

Vanavil Vannam



Vanavil 1: Vannam 1

Newsletter Date

Quarterly Newsletter from VANAVIL MEDICAL CENTRE

From the Editor's Desk

Dear Reader,

Greetings from Vanavil Medical Centre.

It has been a long Seven years of hard work after starting Vanavil. The centre was started initially as an out-patient day-care unit on 19/11/2012 at the behest of Prof. Chakravarthi who advised me on the need to serve the women folk in the GST Road belt between Tambaram and Chengalpet. The hospital was expanded to a 10 bedded hospital with a labour room on 20/09/2013. A state of art operating theatre and Ultrasound facility was inaugurated by our beloved Prof. A.R. Chakravarthi and Prof. Devarajan.

As we enter into our seventh year of women care, there is a feeling of happiness at the landmarks reached and fulfillment in the services provided. With this came the realization and an urge to preserve these happenings for the future and share our happiness with all our well wishers. VANNAM, a quarterly web newsletter from VANAVIL MEDICAL CENTRE is the product of this wish.

Happy New Year

Happy Reading

With Warm Regards,

Dr. R. Uma Maheswari
Managing Director
Vanavil Medical Centre





WOMEN WELL-BEING

Birth Right

Being healthy is the birth right of any human being. More importance is needed to be given for women, as they contribute a lot for the family and it's well-being. Does it happen in every family? Generally the answer is "NO". This is because women don't care about themselves or they care a very little when compared to their family.

What is well-being?

'Well-being' not only means the physical well-being but also the psychological, cultural, socio-economical well-being etc., Physical well-being directly affects women's health. It can be taken care by taking nutritious food and regular work outs. But Psychological and social well-being affect the family and the society. This can be attained only through the support of others. Women are often under estimated. This under estimation makes them feel insecure and it turns into anxiety. Most women depend on men financially and socially. Though things are changing in urban areas, women in villages are still dependent. There are some more issues that affect the women directly or indirectly such as

- Girls' Education
- Gender Equality
- Sexual Harassment
- Domestic Violence etc.,

How to Resolve?

Resolving these, is not possible over night. But some steps need to be taken without any delay. Dear Women, believe that you can bring a change in the society. You are the one who bring men to this world; you bring them up. So it is in your hands to make men understand the power of women. Start executing gender equality in your home. Educate your daughters and sons equally. Teach your son(s) to treat women with due respect. Wonders may happen in the society in the next generation.





Recurrent Pregnancy Loss and its Management

Definition

- According to American Society of Reproductive Medicine, Recurrent Pregnancy Loss (RPL) is two or more clinical pregnancy loss documented by either ultrasonography or approved in a histopathologic examination.
- According to European Society of Human Reproduction and Endocrinology, RPL is three or more consecutive pregnancy loss before 24 weeks gestation.
- In our Indian setup we start investigating after two pregnancy losses.

Primary Vs Secondary

Primary RPL is defined as pregnancy loss with no previous live births, while secondary RPL refers to women with pregnancy loss and at least one live birth.

Etiology

- Unexplained - 50%
- Chromosomal Aberrations - 19%
- Endocrine - 16%
- Anatomic abnormalities - 12%
- Antiphospholipid syndrome - 3%



Risk Factors

- Increased Maternal Age
- Obesity
- Diabetes
- Smoking and Alcohol Consumption
- PCOS
- Hyper prolactinemia

Treatment of RPL

- Psychological support with tender loving care might be the most important to encourage such couples to continue to conceive until a live birth results.
- It is important to make the patients aware that no medications have been established to improve the live birth rate. The clinical significance of examination of the mutations is not yet well established in patients with RPL.
- Annexin A5 is a placental anticoagulant protein and is reported to be one of the true antigens of aPLs. Four cross-sectional studies have shown positive associations between ANXA5 SNPs and RPL



SOCIAL AWARENESS



Pap smear Examination is done at Vanavil in a Medical Camp Held on Mothers Day

Mothers are the persons who brought us to this world. They always occupy a permanent place in their children’s heart. Vanavil regularly celebrates **Mother’s Day** to honour the mother in you. Last year’s Mother’s day Function was inaugurated by my lovely mother Mrs. Vijaya Rajagopal. We want our mothers to be healthy in their twilight years



Vanavil always honours women . Iron deficiency is a common cause of anemia in women. A Medical camp to identify Iron Deficiency / Anemia was organized at Vanavil on the occasion of **Women’s Day**. Our Staffs’ Kids performing dance on Women’s Day



VALAIKAPPU at Vanavil is a routine affair. Becoming a mother is always special for every woman. Vanavil celebrating the mothers’ joy.



ACADEMIC ACTIVITIES



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Case Report

POSTERIOR REVERSIBLE ENCEPHALOPATHY SYNDROME WITHOUT SEIZURE IN A WOMAN WITH LATE POSTPARTUM ECLAMPSIA

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ABSTRACT

Posterior reversible encephalopathy syndrome (PRES) also known as Reversible Posterior Leukoencephalopathy Syndrome (RPLS), is a syndrome characterized by headache, confusion, visual disturbances and seizures. It may occur due to a number of causes predominantly malignant hypertension, eclampsia and some medical treatments. MRI is gold standard for diagnosing cerebral changes due to PRES. We report a 31-year-old primi with a no history of preeclampsia during pregnancy complicated by PRES without seizures at the postpartum period. Complete resolution without any complications was observed on the 8th day after delivery. Early recognition and proper treatment results in complete reversibility of this condition.

Honoured to Receive the Prestigious FICOG from one of my idols Prof. Dr. Purandare, A doyen of OB/GYN

Our paper on Posterior Reversible Encephalopathy Syndrome without Seizure in a Woman with late Postpartum Eclampsia was published in **Indian Journal of Medical Case Reports**, One of the Peer Reviewed Journals



Ovarian Mass of 10 cm size Removed in an Emergency Laprotomy



Couvelarie Uterus During LSCS. Uterus saved



During a Laproscopic procedure at Vanavil



5 Kg Fibroid uterus removed from 50 year old perimenopausal lady complaining of mass abdomen.



Ectopic Pregnancy removed by Emergency Laprotomy



TIPS TO EATING HEALTHY DURING PREGNANCY

- Don't forget breakfast.
- Eat foods with fibre.
- Choose healthy snacks.
- Eat up to 12 ounces a week (2 average meals) of fish or shellfish.
- Stay away from soft cheeses and lunch meat.
- Limit caffeine and avoid alcohol.

Do You Know?



Anandibai Gopalrao Joshi became the first Indian female physician in the year 1887. She was also the first Indian woman who was trained in Western medicine and the first woman to travel to the United States of America.

FUN TIME

1. Pronounced as one letter but written with three, only two different letters are used to make me.
2. What word, when written in capital letters, is the same forwards, backwards and upside down?

Answers on page 7



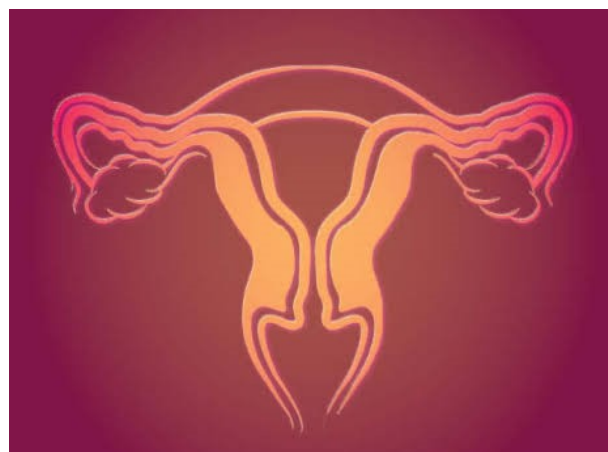
OUR SUCCESS STORIES

- Delivering a 4.1 KG weighing baby vaginally was one of the jewels in our crown.
- We did a successful delivery for a Bicornuate uterus patient.
- Succeeded in treating a patient with a bad obstetric history of 4-5 abortions.
- A patient, age 32 years was undergoing infertility treatment for more than 10 years in different places. We got succeeded in just 1 visit after the procedure SALINE SONOGRAPHY.
- IUI done and success achieved in a patient with 3 years infertility
- Hysterectomy done to a patient, age 42 years, with severe anemia and asthma
- Hysterectomy for a patient of age 48 years, with uncontrolled diabetes was performed successfully.

Our success story doesn't end here. It will continue and Vanavil Medical Centre will add colors to women's life by treating Obstetric/Gynecology problems

KEY SPECIALITIES

- High Risk Pregnancy care
- Adolescent Gynecology
- Fertility Care
- Laparoscopic & Hysteroscopic surgeries
- Hysterectomy (Open / Lap)
- Ovarian Cystectomy (Open / Lap)
- Menopause and it's management



FACILITIES AT VANAVIL

- Antenatal Screening
- Ultra Sonography
- PCOD Counseling
- Phototherapy
- 24 Hrs Pharmacy
- Diagnostic Lab Services
- ECHO
- ECG



Ans for Fun Time
1. EYE
2. NOON

Vanavil Vannam

VANAVIL MEDICAL CENTRE, established in 2013



An ISO 9001: 2015 Certified Hospital

THE VANAVIL TEAM

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