







## STROKE – FACTS AND WAYS TO PREVENT IT

Our Brain is undoubtedly the most complex and vital organ in the body. It controls just about anything that happens in our body starting from movement, sensory reactions, thinking and learning to even breathing. But just like any other organ, it requires a constant supply of oxygen and nutrients to function. In fact, the brain consumes about 20% of the energy and oxygen available to the body. If for some reason the blood supply to the brain is hindered, the brain cells start to die. This condition is known as Stroke or Cerebrovascular Accident. It is one of the leading causes of death and disability in the world.

Stroke is a medical emergency. For each minute delay in medical help, the victim loses about 1.9 million neurons. It is the same mechanism as heart attack (which is caused by block in blood vessels to heart). The major difference between heart attack and brain attack is that the heart function is uniform, and loss of small portion of heart is compensated by other areas; whereas brain has different functions in different areas and loss of a portion of brain area is irreversible and cannot be compensated by other areas. This is the major cause of functional incapacity following a stroke. Hence, even when a person survives following a stroke, the



paralysis and loss of ability to speak make the person to be permanently disabled.

The good news is, the management of stroke has dramatically advanced over the past few years. Patient with stroke due to blockage of large artery can benefit from emergency clot removal by procedure called Mechanical Thrombectomy. But, availing medical help within the stipulated time window, also known as the golden hour, is critical. Drooping face, sudden weakness in hands or legs, blurry vision, slurry speech can all be signs of stroke. If the signs are identified early and the victim is evacuated to the hospital within 4–6 hour, the blood circulation could be reestablished and a major stroke can be prevented. Delay in getting to the hospital and receiving appropriate treatment can cause irreversible damage and further treatment would only be supportive care and most often cannot restore the damaged brain function.

SIMS Hospital, Chennai boasts of one of the best Emergency and Trauma Care services in Chennai with capability to manage all kinds of medical emergencies. The hospital has deployed a fleet of 16 GPS enabled ambulances with Advanced Life Support system and trained paramedics, in the neighbourhood. The 22-bed emergency facility has cutting-edge intensive care equipment and manned with specialist doctors trained by PMG, Boston. Being the leading hospital for Neuroscience in Chennai, SIMS has an advanced Stroke management protocol in place led by an experienced Neuro intervention specialist. Over the last 5 years, the department has the experience of treating over 1000 stroke cases with outstanding results. Moreover, availability of quaternary care facilities at SIMS, helps the stroke victims with multidisciplinary treatment approach for best possible clinical outcomes. Last year, the hospital launched a comprehensive Stroke Rehabilitation Program, comprising of Neurologists, Neuro intervention specialist, Physiotherapy specialists and Clinical Psychologists for better recovery of people affected by stroke.

As far as stroke is concerned, prevention is always better than cure. Adequate control of blood pressure, blood sugar, cholesterol is of paramount importance. To quit smoking and alcohol consumption helps in a large way to prevent stroke. Adequate hydration and adopting healthy lifestyles like walking and other exercises can maintain a healthy blood circulation and thus prevent stroke.

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## Rainbow Is The New Dimension To Pediatric Specialty Care And Comprehensive Perinatal Care

Time and again, Rainbow Children's Hospital has proven to be one of India's leading Children's Hospitals. Dr. Ramesh Kancharla, Chairman and Managing Director, Rainbow Children's Hospital says, "The dedication and exceptional teamwork of doctors, nurses and staff and trust of young parents, have led to our success. The team believes that every child has the right to survive and the appreciation and recognition received over the years reinforces our values and commitments, and encourages us to strive harder and achieve more."

pediatric super specialties to make it comprehensive pediatric multi-specialty children's hospital.



Rainbow believes that comprehensive pediatric and perinatal care has to be delivered by full-time and well qualified specialists and super specialists, to provide 24/7 clinical care and build clinical talent as well, which has resulted in the establishment of one of the largest DNB programmes and many super specialty training courses in the country.



Rainbow Children's Hospital, Hyderabad was added to the medical marvel "South East Asia's Smallest Baby Girl", who was delivered at the hospital. From inception, they have successfully preserved over 5000 pre-term babies, some of whom were too small and

critical to survive. To observe the occasion of 'World Premature Day', the hospital gathered 445 children who were born prematurely under one roof to raise awareness on premature babies. This event was witnessed by Guinness Book of World Records and conferred the award in 2016.

Today, Rainbow is medically reputed and has also demonstrated its scalability, when the country needs children's specialty hospitals. Over the last two decades, Rainbow has strived to establish pediatric tertiary care and multi specialties and is now marching to establish quaternary care for children by performing cardiac surgeries, multi organ transplantations to join the world's leading children's hospital league.

To know more about the services, or to book an appointment, call 1800 2122 or visit www.rainbowhospitals.in You can even walk into their facility at Anna Salai, Guindy.

## What is Coronaphobia? Everything you need to know

COVID-19 has not only taken a heavy toll on our physical health but also disrupted our mental health and well-being. While doctors and medical professionals have gone extraordinary miles to study the various symptoms and signs of COVID, only small scale research has been conducted to analyse the implications of the pandemic on people's anxiety and stress levels. That said, during such fear-ridden times, when you can't help but wonder whether your cough, cold or fever is a sign of COVID or not, scientists have coined a term called 'Coronaphobia' that is specifically related to COVID-triggered anxiety.

accompanied excessive concern over physiological symptoms, significant stress about personal and occupational loss, increased reassurance and safety seeking behaviors, and avoidance of public places and situations, causing marked impairment in daily life functioning."

### ASSOCIATED SYMPTOMS

As per a study published in the Asian Journal of Psychiatry in December 2020, experts have found three reigning characteristics of the anxiety emerging from the terror of COVID-19. The following are some of the associated symptoms.

- Neverending worry leading to heart palpitations, loss of appetite and dizziness.
- Constant overthinking that triggers continuous fear and worry.
- A sense of fear to attend public gatherings and events. A sort of anti-social behaviour that can facilitate further problems of anxiety and isolation.

### HIGH RISK INDIVIDUALS

According to a recent report published online in the journal Frontiers in Global Women's Health, symptoms of insomnia, depression and anxiety were more com-

mon in women than in men.

With a similar end report in her research, Dr. Lily Brown PhD, director of the Penn Center for the Treatment and Study of Anxiety believes women were more prone to anxiety than men, given the worries related to family members getting sick or themselves spreading the virus to others.

Brown also found that younger people have been experiencing an increase in anxiety due to the virus as well as the kind of surrounding the pandemic has created in recent times.

### WAYS TO MANAGE CORONAPHOBIA?

The Center for Disease Control and Prevention (CDC) has suggested various ways to tackle problems of anxiety and stress. It encourages taking care of one's physical health and also socializing with others. Besides that, cognitive behavioral therapy (CBT) has proved to treat anxiety effectively and efficiently.

While with the emergence of the vaccine, the anxiety may have lowered down a bit, but fear and the phobia still looms over our head. The only way you can tackle it through self-control and by maintaining a sense of calm.

## Improving quality of life in advanced medical conditions with palliative care

Statistics show that the size of elderly population in the country is set to rise to 173 million (12% of population) by 2026. Hence, 3 million additional beds are required for India to achieve its target of 3 beds per 1,000 people by 2025.

India's biggest healthcare challenge is non-communicable diseases related to lifestyle. Those suffering from chronic conditions like cancer, lung, heart or kidney disease, Alzheimer's disease, Dementia, Parkinson's, stroke, COPD or paraplegia or other serious illnesses, often require conservative management to address their symptoms and enhance living. Palliative care is an organized, highly structured interdisciplinary medical caregiving approach, which not only relieves suffering and improves quality of life for the patients, but also offers support and assurance to the family and caregivers. Early intervention with palliative care can also help those terminally ill recuperate and handle the condition better.

RMD Pain & Palliative Care Trust understands this and offers comprehensive medical management and nursing support, beyond curative care to oversee their wellbeing. The not-for-profit healthcare organisation was established in 2005, by Founder & Managing Trustee, Dr. Republica Sridhar, MBBS, FCCP, PGDFH, who has over 15 years of experience in caring for the terminally ill.

RMD Pain & Palliative Care Trust has evolved over the years, taking cue from the requirements of the community, and emerged as a leading palliative care provider, with 110 beds across 4 locations in Chennai in T. Nagar, Maduravoyal and Sriperumbudur and The Prabha Integrated Hospice & Palliative Centre in Madurai. The Trust has approximately 8 consultants who are experts across various special-



ties, in addition to round-the-clock doctors and exclusive elderly and palliative care physicians who are actively involved in patient care. Numerous patients and their families have benefited from its services.

### A THOUGHTFUL AND CARING APPROACH

The palliative care offered to a patient is determined by age, stage of ailment and availability of treatment. RMD Pain & Palliative Care Trust offers up to date and ethical treatment, after taking into consideration the patient's social, family and financial circumstances. The centres offer both in-patient and out-patient palliative care, depending on the condition. They guide the family and counsel them to cope with the situation. A balanced approach is employed to ensure the right treatment is offered at the right time.

RMD Pain & Palliative Care Trust

also offers end of life care in the comfort of home, with required medical assistance and equipment support for those who prefer it. The patient and family are given complete clarity on the condition and the treatment administered. This helps them to be better prepared and have fewer surprises. The team is totally transparent in their endeavours and ensures the cost is affordable to the middle class population.

### FAST EMERGING SPECIALITY

Although the speciality is well established in countries like UK and Australia, in India, Palliative Care is still in its nascent stages. RMD Pain & Palliative Care Trust is at the forefront of offering courses for training in geriatric, palliative and emergency home care services for aspiring nurses and social workers. To date, approximately 2600 candidates have been trained and over 800 individuals have been placed in jobs relevant to their skill sets.

### PAVING THE WAY FOR A BETTER LIVING

The model followed by RMD Pain & Palliative Care Trust is sustainable and can easily be replicated. The Trust has emerged as a referral centre for palliative care with patient referrals from several reputed hospitals from across the state. RMD Pain & Palliative Care Trust supports and handholds patients towards recovery and better quality of living.

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## PRIORITISING PHYSICAL AND MENTAL HEALTH BEYOND THE PANDEMIC



As the lockdowns ease and life crawls back towards normalcy, the society is slowly realising the other consequences of the COVID-19 pandemic. Dr. Sudhan Christudas, Founder, COSH Hospital, Tambaram, shares his observations.

### JOINT PAINS

Over the last few months, there has been a surge in patients seeking orthopaedic treatment and physiotherapy for joint, back and neck pain. This is primarily due to a changed work environment with work from home and online teaching and learning, leading to bad posture. Creating a dedicated work space with a comfortable chair and table, and ensuring proper height of the screen to match the eye level with ergonomic gadget stands can help a great deal.

### INCREASED STRESS LEVELS

Excess work pressure and lack of sleep have also resulted in mounting stress levels, making it difficult for many to focus and concentrate. While cardio workouts promote heart health and improve general circulation, it is extremely beneficial to do regular yoga and stretching exercises as they improve breathing patterns and strengthen and improve flexibility of muscles. Try not to be overwhelmed by difficult situations. Take it in your stride, accept it and proceed.

### WEIGHT GAIN

With the pandemic taking a toll on the body mentally and physically, several people have gained excess weight during this period. To begin

home and come outdoors while following safety norms. This can help boost their overall wellness. It is critical to break the phobia of the pandemic and step out of home (even if it is just to the terrace) for a short walk every day.

### AN OPTIMISTIC ATTITUDE

Many people are facing a setback in their lives with varied forms of cancer and malignancies on the rise. Despite all odds, it is important for those facing such situations to understand that it is not the end of life and treat the condition like a regular disease. They must not brood over the situation and instead undergo the necessary treatments and adhere to necessary schedules while following a normal lifestyle. The family must also be guided and counselled to cope with the situation.

### THINK POSITIVE ABOUT HOSPITALS AND MEDICATION

Many people tend to fear hospitals and try to avoid them as far as possible. It is important to remember that hospitals can help us improve our health situation and come out fitter and happier. Many people feel dejected when they have to take long term medications for conditions like hypertension, diabetes and rheumatoid arthritis. Rather than being miserably about the situation, one must focus on how these medicines help improve their health and quality of life.

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