



WELL BEING

NEWS LETTER



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MAY 2025



DR. B.R.J. SATISH KUMAR

MS(ORTHO) DNB(ORTHO) MNAMS.,
F.PED.ORTHO(KOREA).

CHIEF ORTHOPEDIC SURGEON

Dear Readers,

Greetings and welcome to the April edition of our newsletter from the BRJ Ortho Centre & MAK Hospital family! As the season progresses, our commitment, under the steadfast leadership of Dr. BRJ Satish Kumar, remains firmly rooted in safeguarding your health and providing compassionate, personalized medical care – a mission we have proudly upheld since 2014.

This month, we wish to shine a light on two critical areas of healthcare where our teams are dedicated to providing exceptional support: Comprehensive Health Management and Responsive Accident & Emergency Services.

Managing diabetes effectively is crucial for long-term health and well-being. We are proud to highlight the dedicated efforts in Health & Diabetes Care across our facilities, spearheaded by the expertise of Dr. G. Meera MD (General Medicine). Her leadership guides our approach to providing holistic care – from early detection and prevention strategies to advanced treatment plans and lifestyle management support. Understanding the nuances of diabetes and its potential complications, Dr. Meera and our team work closely with patients to create personalized pathways towards better health, empowering them to lead fuller, healthier lives. This focus reflects our broader commitment to proactive and preventative healthcare for our entire community.

Equally vital is our readiness to respond when the unexpected occurs. Accidents and medical emergencies require immediate, skilled intervention. Our Accident & Emergency departments at BRJ Ortho Centre and MAK Hospital stand ready 24/7. Staffed by experienced emergency medical professionals and equipped to handle a wide range of critical situations, our teams are committed to providing rapid assessment, stabilization, and life-saving treatment. Whether it's a sudden injury or an acute medical event, you can trust that expert care is available close to home, reinforcing our role as a reliable pillar of support for the community in times of need.

From managing chronic conditions to providing critical care during emergencies, our purpose remains unwavering: to offer the highest standard of healthcare possible, driven by excellence, compassion, and a deep sense of responsibility. We continue to invest in our facilities, technology, and most importantly, our skilled teams, all guided by the patient-centric vision.

We are deeply grateful for the trust you place in us. Your health journey is our priority, and we encourage you to reach out with any questions about our services, including our specialized health care programs or our emergency response capabilities.

Thank you for being an integral part of our healthcare family. We wish you a safe and healthy month and look forward to continuing to serve you.

Sincerely,
Editor, BRJ Ortho Centre & MAK Hospital Newsletter



Dr.A. Mujeebur Rahman

MD(PGIMER),DNB

CONSULTANT ANESTHESIOLOGY,
INTENSIVE CARE & PAIN MEDICINE



Dr. S Bhagavath Kumar

MBBS, MS (General Surgery)
Mch (Plastic Surgery) Fellow
(Hand and Microsurgery)

CHIEF PLASTIC SURGEON

"THE MISSING PIECES: UNCOVERING THE LINKS BETWEEN HYPOTHYROIDISM, OBESITY, PCOS, AND MENSTRUAL IRREGULARITIES"

Dr. G. Meera MD (General Medicine)
Consultant Physician and
Diabetologist.



Dr Meera, MBBS MD(General Medicine)

This article highlights the complex interplay between Hypothyroidism, Obesity, PCOS, and Menstrual Irregularities

Hypothyroidism, obesity, Polycystic Ovary Syndrome (PCOS), and menstrual irregularities are four interconnected health issues that affect millions of women worldwide. While each condition has its unique set of symptoms and characteristics, they often overlap and exacerbate one another. In this article, we'll delve into the complex relationships between these conditions and explore how they impact women's health.

Let us first understand each of these conditions individually.

1) Hypothyroidism:

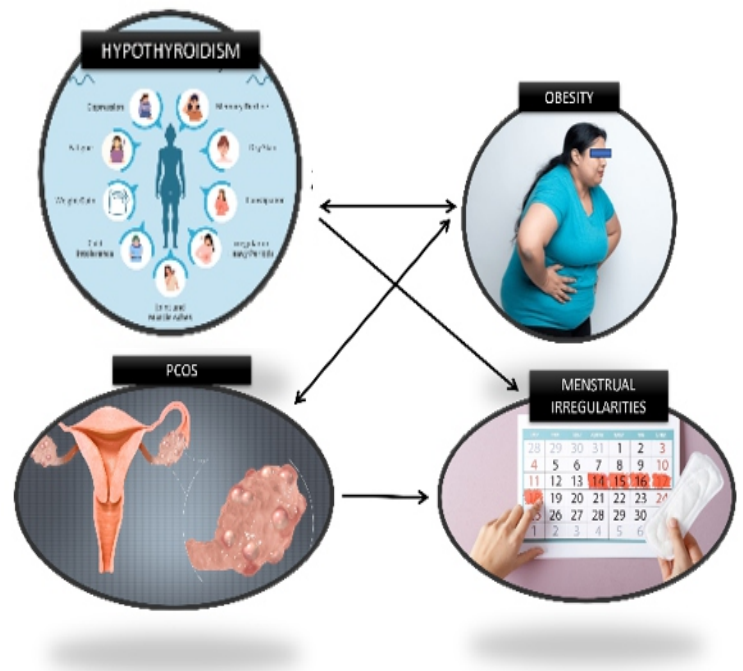
Hypothyroidism occurs when the thyroid gland is underactive and fails to produce sufficient thyroid hormones, essential for regulating metabolism, growth, and development. Women are more likely to develop hypothyroidism, especially during menopause or after childbirth. Common symptoms include fatigue, weight gain, cold intolerance, dry skin and hair loss.

2) Obesity:

Obesity is a complex, multifaceted condition characterized by excessive body fat, which increases the risk of various health problems, including diabetes, cardiovascular disease, and certain cancers. Obesity can also contribute to the development of hypothyroidism, as excess body fat can lead to inflammation and oxidative stress, which can damage the thyroid gland.

3) Polycystic Ovary Syndrome (PCOS):

PCOS is a hormonal disorder that affects 5-10% of women of childbearing age. It is characterized by irregular menstrual cycles, ovarian cysts, high levels of androgens (male hormones), resulting in increased hair growth on the face and body, as well as insulin resistance, among other symptoms. PCOS is often associated with obesity, which can exacerbate insulin resistance and hormonal imbalances leading to early onset Diabetes in some women.



காயமடைந்த கட்டுமானத் தொழிலாளிக்கு வெற்றிகரமான சிகிச்சை அளித்த BRJ ஆர்த்தோ சென்ட்ர் மற்றும் MAK மருத்துவமனை அறிவித்துள்ளன

கோவை : மேட்டுப்பாளையம் சாலை யில் சமீபத்தில் நடந்த மேட் கட்டுமான விபத்தில் பலத்த காயமடைந்த துணை ஒப்பந்ததாரர் எம்.ஜூலியஸ்.வி இவ்விடமின் வெற்றிகரமான சிகிச்சை மற்றும் தொடர்த்து குணமடைந்து வருவதை BRJ ஆர்த்தோ சென்ட்ர் மற்றும் MAK மருத்துவமனை மகிழ்ச்சி யுடன் தெரிவித்துக் கொள் கின்றது.



வாங்குலர் சமரசத்தின் கடிய பாப்லாட்டில் தமனி காயம் க்காபுல எலும்பு முறிவு மற்றும் தசைநார் சேதத்துடன் வலது தொடர்புடன் எலும்பு முறிவு உள்ளிட்ட குறிப்பிடத்தக்க காயங்களுடன் நிக். இவ்விடம் எங்கள் மருத்துவ மனையில்

அனுமதிக்கப்பட்டார். தலைமை வாகுலர் நிபுணர்கள் தலை மையில் எங்குது அர்ப்பணிப் புள்ள எலும்பியல் அறுவை சிகிச்சை நிபுணர்கள் குழு உடனடியாக அவருடைய துணை நினைக்கு சிகிச்சை அளித்து முழுமையான சோதனை

மற்றும் மதிப்பீட்டைத் தொடர்ந்து, இவ்விடம் தனது இடது முழங்காலை உறுதிப் படுத்துதல். அவரது பாப்லாட் டல் போலாஸில் உள்ள தமனி காயத்தை நிவர்த்தி செய்வதற் கான வாங்குலர் பழுது மற்றும் சரியான இரத்த ஓட்டத்தை உறுதி செய்வதற்கான ஆய்வு ஆய்வற்றை உள்ளடக்கிய ஒரு சிகிச்சை அறுவை சிகிச்சை முறையை மேற்கொண்டார்.

எங்கள் அறுவை சிகிச்சை நிபுணர்கள் தொலைதூர துமனி யில் இருந்து ஒரு இரத்தக் கட்டியை வெற்றிகரமாக அகற்றி இரத்த ஓட்டத்தை மீட்டெடுக்க அனல்போமோக்ளைச் செய் தனர். கருதலாக அவரது தொடர் பட்டை எலும்பு முறிவு சரியாக சிகிச்சை செய்யப்பட்டது.

BRJ Ortho Centre & MAK Hospital Announce Successful Treatment of Injured Construction Worker



Kovai :

BRJ Ortho Centre and MAK Hospi tal are pleased to report the suc cessful treatment and ongoing re covery of Mr. M Julius V Kingst on, the sub-contractor who sustained serious injuries in the recent flyover construction accident on Mettupa layam Road. Mr. Kingst on was ad mitted to our facilities with signifi cant injuries, including a Left Knee dislocation with popliteal artery in jury with vascular compromise, a scapula fracture, and a right shoul der fracture with tendon damage.

Our dedicated team of orthopedic surgeons under leadership of Dr B R J Satishkumar, Chief Orthopaedician, Dr Bhagavat Kumar, Plastic Surgeon and Dr Mujeeb Rahman Anaesthetist and vascular special ists immediately attended to his critical condition.

Following a thorough evaluation, Mr. Kingst on underwent a complex surgical procedure involving the

performed anastomoses to restore circulation. Additionally, his shoul der fracture was addressed.

Initially admitted to the Intensive Care Unit (ICU) for close moni toring, Mr. Kingst on has shown re markable progress and has since been transferred to a ward. He is currently recovering well under the continued care of our medical team.

"We are relieved and grateful that Mr. Kingst on has responded posi tively to the treatment," said Dr BRJ Satishkumar, Chief of BRJ Ortho Centre and MAK Hospital. "Our team worked diligently to address his complex injuries, and we are committed to providing him with the best possible care throughout his re covery journey. We wish Mr. Kingst on a full and speedy recovery." BRJ Or tho Centre and MAK Hospital remain dedicated to providing compre hensive and compassionate medical care to the community.

BRJ ortho centre & MAK hospital performs complex ortho surgery

COIMBATORE, APR 9:

The city-based BRJ ortho centre and MAK hospital has performed a complex surgery on a person who sustained serious injuries in the recent flyover construction accident on Mettupalayam road in the district. He recovered and is undergoing treatment at the hospital.

Following the accident, M Julius V Kingst on, a sub-contractor, was admitted to the hospital with multiple injuries, including a left knee dislocation with popliteal artery injury with vascular compromise, a scapula fracture, and a right shoul der fracture with tendon damage.

A team led by Dr BRJ Satishkumar, chief



orthopaedician, Dr Bhagavat Kumar, plastic surgeon and Dr Mujeeb Rahman anaesthetist attended to him immediately.

Subsequently, Kingst on underwent a complex surgical procedure involving the stabilization of his left knee,

vascular repair to address the arterial injury in his popliteal fossa, and exploration to ensure proper blood flow.

The medical team removed a thrombus from the distal artery and

anastomoses to restore circulation. Additionally, his shoul der fracture was addressed.

Since he has shown progress, he was transferred to a ward from ICU. He is currently recovering well under the continued care of the medical team.

"We are relieved and grateful that Kingst on has responded positively to the treatment. Our team worked diligently to address his complex injuries, and we are committed to providing him with the best possible care throughout his recovery journey," said Dr BRJ Satishkumar, Chief of BRJ

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CONTACT: 9894095096

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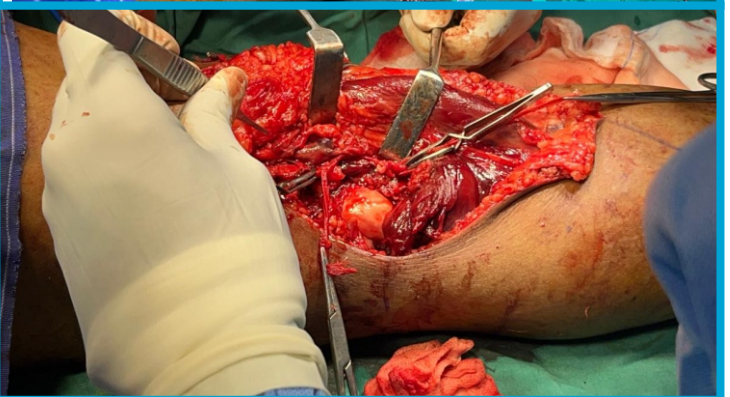
2025 ஏப்ரல் 2 ஞாயிறம்

BRJ Ortho Centre & MAK Hospital Announce Successful Treatment of Injured Construction Worker

BRJ Ortho Centre and MAK Hospital are pleased to report the successful treatment and ongoing recovery of Mr. M Julius V Kingston, the sub-contractor who sustained serious injuries in the recent flyover construction accident on Mettupalayam Road. Mr. Kingston was admitted to our facilities with significant injuries, including a Left Knee dislocation with popliteal artery injury with vascular compromise, a scapula fracture, and a right shoulder fracture with tendon damage. Our dedicated team of orthopedic surgeons under leadership of Dr B R J Satishkumar, Chief Orthopaedician, Dr Bhagavat Kumar, Plastic Surgeon and Dr Mujeeb Rahman Anaesthetist and vascular specialists immediately attended to his critical condition. Following a thorough evaluation, Mr. Kingston underwent a complex surgical procedure involving the stabilization of his left knee, vascular repair to address the arterial injury in his popliteal fossa, and exploration to ensure proper blood flow. Our surgeons successfully removed a thrombus from the distal artery and performed anastomoses to restore circulation.

Additionally, his shoulder fracture was addressed. Initially admitted to the Intensive Care Unit (ICU) for close monitoring, Mr. Kingston has shown remarkable progress and has since been transferred to a ward. He is currently recovering well under the continued care of our medical team. "We are relieved and grateful that Mr. Kingston has responded positively to the treatment," said Dr BRJ Satishkumar, Chief of BRJ Ortho Centre and MAK Hospital. "Our team worked diligently to address his complex injuries, and we are committed to providing him with the best possible care throughout his recovery journey. We wish Mr. Kingston a full and speedy recovery."

BRJ Ortho Centre and MAK Hospital remain dedicated to providing comprehensive and compassionate medical care to the community.



4) Menstrual Irregularities:

Menstrual irregularities are a common symptom of both PCOS and hypothyroidism. In PCOS, hormonal imbalances disrupt ovulation, leading to irregular periods. In hypothyroidism, thyroid hormone deficiencies can affect the menstrual cycle, causing irregularities, heavy bleeding, or amenorrhea (absence of periods).

The Complex Cycle / Interplay:

The relationship between hypothyroidism, obesity, PCOS, and menstrual irregularities is complex and bidirectional, as shown below.

i. Hypothyroidism ↔ Obesity: Hypothyroidism can lead to weight gain and obesity, which can further exacerbate hypothyroidism.

ii. Obesity → PCOS: Obesity is a major risk factor for developing PCOS, and weight loss can help improve PCOS symptoms.

iii. PCOS → Menstrual Irregularities: PCOS is characterized by hormonal imbalances that disrupt menstrual cycles.

iv. Hypothyroidism → Menstrual Irregularities: Hypothyroidism can affect menstrual cycles, leading to irregularities or amenorrhea.

Breaking the Cycle:

While these conditions can seem overwhelming, there are simple yet powerful steps you can take to break the cycle:

Maintain a healthy weight: Losing weight can help improve PCOS symptoms, reduce the risk of hypothyroidism, and regulate menstrual cycles.

Exercise regularly: Regular physical activity can aid in weight management, enhance insulin sensitivity, and help reduce stress.

Eat a balanced diet: Focus on whole, nutrient-dense foods to support thyroid function, hormone regulation, and overall health.

Seek medical attention: If you're experiencing symptoms of hypothyroidism, PCOS, or menstrual irregularities, consult with your healthcare provider for proper diagnosis and treatment.

Conclusion

Hypothyroidism, obesity, PCOS, and menstrual irregularities are interconnected health issues that require a comprehensive approach. By understanding the complex relationships between these conditions, you can take the first steps towards breaking the cycle and achieving optimal health. Remember to prioritize self-care, maintain a healthy lifestyle, and seek medical attention if you experience any symptoms.

Free Medical Camp at Kallar Mettupalayam

Medical camp held in Kallar Mettupalayam made a significant impact, providing free health checkups and wellness awareness to over 150 local participants. The camp offered treatment for various health issues, including orthopedics, dental, and bone and joint problems. We were privileged to have renowned orthopedic specialists Dr. BRJ Sathishkumar and Dr. K Sanjith attend the camp and provide their expert care to patients. The positive response from the community was truly appreciated, making this initiative a resounding success.



BRJ Ortho Centre & MAK Hospital and Vadavalli Nair Seva Sangam jointly organized a free medical camp

Coimbatore: BRJ Ortho Centre & MAK Hospital in association with Vadavalli Nair Seva Sangam organized a grand free medical camp. The camp was held on Sunday, 30-03-2025, from 9 am to 1 pm, at the Chid Vikas Vidya Mandir premises located at Kamathenu Nagar, Vadavalli, Coimbatore. More than 150 people participated in this free camp and received free treatment for orthopedics, dental, bone and joint related problems and other health issues.

Renowned orthopedic specialists Dr. BRJ Sathishkumar and Dr. K Sanjith attended the camp and treated the patients.



Camp at Bharathi nagar Balvadi on 06/04/2025 along with Sri Ramakrishna Misson Vidiyalaya

Medical camp at Bharathi Nagar The residents of Bharathi Nagar had access to valuable health services right in their community. A medical camp was successfully organized at the Bharathi Nagar Balvadi, thanks to a collaborative effort with the esteemed Sri Ramakrishna Mission Vidiyalaya, Perianaickenpalayam.



Run for a Drug-Free Future' 10 km marathon event

Brindavan Vidyalaya Matric Higher Secondary School in Kavundampalayam, Coimbatore, recently hosted a 10 km marathon event themed 'Run for a Drug-Free Future'. The run started and finished at the school; participants went through Edayarpalayam and KNG Pudur, creating awareness for the cause all along the route. BRJ Ortho Centre and MAK Hospital sponsored the BVM Marathon, providing essential ambulance and first-aid facilities for the run. Additionally, doctors associated with the sponsors talked about the importance of a drug-free future, aligning with the event's theme.



BRJ Ortho Centre & MAK Hospital

(Surgical Multispecialty Hospital)

How to Keep Teeth Healthy Naturally



Start Early with Proper Brushing



Choose the Right Toothbrush



Teach Proper Brushing Technique



Limit Sugary Snacks and Drinks



Make Water Their Go-To Beverage



Introduce Dental Floss Early



Regular Dental Check-Ups



Use Fluoride Wisely



Be a Positive Role Model

PATIENT TESTIMONIALS

“

RISHI MAHASENA.K.R

I would like to express my heartfelt gratitude to BRJ Ortho Centre and MAK Hospital for their excellent care during my arthroscopic ACL ligament reconstruction surgery. A special thanks to Dr. Satish Sir for his expertise, professionalism, and compassionate approach throughout my treatment. From diagnosis to post-surgery recovery, the entire team ensured that I received the best possible care. The hospital facilities were top-notch, and the staff was extremely supportive. Thanks to their efforts, I am on the path to a smooth recovery. I highly recommend BRJ Ortho Centre and MAK Hospital for anyone in need of orthopedic care. Thank you



”

“

Manoj Kumar

Outstanding care at BRJ Hospital! Dr. Satish Kumar's exceptional expertise and compassionate approach made our treatment journey seamless. The hospital's well-coordinated team – from well experienced Doctors to nursing team, including front office, physiotherapy dept, insurance team, Dietitian, pharmacy, lab, x-ray, OT, IP ward, housekeeping, securities, attenders, and canteen staff – delivered comprehensive care with kindness and professionalism. From diagnosis to post-surgery recovery, the entire team ensured that I received the best possible care. The hospital facilities were top-notch, and the staff was extremely supportive. Thanks to their efforts, I am on the path to a smooth recovery. I highly recommend BRJ Ortho Centre and MAK Hospital for anyone in need of orthopedic care. Thank you once again!



”

Editorial Board

Dr. B.R.J. Satish Kumar - Dr.A. Mujeebur Rahman , Dr. S. Bhagavath Kumar

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