



Issue : March 2023 Volume : 2212 Only for private circulation; Not for sale.

# World Cancer Celebrations at PSG Hospitals



World Cancer Day was started in 2000 and is held every 4 February worldwide as the global uniting initiative led by the Union for International Cancer Control (UICC). It is a positive movement for everyone and everywhere to unite under one voice to face one of our greatest challenges in history - cancer.

The main goals of this initiative to raise worldwide awareness about cancer, improve education about cancer and to catalyse personal, collective and government action in the fight against cancer. We should work together to reimagine a world where millions of preventable cancer deaths are saved and access to life-saving cancer treatment and care is equitable for all - no matter who you are or where you live.

Each year, hundreds of activities and events take place around the world, gathering communities, organisations and individuals in schools, businesses, hospitals, marketplaces, parks, community halls, places of worship - in the streets and online - acting as a powerful reminder that we all have a role to play in reducing the global impact of cancer. PSG Hospitals is a part of this movement.

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This year's World Cancer Day's theme, "Close the Care Gap", is all about celebrating progress in its many forms that enable more people to seek and receive the care they need and deserve. It is about providing the momentum to fuel our fight for fairness.

This year's world cancer day event at PSG Hospitals was held on 4<sup>th</sup> February in association with Coimbatore Cancer Foundation. Dr. T. Balaji, Director of PSG Institute of Oncology presided over the event. Cancer patients and survivors got together to share their stories and their journey in the fight against cancer. The event included a story telling session by Ms. Mangalam Senthil. Dr. K.S.Rajkumar and Dr. Arulmurugan (Surgical Oncologists); Dr. Narmadha (Medical Oncologist), Dr. Rumesh (Paediatric oncologist), Dr. Sowmiya and Dr. Ashwin (Radiation Oncologist) participated in the event. Dr. Sowmiya delivered a lecture on "Women cancer screening and awareness" at PSG College of Nursing.

Join us in the fight against cancer and help close the cancer care gap for a cancer-free world. Our time to act is now.





# PSG Hospitals received Award for Exemplary Performance

On 07 February 2023, PSG Hospitals was rewarded for exemplary performance under Chief Minister's Comprehensive Health Insurance Scheme (CMCHIS) – Ayushman Bharat Pradan Mantri Jan Arogya Yojana (AB-PMJAY) at VOC Grounds, Coimbatore. This award adds another feather to the crown of achievements in the hospital's history.







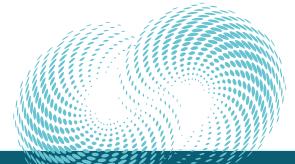
## Say No to STIGMA

The epilepsy day is an opportunity to raise awareness on epilepsy, what it is, how it can be treated, and what is needed to bring treatment to all people who need it. Misconceptions and myths often contribute to the stigma surrounding epilepsy. For example, many people assume that epilepsy is a mental illness, that it limits activities, or even that epilepsy is contagious. This year's International Epilepsy Day campaign seeks to dispel these myths. By sharing facts about epilepsy, we will challenge public misconceptions about epilepsy.

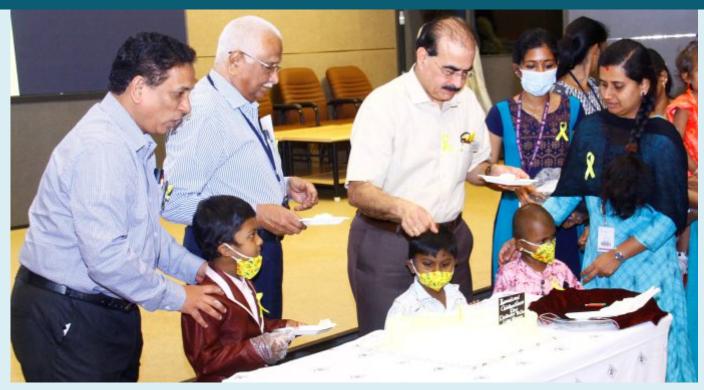
It's important to educate public about the facts about epilepsy and to dispel these myths and misconceptions. This can help to reduce the stigma and discrimination faced by people living with epilepsy and ensures that they have access to the same opportunities and rights as everyone else.

We the department of neurology, PSG Super specialty Hospitals, carried out an program to create awareness among the public along with department of pharmacy practice, PSG College of Pharmacy. In this program various information regarding the Do's and Don'ts, Myths and Facts, First aid treatment and importance of medication adherence in epilepsy were explained to the public.





#### INTERNATIONAL CHILDHOOD CANCER DAY - 15 February, 2023



### Childhood cancer is Curable!!!

It is a matter of concern that India has the highest prevalence of childhood cancer. Every year around 50,000 children in India between 0-14 years are diagnosed with cancer, which represents one-fourth of the global childhood cancer burden. International childhood cancer day is celebrated every year on February 15th to create and promote childhood cancer awareness using a gold ribbon. Children are precious and pure like gold. In view of their courage, determination and strength they conquer cancer and emerge victorious as heroes. The theme for 2023 international childhood cancer day is 'Better Survival' is achievable through their hands' with focus on paying tribute to the patients, families and medical teams/health care workers and the positive impact they have on the lives of children and adolescents with cancer.

The commonest cancer in children is blood cancer followed by brain tumors and other solid organ cancers. The common symptoms of blood cancer include easy fatigability, anemia, bleeding from skin and gums, frequent infections, enlarged lymph nodes, liver and spleen, bone and joint pain. It is important to note that these signs and symptoms may not be manifestations of blood cancer all the time but parents should seek a pediatrician's advice in such situations and if suspicion of blood cancer is strong they should be evaluated in a pediatric oncology unit. Severe headache with forceful vomiting, seizures, rapidly enlarging head size in infants, abnormal walking style and behavior can point towards a possible brain cancer. Any rapidly growing swelling anywhere in the body, from head to foot can be a possible solid malignancy.

Optimal outcomes for childhood cancer can be achieved by providing comprehensive and affordable holistic care by a team of specialists headed by a pediatric oncologist along with other allied specialists including a pediatric surgeon, pediatric intensivist, oncology nurses and most importantly a good social support team. One of the greatest challenges in the treatment of childhood cancers is finding a continued social and financial support for the families. Early diagnosis and providing appropriate treatment will help in achieving a better outcome in these children.

With immense support from the management and supporting departments, the comprehensive Pediatric oncology unit in PSG hospitals has been providing state-of-the-art treatment modalities including hematopoietic stem cell transplantation for childhood cancer for 4 continuous years. We thank you all for the love and support!



## WORLD SLEEP DAY



PSG Hospitals Super speciality 1400+ BEDDED Tertiary Care Hospital



World Sleep Day

# 18 March 2022

# "Sleep is essential for health"



Healthy sleep healthy you!





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Date : 18.3.2023

## பி.எஸ்.ஜி மருத்துவமனையில் உறக்க தினம் அனுசரிப்பு

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ல்வொரு ஆண்டும் மார்ச் 17 ஆம் தேதி உலக உறக்க தினம் கடைபிடிக்கப்பட்டு வருகிறது. இன்று ஓய்வெடுக்கவே நேரமில்லாமல் வேலை வேலை என்று அனைவரும் ஓடிக்கொண்டிருக்கும் நிலை ஏற்பட்டுள்ளது. அதனால் சரியான தூங்கும் நேரத்தை பலர் கடைபிடிப்பதில்லை. மேலும், பலருக்கும் தூங்க நேரம் கிடைக்காமலும் போகிறது.

சரியான தூக்கம் இல்லாததால் ஏற்படும் பிரச்சனைகள் குறித்த விழிப்புணர்வை ஏற்படுத்துவதற்காகவே உலக உறக்க தினம் அனுசரிக்கப்படுகிறது.



தூக்கமின்மையினால் ஏற்படும் பாதிப்புகள் குறித்த விழிப்புணர்வை பொதுமக்களுக்கு எடுத்துரைக்கும் மருத்துவர்கள்.

இந்நிலையில் கோவை பி.எஸ்.ஜி மருத்துவமனையினால் தூக்கமின்மையினால் ஏற்படும் பாதிப்புகள் குறித்து விழிப்புணர்வு வெள்ளிக்கிழமை ஏற்படுத்தப்பட்டது. இதில் உறக்கத்தின் முக்கியத்துவம் பற்றி பொதுமக்களுக்கு எடுத்துரைக்கப்பட்டது. நுரையீரல் மருத்துவத்துறை சார்பாக இந்த விழிப்புணர்வு ஒருங்கிணைக்கப்பட்டது.



COVID-19 IS NOT OVER; FOLLOW THE RULES



03:21









# **Corporate Dental Camp**



#### at The Chennai Silks, Coimbatore





# **HEART TRANSPLANTATION**





A Heart transplant is not just another surgery; it's a journey against time and it's a re-birth. While achieving the milestone of 500+ organ Transplants, expert heart transplant surgeons Dr.Pradeep, Dr.Sivakumar, Dr. Anantha Narayanan, Dr.Ganeshan PSG Hospitals, and his team prepped to save another life. Without wasting any time, the team headed to Madurai to retrieve the harvested heart, reaching PSG Hospitals to give a new life to someone in need.

The advanced technology, infrastructure and equipment available at PSG Hospitals, combined with skilled surgeons, together accomplished the landmark achievement of the 500th transplant. The PSG Hospitals has been set-up with the vision to utilize the latest in technology, innovation and medical protocols to give people in heart failure a new lease of life.



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Care Built on Trust and Expertise