



MEDICAL BUZZ



हैलथ केयर में तेजी से बढ़ता समाचार-पत्र

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The Odyssey of S.M.S. Medical College and Attached Hospitals, Jaipur through Covid-19 Pandemic.

**S.M.S. Medical College and Attached Hospitals, Jaipur:
The Epitome of a Medical College Teaching Hospital.**



Dr. Sudhir Bhandari

**Principal &
Controller SMS Medical
College & Hospital,
Jaipur**

Take-Home Message

On introspection and reminiscing through the timeline of COVID-19 in the State of Rajasthan from the month of February 2020 as of this date, the bottom-line thumb-rule for containing the pandemic has been appreciated through experience as strict adherence to COVID-19 protocol of masking, sanitisation, and social distancing with concomitant aggressive vaccination drive of both Covishield and Covaxin, indigenously designed and developed by India that would further the herd immunity of the State and Nation to over and above the miraculous figure of 50%. Such unwavering and dedicated measures would in essence keep in check the ominous possibility of emergence of novel and probable deadly strains of COVID-19 bringing a probable end to the pandemic. The State of Rajasthan and the Great Nation of India need to be proud of the tireless, committed and directed efforts of Professor (Dr.) Sudhir Bhandari, who incidentally happened to be at the helm of affairs as Principal and Controller of S.M.S. Medical College and Attached Hospitals, Jaipur during such a grave emergency when the very survival of humankind was at stake and spearheading and etching the State's relentless drive against containment and possible eradication of COVID-19, that incidentally would be the yardstick for others to follow across the Nation and Globe!

The COVID-19 (Coronavirus Disease, 2019) Pandemic appeared on the horizon of State of Rajasthan in last week of February, 2020 and the dedicated team of S.M.S. Medical College and Attached Hospitals, Jaipur holding the beacon of light and hope under visionary and dynamic leadership of Professor (Dr.) Sudhir Bhandari, Principal and Controller, who took the onerous responsibility of the torch-bearer in planning and laying out strategies for prevention, containment and management of COVID-19 pandemic caused by the novel virus, SARS-CoV-2 (Severe Acute Respiratory Syndrome Coronavirus-2) on a war footing leaving no stones unturned.

S.M.S. Medical College and Attached Hospitals, Jaipur lived up to its expectation of being the epitome of a Medical College Teaching Hospital planning strategies and laying down of standards for the whole of State of Rajasthan to emulate. The chance happening of a distinguished clinician in the name of Professor (Dr.) Sudhir Bhandari, who incidentally was also an able and apt team-player administrator at the helm of affairs of the Institute as Principal and Controller etched the right path of restricting the quanta and menace of such a pandemic. The piercing insight and vigil could appreciate the dictates of containing and managing the ghastly pandemic through a multi-pronged

approach of containing the numbers of new cases to an exemplary bare minima, not overwhelming State Health Care System in the process, early diagnosis, minimising false negatives, immediate isolation with prompt, aggressive and hawkish management protocol, bringing the State of Rajasthan to a phenomenal recovery ratio of 98.4 % after about 11 months of sustained and perseverant combat against the menace of the pandemic (as on 1st February 2021). The Medical Community globe have acknowledged such a peremptory dogmatic and sustained aggressive measures with awe and admiration that incidentally became the globe-trotting trend-setter for other to follow.

The persistent and perseverant efforts backed by piercing scientific insight through measures of early initiation of prevention through State-wide lockdown (setting an example for other States to follow), receptor blockade through prophylactic administration of hydroxychloroquine (HCQ) of Health-Workers and early in course administration of available anti-virals along with institution of convalescent plasma therapy with able and timely support from Rotary International contained the pandemic in the State of Rajasthan giving rise to a phenomenally low numbers of new cases on a daily basis, (less than 0.7% active ratio), that acted as benchmark for other States to follow.

**SAVE
PAPER
SAVE
TREES**



MEDICAL BUZZ

मेडिकल के क्षेत्र में सबसे तेज बढ़ता समाचार पत्र

मानव कल्याण के लिए अधिक से अधिक वृक्ष
लगाएं और इनका संरक्षण करें, तभी मानव
जाति का विकास संभव है।





Dr. Vinita Patni

"Be kind whenever possible. It is always possible." —The 14th Dalai Lama. "And, when you want something, the universe conspires in helping you to achieve it." — Paulo Coelho, The Alchemist.

Here we delve into the life of a charismatic human being whose simple acts of compassion and benevolence are inspirational, contagious and possess great ability to change the texture of the world.

SWATI

S - Strikingly genuine
W - Wonderfully subtle
A - Aesthetically pleasant
T - Thoroughly ingenious
I - Incredibly charming

Named Swati (As one of the brightest Stars of the Universe), this vibrant, beautiful, versatile, multi-talented woman of substance - Dr Swati Garg, emanates fragrance of serenity, intellect and kindness. She is astonishingly understanding and balanced. Her confident ultra -fine demeanour, tactful communication skills and flexibility, sweet melodious voice and the gorgeous smile make others feel at an instant ease.

Born on the 5th day of April, under the first sign of the zodiac Aries, she had a sincere persona since childhood. Her father late Dr. M P Garg, was an acclaimed ophthalmologist, and her mother Mrs. Vimal Garg, a satisfied caring homemaker.

Her birthplace the Pink City Jaipur, is a world renowned stately well planned city with an amazing street grid, majestic forts, historical monuments, royal opulent gardens, museums, various food flavours, sensational shopping vistas, glorious culture and colourful traditions.

She was lucky to gain knowledge and wisdom from multiple schools as her father was in a transferable job. She always took part in extracurricular activities as sports, games, creative crafts and macrame, music, folk dances and cooking

Woman of Substance

(From the pen of Dr. Vinita Patni, the Founder President, Women Doctors Wing, Indian Medical Association, Jaipur; the Honorary State Secretary, Women Doctors Wing, IMA Rajasthan.)



Dr. Swati Garg

Principal & Controller,
Mahatma Gandhi Medical
College and Hospital, Jaipur.



Paradise of the Botanists, enchanted her. She says that the whole world is beautiful, as it is the company that matters.

She is a perpetual learner, always keen on acquiring newer skills and knowledge. Her creativity traits made her take part and win first prize in an origami competition organised by IMA women doctors wing recently. At present, she is pursuing PhD in Medical Science, her quest for learning seems unending. This environment loving lady is also into home composting now a day, recycling and preparing compost from the kitchen waste, aiding in plant nutrients and soil fertility for the betterment of the atmosphere. She loves plants & gardening pampering her childhood dream of owning a plant nursery.

She is thankful to the Almighty for blessing her generously with a blissful satisfied life. She believes in to "Hold on. God knows what He is doing." She says that the hard-work & luck counts, but the most important factor is the good intention (नीयत) with which you work, it always pays you back abundantly.

Her message to the world is "Live your own life the way you want to, and let others do the same; be considerate and tolerant of differences. Live and let live. Be kind, for everyone you meet is fighting a battle you know nothing about."



cuisines.

She was good in academics and had a fondness for mathematics, securing 100% marks in 10th and 11th std. Although she was a biology student, yet she taught maths to many school-mates and friends preparing for IIT/B.Tech. She affectionately remembers "Suman Madam" from Sujangarh who inspired her to excel. She also mastered musical instruments as violin, sitar and banjo; and gave many scintillating stage performances. She says that music gives an energetic and vivacious soul to the universe. Playing violin was a very rewarding experience for her.

"The President's Guide Award" is the highest honour bestowed on all-rounder Girl Guides and Venture Scouts in recognition of their excellent performance, dedication to the Movement and service to the community. She was an extraordinary scout and was given this prestigious distinguished award by Giani Zail Singh - the then President of India in 1984. Scouting subtly promoted self-control, self-reliance and self-direction.

Dr Swati's graduation followed by post-graduation from

SMS Medical College, Jaipur. Her husband Dr. R K Vijayvergia is a senior Physician. She considers her Alma Mater as a temple and feels proud of her batchmates working here benefitting humanity.

After a short period of 1 year government job at Kanwatia hospital, she joined Mahatma Gandhi Medical College and Hospital in 2001. This hospital provides world class quality health care services with ultra-modern techniques and latest equipments. She worked as Professor and Head of the department of obstetrics and gynaecology for ten years. With her hard work and diligence, she gradually climbed the ladder, and at present she is the Principal & Controller of Mahatma Gandhi Medical College, Jaipur. Recently she received "The Distinguished Service Award" from the Chief Minister of Rajasthan.

We all sleep securely and peacefully at our homes because our dutiful Army is tirelessly guarding the frontiers, from the freezing frostbiting icy terrains of the Himalaya to the flaming overheated dreary deserts, they protect us from

intruders and terrorists. Dr Swati is a proud mother of army officers. Her sincere son Aditya and charming daughter-in-law Pallavi are both Majors, the precious pearls of legendary Indian army and are dexterously abiding by "Sewa Paramo Dharma". I bow my head in gratitude to our Armed forces. सेना है तो हम हैं!

Dr. Swati enjoys reading. She is very fond of two influential books - The Alchemist by Paulo Coelho & मृत्युञ्जय by Shivaji Sawant (Mrityunjaykaar). Both books are captivating, inspirational and stupendously uplifting. Mrityunjay is a novel based on daanveer Karna, a great warrior in the epic of Mahabharata. The theme in The Alchemist is to pursue your dreams by following what your heart desires, and to learn a lesson with each passing obstacle.

She likes travelling and has been to Leh, Arunachal Pradesh, Andaman's & many places in Uttarakhand. She enjoyed visiting Kumbhalgarh and the city of lakes- Udaipur. The incredible beauty and cleanliness of Arunachal Pradesh (Land of the Dawn-Lit Mountains) also called the Orchid State of India or the

Self - Medication: A threat to human life.

Usually we encounter a lot many incidences when people move to medical stores and ask for certain specific drugs for mild illnesses like cough and cold. Or chemist prescribe them certain medications based on their self-experience. They say we already know what doctor will prescribe. Go ahead with our prescribed medicine and save your money by avoiding doctors' fees. Even when you enter details of your illness on search engines like google, you will get complete list of remedies. Some people not only self-consume those internet suggested medicines but also prescribe their knowns. Sometimes, a patient is benefitted by a particular medicine, he will suggest others also to consume the same. The other person on the recipient side of advice consumes that

particular medicine for a long duration not paying any heed to its overall impact on human physiology or possible side effects. As a doctor, it's my duty to save lives and

I am deeply concerned with possible harmful impact of self-medication on human lives. Just to save doctor's fees or to boast of superior

knowledge one cannot risk others life. Even some chemist, also repeatedly deliver medicines on doctor's prescription, even if it is meant for a particular time period. This they do due to their monetary benefits. In my life, I have seen patients who are taking medicines for TB from past 15 years. One patient was suffering from polyuria due to prostrate disorder. A family member suggested him to take antidiabetic medicine daonil. Result is patient was admitted to hospital in hypoglycemic state. It is of utmost



Dr. Paras Jain
Patron
Medical Buzz

necessity to understand the possible implications of self-medication. Human life is valuable and this type of behavior is highly unacceptable. We should raise this issue on multiple platforms, through media, NGO's and many more. The role of Medical department and drug controller is also very important. We doctor and chemist should join hands in fighting with this issue of self-medication and create awareness against it.

"The article is in accordance to personal Opinion of our esteemed writers."



रंगों के पावन पर्व होली के शुभ अवसर पर आप सभी को
हार्दिक बधाई एवं शुभकामनाएं



MEDICAL BUZZ

मेडिकल के क्षेत्र में सबसे तेज बढ़ता समाचार पत्र



Rajasthan: Jaipur, Bikaner, Jodhpur, Sikar, Churu, Sri ganganagar, Nohar, Bhadra, Sri Vijaynagar, Raisinghnagar, Padampur, Goluwala, Pilibangan, Tibbi, Sangaria, Rawatsar, Hanumangarh, Suratgarh, balotra, Barmer, Kota, **Delhi (All)** **Punjab:** Chandigarh, Fazilka, Abohar, Malout, Bathinda, Ludhiana, Jalandhar, Muktsar, Jalalabad **Haryana:** Sirsa, Hisar, Ellenabad, Dabwali, Fatehabad.



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PARTH SARTHI RESIDENCY,

SUNDER NAGAR,

MANSAROVAR EXT., JAIPUR

The Odyssey of S.M.S. Medical College and Attached Hospitals, Jaipur through Covid-19 Pandemic.

Remaining of Page No. 1

The bemusing novel SARS-CoV-2 had baffled and flummoxed Medical Sciences the world-over and the Team S.M.S. Medical College and Attached Hospitals, Jaipur took upon the uphill task of evolving a rationale prescient strategy of diagnosing through HRCT Chest (High Resolution Computed Tomography of Chest) and Point of Care Ultrasonography (POCUS) besides the conventional gold standard of RT-PCR (Real Time Reverse Transcriptase Polymerase Chain Reaction) in an attempt to capture the disease in its early nascent, isolating, monitoring and managing with recovery in order to keep the disease burden low and not letting the pandemic reach its gigantic uncontrollable form. It had always been of utmost relevance to keep the number of new COVID-19 patients to levels as low as possible and an elaborate strategy enhancing capacity for COVID-19 patients ensuring that the pandemic at no stage overwhelms the State's precision Medical Facilities.

The Institute, S.M.S. Medical College and Attached Hospitals, Jaipur was the first of its kind in the State of Rajasthan through its charismatic and invigorating leadership in the name of Professor (Dr.) Sudhir Bhandari to have taken the perilous onus of lung biopsy of deceased patients of COVID-19 [with due emergency permission from its duly registered Ethics Committee (EC) with Central Drugs Standard Control Organisation (CDSCO), Drugs Controller General of India (DCGI), New Delhi along the guidelines so set forth by Indian Council of Medical Research (ICMR), New Delhi] in order to get an insight into the pathogenesis and pathophysiology of the COVID-19. Subsequently, management strategy was evolved from initial bridging protocol of available antiviral drugs to incorporation of convalescent plasma, thrombolytic agents and steroids in the management protocol dependent on the stage and severity of the disease-form. Accordingly, varied Academic Clinical Drug Trials in collaboration with ICMR and World Health Organisation (WHO) set the ball rolling for an evolving treatment stratagem according to the course and severity of the disease-form.

Patients had access to top of the

line treatment with drugs such as remdesivir and tocilizumab. The Rotary International played a seminal role in promoting awareness among general public on COVID-19 protocols and the need for timely donation of convalescent plasma from COVID-19 recovered patients to be made available to COVID-19 patients early in the disease course for an effective management.

An aggressive, vigilant and scientifically valid management protocol so formalised consisting of early diagnosis, an aggressive interventional management protocol inclusive of antivirals inclusive of remdesivir and tocilizumab, convalescent plasma therapy (so ably supported by Rotary International ensuring public awareness with timely and adequate plasma donations), thrombolysis with concomitant steroid therapy along with COVID-19 protocol adopted by the State of Rajasthan on the advice of its luminary clinician and an adroit administrator, Professor (Dr.) Sudhir Bhandari, Principal and Controller secured a phenomenal case fatality ratio of 0.7% for COVID-19 patients, a benchmark so created for others across the nation and globe to mirror and match.

For Covid Management Contribution of SMS Team under Leadership of Dr Sudhir Bhandari to state of Rajasthan is exemplary. Creation of 1700 bedded Covid hospitals (RUHS alone 1200 bedded with 300 bedded state of art ICU & 900 oxygenated beds, 300 bedded Jaipuria & 200 bedded ESI hospitals).

As a part of great human service all investigations like CT Chests, blood markers, all medications including Remdesivir & Tocilizumab, all kind of life support, Plasma therapy & lodging & boarding is free with the unlimited support of state Government.

300 doctors from SMS were put on round the clock duty at covid hospital. This kind of meticulous management of Covid 19 Pandemic impressed experts team from Government of India & they labelled SMS Management Protocols & Infrastructure as one of the best in Country.

Ten research teams were constituted at SMS which published more than 100 articles on COVID 19 on world's most repeated journals in 2020.

"The article is in accordance to personal Opinion of our esteemed writers."

कविता

शब्द

प्रभु की असीम कृपा कि
मेरे शब्द उच्चारित हो पाते
लेखनी बनके भी उभर जाते।

मेरे शब्द ऐसों हों हे भगवन
तपित धरा पर वर्षा बूंदों से
प्रगाढ़ अंधेरे में जुगनुओं से।

मनों की सीप पर जा गिरें
तो वे दमकते मोती ही बनें
किसी हीन की सौगात बनें।

और गीतों में यदि वे ढलें
दुःखी हृदयों का संताप हरे
आशा का मधुर संगीत भरें।

क्रोध व छल से कोसों दूर
शब्द विश्वास का प्रतीक बनें
ज्ञान- विज्ञान का वे स्रोत बनें।



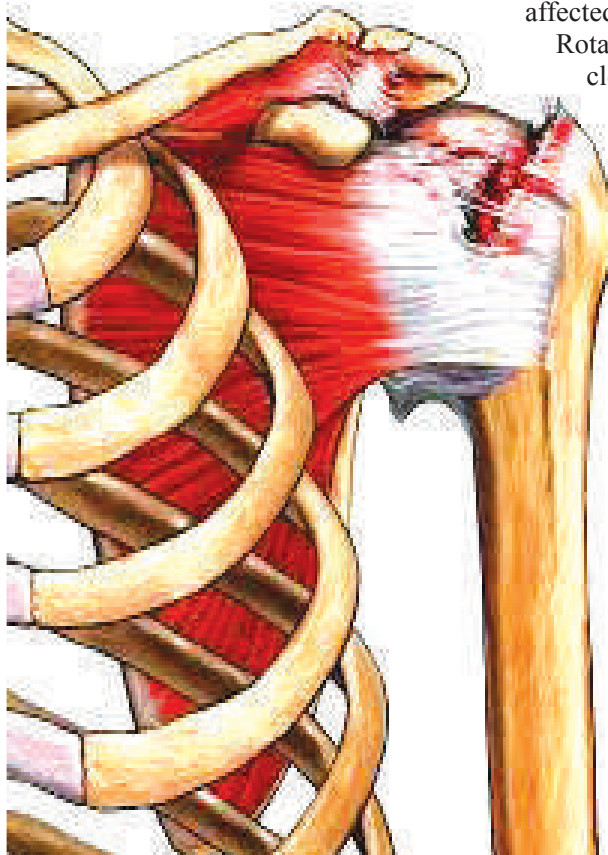
डॉ.महिमा श्रीवास्तव
चिकित्सक व वरिष्ठ आचार्य,
ज.ला.ने.आयुर्विज्ञान महाविद्यालय,
अजमेर (राज.)

नवल, धवल संसार रचें

आतंक के सायों से निकल
विषाणुओं को करके विफल
नवल धवल संसार रचें।
पारदर्शी झीलों में झांके
सघन विटप आड़े बांके
कृत्रिम सुविधाओं से बचें।
नीलाभ आकाश विहंसता तके
हरीत धरा आये जब सज-धज के
हरियाली सीमेंट पथरों से ना ढकें।
गौरैया चहके गिलहरी फुदके
वन- उपवन महुए बौर महके
कंक्रीट के मायाजाल से बचें।
धूल धुएं रहित प्राची सिन्दूरी
मलानल महकायें सांझ पूरी
पैदल चलें ईंधन सवारी तर्जें।

पर्वतों से निकलें फेनिल निर्झर
भर जाये शुद्ध हवा से हर घर
सामग्रियों को पुनः चक्रित करें।
सघन अरण्यों में मृग भरे कुलांचे
ताजे कंदमूल स्वास्थ्य कुंजी बांचे
रासायनिक खाद को अलविदा कहें।
सावन में झिरमिर सुधा बूंदें बरसें
बसंत में पुष्पित बाग बगिया हरषें
धरती के अंधाधुंध दोहन से बचें।
निशा काल, सज जाये नभ-मंडल
शुभ्र ज्योत्सना से दमके नील कंवल
पौधे रोपें, प्रकृति का श्रृंगार करें।
फिर से करें प्रकृति का मान सम्मान
जीवन को बनाये सादा और आसान
मानव हो ना करें व्यर्थ अभिमान।

Physiotherapy is a Good Way to rehabilitate the rotator cuff tear.



ly worsens when you try to sleep on the affected side.

Rotator cuff includes four muscles:

Supraspinatus
Infraspinatus
Subscapularis
Teres minor

Each muscle of the rotator cuff inserts at the scapula and has a tendon that attaches to the humerus. The tendons and other tissues together form a cuff around the humerus.

Symptoms of a Rotator Cuff Tear

- ~ Pain at rest and at night, concretely if lying on the affected shoulder.
- ~ Pain in lifting and lowering your arm or with specific forms of movements.
- ~ Weakness in lifting and rotating of the arm.
- ~ Crepitus or crackling sensation when moving the shoulder in certain positions.

~ Snapping sensation and immediate weakness in the upper arm.

Risk Factors of a rotator cuff tear

Because most rotator cuff tears are largely caused by normal wear and tear that goes along with aging, people over 40 are at more risk.

People who do repetitive lifting or overhead activities are also at risk for rotator cuff tears.

Athletes are especially vulnerable to overuse tears, categorically tennis players and baseball pitchers.

Painters, carpenters, and others who do overhead work additionally have a more chance of tears.

Although overuse tears caused by sports activity or overhead work additionally occur in younger people, most tears in adults are caused by a traumatic injury, like a fall.

Diagnosis of a Rotator Cuff Tear

Your surgeon will suspect a rotator cuff tear predicated on your clinical history and findings from a series of clinical tests rotator cuff tear exercises.

A diagnostic ultrasound scan is the most precise method to diagnose the size and location of the rotator cuff tear. MRI's may show a rotator cuff tear but have additionally been known to miss a tear. X-rays have little diagnostic value when a rotator cuff tear is suspected.



Physiotherapist
Rohit Arora
Medanta SN Super
Speciality Hospital
Sri Ganganagar

Treatment of a Rotator Cuff Tear

Initial treatment of rotator cuff tendinitis involves managing pain and swelling to promote healing.

This can be done by:

- ~ Avoiding activities that cause pain
- ~ Applying cold packs to your shoulder three to four times per day.
- ~ Taking non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and naproxen.

Additional treatment may include:

Physical Therapy-

There are several things you can do to avail reduce pain from

rotator cuff tendinitis. These techniques can additionally avail obviate rotator cuff tendinitis or another flare-up of pain. Using good posture while sitting.

Taking breaks from perpetual activities. Avoid lifting arms repetitively over your head. Avoid carrying a bag on one shoulder. Avoid sleeping on the same side every night.

Carrying things close to your body.

"The article is in accordance to personal Opinion of our esteemed writers."

What is Rotator Cuff Tear ?

The rotator cuff is made up of four muscles in the shoulder, connecting the humerus to the scapula. The rotator cuff tendons provide stability to the shoulder; The muscles allow the shoulder to rotate. A rotator cuff injury can cause a dull ache in the shoulder, which usual-

Why Rheumatoid Arthritis (RA) is more common among women than men.



Dr. Rahul Jain
Consultant Rheumatologist
Narayana Multispecialty
Hospital, Jaipur

Rheumatoid Arthritis (RA) – also known as Gathiya – is a dreadful disease that can cripple a person's life. Many find it surprising to know that the prevalence of Rheumatoid Arthritis (RA) is higher among women as compared to men due to hormonal imbalance.

Rheumatoid Arthritis (RA) is a chronic inflammatory disease of the joints which can happen to anyone irrespective of their age and gender. More often it is common among people after middle age or old age.

As per the study, Rheumatoid arthritis is more prevalent in women than men and the chances of the disease increase with age.

According to the Researchers, the reason behind the prevalence of arthritis in women could be hormonal changes. To date, the exact cause is yet to be determined. Many women with rheumatoid arthritis go into remission during pregnancy. Why hormonal influence plays a role in the

disease like Arthritis is still unclear.

Causes of the Prevalence of Arthritis in women as compared to men:

Women are more prone to autoimmune diseases and Arthritis and Lupus are among them. Hormonal influence plays a big part in the disease like arthritis. Hormonal changes are more in women due to menstruation, pregnancy, and menopause due to which the chances of the disease increase more in women. Changes in hormone levels may affect the level of proteins in the blood that contributes to inflammation. Environmental and genetic risk factors could also lead to more prevalence of the disease in women.

Female hormones play a role in the onset of the RA. Hormones such as estrogen, progesterone, and androgens influence the development of RA.

Different states in the life



What is Arthritis?

Arthritis is a term used in medical terms for Joint pain or Joint disease. Several people misunderstand the actual meaning of the disease. There are more than 100 types of arthritis which can happen to anyone irrespective of their age and gender. The symptoms of the common Arthritis are inflammation, swelling, pain, stiffness and decreased range of motion in joints. The intensity could be low, moderate or severe.

of women that could lead to RA:

Women tend to develop RA at a younger age than men, with symptoms typically appearing between the ages of 30 and 50. Women who have been pregnant are less likely to develop RA than those who have not. If a woman who has RA becomes pregnant, she may experience fewer symptoms of the disease during pregnancy.

Women have a higher risk of developing RA in the first year after giving birth. This may be due to the rapid change in hormone levels in the body at this time.

Estrogen levels tend to decline after the age of 40. Women have a higher risk of developing RA after 40, and those who experience early menopause are also more at risk. RA that occurs after the menopause may progress more quickly.

Women who have endometriosis may be more at risk of developing RA.

Anti-estrogen medication can

help treat infertility, breast cancer, and osteoporosis after menopause. Depending on the dosage, this medication may increase a woman's risk of developing RA.

Around 20 percent of women who have RA may develop rheumatoid nodules. These are firm, raised lumps underneath the skin.

After 40 years of decline (during the years 1955 to 1994), the incidence (frequency of occurrence) and prevalence (total number of cases in a given population) of rheumatoid arthritis among women is rising. From 1995 to 2005, the incidence of rheumatoid arthritis among women was 54 per 100,000 compared to 36 per 100,000 for the previous 10 years.

For men, the incidence was stable at 29 per 100,000. Researchers concluded that an environmental factor could explain the reverse in trend for women.

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Dr. Rajeev Munjal, Editor, Medical Buzz

medicalbuzz17@gmail.com

Life of a doctor: Duty is always calling but you should keep your interests alive.

We all know that life of a doctor is very difficult and we doctor's have to make compromises at multiple levels be it for our family or for our self. Being a neurosurgeon life is complicated beyond expectations as the job is very demanding and we do not know when will the condition of patient deteriorates and once we enter into operation theatre we do not know how much time it will be going to take; sometimes hours together and we are tired and when we reach home the family demands, the kids also demands so to establish a balance between our professional life and the family life is very important and sideways we have to go extra mile to keep your habits and interest alive.

I am a neurosurgeon doctor; a husband, a son, a father and a brother and believe me it is extremely difficult to establish a balance between work and family in today's sce-



nario. I had gained expertise in brain tumour, brain haemorrhage and minimal invasive spine surgery. I have learned the basic nuances of surgery from around the globe and had operated patients belonging to different parts of world from Japan to America & South America. Apart from neurosurgery, my other interests in life are cycling to keep myself healthy and maintained and travelling a lot whether abroad or in India; alone or with family to go and



explore new places every time. I use to write poems in Hindi which are motivational and have written some for my loved ones.

I have travelled around the world to participate in Academic programmes of neurosurgery and along with that I always try to keep my hobbies alive whenever I go to take lectures in Japan or in America or Europe. I always extend my journey for four-five days extra, like once I went to Poland, Karakov to



take lecture and before going I searched that nearby Karakov there was a concentration camp by the Hitler in the city called Aushwitz and it was not more than 30 miles away from the Karakov so one of my close American friend and I, went together to see that horrible place which gave us insight into the past era of Hitler where he killed many people in gas chambers. Also, once I went to America to give lecture in American Association of Neurosurgical



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societies and there I have visited the Grand Canyon. Once as a volunteer I visited South America Peru and from there I visited one of the seven wonders of the world that is called Machu Picchu.

So, the life moves on like this and we have to take out some time from our schedule to keep ourself healthy and fit and to keep our interest and habits alive without affecting our professional & family life.



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