the procedure, I felt at ease since the team at the hospital was exceptionally good.



- Urvi Gawade

“ The doctors and staff at Kaushalya Hospital are extremely professional. They offer the best quality treatment and care. Also, the level of cleanliness maintained here is top notch. I admitted my mother in this hospital. She was successfully treated. I am very happy with the brilliant service rendered by the hospital.



- Zenobia Mody

Panchpakhadi Fire Station conducts a mock drill at Kaushalya



On April 18, Panchpakhadi Fire station conducted a fire mock drill for the staff of Kaushalya Medical Foundation Trust Hospital. Chief fire officer Shri. Girish Zalke headed the drill.

Kaushalya Medical Foundation Trust Hospital

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Departments: General Surgery & Laparoscopy, Orthopaedics, Gynaecology & Obstetrics, Thoracic Surgery, Paediatric Surgery, Oncosurgery, Urology, Neurosurgery, Cardiac Surgery, Ophthalmology, ENT, Vascular Surgery, General Medicine, Cardiology, Paediatrics, Nephrology, Neurology, Gastroenterology, Dermatology, Oncology, and Radiology