



PSG HOSPITALS PERFORMS FIRST HEART TRANSPLANTATION



The heart transplantation team of PSG Hospitals with the organ receiver.

PATRONS

Dr. J.S.Bhuvaneshwaran

Dr. T.M.Subba Rao

Editorial Board:

Dr. Vimal Kumar Govindan

Dr. Pavai Ganesan

Dr. Varunn

✉ psgmedipulse@psgimsr.ac.in

🌐 www.psghospitals.com

☎ +91 82200 13330

PSG Hospitals started heart transplantation by performing the first procedure on a 40-year-old patient recently.

The procedure was done by a team of doctors - Pradeep G., Consultant and Lead, Heart and Lung Transplant and Mechanical Circulatory Support; P. R. Murugesan, Chief of Cardiothoracic Surgery; Ananthanarayanan C., Consultant, Cardiothoracic and Vascular Surgery; P. Sivakumar, Chief of Cardiac Critical Care Unit; and Ganesan C., Professor and Head of Department of Anaesthesiology.

He received the heart that was retrieved from a brain-dead person, a victim of a road traffic accident, at another private hospital in Coimbatore on June 21. The Transplant Authority, Government of Tamil Nadu (TRANSTAN), allotted the heart to PSG Hospitals and medical team performed the transplantation on the same day. The patient has recovered well and was discharged in a stable condition.





YOGA DAY 2022

8th International Yoga Day - 21st June 2022 celebration by Naturopathy & Yoga Department, PSG Hospitals



UN General Assembly has declared June 21st as International Yoga Day on December 2014. Ministry of AYUSH has chosen 'Yoga for Humanity' as a theme for this year. Yoga is an ancient vitality for a modern life. It is a holistic science discovered and developed by ancient Indian saints around 5000 years ago. Sage Patanjali, who is the Father of Yoga, systemized Yoga, the meaning, the knowledge through Yoga Sutras'. The Sanskrit word Yoga derived from 'Yuj' means to unite mind, body and soul. Yoga doesn't mean merely the asanas, it includes pranayamas, various relaxation technique, bandhas, mudras, kriyas and meditation which helps to transform health on many different levels.

Although there are many types of Yoga - Karma Yoga, Kundalini Yoga, Bikram's Yoga, B.K.S.lyengar's Yoga, Vinyasa Yoga, Raja/Ashtanga Yoga, Bakthi Yoga, etc., Hatha Yoga is quite popular in India as well as in western countries. The ultimate goal of Yoga is to attain oneness and to obtain optimum physical and mental wellbeing through mastery of the body.

Yoga is a safe and cost effective lifestyle modality for an effective primordial, primary and secondary prevention of many ailments. Also Yoga works in many aspects of care - preventive, curative, rejuvenative, health promotive, rehabilitative and palliative. In Western countries, Yoga has been included as one of the lifestyle component in Mind Body Intervention. A few benefits of Yoga are: Improves cognitive function, cardiovascular endurance, respiratory and digestive functions. Regulates menstrual cycle, hormones and sugar level. Brings calmness, quality sleep. Reduce

menstrual and menopausal symptoms. Alleviates stress, anxiety, fear, depression, pain etc., Naturopathy & Yoga Department in PSG Hospitals conducted 10 days Intensive Yoga sessions in the month of June '22 for the 1st year MBBS students in order to improve their overall physical/mental health and to manage their stress. Prof. & Dr. T.M.Subba Rao, Principal PSG IMSR has initiated the programme. Around 250 medical students have been benefitted. Also the Department organized few Yoga programmes as a part of celebration of International Yoga day for the students of PSGIMSR, PSG Pharmacy College, Sri Krishna Engineering College and the employees of Walkaroo International private ltd.

Apart from the major Yoga events, Naturopathy and Yoga Department, PSG Hospitals conduct Yoga classes regularly for general fitness, pregnant women, patients with Cardiovascular risks, Bronchial asthma, Sinusitis, PCOS, Obesity, Diabetes, Hypertension, etc., under professional guidance. Naturopathy emphasis on lifestyle modifications along with some supportive therapies such as massage therapy, hydro therapy, mud therapy to manage chronic lifestyle disorders. Above all, diet therapy plays a crucial role in managing and preventing diseases as per the Hippocrates quote say 'Let food be thy medicine and Medicine be thy food'. Also Acupuncture is found to be effective in managing pain in case of headaches, back/neck pain, osteoarthritis, fibromyalgia, gastritis, etc., without any side effects. "Let us mind our breathing to add more years to our life!" Do yoga regularly in order to reap maximum benefits.



A New Test to **Assess Your Lung Health**

Department of
Pulmonology and Sleep Medicine

PSG Hospitals



Introduces
Impulse Oscillometry (IOS)

A new, state-of-the-art Pulmonary Function Test (PFT)

- Measures airway resistance and airway obstruction.
- Helps in the diagnosis and monitoring of small airway disease, including early COPD, Bronchial asthma, and environmental exposure-related diseases
- Minimal discomfort for patients
- Especially useful in Pediatric and the Elderly patients, since it is effort independent"

In addition to IOS, we also conduct the following tests:

**Spirometry | Exercise Testing | Body Plethysmography
Diffusion Capacity (DLCO) | Co-oxymetry | Co-Breath Analyzer**

Sourian Corporate Camp- 29th June, 2022





AGING GRACEFULLY

By Dr. J.S. Bhuvaneshwaran, Director, PSG Super Speciality Hospitals

SOME MANTRAS

Life begins at 60.. NOT Re-tire but it is Re-Live

Life can begin at 60, it is all in your hands. Many people feel low, owing to different reasons.

But, it need not be so, if only we understand the basic principles of life and follow them scrupulously.

Here are some mantras to age gracefully and make life pleasant after retirement



Mantra - 1

NEVER SAY I am Old/Aged

There are three ages in everybody's Life.

- **Biological:** calculated based on your date of birth.
- **Chronological:** determined by health condition. You can take care of your health with good diet, exercise, a cheerful attitude and activity filled vocations
- **Psychological:** depends on how old you feel. A positive thinking, active life and optimistic attitude can reverse the psychological age.

Mantra - 2

Your health is top priority

Taking care of your health should be your priority so that you are not a burden to any one.

- Have an annual health check-up and take the prescribed medicines regularly.
- Do take health insurance coverage

Mantra - 3

Vitamin M...Essential

- Money is essential for meeting the basic necessities of life, keeping good health and earning family respect and security.
- Don't spend beyond your means even for your children. You have lived for them all through and it is time you enjoyed a harmonious life with your spouse.
- If your children are grateful and they take care of you, you are blessed.
- But, never take it for granted & presume that they are bound.



Mantra - 4

Detached Attachment

- Everybody Loves their children
- Adopt compromise, detachment and try to be friendly with children.
- Never argue with them on any topic—social, political or religious
- Because you may WIN the argument BUT may loose relationship and Cordiality
- It is not worth it at this stage!!!,
- Remember that at this stage you require them more than they require you - EMOTIONALLY if not financially!!
- Thus, Adopt Detached attachment and enjoy the lee years of Life.



Mantra - 5

Time left is precious

- It is almost like holding a horses' reins. When they are in your hands, you can control them. Imagine that everyday you are born again.
- Live this moment; live it fully, now, in the present.
- Yesterday is history, tomorrow is Mystery and Today is TRUTH what is present is in your hands
- Don't harp on yesterday achievements nor predict future course.
- The changed circumstances are the real TRUTH, Live with it and channelise your thoughts accordingly.

Mantra - 6

Accept change

- Change is the only permanent thing: We should accept change - it is inevitable.
- Because of generation change, things have moved to different level – technologically, in lifestyle and thought process wise.
- The only way to make sense out of change is to accept the change.

Do some voluntary service and share your experiences for the good of others with no expectations

Mantra - 7

Be Enlightened limited Selfish

Don't be bothered too much about others' mistakes. We are not spiritual enough to show our other cheek when we are slapped in one. But for the sake of our own health and happiness, let us forgive and forget them

Property / money are the culprits to spoil the relationships.

- Let that be decided by those who are concerned after you go.
- But before, let it remain a suspense and surprise - as that alone ensures your happiness and enjoy their company
- It is preferred to register the will but that involves re-registering every time you intend to make changes in it.



The FIVE Treasures of Old age

- Body **Keep your body healthy and fit to avoid physical dependence.**
- Funds **Manage your funds judiciously to last longer.**
- Companion **One of you will leave first, so give all your love and affection.**
- Attitude **Have a positive attitude to change for your own mental and emotional health.**
- Attachment **Practice detached attachment.**



ADVERTORIAL


The word "SANTHAM" means "PEACE" where our major goal is to bring peace in one's life.



What is Hospice Care?
Hospice care is provided for patients with advanced or terminal illness which limits their life to less than six months. In such case the aim is to keep the patient as comfortable as possible by avoiding unnecessary tests or treatments. The family is also offered support to fulfil patient's wishes and to allow natural, peaceful death for their loved ones.

When is it time for Hospice?

- The patient has a serious health suffering
- Comfort care and symptom management
- Curative treatment is no longer the patient's choice or option.

"Little by little, we let go of loss, but never of love"

Palliative care works alongside and with in other treatment region. It does not replace other forms of care. It ought to be integrated into existing comprehensive care of different disease programs and should be seen as a part of a continue of care given to everyone with serious health suffering.

For more details, contact: PSG Hospitals, Peelamedu, Coimbatore - 641 004.
Ph: 97896 80666 / 0422 4345040

"THERE MAY BE A LIMIT TO CURE: BUT NO LIMIT TO CARE"



**Health talk. by Dr. J.S. Bhuvaneshwaran
at Nana Nani Senior Citizen Home
9th June, 2022**





SOCIAL ACTIVITIES

First Heart Transplantation at PSG Hospital - 26th June, 2022






Doctor's day - 1st July,2022

Environmental Day - 5th June,2022

Together we can create
healthier and happier
community.

Happy
Doctors Day
Family Doctors on the Front Line




PSG Hospitals
 SUPER SPECIALITY
 1400+ Bedded Tertiary Care Hospital
Care Built on Trust and Expertise


**ENVIRONMENT FRIENDLY
INITIATIVES
@ PSG HOSPITALS**



WORLD ENVIRONMENT DAY 2022

-  **SEWAGE TREATMENT PLANT**
-  **WASTE MANAGEMENT (ZERO WASTE)**
-  **GREEN INITIATIVES-RENEWABLE ENERGY:
SOLAR ENERGY AND WIND ENERGY**
-  **MIYAWAKI FOREST**
-  **RAIN WATER HARVESTING**
-  **BIO GAS PLANT**
-  **GREEN BELT DEVELOPMENT**
-  **ELECTRIC OPERATED VEHICLES FOR
PATIENT TRANSFER & TRANSPORTATION OF GOODS**





SOCIAL ACTIVITIES

First Aid Training in NGM College Pollachi - 28th June, 2022



Medical Camp at Udumalpet - 26th June, 2022



Medical camp at Variety Hall Coimbatore - 26th June, 2022





SOCIAL ACTIVITIES

35th National Cancer Survivor's Day - 4th June, 2022



Life time achievement to Dr. J.S. Bhuvaneshwaran by Rotary Coimbatore City



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Peelamedu, Coimbatore - 641 004,
Tamil Nadu, India. www.psghospitals.com

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