



GO FROM **FLAB** TO **FLAT**

see page.2



## Editor's Note

## Welcome to a New Beginning



It's the beginning of a NEW YEAR and we are all set to take on the challenges that come our way with confidence and commitment. The medical profession is undoubtedly one of the most rewarding professions and every time we see gratitude in the eyes of our patients, it fills us with a sense of pride and joy. At KMH we set very high

standards for ourselves, in terms of timely, quality treatment and over the years that has helped us serve the community better. This year we strive for the same.

Every January we consciously or subconsciously make a New Year's Resolution. Most of us forget it before the month ends! Our cover story this time deals with getting flat abs, which is by far one of the most common oaths solemnly taken on New Year's day! Our Dr. Samuel Ebenezer F, Consultant – Plastic

Surgery, gives you a quick glance at the benefits of a Tummy Tuck procedure. It's a surgery that is customized to every individual, hence 'customer-satisfaction' is always on point. For those of you who think the Tummy Tuck serves only the purpose of making you look good, our doctor is happy to inform you that there are other greater benefits as well. Read on.

And from the Women's Health department we have Dr. R. Vidhyachaya, Sr Consultant – Obstetrics & Gynaecology, shedding light on Hypertension in pregnancy. It is one of the most common problems during pregnancy and must be dealt with utmost care. Her feature provides all necessary information on the condition from causes to treatment – definitely an informative read.

The opening of our Dr Kamakshi Multi-Speciality Clinic in Medavakkam was the crowning glory of 2019. It is always a pleasure to know we are reaching more people in need of medical attention and this new Family Clinic has under its umbrella a myriad of doctors each an expert in his/her chosen field. The facilities, needless to say, are top notch.

Thanks for a fabulous 2019. Now let's work together on making 2020 a happy, healthy year too. Happy New Year one and all.

Dr. T. G. Govindarajan

Founder, Chairman & Managing Director

## Cover Story

## Tummy Tuck – Look Good, Feel Good

The most common New Year resolution is to Lose Weight! Every third person you meet is vying for more gym-time, but is either too lazy or too busy to put that on their schedule. A regular gym routine coupled with a healthy diet is one of the best ways to shed excess fat and get back in shape. However, some people find it harder than others to shed weight, for various reasons. And that's when you could consider a TUMMY TUCK. While most people see going in for a cosmetic surgery to lose body fat, as a taboo, the truth is a Tummy Tuck can have a positive impact physically and psychologically. DR. SAMUEL EBENEZER F, Consultant Plastic Surgeon explains how.

**Q: What is a Tummy Tuck surgery?**

**Dr:** Tummy tuck is a very common plastic surgery procedure which can give your tummy the aesthetic shape you have always wanted by cutting down the flab to get the flat taut belly seen on models. This procedure is a common aspect of a Mommy Makeover package; some women are more eager to regain their figures post-pregnancy.

**Q: What does the procedure entail?**

**Dr:** It is the removal of excess fat and sagging skin due to the effects of pregnancy, loss or gain of weight, or aging, around the lower tummy. Tummy tucks tighten the underlying abdominal muscles to create a smoother, slimmer appearance. Liposuction may also be combined to remove extra fat to maintain aesthetic balance. The procedure can also correct stretch marks and other similar problems.

**Q: Are there different types of Tummy Tuck procedures?**

**Dr:** Yes. The Mini Tummy Tuck removes the sagging skin of the lower tummy alone which is a relatively smaller procedure. The other type, Abdominoplasty entails a hip-to-hip incision, as well as an incision in the navel, repair of the abdominal muscles, removal of excess fat, and the upper abdominal skin is pulled down like a window shade. A new opening for the belly button is created.

**Q: Besides looking good, what are the benefits of this procedure?**

**Dr:** A tummy tuck can reinvigorate the patient's love of running, walking, or other aerobic activities because it is now easier to exercise – there's freer movement and no pains or niggles. And more exercise, is great for the heart. Excess skin combined with weakened abdominal muscles can lead to a condition called Lordosis, commonly known as "sway back". Since a tummy tuck will strengthen and tighten the abdominal muscles, the spine becomes supported and your posture is corrected. In addition, the psychological effects of the surgery cannot be ignored as a person with a tummy tuck, can gain a tremendous amount of self-confidence.

Looking good has a great impact on feeling good. If your bulging belly is giving you worry, consult with Dr.Kamakshi Memorial Hospital's Cosmetic Surgery experts and burn that flab.



Dr. SAMUEL EBENEZER.F  
MBBS, DNB ( General Surgery),  
DNB (Plastic Surgery), MCh

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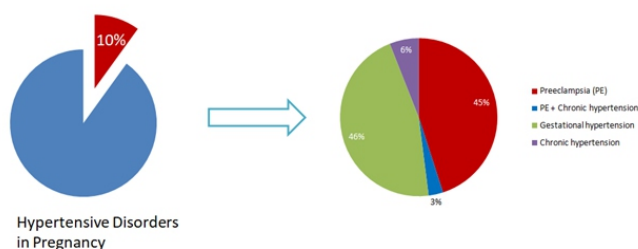
## Women's Health

# HYPERTENSION IN PREGNANCY

Hypertension is the most common medical problem encountered during pregnancy, complicating up to 10% of pregnancies. Hypertensive disorders during pregnancy are classified into 4 categories, as recommended by the National High Blood Pressure Education Program Working Group on High Blood Pressure in Pregnancy viz. Gestational hypertension, Pre-eclampsia-eclampsia, Chronic hypertension (of any cause) & Chronic hypertension with superimposed pre-eclampsia

## INCIDENCE AND RISK FACTORS

Risk factors include Primiparity, Previous preeclamptic pregnancy, Chronic hypertension or chronic renal disease or both, History of thrombophilia, Multifetal pregnancy, In vitro fertilization, Family history of preeclampsia, Type I diabetes mellitus or type II diabetes



mellitus, Obesity, Systemic lupus erythematosus besides Advanced maternal age (Older than 40 years)

It is important that these are well investigated. Investigations include

- 1) RFT – 24 hour urinary protein, serum uric acid, Blood urea / creatinine
- 2) LFT – SGOT / SGPT, Serum bilirubin
- 3) Hematological tests – CBC, Peripheral smear, LDH, Platelets, APTT/PT
- 4) Fundus examination

## RECOMMENDATIONS

For those low in dietary calcium, calcium supplementation during pregnancy (at doses of 1.5–2.0 g elemental calcium/day) is recommended. Vitamin C, D & E supplementation during pregnancy is not recommended to prevent the development of pre-eclampsia and its complications.

It is important that pregnant women are aware of the likely complications that might surface on account of untreated hypertension and undergo regular check up and monitoring by Doctors with special expertise in this field. Needless to add, being in a happy frame of mind, good nutrition and regular exercise would go a long way to help in such conditions.



**Dr. R. Vidyachaya**  
Senior Consultant - Obstetrics & Gynaecology  
MBBS, DGO, MS (OG), DNB (OG), FMAS

## From the Dietitian's Desk

### Rice Flakes Ladoos

#### Ingredients:

Red aval (Rice Flakes) - 150g,  
Palm sugar - 100g, Ghee - 5tbsp,  
Chopped cashew nuts - 10,  
Cardamoms - 2

#### INSTRUCTIONS

- Dry roast aval in a pan on a medium low flame till it changes color and you get a good aroma. Remove from heat. Grind the roasted aval along with sugar and cardamom pods to a fine powder texture. Transfer the contents to a bowl.
- Heat ghee in a small pan. Add chopped cashew nuts and fry till they turn golden brown in color.
- Add the ghee along with the fried cashew nuts to the ground aval mixture. Mix well with a spoon. Then while still slightly warm, take a small portion of the mixture and using the palm of your hand, shape the mixture into a small round balls.
- Repeat this for the remaining mixture.
- Red aval laddu is now ready to be served or you could store them in an air-tight container.

Eating red poha regularly can prevent iron deficiency or anaemia. Children as well as pregnant and lactating women can benefit greatly by consuming it. Softened poha is also a great way to add dietary iron when an infant is weaned from mother's milk.

#### NUTRITIONAL BREAKDOWN

Calories – 173, Protein – 3.5 g, Fat – 12.9 g, Fibre – 0.3 g



## Q: What is Brachytherapy?

**A:** Brachytherapy is a form of radiation therapy, used to treat cancer. Brachytherapy is also called as "internal radiation therapy", where a radioactive source is placed inside or near/on to the vicinity of the tumor via applicators. Thus, the tumor gets maximum radiation dose and there is a rapid dose fall-off to the surrounding normal tissues. Brachytherapy has its significant role in all cancer sites but brachytherapy to cancer Cervix and Endometrium combined with Teletherapy becomes a definitive mode of treatment.



## Q: How the Brachytherapy treatment is performed?

**A:** Brachytherapy procedure is performed as a team. The Radiation Oncologist places the suitable applicator into the respective tumor site. Followed by treatment simulation (X-ray/CT/MRI/USG), a treatment plan is done by the Medical Physicists. After evaluation of the doses to the tumor volume and adjacent critical structures, the treatment is performed by well-trained radiotherapy technologists.

## Q: What type of Brachytherapy system is available at KMH?

**A:** The HDR brachytherapy system in our hospital is an 18 channel remote after loading machine (microSelectron HDR) housed with a powerful Iridium-192 radioactive source coupled with a robust 3Dimensional treatment planning system.



## TECH SPACE

### HAEMONETICS APHERESIS MACHINE MCS+

Apheresis is the general term used to describe the selective removal and collection of one or more individual components which together form whole blood.

MCS+ (Mobile Collection System Plus) is a highly mobile, compact, lightweight total Apheresis system which is easy and safe to use. It provides the operator with maximum flexibility in any type of apheresis location. Once the operator has initiated an MCS+ procedure component collection proceeds automatically. An appropriate amount of anticoagulant solution is mixed in the disposable tubing with whole blood from the donor/patient. This anticoagulated blood is drawn into a disposable collection bowl and separated by centrifugal force into its various components (platelets, red cells, stem cells & plasma.). When the bowl reaches its collection capacity, the separated components are directed into collection containers for conservation.

MCS+ collection procedures are quick and easy to initiate. The advanced technological features that are incorporated into the design ensure safety for the donor/patient.





## Dr.Kamakshi Multispecialty Clinic inaugurated at Medavakkam

Dr Kamakshi Memorial Hospital in Pallikaranai, Chennai has etched a name for itself in the field of medicine for its world-class facilities, dedicated doctors and compassionate service. The hospital that was originally envisioned to give holistic treatment and care to patients diagnosed with Cancer, gradually grew into a multispecialty hospital thanks to the dedication and commitment of its founder Dr. T. G. Govindarajan. Hence the inauguration of The Dr. Kamakshi Multispecialty Clinic in Medavakkam, Chennai was warmly welcomed by the community. From consulting with expert doctors in all specialties to state-of-the-art lab facilities, X-Ray, 24hrs Ambulance Services to modern methods of treatment, Dr Kamakshi Multispecialty Clinic serves as the one stop destination for all your medical needs.

The grand opening was held on the 9th of November, 2019 and the Chief Guest who graced the event was Hon'ble Kumari Justice PT Asha. With three decades of legal practice, she is one of the most revered women in law. She joined the office of M/s M.S.Krishnan, S. Parthasarathy and R.Sekar ( M/s. Sarvabhauman Associates) on 13.06.1989, where she was made Partner in 2006 and handled some of their biggest clients. It is noteworthy that she was appointed Election Officer for conducting the elections for the Women Lawyers Association and was awarded the Outstanding Woman Lawyer award by the Women Lawyers Association during the Sesquicentennial Celebrations of the High Court of Madras.



## Dr.Kamakshi Memorial Hospital, Pallikaranai organises events on Organ Donation Day

Indian Organ Donation day was organised by Dr.KMH on 27.11.2019. Around 300 employees were involved in HUMAN CHAIN campaign by holding hands & placards emphasizing the importance of organ donation awareness to the public and the hospital workers. A small ceremony was conducted in the hospital, Dr.T.G.Govindarajan was the chief guest and gave a talk on the importance of organ donation. One of the recipients was called for the ceremony for lightening of kuthuvizhaku along with the



DFO Dr.T.G.Sivaranjani and other management staff. A role play was performed by the dialysis unit staff promoting organ donation. A signature campaign for 'I SUPPORT ORGAN DONATION' was conducted and a banner was made out of the same. This banner was put up at the event.

An interactive session by Dr.Balamurugan, Senior Nephrologist Dr.KMH with one of the recipient was held. A discussion on the changes in life of pre and post transplant was made. A special address was given by Dr.Mahesh Sundaram, Transplant Surgeon on the importance of Organ donation.



## DR. KAMAKSHI MEMORIAL HOSPITALS

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- Eric Shanteau, Cancer Survivor ( 2 times Olympian & World Champion Swimmer )



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## testimonials

We had a fabulous experience in the hospital. My brother, Muralidharan underwent Laparoscopic Cholecystectomy Surgery (Removal of Gallbladder) on 15 November by Dr.Rajkumar Rathinasamy, Surgeon. The Operating Surgeon explained to us in detail about the procedure. He was very caring, compassionate, professional and extremely responsive to the patient's needs. He answered all our queries to our satisfaction. The Nursing staff were equally cooperative, supportive and very caring. The ward staff, the administrative staff, Pharmacy staff were all very kind and responsive. Overall it was a very pleasant stay.

My elder sister had been a patient here and it was she who recommended this hospital. We wholeheartedly thank Dr.Kamakshi Hospital for providing us a superior health care support. We will not hesitate to recommend your hospital to others who need medical care.

**- Radhakrishnan KR**

Our son D. Siddharth Sriram had a high fever and needed to be admitted at the hospital for special medical attention. He was treated by pediatrician Dr. Rajeswari. We were thoroughly impressed with all the doctors and support staff for their care. We would like to thank Dr.Rajeswari, in particular for her guidance and her patient explanation about the root cause of our son's ailment. She treated my son very well. At the end of every conversation with her she would say, "God bless you" and that really made us feel good. We are also very thankful to all the nurses who attended my son in PICU and pediatric ward. The housekeeping team is also good. They keep the rooms and hospital very clean. Thanks a lot for your service.

**- Babu Dhamotharan**



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