

A Space Marketing Feature

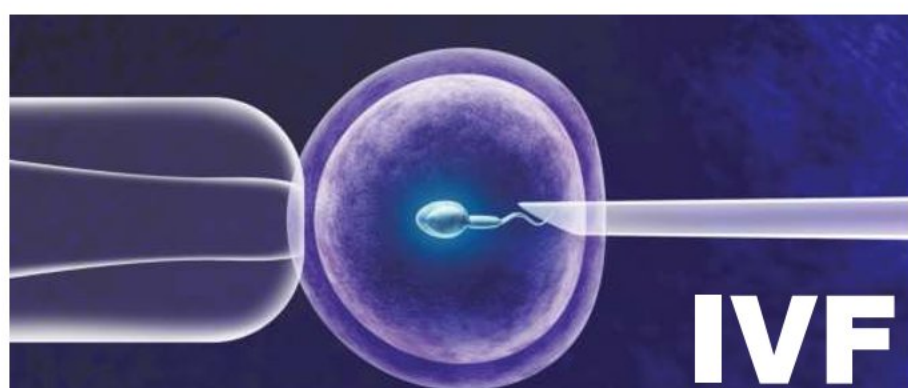
HealthCare

Preterm baby goes back home healthily

A baby girl with a gestational age of 24 weeks 5 days (4 months early) with a birth weight of 550 grams was born to a primi mother with gestational diabetes and hypothyroidism on 6 November 2020 by emergency complicated Caesarian. The child was given appropriate resuscitation, intubated, given surfactant (Curosurf), and connected to a ventilator before shifting to NICU. The baby was kept on ventilatory support. The baby was extubated on the 3rd day of life and kept on CPAP (Continuous Positive Airway Pressure). After few weeks CPAP pressure support gradually decreased and started cycling with CPAP and HFNC (High Flow Nasal Cannula).

Minimal tube feed (milk) was started from day 2 of life and feeds were gradually increased. All feeds were given via an orogastric tube. Eventually, the baby was given paladai feeds and reached full oral feeds. During the initial days, there were metabolic problems like low calcium, low sodium which were treated accordingly. Jaundice was present during initial days and treated with phototherapy.

Dr. Ravinder Reddy Parige said "The case of a 24 weeks baby born at Medicovert Woman and Child Hospitals was very challenging and everyone in our team took great care in looking after this baby. Baby proved to be very strong and managed to pull through all the difficult days. She has no complications related to prematurity as of now and has been discharged. Currently baby's weight is 2.32Kg and 140 days old. I thank all the doctors and nurses in my team who have a major role in this rare achievement and a great success. I also thank this baby's parents and family for entrusting us to look after this fragile baby and having confidence in our team. I also thank for their support throughout the stay."



IVF

- AN EFFECTIVE & SAFE SOLUTION TO INFERTILITY

In vitro fertilization, colloquially known as test tube baby is the most advanced methods of treatment available for couples with infertility. IVF can be considered as a treatment option for couples who fail to achieve pregnancy naturally within a year and in whom first line treatments such as [OI] ovulation induction with [TI] timed intercourse or multiple cycles of [IUI] intrauterine insemination was unable to produce the desired result.

Couples can be directly advised IVF if the female partner is above 35 years of age or has been identified with [DOR] Diminished Ovarian Reserves, Blocked Tubes or any such medical conditions such as Severe Endometriosis, Severely Compromised Semen Parameters in male or Lack of any Sperms in Ejaculate i.e. Azoospermia or Sexual Dysfunction.

IVF is a relatively safe procedure with minimal complications that can be expected in some rare cases. The treatment of IVF is mostly individualized for each patient and is mainly based on the couples BMI, hormonal profile, antral follicle count, semen parameters and response to past treatments.

IVF is a procedure which is usually started either in the beginning of the cycle or sometimes in the previous cycle. Daily hormonal injections are given for 8 - 12 days and 3 - 4 scans are done to monitor follicular growth. The mature eggs available are aspirated by a procedure called Oocyte Retrieval.

It is a day care procedure that is conducted under anaesthesia and the patient shall be discharged on the same day. The patient can continue to work during the treatment cycle as the medications do not interfere with her daily schedule. The eggs which are retrieved are fertilised in the lab naturally by IVF or ICSI and grown for 3 to 5 days.

Embryos can be transferred in the same cycle known as fresh embryo transfer or can be frozen to be transferred later in women with PCO, Endometrial issues. Standard success rate of IVF is 30-40% in one cycle. It can increase significantly with 3 or more cycles of treatment.

Success rates in IVF depend on embryo quality & its interaction with uterine endometrium. More Advanced procedures like Genetic Evaluation of Embryos (PGS) and Endometrial Receptivity Testing (ERA) can help increase success rates.



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SAVE YOUR LIVER FROM VIRAL HEPATITIS



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The liver is a vital organ that processes nutrients, filters blood and fights infections. Hepatitis means inflammation of the liver. When the liver is inflamed, in due course it ends up in scarring and its function gets deranged. Heavy alcohol use, toxins, some medications, herbal remedies and rarely certain genetic conditions can cause hepatitis. However, hepatitis is most often caused by a virus. In India, the most common types of viral hepatitis are Hepatitis A, Hepatitis B, Hepatitis C and Hepatitis E.

MODE OF TRANSMISSION

Viral hepatitis is either transmitted through contaminated food or water (A, E) or via blood and body fluids (B, C). The viruses which get transmitted through water and food are mostly self-limited resulting in acute illness with full resolution. The blood borne viruses (B, C) are villainous and notorious to persist in the body for long, induce scarring, liver cancer and liver cirrhosis.

The water borne viruses spread when unsanitary conditions allow water or food to become contaminated by human waste containing the viruses (fecal oral mode of transmission). Hepatitis A is typically spread among household members and close contacts through oral secretions or stool (poor hand washing). It is common to have waterborne viral hepatitis spreading to customers in restaurants and among children and workers in day care centers if hand washing and sanitary precautions are not observed.

Blood borne hepatitis viruses (B, C) spread when transfer of blood or body fluid occur from infected person. HBV can spread by sexual contact, sharing

needles among drug abusers, accidental needle stick injury, blood transfusions, hemodialysis and by infected mothers to their newborns. The infection also gets transmitted by tattooing, body piercing, sharing of razors and tooth brushes.

WHAT ARE THE SYMPTOMS & SIGNS OF VIRAL HEPATITIS?

The period of time between exposure to hepatitis and the onset of the illness is called the "incubation period". It varies between virus to virus. Hepatitis A and E viruses have an incubation period of about 2 to 6 weeks while Hepatitis B and C roughly have an incubation period of 2 to 6 months.

SYMPTOMS-ACUTE HEPATITIS.

Symptoms of acute viral hepatitis include flu like symptoms, fatigue, dark urine, light colored urine, fever, vomiting and jaundice (yellow discoloration of skin and white of the eye). However, infection with these viruses may occur with minimal symptoms and may go unnoticed. Rarely, acute viral hepatitis can end up in fulminant liver failure (drastic decline of liver function in a short span of hours to days). Treatment of acute fulminant hepatitis should be done in centers that can perform liver transplantation since fulminant hepatitis has high death rate to the tune of 80% without liver transplantation.

LIFESTYLE MEASURES AND PRECAUTIONS TO PREVENT LIVER DAMAGE DUE TO VIRAL HEPATITIS

Ensure hygienic drinking water. It is desirable to install water purifiers with UV and/or RO methods in addition to mechanical filtration using candle type filters (Candle filters are inbuilt in most commercially available water purifiers in Hyderabad those apartment complexes which rely on bore well source should install additional candle filter). While travelling bottled mineral water from standard brands and reliable retailer to be used.

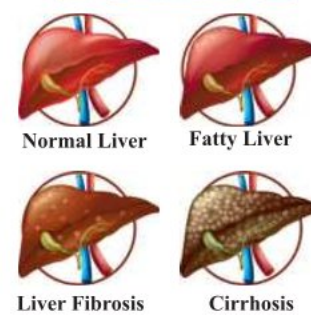
Avoid road side food vending especially fruit juices, milk shakes. Barber shops, metal salons - sharing of razor blades, metal scrapper used to remove black heads and white heads from facial skin can act as source of infection if not disposable or if not properly sterilised. Sexual transmission is common in Hepatitis B and less so in HCV. Safe sexual practices to be observed. Intravenous Drug use (IVDU) - is a

growing epidemic in Indian campuses. Sharing of needle happen especially since the user won't be in his full senses. Warn your kids on the risk. Hepatitis A and B are vaccine preventable. The only vaccine preventable cancer is Hepatitis B induced liver cancer. Early detection of silent long standing persistence by Screening of HBV and HCV. Effective treatment is available for both these viruses which induce liver cancer and liver cirrhosis.

Mortality of acute liver failure in patients presenting with deep coma (grade 4 hepatic encephalopathy) is 60-80 per cent. Such patients should be treated in special liver intensive care units as well as centers where liver transplantation is available.

For chronic hepatitis B, treatment is reserved for those who have active disease (inflamed liver, high liver enzymes, evidence of liver scarring etc). Those who do not meet these criteria for therapy, should still be kept on follow up and surveillance against liver cancer (HCC).

Against chronic hepatitis C, very effective drugs are available which are called directly acting anti-virals (DAAs). Caution should be exercised in treating patients with advanced liver disease (liver decompensation), as these drugs may exacerbate liver dysfunction in this subset of patients.



For more details, contact: 040 4567 4567 | www.yashodahospitals.com

PLASMA THERAPY FOR KNEE PAIN - BEST NON SURGICAL TREATMENT

FDA approved platelet rich plasma therapy highly successful for knee joint pain

The pandemic of COVID-19 has yet again proved that the human body is an amazing creation! Although the COVID-19 infection is widespread, the recovery rate is way much more than the mortality rate, re-establishing our faith in our body's healing capabilities. We, at Epione- Pain Management Center, leverage this amazing ability of our body, to bring about an innovative solution for pain relief.

What is Knee Osteoarthritis?

Knee osteoarthritis is a degenerative condition of knee joint where the cartilage present in the knee joint undergoes degeneration and gets torn up. The patient will have pain and stiffness of the knee joint initially and then as it progresses other symptoms like redness, swelling, increase in pain will occur depending on the grade of Osteoarthritis.



Factors that Aggravate Knee Pain and how to take care of your knee pain?

Prolonged sitting and standing, climbing stairs, squatting, and sitting on the floor to offer prayers and having food are important factors that exacerbate pre-existing knee pain.

Small measures like routine walk, regular exercises to strengthen the thigh muscle, weight reduction, and proper sitting habits can immensely help in preventing acute attacks of knee pain.

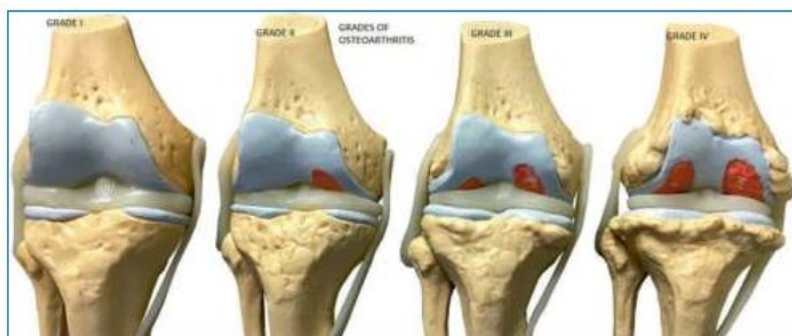
What causes knee pain in Osteoarthritis

As the aging process continues, it leads to cartilage degeneration. Despite taking the above measures there are few cases that will require treatment with long-term painkillers, physiotherapy, or a knee replacement surgery. Pain killers are not always the answer and are associated with side-effects; while surgeries are terrifying for many patients and may not provide desired outcomes.

What are the treatment options available for knee osteoarthritis pain till now?

Initially the doctors advise pain killers and Physiotherapy. This treatment

provides only temporary relief of symptoms, but the damage still continues and patient is advised to undergo knee replacement surgery. Plasma Therapy- The latest buzz all around the world is that for Plasma therapy for treating corona patients, but the use of Plasma therapy is not restricted to this but also has multiple uses. Role of Plasma therapy also known as Platelet Rich Plasma therapy in Regenerative Medicine is to regenerate the damaged or degenerated body tissue showing its maximum efficacy in regenerating knee joint cartilages



Regenerative Therapy- An Innovative Approach to Pain Relief

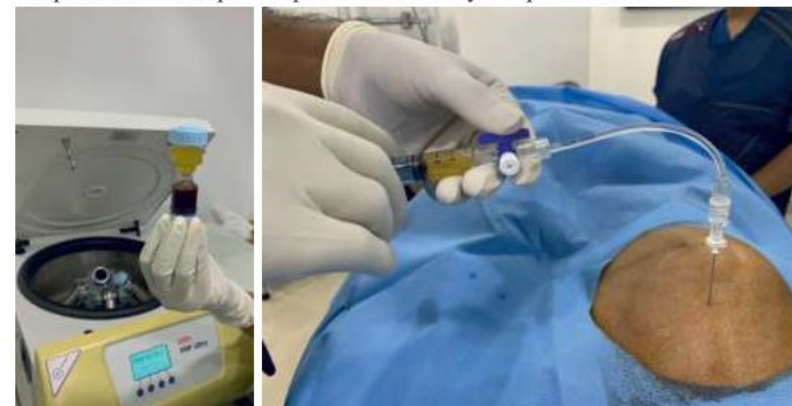
Regenerative medicine is a new emerging branch which deals with repairing and regenerating the torn-out tissues using one's own blood. Every tissue of the body tends to degenerate. The human body degenerates and gets damaged because of aging, excessive use, or any injury, resulting in pain and discomfort. The regeneration therapy facilitates regeneration of the worn-out tissues, leading to pain relief.

How Does Regeneration Therapy Work?

Human blood has many growth factors present in platelets. When injected into the torn tissue, they help to repair it and lead to the regeneration of new healthy tissue.

How Is The Procedure Done?

The procedure is simple and performed as a daycare procedure.



Patient's blood is withdrawn using a thin needle and the blood is transferred in a special container called the cartridge. The cartridge is put into a machine for centrifugation, after which the blood separates into two different layers. The lower layer consists of the red blood cells and the top layer is the plasma. This plasma is subjected to another round of spin, which will separate 2ml of platelet-

rich plasma (PRP) from the rest of the plasma. This platelet-rich plasma is rich in growth factors. The entire processing of preparation takes 20-30 minutes. After the PRP is prepared, the patient is taken into the operation theatre. The torn area of the body is identified under ultrasound or fluoroscopic machine and the PRP containing the growth factors is injected into the damaged area. This injected PRP creates a small amount of inflammation in the injected area, triggering the healing cascade and release of several growth factors and enzymes. As a result, collagen will form, thus repairing and regenerating the tissue.

Advantages of PRP Therapy

- Non-surgical technique
- Daycare procedure
- Fast pain relief
- No Bed Rest
- Go back to work on the same day
- A permanent solution to the problem
- No side effects or complications



Why Choose Epione- Pain Management Center for Regenerative Therapy?

Done by an Internationally trained expert in this field who are well experienced Done under the guidance of ultrasound and Fluoroscopic machines

This center follows the exact protocol and provide treatment according to individual's need thus providing the best results.

Have Treated more than 1500 patients with regenerative therapy successfully.

Epione offers you the best possible treatment for your knee pain in the safest possible manner and assuring you the Covid free atmosphere.



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