

MIRROR-HEALTH NEWS

This newsletter provides health information and insights from Mirror Health experts, featuring information on common health topics and interests, health tips, patient stories, updates in medical research and clinical trials, upcoming events, health recipes and much more!!



VISION

To provide comprehensive and customised health services of global standards to all women with particular emphasis to high risk pregnancies.

MISSION

To provide 'Quality Service' with 'Honest Practice' that is both ethical and evidence based.

Mirror Health is a radical and earnest women's health center with a strong drive to provide high end health care services for women.

Having started in April 2016, Mirror Health is currently expanding to attain it's fullest potential of comprehensive health care solutions for women with a primary emphasis on high risk pregnancy care. Many of the modest gains in women's health realised in recent decades are now threatened or have been reversed, thus compelling instant explications with honest evidence based clinical practices.

ADMIN TEAM



Dr Govindarajan M.J
Chief Consultant Radiologist
Director



Dr Revathi S Rajan
Chief Consultant (Maternal Fetal Medicine)
Managing Director



D.Srikanth
General Manager

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Consultant MFM, MD, Mirror Health
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Paediatrician, Mirror Health
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MIRROR HEALTH

CONSULTANT PANEL

- **Dr Govindarajan M.J**
MBBS, MD (Radio Diagnosis), MBA (Health Care)
Chief Consultant Radiologist
Director
- **Dr Revathi S Rajan**
MBBS, DGO, DNB, FFNM (RGUHS)
Chief Consultant (Maternal Fetal Medicine)
Managing Director
- **Dr Deepika. K**
MBBS, MS, FRM(RGUHS)
Consultant (Reproductive Medicine)
- **Dr Shashikala. T**
MBBS, DGO, FIGE, FRM
Consultant (Gynaec Endoscopy)
- **Dr Lokesh T.R**
MBBS, DCH, DNB
Consultant (Paediatrician)
- **Dr Sapna. T**
MBBS, MS
General Surgery
- **Dr Binduraj**
MBBS, MD
General Physician
- **Dr Nandakishore S.K**
MBBS, MS, DNB (Urology and
Andrology),
MD (Fellow in Endourology)
Consultant (Urologist / Andrologist)
- **Mrs. Shubha T.G**
M.Sc., Diploma in Clinical trials,
Nutritionist
- **D. Srikanth**
B.E, ISE
General Manager

OUR SERVICES

- **WOMAN'S HEALTH
CONSULTATION SERVICES**
High Risk Pregnancy Care
Inutero Fetal Programming
Infertility Care
Gynaecological Care
Adoloscent Health Care
Prenatal and Preconceptual
Counselling
Comprehensive Breast Care
Menopausal and Postmenopausal
Care
Nutrition and Lifestyle
Consultation
- **IMAGING AND
INTERVENTIONAL SERVICES**
Woman's Imaging
Ultrasound, Doppler, X-Ray,
Mammography
Tele Radiology Services
Second Opinion on Imaging in
Cancer Patients
Image guided procedures -
Aspirations, Biopsy, Drainage
Varicose Vein Management (RFA,
Laser Ablation, Sclerotherapy)
- **NEWBORN & PAEDIATRIC CARE**
LABORATORY SERVICES
PHARMACY SERVICES
**CANCER SCREENING CONSULTATION,
EXPERT TELECONSULTATION AND VIDEO
CONFERENCE CONSULTATION SERVICES**

EARLY PREGNANCY UNIT AT MIRROR HEALTH (A NOVEL CLINICAL APPROACH)

Dr Revathi S Rajan, Chief Consultant (Maternal Fetal Medicine) & Managing Director, Mirror Health, Bengaluru



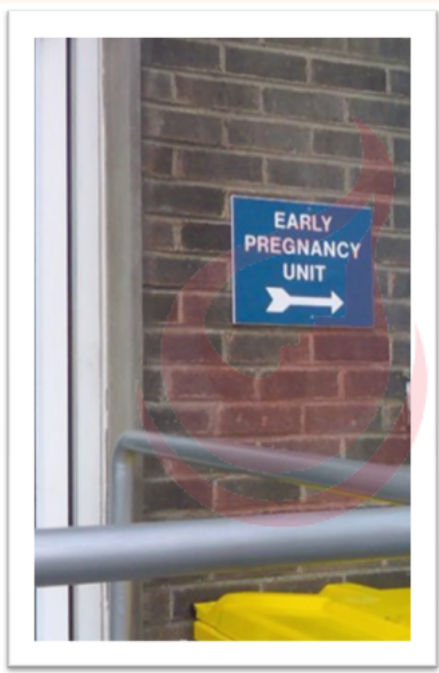
We at Mirror Health are glad to introduce the 'EPU - The Early Pregnancy Unit' which is a novel value add to modify risks encountered early pregnancy contributing to improved pregnancy outcomes.

Introduction - Background

Early Pregnancy Unit (EPU) is a dedicated / focussed specialised unit in any hospital dealing with problems encountered in early pregnancy (under 16 weeks of gestation)

It is staffed by a team of mixed professions.

- **Unit Lead** – Consultant Gynaecologist who is trained in USG and is capable of managing early pregnancy complications/MFM Specialist
- **Nurse** – Dual Trained (Midwife + General Nursing).
- **USG Team** – Doctors / Sonographers



Problems addressed



- Threatened miscarriages.
- Miscarriages.
- Recurrent miscarriages.
- Ectopic pregnancies.
- Molar pregnancies

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Target patients



Speciality clinic – Usually referred patients.

- Pregnant women (early gestation) with pain / bleeding / excessive vomiting etc.
- Those pregnant women in the first trimester with previous history of complications like recurrent miscarriages, ectopic pregnancy and molar pregnancy.

Description of Services

- **Self Referral**- Walk in service. (Women with a positive pregnancy test for further evaluation and treatment.)
- **Referral Unit** - Those pregnant women in the first trimester referred for bleeding P/V / pain abdomen.
- **Triage Clinic** – Those patients in the EPU who could be triaged from the ‘walk in ‘list for specialised care; [Immunology / Endocrinology / Haematology / clinical genetics etc]
- **Scan Clinic** – Conducts USG on those women with early pregnancies after stratification in the Triage / Walk in clinic.
- **Consultant Clinic** – All patients presenting to triage are directed for specific consultations by the MFM Specialist / Consultant Obstetrician & Gynaecologist who is trained for early pregnancy care for evaluation and stratification of risks.
- May involve other specialities also. Could involve clinical fellows who participate on a daily basis reducing the burden on consultants and also offering extended help in managing triaged patients.
- Medical management of miscarriages – Including counselling / consultation/ procedure and USG based monitoring including after care would be done; ensuring safe abortions in indicated cases.
- Majority of these units function as ‘Day care’ units with attachments to tertiary care hospitals.
- Easy accessibility is ensured with Helpline Telephone numbers/ Contact Email-ID s and Reference Websites.

Way Forward

- **Focussed targetted clinics ‘EPU’ could help triaging patients so that the ‘at risk’ patients are provided comprehensive and multi disciplinary care thus decreasing early and late complications affecting pregnancy**

References

- **An Early Pregnancy Unit in the United States: An Effective Method for Evaluating First-Trimester Pregnancy Complications.**Rovner P1, Stickrath E2, Alston M2, Lund K2.
- **The Rotunda Hospital, Dublin – Early Pregnancy Unit.**
- **Croydon Health Services - Early Pregnancy Unit**

CERVICAL CANCER

Dr Lokesh, MBBS, DCH, DNB; Paediatrician, Mirror Health



What is Cervical Cancer?

Cervical cancer is the cancer of the cervix (mouth of uterus).

Cervical cancer is the 2nd most common cancer among Indian women next only to breast cancer.

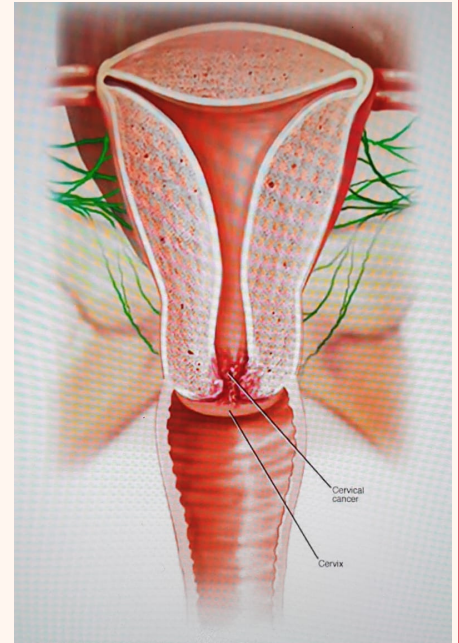
Who can get?

Any women can get cervical cancer, affecting women from age group **21 onwards** and peaks between **34 to 65 yrs** age group

What causes cervical cancer?

Nearly all cervical cancer is caused by **Human Papillomavirus (HPV)**.

There are many types of HPV of which serotype 16,18 account for 76% of total cervical cancers in India. Almost 75% of all sexually active adults are likely to be infected with at least one HPV type. However, vast majority of the infections resolve spontaneously and only a minority (<1%) of the HPV infections progress to cancer.



Symptoms of cervical cancer:

Early on, there are usually no symptoms of cervical cancer. The longer a person has cervical cancer without treatment, the more likely they will have symptoms

- .Abnormal vaginal bleeding
- Unusually heavy vaginal discharge
- Painful urination
- Bleeding between periods or after a pelvic exam

Prevention:

A: HPV vaccination

The HPV vaccination is of public health importance. The currently available vaccines are safe and efficacious. **The Indian Academy of Pediatrics (IAP) recommends offering HPV vaccine to all females who can afford the vaccine. Since the protection is seen only if given before infection with HPV, the vaccine should be given prior to sexual debut.**

There are two HPV vaccines that are commercially available in India, (both vaccines are equally efficacious and safe for protection against cervical cancer and precancerous lesions.) Vaccination can be given to females as young as 9 years till **45 yrs** of age.

Dose: Age 9 - 14yrs 2 doses 6 months apart. Age 15 - 45 yrs 3 doses at 0,2 & 6 months.

B: Screening

- **Recommended after age 21 yrs and above: includes PAP smear examination and HPV testing.**

ANTIOXIDANTS FOR A HEALTHY LIFE STYLE !

Mrs. Shubha T.G; M.Sc., DIPLOMA IN CLINICAL TRIALS, Nutritionist, Mirror Health



Antioxidants are compounds produced in your body and found in foods. They help defend your cells from damage caused by potentially harmful molecules known as free radicals.



When free radicals accumulate, they may cause a state known as ‘**Oxidative stress.**’ This may damage your DNA and other structure in your cells. Sadly, chronic oxidative stress can increase your risk of chronic diseases such as heart disease, type 2 diabetes and cancer.

Fortunately, eating a diet rich in antioxidants can help your blood antioxidant levels to fight oxidative stress and reduce the risk of these diseases.

Scientists use several tests to measure the antioxidant content of foods. One of the best tests is the FRAP (ferric reducing ability of plasma) analysis. It measures the antioxidant content of foods by how well they can neutralize a specific free radical.

The higher the FRAP value, the more antioxidants the food contains.

Here are the **TOP 12 healthy foods** that are high in antioxidants;-

Antioxidant	Food Sources
 Vitamin A & Carotenoids	Carrots, squash, broccoli, sweet potatoes, peaches & apricots (bright colour fruits and vegetables)
Vitamin C	Citrus fruits like oranges and lime etc, green peppers, broccoli, green leafy vegetables, strawberries and tomatoes.
Selenium	Fish & shellfish, red meat, grains, eggs, chicken and garlic.
Polyphenols	Flavonoids including: <ul style="list-style-type: none">• Isoflavones – Soy beans, tofu, lentils, peas and milk.• Flavonols – Citrus fruits, red wine, onions and apples.• Catechins – tea, green tea, cocoa, dark chocolate.• Anthocyanins – berries, red wine. Phenolics including: <ul style="list-style-type: none">• Chlorogenic acid – instant and brewed coffee.
 Indoles	Cruciferous vegetables including broccoli, cauliflower and cabbage.



Effects of cooking

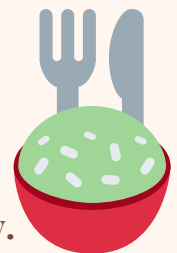
Cooking particular foods can either increase or decrease antioxidant levels.






- Lycopene is the antioxidant that gives tomatoes their rich red colour. When tomatoes are heat-treated, the lycopene becomes more bio-available (easier for our bodies to process and use).
- However, studies have shown that cauliflower, peas and zucchini lose much of their antioxidant activity in the cooking process. Keep in mind that the important thing is eating variety of antioxidant-rich foods, cooked and raw.



Here are some **tips** on boosting the antioxidants in your diet:



1. Get your recommended **4-5 servings** of fruits and vegetables every day.
2. Drink coffee in moderation, as a source of polyphenol antioxidants.
3. Pack fruit salad for a vitamin and antioxidant-rich snack. 
4. Keep canned or frozen berries on hand for smoothies or add to yogurt for a delicious dessert.
5. Snack on mixed dried fruit and nuts. 
6. Pile your plate with red, yellow and green vegetables.
7. Enjoy a small amount (about 20g) of high cocoa dark chocolate or hot chocolate. 



Mirror Health launches 'EPU - Early Pregnancy Unit'; a dedicated clinic addressing challenges encountered during the periconceptual period and in early pregnancy comprehensively.

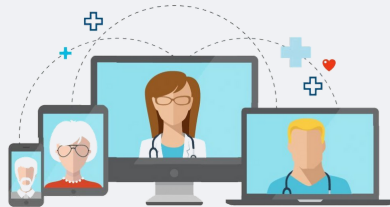
Who should approach??



Women with history of previous miscarriage/bleeding during early pregnancy/ pregnant women with medical disorders and pregnant women with history of complications in the previous pregnancy.

*Consultations only with prior appointments

Introducing **Telemedicine Counselling** at Mirror Health.



- Counselling with the Specialist Doctor for initial assessment.
- Saves cost incurred for travel for initial assessment.
- Physical visit allows decision making and customisation of treatment protocols.
- Contact visits planned for only major clinical decision making.

NOTE: This facility(Tele Counselling) is NOT extended to critically ill patients who may require immediate treatment/care.



celebrates

**WORLD BREAST FEEDING WEEK
1 AUG – 7 AUG
2019**



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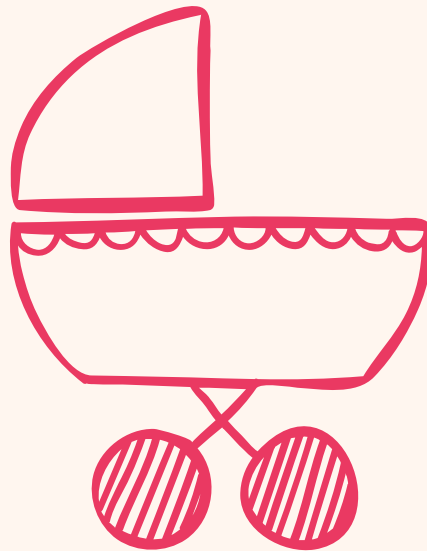
Mobile: +91 9916027802 | +91 9742388801 | 080-23222808



Patients write...

" We would like to thank Dr.Revathi S Rajan and her team for the medical treatment. With no hope we just walked in to Mirror Health. Our doctor checked completely for both of us and gave treatment after finding the root cause. After ups and downs, with Mirror Health, it was a long journey.

By God's grace finally ended in a **beautiful girl baby !!**"



" We were blessed with a **baby girl !**

After 9 years of marriage, our relative referred us to Dr. Revathi Ma'm. I cannot begin to express my satisfaction with the staff, Doctors & nurses. Each and everyone of them was courteous, professional & made my visit as comfortable as they possibly could. Please share my thanks to each and everyone of them.

I thank you once again !!"

NOTE:

- These are **feedbacks** from our **registered patients** which have been published **verbatim** after relevant consenting.
- Actual identity of the patient has been kept anonymous.
- Concerned documentation is under the ownership of **Mirror Health.**