

whitecoat *newsletter*



GRACE KENNETT FOUNDATION

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Dear Friends,

'Eyes do not see what the mind doesn't know'. This is a dictum in medical practice. This means you will not see the things you have no knowledge about.

The same holds good for many other processes.

The humanitarian thinking that children should not be allowed to languish in institutions and that all decisions must be taken in the 'best interests of the child' started in the 19th century. This set the process of getting children out of institutions and placing them in families.

Now it is almost 200 years. Very good Acts like the JJ Act and CARA guidelines governing adoption are in place in India.

But, the reality on ground is not encouraging. There is a combination of lack of knowledge and bias blinding people. The children are waiting to be placed in new homes and there are families longing for them.

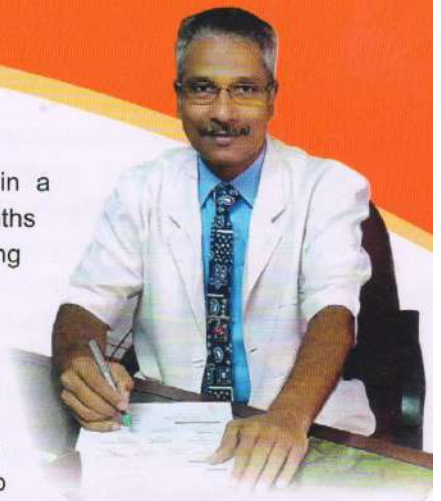
A child that should have been in a family in about 4 months is indefinitely waiting for over 2 years.

This is sad. This violates the right of a child to a family. This happens because of one or two individuals involved in the process. The Act and guidelines should be followed in its true spirit. People in the chain, who deviate from the Act and guidelines, should be held responsible.

We shall act in the best interests of the child. Get them out of institutions and place them in families.

Regards,

- Dr Augustus Samuel Dodd



'TRANQUIL' Ayurvedic Point

'CINDRELLA' Beauty Clinic

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POLY CYSTIC OVARY SYNDROME (PCOS)

PCOS is a common female health issue. It consists of many different health concerns and risks.

Poly Cystic Ovary Syndrome (PCOS) is the most prevalent hormonal imbalance problem among present reproductive age group women. It can be associated with fertility problems which is of main concern.

Various symptoms of PCOS may include menstrual problems, ovarian cyst, excess male hormones production, excess development of acne, baldness, excess weight gain, fertility problems, facial hair, anxiety, depression, diabetes and so on.

Due to abnormal hormonal change occurring in PCOS, the eggs may not develop properly leading to menstrual abnormalities & fertility problems.

Several treatment options are available to help to ovulate properly and become pregnant. Major treatment modalities are, a combination of Diet, Physical activity and drugs.

A proper balanced healthy fertility diet is advisable. Consumption of processed carbohydrates should be replaced by whole grains. Increase the intake of fibre rich low calorie green leafy vegetables. Limit intake of saturated fat by choosing lean meat, skinless poultry, fish and low-fat dairy products. Switch from those three big meals a day to a low fat, smaller, regular split meals and healthy snacks every 3-4 hrs/day.

Dieting plan for PCOS should focus on lowering large increase in blood glucose, insulin levels and improving body's sensitivity to insulin, while also helping with weight reduction.

Diet is a major contributor in managing your PCOS but other life style changes are essential.

Exercise is proven to have a significant impact on symptoms of PCOS. Aim to include resistance training with moderately intensive aerobic activities such as walking, running and dancing for atleast 30-40 mins per day for 5 days in a week.

Stress and inadequate levels of quality sleep is linked to PCOS. To maximize PCOS management program, learn to manage your stress levels, develop regular sleep pattern and quit caffeine, smoking and alcohol.

Along with a healthy diet and exercise, drugs like hormonal pills, insulin sensitizers help to overcome PCOS and its adverse outcomes.

Dr V.Jothilakshmi, M.D(OG), PDFEG.,

Obstetrician & Gynecologist Laparoscopic Surgeon



SYMPTOMS OF GUM DISEASE

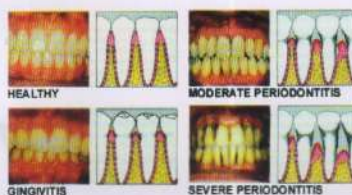
Gum disease is often silent, meaning symptoms may not appear until an advanced stage of the disease appears.

The warning signs of gum disease include the following.

- Often red swollen or tender gums with pain may occur in the mouth.
- Gums may bleed while brushing, flossing or eating hard food.
- Receding or pulling away of gums from the teeth, causing the teeth to look longer than before.
- Persistent bad breath (Halitosis)
- Sores in the mouth
- Pus formation between gums and teeth

- A change in the way your teeth fit together when you bite.
- Improper fitting of partial dentures.

Most people do not know the seriousness of such infections of the gum which can eventually lead to tooth loss if not treated. In most cases, these gum diseases may be associated with certain systemic diseases and nutritional deficiencies.



Dr S. M. Hussain B.D.S
Consultant - Dentist



SEP 10th – WORLD SUICIDE PREVENTION DAY

Around the world, approximately 8,00,000 people commit suicide every year. In India more than 1 lakh commit suicide yearly on an average. Highest suicide rates are in Maharashtra followed by Tamilnadu, among the Indian states.

Though mental illness is a leading cause in Western data, Indian studies point more to family problems (21.7%) major illness, including mental illness (8%) marriage related issues, relationship crisis, drug and alcohol addiction, financial failures and other psychosocial factors. Factors associated with suicide are multiple and interrelated.

World suicide prevention day is held every year on 10th September. The International Association for Suicide Prevention along with WHO calls upon all mental health agencies and local communities, clinicians and volunteers to be involved in helping patients with risk of self harm or suicide.

The theme for this year's World Suicide Prevention Day is "Connect", "Communicate" and "Care".

"Connect" – This is crucial. It is important to foster connections with people who are going through crisis or loss through formal and informal support network..

"Communicate" – People hesitate to talk or ask due to fear, stigma and hopeless attitude. This further limits communication. However communicating distress, empathetic listening, helping with current life crisis in an adaptive perspective goes a long way in aborting a plan of suicide.

"Care" – Suicide prevention has to be a priority for policy makers, planners, clinicians and service providers. High risk individuals need specialist care and an extended support network.



What can we do as a person or fellow human being?

- Start a conversation today if someone close to you is struggling.
- Listen
- Support
- Encourage seeking help
- Check on them as frequently as possible
- Rope in additional help- friends, family, colleagues. It is just a minute or a call away.
- Take help when you are struggling
- Avoid drugs.



When a person reaches a point where they are focused on taking their life, they have lost sight of other solutions. This period lasts only for a short while. It does not often take a huge amount to bring back someone from that decision. "It is ok to talk" may suffice at times.

Sleep Hygiene tips

Some non-pharmacological tips for clinical and personal use to improve sleep -

- Going to bed at the same time and getting out of bed at the same time every day
- Avoiding daytime naps beyond 30 min.
- Use bed/bed room for sleeping. Avoid watching TV/gaming on bed / talking on phone/Mobile
- No caffeine/tea/stimulants after 5 pm.
- Brisk walk / exercise 4 hrs before bedtime.
- A glass of warm milk at night (Tryptophan – serotonin precursor)
- Warm water bath at night (Altering body temperature to induce sleep)
- Avoid drugs /alcohol.
- Relaxing music and comfortable lighting and temperature of the room.

Dr Rena Rosalind M.D (Psych) DPM
Consultant – Psychiatrist

PHOTO GALLERY

