

New Indiana Hospital in Bekal a boon for Kasargod patients



KASARGOD -- The 27-bed facility, which has come up in Kotikulam, Bekal here, would cater to the needs of people of Kasargod district and surrounding places. Inaugurated in the month of October last year, Indiana hospital Bekal is now on a expansion mode with new specialties being added.

The hospital has a full-time paediatrician, physician and gynaecologist while visiting specialists are available for oncology, cardiology, nephrology, and general surgery. For onco, surgical as well as medical oncology facilities are fully available. For ortho, specialist is available every Monday, Wednesday and

Friday. Dr Ali Kumble, head of paediatrics at the Indiana Hospital and Heart Institute, Mangalore, is available last Friday of every month.

The Indiana Hospital Bekal has a range of other services like 24X7 lab and pharma and on call ambulance. Besides, two emergency medicine doctors are available 24X7.

The hospital accepts all insurance schemes, including Medisep.

For appointment, call **0467 - 2236050/2081954.**

Farewell to COO and CFO



MANGALURU -- E. Vijaya Chandra, Chief Executive Officer (COO), Indiana Hospital and Heart Institute, Mangalore and Chaitanya, Chief Financial officer (CFO), Indiana Hospital left Indiana Hospital for better opportunities.

E. Vijaya Chandra served the organisation for two and a half years while Chaitanya was with Indiana for five and a half years.

Both served the organisation with full dedication and sincerity. A farewell function was organised in their honour towards the end of March 2023 at auditorium, Indiana Hospital and heart Institute, Mangalore. Best of luck to both of them!

Women's Day celebrated at Indiana



Foods That Ease Premenstrual Syndrome Symptoms



Ms. Saaksha M
Clinical Dietitian
Indiana Hospital

Premenstrual syndrome (PMS) affects women physically and emotionally. Bloating, food craving, fatigue, weakness and headache are few symptoms experienced before a week of menstruation. In order to relieve the symptoms good nutrition plays a vital role. Modifying your diet, making exercise a routine and having a stress free days help to ease PMS.

Eat right for healthy periods

Some foods that help PMS are as follows:

Low fat yoghurt, steamed broccoli, pumpkin seeds, banana, chamomile tea, green leafy vegetables, eggs, peanuts and plenty of oral fluids. Pumpkin seeds – consuming 2-3 tablespoons of pumpkin seeds helps to alleviate pms syndrome as they are rich in magnesium and zinc. Broccoli - having steamed broccoli regulates estrogen level and it is a good source of calcium potassium, vitamin A and fibre.

Eggs - these are known as complete protein and loaded with nutrients. Eggs are good sources of vit D, B6 and help to fight pms. Banana - potassium and vit B6 rich bananas stop excess water retention and help to relieve bloating. Chamomile tea - sipping a cup of non caffeinated chamomile tea helps to reduce menstrual cramps. It is also said to ease anxiety and irritability.



Eating food rich in vitamin D and calcium is considered to have positive impact (for e.g., eggs, sesame seed). Avoid sodium rich or salty foods during or before periods as sodium helps to retain fluid and result in bloating. Cut back on caffeine and alcohol. Quit smoking. Mild to moderate exercise also helps to ease the symptoms of PMS. Brisk walking, swimming, cycling and also yoga help and reduce stress but do not overdo any and make sure to include exercise as a part of your routine.

SCIATICA

DIAGNOSIS AND TREATMENT

Do you have an ache that radiates from your back to your legs? It may be sciatica and your long sitting hours may have something to do with it.

Are you experiencing severe pain, discomfort along your lower back and/or down the back of one or both legs? It's possible that you have sciatica. Also known as lumbar radiculopathy or disc herniation, it is a nerve pain affecting the sciatic nerve. This is a very common condition.

Says Dr Vivek Loomba, Consultant Pain Physician at the Indian Spinal Injuries Centre, New Delhi, “the intervertebral disk is a jelly-like substance that is present between adjacent vertebrae that act as shock absorbers. In case the disk herniates, which means it is pushed out from its location, pressure is generated on the adjacent spinal nerves, which could be extremely painful. Disc herniations of this nature can happen in the upper, middle, or lower back.

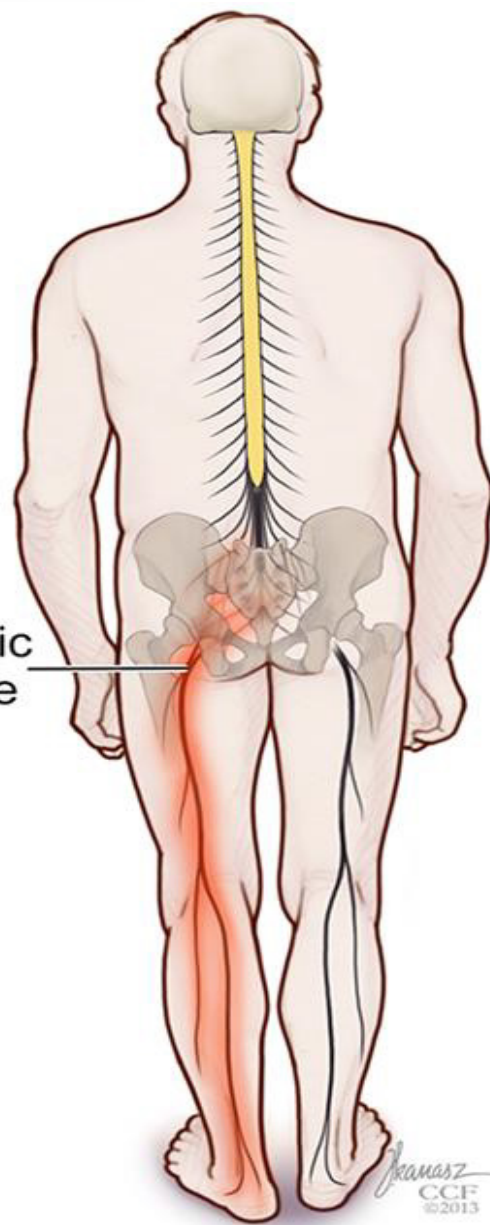
If it occurs in the upper back, it manifests as neck pain that travels down into one of the upper limbs. According to Dr Vivek Loomba, the term “sciatica” refers to intense pain that radiates from the lower back down the leg and occasionally into the foot and is frequently brought on by disc herniations in the lower back.

What are symptoms of sciatica?

According to Dr Loomba, you shouldn't ignore the symptoms and visit a doctor if you feel mild to severe back pain that persists for several days, a numbness or pain in one or both the legs for a few days, tingling pins and needles sensation in the lower extremities, cramping or weakening of muscles and loss of bladder or bowel control.

Although the symptoms may be minimal at first, as the illness worsens, they can become more severe. Therefore, visit a pain management specialist who can help you in the early stages and can guide you with the right treatment.

Sciatic Nerve



What puts you at risk of sciatica?

It is most likely to affect people in the age group of 30 to 50 years and occurs more in men than women.

The triggers are

- Sedentary lifestyle
- Prolonged sitting in the same position and desk jobs
- Obesity
- Lifting very heavy weights
- Smoking
- Being obese

How can sciatica be diagnosed?

There isn't a single test that can accurately identify sciatica. Several diagnostic and imaging procedures are carried out. Clinical evaluations based on symptoms are done. Additionally, an MRI, X-Ray, NCV, or EMG can be performed to detect sciatica with the former helping the most in establishing an accurate diagnosis.

*Continued on page 5

Is surgery needed to treat sciatica?



*From page 4

Dr Loomba explains that “nine out of 10 patients get relief with conservative management and various epidural injections. These injections are done under X-ray guidance, which help in targetting specific nerves of disc herniation. It is important to precisely target the right nerve for relief. The epidural injections may prevent the need for surgery, offer good pain relief, and have a track record of safety. Surgery is needed in only a few cases. If some patient has extreme symptoms (red flag symptoms) such as loss of bladder or bowel control, frailty in legs or inability to bear weight, then surgical intervention is needed urgently.”

Is surgery needed to treat sciatica?

Dr Loomba explains that “nine out of 10 patients get relief with conservative management and various epidural injections. These injections are done under X-ray guidance, which help in targetting specific nerves of disc herniation. It is important to precisely target the right nerve for relief. The epidural injections may prevent the need for surgery, offer good pain relief, and have a track record of safety. Surgery is needed in only a few cases. If some patient has extreme symptoms (red flag symptoms) such as loss of bladder or bowel control, frailty in legs or inability to bear weight, then surgical intervention is needed urgently.”

How can sciatica be treated conventionally?

Sciatica treatment includes a variety of options and as per the severity of the problem your pain management physician can suggest

- Physiotherapy and back strengthening exercises
- Painkillers like ibuprofen
- Neuropathic medications such as Gabapentin or Pregabalin
- Antidepressants like Amitriptyline
- Oral steroids

“In case the symptoms persist an interlaminar or transforaminal epidural steroid injection can be considered. In some patients with large disc herniations or red flag symptoms, surgery such as discectomy and laminectomy is required,” says Dr Loomba.

Is there a way to prevent sciatica?

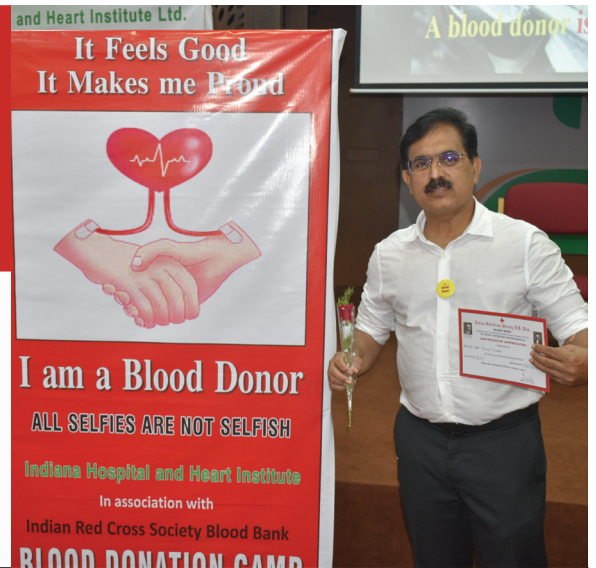
Following a healthy lifestyle, being diligent about regular physical activity, quitting smoking and junking the sedentary lifestyle can to a great extent prevent sciatica.

Says Dr Loomba, “It is essential to maintain proper posture while sitting. He says if your job requires prolonged sittings, even short breaks every two hours and brief walks of five minutes will help in relaxing your back muscles.”

(Source: The Indian Express)

Blood donation camp held

MANGALURU -- A blood donation camp was organised at Indiana Hospital on May 4, 2023. It was organised jointly by Indiana Hospital & Heart Institute, Mangaluru and Indian Red Cross Society at Indiana Hospital, Mangaluru. Dr. Gururaj Tantri, Cardiac Anaesthesiologist, inaugurated the camp in the presence of Dr. Ali Kumble, chairman, Indiana and Dr. Yusuf Kumble, managing director, Indiana.



Indiana Celebrates Nurses Day

MANGALURU -- On International Nurses Day (May 12), a day to recognise their contribution to healthcare services, staff from Indiana Hospital gathered together to show their support and gratitude towards the nursing fraternity at the hospital. Throughout the session held on the hospital premises, a series of events, including oath taking, fun games, cake cutting were organised. Dr. Ali Kumble, chairman, and Dr. Yusuf Kumble, managing

director, Indiana Hospital, along with nurses and other staff participated in the celebrations. The occasion was an effort to praise the commitment, courage and compassion that nurses bring to the many roles they play. The International Nurses Day is observed to mark the birth anniversary of Florence Nightingale, who is considered the founder of modern nursing.



Photo by Ammar Mohammed Habibi

Indiana Organises Training In Basic Life Support

MANGALURU -- Cardio-vascular diseases kill the most number of people around the world due to poor emergency care and the situation is not different in India. It is mainly due to the lack of awareness of the importance of Basic Life Support (BLS) methods and Cardio-Pulmonary Resuscitation (CPR).

Keeping this mind, Indiana Hospital regularly organises BLS training on its premises and also at several places. A BLS camp was organised on May 12 at Indiana Hospital and Heart Institute, Mangaluru by Dr. Augustine KM, consultant emergency medicine BLS/ACLS Instructor, AHA. Basic life-support training is essential because it teaches individuals how to properly manage critical medical emergencies such as cardiac arrest and obstructed airways. Without immediate and appropriate attention, the victims can lose their lives.



Life-Saving Skills

BLS and CPR are essential life-saving skills that are indispensable for healthcare professionals to provide much-needed support to a patient during an emergency. According to World Health Organization, 1.15 lakh people die due to cardiac arrest every day in the world. In many of these cases, the victim would have been saved if provided CPR in time.

BLS (Basic Life Support) is administered either by first responders, healthcare providers, or public safety

professionals to anyone experiencing cardiac arrest, respiratory distress or an obstructed airway. It includes keeping victims' airways open to encourage blood circulation without medical aid and is considered accurate among other crucial rescue approaches. CPR is recommended for heart attacks or cases involving drowning where a person's heartbeat or breathing has stopped.

Basic Life Support comprises the necessary skills of cardiopulmonary resuscitation, an Automated External Defibrillator (AED) - a medical device that helps in sudden cardiac arrests), and knowledge of relieving airway obstruction. It includes hand positioning, depth and frequency of chest compressions, mouth-to-mouth ventilation/rescue breathing/expired air ventilation, and most importantly initial assessment to understand the exact situation.

OUR IN-HOUSE DOCTORS - 24x7

DEPARTMENT OF CARDIOLOGY

DR. YUSUF A KUMBLE

MBBS, MD, DM (CARDIOLOGY - AIIMS), (DNB CARDIO), FSCAI, FESC, FACC
Chief Interventional Cardiologist, Managing Director - IHHI Ltd.

DR. SANDHYA RANI P.N

MBBS, MD (GENERAL MEDICINE), DM (CARDIOLOGY)
Consultant Cardiologist

DR. BHARATHESH U.G

MBBS, MD(GENERAL MEDICINE),
DrNB(Doctorate of National Board in Cardiology)
Consultant Interventional Cardiologist

DEPARTMENT OF CARDIOTHORACIC & VASCULAR SURGERY

DR. M.K. MOOSA KUNHI

MBBS, MS, MCh, FIACS
Director Cardiovascular Science Chief Cardio Thoracic &
Heart Transplant Surgeon

DEPARTMENT OF INTERNAL MEDICINE & CRITICAL CARE

DR. ADITHYA BHARADWAJ

MBBS, DNB (MED), MRCP (U.K.), MRCP (LON) IFCCM
Consultant Physician, Diabetologist & Intensivist

DR. MOHAMMED SHA ALAM M.B

MBBS, MD (GENERAL MEDICINE)
Consultant - General Medicine

DEPARTMENT OF PAEDIATRICS

Prof. DR. ALI KUMBLE

MBBS, MD (PAEDIATRICS)
Sr. Consultant & HOD (PAEDIATRICS), Chairman - IHHI Ltd.

DR. ABHISHEK K. PHADKE

MBBS, DNB (PAEDIATRICS), FIAP (NEONATOLOGY)
Consultant Neonatologist

DEPARTMENT OF PAEDIATRIC SURGERY

DR. VIJAYMAHANTESH S. SAMALAD

MBBS, MS, Mch (PAEDIATRIC SURGERY), PGIMER - Chandigarh
Fellow in Paediatric Urology
Consultant Paediatric and Neonatal Surgeon and Paediatric Urologist

DEPARTMENT OF PAEDIATRIC CARDIAC SURGERY

DR. M.K. MOOSA KUNHI

MBBS, MS, MCh, FIACS
Director Cardiovascular Science Chief Cardio Thoracic &
Heart Transplant Surgeon

DEPARTMENT OF RHEUMATOLOGY

DR. ARIFA HALEEMA SIDDIQUI

MBBS, DNB (GENERAL MEDICINE) MRCP (RHEUMATOLOGY) UK
Consultant Rheumatologist

DEPARTMENT OF ENT

DR. PALLAVI PAVITHRAN

MBBS, MS (ENT), DNB (ENT)
Consultant ENT Surgeon

DEPARTMENT OF EMERGENCY MEDICINE

DR. AUGUSTINE

MBBS, FEM, MRCEM (UK)
Consultant - Emergency Medicine

DR. SHAMNA MINAZ

MBBS, MEM
Consultant - Emergency Medicine

DR. CHIRANTH H

MBBS, DNB (Emergency Medicine)
Consultant - Emergency Medicine

DEPARTMENT OF PSYCHIATRY

DR. SIVA SIVAKANTHA

MBBS, MD (PSYCHIATRY)
Sr. Consultant Psychiatrist

DEPARTMENT OF NEUROLOGY

DR. ZK MISRI

MBBS, MD (MED) DM (NEURO)
Associate Professor & Sr. Consultant Neurologist

DR. SAFWAN AHMED

MBBS, MD, DM (NEUROLOGY) (NIMHANS)
Consultant Neurologist

DEPARTMENT OF NEURO SURGERY

DR. ELVIS RODRIGUES

MBBS, MS (GENERAL SURGERY), MCh (NEURO SURGERY) NIMHANS
Sr. Consultant Neuro Surgeon

DEPARTMENT OF NEPHROLOGY

DR. PRADEEP K.J.

MBBS, MD (GENERAL MEDICINE), DM (NEPHROLOGY)
Sr. Consultant Nephrologist & Kidney Transplant Physician

DR. ANWITHA VARMUDY

MBBS (Gold Medalist), MD (Gold Medalist), DM (Nephrology)
Consultant Nephrologist

DEPARTMENT OF UROLOGY

DR. SHRAVAN R SHANBHAG

MBBS, MS (General Surgery), DrNB(Urology), Diploma in Laparoscopy
Consultant Urologist

DR. RAJEEV T P

MS, DNB, MCh
Professor & Visiting Consultant Urologist

DEPARTMENT OF PAEDIATRIC UROLOGY

DR. VIJAYMAHANTESH S. SAMALAD

MBBS, MS, Mch (PAEDIATRIC SURGERY), PGIMER - Chandigarh
Fellow in Paediatric Urology
Consultant Paediatric and Neonatal Surgeon and Paediatric Urologist

DEPARTMENT OF ORTHOPAEDIC & JOINT REPLACEMENT SURGERY

DR. JALALUDDEN MV

MBBS, MS (ORTO), MCh (ORTHO)
Sr. Consultant Orthopaedic Surgeon
(SPINE & JOINT REPLACEMENT)

DR. NAVEEN CHANDRA ALVA

MBBS, MS, D'ORTHO, MS (ORTHO)
Sr. Consultant Orthopaedic Surgeon

DR. AHMED RIZWAN CM

MBBS, MS (ORTHO), Mch (ORTHO), D'ORTHO
Fellow in Deformity Correction - Ilizarov, (RUSSIA)
Baltimore (USA), NRRRA (CHINA)
Consultant Orthopaedic Surgeon

DR. LATHEESH L

M.B.B.S., M.S (ORTHO), DNB (ORTHO),
FNB (HAND & MICRO SURGERY)
Fellowship in Podiatry Surgery (IPA)
Consultant Hand Micro &
Reconstruction Surgery,

DR. BHAGATH L. S.

MBBS, D'ORTHO
Consultant Orthopaedic Surgeon

DR. HASHIR SAFWAN U

MBBS, MS (ORTHO), D'ORTHO, A.O. SPINE FELLOW
Consultant Spine & Scoliosis Surgeon

DR. S. SHIBLI

MBBS, MS (ORTHO), D'ORTHO
Children & Young Adult Orthopaedic Surgeon

DR. NAVANEETH S KAMATH

MBBS, MS (ORTHO), HBNI - Orthopaedic Oncology
(TATA MEMORIAL HOSPITAL, MUMBAI)
Consultant Orthopaedic Onco Surgeon

Dr. Nandu Krishnan

MBBS, MS (Ortho), DNB (Ortho)
Consultant Orthopaedic Surgeon

DEPARTMENT OF DERMATOLOGY

DR. SHUBHA DHANPRAKASH

MBBS, DDVL (DERMATOLOGY, VENEREOLOGY & LEPROSY)
Consultant Dermatologist

DEPARTMENT OF ONCOLOGY

DR. AJAY KUMAR

MBBS, MS, MCh (SURGICAL ONCOLOGY)
Consultant Surgical Oncologist

DR. RAMNATH SHENOY K

MBBS, DNB (ONCOLOGY), DM (Oncology)
(Tata Memorial Hospital, Mumbai)
Consultant Medical Oncologist

DR. NAVANEETH S KAMATH

MBBS, MS (ORTHO), HBNI - Orthopaedic Oncology
(TATA MEMORIAL HOSPITAL, MUMBAI)
Consultant Orthopaedic Onco Surgeon

DEPARTMENT OF GASTROENTEROLOGY & HEPATOLOGY

DR. APOORVA SRIJAYADEVA

MBBS, DNB (MEDICINE), DNB (MEDICAL GASTROENTEROLOGY), FCCP
Consultant Interventional Gastroenterologist

DEPARTMENT OF GYNAECOLOGY

Prof. DR. BHAVANA SHERIGAR

MBBS, MD, (OBG), FICOG
Sr. Consultant Obstetrician & Gynaecologist

DR. ZULFIYA SHABNAM

MBBS, DNB (OBG)
Consultant Obstetrician & Gynaecologist

DEPARTMENT OF GENERAL SURGERY

DR. KESHAV PRASAD YV

MBBS, MS (GEN SURG), DNB (GEN SURG), FMAS, FIAGES
Consultant General & Laparoscopic Surgeon

PROF. DR. ASHFAQUE MOHAMMED

MBBS, DNB (GENERAL SURGERY), FIAGES, FACS
Advanced Laparoscopic Surgeon

DEPARTMENT OF DENTISTRY

DR. MEGHANA S KUMAR

BDS, MDS
Consultant Paediatric Dentist

DEPARTMENT OF OPHTHALMOLOGY

DR. SMRUTHI

MBBS, MS Ophthalm IOL Fellow(CATARACT)
Consultant Ophthalmologist

DEPARTMENT OF ANAESTHESIOLOGY

DR. SEEMA ALVA

MBBS, DA (ANASTHESIA)
Consultant Anaesthesiologist

DEPARTMENT OF RADIOLOGY

DR. PRAVEEN ACHAR

MBBS, DMRD
Senior Consultant Radiologist

DR. RANJAN SHETTY

MBBS, MD - RADIO DAIGNOSIS
Consultant Radiologist

DEPARTMENT OF LABORATORY

DR. BHASKAR U A

MBBS, MD (MICROBIOLOGY)
HOD & Consultant Microbiologist

OTHER DEPARTMENTS

PHYSIOTHERAPY SPEECH THERAPY

DIETARY

VISITING CONSULTANTS

DR. PRASHANT VAJIYANATH

MBBS, MS (PGI), MCh (CVTS - AIIMS), FACS, FCS
Senior Consultant Cardiothoracic, Vascular & Heart Transplant Surgeon

DR. MOHAMMAD SAMEERUDHEEN

MBBS, DNB, MS (CATARACT & REFRACTIVE SURGERIES & GLUCOMA)
Consultant Ophthalmologist

DR. NIKHIL S. SHETTY

MBBS, MS (GENERAL SURGERY),
Mch (PLASTIC & RECONSTRUCTIVE SURGERY)
Consultant Plastic & Reconstructive Surgeon

DR. GURUNANDAN U.

MBBS, MS (GENERAL SURGERY),
DNB (VASCULAR & ENDOVASCULAR SURGERY)
Consultant Vascular Surgeon

DR. MUSTAFA K.

BDS, MDS
Maxillofacial Surgeon Consultant

DR. KESHAV BHAT K

BDS, MDS
Maxillofacial Surgeon

DR. RAJESH KRISHNA

MBBS, MD (GEN MEDICINE), MRCP (UK)
FRCPATH (HAEMATOLOGY), CCT Haematology (UK)
Consultant Haematologist (HAEMATO-ONCOLOGY)

DR. ASHRAF AHMED

MBBS, MS, Mch (PAEDIATRIC SURGERY)
Paediatric Surgeon

DR. SANDEEP RAI

MBBS, MS, Mch (PAEDIATRIC SURGERY)
Paediatric Surgeon

DR. NAJEEB BEHZAD MOHAMMED

Medical Oncologist-MBBS, MD-General
Medicine, DM-Medical Oncology