

Medical Messenger

Official Publication of KH Nursing Home



Woman's Day Wellness Week Camp - A Rundown

Woman's day Wellness Week Camp was organised by Dr Subha Hariharan, Smile Care - Dental Clinic, from 6th March 2023 to 12th March 2023.

Dr Vasanthi Vidyasagar, M.D., D.A., DNB. (Anaes.), FICA and Dr Padmavathi Srinivasan, M.D., D.G.O., the chief guests for the occasion, inaugurated the camp by lighting the lamps on 6th March 2023.

Eminent lady doctors & experts from various fields were invited to deliver live interactive talks with consultations during the week. Mrs Geetha Hariharan discussed about stress management techniques; under the guidance of our Physiotherapist K V Pandian, live demonstrations were given by Ms K B Ramya and Ms S Jeffe to combat Osteoporosis and Low back pain, and finally, Mr R Parthiban, SVD Foundation, conducted a one-day yoga workshop on holistic wellness.

We, the team of K H Nursing home and Smile Care - Dental Clinic, thank the people of Chromepet, Media friends and our dedicated staff for making this event a "**GRAND SUCCESS**".



Dr Vasanthi Vidyasagar & Dr Padmavathi Srinivasan inaugurating the Woman's Day Wellness Week camp on 6th March 2023



As a part of the Woman's Day Celebration, a group picture was taken with the hospital's director Dr K. Hariharan, Dr Subha Hariharan, consultant doctor and staff on 8th March 2023

KH Family

K H Nursing Home, led by Director Dr K Hariharan, B.Sc., M.B.B.S, MNAMS (SURG.) FIMSA and Dr Subha Hariharan, Smile care - Dental Clinic, with their team of consultants and staff, grandly celebrate Woman's day.

The inaugural welcome address was given by Dr K Hariharan, who gave an excellent talk on "Understanding the link between Diabetes and Women's Health".

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Importance of prenatal check-ups and oral care during pregnancy

Pregnancy is an essential phase in a woman's life, filled with joy and expectations.

As the dictum goes, "Mouth is the mirror to our body", so maintaining good oral health is vital during pregnancy.

The Sudden spike in the pregnancy hormones, especially Progesterone, causes havoc to teeth and gums, such as Pyogenic Granuloma (Gum swelling), Dental erosions, Dental Tartars, and Dental Caries, which causes mild to a high degree of pain and discomfort to the pregnant ladies.

It is highly recommended to undergo dental check-up's during pre-pregnancy phase, and prenatal (pregnancy phase) to ensure a healthy, safe and peaceful pregnancy.

A month after delivery (Postpartum), routine dental check-ups can be carried out to maintain the mother's oral hygiene and to avoid cross-infections in the baby.

Please follow the oral care tips given by your dentist.

Note From Dr Subha Hariharan

Good oral health is essential for overall health and well-being.

Regular brushing, flossing, and dental check-ups are vital in maintaining healthy teeth and gums.

Poor oral hygiene can lead to gum disease, cavities, and other serious health problems.

At our dental clinic, we are committed to promoting oral health and encouraging our patients to take an active role in their dental care.

Let's work together to keep our smiles healthy and bright!



For more details visit our blog
<https://dentalclinicsmilecare.in/self-test-oral-care-tips/>



World Oral Health Day is celebrated on 20th March 2023 under the theme "Be Proud of your Mouth".

World Oral Health Day - 20 March 2023

World Oral Health Day is celebrated every year on March 20th to raise awareness about maintaining good oral hygiene and preventing oral diseases.

The theme for 2023 is "Be Proud of Your Mouth", which focuses on the connection between oral health and self-esteem.

At our dental clinic, we are committed to promoting oral health.

We are also organising educational events and screening camps to raise awareness about maintaining good oral hygiene.

Let's make oral health a priority and be proud of our mouths!

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Free Camp Activities

Diabetic Counselling Camp

**Free
Diabetic Counseling
Camp**

Every Saturday
09:30 am - 12:30 pm

- Counselling on basics of diabetes and lifestyle
- Demo of Pen and its usage
- Counselling on diet and exercise
- Counselling on foot care
- Educating how to use rotation cards and glucometer
- Explaining how to use the onboarding kit containing Rotation Card, Blood Sugar Monitoring Dairy, Insupen Pro Booklet, Insulin Therapy

KH NURSING HOME

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Spirometry Asthma Detection Camp

KH NURSING HOME

DR. K. HARIHARAN

FREE SPIROMETRY TEST

**ALLERGY & LUNG FUNCTION
DETECTION CAMP**

Every Month Last Wednesday
2.30 PM to 4 PM

Women's Day Wellness Week Camp
(Nourish Your Mind Body & Spirit)

March 6th (Mon)-12th (Sun) 2023

Diagnostic Lab Tests
Price Rs. 1500/- only

- Complete Blood Count
- Random Sugar
- Lipid Profile
- Thyroid Function Test
- Urine Routine
- E.C.G.
- Ultrasound Scan - Pelvis
- Pap Smear (Above 40 Years only)

Benefits of Women's Day Camp - Diagnostic Lab Tests

We successfully screened many women from the age group of 20 and above. Beneficiaries of this camp are college students, homemakers, working professionals, house helpers and senior citizens.

The key highlights of this camp are

- Early detection of cervical cancer.
- Assessment of Uterine health.
- Assessment of heart health.
- Assessment and function of the thyroid gland.
- Detection of blood and urine sugars.

We earnestly thank Dr Padmavathi Srinivasan, M.D., D.G.O., for carrying out Pap smear tests and gynaecological consultations.

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