



PSG Medi Pulse

■ News ■ Medical ■ Surgical ■ General

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Dr.Deepa Lakshmi



PSG HOSPITALS

Peelamedu, Coimbatore -641004

✉ psgmedipulse@gmail.com

🌐 www.psghospitals.com

☎ +91 82200 13330

For Emergency : +91 74491 08108



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SUPER SPECIALITY



NATUROPATHY & YOGA



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management

NATUROPATHY & YOGA

Holistic care for stress related problem and lifestyle disorders like obesity, menstrual disorders, diabetes, hypertension, back pain, etc

CONTACT : 0422 4345437, 4345163

Message

குறள் :

தனக்குவமை இல்லாதான் தாள்சேர்ந்தார்க் கல்லால்
மனக்கவலை மாற்றல் அரிது

சாலமன் பாப்பையா :

தனக்கு இணையில்லாத கடவுளின்
திருவடிகளைச் சேர்ந்தவர்க்கே அன்றி,
மற்றவர்களுக்கு மனக் கவலையைப் போக்குவது
கடினம்

Medical

PSG Inaugurates the Department of Clinical Nutrition



PSG HOSPITALS Inauguration of Department of Clinical Nutrition & Workshop on “Nutrition Support Team”

Food is life for all living things and food is medicine if we want to avoid disease or develop diseases. About one third of patients in general and about half of all patients admitted to ICU have malnutrition of varying severity. Recovery from diseases depends not only on drugs and treatment of specific diseases but on the specialized nutritional support to address the specific nutritional needs of individual patients.

Patients on ventilator, in coma, after surgeries are not in a situation to take adequate food as per their need to recover well. Failure to meet the optimal nutritional need of patient prolongs the ICU stay, total hospital days, increases the risk of infection and death rates, thus increasing overall cost of treatment and burden on healthcare system.

Most hospitals have dietary department which serves food to all patients. However specialized nutritional needs cannot be met by them. “Medical nutrition therapy” which requires tailoring the nutrition by oral or tube feeding or through IV drips is best by nutritional experts

trained to treat specific malnutrition states. Department of clinical nutrition is a specialized department which ensures specialized nutrition to all patients with help of trained specialist dietitians and doctors. Nutritional support team includes trained specialist doctors, dietitians, nurses, physiotherapist and clinical pharmacist working as a team to address the nutritional needs of each department. PSG hospitals is the first hospital in Tamilnadu and one of the very few to start the department of “clinical nutrition”.

The formal inauguration of the department of clinical nutrition was held on 28-01-2021 in the premises of PSG hospitals in the presence of Dr.J.S.Bhuvaneshwaran-Director, Dr.P.R.Rajkumar Medical Director, Dr.K.Balu Medical Superintendent, Dr. Ashwin Dhahi-Vice president – Indian Association of Parenteral and Enteral Nutrition(IAPEN), Mr. Motoyoki Sakiyama San CEO, Otsuka pharmaceutical India private limited and Mrs. Kavitha.V Chief Dietitian.

One day workshop on “Nutritional Support Team” was held on 28-01-2021 to mark the inauguration of the Department of clinical nutrition and as a part of continuing education programs in clinical nutrition.



PSGIMSR & SSH CONDUCTED SUCCESSFUL REPAIR OF PENETRATING AORTIC ULCER WITH PSEUDOANEURYM



இவார் - EVAR

மகாதமனியில் தளர்ச்சி
அனுரசத்தின் மலர்ச்சி - அனுகுண்டாகி
நொடியில் வெடித்தால்
படியில் பயணம்

புகையுண்டு புண்பட்ட தமனியில்
கொழுப்பின் வீக்கம்
அழுத்தத்தின் தாக்கம்
நீர்ஊவின் அழிவே - அனுரிசம்

வயதோகம் எட்ட
கண்புரை முத்த
குடும்ப சுமை கூன்விற
பன்புற வன்யின்
வீரதபலிப்பே - அயோட்டிக் அனுரிசம்

வேற்று சாயம் கொண்டு
அனுரசத்தை கண்டு
தொடை தமன் நுழைந்து
தொலைதாரம் சென்று
சூட்டி மடக்கிய கம்பிவலை காப்பாணை
ஏற்பான் துணை கொண்டு ஏவுவதற்கு
ராக்கெட் ஏவுதளம் - கேத்லேப்
கவுண்ட் டௌவுன் சொல்லும்
ஏனைய மருத்துவ மகான்களும்
அகம் சீரம் கரம் கொண்டு உயிர்காக்கும்

யிக்ஸ்சோபதி எட்டா அல்லோபதியே - EVAR

இவார் Endo Vascular Aneurysm Repair

அனுரிசம் சிக்ச்சையின் புரட்சி
அறுவையின் ஆபத்தினை
அவசர சிக்ச்சைக்கு இதுவே எல்லை
உயிரை காக்க விசுவரூபமெடுத்த

பாம் டிபுசர் - இவார்

பாம் ஸ்குவாடு அலோபதியார்

செலவு இரட்டிப்பு ஆய்நூம்
சீரமம் சிக்கலாகும்
இக்கணமே தமிழ்வுந்
பகர்வோம் பயனாளிகளுடன்
அனுரிசம் ஐயம் நீக்க
சிக்ச்சை பயம் போக்க பயனுறவே
சீரிய உயிரை இவார் கொண்டு எமனிடம் வெல்லோம்!



PSG Vascular Team with EVAR Device Recipient

Aneurysm Diffuser "THE ANEURYSM SQUAD"



தமிழன்பால் கள்

சுகிராசுரேசுரர்



Feb. 4th - WORLD CANCER DAY 2021

Cancer does not mean death!

- PSG Hospitals

David Karunakaran
The Coval Mail

Cancer is the second leading cause of death worldwide. Lakhs of people die, and lakhs of people get affected by cancer every year. However, our lack of support in creating awareness about cancer should not become the cause for a person among us to become a victim of this dreaded disease.

For the last 20 years, World Cancer Day is observed across the globe on February 4, to make our community aware of cancer and ways to fight it. This initiative was taken by Union of International Cancer Control has become a global phenomenon.

In Coimbatore, we have several hospitals, NGOs, educational institutions and even volunteers & individuals coming forward to address people about cancer and create awareness on this day.

The Coval Mail spoke with Dr. Madhulika Vijayakumar, Radiation Oncologist and Dr. Pandian Baskar Rao, Medical Oncologist from PSG Hospitals and raised questions related to cancer and the common folk.

The keyword to success is

Prevention and Early Detection - Dr. Madhulika Vijayakumar.

Can cancer occur even in babies?

Cancer can come at any age. From babies at 3-6 months to elderly people at 90 years of age, all have risks of getting cancer. On the other hand, this disease is more prominent among people of 40-50 years of age. But be assured, as we age, our cancer risk also grows.

What are the causes of cancer?

There are number of different things that cause cancer. We sort them into two major categories - Modifiable Factors & Non-Modifiable Factors.

As the name suggests, the Modifiable factors are manageable. It includes lifestyle habits, behavioral factors, consuming nutritious foods and following a healthy diet. It is safe to not give in to alcohol and tobacco.

Also, people should not develop the habit of getting addicted to comfort food and fast food. These will lead to obesity, and this exceeds to even create risks of diabetes, hypertension, heart disease and much more.

Employees who are exposed to pollutants in their work, especially carcinogens like asbestos, radon, arsenic, chromium, silica, beryllium, nickel, cadmium and diesel exhaust should be wary of them. Decreasing our exposure to pollutants like these, and also to environmental pollution will greatly lower our cancer risks.

Factors that are not in our control

Non-modifiable factors include hereditary genes, gender and age. We don't just inherit wealth from our parents and ancestors, we receive their genes too. If any of them had cancer and battled it, there are chances for their sons and daughters to inherit it.

Being a female is a risk factor for developing breast cancer and cervical cancer. Being a male is a risk factor for developing prostate cancer.

And finally, our age. As years go by, we lose our strength and immunity, thus making us become more vulnerable to infections and risks.

What are the warning signs of cancer?

If there is any disturbance in your body's functions for more than 3 weeks, you must seek medical help.

If there is a change in bowel movement, continuous vomiting, diarrhea, constipation in spite of medication, heavy cough with voice change; sudden change in size and color of mole; unexplained weight loss; repeated fever; wound taking extra time to heal and abnormal



If there is any disturbance in your body's functions for more than 3 weeks, you must seek medical help

- Dr. Madhulika Vijayakumar

menstrual bleeding, then it is high time that you sought medical help.

Does cancer occur more in women than men?

Women are different from men. The cancers that occur in them are of different type. The risk of a woman getting affected by breast cancer or cervical cancer is high, and hence it is thought that women get more cancer risks than men but on the other hand, men outnumber women in our population.

Males with tobacco related habit have higher chances of getting oral cavity cancer, esophageal cancer, lung cancer etc.

Message to public:

Prevention and Early detection are the keywords to success. To optimally prevent an encounter with cancer, we should be wary of the modifiable risk factors and act accordingly. For early detection, people should come forward for screening, especially women.

Some may think, "I don't have any symptoms or health issue, why should I, then go for screening?" There is a misunderstanding here. Screening is for regular, healthy people who don't have any symptoms. Diagnosis is what is done for patients.

Any woman in their 40s, especially the elderly should undergo a mammogram test. They should undergo clinical breast examination at least once in a year. Married women should also undergo pap smear test to ascertain their risk of cervical cancer.

At PSG Hospitals, we offer these tests free of cost every Thursday. We appeal to every woman to make use of this opportunity. The theme of this year's World Cancer Day is 'I Am and I Will'. Our every action in fighting cancer counts. You may be a person who is safe from cancer; you can still educate someone about cancer, create awareness about it to at least one person you know. Only when the learned share their knowledge with the less fortunate, a society that is free of cancer burden can rise.

Best treatments for cancer are available right here!

Does occurrence of cancer assure death?

This is a myth. This was the case in 1960s when there was no greater scientific research and advancements. Today the field of medicine has developed to higher levels (like incorporating Artificial Intelligence in treatment modalities) so cancer does not mean death!

Actually, under certain conditions, cancers are curable. For this, the patient needs to approach a doctor without ignoring any abnormal symptoms they find in their body. If they do that and arrive at early stages of cancer, then cancer is easily manageable.

Stage - I & II of cancers are 90-100% curable. Stage -

III & IV are not completely curable but manageable. These patients' quality of life can be improved.

The Treatments available for cancer

Radiotherapy and Medical Oncology have developed phenomenally. Today we have targeted radiotherapy, where only the cancerous cells are targeted and destroyed, thereby limiting the side-effects.

This targeted way of treatment is also available in medical oncology. The medicines for cancer will only seek the cancerous cells and destroy them, and not affect any normal cells in the body. This maximizes the benefits for patients and minimizes the side-effects.

But people should know that when they arrive with early stages of cancer, surgery options are also available. If they delay, then the possibility of surgery gets decreased and they will have to go for radiation therapy and chemotherapy.

Is quality of life possible for common people?

We have heard of popular actors, celebrities and sports stars surviving cancer and leading a happy and quality life. That has become possible for them because they take care of their health and body very much.

They immediately approach a specialist when they feel their health integrity is compromised.

The common people delay in deciding to consult a doctor when they find any abnormalities in their body due to family burden, work pressure, financial constraints etc. Because of their hesitation, ignorance and delayed consultation, they arrive with serious stages of cancer. This makes their survival very difficult and the treatment to be less beneficial for them.

If any abnormality in a person's body remains for more than 3 weeks, he/she must immediately consult a reputed hospital or a doctor. Doing this will certainly help in early detection. This will lead to better treatment results and quality of life.

For the people coming

- Dr. Pandian Baskar Rao

from poorer sections of society, the Tamil Nadu Chief Minister's Comprehensive Health Insurance Scheme is a boon. Empanelled Hospitals offer the same quality cancer treatment through this scheme to patients.

Should we have to visit Tier 1 cities for best treatment?

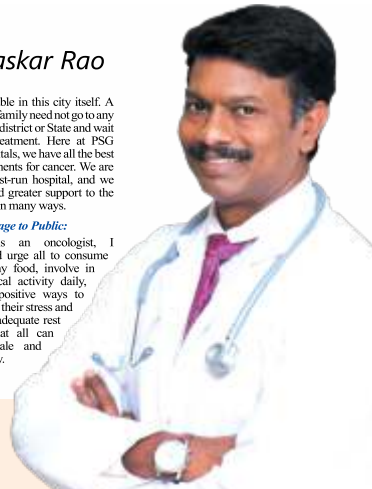
Earlier, the medical infrastructure to treat cancer in Coimbatore was low. People used to think that they should go to Chennai, Delhi, Mumbai or New York and London for the treatment.

Coimbatore has developed to a much greater level today. The best treatments for cancer are

available in this city itself. A poor family need not go to any other district or State and wait for treatment. Here at PSG Hospitals, we have all the best treatments for cancer. We are a Trust-run hospital, and we extend greater support to the poor in many ways.

Message to Public:

As an oncologist, I would urge all to consume healthy food, involve in physical activity daily, find positive ways to lower their stress and take adequate rest so that all can be hale and hearty.



Photos: Sathis Babu



A poor family need not go to any other district or State and wait for treatment. Here at PSG Hospitals, we have all the best treatments for cancer.

Medical



Dr. A. Murali, Dr. R. Karthikeyan, Dr. A. Jaya Vardhana of PSG Hospitals receiving an IMA award for the exemplary services during COVID...19 pandemic.



பி.எஸ். ஜி அறநிலையம் சார்பாக (20-02-2021) பி.எஸ்.ஜி பணியாளர் தினம் கொண்டாடப்பட்டது. பி. எஸ். ஜி மருத்துவக்கல்லூரி மருத்துவமனை கலையரங்கில் நடைபெற்ற இந்த விழாவில் "THE TEACHER IN YOU" என்ற புத்தகத்தின் இரண்டாம் பதிப்பை பி.எஸ்.ஜி கல்வி நிறுவனங்களின் நிர்வாக அறங்காவலர் திரு. L. கோபால கிருஷ்ணன் அவர்கள் வெளியிட்டார். உடன் பி. எஸ்.ஜி மருத்துவக்கல்லூரி முதல்வர் Dr. S. இராமலிங்கம், பி.எஸ்.ஜி தொழில் நுட்பக் கல்லூரி

முதல்வர் Dr. K. பிரகாசன், பி. எஸ்.ஜி சர்வஜன மேல்நிலைப் பள்ளி தலைமை ஆசிரியர் திரு. N. சசிசுமார் அவர்கள் உள்ளனர். இந்த நிகழ்வில் பி. எஸ். ஜி நிறுவனங்களில் 25 ஆண்டுகளாக பணிபுரிந்த பணியாளர்களுக்கு சிறந்த சேவைக்கான விருதும் வழங்கப்பட்டது.

உலக புற்றுநோய் தினம் WORLD CANCER DAY - FEB. 04

என் உயிரே! என் உயிரே!! என் ஆருயிரே
புகைப்பதினால் எனைப்பிரியும் என் ஓர் உயிரே
உடல்செல் உருமாற்றனால் - **மெட்டாபிளேசியா**
உருமாறிய செல் உருக்குலைந்தால் - **டிஸ்பிளேசியா**
உருக்குலைந்த செல் ஊர்ந்து சென்றால் - **இன்வேசன்**
தோன்றிய ஆடத்திலே இருந்தால் - **கான்சர் இன்சிப்டு**
தோன்றிய ஆடத்தை விட்டு தொலைவிடம் சென்றால் - **மெட்டாஸ்டாசிஸ்**
தனைதாங்கி உறுப்பில் இருப்பின் - **முதல் நிலை**
தாக்கிய உறுப்பில் நெற்கண்டால் - **இரண்டாம் நிலை**
தூரத்து நெற்களில் தொற்றிவிட்டால் - **மூன்றாம் நிலை**
தூரத்து உறுப்புகளில் பரவிவிட்டால் அதுவே **நான்காம் நிலை**
ஆரம்ப சிகிச்சைக்கு கத்தியும் கதிர்வீச்சும் கைகொடுக்கும் - **ஆயுதபோர்**
ஹீமோ இம்னோதிரப்பி
கத்தியின்றி இரத்தமின்றி கான்சரை அழிக்கும் - **அகிம்சை போர்**
காலம் கடந்த சிகிச்சையில்
அகிம்சையே ஆவணமாகும்
அன்பின் அரவணைப்பும் மனித நேயமும் - பேலியோபிடிவ் கேர் - **புனிதபோர்**
இப்போரை அறிவியல் ஞானவாள் கொண்டு எதிர்நோக்கும் மருத்துவர்க் க்கு
வாழ்வாங்கு வாழ வாழ்த்தளிப்போம் - **இன்னாளில்**
புகையினால் உருவாகும் பலபுற்று
புகைப்பதை உடனே நீ நிறுத்து
அசாதாரண வளர்கட்டி
ஆராத புண்
அல்லலுறும் வன்
அலட்சியம் இன்றி
அலோபதி மருத்துவரை அணுகி சிகிச்சைப் பெறுவீர்
யிக்ஷோபதி வைத்தியம் கையாண்டு
நிலத்தல் விட்ட மீனாய் துடிதுடித்து வொம்பி
கான்சர் நண்டுக்கு இறையாகாதே!
இணைவோம் இசைவோம்
புற்றுநோய் இல்லா புதிய தலைமுறை காண்போம்

தமிழன்பால் கள்

புதிர்