Welcome our New Doctors

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Message

குறிப்பிட்டு

நூற்றாண்டு குறிப்பிட்டு என்றுகூறுவதற்கு பெரும்பாக்கும் விளக்கத்தை கூறிக்கொள்ளும்

விளக்கம்

சுருக்காக, தொல்லியல் நூற்றாண்டு வருடங்களிலும், அனைத்து மக்களிடையே அதிகமான அனைத்து தொழில்நுட்பக் கூற்றுகளை எதிர்த்து நூற்றாண்டு பேசியவர் இல்லை. பெரும்பாக கூறுவது,
வேல் காலம் வாழும் கருத்து?

வளர்ச்சி விளையாட்டுகள், எண்ணுகற்றுகள் ஆகியவற்றை முன்னுரைப்பதற்கு பயன்படும் நோக்கங்களுக்குச் செயற்பாட்டு வலைப்படங்கள். பாலியல் கூறுகள் மற்றும் நூற்றாண்டுகளின் வழக்கு மையமாக இருந்து பெருமாள் விளையாட்டுகின் நோக்கு பெருமாள் வளர்ச்சியின் வழக்கங்களுக்கு முன்னேற்றப்படும் நோக்கங்களை குறித்து விளக்கம் வந்துள்ளது. வளர்ச்சி விளையாட்டுகள் என்னும் வேல் காலத்தில் வேல் விளையாட்டு வழக்கங்கள் பரவலான நோக்கங்களுக்கு முன்னேற்றப்படும் நோக்கங்களை வன்மையாகக் குறித்து விளக்கம் வந்துள்ளது.

பதில் வேல் காலத்தில் வேல் விளையாட்டுகளில் நோக்கங்கள் மீது ஒரு காரணமாக வேல் காலம் வாழும் கருத்து தொடர்பில் குறித்து விளக்கம் வந்துள்ளது. வேல் காலம் வாழும் கருத்தில் என்றும் வேல் விளையாட்டுகளில் நோக்கங்களுக்கு முன்னேற்றப்படும் நோக்கங்களைக் குறித்து விளக்கம் வந்துள்ளது. வேல் காலம் வாழும் கருத்து என்றும் வேல் விளையாட்டுகளில் நோக்கங்களுக்கு முன்னேற்றப்படும் நோக்கங்களைக் குறித்து விளக்கம் வந்துள்ளது.

வேல் காலம் வாழும் கருத்து என்றும் வேல் விளையாட்டுகளில் நோக்கங்களுக்கு முன்னேற்றப்படும் நோக்கங்களைக் குறித்து விளக்கம் வந்துள்ளது. வேல் காலம் வாழும் கருத்து என்றும் வேல் விளையாட்டுகளில் நோக்கங்களுக்கு முன்னேற்றப்படும் நோக்கங்களைக் குறித்து விளக்கம் வந்துள்ளது.
FALLS PREVENTION

I never had a fall. Am I at risk?

As we grow older, risk of falling goes up, mainly due to poor balancing. If someone has had a fall in the past, this risk becomes even higher. Apart from poor balancing, there are other reasons for falling- Drugs (especially sedatives), illnesses, clutters at home, bad lighting, slippery floor etc.

How can I prevent myself from falling?

a) Any previous history of fall will need a detailed medical assessment to identify and rectify the cause(s).

b) Medical illnesses should be closely monitored and kept under safe control and NOT tight control (e.g. Too low BP or too low blood sugar can cause a fall)

c) Regular ‘DRUG-REVIEW’ by an experienced doctor- He/she will ensure that unnecessary drugs are discontinued

d) Try to keep your home safer- good lighting, avoiding clutters, floors kept dry at all times, well supported bathroom fittings, NOT to store things in high places so that you don’t have to climb on something to reach them

e) Wear sturdy foot wear. Do not walk on a bare feet, especially outdoors

f) Taking Vitamin D supplements has been proven to reduce the risk of falling. However, your blood calcium levels should be checked periodically (Vitamin D can raise blood calcium levels).

g) Staying active reduces NOT ONLY the risk of falling, BUT ALSO the risk of getting hurt if at all you sustain a fall. Usually recommended exercises include- walking, swimming, Tai-Chi

h) If you are advised (by a doctor) to use a walking aid, please get the right device. There are so many walking aids available in the market- for e.g. Simple Stick, 4 legged stick, Zimmer Frame, Rollator with a seat and basket, Walker with wheels etc.

If you need any further help regarding 'graceful ageing', please feel free to contact us-

Department of Geriatric Medicine
III floor (Next to Seminar Hall)- within ‘HEALTH CHECK’
Department, Main Building,

PSG Hospitals
Extension number: 5948
Landline: 0422 434 5948
Email: dogmyps@gmail.com

(Services offered- Out-patients, In-patient visits, Home visits, Community Education programmes)

THE JOURNEY OF A LIFETIME - FROM CANCER TO CANCURE IN INDIA

The origin of the word Cancer started from “Canker”, meaning a chronic non healing ulcer and subsequently evolved to Cancer from the Greek word “Karkinos” meaning crab, which was used to describe the visual abnormal swelling and the swollen veins around it which resembled the legs of a crab and hence, has become the symbol for cancer. My ardent wish is that hopefully some day in the future it gets renamed as “Cancure”. With the recent advances in technology, in the form of modern imaging modalities and the advent of advanced treatment modalities, we are seeing people with cancer live much longer than they did in the 20th century. Early detection still remains the key to increased cure rates and organizing regular awareness campaigns & screening programs will go a long way in helping us achieve those goals.

National cancer awareness day is celebrated every year in India on November 7th, however, the irony of it is that many of us are still unaware about it. As the old saying goes “Prevention is better than cure”, the role of vaccination to prevent cervical cancer is yet to catch up in India, inspite of various Indian bodies recommending it for children from the age groups of 9-12 years, where it is considered to be most effective and also about the need to vaccinate male children as well.

I am sure that the successful implementation of these strategies will go a very long way in making the dream of “Cancure” a reality, which is in tune with the theme for this World Cancer Day – “I am and I will”, which literally means that it does not matter who you are (or) where you are from (or) what you do

but you can still make an impact in the lives of people diagnosed with cancer. So, let us spread the word about cancer not being contagious and that, it is curable, if detected early and get rid of the social stigma attached to it which prevents a lot of people from receiving timely intervention. Join us in our fight against cancer and let’s take giant strides in eradicating cancer from our country.
What is Corona Virus?
Corona viruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

What is a “Novel” Corona Virus?
It is a new strain of corona virus that has not been previously identified in humans. The “novel” corona virus, now called 2019-nCoV, had not previously detected before the outbreak was reported in Wuhan, China in December 2019.

How Dangerous is it?
As with other respiratory illnesses, infection with 2019-nCoV can cause mild symptoms including a runny nose, sore throat, cough, and fever. It can be more severe for some persons and can lead to pneumonia or breathing difficulties. Older people, and people with pre-existing medical conditions (such as, diabetes and heart disease) appear to be more vulnerable to becoming severely ill with the virus.

What is the Incubation Period?
The incubation period is the time between infection and the onset of clinical symptoms of disease. Current estimates of the incubation period range from 1-12.5 days with median estimates of 5-6 days. WHO recommends that the follow-up of contacts of confirmed cases is 14 days.

Can the 2019-nCoV be Transmitted from Person to Person?
Yes, the 2019-nCoV causes respiratory disease and can be transmitted from person to person, usually after close contact with an infected patient, for example, in a household workplace, or health care centre.

Can I Catch 2019-nCoV from my Pet?
No, at present there is no evidence that companion animals or pets such as cats and dogs have been infected or have spread 2019-nCoV.

What can I do to protect myself?
Stay aware of the latest information on the outbreak, available on WHO website, and take care of your health by doing the following:

- Frequent hand washing
- Maintain social distancing - maintain at least 1 metre (3 feet) distance between yourself and other people, particularly those who are coughing, sneezing and have a fever.

Why? When someone who is infected with a respiratory disease, like 2019-nCoV, coughs or sneezes they project small droplets containing the virus. If you are too close, you can breathe in the virus.

- Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces which can be contaminated with the virus. If you touch your eyes, nose or mouth with your contaminated hands, you can transfer the virus from the surface to yourself.

- If you have fever, cough and difficulty breathing, seek medical care early. Tell your health care provider if you have traveled in an area in China where 2019-nCoV has been reported, or if you have been in close contact with someone with who has traveled from China and has respiratory symptoms.

Why? Respiratory symptoms with fever can have a range of causes, and depending on your personal travel history and circumstances, 2019-nCoV could be one of them.

- If you have mild respiratory symptoms and no travel history to or within China, carefully practice basic respiratory and hand hygiene and stay home until you are recovered, if possible.

Wash your Hands
Wash your hands with soap and running water when hands are visibly dirty.
If your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water.
Should I wear a Mask to Protect Myself?

- Wearing a medical mask can help limit the spread of some respiratory disease. However, using a mask alone is not guaranteed to stop infections and should be combined with other prevention measures.

The following measures ARE NOT specifically recommended as 2019-nCoV remedies as they are not effective to protect yourself and can be even harmful:
- Taking vitamin C • Smoking • Drinking tradition herbal teas
- Wearing multiple masks to maximize protection
- Taking self-medication such as antibiotics

In any case, if you have fever, cough and difficulty breathing seek medical care early to reduce the risk of developing a more severe infection and be sure to share your recent travel history with your health care provider.

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Are Antibiotics Effective in Preventing and Treating the New Corona Virus?

No, antibiotics do not work against viruses, only bacteria.

The new corona virus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics because bacterial co-infection is possible.

Are there any Specific Medicines to Prevent or Treat the New Corona Virus?

To date, there is no specific medicine recommended to prevent or treat the new corona virus (2019-nCoV).

However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care.
January Events

Pediatric Camp @ Ramakrishna Children’s Asramam, Pallapalayam

General Camp @ Sundapalayam, Vedapatti

ENT Cochlear Implant Camp @ AKVN Hospital, Avinashi

Neurosurgery Consultation @ Muscat, Oman

Kovai vizha First eid Camp @ Race Course

Hair Transplantation Camp @ PSG Hospitals, Peelamedu

Respiratory Camp, V.G Clinic, @ Kotagiri

Cardiology Camp at Waterfall Estate, @ Valparai

Cardiology Consultation @ Muscat, Oman

Department of Developmental and Behavioral Pediatric Launch

PSG Kadambari @ PSG Hospitals