

WELL BEING NEWS LETTER

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Dear Readers,

Greetings and welcome to the November edition of our newsletter from the **BRJ Ortho Centre & MAK Hospital** Family!

As the year draws towards its close, our unwavering commitment, under the steadfast leadership of Dr. B.R.J. 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 are pleased to highlight the core principle that governs all our operations: Patient Safety and Quality of Care, and the vital role of proactive wellness in your daily life. The core of our service is an uncompromising commitment to these high standards, and we proudly confirm this promise by sharing news of our prestigious NABH Certification (National Accreditation Board for Hospitals & Healthcare Providers). This distinguished mark is a testament to the superior quality we uphold in every procedure, diagnosis, and patient interaction, ensuring that every patient receives the best possible care in the safest and most supportive environment.

Equally important is empowering you to take charge of your own Well-being. This month, we delve into the critical area of Heart Health, offering essential Dietary and Nutrition guidance. We believe that good nutrition is the foundation of a healthy life, and the newsletter offers evidence-based insights into Foods for the Heart - such as sources of Omega-3 fatty acids that can reduce bad cholesterol - and highlights Foods to Limit to prevent chronic conditions. Our focus is on holistic health management, emphasizing prevention and lasting wellness. We continue to invest in our facilities, state-of-the-art technology, and our skilled medical professionals, all guided by a patient-centric vision.

We are deeply grateful for the trust you place in us as your healthcare partner. Your health journey is our priority, and we encourage you to reach out with any questions about our Quality of Care standards or our Dietary and Nutrition programs.

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 with the highest standards of care.

Sincerely,
Editor,

BRJ Ortho Centre & MAK Hospital



Dr. B.R.J. Satish Kumar
MBBS., MS(Ortho)., DNB(Ortho).,
F.Ped.Ortho(S.Korea)
Chief Orthopaedic Surgeon



Dr. A. Mujeer 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

Women's Health: The Hidden Link Between Diabetes and Heart Disease

When we think of women's health, we often picture issues like breast cancer or osteoporosis. Yet, two silent threats - diabetes and heart disease - are quietly claiming more women's lives each year than any other illness. What's more concerning is that the link between the two is often overlooked.

A Double Burden: Diabetes doesn't affect women and men in the same way. Women with diabetes are four times more likely to develop heart disease than those without it - much higher than the relative risk in men. High blood sugar damages blood vessels and nerves that control the heart. Over time, this leads to hardening of arteries, raising the risk of heart attacks and strokes. Sadly, women's symptoms are often subtle - fatigue, nausea, jaw pain, or breathlessness rather than the "classic" chest pain seen in men.



Dr. Meera, MBBS MD
(General Medicine)

Why Women Are at Greater Risk

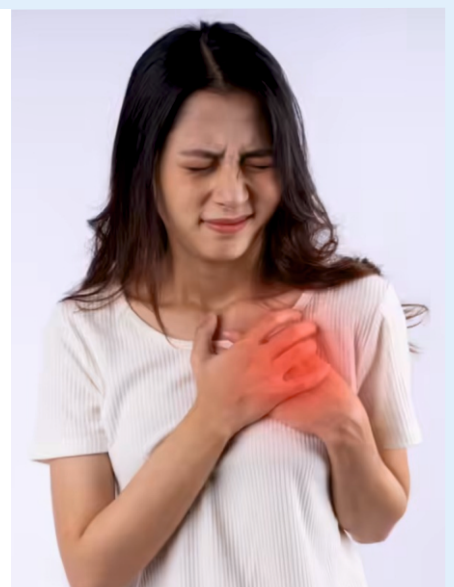
- Hormonal changes after menopause reduce protective HDL cholesterol and can impact blood sugar regulation.
- Conditions like PCOS (Polycystic Ovary Syndrome) and gestational diabetes significantly increase a woman's lifetime risk of developing type 2 diabetes and, subsequently, heart disease.
- Stress and multitasking often limit time for exercise, healthy meal preparation, or even scheduling crucial health check-ups.
- Under-recognition: Women's heart disease symptoms are sometimes dismissed or misinterpreted, by both patients and healthcare providers, leading to late diagnosis and treatment.

Recognize the Warning Signs

- Diabetes: Excessive thirst, frequent urination, unexplained fatigue, blurred vision, slow-healing sores, and recurrent infections.
- Heart disease: Chest tightness, discomfort or pain (which may not be "classic" crushing pain), shortness of breath, dizziness, lightheadedness, cold sweats, pain in the jaw, neck, back, or arms, and prolonged, unusual tiredness.

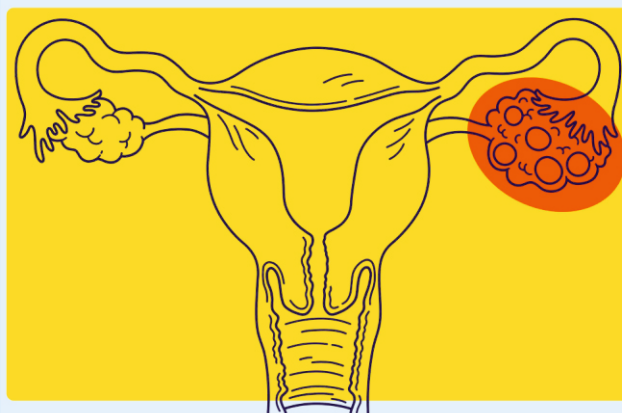
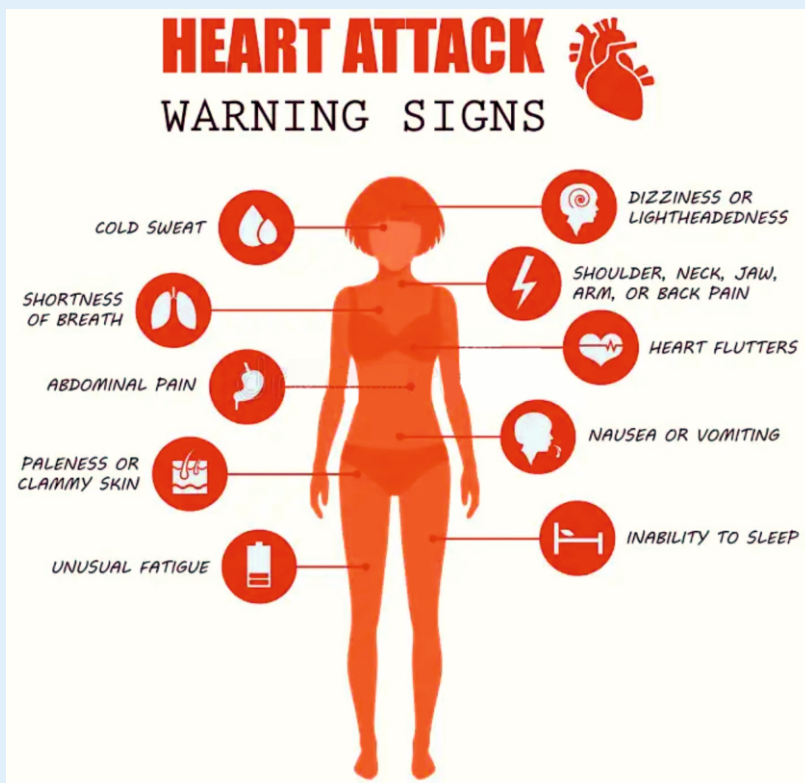
If these appear, don't ignore them. Timely testing and medical advice can prevent serious complications

Womens Diabetic Symptoms



Prevention Is Powerful

1. Eat balanced meals - prioritize whole grains, a variety of fresh fruits and vegetables, lean proteins, and healthy fats (like those found in avocados, nuts, and olive oil).
2. Move more - Aim for at least 150 minutes of moderate-intensity activity, like brisk walking, cycling, or swimming, each week. Even short bursts of activity add up.
3. Maintain a healthy weight - Even a modest weight loss (5-7% of body weight) can significantly reduce the risk of diabetes and improve heart health.
4. Quit smoking - Tobacco use is a major risk factor for both diabetes complications and heart disease. Quitting is one of the most impactful steps you can take for your health.
5. Manage stress - Incorporate stress-reducing activities into your daily routine, such as meditation, yoga, deep breathing exercises, spending time in nature, or hobbies you enjoy.
6. Get regular health checks - Monitor blood sugar, cholesterol levels, and blood pressure annually. Discuss your family history and any symptoms with your doctor.



A Story of Courage and Hope: Overcoming Post-Burn Scars

We are thrilled to share an inspiring story from one of our youngest patients, Master Aryan Kumar (Name Changed). At just 14 years old, Aryan's journey is a testament to his incredible resilience and the expert care of our surgical team.

The Challenge: Post-Burn Hypertrophic Scars

Aryan was admitted to our hospital to receive treatment for post-burn hypertrophic scars. These scars resulted from hot-water scalds he suffered six years ago, located on his right arm, both thighs, and knees. Hypertrophic scars are raised, thickened scars that can cause discomfort, including persistent itching. For years, Aryan had been dealing with this condition, and our primary goal was to improve his quality of life with a lasting solution.

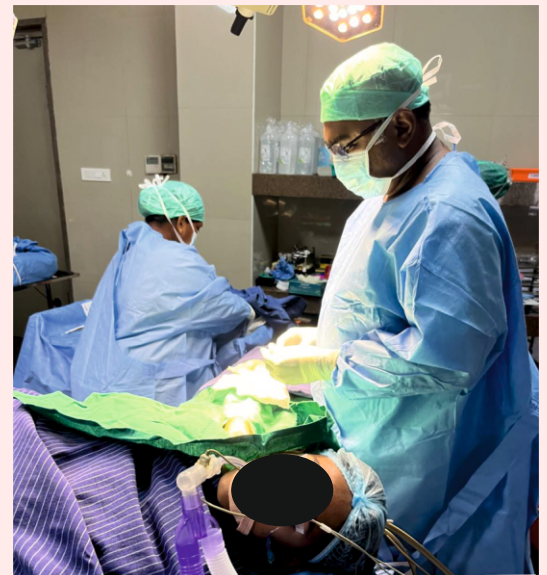
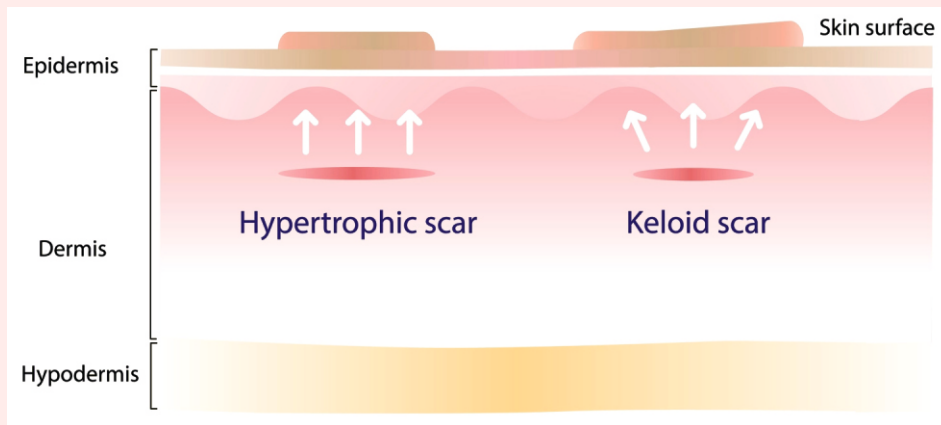
Surgical Procedure

Under the guidance of our skilled plastic surgeon, Dr. Bhagavath Kumar, and anaesthesiologist, Dr. Mujeebur Rahman, Aryan underwent a successful scar excision and closure procedure. This involved carefully removing the scarred tissue and closing the wounds to facilitate better healing. Our team performed multiple excisions on his right arm, groin, thigh, and calf, as well as his left groin and calf. To further manage the scars and help prevent their return, a diluted Kenocort injection was administered into the remaining scarred areas.

Remarkable Recovery

We are pleased to report that Aryan's post-operative period was uneventful, and he made a swift recovery. He was discharged from the hospital just two days after his surgery. This rapid and successful outcome highlights the effectiveness of our advanced surgical techniques and the compassionate care provided by our hospital staff.

Aryan's bravery serves as an inspiration to us all, and his journey shows the vital importance of specialized treatment for burn injuries. We wish him a full and speedy recovery as he continues his healing process. We are proud to have played a part in his journey toward a life free from the discomfort of these scars.

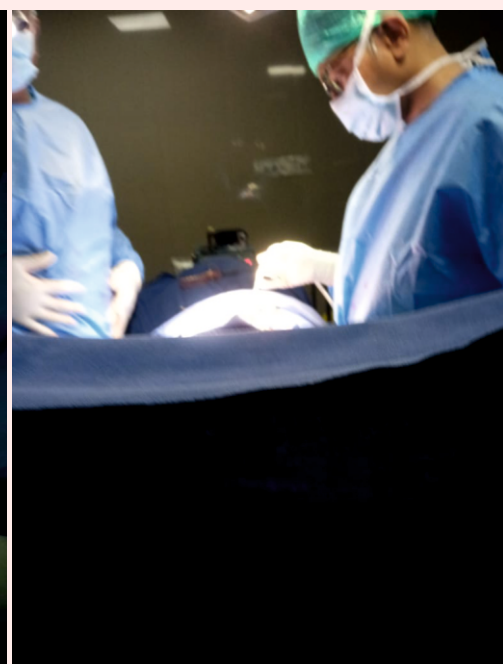
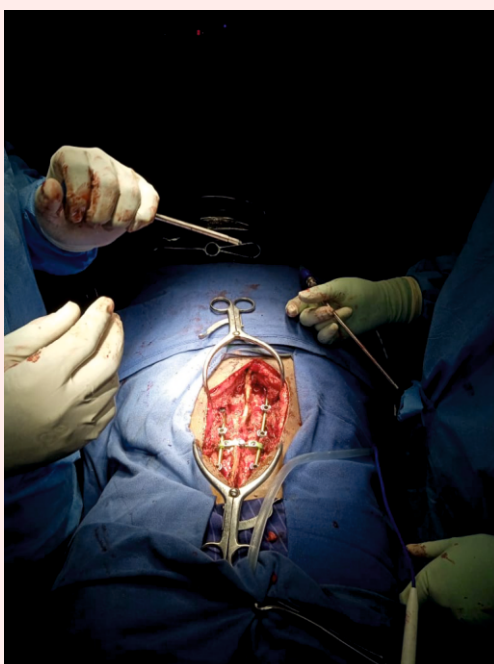
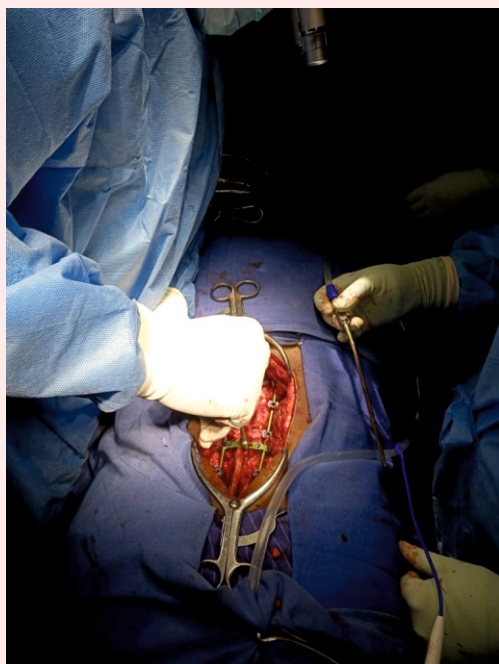


Triumph Over Paraplegia: Specialized Spine Surgery

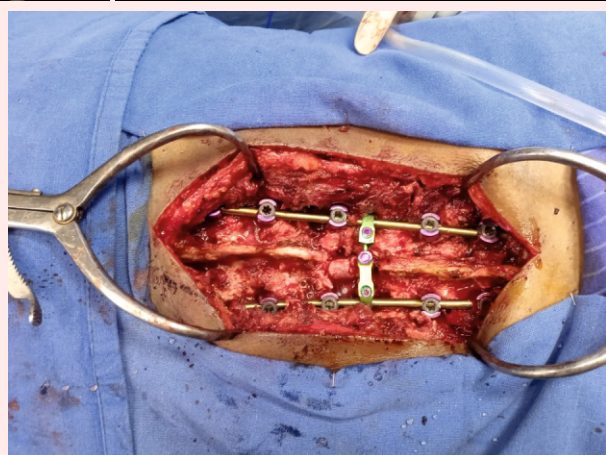
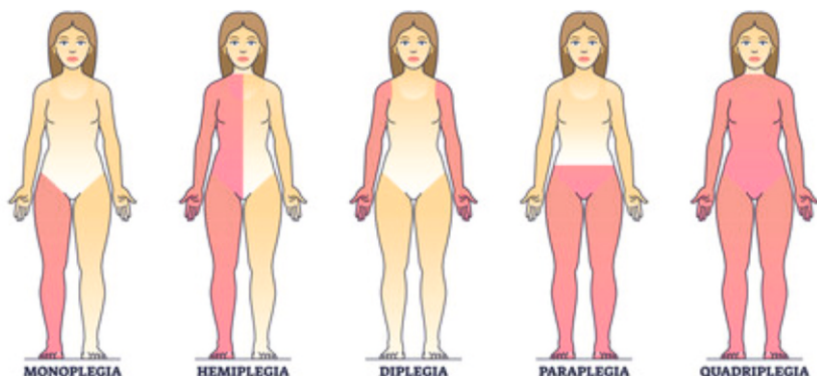
BRJ Ortho Centre & MAK Hospital recently achieved a major surgical success in treating a critical case of Pott's Spine (tuberculous infection of the spine) complicated by bilateral paraplegia in a 32-year-old male patient. The patient had suffered from back pain and progressive weakness for a year, leading to complete lower limb paralysis for three months before admission. This severe condition was caused by an abscess and vertebral collapse pressing on the spinal cord at the L1-L2 level.

The complex intervention, led by Dr. B.R.J. Satish Kumar, Chief Orthopedic Surgeon, and Dr. A. Karthik, Consultant Spine Surgeon, with anaesthesia managed by Dr.A. Mujeebur Rahman was a highly technical procedure. The surgery involved L2-L3 Decompression to relieve pressure on the spinal cord, meticulous Debridement to remove infected tissue, and the insertion of a Bone Graft for fusion. This was immediately followed by Multilevel Pedicle Screw Stabilisation across D12 to L5 to permanently secure the compromised spinal column.

The successful operation addressed the root cause of the patient's paralysis and instability. Post-operatively, the patient was managed with necessary medications and quickly progressed to a tailored Physiotherapy program focusing on preserving joint mobility and initiating toe movement. This case showcases the exceptional skill and coordinated care at BRJ Ortho Centre & MAK Hospital in treating the most debilitating spinal conditions, offering the patient a strong foundation for neurological recovery and functional independence.



TYPES OF PARALYSIS

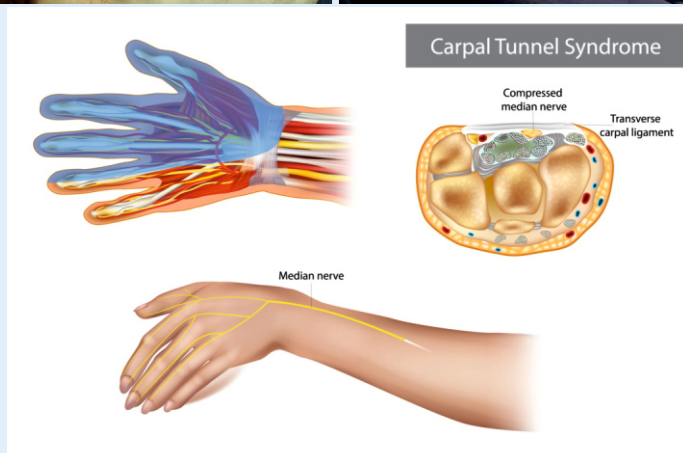


Life-Changing Wrist Reconstruction

BRJ Ortho Centre & MAK Hospital recently achieved a significant milestone with the successful microsurgical repair of a severely traumatized wrist in a 27-year-old male patient. The patient presented with deep lacerations after an accident, revealing extensive damage that included division of multiple wrist tendons (APL, EPB, FPL, FCR, etc.), a complete transection of the vital Median Nerve, and a total division of the Radial Artery. This complex injury demanded immediate, high-level specialization to prevent permanent loss of hand function.

The critical surgical procedure, led by Dr. S. Bhagavath Kumar, Plastic Surgeon, and supported by Dr. A. Mujeebur Rahman, Anaesthesiologist, involved meticulous wound exploration and reconstructive repair under brachial block. Dr. Raghav utilized advanced microsurgical techniques for the nerve repair, performing an extremely precise epineural repair of the Median Nerve with fine sutures to promote optimal nerve regeneration. The severed wrist tendons were also individually repaired. Crucially, while the Radial Artery was ligated, the patient's circulation was secured due to the preserved collateral blood flow from the ulnar artery.

Following the intricate and successful surgery, the patient experienced an uneventful post-operative recovery. He was discharged in stable condition with a supportive below-elbow slab, strict instructions for hand elevation, and a focus on active shoulder and elbow movement to commence the long but promising path to rehabilitation. This case powerfully demonstrates the surgical precision and multidisciplinary commitment of BRJ Ortho Centre & MAK Hospital in restoring



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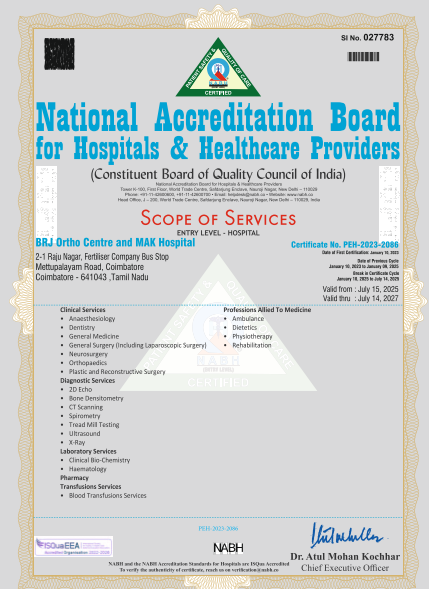
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Brindavan Vidyalaya's Free Medical Camp

A Grand Success In Celebration of Grandparents' Day, Brindavan Vidyalaya Matriculation Higher Secondary School successfully hosted a large-scale free medical camp. Organized in collaboration with BRJ Ortho Centre & MAK Hospital, the event saw over 100 participants, including grandparents, parents, and children. The camp was inaugurated by Principal Dr. J. Mary Preetha and Academic Dean Mrs. Annapoorni. Dr. Selvakumar and his expert team provided various check-ups. Attendees benefited from completely free services, including Bone Density tests and Blood Sugar Level tests. The successful camp highlighted the school's strong commitment to community health and welfare.



Mega Free Bone and Joint Medical Camp

In collaboration with the Lions Club of Coimbatore Central and Sakkarai Chettiar Nagar Welfare Trust, BRJ Ortho Centre & MAK Hospital successfully organized a Mega Free Bone and Joint Medical Camp at Sakkarai Chettiar Nagar Welfare Trust Community Hall, opposite the ESI Medical College Hospital in Coimbatore. The camp provided free medical consultation and screening for a wide range of orthopaedic issues, including fractures, various joint pains (hip, knee, shoulder), back and neck pain, joint degeneration, sports injuries, and congenital joint disorders. The initiative saw a large turnout of people from the local community who received valuable medical advice. BRJ Ortho Centre & MAK Hospital is proud to have contributed to the well-being of the community through this successful social service effort.



The Influence of Healthy Diet on Heart Health

A HEALTHY DIET - HEALTHY HEART



Raise in Good Cholesterol (HDL)



Balanced Blood Pressure



Weight Control



Lower the chances of terminal Heart Diseases

AN UNHEALTHY DIET - CARDIOVASCULAR DISEASES



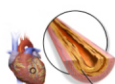
High Blood Pressure



Increase in Bad Cholesterol (LDL)



Obesity



Terminal Heart Diseases (Heart Failure, CAD)

FOOD FOR THE HEART



Berries are rich in vital nutrients that promote optimal heart health



Avocado is a good source of monounsaturated fats, which can reduce LDL cholesterol levels



Fatty fish and fish oil have high Omega-3 fatty acid content



Vegetables such as collard greens, spinach, and mustard greens are rich in phytonutrients

FOOD NOT FOR THE HEART



Sodium-rich and salty foods



Whole fat dairy products



Sugar-rich foods like ice cream, energy drinks, cold drinks, sweetened milk



Fried and oily food

Patient Testimonials

More Patient Reviews



I am regular patient of BRJ Hospital. This is my family hospital. Dr. Satish Kumar treated me for ankle strain. Excellent hospital with good care. I recommend this hospital to all my friends and relatives at Ooty.



- Murthy Kari

I had severe osteoarthritis left hip. I underwent total hip replacement surgery under the guidance of Dr. Satish Kumar before one and half year. Now I am well recovered. I was able to climb Lord Palanimalai. Thanks to all doctors team and nursing staff members I am very happy about this hospital.



- Senthil Kumar

To,

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