

# VANAVIL VANNAM - 2



## From the Editor's Desk

Dear Reader,

Greetings from Vanavil Medical Centre.

We feel happy to communicate with all of you again in 2021. After a forgetful year of 2020, due to covid19, we are here to share our own experiences with you all. Covid19 created a scare in everyone's life .It put us under severe hardship and all strata of life were affected .

Despite undergoing severe hardship in wearing N95 masks, social distancing and PPEs, we strived very hard not to let the disease break our resolve and spirit. We are grateful to the Almighty to have survived this great pandemic. We request everyone to get vaccinated against Covid 19 as this is one our best weapons to fight against the dreadful disease.

This edition of “**Vanavil Vannam** “is now an annual newsletter echoing all our activities for the year 2020. We did achieve something inspite of the hardship and served for the betterment of the society.

Happy Reading

With Warm Regards,

Dr.R.Umamaheswari,

Managing Director,

Vanavil Medical Centre.



## PREGNANCY DURING THIS COVID PANDEMIC



### Is it safe to become pregnant during the pandemic?

COVID-19 is still a new disease that we are learning more about each day. We still have relatively little information about how this virus affects pregnant people and their pregnancies. We know this has been a scary time for most people. Many people are living through their first pandemic, and just getting household essentials has been a challenge some days.

If you are pregnant or thinking about becoming pregnant, you're likely concerned about how the pandemic will impact your pregnancy. It's common to feel alarmed and stressed throughout this time, as starting or expanding a family brings up new questions. During pandemic outbreaks, recommendations to delay pregnancy are a complicated, controversial, and multifactorial issue — and so far, this recommendation has not been made.

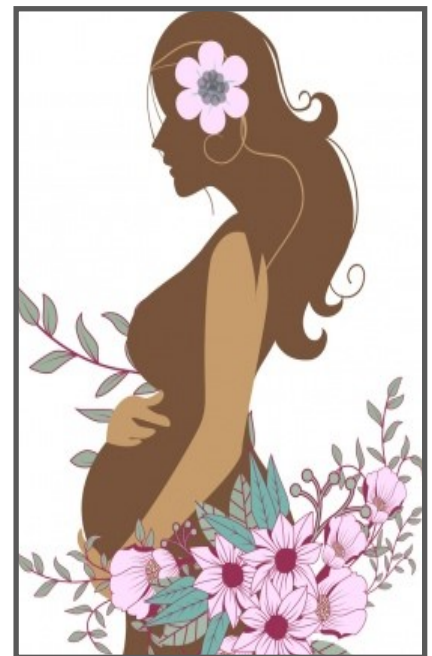
The physiologic changes of pregnancy make pregnant people more likely to experience respiratory illness in general. Changes to both heart and lung function, as well as the immune system, make pregnant people vulnerable to infection. As a pregnant person or someone who hopes to be pregnant soon, you may need to be more cautious about COVID-19 than the average person.

Pregnant people who have symptoms of COVID-19 may be at an increased risk for more severe illness compared to non-pregnant people. In this case, severity is linked with more ICU admissions, use of ventilators, and death. Pregnant people who have other medical conditions might be at further increased risk for severe illness. Since COVID-19 is so new, more research is needed to know specifically how this virus impacts pregnant people.

The Centers for Disease Control and Prevention (CDC) in June released a report that suggested **pregnant** women with COVID-19 might be at higher **risk** for severe illness. However, it also found that **pregnant** women with COVID-19 appear at no greater **risk** of dying from the virus than nonpregnant women their age.

**Intense the love that she showers**

**And we call her “Mother”**





## A DREAM COME TRUE FOR MrsR



Mrs.R came to our hospital for years of infertility . Before consulting our Vanavil, she has taken treatment in several hospitals but the result was negative. She was very depressed. Vanavil gave her the hope that she too can become a mother .It was made possible by loving care and guidance at Vanavil.

Mrs.R's dream for motherhood has come true by our doctors and nurses care and compassion. Mrs.R gave birth to a hale and healthy child. She and her entire family were very happy and very thankful to Vanavil. Not only Mrs.R, there are many women, who have attained motherhood because of our dream to help women attain their dreams. Vanavil Medical Centre serves women in all stages of life with compassion.

### NUTRITION CORNER

#### Uludhu Kali Receipe

**Ingredients:-** Black Whole Urud Dal, Palm Jaggery (Karupatti) & Gingelly Oil.

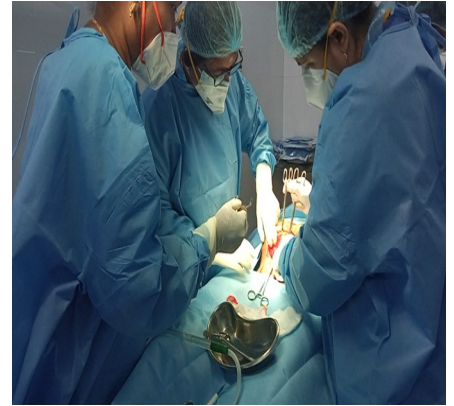
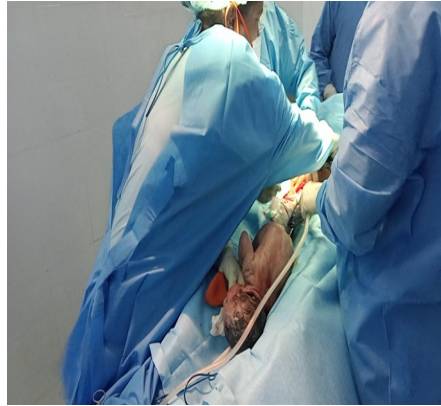
**Preparation:-**Add 1 cup of black urud dal in pan and dry roast it till it turns golden brown, roast two spoon of raw rice in low flame and add it to urud dall and grind it well, melt 2 cups of jiggery in 1 cup of water and filter the syrup. Boil 2 cups of water in low flame, by the time mix powdered blend with 2 cups of water till it comes like dosa batter, now add this to boiling water and mix it well. After it gets half cooked , add jaggery syrup and a pinch of cardamom powder to it and stir it continuously. The mixture will come to halwa consistency, now slowly add 1/2 cup gingelly oil and mix it until it thickens and the mixture will get separated from the vessel. Ulundhu kali will be ready and you serve ot hot and you can also it for 15 days.

**Benefits :-** Ulundhu kali is a traditional tamil sweet that is very healthy and nutritious. It is very good for girls and women as it strengthens hip bones. This is prepared adding gingelly oil and palm jiggery. This healthy sweet can be served once in a week to pregnant women to strengthen bones.



# COVID 19 INFECTION CONTROL ACTIVITIES & SOCIAL AWARENESS OUR SERVICE TO PATIENT DURING THIS PANDEMIC

Conducting normal deliveries, LSCS & Surgeries with full PPE's and with all precautions during this pandemic



PATIENTS WERE GIVEN HEALTH EDUCATION REGARDING IMPORTANCE OF SOCIAL DISTANCING MASKS, AND SANITIZATION



TEMPERATURE , SPO2 AND PULSE RATE HAS BEEN MONITORED TO EACH AND EVERY PERSON BEFORE ENTERING THE OP. SOCIAL DISTANCE MAINTAINED IN THE WAITING AREA TO AVOID CROWD AND HOSPITAL ACQUIRED INFECTIONS.



# ACADEMIC ACTIVITIES



Our Chief consultant, Dr R.Umamaheswari has given an exclusive interview in Tamilan TV. regarding women welfare and lifestyle modifications to be done to lead a healthy life .She specifically spoke about the importance of adolescence in a girl's life.

We have successfully completed our Entry Level Assessment in NABH and awaiting for our certification process.

We feel proud that all our staffs have taken both doses of Covid -19 vaccine to protect ourselves as well as the patients during this pandemic period and to create the awareness between patients about the vaccination .

Our Vanavil Vannam 1 Quarterly Newsletter release by Dr. A.R. CHAKRAVARTHY , MBBS,MD (OG), - Senior Con.Obstetrician & Gynecologist



## BENEFITS OF LAUGHING

- \* Reduces heart disease
- \* Natural pain killer
- \* Improves breathing
- \* Helps you lose weight
- \* Gives you sleep
- \* Decreases stress
- \* Makes you look young

## FUN CORNER



பக்கத்து வீட்டு குக்கர்ல விசில் வருது. கூடவே கறி வாசமும் வருது. இஞ்சி பூண்டு மசாலா தூக்கலா போட்டு மட்டனை வேக வைக்கிறாங்கபோல. ஆச்சா, வெறும் பத்தே பத்து செகண்டில கரோனா டெஸ்ட் ஓவர். ரிசல்ட் நெகட்டிவ்.





## The Magnificent Story of India's Legendary Boxing Star



**MARY KOM**— Mary was born to Tonpa Kom and Akham Kom poor peasants in Kangathei, Manipur one of the backward regions of the seven North-Eastern states and in those days, it was a strife-torn state. Mary Kom grew in the midst of poverty and famine. Kom was very much interested in playing different sports during her schooling days. She started off by participating in the various athletic competitions mostly related to Discus Throw and Shot Put. However, she started following a famous Manipuri boxer Dingko Singh and soon took up picked up the boxing gloves. She is a 5-time World Amateur Boxing Champion, and the only woman boxer

er to win a medal in the six [world championships](#) apiece. In 2012, Mary became (and remains) the only Indian woman boxer to qualify for the Summer Olympics when she competed in the London Olympics. She went on to clinch the bronze medal in the 51 kg flyweight category.

Mary Kom did not give up boxing after marriage. She kept on pursuing her career after marriage with her husband's all-round support. They overcame a lot of social norms and negative criticism and achieved success, especially after her marriage. Together they welcomed twin boys in 2007. Mary gave birth to her third son in 2013. After that, she went on to win her Olympic medal in 2012 a bronze in the 51kg freestyle category. In November 2018, Mary Kom is ranked as the No. 1 boxer in the women's 45-48 kg category with 500 points along with Russia's Paltceva Ekaterina. Kom is also the first Indian woman boxer to earn a Gold Medal at the Asian Games and at the Commonwealth Games 2018. Kom is also as a member of the Rajya Sabha after being nominated by the President of India on 26 April 2016. Mary is an active supporter of wild animals.



**Marriage and motherhood never stopped the achievements of Mary Kom.** Mary Kom became an inspiration for women, when she broke the beliefs that married women especially mothers cannot become successful athlete, through her grit and determination. *“If I being a mother of two can win a medal, so can all. Take me as an example and don't give up.”* – Mary Kom

## PRECOCIOUS PUBERTY



### DEFINITION :-

Development of progressive secondary sexual characteristics before the age of 8 years and menarche before 9 years.

Types :-

- GnRH dependent → True / Complete / Central
- GnRH Independent → Pseudo / Peripheral

Causes :-

#### I. Central (or) True Precocious Puberty

##### A – Complete

- Constitutional - Commonest
- Juvenile primary hypothyroidism
- Intra cranial lesion like tumours, trauma, Infections.

##### B – Incomplete

- Premature Thelarche
- Premature Puberarche
- Premature Menarche

#### II. Pseudo precocious puberty

- A – Ovarian Tumour
- B – Adrenal Hypoplasia
- C – Liver Hepatoblastoma

- D – Iatrogenic
  - Estrogen Intake
  - Androgen Intake

### Diagnosis:

Constitutional type is the commonest Types:

- H/O early menarche of mother & sister.
- X-Ray hand & wrist for bone age.
- Pelvic USG to rule out ovarian pathology.
- CT / MRI Brain to exclude
- Thyroid Profile
- TSH, LH, 17 OH progesterone, dehydroepiandrosterone (DHEA)

Treatment:

#### The goals of Medicine

- To reduce gonadotrophins secretion
- To decrease the growth rate to normal and slowing the skeletal maturation.
- To protect the girls from sexual abuse.

The drug of choice is GnRH agonist till the age of 11 years.

Buserilin nasal spray 100 micro grams / daily

Depot form Inj. Leuprolide 3.75 mgs monthly once.

Ways To  
Help Your Child Deal With  
**Early Puberty!**



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**VANAVIL MEDICAL CENTRE, established in 2013**  
**An ISO 9001: 2015 Certified Hospital**

## OUR VANAVIL TEAM

Dr. UMA MAHESWARI ,DNB (OG), FICOG., MNAMS., DGO., Chief Obstetrician and Gynecologist

Dr. RANI ,MBBS., DGO Con. Obstetrician and Gynecologist

Dr. P. SANGAMESWARAN ,MS MCH Urologist and Andrologist

Dr. J. CHANDRU ,MD Diabetology and General Medicine

Dr. K. ATHMARTHAN ,MBBS DCH Pediatrician

Dr. E. ELAVARASU ,MBBS DMRD Radiologist

Dr. U.V. Gokul M.B.B.S., Resident Medical Officer

We are Specialised in:-

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

Our Facilities:-

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



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