

Ruminations from the desk of the Editor



The paradox of our time in history is that we have taller buildings but shorter tempers. Wider freeways but narrower viewpoints. We spend more but have less. We buy more but enjoy it less.

We go for bigger homes but smaller families. We have more conveniences, but less time. More medicines but less wellness. We have multiplied our possessions but decreased our values. We talk too much, love too seldom & hate too often. We have certainly learnt how to make a living, but not a life; we have added years to life but not life to years.

We have been all the way to the moon & back; but have great trouble crossing the street to greet our neighbors. We have conquered outer space but not inner space; have done larger things, but not necessarily better things. We build more computers to hold more information to produce more copies; but funnily enough, have lesser communication. We have become long on quantity but short on quality.

As time whizzes past, let us just stop for a minute, take a deep breath & ask ourselves – is this the world; are these the values that we would like to hand over to our children?

QUALITY. Let us dwell upon it. Let us depend upon it. Let us delve deep into ourselves to deliver only this. QUALITY.

Debanshu Bhaduri,

Senior Consultant, Dept of Surgical Oncology, Editor in Chief

Discover the Future of Physiotherapy at Inlaks and Budhrani Hospital, Pune



Physiotherapy plays an important role in facilitating recovery and improving the quality of life for people with a variety of medical disorders.

At the Physiotherapy Department of Inlaks and Budhrani Hospital in Pune, we provide innovative and cutting-edge integrated treatment to patients with musculoskeletal, neurological, cardiac, and respiratory diseases, assuring their well-being and optimal rehabilitation, with a team of trained and compassionate experts.

We welcome creative and evidence-based approaches to physiotherapy at our new and improved facilities.

Matrix Rhythm Therapy is a breakthrough in physiotherapy that uses rhythmic oscillations to target the body's connective tissues. This therapy promotes tissue regeneration, enhances blood circulation, and speeds up the healing process by increasing the natural vibrations inside these tissues. Matrix Rhythm Therapy has proven to be effective in the treatment of musculoskeletal problems, post-operative rehabilitation, and chronic pain management.



Matrix Rhythm Therapy

Spinal Decompression Flexion Distraction Therapy is another sophisticated treatment available in our department. This non-invasive procedure is intended to relieve back and neck pain caused by disc herniation, degenerative disc disease, and spinal stenosis. This therapy creates negative pressure within the spine by using moderate stretching and rhythmic movements, reducing pressure on the damaged discs and aiding recovery. Patients have reported great alleviation from Spinal Decompression Flexion-Distraction



Spinal Decompression Flexion Distraction Therapy

Therapy, allowing them to regain movement and improve their overall quality of life.

We also provide chiropractic adjustments and manual therapy employing high-velocity low-amplitude thrust combined with patient-tailored exercise education. This approach is intended to address joint dysfunctions, reduce pain, and improve joint mobility.



Gymnasium

Our facility boasts a fully functional gymnasium, serving as the perfect starting point for therapeutic exercises and patient education. With its comprehensive range of equipment and resources, the gym enables patients to not only initiate their exercises under professional guidance but also gain the knowledge and confidence to continue their workout routines at home. This is particularly beneficial for geriatric patients, as the gym provides a safe and supportive environment for them to engage in exercises that promote strength, mobility, and overall well-being.

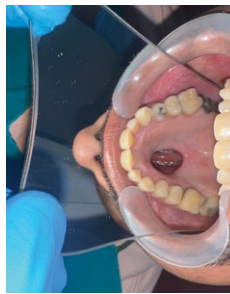
We recognise that holistic care extends beyond physical therapy at Inlaks and Budhrani Hospital. We work together with other medical specialities, including orthopaedics, neurology, cardiology, oncology and pulmonology, to provide a comprehensive, personalised and customised approach to patient care.

Our employees are the physiotherapy department's heart and soul. They have great technical abilities as well as an unrelenting dedication to patient care. They approach each individual with compassion and care, understanding the physical, emotional, and psychological difficulties they may be experiencing. Our staff believes in empowering patients by giving them the knowledge and resources they need to engage actively in their recovery journey.



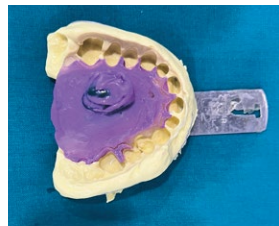
A roof for the mouth: An abridged case report

A 57 year male patient reported to the Dental Department at Inlaks and Budhrani Hospital, SVMCMC, Pune, with the chief complaint of difficulty in eating and drinking water due to a hole in the roof of his mouth. He had undergone Chemotherapy in 2017 for Palatal Lymphoma. A thorough dental examination was done.



The defect in the palate

The intra oral examination revealed a mid-palatal defect and dental caries as well as several missing or broken teeth. Treatment options were given to the patient. He decided to opt for an obturator plate for the maxillary arch to close the defect.

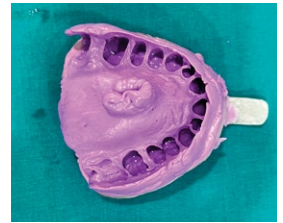


Primary impression

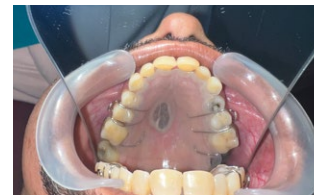
Primary impression was made using Alginate (Tropicalgin, Zhermack, Dentsply India Pvt. Ltd.) A diagnostic cast was obtained by pouring the impression with dental stone (Class III, Gyprock). A special custom tray was fabricated to record the final impression using putty and light body (3M ESPE, Soft Putty, and Express XT Light Body, Germany)

While recording the final impression, the patient was asked to perform neck and shoulder movements to record the defect

more precisely. The impression was poured in die stone (Class IV, Ultrarok, Kalabhai, Karson Pvt. Ltd). A wax pattern was made on the final cast and processed to obtain the obturator plate. The obturator plate was finished and polished and verified in the patient's mouth. The fit, occlusion and speech were assessed Patient was asked to drink water; there was no seepage of water from the nose.



Putty and light body custom tray



The obturator in place

This case demonstrates that a patient with a palatal defect can be treated using an obturator. The obturator maybe immediate, interim or delayed but it can help restore the lost oral structure, function and aesthetics. With teamwork from the Oncologist and their residents, and a Prosthodontist, the patient can be given a new outlook towards life.

Vedika Ajwani,

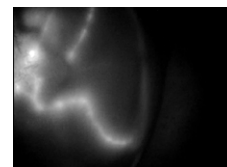
Associate Consultant, Prosthodontics

A FLASH OF COLOUR: USING CUTTING EDGE TECHNOLOGY FOR DETECTING CANCER

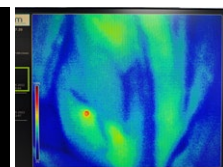
The Morbai Naraindas Budhrani Cancer Institute (MNBCI) has vast experience in the use of a revolutionary new, state of the art Irillic .nm (dot n m) fluorescence imaging system using Indo Cyanine Green (ICG). This has applications in the fields of surgical oncology and plastic surgery. It facilitates real time imaging of targeted structures during surgery. Intra-operative decision making becomes easier for surgeons, regarding what tissue to remove and where from, with no risk of radiation to the patient or surgeons. This dye can be injected with practically no adverse effects and the fluorescence is detected by specialised cameras.

Applications in our experience include real time assessment of lymphatic flow for the identification of sentinel lymph node in breast cancer, oral cancers, cancers of the uterus and cancers of the penis. The sentinel node is the first gland to which a solid cancer usually spreads and by detecting it and sending only that for on - table microscopic examination (frozen section, another special technology), we can spare the patient from mutilating, extensive surgery (if the node is negative for cancer). This greatly enhances Quality of

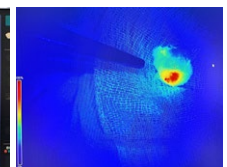
Life for the cancer survivor, while still being oncologically safe and internationally accepted as standard of care treatment.



ICG flowing from the tumour on the left to the sentinel node on the right



The red glow shows the sentinel node



The sentinel node after dissection



Irillic 4

We also use the Irillic .nm (dot n m) fluorescence imaging system for assessment of blood supply in donor tissue after microvascular plastic surgery, bowel perfusion after surgery for gastrointestinal malignancies, parathyroid and thyroid surgery, skin flap perfusion after breast surgery.

Other advantages include no staining of the skin and tissues due to the dye, low cost and resources needed for its application per patient as compared to other modalities and the ability to repeat the procedure multiple times in the same patient.

One more modern weapon in our arsenal in this unending Crusade against Cancer.

Nitin O Ninan,

Resident, Final Year, DrNB Surgical Oncology

Primum non nocere –

“First, do no harm”

Hippocratic Corpus ;

Epidemics, Book I, Sect. 11

In India, there is liberal freedom in prescribing antibiotics. “Over- the- counter” easy availability of antibiotics has led to the abuse and overuse of antibiotics. The consequent result is the present situation of having to tackle Antibiotic resistance which happens when bacteria change and become resistant to the antibiotics used to treat the infections they cause.

Judicious use of antibiotics is a responsibility not only of the doctors, but also of the regulatory authorities, the drug manufacturing company, the veterinary practitioners, the pharmacists who dispense the medicines and the end user patients themselves.

Antibiotic prescriptions are strictly regulated in the western world.

A few guidelines to the appropriate use of antibiotics are-
For doctors- Follow the NICHE RULE=

N = NEED FOR AN ANTIBIOTIC-

WHEN- Consider not prescribing if the patient is well or has a self limiting infection or you make a diagnosis of a non infectious cause.

WHY- Patients exposed to antibiotics are more likely to develop resistant bacteria making subsequent infections more difficult to treat. Resistant bacteria can also spread to other patients or healthcare staff.

I= INVESTIGATIONS –

WHEN: Before prescribing.

WHY: Cultures are important to guide with regards to choice of antibiotic and change them if required.

C= CHOICE OF ANTIBIOTIC-

WHEN- Before prescribing and at daily review. Consult local or National guidelines. If a positive Microbiology culture test is available, use the narrowest spectrum effective antibiotic.

WHY- Use of Broad spectrum antibiotics (E.g Cephalosporins, Fluroquinolones, Carbapenems) leads to the emergence of highly resistant bacteria.

H= HOW LONG-

WHY- The longer you expose bacteria to an antibiotic, particularly at low concentrations, the more likely bacteria are to become resistant.

E= EVALUATE YOUR PATIENT AND PRESCRIPTION-

WHEN- At your daily review. If any Microbiology culture test is positive, modify therapy accordingly.

WHY- It may be appropriate to change the antibiotic regimen for patients with a positive test. If the patients are not improving, more tests or a different antibiotic may be required.

Above all-

- Communicate with patients with regards to taking the antibiotics correctly and the dangers of misuse.
- Talk to patients about preventing infections (eg. Hand washing, use of masks/ covering nose or mouth while sneezing or coughing , vaccinations)

For patients-

- Only use antibiotics when prescribed by a certified health professional
- Always take the full prescription even if you feel better
- Never use left-over antibiotics
- Never share antibiotics with others
- Prevent infections by regularly washing your hands, avoiding contact with sick people, use of masks and keeping your vaccinations up to date

“No action today, No cure tomorrow” was the theme declared by the World Health Organization in 2011 to tackle the menace of Antibiotic resistance and to encourage the judicious use of antibiotics. It is 12 years now since that theme was declared and yet this problem of Antibiotic resistance continues to loom as a dark threat in healthcare management. The prediction of “No cure tomorrow” is unfortunately a reality in some cases today.

Awareness and a conscious effort by prescribers and the end users will go a long way in dealing with this threat of Antibiotic resistance.

Geeta Chitre,

Senior Consultant, Microbiology and In Charge,
Biomedical Waste



Roll of Honour

Dr. Arjun Viegas, our senior orthopaedic surgeon at Inlaks and Budhrani Hospital, was elected as President of the Pune Orthopaedic Society for 2023-24 and took charge on 18th June, from Dr.Chetan Pradhan at a ceremony during their annual conference at the Sheraton Grand Hotel. The Pune Orthopaedic Society celebrates its 50th year this year and during this Golden Jubilee year it is indeed a great honour for him to be the President of the Society which is the backbone of academic activities for all orthopaedic surgeons in Pune.

Dr. Viegas specialises in arthroscopy, arthroplasty and spine surgery.

Aude sapere The organon of healing

Homeopathy, a holistic and alternative approach to medicine, has been gaining popularity for centuries due to its emphasis on individualized treatment and minimalistic use of substances. In recent times, new advancements have further expanded the horizons of homeopathic management of diseases.



- **Technology-Driven Personalization:** Technology enhances accuracy, using software and data for tailored remedies.

- **Research and Evidence:** Scientific studies support homeopathy's effects, boosting credibility.
- **Combination Remedies:** Mixes of remedies target complex issues, embracing holistic principles.
- **Integrative Healthcare:** Collaboration with conventional medicine offers diverse treatments.

- **Environmental Sensitivity:** Remedies address environmental factors for holistic health.
- **Pediatric Homeopathy:** Gentle, natural remedies for children's health are on the rise.



The essence of Ayurveda: a holistic system of healing

Ayurveda is more than just a popular form of alternative medicine. It is a system of holistic healing unlike any other. Thought to be over five thousand years old, Ayurvedic medicine teaches us to see the world as it relates to the elements—or doshas—of vata, pitta, and kapha.

According to Ayurveda, everyone is born with a mixture of these three doshas. Determining your primary dosha is the first step toward finding your optimal state of balanced, natural health.



We have full-fledged Ayurveda OPD and Panchakarma treatments at Inlaks.

We provide the purest form of Ayurveda therapies to suit according to the body type and dosha and existing body condition.

Inlaks Ayurveda department offers affordable and authentic

Panchakarma Treatment In Pune. Panchakarma (five actions) is a cleansing and rejuvenating program for the body, mind, and consciousness. It is known for its beneficial effects on overall health, wellness, and self-healing. So get the maximum benefit of Panchakarma Treatment in Pune at affordable cost. **Vamana:** Therapeutic vomiting to eliminate toxins and treat conditions like chronic cough, asthma, skin disorders, etc.

Virechana: Medicated purgation therapy to cleanse Pitta, purify the blood, and address issues like gastric problems, infertility, etc.

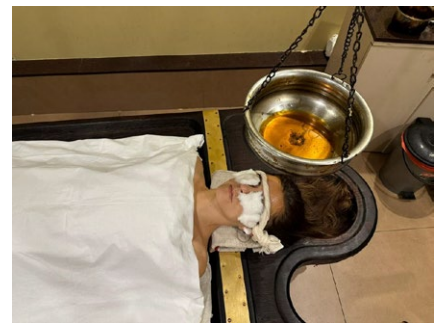
Basti: Balances Vata dosha using herbal oils and decoction administered through the rectum, effective for constipation, joint pain, etc.

Nasya: Herbal oils administered through the nostrils to treat head-related issues like ENT disorders, allergies, and sleep problems.

Raktamokshan: Leech therapy for blood purification by removing impure blood from infected areas.

Other Panchakarma treatments

- Full Body Massage (Snehan)
- Swedana (steam)
- Shirodhara
- Kati Basti
- Janu Basti
- Netra Basti, Tarpanam



How Acupuncture Works?

The Acupuncture needle stimulates your body's central nervous system and immune system to:

- React to an illness or symptom.
- Rebalance your body.
- Release natural chemicals, such as endorphins, your body's natural painkillers, and neurotransmitters, chemicals that control nerve impulses.

Benefits

- Reduce headache & migraines
- Improve chronic back pain
- Treat insomnia
- Improve recovery from cancer & chemotherapy
- Prevent cognitive decline
- Support postpartum health

