



JASLOK HOSPITAL

A lifetime of care

THE PULSE OF JASLOK

IN THIS ISSUE...

Laboratory Updates
Activities in HR
Department
Our Hospital in
News & more



NEW APPOINTMENTS

Our ever-growing family
continues to welcome more
experts from the healthcare
industry.



DECEMBER
2019





**TAKING PATIENT-CARE &
MEDICAL INNOVATION
TO NEW HEIGHTS.**

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JASLOK HOSPITAL

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SESSION 1

TRIBUTE TO OUR LOST GEMS OF JASLOK

DR. SHAUKAT SADIKOT

“Someone who has completed his earthly journey never truly leaves, for they are still alive in our hearts and minds and through us, they live on”.



A Tribute to late Dr. S. M. Sadikot by Dr. Vishwa Bhakta, Emeritus General Surgeon, Jaslok Hospital & Research Centre.

I first met Dr. S. M. Sadikot, ‘Shaukat’ to his friends, at S. L. Raheja Hospital for Diabetes, sometime in the late 80’s and later at Jaslok. Though Shaukat was much younger than me, we got along well despite the age difference. I think the initial chemistry was because we were both GMCites, a camaraderie which bonds us all over the world.

Over the years our families got closer and we have spent many evenings together, here in Mumbai as well as outside. During these “spirited” evenings, Shaukat would talk about his dramatic skills and his intense love for football. One such outing was when Zeenat, Shaukat, Roshan and I went to Moscow to observe the islet cell transplantation work in their Institute of Transplantology and Artificial Organs. This is one trip we will never forget.

It was in the early 90’s, the days of Perestroika, when the USSR had just opened up. There were separate visas for each city and the state would allot you the hotel you had to stay in. When we landed in Moscow we realized that we were housed in two different hotels about 30 kms apart! The food served in the hotel came from a community kitchen and we had no choice but to eat roast chicken for dinner every single night of our stay. However, there was also a blessing in disguise. We had to catch the under-ground Metro to reach the hospital. This gave us a chance to see the wonderful architecture of the under-ground stations, each one better than the other. In fact all four of us spent one whole day hopping in and out of each station to appreciate the murals and the décor.

Shaukat authored many books on diabetes for the lay public as well as for the Medical Fraternity. He was also the Editor of our Jaslok Bulletin and many a times would write a surgically oriented article in my name and before posting it, would ask me to read it just in case anyone queried me.

He was the President of the International Diabetic Federation from 2016 to 2017 and he visited over 70 countries, building an International network for Research in Diabetes which was his passion. He was also on the Board of Directors of the International Atherosclerotic Society as well as the International Residual Risk Reduction Foundation – the only Indian to have served on these boards.

His commitment to better the quality of life of people with diabetes was remarkable. Behind his rough exterior, was a very caring person and his current project was to acquire large donations from Corporates in order to supply free human insulin to poor patients with Type 1 diabetes.

Though he sounded blunt to many, he was very kind hearted, a devoted father, an overly indulgent grandfather and very much a family man. If I have to sum it up I feel Shaukat had achieved most of the goals that he had set for himself, something few can claim to have done in their lives.

Behind all his achievements as well as quirks stood, an ever smiling, charming Zeenat, staunchly behind him. Hats off to you Zeenat, to be able stomach his sitting glued to the TV, watching a football match on the day of your wedding!! Shaukat was known to clamp down on his repartees when Zeenat entered the Doctors' Lounge and he took in all the ribbing from those present, with good humor, saying that ever since Zeenat had joined the hospital, all his friends had become hers and he was left with none! I'll miss you Shaukat especially our friendly banter in the doctors' lounge where you always claimed that I owed you a lot of money which I had stashed abroad and refused to return, a la Nirav Modi. Now I will never know what that was all about! Shaukat was a rebel in his own right and had strong beliefs. Many were the times when he picked up cudgels and was never shy of filing litigations. Here I would like to describe him in Frank Sinatra's words...

"Yes there were times I'm sure you knew, When I bit off more than I could chew and through it all when there was doubt, I ate it up and spat it out. I faced it all and I stood tall and did it my way, Yes... it was 'My Way'. Farewell my friend, keep smiling wherever you are"

DR. SUBHASH DALAL



A Tribute to late Dr. Subhash Dalal by Dr. Raju Khubchandani, Honorary Consultant, Department of Paediatrics, Jaslok Hospital & Research Center.

Surgeon par excellence, Gentleman, Intrepid traveler. It was the early nineties in the last century. I had been appointed a few years ago at Jaslok and had restrictions on economy and free admissions. Well past mid-night, confronted with an acutely breathless child with a foreign body aspiration, I hesitantly picked up the phone to dial his number. The voice on the other side sounded like an 8 a.m. voice. "Yes Raju" he said, "what can I do?" I had barely interacted with him for a couple of cases and I proceeded to narrate the story of the child.

The child would need an urgent bronchoscopy and was economically challenged. Could he help? Free? I expected he would divert me to Wadia where he was Dean but the crisp voice at the other end said "Bring him to Jaslok, I am calling the OT and will be there in 15 minutes. His life is not free".

Dr. Subhash J. Dalal strode like a colossus on the pediatric surgery scene in India. At one point in time there were less than five of his breed, all self-taught, with no formal degree existing. He seemed ubiquitous, omnipresent. Breach Candy, Bhatia, Jaslok, Wadia and if I recall briefly at Bombay hospital but each hospital was as important to him as he was to them. The SoBo industrialist's grandchild for a circumcision and the fisher folk's first born male with pyloric stenosis were both made to feel at home. The era was pre antenatal sonography. Diaphragmatic hernia, T-O fistulae, neural tube defects, ductus, VP shunts - he did them all. All with his smiling green eyes, never tired, always looking relaxed and unflustered.

An early CABG sometime in his mid fifties had disciplined his lifestyle under the watchful eyes of his doting wife Hansaben and a morning walk on Worli sea face was a given.

He had a phenomenal collection of clinical photographs. Time and again I would volunteer to catalogue them and create an atlas while we chatted in the OT lounge - he waiting for a case and I for a C section. It never happened. I do hope that Hansaben would hand over the keys of this treasure trove to one of his countless disciples to save for posterity.

Bouncing holiday ideas was our next common interest. He was always planning his next journey – a holiday to a homestay in the Austrian Alps near Innsbruck was his favorite spot which he introduced to me. His name to the owner got us a discount!

Fare thee well on this journey dear Sir. Jaslok and your countless children whom you helped will miss you.





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SESSION 2

OUR CONSULTANT'S ACHIEVEMENTS

Jaslok Hospital completed 100 kidney transplants for 2019, on 21st October 2019

Heart Felt Thanks & Congratulations to the team of Nephrologists, Urologists, Anaesthetists
OT Team, AKD & KTR Team, Medical Social Worker

DR. SNEHAL BHANGE

Dr. Bhangе has been appointed by the National Board of Examinations, Delhi, as Examiner for the DNB General Surgery exam.

DR. BHARAT BHOSALE

Dr. Bhosale has been elected as member of the Executive Committee" India Society of Medical & Paediatric Oncology". Also, he is now the Editor of Indian Journal of Medical & Paediatric Oncology.

DR. MUKUL ROY

Dr. Roy has successfully completed Executive MBA from National Institute of Business Management, Chennai on 5th October 2019.

DR. SUDHIRANJAN DASH

Dr. Dash has successfully completed Diploma in Hospital Management from NIH@FW, New Delhi.



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SESSION 3

NEW APPOINTMENTS

DR. JOY DESAI, DIRECTOR NEUROLOGY

In recognition of dedicated services to this institution and to further promote the growth and development of the Department of Neurology at the hospital, Dr. Joy Desai has been appointed as Director.





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SESSION 4

CLINICAL UPDATES

Interesting Case: “Back From The Dead”

Survival after an out-of-hospital cardiac arrest is very poor. In fact, in-hospital mortality of cardiac arrest on an unmonitored bed is also significantly high. The hypoxic brain damage is inversely proportionate to time interval of detection of complete cessation of circulation and attempted resuscitation.

Mr. AJM is a 62 year old male with a past history of coronary artery disease and multiple percutaneous coronary angioplasties in the past (2002, 2010 and 2018 to his LCx-OM, OM and LAD respectively), developed symptoms of burping and discomfort on 12/10/2019 after his morning walk. Soon after reaching home, he fainted and family members noted cessation of breathing. He was immediately brought to EMS of Jaslok Hospital & Research Centre; where he was found to be pulseless and unresponsive. A very quick look showed following findings: no pulse in major arteries, no heart sounds and no respiration. Pupils were small but reaction to light was indefinite. Immediate cardio-pulmonary resuscitation was started and ECG showed asystole (flat line). He received uninterrupted CPR, which included external cardiac massage, and 100% oxygenation through ET tube and Ambu bag ventilation. After 20-30 minutes, occasional ventricular beats were observed on ECG scope at a frequency of 20-30 /minute. CPR was continued and within few seconds, he developed ventricular tachycardia and ventricular fibrillation. He received a DC Cardioversion of 200J & CPR was continued. Several episodes of VT/VF occurred needing 5-6 attempts at cardioversion successfully. His pulse then became palpable and rhythm returned to sinus with BP of 90 systolic. ECG showed ST elevation inferior wall infarction.

At this stage, Code PAMI was activated and he was immediately taken up for Primary Angioplasty by Dr. A. B. Mehta, Dr. S. R. Handa, Dr. Nihar Mehta and Team. He was connected to a ventilator and shifted to Cath lab through super-fast pathway as per hospital protocol. He was supported with Intra Aortic Balloon Pump from left groin and angiography was performed through right groin. His LCx was totally occluded (in-stent thrombosis). After thrombus aspiration, a 2.75/34 mm (Sirolimus eluting) stent was placed directly and TIMI III flow was restored. Stents in his LAD were patent and RCA showed only 50% lesions. His echocardiography was done in Angiography Laboratory, which showed ejection fraction of 40% without any evidence of pericardial effusion or tamponade. After a brief period of observation, he was shifted to ICU on IABP with inotropic support. He was given therapeutic hypothermic bringing core temperature to 34 degrees Celsius for next 24 hours. In ICU, myoclonic jerks of seizures were observed and his neurological condition was evaluated by Dr. Joy Desai.

After 24 hours, once the sedation was stopped, he regained complete consciousness with normal motor function. He continued to show improvement over next 48 hours, inotropic support was tapered off and IABP was removed. He was extubated on 14/10/2019. His memory and balance were partially affected but recovered within 4-5 days in hospital. His MRI Brain revealed an acute right cerebellar infarct and mild hypoxic injury and an incidental calcified left frontal meningioma.

In the ward, the patient had a complete recovery of neurological functions including memory and balance. He was mobilized and was completely asymptomatic.

On 19/10/2019, an implantable automated cardioverter defibrillator (AICD) was implanted from the left subclavian vein by Dr. Asit Shah and Dr. Ajay Hirkanawar to detect and treat out of hospital ventricular arrhythmias. Prior to discharge, his echocardiography showed a normal ejection fraction of 55% with no regional wall motion abnormality. He was discharged on 21/10/2019, where he refused to use the wheelchair to leave the Hospital. One week later, on follow up, the patient is asymptomatic, walking about 10 minutes daily. He has had a miraculous cardiological and neurological recovery and is keen to get back to his daily walks and yoga.

Following pertinent observations were made in this case:

1. Long period of time interval between presumable cardiac arrest at home to first external cardiac massage beat, could have resulted into irreversible permanent brain damage. But to our pleasant surprise, this did not take place. Intermittent return of some cardiac activity which was sustaining some brain activity is a possibility.
2. Irrespective of initial assessment, it seems optimistic attitude is always worth adopting; Whereas in completely clear cut case of irreversible brain damage is a contra indication to any resuscitation, or even cardiac intervention, in some cases it is extremely difficult to decide the right approach. We feel, from our experience of this case and several others, that optimistic approach to resuscitation is worthwhile.
3. It is well known that even a small myocardial infarction with reasonably good myocardial residual function can create a catastrophic emergency. We could call some hearts too good to die and the current case with residual ejection fraction of 55% indicates that he could pursue a useful meaningful active life.
4. Finally, a well-designed cardiac resuscitation program, developing and placing Code PAMI in action with periodic drills and exercises for monitoring high standard of alertness with treatment will always prove to be rewarding.

GASTROENTEROLOGY JASLOK HOSPITAL

The Gastroenterology Department of Jaslok Hospital is the oldest and most experienced department in a private sector in Mumbai, and has been involved in providing services to patients with the entire spectrum of gastroenterology and liver diseases, pediatric gastroenterology and pediatric hepatology. We have been recognized as a Centre of Excellence for the treatment of Wilson's disease by the Wilson Disease Association of the USA. Our consultants have held key positions in national organizations such as the Indian Society of Gastroenterology (ISG), Indian National Association for Study of the Liver (INASL) and Society of Gastrointestinal Endoscopy of India (SGEI). They have been leaders in their subspecialties of interest.

We are well equipped with state-of-the-art endoscopy equipment. Diagnostic procedures performed in our department include: Oesophago-Gastro-Duodenoscopy (OGD), Colonoscopy, Capsule Endoscopy, Endoscopic Ultrasound, Oesophageal and Anorectal Manometry and 24-hour pH and Impedance Monitoring. There are regular academic activities including a gastrointestinal (GI) radiology meeting on Wednesdays, GI medicine and GI surgery meeting on Saturdays and case discussions/ jourclub/ theme topic discussions on Thursdays and Fridays.



SERVICES OFFERED

- **Esophago Gastro Duodenoscopy - Diagnostic And Therapeutic**
- **Ileo Colonoscopy - Diagnostic And Therapeutic**
- **Indication**
 - **G. I Bleed - Variceal Bleed, Non Variceal Bleeding**
 - **Polypectomy**
- **Endoscopic Ultra Sound - Diagnostic And Therapeutic**
 - **Indication - For Hepato Biliary And Pancreatic Sol Diagnosis And Fine Needle Biopsy**
- **Endoscopic Retrograde Cholangio Pancreatography – Diagnostic And Therapeutic**
 - **Indication: CBD Stones And Strictures, Pancreatic Stones And Strictures**
- **Esophageal And Anorectal Manometry To Determine Esophageal Or Anal Pressures In Patient With Reflux Disease, Dysphagia, Constipation Or Fecal Incontinence**
- **24 Hours Impedance pH Metry To Determine Acid And Non Acid Reflux**
- **Urea Breath Test For Helicobacter Pylori Rapid Urease Test**
- **Hydrogen Breath Test For Lactose Intolerance, Small Bowel Bacterial Overgrowth Or Sucrose Intolerance**
- **Capsule Endoscopy For Small Bowel Lesions – To Determine Bleeding Areas, Polyps, Telangiectasia**

- Colon Transit Study to determine colonic transit in patients of Constipation
- Argon Plasma Coagulation for Arterio Venous Malformations

ADVANCED PROCEDURES OFFERED

- Endoscopic Mucosal Resection for Polyps and Small Malignancies
- Endoscopic Sub Mucosal dissection for flat and Large Intestinal Lesions and Polyps
- Endoscopic Ampullectomy (for ampullary malignancies)
- Endoscopic Cystogastrostomy for Pseudocyst of Pancreas
- Per Oral Endoscopic Myotomy for Achalasia Cardia
- Endoscopic Fundoplication for Gastro Esophageal Reflux Disease
- Bio Enteric Intragastric Balloon Placement for Obesity
- Extra Corporeal Shock Wave Lithotripsy for Pancreatic and Biliary Stones

UPCOMING EVENTS UPDATE

- CME by Dr. Gopinath Shenoy on 'GUIDELINES LAID DOWN BY THE SUPREME COURT WHILE
- November 10th Annual Anesthesia CME on 'Coagulopathy and Anesthesia'
- DECIDING A CASE OF MEDICOLEGAL NEGLIGENCE' November 8 , 3pm-5pm
- Criticon - 16th & 17th Nov 2019



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SESSION 5

NEW INITIATIVES

PROCESS FOR URGENT ECMO

For convenience of the consultant and assistance to patient relatives we have put a process in case your patient needs Urgent ECMO.

The process will be as follows:

- Any clinician who decides that ECMO is needed will inform the Operator
- No announcement will be made
- The Operator will call the following persons and inform them the doctor (who has called for an ECMO) has requested for an urgent ECMO
 - OT: OT Manager - Megha Desai and after hours, the Nurse in charge
 - Cardiac Surgeon - Dr. Hemant Pathare/ Dr. Ajay Hirakannawar
 - Perfusionist
 - Intensivist on Call
 - Dr. Anand Bhabhor or Dr. Indraneel Raut
 - Cardiologists - Dr. Nihar Mehta or Dr. Rahul Chabbria or Dr. Nikesh Jain
 - Director Medical Services
 - CFO
- The OT in charge will call the surgeon and coordinate with him
- The CFO will arrange to have the patient counselled for the costs to be incurred

Please be assured that no patient is ever denied any lifesaving treatment on financial grounds at Jaslok Hospital

SPECIAL INITIATIVE FOR OUR LITTLE PATIENTS

Jaslok Hospital is working with Make a Wish Foundation to fulfill the wishes of children (between the ages of 3 and 18 years) with life threatening illnesses admitted or being treated at Jaslok. The conditions are listed below. Their volunteers would meet the child and family to identify the child's wish. These could be in any of the categories:

- A wish to meet someone special (celebrity or his/her idol)
- A wish to go somewhere
- A wish to be someone
- A wish to have something

Please let the Medical Social Worker Department (Ruchita, Ramakant or Nilesh) know about the patient and they would coordinate with Make a Wish Foundation.

INITIATIVE TO FACILITATE EASY ACCESS

For the consultants convenience of access to ICUs, we now have dedicated mobile phone numbers for each of the ICUs that will be answered by the doctor on duty in that ICU. The numbers are as follows:

14 th Floor ICU	07304945274
5 th South	07304945275
4 th East	07304945276
4 th West	07304945277
4 th South	07304945278

Also to we have provided specialty wise on call mobile number for the convenience of contacting the resident doctor on call, the numbers are :

Specialty	On Call Mobile No.	Short Code
Respiratory Medicine	7304544197	8342
Gen. Medicine	7304544185	8343
Gen. Surgery	8657470718	8344
GI Surgery	7304544195	8347
Radiology	7304544203	8355
Cardiology	7304544183	8345
Gastroenterology	7304544184	8348
CVTS/ENT	7304544181	8346
Paediatric	7304544198	8341
Neurology	7304544182	8351
Neuro-Surgery	7304544194	8352
Urology	8657470717	8357
Medical Oncology	7304544193	8350
Gynaecology	8451005315	8360
Nephrology	7304515456	8353
Orthopaedics	8657470719	



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SESSION 6

LABORATORY UPDATES

LABORATORY INITIATIVE - NEWER TESTS AVAILABLE IN-HOUSE

MOLECULAR BIOLOGY- REAL TIME PCR SAMPLES	HIV I Quantitative PCR (Rs 5500/-) HCV Quantitative PCR (Rs 6500/-) HBV Quantitative PCR (Rs 6500/-) EBV Quantitative PCR (Rs 5000/-)	HIV I Quantitative PCR (Rs 5500/-) HCV Quantitative PCR (Rs 6500/-) HBV Quantitative PCR (Rs 6500/-) EBV Quantitative PCR (Rs 5000/-)
IMMUNOLOGY- NEW LUMINEX INSTALLED	Fecal Calprotectin (Immunoturbidimetry, Quantitative) (Rs 3200/-)	HLA Typing -3Loci-A,B,DRB1 (Rs 14000/-), 5Loci-A,B,DRB1, BRB345,DQ (Rs 24000/-), 6Loci-A,B,C,DRB1, BRB345,DQ,DP (Rs 28000/-) DSA Luminex Crossmatch (Rs 4000/-), PRA Luminex (Rs 6000/-), Single Antigen Class I (Rs 20000/-) & Single Antigen Class II (Rs 20000/-)
MICROBIOLOGY	Biofire Lower Respiratory Panel (Rs 22000/-)	Carbapenem Resistance (Rs 5000/-) PRA Luminex (Rs 6000/-), Single Antigen Class I (Rs 20000/-) & Single Antigen Class II (Rs 20000/-)
MICROBIOLOGY HEMATOLOGY & BLOOD BANK	CD34 viable stem cell enumeration Post pheresis (Rs 5500/-)	RBC Irregular Antibody screen (Rs 480/-)

JASLOK LAB INITIATIVE

Home Services

Jaslok Hospital is at your doorstep & just a call away, (Phone - 022 - 66573000, 40173000, 7:30am to 8:00pm)

PROCESS FOR HOME SERVICES

The patient will receive a confirmation SMS with the technician name and time for the visit.

The reports will be sent to the patient's email and couriered.



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SESSION 7

MARKETING UPDATES

Breast Cancer is the most common cancer in women in India. One woman is diagnosed with breast cancer, in India, every 4 minutes. One woman dies of Breast cancer, in India, every 8 minutes. India has a predominant young population and hence the numbers of women being diagnosed with breast cancer is only going to increase. India is seeing a spurt in the cases of breast cancer in the age group of 30 to 50 and the same is likely to increase. Breast cancer cannot be prevented. However, the deaths due to breast cancer can definitely be reduced and that can be done, only and only by being aware of symptoms of breast cancer and reporting to doctor on time. In order to spread awareness about it Jaslok hospital has launched a campaign “1 2 3 Self Check”

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1 2 3 SELF CHECK
for early detection

This Breast Cancer Awareness Month, perform a simple 3 step self-check.

- 1 – In the shower, standing upright**
Check breasts with fingers moving in a circular pattern to feel for lumps.
- 2 – In front of the mirror, visually inspect breasts**
With arms at your side and raised overhead, look for changes in shape or dimpling of the skin.
- 3 – Lying down with a pillow under the shoulder**
Place the arm behind your head and check for lumps, before switching sides.

Sono Mammography @999/-
For details, contact 95949 92354.

Visit of Delegates from Oman Embassy, OMAN

Chief of the Medical Services, Head of Treatment Abroad, Staff Officer Medical, Warrant Officer, Senior NCO from OMAN visited JHRC on 15th Oct 19. They visited few departments and met the directors to understand what all services we offer. She visited:

- Radiology Dept and met Dr. S. B. Desai
- NMD and met Dr. Vikram Lele
- Visited ICU on 4th & 5th Floor, 14, 15, 16 Floors and checked AD and Suite Class Rooms
- Met CEO, COO, CFO, Medical Director and entire International Team
- Dept. of Nuclear Medicine and met Dr. Vikram Lele



On the occasion of Mental Health Day, in order to spread awareness about Mental Health Education, Awareness and Advocacy Against Social Stigma a Health Talk on Anxiety and Depression was organized at JW Marriott by Ms. Ritika Aggarwal



In order to spread awareness about health & wellbeing a General Screening Camp was organized at Reliance Big Entertainment.



"Safe Blood For All"- a Blood Donation Camp at Hindalco was organized by JHRC to spread awareness about Blood Donation.



EVENTS

6th October 2019: **World Heart Day Symposium**

World Heart Day Symposium was organized with an aim to provide expert insights in Aortic Stenosis

Dr. A. B. Mehta, Dr. Bharat Shivdasani, Dr. Ajit Desai were the chairpersons for the symposium. The expert doctors from our cardiology team shared insights on novel approaches in structural heart disease, experience of TAVR at Jaslok Hospital, current concepts in TAVR and out of the box intervention in a rare case study of Carcinoid syndrome. There were more than 175 participants to take benefit of academic treat.



14th November 2019: **World Diabetes Day**

An interactive session on Myths & facts about was organized wherein insights were shared by Dr. H. B. Chandalia, Director, Dept. of Diabetology & Endocrinology, followed by talk by Dr. Shaival Chandalia, Dr. Raghunath Pathak & Diabetes Specialist Nurse.



18th & 19th October : **Infecon 2019**

Infecon 2019 – a pioneering initiative to raise awareness around infection outbreak containment. This event was aimed to showcase the importance of the Department of Infectious Diseases in treatment of patients and its critical role in controlling the spread of infection, in hospitals. Infecon 2019 had expert doctors from various hospitals present their case studies and insights on infection outbreak containment, followed by panel discussions to deliberate on new trends in this space, looking at it from the lens of global perspective. The case studies covered interesting aspects around infection outbreak containment in Ophthalmology, infectious outbreak in dialysis unit, hospital based outbreaks, water borne outbreaks, ICU outbreaks, amongst other equally knowledge-led sessions. In addition, there also was a workshop on best practices of infection control in hospitals, followed by debate rounds based on industry trends. The Chief guest was Dr. Sanjay Mukherji, Secretary Medical Education & Drugs Department. He spoke on the importance of such initiatives having an impact in future directions of infection control.

This is the first Infecon through Department of Infectious Diseases and Department of Microbiology at Jaslok Hospital. On the first day of the two day event, Infection control workshop with different stalls were also showcased by Infection control departments of different hospitals like Kokilaben Dhirubhai Ambani Hospital, S. L. Raheja Hospital & Breach Candy Hospital along with Jaslok Hospital. The topics covered were Hand Hygiene, Hospital Acquired Infection and Prevention, Biomedical Waste Management & Employee Health, Antimicrobial Stewardship Programme, Isolation Protocols & Standard Precautions. Various interactive games, models, questionnaires were used to promote awareness about importance of infection prevention and control in preventing the spread of infectious diseases. There were more than 250 participants to take benefit of this academic treat.



Breast Clinic Launch - Pink Note 3

The Breast Clinic was launched on 22nd October 2019. The Clinic is a step forward towards supporting and helping women fight against Breast Cancer. The Breast Clinic is run by a multi-disciplinary team of specialists who collaborate to give the patient the right treatment plan for any breast related disease. The event was graced by Dr. Suresh Adavni, Director of OncoSciences, Actor Kunal Kapoor, Singer Papon, & other Senior Consultants of the Oncology Team. Lamp lightening was followed by panel discussion, felicitation of cancer concurred & musical programme. The launch aptly lauded the sentiment of the month as October is celebrated as Breast Cancer Awareness Month. The Clinic launch also elevates the 'Pink Note' endeavor – a community initiative from Jaslok Hospital to raise awareness around breast cancer, a notch higher.



Celebration of World Pharmacist Day

Pharmacists are highly trained health professionals who provide a broad spectrum of services, including conducting health and wellness testing, managing chronic diseases, performing medication management, and administering immunizations. In order to showcase their important contribution to the society we at Jaslok Celebrated World Pharmacist Day.



Inauguration of OP Pharmacy on 2nd Floor

We successfully inaugurated the OP Pharmacy on the 2nd Floor, to ease the comfort of the patients and make work flow easy.



MRGFUS - JASLOK SUCCESS STORY

As part of this milestone celebration, Jaslok Hospital organized a 'Knowledge Forum' based on the theme of raising awareness on MRGFUS (Magnetic Resonance-guided Focused Ultrasound). The forum was attended by senior doctors, medical practitioners from the vicinity & patients & relatives. Program included an insightful panel discussion on the 'Clinical application of MRGFUS' followed by patient testimonials and felicitation of patients from Support group.



Runner-up Award for Best Case study - Neurosurgery





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SESSION 8

OUR HOSPITAL IN NEWS

Event Exposures - Infecon - 18th & 19th October 2019

Jaslok Hospital Organizes First 'Infection Outbreak Containment' Symposium - INFECON 2019

The 2-day event which was organized by Jaslok Hospital's Department of Infectious Diseases was held at Taj President Hotel in Cuffe Parade.



Jaslok Hospital had curated an industry symposium, INFECON 2019 – first initiative to raise awareness on infection outbreak containment. It was held on 18th and 19th October at Taj President Hotel in Cuffe Parade.

This event aimed to provide a platform to showcase the critical role played by the Department of Infectious Diseases in the treatment of patients and their speedy recovery. There were expert doctors from various departments, who presented their case studies and insights on infection outbreak containment, followed by panel discussions to deliberate on new trends in this space, looking at it from the lens of a global perspective.

Also Read: Jaslok Hospital And Research Centre Launches Breast Cancer Clinic

The sessions that were led by reputed stalwart doctors and medical practitioners who spoke on various critical subjects like infectious Outbreaks in Ophthalmology, Hospital-based outbreaks, infectious outbreaks in Dialysis Unit, ICU outbreaks, Global perspectives on outbreak containment, Viral Outbreaks in the community, Fungal infections and urbanization, to name a few.

The two-day event which was organized by the Department of Infectious Diseases at Jaslok Hospital provided enumerable data-led insights and interesting case studies related to infectious outbreak containment, which is very critical in safeguarding the community health.

MumbaiLive.com

Rise in fungal infections in Mumbai, say doctors

Humidity, poor immunity allow fungi to thrive; patients self-medicate, stop treatment midway

By Nisha Kulkarni

City doctors have noticed a sharp rise in skin infections caused by stubborn fungi, which need a more aggressive and a longer course of treatment. While the city's humidity and contamination makes it easier for the fungi to thrive and spread, doctors say the use of over-the-counter creams and ointments that often contain steroids have contributed to a spike in the infections, as well as resistance to them.

Dr. Indrajit Khopkar, who till recently headed the skin disease department at the city's Jaslok Hospital, said they see 50 to 75 cases of fungal infections every day in the dermatology department (DD). "Patients typically

Watch that rash



spend a lot of time trying to treat symptoms with over-the-counter combination creams. Another major problem is an interruption in treatment. Patients stop treatment mid-way. Fungi multiply

Watch that rash
Fungi thrive in moist, damp areas of the body.
-Maintaining hygiene is important, say doctors.
-Symptoms include the changes like peeling, itching, scaling, redness, sores.

infection starts with skin changes that worsen with itching, redness, etc. Doctors say the infection is commonly seen in the underarms and groin regions, hands, feet, inner thighs, and so on. "People self-medicate and mostly use steroid-based creams. While they get temporary symptomatic relief, the fungi's growth continues. By the time they mediate, the infection is extensive outbreak," said a doctor from the skin department of J. Hospital.

The Hindu

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of the daily 400-600 patients, nearly 90% end up with fungal infections, he said. The rise in cases and resistance has led to an increase in the use of anti-fungal medications. "Over the last two years, the prescription of anti-fungal creams

and medicines from general practitioners and dermatologists have doubled," Indrajit Khopkar, president of the North West Chennai Association in Mumbai, said. He said a large number of companies have flooded into the anti-fungal medication market, leading to the demand.

Infectious disease specialist Dr. Om Shrivastava said there is not only a rise in the number of infections but there are also newer kinds of fungi. "The humidity in the city and low immunity make it easier for the fungi to be around," said Dr. Shrivastava, who was one of the main speakers at the recently organised INFECON 2019 by Jaslok Hospital, an initiative to raise awareness of the containment of infections.

Jaslok Hospital organises industry symposium on infection outbreak containment- INFECON 2019

Om Shrivastava, Mumbai
Thursday, October 24, 2019, 17:35 AM (IST)

Jaslok Hospital in Mumbai recently organised INFECON 2019 to raise awareness around infection outbreak containment.

This event was aimed to showcase importance of the department of infectious diseases in treatment of patients and its critical role in controlling the spread of infection in hospitals.

This was the first edition of INFECON organised in Jaslok Hospital, Mumbai, wherein doctors from reputed hospitals across the city shared their insights and best practices implemented in hospitals to curtail any infection spread ensuring well-being of the patients and society at large.

Speaking about the initiative, Dr. Om Shrivastava, Infectious Diseases Specialist said, "A very critical process in any hospital is the adequate measures taken to curtail outbreak of infection, but there is low awareness about it. So with INFECON we wanted to provide a platform for hospitals to showcase their best practices and various methods implemented for infection outbreak containment and also highlight the role of Department of Infectious Diseases. This year was the first edition and the depth of knowledge shared over the two days of the event has made it beneficial to the healthcare fraternity."

INFECON 2019 had expert doctors from various hospitals present their case studies and insights on infection outbreak containment, followed by panel discussions to deliberate on new trends in this space.

The case studies covered interesting aspects around infection outbreak containment in ophthalmology, infectious outbreak in dialysis unit, hospital based outbreaks, water borne outbreaks, ICU outbreaks, amongst other equally knowledge-rich sessions. In addition, there was also a workshop on best practices of infection control in hospitals, followed by debate rounds based on industry trends.

A report by United Nations says that more than 3 million people in the world die of water-related diseases due to contaminated water each year, including 1.2 million people. Annually about 37.7 million Indians are affected by water-borne diseases. 1.5 million children die of diarrhoea. In the past 2 years, there is a rise seen in diseases like chikungunya, malaria, dengue etc.

Different hospitals like Fortis, INFECON as a symposium quality of healthcare services. In their work, Jaslok Hospital aims to bring in the best practices to enhance the

Pharmabiz.com

Infecon - Exposure 18th & 19th October 2019

**जसलांक हास्पिटलन ससर्ग निमित्ती सबधी केल
परिसंवादाचे आयोजन केले**

Posted by Nysaash | Date: October 30, 2019 | In: [REVIEW](#) | [Leave a comment](#) | 54 Views



सुसुई(प्रतिनिधि) : जलस्रोत इंजिनियरिंग ऑफ विंगर्स सेंटरने इंजिनरिंग २०१९, एडिशन ग्राफी-सुसुई-एपेक्ससिटी इंजिनियरिंग अवसराने पदवी संशोधन परामर्शदात्या घटनेबद्दल जाणववता निर्माण करण्यासाठीचा पुढाकार घेत या कार्यक्रमाचे आयोजन केले . हा परिसंवाद अत्यंतच उपकारात्मकने संपन्नत्वने रंग घितानाचे

[illegible]

जसलोक हॉस्पिटलने संसर्ग निर्मिती संबंधी केले परिसंवादाचे आयोजन केले

[illegible][illegible][illegible]

Event Exposure - Breast Clinic Launch – 22nd October

● चर्चासत्र : जसलोक हॉस्पिटल अँड रिसर्च सेंटरच्या वतीने
‘संसर्गजन्य रोगांचे संकट’ यासाठी चर्चासत्र, जसलोक
हॉस्पिटल अँड रिसर्च सेंटर, शिवाजी नगर, मुंबई-४०० ०२२.
Sakal शुक्रवार १३ मार्च २०२० रोजी सकाळी ८ वाजेपर्यंत.

Sakal

Jaslok Hospital and Research Centre launches Breast Cancer Clinic

DOI: 10.1002/for



ExpressHealthcare.com

Jaslok Hospital launches Breast Cancer Clinic



Biospectrum.com

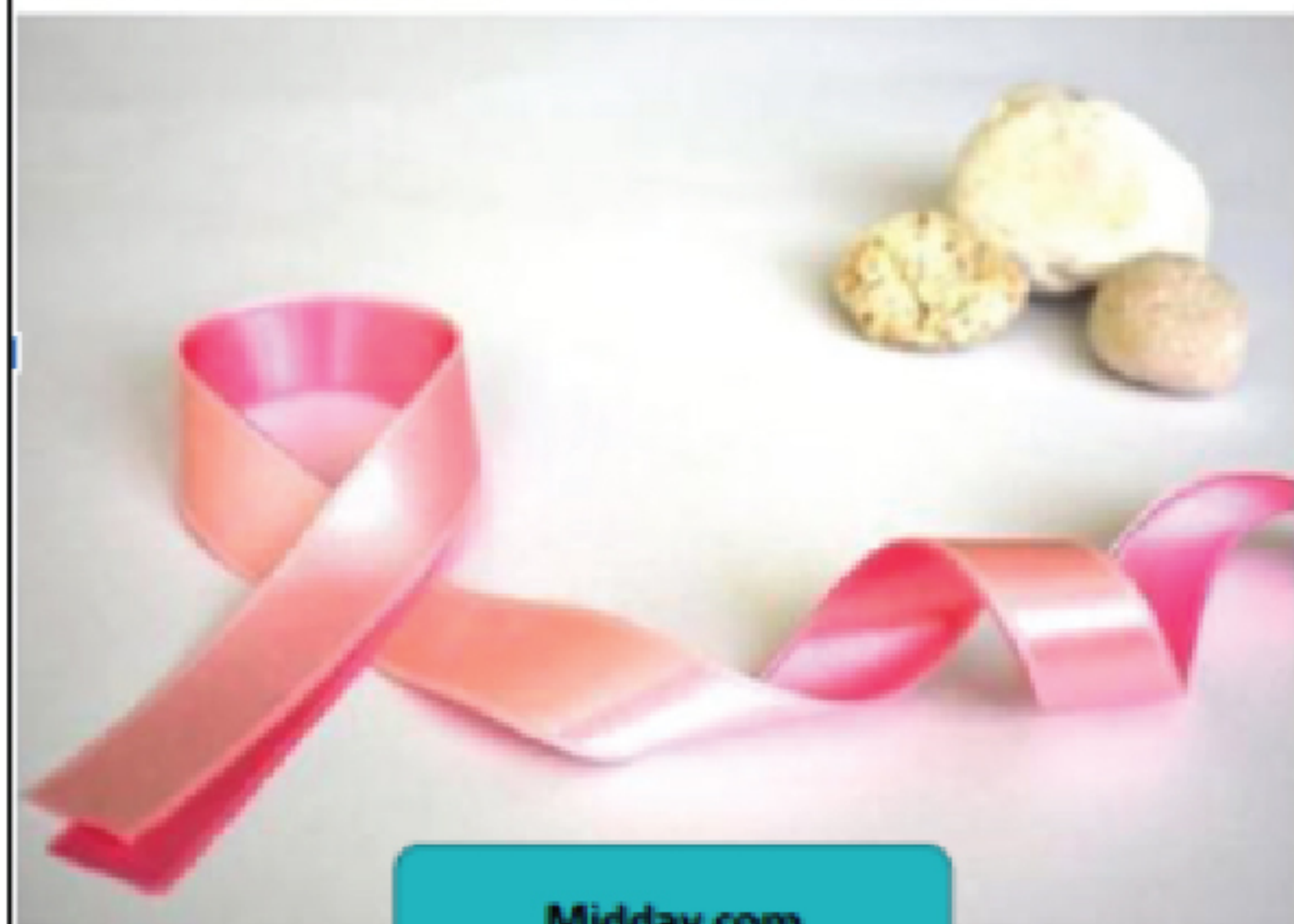
Biospectrum.com

Event Exposure - Breast Clinic Launch

Mumbai: New Cancer Clinic at Jaslok Hospital

Published: Oct 29, 2019, 19:21 IST | Arka Sarkar |

The recorded data and other requisite tests results will then be studied by the specialist team and a treatment course will be drawn based on their recommendation



This image has been used for representation

Midday.com

ब्रेस्ट कॅन्सरची पंचविशीतही भीती

प्रतिनिधी

मुंबई

मेघा अडवाणी २६ वर्षांची असताना तिला तिच्या छातीमध्ये एक गाठ आढळली. तिने तातडीने तिच्या वैजिनी फिशियनकडे दाखवले. त्यांना खात्री होती की, इतक्या लहान वयात स्तनाचा कर्करोग होऊन शकत नाही. परंतु, वैजकीय चाचण्यांमध्ये नेमके तेच निदान झाले. स्तनाचा कर्करोग चाडीशीनंतर महिलांना होतो हा समज दूर होऊन तो ज्ञात लहान वयातच कर्करोगाचे निदान होऊ लागला असल्याचे कर्करोग तज्ज्ञ सांगतात.

मेघा यांना स्तन कर्करोगाचे निदान झाल्यावर पारिव्यामुळे उपचार त्यांच्यावर असलेक

४ केमोथेरापी करणेत आली. पाठिकाणी मल्टी डिस्प्लिनरी स्तन कर्करोगाचे क्लिनिक आहे. मल्टी स्पेशलिस्ट डॉक्टरांच्या सल्ला व उपचाराचा त्यांना फायदा झाला. यावर जसलोक हॉस्पिटलमधील ऑन्कोलॉजिकल सायन्सचे संचालक डॉ. सुरेश अडवाणी यांनी सांगितले की, आजूमेकी एक महिला स्तनाचा कर्करोगाने ग्रस्त आहे. जर महिलांनी वयाच्या २५ व्या वर्षापर्यंत प्रथम पाळला जन्म दिला तर त्यांना स्तनाचा कर्करोग होण्याची शक्यता १० टक्क्यांनी कमी होत असल्याचे डॉ. अडवाणी म्हणाले. तर सर्जिकल ऑन्कोलॉजिस्ट डॉ. मेहुल मनसाडी कर्करोगाबद्दल ने अधिक क आहे.

Tarun Bharat

Jaslok Hospital launches breast cancer clinic



Jaslok Hospital & Research Centre, a leading multi-super-specialty hospital, launched a new Breast Cancer Clinic to provide quality care, right treatment

Midday

Jaslok Hospital And Research Centre Launches Breast Cancer Clinic

We launched the clinic witnessed the presence of actor Kunal Kapoor and Bollywood singer Papon gracing the occasion as the Chief Guests



The launch of the clinic witnessed the presence of actor Kunal Kapoor and Bollywood singer Papon gracing the occasion as the Chief Guests. Kunal Kapoor also heads Ketto which is a crowdfund funding platform for fundraising of social and charity initiatives. Ketto is also the crowdfund partner with Jaslok Hospital & Research Centre. The launch was followed by a panel discussion on breast cancer and 25 cancer conquerors were also felicitated. The evening ended on a musical note with the doctors showcasing their singing and dance skills.

The launch aptly lauded as-Breast Cancer Awareness Endeavour - a collective awareness around breast cancer

Mumbailive.com

is celebrated the Pink Ribbon

Event Exposure - Breast Clinic Launch

The Breast Cancer Clinic will have multi-disciplinary team of specialists collaborating to give the patient the right treatment plan for any breast related disease. When the patient is at the clinic, the clinic history and physical examination, clinical evaluation, imaging studies are made to individual specialty physician, the specialist team and a multidisciplinary team led by the clinician. The clinic also has a MDCC volunteer.

Newsstrike.com

[illegible]

Posted by [Vignesh](#) | [Friday, October 31, 2008](#) | in [HTML](#) | [Leave a comment](#) | [42 Views](#)



जसलोक, लोभिमित्राज और विमल संदरसे मीरा केसे बेमर बेगमा विमलिक ।

१. प्रत्येक व्यक्ति को अपने स्वयं के जीवन के प्रति जिम्मेदार बनना चाहिए।
 २. प्रत्येक व्यक्ति को अपने स्वयं के जीवन के प्रति जिम्मेदार बनना चाहिए।
 ३. प्रत्येक व्यक्ति को अपने स्वयं के जीवन के प्रति जिम्मेदार बनना चाहिए।
 ४. प्रत्येक व्यक्ति को अपने स्वयं के जीवन के प्रति जिम्मेदार बनना चाहिए।
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 ६. प्रत्येक व्यक्ति को अपने स्वयं के जीवन के प्रति जिम्मेदार बनना चाहिए।
 ७. प्रत्येक व्यक्ति को अपने स्वयं के जीवन के प्रति जिम्मेदार बनना चाहिए।
 ८. प्रत्येक व्यक्ति को अपने स्वयं के जीवन के प्रति जिम्मेदार बनना चाहिए।
 ९. प्रत्येक व्यक्ति को अपने स्वयं के जीवन के प्रति जिम्मेदार बनना चाहिए।
 १०. प्रत्येक व्यक्ति को अपने स्वयं के जीवन के प्रति जिम्मेदार बनना चाहिए।

28 year old lawyer detected with Breast Cancer, along with coverage of Breast Clinic Launch

Breast cancer screening should start at early age, say doctors

DHAIRYA GAJARA
MUMBAI

A day before Mumbai resident Megha Agarwal turned 26, she noticed a lump in her breast. She immediately sought an opinion from her family physician who was sure that it could not be a breast cancer at such an early age. But a series of medical tests revealed that the lump was malignant. Now 28, Ms. Agarwal, a corporate lawyer, said it was a difficult phase but her family and friends stood by her.

According to oncologists, the common belief is that breast cancer occurs in women beyond 40 years. However, it is not uncommon to see the cancer being diagnosed at an early age. "My

doctors encouraged me to write a blog while undergoing treatment. This helped me a lot," Ms. Agarwal said. She underwent a surgery and chemotherapy at Jaslok Hospital that now has a multi-disciplinary breast cancer clinic with doctors from multiple specialties.

Dr. Suresh Advani, director of onco sciences at Jaslok Hospital, who was speaking at the launch of the clinic on Tuesday, said one in eight women suffers from breast cancer. "If women deliver their first baby by the age of 25, their chances of getting breast cancer reduce by 10%."

Surgical oncologist Dr. Mehul Bhansali said there are myths about breast can-

cer and thus more awareness is crucial. "Some people believe the cancer spreads if only the lump is removed and breast is not removed entirely," he said, adding breast conservation is possible in most of the cases now.

Medical oncologist Dr. Reetu Jain said lifestyle changes can play a major role in preventing the disease. "Daily exercise, living stress-free, sleeping on time, and consuming a low fat and healthy diet will go a long way," she said, adding women should get screening for breast cancer regularly at an early age.

The new clinic was inaugurated by actor Kunal Kapoor and singer Papon.

According to oncologists, the common belief is that breast cancer occurs in women beyond 40 years. However, it is not uncommon to see the cancer being diagnosed at an early age. "M

Surgical oncologist Dr. Mehul Bhansali said there are myths about breast can-

The new clinic was inaugurated by actor Kunal Kapoor and singer Papon.

Jaslok Hospital receives Iconic Super Specialty Hospital - MIDDAY

A photograph of four men standing together. The man on the far right is holding a trophy. They are all smiling and looking towards the camera. The background is slightly blurred but appears to be an indoor setting.

Jaslok plays an important role in serving patients and providing them with the best possible medical care using state-of-the-art technology to all the patients, irrespective of their social background or financial

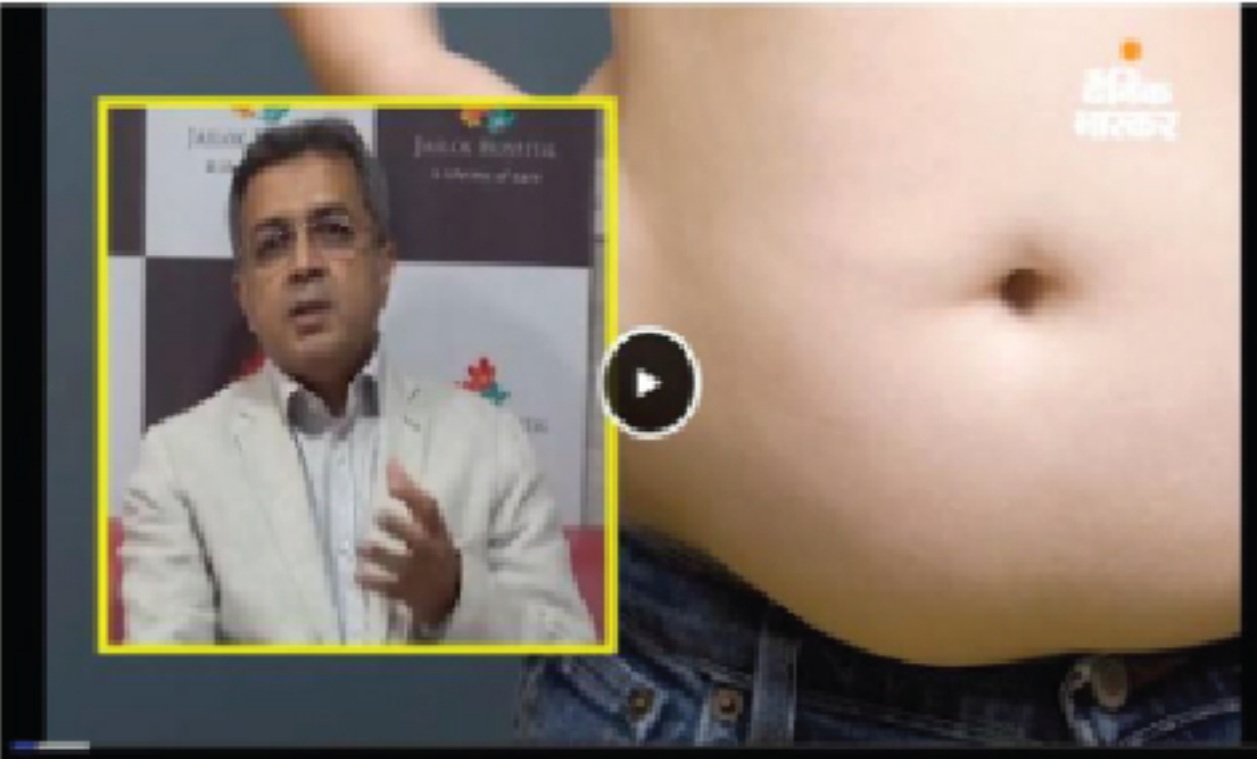
ability. The hospital promises to treat the patients with the latest and advanced technologies that will help in safely relieving them of their medical issues. As a pioneer in specialties like Cardiology, Oncology, IVF, Nephrology and Robot-assisted treatments, the hospital seems to recognize its win through quality-centric approach towards treatment. Jassico Hospital has specialized clinics like IVF clinic, first of its kind adolescent clinic, Epilepsy Clinic, Heart Failure Clinic, Pain Management Clinic, Pelvic Floor Clinic, Varicose Veins Clinic, Bladder clinic, Headache Clinic, BP Clinic, Arthritis Clinic, Liver Clinic, Movement Disorder Clinic, a new state of the art ICU, Speech clinic, and varied others, all under one roof. We will soon be launching more

Nowadays along with quality-centric medical facilities, modern technological services, treatments, comfort for patients and families are also important. Jaslok is also known as one of the best hospitals for its Medical tourism where patients come from African countries, Oman, Middle East, UK, etc. to Mumbai because of the World-class advanced facilities that we offer.

Our main mantra is to keep quality services at the core of all our offering and known as one of the oldest and trustworthy tertiary care of the city. The hospital has a reputation for successfully dealing with complicated and emergency led cases because we have a high calibre of doctors and trained medical staff, adhering to international standards.

Dr. Sanjay Borude - Dainik Bhaskar

वर्ल्ड ओबेसिटी डे / मोटापा बन रहा महामारी
04/11/2023 5:38 PM IST



हेल्थ डेस्क, बढ़ता मोटापा हाइपर्टेंशन, हार्ट डिजीज और कैंसर की तरह ही गंभीर खतरा है बल्कि एक बीमारी के तौर पर बढ़ रहा है। यह एक ऐसी समस्या है जो कई गंभीर रोगों को जन्म दे रही है। दुनिया भर में हर साल 28 लाख लोगों की मौतों का कारण हो रही है। इसके मामले रोगियों और डॉक्टरों में ऐसी ही बढ़ाव हो रहा है। जिस स्वास्थ्य संकट का मुकाबला, 2025 तक 27 लाख युवाओं को करना पड़ेगा। अमेरिकी डॉक्टरों ने बताया है कि मोटापे से जुड़े खतरों को कम करने के लिए...

Dainik Bhaskar (Facebook)

Dr. Ameet Pispati – lokmat.com



Lokmat.com



**All India Radio:
World Breast Cancer
awareness month– Dr Ian
Pinto
World Obesity Day- Dr Sanjay
Barude**

Dr. Om Srivastava - ET Healthworld

Infectious diseases are widely misunderstood: Dr Om Shrivastava
When a person goes to a local chemist and says that he has a fever, the chemist in good faith gives an antibiotic which may or may not be required, that's when you start to begin your resistance, which is one of the biggest reasons.



Shahid Akhtar, editor, ETHealthworld spoke to Dr Om Shrivastava, **Infectious Diseases Specialist**, Jaslok Hospital, Mumbai to know more about the challenges that come with infectious diseases.

Infectious diseases-What makes it the biggest killer

There are a combination of reasons, one is our conduct, approach and understanding of infectious diseases where we tend to use, misuse, and abuse antibiotics in situations where they are unnecessary or inappropriate for the patients. This is not just in ICUs and hospitals, but also in the community.

When a person goes to a local chemist and says that he has fever, the chemist in good faith gives an antibiotic which may or may not be required, that's when you start to begin your resistance, which is one of the biggest reasons.

The other thing is that for example you give antibiotics where it is not required in a hospital or in situations where if you have a viral infection, you are given an antibiotic which is going to treat a **bacterial infection**. This is another common problem.

The third is the kind of population density that we have in our country. For instance, if you have tuberculosis and you are travelling in a crowded public transport, so every time you cough, you are giving every person the infection, which you are carrying. Therefore, tuberculosis is one and the other is viral infection like H1N1.

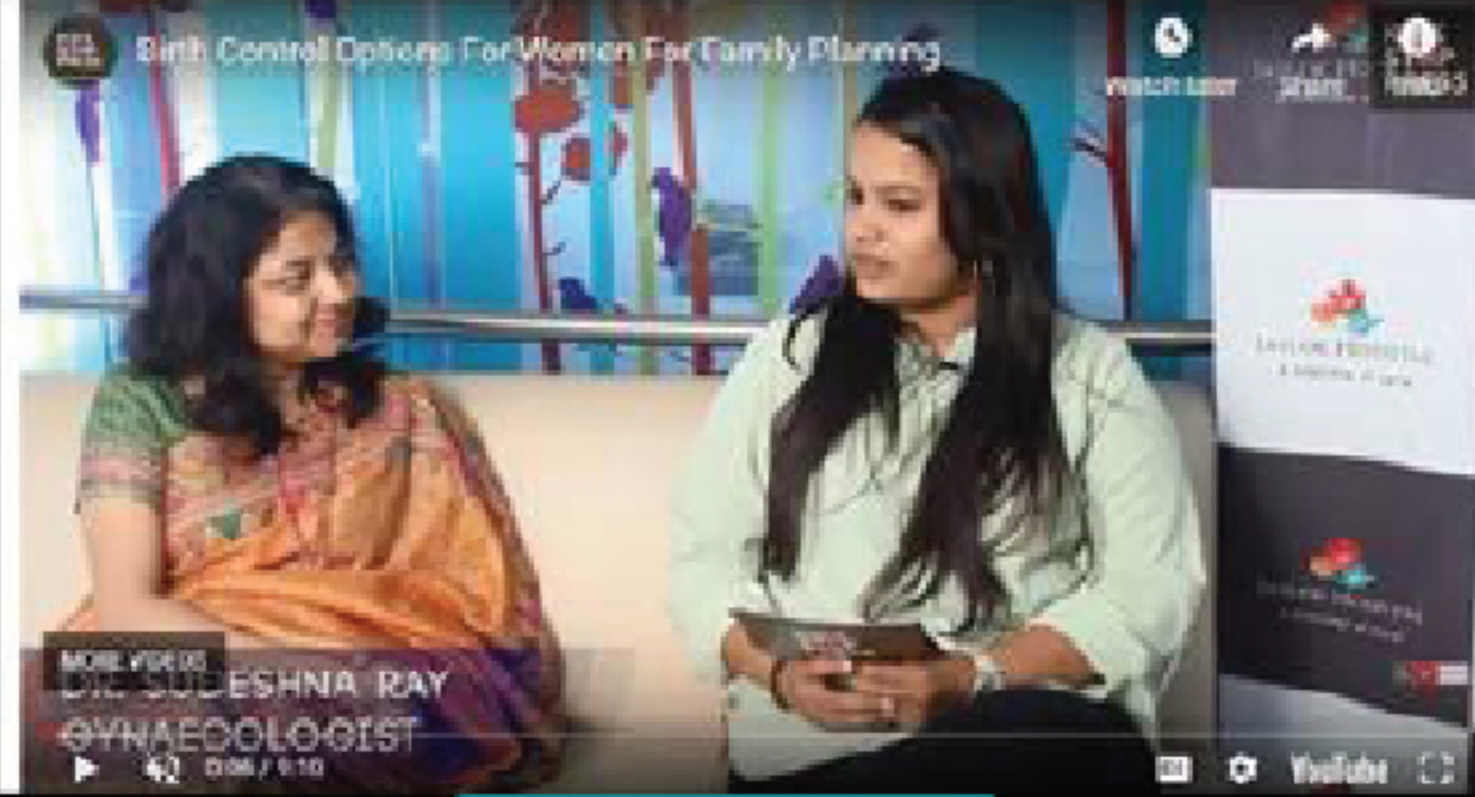
Why infectious diseases are the biggest killer? It is in a large part misunderstood or partially understood. The approach you need to change is for example, when you get chest pain, your first reaction is to go to an emergency, to a doctor or a cardiologist. This is not yet there in our understanding of infectious diseases to say if you have fever, there is a viral infection or a bacterial infection or hospital and understand the problem not only for you, but also for the community.

ET Healthworld.com

Dr. Sudeshna Ray – kidsstopress.com

Birth Control Options For Women For Family Planning

PARENTS WORLD | EXPERTS



Kidsstopress.com

Dr. Sanjay Borude - Dainik Bhaskar

Delnaaz Chanduwadia
hindustantimes.com

World Food Day 2019: Towards a sustainable and balanced food future

World Food Day 2019: This World Food Day, pledge to keep your body healthy by eating balanced and nutritious meals that suit your body type.

World Food Day 2019: This World Food Day, pledge to keep your body healthy by eating balanced and nutritious meals that suit your body type.

Debnaz T Chanduwadia, Chief Dietician of Jaslok Hospital and Research Centre, says, "Due to our conscious choices, fast paced lifestyle, and social media, we tend to consume more of some food groups and lesser of the others. If you do sit back and retrospect, you will notice that we do consume a lot of foods that are from the cereal food group. However, they are refined. Examples are sandwiches, samosas, vadapavs, packaged food and street food like chaat. The common factor in all of these being high amounts of refined flour and also a lot of trans fats. All these foods are also very high in unhealthy fat."

Hindustan Times.com

Delnaaz Chanduwadia
hindustantimes.com

Change in air quality adds to breathing woes

The increase in allergens, along with smog and pollutants, can predispose children to viral and bacterial infections and cause breathing difficulties. "An alarming increase in air pollution attacks the respiratory system.

Moreover, higher levels of carbon monoxide directly hit the cardiovascular system and the entire respiratory tract, particularly among children," said a doctor from Nair hospital.

Dr Om Shrivastav, infectious diseases expert, Jaslok hospital, said, "If patients show any symptoms of viral fever, they should immediately seek treatment in a hospital."

Yahoo.com

Delnaaz Chanduwadia – Gujarati Middy

Delnaaz Chanduwadia
hindustantimes.com

Change in air quality adds to breathing woes

The increase in allergens, along with smog and pollutants, can predispose children to viral and bacterial infections and cause breathing difficulties. "An alarming increase in air pollution attacks the respiratory system. Moreover, higher levels of carbon monoxide directly hit the cardiovascular system and the entire respiratory tract, particularly among children," said a doctor from Nair hospital.

Dr Om Shrivastav, infectious diseases expert, Jaslok hospital, said, "If patients show any symptoms of viral fever or respiratory-related problems, they should immediately seek treatment in a hospital instead of resorting to self-medication."

The increase in allergens, along with smog and pollutants, can predispose children to viral and bacterial infections and cause breathing difficulties. "An alarming increase in air pollution attacks the respiratory system. Moreover, higher levels of carbon monoxide directly hit the cardiovascular system and the entire respiratory tract, particularly among children," said a doctor from Nair hospital.

And, Diwali is not even here yet!

[illegible]

The Free Press Journal

diagnosis and one could simultaneously have cancer. Treatments have started, ones by the outpatient department (ICPH) with amphotericin B for histoplasmosis, coughing, sweating, night sweats, chest, allergy and asthma complications. More than 40-liters of urine is daily for symptoms of polyuria, and Dr Pruthi believes, growth of physician (Jawahar Hospital).

Cockroach menace in BMC's Shatabdi hospital in Govandi

According to the World Health Organisation, because cockroaches feed on food and human faeces, they can spread germs which can lead to diarrhoea, dysentery, cholera, leprosy, poliomyelitis, typhoid fever and allergic reactions, specially in newborns who have low immunity.

The Free Press Journal.com

'Avg breast tumour size has halved in 25 yrs'

Oncologists claim the size of tumours has reduced owing to early detection and treatment: stress the need to eradicate stigma

"Awareness has led to regular check-ups, self-breast examinations, higher number of mammography screenings, and as a result, early diagnosis," said Dr Suresh H Advani, mentor, onco-sciences, Sir HN Reliance Foundation Hospital.

A similar trend of decreasing tumour size was witnessed following the introduction of mammography in the 1980s in the US. It had led to a two-thirds decline in mortality rates, a 2016 study revealed.

The study, published in the *New England Journal of Medicine*, reported a substantial increase in the detection of small breast tumours from 36% in 1975 to 68% in 2012.

During the same period, the proportion of large tumours diagnosed decreased from 64% to 32%.

Indian oncologists, however, said the country still lags behind the US and UK in early diagnosis due to the cultural stigma attached to a breast examination.

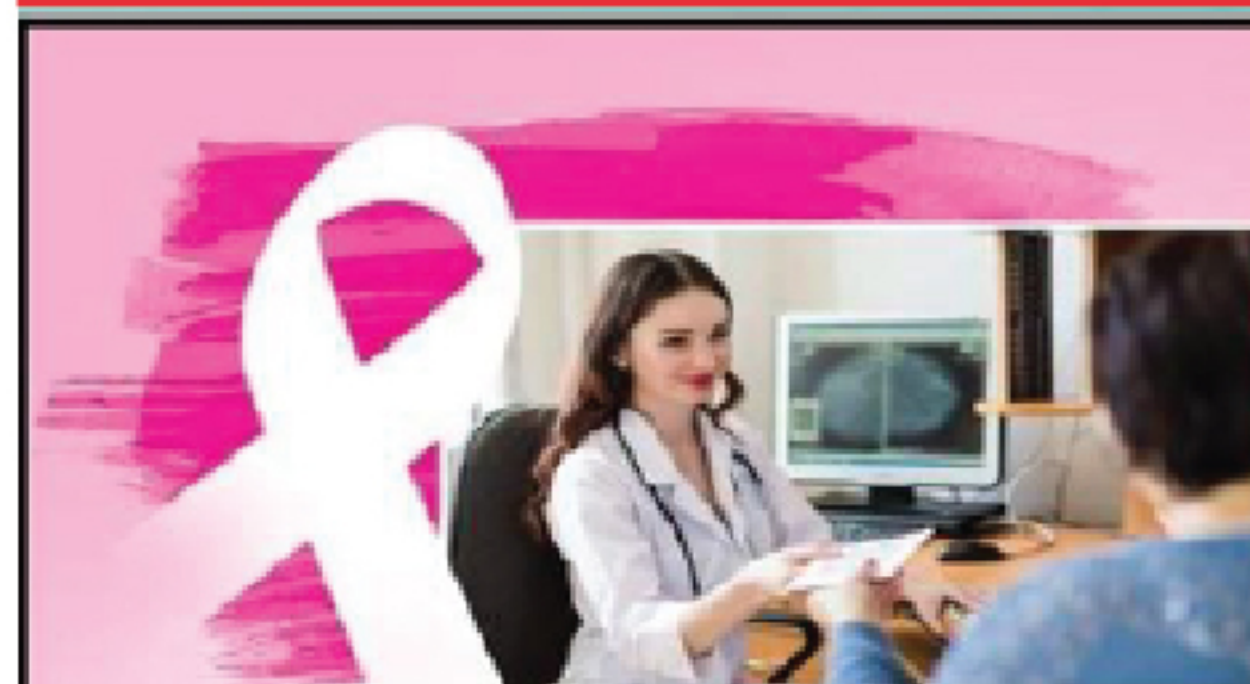
Hindustan Times.com

H1N1 claims more lives in Maharashtra

Within the same period last year, Maharashtra recorded 216 deaths due to H5N1. As the winter season gets underway, experts project the swine flu burden to worsen.

To cope with the disease burden and to reduce mortality, timely treatment and diagnosis is the need of the hour according to experts. Symptoms of H1N1 are similar to other strains of influenza, such as fever, chills, cough, headaches, sore throat and body aches. 'If patients keep an eye on the symptoms and approach doctors for quick diagnosis, we will be able to control the cases,' Dr Om Srivastava, infectious diseases department head at Jaslok Hospital, said earlier this year.

Indeed, as recently stated by Dr Subhash Salunke, who heads Maharashtra's technical advisory committee on infectious diseases, timely diagnosis is needed. "Assessment of patients who succumbed to swine flu-induced complications showed that delay in treatment



कैंसर से बचाव के आसान व कारगर तरीके

[illegible][illegible]

उपनिषद् विचार (प्रश्न-उत्तर)
प्रश्नोत्तरात्मक की विशेषता

1. प्रश्न प्रश्न
2. प्रश्न, उत्तर प्रश्न प्रश्न
3. प्रश्नोत्तरात्मक प्रश्न
4. प्रश्न प्रश्न
5. प्रश्न प्रश्न
6. प्रश्नोत्तरात्मक प्रश्न (प्रश्न)

Meri Saheli

Bad air quality, sudden rains wreak havoc on the health of Mumbaikars

by Team 3334 on October 19, 2016

In the past few days, Mumbai was dealing with bad air quality. While today morning, Mumbaiers woke up to light rain. The sudden temperature fluctuations can take a toll on people's health. It can increase the risk of viral fever and infections. It can be more problematic for people who suffer from asthma. Health experts say that this can lead to a rise in respiratory illnesses

An AQI between 0 and 50 is considered 'good,' 51 and 100 'satisfactory,' 101 and 200 'moderate,' 201 and 300 'poor,' 301 and 400 'very poor,' and 401 and 500 'severe.'

While speaking to My Medical Mantra, Dr Sandeep Sonawane, a general physician from Mumbai, said, "The air quality in Mumbai has been bad since the past few days in Mumbai. Unseasonal rains were witnessed in the city today morning. The constant temperature fluctuations can cause viral infections."

He added, "Each day, I see more than 30 patients. I have seen cases of upper respiratory tract infections, cold, loose motions, gastroenteritis, etc. This kind of weather can be very problematic for people who are suffering from asthma. I have also seen cases of **chiral fever and dengue.**"

Doctors advise people to take necessary precautions to keep the allergies and infections at bay.

Untimely rains lead to settlement of particulate matter increasing the risk of respiratory infections. This aggravates diseases like asthma, bronchitis and so on. The best way is to not venture out in such unpredictable conditions," said Dr Pratib Samdani, General Physician from Jaslok Hospital.

Beyonce's Dad Battling Breast Cancer, Urges Men to Get Tested

FIT | UPDATED: 16R 23R AGO

CANCER 2 min read

SHARE, SAVE, COMMENT

In light of Breast Cancer Awareness Month, Beyonce's father has made a big announcement. Mathew Knowles, superstar singer Beyonce's father and her former manager has revealed that he is battling breast cancer. In an interview on *Good Morning America*, he blames it on genetics and says he informed his family immediately.

"This is genetics. It also means that my kids have a higher chance, a higher risk, even my grandkids have a higher risk. And they handled it like they should. They went and got the test."

The first symptom he noticed was dots of blood in his shirt. His doctor performed a mammogram immediately and he underwent surgery in July. Mathew Knowles has BRCA2 gene mutation, putting him at a high risk of getting breast cancer.

In an earlier interview with FIT, Dr Ganapathi Bhat M, Medical Oncologist & Stem cell Transplant Physician, Jaslok Hospital & Research Center, Mumbai had this to say:

"The average age of breast cancer in men is around 68 years, those who inherit the BRCA1 & 2 genes have a higher risk. In comparison to the female breast cancer, the male breast cancer presents differently but we don't have tailored made treatment plans because the research around male breast cancer is zero."

The Quint.com

Cockroach menace in BMC's Shatabdi hospital in Govandi

Free Press Journal | 2 October 2019



Mumbai: Once again the peripheral hospital of the Brihanmumbai Municipal Corporation (BMC) has come under scrutiny after a cockroach was found moving around the bedside of the patients in the maternal ward of the Shatabdi Hospital, Govandi.

On Tuesday morning, a ward of the maternity ward of the hospital surfaced, in which a woman is sitting on the bed and big cockroaches are seen moving around the bedside.

Patients complain it's not the first time they are facing problem due to cockroaches. Earlier also they had complain about it as it can affect the newborns, but it has been years no appropriate action was taken to resolve this problem.

"We face problem while sleeping as cockroaches often come here on beds and sometimes it crosses the food which we are supposed to eat. Most of the time we have to be awake so that the newborns should not be affected due to cockroaches."

There is only one ward in this hospital where the mother-child is kept after pre and post delivery. Due to less space, delivery is also done here many times. In such a situation, such negligence on the safety of children is inviting big trouble," she said.

According to information received from the hospital, pest control is done once a week (spraying) but after increasing cockroach problem it was done twice a week. On Monday also they had sprayed but then also there was no respite from the cockroaches.

"We had informed the pest control department about the cockroaches in the maternal ward. Since there are small children in the maternity ward, they cannot spray much as it will affect their health.

so they decided to spray special type of gel from Tuesday which will reduce the problem. Once it has been sprayed there will be no cockroach for six months," Dr Aika Mane, medical superintendent of the hospital, said.

According to the World Health Organisation, because cockroaches feed on food and human faeces, they can spread germs which can lead to diarrhoea, dysentery, cholera, leprosy, poliomyelitis, typhoid fever and allergic reactions, specially in newborns who have low immunity.

"Cockroaches are in touch with water, which, if contaminated, can cause bacterial or viral infections like rota virus or all water-borne diseases. It is difficult to trace the cause to cockroach whenever patients contract such infections," said Dr Om Srivastava, infectious diseases expert, Jaslok hospital.

Yahoo.com

FIT WebQoof: Should You Avoid Drinking Iced Water On Your Period?

The Quint | 1 October 2019, 12:20 PM UTC

Don't fall for fake news, click here to check out Quint FIT's WebQoof stories.

The Claim

The post carries a caption that says all the above claims. Here are the claims:

- Do not drink cold water, soda water, or eat coolant during menstruation.
- Do not apply shampoo on your head because the pores of the head are open during menstruation and it can cause headache and the wind head. It is very dangerous for menstruating women of all ages.
- Do not eat cucumber during menstruation because the sap present in it can block water menstrual blood (blood vessels) in the uterine wall, and this can cause barrenness.
- In addition, your body should not be washed off or not by hard objects, especially the abdomen, because it can cause you to vomit blood and injure the uterus.

Also Read: 11 Life-Saving First Aids To Make Your Period Cramps Subside

The Truth

Before delving into the caption, we first look at the origin of the pictures being circulated. After a reverse image search on Google, we discovered that these were actually from a 2017 case of a woman's face where cysts had been successfully removed.

The post then talks about some common and absurd pseudoscientific claims that need to be debunked. For this purpose, FIT reached out to Dr. Shilpa Agarwal, Consultant Gynaecologist at Jaslok Hospital and Research Centre, who clarified that there was no truth in any of these claims. For all the four claims, she said, "This is all fake."

- There's nothing that you can't eat when you're menstruating. Your diet has nothing to do with such extreme health problems during menstruation.
- Child water, coconut or cucumber -- there is no associated harm between these food items and cancer or tumors.
- You can shampoo your hair just like you do everyday. There's no difference in menstrual days.

"Menstruation is a hormonal process, the physician is recommended. For all the claims mentioned above, there is no truth in any of them."

So we leave for sure, that the post is completely fake.

Yahoo.com

Change in air quality adds to breathing woes

The increase in allergens, along with smog and pollutants, can predispose children to viral and bacterial infections and cause breathing difficulties. "An alarming increase in air pollution attacks the respiratory system.

Moreover, higher levels of carbon monoxide directly hit the cardiovascular system and the entire respiratory tract, particularly among children," said a doctor from Nair hospital.

Dr Om Shrivastav, infectious diseases expert, Jaslok hospital, said, "If patients show any symptoms of viral fever, they should immediately seek treatment in a hospital."

Yahoo.com

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हृदयातील समस्यांशी संबंधित

[illegible][illegible][illegible]

डॉ. आशिला देसाई, राह

Aajachi Navi Mumbai

प्रशिक्षण और रिसर्च सेंटर

Most common warning symptoms of heart attack

3. Eat a healthy diet: Decrease the salt in your diet. Adults should have at least five servings each day, be sure to eat plenty of fresh fruits and vegetables.
4. Maintain a healthy weight—Research shows that reaching and keeping to a healthy weight cuts your risk of heart disease, stroke because it helps prevent and manage conditions that put you at a greater risk of coronary heart disease like high blood pressure, high cholesterol, and type 2 diabetes. It's important to keep to a healthy weight so you don't develop them in future, even if you don't have any of these conditions.
5. Get enough quality sleep—Several recent studies show links between shortened sleep duration, defined as less than six hours of sleep, and increased risk of heart disease. Poor sleep has been linked to high blood pressure, atherosclerosis (clogging or hardening of the arteries), heart failure, heart attack, cardiac arrest, stroke, diabetes, and obesity.
6. Don't smoke: Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start and if you do, quit it soon.

(Disclaimer: Dr Nimit Shah
are a personal opinion.)

Ehealth.com

Research Centre. Views expressed

Delnaaz Chanduwadia – mensxp.com

ब्रायलर चिकन खाने से हो सकता है कैंसर, इसलिए डायटीशियन और फिटनेस कोच की ये बात मानना है जरूरी

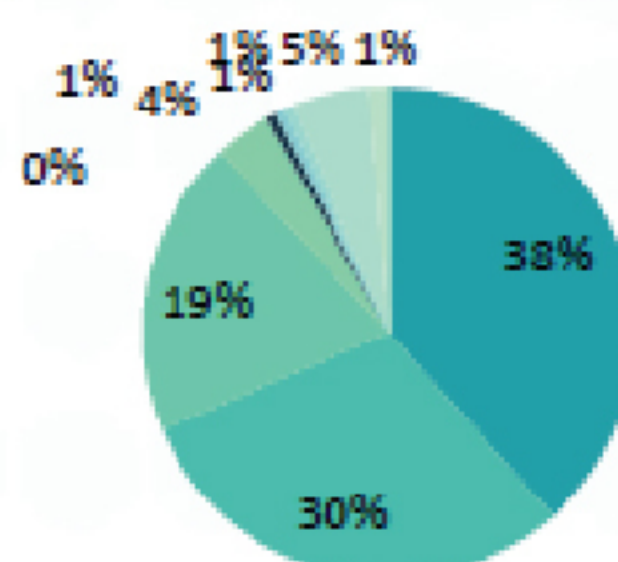


Competition Scan

Hospitals	Jaslok Hospital	Apollo Hospital	H N Reliance Hospital	P.D. Hinduja Hospital	Fortis Healthcare	Saifee Hospital	Kokilaben Hospital	Breach Candy Hospital	Global Hospital	BK Super Specialty Hospital
Industry story	24	18	01	04	26	01	00	00	05	02
Thought leadership	13	00	00	01	09	00	00	01	00	00
Events/ Innovation	16	08	00	00	06	00	00	00	03	00
Case Study	01	02	00	00	02	00	00	00	00	00
Exclusive	07	03	00	01	02	00	00	00	00	00
Total Exposures	61	31	01	06	48	01	00	01	08	02

Exposures

- Jaslok Hospital and Research Centre
- Apollo Hospital
- Kokilaben Hospital
- HN Reliance Hospital
- Global Hospital
- Fortis Hospital
- PD Hinduja Hospital
- Saifee Hospital
- Breach Candy Hospital
- BLK Super Speciality Hospital





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SESSION 9

QUALITY DEPARTMENT UPDATE

WHAT IS EFFECTIVE COMMUNICATION?

Two way information and knowledge sharing process with the objective of creating understanding.

Given by one person.
Must also be understood
in the same way.

Information and understanding
both should be conveyed.

Must be understood by receiver.
Both should be on same page.

On 5th October'2019, Quality Department organized one day workshop with CAHO (Consortium of Accreditation of Healthcare Organization) on Enhanced Clinical Communication for Nurses & Doctors.

HIGHLIGHTS OF THE WORKSHOP



- Principles of communication.
- Importance of communication skills in patient care.
- How is it different from day - to - day communication.
- Preventing and handling aggressive patient behavior.
- Breaking bad news, counseling in critical areas, critical procedures.
- Handling adverse events.
- Clinical team communication – handling over tools.
- Understanding unacceptable communication.



JASLOK HOSPITAL

A lifetime of care

SESSION 10

PATIENTS SPEAK...

“

The nurses, staff, etc are all very polite, attentive & serve with a smile.

- Mr. Jimmy Talati

”

“

The treatment facility & behavior of all the chemo staff is beyond expectation. I never felt like a patient and always felt as I'm at home. I have no words thank Dr. S. H. Advani & Dr. Anshula is so cooperative that I felt as if she is our family friend. Sisters Sayli Kadam, Vedika, Mansi & Pooja are sincere and dedicated. They are always ready to serve promptly to the satisfaction of patients and attendants.

- Mrs. Ram Singh

”

“

All the staff, nurses, cleaners & mausis greet you with a smile & are always on their toes. I want to especially appreciate the nurses who were on night duty as they were very good at performing their duties. Overall I'm super happy with my stay & going back home very well-taken care by. Thank you for everything. God bless.

- Mrs. Silky Mehta

”

“

We are highly thankful for the care and professional service provided by your medical, clinical & support staff who looked after our father with good expertise, compassion & a smile. They did everything possible to understand his pain & took appropriate action to help him recover as fast as possible. A special mention for Dr. Raina and his team were excellent in their surgery and made him comfortable during the surgery. Thank you for guiding us and giving us the best advice for his good health. Thank you to the entire Jaslok Hospital team.

- Mr. Naresh Desai

”

“

I would like to thank Dr. Cyrus Wadia & his team. On discharge, we are happy to say that our stay has been a pleasant one. Each one of you has contributed to my smooth and speedy recovery. Keep your hearts focussed on the social work you are doing and most importantly don't forget your smiles.

- Mrs. Bonita Devlaliwala

”

“

Right from the admission to the discharge, the staff has been really amazing. From cheerful Sister Paul to calm Sister Anju and the rest of the staff has been really patient and helpful. They made the patient feel very comfortable and pleasant. Sister Mithila helped to fasten the process of discharge. Overall, Dr. Ritika, Dr. Ritu Jain, Dr. Nihar Mehta & the staff made our stay very comfortable. Thank you Jaslok Hospital.

- Mr. Sudhir Mehta

”



JASLOK HOSPITAL

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Jaslok Hospital & Research Centre, 15, Dr. G. Deshmukh Marg, Mumbai-26.

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Emergency number: 022-2354 2354