

Medical Messenger

Official Publication of KH Nursing Home



From the Editorial

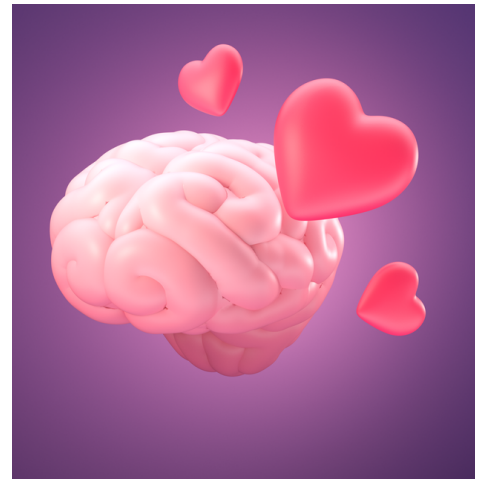
Dear Readers, we welcome you to our **8th issue - October 2023** Monthly Medical Messenger.

September witnessed a roller coaster; we lost our beloved, lovable **Dr R Nirmala**, our **senior gynaecologist and obstetrician**, on the **29th of September, 2023**.

It was also an eventful month of activities. We celebrated World Heart Day and World Mental Day.

On the 29th of September, 2023, World Heart Day was observed. A mega-free Cardiac Health screening and assessment camp was conducted at our premises, K.H. Nursing Home. More than 50 members benefitted from the above camp.

Dr Prema Subathiraa V. S conducted a free interactive session for World Mental Health Day awareness.



In Loving Memory of Dr. R. Nirmala: A Pillar of Care and Compassion

We remember and mourn the loss of our beloved Dr. R. Nirmala with heavy hearts and teary eyes.

For 30 years, she graced the corridors of K H Nursing Home with her unwavering dedication and an extraordinary spirit of kindness.

Dr. Nirmala was more than a gynaecologist and obstetrician; she was a beacon of love, care, and sincerity, not just in her profession but within our family as well. She was a source of inspiration and guidance for many of her colleagues and patients.

Throughout her remarkable career, Dr. Nirmala witnessed four generations of families welcoming new life, sharing in the joys and anxieties of childbirth. Her extraordinary commitment and gentle approach touched countless lives, leaving an indelible mark on all who knew her.

As we bid farewell to this ardent and great personality, we find solace in knowing that her legacy of compassion and care lives on in the countless lives she touched. Though she has left us, her blessings will forever remain with us.

In this time of grief, we extend our heartfelt support to her family, who are now part of our extended family.

Dr. R. Nirmala's memory will forever be cherished within the walls of K H Nursing Home, and her spirit will continue to inspire us in all we do.



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Dengue Alert: Protecting Our Community

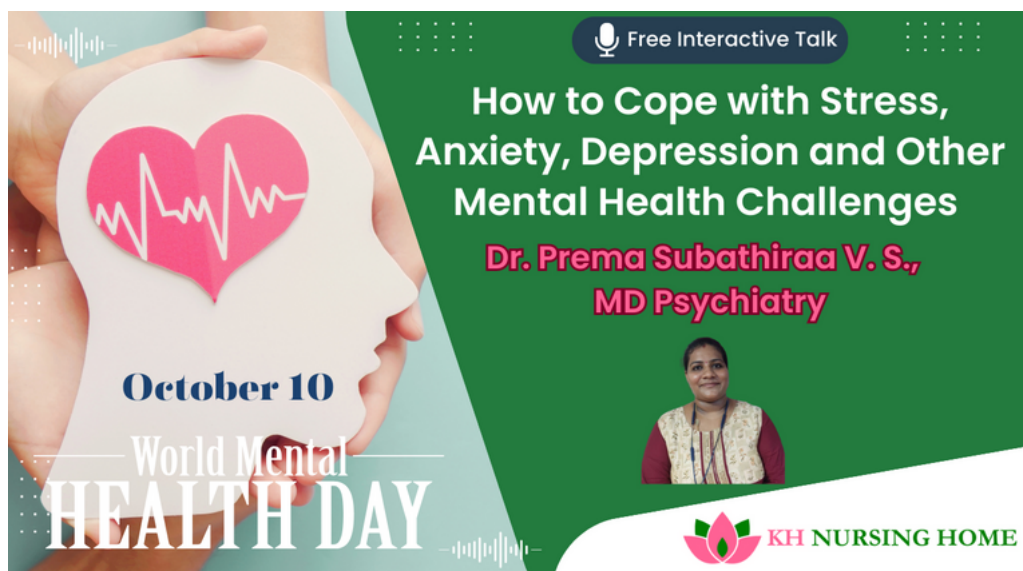
Join us in the battle against dengue as we raise awareness about this mosquito-borne disease. Learn how to protect yourself, your loved ones, and your community from dengue's threat. Together, we can create a safer and healthier environment. Watch, share, and be part of this awareness program of K. H. Nursing Home



Click the link to view the awareness video: https://youtu.be/IBcLZB_rfs?si=-jWaEFXPifSS5d7k

How to Cope with Stress, Anxiety, Depression and Other Mental Health Challenges

In this video, you will learn some valuable tips and insights on how to cope with stress, anxiety, depression and other mental health challenges from Dr. Prema Subathiraa V. S., MD Psychiatry, K H Nursing Home.



Click the link to view the awareness video: https://youtu.be/Ge4_fncE3gc?si=SN_7FfiMi7bE7AJJ

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Mental Health Awareness and Responsibility

Dr Prema Subathiraa V. S.

World Mental Health Day: 10th October

Theme: Mental health is a universal human right

History

World Mental Health Day, witnessed on the 10th of October every year, serves as a global platform for mental health education, fostering awareness, and combating social stigma.

Its inception can be attributed to Richard Hunter, the deputy secretary of the World Federation of Mental Health, who initiated this global event to promote mental health awareness worldwide.

Since 1994, each year has seen the selection of a distinctive theme for this significant celebration.



Concepts in mental health

Mental health is a vital aspect of general well-being, facilitating our ability to manage life's challenges, harness our potential, excel in learning and work, and actively engage in our communities.

It is an integral component of health that underpins our capacity to form relationships, make informed choices, and influence our environment.

Upholding mental health is not only a basic human entitlement but also a cornerstone of personal growth, community progress, and socio-economic advancement.

The intricate interplay of socio-economic circumstances, biological factors, and environmental influences collectively shapes our mental health.

Determinants of mental health

Risks can be prevalent at any life stage, but their impact is often more severe when they occur during sensitive developmental periods, particularly in early childhood.

For instance, harsh parenting practices and physical punishment have detrimental effects on a child's well-being.

At the same time, bullying stands out as a prominent risk factor for developing mental health issues.

Serious Mental Illness (SMI) encompasses mental health disorders that significantly disrupt a person's life and daily functioning.

These conditions result from a complex interplay of various factors:

1. **Biological Influences:** These include genetic predispositions and alterations in brain chemistry.
2. **Life Experiences:** Traumatic events or experiences of abuse can contribute to developing mental health challenges.
3. **Family History:** A family background marked by mental health concerns can increase the probability of similar conditions in an individual.

Understanding these multifaceted factors is essential for comprehending the origins of mental health conditions and underscores the importance of early intervention and support to mitigate their impact.

Early Warning Signs & Symptoms

Experiencing one or more of the following feelings and behaviours can serve as an early warning sign of potential issues:

- **Changes in Eating and Sleeping Habits:** Significant alterations in eating patterns or sleep duration.
- **Fatigue and Lack of Energy:** Persistent feelings of low energy and motivation.
- **Emotional Numbness:** A sense of emotional numbness or apathy where nothing seems to hold significance.

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- **Unexplained Physical Discomfort:** Suffering from unexplained aches and pains.
- **Hopelessness and Helplessness:** Overwhelming feelings of hopelessness or helplessness.
- **Extreme Mood Changes:** Drastic mood swings that disrupt relationships.
- **Intrusive Thoughts:** Persistent, unwanted thoughts or memories that intrude on daily life.
- **Auditory Hallucinations and Delusions:** Hearing voices or believing in things that are not real.
- **Self-Harm or Harm to Others:** Thoughts of self-harm or harming others.
- **Cognitive Impairment:** Difficulty concentrating, confusion, forgetfulness.
- **Increased Substance Use:** Escalated use of substances like alcohol, drugs, or tobacco.
- **Social Isolation:** Struggling to engage socially with friends and family.
- **Excessive Cleaning or Washing:** Compulsive behaviours like excessive cleaning or hand washing.
- **Impaired Daily Functioning:** Inability to perform routine tasks like caring for children or attending work or school.

Guidelines for Enhancing Quality of Life While Coping With Mental Health Challenges

Here are some valuable tips, tools, and strategies for effectively managing mental health:

Consistent Treatment: Stick to your treatment plan diligently. Even if you start feeling better, it is crucial not to discontinue therapy or medication without proper guidance from a healthcare professional.

Work closely with your doctor to make any vital adjustments to your treatment plan.

Engage Your Primary Care Physician: Keep your primary care physician informed about your mental health journey.

They play an essential role in long-term management, working in tandem with your psychiatrist.

Empower Yourself with Knowledge: Take the time to educate yourself about your condition.

Understanding your mental health disorder empowers you to adhere to your treatment plan effectively.

It can also help your loved ones provide better support and empathy.

Prioritise Self-Care: Manage stress through self-care practices like meditation, relaxation techniques, a balanced diet, regular exercise, and ensuring you get adequate sleep.

Self-care is essential for overall well-being.

Lean on Your Support Network: Maintain meaningful connections with friends and family.

In times of crisis, do not hesitate to contact them for support and assistance.

Develop Healthy Coping Skills: Cultivate healthy coping mechanisms that enable you to navigate stress and challenging situations more effectively.

Quality Sleep: Prioritise getting enough quality sleep. Adequate sleep greatly enhances cognitive function, mood, and overall health.

Consistently poor sleep can contribute to conditions such as anxiety and depression.

Incorporating these strategies into your daily life allows you to take proactive steps toward better mental health without unnecessary repetition.



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Bell's Palsy

Dr K. V. Pandiyan

Bell's palsy is a temporary condition resulting in facial muscle weakness or paralysis, often due to viral or bacterial infection.

Causes

Bell's palsy results from inflammation or compression of the seventh cranial nerve, causing facial weakness or paralysis.

While the precise cause remains elusive, it is widely believed to be triggered by various viral and bacterial factors:

- **Herpes Simplex:** This virus, responsible for cold sores and genital herpes, has been associated with Bell's palsy.
- **HIV:** The virus that weakens the immune system, HIV, has also been linked to this condition.
- **Sarcoidosis:** Known for causing organ inflammation, sarcoidosis is another potential contributor to Bell's palsy.
- **Herpes Zoster Virus:** The same virus responsible for chickenpox and shingles, the herpes zoster virus, is on the list of possible culprits.
- **Epstein-Barr Virus:** This virus, causing mononucleosis, is considered a potential trigger.
- **Lyme Disease:** Caused by ticks infected with specific bacteria, Lyme disease is yet another factor that may lead to Bell's palsy.

The exact relationship between these infections and the development of Bell's palsy remains an active area of medical research, offering hope for a clearer understanding of this condition.

Symptoms

The symptoms of Bell's palsy can range from slight facial weakness to complete paralysis, with severity correlating to the degree of inflammation and compression on the affected facial nerve.

Recovery time also extends as the condition's intensity increases.

Typically, Bell's palsy symptoms emerge within 1 to 2 weeks following an episode of:

- Cold
- Ear infection
- Eye infection

These symptoms often have an abrupt onset, catching individuals by surprise.

They may become apparent upon awakening in the morning or while attempting to eat or drink.

Risk factors

Your risk of developing Bell's palsy is elevated when you have the following conditions:

- **Pregnant**
- **Diabetes**
- **Lung infection**
- **Family history of the condition**

Diagnosis

Your physician will initiate the diagnostic process by conducting a thorough physical examination to assess the degree of weakness in your facial muscles.

Simultaneously, they will inquire about the onset and progression of your symptoms.

The diagnostic tests may encompass the following:

- Blood tests to identify bacterial or viral infections.
- Additional blood tests to assess for conditions like diabetes.
- Imaging procedures such as MRI or CT scan to scrutinize the facial nerves and eliminate the likelihood of a stroke or brain tumour.
- An electromyography (EMG) test involving the insertion of fine wire electrodes into a muscle is performed to confirm nerve damage in the facial muscles and determine its extent.
- A lumbar puncture may be administered to confirm the diagnosis when Lyme disease is suspected.

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Treatment

In the majority of instances, Bell's palsy symptoms tend to ameliorate naturally.

Nonetheless, the process of regaining normal muscle strength in the facial area may extend over several weeks or even months.

Long-term outlook

The prognosis for individuals with Bell's palsy generally proves favourable, with recovery duration contingent upon the extent of nerve damage.

Milder nerve damage typically yields initial improvement within 2 to 3 weeks from symptom onset.

Conversely, more pronounced damage may necessitate 3 to 6 months before noticeable progress surfaces.

While rare, certain cases may entail recurring or even permanent symptoms.

Physiotherapy Management

Facial Rejuvenation

A Gentle Three-Step Technique

- Commence by softly and gradually engaging all facial regions.
- Employ your fingertips to gently elevate your eyebrows, showing restraint on the descending side.
- With your fingers, tenderly knead various facial zones encompassing your brow, nose, cheeks, and mouth.

Nose and Cheek Exercises

- 1. Perform the following facial exercises to help improve muscle strength on the affected side.
- 2. Gently push up the skin near your nose as you wrinkle your nose.
- 3. Scrunch your face, concentrating on the cheeks and nose.
- 4. Expand your nostrils and inhale deeply through your nose. Consider covering your unaffected nostril to engage the affected muscles further to enhance the exercise. Puff up the cheeks and blow the air out. Aim to repeat this sequence 10 times.

These exercises are designed to enhance muscle strength and mobility, promoting better facial muscle control and overall well-being.

Eye Exercises

To enhance eyebrow movement following Bell's Palsy, consider the following steps:

- **eyebrow Exercise:** Begin by practising the controlled movement of raising your eyebrows up and down. If needed, you can use your fingers to gently lift the affected eyebrow. This exercise helps in regaining control over your brow's motion.
- **Eyelid and Brow Massage:** While looking downward, close your eyes and gently massage the affected eyelid and eyebrow. This massage aids in relaxing the muscles and promoting better blood circulation.
- **Open and Close Exercises:** Alternate between fully opening your eyes wide and then gently squeezing them shut. This exercise not only stimulates the muscles around the eye but also encourages a wider range of movement.

By incorporating these steps into your daily routine, you can work on regaining the strength and flexibility of your eyebrow and eyelid muscles, helping to mitigate the effects of Bell's Palsy.

Mouth Exercises

- Begin by alternating between smiling and frowning. Open your mouth with a smile, close it, and then reverse the motion to practice frowning.
- Next, create a gentle pucker with your lips and then allow them to relax.
- Experiment with lifting each corner of your mouth separately, using your fingers to assist if needed.
- Extend your tongue outward, directing it towards your chin for another facial mobility and muscle control exercise.

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Facial Paralysis Caused by Bell's Palsy



Inability to wrinkle brow

Inability to close eye

Drooping eye

Asymmetrical facial muscle tone

Loss of nasolabial fold

Drooping mouth

Asymmetrical smile

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Fact of the month

Bicarbonates in Human Health: Vital Roles Beyond Baking

Dr Arvind Bharani. R. S.

Bicarbonates, often associated with baking, play crucial roles in human health:

- **pH Balance:** Bicarbonate ions act as buffers to maintain the body's pH balance, which is crucial for various biochemical reactions.
- **Digestive Aid:** Your stomach naturally produces bicarbonate to neutralize stomach acid, aiding digestion.
- **Kidney Function:** Bicarbonates help regulate kidney function, maintaining electrolyte balance and blood pressure.
- **Athletic Performance:** Some athletes use bicarbonate supplements to reduce acidity during intense exercise.
- **Kidney Stones:** Bicarbonate-rich fluids can prevent certain types of kidney stones by reducing acidity in the urine.
- **Antacid:** Bicarbonate-containing antacids provide relief from heartburn and indigestion.
- **Metabolic Balance:** Disorders affecting bicarbonate levels can indicate metabolic or respiratory issues requiring medical attention.



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Yoga Corner:

Mr Parthiban R, Yoga Teacher - SVD Foundation

<http://svdfoundation.org>



Surya Anuloma Viloma Pranayama



Practice :

1. Adopt Nasika Mudra with your right hand.
2. Close the left nostril with the little and ring fingers of Nasika Mudra.
3. Inhale and exhale slowly through the right nostril (Surya Nadi) only.
4. Time taken for exhalation should be longer than inhalation.
5. Keep the left nostril closed all the time during the practice.
6. One cycle of inhalation and exhalation forms one round.
7. Practice 9 to 27 rounds.




Contra-indications:

1. Surya Anuloma Viloma Pranayama, people suffering from high blood pressure, any heart disease and underweight problem should avoid this practice.

Benefits:

1. Surya Anuloma Viloma helps in reducing the obesity effectively.
2. Systematic practices have benefited large number of obese to achieve normal weight.
3. It is very useful for nasal allergy and Deviated Nasal Spectrum (DNS).
4. It removes toxins from the body.
5. Depression patients may practice these Pranayama 27 rounds before breakfast, lunch, dinner and before sleep (4 times a day).

Follow us @svdfoundation



Candra Anuloma Viloma Pranayama



Practice :

1. Adopt Nasika Mudra with your right hand.
2. Close the right nostril with the tip of the thumb.
3. Inhale and exhale slowly through the left nostril (Candra Nadi) only.
4. Time taken for exhalation should be longer than inhalation.
5. Keep the right nostril closed all the time during the practice.
6. One cycle of inhalation and exhalation forms one round.
7. Practice 9 to 27 rounds.

Contra-indications:

1. Candra Anuloma Viloma Pranayama, people suffering from obesity and any type of allergy should avoid it.
2. This pranayama should not practice during winters.
3. Do not perform Candra Anuloma Viloma in case of Asthma, low blood pressure, cough and cold and problems related to respiratory system.


Benefits:

1. Candra Anuloma Viloma helps in increasing weight.
2. Goes a long way in controlling high BP.
3. Practicing Candra Anuloma Viloma pranayama activates parasympathetic nervous system and calms brain nerves.
4. Regular practice helps bring stress, tension and anxiety under control.
5. Helps you deal with confusion, reduces the number of thoughts in your mind.
6. Lessens the excess heat from the body.
7. Anxiety patients may practice these Pranayama 27 rounds before breakfast, lunch, dinner and before sleep (4 times a day).


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Nadi Suddhi Pranayama (Alternate Nostril Breathing)






Practice :

1. Sit in any meditative posture.
2. Adopt Nasika Mudra.
3. Close the right nostril with the right thumb and exhale completely through the (left) nostril. Then inhale deeply through the same left nostril.
4. Close the left nostril with your ring and little finger of the Nasika Mudra, release the right nostril. Now exhale slowly and completely through the right nostril.
5. Inhale deeply through the same (right) nostril. Then close the right nostril and exhale through the left nostril. This is one round of Nadi Suddhi Pranayama. (Don't hold the breathing while inhale and exhale)
6. Repeat 9 to 27 rounds.

Benefits:

1. It lowers the levels of stress and anxiety by harmonizing the Pranas.
2. It is beneficial in respiratory disorders such as Bronchial Asthma, Nasal allergy, Bronchitis etc.
3. It induces tranquility, clarity of thought and concentration.
4. It increases the digestive fire and appetite.
5. The first symptoms of correct practice are the feeling of freshness, energy and lightness of the body and mind.
6. If you feel headache, heaviness of the head, giddiness, uneasiness etc. while doing this practice it means you are exerting much pressure on the lungs.

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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.

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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

 93, Radha nagar main road, next to SBI bank, Chromepet, Chennai - 44

 +91 6379 735 256

<https://khnursinghome.in>



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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Camp Corner:

Cardiac Health Screening & Assessment

1. Blood Pressure
2. ECG
3. Lipid Profile Test *
4. (DDC) Random Sugar *
5. HbA1c *

• NO FASTING REQUIRED

29 September, 2023, Friday
 09:30 am - 02:00 pm

93, Radha nagar main road,
 next to SBI bank,
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 +91 44 2265 2150

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ipca



Kumaar Anantha Krishnan

Great initiative on World Heart Day!

My wife and I were fortunate to avail this fabulous service from K H Nursing Home, Chromepet, Chennai! The arrangements were very nice! Everyone who had come for the Free Cardiac Screening Camp, were received nicely and personal care was given. Well trained technicians ensured that blood samples were collected hygienically using efficient methods. ECG, BP checks were done systematically without having to wait for long. The people who came for the Free Camp were treated at par with the other regular patients & walk-ins - with a smile!

Kudos to the cultured & well trained Para medics! Speaks volumes about the Hospital Management headed by Dr K Hariharan Saheb, ably assisted by Dr Subhaa Hariharan and Team. The beauty was within an hour, we got our reports and a Free Physician consultation was also provided! The overall experience was satisfying and gave us reassurance! We are happy to have this facility in our neighborhood and Wish our Health Friend - K H Nursing Home & Team all success!



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Camp Corner:

WORLD MENTAL HEALTH DAY

A campaign to promote mental health awareness.

Theme of the Year
"Mental health is a universal human right"

KH NURSING HOME

World Mental Health Day is an annual event that aims to raise awareness and promote action for mental health issues around the world on October 10.

FREE INTERACTIVE SESSION ON
OCTOBER 14 | 06:00 PM
AT
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We thank Shri V. Ramachandran for sharing his personal experience about K H Nursing Home - <https://youtu.be/CoEI8i51FKw>