



WELL BEING

NEWS LETTER

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VOLUME - 01 - ISSUE No 1 - FOR PRIVATE CIRCULATION ONLY
APRIL 2025



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Dear Readers,

Greetings from BRJ Ortho Centre & MAK Hospital Family, On behalf of the entire team, and under the steadfast leadership of Dr. BRJ Satish Kumar, we extend our warmest wishes for your continued health and well-being. Since 2014, BRJ Ortho Centre & MAK Hospital has been dedicated to providing personalized medical care, and we remain deeply committed to this mission. As we unveil our first newsletter, we aim to bring you even more insightful and valuable information, reflecting the advancements and dedication that define our institution. Our Hospitals vision has always been rooted in the pursuit of excellence and a deep sense of responsibility to our community. This vision drives our continuous investment in cutting-edge technology and innovative practices, ensuring that you receive the highest standard of care possible. We understand that healthcare is not just about treating ailments; it's about fostering a supportive and compassionate environment where patients feel heard and valued. Our commitment extends beyond our hospital walls. We believe in giving back to the community that has placed its trust in us. Our Hospitals unwavering dedication to community service supports those in need and to make a meaningful difference in the lives of others. This year, we have exciting plans to further strengthen our community outreach and enhance the healthcare services we provide. We are immensely grateful for your continued support and trust. Your feedback is invaluable to us, and we encourage you to reach out with any questions or comments. We are here to serve you and to ensure that your healthcare journey is as comfortable and seamless as possible. As we move forward, we remain dedicated to upholding the legacy of excellence and compassion that Dr. BRJ Satish Kumar has instilled in us. We invite you to explore our new newsletter, visit our website, or contact us directly to learn more about the services and initiatives we offer.

Thank you for being a vital part of the BRJ Ortho Centre & MAK Hospital family. We look forward to continuing to serve you with the highest quality healthcare, guided by BRJ MAK Teams unwavering commitment to your well-being.

Sincerely,

Editor, BRJ Ortho Centre & MAK Hospital Newsletter

Heat related illnesses & Hyperthermia



Dr Yoganandh.T, MBBS MD (General Medicine)

Human body has the ability to control its temperature in a tight range. But when the surrounding heat is high such as during summers and heat wave conditions etc, we are susceptible to different forms of heat related illnesses. These include

1. Heat rash which is a skin related condition and
2. Heat stress
3. Heat exhaustion
4. Heat cramps
5. Heat stroke

which are various degrees of hyperthermia (high body temperature)

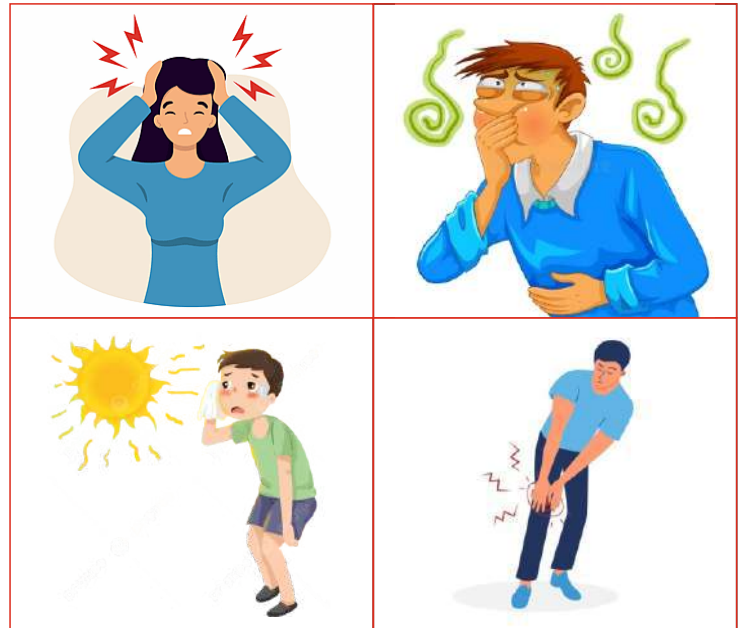
Who are all are at risk?

Practically everyone of us are susceptible. But the especial risk group are the elderly, those who are chronically ill, people with mental health conditions, children, pregnant women and those who are exposed to high heat occupationally

What are the symptoms

- Heavy sweating
- Extreme tiredness after heat exposure
- Headache
- Nausea
- And when it becomes extreme, may cause dry and sweat-less skin which may be red and hot
- Muscle cramps
- Loss of consciousness

Please remember the progression from one to other may be very rapid and may not be recognised at all unless we are aware.



How are pregnant ladies affected

Due to the physiological changes in the body when pregnant, heat related illness is extreme temperatures is a risk. They can become tired with increased thirst, dry mouth, poor appetite and if not intervened can develop muscle cramps, headache, dizziness and low BP. This condition not only affects the mother but puts the foetus also into risk.

Elderly

Mortality is seen in those who are above 50 years of age and have chronic diseases like heart, lung, kidney diseases, those who are on diuretics (which cause increased urine output), tranquilizers, anti-psychotic drugs etc.

Sweating may be impaired due to old age skin changes or due to drugs which cause reduction in sweating. Alcohol consumption can increase the risk of heat related illness.

Occupation exposure

Those working in fields under sun and those who are exposed to heat in closed environment such as factories with machines producing excessive heat are at risk and the fatigue may be misjudged as physical exhaustion rather than a sign of heat related illness. Those who have comorbidities requiring drug intake should be careful

What precautions can be taken

- General measures like avoiding strenuous exercise, work during the hot phases of the day.
- Adequate hydration.
- Avoiding alcoholic beverages, caffeinated and sugary drinks.
- Wearing appropriate light clothing

At home and indoors

Using fans, keeping windows and doors open during morning and evening, using exhaust fans during hot phases to push out hot air, ice containers in front of fans, wearing light absorbent cloth, using wet sheets in front of windows all help in reducing the room temperature. An air conditioner is ideal when the temperature is extremely high

Outdoors

Avoid going out or working outdoors during hot weather. Children may be allowed to play in shallow tubs with cool water with proper adult supervision. Cooking can be shifted outdoors especially while using grills.

Personal cooling

Bathing in cool water, spraying with cold water when feeling very hot, taking adequate amount of water to prevent dehydration.

How to recognise danger signs?

When a person who is vulnerable to heat stroke complains of the following signs and symptoms, it may be indication of impending Heat stroke (extreme form of heat related illness)

Headache, dizziness, confusion, hot, dry and red skin, extreme tiredness, vomiting, seizures or unconsciousness.

How to manage

Call for immediate medical help. Meanwhile, cooling can be initiated by shifting the patient to a cool place, removing heavy clothing, using ice packs or wet cloth over armpits, neck forehead, groin. If seizures occur, the the head should be slightly turned to side and to prevent tongue bite a firm gag (like a folded piece of cloth kept between teeth) may help. Aspirin or paracetamol should not be given in hyperthermia. The body temperature should be reduced to below 102°F by cooling methods

Pregnant women should avoid going into hot environment, take adequate water and carry water if going out, consult the doctor in case of any complaints. In outdoor settings, shift the victim to a cool and shaded area and intimate the supervisors/medical personal and initiate cooling measures

The elderly, chronically ill and those who are on drugs which have potential to cause hyperthermia should consult the doctor for advise. Should not stop any of the drugs without proper medical advise. By taking proper measures, people can prevent developing heat related illness which may be fatal if unrecognised or untreated.

Stay cool, stay safe



A Medical camp was organized at Aravangadu, Nilgiris for public and their families in association with Aravangadu Badugar Nala Sangam. Nilgiri Seva Kendram, Nanga Badugar Peravai, Badugar youth Peravai. at Ayyappan Temple, Aravangadu.



Shasti Institute of Medical Sciences Chennai conducted a Physiotherapy workshop on K Taping, Dry Needling and IASTM at BRJ Ortho Center & MAK Hospital Coimbatore from march 14 to 16, 2025. It was Inaugurated by Dr S Bhagavath Kumar, Director, in the presence of Dr Ragunath Founder & Chairman, Shasti Groups. Dr Mujeebur Rahman, Director visited the venue and was honored by Dr Ragunath Founder & Chairman, Shasti Groups.

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PRS Hospital Medical Camp on March 1st, 2025

A Medical camp was organized at PRS Hospital in Avinashi road for police and their families. More than 50 Police personnel and their families were benefitted in this camp.



WOMENS DAY AT BRJMAK - Mega camp held on March 8th 2025

BRJ Orthocentre & MAK Hospital, organized a Free Mega Health Camp on March 8th, 2025, Saturday, to commemorate International Women's Day. This health camp aimed to provide essential healthcare services to women in our community, including basic health checks, specialist consultations, bone density scans, dental checkups, vision screenings, and more. Patients from diverse areas of Coimbatore expressed their gratitude for the accessible and comprehensive healthcare services provided. Many women highlighted the importance of such initiatives in promoting preventive care and addressing their specific health concerns. The success of the camp underscores BRJ Orthocentre & MAK Hospital's commitment to providing accessible and quality healthcare services to the community. The hospital's multidisciplinary team of specialists and state-of-the-art facilities ensured a seamless and beneficial experience for all participants.



Medical Camp at Paalamalai on March 9th, 2025

A Medical camp was organized at Paalamalai for public and their families in association with Sri Ramakrishna Mission Vidhyalam, Perianaickenpalayam



"Magalir Mattum" Event along with Dinamalar for womens day.

"Magalir Mattum" Event a Resounding Success with BRJ Orthocentre and MAK Hospital Partnership. The Women's Day event, organized by Dinamalar at the Hindustan College Auditorium on March 16th, 2025, concluded with overwhelming success, thanks in part to the invaluable Knowledge Partnership with BRJ Orthocentre and MAK Hospital.

The event, dedicated to celebrating and empowering women, saw a significant turnout, with attendees benefiting greatly from the healthcare initiatives provided by the hospital partners.

Successful Medical Health Check-up Stall: BRJ Orthocentre and MAK Hospital's free medical health check-up stall was a major attraction, providing essential health assessments to numerous women and families. Attendees expressed gratitude for the accessible and professional medical services offered.

Impactful "Health is Wealth" Talk: The health talk delivered by expert doctors on the theme "Health is Wealth" resonated deeply with the audience. The informative session raised awareness about preventive healthcare and healthy living, empowering women to prioritize their well-being.

The "Magalir Mattum" event, with its diverse program, celebrated the achievements and contributions of women. The partnership with BRJ Orthocentre and MAK Hospital added a crucial dimension, emphasizing the importance of health in women's empowerment. BRJ Orthocentre and MAK Hospital remain committed to serving the healthcare needs of the community and look forward to future opportunities to collaborate with Dinamalar.



சென்னை, வேலூர், புதுச்சேரி, சேலம், ஈரோடு, கோயம்புத்தூர், திருச்சி, மதுரை, திருநெல்வேலி, நாகர்கோவில்



BRJ Ortho Centre & MAK Hospital

(Surgical Multispecialty Hospital)

TIPS FOR STRONG BONES



Do Regular Exercises.



Encourage Outdoor Games for Young.



Have Adequate Dietary Intake of Calcium & Vitamin D.



Take Balanced Diet, Milk, Cereals, Pulses, Greens, Vegetables, Etc.



Healthy Mother - Healthy Child.



Maintain Ideal Body Weight.



Have Exposure to Sunlight.



Avoid Smoking, Alcohol, Caffeine, Certain Drugs like Steroids.

PATIENT TESTIMONIALS

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M Rajarajeshwari

strongly recommend BRJ Ortho Hospitals at any time coz they're the right people when it comes to treating people. The doctors, nursing staff, physio, administrative, front office, insurance, drivers, name any section they're very amicable and responsible. My father was treated there for Hip fracture and everyone involved (both directly and indirectly) with the procedures were so caring and we were informed on every step that was to be performed on him. Thorough professionals one can rely upon. My father had quickly recovered as intimated to us.



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Ayush Rai

had an outstanding experience at BRJ Hospital. Coming from Nepal, I was initially nervous about undergoing surgery, but I am truly grateful for the exceptional care I received. The Doctor, who performed my operation, was incredibly professional, skilled, and caring throughout the entire process. His attention to detail and the way he communicated with me gave me complete confidence. The hospital staff were all incredibly friendly and helpful, and the facilities were clean and well-maintained. I felt well taken care of at every step. I highly recommend BRJ Hospital to anyone seeking top-quality medical care. Thank you to everyone at BRJ for making my recovery smooth and for your dedication to patient care



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METTUPALAYAM RD, NEAR FERTILIZER COMPANY BUS STOP KK PUDUR, COIMBATORE - 641043**