

A Nahar Group Initiative

Special e-Newsletter Issue | August 15, 2018 | Independence Day Special

What's Inside

Look Your Best this Monsoon...

Tips to feed your Skin & Hair in Monsoon!

Physio for All...

Best Protection is Early Detection: CERVIX CANCER

Offers at NMC

A Nahar Group Initiative

NAHAR MEDICAL CENTER CELEBRATES 5TH ANNIVERSARY ON DOCTORS DAY



Mr. Ajay Nahar along with Center Head Dr. Kavita Torne and Other consulting Doctors

Nahar Medical Center, Chandivali Powai, On June 30, 2018; celebrated its 5th Anniversary on Doctors Day. The Event highlighted the journey of Nahar Medical Center over the years achieving new milestones each year. The Event was attended by various multi-speciality doctors who consult at the center, employees as well as guest of honour Dr. Manoj R. Mashru a well-known Cardiologist in Mumbai having an experience of 32 years and Dr. Mayank Mashru of Rudhira Pathological Laboratory, having over three decades of experience in the field of pathology and more than 40 years of association with Nahar Group.

During the event, the Center announced the various initiatives going forward which will benefit not only the doctors but community at large. One of the initiatives was the launch of India's 1st Mobile Application with video conferencing facility; so now chatting with your doctor is just a click away. The App is made available for download on the App Stores.

Another Initiative was the Launch of the "Privilege Health Card" program

where in Nahar Medical Center provided the consulting Doctors and its Employees with "Gold Privileged Health Cards" which entitles them and their families to avail various benefits right from in-house diagnostic test to special packages on Dental, Dermatology and Cosmetology Services, for the Patrons.

Nahar Medical Center also launched its own Quarterly Newsletter "HEALTH + CARE" to create an awareness towards leading a healthier lifestyle. Nahar Medical Center a 20,000 sq. ft. Diagnostic & Multi Speciality Center set-up at Nahar Amrit Shakti, Chandivali, Powai.

NAHAR MEDICAL CENTER CELEBRATES 5TH ANNIVERSARY ON DOCTORS DAY



Event covered in Midday - Mumbai Edition on 6th July 2018

EMPLOYEE
★ — OF THE MONTH — ★



JUNE 2018 | **SHRADDHA SALUNKE**
Customer Representative



JULY 2018 | **MANJUSHA SHINDE**
Sr Lab Technician

QUOTE OF THE MONTH

FITNESS IS LIKE A — RELATIONSHIP — YOU CANT CHEAT — AND EXPECT IT TO WORK



Physio For All...

Physiotherapy or Physical Therapy is a very old form of allied medical treatment. It has been found to be very useful to help ailments ranging from chronic bodily pain from illnesses to injuries that limit a person's abilities to move and perform functional activities in their daily lives . Physical therapy services may be provided as primary care treatment or alongside, or in conjunction with, other medical services.

From that time, Physiotherapy has evolved tremendously as a science and also as a means of remarkable relief to patients. With regular doctor's treatment and medicine, physiotherapy comes out as a very useful way of seeking relief from physical pain.

In physiotherapy diagnosis as well as treatment of any ailment is done by physical means. It not just aims at lowering the levels of pain but also intends to keep the body part functional .i.e. avoiding complete dysfunction. The ultimate goal of physiotherapy thus, is to improve patient's quality of life, which is often impaired by varying factors.

It helps not just in relaxation of muscles but also rejuvenating them. It soothes any recovering wounds and injuries right from accidents to sports injuries. It is found to be useful by all age groups right from infants, adults as well as elderly people.

Physiotherapy holds a very holistic approach for a patients recovery and involves the patients completely in their treatment. The approaches involve Movement, Exercise, Manual Therapy, Aquatic Therapy and Electrotherapy.

The therapeutic treatments encourage movement and exercise to strengthen the injured areas. It also promotes walking and swimming to aid in enhancing recovery. Manual Therapy involves physical treatment by the physiotherapist using his/her hands to mobilise the injured patient's joints or tissues. It is used to stimulate blood flow, decrease fluid retention, improve flexibility and relieve pain.

Aquatic Therapy or Hydrotherapy is carried out in a warm shallow pool of water with the guidance of a therapist. The patient is asked to perform various exercises in the water using the resistance of the water. It is thought to improve blood circulation and reduce pain and relax the muscles.

There are various branches of physiotherapy including musculoskeletal, sports, neurology, wound care, cardiopulmonary, geriatrics, orthopedics, vestibular rehabilitation, post burn rehabilitation, women's health, and paediatrics to name a few.

Dr. Bhoomi Gala
Physiotherapist

We would love our Consultant Doctors and Employees to contribute to the Newsletter articles, all you need to do is send across the article along with high resolution Image.

you can mail your articles to:
editor@naharmedicalcenter.com



Look your Best This Monsoon....

Come monsoon and we heave a sigh of relief at escaping the sweltering heat. But often our skin does not share this enthusiasm with us. Excessive humidity and its associated problems have the potential to transform that healthy glowing skin to dull characterless skin along with several skin problems.

Well, this can change with good monsoon specific skin care. Here is a list of what you need to watch out for.

1. Increase in oiliness / stickiness / acne:

The Reason: Both our sweat glands and oil glands are over-active during the season. This increases the tendency for acne / pimples/breakouts.

Prevention: Follow a regime of cleansing with a mild, preferably soap-free cleanser, followed by use of an alcohol-free toner twice a day. This helps in deep pore cleansing and reduction of acne. Avoid using any heavy skincare products or make-up if you are prone to get acne/pimples.

Treatment: Anti-acne peels in addition to appropriate home care are the treatments best suited to take care of acne. They unblock the blocked oil glands, remove excess oil from the skin and make the skin look and feel great.

2. Infections of the skin – bacterial and fungal

The Reason: Humid environment is also the ideal breeding ground for all types of germs and the reason for increased chances of infections of the skin, especially in the body folds.

Prevention: Ensure complete drying of areas like underarms, groins before putting on clothes. If you have tendency to develop fungal infections, use a special anti-fungal powder in the body folds (underarms, groins, between the toes etc.) for prevention.

3. Dull, lifeless skin

The Reason: UV rays that damage the skin and are invisible. UV damage with absence

of right skin care make our skin look dull, patchy and lifeless.

Prevention & Treatment: Follow a good skin care routine of cleansing and toning. Use a light, oil-free sunscreen to protect your skin while outdoors. Rejuvenate your skin with mild exfoliating treatments consisting of fruit fatty acid peels. These treatments gently peel off the dead layers of the skin revealing fresh glowing skin underneath.

4. Hair changes – limp hair, hair fall, dandruff

The Reason: Frequent wetting of hair breaks the water-soluble bonds between the hair proteins and cause the hair to look limp, dull with low volume and bounce. The oil glands on our scalp increase too along with excess fungal growth and hence the propensity for dandruff increases.

Prevention: To take care of lifeless hair, use shampoos with citrates / fruit extracts and conditioners with aromatic oils. Also use simple hairstyles, avoid elaborate hair-dos and avoid tying up wet hair.

For limp & dry hair, lather on a volume enhancing conditioner containing dimethicone/ high molecular weight proteins. Avoid warm/ hot water; use either cold or lukewarm water for hair wash. Avoid blow-drying, if you have to, use a leave-on conditioner prior to drying.

To prevent dandruff, apply a good anti-dandruff shampoo and wait for 10 mins before rinsing off. This contact period is essential for the active ingredients to start working. Repeat this 2-3 times a week. If resistant dandruff, you can visit us at Nahar Medical Center we can prescribe a good antifungal lotion for your scalp. This will soothe the scalp; prevent itching, irritation, build-up of fungus and dandruff. Massage warm coconut oil in the scalp one hour before washing the hair.

Dr Snehal Sriram, Senior Consultant Dermatologist, Specialist – Cosmetology and Trichology

Tips to Feed Your skin & Hair in Monsoon!

- Food rich in vitamin C enhances your skin, hair and improves your resistance to infections. Have plums, pears, fresh lime and lychee to your heart's content.
- Remember to drink your 10 glasses of water, even if you don't feel thirsty. Your skin is always thirstier than you are!
- Anti-oxidants like vitamin A and E are great for you in this season. Ensure adequate consumption of these to compensate for all the indulgence in those hot 'pakora & samosas'.

While the above tips help most people, however, our skin repair needs are unique to each of us and it is advisable to consult your cosmetic dermatologist for best outcomes.

LASER HAIR REMOVAL PACKAGES

Its Safe. Its Quick. Its Effective.

25%* Off

on all Hair Laser treatment Packages

*Offer valid till September 15, 2018.

*Terms and Conditions Apply.

SUNDAY SPECIAL OFFER

Get Your
Basic Health Check up
at additional

10%* OFF

done on **SUNDAY**

*Terms and Conditions Apply.



CERVICAL CANCER SCREENING

Best Protection is Early Detection: CANCER CERVIX

Being a Gynaecologist, over these years I have always emphasized the need to educate women about the importance of doing screening test for Cervical cancer, The Pap test. Ours is a country where the incidence and prevalence of cervical cancer is very high, standing next to Breast cancer in urban areas, whereas in rural areas it is the most common cancer affecting women.

Through this article I would like to highlight the salient features of the disease and also would like to educate women in brief, how they can detect and prevent the disease.

Cervix is the lowermost part of the uterus which is not visible from outside, thereby making it impossible for self examination, examination of the cervix requires special instruments used by the Gynaecologist. Cervical cancer (CaCx) is caused by HPV (Human Papilloma Virus), HPV Type 16 and 18 are responsible for majority of CaCx.

Multiple Sexual Partners, Smoking, Alcohol, Sexually transmitted diseases, Poor Nutrition, Poor personal hygiene are some risk factors for acquiring the disease. Symptoms are abnormal and foul smelling vaginal discharge, bleeding after sexual intercourse, bleeding after menopause, irregular vaginal bleeding, pain in lower abdomen, bleeding from urinary bladder or rectum (in advanced stages).

CaCx can be detected and prevented, at an early stage by doing a very simple screening test called **The Pap test**.

- Sample for Pap test is taken by the Gynaecologist, in the OPD room itself, it is generally a painless procedure, where in cells overlying the cervix are taken on slide and sent for examination.
- Women should start doing the test at age of 30 years and should continue doing it every 2 or 3 years till the age of 65 years OR till 3 consecutive test results come

negative post Menopause.

- Women should not be in their menses during sampling for the test.
- HPV DNA + Pap test, commonly called as CO-Testing, can also be done, to be repeated every 5 years.
- Nowadays, HPV Vaccine is also available, which is given as 3 shots in the upper arm over a period of 6 months.
- Vaccination can be started as early as 9 years of age, girls between 9-15 yrs are given 2 shots only over a period of 6 months.
- IMPORTANT TO NOTE- FOR NO REASON SCREENING (PAP TEST) BE STOPPED AFTER VACCINATION.

As is well said "Prevention is better than cure", BUT for Cancer, the dictum **Best protection is early detection**, goes well.

Dr Nilima Tandekar, MD, FIMSA
Consultant Gynaecologist and Obstetrician



When was your Last Mammogram and Pap Test?

GET 50%* OFF
On PAPER SMEAR TEST
and your Gynaec Consult FREE at Nahar Medical Center!

Also if advised for Mammography; Get 50%* Off as well!

FOR MORE INFO CONTACT +91. 9819 260 962. Offer valid till August 31, 2018.

Edited and Published by:

Nahar Medical Center
Nahar's Amrit Shakti, Chandivali Farm Road, Off. Saki Vihar Road, Andheri (East), Mumbai 400 072.
Tel: +91-22-6134 1111
Email: info@naharmedicalcenter.com

The articles expressed in this magazine are the views of the writer. Nahar Medical Center is not responsible for their expressions.

Book an Appointment

To book an appointment with any of our Multi Specialist consultants or to avail of any offers or diagnostic treatment at the center

Please call us on
+91.9819 260 262

Subscribe by email

Email subscription service allows members to receive email notifications, as well as receiving this newsletter electronically instead of in paper.

Just SMS your email to
+91 9819 260 262