

WELL BEING NEWS LETTER

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Dear Readers,

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

As we move into the new month, our commitment remains rooted in safeguarding your health and providing compassionate, personalized medical care. We are proud to uphold this mission, which we have dedicated ourselves to since 2014.

This month, we are pleased to highlight our unwavering focus on Patient Safety and Quality of Care, a cornerstone of our hospital's philosophy. We are proud to be NABH certified, a testament to our dedication to maintaining the highest standards in healthcare. This commitment to quality ensures that every patient receives the best possible care in a safe and supportive environment.

In this issue, we are honored to feature valuable insights on the dietary management of systemic hypertension, a prevalent non-communicable disease in our community. We also share a recent success story from our hospital, highlighting a highly effective surgical solution for recurrent shoulder dislocations in athletes: the Latarjet procedure. This advanced surgical technique provides a stable and lasting solution for high-demand athletes and individuals with significant bone defects. Our expert team is committed to helping patients regain confidence and get back to the sports and lives they love.

Beyond our surgical and medical expertise, we continue to extend our services to the community through various outreach programs. We are proud to highlight our recent medical camps at Gopaneri and for the staff of Sterling Ooty, where we provided free medical check-ups, consultations, and medicines to hundreds of individuals. These events exemplify our dedication to making quality healthcare accessible to all, regardless of their location or financial status.

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 services.

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



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Dietary management of systemic hypertension

Non-communicable diseases have emerged as a major cause of morbidity and mortality worldwide. Among the various causes of death in Tamilnadu, NCDs account for 75% of causes.

The prevalence of some of the NCDs in TN are as follows :

- Systemic hypertension 33.9%
- Diabetes 17.6%
- Overweight 28.5%
- Obesity 11.4%



Dr Yoganandh.T
MBBS MD (General Medicine)

Among this systemic hypertension is highly prevalent and it is also not always treated adequately due to the reason that it is mostly asymptomatic until an end organ damage occurs. Stroke, heart attack, kidney failure and obstruction to blood vessels of limbs are some of the serious complications that can arise due to untreated and uncontrolled hypertension. Besides regular health checkup for presence of NCDs and adhering to treatment schedules if diagnosed to have any of them, we should also concentrate on healthy diet for both prevention and as an aid to management of these conditions.

Along with medication, dietary interventions are found to be very helpful in controlling systemic hypertension and thereby reduce morbidity and mortality by various studies. WHO recommends various dietary intervention which are practical and highly effective .

Excessive intake of salt, refined sugars and saturated fats are the major causes of hypertension, obesity and the major cardio-vascular diseases. So it is possible for us to reduce the risks to a great extent by Public health approaches (e.g. reducing calories, saturated fat and salt in processed and prepared foods and increasing community/school opportunities for physical activity) reducing the population's blood pressure, thus potentially reducing morbidity, mortality and the lifetime risk of an individual's becoming hypertensive.

Dietary interventions greatly help in the reduction of burden to the society both in the form of reduced disease load and its complications and also the cost of healthcare interventions needed.

How to reduce the risk factor through dietary modification

Adherence to prescribed medications is important to achieve BP goals. When there is inadequate control of BP despite adherence to the medications or in order to have a complimentary and beneficial effect, lifestyle and dietary modifications can greatly help. Besides, these measures are helpful for primary prevention.

 Eat This	 Limit This
 Vegetables	 Fatty meats
 Fruits	
 Whole grains	 Full-fat dairy
 Fat-free or low-fat dairy	
 Fish	 Sugar sweetened beverages
 Poultry	
 Beans	 Sweets
 Nuts & seeds	
 Vegetable oils	 Sodium intake



I. Reduced Sodium Intake

Reduction in dietary sodium intake will reduce the mean population blood pressure, as well as the prevalence of hypertension. A decrease in salt consumption of 3 grams per day would result in a reduction in blood pressure which in turn would lead to a reduction of 22% and 16% in stroke and ischemic heart disease deaths, respectively.

WHO recommends a reduction in sodium intake to less than 2 grams per day of sodium (5 grams per day of salt) in order to reduce blood pressure and risk of cardiovascular disease, stroke and coronary heart disease in adults (individuals 16 years of age and older).

II. Potassium Intake

Dietary potassium helps in reducing BP and this can be achieved by increasing the intake of fruits. Potassium intake should be at a level which will keep the ratio of sodium to potassium close to 1:1, i.e. at daily potassium intake levels of 70–80 mmol per day (which can be usually achieved by increased consumption of fruits)

DASH (Dietary Approaches to Stopping Hypertension) eating plan can reduce blood pressure by 8–14 mmHg. The DASH diet consists mainly of fruits, vegetables and low-fat dairy products and includes whole grains, poultry, fish and nuts while limiting the amount of red meat, sweets and sugar-containing beverages.

Intake of saturated fatty acids should be reduced to less than 10% of total energy consumption, and trans fatty acids to less than 1%. Intake of trans fatty acids can be reduced by replacing them with polyunsaturated fatty acids.

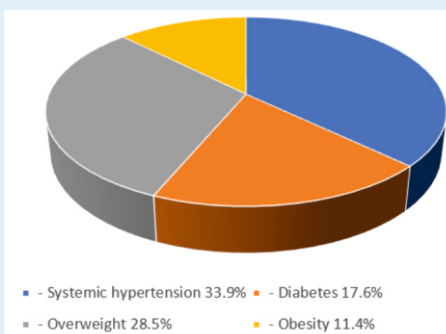
A higher proportional intake of fatty acids from polyunsaturated sources (linoleic acid and alpha-linolenic acids), compared with saturated fats, is associated with lower risk for developing hypertension. The percentage of fat derived energy in diet must be restricted to 30% as recommended by WHO.

III. Population Level Intervention Starts from Birth Onwards

1. Adults who were breastfed as babies often have lower blood pressure and lower cholesterol, as well as lower rates of overweight, obesity and type 2 diabetes
2. Restricting salt intake to less than 5 grams of salt per day can result in a decline in both systolic and diastolic blood pressure of > 10 mmHg.
3. To reduce fat intake, animal fat, margarine, vegetable shortenings and commercial bakery and deep-fried foods should be avoided.
4. Maintain a healthy body weight (body mass index of 18.5 to 24.9). Lose weight if you are overweight.

How to Achieve this?

By eating at least 5 servings of fruit and vegetables every day while reducing saturated and total fat intake and incorporating healthy fats in moderation, such as those in olive oil, nuts and seeds. Following such a diet reduces systolic blood pressure on average by 8 to 14 mm Hg.



Stress Management

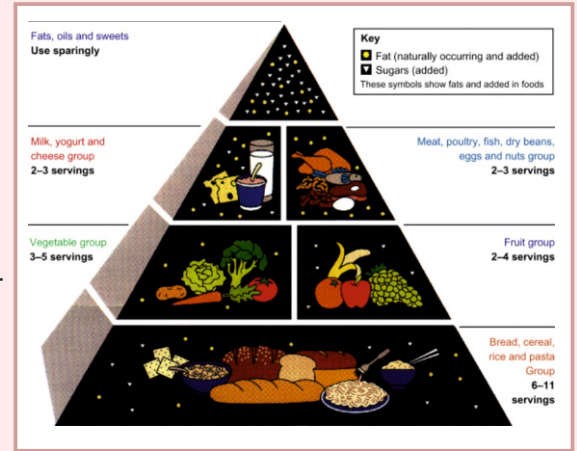
Stress may temporarily increase blood pressure.

- Learn to find healthy ways to cope with stress.
- Avoid coping with stress by eating high fat or high salt foods, or by smoking or drinking alcohol.
- Learning relaxation techniques and finding a time to walk each day are some good ways to start.

Messages to the public from WHO

- Maintain a healthy body weight.
- Be active.
- Limit intake of fats and oils.
- Limit intake of sugars, especially sweetened foods and beverages.
- Limit salt intake.
- Eat a variety of foods every day.
- Eat cereals, preferably whole grains, as the basis of most meals.
- Eat more vegetables and fruits every day.
- Eat legume-based dishes regularly and choose unsalted nuts and seeds.
- Eat fish at least twice a week.
- Consume milk/dairy products daily (preferably low fat).
- Choose poultry and lean meat.
- Drink lots of clean water.
- Eat clean and safe food.

(With inputs from World Health Organization (WHO))



Building Empathy in Patient Care

We are delighted to report on a recent training initiative focused on enhancing our staff's empathy and communication skills. The training, led by the experienced team of Mr. Vikram from Dr. Reddy's Foundation for Health Education, covered essential topics such as basic communication, teamwork, and soft skills. A special segment was dedicated to our nursing staff, recognizing their crucial role in patient interaction.

The program emphasized key components of building empathy, including trust, attentiveness, and active listening. Participants learned the importance of making eye contact, being genuine, and challenging their own prejudices to provide the highest level of compassionate care. The training also reinforced our hospital's top four priorities: placing empathy at the forefront of patient interactions, ensuring every individual is treated with respect, fostering clear communication between caregivers, and maintaining a supportive environment for our staff, as happy care providers are better equipped to deliver excellent service.

Through various engaging activities, the staff gained valuable insights that will undoubtedly improve patient experiences and strengthen our hospital community.



Latarjet Surgery: A Game-Changer for Shoulder Stability in Athletes

The shoulder joint is a marvel of human anatomy, offering an incredible range of motion that's essential for sports and daily activities. However, for young, active individuals and athletes, this very mobility can be a vulnerability. Recurrent shoulder dislocations can be a frustrating and career-threatening issue, often leaving individuals with a sense of apprehension, or fear of another dislocation. At BRJ Ortho Centre & MAK Hospital, we offer a highly effective solution for this problem: the Latarjet procedure.



Dr. R. Vijayaraj
MRCS (London), FRCS (Ortho), M.Ch (UK)
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Sports Injuries Specialist

Understanding the Problem: More Than Just a Dislocation

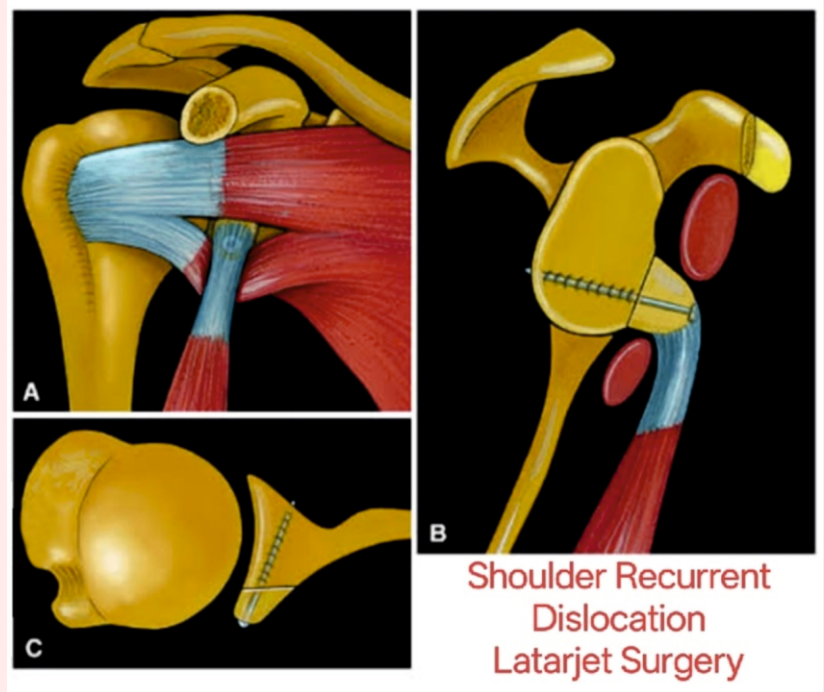
Imagine a golf ball (the head of the arm bone) balanced precariously on a tee (the shoulder socket, or glenoid). This is a great analogy for the shoulder joint's structure. In many cases of recurrent dislocation, the "tee" isn't deep enough, or the edges are chipped away due to repeated injuries. This is known as glenoid bone loss. Traditional soft-tissue repairs, like a Bankart repair, might fix the ligaments and capsule, but they don't address the underlying bone defect. For patients with significant bone loss, especially high-demand athletes, this can lead to a high chance of re-dislocation.

The Latarjet Procedure: A Bony Solution to a Bony Problem

The Latarjet procedure is a surgical technique that directly addresses glenoid bone loss. It's an established and proven method, first described by Dr. Michel Latarjet in 1954. The surgery involves harvesting a piece of bone from the coracoid process - a small bony prominence on the top of the shoulder - and transferring it to the front of the glenoid.

- **Bony Block Effect:** The transferred bone graft acts as a physical barrier, preventing the humeral head from slipping forward and dislocating. It effectively makes the "golf tee" wider and more stable.
- **Sling Effect:** The tendons and muscles still attached to the coracoid bone fragment, specifically the conjoined tendon (made up of the coracobrachialis and the short head of the biceps), create a muscular sling. This sling provides extra dynamic stability to the joint when the arm is in vulnerable positions, like during overhead activities or throwing.

The transferred bone is secured with screws, ensuring it integrates and provides a long-lasting, reliable solution.



Who is the Latarjet Procedure for?

We recommend the Latarjet procedure for patients who have:

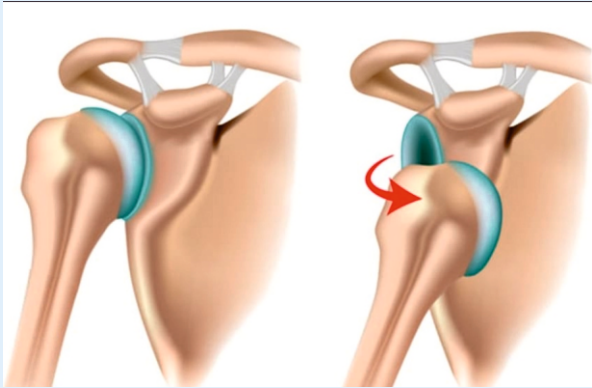
- Recurrent anterior shoulder dislocations, especially those involving significant glenoid bone loss.
- Failed prior stabilization surgery, like a Bankart repair.
- High-demand activities, such as contact sports (rugby, football) or overhead sports (volleyball, basketball, baseball, badminton).

The procedure is particularly beneficial for these populations because of its high success rate and low re-dislocation rates compared to soft-tissue repairs in high-risk patients.

Recent Success Stories at Our Hospital

We are proud to share two recent success stories from our hospital. Just last month, we treated two young athletes who were suffering from recurrent shoulder dislocations.

Mr. Idhayanithi, a 36-year-old male from Salem, was admitted with multiple dislocations to his right shoulder. An MRI revealed a probable avulsion of the labroligamentous complex and other bone defects. After a comprehensive evaluation, we performed an open Latarjet stabilization surgery. The procedure, involving a coracoid osteotomy and stable fixation with screws, was successful. Mr. Idhayanithi recovered well and has full range of motion and no apprehension. He is now on the path to returning to his sport with a fully stable shoulder joint.



A second young athlete Mr Ganesan also underwent the same procedure, and their recovery is progressing exceptionally. These cases are powerful examples of how the Latarjet procedure can restore function and prevent future dislocations, allowing patients to get back to the sports and lives they love.

Recovery and Return to Play

Recovery from a Latarjet procedure is a carefully managed process. Patients typically use an arm sling for a few weeks to protect the repair while the bone graft begins to heal. A structured physiotherapy program follows, focusing on restoring range of motion, strength, and function. While every patient's timeline varies, most can expect to return to light, daily activities within a few weeks and progressively return to sports and strenuous activities over a period of 4 to 6 months.

At BRJ Ortho Centre & MAK Hospital, our multidisciplinary team, including orthopedic surgeons like myself and expert physiotherapists, works together to ensure a smooth and successful recovery. We are committed to helping our patients regain confidence and get back in the game, with a shoulder that is strong and stable.



Medical Camp at Gopaneri

A medical camp, a joint initiative by BRJ Ortho Centre & MAK Hospital, and Sri Ramakrishna Mission Vidhyala, was held at Gopaneri near Tholampalayam in Periyanaickenpalayam, where over 100 patients from nearby villages received free medical care and medicines. This event, led by Dr. Selvakumar, MBBS, Duty Medical Officer, who checked all patients and suggested treatments, is another testament to BRJ Ortho Centre's commitment to public welfare. The hospital, renowned for its orthopedic excellence and comprehensive medical care, consistently extends its services to the community through such outreach programs, ensuring quality healthcare is accessible to all, regardless of their location or financial status.



BRJ Ortho Centre & MAK Hospital Host Medical Camp for Ooty Sterling Resorts Staff

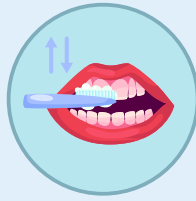
BRJ Ortho Centre & MAK Hospital, In a joint initiative with Indian Red Cross Society organized a free medical camp for over 100 employees of Sterling Resorts in Ooty. The collaboration provided ortho and medical check-ups, consultations, and medicines, highlighting the hospital's commitment to corporate wellness. The Red Cross deployed its Mobile Medical Unit, helping the hospital fulfill its mission of making quality healthcare accessible and promoting a healthy workforce within the community.



How to Brush your Teeth



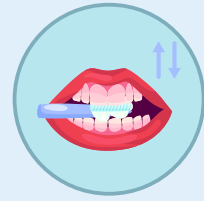
Use a pea-sized amount of Toothpaste



Brush the outer surfaces in Circular motion



Brush the outer surfaces in an up and down motion



Scrub the inner surfaces using up and down strokes



Brush the chewing surfaces of all teeth



Brush the tongue using up and down strokes



Spit out the toothpaste and rinse out your mouth



Brush your teeth twice a day

Patient Testimonials

More Reviews



I had left shaft ulna fracture and underwent surgery under the guidance of Dr. Satish Kumar. He made me well with surgery procedure. Now I am doing well. All staff doctors and physiotherapist are very kind . Good Treatment and well equipped hospital.



- Jenifer. J

I want to sincerely thank Dr. Satish Kumar for doing total knee replacement surgery for my wife. We are very happy with the results, and she is recovering well. Dr. Satish Kumar explained everything clearly and treated us with great care. We also thank the entire team at BRJ Ortho Centre for their support. Everyone was kind, professional, and very helpful throughout the process. Special thanks to BRJ Ortho Centre & MAK Hospital, Coimbatore, for their excellent care and service.



- Krishnaswamy. K

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