DIALOGUE
NEWSLETTER

ADDING CARE WITH CLINICAL EXCELLENCE

JEHANGIR HOSPITAL
We Add Care

VOL.12 / JULY / 2025 | www.jehangirhospital.com | Hands that heal, hearts that care for health that matters

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FROM THE CEO'S DESK



Greetings! The monsoon season brings with it a sense of renewal - the gentle rhythm of rain, the fragrance of earth, and the vibrant greens that surround us. It is also a season that invites quiet reflection and a deeper awareness of our health and well-being. With the onset of rains, however, comes the need for greater vigilance as we face an increase in seasonal illnesses and infections.

At Jehangir Hospital, we continue to place holistic wellness at the heart of our mission. The Jehangir Wellness Centre has witnessed a significant rise in interest in preventive health initiatives and evidence-based lifestyle interventions. From nutritional guidance to mental well-being and mindfulness practices, we are encouraging our community to embrace health not merely as the absence of illness, but as an integrated, lifelong journey.

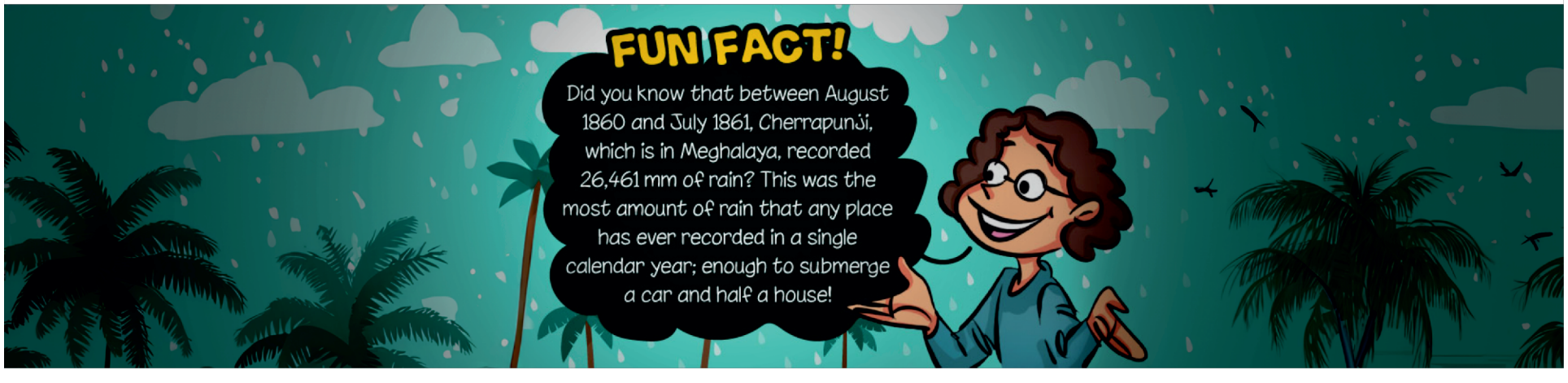
This time of year also presents heightened risks: viral infections, respiratory challenges, and waterborne diseases become more prevalent. Our medical teams are raising awareness proactively on the importance of strengthening immunity. Vaccination remains one of the most powerful tools in our arsenal, and I urge all of you to consult your physicians about staying up to date with your immunisations, particularly for influenza, hepatitis and typhoid.

A core pillar of our growth has been our unwavering focus on patient-centric healthcare. At Jehangir Hospital, we recognise that every individual's experience is unique, and our care models are increasingly being designed around the specific needs, preferences and values of our patients. Whether it is the way we communicate, the technologies we adopt, or the spaces we create, every effort is aimed at enhancing comfort, trust and positive outcomes.

Despite being one of Pune's oldest and most respected healthcare institutions, we have not allowed our legacy to constrain us. On the contrary, we have embraced the challenges of modern healthcare by expanding our scope, upgrading our equipment and continually improving our infrastructure. Our ability to blend time-honoured values with contemporary advancements stands as a testament to our commitment to progressive and compassionate care.

To our dedicated team - thank you for your perseverance, your empathy and your pursuit of excellence. And to our patients and community - thank you for your enduring trust. We remain, as always, committed to being your partners in health.

Vinod Sawantwadkar
CEO, Jehangir Hospital



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Congratulations!



DR. (COL) SATYAJIT S. GILL
Medical Director

Congratulations, Dr. (Col) S. S. Gill on being elevated to the position of Director (Medical Research) along with his responsibility as Medical Director.

Your dedication & leadership inspire us all!

THANK YOU

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Congratulations!



MR. RUPEN KAPADIA
Group Director Finance

Congratulations, Mr. Rupen Kapadia on your promotion to Director (Development) alongside your role as Group Director (Finance).

Your commitment & expertise continue to drive us forward!

THANK YOU



FLAVOUR OF THE SEASON

STAY FIT AND HEALTHY EVEN DURING THE RAINY SEASON

Working out in the great outdoors is an excellent way to stay healthy. However, the constant downpour and damp weather during the monsoon can make exercising outdoors challenging. Staying active during the monsoons is vital for maintaining physical fitness and boosting immunity against seasonal illnesses. Here is a guide to effective exercises you can do indoors and outdoors during the rainy season.

Benefits

BOOSTS IMMUNITY

Regular physical activity strengthens your immune system, helping you fight off common monsoon ailments.

ENHANCES MOOD

Exercise releases endorphins, which combat the monsoon blues and keep you energised.

IMPROVES CARDIOVASCULAR HEALTH

Consistent workouts maintain your heart health, especially when outdoor activities are limited.

PROMOTES FLEXIBILITY AND STRENGTH

Monsoon exercises are a great opportunity to focus on muscle strength and flexibility.

INDOOR EXERCISE IDEAS FOR MONSOONS

When the rain keeps you indoors, you can still stay fit with these simple yet effective workouts:

YOGA



- Yoga improves flexibility, balance, and mental well-being.
- Focus on poses like the Downward Dog, the Child's Pose, and Sun Salutations.

STRETCHING AND FLEXIBILITY ROUTINES:



- Dedicate time to stretching exercises like hamstring stretches, shoulder rolls, and spinal twists to relax muscles and improve range of motion.

HIGH-INTENSITY INTERVAL TRAINING (HIIT):



- Try quick HIIT routines with exercises like jumping jacks, burpees, high knees, and mountain climbers for a calorie burning workout.

BODYWEIGHT WORKOUTS:



- Push-ups, squats, lunges, and planks are excellent for building strength.
- Perform circuits for a full-body workout.

DANCE WORKOUTS:



- Zumba or freestyle dancing can be a fun way to burn calories and lift your mood.

CORE EXERCISES



- Engage in crunches, Russian twists, leg raises, and bird-dog exercises to strengthen your core.

SKIPPING:



- A jump rope is an excellent cardio tool that requires minimal space.

STRENGTH TRAINING WITH HOUSEHOLD ITEMS



- Use water bottles or bags as weights for exercises like bicep curls, tricep extensions, and shoulder presses.

OUTDOOR EXERCISES FOR LIGHT MONSOON DAYS

If the weather permits, enjoy the cool monsoon air with precautions:

Walking or Jogging:

- Choose parks or areas with good drainage to avoid slipping.

Cycling:

- Ride cautiously on safe, dry roads. Cycling during the monsoon can be invigorating with the right gear.

Rain Walks or Light Stretching:

- Embrace the drizzle with light exercises such as calf raises or arm circles while enjoying the rain.

Tai Chi or Outdoor Yoga:

- If it's not too wet, practice Tai Chi or Yoga in a sheltered area to connect with nature during the monsoons.

TIPS FOR SAFE MONSOON WORKOUTS

Warm Up Properly: The cool weather can make muscles stiff, so spend extra time warming up to prevent injuries.

Stay Hydrated: Even if it's not hot, you still lose fluids during exercise. Keep a water bottle handy.

Wear the Right Gear: Use non-slip shoes for indoor and outdoor exercises. Opt for breathable, quick-dry clothes.

Choose Safe Spaces: Ensure your workout area is dry and free of clutter to avoid accidents.

Cool Down: Finish your routine with stretches to relax your muscles and enhance recovery.

The monsoon season is no excuse to skip your fitness routine. With creative indoor workouts and occasional outdoor activities, you can stay healthy, fit, and full of energy. Include a mix of Yoga, HIIT, core exercises, and dance workouts to keep things interesting. Embrace the rain, prioritise your well-being, and enjoy the season while staying active. Remember, fitness is not just about the body; it's also about keeping your mind refreshed and resilient. Stay fit, stay healthy, and make the most of this monsoon!

HEALTHY MONSOON RECIPES





SPINACH AND CORN SOUP

A warm, creamy soup that's perfect for rainy evenings.

INGREDIENTS:

1. 2 cups spinach (washed, blanched & chopped)
2. 1 cup sweet corn kernels
3. 1 tablespoon butter or olive oil
4. 2 garlic cloves (minced)
5. 1 small onion (finely chopped)
6. 4 cups vegetable stock or water
7. 1 teaspoon black pepper powder
8. Salt to taste

PROCEDURE:

1. Heat butter in a pan, add minced garlic and chopped onion, sauté until translucent.
2. Add spinach and sweet corn, stir well for 2–3 minutes.
3. Pour vegetable stock, bring it to a boil and simmer for 10 minutes.
4. Blend half the soup for a creamy texture, mix it back and season with salt and black pepper.
5. Serve hot with a sprinkle of herbs or grated cottage cheese.



GRILLED VEGETABLE SALAD WITH LEMON DRESSING

A simple yet nutritious salad bursting with flavours.

INGREDIENTS:

1. 1 zucchini (sliced)
2. 1 red and yellow bell pepper (cut into strips)
3. 1 cup cherry tomatoes (halved)
4. 2 tablespoons olive oil
5. Salt and black pepper to taste
6. Juice of 1 lemon
7. 1 teaspoon dried oregano or mixed herbs

PROCEDURE:

1. Toss the vegetables in olive oil, salt and black pepper.
2. Grill them on a pan or in an oven until lightly charred.
3. Transfer to a bowl, drizzle with lemon juice and sprinkle herbs.
4. Serve warm or at room temperature.



BEETROOT & QUINOA SALAD

A colouful, antioxidant-rich salad.

INGREDIENTS:

1. 2 cups spinach (washed, blanched & chopped)
2. 1 cup sweet corn kernels
3. 1 tablespoon butter or olive oil
4. 2 garlic cloves (minced)
5. 1 small onion (finely chopped)
6. 4 cups vegetable stock or water
7. 1 teaspoon black pepper powder
8. Salt to taste

PROCEDURE:

1. Combine cooked quinoa, beetroot and pomegranate seeds in a bowl.
2. Whisk olive oil, lemon juice, salt and pepper to make the dressing.
3. Pour the dressing over the salad, toss well and garnish with fresh coriander leaves and feta or cottage cheese.



CHICKPEA SUNDAL (SNACK)

A quick South Indian snack that's high in protein.

INGREDIENTS:

1. 1 cup boiled chickpeas
2. 1 tablespoon grated coconut
3. 1 teaspoon mustard seeds
4. Curry leaves
5. 1 teaspoon oil
6. Coriander to garnish
7. Salt to taste

PROCEDURE:

1. Heat oil in a pan, add mustard seeds and curry leaves and let them splutter.
2. Add boiled chickpeas, stir for 2 minutes and mix in grated coconut.
3. Season with salt, mix well, garnish with fresh coriander leaves. and serve warm.



MOONG DAL KHICHADI WITH VEGGIES

A wholesome, one-pot meal for comfort and nutrition.

INGREDIENTS:

1. 1 cup moong dal (yellow lentils)
2. 1 cup rice
3. 1 cup chopped vegetables (carrots, peas, beans, etc.)
4. 1 teaspoon cumin seeds
5. ½ teaspoon turmeric powder
6. 1 tablespoon ghee or oil
7. Salt to taste
8. 4 cups water

PROCEDURE:

1. Wash and soak moong dal and rice for 15 minutes.
2. Heat ghee in a pressure cooker, add cumin seeds and let them splutter.
3. Add vegetables, turmeric powder and sauté for 2 minutes.
4. Mix in dal, rice, water and salt. Pressure cook for 3-4 whistles.
5. Serve hot with yoghurt or a dollop of ghee.



OATS PORRIDGE WITH FRUITS

A creamy and fibre-rich breakfast.

INGREDIENTS:

1. ½ cup oats
2. 1 cup milk or almond milk
3. 1 banana (sliced)
4. ½ apple (chopped)
5. A handful of nuts and seeds
6. Honey to taste

PROCEDURE:

1. Cook oats in milk until creamy.
2. Top with sliced banana, apple, nuts and seeds.
3. Drizzle with honey and serve warm.



LEMON RICE WITH PEANUTS

A tangy and refreshing dish.

INGREDIENTS:

1. 2 cups cooked rice
2. 1 teaspoon mustard seeds
3. Curry leaves
4. 2 tablespoons roasted peanuts
5. Juice of 1 lemon
6. Grated coconuts and coriander to garnish

PROCEDURE:

1. Heat oil, add mustard seeds and curry leaves. Sauté for 2 minutes.
2. Add cooked rice, peanuts and lemon juice. Mix well, garnish with fresh coconuts and coriander and serve warm.



RED BEANS SALAD

A filling salad packed with protein and flavour.

INGREDIENTS:

1. 1 cup boiled kidney beans (rajma)
2. ½ onion (chopped)
3. ½ tomato (chopped)
4. 1 teaspoon chat masala
5. Juice of 1 lemon

PROCEDURE:

1. Combine all ingredients in a bowl.
2. Sprinkle chat masala and lemon juice, mix well and serve



GRILLED PANEER TIKKA

A flavourful snack high in protein.

INGREDIENTS:

1. 200 grams cottage cheese (paneer) cubes
2. 2 tablespoons yoghurt
3. Spices (turmeric, chili powder, garam masala)

PROCEDURE:

1. Marinate paneer cubes in yoghurt and spices for 30 minutes.
2. Grill or bake until golden brown. Serve with green chutney.



MILLET UPMA

A nutritious and filling breakfast option.

INGREDIENTS:

1. 1 cup millet (foxtail or little millet)
2. 1 small onion (chopped)
3. 1 cup mixed vegetables (carrots, beans, peas)
4. 1 teaspoon mustard seeds
5. Curry leaves
6. 1 teaspoon ghee or oil
7. Salt to taste 8. Coriander to garnish

PROCEDURE:

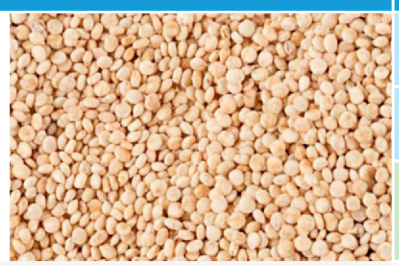
1. Roast millet for 2 minutes and set aside.
2. In a pan, heat oil, add mustard seeds and curry leaves and sauté onions and vegetables.
3. Add roasted millet, water and salt. Cover and cook until millet is soft. Garnish with fresh coriander leaves.
4. Serve hot with coconut chutney.

NUTRITION COMPARISON CHART



Rice Vs. Quinoa





Food Item	Calories (per 100g, ½ cup cooked) (Kcals)	Protein (grams)	Fibre (grams)	Other Key Nutrients
White Rice	130	2.40	0.40	Low in fibre, vitamins and minerals
Quinoa*	120	4.10	2.80	Rich in iron, magnesium, zinc

Preferred food Quinoa is a complete protein (contains all 9 essential amino acids)

Potato Vs. Sweet Potato





Food Item	Calories (per 130-150g, raw, boiled without skin, 1 medium size)	Protein (grams)	Fibre (grams)	Other Key Nutrients
Potato	110	3.0	2.5	Low in vitamin A, high in potassium
Sweet Potato*	110	2.0	3.8	High in beta-carotene (vitamin A)

Preferred food Sweet potato is also richer in antioxidants and vitamin A

White Bread Vs. Whole Grain Bread





Food Item	Calories (per 1 slice, ~30 grams)	Protein (grams)	Fiber (grams)	Other Key Nutrients
White Bread	80	2.5	0.75	Refined, lower in fibre and vitamin B
Whole Grain*	78	3.5	2.25	Rich in vitamin B, iron

Preferred food Whole grain improves satiety and glycaemic control

Butter Vs. Olive Oil

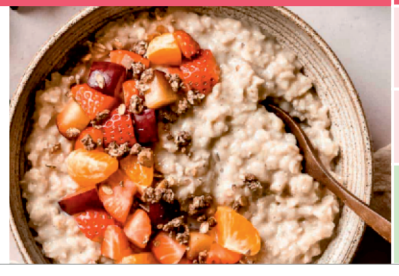




Food Item	Calories (per tablespoon)	Protein (grams)	Fibre (grams)	Other Key Nutrients
Butter	108	0	12.15	High in saturated fats, cholesterol
Olive Oil	135	0	15.0	High in monounsaturated Fats, polyphenols (antioxidants)

Sugary Cereals Vs. Oatmeal





Food Item	Calories (per 100g)	Protein (grams)	Fibre (grams)	Other Key Nutrients
Sugary Cereals (Kellogg's/Chocos)	130	7.0	2.5	High in added sugar (varies by brand)
Oatmeal (rolled oats-uncooked)*	367	13.0	10.0 389	

Preferred food Supports heart health due to beta-glucan fibre

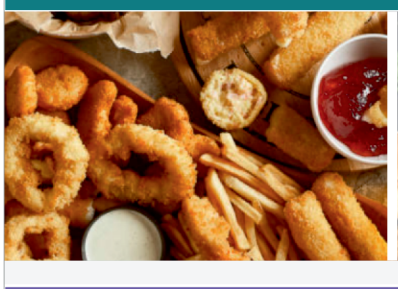
Milk Chocolate Vs. Dark Chocolate




Food Item	Calories (per 30g)	Protein (grams)	Fibre (grams)	Other Key Nutrients
Milk Chocolate	165	2.0	16.0	Minimal antioxidants
Dark Chocolate* (Cocoa >70%)	175	2.2	7.0	High in flavonoids & antioxidants

**Preferred food Dark chocolate in moderation has cardio-protective effects

Fried Snacks Vs. Roasted Nuts




Food Item	Calories (per 30g)	Protein (grams)	Fibre (grams)	Other Key Nutrients
Fried Chips	160 (small packet)	2.0	10.0	High in trans fats, sodium
Roasted Almonds	180 (around 24)	6.0	15.0	High in vitamin E, healthy fats, magnesium

Fruit Juice Vs. Whole Fruit




Food Item	Calories (per 100 ml, 1 medium size fruit-130 grams)	Protein (grams)	Fibre (grams)	Other Key Nutrients
Fruit Juice	45	0.7	0.2	Low in fibre, high in sugar
Whole Orange*	62	12	3.1	Rich in vitamin C, antioxidants

**Preferred food Whole fruit provides fibre and slower glucose release

Ice Cream Vs. Greek Yohgurt




Food Item	Calories (per 100g)	Protein (grams)	Fibre (grams)	Other Key Nutrients
Ice Cream (vanilla, regular, whole milk)	207	3.5	21.0	High in saturated fats
Greek Yoghurt (plain, non-fat, unsweetened	59	10.0	3.6	Rich in calcium, probiotics

**Preferred food Greek yoghurt aids gut health due to probiotics

Chicken Vs. Fish (Salmon)




Food Item	Calories (per 30g)	Protein (grams)	Fibre (grams)	Other Key Nutrients
Chicken (Breast, skinless)	168	21.8	9.0	Lean protein source
Salmon*	172	20.9	9.8	High in omega-3 fatty acids (EPA & DHA)

**Preferred food Salmon provides DHA & EPA - essential for brain and heart health

LEGEND/ DISCLAIMER:

Nutritionally superior/preferred choice based on fibre content, protein quality, essential nutrients and healthy fats.

Less favourable due to added sugars, refined carbs, trans/saturated fats or low micronutrient value.

•Values are approximate and may vary based on brand, cooking method and serving size.

REFERENCES:

1. USDA FoodData Central

2. NIH - Office of Dietary Supplements

3. Indian Food Composition Tables (IFCT 2017, NIN Hyderabad)

4. Harvard T.H. Chan School of Public Health - Nutrition Source

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JEHANGIR HOSPITAL
We Add Care



The most advanced centre for Mother & Child.

Clinical excellence beyond care.
Dedication beyond delivery.

#DedicatedToDeliver

Mother & Child CARE

STATE-OF-THE-ART
MOTHER & CHILD CARE

- Team of world-class doctors • Dedicated PICU & NICU
- Specialised lactation and paediatric nurses
- Antenatal, neonatal and postnatal care
- Paediatric Ambulance • Luxury Maternity Suites
- Labour, Delivery, Recovery & Postpartum (LDRP) Room

CENTRE OF EXCELLENCE



EMERGENCY AND TRAUMA CARE AT JEHANGIR HOSPITAL

Jehangir Hospital is a pioneer of modern-day emergency care in Pune, ensuring the highest level of skill, expertise, infrastructure, and operating one of the best Accident and Emergency Departments in Maharashtra.

Hospital provides services for all kinds of emergencies, whether they are Trauma, Non-trauma, Medical, or Surgical emergencies, 24 hours a day, 7 days a week, and 365 days a year. The Emergency Room is one of the most critical areas in the hospital.

EMERGENCY 24/7 SERVICE

The protocol at the 24X7 Emergency Medicine Department is designed to respond more quickly and has proven outcomes that are on par with the very best in the country. The quality of medical services provided in the emergency room is of paramount importance and often has a direct bearing on the morbidity and mortality of a patient. At Jehangir Hospital's Emergency Medicine Department, one can be assured of receiving globally benchmarked medical assistance.

Department is equipped with 12 beds conveniently located on the entrance of the hospital with a wide and separate entrance. The fully equipped centre is staffed with full-time, emergency medicine-qualified, certified, and experienced Emergency Physicians, Emergency Paramedics, Nurses, who are specialised in all areas of Emergency Medicine. The Emergency Medicine Department is a Level-1 Emergency Centre with Academics and Research orientation and provides a range of state-of-the-art equipment and technology for all kinds of emergency management and support, as well as emergency access to other sub-specialties and physicians. The department keeps track of several important quality indicators, to ensure that the care process is smooth and efficient every time.



TO NAME A FEW QUALITY INDICATORS THAT ARE MONITORED:

Door to Initial Assessment time within 10 minutes.	
Door to ECG time within 10 minutes.	Door to CT time within 25 minutes.
Door to Needle time (Non – Hemorrhagic Stroke) within 60 minutes.	
Door to Cathlab (Primary Angioplasty) time within 90 minutes.	



At Emergency Medicine Department of Jehangir Hospital, one can be assured of receiving globally benchmarked medical assistance

SCOPE OF SERVICES

Our Accident and Emergency Department (A&E) is a vital component of our healthcare services, dedicated to providing rapid and expert care in times of urgent medical need. We offer a wide range of services and facilities to address a variety of medical emergencies, ensuring that you receive prompt attention and high-quality care.

EMERGENCY MEDICAL CARE: It is equipped to handle a broad spectrum of medical emergencies, from minor injuries to life-threatening conditions. The team of experienced doctors, nurses and technicians along with the support staff is trained to provide immediate assessment and intervention.

TRAUMA CARE: In cases of accidents, injuries, or trauma, A&E team is well-prepared to assess, stabilise, and provide appropriate treatment. Department has an access to state-of-the-art equipment and technology to manage trauma cases effectively.

ACUTE ILLNESS MANAGEMENT: In case of sudden onset of severe symptoms related to acute medical conditions, A&E department is equipped to diagnose and manage a wide range of illnesses.

CARDIAC EMERGENCIES: Department's specialises in the care for cardiac emergencies, including heart attacks, chest pain, and arrhythmias. The facilities include cardiac monitoring and rapid access to life-saving interventions.

In the Emergency Department at Jehangir Hospital, a Level-1 comprehensive tertiary care facility, a standardised clinical system has been implemented with the introduction of the Clinical Codes system, including CODE STROKE, CODE CARDIAC, and CODE TRAUMA. These systems, a first of their kind, are equipped with dedicated in-house numbers, streamlining mechanisms and ensuring optimal outcomes for patients. The hospital remains committed to delivering prompt, efficient, and specialised care through its innovative protocols and dedicated multidisciplinary teams.

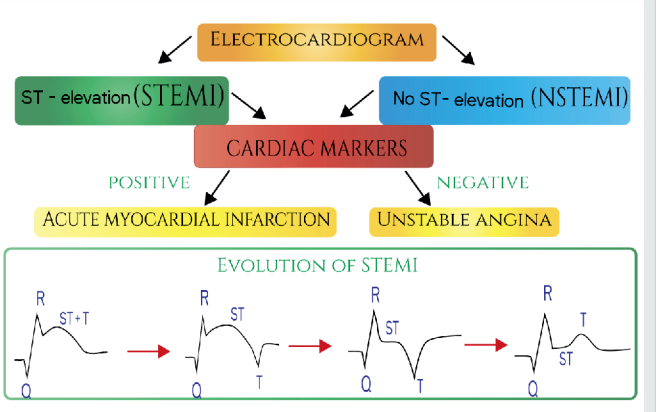
"Code Cardiac" is a hospital emergency code used to describe the critical status of a patient. Hospital staff call a code if a patient goes into cardiac arrest and a rapid action team which includes the team of cardiologists and intensivists immediately come into action to attend to the patient

STROKE CARE: Rapid assessment and treatment of strokes are critical for positive outcomes. Our A&E department is equipped with the necessary resources to provide urgent care to stroke patients.

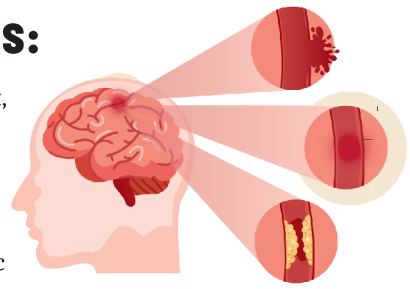
UNDERSTANDING STROKE & ACUTE CORONARY HEART SYNDROME:

Stroke is a disease that affects the arteries leading to and within the brain. It is becoming an important cause of premature death and disability in countries like India, largely driven by demographic changes and enhanced by the increasing prevalence of key modifiable risk factors. A stroke occurs when a blood vessel carrying oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures). When that happens, a part of the brain cannot get the blood (and oxygen) it needs, causing brain cells to die. This can happen at any time and to anyone, most commonly to people between the ages of 40 and 60 years and above. The good news is that effective treatments can now also help prevent disability from stroke.

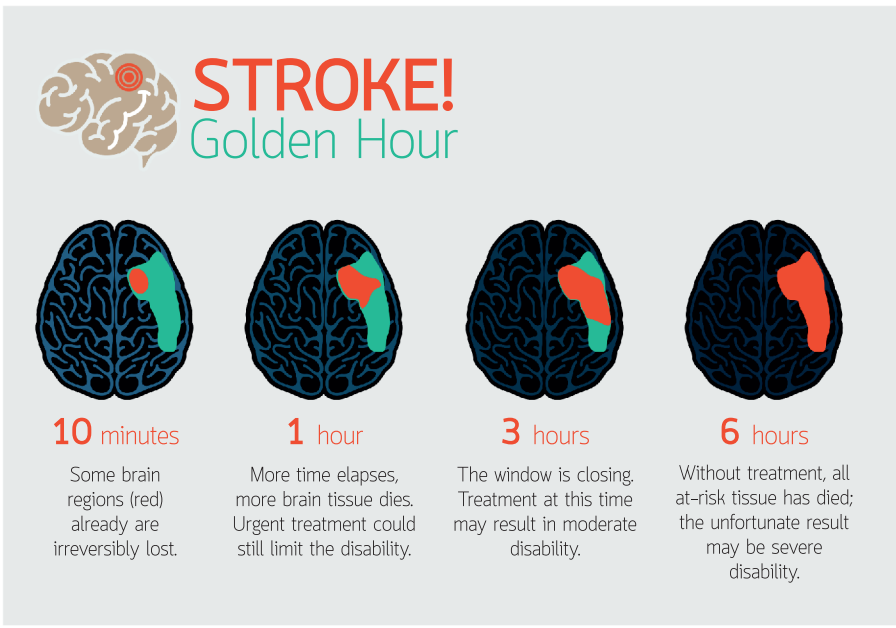
Acute coronary syndrome is a term for a group of conditions that suddenly stop or severely reduce blood flow to the heart muscle. When blood cannot flow to the heart muscle, the heart muscle can become damaged. In simple words, this suggests a heart attack (Myocardial infarction). It is a leading cause of mortality worldwide.



THE CODE STROKE PROCESS:



Jehangir Hospital has been at the forefront, being one of the first hospitals to incorporate the CODE STROKE PROGRAM since 2015. The emergency department witnesses close to 15–20 cases of stroke per month, of which approximately 7–8 cases undergo thrombolytic treatment. Any stroke patient entering the emergency room is promptly assessed. If there are any signs of a stroke, the CODE STROKE is activated on the public announcement system, summoning the entire stroke team to the emergency. The most crucial step in responding to a stroke case is keeping track of the "golden hour."



The Department of Neurosciences at Jehangir Hospital provides round-the-clock efficient services and is best known for treating patients during the Golden Hour, which is the most critical period for any stroke patient. The first four and a half hours are considered the most crucial, or in other terms, "golden," because after the blockage of the artery, every minute results in the loss of 2 million neurons from the onset of the stroke. Patients, after receiving a clot-dissolving injection, have a much greater chance of surviving and avoiding long-term brain damage if they arrive at the hospital and receive treatment and drug therapy within 4.5 hours from the onset of symptoms. In the case of acute ischemic stroke, the door-to-needle time is 60 minutes or less after the arrival of the patient.

Whenever there is a stroke patient entering the hospital, receives the best multidisciplinary care and treatment. Jehangir hospital has a comprehensive neuro team which is actively involved in retrieving the patient. Another unique development that has been added to patient care is the one-of-its-kind system called the Acute Stroke Care-Pathway. This system helps in systematic documentation of the patient's health records that has the history, doctor's comments and developments of the patient's recovery. The access for this Pathway is given to the entire stoke team which helps in giving the right guidance during their follow ups. Hence, providing comprehensive care in a very systematic manner.

"Our team of skilled neurosurgeons is equipped with vast experience and knowledge to offer the best possible care to patients through techniques ranging from open surgeries to minimally invasive treatments," says ***Dr. Prashant Khandelval, Neurosurgeon at Jehangir Hospital***

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MULTIDISCIPLINARY APPROACH:

A&E department follows a multidisciplinary approach, with healthcare professionals from various specialties collaborating to deliver comprehensive care.



AMBULANCE SERVICES

Fully equipped and capable of initiating emergency care at the site of incident and en route to the hospital, aan ambulance service was launched in 2003 and named "HOSPITAL ON WHEELS", as it is accompanied by a fully trained, qualified and certified in Advance Life Support System staff to distinguish them from traditional transport ambulances

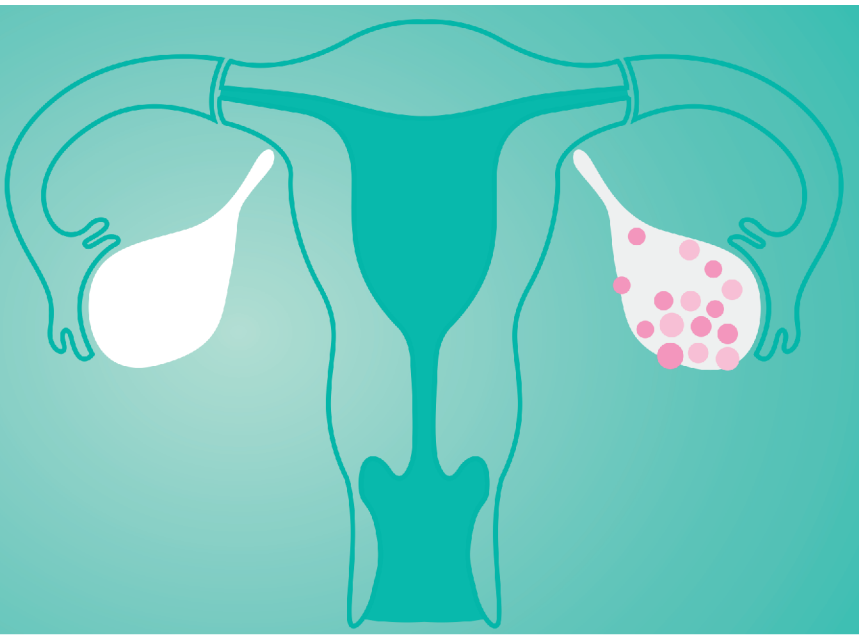
According to the CEO, Mr Vinod Sawantwadkar, T he emergency Department is the first point of contact for any critically ill patient, needing immediate medical attention. The function of the Emergency Unit is to receive, stabilise and manage patients (adults and children) who present with a large variety of urgent and non urgent conditions whether self or otherwise. Jehangir Hospital's Emergency Departments is managed by qualified Emergency Physicians and nurses, trained specifically for providing emergent care to save a life or limb. At Jehangir Hospital, Emergency Care is a scientifically developed protocol driven emergency system. The system has several unique and innovative features: It acts like a tool to prevent the situation from worsening:



EMERGENCY CONTACT NUMBERS: 020-66811066 | 8888881066

OVARIAN CANCER

WHAT EVERY WOMAN SHOULD KNOW



RAISING AWARENESS, REDUCING RISK

Ovarian cancer is one of the most common cancers among women, but it often goes undiagnosed until it has reached an advanced stage. It is important to raise awareness about ovarian cancer and provide guidance on prevention, early detection, and treatment options.

SIGNS & SYMPTOMS

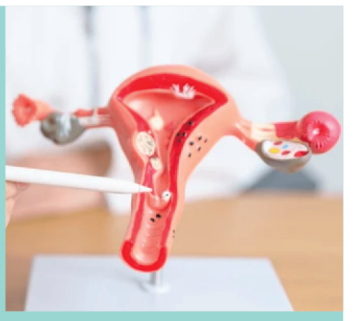
The symptoms of ovarian cancer are often vague and easily mistaken for other, less serious conditions. This is why the disease can go undiagnosed until it reaches an advanced stage. Common symptoms include:

- Bloating or abdominal discomfort
- Pelvic or abdominal pain
- Changes in appetite or feeling full quickly
- Frequent urination
- Fatigue
- Unexplained weight loss or gain
- Irregular menstrual cycles
- Back pain or pain during sex

If you experience any of these symptoms consistently for more than a few weeks, it is important to see a doctor for further evaluation.

WHAT IS OVARIAN CANCER?

Ovarian cancer occurs when abnormal cells in one or both ovaries begin to grow uncontrollably. These cells can then spread to nearby tissues or other organs. The ovaries, part of the female reproductive system, produce eggs and hormones such as oestrogen and progesterone.



TYPES OF OVARIAN CANCER:

	Epithelial Ovarian Cancer: The most common type, starting in the outer layer of the ovaries.
	Germ Cell Tumours: Develop in the cells that produce eggs.
	Stromal Cell Tumours: Begin in the connective tissue of the ovaries.

PREVENTION AND EARLY DETECTION

While there is no surefire way to prevent ovarian cancer, there are several steps that can reduce the risk or lead to earlier detection:

Regular Gynaecological Check-ups

Annual pelvic exams and discussions with your gynaecologist can help detect any abnormalities early.

Know Your Family History

Understanding your family's medical history, especially with regard to ovarian and breast cancer, is crucial in determining your risk.

Genetic Testing

For women with a family history of ovarian or breast cancer, genetic testing for BRCA mutations can provide important information on increased cancer risk.

Healthy Lifestyle Choices

Maintaining a healthy weight, exercising regularly, and avoiding smoking can help reduce the risk of developing ovarian cancer.

Birth Control Pills

Some studies suggest that using oral contraceptives for several years may reduce the risk of ovarian cancer. Discuss with your doctor if this is right for you.



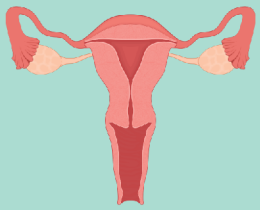
RISK FACTORS FOR OVARIAN CANCER

While the exact cause of ovarian cancer remains unclear, there are several factors that can increase a woman's risk:

- **Age:** Most cases are diagnosed in women over 50, especially after menopause.
- **Family History:** A family history of ovarian or breast cancer increases the risk, particularly if a woman carries mutations in the BRCA1 or BRCA2 genes.
- **Hormone Replacement Therapy (HRT):** Long-term use of certain hormone replacement therapies may slightly increase the risk.
- **Infertility and Never Having Children:** Women who have never been pregnant or who experience infertility may have a slightly higher risk.
- **Genetics:** Certain inherited gene mutations, such as those in the BRCA1, BRCA2, or Lynch syndrome genes, can increase the risk of ovarian cancer.

DIAGNOSIS: HOW OVARIAN CANCER IS DETECTED

Ovarian cancer can be challenging to diagnose, as the symptoms often overlap with other conditions. If ovarian cancer is suspected, your doctor may recommend several tests:



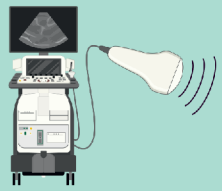
PELVIC EXAM

A physical exam to check for signs of ovarian cancer, such as an enlarged ovary or tumour.



CT SCAN OR MRI

These imaging tests can help identify the spread of cancer and evaluate the extent of disease.



ULTRASOUND

An imaging test that uses sound waves to create an image of the ovaries.



BLOOD TESTS

The CA-125 test measures the level of a protein that may be elevated in ovarian cancer. However, it is not specific to ovarian cancer and can be elevated for other reasons.



BIOPSY

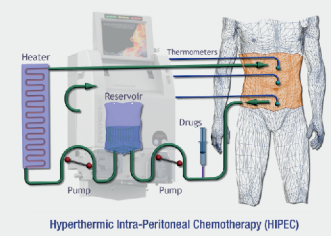
In some cases, a tissue sample may be taken to confirm the presence of cancer cells.

TREATMENT OPTIONS FOR OVARIAN CANCER

Treatment for ovarian cancer depends on the stage at diagnosis, the type of cancer, and the patient's overall health. Common treatment options include:



Surgery: The primary treatment for ovarian cancer is surgery to remove as much of the tumour as possible. In many cases, this involves removing the ovaries, fallopian tubes, and sometimes the uterus.

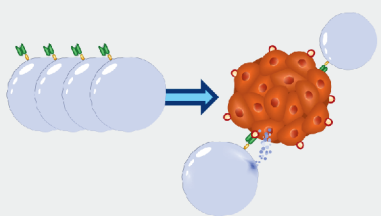


Hyperthermic Intra-Peritoneal Chemotherapy (HIPEC)

Chemotherapy: Chemotherapy uses powerful drugs to kill cancer cells or stop their growth. It is often used after surgery to target any remaining cancer cells.



Targeted Therapy: Targeted therapy drugs specifically attack cancer cells without damaging healthy cells, offering a more focused treatment option.



Immunotherapy: In some cases, immunotherapy may be used to help the body's immune system fight cancer.



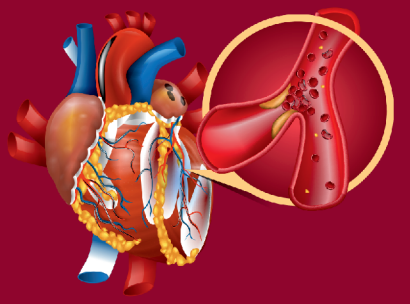
Ovarian cancer can be a devastating diagnosis, but early detection and modern treatment options have greatly improved survival rates. Ongoing research is continuously improving our understanding of ovarian cancer and leading to better outcomes. If you or a loved one is diagnosed with ovarian cancer, remember that emotional and psychological support is essential. Seeking help from cancer support groups and professionals can be incredibly beneficial.

EARLY DETECTION SAVES LIVES

Ovarian cancer may be challenging to detect in its early stages, but with greater awareness, we can help identify it sooner and improve outcomes. Stay informed, listen to your body, and don't hesitate to consult with your doctor if you have concerns.

TOGETHER, WE CAN FIGHT OVARIAN CANCER ONE STEP AT A TIME.

DEPARTMENT OF CARDIAC SCIENCE



GAPIO Global Association of Physicians of Indian Origin

RECOGNITION OF EXCELLENCE: DR. J.S. DUGAL HONOURED BY GAPIO

We are proud to share that Dr. J.S. Dugal, Senior Consultant, Interventional Cardiology at Jehangir Hospital, has been included in the Honours List of the Global Association of Physicians of Indian Origin (GAPIO) for the period of December 2024 - January 2025.

This prestigious recognition is a reflection of Dr. Dugal's exceptional expertise, years of dedicated service, and his outstanding contributions to the field of Interventional Cardiology. Beyond his clinical excellence, Dr. Dugal has consistently exemplified the values of compassionate care and patient-centred practice that are at the heart of Jehangir Hospital's ethos.

His inclusion in the GAPIO Honours List places him among an esteemed group of physicians recognised for their impact not only within their own institutions, but also across the broader global healthcare community.

We extend our heartfelt congratulations to Dr. Dugal on this well-deserved honour and remain grateful for his continued service and leadership.



DR. J. S. DUGAL
Department of Cardiology,
Jehangir Hospital









DEPARTMENT OF NEUROSCIENCE

COMPREHENSIVE NEUROLOGICAL CARE AT JEHANGIR HOSPITAL, PUNE

Stroke is a disease that affects the arteries leading to and within the brain. It is becoming a leading cause of premature death and disability in countries like ours, largely driven by demographic changes and the increasing prevalence of key modifiable risk factors. This can happen to anyone, most commonly to people between the ages of 40 and 60 years and above. The good news is that effective treatments are now available to help prevent disability caused by stroke. Jehangir Hospital provides a comprehensive range of diagnostic and therapeutic services for patients with neurological ailments.



Dr. Soumya Chandrashekhar, *Consultant at the Accident and Emergency Department at Jehangir Hospital said,*

"Jehangir Hospital's pre-hospital ambulance and Emergency Medical Services (EMS) provide efficient and timely care for stroke patients. I would like to emphasise that trained emergency physicians and stroke nurses are crucial in reducing disability and improving survival. Our acute stroke care pathway ensures fast, evidence-based care. The World Stroke Organisation has awarded our stroke team for excellence in stroke care."



24/7 NEUROLOGICAL CARE AT JEHANGIR HOSPITAL

Jehangir Hospital's Neurosciences department provides efficient 24x7 services and is renowned for treating stroke patients during the critical Golden Hour. The first 4.5 hours after a stroke are crucial, as 2 million neurons are lost every minute. Patients who receive clot-dissolving injections within this time frame have a higher chance of survival and a reduced risk of long-term brain damage. In acute ischaemic stroke cases, treatment should be administered within 60 minutes of the patient's arrival.

Dr. Sandeep Borse, *Neurologist at Jehangir Hospital, says,*

"The majority of cases we see are patients aged 60 years and above. However, we also see many cases in the 30-45 age group, largely due to modern lifestyles. A brain stroke can also be hereditary in nature."

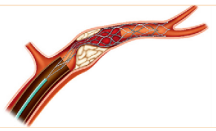
"When an acute stroke patient arrives within the Golden Hour at the Emergency Room, a CODE STROKE is activated. A rapid neurological examination, CT scan, and MRI are conducted immediately, following which the decision for IV Thrombolysis is made. If the CT scan reveals a major vessel blockage, neuro intervention can be performed in time to remove the clot. We have achieved Thrombolysis in just 13 minutes (DTN) from arrival, which was the fastest thrombolysis conducted. At Jehangir Hospital, all staff members are trained to ensure rapid and effective treatment for stroke patients."

Jehangir Hospital is equipped with a **state-of-the-art Catheterisation Laboratory (Cath Lab),** which plays a crucial role in stroke treatment.

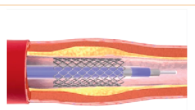
The Cath Lab allows specialists to perform minimally invasive neuro-interventional procedures, ensuring precise and effective treatment for stroke and other neurological conditions.



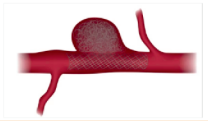
THE CATH LAB AT JEHANGIR HOSPITAL ENABLES DOCTORS TO PERFORM:



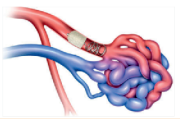
MECHANICAL THROMBECTOMY:
A procedure to remove blood clots from blocked arteries in the brain.



CAROTID STENTING:
A minimally invasive procedure to open blocked carotid arteries & improve blood flow to the brain.



ANEURYSM COILING:
A procedure to treat brain aneurysms by blocking blood flow to prevent rupture.



AVM EMBOLISATION:
Treatment for Arteriovenous Malformations (AVMs) to reduce the risk of bleeding in the brain.

Dr. Prashant Khandelwal, *Consultant Neurosurgeon at Jehangir Hospital, highlights the importance of immediate intervention in stroke cases,*

"The role of neurosurgery in stroke management is crucial, particularly in cases where patients require decompressive craniectomy or endovascular procedures. Time is of the essence. Delays in treatment can significantly impact recovery outcomes. At Jehangir Hospital, we ensure that every stroke patient receives rapid, evidence-based care, which significantly improves their chances of leading an independent life post-recovery."

Vinod Sawantwadkar, *CEO of Jehangir Hospital, emphasises the hospital's commitment to neurological care:*

"At Jehangir Hospital, we take immense pride in our ability to deliver world-class neurological care, backed by cutting-edge technology and an expert medical team. Stroke care, in particular, demands speed, precision, and coordination. Our CODE STROKE programme and our dedicated team have enabled us to provide swift and effective treatment, saving lives and ensuring better long-term outcomes for patients. We remain committed to innovation and excellence in neurological healthcare, ensuring that every patient receives the best possible care at the right time."



NEURO REHABILITATION

JEHANGIR HOSPITAL'S NEURO REHABILITATION TEAM PROVIDES COMPREHENSIVE COGNITIVE AND PHYSICAL DISABILITY ASSESSMENT AND THERAPY FOR A RANGE OF NEUROLOGICAL DISORDERS, INCLUDING



STROKE



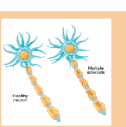
TRAUMATIC BRAIN INJURY



EPILEPSY



PARKINSON'S DISEASE



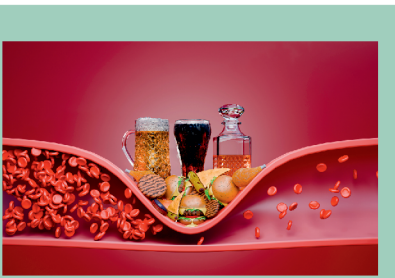
MULTIPLE SCLEROSIS



MOVEMENT DISORDERS

PREVENTION IS BETTER THAN CURE

The incidence of stroke and stroke-related dementia is increasing in India due to lifestyle-related risk factors such as diabetes, hypertension, high cholesterol, poor sleep, and smoking. Stroke cases among young people have risen by 12%, leading to long-term neuro disabilities.



JEHANGIR HOSPITAL'S REHABILITATION DEPARTMENT TAKES A HOLISTIC APPROACH TO STROKE PREVENTION, OFFERING:

AWARENESS SESSIONS	PHYSICAL FITNESS TESTING	STRESS PROFILING

The addition of the Cath Lab's role strengthens the hospital's positioning as a centre for advanced neurological care, offering cutting-edge interventions for stroke and neurovascular diseases.



DEPARTMENT OF GASTRO SCIENCE

Gallbladder stones are a common yet often misunderstood condition that can lead to significant discomfort and complications if left untreated. With changing lifestyles, dietary habits, and increasing stress levels, more and more individuals – particularly in India – are being diagnosed with gallstones. To help patients and caregivers understand this condition better, we spoke with Dr Lalit Shimpi, Senior Consultant – Gastroenterology at Jehangir Hospital. In this insightful Q&A, Dr Shimpi explains what causes gallstones, how they are diagnosed, and the advanced endoscopic procedures available for their treatment and removal.



DR. LALIT SHIMPI
Senior Gastroenterologist,
Jehangir Hospital



GALLBLADDER STONES - UNDERSTANDING, DIAGNOSIS & ENDOSCOPIC MANAGEMENT"

Q: WHAT ARE GALLBLADDER STONES, AND WHY DO THEY DEVELOP?

Gallbladder stones, or gallstones, are hardened deposits that form inside the gallbladder – a small, pear-shaped organ located just beneath the liver. The gallbladder stores and releases bile, a digestive fluid produced by the liver that helps break down fats.

Gallstones form when the chemical balance of bile is disturbed. This can happen if:

- There's too much cholesterol in the bile
- The gallbladder doesn't empty completely or often enough
- There's an excess of bilirubin (a pigment from red blood cell breakdown)

Gallstones can range in size - from as small as a grain of sand to as large as a golf ball - and can be single or multiple.

They are more common than people realise, particularly in individuals who are overweight, diabetic, pregnant, over the age of 40, or have a family history of gallstones. Women are at higher risk due to the effects of oestrogen on bile production.

Q: WHAT SYMPTOMS SHOULD ONE WATCH OUT FOR?

Interestingly, many gallstones cause no symptoms at all and are discovered incidentally during scans for other conditions. However, when a stone blocks the flow of bile, it can cause a classic pattern of symptoms known as a gallbladder attack or biliary colic, which includes:

- Sudden, intense pain in the upper right or middle abdomen
- Nausea and vomiting
- Pain radiating to the back or right shoulder blade
- A sense of bloating or fullness
- Fever or chills if infection sets in
- Yellowing of the skin or eyes (jaundice), if a stone blocks the bile duct

These symptoms often come after a heavy or fatty meal and may last from a few minutes to several hours. If recurrent or prolonged, it can lead to complications like cholecystitis (inflammation of the gallbladder), pancreatitis, or bile duct infections.

Q: ONCE DIAGNOSED, HOW ARE GALLSTONES TREATED?

Treatment depends on whether the gallstones are symptomatic or silent.

- Asymptomatic gallstones (found incidentally and causing no trouble) are often left alone with dietary guidance and routine follow-up.
- Symptomatic gallstones require definitive treatment, as the risk of recurrence or complications is high.

The gold standard treatment is laparoscopic cholecystectomy – a minimally invasive surgery where the gallbladder is removed through small keyhole incisions. It is a safe, short-stay procedure with quick recovery.

However, in certain cases – especially when the stones have moved into the common bile duct (CBD) or if the patient is unfit for surgery – we use endoscopic techniques such as ERCP.

Q: HOW ARE GALLSTONES DIAGNOSED AT JEHANGIR HOSPITAL?

We use a combination of clinical history, physical examination, and imaging tests. The first-line investigation is typically an abdominal ultrasound. It's safe, non-invasive, and quite effective in identifying gallstones and gallbladder inflammation.

In more complex cases - especially where bile ducts may be involved - we may advise:

- **MRCP (Magnetic Resonance Cholangiopancreatography):** a specialised MRI scan to visualise bile and pancreatic ducts
- **CT scan:** to detect complications like perforation or pancreatitis
- **Liver function tests**: to assess if the stones are affecting liver or bile flow

Q: CAN YOU EXPLAIN ERCP AND HOW IT HELPS IN GALLSTONE REMOVAL?

Absolutely. ERCP (Endoscopic Retrograde Cholangiopancreatography) is an advanced endoscopic procedure that allows us to visualise and treat problems in the bile and pancreatic ducts without the need for open surgery.

Here's how it works:

- A thin, flexible tube with a camera (endoscope) is passed through the mouth into the stomach and duodenum.
- A dye is injected into the bile ducts via a small catheter, and X-rays are taken.
- If a stone is found, special instruments can be inserted through the scope to remove the stone, place a stent, or open narrowed ducts.

This procedure is especially useful in patients with:

- Jaundice due to bile duct stones
- Recurrent attacks despite prior surgery
- Pancreatitis due to gallstones
- Those unfit for surgery due to age or other medical conditions

At Jehangir Hospital, we perform ERCP using state-of-the-art equipment and with a team experienced in handling even complex cases.

Q: IS THERE ANYTHING PEOPLE CAN DO TO PREVENT GALLSTONES?

Yes. Lifestyle plays a key role. Here are some ways to reduce your risk:

- Maintain a healthy weight
- Avoid rapid or extreme weight loss
- Eat a balanced diet rich in fibre and low in refined sugars and saturated fats
- Stay active - regular physical activity keeps digestion and bile flow healthy
- Stay hydrated

Those with a family history or other risk factors should be especially cautious

LOOKING AFTER YOUR LIVER: A GUIDE TO PREVENTING AND MANAGING FATTY LIVER DISEASE



DR. PARIMAL S LAWATE
Director - Gastro Science, and Senior Consultant - Gastroenterology
Jehangir Hospital



Your liver is one of the most vital organs in your body - it filters toxins, regulates metabolism, stores nutrients, and plays a crucial role in digestion. Yet, in today's fast-paced world of sedentary lifestyles and processed foods, liver health is often neglected. One of the most common and silent threats to the liver is fatty liver disease - a condition that is fast becoming a public health concern in India and globally. Fatty liver is alarmingly common in India - and there are several reasons why:

THE INDIAN DIET PARADOX



While many assume the traditional Indian diet is healthy, it's often carbohydrate-heavy (think rice, roti, potatoes), with low protein and excess sugar from sweets, packaged snacks, and soft drinks. This leads to fat being stored in the liver.

MISUSE OF MEDICATIONS



The unsupervised use of painkillers, herbal supplements, and over-the-counter medicines can sometimes damage the liver further.

BELLY FAT AND INSULIN RESISTANCE



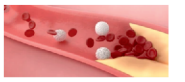
Indians are genetically more prone to storing fat around the abdomen. This "central obesity" is closely linked with insulin resistance – a key factor in fatty liver development.

SEDENTARY LIFESTYLE



With increasing desk jobs, long commutes, and reliance on technology, physical activity levels are low for many Indians, particularly in urban areas

DIABETES AND HIGH CHOLESTEROL



India has one of the highest rates of Type 2 diabetes and metabolic syndrome, both of which significantly raise the risk of fatty liver.

FATTY LIVER

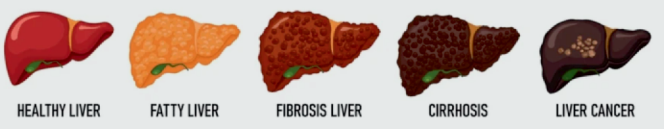


Fatty liver disease, also known as hepatic steatosis, occurs when excess fat builds up in the liver. It is often linked to obesity, high cholesterol, diabetes, and excessive alcohol consumption, but it can also occur in individuals with none of these risk factors. Fatty liver is broadly classified into two types:

- **NAFLD (Non-Alcoholic Fatty Liver Disease):** Fat accumulation in the liver not caused by alcohol.
- **AFLD (Alcoholic Fatty Liver Disease):** Fat accumulation due to heavy alcohol use.

If left unchecked, fatty liver can progress to inflammation (steatohepatitis), fibrosis (scarring), and eventually cirrhosis or liver failure.

GRADES OF FATTY LIVER



Fatty liver is graded based on the extent of fat deposition:

GRADE 1 (MILD):
Small amounts of fat in the liver; usually asymptomatic and reversible.

GRADE 2 (MODERATE):
More fat accumulation; mild discomfort or fatigue may occur.

GRADE 3 (SEVERE): Significant fat build-up; higher risk of inflammation and liver damage.
While routine blood tests may indicate elevated liver enzymes, a definitive diagnosis often requires imaging or endoscopic procedures.

COMMON INVESTIGATIONS INCLUDE:

1. ULTRASOUND ABDOMEN

- A non-invasive, first-line test that detects fat in the liver.

2. FIBROSCAN (TRANSIENT ELASTOGRAPHY)

- Measures liver stiffness and fat content, helping assess fibrosis severity.

3. CT/MRI SCAN

- Offers a more detailed view of liver anatomy and fat distribution.

4. ENDOSCOPIC PROCEDURES

Although not primary diagnostic tools for fatty liver, certain endoscopic techniques can help evaluate complications or underlying conditions:

- **Upper GI Endoscopy:** May be used to rule out varices or portal hypertension in advanced liver disease.
- **Endoscopic Ultrasound (EUS):** Can assess liver texture, nearby lymph nodes, and sometimes take guided biopsies.
- **Liver Biopsy (via EUS or percutaneous):** The gold standard for diagnosing NASH (non-alcoholic steatohepatitis) and staging fibrosis.

PREVENTING FATTY LIVER – A LIFESTYLE APPROACH

The most effective way to prevent or reverse fatty liver is through consistent lifestyle changes:

- **Maintain a Healthy Weight:** Aim for gradual, sustained weight loss.
- **Eat a Balanced Diet:** Choose fresh fruits, vegetables, whole grains, lean proteins, and healthy fats. Avoid processed foods and excess sugar.
- **Limit Alcohol:** Even moderate alcohol can worsen fatty liver.
- **Stay Physically Active:** Aim for at least 30 minutes of moderate activity five times a week.
- **Control Blood Sugar and Cholesterol:** Managing diabetes and lipid levels is crucial.
- **Avoid Unnecessary Medications:** Some over-the-counter drugs and supplements may burden the liver.

MYTH	FACT
Fatty liver only affects obese people	Fatty liver can occur in lean individuals too, especially those with insulin resistance or poor diet.
It's not serious - just fat in the liver	If ignored, fatty liver can progress to cirrhosis or liver cancer.
Only alcohol causes liver disease.	NAFLD is now the most common cause of chronic liver disease globally.
Liver detox diets can cure fatty liver.	There is no scientific evidence for "detox" diets. Real improvement comes from sustained healthy habits.
Once you have fatty liver, it can't be reversed.	In early stages, fatty liver is completely reversible with lifestyle changes.

Your liver works tirelessly for you – filtering blood, processing nutrients, and helping you stay healthy. It's time we return the favour. By understanding the risks, seeking early diagnosis, and adopting a liver-friendly lifestyle, we can effectively manage and even reverse fatty liver disease.

SKULL BASE SURGERY

The skull is composed of bones and cartilage that form both the face and the cranium (the bony structure that encases the brain). While the bones of the cranium can be felt at the top of the head, the bottom (base) of the cranium is formed by several bones that are more complex and less accessible. The skull base can be reached surgically through various routes, including openings in these bones, the eye socket, the roof of the nasal cavity, certain sinuses, and the bones surrounding the inner ear. This region is crowded with critical structures, including the spinal cord, major blood vessels, and numerous nerves, all of which pass through openings in the skull base.



DR. PRASHANT KHANDELWAL
Neurosurgeon, Jehangir Hospital

WHAT IS SKULL BASE SURGERY?

Skull base surgery is performed to remove both non-cancerous and cancerous growths, as well as other abnormalities located on the underside of the brain, the skull base, or the uppermost vertebrae of the spinal column. Because this area is difficult to see and reach, surgeons often use minimally invasive endoscopic procedures. In these procedures, instruments are inserted through the nose or mouth, or through a small hole made just above the eyebrow. Skull base surgery requires a multidisciplinary team, which may include neurosurgeons, ENT doctors (otolaryngologists), maxillofacial surgeons, plastic surgeons, and radiologists.



CONDITIONS TREATED BY SKULL BASE SURGERY

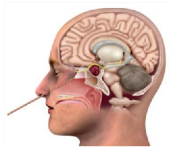
SKULL BASE SURGERY IS USED TO TREAT A VARIETY OF CONDITIONS, INCLUDING:

• Pituitary tumours	• Cerebral aneurysms (bulging blood vessels under the brain)
• Meningiomas (non-cancerous tumours from the meninges)	• Arteriovenous malformations (abnormal artery-vein connections)
• Craniopharyngiomas, parasellar and suprasellar tumours	• Craniosynostosis (premature fusion of infant skull bones)
• Chordomas (slow-growing bone tumours at the skull base)	• Cerebrospinal fluid fistulas (CSF leaks)
	• Congenital cysts
• Trigeminal neuralgia (severe facial nerve pain)	• Infection-related growths
• Cerebello-pontine angle tumours	• Craniovertebral anomalies and tumours

TYPES OF SKULL BASE SURGERY

SKULL BASE SURGERY CAN BE PERFORMED USING TWO MAIN TECHNIQUES

ENDOSCOPIC (MINIMALLY INVASIVE) SURGERY



- Often requires no large incision
- Surgeons may create a small opening inside the nose to access and remove growths using a thin, lighted tube called an endoscope

MICRONEUROSURGERY / ENDOSCOPIC-ASSISTED MICRONEUROSURGERY



- Involves minimal openings in the cranium
- Surgical approaches are chosen based on the location and nature of the tumour or lesion
- These complex procedures require knowledge of specific anatomical landmarks and specialised training

SURGICAL APPROACHES TO THE SKULL BASE

A simplified overview of the main surgical approaches is given below:

APPROACH TYPE	DESCRIPTION
ANTERIOR SKULL BASE	• **Transfacial/Transmaxillary:** Incision through upper lip and maxilla • **Subfrontal:** Removal of frontal bone • **Subcranial:** Removal above frontal bone
MIDDLE SKULL BASE	• **Pterional:** Incision in temple, remove part of frontal bone • **Transsphenoidal:** Through nose and sinuses to pituitary gland
POSTERIOR SKULL BASE	• **Infratemporal:** Incision in neck and cheek • **Petro-occipital-transigmoid (POTS):** Posterior skull access to jugular foramen
LATERAL SKULL BASE	• **Transtemporal:** Access temporal bone and jugular foramen • **Infratemporal:** Access infratemporal fossa

KEY POINTS:

The surgical approach depends on the location of the tumour or lesion.
Specific incisions and bone removal are tailored to expose the necessary area.

SYMPTOMS OF SKULL BASE ABNORMALITIES

Symptoms vary depending on the size, type, and location of the abnormality, and may include:



FACIAL PAIN



NUMBNESS OR WEAKNESS OF THE FACE



HEADACHE



HEARING LOSS OR RINGING IN THE EARS



DIZZINESS



STUFFY NOSE OR FREQUENT SINUS INFECTIONS



VISION PROBLEMS



HORMONAL DISORDERS

DIAGNOSIS

DIAGNOSIS TYPICALLY INVOLVES:



- **Imaging Studies:** MRI, MRA, PET, and CT scans to visualise the skull base.
- **Biopsy:** Removal of a small tissue sample, often using an endoscope, for microscopic examination.
- **Other Tests:** Assessments of balance, cranial nerve function, muscle activity, vision, hearing, and hormone levels.



TREATMENT OPTIONS

IN ADDITION TO SURGERY, OTHER TREATMENTS MAY BE NECESSARY, DEPENDING ON THE SPECIFIC CONDITION:

- **Chemotherapy:** For cancerous growths
- **Radiation Therapy:** To control growths that cannot be fully removed surgically
- **Gamma Knife or Radio Surgery:** Highly precise radiation beams that target the growth
- **Proton Beam Therapy:** Delivers accurate, high-dose radiation with minimal damage to surrounding tissue
- **Particle Therapy:** Advanced radiotherapy using high-energy particles, such as carbon ions
- **Endocrine Therapy:** Medications to regulate hormone levels
- **Immunotherapy:** Stimulates the immune system to target tumour cells

RECOVERY AND FOLLOW-UP

After skull base surgery, patients receive close monitoring and care from their medical team to support recovery and return to daily activities. Some individuals may require ongoing therapies such as radiotherapy, radiosurgery, or proton beam therapy. Regular imaging is often necessary to monitor for recurrence. Both the symptoms and the treatment process can be stressful, making support from family, friends, and mental health professionals an important part of recovery.





DEPARTMENT OF OBSTETRICS AND GYNAECOLOGY

UNLOCKING HOLISTIC WOMEN'S HEALTH AT JEHANGIR HOSPITAL:

A JOURNEY OF CARE BEYOND REPRODUCTIVE HEALTH

When people talk about women's health they often think about women's reproductive health. Women have many unique health concerns like menstrual cycles, pregnancy, birth control, and menopause, but that's just the beginning. A number of health issues affect only women and others are more common in women than they are in men.

At Jehangir Hospital, the essence of women's health goes beyond the conventional narrative of reproductive well-being. In our commitment to providing unparalleled healthcare, we recognise that women's health encompasses a myriad of unique concerns and challenges, extending far beyond the realms of menstruation, pregnancy, and menopause. Our holistic approach to women's wellness is rooted in specialised departments, led by seasoned medical experts and supported by cutting-edge infrastructure.

THE OBSTETRICS AND GYNAECOLOGY DEPARTMENT: A COMPREHENSIVE HUB FOR WOMEN'S HEALTH

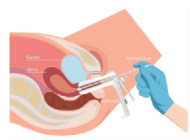
Our Obstetrics and Gynaecology Department stands as a beacon of comprehensive care for women, addressing a spectrum of health needs. From navigating high-risk pregnancies with diligence to managing intricate conditions like PCOS/PCOD, menstrual



health issues, lactation and mental health, our experienced medical professionals ensure that every woman receives personalised attention and advanced medical solutions. Dr. Jyothi Unni, Director of Department of Obstetrics and Gynaecology, Jehangir Hospital, says, "The gynaecology department of Jehangir Hospital has a team of experienced gynaecologists who conduct outpatient clinics from 9:00 am to 7:00 pm from Monday to Saturday and on Sunday mornings too. They are extremely competent and deal with low-risk and high-risk pregnancies as well as routine and emergency gynaecological procedures, including complex laparoscopic and hysteroscopic surgeries. The team is backed by experienced anaesthetists who can give anaesthesia safely to women with comorbidities such as high blood pressure, diabetes or heart disease as well as elderly women and young children. We also have an expert team of intensivists who look after cases requiring care in the ICU pre or post operatively. A state-of-the-art Blood Centre provides blood and blood components swiftly when required." She further adds, "Our USP is to provide empathetic, holistic care to all women." Gynaecological care is



essential for all age groups of women starting from adolescence to post menopause. Obstetrician and gynaecologist at the Jehangir Hospital, Dr. Vandana Khanijo says, "As a comprehensive healthcare centre dedicated to women, we offer a range of services in the entire reproductive age group as well as after menopause. We offer preventive healthcare, PAP smear tests and



holistic wellness for women in our wellness centre. We treat adolescent girls and women belonging to the reproductive age group with a gamut of options for problems like polycystic ovarian syndrome, menstrual disorders, abnormal uterine bleeding, benign tumours in the uterus like polyps and fibroids, ovarian cysts etc. We have specialists dealing with malignancies which are the cancers of the reproductive tract."

Dr. Nina Mansukhani, Consultant Obstetrician and Gynaecologist at Jehangir Hospital, shares, "Working in an environment that prioritises women's health gives us the opportunity to significantly impact their lives."

THE INTERCONNECTEDNESS OF OVERALL HEALTH: EMBRACING A HOLISTIC APPROACH

At Jehangir Hospital, we recognise the intricate interconnectedness of overall health. Our emphasis on a holistic approach ensures that every aspect of a woman's well-being is taken into account. From advanced medical interventions to emotional support, stress management, and alternative therapies, we strive to address the diverse needs of our patients comprehensively.



Our unwavering commitment to women's health transcends traditional boundaries. Our specialised departments stand as pillars of support, offering a range of services that cater to the unique health concerns of women. With a focus on proactive health diagnosis, personalised care plans, and holistic well-being, we aim to empower women to take charge of their health and live fulfilling lives.

According to Mr. Vinod Sawantwadkar, CEO of Jehangir Hospital Pune, Jehangir Hospital stands as the foremost choice for women's healthcare needs in the city of Pune. The hospital's reputation is anchored in the exceptional quality of consultants, nursing care, and state-of-the-art infrastructure. The commitment to excellence is evident through a highly qualified and dedicated resident staff, ensuring round-the-clock monitoring, care, and support for patients.

Jehangir Hospital has garnered a well-deserved reputation over more than seven decades, being recognised as the premier centre in the region for obstetrics and gynaecological services. This acknowledgment is a testament to the hospital's unwavering commitment to providing top-notch healthcare services, making it the preferred destination for women seeking comprehensive and high-quality medical care in Pune.

CASE STUDY



THE SUCCESSFUL REMOVAL OF AN 18-KG OVARIAN TUMOUR FROM 68-YEAR-OLD WOMAN

Pune, June 2025: In an extraordinary demonstration of surgical expertise, doctors at Jehangir Hospital, Pune, have successfully removed an 18-kilogram ovarian tumour from a 68-year-old woman, significantly improving her health and well-being.

DR. NINA MANSUKHANI
Obstetrics and Gynaecology,
Jehangir Hospital

The patient, a breast cancer survivor from Bihar, had been experiencing persistent abdominal bloating and discomfort. Preliminary investigations in her home state revealed a large ovarian mass. Although tumour markers were not elevated, the nature of the growth remained uncertain.

Seeking advanced medical care, she travelled to Pune and approached Jehangir Hospital, where a multidisciplinary team led by Dr. Nina Mansukhani, Senior Gynaecologist, and Dr. C B Koppiker, Senior Oncosurgeon and Director of Onco Sciences, took charge of her case. After thorough evaluation and detailed preoperative planning, the team prepared for a complex and high-risk procedure.



"This case required thoughtful decision-making and meticulous surgical planning," said Dr Mansukhani. "We had to prepare for every eventuality, including the risk of malignancy."

During the surgery, the team discovered an enormous ovarian mass measuring 44 x 37 x 30 cm, containing nearly 16 litres of fluid and weighing around 18 kilograms. An intraoperative frozen section biopsy confirmed the tumour as a borderline ovarian mucinous cystadenoma-a rare tumour with low malignant potential. With the patient's prior consent, a hysterectomy was carried out to ensure comprehensive treatment.

Following the successful surgery, the patient recovered well and was discharged after ten days. Her weight reduced from 116 kg to approximately 96 kg.



"This was a textbook example of ethical, patient-centric care," said Dr Koppiker. "Given her age and cancer history, she underwent a major operation with excellent outcomes, thanks to diligent planning, coordinated care, and clinical vigilance."

The success of this case would not have been possible without the invaluable contribution of the Anesthetist Team. Their expertise in preoperative and postoperative care played a crucial role in the patient's recovery and overall well-being. From wound care and pain management to ensuring physical comfort and aesthetic outcomes, the team demonstrated a level of excellence that complemented the surgical success. It has truly been a collaborative team effort, with multiple departments coming together seamlessly to ensure the best possible result for the patient.

Jehangir Hospital, a trusted name in women's healthcare, continues to deliver world-class treatment with compassion. This case serves as a reminder of the critical importance of timely medical intervention, multidisciplinary care, and specialist surgical expertise

ASK THE DOCTOR

POSTMENOPAUSAL BLEEDING: A SYMPTOM YOU SHOULD NEVER IGNORE



DR. ANITA BAPAT
Consultant Obstetrician &
Gynaecologist, Jehangir Hospital

For many women, menopause is a welcome transition: an end to the monthly cycle and the beginning of a new phase of life. But when bleeding reappears after periods have stopped, it often raises concerns, and rightfully so. As a practising gynaecologist with over two decades of experience, I cannot stress enough the importance of evaluating postmenopausal bleeding promptly. Bleeding after menopause is not normal. Even if it happens just once or seems very light, it needs medical attention.

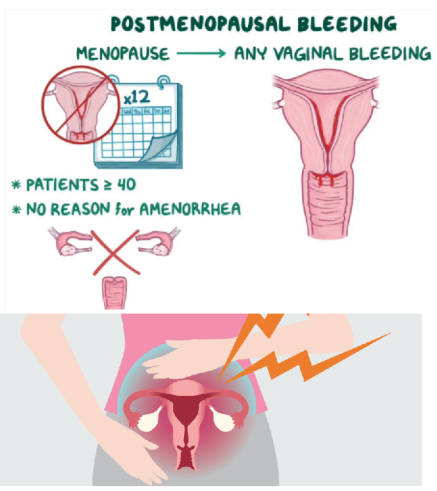


WHAT IS POSTMENOPAUSAL BLEEDING?

Postmenopausal bleeding (PMB) refers to any vaginal bleeding that occurs 12 months or more after your last menstrual period. This could be anything from light spotting to a heavy flow. The key message is this: any bleeding after menopause is abnormal until proven otherwise.

HOW COMMON IS IT?

In India, PMB accounts for 5-10% of all gynaecological outpatient visits among postmenopausal women. According to a study published in the Journal of Clinical and Diagnostic Research, around 10-15% of women presenting with PMB may have an underlying malignancy, most commonly endometrial cancer. With increasing life expectancy and lifestyle-related risk factors, the prevalence of uterine disorders after menopause is on the rise in urban India. Women in their 50s and 60s are especially advised to stay vigilant.



COMMON CAUSES OF POSTMENOPAUSAL BLEEDING

While cancer is the most serious concern, most cases of PMB are due to benign (non-cancerous) conditions:

1. Endometrial or Vaginal Atrophy: After menopause, reduced oestrogen levels cause the lining of the uterus and vaginal walls to thin. This makes them more fragile and prone to bleeding even with minimal activity.

2. Polyps: These are benign growths in the uterus or cervix. They may cause bleeding, especially after sexual intercourse.

3. Hormone Replacement Therapy (HRT): Women on HRT may experience irregular bleeding, particularly in the early months.

4. Infections or Inflammation: Vaginal infections or cervicitis may cause discharge and spotting.

5. Endometrial Hyperplasia: This is a thickening of the uterine lining caused by oestrogen dominance. It can be pre-cancerous in some cases.

6. Endometrial or Cervical Cancer: Though less common, this is the most important cause to rule out. Endometrial cancer is the most frequent gynaecological malignancy in postmenopausal Indian women.

WHAT SHOULD YOU DO IF YOU NOTICE BLEEDING?

See a gynaecologist without delay. Even if the bleeding is minor or has stopped, it is important to determine the cause. Waiting could delay diagnosis and treatment if the issue is serious.

EVALUATION AND TESTS

Once you visit your doctor, the evaluation may include:

- Pelvic examination to check for local causes
- Transvaginal ultrasound (TVS) to assess the thickness of the endometrial lining (a thickness of 4mm postmenopause may require further testing)
- Endometrial biopsy, a simple outpatient test to check for abnormal cells
- Pap smear and HPV test to screen for cervical changes
- Hysteroscopy, if needed, to visualise the uterine cavity directly

These tests are routine, quick, and minimally invasive.

PRECAUTIONS AND PREVENTIVE TIPS

While not all causes of PMB can be prevented, women can take proactive steps:

- Get annual gynaecological check-ups, even after menopause
- Report any vaginal bleeding, discharge, or pelvic discomfort without delay
- Manage weight, as obesity increases the risk of endometrial hyperplasia and cancer
- Control diabetes, hypertension, and thyroid issues, which are linked to hormonal imbalance
- Be cautious with HRT and always take it under medical supervision
- Avoid smoking, which increases the risk of cervical cancer

MYTH	FACT
Bleeding after menopause is just 'old age' catching up.	False. It is never normal and should always be investigated.
Only cancer causes postmenopausal bleeding.	False. Most causes are benign, but cancer must be ruled out.
If it's just spotting, it's not serious.	False. Even minimal spotting needs evaluation.
There is no need for gynaecological visits after menopause.	False. Regular check-ups remain essential post-menopause.
If I have had my uterus removed, I'm safe from all gynaecological issues.	False. The cervix or vaginal vault may still be present, and bleeding must be assessed

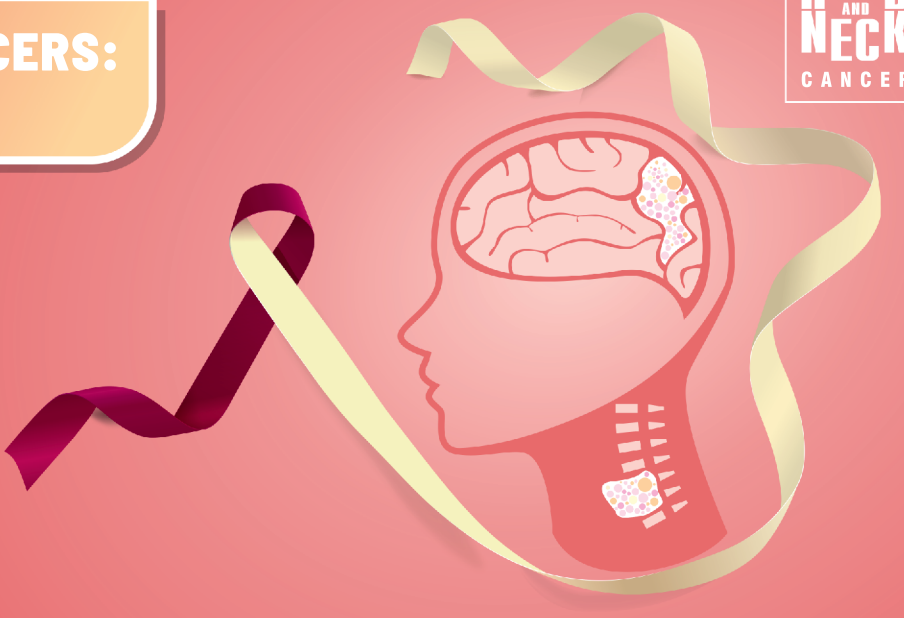
A FINAL WORD FROM DR. ANITA BAPAT

It is understandable to feel anxious about bleeding after menopause. But it is far more dangerous to ignore the symptom or hope it will go away on its own. Most causes are easily treatable if caught early. But if the bleeding is due to a serious condition like cancer, early detection can save your life. One consultation can give you answers, reassurance, and a clear plan forward.

UNDERSTANDING HEAD AND NECK CANCERS: EARLY SYMPTOMS AND FACTS



DR. UPENDRA DHAR
Onco Surgeon,
Jehangir Hospital



WHAT ARE HEAD & NECK CANCERS?

Head and neck cancers include a group of cancers that start in sub sites namely the mouth (oral cavity), throat (pharynx: nasopharynx, oropharynx hypo-pharynx), voice box (larynx), wind pipe (trachea), upper part of the food pipe (cervical oesophagus), nasal cavity, sinuses, ear, temporal bone, scalp, thyroid gland, parathyroid glands, salivary glands and skin.

WHAT CAUSES HEAD & NECK CANCERS? WHO IS AT RISK?

Increased risk of head and neck cancers are seen in individuals with the following high-risk habits/exposures:

- Tobacco usage (chewing, smoking & sniffing)
- Alcohol consumption, especially in combination with tobacco
- Marijuana and other drug addictions
- HPV (Human Papilloma Virus), EBV (Epstein Barr Virus), HIV (Human Immuno-deficiency Virus) & Other Viral infections
- Poor oral hygiene and ill-fitting dentures
- Exposure to industrial chemicals, asbestos, or wood dust
- Prolonged sun exposure (linked to lip & skin cancers)
- Exposure to radiation (linked to thyroid cancers & sarcomas)
- Exposure to irritants
- Reflux disease

WHAT ARE THE EARLY WARNING SYMPTOMS AND SIGNS OF HEAD AND NECK CANCERS?

Watch out for these symptoms, especially if they persist for more than 2-3 weeks:

- A sore or ulcer in the head and neck region that doesn't heal
- A persistent lump/swelling in the head and neck region
- Hoarseness or change in voice
- Difficulty swallowing, difficulty breathing, noisy breathing or persistent sore throat
- Unexplained weight loss • White or red patches in the mouth or throat
- Nasal obstruction • Bleeding from anywhere in the head and neck region
- Persistent ear pain, especially on one side • Headaches

HOW ARE HEAD AND NECK CANCERS DIAGNOSED?

Head and neck cancers can be diagnosed by incorporating:

- A detailed clinical examination
- In some cases, an endoscopy to inspect the hidden areas in the head and neck region
- Blood tests • Imaging (USG, CT scan, MRI, PET-CT scan)
- Histopathological assessment with biopsy/FNAC confirms the diagnosis

Early diagnosis is crucial to significantly improve treatment success.

CAN HEAD AND NECK CANCERS BE CURED?

Yes, head and neck cancers are curable, especially if they are detected early. 5 year survival rates are high for early-stage head and neck cancers. Even in advanced stages, timely and appropriate multi-modality treatment can greatly improve quality of life and survival.

WHAT ARE THE TREATMENT OPTIONS FOR HEAD AND NECK CANCERS?

Treatment depends on the type, stage, and location of the cancer and may include either one or a few of these treatment modalities based on the stage at diagnosis, namely:

- Surgery to remove the tumour • Radiotherapy • Chemotherapy
- Targeted therapies or immunotherapy in selected cases
- Reconstructive surgery and rehabilitation for functional and cosmetic recovery

At Jehangir Hospital, we offer a multidisciplinary approach-combining onco-surgical expertise with patient-centred care.

IS IT POSSIBLE TO PREVENT HEAD AND NECK CANCERS?

Yes, In India almost 80% of head and neck cancers are preventable by adopting a healthy lifestyle. You can reduce your risk by:

- Avoiding/Quitting addictions like tobacco, alcohol or drugs
- HPV vaccination
- Maintaining good oral hygiene
- Using sun protection



- Adopting a healthy lifestyle by incorporating exercise, healthy diet and good sleep habits
- Getting routine dental check-ups for sharp jagged teeth, caries etc.
- Consulting a head and neck surgical oncologist, in case of any high risk symptoms persisting beyond 2-3 weeks despite symptomatic treatment

CAN TREATMENT AFFECT SPEECH, SWALLOWING, OR APPEARANCE?

In some cases, yes. Depending on the location of the tumour, stage at diagnosis and the type of surgery, patients may temporarily or permanently experience changes in:

Speech or voice | Swallowing ability | Facial appearance

However, reconstructive surgery and rehabilitative support, using speech therapy, swallowing exercises and dental rehabilitation, can help restore these functions to a great extent.

WHAT SUPPORT IS AVAILABLE FOR PATIENTS AT JEHANGIR HOSPITAL?



WE OFFER A FULL SPECTRUM OF CARE INCLUDING:

- Diagnostic services
- Comprehensive oncology services
- Oncological treatment which include onco-surgeries and medical oncology
- Plastic and reconstructive surgery
- Multi-disciplinary Tumor Board Meetings to plan treatment
- Rehabilitation including speech and swallowing therapy as well as dental rehabilitation
- Dietary and nutritional support
- Specialty clinics for management of complex cases
- Psychosocial counselling for patients and their families



Our goal is cure and survival while maintaining the highest possible quality of life in head and neck cancer patients.

MYTHS VS FACTS ABOUT HEAD AND NECK CANCER

MYTH	FACT
Only tobacco users get head and neck cancer.	While tobacco usage is a major risk factor, non-users can also develop these cancers due to other causes like dental factors, chemical exposure, radiation exposure, viral infections etc.
Mouth ulcers are always harmless.	Persistent ulcers or sores lasting more than 2-3 weeks should be evaluated by a head & neck cancer specialist: they could be early signs of cancer.
If there's no pain, it can't be cancer.	Many early cancers are painless, which is why regular check-ups are important.
Head and neck cancers are not treatable.	Head and neck cancers are curable, especially when detected early. Even advanced cases can be treated and managed effectively.
Surgery will leave me disfigured.	With modern surgical techniques, reconstruction and rehabilitation, appearance and function can often be preserved or restored.
Normal thyroid hormone levels rule out thyroid cancers.	Most thyroid cancer patients have normal thyroid function i.e they are euthyroid.
Thyroid scan detects thyroid cancer.	USG Neck + Thyroid reported as per TIRADS & NIRADS criteria can help pick up high risk thyroid lesions which need USG Guided FNAC to confirm thyroid cancer diagnosis.

WHAT IS YOUR KEY MESSAGE TO THE PUBLIC, DR. POWLE?

Be cancer aware, don't ignore symptoms, and act early. Head and neck cancers are some of the commonest cancers in India but often go unnoticed until they are advanced mainly due to unawareness, fear, denial, inaccessibility and unaffordability. If something doesn't feel right-don't delay. Early detection leads to better outcomes, fewer complications, and a much higher chance of cure. Remember '**EARLY DETECTION SAVES LIVES**'.

MALNUTRITION: MYTHS VS FACTS

Malnutrition is often misunderstood. Many believe it's only a problem in poverty-stricken areas or among visibly underweight individuals. In reality, malnutrition is a silent concern in hospitals across Pune and Maharashtra, affecting patients of all age groups and income levels. It occurs when the body doesn't receive the right balance of nutrients (and not just calories) to heal, maintain health and function efficiently.

This article highlights common myths and facts about malnutrition, while highlighting the role of screening, intervention and a tailored nutritional care process.



DT. RICHA SHUKLA
Head, Department of Clinical Nutrition, Jehangir Hospital



MYTH 1: MALNUTRITION IS LIMITED TO REMOTE VILLAGES OR UNDERPRIVILEGED COMMUNITIES.

FACT: Urban hospitals in Maharashtra, including those in Pune, frequently encounter malnourished patients especially among the elderly, cancer patients and those with chronic illnesses. Even those who can afford good food may unknowingly eat poorly balanced diets. The issue lies not in food availability, but in food quality and awareness. Early screening within hospitals helps address this growing concern.

MYTH 2: AS LONG AS SOMEONE EATS THREE MEALS A DAY AND APPEARS HEALTHY, THEY'RE NOT MALNOURISHED.



FACT: People may be eating frequently but still lack essential nutrients like protein, iron, calcium or B12 especially common in Pune's vegetarian population and often also seen in individuals consuming non-vegetarian foods. “Malnutrition can hide behind normal weight,” Dt. Shukla warns. “We often see this in hospital patients during routine screening

MYTH 3: ONCE A PATIENT IS DISCHARGED, THERE'S NO NEED FOR FURTHER NUTRITIONAL CARE.



FACT: Malnutrition often worsens at home, if left unaddressed. Poor post-discharge nutrition can delay recovery, increase complications and even lead to re-hospitalisation. “At Jehangir Hospital, our Clinical Nutrition team provides post-discharge diet plans and follow-ups to prevent further consequences related to malnutrition,” says Dt. Shukla. “We also work closely with families to educate them on proper meal planning.”

WHY IS SEEING A QUALIFIED DIETICIAN ESSENTIAL?

Many people in Pune still rely on the internet, social media-based advice or home remedies alone, which can be misleading or even harmful. A qualified clinical dietician considers the patient's medical history, laboratory reports, anthropometric details, medications, food allergies and preferences, and lifestyle while preparing a customised and tailored nutrition plan.



MYTH 4: TO TREAT MALNUTRITION, ONE JUST NEEDS TO EAT MORE

FACT: Quality matters more than quantity. A person may gain weight without addressing the nutritional deficiencies that led to malnutrition in the first place. One needs to eat adequately (right portions), with the right source of foods, at the right time.

SOME EFFECTIVE FOODS TO TACKLE MALNUTRITION INCLUDE:

- **Sprouted pulses (moong, matki, beans):** High in protein and iron
- **Ragi (nachni):** Rich in calcium, especially helpful for children and the elderly
- **Bananas and sweet potatoes:** Provide energy and essential vitamins
- **Homemade ghee and peanut butter:** Healthy fat sources in moderate quantities
- **Coconut water and buttermilk:** Hydrating, nutrient-rich drinks for nutrition - compromised patients

HOME REMEDIES INCLUDE:

- **Haldi (turmeric) milk:** Supports immunity and digestion
- **Ginger and lemon water:** Stimulates appetite and digestion
- **Ajwain and jeera water:** Helps nutrient absorption and prevents bloating
- **Homemade vegetable soups:** Easy to digest and packed with nutrients when prepared with lentils and leafy greens

MYTH 5: ONCE MALNUTRITION SETS IN, IT'S TOO LATE TO ACT.



FACT: When addressed promptly, malnutrition can be reversed or can be controlled to avoid further complications. With personalised diet planning and regular monitoring, we've seen patients regain strength, recover faster and improve their overall quality of life.

Nutrition should never be guesswork, especially for hospital patients or those with chronic illnesses. A dietician ensures that food becomes an integral part of the treatment, not an afterthought, by applying the Nutrition Care Process (NCP) to identify, manage and monitor malnutrition in hospitalised patients. Malnutrition is common but preventable. Routine nutrition screening in hospitals, particularly in urban cities like Pune will help identify at-risk individuals early. Once diagnosed, timely nutritional intervention can drastically improve patient outcomes. If you or a loved one has experienced unexplained weight loss, fatigue, poor appetite or slow wound healing, please don't ignore it. Speak to your doctor or consult a qualified dietitian; it could be the first step towards recovery.

Prevention begins with awareness!

Hands that heal, hearts that care
for health that matters

JEHANGIR HOSPITAL
We Add Care

JEHANGIR HOSPITAL

WISHES YOU A HAPPY & HEALTHY NEW YEAR



May this Navroz encourage you to meet your goals for holistic well-being and wellness.

At Jehangir Hospital, we'll continue to add care to your lives as we live up to our mission of keeping our 'Patient First' ethos alive and delivering world-class healthcare and advanced services in Pune.

NAVROZ MUBARAK

Hands that heal, hearts that care
for health that matters

JEHANGIR HOSPITAL
We Add Care

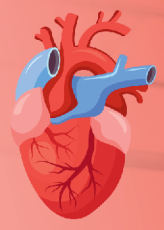
FREEDOM THROUGH HEALTH, STRENGTH THROUGH CARE



A nation's strength lies in
the wellness of its people.
And Jehangir Hospital is proud to
do its part in building this strength.
Here's to empowering our country
through health and healing, always.

HAPPY INDEPENDACNCE DAY

INSIGHTS

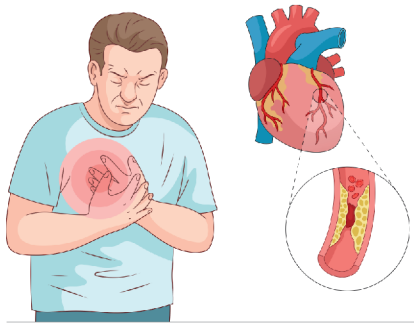




UNDERSTANDING HYPERTENSION AND CARDIAC AILMENTS: THE SILENT THREAT TO HEART HEALTH

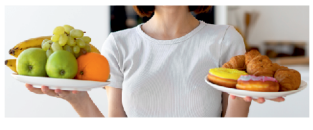
Hypertension, commonly known as high blood pressure, is a condition in which the force of blood against the artery walls is consistently too high. While it might seem like a manageable issue, hypertension is a leading contributor to severe cardiac ailments worldwide. Often referred to as the 'silent killer', it can go unnoticed for years, silently causing damage to the heart and other vital organs.

HOW DOES HYPERTENSION IMPACT THE HEART?



When blood pressure is consistently elevated, the heart has to work harder to pump blood. Over time, this extra effort weakens the heart, leading to conditions like left ventricular hypertrophy (enlargement of the heart's left ventricle) and eventually heart failure. Hypertension also accelerates the buildup of plaque in arteries, a condition known as atherosclerosis, increasing the risk of coronary artery disease, heart attacks, and strokes. Hypertension is influenced by a combination of genetic and lifestyle factors. Excessive salt intake, poor diet, lack of physical activity, obesity, smoking, alcohol consumption, and stress are significant contributors. Additionally, conditions like diabetes and kidney disease, as well as a family history of hypertension, increase the likelihood of developing the condition. Hypertension often shows no symptoms until it causes significant damage. However, symptoms like headaches, shortness of breath, or nosebleeds may occur in severe cases. Regular monitoring of blood pressure is crucial for early diagnosis. Cardiac ailments related to hypertension may present symptoms such as chest pain, irregular heartbeat, fatigue, and shortness of breath. If you experience these symptoms, consulting a healthcare professional is essential.

The good news is that hypertension and related cardiac issues are preventable and manageable with lifestyle changes and medical care.





HERE ARE SOME STEPS TO MAINTAIN HEART HEALTH:



HEALTHY EATING: A diet rich in fruits, vegetables, whole grains, lean proteins, and low-fat dairy can help control blood pressure. Limiting salt, saturated fats, and sugar is equally important.



REGULAR EXERCISE: Engaging in at least 30 minutes of moderate exercise most days of the week can significantly reduce blood pressure.



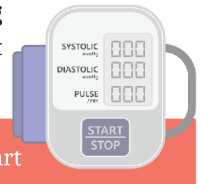
STRESS MANAGEMENT: Techniques like meditation, yoga, and deep breathing can help lower stress levels, a common contributor to hypertension.



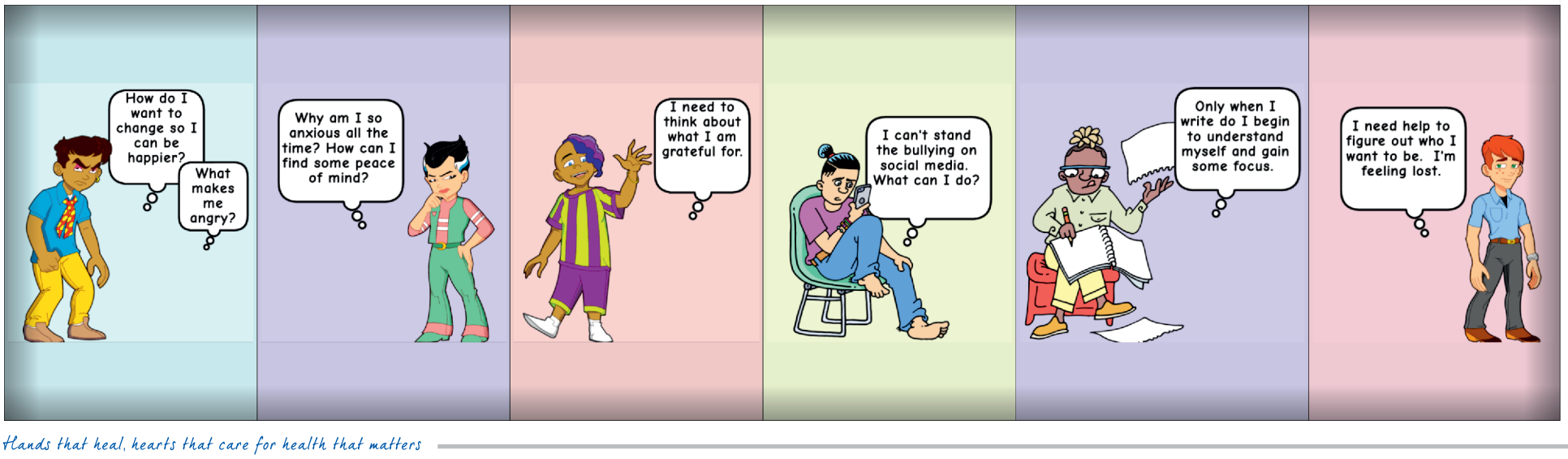
AVOID TOBACCO AND LIMIT ALCOHOL: Smoking and excessive alcohol consumption increase blood pressure and the risk of heart disease.



ROUTINE CHECKUPS: Regular health checkups and blood pressure monitoring can help detect hypertension early and prevent complications. At Jehangir Hospital, we understand the importance of timely diagnosis and management of hypertension and cardiac ailments. Our team of experienced cardiologists and healthcare professionals offers comprehensive care, including advanced diagnostic tests, personalised treatment plans, and lifestyle counselling.



Hypertension is often underestimated, but its impact on heart health is profound. Regular checkups and proactive lifestyle changes can prevent severe cardiac events and ensure a healthy, active life. Hypertension and cardiac ailments may be silent, but they are not inevitable. By taking steps today to manage blood pressure and prioritise heart health, we can protect ourselves from the silent threat and ensure a healthier tomorrow.



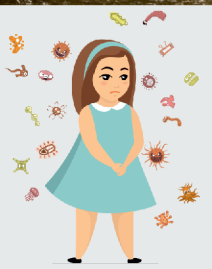


MONSOON INFECTIONS IN CHILDREN: A PARENT'S GUIDE TO KEEPING THEM SAFE THIS RAINY SEASON

DR. SAGAR LAD
Paediatrician and Neonatal intensivist at Jehangir Hospital

The monsoons are a welcome break from the scorching summer heat, bringing cool breezes, lush greenery, and the pitter-patter of rain. But while the season delights the senses, it also presents a surge in health risks, particularly for young children. The high humidity, stagnant water, and frequent temperature fluctuations during this period create ideal conditions for the spread of infections.

As parents, it is vital to be aware of the common illnesses that affect children during the monsoons and the simple yet effective ways to prevent them.



WHY ARE CHILDREN MORE SUSCEPTIBLE?

Children's immune systems are still developing, but children themselves are naturally curious and playful, often oblivious to hygiene practices. They are also more likely to consume roadside snacks, play in puddles, and ignore early symptoms of infections, making them more vulnerable to seasonal illnesses.

COMMON MONSOON ILLNESSES IN CHILDREN

RESPIRATORY INFECTIONS (COLD, FLU, BRONCHITIS):



Sudden weather changes often lead to upper respiratory tract infections. Sneezing, cough, sore throat, and mild fever are common symptoms. In some cases, these can progress to bronchitis or pneumonia if not treated promptly.

GASTROINTESTINAL INFECTIONS (DIARRHOEA, VOMITING, GASTROENTERITIS):



Contaminated water and unhygienic food are the main culprits. Children are especially prone to upset stomachs during monsoons, which can lead to dehydration if not managed quickly.

VECTOR-BORNE DISEASES (MALARIA, DENGUE, CHIKUNGUNYA):



Stagnant water collected in pots, tyres, or roadside puddles serves as a breeding ground for mosquitoes. These infections may present with high fever, joint pain, rash, or fatigue and often require hospitalisation if not caught early.

TYPHOID AND HEPATITIS A:



These water-borne diseases are commonly transmitted through contaminated drinking water and poor hand hygiene. Symptoms include high-grade fever, abdominal pain, weakness, and in hepatitis, yellowing of the skin & eyes.

SKIN AND FUNGAL INFECTIONS:



Constant dampness, sweat, and poor ventilation can lead to fungal infections such as ringworm and athlete's foot, especially in areas like the underarms, groin, and between the toes. Children may also develop boils, rashes, or skin irritation due to insect bites or allergies.

WARNING SIGNS TO WATCH FOR

Parents should not ignore the following symptoms in children during the monsoon:

- Fever lasting more than two days
- Excessive vomiting or diarrhoea
- Signs of dehydration (dry lips, sunken eyes, reduced urination)
- Persistent cough or breathlessness
- Rashes or redness spreading quickly
- Fatigue, drowsiness, or loss of appetite

Prompt medical attention can prevent complications and ensure quicker recovery.

PREVENTION IS BETTER THAN CURE: TIPS FOR PARENTS

Ensure Safe Drinking Water: Always use filtered or boiled water. Avoid giving children cold drinks or juices from street vendors.

Maintain Food Hygiene: Encourage home-cooked, fresh meals. Avoid raw salads, cut fruits sold in the open, and uncovered food items.

Practice Good Personal Hygiene: Teach children to wash their hands with soap before eating and after using the toilet. Keep fingernails trimmed and clean.

Dress for the Season: Use light, breathable cotton clothing. Keep children dry and change out of wet clothes immediately.

Prevent Mosquito Bites: Use mosquito repellents or patches on clothes. Ensure windows have screens and sleeping areas are covered with nets.

Keep Surroundings Clean: Regularly empty water from containers and flower pots. Don't let water stagnate near your home or building.

Take Vaccines: Protect your child from preventable illnesses by ensuring they are vaccinated for influenza, chickenpox, typhoid, and hepatitis A. These vaccines can significantly reduce the risk of infections during the monsoon.

BOOSTING IMMUNITY NATURALLY

- Include fruits rich in Vitamin C (like oranges, guavas, and lemons) in your child's diet.
- Give them warm soups and herbal teas to soothe the throat.
- Ensure they get enough sleep and physical activity when indoors.
- Consider probiotics (like curd) for gut health.

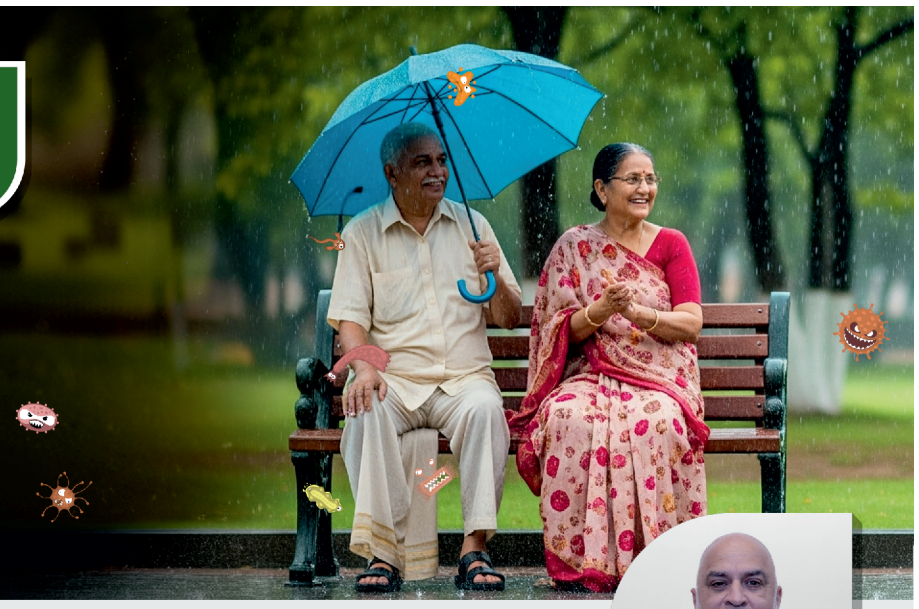
FINAL THOUGHTS

The monsoon season can be a time of joy and fun for children with the right precautions in place. A little vigilance can go a long way in preventing illness and keeping your child safe, healthy, and happy through the rains. If you notice any symptoms that cause concern, don't hesitate to consult your paediatrician.

Stay safe, stay dry and enjoy the monsoons!

MONSOON INFECTIONS IN THE ELDERLY: PRECAUTIONS AND PREVENTION

Although the monsoon brings a much desired respite from the summer months, it also marks a time of increased infections and diseases, especially for the elderly. With their often weakened immune systems and pre-existing health conditions, older adults are more vulnerable to a range of infections that spike during this damp and humid time of year. Recognising common illnesses and adopting proactive measures can make all the difference in safeguarding the health of our senior population during the rains.





DR. KIRANJIT SINGH
General Physician,
Jehangir Hospital

WHY ARE OLDER ADULTS MORE VULNERABLE?

Weakened immunity: The body's natural defences decline with age.

Chronic conditions: Diabetes, heart disease, COPD, or kidney issues make recovery slower and complications more likely.

Slower response to illness: Symptoms may not always be as pronounced in the elderly, leading to delayed treatment.

Reduced mobility: Seniors may find it harder to access healthcare promptly, particularly during floods caused by rainy conditions.

COMMON MONSOON-RELATED INFECTIONS IN THE ELDERLY



Respiratory Infections (Bronchitis, Pneumonia, Exacerbation of COPD or Asthma): Cold and damp weather can aggravate respiratory conditions. Pneumonia in elderly adults can become life-threatening if not treated early.

Viral Fevers and Influenza: Influenza and other viral illnesses are rampant in the monsoon. Symptoms may include fatigue, fever, muscle aches, and loss of appetite which are often more severe and prolonged in older adults.

Water-borne Diseases (Typhoid, Cholera, Hepatitis A & E): These are caused by contaminated drinking water and poor hygiene practices. Elderly individuals are particularly at risk of complications from diarrhoea and dehydration.

Vector-Borne Illnesses (Malaria, Dengue, Chikungunya): Stagnant water is a breeding ground for mosquitoes. These infections can be dangerous for older adults, especially those with low platelet counts or comorbidities.

Skin and Fungal Infections: Prolonged dampness and poor skin care can lead to fungal infections, particularly in the folds of the skin, underarms, and feet.

Urinary Tract Infections (UTIs): UTIs are more common in the elderly during the rainy season due to damp clothing, poor hygiene, and reduced fluid intake.

WARNING SIGNS TO WATCH FOR

- Persistent cough, breathlessness, or wheezing
- High or prolonged fever
- Confusion, lethargy, or drowsiness
- Abdominal pain, vomiting, or diarrhoea
- Swelling or pain in joints
- Unusual rashes or skin discolouration
- Sudden drop in appetite or fluid intake

Do not delay medical attention, even if the symptoms appear mild. Early intervention is key in older patients.

PREVENTIVE MEASURES FOR SENIORS DURING THE MONSOON

Safe Drinking Water: Use boiled or filtered water. Avoid ice from unknown sources. Hydrate with warm liquids like soups or herbal teas.

Nutritious, Well-Cooked Food: Avoid raw salads, street food, and leftovers. A wholesome diet boosts immunity and supports recovery.

Hygiene Practices: Ensure hand hygiene before meals and after toilet use. Bathe regularly, dry skin properly, and in case worn clothes get wet, change into dry clothing immediately.

Medication Management: Maintain a proper stock of routine medications. Keep emergency contact numbers and prescriptions accessible.

Regular Health Monitoring: Check blood pressure, blood sugar, and oxygen levels regularly. Schedule routine check-ups, especially for those with chronic conditions.

Clothing and Footwear: Encourage wearing light, breathable fabrics. Use anti-slip footwear to avoid falls on wet surfaces.

Clean Environment: Keep living areas dry and well-ventilated. Use mosquito nets and repellents. Clean corners regularly where water might accumulate.

SUPPORT AND COMPANIONSHIP MATTER

Isolation and reduced activity during the rains can lead to emotional lows in the elderly. Family support, regular communication, indoor activities, and gentle exercises go a long way in improving both physical and mental well-being. While monsoon brings its own set of health challenges, most infections can be prevented or effectively managed with awareness and timely care. Elderly individuals and their caregivers should remain vigilant, prioritise hygiene, and seek early medical help if symptoms arise. Let's make this monsoon a safe and healthy season for our seniors.

VACCINATION: A LIFELONG SHIELD FOR CHILDREN AND ADULTS

If you believe vaccination is just for children, it's time to reconsider. Adults require vaccinations too. The immunity developed from childhood vaccines can wane over time, making booster doses and adult vaccinations essential for sustained protection.

At Jehangir Hospital, we live by the mantra, "Prevention is better than cure." Our Vaccicare Clinic provides expert-led guidance on both paediatric and adult immunisation.

As a dedicated one-stop solution, the clinic is managed by a team of experienced doctors and trained medical assistants who ensure safe storage, proper administration, and accurate medical advice regarding vaccinations.

Whether you need routine immunisations, pre-travel vaccines, or catch-up schedules due to missed childhood doses, Vaccicare simplifies and streamlines the vaccination process for all age groups.





DR. PIYUSH CHAUDHARI
Consultant for Infectious Diseases, Jehangir Hospital

SCOPE OF SERVICES AT JEHANGIR HOSPITAL VACCICARE CLINIC:

Vaccicare
Essential Vaccinations for Adults
DON'T WAIT. VACCINATE.

- Pneumococcal vaccine
- Chickenpox
- Influenza (Flu)
- Tetanus (T.T)
- Rubella
- Hepatitis A
- Hepatitis B
- Typhoid
- Shingles
- Haemophilus influenzae b (Hib)
- Human Papillomavirus (HPV)
- Meningococcal vaccine (Meningitis)
- Measles-Mumps-Rubella (MMR)
- Tetanus, Diphtheria, and Pertussis (TDAP)
- Rabies

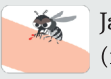
WHY CHILDREN NEED VACCINATIONS

Children's immune systems are still developing, making them especially vulnerable to infections. Vaccines train their bodies to recognise and fight off harmful pathogens without the child needing to suffer through the actual illness. In India, the Universal Immunisation Programme (UIP) provides free vaccines to protect children against 12 life-threatening diseases, including:


Polio


Tetanus

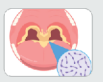

Rotavirus


Japanese Encephalitis (in endemic areas)


Pneumococcal infections


Measles


Hepatitis B


Diphtheria


Pertussis (Whooping Cough)


Haemophilus influenzae Type b (Hib)

KEY BENEFITS:

- Early protection during critical developmental years
- Reduced risk of outbreaks within communities
- Prevention of severe complications suchas brain damage, pneumonia, and paralysis
- Lower absenteeism in schools and reduced long-term healthcare costs

WHY ADULTS NEED VACCINATIONS TOO

Vaccination is a lifelong responsibility. As we age, our immunity changes and may decline. New vaccines are introduced, and certain infections become more dangerous for older adults or those with underlying conditions. **The key reasons adults should get vaccinated are:**

- Some people may not have received all vaccines in childhood
- New vaccines may be recommended for emerging infections
- Adults may be at higher risk due to age, lifestyle, occupation, travel, or medical comorbid conditions
- Immunity from childhood vaccines can diminish

ESSENTIAL ADULT VACCINES

- Tetanus and Diphtheria (booster every 10 years)
- Influenza (annually)
- COVID-19 (including boosters as per guidelines)
- Pneumococcal vaccine (especially for those aged over 60, with diabetes, asthma, or heart/kidney disease/transplant/cancer, haematological diseases, post splenectomy, HIV, post cochlear implants etc.)
- Hepatitis A and B
- HPV (recommended for women and men up to 45 years)
- MMR (for those who missed it as children and a booster dose)
- Meningococcal vaccine (post splenectomy in students travelling abroad)

SPECIAL GROUPS THAT REQUIRE CAREFUL VACCINATION PLANNING

- Pregnant women
- Healthcare workers
- International travellers
- People with chronic illnesses or immunosuppression

THE BIGGER PICTURE: COMMUNITY PROTECTION

Vaccination is not just about individual health, it plays a crucial role in community well-being. When a majority of people are immunised, herd immunity helps protect those who cannot be vaccinated, such as:

- Newborn babies
- Elderly individuals
- People undergoing cancer treatment or organ transplants

India's public health achievements, such as the eradication of wild polio and the elimination of maternal and neonatal tetanus, are powerful reminders of the role vaccines play in the progress of national health.

MYTH	FACT
Vaccines are only for children.	Vaccines are essential throughout life; adults need them too.
Vaccines can cause the disease they are meant to prevent.	Vaccines are made from inactivated or weakened components and cannot cause disease.
Natural infection is better than vaccination.	Natural infection can lead to severe illness, hospitalisation, or death. Vaccines are far safer.
I'm healthy, so I don't need vaccines.	Even healthy individuals are at risk and can spread disease. Vaccination protects you and others.
Vaccines have dangerous side effects.	Most side effects are mild and short-lived. Serious side effects are extremely rare.
Since some diseases are rare, vaccines aren't necessary anymore.	Disease can return if vaccination rates drop. Measles outbreaks in various countries are a cautionary tale.

PRECAUTIONARY ADVICE

- Always follow the National Immunisation Schedule
- Keep a personal vaccination record for yourself and your family
- Consult a healthcare professional if you're pregnant, travelling, or managing chronic conditions
- Never delay or skip vaccinations due to myths or misinformation

Vaccination is not a healthcare choice. It's a civic responsibility. By staying up to date on recommended immunisations, we safeguard not only our own lives but also the lives of those around us. Whether you're a new parent, a working adult, or a senior citizen, make sure your vaccinations are current. It is one of the simplest, safest, and most impactful ways to build a healthier, more resilient community.

BREAKING THE SILENCE ON ADENOMYOSIS: WHAT EVERY WOMAN NEEDS TO KNOW



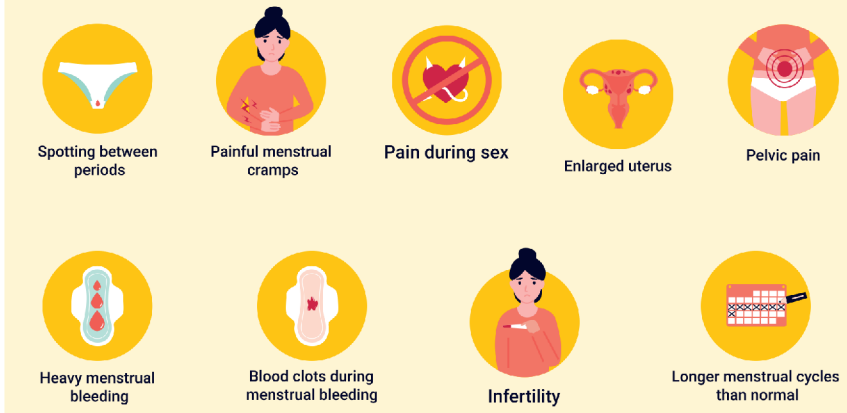
DR. BALAJI NALWAD
Laparoscopic Surgery,
Jehangir Hospital



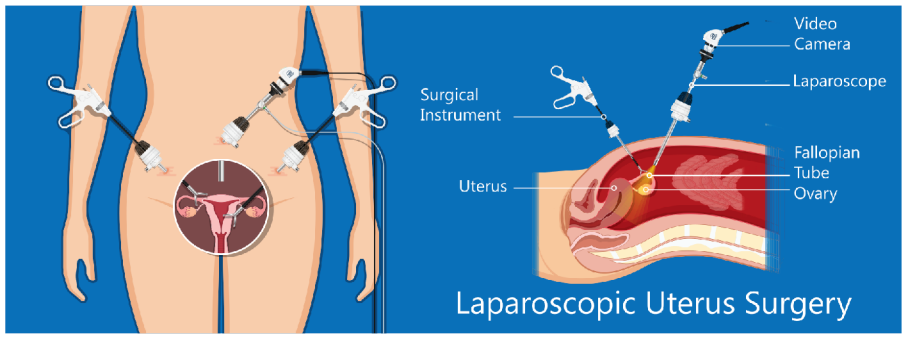
April is celebrated all over the world as 'Adenomyosis Awareness Month'. Awareness is the first step towards finding solutions, and with proper care, adenomyosis can be effectively managed.

Adenomyosis is a condition that many women may not have heard of, yet it significantly impacts the lives of those who experience it. It is a gynaecological disorder that affects the uterus, often causing a range of physical and emotional challenges. As a gynaecologist, I feel it is important to shed light on this condition, helping women understand its symptoms, causes, and available treatments.

SYMPTOMS OF ADENOMYOSIS

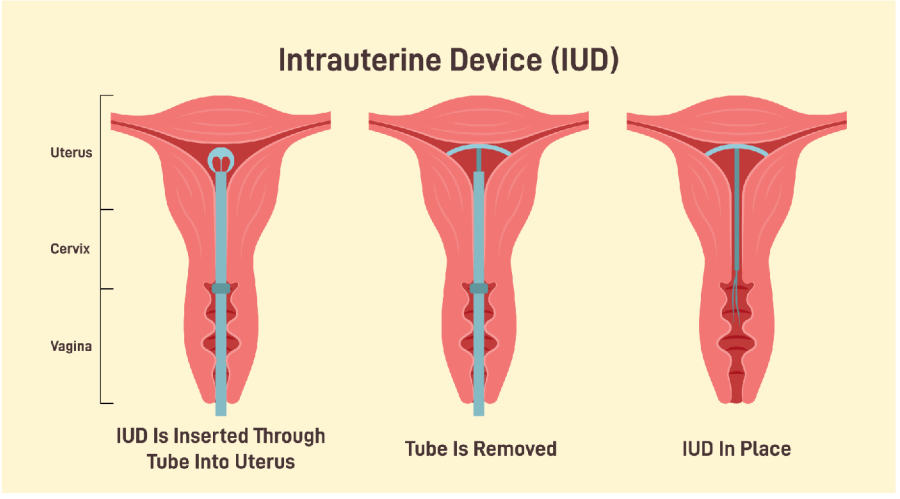


Early diagnosis and proper management can make a world of difference. Adenomyosis occurs when the endometrial tissue that lines the uterus begins to grow into the muscular wall of the uterus. This abnormal growth can cause the uterus to become enlarged and lead to disruption in its normal functioning. Women with adenomyosis often experience symptoms such as heavy or prolonged menstrual bleeding, severe cramps during menstruation, chronic pelvic pain, and a persistent feeling of pressure or bloating in the abdomen. These symptoms can range from mild to debilitating, significantly affecting a woman's quality of life. The condition is most commonly diagnosed in women between the ages of 30 and 50, although it can occur at other ages as well.



The exact cause of adenomyosis remains unclear, but it is believed to be linked to hormonal fluctuations, specifically the influence of oestrogen. The factors that may increase the risk of developing adenomyosis include previous uterine surgeries such as caesarean deliveries or fibroid removal, a history of childbirth, hormonal imbalances, endometriosis and late pregnancy. Diagnosing adenomyosis can sometimes be challenging because its symptoms are similar to those of other conditions, such as fibroids or endometriosis. If you are experiencing symptoms like abnormal menstrual bleeding or persistent pelvic pain, it is essential to seek medical attention. Your gynaecologist will assess your medical history in detail and perform a physical examination to identify the underlying cause of your symptoms. Imaging tests like ultrasound or MRI are often used to confirm the diagnosis and rule out other conditions.

Once adenomyosis is diagnosed, treatment options are tailored to the individual, taking into consideration the severity of symptoms, the patient's age, and their plans for future pregnancies. For women with mild symptoms, over-the-counter pain relievers and anti-inflammatory medications may provide relief. Hormonal treatments, such as birth control pills, progestin-only methods, or hormonal intrauterine devices (IUDs), can help regulate menstrual cycles and reduce bleeding and pain. Non-surgical procedures, such as uterine artery embolisation, can also be an effective way to manage symptoms by reducing the blood supply to the affected tissue. For women who do not respond to conservative treatments or have completed their family planning, a hysterectomy (surgical removal of the uterus) may be recommended as a definitive solution. While this is a significant decision, it can bring lasting relief from symptoms and improve overall well-being. Living with untreated adenomyosis can be physically and emotionally draining. Chronic pain and heavy bleeding often interfere with daily life, work, and relationships. Many women also experience anxiety or depression as a result of the condition. This is why it is important to address symptoms early. Timely intervention can not only reduce discomfort but also prevent complications such as severe anaemia from prolonged heavy bleeding.



If you suspect you might have adenomyosis or are dealing with unexplained pelvic pain or irregular bleeding, I encourage you to schedule a consultation with your gynaecologist. Awareness is the first step towards finding solutions, and with proper care, adenomyosis can be effectively managed. Regular check-ups and open conversations with your doctor are essential for maintaining reproductive health and overall well-being.

BEYOND FORGETFULNESS: RAISING AWARENESS ABOUT DEMENTIA



DR. MANISH PATIL
Department of Neurology,
Jehangir Hospital

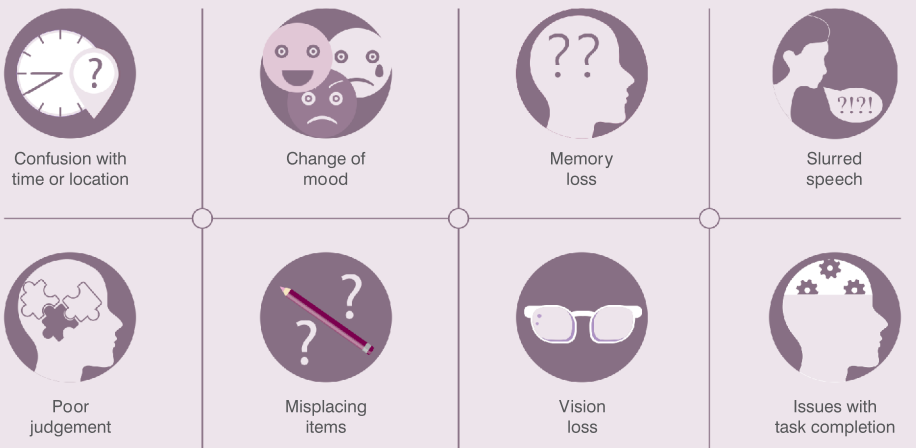
WHAT IS DEMENTIA?

Dementia is not a single disease but a syndrome, a collection of symptoms that affect cognitive functions such as memory, reasoning, and communication. It is often progressive, meaning that symptoms worsen over time. The most common cause of dementia is Alzheimer's disease, followed by vascular dementia, Lewy body dementia, and frontotemporal dementia. While dementia primarily affects older adults, it is not a normal part of ageing. Early identification and intervention can make a significant difference in managing the disease.



EARLY SYMPTOMS OF DEMENTIA ARE SUBTLE AND MAY BE MISTAKEN FOR NORMAL FORGETFULNESS. THESE CAN INCLUDE:





Families often notice these changes first. If you or a loved one exhibits these symptoms, it is crucial to seek medical advice early. The journey of dementia is deeply personal and varies for each individual. However, its effects go beyond cognitive decline. Many patients experience changes in behaviour, difficulty in performing everyday tasks, and emotional distress. Families often find themselves in the role of caregivers, which can be both rewarding and overwhelming. The emotional toll of watching a loved one lose their independence can be significant, highlighting the need for support systems for both patients and caregivers.

MANAGEMENT AND CARE

WHILE THERE IS NO CURE FOR DEMENTIA, SEVERAL STRATEGIES CAN HELP MANAGE ITS SYMPTOMS AND IMPROVE QUALITY OF LIFE:



Medications: Certain drugs can slow the progression of symptoms in conditions like Alzheimer's disease.



Therapy: Cognitive behavioural therapy, memory training, & other forms of rehabilitation can be beneficial.



Lifestyle Changes: Regular physical activity, a nutritious diet, & social engagement can help maintain cognitive health.



Caregiver Support: Counselling & support groups can equip caregivers with coping strategies and emotional resilience.

THE IMPORTANCE OF AWARENESS

Dementia is a growing global health challenge, with millions of new cases diagnosed every year. Awareness campaigns can help reduce the stigma surrounding dementia, encourage early diagnosis, and promote research into better treatments. Understanding dementia is the first step towards empowering patients and their families. With the right care and support, it is possible to navigate this journey with dignity and hope. Let us remember that dementia affects minds but not souls. By fostering empathy, providing care, and raising awareness, we can create a community where those living with dementia feel valued and supported.



HEARTFELT TRIBUTE

JEHANGIR HOSPITAL
We Add Care



DR. VIKRAM PADBIDRI

Head of Microbiology
27th August 1975 - 1st June 2025

It is with great sorrow that we inform you of the passing of
Dr. Vikram Padbidri,
Head of Microbiology at Jehangir Hospital.
Dr. Padbidri leaves behind a legacy of dedication, integrity and excellence in medical science. His contributions to Jehangir Hospital and to countless lives through his work will be remembered with deep gratitude.
He will be greatly missed by his colleagues, students and the entire
Jehangir Hospital family.

REMEMBERING DR. VIKRAM PADBIDRI

By Dr. Priya Dhumal, Senior Consultant - Microbiology, Jehangir Hospital

With heavy hearts and immense sorrow, we bid farewell to a dearly cherished member of our Jehangir Hospital family, Dr. Vikram Padbidri, Consultant and Head of Department, Microbiology. Dr. Padbidri was a pillar of this institution for 24 years, and his contributions helped shape the very foundation of our microbiology services.

He completed his MBBS from Bharati Vidyapeeth and pursued an MS in Microbiology from BJMC, where he earned a gold medal - an early sign of the brilliance that would define his career.

A visionary microbiologist, Dr. Padbidri was instrumental in establishing and expanding the hospital's microbiology laboratory, which conducts a wide array of diagnostic tests and holds NABL accreditation today. His leadership and commitment to excellence transformed the lab into one of the most respected diagnostic facilities in the region.

His pioneering work in infection control and prevention is well known. Through methodical planning and steadfast resolve, he elevated Jehangir Hospital's infection control protocols to international standards. A natural problem-solver, Dr. Padbidri approached every challenge with calm focus and scientific precision.

His professional journey was rich with accomplishments. He authored numerous national and international publications, was a highly regarded speaker at medical conferences, and was the recipient of several prestigious awards. He also served on the Ethics Committee of JCDC and led numerous clinical trials with integrity and diligence.

But Dr. Padbidri's impact went far beyond his professional life. A gifted sportsman, he played badminton, table tennis, and cricket with great enthusiasm often leading by example and winning many trophies. His organisational skills were unmatched, and his involvement in planning the Jehangir Premier League (JPL) made it a much-loved and inclusive hospital tradition.

A true people person, Dr. Padbidri brought warmth and positivity wherever he went. He encouraged participation, fostered team spirit, and treated everyone with respect, from fellow consultants and nurses to support staff and administrators. His friendly nature and humility won him admiration from all, including our respected chairman.

Tragically, Dr. Padbidri was diagnosed with a chronic illness, which he faced with remarkable courage and grace. He fought valiantly until the very end. His untimely passing has left a deep and irreplaceable void in the Jehangir Hospital family.

He is survived by his beloved wife, twin children, and his parents. We extend our heartfelt condolences to them and pray for strength and peace in this time of grief.

As the saying goes, "It is not the length of life, but the depth of life that matters."

Dr. Padbidri, your life was filled with purpose, compassion, and lasting impact. You will be deeply missed and forever remembered.

May you rest in peace.



DR. PRIYA DHUMAL
Senior Consultant -
Microbiology,
Jehangir Hospital

THE FUTURE OF FERTILITY TREATMENTS: EMERGING TRENDS AND ROLE OF TECHNOLOGICAL INNOVATIONS



India has emerged as a promising player for fertility treatments not just across the country but also attracts thousands of patients globally due to a quickly advancing landscape recognised by cultural shifts, medical advancements, and increasing awareness. The easy availability of advanced technologies, and cost-effectiveness, growing population and changing societal norms, increasing demand for effective fertility solutions has promoted this trend.



DR. SHARAYU MOHITE
Infertility Consultant,
Jehangir Hospital

CURRENT FERTILITY TREATMENT LANDSCAPE IN INDIA

Over the recent years, India has seen a huge rise in the number of Assisted Reproductive Technology clinics, making in vitro fertilisation (IVF) and other fertility treatments more cost effective and easily available to the general population. The combination of rising infertility rates and a growing desire for parenthood among couples leads to the growing demand. Currently, the success rates of IVF treatments in India are approximately 40-45% under the age of 35, and approximately 30-35% under the age of 35 to 37 which is on par with those in developed countries, available at a much affordable cost, making it an attractive option for both domestic and international patients.

EMERGING TRENDS IN FERTILITY TREATMENTS

PERSONALISED FERTILITY CARE: Fertility therapies are now advancing towards individualized medicine. Through genetic testing, artificial intelligence, and machine learning, healthcare professionals can customize treatment plans based on every person's specific needs. This approach increases success rates and lessens the emotional and financial burden on the couples. For example, Preimplantation Genetic Testing helps identify chromosomal abnormalities in embryos before implantation. AI-driven embryo Selection assesses embryo health, ensuring enhanced odds of successful implantation. Personalized treatment plans significantly reduce the risks linked to traditional fertility treatment options.



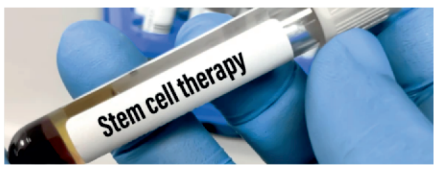
FERTILITY PRESERVATION: Fertility preservation is increasingly preferred by young couples in their late 20s or early 30s looking to postpone family planning. This trend enables women to maintain their fertility, allowing them to conceive later in life without the fear of age-related infertility. A lot of hospitals are now providing extensive fertility preservation options, such as freezing sperm, eggs, and embryos. Moreover, improvements in cryopreservation provide optimism for cancer patients receiving therapies that could impact their fertility.



RISE OF MINIMAL INTERVENTION TECHNIQUES: Non-invasive and minimally invasive techniques are becoming popular as they reduce discomfort and recovery time for conceiving ladies. For instance, Intrauterine Insemination is a less invasive and cost-effective option for many couples and Mild Ovarian Stimulation Protocols aim at reducing side effects associated with fertility drugs. Modern-day self-care and career enthusiast women are opting for minimally invasive techniques to avoid getting stretchmarks.



MALE FERTILITY SOLUTIONS: With advancements in diagnostic tools and treatments, there is a growing focus on effectively addressing male infertility. Advanced Sperm Selection Techniques like IMSI (Intracytoplasmic Morphologically Selected Sperm Injection) enhance the chances of fertilization. Gene Editing and Stem Cell Therapy are emerging as promising future remedies for solving serious cases of male infertility. This helps to create a balance between the couples in overcoming infertility issues.



TECHNOLOGICAL INNOVATIONS REVOLUTIONISING FERTILITY TREATMENTS

Technological advancements play a crucial role in enhancing the effectiveness and efficiency of fertility treatments. For example:

1. AI and ML are reaching notable milestones in fertility treatments since machine learning algorithms can assess patient information to enhance treatment plans, anticipate results, and customize care. Analysis of embryo images using AI is improving embryo selection methods, which could boost IVF success rates.
2. Advancements in cryopreservation methods, such as vitrification, have enhanced the survival rates of frozen embryos and eggs. Improved methods facilitate greater preservation of fertility, allowing more women to choose egg freezing and fertility conservation.
3. Preimplantation Genetic Testing (PGT) has revolutionized IVF by allowing for the detection of genetic disorders in embryos before implantation. This guarantees that only the healthiest embryos are chosen, greatly decreasing the likelihood of genetic disorders and enhancing the odds of successful pregnancies.
4. Improvements in wearable technology have allowed people to track their reproductive health with greater precision. Gadgets that monitor ovulation cycles, hormone levels, and various fertility signs are gaining popularity, enabling couples to make knowledgeable choices regarding their reproductive health.

THE FUTURE OF FERTILITY TREATMENTS IN INDIA

As healthcare technologies advance with swift innovations, it is essential to guarantee that they are available and affordable for every individual in need. Along with medical progress, growing government assistance and evolving societal standards will play a key role in overcoming obstacles to obtaining fertility treatments. Increased awareness and education will enable couples to seek assistance earlier, enhancing their likelihood of a successful conception. The landscape of fertility treatments in India is set to undergo a change, influenced by new trends and technological advancements. As infertility gains more recognition as a public health concern, the Indian government is also preparing to introduce policies to promote reproductive health. Regulatory actions will also be crucial in ensuring that ART clinics uphold high care standards, safeguard patient rights, and operate with transparency. With a robust regulatory framework and community support, India can continue to foster an environment that encourages and promotes reproductive health, ultimately helping countless couples achieve their dreams of parenthood.

THE CRITICAL ROLE OF FETAL MEDICINE IN MOTHER AND CHILD HEALTHCARE



DR. SAKET THAKKAR
Consultant - Fetal Medicine Specialist, Jehangir Hospital

Pregnancy is one of the most transformative and vulnerable phases in a woman's life. While most pregnancies progress smoothly, some can be affected by complications that may not be visible on the surface. This is where Fetal Medicine steps in-as a vital bridge between early diagnosis and timely intervention, safeguarding the health of both mother and baby.

At Jehangir Hospital's Mother and Child Department, Fetal Medicine plays a central role in ensuring that every pregnancy is monitored with precision, care, and foresight.



WHAT IS FETAL MEDICINE?

Fetal Medicine is a specialised branch of obstetrics that focuses on the health and development of the unborn baby. It involves advanced prenatal screening, diagnostic imaging, and when needed, therapeutic procedures to detect and manage abnormalities or risks during pregnancy.

From the first trimester to late-stage gestation, fetal medicine specialists use cutting-edge tools-like detailed ultrasound scans, Doppler studies, foetal echocardiography, and genetic testing-to assess the baby's growth, structure, and well-being.



WHY IS FETAL MEDICINE SO IMPORTANT?

While routine antenatal care is crucial, certain pregnancies are at higher risk due to factors such as

- Advanced maternal age
- History of congenital anomalies
- Family history of genetic disorders
- Multiple pregnancies (twins or more)
- Gestational diabetes or hypertension
- Abnormal blood tests or scan findings

In such cases, fetal medicine provides clarity. It helps expectant parents understand their baby's condition, prepares them emotionally and medically, and enables healthcare teams to plan the delivery and postnatal care in advance.

COMMON CONDITIONS DIAGNOSED AND MANAGED

SOME OF THE FETAL ISSUES WE REGULARLY ASSESS INCLUDE:



Chromosomal abnormalities like Down syndrome (Trisomy 21)



Structural defects such as cleft lip, spina bifida, or congenital heart disease



Intrauterine growth restriction (IUGR)



Placental problems and umbilical cord anomalies



Twin-to-twin transfusion syndrome (TTTS) in multiple pregnancies

When these conditions are identified early, we can provide appropriate counselling, offer further tests if required (like amniocentesis or NIPT), and in some cases, even plan in-utero treatment or intervention.

PERSONALISED, COMPASSIONATE CARE

One of the most important aspects of Fetal Medicine is counselling. Expecting parents may face stress, fear, or confusion when a concern arises. Our role goes beyond diagnosis-we walk the journey with them, offering clarity, support, and hope, while working closely with obstetricians, paediatricians, geneticists, and neonatologists.

Our esteemed Fetal Medicine division stands as a beacon of excellence, providing a myriad of diagnostic and consultative services specifically tailored to high-risk obstetrics. With unwavering dedication, we strive to offer the pinnacle of obstetric care, accompanied by comprehensive prenatal consultations and state-of-the-art ultrasound services. Moreover, we are resolute in our commitment to medical education and training, as well as propelling the realm of women's and birthing individuals' healthcare forward through remarkable clinical advancements.

We are well-versed in the realm of medically indicated 3D ultrasound, fetal echocardiography, and ultrasound-guided procedures, ensuring that we harness the full potential of this remarkable modality to guide and support you through every step of your journey.

CONDITIONS WE TREAT INCLUDE:

- Cervical insufficiency
- Gestational diabetes mellitus
- Placenta accreta
- Placenta previa
- Preeclampsia
- High risk obstetrics

IN ADDITION TO THIS, OUR SERVICES INCLUDE:

- Remote fetal monitoring – 1st trimester morphology scan
- Care delivery management in patients with high risk pregnancy and complication like: Gestational DM, Fetal growth restriction, Preeclampsia
- Prevention and treatment of hypertension in pregnancy - 3rd level growth assessment scan
- Vaginal microbiome and metabolome and the impact on preterm birth
- Genetic Testing and counselling
- Placental imaging and grading

At Jehangir Hospital, our multidisciplinary team ensures that every mother receives personalised attention. Whether it's a routine scan or a complex fetal condition, we are equipped to provide comprehensive care under one roof.



PREPARING FOR A HEALTHIER TOMORROW

With advancements in fetal imaging, genetic testing, and maternal-fetal monitoring, the outcomes for both mothers and babies have greatly improved. The earlier we detect a problem, the more options we have-whether it's planning an early delivery in a neonatal care setting or offering therapeutic interventions before birth.

Fetal Medicine isn't just about identifying risks-it's about creating pathways for safer, healthier pregnancies.

Every life begins with a heartbeat-often seen first on an early scan. At the Mother and Child Department, our goal is to nurture that heartbeat with science, skill, and empathy. Fetal Medicine is an indispensable pillar of that promise, helping us ensure that every child has the best possible start, and every mother receives the care she deserves.

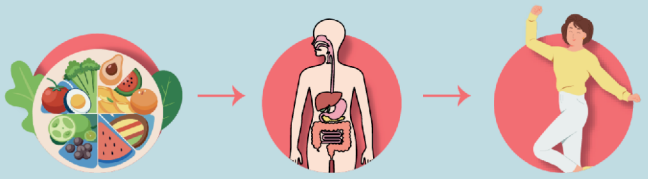
METAREVERSE: HEALING METABOLISM FOR LASTING HEALTH



JEHANGIR WELLNESS CENTRE
LIVE HEALTHY

Imagine a programme that doesn't just treat symptoms but works to restore your health from its very core. At Jehangir Wellness Centre, we bring you MetaReverse, a revolutionary, artificial intelligence-driven metabolic health restoration programme supported by Twin Health. With cutting-edge Digital Twin technology, MetaReverse aims to heal dysfunctional metabolism and address chronic conditions like diabetes, cholesterol, high blood pressure, obesity, and more. Let's explore how this groundbreaking programme works and why it stands out.

WHAT IS METABOLISM?



Metabolism is the process your body uses to convert food and air into energy. It keeps you alive and thriving. However, when metabolism is disturbed due to lifestyle or is weakened due to age, it can lead to health problems like diabetes, high cholesterol, high blood pressure, and weight gain. MetaReverse helps you identify the root cause of metabolic dysfunction and works towards restoring your health naturally, reducing dependency on medication and improving your overall well-being.

HOW DOES METAREVERSE WORK?

BUILDING A "DIGITAL YOU"

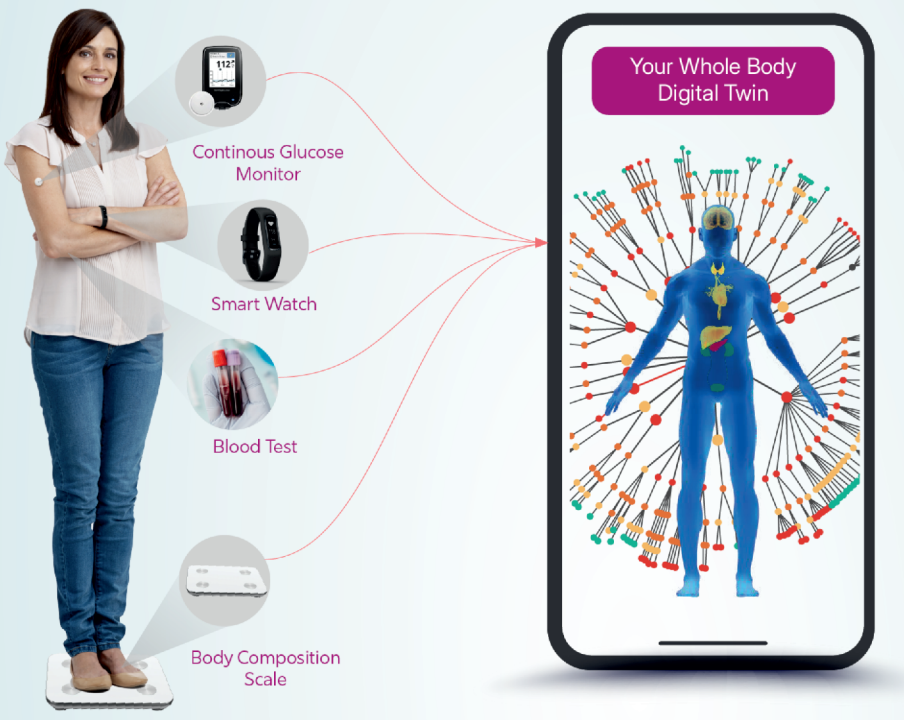
MetaReverse uses artificial intelligence to create a personalised 'digital twin' of your body.

HERE'S HOW:

WEARABLE SENSORS: Simple, non-invasive devices (called sensors) like smart watches and weighing scales track your body's signals daily. The data from these sensors, along with your blood tests and a record of what you eat each day, help build your digital twin.

DATA ANALYSIS: AI processes your body's unique data to understand your metabolism and pinpoint the damages.

PERSONALISED PLAN: Based on your digital twin, you receive customised recommendations for nutrition, sleep, physical activity, and breathing exercises, offering precision care for every aspect of your health.



WHOLE BODY DIGITAL TWIN (WBDT):

AI-Powered Insights: Advanced technology promotes cellular regeneration and improves organ health.

Clinically Proven: Backed by 65+ research publications, clinical trials, and over 10 USA patents.

Trusted Globally: Endorsed by leading medical associations like ADA (American Diabetes Association) and AHA (American Heart Association).

THE OUTCOMES OF METAREVERSE SPEAK FOR THEMSELVES:

- 82% Diabetes in remission
- 72% Blood pressure normalised
- 81% Fatty liver improved
- 61% Cholesterol balanced
- 46% Kidney function restored

WHY IS METAREVERSE DIFFERENT?

Unlike generic health programmes, MetaReverse offers personalised, medically-validated solutions:

Focus on Healing Metabolism: Rather than treating symptoms, MetaReverse works at the cellular level to restore your metabolism. True recovery starts by identifying the root cause, which goes beyond diet and exercise. We analyse macronutrients, micronutrients, microbiota, breathing, sleep, and activity patterns tracking 3000+ data points daily.

Tailored for Multiple Conditions: From Type 2 diabetes to cholesterol and fatty liver, MetaReverse addresses a wide range of interconnected issues through a comprehensive approach.

Medication Reduction: Under expert medical guidance, the programme helps reduce dependency on medications, leading to better long-term health and cost savings.

BEYOND NUMBERS:
Participants report improved mood, better sleep, increased strength, flexibility, and mental clarity, transforming their overall quality of life.

PERSONALISED CARE

METAREVERSE COMBINES CUTTING-EDGE TECHNOLOGY WITH COMPASSIONATE SUPPORT:

- **Health Coach:** Guides you through every step, from setting goals to tracking progress
- **Doctor:** Monitors your health, adjusts medications, and ensures a safe, tailored approach to recovery

Discover the root cause of dysfunctional metabolism, trust the AI-powered digital twin, and restore your health with MetaReverse. At Jehangir Wellness Centre, we believe in good health that lasts, powered by technology that treats. Your journey to sustainable well-being starts here!

AN ENSEMBLE OF THERAPIES FOR 360° WELLNESS

JEHANGIR WELLNESS CENTRE
LIVE HEALTHY



SCOPE OF SERVICES

BACH THERAPY
Personalised flower remedies crafted to address your needs

YOGA AND PRANAYAMA
Ancient practices to nurture the mind, body, and soul

ALTERNATIVE THERAPY
Channeling the powers of art and music for holistic healing

AESTHETIC CLINIC
Enhance your natural beauty in a safe and welcoming environment

ZENTANGLE ART
The art of healing by detangling your thoughts

ADOLESCENT CLINIC
Ensure the physical, emotional, and psychological well-being of your teenagers

HOMEOPATHY
Restore your balance and overall well-being through natural and effective means

DON'T JUST GET WELL, STAY WELL.

WORLD HEALTH DAY 2025: JEHANGIR HOSPITAL'S FOCUS ON MOTHERS AND NEWBORNS





HEALTHY BEGINNINGS, HOPEFUL FUTURES



Every year on 7th April, World Health Day serves as a global reminder of the importance of health and well-being. In 2025, the spotlight is on maternal and newborn health, recognising that healthy beginnings lay the foundation for hopeful futures.

A safe pregnancy, a healthy birth, and timely postnatal care are not just medical milestones, they are life-changing events that shape the physical, emotional, and social trajectory of families.

Yet, millions of mothers and newborns around the world still face preventable challenges.

The theme 'Healthy Beginnings, Hopeful Futures' underscores that maternal and newborn health is not only a medical concern but a shared societal responsibility. At Jehangir Hospital, we are proud to align with this vision, ensuring that every woman and child receives the quality care they deserve.

At Jehangir Hospital, the Mother and Child Department is focussed on the various aspects of women's healthcare. This department, led by experienced medical experts and equipped with quality medical infrastructure, demonstrates a commitment to addressing any issue related to women's care and providing sustainable solutions for their well-being.

DEDICATED TO WOMEN'S HEALTH: THE JEHANGIR HOSPITAL APPROACH



Jehangir Hospital's Obstetrics and Gynaecology Department is a one-stop hub for women's health needs. It handles everything from high-risk pregnancies, ensuring the well-being of both mothers and babies to managing conditions like PCOS/PCOD and menstrual health issues. Additionally, the team specialises in advanced procedures like laparoscopy, offering minimally-invasive solutions for various gynaecological concerns. Overall, it is a comprehensive centre providing expert care across obstetric and gynaecologic cases.

"From assisting mothers through high-risk pregnancies to managing a variety of gynaecological issues like PCOS/PCOD and menstrual health difficulties, we are committed to providing holistic care. We prioritise minimally invasive techniques, such as laparoscopy, to provide our patients with faster recovery times and better results. Working in an environment that prioritises women's health and gives us the opportunity to significantly impact their lives is a privilege", says Dr. Nina Mansukhani, Consultant Obstetrician and Gynaecologist at Jehangir Hospital. Jehangir Hospital's Breast Care Centre is dedicated to women's breast health, addressing concerns such as development, lumps, swelling, or any physical changes. With well-trained experts and cutting-edge technology, the centre diagnoses and treats various conditions, including breast cancer.



The comprehensive approach includes recommending therapies and procedures like Integrative Oncology, oncoplastic techniques, and patient-centric programmes such as genetic counselling, oncopsychology counselling, Yoga and nutrition counselling. Annual Patient Reported Outcome Measures (PROMs) are conducted to improve the Quality of Life (QoL) of both breast cancer patients and survivors, ensuring holistic care and support. "The approach to breast cancer treatment has evolved. While mastectomy (total breast removal) was once the go-to option, it often brought about several challenges such as mutilation and depression severely affecting quality of life. Today, several studies have actually reported reduced cure rates for patients undergoing mastectomy. In India, it is still commonly chosen. However, oncoplastic surgeries offer a promising alternative. These procedures blend cancer surgery with plastic surgery techniques, providing more options and preserving the sense of normalcy. It is heartening to see these advancements giving patients more choices and hope in their fight against breast cancer. At Jehangir, we make sure our patients know their options", says Dr. C.B. Koppiker, Senior Consultant Onco Surgeon and Director of the Onco Sciences Department, Jehangir Hospital.



UPHOLDING PATIENT SAFETY: THE IMPORTANCE OF ACCURATE PATIENT IDENTIFICATION



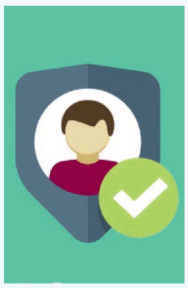
INTERNATIONAL PATIENT SAFETY GOAL 1: IDENTIFY PATIENTS CORRECTLY

The correct identification of patients is the cornerstone of safe clinical practice. It underpins every aspect of patient care, from diagnosis and medication administration to surgical procedures and discharge planning. When done accurately, it ensures that each patient receives the right investigations, treatments, and interventions intended specifically for them. It also helps prevent mix-ups, especially in busy environments where patients may have similar names, conditions, or are undergoing the same procedures. However, even a small lapse in identification, such as failing to verify a date of birth, misreading a wristband, or confusing two patients with similar names, can lead to serious and sometimes irreversible consequences.

At Jehangir Hospital, patient safety is not just a priority, it is a promise we uphold every day. As part of our commitment to delivering safe, high-quality healthcare, we follow the International Patient Safety Goals (IPSGs). Among these, the first and perhaps most fundamental goal: identify patients correctly.



WHY DOES CORRECT PATIENT IDENTIFICATION MATTER?



Because patient safety starts with knowing exactly who the patient is. Correct identification ensures that every action, whether it's giving medication, performing surgery, or sharing health information, is done for the right person. Without this fundamental step, even the most advanced medical treatment can go wrong.

WHAT CAN GO WRONG?

Failure to correctly identify a patient can result in:

- medication errors, such as administering drugs to the wrong person or giving the wrong dose.
- diagnostic mistakes, like reporting another patient's lab results or scans.
- surgical errors, including wrong-site or wrong-person surgery.
- delayed or inappropriate treatment, affecting recovery and outcomes.
- privacy breaches, where personal health information is shared incorrectly.

These errors can lead to avoidable harm, emotional distress, extended hospital stays, and loss of trust in the healthcare system.

OUR PROTOCOLS IN PRACTICE

At Jehangir Hospital, correct patient identification is embedded in every step of the care journey, from admission to discharge. We follow a standardised, evidence-based protocol to verify patient identity at every stage of clinical interaction. Our staff are rigorously trained to use at least two unique identifiers, typically the patient's full name and date of birth, to confirm identity before any treatment, test, or procedure is initiated. Visual identifiers such as room numbers, bed location, or physical appearance are never used, as they can easily lead to mix-ups, particularly in emergency situations or when multiple patients share similar characteristics. Upon admission, tamper-proof identification bands are securely fastened to each patient's wrist. These bands carry essential information, including the patient's name, date of birth, registration number, and barcode for digital scanning. The bands are checked before any intervention & re-verified at shift changes, transfers, or any clinical handover.



CONSISTENT CHECKS, EVERY TIME

Whether a patient is undergoing a blood test, diagnostic imaging, surgical procedure, or medication administration, identity checks are non-negotiable. Each interaction is preceded by verbal confirmation and, where applicable, scanning of the ID band. This meticulous approach is not only mandatory but part of our culture of accountability. We actively involve patients and their families, encouraging them to speak up and verify their identity whenever asked. This shared vigilance helps prevent errors and empowers patients to be active participants in their own care.

STAFF TRAINING AND AWARENESS

To maintain the highest standards of safety, continuous training is a must. All clinical andadministrative staff undergo regular workshops, scenario-based learning, and competency checks that focus specifically on patient identification procedures. Random audits, spot-checks, and feedback sessions help ensure that protocols are followed consistently and correctly. Educational posters, digital reminders, and case studies of real-world incidents are used across the hospital to keep the importance of patient ID top of mind.

PATIENT-CENTRED SAFETY: OUR ETHOS IN ACTION

At Jehangir Hospital, we believe that safety is not just a system, it's a mindset. It is a lived value that guides every decision, every interaction, and every moment of care. Our approach to patient identification is deeply rooted in the principles of compassion, communication, and collaboration ensuring that no patient is ever treated as just a number or a diagnosis. Central to our ethos is our philosophy of 'Patient First'. This means putting the dignity, rights, and wellbeing of every patient at the heart of what we do. From the moment they walk through our doors, we see each individual as a partner in their care journey. By clearly explaining why identification checks are necessary, and inviting patients to confirm and question details, we empower them to be active participants in their own safety. Aligned with our motto, “We Add Care,” we go beyond procedural checklists. We take the time to ensure our patients feel reassured, heard, and respected during every verification step.

Whether it's a nurse gently double-checking a name before administering medication or a doctor verifying details before a procedure, these small acts reflect our larger commitment: to treat every patient with humanity and precision.

By rigorously adhering to international safety protocols and fostering a proactive, learning-based culture, we not only minimise clinical risk but also nurture trust between patients and caregivers, as well as between systems and individuals. Every check, every scan, every moment of attention reinforces our collective mission: to provide safe, transparent, and truly person-centred care.

At Jehangir Hospital, patient safety isn't a checkpoint, it's a continuous promise. And that promise begins with something as fundamental and powerful as getting the patient's identity right.

EVENTS THAT HAPPENED

INTERNATIONAL NURSING DAY

AS PER OUR YEARLY TRADITION, JEHANGIR HOSPITAL CELEBRATED NURSE DAY AND HONOURED THE NURSES AT AN EVENT HELD IN THE AUDITORIUM.

In keeping with our longstanding tradition, Jehangir Hospital marked International Nurses Day with warmth, gratitude and great enthusiasm, honouring the heart and soul of healthcare - our nurses.

The celebrations took place in the hospital auditorium and brought together staff from across departments to pay tribute to the extraordinary commitment and compassion of our nursing team.

An array of engaging activities followed, creating a festive and spirited atmosphere. The poster competition gave nurses a platform to express their creativity and insights on this year's theme, with entries that were both thought-provoking and visually impactful. The quiz competition was another lively segment, testing participants' knowledge on nursing history, clinical practices, hospital protocols and general health awareness. The friendly rivalry and shared laughter added to the camaraderie of the occasion.

One of the most anticipated parts of the programme was the cultural segment, where our talented nurses showcased their flair through performances in dance, music and short skits. Their talent, humour and energy lit up the stage, offering a delightful reminder that their gifts extend far beyond the ward.

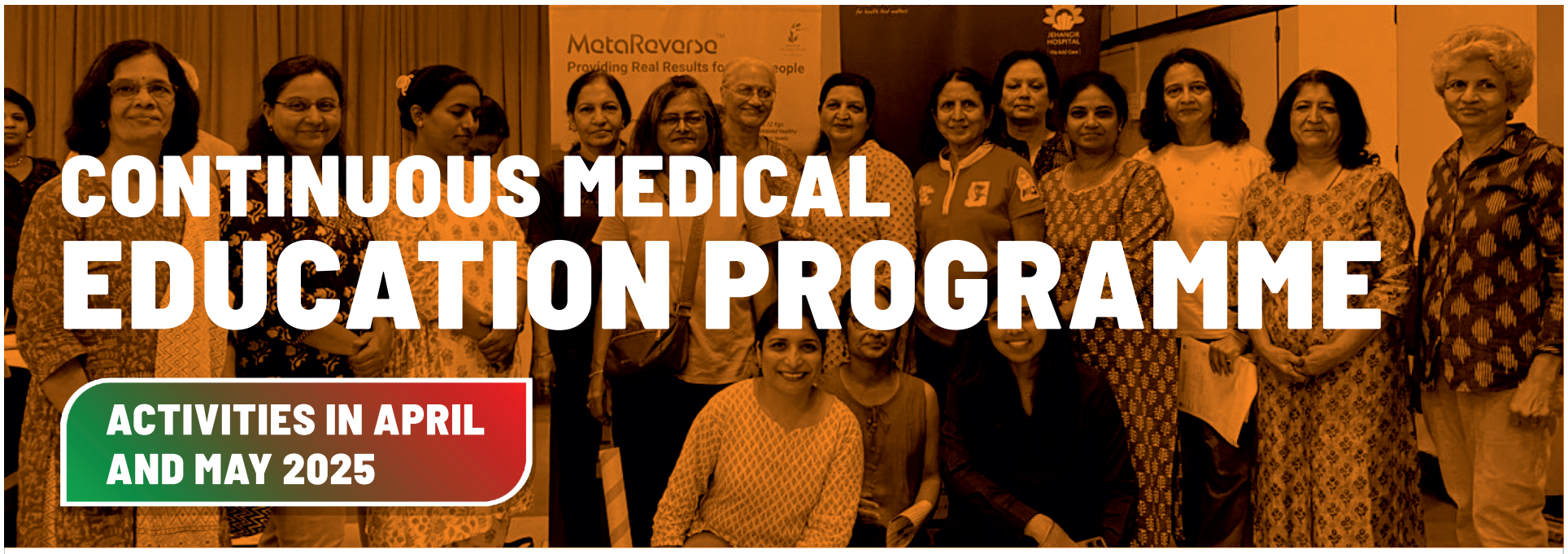
The event concluded with a felicitation ceremony, where nurses were acknowledged and applauded for their outstanding service, compassionate care, and quiet resilience. Awards and certificates were presented by senior leadership, amidst heartfelt applause and proud smiles.











CONTINUOUS MEDICAL EDUCATION PROGRAMME

ACTIVITIES IN APRIL AND MAY 2025

GENERAL HEALTH CHECKUP CAMP HSBC, BUSINESS DAY, YERWADA - 2ND APRIL 25



PYC HINDU GYMKHANA - 4TH APRIL 25



DR. NINA MANSUKHANI AT TCS - 4TH APRIL 25



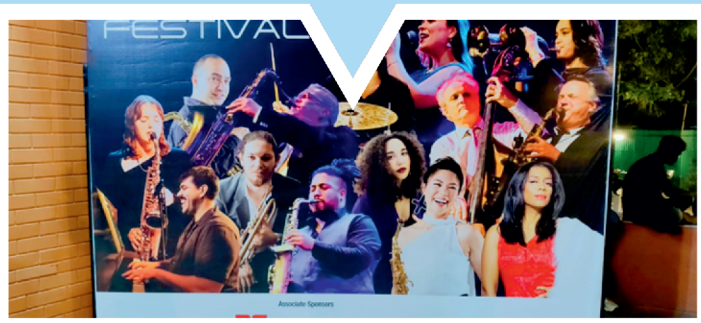
RTM AT VISHRANTWADI DR. MANISH PATIL - 4TH APRIL 25



RTM FOR FEMALE DOCTORS WITH DR. MANISH PATIL - APRIL 25



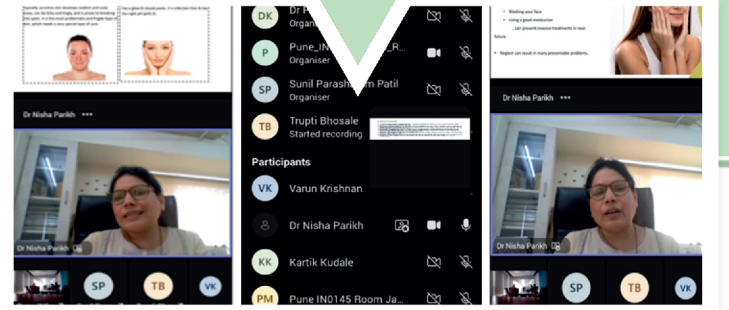
PROMOTION DONE AT WORLD OF JAZZ FESTIVAL - 6TH APRIL 25



TEKDI TECHNOLOGIES CAMP - 7TH APRIL 25



WEBINAR ON NAIL, HAIR, AND SKIN CARE CONDUCTED BY DR. NISHA PAREKH AT SUMBERGER INDIA - 7TH APRIL 2025



TALK BY DR. RATNA MASIH AT TAJ BLUE DIAMOND ON OCCASION OF WORLD HEALTH DAY TOPIC: PREVENTIVE HEALTH BEHAVIOUR & HYGIENE DAILY HABITS - 7TH APRIL 25



CPR SESSION 1 AT BAJAJ ALLIANZ, MARVEL EDGE CPR SESSION 2 & 3 AT BAJAJ ALLIANZ CPR SESSION 4 AT BAJAJ ALLIANZ COMMERZONE, YERWADA - 8TH APRIL 25



NRIPO EVENT AT MODEL COLONY SHIVAJINAGAR - 9TH APRIL 25



RTM FOR KESHAWANAGAR DOCTORS - 10TH APRIL 25



HEALTH CHECKUP CAMP ARRANGED AT RELIANCE DTC MALL ON - 10TH APRIL 25



BLS TRAINING AT POLICE HEADQUARTERS SHIVAJINAGAR - 10TH MAY 25



HEALTH CHECK UP CAMP AT RELIANCE DTC MALL - 10TH APRIL 25



HEALTH CHECKUP CAMP & BLOOD DONATION CAMP AT PUNJAB NATIONAL BANK - 11 TH APRIL 25



HEALTH CHECK UP CAMP, MAI SINDHUTAI SAPKAL ANATH ASHRAM AT SASWAD - 13TH APRIL 25



HEALTH CHECKUP CAMP AT RELIANCE - 14 APRIL 25



GENRAL HEALTH CHECKUP CAMP DAY 1 AT CYBAGE, KALYANINAGAR - 15TH APRIL 25



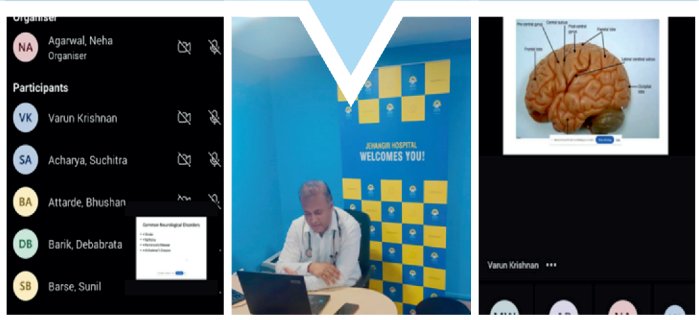
BASIC LIFE SUPPORT TRAINING FOR TCS EMPLOYEES, DR. RADHIKA WANJALE - 15TH MAY 25



BLS (CPR) TRAINING FOR PUNE TRAFFIC POLICE AT CP OFFICE - 17TH APRIL 25



WEBINAR FOR KSB LTD EMPLOYEES ON UNDERSTANDING BRAIN & NERVOUS SYSTEM BY DR. MANISH PATIL - 18TH APRIL 25



CPR TRAINING DHRUV SCHOOL FOR PARENTS AND STUDENTS - 19TH APRIL 25



NVM SCHOOL DAGDUSHETH HALWAI MANDIR CAMP - 20TH APRIL 25



HEALTH CHECKUP CAMP AT RELIANCE INSURANCE, TADIWALA - 28TH APRIL 25



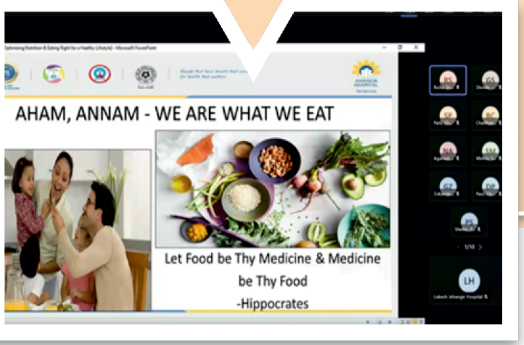
PUNYANAGARI SOCIETY, VADGAON SHERI, BOWEN LECTURE BY DR. RAMAN - 25TH MAY 25



RTM WITH CGHS DOCTORS - 6TH MAY 25



TALK BY DR. RICHA SHUKLA TO KSB AT SINGLE NODE - 26TH MAY 25



WEBINAR ON "NUTRITION FOR WOMEN AT DIFFERENT STAGES" BY DR. RICHA SHUKLA FOR CORPORATE BRITISH PETROLEUM - 27TH MAY 25



CAMP AT FREDUNBURGE FILTRATION SISTER RUTH FROM ORCHID HELP FOR SOME - 29TH MAY 25



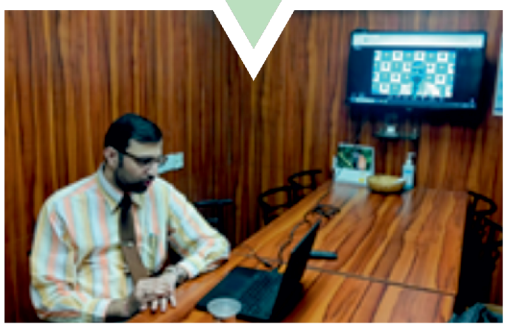
CME DR. KOPPIKAR, PCMC - 30TH MAY 25



RTM FOR GHORPADI DOCTORS BY DR. PRAJWAL SAWANT, DR. BALAJI NALAWADE, DR. VIKRANT KHESE



WEBINAR ON FATTY LIVER BY DR.PRATIK SETHIYA WITH CORPORATE - HSBC



HEALTH CHECK UP CAMP ARRANGED AT RELIANCE SMART, KHARADI FOR RELIANCE



jehangirhospital.com

JEHANGIR HOSPITAL
We Add Care

With
JEHANGIR HOSPITAL'S
Assisted Reproductive
Technology (JH-ART)
you grow from

I...
TO
WE...
TO
FAMILY



At Jehangir Hospital, our 80 years of experience in the healthcare sector and vision to add care to your lives has enabled us to take strides with medical excellence. Our **state-of-the-art IVF Centre** will support you in your journey to parenthood and open doors to the good news you've been waiting for so long!

SERVICES & TREATMENTS

- ICSI Implantation Clinic
- Social Egg Freezing
- Onco-fertility
- Male Factor Evaluation
- Second Opinion Clinic

RAJIV GANDHI NATIONAL QUALITY AWARD
HEALTHCAREASIA AWARDS 2021 CORPORATE SOCIAL RESPONSIBILITY OF THE YEAR - INDIA

For Emergency, dial: 888 888 1066

For appointment, call: 020-6681 8800 / 01

32, Sassoon Road, Pune - 411001, India

NOTE FROM THE MEDICAL DIRECTOR



Greetings!

The monsoon season is a time of rejuvenation, of rain-soaked earth, lush greenery and a sense of quiet reflection. But with the onset of rains, it also becomes a critical time to focus on our overall wellness and to build resilience against seasonal ailments.

At Jehangir Hospital, we continue to emphasise holistic wellness. In recent months, the Jehangir Wellness Centre has seen a growing interest in preventive health programmes and lifestyle interventions. From nutrition to mindfulness, we are encouraging our community to view health as an integrated journey, not just the absence of disease.

The change in weather also brings an increased risk of infections. Our medical teams are raising awareness about the importance of immunity, especially during the monsoon when viral infections, respiratory concerns and waterborne diseases are more common. Vaccination remains one of the most effective tools in this effort. I encourage all of you to consult your physicians and stay up to date with recommended vaccines, particularly those for influenza, hepatitis and typhoid.

In the last edition of Dialogue, we introduced you to some of the innovations shaping the future of patient care at Jehangir. We are proud to now share news of our Comprehensive Robotics Programme, an advanced initiative that brings precision, safety and faster recovery to surgical procedures. Our surgical teams are being trained in the use of this technology across specialities, and we look forward to the many ways this will benefit our patients.

Jehangir Hospital remains committed to clinical excellence, continuous learning and compassionate care. I would like to extend my appreciation to every member of our team, and to our community, for your continued trust and support.

~ DR. COL. SATYAJIT S. GILL
Medical Director, Jehangir Hospital

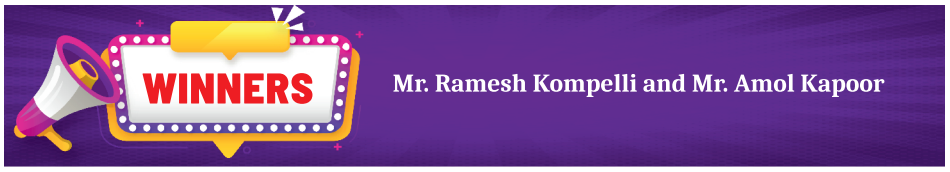
CROSSWORD ANSWERS TO ISSUE NO.11:

ACROSS

1. Camping
5. Hamburger
8. Independence Day
12. Sunburnt
13. June
15. Hotdog
17. Lake
18. Campfire
19. Beach
20. Pool
21. Sun
22. Sunscreen

DOWN

2. Sleep
3. Smores
4. Build
6. Sandcastle
7. Barbecue
9. August
10. July
11. Lemonade
14. Summer
16. Barefoot



Mr. Ramesh Kompelli and Mr. Amol Kapoor

SUDOKU ANSWERS TO ISSUE NO.11:

6	8	4	1	5	9	7	3	2
7	5	1	8	3	2	9	4	6
9	2	3	6	7	4	1	8	5
1	9	2	3	6	5	8	7	4
8	4	5	2	1	7	6	9	3
3	6	7	4	9	8	2	5	1
2	3	9	7	4	6	5	1	8
5	1	6	9	8	3	4	2	7
4	7	8	5	2	1	3	6	9

CROSSWORD VOL.12

ACROSS

[3] Boiling water continuously causing it to vaporise into steam, the steam then cooks the food

[6] A dedicated broiler designed to achieve perfect grilling browning, finishing and toasting

[8] An appliance that micro-purees deep frozen foods into ultra fine textures without thawing

[9] A method of cooking where the food is placed in a plastic pouch and cooked in a water bath

[10] A method of cooking by dry heat without direct exposure to a flame

DOWN

[1] Cooking of food by immersion in water that has been heated to near its boiling point

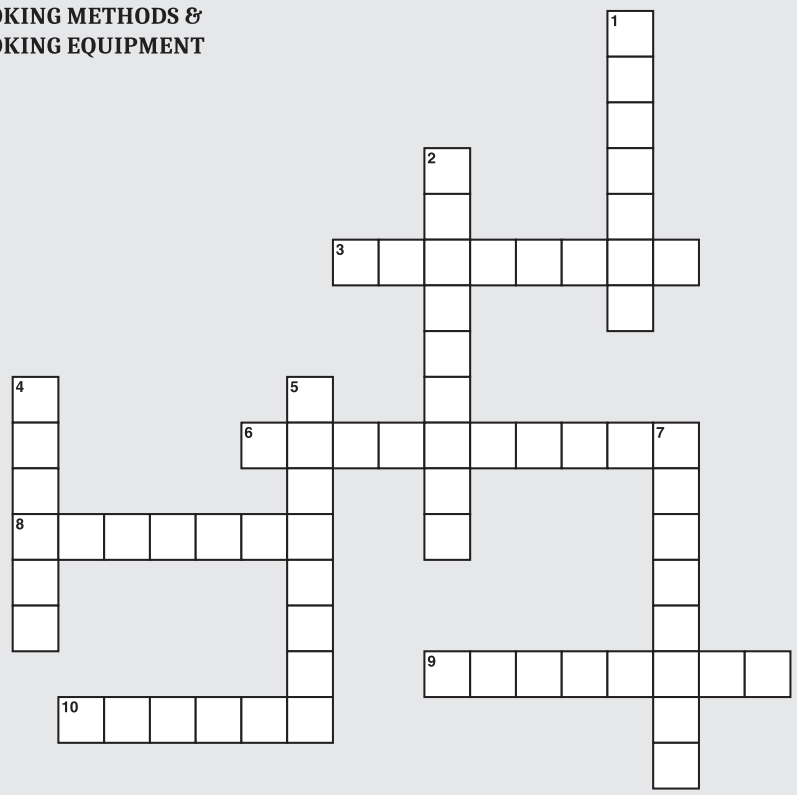
[2] Blender that cooks and stirs food at adjustable temperature and speed

[4] An enclosed charcoal oven where food is cooked at high temperatures

[5] Cooking a small amount of fat in a hot pan while tossing ingredients around

[7] Uses dry heat where hot air covers the food cooking it evenly on all sides from an open flame

COOKING METHODS & COOKING EQUIPMENT



SUDOKU VOL.12

4		6					5	9
				4		2		
	7							
		5	9	1			6	
	1	3				8	9	4
			2					1
5		8						
				3				8
	4			6		1		

2 early bird winners of this issue can get SILVER WELLNESS PACKAGES each

Please scan or send a photograph of your answer and email your entries to aarti.irani@jehangirhospital.com

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