

DIALOGUE

NEWSLETTER



ADDING CARE WITH
CLINICAL EXCELLENCE



JEHANGIR
HOSPITAL

We Add Care

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Hands that heal, hearts that care for health that matters

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FROM THE CEO'S DESK



Vinod Sawantwadkar
CEO - Jehangir Hospital

Dear All,

As we embark on another promising year, I take immense pride in celebrating the values that define Jehangir Hospital: compassion, empathy, ethical care and excellence. These qualities are deeply embedded in our institution's ethos, shaping the care we provide and the progress we strive for.

The journey ahead is filled with significant milestones that will shape our future. From pioneering medical innovations to expanding access to quality healthcare, our unwavering commitment to progress remains at the forefront of all that we do. Below is a glimpse into the future we envision for Jehangir Hospital in the years to come.

Our **Founder's Day** celebrations provided a moment to reflect on our rich legacy of trust and excellence. It was a time to honour the vision and dedication that have made Jehangir Hospital a beacon of compassionate and cutting-edge healthcare. This occasion not only reaffirmed our commitment to innovation but also reminded us of the responsibility we carry: to continue setting new benchmarks in medical care.

Innovation remains the cornerstone of our progress. In the coming weeks, we are proud to introduce **robotic-assisted surgery**, a groundbreaking advancement that will redefine precision and enhance patient outcomes. By integrating state-of-the-art technology with our medical expertise, we reaffirm our dedication to providing the highest standard of treatment.

Beyond technological advancements, our **expansion strategy** is focussed on improving accessibility and raising the standard of care. Every step we take aligns with our vision of continuous improvement, ensuring that compassionate, high-quality medical services remain at the heart of everything we do.

Additionally, we have strengthened our **commitment to women's health awareness**, recognising the ongoing need for education, early detection, and specialised care. Through dedicated programmes, screenings, and educational initiatives, we aim to empower women with the knowledge and resources necessary to prioritise their well-being.

Jehangir Hospital remains steadfast in its mission to advance medical practices and facilities, guided by an unyielding dedication to improving lives. As we look forward to another year of collective growth, progress, and meaningful impact, I extend my heartfelt gratitude to each member of our community.

Wishing you all a year filled with success, fulfilment, and good health.

Warm regards,



WISHING YOU A
NAVROZE THAT BLOOMS
WITH RENEWED HEALTH.



JEHANGIR HOSPITAL
WISHES YOU COLOURFUL
MOMENTS THAT SPREAD JOY.

HAPPY HOLI

Hands that heal, hearts that care for health that matters

FLAVOUR OF THE SEASON

MY WELLNESS JOURNEY: MORE THAN JUST LOOKING FIT

“One of my biggest passions is music. I've been playing the drums for over 20 years and the saxophone more recently. I'm particularly keen on jazz, blues and rock. I've also developed a keen passion for health, fitness and overall wellness over the last few years. And most importantly, I'm always ready for a good laugh”

MR. COWAS JEHangIR
Trustee, Jehangir Hospital



Never did I think that 'wellness' would become an actual passion for me. Forget passion, it wasn't even a thought in my mind. I always considered myself fairly active and generally 'fit' – especially in college when I was doing lots of cycling (something I've been doing all my life). But never thought much beyond that.

After college, I moved back to India and my lifestyle in Mumbai was slowly becoming more and more sedentary without me even realising or noticing it. I had settled into a demanding job, with long hours of work (mostly just sitting!), combined with the city's hustle. This left little room for physical activity. I was always on the go mentally but rarely physically.

One fine day, after years of this slow slip into an unhealthy lifestyle, I had a very humbling experience. I was late for a meeting and had to rush up 3 floors (only!) by stairs. By the time I reached, I was dizzy, sweating and panting away and needed about 10-15 minutes to get back up!

That moment was a turning point, and what I discovered was eye-opening. If you don't focus on your health, no one else will. I had never considered myself inactive, but that made me realise just how much my body had adapted to a lifestyle of minimal movement. I knew something had to be done, but as we all do first, I did nothing.

Inspiration can strike in the most unexpected ways, and for me, it came from a close family friend. He and I had a

similar build, and we had a similar lifestyle earlier. When I saw him transform his life through fitness, it hit me differently. It wasn't some unknown person in an advertisement or a distant social media influencer-it was someone I knew, someone whose journey felt real and achievable. If he could do it, then so could I. And so that was my inspiration. That realisation planted the first seed of change within me. And so, I did my first push-up in probably over 10 years...and it hurt! That first push-up led to 10, 10 to 20 and finally to stepping into a gym for the first time in my life (after always having made fun of people who did!)

The initial days weren't easy. The soreness, the awkwardness of learning new movements, and the challenge of fitting workouts into my schedule felt overwhelming. But soon, I started noticing small changes-not just in my physique but also in my energy levels and quality of sleep. The boost I felt after a workout, the way I started standing a little straighter, and how my mind felt clearer-it was all new and exciting. With these small but tangible benefits, I naturally began paying

more attention to what I was eating. I became conscious of fuelling my body properly, not just eating whatever was available or convenient.

Over time, what started as an attempt to just get a little fitter evolved into a complete lifestyle transformation. I started valuing structure-eating at the right time, choosing nutrient-dense foods, and understanding how my body responded to creating a system of good habits. Sleep, which I had often compromised for work or entertainment, became a priority. I learned that true wellness wasn't just about spending an hour in the gym but about how I treated my body throughout the day-how I moved, what I ate, when I rested. Our body is probably the best piece of engineering that has ever been created in the history of our world but only if we treat it well!

Looking back, what began as a simple goal to look fit turned into something far more meaningful. I was extremely skinny when I started, and in those early days, my primary motivation was aesthetic. But as the years went by, my mindset shifted.

I stopped focussing on how I looked and instead started caring about how I felt. Wellness for me is no longer about having abs or a certain weight on the scale. It's about feeling strong, energetic, and capable-about making choices that ensure I can continue to lead a fulfilling life for ALL my years to come. Wellness is not just about aesthetics; it's about longevity, vitality, and overall well-being.

These days, when I look around at some of my friends who are my age, I see how different our energy levels and lifestyles have become. Many of them complain about back pain, exhaustion, or just feeling 'old.' And yet, I feel more alive and energetic today than I did 10 years ago. In my late twenties, I often felt sluggish and drained. Now, I wake up feeling refreshed, eager to move, and I genuinely enjoy the routine that keeps me feeling this way. It's strange to think that I feel younger today than I did back then, but it's proof that small, consistent changes add up in ways we don't even realise (the famous Japanese Kaizen philosophy!). And also a first-hand reminder to me that age is no excuse to 'feeling old'!

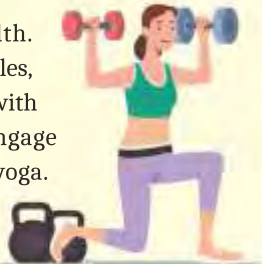
This journey has taught me that wellness isn't a destination-it's an ongoing process of growth, learning, and self-care. It extends beyond just fitness; it encompasses how we nourish our bodies, how we rest, and how we create balance in our lives. I now try to focus on all aspects of what I consider wellness - movement (exercise), nutrition (what you eat & drink), health-checks (which we do extremely well at JWC so hats off to us all!), mental & emotional wellbeing, and overall lifestyle (like focussing on social time, relationships, family bonds). And while it all started with inspiration from a close friend, the most rewarding part is knowing that now, I can be that source of inspiration (hopefully!) for someone else and then that person can do same - and so the chain grows and grows! And that's a journey worth taking. So join me on this great one!

THE IMPORTANCE OF STAYING ACTIVE DURING THE SUMMER

Summer is the perfect time to adopt a healthier, more active lifestyle. As a physiotherapist, I often see patients struggle with maintaining their physical activity levels during extreme weather conditions. The summer season, while ideal for fitness, also requires special care to prevent injuries and maintain well-being.

WHY STAY ACTIVE?

Regular physical activity is crucial for overall health. It improves cardiovascular function, strengthens muscles, enhances flexibility, and boosts mental health. Summer, with its longer days, provides a great opportunity to engage in activities like walking, swimming, cycling, and yoga. However, staying active should always be balanced with precautions to avoid heat-related illnesses or injuries.



SUMMER-SAFE EXERCISES



Swimming: A low-impact, full-body workout that keeps you cool while strengthening muscles and improving endurance. Perfect for people with joint issues or those recovering from injuries.



Outdoor Yoga: Practice yoga in the fresh air to enhance flexibility, reduce stress, and improve balance. Basic poses like the downward dog, child's pose, and warrior pose are great for beginners.



Brisk Walking or Jogging: A simple way to maintain cardiovascular health and build stamina. Start with short sessions in the morning or evening and gradually increase your pace and duration.



Cycling: Enjoy the outdoors while strengthening your legs and improving heart health. Ensure proper hydration and wear a helmet for safety.



Bodyweight Exercises: Simple indoor routines like squats, lunges, and planks can be done in a cool space to build strength and tone muscles without the need for equipment.



Stretching: Gentle stretches, such as hamstring stretches, shoulder rolls, and side bends, help maintain flexibility and prevent stiffness, especially if you sit for long hours.



Water-Based Exercises: Aqua aerobics or walking in shallow water is an excellent low-impact workout for seniors or individuals with mobility challenges.

TIPS FOR SAFE SUMMER WORKOUTS

Stay Hydrated: Dehydration is a common issue during summer. Drink water before, during, and after your workout. Include electrolyte-rich beverages if you sweat excessively.

Time Your Activity: Avoid outdoor exercises during peak heat hours (10 a.m. to 4 p.m.). Early mornings or evenings are the best times to work out.

Dress Appropriately: Wear loose, light-colored, and breathable clothing. Choose fabrics like cotton or moisture-wicking materials to stay cool.

Warm Up and Cool Down: Always start with a proper warm-up to prepare your body for activity and cool down afterwards to relax your muscles.

Listen to Your Body: Pay attention to signs of fatigue, dizziness, or cramps. Rest if you feel unwell, and don't overexert yourself.

PREVENTING SUMMER INJURIES

Physiotherapists often see an increase in sprains, strains, and heat-related injuries during the summer. Stretching before and after exercise is essential to avoid stiffness and injuries. Start slow, and build up your stamina gradually keeping in mind your current levels of physical fitness. Additionally, wearing proper footwear and ensuring good posture during activities can significantly reduce risks.

CONSULT A PHYSIOTHERAPIST

If you're starting a new fitness routine or experiencing discomfort after physical activity, consulting a physiotherapist can help. We can provide tailored exercise plans, posture correction, and recovery techniques to suit your individual needs.

Summer is an excellent time to prioritise your health and well-being. Choose a form of exercise that is most enjoyable to you, so that you are more likely to stick to your regime and be consistent. Stay active, stay safe, and make the most of the sunny season! If you need guidance on exercises or injury prevention, visit the Physiotherapy Department at Jehangir Hospital- we're here to support your journey to better health.



HOW TO TAKE CARE OF YOUR SKIN IN THE SUMMER

DON'T LET THE SUMMER MELT MORE THAN YOUR ICE-CREAM! SKIN CARE THAT SURVIVES THE SUMMER.

Let's get real, summer isn't exactly kind to your skin. One day you're fresh-faced, the next you're an oil slick with a sunburn. And of course, everyone's repeats, "Drink water, wear sunscreen!" but you already know that. So here's what no one is telling you, the best kept skincare hacks that actually work when it's a thousand degrees outside.



DR. SUNIL TOLAT
Senior Dermatologist,
Jehangir Hospital

EAT YOUR SPF



There's a reason why we call them seasonal fruits! Some foods enhance your skin's built-in sun protection. Watermelon, Mangoes, Papaya, Cherry, Plum, Muskmelon, Peach, Cucumber, Tomato and yes you heard us, dark chocolate. These seasonal fruit/vegetable choices contain antioxidants that combat sun damage from the inside out.

THE PILLOW CASE SWAP



Sweaty nights can cause breakouts. This hack is a saviour to not just your skin but your hair as well. Doing the swap from a cotton pillowcase to one made from silk or satin decreases friction, absorbs less oil and keeps your skin and hair clear.

THE SUNGLASSES RULE



Not only for style, wearing big sunglasses shields the sensitive skin around your eyes from wrinkles and sunburn. Extra points if they're UV-protected!

INSTANT GLOW WITHOUT ANY MAKEUP?



Combine a small amount of facial oil with aloe vera gel and use it as a sheer moisturiser. It quenches without leaving your face feeling greasy and leaves you with that easy, dewy finish, without the perspiration.

THE "FRIDGE FACIAL" TRICK



Keep your moisturiser, toner and even sheet masks in the fridge. The cold temperature calms sunburned skin, de-puffs and feels like a mini spa treatment each time you use it.

Did you know?

Cold aloe vera gel is the best sunburn reliever!

REAPPLY SPF WITHOUT MESSING UP YOUR FACE



Reapplying sunscreen with makeup is a total disaster. Solution: sunscreen mist. Quick spritz and voila, you're covered without messing up your makeup.

DIY SUNBURN ICE CUBES



Overdid it in the sun?

Freeze green tea, cucumber juice or aloe vera in an ice cube tray. Rub a cube on sunburned or irritated skin for immediate relief. It moisturises, cools and heals, all in one sweep.

THE "COLD SPOON" DE-PUFF



Heat-induced insomnia causing tired eyes?

Keep two spoons in the fridge and gently press them against your eyes in the morning. It instantly de-puffs, wakes up tired skin and makes you look like you really slept 8 hours.

Think of your summer skincare routine like your wardrobe: light, breathable, minimal and sweat-proof. Keep it minimal, stay hydrated and protect your skin like it's your most expensive outfit (because it truly is).



MINTY LEMON COOLER

- INGREDIENTS:

 - Lemon juice – 2 tbsp
 - Fresh mint leaves – a handful
 - Honey – 1 tbsp (optional)
 - Cold water or soda – 1 glass
 - Ice cubes
- METHOD:

 1. In a blender, crush the mint leaves with a little water.
 2. Mix the mint extract with lemon juice and honey.
 3. Add cold water or soda and stir well.
 4. Pour over ice cubes and garnish with mint leaves.

Benefits: Keeps you hydrated and aids digestion.



WATERMELON BASIL JUICE

- INGREDIENTS:

 - Watermelon cubes – 2 cups
 - Fresh basil leaves – 5-6
 - Black salt – a pinch
 - Lime juice – 1 tsp
- METHOD:

 1. Blend the watermelon cubes and basil leaves until smooth.
 2. Strain if desired.
 3. Add lime juice and black salt, mix well.
 4. Serve chilled.

Benefits: Hydrating and rich in antioxidants.



WATERMELON BASIL JUICE

- INGREDIENTS:

 - Cucumber – 1, peeled and chopped
 - Fresh mint leaves – a handful
 - Lemon juice – 2 tbsp
 - Honey or jaggery syrup – 1 tbsp
 - Water – 1 glass • Ice cubes
- METHOD:

 1. Blend the cucumber, mint leaves, lemon juice, and water until smooth.
 2. Strain the mixture if desired.
 3. Add honey or jaggery syrup and mix well.
 4. Serve chilled over ice.

Benefits: Extremely hydrating and cooling for hot summer days



MANGO LASSI

- INGREDIENTS:**

 - Ripe mango – 1, peeled and chopped
 - Yoghurt – 1 cup
 - Milk or water – 1/2 cup
 - Cardamom powder – 1/4 tsp
 - Honey or sugar – as per taste
 - Ice cubes
- METHOD:**

 1. Blend mango, yogurt, milk or water, cardamom powder, and sweetener until smooth.
 2. Pour into a glass and add ice cubes.
 3. Garnish with a sprinkle of cardamom powder or chopped nuts.

Benefits: A sweet and nutritious drink rich in vitamins and probiotics.



MANGO YOGHURT SMOOTHIE

- INGREDIENTS:**

 - Ripe Mango - 1 peeled and diced
 - Yoghurt - 1/2 cup
 - Milk or water - 1/2 cup
 - Honey - 1 tbsp (optional)
 - Cardamom powder - a pinch
- METHOD:**

 1. Blend mango, yoghurt, milk/water, honey, and cardamom until smooth. Pour into a chilled glass and enjoy
 2. Pour into a chilled glass and enjoy

Benefits: Keeps you hydrated and aids digestion.



PINEAPPLE COCONUT COOLER

- INGREDIENTS:**

 - Pineapple chunks – 1 cup
 - Coconut water – 1 cup
 - Lime juice – 1 tbsp
 - Ice cubes
- METHOD:**

 1. Blend the pineapple chunks until smooth.
 2. Mix the pineapple juice with coconut water and lime juice.
 3. Serve chilled with ice cubes.

Benefits: Refreshing and packed with electrolytes to beat the heat.



CHILLED FRUIT CUSTARD

- INGREDIENTS:**

 - Mixed fruits (apple, banana, grapes, pomegranate, etc.) – 2 cups, chopped
 - Milk – 2 cups
 - Custard powder – 2 tbsp
 - Sugar – 2 tbsp
- METHOD:**

 1. Mix custard powder with 1/4 cup of cold milk to make a smooth paste.
 2. Heat the remaining milk, add sugar, and bring to a boil.
 3. Slowly add the custard paste, stirring continuously, until thickened.
 4. Let it cool and mix in the chopped fruits.
 5. Refrigerate and serve chilled.

Benefits: A light and wholesome dessert packed with fruit goodness.



ICED HIBISCUS TEA

- INGREDIENTS:**

 - Dried hibiscus flowers -2 tbsp (or hibiscus tea bags)
 - Water - 4 cups
 - Sugar or honey - 2 tbsp (adjust to taste)
 - Lime or lemon - Sliced for garnish
- METHOD:**

 1. Boil water and steep hibiscus flowers or tea bags for 10 minutes.
 2. Strain, sweeten with sugar/honey, and let it cool.
 3. Serve over ice and garnish with lime slices.

FESTIVE DELICACIES OF HOLI, NAVROZ, & GUDI PADWA

India, a land of diverse cultures, religions and traditions, is often described as a country that celebrates life through its festivals. With every region, community and faith bringing its own unique celebrations, festivals in India are not just about rituals, they are a way of life. They mark historical events, seasonal transitions, religious beliefs and social unity, creating moments of joy, reflection and togetherness.

Maharashtra, one of India's most culturally vibrant states, celebrates a diverse range of festivals that reflect its rich history, traditions and deep-rooted spirituality. From grand public celebrations to intimate family rituals, festivals in Maharashtra bring people together, fostering a sense of unity, devotion and festivity.



Festivals bring people together through traditions, rituals and most importantly, food. Across cultures and communities, celebratory dishes play a crucial role in marking the significance of these special occasions. Holi,

Navroz and Gudhi Padwa are three distinct festivals, each steeped in history, seasonal significance and culinary delights that reflect the essence of their celebrations.

HOLI - THE FESTIVAL OF COLOURS AND SWEETS (MARCH - SPRING)

Holi, one of India's most vibrant festivals, is a joyous celebration of colours, unity and the arrival of spring. Falling in March, Holi signifies the transition from winter to warmer days, symbolising renewal and the blossoming of nature. Beyond the playful throwing of coloured powders (and ensuring that your friends look like walking rainbows for the next week), Holi is also known for its delicious, indulgent treats that bring families and friends together.

One of the most iconic Holi delicacies is **Gujiya**, a crispy, deep-fried pastry filled with a mixture of Khoya (reduced milk), nuts and sugar, often flavoured with cardamom. This sweet treat is synonymous with the festival, prepared in large batches and enjoyed for days (unless someone in the family gets to them first!). Another favourite is **Malpua**, a rich, syrup-soaked pancake made from flour and milk, deep-fried until golden and served warm.



Savoury snacks are just as popular during Holi, with **Mathri** (flaky, spiced crackers) and **Dahi Vada** (lentil dumplings soaked in spiced yoghurt) making regular appearances at festive gatherings. However, no Holi celebration is complete without **Thandai**, a chilled, spiced milk drink infused with saffron, almonds, fennel and sometimes bhang (cannabis leaves), which has been known to turn even the quietest relative into a dancing sensation.



HOLI SPECIAL RECIPES

Holi isn't just about colours, it's about indulging in some of the most delicious festive treats! Here are a few classic Holi recipes that will make your celebrations even sweeter...and spicier.

GUJIYA (SWEET STUFFED DUMPLINGS)

A crispy, golden pastry filled with a rich, nutty Khoya mixture. No Holi is complete without it!



INGREDIENTS:

For the Dough:

- 2 cups all-purpose flour (maida)
- 4 tbsp ghee (clarified butter)
- ½ cup water (as needed)

For the Filling:

- 1 cup khoya (mawa), crumbled
- ½ cup powdered sugar
- ¼ cup chopped dry fruits (almonds, cashews, pistachios)
- ½ tsp cardamom powder
- 2 tbsp grated coconut (optional)
- Oil or ghee for deep frying

METHOD:

1. Prepare the Dough: In a bowl, mix flour and ghee until crumbly. Add water gradually and knead into a firm dough. Cover and rest for 30 minutes.
2. Make the Filling: Heat a pan, dry roast khoya until slightly golden, then let it cool. Mix with powdered sugar, dry fruits, coconut and cardamom powder.
3. Shape the Gujiya: Roll small dough balls into circles, place filling in the centre, fold and seal the edges with water or a fork.
4. Fry: Heat oil/ghee and fry on medium heat until golden brown. Let cool before serving!

THANDAI (SPICED ALMOND MILK)

A cooling, aromatic drink infused with saffron, nuts and spices, sometimes with a little 'extra' kick!



INGREDIENTS:

- 3 cups milk
- 10 almonds (soaked & peeled)
- 5 cashews
- 5 pistachios
- 2 tbsp poppy seeds
- 2 tbsp melon seeds
- 4 tbsp sugar

- 1 tsp fennel seeds
- 4 black peppercorns
- 3 green cardamoms
- A pinch of saffron
- 1 tbsp rose water

METHOD:

1. Blend almonds, cashews, pistachios, poppy seeds, melon seeds, fennel seeds, peppercorns and cardamom into a fine paste using a little milk.
2. Heat milk in a pan, add saffron and sugar, then stir in the blended paste.
3. Let it cool, then add rose water and refrigerate for 1-2 hours.
4. Strain and serve chilled!

DAHI VADA (LENTIL DUMPLINGS IN SPICED YOGHURT)

Soft, fluffy vadas soaked in creamy, spiced yoghurt: sweet, tangy and simply irresistible!



INGREDIENTS:

For the Vadas:

- 1 cup urad dal (split black gram)
- ½ tsp salt
- 1 green chilli (chopped)
- Oil for deep frying

For the Yoghurt Mixture:

- 2 cups thick yoghurt
- 1 tbsp sugar
- ½ tsp roasted cumin powder

- ½ tsp red chilli powder
- Black salt to taste
- For Garnishing:**
- Tamarind chutney
- Green chutney
- Fresh coriander leaves
- Pomegranate seeds (optional)

METHOD:

1. Prepare the Vadas: Soak urad dal for 4-5 hours, grind to a smooth batter with salt and green chilli.
2. Heat oil and drop small rounds of batter into the hot oil. Fry until golden brown.
3. Soak fried vadas in warm water for 10 minutes, then squeeze gently to remove excess water.
4. Prepare the Yoghurt: Whisk yoghurt with sugar, cumin powder and salt.
5. Assemble: Place vadas in a serving dish, pour yoghurt over them, drizzle with tamarind and green chutney, garnish with coriander and pomegranate.

MALPUA (INDIAN SWEET PANCAKES)

Crispy on the outside, soft on the inside and dripping with syrup!



- INGREDIENTS:**
 - 1 cup all-purpose flour (maida)
 - ¼ cup semolina (sooji)
 - 1 cup milk
 - 2 tbsp sugar
 - ½ tsp cardamom powder
 - Ghee for frying
- For Sugar Syrup:**
 - 1 cup sugar
 - ½ cup water
 - A few saffron strands
 - ½ tsp rose water
- METHOD:**
 1. Make the Batter: Mix flour, semolina, sugar, cardamom powder and milk to form a smooth batter. Let it rest for 30 minutes.
 2. Prepare Syrup: Heat sugar and water until sticky. Add saffron and rose water.
 3. Fry Malpuas: Heat ghee, pour small batter rounds and fry until golden.
 4. Dip fried Malpuas in warm sugar syrup for 1-2 minutes, then serve hot!

NAMAK PARE (CRISPY SALTED CRACKERS)

A perfect crunchy snack to balance all the sweets!



- INGREDIENTS:**
 - 2 cups all-purpose flour (maida)
 - 2 tbsp semolina (sooji)
 - 2 tbsp ghee
 - 1 tsp salt
 - ½ tsp carom seeds(ajwain)
 - Water (as needed)
 - Oil for frying
- METHOD:**
 1. Mix flour, semolina, salt, ajwain, and ghee. Add water gradually and knead into a firm dough. Rest for 20 minutes.
 2. Roll the dough into a thin sheet and cut into diamond or strip shapes.
 3. Heat oil and deep-fry on medium heat until golden and crisp.
 4. Cool and store in an airtight container.


ENJOY THE FLAVOURS OF HOLI!

Holi is incomplete without good food and great company. Whether you prefer the sweetness of Gujiya, the cooling refreshment of Thandai or the crispy indulgence of Namak Pare, these dishes bring the true spirit of the festival to life.

NAVROZ – THE PERSIAN NEW YEAR FEAST

(MARCH – SPRING EQUINOX)





Navroz, also known as Nowruz, marks the Persian New Year and is widely celebrated by Parsi and Iranian communities. Falling on or around 21st March, Navroz coincides with the spring equinox, signifying renewal, prosperity and the coming of longer days. The festival is rooted in the ancient Zoroastrian tradition, with an elaborate spread of symbolic and flavourful dishes forming an integral part of the celebrations.

The highlight of a Navroz meal is Ravo, a rich semolina pudding cooked with milk, ghee, sugar and cardamom, often garnished with nuts and raisins. This dish is a staple at Parsi celebrations, symbolising sweetness and prosperity in the coming year (and an excuse to indulge in dessert for breakfast!). Another festive speciality is Patra ni Macchi, a dish of fish marinated in green chutney, wrapped in banana leaves and steamed to perfection, because nothing says celebration like unwrapping your food like a present!

No Navroz feast is complete without Sali Boti, a slow-cooked mutton or chicken curry served with crispy potato straws (sali), offering a delightful contrast of textures. Additionally, traditional Parsi sweets like Mawa ni Boi, a fish-shaped mawa (milk-based sweet), are exchanged as gifts, because nothing quite says "Happy New Year" like receiving a sweet fish.





NAVROZ SPECIAL RECIPES

Navroz, the Persian New Year, is a celebration of renewal, prosperity and of course, delicious food! In Parsi tradition, the festival is marked with a grand feast featuring both sweet and savoury delicacies. Here are some classic Navroz recipes to bring the festive spirit to your table.



WISHING YOU A
NAVROZE THAT BLOOMS
WITH RENEWED HEALTH.

PATRA NI MACCHI (STEAMED FISH IN BANANA LEAF)

A classic Parsi dish where fish is marinated in a vibrant green chutney, wrapped in banana leaves, and steamed to perfection.



- INGREDIENTS:**
 - 2 fillets of pomfret (or any white fish)
 - 2 banana leaves (or aluminium foil)
 - 1 tbsp oil**For the Green Chutney:**
 - 1 cup fresh coriander
- ½ cup fresh mint
 - 2 green chillies
 - 2 tbsp grated coconut
 - 1 tsp cumin seeds
 - 1 tbsp lemon juice
 - Salt to taste

- METHOD:**
1. Make the Chutney: Blend all chutney ingredients into a smooth paste.
 2. Marinate the Fish: Coat fish fillets generously with chutney and let them sit for 30 minutes.
 3. Wrap & Steam: Wrap each fillet in a banana leaf (or foil) and steam for 15-20 minutes.
 4. Serve hot with steamed rice!

RAVO (PARSI SEMOLINA DESSERT)

A rich, comforting dessert made with semolina, milk and nuts, often served for breakfast on Navroz.



- INGREDIENTS:**
 - 1 cup semolina (sooji)
 - 2 tbsp ghee
 - ½ cup sugar
 - 2 cups milk
 - ½ tsp cardamom powder
 - 2 tbsp chopped almonds & pistachios
 - 1 tbsp raisins
- METHOD:**
 1. Heat ghee in a pan, add semolina and roast until fragrant and golden.
 2. Add warm milk gradually, stirring continuously to avoid lumps.
 3. Mix in sugar, cardamom powder and cook until thickened.
 4. Garnish with nuts and raisins. Serve warm!

SALI BOTI (PARSI MUTTON CURRY WITH CRISPY POTATOES)

A rich and mildly spiced mutton curry, topped with crispy potato straws for the perfect crunch!



- INGREDIENTS:**
 - 500g mutton (cubed)
 - 2 onions (finely chopped)
 - 2 tomatoes (pureed)
 - 1 tbsp ginger-garlic paste
 - 1 tsp turmeric powder
 - 1 tsp red chilli powder
 - 1 tsp cumin powder
- 1 tsp garam masala
 - 1 tbsp vinegar
 - 1 tbsp sugar
 - Salt to taste
 - 1 cup crispy potato straws (Sali, available at Parsi stores)
- METHOD:**
 1. Heat oil in a pan, sauté onions until golden.
 2. Add ginger-garlic paste and cook for a minute.
 3. Stir in turmeric, red chilli, cumin powder and salt.
 4. Add mutton and cook until browned.
 5. Pour in tomato purée, sugar and vinegar. Cook until mutton is tender.
 6. Garnish with crispy potato straws and serve with rotis or rice.

LAGAN NU CUSTARD (PARSI WEDDING CUSTARD)

A creamy, caramelised custard that is a staple at Parsi celebrations!



- INGREDIENTS:**
 - 1 litre full-cream milk
 - ½ cup sugar
 - 4 eggs
 - 1 tsp vanilla essence
 - ½ tsp nutmeg powder
 - 2 tbsp chopped almonds & cashews
- METHOD:**
 1. Boil milk until reduced slightly, then cool.
 2. Beat eggs with sugar and vanilla essence.
 3. Slowly whisk in the milk, then add nutmeg powder and nuts.
 4. Pour into a greased baking dish and bake at 180°C for 40-45 minutes until golden.
 5. Let cool before serving.

FALOODA (ROSE-FLAVOURED DESSERT DRINK)

A refreshing, layered drink made with rose syrup, basil seeds, vermicelli, and ice cream.



INGREDIENTS:

- 2 cups chilled milk
- 2 tbsp rose syrup
- 2 tbsp soaked basil seeds (sabja)
- ¼ cup cooked vermicelli

- 2 scoops vanilla ice cream
- Chopped nuts for garnish

METHOD:

1. In a tall glass, add rose syrup, then soaked basil seeds and cooked vermicelli.
2. Pour in chilled milk and stir gently.
3. Top with a scoop of ice cream and chopped nuts.
4. Serve chilled with a straw and spoon!

CELEBRATE NAVROZ
WITH GOOD FOOD & GOOD TIMES!

Parsi cuisine is all about bold flavours and hearty meals. Whether you enjoy the spicy kick of Sali Boti, the soothing sweetness of Ravo or the refreshing Falooda, these dishes will bring the festive spirit to your home. JAMSHEDI NAVROZ MUBARAK!

GUDHI PADWA - A Maharashtrian New Year
with Flavours of Tradition (March/April - Harvest Season)

Gudhi Padwa, the Maharashtrian New Year, falls in late March or early April and marks the beginning of the Hindu lunisolar calendar. It signifies the arrival of spring and the start of the harvesting season, making it a time of renewal, prosperity and gratitude. The day begins with the hoisting of the Gudhi, a decorated flag believed to bring good luck and ward off evil (and possibly nosy neighbours). Alongside the cultural rituals, the festival is marked by a spread of traditional dishes that highlight the rich flavours of Maharashtra.



One of the most significant dishes of Gudhi Padwa is Shrikhand Puri. Shrikhand, a creamy, sweetened yoghurt dish flavoured with saffron and cardamom, is served with hot, deep-fried puris, creating a delightful balance of textures (and the perfect excuse to eat dessert as a main course!). Another must-have delicacy is Puran Poli, a sweet flatbread stuffed with a mixture of jaggery, lentils, and cardamom, served with a generous drizzle of ghee, because let's be honest, everything tastes better with ghee.



For a savoury touch, Sukka Batata (spiced dry potato curry) and Batata Bhaji (seasoned potato stir-fry) are commonly prepared as accompaniments. Additionally, Kairi Panha, a refreshing raw mango drink, is enjoyed to beat the early summer heat and keep everyone cool, at least until the next round of feasting begins!



GUDHI PADWA SPECIAL RECIPES

Gudhi Padwa marks the Maharashtrian New Year, celebrated with a mix of tradition, joy and of course, a grand feast! The festival calls for a delightful spread of sweet and savoury dishes that bring prosperity and happiness for the year ahead. Here are some traditional Gudhi Padwa recipes to try at home.

SHRIKHAND (SWEETENED SAFFRON-YOGHURT DESSERT)

A creamy, fragrant dessert made from strained yoghurt, flavoured with saffron and cardamom.



INGREDIENTS:

- 2 cups hung curd (thick strained yoghurt)
- ½ cup powdered sugar
- ½ tsp cardamom powder
- A pinch of saffron soaked in 2 tbsp warm milk
- 2 tbsp chopped nuts (almonds, pistachios)

METHOD:

1. In a bowl, whisk hung curd until smooth.
2. Add powdered sugar, saffron milk, and cardamom powder. Mix well.
3. Garnish with chopped nuts and refrigerate for an hour.
4. Serve chilled with hot puris!

PURAN POLI (SWEET LENTIL-STUFFED FLATBREAD)

A classic festive dish made with a soft wheat flour dough stuffed with a rich, sweet filling of jaggery and lentils.



- INGREDIENTS:
- For the Dough:
- 2 cups whole wheat flour
 - 2 tbsp oil or ghee
 - Water (as needed)
- For the Filling:
- 1 cup chana dal (Bengal gram)
- 1 cup jaggery (grated)
 - ½ tsp cardamom powder
 - ¼ tsp nutmeg powder
 - 2 tbsp ghee

- METHOD:
1. Prepare the Filling: Cook chana dal until soft, then drain and mash. Heat in a pan with jaggery until thickened. Add cardamom and nutmeg powder.
 2. Make the Dough: Knead flour with water and oil to a soft dough. Let it rest for 30 minutes.
 3. Shape & Cook: Roll out a small dough ball, place the filling inside, seal and roll into a round flatbread.
 4. Cook on a Tava: Roast on a hot pan with ghee until golden brown on both sides. Serve with ghee or milk!

BATATA BHAJI (SPICY POTATO STIR-FRY)

A simple yet flavourful side dish made with tempered potatoes, perfect with puris or chapatis.



- INGREDIENTS:
- 3 medium potatoes (boiled & diced)
 - 1 tbsp oil
 - ½ tsp mustard seeds
 - 1 green chilli (chopped)
- 1 tsp turmeric powder
 - 5-6 curry leaves
 - Salt to taste
 - Fresh coriander for garnish

- METHOD:
1. Heat oil in a pan, add mustard seeds and let them splutter.
 2. Add curry leaves, green chilli, and turmeric powder.
 3. Toss in boiled potatoes and mix well. Cook for 2-3 minutes.
 4. Garnish with fresh coriander and serve hot!

KOTHIMBIR VADI (CORIANDER & GRAM FLOUR FRITTERS)

A crispy, savoury snack made from gram flour, fresh coriander and spices, steamed first and then fried!



- INGREDIENTS:
- 1 cup gram flour (besan)
 - 1 cup fresh coriander (finely chopped)
 - ½ tsp turmeric powder
 - ½ tsp cumin powder
 - ½ tsp red chilli powder
- 1 tsp sesame seeds
 - Salt to taste
 - 1 tbsp oil
 - Water (as needed)
 - Oil for frying

- METHOD:
1. Prepare the Batter: Mix all ingredients with a little water to form a thick batter.
 2. Steam: Pour into a greased plate and steam for 15 minutes until firm.
 3. Cut & Fry: Let cool, cut into squares and shallow fry in hot oil until crispy.
 4. Serve hot with green chutney!

MANGO SHRIKHAND (AMRAKHAND)

A special twist on shrikhand, infused with the flavour of ripe mangoes, the perfect summer treat!



- INGREDIENTS:
- 2 cups hung curd
 - 1 cup mango pulp (alphonso preferred)
- ½ cup powdered sugar
 - ½ tsp cardamom powder
 - Chopped nuts for garnish

- METHOD:
1. Whisk hung curd until creamy and smooth.
 2. Add mango pulp, sugar and cardamom powder. Mix well.
 3. Garnish with nuts and refrigerate before serving.

SABUDANA KHICHDI (TAPIOCA PEARL STIR-FRY)

A light yet flavourful dish made with soaked sabudana, peanuts and mild spices, perfect for fasting too!



- INGREDIENTS:
- 1 cup sabudana (tapioca pearls)
 - 2 tbsp peanuts (roasted & crushed)
 - 1 small potato (diced)
- 1 green chilli (chopped)
 - ½ tsp cumin seeds
 - 1 tbsp ghee or oil
 - Salt to taste
 - Fresh coriander & lemon juice for garnish

- METHOD:
1. Soak sabudana in water for 4-5 hours, then drain completely.
 2. Heat ghee in a pan, add cumin seeds and green chilli.
 3. Add potatoes and cook until soft.
 4. Mix in sabudana, peanuts and salt. Cook for 2-3 minutes.
 5. Garnish with coriander and a squeeze of lemon juice. Serve warm!

CELEBRATE GUDHI PADWA WITH A FEAST!

Gudhi Padwa is a time of new beginnings, prosperity and delicious food. Whether it's the sweet indulgence of Puran Poli, the cooling comfort of Shrikhand, or the crispy bite of Kothimbir Vadi, these dishes will bring festive joy to your table. Happy Gudhi Padwa! Holi, Navroz and Gudhi Padwa each bring their own set of traditions, seasonal significance and culinary delights that reflect the cultural richness of their respective communities. Whether it's the sweet indulgence of Gujiyas, the aromatic warmth of Parsi curries or the festive delight of Shrikhand Puri, these dishes serve as a reminder of the joy and togetherness that festivals inspire. Food not only sustains traditions but also brings people closer, especially when there's an extra helping of dessert involved!

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ONCOLOGY

NEO-ADJUVANT SYSTEMIC THERAPIES IN BREAST CANCER: INSIGHTS INTO NEO-ADJUVANT HORMONAL THERAPY

Orchids
BREAST HEALTH
— BY JEHANGIR HOSPITAL —
&
— Prashanti Cancer Care Mission —

JEHANGIR HOSPITAL
We Add Care



DR. C. B. KOPPIKER
Breast Onco-surgeon,
Director - Department
of Oncology,
Jehangir Hospital

Q

A

In our last article, we introduced the role of Neo-adjuvant Systemic Therapy (NAST) in the management of breast cancer. In this article, we will further explore the topic, delving into its clinical

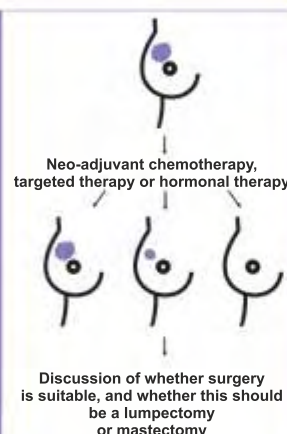
implications in optimising treatment outcomes, with a specific focus on Neo-adjuvant Hormone Therapy (NAHT). To provide a background, Neo-adjuvant Systemic Therapy (NAST) refers to the administration of systemic treatment before definitive surgical intervention for breast cancer. It serves to downstage the tumour, potentially enabling less extensive surgeries on the breast and / or axilla. This not only improves cosmetic outcomes but also reduces the risk of postoperative complications.

WHO ARE THE CANDIDATES FOR NAHT?

Traditionally, neo-adjuvant chemotherapy has been used to downstage locally advanced and unresectable primary breast cancers. Neo-adjuvant hormone therapy can be used as an alternative to chemotherapy for certain tumour types, particularly for post-menopausal women. Hormone therapy is specifically recommended for hormone receptor positive, HER2-negative breast cancers.

WHAT ARE THE VARIOUS TYPES OF NAST?

The systemic therapies employed in NAST for breast cancer include chemotherapy (NACT), hormone therapy (NAHT), immunotherapy and targeted therapies. These treatments may be administered either concurrently with chemotherapy or, in specific patient subsets, as an alternative to chemotherapy which account for approximately 70% of all breast cancer cases.



HOW LONG ARE THE CYCLES OF NEOADJUVANT HORMONAL THERAPY (NAHT)?

The duration of NAHT varies from patient to patient based on patient's clinical status and the clinical response. It is usually administered over 4-8 months to improve surgical outcomes and to allow Breast Conservation surgery (BCS).

WHY IS NAHT A PREFERRED OPTION FOR POST-MENOPAUSAL WOMEN WITH STRONGLY HR-POSITIVE, HER2-NEGATIVE BREAST CANCER?

Neo-adjuvant Hormone Therapy (NAHT) has fewer side effects than Neo-adjuvant Chemotherapy (NACT), making it a good option for postmenopausal women with strongly HR-positive, HER2-negative breast cancer who may not tolerate chemotherapy well.

HOW DOES NAHT WORK?

NAHT works by blocking the effects of estrogen (hormone) or reducing its production thereby slowing or stopping the growth of hormone-dependent breast cancers. Aromatase inhibitors or tamoxifen are some of the drug choices.

WHAT ARE THE CHANCES THAT NAHT WILL BE SUCCESSFUL?

The success of NAHT depends on various factors, including cancer type, stage, hormone receptor status and individual patient characteristics. Therefore, treatment decisions should be personalised and made in consultation with a multi disciplinary medical team.

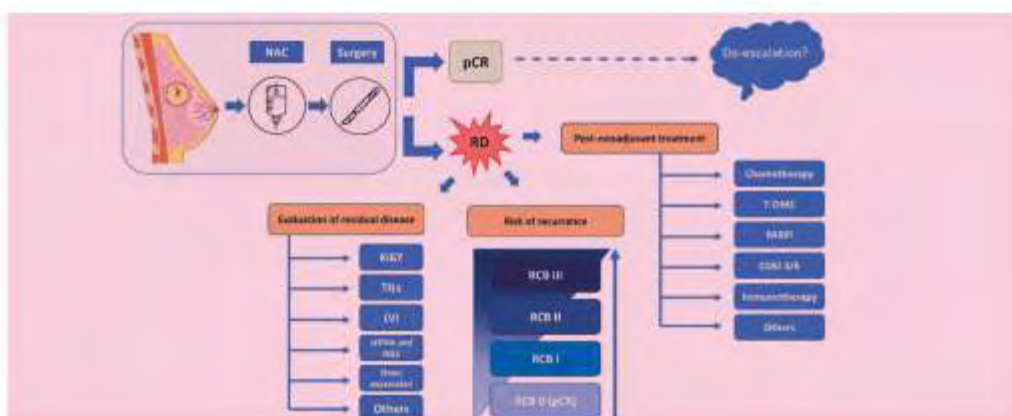
IS NEO-ADJUVANT HORMONE THERAPY A TREATMENT OPTION FOR ME?

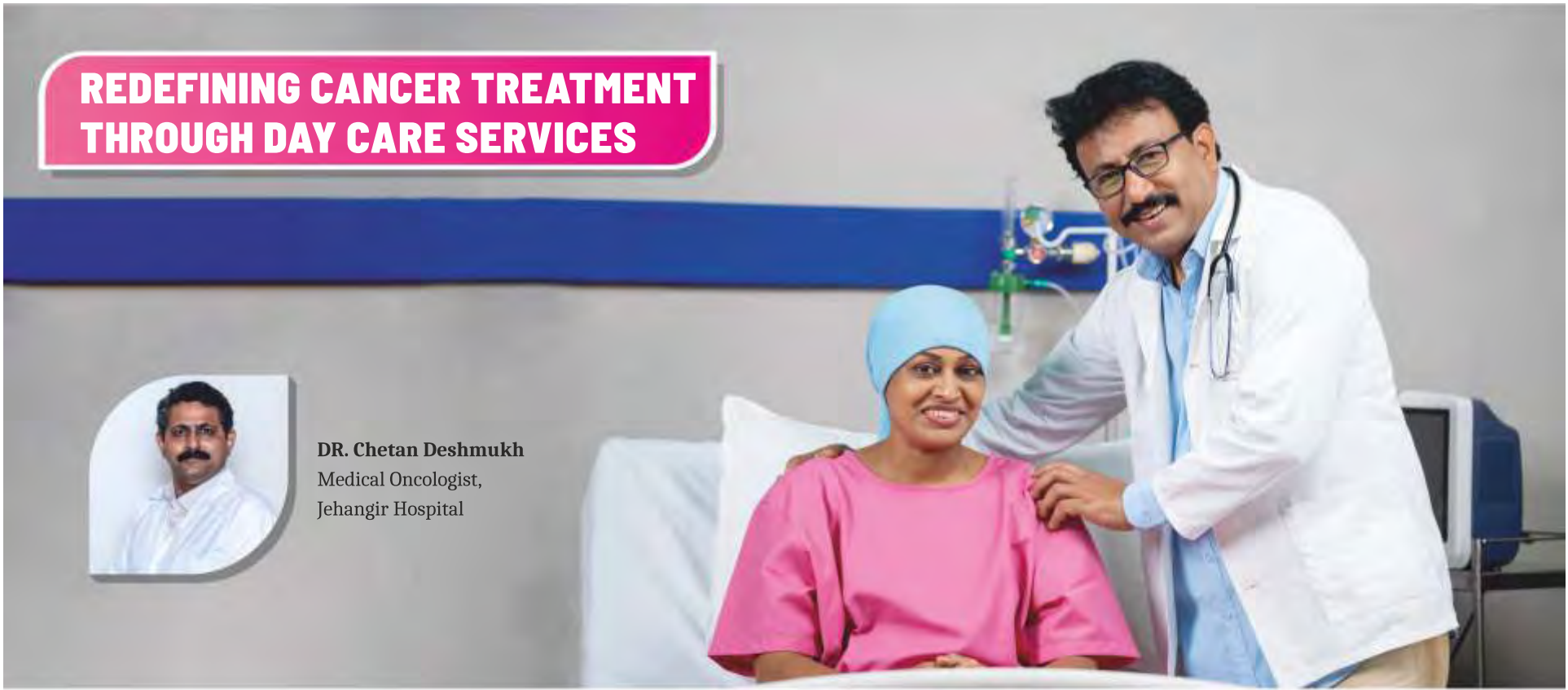
The choice of a neoadjuvant systemic therapy (NAST) regimen, including Neoadjuvant Hormonal Therapy (NAHT), depends on various factors, such as hormone receptor status (ER/PR), HER2 expression, and proliferation indices, which help guide therapy decisions.

These factors are assessed through biopsy and specialised tests performed on the collected tissue sample. For more details, you can refer to our previous articles. Neo-adjuvant therapy continues to play a transformative role in oncology, bridging the gap between early intervention and improved survival.

HOW IS TREATMENT MONITORED DURING NAHT?

Patients undergoing NAHT are reevaluated by the medical oncologist every 2-4 weeks, following standard cycle monitoring practices. These evaluations focus on the administration of therapy, symptom management and the assessment of treatment response through routine tumour measurements.





Cancer treatment has advanced significantly, offering more patient-friendly and efficient care options. One of the most notable developments is oncology day care services, which provide specialised treatment without the need for overnight hospitalisation.

At Jehangir Hospital, we recognise that managing cancer is about more than treating the disease—it's about supporting the patient's overall well-being. Day care services have revolutionised cancer treatment by combining expert medical care with the convenience and the comfort of being close to home.

Day care services focus on providing treatments such as chemotherapy, immunotherapy, targeted therapy, or supportive care during the day, enabling patients to return home in the evening. Patients are admitted to a secluded and well-equipped unit designed specifically for oncology care. The entire process—from appointment booking to treatment administration—is streamlined to ensure minimal waiting times.

Upon arrival, patients are greeted by a team of skilled nurses trained at leading institutions like Tata Memorial Hospital. These nurses are proficient in handling a variety of oncology treatments, ensuring that each patient receives personalised, expert care. Safety remains a top priority, with patients closely monitored during and after treatment for any adverse reactions.

BENEFITS OF DAY CARE SERVICES

- 1. Patient Comfort:** Returning home after treatment provides a sense of emotional relief, allowing patients to recover in a familiar environment surrounded by loved ones.
- 2. Efficient Use of Time:** Our day care services are designed to ensure patients don't have to wait. Treatments are administered promptly, and patients can return home on time.
- 3. Easy Appointments:** Booking appointments is a simple and hassle-free process, further enhancing the convenience for patients.
- 4. Secluded Environment:** The dedicated day care unit offers privacy and a peaceful atmosphere, ensuring that patients feel secure and cared for.
- 5. Safety and Monitoring:** Despite being an outpatient service, all necessary safety protocols are followed, and expert medical staff are available to address any immediate concerns.



**COOLING CAPS:
A STEP TOWARDS
COMPASSIONATE CARE**

At Jehangir Hospital, we go beyond medical treatment to address the emotional and psychological needs of our patients. Our day care unit is equipped with cooling cap technology, which helps reduce hair loss during chemotherapy. Hair loss can be a distressing side effect of cancer treatment, affecting a patient's confidence and self-image. Cooling caps work by reducing blood flow to the scalp during chemotherapy, minimising the impact of the treatment on hair follicles. This innovative solution has brought immense relief to many of our patients, empowering them to face their journey with greater confidence.

Day care facilities offer patients a sense of normalcy, enabling them to continue with their daily lives while undergoing treatment. This approach reduces stress and enhances their overall experience. By minimising hospital stays and ensuring a smooth and efficient treatment process, we help patients focus on what truly matters—healing and recovery.

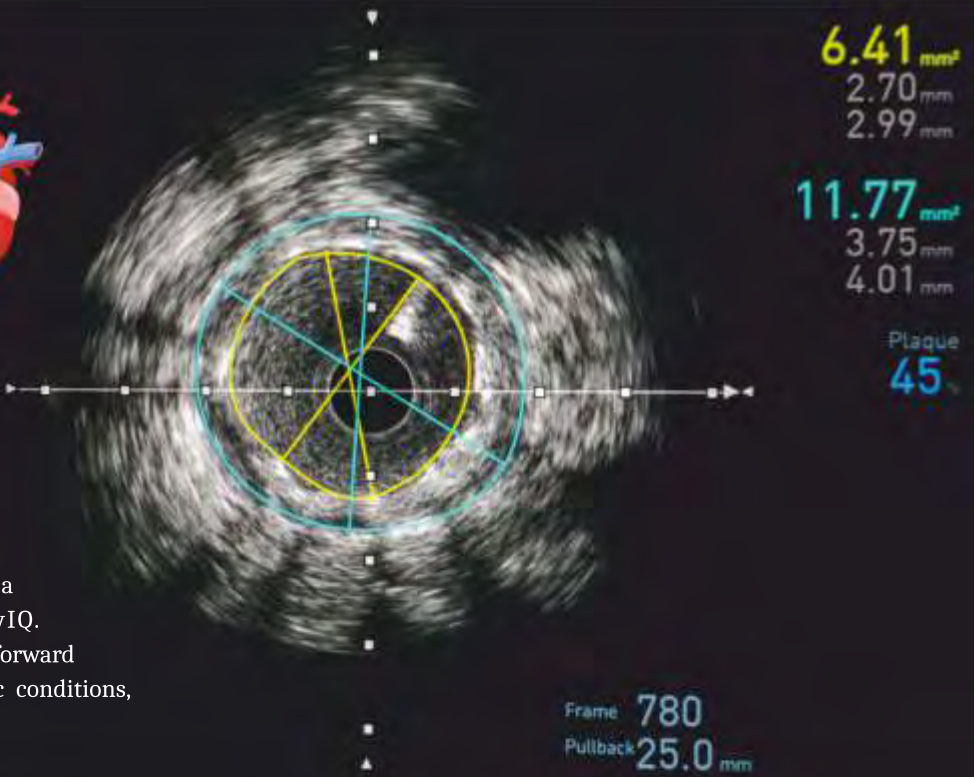
Day care services are the future of oncology care, emphasising patient-centered treatment. At Jehangir Hospital, our commitment to enhancing day care services reflects our dedication to providing the best possible care with dignity and compassion. With ongoing advancements in medical technology and therapies, we aim to evolve our services further, offering hope and convenience to countless patients battling cancer.

ADVANCING CARDIAC CARE WITH THE LATEST CATH LAB AT JEHANGIR HOSPITAL



DR. JS DUGAL
Senior Interventional
Cardiologist & HOD
Cardiac Sciences,
Jehangir Hospital

At Jehangir Hospital, the pursuit of excellence in patient care continues with the introduction of a state-of-the-art cath lab: the Azurion ClarityIQ. This cutting-edge facility represents a significant step forward in the diagnosis and treatment of complex cardiac conditions, offering unparalleled precision, safety, and efficiency.



The Azurion ClarityIQ Cath Lab is among the best available globally. It boasts an advanced monitoring system and exceptional angiographic clarity, enabling precise visualisation of blood vessels. **Key integrated features include:**

- **Intravascular Ultrasound (IVUS):** This imaging technology provides detailed cross sectional views of blood vessels, allowing clinicians to assess blockages with unparalleled accuracy.
- **Optical Coherence Tomography (OCT):** Another advanced imaging technique, OCT enhances precision during procedures by delivering high-resolution images of coronary arteries.

These integrations improve imaging quality, reduce procedural time, and minimise radiation exposure for both patients and medical staff, making interventions safer and more efficient.

The cath lab is equipped for advanced procedures, such as **Rotational Atherectomy**, which is vital for addressing calcified arteries: a condition that becomes increasingly common with age. By using this technique, specialists can clear heavily calcified blockages, paving the way for successful angioplasty.

Image-guided precision using IVUS and OCT has become a cornerstone of modern angioplasty. The integration of these tools ensures optimal stent placement and better outcomes for patients, particularly in complex cases.



ENHANCED CAPABILITIES AND 24x7 SERVICE

Jehangir Hospital now operates two cath labs, with the older facility upgraded to match the advanced capabilities of the Azurion ClarityIQ. This dual-lab setup ensures round-the-clock availability for both scheduled and emergency procedures. A dedicated 24-hour emergency team is always on standby, emphasising the hospital's commitment to timely intervention. In cardiac emergencies, every second counts - what clinicians refer to as "time is muscle." Faster interventions not only save lives but also preserve heart muscle, significantly improving patient recovery.

The advanced features of the cath lab translate directly into improved patient outcomes. Reduced radiation exposure and shorter procedural times enhance safety and comfort for patients, while the integration of advanced imaging tools enables clinicians to perform with greater precision and confidence. Jehangir Hospital's commitment to continuous improvement ensures that both routine and complex cardiac procedures are conducted with the latest technology and techniques.

With its enhanced infrastructure and unwavering focus on excellence, Jehangir Hospital's cath lab sets a new benchmark in cardiac care. By combining advanced technology, expert medical staff, and a patient-centric approach, the hospital continues to lead the way in providing world-class healthcare.

Whether it's a routine angioplasty or a complex intervention, patients can trust Jehangir Hospital for superior care, delivered with compassion and expertise.

CARDIAC CARE AT JEHANGIR HOSPITAL



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WHERE
EVERY MINUTE MATTERS
WE MAKE EACH SECOND COUNT.

Presenting the new state-of-the-art
Jehangir Hospital Cath Lab



- Cardiology
- Vascular Procedures
- Neurological Procedures
- 2 state-of-the-art Cath Labs
 - 24/7 Dedicated Team of Specialists
 - Comprehensive Paediatric to Geriatric Care

When serious medical issues come to pass, the last thing you want to do is wait your turn or worse, wait for the working hours of the facility. To ensure it never happens, we are pleased to launch the new state-of-the-art Jehangir Hospital Cath Lab. The latest equipment allows the lab to handle Cardiological, Vascular to Neurological procedures. The specialised anaesthetist, nursing staff and 24 x 7 cardiologist are present to ensure round-the clock-professional care that comprehensively covers paediatric to geriatric patients. Choose the Jehangir Hospital Cath Lab for seamless, medical procedures and interventions.

Why Choose the New Jehangir Hospital Cath Lab?

- It offers Cardiological, Vascular & Neurological Procedures | 2 Fully Functional Cath Labs
- Round-the-clock Professional Care | Has Specialised Anaesthetist and Nursing Staff
- Equipped to Comprehensively Handle Paediatric to Geriatric Patients





Highlights of The New Cath Lab

- 24X7 available Cath Lab & Cardiologist | Two State-of-the-art Cath Labs
- Centre of Excellence for Complex Angioplasty Procedures
- Availability of Intravascular Ultrasound (IVUS) & Optical Coherence Tomography (OCT)
- Rotational & Orbital Atherectomy & Intravascular Lithotripsy
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BLOOD CENTRE AND DEPARTMENT OF TRANSFUSION MEDICINE AT JEHANGIR HOSPITAL

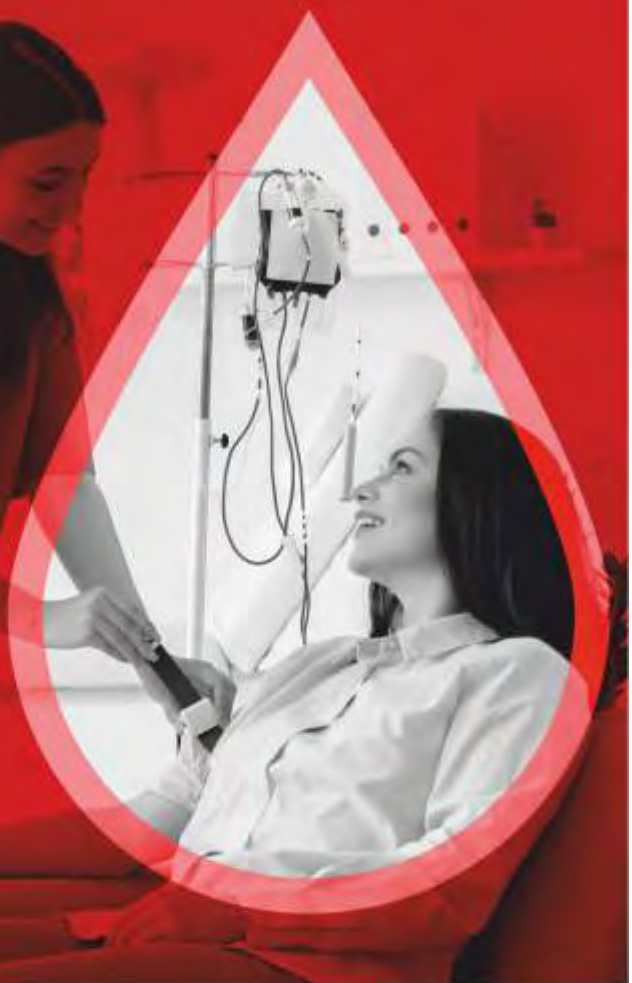
The Blood Centre and Department of Transfusion Medicine at Jehangir Hospital, Pune, represents excellence in modern healthcare. Located on the second floor of the hospital, this advanced facility is equipped with cutting-edge technology and operates under the authorisation of the Drug Controller General of India (DCGI). Additionally, the Blood Centre holds prestigious NABH accreditation from the Quality Council of India.

The department offers a complete suite of services, including blood donor screening, blood donation, blood component preparation and the storage of blood components under stringent quality control measures. The introduction of advanced apheresis technology has significantly expanded its scope, enabling clinical services such as Therapeutic Plasma Exchange and Therapeutic Cytapheresis. Additionally, specialised components like Single Donor Platelets, Single Donor Plasma, Granulocytes, Platelet-Rich Plasma and Cryo-poor Plasma are now available, ensuring diverse and high-quality options for patient care.

Manned by expert doctors and paramedical staff, the department operates 24x7 with a mission to provide the safest possible blood components and cutting-edge clinical services. Regular voluntary, non-remunerated donors play a crucial role in supporting the centre's efforts, helping to heal countless patients.



DR. SHASHIKANT PATIL
In-Charge Blood Centre
& Consultant Transfusion
Medicine, Jehangir Hospital



ADVANCED IMMUNOHAEMATOLOGY LABORATORY

The Immunohaematology Laboratory offers a wide array of diagnostic tests to ensure accurate and reliable results.



SERVICES INCLUDE

- Complete Blood Grouping
- Antibody Titration (IgM & IgG)
- Rare Blood Group Screening
- Direct and Indirect Coombs Tests
- Red Cell Phenotyping
- Red Cell Antibody Screening and Identification
- Monospecific DCT

These diagnostic capabilities are critical in managing complex conditions such as haemolytic diseases of foetuses and newborns, ensuring timely and effective interventions.

THE DEPARTMENT ALSO OFFERS ADVANCED CLINICAL SERVICES, SUCH AS:

- Therapeutic Phlebotomy for conditions requiring reduction of excess haemoglobin or haematocrit.
- Therapeutic Plasma Exchange for replacing pathogenic plasma in conditions like Myasthenia Gravis and Guillain-Barré Syndrome.
- Peripheral Blood Stem Cell Collection and Cryopreservation, essential for bone marrow transplant treatments.
- Platelet-Rich Plasma Therapy, beneficial for androgenic baldness, hair fall, sports injuries and joint illnesses.

NEW PREMISES

Jehangir Hospital has provided a spacious and modern facility for the Blood Centre, enabling it to carry out advanced immunohaematology tests and apheresis procedures. This dedicated space enhances the department's ability to meet the evolving needs of patients and deliver high-quality care.

In summary, the Blood Centre and Department of Transfusion Medicine at Jehangir Hospital exemplifies innovation, expertise and commitment to patient welfare. With its advanced technology, comprehensive services and skilled team, it continues to set new standards in transfusion medicine and patient care.

Dr. Shashikant Patil, In-Charge Blood Centre & Consultant Transfusion Medicine, Jehangir Hospital

A NEW ERA OF PATIENT COMFORT: RADIAL LOUNGE AT JEHANGIR HOSPITAL'S CATH LAB



DR. AJIT MEHTA
Interventional Cardiologist,
Jehangir Hospital

Jehangir Hospital continues to revolutionise patient care with the introduction of a state-of-the-art radial lounge, complementing the most advanced cath lab services. This innovative addition enhances the experience for patients undergoing radial angiography, making the process seamless, comfortable and efficient.

Radial angiography, a minimally invasive diagnostic procedure, involves accessing the arteries through the wrist (radial artery) rather than the groin. This method significantly reduces recovery time and eliminates the discomfort associated with traditional angiography techniques.

Unlike traditional methods requiring extended periods of lying down without leg movement, patients who undergo radial angiography can recover in the comfortable setting of the Radial Lounge. Post-procedure, patients are escorted from the cath lab suite to the radial lounge, where they can relax in specially designed lounge chairs. The setup ensures that

patients feel at ease during their brief recovery period and most are discharged within two hours, marking radial angiography as a true daycare procedure.

For many, the idea of undergoing angiography comes with apprehension, often fuelled by misconceptions about the procedure's duration and recovery requirements. The radial lounge is designed to address these concerns, making the entire process far less daunting. Patients no longer need to worry about prolonged recovery times or the discomfort of lying still for extended hours.



This patient-centric approach not only improves physical recovery but also provides emotional reassurance, fostering trust and confidence in the hospital's commitment to quality care.

Jehangir Hospital's radial lounge is part of a broader commitment to enhancing the patient journey. With an in-house pharmacy and consultant chambers located nearby, patients and their families can access essential services conveniently. Whether it's a quick consultation or filling prescriptions, the integrated facilities ensure a hassle-free experience.

The introduction of the radial lounge highlights Jehangir Hospital's dedication

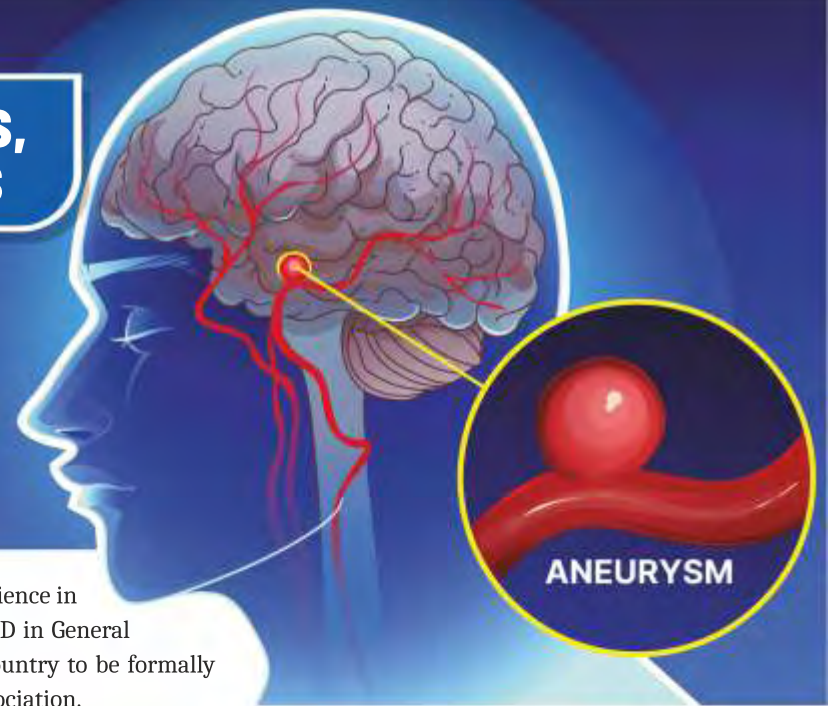
to adopting advanced medical practices and prioritising patient comfort. This development aligns with global trends in healthcare, emphasising minimally invasive techniques and streamlined recovery processes.

By providing a relaxed, comfortable and efficient recovery environment, Jehangir Hospital continues to set benchmarks in patient care, making procedures like radial angiography more accessible and less intimidating. For those in need of cardiac diagnostic services, the radial lounge offers a glimpse into the future of healthcare, where innovation and compassion go hand in hand.

Q&A UNDERSTANDING ANEURYSMS: CAUSES, SYMPTOMS, AND LIFE-SAVING TREATMENTS



DR. ANAND ALURKAR
Senior Interventional Neurologist
and Stroke Specialist, Jehangir Hospital



AREA OF FOCUS:

Dr. Anand Alurkar is a Senior Interventional Neurologist with 25 years of experience in this field. He completed his MBBS from the University of Pune, followed by MD in General Medicine and DM in Neurology. He was one of the first neurologists in the country to be formally trained in Interventional Neurology. He is a former president of Indian Stroke Association.

HIS EXPERTISE INCLUDES: • Digital Subtraction Angiogram (DSA)

- Aneurysm Coiling and Flow Divertor Stenting
- Acute Stroke Intervention (Mechanical Thrombectomy)
- AVM/AVF Embolisation • Carotid and Intracranial Stenting

Q: WHAT IS AN ANEURYSM?

A: An aneurysm is a bulging area in the wall of a blood vessel. It can occur in different parts of the body, but the most serious ones are brain aneurysms (occurring in the blood vessels supplying the brain)

If an aneurysm bursts, it can cause life-threatening bleeding in the brain, requiring urgent medical attention.

Q: WHAT CAUSES A BRAIN ANEURYSM?

A: Although most aneurysms develop because of a genetic tendency to have weaker blood vessel walls, other factors may also be responsible for development and rupture of an aneurysm, including:

- **High blood pressure (hypertension):** puts extra strain on blood vessel walls.
- **Smoking:** weakens blood vessels over time.
- **Ageing :** increases the risk as blood vessels lose elasticity.
- **Trauma or injury:** may lead to aneurysm formation.

Q: WHAT ARE THE SYMPTOMS OF A BRAIN ANEURYSM?

A: Most brain aneurysms do not cause symptoms until they rupture and cause bleeding in the brain. Such patients present to the hospital with a combination of:

- Sudden, severe headache (often described as the "worst headache of your life")
- Blurred or double vision
- Nausea and vomiting
- Loss of consciousness • Convulsions

Q: WHAT ARE THE TREATMENT OPTIONS FOR A BRAIN ANEURYSM?

A: Treatment options include:

1. **Minimally Invasive Treatment (Endovascular Procedure):** these procedures are carried out via a small puncture in the groin artery, without opening the skull.
 - **Aneurysm Coiling:** a thin tube (micro catheter) is inserted into the brain blood vessel to place tiny platinum coils within

Q: HOW IS A BRAIN ANEURYSM DIAGNOSED?

A: Aneurysms are diagnosed using advanced imaging tests, such as:

- **CT Scan (Computed Tomography):** It detects the haemorrhage caused by the aneurysm.
- **MR Angiogram or CT Angiogram:** They detect most aneurysms in the brain, but not all.
- **Digital Subtraction Angiogram (DSA) :** It is the most reliable and 'gold standard' test to detect brain aneurysms and plan their treatment.

the aneurysm, sealing off the aneurysm. Coiling may be either 'Balloon assisted' or 'Stent assisted'

- **Flow Divertor Stenting :** For large/giant and fusiform or dissecting aneurysms.

2. Open Surgery

- **Clipping (for brain aneurysms):** A metal clip is placed at the neck of the aneurysm after opening the skull. It is a more invasive and risky option.

3. **Observation and follow up :** For small, incidentally detected aneurysms.

Q: WHAT FACILITIES ARE AVAILABLE AT JH FOR BRAIN ANEURYSM TREATMENT?

A: Jehangir Hospital is equipped with:

- Advanced diagnostic tools for early detection & precise treatment planning.
- Expert neurology and vascular teams specialising in aneurysm management.
- Emergency care services to handle aneurysm ruptures with rapid response.
- A comprehensive catheterisation programme with two advanced cath labs (catheterisation laboratories) for minimally invasive procedures.

Our cath lab facilities allow complex cardiac, neuro, & vascular procedures, including:

- Aneurysm coiling & stenting to repair blood vessels without open surgery.
- AVM (Arteriovenous Malformation) and AVF (Arteriovenous Fistula) embolisation.
- Carotid and intracranial stenting for stroke prevention.
- Mechanical Thrombectomy for acute Stroke
- MMA embolisation for Subdural Haematoma

These state-of-the-art procedures ensure faster recovery, minimal risks, and improved patient outcomes.

CONCLUSION Aneurysms can be life-threatening, but with early detection and advanced medical care, they can be managed effectively. Jehangir Hospital offers expert care, advanced diagnostics, and cutting-edge treatment to ensure the best possible outcomes for patients. If you or a loved one are at risk of an aneurysm or experiencing symptoms, seek medical advice immediately. Early intervention can save lives. If you have a family history of aneurysms or are at risk, regular check-ups can help detect them early and prevent complications.

ASK THE DOCTOR

Q&A SECTION ON GUILLAIN-BARRÉ SYNDROME (GBS)



DR. MANISH PATIL
Consultant Neurologist,
Jehangir Hospital

Q1: WHAT IS GUILLAIN-BARRÉ SYNDROME (GBS)?

A: Guillain-Barré Syndrome is a rare neurological disorder in which the body's immune system mistakenly attacks the peripheral nervous system. This leads to muscle weakness, numbness, and sometimes paralysis.

Q2: WHAT CAUSES GBS?

A: The exact cause of GBS is unknown, but it often follows an infection such as a respiratory or gastrointestinal illness. In some cases, it can occur after surgery or vaccination. The acute polyneuropathy of GBS is often triggered when an immune response to an antecedent infection or other event cross-reacts with shared epitopes on peripheral nerve (molecular mimicry).

Q3: WHAT ARE THE EARLY SYMPTOMS OF GBS?

A: Early symptoms include:

- Tingling or numbness in the hands and feet.
- Muscle weakness that starts in the legs and may spread to the upper body.
- Difficulty with coordination or walking.

Q4: IS GBS A MEDICAL EMERGENCY?

A: Yes, GBS can progress rapidly and may cause life-threatening complications such as respiratory failure. Immediate medical attention is necessary.

Q5: HOW IS GBS TREATED?

A: Treatments include:

- **Plasma exchange (plasmapheresis):** To remove harmful antibodies from the blood.
- **Intravenous immunoglobulin (IVIG):** To block the immune system's attack on the nerves.
- Supportive care, such as physical therapy and mechanical ventilation, if needed

Q6: CAN GBS BE CURED?

A: While there is no specific cure for GBS, most people recover fully or partially with proper treatment. Recovery can take weeks to months, depending on the severity.

Q7: HOW IS GBS DIAGNOSED?

A5: Diagnosis involves:

- Reviewing symptoms and medical history.
- Nerve conduction studies to assess nerve function.
- A spinal tap (lumbar puncture) to check for elevated protein levels in cerebrospinal fluid.

Q8: WHAT IS THE RECOVERY OUTLOOK FOR GBS PATIENTS?

A8: Recovery varies:

- 70-80% of patients recover fully within a year.
- Some may experience lingering weakness or nerve damage.
- Rarely, severe cases can result in long-term disability.

Q9: IS GBS CONTAGIOUS?

A: No, GBS is not contagious and cannot be transmitted from person to person.

Q10: WHAT STEPS CAN BE TAKEN TO MANAGE LIFE AFTER GBS?

- A:
- Regular physical therapy to regain strength and mobility.
 - Psychological support to cope with the emotional impact.
 - Monitoring for any recurring symptoms.

Q11: ARE THERE LONG-TERM COMPLICATIONS OF GBS?

A: In some cases, GBS may cause:

- Persistent weakness or numbness.
- Fatigue.
- In rare cases, chronic pain or post-traumatic stress due to the experience.

Q12: CAN GBS RECUR?

A: Recurrence is rare, but possible. Patients should monitor their health and seek medical advice if similar symptoms reappear.

SMOKING AND ASTHMA: Q&A



DR. PANKAJ JAIN
Consultant Pulmonologist,
Jehangir Hospital



ARE E-CIGARETTES OR VAPING SAFER FOR ASTHMA PATIENTS?

A: No, e-cigarettes and vaping are not safe alternatives. They release harmful chemicals and fine particles that can irritate the lungs, trigger asthma symptoms, and worsen lung function over time.

IS SECONDHAND SMOKE DANGEROUS FOR ASTHMA PATIENTS?

A: Absolutely. Secondhand smoke contains harmful chemicals that can trigger asthma symptoms, even in small amounts. It's particularly dangerous for children with asthma, as their lungs are still developing.

CAN SMOKING CAUSE ASTHMA IN NON-SMOKERS?

A: While smoking itself does not directly cause asthma, exposure to cigarette smoke can increase the risk of developing asthma, especially in people with a genetic predisposition or those who are exposed during early childhood.

HOW DOES SMOKING AFFECT ASTHMA?

A: Smoking worsens asthma by irritating the airways and increasing inflammation, making it harder to breathe. It also reduces the effectiveness of asthma medications, leading to more frequent and severe asthma attacks.

WHAT HAPPENS IF AN ASTHMA PATIENT CONTINUES TO SMOKE?

A: Continued smoking can lead to a faster decline in lung function, increased asthma symptoms and a higher risk of severe complications, including chronic obstructive pulmonary disease (COPD). It also reduces the effectiveness of inhalers and other asthma treatments.

CAN QUITTING SMOKING IMPROVE ASTHMA SYMPTOMS?

A: Yes, quitting smoking can significantly improve asthma symptoms. It reduces airway inflammation, improves lung function and enhances the effectiveness of asthma medications. Asthma patients who quit smoking often experience fewer flare-ups and better overall health.

WHAT ARE THE IMMEDIATE BENEFITS OF QUITTING SMOKING FOR ASTHMA PATIENTS?

A: The benefits of quitting smoking start almost immediately. Within days, the airways become less irritated, and breathing improves. Over time, asthma symptoms decrease and the risk of severe complications reduces significantly.

HOW CAN ASTHMA PATIENTS PROTECT THEMSELVES FROM SECONDHAND SMOKE?

A: Asthma patients should avoid places where smoking is allowed, communicate their health concerns to family and friends, and ensure their homes and vehicles are smoke-free zones.

WHAT SUPPORT IS AVAILABLE FOR ASTHMA PATIENTS WHO WANT TO QUIT SMOKING?

A: Asthma patients can benefit from counselling, nicotine replacement therapy (NRT) and prescription medications to quit smoking. Joining a support group or seeking guidance from a pulmonologist or a smoking cessation program can also be very effective.

HOW CAN SMOKING- AND ASTHMA-AWARENESS HELP IMPROVE PUBLIC HEALTH?

Educating people about the harmful effects of smoking on asthma can encourage smokers to quit and reduce exposure to secondhand smoke. Awareness campaigns can also empower asthma patients to seek better care and adopt a healthier lifestyle. If you're an asthma patient and need help with managing your condition or quitting smoking, consult a pulmonology expert at Jehangir Hospital today.



PRECONCEPTION

WHY IS PRECONCEPTION CARE
IMPORTANT FOR COUPLES
PLANNING A FAMILY?



DR. RITU PETHKAR
Gynecologist, Obstetrician,
at Jehangir Hospital

Answer: Preconception care helps identify and address potential health concerns in both partners before pregnancy. It reduces the risk of complications during pregnancy and ensures the healthy development of the baby. This care also includes lifestyle changes, vaccinations, and managing existing medical conditions. By preparing in advance, couples can significantly improve their chances of a healthy pregnancy and child.



WHAT LIFESTYLE CHANGES SHOULD COUPLES
CONSIDER BEFORE TRYING TO CONCEIVE?

Answer: Couples should adopt healthy habits such as eating a balanced diet, exercising regularly, and avoiding smoking and alcohol. Reducing caffeine intake and managing stress levels are also important for optimal reproductive health. Maintaining a healthy weight can boost fertility and reduce risks during pregnancy. These changes benefit both partners and create a healthy environment for conception.

HOW LONG BEFORE TRYING TO CONCEIVE
SHOULD COUPLES START PREPARING?

Answer: Couples should ideally start preparing 3-6 months before attempting to conceive. This time frame allows for medical evaluations, addressing any health concerns, and adopting healthier habits. Women can begin taking prenatal vitamins, especially folic acid, to support early fetal development. Early preparation also provides time for vaccinations or treatments, if needed.

WHAT ROLE DOES NUTRITION PLAY
IN PRECONCEPTION CARE?

Answer: Nutrition plays a vital role in improving fertility and preparing the body for pregnancy. A diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats provides essential nutrients for both partners. Women should focus on foods high in folic acid, iron, and calcium to support pregnancy. Proper hydration and limiting processed foods are also recommended for overall health.

HOW DOES AGE IMPACT FERTILITY
FOR MEN AND WOMEN?

Answer: Age significantly impacts fertility, especially for women, as egg quality and quantity decline after 35, increasing the risk of complications. Men may experience reduced sperm quality after 40, which can affect conception and the baby's health. While age-related fertility issues can't be reversed, early planning and medical advice can help improve the chances of successful conception.

ARE THERE ANY VACCINES COUPLES SHOULD
CONSIDER BEFORE PREGNANCY?

Answer: Women should ensure they are vaccinated against diseases like rubella, chickenpox, and hepatitis B, as these can affect pregnancy. Routine vaccines like the flu shot and COVID-19 vaccine are recommended for both partners to prevent infections. Doctors may also recommend specific vaccines based on medical history or travel plans.

SHOULD BOTH PARTNERS GET A HEALTH
CHECK-UP BEFORE TRYING TO CONCEIVE?

Answer: Yes, both partners should have a preconception health check-up to assess their overall health and identify potential issues. This includes screening for chronic conditions, infections, and genetic risks. Doctors may recommend lifestyle changes, vaccinations, or medications to optimise health. Early intervention ensures a smoother and safer journey to parenthood.

WHAT IS THE IMPORTANCE OF FOLIC ACID
DURING PRECONCEPTION?

Answer: Folic acid is crucial for reducing the risk of neural tube defects in the baby, which can occur in the early weeks of pregnancy. Women should take 400-800 mcg of folic acid daily, starting at least 3 months before conception. It supports healthy cell division and fetal development, making it a key part of preconception care.

HOW CAN COUPLES IMPROVE THEIR CHANCES
OF CONCEIVING NATURALLY?

Answer: Tracking ovulation and timing intercourse during the fertile window can significantly improve conception chances. Maintaining a healthy lifestyle, managing stress, and avoiding smoking or alcohol are also important. Regular exercise and a nutrient-rich diet support reproductive health for both partners. Consulting a doctor for personalised advice can further enhance success.

HOW CAN COUPLES ENSURE EMOTIONAL
READINESS FOR PARENTHOOD?

Answer: Emotional readiness involves discussing parenting goals, understanding responsibilities, and preparing for lifestyle changes. Couples should communicate openly about their concerns and expectations. Seeking guidance from support groups or counsellors can help address anxieties. Being mentally prepared ensures a smoother transition into parenthood.

WHAT SUPPORT IS AVAILABLE FOR COUPLES
DEALING WITH ADDICTION DURING
PRECONCEPTION?

Answer: Couples can seek support through counselling, rehabilitation programmes, and medical interventions tailored to their needs. Preconception care often includes referrals to addiction specialists who help with quitting harmful substances. Building a strong support network and adopting healthier habits improve fertility and overall well-being, creating a safe environment for conception and parenthood.



Clinical Pharmacy

Drug Bulletin

brought to you by the
Dept. of Clinical Pharmacology

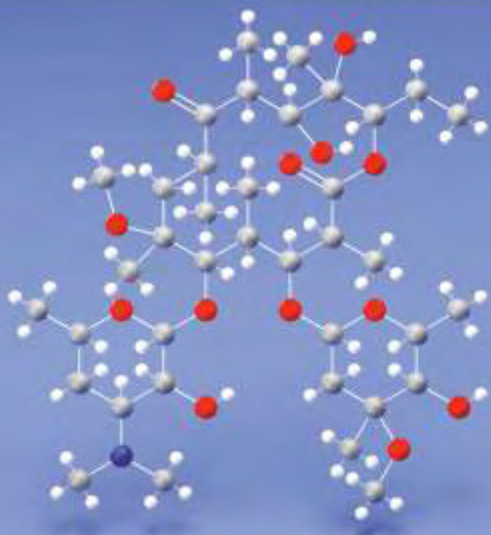


CLARITHROMYCIN

Pharmacological Class - Macrolide

MODE OF ACTION

Semi-synthetic macrolide antibiotic that reversibly binds to P site of 50S ribosomal sub unit of susceptible organisms and may inhibit RNA-dependent protein synthesis by stimulating dissociation of peptidyl t-RNA from ribosomes, thereby inhibiting bacterial growth.



Antibiotic
 $C_{38}H_{69}NO_{13}$

Carbon
Oxygen
Nitrogen
Hydrogen

<div>FDA Uses</div> <div><div>1. Acute infective exacerbation of chronic bronchitis</div><div>2. Acute otitis media</div><div>3. Community acquired pneumonia</div><div>4. Disseminated infection caused by Mycobacterium avium-intracellulare group - HIV infection</div><div>5. Helicobacter pylori gastrointestinal tract infection - Ulcer of duodenum</div><div>6. Uncomplicated Infection of skin and/or subcutaneous tissue</div><div>7. Acute Maxillary sinusitis</div><div>8. Mycobacterium avium complex infection, Lung disease</div><div>9. Streptococcal pharyngitis, alternative to first-line therapy</div></div>	<div>DOSING: KIDNEY IMPAIRMENT (ADULT)</div> <table><tr><th>CrClb</th><th>If the usual recommended dose is IRc 250 mg twice daily</th><th>If the usual recommended dose is IR 500 mg twice daily</th><th>If the usual recommended dose is ERd 1 g once daily</th></tr><tr><td>>30 mL/minute</td><td>No dosage adjustment necessary.</td><td>No dosage adjustment necessary.</td><td>No dosage adjustment necessary.</td></tr><tr><td><30 mL/minute</td><td>IR: 250 mg once daily</td><td>IR: 250 mg twice daily or 500 mg once daily</td><td>ER: 500 mg once dailye</td></tr><tr><td>Intermittent hemodialysis, thrice weekly^{f,g}</td><td>IR: 250 mg once daily</td><td>IR: 250 mg twice daily or 500 mg once daily</td><td>ER: 500 mg once dailye</td></tr><tr><td>Peritoneal dialysis^f</td><td>IR: 250 mg once daily</td><td>IR: 250 mg twice daily or 500 mg once daily</td><td>ER: 500 mg once daily^o</td></tr></table> <div>CrCl determined using Cockcroft-Gault formula, IR = immediate release, ER = extended release</div>	CrClb	If the usual recommended dose is IRc 250 mg twice daily	If the usual recommended dose is IR 500 mg twice daily	If the usual recommended dose is ERd 1 g once daily	>30 mL/minute	No dosage adjustment necessary.	No dosage adjustment necessary.	No dosage adjustment necessary.	<30 mL/minute	IR: 250 mg once daily	IR: 250 mg twice daily or 500 mg once daily	ER: 500 mg once dailye	Intermittent hemodialysis, thrice weekly ^{f,g}	IR: 250 mg once daily	IR: 250 mg twice daily or 500 mg once daily	ER: 500 mg once dailye	Peritoneal dialysis ^f	IR: 250 mg once daily	IR: 250 mg twice daily or 500 mg once daily	ER: 500 mg once daily ^o
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Peritoneal dialysis ^f	IR: 250 mg once daily	IR: 250 mg twice daily or 500 mg once daily	ER: 500 mg once daily ^o																		
<div>Non-FDA Uses</div> <div><div>1. Allergy to penicillin - Streptococcal endocarditis, Highest risk patients undergoing certain dental procedures; Prophylaxis.</div><div>2. Anthrax</div><div>3. Atypical mycobacterial infection of lung</div><div>4. Balanoposthitis, Aerobic infection</div><div>5. Bartonellosis - HIV infection</div><div>6. Legionnaires disease</div><div>7. Leprosy</div><div>8. Lyme disease</div><div>9. Peritoneal dialysis-associated peritonitis</div><div>10. Pertussis</div><div>11. Spotted fevers</div><div>12. Ureaplasma urealyticum infection.</div></div>	<div>DOSING: KIDNEY IMPAIRMENT(PEDIATRIC)</div> <div>Infants, Children, and Adolescents: The following adjustments have been recommended.</div> <div>Note: Renally adjusted dose recommendations are based on a dose of 7.5 mg/kg/dose every 12 hours.</div> <div><div>• GFR >30 mL/minute/1.73 m2: No dosage adjustment necessary.</div><div>• GFR 10 to 29 mL/minute/1.73 m2: Immediate release: 4 mg/kg/dose every 12 hours.</div><div>• GFR <10 mL/minute/1.73 m2: Immediate release: 4 mg/kg/dose once daily.</div></div> <div>Hemodialysis: Administer after hemodialysis session is completed: Immediate release: 4 mg/kg/dose once daily.</div> <div>Peritoneal dialysis: Immediate release: 4 mg/kg/dose once daily.</div>																				

PHARMACOKINETICS

ABSORPTION:

- Systemic: Well absorbed; Bioavailability: 55%; food delays absorption.
- Peak plasma time: 2-3 hr (immediate release); 5-8 hr (extended release)

DISTRIBUTION:

- Distributed widely into most body tissues except central nervous system (CNS)
Protein bound: 42% to 70%

METABOLISM:

- Partially metabolized by CYP3A4
- Metabolites: 14-OH clarithromycin (active)

EXCRETION:

- Urine (20% to 40% as unchanged drug; additional 10% to 15% as metabolite); feces (29% to 40% mostly as metabolites)
- Renal clearance: Approximates normal glomerular filtration rate (GFR).

ELIMINATION HALF-LIFE:

- Immediate release: Clarithromycin: 3-7 hours; 14-OH-clarithromycin: 5-9 hours

CONTRAINDICATIONS

- Hypersensitivity to clarithromycin, erythromycin, or any of the macrolide antibacterial drugs.
- Concomitant use with cisapride and pimozide
- History of cholestatic jaundice or hepatic dysfunction with prior use of clarithromycin.
- Concomitant use with colchicine in patients with renal or hepatic impairment.
- Concomitant use with lomitapide, lovastatin or simvastatin.
- Concomitant use with ergotamine or dihydroergotamine.

ADVERSE EFFECTS

COMMON

- **Gastrointestinal:** Abdominal pain (1% to 8%), Diarrhea (2% to 9%), Disorder of taste (8% to 19%), Indigestion (4%), Nausea (3% to 28%), Vomiting (1% to 25%)
- **Neurologic:** Headache (up to 9%)

SERIOUS

- **Cardiovascular:** Death, Cardiovascular, out of hospital, Prolonged QT interval (Less than 1%), Torsades de pointes
- **Dermatologic:** Immunoglobulin A vasculitis, Stevens-Johnson syndrome, Toxic epidermal necrolysis
- **Gastrointestinal:** Clostridium difficile diarrhea
- **Hepatic:** Hepatitis (greater than or equal to 1%), Liver failure
- **Immunologic:** Anaphylaxis, Drug reaction with eosinophilia and systemic symptoms
- **Neurologic:** Cerebrovascular disease
- **Other:** Death, All-cause

REFERENCES: FDA LABEL, LEXICOM, MICROMEDEX- DRUG SOLUTIONS, MEDSCAPE.

CASE STUDIES

A 26-WEEK BABY'S INSPIRING RECOVERY STORY : NEONATAL CARE

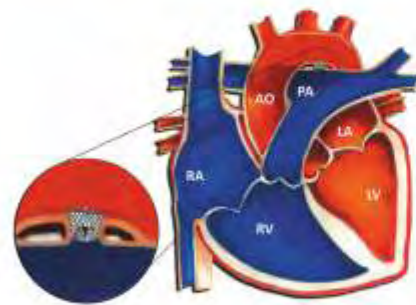


Born prematurely at just 26 weeks and weighing a mere 900 grams, a tiny baby was brought to Jehangir Hospital in a critical condition. The baby required tertiary neonatal ICU care and was placed on a ventilator. The challenges were immense, as babies born this early

face significant complications, including infection, brain bleeding, and a condition known as Patent Ductus Arteriosus (PDA), where oxygenated and deoxygenated blood mix due to an open duct in the heart.



One of the key interventions was administering a medicine called Surfactant. This specialised medication helps improve the baby's lung function by reducing surface tension within the lungs, enabling better oxygen exchange. With this treatment, the baby's condition stabilised gradually, allowing doctors to transition from mechanical ventilation to CPAP (Continuous Positive Airway Pressure) within a week.



During the one-and-a-half-month stay in the neonatal ICU, the baby experienced an episode of PDA. This condition, common in premature babies, was effectively managed with medication. Additionally, despite the high risk of infections and complications, the baby was successfully weaned off the ventilator and transitioned to oxygen support while receiving carefully monitored feeding trials.

Dr. Sagar Lad, Senior Paediatric and Neonatal Intensivist at Jehangir Hospital, commented, "This case demonstrates the importance of comprehensive neonatal care. The baby's recovery without major complications is a testament to the expertise of our team and the excellent intensive care provided.

Intact survival, meaning no damage to the brain, heart, or other organs, is the ultimate goal, and we achieved that here."

The baby's recovery was nothing short of remarkable. Unlike many premature infants who require prolonged antibiotic courses and extensive medical interventions, this baby improved with minimal medication and basic yet exceptional neonatal care. The baby's brain and heart screenings were normal at discharge, and now, at two months old, the child is thriving.

Such outcomes are only possible with the collaboration of a highly skilled multi disciplinary team of neonatal intensivists, paediatricians, and nursing staff. This case highlights the importance of specialised neonatal care in ensuring positive outcomes for critically ill premature infants.

This story is a shining example of the advanced care and expertise available at Jehangir Hospital. Through meticulous monitoring, timely interventions, and dedicated care, the team ensured not just the baby's survival but also an intact recovery with no lasting complications. It is a testament to the hospital's commitment to providing the best possible outcomes for even the tiniest and most vulnerable patients.





TIMELY MEDICAL INTERVENTION SAVES 9-YEAR-OLD GIRL'S HAND AFTER SEVERE JELLYFISH STING

Vacations are meant for relaxation and enjoyment, but for a 9-year-old girl and her family, their trip to Goa took an unexpected and serious turn. While playing at the beach, the young girl was stung by a jellyfish. Initially, her family thought it was a minor issue, especially since another person who had been stung recovered without any complications. However, within two days, her hand became severely swollen, and her condition worsened.



DR. VIJAY MALSHIKARE
Hand Surgeon,
Jehangir Hospital



Despite trying home remedies, the swelling and deformity in her hand only intensified. Realising the seriousness of the situation, her family rushed her to Jehangir Hospital for urgent medical care.



At the hospital, **Dr. Sagar Lad**, Paediatric Consultant at Jehangir Hospital, examined her and immediately referred her to **Dr. Vijay Malshikare**, a hand surgeon. Following a detailed evaluation, Dr. Malshikare diagnosed her with impending compartment syndrome, a critical surgical emergency. He explained to the family that the muscles in her hand were already showing early signs of damage. Without immediate intervention, the condition could result in permanent disability or even the loss of her hand.

Recognising the urgency, Dr. Malshikare performed an emergency fasciotomy to relieve pressure on the major arteries (which were in spasm) and the nerves. Thanks to swift medical action, the surgery was successful, and the young girl's hand was saved.

UNDERSTANDING COMPARTMENT SYNDROME

Compartment syndrome is a medical emergency that occurs when excessive pressure builds up within a muscle compartment, restricting blood flow and causing tissue damage. It can be triggered by various factors, including crush injuries, fractures, excessive IV fluid infiltration, and allergic reactions to bites or stings from insects, fish, or snakes. Early symptoms include redness, swelling, pain, and tightness in the affected area. If left untreated, the condition can lead to permanent disability or even limb loss. In this case, the jellyfish sting triggered a severe allergic reaction, ultimately leading to compartment syndrome. Fortunately, the expertise of the medical team at Jehangir Hospital ensured she received timely and appropriate treatment.



Dr. Vijay Malshikare emphasised the importance of taking jellyfish stings seriously. “Many people underestimate jellyfish stings, but as this case demonstrates, they can lead to severe complications. Seeking timely medical attention is crucial to prevent further harm,” he said. He further advised, “If you experience symptoms such as swelling, pain, or redness after a sting or bite, seek medical care immediately. A hand surgeon can provide specialised treatment in such cases.”

This case serves as an important reminder that even minor injuries can escalate into serious medical emergencies if not addressed promptly. Thanks to Dr. Malshikare's quick intervention and expertise, the young girl's hand was saved, highlighting the critical importance of immediate medical care.



DR. MANISH PATIL
Consultant Neurologist,
Jehangir Hospital

UNRAVELLING A RARE CASE OF OROMANDIBULAR DYSKINESIA

COMPREHENSIVE CARE ACROSS SPECIALITIES

As a doctor, some cases stay with you, challenging your understanding and reinforcing the importance of looking beyond the obvious. One such case was that of a young woman who presented with oromandibular dyskinesia

(OMD), a condition characterised by involuntary movements of the tongue and facial muscles. Her story was one of complexity, requiring us to piece together a puzzle where each symptom held a clue.

She had no significant medical history, no prior psychiatric issues, no recent infections, no medications known to induce such symptoms and no family history suggestive of movement disorders. Yet, she was grappling with more than just involuntary movements.

She reported a recent change in her personality, experiencing bouts of excessive anger, fluctuating moods and persistent fear. These behavioural changes added to the perplexity of her condition.

SUBTYPES OF OROMANDIBULAR DYSTONIA



JAW CLOSING
DYSTONIA



TONGUE
DYSTONIA



JAW OPENING
DYSTONIA



JAW DEVIATION
DYSTONIA



JAW PROTRUSION
DYSTONIA



LIP
DYSTONIA

CLINICAL OBSERVATIONS

During her examination, her OMD was evident, coupled with subtle upper limb dystonia. However, the absence of distractibility, a hallmark in functional movement disorders pointed toward an organic cause. We began the investigation with a broad differential diagnosis in mind. Could her condition be genetic? Could it be triggered by an autoimmune disorder? Was it metabolic, structural or functional? Each possibility had to be carefully explored.



INVESTIGATIVE APPROACH

We considered genetic causes such as primary dystonia linked to mutations like DYT-TOR1A or KMT2B. Next, we considered secondary causes. Common culprits include drug-induced tardive dyskinesia, but she had no history of exposure to medications like antipsychotics or antiemetics.

Autoimmune causes like NMDA receptor encephalitis were also high on the list, especially given her behavioural changes. Conditions like Wilson's disease, a classic mimic in such scenarios required testing. Her results revealed slightly elevated urinary copper levels but no Kayser-Fleischer ring and her brain MRI was unremarkable. Tests for autoimmune encephalitis, thyroid dysfunction and lupus came back negative. This thorough evaluation allowed us to exclude treatable secondary causes while focussing on symptom management.

TREATMENT AND RECOVERY

Her management plan was multi disciplinary. Clonazepam and trihexyphenidyl were initiated to control the involuntary movements. Psychiatric evaluation revealed that stress played a role in exacerbating her symptoms, leading to counselling and stress management strategies. Dietary modifications were also introduced.

Over time, she responded well to treatment. Her movements subsided and her emotional well-being improved significantly.

REFLECTIONS ON THE CASE

This case underscores the importance of comprehensive evaluation in movement disorders. OMD is often dismissed as functional or stress-related, but as her story illustrates, it is vital to rule out organic causes such as Wilson's disease, autoimmune disorders or structural abnormalities.

As neurologists, our role goes beyond diagnosing and treating, it involves understanding the patient's journey, addressing their fears and providing holistic care. This young woman's recovery is a testament to the value of persistence, collaboration and empathy in medicine.

Her story serves as a reminder to always ask the right questions and to look deeper, because behind every symptom lies a unique narrative waiting to be uncovered.

BREATHING FREELY ONCE MORE: JEHANGIR HOSPITAL STEPS FORWARD TO PROVIDE HOPE AND EXPERT MEDICAL CARE

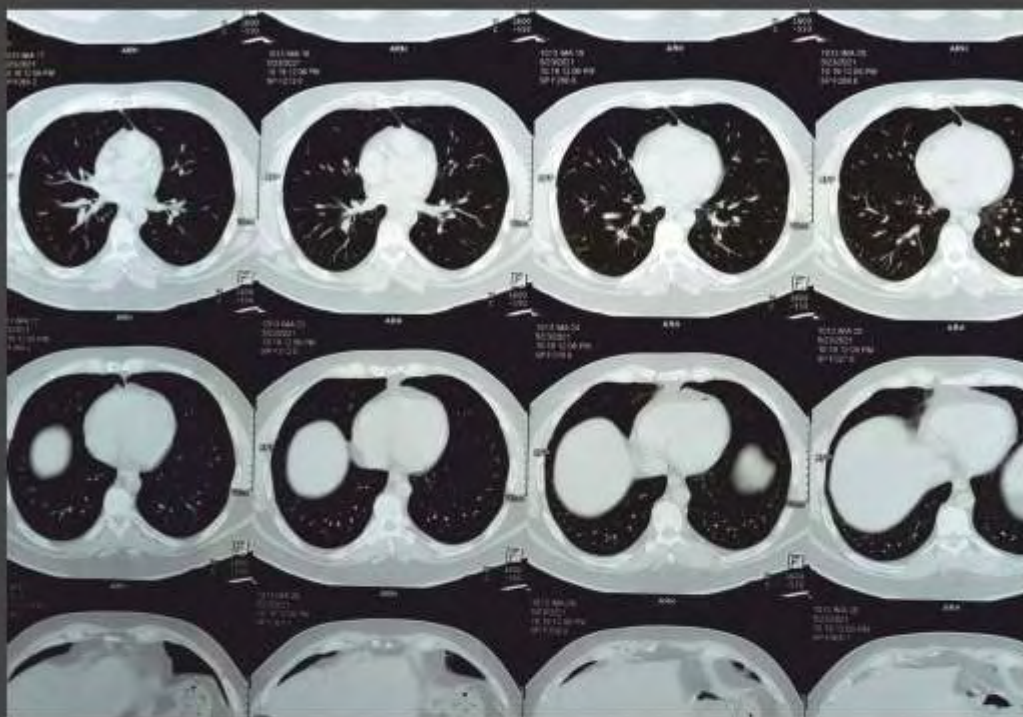


DR. SMRUTI HINDARIA
Cardiovascular Surgeon,
Jehangir Hospital

For four-year-old Ovi Mungse, life took an extraordinary turn when a life-threatening medical condition was met with unwavering expertise, determination, and compassion. Ovi had been suffering from a large **bronchogenic cyst**: an abnormal, fluid-filled growth measuring **6x4 cm**, located in an extremely delicate region of her chest.

Bronchogenic cysts are rare congenital abnormalities that develop during foetal lung formation. These cysts arise from abnormal budding of the foregut and are typically lined with respiratory epithelium. While many remain small and asymptomatic, some can grow significantly, compressing surrounding organs and leading to severe complications. In Ovi's case, the cyst exerted dangerous pressure on several vital structures, including the **major arteries of her heart, trachea, left bronchi, and oesophagus**, causing frequent breathing difficulties and recurrent episodes of pneumonia. If left untreated, such cysts can lead to **airway obstruction, lung infections, and even life-threatening respiratory distress**.

The severity of Ovi's condition was exacerbated by the cyst's large size and location. While bronchogenic cysts are congenital, it is uncommon for them to expand to such an extent. Immediate surgical intervention was imperative; however, the complexity of the procedure and its substantial cost of ₹4,55,000 posed significant barriers. Ovi's family, struggling with financial hardship, could not afford the surgery, making their daughter's future uncertain.



Recognising the urgency of the situation, Jehangir Hospital stepped forward to provide both hope and world-class medical care. Leading the effort was

Dr. Smruti Hindaria, a distinguished cardiac surgeon renowned for her expertise in intricate and high-risk procedures. Given the cyst's close

proximity to vital organs, the surgery presented formidable challenges. However, with remarkable precision and skill, Dr. Hindaria, supported by the

hospital's highly experienced surgical team, successfully removed the cyst, paving the way for Ovi's recovery and a healthier future.

Dr. Smruti Hindaria,

Cardiovascular Surgeon at Jehangir Hospital said, "Cardiothoracic surgery in children presents a significant challenge due to the limited operating space and the delicate nature of the structures involved. In this case, the cyst was located near the great arteries of the heart and the airways on the left side, requiring exceptional precision to prevent damage to surrounding structures and nerves. The surgery was meticulously performed, ensuring the best possible outcome. The child displayed remarkable resilience and recovered well postoperatively. Through this programme, our goal is to extend specialised cardiac surgical care to as many children as possible, giving them a chance at a healthier future."

Yet, the hospital's commitment extended far beyond the operating theatre. Recognising the family's financial constraints, the Social Services Department worked tirelessly to ensure that cost would not become a barrier to Ovi's treatment. Thanks to the generosity of charitable trusts and donors, the full cost of the surgery was covered, with the family required to pay only for post-operative medication.

Today, Ovi breathes freely, unburdened by the life-threatening pressure that once cast a shadow over her young life. Her successful recovery stands as a testament to the power of expert medical care, unwavering compassion, and the kindness of those willing to help.

The **Mungse family** expressed their profound gratitude to everyone who played a role in Ovi's journey- from **Dr Hindaria and her surgical team** to the generous **benefactors** whose support made the operation possible. Their collective efforts turned what seemed like an insurmountable challenge into a remarkable story of healing and hope.

Reflecting on this extraordinary success, **Dr. Ashok Ghone**, Senior Consultant of the Social Services Department, remarked:

"This case exemplifies the core mission of Jehangir Hospital: to ensure that every patient, irrespective of their financial circumstances, receives the care they urgently need and deserve."

Ovi's journey is a **shining example** of what can be achieved when **medical excellence, empathy, and community support** come together. Her story highlights the profound impact of **healthcare that extends beyond clinical treatment**, focussing on restoring lives, alleviating suffering, and spreading hope.

Through its dedication to both **medical excellence and humanitarian service**, Jehangir Hospital continues to transform lives, one patient at a time.

AWARDS
AND RECOGNITION

Awards We Received

RECOGNITION FOR OUR 'PATIENT FIRST' ETHOS



**Patient Centricity Summit
& Awards**
Certificate of Recognition
Jehangir Hospital

Best Healthcare Centre Promoting
Patient Wellness



**Patient Centricity Summit
& Awards**

Jehangir Wellness Centre
Top Preventive Health Brand



**Patient Centricity Summit
& Awards**

Jehangir Wellness Centre
Top Preventive Health Brand



**Patient Centricity Summit
& Awards**
Certificate of Recognition

Jehangir Wellness Centre
Top Preventive Health Brand

EVENTS THAT HAPPENED

FOUNDATION DAY

The day began with blessings from the Lord Almighty. A small Parsi pooja was held to mark the auspicious start of our Foundation Day celebrations.



JEHANGIR IDOL – TALENT HUNT

This year, we introduced "Jehangir Idol," a talent hunt program. Our employees enthusiastically participated, showcasing their talent.





FOUNDATION DAY FESTIVITIES

The Foundation Day was celebrated with much fanfare and enthusiasm. A variety of activities were organized as part of the Jehangir Foundation Tournament (JFT), an annual sports event. The sports included cricket, badminton, chess, sack race, musical chairs, slow cycling, and more.



Every year, the best-performing departments are recognized for their contributions, based on patient input, feedback, and work volume. This year, the following departments were honored:

ORCHID BREAST HEALTH



DEPARTMENT OF CARDIAC SCIENCES



MARKETING DEPARTMENT



NURSING DEPARTMENT



DEPARTMENT OF PULMONOLOGY



SYNERGY CAMPAIGN 2025

AIM: The aim of this campaign was to inculcate an effective measure to a problem that most of the hospitals are facing in their health care regime i.e. pressure injury, in spite of preventive care given by nurses to pressure injury-prone patients.

This campaign helped create a path to achieve a goal that is “Zero HAPI” in a period of 6 months and to prevent the progression of pressure injury as well as to treat CAPI. The study helped all the teams and selected units to come up with an innovative idea to educate and initiate positive reinforcements for preventive care. The details of the programme are given below:

1. TEAM OPD

Team OPD presented a pilot study with inclusive and exclusive criteria with an initial sample of 20 OPD patient relatives to assess their initial knowledge.

- Later they increased their sample size by collecting data from a group of 100 patients and their relatives using a tool of pre- and post-study technique. Pre-study was done followed by health education with the help of a pamphlet containing the involved points to take care of the bed ridden and elderly as well as post operative care to prevent PI.
- Preventive prophylactic dressings were applied to patients with poor skin integrity in the A&E during initial assessment.
- The post study data showed a significant decrease in the data and had a progressive findings suggesting that health education can help in prevention Of PI on OPD basis.

2. TEAM OT

The focus of Team OT was to have an effective use of the ‘Scott Trigger’ tool to prevent PI in long surgeries. Jehangir Hospital is the first one in Pune to implement this Scott Trigger.

- They presented data showcasing cases in which the patients had to go through hours-long surgeries and the Scott Trigger assessment for at-risk patients reduced the risk of PI and disturbance of skin.

3. TEAM ICU

Team ICU conducted their study using the selective sampling technique. The team used an algorithm which was divided into high risk criteria and a moderate risk criteria.

- The team collected data using an excel sheet which involved HIGH RISK, MODERATE RISK, LOW RISK criteria which was selected on the basis of the BRADEN SCALE.
- They applied prophylactic dressing along with other preventive measures.
- A comparative study was done and it concluded that nursing care along with effective training to novice staff with application of preventive dressing helped reduce PI.

THE GLIMPSE OF SYNERGY -2025



1. TEAM OPD



2. TEAM OPD



3. TEAM ICU



4. TEAM WARD



THE SYNERGY CHAMPIONS

4. TEAM WARD

The study focussed on patients admitted in the wards with CAPI and healing it.

- They used an innovative poster to train novice staff who could learn the preventive measures for patients with CAPI just by giving the poster a glance.
- There was effective data showcasing how CAPI with prophylactic dressing can help heal pressure injury.

After all four teams presented their study, protocol for pressure injury measure and management was inaugurated. It involved the stages of pressure injury and its effective management.

The campaign encouraged the teams to achieve the goal of "Zero HAPI".

INSIGHTS

SUSTAINABLE PRACTICES AT JEHANGIR HOSPITAL



DR. SHILPA EDATHARA,
Senior General Manager Operations,
Jehangir Hospital

At Jehangir Hospital, sustainability is not just a concept; it is a commitment woven into the very fabric of our operations. As one of Pune's premier healthcare institutions, we recognise that caring for our patients extends to caring for the environment that nurtures us all. By adopting sustainable practices, we aim to minimise our ecological footprint while continuing to provide world-class medical care.

ENERGY EFFICIENCY INITIATIVES

One of the cornerstones of our sustainability efforts is energy conservation. Jehangir Hospital has implemented energy-efficient solutions across the campus, including LED lighting and energy-saving appliances. Solar panels have been introduced to harness renewable energy, reducing dependency on conventional power sources and lowering carbon emissions.



WATER CONSERVATION PRACTICES

Water is a vital resource, and conserving it is a priority at Jehangir Hospital. We have installed water-saving fixtures, such as aerators for taps and dual-flush toilets, to reduce water consumption. Furthermore, a rainwater harvesting system has been set up to collect and store rainwater, which is then utilised for non-potable purposes like landscaping and cleaning. One of the initiatives to conserve water is the use of deep irrigation instead of garden pipes with which more than 125 plants are irrigated.



GREEN SPACES AND BIODIVERSITY

The hospital's lush green campus reflects our commitment to preserving biodiversity. Green spaces not only enhance the aesthetic appeal of the premises but also improve air quality and provide a serene environment for patients and staff. Native and drought-resistant plants are used in landscaping to reduce water consumption, and we actively promote tree plantation drives to contribute to Pune's green cover.



WASTE MANAGEMENT SYSTEMS

Healthcare facilities often generate significant amounts of waste, including hazardous and biomedical waste. At Jehangir Hospital, we adhere to stringent waste segregation and disposal guidelines to minimise environmental harm. Biomedical waste is carefully segregated, treated, and disposed of according to government regulations. Non-biodegradable waste is recycled wherever possible, and we work with certified vendors for the safe disposal of e-waste. We use an organic waste converter to convert organic waste into compost, nutrient rich soil amendment, which is used for our lush green spaces. By reducing the amount of organic waste sent to landfills we do our part in helping mitigate the climate change.



ENERGY CONSERVATION

We prioritise sustainable practices to reduce energy consumption. By using LED lights and harnessing solar energy through open access, we significantly cut down on power usage. Our adoption of water chiller-based split AC systems, VFD (Variable Frequency Drive) water chillers, and VFD panels for lifts has further enhanced energy efficiency. These measures collectively contribute to conserving energy while supporting our commitment to environmental sustainability.

Sustainability is a collective effort, and our staff plays a crucial role in driving these initiatives. Regular training sessions are conducted to raise awareness about eco-friendly practices, including energy conservation, waste segregation, and minimising single-use plastics. Staff members are encouraged to adopt sustainable habits. Jehangir Hospital

extends its sustainability mission to patients and the community by promoting eco-conscious practices. As we continue our journey toward sustainability, Jehangir Hospital remains committed to exploring new and innovative practices. From incorporating green building designs to enhancing waste management systems, we strive to lead by example in the healthcare sector. By integrating sustainable practices into our operations, we aim to contribute to a healthier planet while delivering exceptional care to our patients.

Sustainability at Jehangir Hospital is more than a goal - it is a responsibility we embrace for future generations. Together, with our staff, patients, and the community, we are building a greener, more sustainable future.





BRINGING HOPE TO CHILDREN

JEHANGIR HOSPITAL & BAJAJ FINSERV'S INITIATIVE FOR UNDERPRIVILEGED KIDS

Every child deserves the opportunity to live a healthy and happy life. However, for many children from financially disadvantaged families, accessing advanced medical care remains a challenge. Due to the lack of proper resources and the costs associated with specialised treatments, numerous children are unable to receive the medical attention they desperately need. To address this issue, Jehangir Hospital, in collaboration with Bajaj Finserv, launched a pioneering programme aimed at providing free treatment to underprivileged children.

Since January 2024, this initiative has been offering medical support to children aged 0–18 years suffering from serious illnesses. Funded through Bajaj Finserv's Corporate Social Responsibility (CSR) initiative, the programme has provided life-saving treatment for children with conditions such as congenital heart diseases, major orthopaedic deformities, cancer, neurological disorders, congenital disabilities, and even kidney transplants.

For many families, such treatments are financially out of reach, forcing them to either delay care or abandon it altogether. Unfortunately, this delay often results in worsening conditions, long-term disabilities, or even fatalities. The initiative by Jehangir Hospital and Bajaj Finserv ensures that financial barriers do not determine a child's fate.

Dr. Jayesh Desale, Paediatric Surgeon at Jehangir Hospital, expressed, "Jehangir Hospital and Bajaj Finserv have been an immense support for many children in need. This initiative has been a milestone for numerous families so far, and we are committed to continuing this meaningful work."

Maharashtra, with its vast population, faces significant healthcare disparities, particularly in rural & economically weaker sections. Some of the most commonly untreated childhood ailments due to financial constraints include:	Congenital Heart Defects (CHD): Many newborns are diagnosed with CHD, requiring urgent surgical intervention, which is often too costly for low-income families.
	Paediatric Cancer: Conditions such as leukaemia and brain tumours require prolonged treatment, including chemotherapy and surgeries, which can be unaffordable.
	Severe Orthopaedic Deformities: Birth defects like clubfoot or scoliosis can severely impact mobility, but early interventions can significantly improve quality of life.
	Neurological Disorders: Conditions such as epilepsy, cerebral palsy, and hydrocephalus require timely medical intervention to prevent lifelong disabilities.
	Congenital Kidney Disorders: Children with kidney disease often require transplants or dialysis, which are expensive and require continuous care.

Without timely medical intervention, these conditions not only affect a child's physical health but also impact their mental and emotional well-being, limiting their ability to lead normal lives.

TRANSFORMING LIVES, ONE CHILD AT A TIME

In just one year, the initiative has already treated over 100 children, giving them and their families renewed hope.

Ms. Vrinda Pusalkar, Medical Social Worker at Jehangir Hospital, shared, "One case that stands out to me is of a child who couldn't walk or do anything independently. After receiving treatment through this programme, the child can now walk with support. Seeing that transformation fills me with immense happiness and pride to be part of this initiative."

By ensuring high-quality medical care, the initiative provides a second chance to children who would otherwise be deprived of basic healthcare. From life-saving cardiac surgeries to complex neurosurgeries, the programme guarantees that no child is left untreated due to financial hardship.

Dr. Sameer Desai, Paediatric Orthopaedic Surgeon at Jehangir Hospital, emphasised, "Children are the future of the nation, and every effort should be made to help them become independent.

This is an excellent initiative through which we have treated complex congenital and acquired orthopaedic conditions in children, enabling them to lead normal lives."

The success of this initiative highlights the importance of partnerships between healthcare institutions and socially responsible corporations. When hospitals collaborate with organisations like Bajaj Finserv, they can bridge the financial gap and ensure that essential medical services reach those who need them the most.

SUCH COLLABORATIONS CREATE:

- Sustainable Healthcare Solutions:** By pooling resources, healthcare access can be expanded to the underprivileged.
- Greater Awareness:** These initiatives help educate families about preventable and treatable conditions.
- A Model for Future Partnerships:** The success of this programme can inspire other corporations to invest in healthcare initiatives.

Dr. Sagar Lad, Paediatric Intensivist and Neonatologist at Jehangir Hospital, remarked, "Thanks to the timely availability of essential treatments, many children are now able to lead healthy lives. There are numerous examples of such cases that highlight the impact of this initiative."

With the second phase of the programme now underway, Jehangir Hospital and Bajaj Finserv remain committed to expanding their reach and treating more children. Each phase builds upon the previous success, ensuring that even more families benefit from free medical care. By providing life-saving procedures to children who would otherwise be unable to afford them, Jehangir Hospital and Bajaj Finserv are offering families hope for the future. This programme is a testament to what can be achieved when compassion and collaboration come together. Through their combined efforts, Jehangir Hospital and Bajaj Finserv are not only treating illnesses but also creating brighter futures for children and their families, one life at a time.

NURSING: THE BACKBONE OF HEALTHCARE DELIVERY



MS. NEETA AHIRRAO
Chief, Nursing Services,
Jehangir Hospital

Nursing is the cornerstone of the hospital as well as the entire health care industry, playing an indispensable role in ensuring universal care and enhancing patient outcomes. Nurses are often the first point of contact for patients, providing critical care, education and unwavering support throughout the healthcare journey. Their contributions extend far beyond hospitals and clinics, reaching into communities, schools and rural settings, where they serve as educators, caregivers and advocates for public health.

In India, where more than 75 per cent of the healthcare workforce comprises nursing

professionals, their role in healthcare delivery is both essential and far-reaching. Recognising and strengthening the nursing workforce is crucial to achieving national healthcare objectives, alleviating disease burdens and ensuring equitable access to high-quality medical care.

Nurses play a dynamic role across all facets of healthcare, encompassing disease prevention, health promotion, treatment and rehabilitation. Their responsibilities extend beyond bedside care to include public health initiatives, policymaking and leadership roles that shape the future of medical services.

Nurses contribute significantly to preventive healthcare by advocating healthy lifestyles and educating communities on hygiene, nutrition and disease prevention. They are actively engaged in national health campaigns, including polio eradication, tuberculosis control and maternal and child health initiatives, all of which are fundamental to the nation's public health strategy.

Community health nurses lead immunisation drives, antenatal care programmes and awareness sessions to combat preventable diseases. They work closely with families, promoting sanitation, encouraging vaccinations and providing early interventions for chronic conditions such as diabetes and hypertension. By empowering communities with the knowledge of healthcare, they foster a culture of preventive care and early disease detection.

Midwives and nurse practitioners play a pivotal role in maternal and neonatal healthcare, ensuring safe childbirth and reducing maternal and infant mortality rates. In rural India, where access to obstetricians and gynaecologists is limited, midwives provide essential prenatal and postnatal care, detect complications at an early stage and facilitate institutional deliveries. Their guidance in breastfeeding, new born care,

and family planning empowers mothers to make informed healthcare decisions, thereby improving health outcomes for both mothers and infants.

In high-pressure environments such as intensive care units (ICUs) and emergency departments, nurses provide lifesaving interventions. They monitor patients, administer medications and coordinate with doctors to ensure timely treatment. During medical crises such as heart attacks, strokes or trauma cases, their quick thinking and technical expertise can make the difference between life and death. Critical care nurses are extensively

trained to manage complex medical situations, operate advanced life-support equipment and provide compassionate end-of-life care. Their ability to function under immense pressure while maintaining precision and empathy makes them indispensable to emergency healthcare services.

One of the most pressing challenges in India's healthcare system is the disparity between urban and rural medical facilities. While metropolitan cities boast well-equipped hospitals, rural areas often suffer from inadequate infrastructure and a shortage of doctors. Nurses bridge this

gap by serving as primary healthcare providers in remote regions, where access to physicians is scarce.

Auxiliary Nurse Midwives (ANMs) and Accredited Social Health Activists (ASHAs) play a crucial role in delivering primary healthcare services to underserved communities. Travelling to villages, they provide essential medical services such as wound dressing, maternal care and disease screening. Their grassroots-level interventions facilitate early disease detection, reduce hospitalisation rates and make healthcare more accessible to marginalised populations.



Mental health remains an under-addressed area within India's healthcare landscape, with limited psychiatric services and widespread social stigma. Psychiatric nurses play a vital role in bridging this gap by offering counselling, medication management and therapy for individuals struggling with mental health disorders. They work in hospitals, rehabilitation centres and community outreach programmes, supporting patients with conditions such as depression, anxiety, schizophrenia and substance abuse disorders. Their empathetic approach helps to dismantle stigma and encourage individuals to seek professional help without fear of judgement.

Nurses are also instrumental in rehabilitation services, aiding patients in their recovery from surgeries, injuries and chronic illnesses. Physiotherapy and rehabilitation nurses assist individuals recovering from strokes, amputations and orthopaedic procedures, ensuring a smoother transition back to daily life.



Palliative care nurses, on the other hand, provide comfort and dignity to terminally ill patients, managing pain and emotional distress in end-of-life care. Their holistic approach prioritises patient well-being, offering not only medical support but also psychological and spiritual guidance to both patients and their families.

Nurses form the backbone of healthcare delivery, playing a crucial role in ensuring universal access to quality medical care. Their contributions to patient care, community health, emergency response & mental health support are indispensable to the healthcare system. However, persistent challenges such as workforce

shortages, inadequate remuneration and lack of professional recognition continue to hinder their full potential. Strengthening the nursing workforce through enhanced education, fair wages, and improved working conditions is imperative for building a resilient and effective healthcare system.

Recognising and valuing nurses as equal partners in healthcare is not merely a matter of professional respect but a necessity for a healthier future. By investing in nursing, India can move closer to its goal of universal healthcare and improved health outcomes for all.

THE ETHOS OF NURSING AT JEHANGIR HOSPITAL

At Jehangir Hospital, nursing is not just a profession; it is a calling rooted in compassion, excellence and patient-centred care. The ethos of Jehangir Hospital's nursing team is founded on the principles of empathy, integrity and a relentless commitment to improving lives. Each nurse embodies the hospital's mission of delivering world-class healthcare with a human touch, ensuring that patients receive not only medical treatment but also emotional and psychological support.

The hospital's nursing staff are trained to uphold the highest standards of clinical excellence while fostering a culture of kindness and understanding. They work collaboratively with multi disciplinary teams to provide holistic, evidence-based care that prioritises patient dignity and well-being. Whether in critical care units, surgical wards or community outreach initiatives, the nurses at Jehangir Hospital play a pivotal role in shaping positive patient experiences.

Above all, compassion remains at the heart of nursing at Jehangir Hospital. Through their dedication, expertise and unwavering commitment to service, the hospital's nurses continue to uphold the noble tradition of caregiving, making a profound difference in the lives of patients and their families every day.



FIRE SAFETY AT JEHangIR HOSPITAL: ENSURING A SAFE ENVIRONMENT

At Jehangir Hospital, the safety and well-being of patients, visitors and staff are our highest priority. Fire safety is a critical aspect of our commitment to provide a secure healthcare environment. Our robust fire safety protocols, advanced infrastructure and trained personnel ensure that we are well-prepared to prevent, detect and respond to any fire-related emergencies.




MR. RIAZ DANGE
Fire Safety Officer
at Jehangir Hospital




STATE-OF-THE-ART FIRE SAFETY SYSTEMS


Our hospital is equipped with modern fire detection and suppression systems.




Fire Alarm System:
Strategically placed smoke detectors provide early warning signals, ensuring timely evacuation.




Automatic Sprinkler Systems:
Installed throughout the premises, these systems activate instantly to control the spread of fire.



Fire Extinguishers:
Portable fire extinguishers are placed in accessible locations and are regularly inspected and maintained.



Emergency Exits:
Clearly marked exits with illuminated signage guide occupants to safety during emergencies.



Public Address System:
The PA system, along with a trained 24x7 call centre team, announces fire safety codes to ensure immediate response.

PREVENTIVE MEASURES

Prevention is key to fire safety and Jehangir Hospital follows stringent measures to minimise risks:



Electrical Safety:
Regular inspection and maintenance of electrical systems to prevent short circuits and overheating.



Safe Storage:
Compliance with regulations for storing flammable materials and medical gases.



Smoking Prohibition:
Smoking is strictly prohibited in all areas of the hospital to eliminate fire hazards.



Waste Management:
Proper disposal of waste materials, especially those that are combustible or hazardous.

TRAINED PERSONNEL AND DRILLS

This includes:

- Operating fire extinguishers and other firefighting equipment.
- Assisting in the safe evacuation of patients, including those with mobility challenges.
- Coordinating with the fire department and other emergency services.

Periodic fire drills are conducted to test our preparedness and familiarise staff with evacuation routes and procedures. These drills also help identify and address potential areas of improvement.



PATIENT-CENTRIC APPROACH

Fire safety measures are integrated with patient care protocols to ensure minimal disruption. Evacuation plans prioritise the safety of patients in critical care units, operation theatres and other sensitive areas.

COMMITMENT TO CONTINUOUS IMPROVEMENT

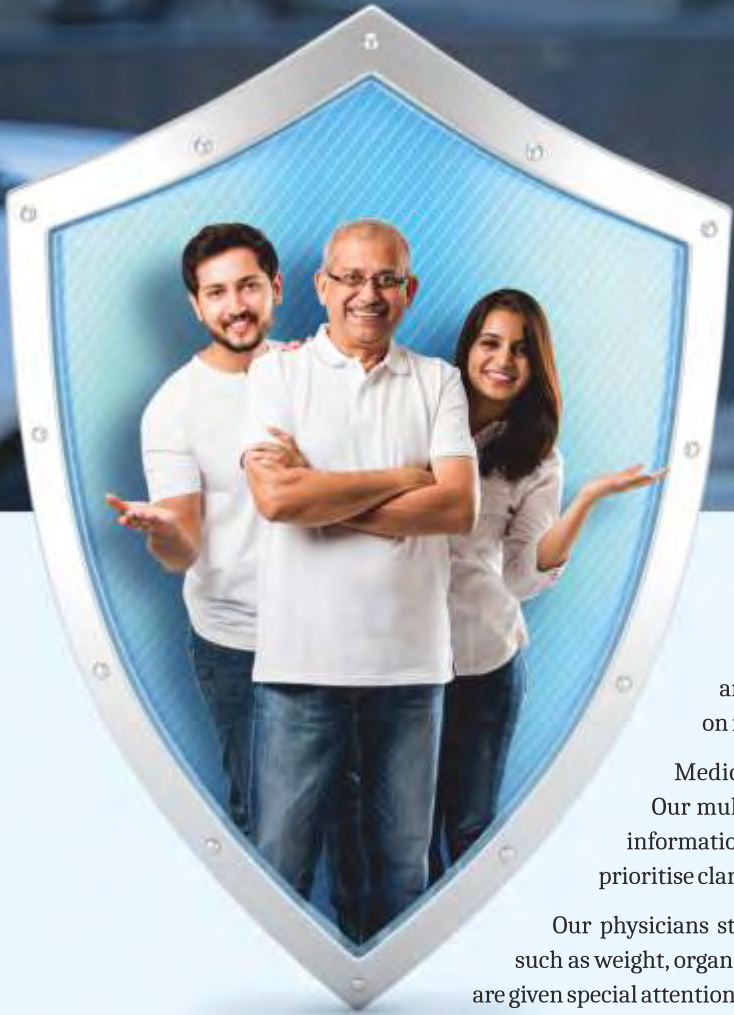
At Jehangir Hospital, fire safety is not a one-time effort but an ongoing commitment. We continually review and update our systems, adhering to the latest standards and regulations.

Your safety is our responsibility. Through vigilance, training and state-of-the-art systems, we aim to provide a secure environment where you can focus on healing with peace of mind.

ENHANCING PATIENT SAFETY: REDUCING MEDICATION ERRORS IN HEALTHCARE



DR. RADHIKA MOHITE
Head, Quality Systems,
Jehangir Hospital



A cornerstone of our safety efforts is our team of skilled clinical pharmacologists who meticulously audit patient files to identify and address potential errors before they reach the patient. This team also plays a crucial role in educating medical staff about the rational use of antibiotics, ensuring treatments are both safe and effective. Additionally, Jehangir Hospital runs a dedicated safety programme focussed on reducing medication errors and preventing patient harm.

Medication errors can occur at any stage, including prescribing, administering, or patient adherence. Our multi disciplinary teams recognise that these errors often arise from miscommunication, incomplete patient information, or unclear medication orders. To counter these risks, we have established stringent protocols that prioritise clarity, accuracy, and thorough patient assessment.

Our physicians stay updated with the latest medication guidelines and carefully consider each patient's unique factors, such as weight, organ function, pregnancy, and potential drug interactions. High-alert medications, like intravenous treatments, are given special attention to mitigate risks.

One of our key practices is medication reconciliation during care transitions, such as admissions and discharges. This process ensures that treatments are seamless, preventing harmful drug interactions or omissions. Clear communication is at the heart of our approach. Medication orders follow standardised formats, avoiding ambiguous abbreviations and including comprehensive details like drug names, dosages, routes of administration, and frequency. In urgent situations requiring verbal orders, we implement read-back techniques to confirm accuracy, minimising misinterpretation.

We also empower patients to take an active role in their own care. Our healthcare providers educate them about their medications explaining their purpose, proper usage, potential side effects, and the importance of adherence. Techniques like teach-back, where patients repeat instructions to confirm understanding, help ensure clarity and retention.

Patients are encouraged to maintain an up-to-date list of their medications and share it during every healthcare visit. This fosters transparency and helps avoid adverse interactions. Allergies and past medication histories are carefully documented and reviewed to ensure comprehensive care.

Every step we take reflects our unwavering commitment to patient safety. From the efforts of our clinical pharmacologists to our patient education initiatives, we strive to make medication errors a rarity. At Jehangir Hospital, we work tirelessly to ensure that every patient receives safe, effective, and personalised treatment.



WHEN LIFESTYLE IS MOULDABLE, HYPERTENSION ISN'T INEVITABLE!



DR. KIRANJIT SINGH
General Physician,
Jehangir Hospital



High blood pressure doesn't announce itself. It doesn't cause immediate pain or discomfort and by the time it does, it's often too late. That's why hypertension is called the "silent killer." But here's the thing, it's also one of the most manageable health conditions.

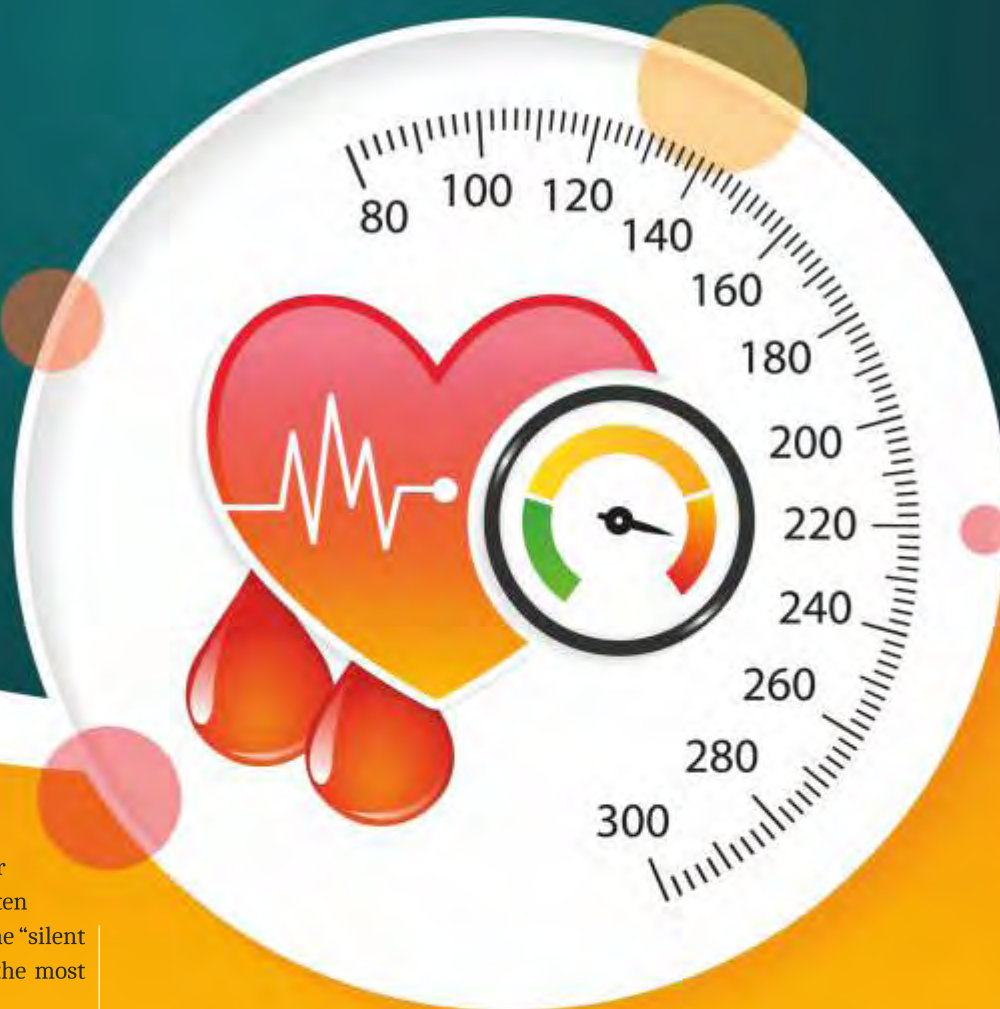
At Jehangir Hospital, we see patients every day who are surprised to learn they have high blood pressure. Many assume it's something they have no control over. The truth? Your daily routine, what you eat, how you move, how you handle stress, plays a defining role in whether your blood pressure stays stable or slowly climbs into dangerous territory. Let's cut through the usual advice and focus on what actually makes a difference.

Small, deliberate changes can shift the balance dramatically.

Take salt, for instance. Most people know that too much of it raises blood pressure, but the real culprit isn't just the salt sprinkled over food. It's the hidden sodium packed into processed snacks, packaged meals and even everyday items like bread and breakfast cereals. Cutting back on these and switching to fresh, home-cooked meals is far more effective than simply avoiding the salt shaker. Over time, your taste buds adjust and so does your blood pressure.

Then there's exercise, a word that immediately brings to mind gyms, treadmills and strict workout routines. But the heart doesn't care if you're lifting weights or simply taking a brisk evening walk, it just needs movement. Regular activity, in any form, strengthens the cardiovascular system, helping blood vessels relax and function more efficiently. Even small habits, like choosing stairs over elevators or taking short walking breaks during the day, can make a noticeable difference.

Stress, often overlooked, plays a direct role in blood pressure spikes. The body isn't designed to be in a constant state of tension, yet modern life keeps most of us in a near-permanent fight-or-flight mode. Managing stress doesn't require elaborate meditation retreats, it can be as simple as deep breathing, stepping away from screens for a few minutes or going outside for some fresh air.



The nervous system is deeply connected to blood pressure regulation and giving it a chance to reset can be more powerful than people realize.

While salt gets all the attention, sugar is just as damaging when it comes to hypertension. Excess sugar contributes to weight gain, insulin resistance and metabolic imbalances, all of which put extra strain on the heart. Reducing processed sugar, whether in the form of sweetened beverages, packaged snacks or excessive desserts, helps keep both weight and blood pressure in check. A small shift, like swapping sugary drinks for water or cutting down on sweets, can have long-term benefits.

Perhaps the most underestimated factor in blood pressure control is sleep. A single night of poor sleep can cause temporary spikes in blood pressure and chronic sleep deprivation has been linked to long-term hypertension. Fixing sleep patterns isn't about perfection, but about consistency, setting a regular bedtime, limiting screen exposure at night and keeping caffeine intake in check. Sleep is the body's natural reset button and it needs to be pressed regularly.

The key takeaway here is that hypertension isn't something that appears overnight and it won't disappear overnight either. But steady, realistic lifestyle adjustments like eating smarter, moving more, managing stress and improving sleep, can keep blood pressure in check without extreme diets or impossible routines. It's about balance, not restrictions. At Jehangir Hospital, we emphasize a long-term, sustainable approach to hypertension management, one that allows people to take control of their health rather than feeling controlled by their condition.

Your heart is always listening to your choices. Make sure it's hearing the right signals.

MANAGING INSULIN RESISTANCE: A GUIDE TO SMARTER EATING

UNDERSTANDING INSULIN RESISTANCE

You might not spend much time thinking about your pancreas, but this flat organ deep in your abdomen plays a big and critical role in your body. Your pancreas produces insulin, a powerful hormone that enables your cells to absorb glucose - a sugar your body uses as an energy source -from the foods you eat.



DR. RICHA SHUKLA
Head, Clinical Nutrition
at Jehangir Hospital

The primary purpose of insulin is to carry the sugar from your blood into your cells so that it can be burned for energy,” explains Dr Richa Shukla, a Clinical Nutritionist and HOD, department of Clinical Nutrition at Jehangir Hospital, Pune. As of 2024, diabetes continues to be a significant public health concern in India, with recent studies indicating a substantial increase in its prevalence over the years:

PREVALENCE: The Indian Council of Medical Research (ICMR) INDIAB study, published in 2023, that the estimated prevalence of diabetes in 2021 was approximately 101 million individuals in India. (pib.gov.in)

PROJECTIONS: The International Diabetes Federation (IDF) projects that the number of individuals aged 20–79 with diabetes in India will rise from approximately 77 million to 134.2 million by 2045. (journals.lww.com)

GLOBAL CONTEXT: A 2024 study published in The Lancet revealed that diabetes rates worldwide have more than doubled over the past 30 years, with over 800 million people currently affected. This increase is particularly notable in countries like India, China, the US and Pakistan. (theguardian.com)

The rising prevalence of diabetes in India is primarily influenced by factors such as urbanisation, sedentary lifestyles, an ageing population, unhealthy dietary habits, rising rates of overweight and obese individuals, and genetic predisposition. Addressing this growing epidemic necessitates comprehensive strategies, including public health interventions to promote healthier lifestyles, early detection through regular screenings and ensuring access to effective treatment and management options.

A concerning aspect is that more than half of these individuals remain undiagnosed, leading to a higher risk of complications such as, heart attacks and strokes.

To address this growing health issue, the Indian Ministry of Health and Family Welfare launched an initiative aiming to screen and provide standard care to 75 million people with hypertension or diabetes by 2025. (who.int)

Prediabetes, the precursor to diabetes, is a serious health condition that occurs in one in three people according to the Centre for Disease Control and Prevention (CDC). Eventually, if not well-managed, it can lead to type-2 diabetes. In some cases, however, your cells are not able to effectively use the insulin that your pancreas secrete and as a result, sugar begins to accumulate and rise in the blood. This common problem is known as insulin resistance and it raises your risk of both prediabetes and type-2 diabetes. Long-term insulin resistance can cause major health issues, such as damage to your organs, eyes, limbs and muscles.

UNDERSTANDING THE CAUSES OF INSULIN RESISTANCE:

While the exact cause remains unclear, risk factors of insulin resistance may include:	
Being over the age of 45 years	Having a family history of diabetes
A history of gestational diabetes, heart disease or stroke	
High blood pressure or abnormal cholesterol levels	
Polycystic ovary syndrome (PCOS)	A sedentary lifestyle
Certain medications, such as glucocorticoids or steroids	
Sleep disorders, including sleep apnoea	


THE BETTER NEWS: There are ways to improve your body’s sensitivity to insulin and diet plays a key role in improving it. Let’s look at how food can help your body to prevent or reverse insulin resistance.

FOODS TO EAT IF YOU HAVE INSULIN RESISTANCE:

People with insulin resistance should aim to regulate their blood sugar levels each day, with every single meal. It’s not about cutting out a particular food group; it’s choosing the right foods from each group that matters. Also, you must know that it’s not just about calories but what we consume to make up for those calories is what will make a difference. **These specific foods and food types can give you a head start on improving insulin resistance:**

Increase fibre intake with whole grains
Opt for polyunsaturated ("good") fatty acid sources of food
Prioritise non-starchy vegetables - limiting potatoes, increasing consumption of leafy greens
Choose whole foods over processed or ultra-processed alternatives


BEST FOODS FOR MANAGING INSULIN RESISTANCE:



VEGETABLES

Aim for fresh and seasonal, whole vegetables whenever possible, as they contain no added salt or sugar. If using frozen or tinned options, choose low-sodium products. Insulin-friendly vegetables include:


- Leafy greens (kale, cabbage, spinach)
- Cruciferous vegetables (cauliflower, brussel sprouts, broccoli)
- Tomatoes, asparagus, green beans, carrots and bell peppers
- While vegetable juices might seem convenient, whole vegetables contain more fibre and keep you fuller for longer, so prefer chewing vegetables rather than juices.



FRUITS

Whole fruits are higher in fibre, which helps to regulate blood sugars and keeps you feeling full. Good choices include:


- Oranges, sweet limes, melons, apples, guavas, pears, papaya
- Blueberries, strawberries, Indian blackberries
- Choosing tinned fruits may not be a good option. Fruit juices can be high in sugar and contain less fibre than whole fruits, making them less ideal for insulin management



WHOLE GRAINS

Whole grains retain the parts of the seed that provide fibre - the bran, germ and endosperm - so they cause less of a blood sugar spike than refined grains. Good options include:


- Oats, wheat, barley, brown rice
- Quinoa, bulgur, sorghum, millet, buckwheat



BEANS & LEGUMES

Beans and legumes are rich in fibre and proteins, providing slow-release of energy to keep you full for a longer period. Consider:


- Black beans, kidney beans, chickpeas and lentils



FISH


Oily fish are a great source of proteins and omega-3 fatty acids, which support heart health. Since diabetes doubles the risk of heart disease, including fish in your diet can be especially beneficial. Ideal choices include:

- Trout, mackerel, tuna, herring, sardines



LEAN PROTEINS AND POULTRY

Lean white meats like, chicken, eggs and turkey are excellent protein sources. However, remove the skin, as it contains unhealthy fats.



NUTS AND SEEDS

Healthy fats are essential for your body. Nuts and oil seeds provide valuable nutrients like, magnesium, fibre and proteins. However, they are energy-dense, so portion control is essential. Remember to opt for raw and unsalted varieties.

FOODS TO RESTRICT:

To manage insulin resistance, reduce consumption of highly-processed foods with added sugars, such as:

- Fizzy drinks, fruit juices and sweetened teas
- Refined grains (white rice, white bread and sugary cereals)
- Ultra-processed snacks (crisps, biscuits, sweets and cakes)
- Dips, sauces, pickles and papads
- Excess of alcohol consumption or smoking

WEIGHT AND INSULIN RESISTANCE:

Excess fat, particularly around the waist, increases insulin resistance. Inflammation from belly fat accumulation has been linked to higher diabetes and heart disease risks.

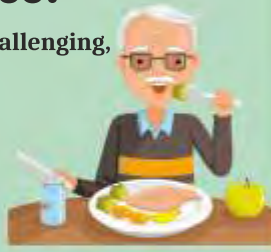
A waist measurement of over 35 inches for women or 40 inches for men may indicate an increased risk - even if your BMI is within a healthy range. Eating a balanced diet and staying active can help manage weight and insulin resistance effectively.



DIET TIPS FOR SUCCESS:

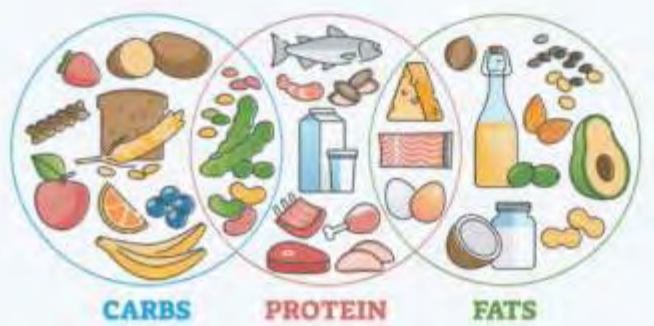
Making dietary changes can be challenging, but these dietary tips can help:

- **Start small:** Implement one or two changes at a time to make the habits sustainable.
- **Eat regularly:** Skipping meals can cause blood sugar fluctuations and increase hunger.
- **Pair foods wisely:** Combine carbohydrates with proteins, fibre or healthy fats to slow down the rise in blood sugars.
- **Don't stress over occasional slip-ups:** One 'bad' day won't undo your progress - focus on long-term sustainable habits.
- **Look for low-GI foods:** The Glycaemic Index (GI) ranks foods based on how they impact blood sugar levels. Low-GI foods, such as lentils (GI 30) cause slower blood sugar rise than high-GI foods like white rice (GI 82) [GI may vary with the type or variety of lentils or rice].



BALANCING MACRONUTRIENTS:

Macronutrients - carbohydrates, fats and proteins - are essential for your body's energy needs. While carbohydrates have the biggest impact on blood sugar, pairing them with proteins or fats can help regulate blood sugar responses/spikes.




CHOOSING THE RIGHT FOODS:

Although these general dietary guidelines can help, every individual's response to food is unique. Factors such as blood sugar levels, gut microbiome composition and individual metabolism play a significant role.

A personalised approach, including professional advice from an expert, such as a doctor or a qualified or registered dietician, can help you determine which foods best support your body's needs.

In summary, insulin resistance occurs when the body becomes less responsive to insulin, often due to prolonged high blood sugar levels. Managing insulin resistance involves, eating non-starchy vegetables, fruits, lean proteins, whole grains, legumes, healthy nuts and fatty fish. Also, to limit processed & ultra-processed foods, refined grains, sugary or fried snacks and sugary drinks. Balancing macronutrients and understanding how different foods affect blood sugar levels, in different individuals and making informed & wiser food choices, you can support better blood sugar regulations, improve insulin sensitivity, overall health and well-being of an individual.





JEHANGIR ORACARE DENTAL CENTRE



DR. AKASH SHAH
HOD, Jehangir OraCare Dental Center,
Jehangir Hospital

ALL-ON-6 DENTAL IMPLANTS: A COMPLETE GUIDE TO RESTORING YOUR SMILE AT JEHANGIR ORACARE DENTAL CENTRE

Are you searching for a permanent solution to missing teeth? The All-on-6 dental implant concept is revolutionising dental care for patients with extensive tooth loss. At Jehangir Oracare Dental Centre, located in Pune's Jehangir Hospital Dental Department at Sangamwadi, we specialise in cutting-edge dental implant treatments to give you the smile you deserve. In this comprehensive guide, we will delve into the All-on-6 dental implant concept, its benefits, procedure, aftercare, and why Jehangir Oracare Dental Centre is your go-to destination for this transformative treatment.

WHAT ARE ALL-ON-6 DENTAL IMPLANTS?

The All-on-6 dental implant concept involves placing six strategically positioned dental implants into the jawbone to support a full arch of prosthetic teeth. This innovative technique is ideal for patients who have lost most or all of their teeth due to decay, gum disease, or trauma.

UNLIKE TRADITIONAL DENTURES, ALL-ON-6 IMPLANTS PROVIDE:

- **Stability:** Fixed in place, ensuring no slipping or discomfort.
- **Functionality:** Mimic the strength and functionality of natural teeth.
- **Longevity:** With proper care, they can last a lifetime.
- **Aesthetic Appeal:** Create a natural-looking smile that boosts confidence.

BENEFITS OF ALL-ON-6 DENTAL IMPLANTS

1. **Bone Preservation:** Prevents bone loss and preserves facial structure.
2. **Cost-Effective:** Requires fewer implants compared to traditional methods.
3. **Quick Recovery:** Minimal downtime with immediate functionality.
4. **Comfort:** Eliminates the need for messy adhesives and reduces irritation.
5. **Enhanced Quality of Life:** Improves chewing, speaking, and overall oral health.

THE ALL-ON-6 PROCEDURE AT JEHANGIR ORACARE DENTAL CENTRE



INITIAL CONSULTATION

Our experienced dentists will evaluate your oral health, take X-rays, and create a personalised treatment plan tailored to your needs.



IMPLANT PLACEMENT

Under local anesthesia or sedation, the dental implants are surgically placed into the jawbone. Temporary prosthetic teeth may be attached on the same day.



TREATMENT PLANNING

Using advanced 3D imaging technology, we map out the optimal placement of the six implants. This step ensures precision and long-lasting results.



HEALING PERIOD

Over the next 3-6 months, the implants integrate with the jawbone through a process called osseointegration, providing a sturdy foundation for the permanent prosthetic



FINAL PROSTHETIC PLACEMENT

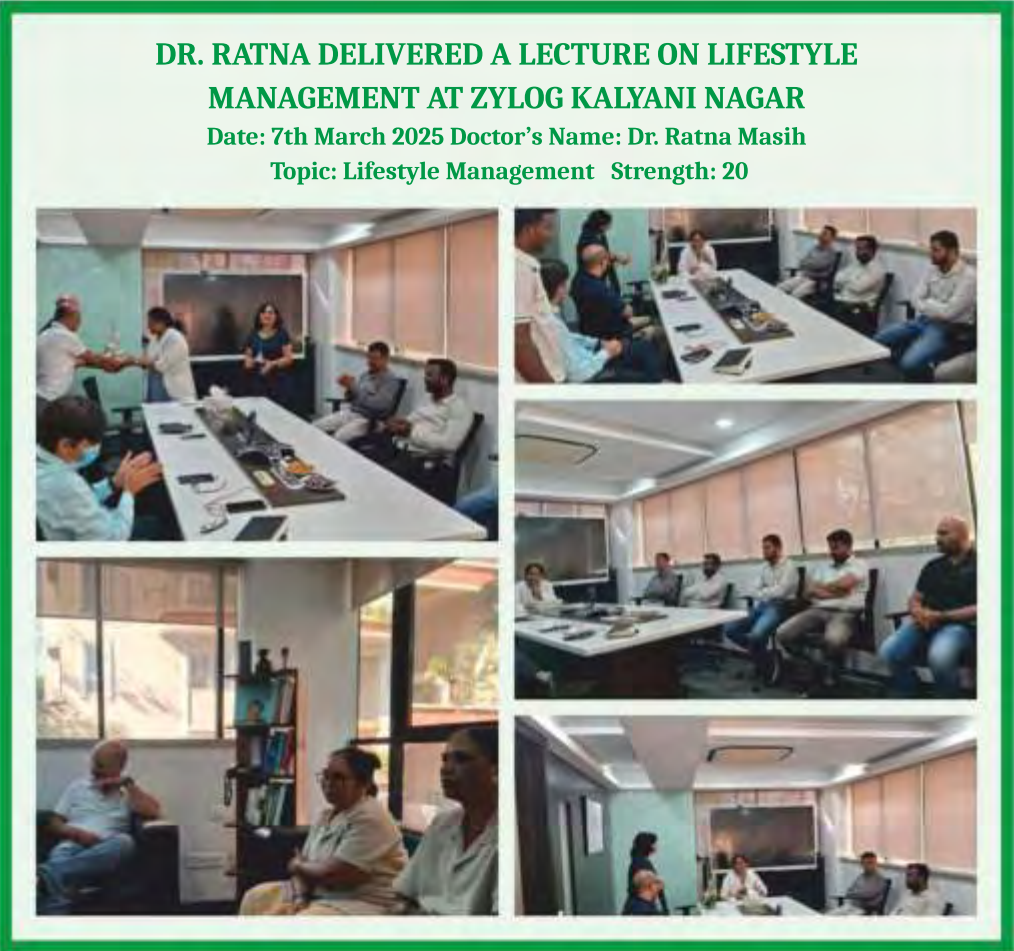
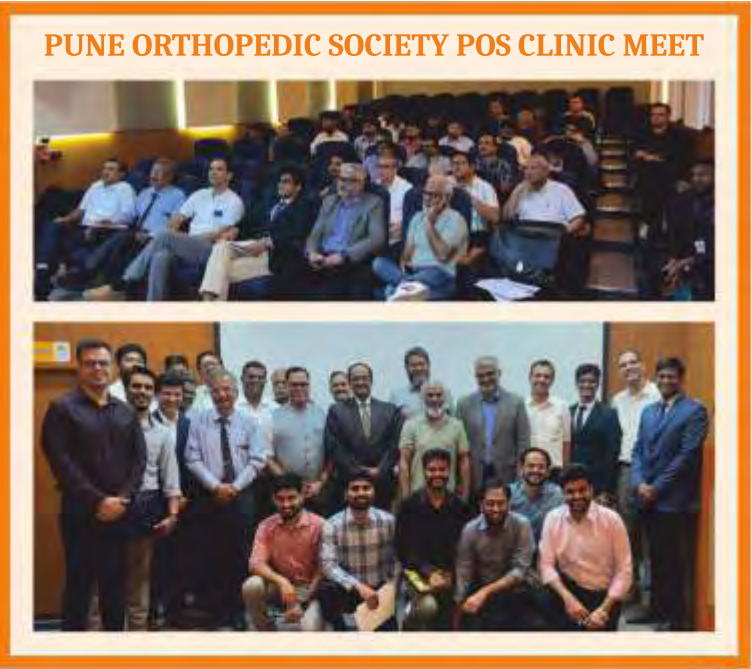
Once healing is complete, your custom-made prosthetic teeth are attached, giving you a fully restored smile.

AFTERCARE TIPS FOR ALL-ON-6 DENTAL IMPLANTS

1. **Oral Hygiene:** Brush and floss daily to prevent plaque buildup.
2. **Regular Check-Ups:** Schedule routine visits to Jehangir Oracare Dental Centre to ensure the implants remain in optimal condition.
3. **Healthy Diet:** Avoid hard or sticky foods during the initial healing period.
4. **Lifestyle Changes:** Quit smoking and limit alcohol to promote faster healing.

WHY CHOOSE JEHANGIR ORACARE DENTAL CENTRE?

- **Expertise:** Our team of skilled implantologists and dental surgeons has extensive experience in All-on-6 dental implant procedures.
- **State-of-the-Art Facility:** Equipped with the latest dental technology to provide accurate diagnoses and effective treatments.
- **Patient-Centric Approach:** We prioritise your comfort and satisfaction at every step of the journey.
- **Convenient Location:** Easily accessible clinics in Pune, at Jehangir Hospital's Dental Department and The Mills, Sangamwadi.
- **Positive Reviews:** Trusted by hundreds of patients for delivering exceptional dental care.




BAJEL INDUSTRIES LTD
Date of event: 10th March 2025 Topic: Stress Management
Activity: Health Talk No of employees: 60

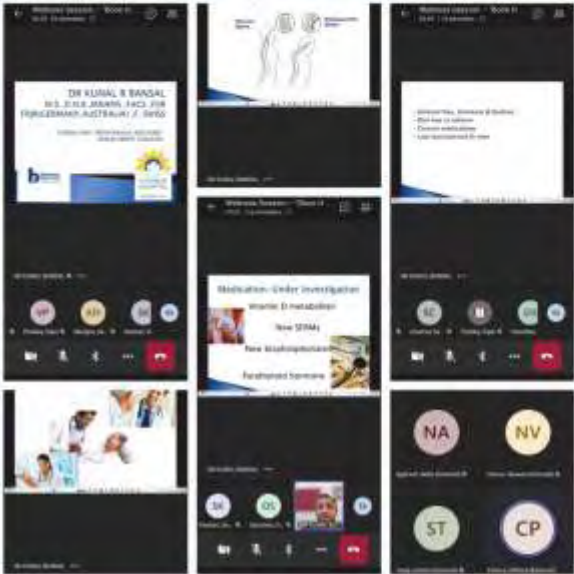


BOSCH IT Date: 11th March 2025 Doctor's Name: Dr. Vidita Powale
Topic: Cancer Awareness Activity: Health talk plus screening
No of employees: 40



KSB TECH LTD
Date: 10th March 2025
Doctor's Name: Dr. Radhika Mohite
Topic: Staying Active While Sitting
Activity: Webinar
No of employees: 163





BMC SOFTWARE, YERAWADA
Date: 13th March 2025 Doctor's Name: Dr. Venkatesh MG
Topic: Basic Life Support
Activity: Health talk No of employees: 60

WEBINAR ON OSTEOPOROSIS

KSB LTD PIMPRI
18th March 2025
Dr. Kunal Bansal

FREUDENBERG FILTRATION TECHNOLOGIES
Date: 27th March 2025
Webinar today
Topic: Women's Wellness

KSB TECH LTD
Date: 18th March 2025
Doctor's Name: Dr. Kunal Bansal
Topic: Osteoporosis and Bone Health
Activity: Webinar
No of employee: 120


CMEVCKDA (VADGAONSHERI CHANDANNAGAR KHARADI DOCTORS ASSOCIATION)



CME for Peth, Camp, Satara Road, Wanowrie & Kondhwa with Dr. Nina Mansukahni & Dr. Manish Patil



Date: 15th March 2025 CME for Peth, Camp & Satara Road with Dr. Mahendra Kawedia Dr. Rajendra Chavan Dr. Hasmukh Gujar



NOTE FROM THE MEDICAL DIRECTOR



Greetings!

In India, the spring season is marked by vibrant festivals that celebrate renewal, new beginnings and a fresh harvest! Across the country, we see joyous celebrations during Holi, Navroz,

Gudhi Padwa, Ugadi, Baisakhi, Poila Boishakh, Vishu, Bohag Bihu and other festivals in the months of March and April!

The past months have been a period of renewal and growth imparting a fresh impetus to Jehangir Hospital.

In the previous issue of Dialogue, I shared details about the catheterisation suite. The suite is doing well with significant increase in neuro-intervention procedures and complex cardiac interventional procedures.

Over the past six months, the clinical biochemistry department of the laboratory services has implemented an advanced automation analyser that performs both chemical and chemiluminescence tests from a single blood sample tube. A middleware software has been added to have continuous surveillance on quality parameters of the analysers. After completing installation of the analysers and training of the staff, an application was submitted to NABL for including the analysers and the tests being performed on the analysers within the scope of accreditation. The NABL team assessed the analysers and testing protocols in January and subsequently NABL accorded scope extension to Jehangir Hospital.

In academics, the final examinations conducted by the National Board of Examinations (NBE) for our diplomate students have concluded. The results have been encouraging with all candidates being declared successful so far.

Clinical safety is a prime focus of our teams. Regular and insightful reviews are conducted for medication errors and incidents reported by staff. A programme to sensitise all staff members about the importance of reporting incidences related to safety of patients, staff and visitors is being initiated. A strong culture of safety exists within Jehangir Hospital. The most recent critical assessment within Jehangir Hospital was of the endoscopy unit by the Consortium of Accredited Hospitals (CAHO) which rated the endoscopy unit as one of best assessed by the Endosafe Programme of CAHO. Congratulations are deserved by the team of endoscopy, quality system and infection control, all of whom worked to achieve this recognition. Jehangir hospital will continue to strive to provide the best-in-class care to our patients with the most up-to-date technologies and most current processes.



DR. COL. SATYAJIT S. GILL

Medical Director, Jehangir Hospital





**MEET OUR NEW CONSULTANTS
AT JEHANGIR HOSPITAL**



DR. AMIT SURANA
Spine Surgeon, Jehangir Hospital



DR. RITU PETHKAR
Obstetrician and Gynecologist, Jehangir Hospital



DR. BALAJI NALWAD
Obstetrician and Gynecologist, Jehangir Hospital



DR. PRANJAL MELGE
Vascular Surgeon, Jehangir Hospital




DR. MANDAR VILAS PATIL
Neurosurgeon, Jehangir Hospital



DR. VANDANA KATARIA
Gynecologist, Jehangir Hospital

CROSSWORD ANSWERS TO ISSUE NO.10:

ACROSS	6. Vehicle	11. Generator	DOWN	4. Ice	12. Winter
	8. Heat	14. Winterise		7. Heater	13. Coat
	10.Home	15. Mittens		8. Hypothermia	
	5. Clothing	16. Alarm		9. Frostbite	

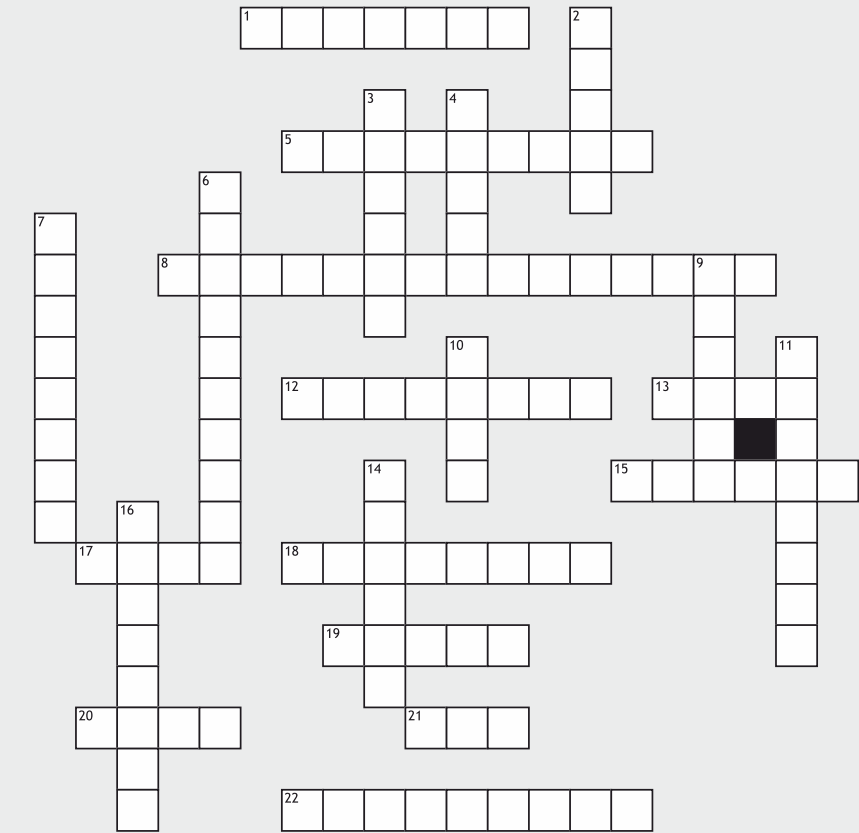


WINNERS

Mr. Room 423, Abnashi Batra

CROSSWORD VOL.11

ACROSS	1. An outdoor activity that usually involves atent	DOWN	2. In the summer you usually can...in.
	5. Common meat product to grill that goes in between 2 buns		3. A yummy sweet treat that you roast over a fire
	8. Holiday in July		4. You can...a sandcastle at the beach
	12. If you dont put on sunscreen you will get...		6. What do you make at the beach?
	13. First month of summer		7. To cook outdoors on a grill
	15. Common meat product to grill that goes in between a bun		9. Month we go back to school
	17. An open body of water you can go swim in		10.Second month of summer
	18. We sit around it usually at night and it produces a lot of heat		11. A sweet drink that is a mixture of lemon juice, water, and sugar
	19. The shore of the sea, or lake, which is washed by the waves		14. The season you do not go to school
	20. A closed body of water you can swim in		16. If you walk around without shoes on its called
	21. What is the star at the centre of the solar system?		
	22.To prevent a sunburn you want to put on...		



SUDOKU ANSWERS TO ISSUE NO.10:

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

SUDOKU VOL.11

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

Two 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