PSG MediPulse

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அலர்ஜி எனும் அலாரம்... அனைவருக்கும் வேண்டும் கவனம்!...

''இவன் தும்மல் போட ஆரம்பிச்சா அவ்வளவுதான்; வீடே ரெண்டாயிரும்''

- பல வீடுகளில் கேட்கும் டயலாக் தான்....

ஆம்! சிலருக்கு வீடு கூட்டினாலே போதும் தும்மல் ஆரம்பித்து விடும். இதற்க்கு காரணம், "டஸ்ட்" அலர்ஜி என்கிறது மருத்துவ உலகம்.

அலர்ஜி ஒவ்வொருவருக்கும் மாறுபடுகிறது. தூசு, விலங்குகளின் ரோமம், பூக்களின் மகரந்தம், உள்ளிட்டவற்றால் ஒவ்வாமை எனும் அலர்ஜி ஏற்படுகிறது.

அலர்ஜி குறித்து நமக்கு தெரிந்திருந்தாலும், இன்றுபல பிரச்னைகளுக்கு அலர்ஜிகாரணமாக இருப்பது நமக்கு தெரிந்திருக்க வாய்ப்பில்லை.

இயல்பாகவே, ஒவ்வாமை உள்ளவர்களுக்கு நோயெதிர்ப்பு அமைப்பு, பலவீனமாக இருக்கும். இவர்கள் எல்லா விஷயங்களிலும் கவனமாக இருக்க வேண்டும் என்கிறார், நுரையீரல் சிகிச்சை நிபுணர் டாக்டர் வருண்.

அலர்ஜி என்றால் என்ன?

நமக்கு ஒத்துக்கொள்ளாத ஒருபொருள், நமக்குள் போகும்போது அதை வெளியேற்றும் முயற்சியாக நமது உடம்பு வெளிப்படுத்தும் அறிகுறிகள்தான் அலர்ஜி.

அந்த ஒத்துக்கொள்ளாத பொருளுக்குபேர், 'அலர்ஜன்'. பொதுவாக அலர்ஜி ஏற்படுத்தக்கூடிய பொருட்கள் தூசி, செல்லப்பிராணிகள், மகரந்தம், பூச்சிகள், உண்ணி, ஒருசில உணவுகள் மற்றும் சில மருந்துகள்.

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எதனால் உடலில் அலர்ஜி ஏற்படுகிறது?

அலர்ஜி என்பது மரபணுக்கள் சார்ந்து வரக்கூடிய பிரச்னை. இது பெரும்பாலும் கண், மூக்கு, தொண்டை, நுரையீரல், தோல் போன்ற இடங்களில் ஏற்படலாம். அலர்ஜி ஏற்படுத்தக்கூடிய பொருள் ஒருவரின் உடலில்படும் போது 'ஹிஸ்டமின்' எனும், ஒரு வேதியியல் பொருள் சுரக்கும். இது, ஒருசில எதிர்வினை மாற்றங்களை ஏற்படுத்தி எரிச்சல், வீக்கம் மாதிரியான தொந்தரவுகளை கொடுக்கும்.

அலர்ஜியினால் எந்த மாதிரியான தொந்தரவுகள் வரலாம்?

கண் எரிச்சல், சிவந்து போகுதல், அதிக கண்ணீர் போன்றவை ஏற்படலாம். தும்மல், மூக்கடைப்பு, சளி, தொண்டை கரகரப்பு போன்றவை ஏற்படலாம். நுரையீரலில் இது இருமல், மூச்சுவிட சிரமம், தோலில் அரிப்பு, படை போன்றவை ஏற்படலாம். அதிக அளவில் அலர்ஜி ஏற்படும்போது உடல் வீக்கம், உதடு மற்றும் கண்தடிப்பு, மூச்சு திணறல் ஏற்பட்டு, உயிருக்கு ஆபத்து ஏற்படும் நிலைமையும் வரலாம்.

அலர்ஜி- வராமல்தடுக்க என்ன செய்வது?

இந்த கேள்விக்கான பதில் ஒவ்வொருவருக்கும் மாறுபடும். முதலில், அவருக்கு அலர்ஜி உள்ளதா என்பதை, ஒருசில ரத்த பரிசோதனைகள் மூலம் தெரிந்துகொள்ளலாம். எந்த பொருள் ஒத்துக்கொள்ளவில்லை என்பதை அறிந்துகொள்ள, 'ஸ்கின்பிரிக்' போன்ற பரிசோதனைகள் உண்டு.

அலர்ஜி ஏற்படுத்தும் அந்த குறிப்பிட்ட பொருளை, தவிர்க்க வேண்டியது மிக மிக முக்கியம். அலர்ஜி-யினால் ஏற்படும் தொந்தரவுகளை பொறுத்து, மாத்திரைகளும் மருந்துகளும் வேறுபடும்.

ஆஸ்துமா போன்ற பிரச்னைகள் ஏற்படும்போது, இன்ஹேலர் தேவைப்படலாம். எந்த அளவிற்கு அலர்ஜி உள்ளது, என்ன செய்ய வேண்டும் என்பதை அறிய, மருத்துவரை அணுகுவது சிறந்தது.

Unmasking Lung Cancer

"Understanding the Impact of Lung Cancer on World Lung Cancer Day"

Lung cancer, a relentless adversary in the global health arena, continues to claim lives and sow devastation. Each year, on August 1st, the world comes together to mark World Lung Cancer Day. This year, the theme of World Lung Cancer Day is "A breath of prevention is better than expectation of long-term survival". This occasion serves as a poignant reminder of the pressing need to raise awareness, detect the disease early, and champion preventive measures in the ongoing fight against this formidable illness.

A Global Health Challenge

Lung cancer ranks among the most widespread and deadly forms of cancer worldwide. The International Agency for Research on Cancer (IARC), a branch of the World Health Organization (WHO), designates November as Lung Cancer Awareness Month. In 2020 alone, nearly 1.8 million lives were lost to lung cancer, surpassing the death toll of the second most common cancer, colorectal cancer. This sobering statistic underscores the immediate need for education, heightened awareness, and proactive action.

Addressing Late Diagnosis

The journey to effective lung cancer treatment is rife with challenges, with late-stage diagnosis being a significant hurdle. The subtle nature of early symptoms, coupled with instances of misdiagnosis, often result in patients facing advanced disease stages with limited treatment options. Medical experts and organizations like WHO emphasize the pivotal role of early detection through screening high-risk individuals. Early identification significantly enhances survival rates and expands the array of treatment options. Additionally, primary prevention strategies such as regulating tobacco use and minimizing exposure to environmental risks hold the promise of saving lives by reducing the incidence of lung cancer.

Recognizing Early Signs

Vigilance and awareness are crucial in identifying the initial signs of lung cancer. Persistent or chronic cough lasting for weeks, unexplained shortness of breath, chest pain, unintended weight loss, chronic fatigue, hoarseness, and coughing up blood are potential indicators of this formidable disease. Ignoring these signs would be a mistake, as they could serve as early warnings for timely intervention.

Unveiling the Causes

Understanding the root causes of lung cancer is crucial in our collective efforts to prevent and mitigate its impact. Smoking remains the primary culprit, as tobacco smoke contains various cancer-causing agents that harm lung cells. Secondhand smoke also increases risk, albeit to a lesser extent. Additionally, prolonged exposure to radon gas, workplace hazards such as asbestos, genetic predisposition, and even air pollution contribute to the risk.

Identifying High-Risk Individuals

Knowledge empowers, and being aware of whether you're at higher risk for lung cancer empowers proactive steps. Current and former heavy smokers, particularly those who have smoked for extended periods, fall into a high-risk category. Non-smokers exposed to secondhand smoke, people with chronic lung diseases, those with a family history of lung cancer, and individuals with specific genetic mutations are also more susceptible.

Navigating Treatment and Beyond

Receiving a lung cancer diagnosis can be devastating, but advancements in medical science offer a glimmer of hope. Treatments like targeted therapy, immunotherapy, and anti-angiogenic therapy have transformed cancer management, increasing survival rates while minimizing side effects. Throughout and after treatment, a holistic approach is essential. Open communication with the medical team, informed decision-making, and engaging in mind-body practices like yoga, exercise, and stress management all contribute to a better quality of life.

Prevention: A Breath of Fresh Air

In the face of such a formidable adversary, prevention emerges as a potent ally. A healthier future involves steering clear of tobacco, reducing exposure to pollutants, and adopting a health-conscious lifestyle. Regular screenings can aid early detection and intervention, significantly improving the odds of survival. For those in high-risk categories, open discussions with healthcare professionals play a pivotal role in devising personalized strategies for prevention and early intervention.

In the battle against lung cancer, knowledge is power, awareness is a shield, and prevention becomes a stronghold. On this World Lung Cancer Day, let us come together with unwavering determination to breathe life into a world where lung cancer is a conquerable challenge.

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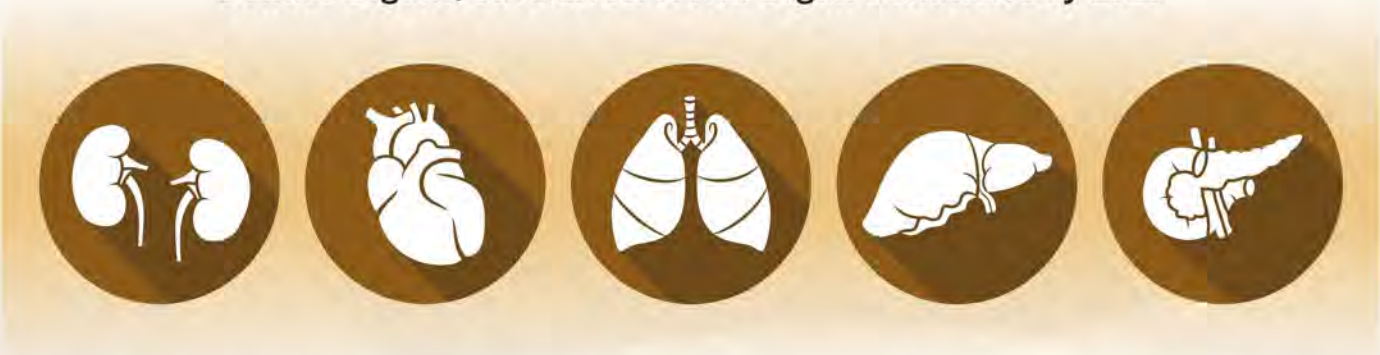
"A Lifeline of Hope: The Significance of Organ Donation"

Donate Organs, Save Lives: World Organ Donation Day 2023



Every year on 13th of August, Global populace come together to observe World Organ Donation Day, a day dedicated to promoting awareness about the profound impact of organ donation and dispelling common misconceptions surrounding it. Organ donation is not just a medical procedure; it's a way of giving someone another chance at life. PSG Hospitals, recognizing the significance of this opportunity, actively engages in spreading awareness and encouraging people to consider becoming organ donors.

Chronically ill patients often find a new lease on life through the gift of organ donation. Organs can be transplanted from donors to recipients, offering a lifeline to those in dire need. The theme for World Organ Donation Day 2023, "Donate Organs, Save Lives," encapsulates the essence of this selfless act. In line with this theme, a national campaign has been launched to dispel myths and misconceptions surrounding organ donation and motivating individuals to consider donating their organs and tissues after their passing.

PSG College of Arts and Science, in collaboration with PSG Hospitals and the Young Indians Association, has taken a proactive role in educating the student community about organ donation. An awareness program was organized, involving various activities to engage and inform the participants. The event commenced with a prayer song and welcoming remarks from Dr. D. Brindha, the Principal of PSG College of Arts & Science. She eloquently set the tone for the program by emphasizing the importance of Being A Thinker, A Doer, and A Donor.

Esteemed guests and speakers shared their insights during the awareness program. Dr. T. Kannaian, Secretary of PSG College of Arts & Sciences, and Dr. JS Bhuvaneswaren, Director of PSG Super Speciality Hospitals, delivered their felicitations, underscoring the significance of the initiative.

The guest speaker, Dr. R G Pradeep, a renowned practitioner who has successfully performed several heart transplants, highlighted the transformative power of organ donation. He reiterated that a single brain-dead donor can save the lives of 10 to 12 individuals. The impact of this decision is immense, as vital organs such as the heart, liver, lungs, kidneys, and pancreas can be transplanted, offering recipients a chance at a healthier future.

Dr. G Ananthanarayanan, a Senior Cardiac Surgeon and guest speaker, focused on the theme "Need for Transplant." Organ transplantation is a beacon of hope, providing a second chance to those grappling with organ failure and debilitating conditions. However, the demand for viable organs far surpasses the available supply, necessitating greater awareness, education, and collaboration. Dr. Ananthanarayanan addressed common misconceptions about transplants while emphasizing the critical role of advancing medical science and fostering a collective effort to bridge the gap between organ scarcity and the growing need for life-transforming interventions.

commemoration of National Bone and Joint Week, Dr. Major K Kamalanadhan delivered an enlightening speech on "Trauma Statistics of India." He emphasized the importance of prevention in road safety, advocating for a proactive approach to avoid accidents rather than merely addressing their aftermath. Dr. Kamalanadhan stressed the significance of enforcing road safety rules, educating individuals, and maintaining vehicles to prevent accidents and save lives.

PSG College of Arts and Science organized activities to engage students and foster awareness about organ donation. Poster making and slogan writing competitions were conducted, allowing students to express their thoughts creatively. The winners were rewarded for their insightful contributions. The program also featured cultural events that revolved around the themes of organ donation, highlighting the importance of this life-saving act.

World Organ Donation Day serves as a reminder of the incredible impact one person's decision to donate organs can have on numerous lives. Through awareness programs, expert insights, and educational initiatives, PSG Hospitals and institutions like PSG College of Arts and Science are inspiring individuals to consider becoming organ donors. As we continue to dispel myths, raise awareness, and foster collaboration, we can bridge the gap between organ scarcity and the growing need for life-saving interventions. Organ donation is not merely a medical procedure; it's a beacon of hope, a second chance at life, and a testament to the power of human compassion.

Aging Gracefully

Comprehensive Care for Aging Population at PSG Hospitals Department of Geriatric Medicine

Every year, on August 21, the world observes World Senior Citizen Day, a day dedicated to raising awareness about the issues affecting elder persons, particularly their mental well-being. Amidst this global concern, Our PSG Hospitals' Geriatric Medicine Department stands as a beacon of hope, focused on maintaining the physical and mental well-being of the elderly population. This department boasts unparalleled expertise in conducting comprehensive geriatric evaluations for aged patients, providing solace to both caregivers and family members. The primary aim is to enhance the quality of life, an utmost concern for all elderly patients.

As the global landscape undergoes a substantial demographic shift, the aging population is taking center stage. By 2050, an astounding one-sixth of the world's population will be over 65 years old, signifying a historic turning point. On the International Day of Older Persons, it is imperative to address the challenges and opportunities this transformation brings to elder care.

Advancements in healthcare and a focus on healthy living have led to extended lifespan, with the global average life expectancy reaching 72 years. While this accomplishment is commendable, it also introduces new challenges. Longer lives often correlate with health issues and the inherent vulnerabilities of aging. This reality prompts a reevaluation of our commitment to caring for older generations.

The aging process amplifies the need for care, support, and attention. Routine tasks can become formidable obstacles for the elderly due to health concerns like joint pain, weakened

immunity, and sensory impairments. The dwindling support system, coupled with potential feelings of dependence, can significantly impact both mental and physical well-being.

With family structures transitioning from extended to nuclear, the traditional support network for seniors has diminished. This transition, coupled with societal neglect, can strip older individuals of their dignity and quality of life and the Lifestyle diseases, once primarily associated with old age, now afflict people earlier in life. Conditions such as diabetes, hypertension, and high cholesterol have become increasingly prevalent, necessitating integrated care. Society finds itself ill-prepared to provide the requisite level of support.

The growing elderly population presents an opportunity to formulate policies that foster productive post-retirement years. At a personal level, according respect and inclusion to our seniors is pivotal. The emotional journey of transitioning from independence to dependence can be arduous for seniors. Upholding their dignity through respect is of paramount importance. The loss of comfort and independence can be overwhelming, underscoring the need for additional love and attention.

Understanding the emotional needs of seniors is a crucial aspect of care giving. Providing care within the home setting is a responsibility, not a burden. If meeting their needs becomes challenging, professional services are available to offer the care they rightfully deserve.

On the International Day of Senior Citizens, we pause for reflection and recommit ourselves to the cause. Let's ensure that the golden years of our elders are defined by dignity, love, and inclusion. With our unwavering support, the aging world can transform into a vibrant and thriving place for seniors.

Our accomplished geriatricians are specialized in assessing and managing the distinctive healthcare needs of elderly patients. They collaborate closely with other specialties including nutritionists, occupational therapists, speech and hearing specialists, physiotherapists, and psychological counselors or psychiatrists. These skilled professionals adeptly manage various age-related issues such as falls, incontinence, memory problems, and the treatment of multiple chronic disorders.

In celebrating World Senior Citizen Day, we celebrate a shared responsibility to provide the best possible care for our elders. Let us embrace this responsibility with compassion, dedication, and respect, ensuring that the elderly population enjoys a life of well-being and fulfillment.

PSG MediPulse

Aanmai: Breaking Barriers

Innovative Approach to Male Fertility Disorders

Modern society has witnessed a significant change in lifestyle, work routines, and dietary choices, contributing to a disturbing surge in male fertility disorders and sexual dysfunction. Factors like altered eating habits, increased work pressure, stress, and other contemporary challenges have led to a surge in issues such as impotence and male infertility. Recognizing the urgency of this matter, PSG Hospitals has taken a pioneering stride in the Kongu Region by establishing a dedicated unit to address male infertility and sexual problems - "Aanmai."

The inauguration of Aanmai occurred at the distinguished P.S.G. Multispecialty Hospital Campus, in the B Block Auditorium. Esteemed personalities from the medical and entertainment fields graced the event. Dr. J.S. Bhuvaneswaran, the Medical Director of P.S.G. Multispeciality Hospital, led the initiative, highlighting the hospital's dedication to comprehensive healthcare.

The event was presided over by Dr. Subbarao, the Principal of PSG Institute of Medical Sciences & Research and Dr. Puvai Murugan, the Head of Department of Urology and Andrology, PSG Multispeciality Hospital. Their presence underscored the academic and medical significance of the newly established Aanmai unit. Special guest, renowned Actor and PSG Alumni Mr. Nizhalgal S. Ravi, added a touch of glamour to the occasion.

An influential figure at the event was Dr. Vilvapathy S Karthikeyan, a respected Uro-Andrologist from Chennai Apollo Hospitals. Dr. Karthikeyan shared insights into the challenges faced by individuals dealing with Male Fertility issues, emphasizing the importance of specialized care. He highlighted the medical community's recognition of the need to confront these issues directly.

Dr. Krishna Mohan. B, a specialist Uro-Andrologist, PSG Multispeciality Hospital emphasized the significance of the newly inaugurated Unit. Aanmai goes beyond being a mere treatment center; it's a sophisticated, personalized hub addressing a range of men's sexual issues, including impotence and male infertility. Dr. Krishna Mohan noted that Aanmai clinic's distinct sections cater to various aspects of male fertility disorders, showcasing a commitment to tailored treatment and holistic care.

As society evolves, health challenges also transform. Aanmai's launch offers hope for those grappling with impotence and male infertility. It symbolizes medical advancement and addresses societal issues with innovation and empathy.

Aanmai's launch in the Kongu Region is a commendable effort to combat rising male fertility and sexual issues. The unit's specialized approach promises relief and guidance for those affected. With support from medical professionals, leaders, and guests, Aanmai exemplifies collaborative efforts to shape a healthier and more empathetic society.

Highlights of August 2023: A Journey through Our Monthly Activities

PSG MediPulse

CRADLE OF NOURISHMENT

Celebrating One Year of Kamadenu: PSG Hospitals' Mother's Milk Bank

In a world where careers and newborn care intersect, the spotlight shines on the significance of breastfeeding. World Breastfeeding Week 2023 (1st to 7th August) emphasizes its role in shaping infants' lives. With the theme "Let's make breastfeeding and work, work!" the campaign encourages the integration of work and breastfeeding, empowering mothers to balance both and nurture a brighter future.

Amidst this resounding global movement, the focus also turns to PSG Hospitals' Kamadenu Human Milk Bank as it commemorates its first anniversary. This celebration amplifies the milk bank's unwavering commitment to promoting infant health through the remarkable power of mother's milk. Operating as a non-profit entity, the milk bank's inaugural year has been nothing short of remarkable, providing assistance to 104 in-hospital babies-an achievement made possible by the selflessness of 90 donor mothers.

The concept of Human Milk Banking has gained international and national recognition, offering an invaluable solution for newborns when Mother's Own Milk is inadequate or unavailable. This movement transcends geographical boundaries, providing indispensable aid to infants in need around the world. PSG Hospitals' Kamadenu Milk Bank exemplifies the essence of this global initiative by supplying Pasteurized Donor Human Milk (PDHM) to infants who cannot receive maternal milk.

PDHM has proven particularly advantageous for premature babies, low birth weight infants, and those at risk of Necrotizing Enterocolitis. It contains specialized nutritional and immune-enhancing properties that serve as a lifeline for these high-risk infants, offering crucial nutrients and immunity factors.

Under the leadership of Dr. Ramesh, Senior Consultant, Dept of Neonatology, the Milk Bank operates with a dedicated team, including Dr. Sumathi, Senior Resident, Dr. Manjari, Lactation Professional and staff nurse Kavitha. The Milk Bank adheres to stringent protocols for donor selection, education, safe handling, pasteurization, and comprehensive testing. The milk is then dispatched to eligible recipients as per pediatrician orders, while the families receive lactation support.

PSG Hospitals have also partnered with Coimbatore North Ladies Circle 11, marking a significant stride in expanding the milk bank's outreach to infants in need of human milk. This collaborative initiative underscores their steadfast commitment to enhancing the well-being of the most vulnerable members of our society. PSG Hospitals warmly welcome milk donations from both within the hospital and external donors, a commendable effort that has earned them the designation of a Comprehensive Lactation Management Centre (CLMC) in alignment with national guidelines.

During the celebratory event, PSG Hospitals extend heartfelt appreciation to the unsung heroines-the donor mothers-whose unwavering compassion drives the remarkable success of the Milk Bank. This celebration also honors recipient families for their unwavering trust and support, recognizing their pivotal role in nurturing the bank's healing mission.

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