

Dadi Maa Ke Nuskhe




SevenHills
HOSPITAL
Within your reach



Home remedies

HEALTH Byte - SevenHills Hospital's initiative in public interest

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Ease an Upset Stomach



- Bananas are easily digestible and generally do not upset the stomach. The fruit is actually known for helping with stomach issues since they contain pectin, which helps to naturally firm bowel movements. Eating papaya helps encourage digestion, ease indigestion, and also help with constipation. The magic is in the enzymes papain and chymopapain, which help break down proteins and soothe the stomach by promoting a healthy acidic environment. Make sure you're choosing a yogurt that is labeled as having "active cultures." These cultures will increase the number of good bacteria in your gut, aiding in digestion and reducing the uncomfortable feeling of being bloated. Ideally, choose organic plain yogurt.

Reduce Arthritis & Inflammatory Pain



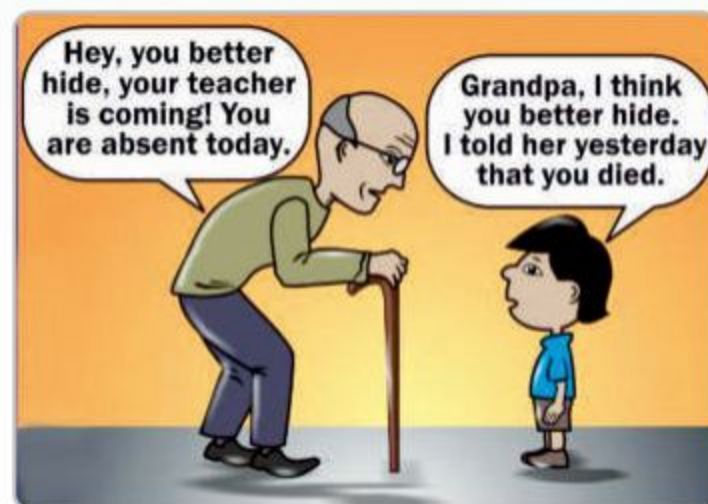
- Turmeric, a common spice in Indian cuisine, has been used to reduce inflammation for hundreds of years in Ayurvedic medicine. Not surprisingly, by taking 500mg to 1000mg Turmeric capsules three times per day, many individuals have reported significant relief from osteoarthritis pain.

Riddle

- Mary's father has 4 children; three are named Nana, Nene, and Nini. So what is the 4th child's name?
- It lives without a body, hears without ears, speaks without a mouth, and is born in air. What is it?
- Poke your fingers in my eyes and I will open wide my jaws. Linen cloth, quills, or paper, I am greedy and devour them all. Who am I?
- What is that you will break every time you name it?

Disclaimer: SevenHills Hospital has taken all reasonable measures with regard to the correctness of the information contained in this newsletter. However, SevenHills Hospital gives no warranty and accepts no responsibility for the accuracy & completeness of the information. All articles are for general information purpose only. Human anatomy, its disease pattern & their treatment may differ from individual to individual and can be commented upon by a medical expert only after thorough clinical assessment of an individual. Please consult your doctor before taking any course of action.

Funny Bone



Our Endeavour is to keep you Healthy.
Best regards Editorial team Health Byte.
Editorial Team: Dr. Shishir B, Mr. Jeet Ghosh, Mr. Prashant Karanje,
Ms. Tejaswini Kamalkar

Ans.: 1. Mary 2. An echo 3. A pair of Scissors 4. Silence

WOMEN

Gates of the body & gates of the soul

The department of Obstetrics & Gynecology at SevenHills Hospital provides healthcare needs keeping the whole woman in mind. Our integrative, patient focused philosophy offers a refreshing departure from the usual, combining excellence in medical care with sensitivity to your individuality.

You will love the friendly staff and comforting environment, feeling the tranquility - the calming décor - designed with you in mind. This article will help clear a few doubts for a new mother & the processes involved in a hospital.

What is Antenatal Care?

Antenatal care is the care that you receive from health care professionals during your pregnancy. The purpose of antenatal care is to monitor your health, your baby's health & support you to make plans.

To start with, you meet an Obstetrician (a doctor specializing in pregnancy & birth). During each antenatal visit we check that you and your baby are well, give useful information about being pregnant and answer the questions that you may have in detail.

An important part of antenatal care is getting information that will help you make informed choices about your pregnancy.

Hospital LDRP Services

We can boast of the best Labor Delivery Recovery Postnatal Ward in the country designed with a woman in mind. Some of the

distinguishing features of our LDRP:

- ◆ Water Birth Facilities, Painless Labour
- ◆ LDRP situated across the Operation Theaters
- ◆ 24 x 7 availability of experienced OB-GY Doctors
- ◆ Spacious LDRP Suites for better mobility during labor

Right after the birth, the baby is put on the chest of the mother for skin to skin contact and then the cord is cut & baby is immediately handed over to certified neonatologists.

Antenatal Services & ultrasound

You will be offered all the investigations on the same floor as the antenatal consultation. Scans are provided by a skilled team of radiologists. As a memento, CD's are provided to the expectant mother, images that can be cherished all your life.

Yoga classes & physiotherapy

We have an in-house certified yoga expert for all stages of pregnancy, post natal & pre-pregnancy too.

Exercises other than yoga can also be opted for under the absolute supervision of a team of physiotherapists.

Fetal well being

Modern obstetrics is concerned with health and well being of both mother and the unborn child.

Using the techniques of antenatal heart rate testing, ultrasound by trained radiologists, blood markers, the OB-GY at all stages is equipped to assess the fetal health

Care for your new-born

The trained LDRP staff assists and support you and your baby as you begin the transition to parenthood. We encourage the mother to stay with the baby in the same room post delivery at the Hospital.

The maternity unit at SevenHills Hospital adheres to practice and standards for infant feeding as laid down by Baby friendly initiative from UNICEF. Mothers are suggested to exclusively breast feed the baby for the first 6 months.



Services offered

Maternity	Genital Cancer detection & treatment
Gynecology	Safer abortion medical & surgical
Key Hole / Laparoscopic Surgery	Fetal well being
Infertility Treatment	NICU services
Family Planning	24x7 emergency services

Article by: Dr. Chitwan Dubey, Obstetrics & Gynecology, mail to drchitwan.d@sevenhillshospital.com or call 9699048267
 Other Doctors: Dr. Vaishal Joshi, Obstetrics & Gynecology, mail to drvaishali.j@sevenhillshospital.com or call 9167289628
 Dr. K K Panicker, Obstetrics & Gynecology, mail to kkpanicker@sevenhillshospital.com or call 9420479812
 Dr. Gouri Sultane Gupta, Fertility Specialist, mail to drgouri.g@sevenhillshospital.com or call 8691915699

BENEFITS OF MINI IVF over Conventional IVF-

1. Very few injections needed.
2. Lowers cost of IVF.
3. High quality eggs even though few in number.
4. More physiological / natural way of having a baby.
5. Lowers risk of hyperstimulation.
6. Puts women's health on top.
7. Success rates better than normal IVF.

Article by: Dr. Gouri Sultane Gupta, Fertility Specialist, mail to: drgouri.g@sevenhillshospital.com or call Free Fertility Clinic – Last Week of every month – call: 67676733

Achieve your dream of having a baby through Mini IVF

Almost 70% of the couples trying for a baby end up into IVF (in vitro fertilization/ test tube baby). Out of these, almost 50% drop out due to repeated failed cycles, not forming enough eggs, poor egg quality and high cost of injections. Mini IVF could be ray of hope for such couples.

Q. What is Mini IVF?

In Mini IVF, as against conventional IVF, we give oral medications plus only 3-4 injections for forming eggs from the ovary. These are then collected, fertilized with sperms and the embryos so formed are frozen. This is repeated for 2-3 cycles till we get adequate embryos to thaw and transfer.

Who are the patients who would benefit from Mini IVF?

Patients with any 1 or 2 of the below mentioned criteria would benefit from Mini IVF.

1. Women aged 38 yrs or above.
2. Women with few eggs in ovaries (FSH>10).
3. Poor egg quality.
4. Multiple IVF failures.
5. Poor responders who do not form adequate eggs.
6. Young women with polycystic ovaries.

Enhance your Breasts with the latest technique without visible scars

TUBA (Trans-Umbilical Breast Augmentation) is an advanced breast enlargement (enhancement) procedure that leaves no visible scars. With very natural appearance of breasts made possible with TUBA, your confidence level will be boosted like never before. All this, with least post-operative discomfort and keeping all your sensations intact.

All surgeries are performed by highly skilled and experienced cosmetic surgeon trained in USA and certified by American Board of Cosmetic Surgery.

Other Cosmetic Surgical Options Include

- Advanced Liposuction (Laser, Ultrasound)
- Brazilian Butt Lift, Tummy Tuck, Breast Lift
- Body Sculpting using Surgery, Fat Grafts & Implants
- Facial Sculpting & Re-contouring
- No-Tox treatment

Call: 022 6767 6760 (Direct Line)
Email: lifebeautiful@sevenhillshospital.com

SevenHills HOSPITAL
Within your reach

Marol Maroshi Road, Andheri East, Mumbai - 400059 Tel: 022-67676767
 Mail: response@sevenhillshospital.com Web: www.sevenhillshospital.com