



PSG Hospitals

SUPER SPECIALITY
2000 Bedded Super Speciality Tertiary Care Hospital



We Welcome Aboard



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Consultant Fertility Medicine



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Senior Consultant



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Cardiothoracic and
Vascular Surgery



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PDCC, EDIC
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Cardiac Critical care medicine



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Consultant Neurology



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Consultant
Neuro-Surgery



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Care Built on Trust and Expertise

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You Can Quit Smoking: Here's How

by **Dr. Varunn. M. D.**
DEPARTMENT OF PULMONOLOGY

Tobacco use is the leading cause of preventable disease, disability, and death worldwide. Research shows that smokers have a low awareness about some risk effects of smoking. Smoking harms nearly every organ of the body. Smoking causes cancer, heart disease, stroke, lung diseases like diabetes, infertility atherosclerosis, ulcers. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system.

Quitting smoking is one of the most important steps you can take to improve your health. This is true no matter how old you are or how long you have smoked.



Many people who smoke become addicted to nicotine, a drug that is found naturally in tobacco. This can make it hard to quit smoking. But the good news is there are proven treatments that can help you quit.

Pharmacotherapy

Medications, including nicotine replacement, varenicline, and bupropion, can be taken as per doctors advise.

Avoid triggers

Find out your triggers and have a plan in place to avoid them or get through them without using

tobacco.

Be patient when you have craving

Do something to distract yourself when you have craving.

Chew on it

Give your mouth something to do to resist a tobacco craving - something crunchy and tasty.

Don't have 'just one'

You might be tempted to have just one cigarette to satisfy a tobacco craving. Having just one leads to one more and you may end up using tobacco again.

Increase physical activity

Physical activity can help distract you from tobacco cravings.

Try relaxation techniques

Try ways to relax, such as deep breathing, muscle relaxation, yoga, visualization, massage or listening to calming music.

Call for reinforcements

Connect with a family member, friend or support group member for help in your effort to resist a tobacco craving.

Each time you resist a tobacco craving, you're one step closer to being tobacco-free. For more details, consult our doctors at Department of Pulmonology.





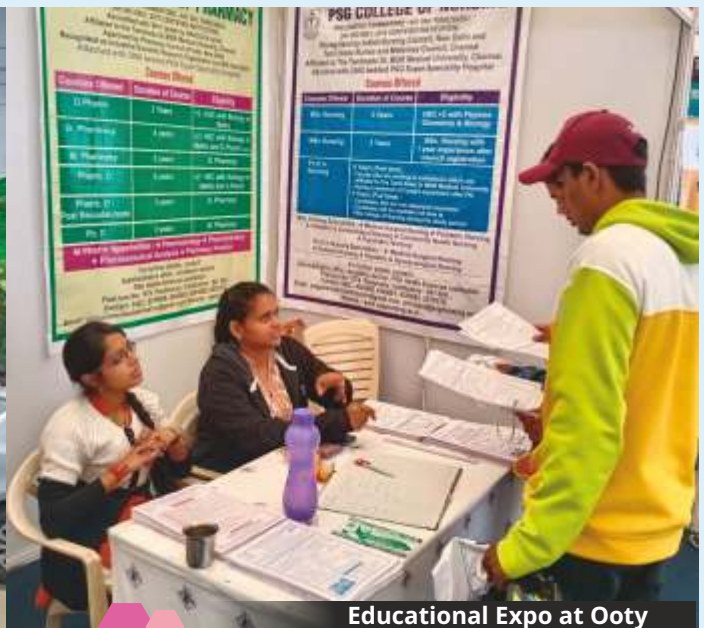
World No Tobacco Day - May 31

Theme for 2022

"Tobacco: Threat to our Environment "



No Tobacco day, Coimbatore Cancer Foundation in association with Department of Community medicine PSG Hospitals, conducted community awareness on the above mentioned theme at PSG Rural health centre Vedapatti. Starting from 9.00 am to 1.00pm there was variety of events like Awareness talk, awareness rally within Vedapatti, Vanniyampalayam, Kurumbapalayam flagged off by Dr. Balaji, Managing Trustee, Coimbatore Cancer Foundation. In presence of Dr. Sudha Ramalingam, Director Research & Innovation, Professor of Community medicine. Educational session on Tobacco and cancer for 75 Nursing / Physiotherapy students; Tobacco and cancer Awareness for women and finally, the much needed free oral cancer screening at PSG Hospital, Vedapatti coordinated by the CCF team along with Dr. Jennet, PSG Hospital, Vedapatti.



Educational Expo at Ooty



Importance of Maternal Mental Health

Dr. Anuja S. Panicker

Professor in Clinical Psychology, Dept. of Psychiatry
Coordinator & Head, Hospital Counselling Center, PSG Hospitals



Existing estimates indicate that approximately 12-16% of women experience postpartum depression (PPD). Postnatal psychological distress is also known to be associated with various psychosocial risk factors, including depressive symptoms, anxiety, past psychiatric history, stressful life events, child care stress, low self-esteem, poor self-image and inadequate partner support. Obstetric correlates found to cause post partum distress include problems during pregnancy, previous abortion, previous loss of baby, unplanned pregnancy and the absence of breastfeeding. Protective factors for antenatal distress and maternal-fetal attachment include social support, great psychological well being and self-confidence.

These conditions frequently go unnoticed and untreated, often with long-term consequences to both mother and child. Thus it is important that expectant mothers, families and health care professionals are aware of the importance of maternal mental health.

Psychological morbidity in child-bearing women in particular has received increasing attention in the recent decades. Although the impact of maternal mental health on child development starts from conception, the perinatal period, which includes both antenatal and postnatal phases, is very significant both for the mother as well the child, and infant-caregiver bonding begins fairly early in pregnancy.

Psycho social risk factors associated with distress during pregnancy include past history of depression, domestic violence, stressful life events, marital disharmony and lack of social support. Antenatal distress is known to persist through the postnatal period as well. Psychological disturbances during pregnancy are associated with inadequate antenatal care, low-birth weight and pre-term delivery, while in the postpartum, it is associated with diminished emotional involvement, neglect and hostility towards the newborn.



Social Activities

Corporate
Medical Camp at
Axis bank
Coimbatore





Social Activities



**Corporate
Medical Camp at
Axis bank
Coimbatore**





Social Activities



**First Aid camp
for Wheel Chair
Basketball
Tournament at
PSG COLLEGE
TECHNOLOGY**



**General Camp at
Ammankulam**



Social Activities



General camp at Ammankulam. Coimbatore



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