

# Medical Messenger

Official Publication of KH Nursing Home



**KH NURSING HOME**



**Smile Care**  
The Complete Oral  
Rehabilitation Centre

## From the Editorial

Dear Readers, we welcome you to our **9th issue - November 2023** of our monthly newsletter - Medical Messenger.

Embark on a vibrant journey this November, where joyous hues and festivities enchant our senses.

From young to old, the allure of fireworks and delectable treats make Deepavali special.

Amid the celebrations, let's not forget our 'ORAL CARE TIPS' for a gleaming smile

1. Stay hydrated.
2. Rinse after snacking.
3. Twice a day, brushing and flossing.

Small efforts promise lasting health, ensuring we relish every moment of this festive season.



Of course, not to forget, our Monsoons started in full swing in southern parts of our state.

Muddy roads, waterlogged roads, potholes, and chill weather will be challenging. Taking appropriate monsoon care and protection will be beneficial.

As always, **"PREVENTION IS BETTER THAN CURE."**



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**We wish our readers a Deepavali filled with the light of good health and joy!  
May the festival of lights illuminate your life with happiness and prosperity.**

**From all of us at Medical Messenger, may this Diwali bring you wellness,  
laughter, and the warmth of love.**

**Happy Deepavali**

DO'S AND DONT'S FOR A  
**SAFE DIWALI**

<b>DONT'S</b>	<b>DO'S</b>
<div style="display: flex; align-items: center;"><div style="text-align: center; margin-right: 10px;"><p>1</p></div><div>Never experiment with crackers</div></div>	<div style="display: flex; align-items: center;"><div style="text-align: center; margin-right: 10px;"><p>1</p></div><div>Keep a bucket of water beside you while bursting crackers</div></div>
<div style="display: flex; align-items: center;"><div style="text-align: center; margin-right: 10px;"><p>2</p></div><div>Don't leave children unattended while bursting crackers</div></div>	<div style="display: flex; align-items: center;"><div style="text-align: center; margin-right: 10px;"><p>2</p></div><div>Ensure that you have a first aid kit</div></div>
<div style="display: flex; align-items: center;"><div style="text-align: center; margin-right: 10px;"><p>3</p></div><div>Don't wear nylon clothes as they catch fire quickly</div></div>	<div style="display: flex; align-items: center;"><div style="text-align: center; margin-right: 10px;"><p>3</p></div><div>Ignite crackers in outdoor areas</div></div>
<div style="display: flex; align-items: center;"><div style="text-align: center; margin-right: 10px;"><p>4</p></div><div>Don't burn crackers near electric poles and wires</div></div>	<div style="display: flex; align-items: center;"><div style="text-align: center; margin-right: 10px;"><p>4</p></div><div>Immerse crackers in a bucket of water before disposing</div></div>
<div style="display: flex; align-items: center;"><div style="text-align: center; margin-right: 10px;"><p>5</p></div><div>Don't keep your face too close to the crackers while lighting it</div></div>	<div style="display: flex; align-items: center;"><div style="text-align: center; margin-right: 10px;"><p>5</p></div><div>Keep infants indoors with the doors and windows shut</div></div>



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## Women's Health and Psychology

**Mrs Anu Rajan. R. S.**

Hi, let me introduce myself. I am **Anu Rajan. R.S.**, a student of Stella Maris, M.A. Social Work, and adding a feather to my cap, I am the daughter of **Dr. R. Nirmala**, K.H Nursing Home.

I want to share a few thoughts and views about Women's Health and Psychology. You may wonder whether women's health may be disturbed by psychological reasons.

Yes, maybe 50/50 per cent; your body condition and half of your mental health play a vital role in your health.

Let us look at the positive side of our mental and physical health.



### Childhood

Say, starting from childhood, how does it affect one's health?

If a girl child is abused in her early childhood, say 5 to 12 years, she endures a lot of mental and physical stress. The abuses may affect her more mentally and emotionally.

As the child grows, her fear also grows; she may become silent in all ways. Her appetite and diet may become less and affect her physical health.

So, parents should guard and teach awareness to their children from 5 to 12 years old and should protect them from child abuse. Second, watch your child and notice the change in their food habit, attitude and behaviour.

The parents and especially the "Mother" play a vital role in the child's mental and physical health. We, as children, were our parent's responsibility; our safe childhood was a blessing and gift from them.

The parents and especially the "Mother" play a vital role in the child's mental and physical health.

We, as children, were our parent's responsibility; our safe childhood was a blessing and gift from them.

Now, we are responsible for looking after, caring for, and protecting our children.

Our parents, their grandparents, may help and guide us and our children.

However, we should not burden them and escape from our responsibility and commitment.

The mother should also protect the child from being manhandled by the father, relatives, or strangers.

Giving our child a safe, protected, and lovable childhood should be the prime objective of each parent.

I want to point out that my mother, a doctor by profession, was a most loving, caring mother.

She was our teacher and role model; she cooked, stitched, and ironed our clothes; she did everything for us; her career and family were her two eyes.

She did full justice to both. I love you, and I am grateful to you, Amma.

I am proud to say I am So healthy and blessed because of you.

### Teens

Next, in teens, the mother plays a vital role in guiding and showering love and affection on her teenage children.

Children at this age undergo many physiological and mental changes. So, the mother watches and cares for their health physically and mentally.

Though technology has widened, it has many advantages; it helps children in their education, sports and various fields.

However, there are many hazards and disadvantages to technical growth. So, guard and guide your teenage children.

So do not leave your children fully in the care and responsibility of your parents, relatives, neighbours or strangers.

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Your old parents do not have the strength to protect your children at present. Your parents' health is one you should take care of. Your parents' physical and mental health should be taken care of.

## Adults

Ladies getting married and getting settled into a new home and atmosphere.

Here, a girl's mental health of accepting the new family and trust and belief will give her enormous strength physically and mentally to start a new home.

Then, she should care for herself mentally and physically during pregnancy and motherhood.

So, the cycle continues, and now she has become a mother to care for her child, husband, parents, and family.



So, we women have to take care of ourselves physically and mentally.

Only if we make ourselves psychologically fit can we be physically strong and look after our studies, career, home and family.

We may have been born and brought up in different backgrounds. Our habits, beliefs and attitudes may vary.

If we trust, love and believe in ourselves, there will be no question of disbelief, mistrust or restriction.

Freedom is not doing what I like or want but what I could do for others without hurting them.

My biggest opinion for my mental health is love and adjustment. I get doing for my family and happiness. It is the secret of my happiness.

From childhood to old age, we must take on many responsibilities and face many hazards and difficulties.

Our studies, career, home and family should all be balanced. God has given us the vital role of mother. Mother is the universe. She is everything.

She is a loving, strong and wonderful being who could help to build a beautiful world.

Women, you need not be perfect but remember you are a rare, unique person made by god.

Women, your health is in your hands; take care of it; first, love yourself. You will surely not hate others.

Say goodbye to unhealthy issues often used by our generation: anxiety, depression, stress, negativity and tiredness.

## Conclusion

Welcome to good health and cheers and find solutions for unhealthy issues.

Plan your work at your workplace and home and plan your timings. Be punctual in everything.

Whether a homemaker or professional, they are equal. Professionals are surely also a homemaker. A homemaker is undoubtedly also a full-time worker.

Learn tolerance, adjustment, and respect from old generations, and also let us learn independence from younger generations.

Let us learn and adapt to the present situation and technical world.

Let us keep ourselves stress-free and keep good physical and mental health.



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## IT BAND SYNDROME (ITBS)

### Dr S. Jeffe

Iliotibial Band Syndrome is a discomforting issue where the connective tissue rubs against the thighbone.

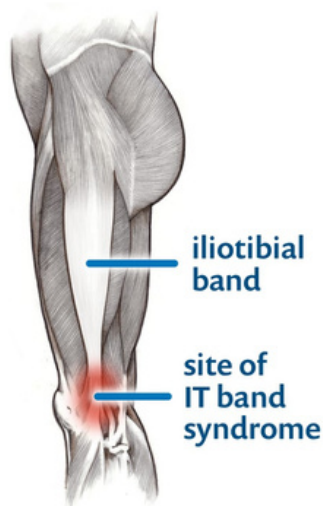
This occurs when a tendon, known as the iliotibial band, becomes irritated or inflamed due to friction with the hip or knee bones.

Situated on the outer side of the leg, the iliotibial band extends from the upper pelvic bone down to the knee.

It experiences rubbing against the bones when it becomes overly tense or tight.

Suppose you are feeling pain on the outside of your leg during movement, especially around the hip or knee.

In that case, it is essential to consider the possibility of Iliotibial Band Syndrome and seek appropriate care.



### Types of iliotibial band syndrome?

Iliotibial Band Syndrome (ITBS) can occur in a single leg or affect both.

It is termed bilateral iliotibial band syndrome when it affects both legs simultaneously.

### How does iliotibial band syndrome affect (ITBS)?

Iliotibial Band Syndrome (ITBS) poses a higher risk for those who are young and engage in regular exercise.

Athletes susceptible to ITBS are:

- Basketball players
- Cyclists
- Hockey players
- Runners
- Skiers
- Soccer players

Not limited to athletes, certain traits increase the likelihood of ITBS:

- Bowed legs
- Leg length discrepancy
- Knee arthritis
- Inward rotation of ankle, leg, or foot during movement
- Weakness in hip, butt, or abdominal muscles

Understanding these risk factors is crucial, even for non-athletes, as it aids in proactive measures to prevent or manage ITBS.

### What are the Signs and Symptoms of IT Band Syndrome?

IT band syndrome often causes symptoms such as:

- Pain or discomfort on the outer part of the knee.
- A clicking or rubbing feeling on the side of your knee.
- Pain that increases with activity (and often only hurts with activity).
- Pain that spreads up the thigh into the hip.

### How is iliotibial band syndrome diagnosed?

After discussing your exercise history and symptoms and performing a physical examination, your healthcare provider might diagnose you with iliotibial band syndrome.

When seeing your healthcare provider, keep an eye out for these signs of ITBS:

- If you hear or feel a grating sound when moving your knee or hip.
- Pain located over the greater trochanter in one or both hips.
- Pain at the lateral epicondyle in one or both knees.
- If your pain intensifies the longer you work out.
- Pain that gets worse when you are descending a slope.

Remember to share these details with your provider for a comprehensive assessment.

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## Treatments

Some remedies for iliotibial band syndrome can be self-administered at home, while others may necessitate professional medical assistance. Common treatments include:

### Rest

Refrain from exercising the affected leg until the pain subsides and your iliotibial band syndrome fully recovers.

It is advisable to consult with your physician to determine the appropriate balance between rest and activity tailored to your condition.

### Pain medications

Nonsteroidal anti-inflammatory.

### Manual therapy

A physiotherapist might show you how to use a foam roller for self-massage on your body.

### Posture training

How you carry yourself during daily routines, sports, or any activity can impact your iliotibial band syndrome.

## Physical therapy

A physiotherapist can guide you through stretches, strength exercises, and techniques to ease hip and knee discomfort.

These approaches may assist in loosening your iliotibial band reducing tension.

Additionally, they can instruct you on effective warm-up and cool-down routines for exercises.

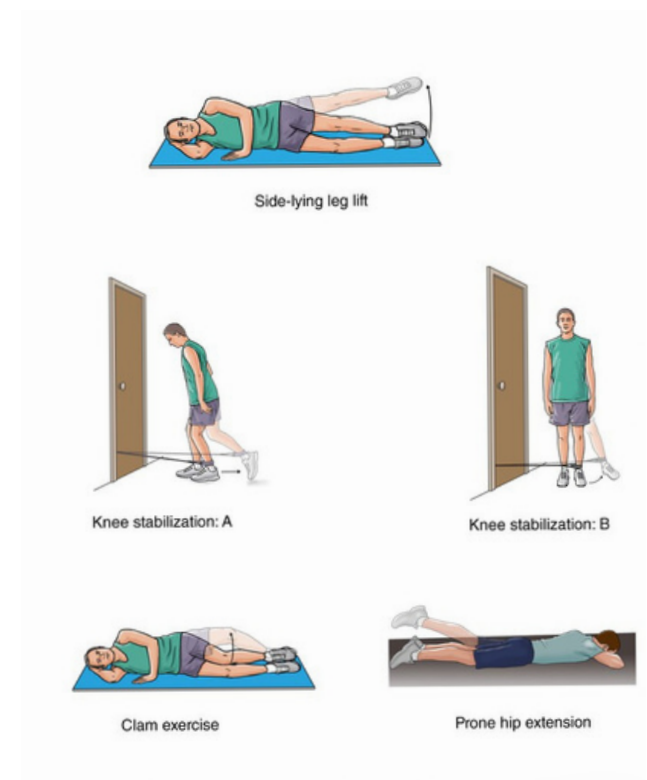
## Steroid injections

Using corticosteroids can help alleviate inflammation in your iliotibial band.

## Surgery

Surgery is not a common solution for iliotibial band syndrome.

Your healthcare provider may suggest it only if medications and physical therapy prove ineffective.

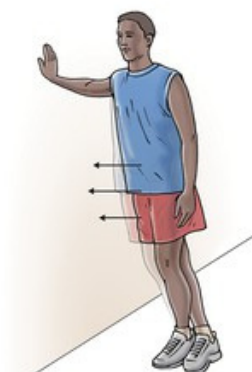




## Iliotibial Band Syndrome Rehabilitation Exercises



Iliotibial band stretch (standing)



Iliotibial band stretch (side-leaning)



Standing calf stretch



Iliotibial band stretch (side-bending)



Hamstring stretch on wall



Quadriceps stretch



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## Fact of the month

### Unlocking the Power of Vitamins: Nourishing Your Body for Optimal Health

**Dr Arvind Bharani. R. S.**

Vitamins are essential organic compounds crucial for the proper functioning of the human body. They play diverse roles, from supporting immunity to aiding in energy metabolism, and are obtained through a balanced diet.

- Vitamin A: Essential for vision, immune function, and skin health. Found in carrots, sweet potatoes, and spinach.
- Vitamin B complex: Includes B1 (Thiamine), B2 (Riboflavin), B3 (Niacin), B6 (Pyridoxine), B12 (Cobalamin), and others. It supports metabolism, energy production, and nerve function. It is present in whole grains, meat, and dairy.
- Vitamin C: Boosts the immune system, aids collagen production, and acts as an antioxidant. Citrus fruits, strawberries, and bell peppers are good sources.
- Vitamin D: It is crucial for bone health and immune function. It is obtained from sunlight, fatty fish, and fortified foods.
- Vitamin E: An antioxidant protecting cells. Found in nuts, seeds, and oils.
- Vitamin K: It supports blood clotting and bone health. Green leafy vegetables are rich sources.





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## Lab Corner:

At **Sai Clinical Laboratory in K. H. Nursing Home**, we offer a wide range of blood tests to help you understand and improve your health.

A CBC is one of the most common blood tests that measure different parts of your blood, including red blood cells, white blood cells, platelets, and haemoglobin.

Our experienced staff will collect your blood sample with minimal discomfort and deliver accurate results within a short time.

We also provide consultation and guidance on how to interpret and act on your test results. If you are interested in getting a CBC or any other blood test done at our laboratory,

We look forward to serving you and helping you achieve optimal health. Your health deserves the best care, and that starts with precise diagnostics.

**Book an appointment today** and take control of your well-being.

**Are you feeling tired, weak, or sick? Do you have symptoms of infection, inflammation, or bleeding?**

**Do you want to check your overall health and wellness?**



If you answered yes to any of these questions, you may benefit from a complete blood count (CBC) test.

**A CBC is one of the most common blood tests that measure different parts of your blood, including red blood cells, white blood cells, platelets, and haemoglobin.**

CBC can help diagnose and monitor various health conditions

- Anaemia
- Infection
- Allergy
- Autoimmune Disease
- Cancer
- Hemophilia
- Thrombocytopenia
- Thrombocythemia



**SAI CLINICAL LABORATORY**



+91 6379 735 256  
+91 44 2265 2150

<https://khnursinghome.in>



Other blood tests that can measure different substances in your blood

- Basic metabolic panel
- Blood enzyme tests
- Blood tests to check for heart disease
- Blood clotting tests



**At Sai Clinical Laboratory**

- Wide Range of Blood Tests.
- Experienced staffs.
- Deliver accurate results within a short time.



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## Camp Corner:




**FREE PROSTATE TESTING CAMP**

Are you experiencing any of the following symptoms? Visit the camp to get tested.


- 50+ Age Group
- Frequent urination during day
- Urinating more than 2 times in night
- No proper flow of urine during urination

**Uroflow clinic**





Dates will be updated in our social media



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**KH NURSING HOME**

**DR. K. HARIHARAN**

**FREE SPIROMETRY TEST**

**ALLERGY & LUNG FUNCTION DETECTION CAMP**

**Every Month Last Wednesday**

**2.30 PM to 4 PM**







**All Laboratory Services Available at our Sai Clinical Laboratory**

- Biochemistry
- Haematology
- Serology
- Microbiology



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## Yoga Corner:

**Mr Parthiban R, Yoga Teacher - SVD Foundation**

### Free Yoga Class on Diabetes



#### Objectives

- Helps to lower blood pressure and blood sugar levels by reducing stress and promoting relaxation.
- Helps to stimulate the abdominal organs, bladder, and kidneys, which are involved in glucose metabolism and insulin secretion.
- Helps with weight loss and prevention of obesity, which are risk factors for diabetes and its complications.
- Helps to improve blood circulation, which can prevent or reduce the damage caused by diabetes to the nerves, eyes, kidneys, and heart.

**\*Every Saturday - 07:00 to 08:00am**

**Note:** This is a voluntary initiative by our NGO to raise awareness and support the needy. No fees are required, but donations are welcome and appreciated. You will receive an 80 G certificate for your contribution.

**Follow us @svdfoundation**



<http://svdfoundation.org>

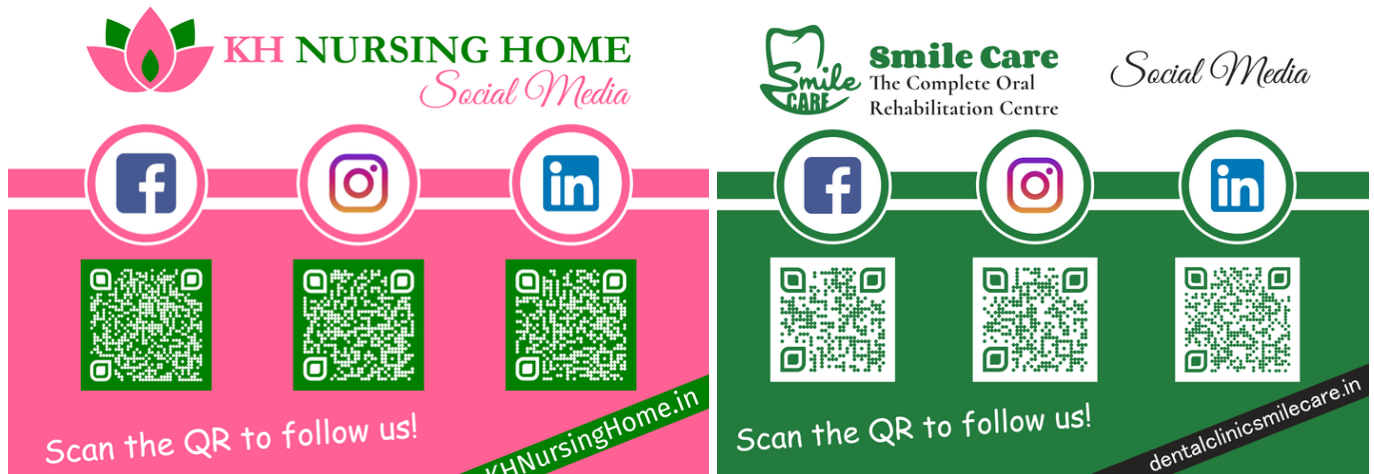


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## Review us on Google

Your feedback is highly valuable. So, please take time to review us on GOOGLE



We thank Shri V. Ramachandran for sharing his personal experience about K H Nursing Home - <https://youtu.be/CoEI8i51FKw>