



VANAVIL MEDICAL CENTRE, established in 2013
NABH Accredited Hospital (Entry Level)
An ISO 9001: 2015 Certified Hospital



Dear Reader,

Warm regards from Vanavil Medical Centre, we are feeling proud for wishing you & your family a Happy and Prosperous New Year & Happy Pongal. This edition of “**Vanavil Vannam - 3**” is now an Opening newsletter of 2023 and it also reflect our activities of previous year 2022.

Dr.R.Umamaheswari
Managing Director
Vanavil Medical Centre



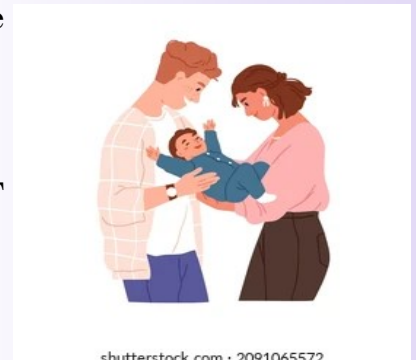
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Our Journey of Success

Our wish and motive is to make our patients dream of becoming a parent to become true. We are continuously concentrating and working more in fertility care to ensure motherhood for each and every patient who are under our treatment for infertility. We wish to share few of our success stories here

- * An elderly women aged 33 years came to our clinic after consulting so many doctors and underwent several investigations her result was negative. She was so much depressed of not getting a positive result even after undergoing several investigations and spending of lots money. Our doctor started her treatment first for patient's depression through counselling for both the couples and made them believe that they can also become Parents. After getting negative results from Follicular induction, IUI & IVF induction our doctor prepared the patient mentally and physically for ICSI treatment. Our doctor succeeded in the first attempt itself and patient got conceived through our ICSI treatment. After our continuous care and frequent monitoring of pregnancy patient delivered an alive & healthy girl baby and happily cherishing her motherhood.
- * Here is another mother with same H/O Null Gravida came for the Fertility care in our hospital. She was given the hope and moral support by our doctor. Patient underwent Laprotomy with Myomectomy. With our doctor's continuous care and treatment patient got conceived through IVF induction . This happy mother is waiting to enjoy her motherhood in the March.
- * Mrs.I was treated in our clinic with H/O Nulli Gravida , now she is in 8 weeks of gestation through our IVF induction. Patient is happy and thankful to our doctor's service. Not only through IVF & ICSI our doctor is also giving her best success rate in Follicular induction.
- * Mrs.D married for 2 years came to our clinic for fertility care, got conceived through follicular induction in the 3rd cycle. Patient was monitored and investigated continuously throughout her pregnancy and she delivered an alive & healthy female baby through normal delivery.



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All these was achieved through our doctor's tireless and dedicated service. We are all working together continuously to achieve more and more success in future to make all the patients feeling happy and enjoy their rights to become parents.

PARENTHOOD

One of the greatest titles in the world is "PARENT", one of the biggest blessings in the world is to have parents to call Mom and Dad.

- Jim DeMint



VAGINAL HYGIENE

Proper vaginal hygiene is extremely important for a woman's health. Whether or not you're of reproductive age, keeping the vulva clean the correct way can make a huge difference when it comes to vaginal infections. Your vagina is a sensitive area and, thankfully, maintaining good hygiene is incredibly simple. The most important part about vaginal hygiene is maintaining its pH. A normal vaginal pH tends to be slightly acidic and when this is thrown off, women start to experience symptoms of infections. These symptoms might include irritation, itchiness and pain. Some women are more sensitive to vaginal changes, particularly during pregnancy. The pH can be altered by any foreign substance that's introduced into your vagina – so think twice about what enters your vagina to avoid disrupting its protective environment. At the same time, don't strictly focus on the vagina itself but also the surrounding external area. Here are several tips to maintain proper vaginal hygiene.



Washing.

Maintaining a clean vagina means regular, *gentle* bathing on the outside (remember, not inside!) of the vagina. Water is the best cleanser – possibly with a mild soap – but less is always more in this case. Your vagina does not need to smell like flowers. Do not douche as it can disrupt the pH and strip the vagina of necessary bacteria, causing infections and irritation.

- ◆ Wash the area with warm water daily, even if you skip a shower.
- ◆ Avoid using scented soaps and gels. The scents can irritate the area and will only serve as a mask to cover up an actual issue that might be causing odor.
- ◆ Even if you're experiencing vaginal odor and other problems, douching will only cover up the problem and possibly make it worse – not fix it.
- ◆ After using the toilet, wipe front to back. Even better, rinse with warm water to remove unwanted bacteria and pat dry.
- ◆ Don't shave the entire pubic area, which can cause irritation. Cuts and nicks can also introduce unwanted bacteria. The hair exists to protect the region, so trim back if necessary with scissors, not a razor. Do not use hair removal cream, which burns off hair and can be especially harsh on the skin.



Clothing

The key to good vaginal hygiene is to make sure your external pubic area (not the vagina itself) remains as dry as possible. Moisture can promote the growth of bacteria. Try to wear clothes that allow the area to breathe.

- Avoid tight-fitting pants that restrict air circulation in the vaginal area.
- Wear cotton underwear over synthetic fabric. Cotton is better at absorbing moisture.
- Change your clothes and underwear after the gym.
- Don't wear a thong while exercising. The constant movement will introduce anal bacteria into the vagina and cause infections.
- Avoid wearing a wet swimsuit all day.
- Change your underwear twice a day if you have extra discharge to avoid sitting in damp underwear.

General vaginal hygiene

Change tampons, pads and liners at least 4-5 times a day. It may help to also wash or wipe the area regularly during your period. Avoid scented versions of these products too.

For yeast infections, it can help to eat yogurt. It contains lactobacillus acidophilus which helps create the acidic environment your vagina requires and combats the growth of yeast. However, do *not* put yogurt into your vagina. The sugar in yogurt can exacerbate the infection by encouraging the yeast to grow even more. Probiotics are a good source of lactobacillus as well and these can be taken daily as per your doctor's advice.

Vaginal health: Why is it important?

While it is hardly spoken of, vaginal health is extremely important. Ignoring the problems associated with poor vaginal hygiene can lead to many complications in the future. From affecting your sex drive to fertility to your ability to reaching an orgasm, being indifferent about your vaginal health can have adverse effects. That said, every woman should be aware of the signs and symptoms of vaginal problems and take important measures to ensure a healthy vagina.



While on the topic of food: Don't put any food in your vagina. Sea salt, vinegar, garlic, and other so-called home remedies should not be inserted into the vagina. Anything that's being inserted into your vagina to treat infections should come from the direction of your doctor. Just like menstruation, vaginal hygiene is a taboo subject in India. Many women till date refrain from talking or sharing tips on how to maintain feminine hygiene. However, it is important to know about vaginal hygiene to keep your genitals clean and your reproductive tract healthy. No matter what age you are, there are few basic vaginal hygiene rules every woman should know about. Ignoring the problems associated with poor vaginal hygiene can lead to many complications in the future. From affecting your sex drive to fertility to your ability to reaching an orgasm, being indifferent about your vaginal health can have adverse effects. That said, every woman should be aware of the signs and symptoms of vaginal problems and take important measures to ensure a healthy vagina.

1. Keep the undergarments dry

Not wiping the vagina after urinating can cause the panties to get wet, which can not only lead to bad odour but put you at risk of vaginal infections. Hence, it is always advised to wipe the area using toilet paper or a soft cloth so your underwear is always dry.

The vaginal fluid or discharge is a part of a healthy vaginal environment. The use of products such as talcum powder or excessive wiping of the vagina can make it very dry which can cause itchiness and vaginal dryness. It can also lead to pain during sex and make it prone to injury. Moreover, according to a research study it was reported that perineal use of talcum powder can increase the risk of endometrial cancer.

2. Change sanitary pads after 4-6 hours

Women who have normal blood flow should change a sanitary napkin every four-six hours. The same applies to the days when you have light blood flow. However, if you have heavy flow during menstruation then changing sanitary pads every 3-4 hours is a must. If you are using a tampon, then change it every six hours without fail. Also, clean the area every time you visit a washroom during menstruation.

If sanitary napkins or tampons are not changed for a long time, it can lead to skin rashes and bad odour. In certain cases, it can also put you at risk of infections. Also, some women tend to use reusable cloth pads, which needs to be washed and dried properly before using it.

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3. Clean the vagina after intercourse without fail

Make it a habit to clean the vagina every time after indulging in sex. This is because body fluids and particles from condoms can cause irritation. Also, not cleaning up after the act can make you prone to vaginal infections. So always clean the vagina after sex with water to prevent infections like urinary tract infections (UTIs).

4. Avoid using soap while washing your vagina

Avoid using harsh soaps or scented soaps to clean the vagina. The use of soaps laden with harmful chemicals such as glycerol, perfumes and antiseptics can affect the healthy balance of the bacteria in the vagina. Moreover, it can also change the pH in the vaginal region, which can cause irritation and lead to the growth of unhealthy bacteria. Instead use plain soap and water, preferably lukewarm water to wash the area around the vagina.

5. Avoid douching

A douche is a device which flushes up water into the vagina to clean vaginal secretions. Douching involves the use of certain chemicals which can interfere with the vaginal pH. This can, in turn, disrupt the normal vaginal bacteria. Moreover, there is no evidence that douching can protect you against sexually transmitted infections or vaginal infections.

6. Say no to scented feminine hygiene products

It is not a good idea to use feminine hygiene products such as scented wipes, vaginal deodorants or scrubs to keep the vagina healthy. In fact, these products can worsen the condition and make you prone to infections. Moreover, using vaginal scrubs can lead to peeling of the skin, which can further up your risk of infections.

7. Practice safe sex

Unprotected sex carries the risk of sexually transmitted infections (STIs) such as chlamydia, gonorrhoea, herpes, warts, syphilis and human immunodeficiency virus (HIV). Hence, using protection such as condoms every time you have sex is one of the simplest and effective ways to prevent STIs and vaginal infections and unwanted pregnancies. But before you use one, check if you are allergic to the material of the condom and pick the one that suits you.



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8. Avoid wearing tight clothes

You should wear undergarments made from breathable fabrics like cotton. This is because wearing tight clothes and inners made from synthetic fabrics cause sweating due to reduced air circulation. Excessive sweating and moisture can lead to the growth of bacteria and yeast, causing vaginal infection. Avoid using leather pants, tight spandex, and wet bathing suits for a long period of time. Also, do change your clothes after working out or exercising or any activity which can be sweaty.

9. Learn the right way to wipe

Are you wiping the area down the right way? Well, probably not! The right way to clean the vagina is from front to back (the vagina to the anus) and not the other way round. This is because, if you do the other way, then the chances of dragging the harmful bacteria to the vaginal are high. So if you have been wiping in the wrong direction, then it is time to change.

10. Do not shave pubic hair

Some women prefer shaving pubic hair as they think the pubic hair looks gross and unclean. But if research has to be believed, pubic hair acts as a safety net which protects the vulva (outer part of the female genitalia that surrounds the opening of the vagina) from bacterial infections. Moreover, the use of non-electric shaving methods such as razors for shaving the genital hair was found to cause genital injuries. Also, if you are planning to get it done at a parlour, then beware of the products used which might be laden with chemicals and instruments which can be used without cleaning.

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11. Do not ignore signs of vaginal infections

Lastly, but most importantly, do not ignore any signs and symptoms of vaginal infections. Whether you have a stinky smell or excessive vaginal discharge or coloured vaginal discharge, do consult your doctor immediately. Also, do not ignore an itchy vagina or pain in the vaginal region as it could be a sign of an underlying health condition.

12. Never try self-medication

Most women are reluctant to consult a gynaecologist when it comes to infections or diseases of the genital areas such as ringworm infection, pubic lice infection, vaginal dryness, or itching. They, in fact, try some quick home remedies such as using baking soda solution to wash the vagina or applying some homemade paste to get rid of the odour. Moreover, using over the counter antifungal or antibacterial ointment or creams is the go-to remedy if home remedies fail to provide any relief. But this approach is completely wrong. It is best to consult a doctor for all these problems.

Every woman should follow these basic feminine hygiene tips to ensure a healthy vagina. Do share this information with all your friends to spread awareness including your daughters. Because knowing these tips right from puberty can make a huge difference in the overall health and wellness.

Few Tips to keep your vagina healthy :-

- ⇒ Use warm water to wash the vulva. ...
- ⇒ The vagina cleanses itself naturally in the form of normal, vaginal discharge. ...
- ⇒ Wear only white, 100 percent cotton underwear. ...
- ⇒ Avoid wearing thongs.
- ⇒ Rinse underclothes carefully after washing or double-rinse. ...
- ⇒ Wash new underclothes before wearing.
- ⇒ During sex, bacteria can sometimes get into the urethra. After sex, make sure you urinate to flush out bacteria and avoid contracting a urinary tract infection.
- ⇒ You should also shower or at least clean the vulva after sex with warm water and thoroughly dry.

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ORAL HYGIENE

Oral hygiene is the practice of keeping your mouth clean and disease-free. It involves brushing and flossing your teeth as well as visiting your dentist regularly for dental X-rays, exams and cleanings.

Maintain a healthy set of teeth in just 5 easy oral hygiene steps:



Brush:- Twice a day, use a soft bristled toothbrush and a toothpaste that contains fluoride. Wait 30-45 minutes after you eat or drink, so the acids in your mouth drop to normal levels. Brush after breakfast, and again before bed – after you're done eating and drinking for the day.

Floss:- Once a day, use dental floss to clean the tight spaces between your teeth. Floss before you brush – that way the fluoride in your toothpaste can coat more of the surface of each

tooth. Choose a time of day when you aren't rushed, so you can take your time and clean each tooth carefully.

Rinse:- Talk with your dentist about what kind of mouthwash you should use, and how often. Some kill bacteria, some contain fluoride, and some do both. After you use mouthwash, don't eat, drink, or rinse your mouth for 30 minutes.

Chew gum:- After you eat, pop in a piece of sugar-free gum sweetened with xylitol. Xylitol kills the

bacteria that cause cavities, and gum in general makes more saliva in your mouth, which helps to bring down acid levels. Chew gum for about 20 minutes after you eat.

Rinse again:- If you're out and don't have gum or a toothbrush, rinse your mouth with water to loosen food particles from between your teeth, and reduce the acids in your mouth.





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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. E. ELAVARASU ,MBBS DMRD Radiologist

Dr.Ashok M.D., (Pead)

Dr. U.V. Gokul M.S., (Ortho)

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



EDITORIAL TEAM :-

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