

# HealthCare

## High-risk pregnancies of Covid positive patients

As per World Health Organization (WHO), Pregnant women or recently pregnant women who are older, overweight, and have pre-existing medical conditions such as hypertension and diabetes seem to have an increased risk of developing severe COVID-19. When pregnant women develop severe disease, they also seem to more often require care in intensive care units than non-pregnant women of reproductive age. Due to changes in their bodies and immune systems, pregnant women can be badly affected by some respiratory infections. Complexities are definitely higher to manage the deliveries of Covid Positive women. Recently, at Malla Reddy Narayana Multispecialty Hospitals, there are numerous such cases which have been successfully handled.

A lady with 2 months pregnancy, came to casualty with bleeding and pain. She was diagnosed as covid positive and had Ectopic pregnancy. Emergency Laparotomy was done with 3 units of blood given intraoperatively. Her covid markers were highly raised. She was in ICU for 1 week, and treated with the support of physician. As her saturation were dropping she was kept on NIV. She recovered after 10 days and discharged. Another lady admitted for delivery on 2<sup>nd</sup> May. She was positive on 10<sup>th</sup> April, quarantined for 15 days, later on 25<sup>th</sup> April she again became positive, again isolated for 1 week, and taken for caesarean. As post covid sequelae, all her liver function test were alerted. Explained the high risk and taken for emergency section. Intraoperatively bleeding was more and 2 units of blood and 2 units FFP'S was given. She & the baby recovered well & discharged

from the hospital.

A pregnant lady with H/O Wound discharge issue admitted into the hospital. She was kept in MICU, dressing was done twice a day. Her-d-dimer, CRP, total count values were elevated at the time of admission, but RT PCR was negative. She was posted next day for laparotomy with blood in hand under S.A. patient suddenly developed SOB, saturation dropped, so connected to ventilator after taking consent. Patient was in ICU, blood and blood products transfusion done. General physician consultation taken in view of septicemia. RT PCR done and was positive. Patient shifted to Covid ICU, treatment for covid pneumonia started. Patient weaned off ventilator, vitals were stable. She was shifted to covid ward and managed with regular daily dressings.

Malla Reddy Narayana MultiSpecialty Hospital, a NABH & NABL accredited corporate hospital in Hyderabad, comprises of 110 professional consultant doctors, over 800 paramedical staff and other supporting sections and workers who strive constantly to provide the best of patient care. It is a 750 bedded Hospital which includes 7 ICUs comprising of 200 beds. The Emergency Medicine Department is a 30 bedded unit operating round the clock catering to people who are in need of emergency medical & surgical intervention. The hospital boasts of two Cath Lab units, 30 dialysis units, and 12 Modular operation theatres.

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## Significance of CT Scan

Since the outbreak of Covid-19, Radiologists around the world have been wondering how imaging could be useful to detect the presence of Coronavirus. Over the time, CT Scan has turned out to be a significant factor that aids in accelerating the speed of diagnosis. Several CT Scan classification schemes have been established as a guide to assist radiologists get a better understanding of the range of typical and atypical manifestations of COVID-19. These schemes also play an important role in the research by providing a standardized procedure of reporting CT findings and their possibility of representing COVID-19 infection.

We usually get across 2 key terms when it comes to CT Scan,  
★CORADS ★CT Severity Index  
CORADS: Represented in 6 stages from 1 to 6

It is important to note that CORADS score reflects only the probability of patient being infected with Coronavirus. As score increases, the likelihood of being Covid-19 positive also increases. This score does not imply the severity of infection in any way.

**CORADS 1:** There is no infection  
**CORADS 2:** There is little deviation from being normal, but we cannot conclude that it is because of Coronavirus

**CORADS 3:** There is infection in lungs, it might be because of Coronavirus or any other disease

**CORADS 4:** Infection in CT Scan mostly resembles Covid-19 caused by Coronavirus

**CORADS 5:** We can ascertain that it is Covid-19 positive

**CORADS 6:** When there is infection in CT Scan & patient tests positive for RT PCR or Rapid Antigen Tests, it comes under CORADS 6

This CORADS classification stages from 1 to 6 determines only the possibility of being Covid-19 positive and not the severity of the disease.

**CT SEVERITY INDEX**

In human body, there are two lungs one on the right side and other on the left. In the right lung, there are 3 lobes (partitions) & in left lung there are 2 lobes (partitions). On the whole, we have 5 lobes. In CT Severity index, there are 25 points from 0 to 25. That means, each lobe is given 5 points from 0 to 5.

On the overall basis, 5x5 becomes 25. These points will be assigned to each lobe in accordance with the severity of the infection.

Point	Infection Percentage
0	No infection
1	Less than 5%
2	5 to 25%
3	25 to 50%
4	50 to 75%
5	75% to 100%

Depending upon the visual assessment, damage & infection, points will be assigned to each lobe. Then, a cumulative score of all the lobes will be determined.

If the Severity index is less than 8: Mild infection

If the severity index is between 8 & 15: Moderate infection

If the severity index is above 15: Severe infection This score helps in determining the severity of the damage. But it is to be noted that, it represents the severity of the disease on the day of assessment. Later, it can increase or decrease. CT Scan should be done only on the advice of Doctors. One should not opt for it on his own. It can lead to unnecessary expenses & excessive exposure to the radiation.

Pulse Oximeter can also be used to determine the efficiency of our lungs. Ideally SPO2 should be higher than 93. If it is less than 93, it means our lungs are not functioning efficiently.

There are other 4 terms in CT Scanning which are usually used to represent the severity of the infection.

Term	Patient might have got infected with Corona in
Ground Glass Appearance	Past 5 days
Crazy Paving Pattern	Past 5 to 10 days
Consolidation	Past 10 to 13 days
Gradual Resolution	Past 14 days

This information is only for general awareness. Patients should consult their Doctors for appropriate analysis of their diagnosis.

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## PCOS - EARLY & APPROPRIATE TREATMENT CAN REDUCE LONG TERM COMPLICATIONS

Polycystic ovary syndrome (PCOS) is a hormonal endocrine disorder that affects 1 in 10 women of childbearing age. This syndrome can cause irregular menstrual periods, excess male hormone levels in women thus preventing the regular release of eggs thus leading to infertility. It also can impact a woman's metabolic system, resulting in a variety of potentially complex health complications. Long term health effects of PCOS include obesity, insulin resistance and diabetes, high blood pressure, heart disease, uterine (endometrium) cancer, sleep apnoea, depression, and mood swings.

### Heart Disease

Having PCOS increases a woman's chances of getting high blood pressure and cardiovascular disease. This is due to the high insulin levels that have been associated with PCOS and are known to increase one's risk for high triglycerides, inflammatory markers, blood pressure, and atherosclerosis. These conditions can increase your risk for a heart attack and stroke.

### Diabetes

Women with PCOS frequently have insulin resistance, meaning their body is resistant to using glucose properly resulting in higher glucose levels and more insulin produced. Over time, consistently high levels of glucose in the blood can lead to diabetes.

### Endometrial Cancer

Women with PCOS have a higher chance of developing endometrial cancer than the women who don't have PCOS. The more irregular and fewer periods woman has, the greater her risk becomes.

### Metabolic Syndrome

Metabolic Syndrome is disorder which includes:

- Increased abdominal weight.
- Deranged lipid profile
- High blood pressure
- High fasting blood sugar

Women with PCOS have a roughly one-in-three chance of developing metabolic syndrome.

### How to Reduce Your Risk

Despite the increased risks for complications in PCOS, they are preventable. The first and foremost thing you can do is to make lasting positive changes in your diet and exercise plans. Adding in just a little bit of activity each week can be extremely helpful. Establishing a regular menstrual cycle by restoring hormone balance is an important part of managing PCOS. Besides exercise & healthy diet few oral hormonal pills can also help to improve menstrual regularity in some women. Getting blood work done at least annually will help you to know your risk factors. Talk to your doctor about your risk factors and what medications or supplements may help prevent them. **Being proactive with your health is the key to taking control over PCOS before it controls you.**



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## SIMPLE & EASY TO IMPLEMENT HEALTH TIPS FOR HOLISTIC WELL-BEING

COVID-19 has hit all countries hard, but its impact has been very severe on those communities which were already vulnerable, who are more exposed to the disease. STAR Hospitals is one of the most prevailing & stimulating institutions renowned for offering unmatched patient-centred care and delivering clinical excellence. As a responsible healthcare provider, STAR Hospitals is always at the forefront in creating awareness amongst the society.

### MAINTAIN HEALTHY DIET

- A healthy diet is essential for good health and nutrition
- For a person with normal BMI, daily calorie intake should not exceed 2100
- Prefer Brown Rice / Quinoa rice over white rice
- Avoid deep-fried food items
- For regular Indian cooking use oil that is high in mono unsaturated fatty acids like Rice Bran oil & for salads use extra virgin olive oil
- Get back to our roots, opt for our age-old traditional food such as ragi / other millets

### MAINTAIN GOOD HYGIENE

- Always wear mask whenever you step outside of your home
- Maintain social distancing & avoid going to crowded places
- Wash your hands regularly (for at least 60 seconds when using liquid soap & at least 30 seconds when using recommended hand sanitizer)
- Cover your mouth / nose with flexed arm while coughing / sneezing
- Avoid touching your face / nose

### GET VACCINATED

During the recent times, there has been lot of misconception & prejudiced opinion about the vaccination. Anxiety, chaos & ignorance are the biggest obstacles which has made people to refrain from coming forward. It is indeed further more fatal than the pandemic itself. Besides ensuring your well-being, getting vaccinated may also protect people around you, because if you are protected from getting infected, you are less likely to infect someone else.

### An insightful note by

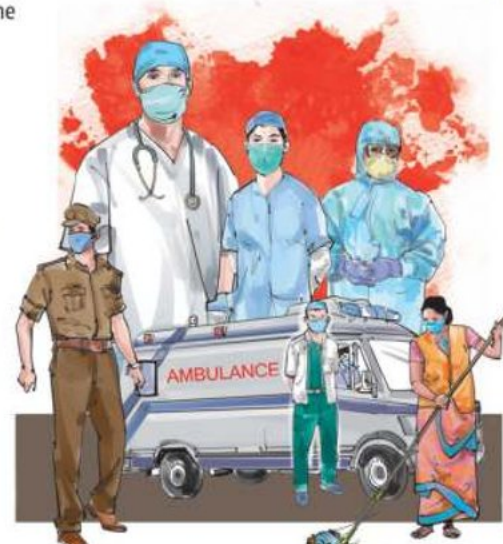


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**SALUTING OUR BRAVE COVID FRONTLINE WARRIORS FOR THEIR SELFLESS SERVICE**



**STAR HOSPITALS**  
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## WE CARE FOR YOUR SAFETY & WELL-BEING WITH SEPARATE BLOCKS FOR COVID & NON-COVID PATIENTS



COVID BLOCK



NON-COVID BLOCK



During this pandemic, we truly understand your anxiety to visit hospitals for your general medical needs. At Malla Reddy Narayana Multispecialty Hospital, it is always our top-priority to ensure your safety. Therefore, we have been treating Covid & Non-covid patients in separate blocks. We take utmost care & precautions to decrease the possibility of cross-infection. Feel secured to drop-in & get your health back on track.



**Dr. Ch. Bhadra Reddy**  
Chairman,  
Malla Reddy Health City



**Dr. Ch. Preeti Reddy**  
Director,  
Malla Reddy Health City

**MALLA REDDY NARAYANA**  
MULTISPECIALTY HOSPITAL

Malla Reddy Narayana Multispecialty Hospital  
Suraram X Roads, Jeedimetla, Outhubullapur, Hyderabad.

### OUR SPECIALITIES

- Cardiology & EP Studies/ Cardiothoracic & Vascular Surgery
- Neurosciences/ Brain & Spine Surgery
- Medical & Surgical Gastroenterology/ Liver Disorders
- Nephrology & Dialysis/ Urology & Kidney Transplant
- Endocrinology, Diabetes, & Hormonal Disorders
- Plastic & Reconstructive Surgery
- Cancer & Research Institute
- Critical Care/ Trauma & Emergency Medicine
- Internal Medicine
- General Surgery
- Mother & Child/ Fertility Medicine
- Bones & Joints Replacements
- Interventional Radiology
- Ophthalmology
- ENT
- Pulmonology & Tuberculosis
- Dermatology
- Psychiatry
- Radiodiagnosis & Imaging

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