



JANUARY, 2023 | EDITION 4
ANNUAL NEWSLETTER

MIRROR VISMAYA

7th Anniversary Edition

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.

Established 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.



Dr Govindarajan M.J

MBBS, MD (Radio Diagnosis), MBA (Health Care),
LLB, Chief Consultant Radiologist &
Director



Dr Revathi S Rajan

MBBS, DGO, DNB(OBG), FFMM (RGUHS)
Chief Consultant (Maternal Fetal Medicine) &
Managing Director



D.Srikanth

B.E, ISE
General Manager



Rajagopal.K

B.Sc (C.Z.Mb)
Research & Admin
Assistant

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!!



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CONSULTANT PANEL

Dr Govindarajan M.J

MBBS, MD-Radio Diagnosis, MBA-Health Care, LLB
Chief Consultant-Radiologist
Director

Dr Revathi S Rajan

MBBS, DGO, DNB(OBG), FFMM (RGUHS)
Chief Consultant-Maternal Fetal Medicine
Managing Director

Dr Shashikala. T

MBBS, DGO, FIGE, FRM
Consultant-Gynaec Endoscopy

Dr T Shilpa Reddy

MS(OBG),MRCOG(UK),FRM, FMAS
Dip in Reproductive Medicine (Kiel,Germany)

Dr Lokesh T.R

MBBS, DCH, DNB
Consultant-Paediatrician

Dr Sapna. T

MBBS, MS
General Surgeon

Dr Sanjeet S B

MBBS, MD, DNB (Internal Medicine)
Consulting Physician Cardio Diabetologist

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

COLLABORATORS

Dr Vikas Satvik

MBBS, MD (Paediatrics), MRCPCH,
CCT (UK), FRCPCH,PGPN (BOSTON
UNIVERSITY),IPPN (UNIVERSITY OF
WESTERN AUSTRALIA)
Consultant Neonatologist &
Paediatrician

Dr Vinay K.K

MD,Consultant
(Anaesthesia and Critical
Care)

Dr Mekhala D

MBBS , MS(OBG), DGO, FRM
Infertility Specialist

ADMIN

D. Srikanth
B.E, ISE

General Manager

Rajagopal.K
B.Sc. C.Z.Mb

Admin & Research Assistant

CLIENT RELATIONSHIP OFFICER

Muralidhara V
B.Sc. Economics



OUR SERVICES



WOMAN'S HEALTH CONSULTATION SERVICES

High Risk Pregnancy Care

Inutero Fetal Programming

Infertility Care

Gynaecological Care

Adolescent Health Care

Premarital and Preconceptual
Counselling

Comprehensive Breast Care

Menopausal and Postmenopausal
Care

Nutrition and Lifestyle
Consultation



IMAGING AND INTERVENTIONAL SERVICES

Woman's Imaging

Ultrasound, Doppler

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**



DIRECTOR'S DESK



Hello to all...

Greetings from Mirror Health !

Team Mirror Health wishes our readers a prosperous and bright 2023!

Our unwavering obsession with scientifically evidence-based patient-centered care enabled us to replicate success stories in 2022 as well!

The year 2022 had many milestones, and topping that was a 46-year-old delivering her little one and the birth of an 840-grammer who is doing well in the NICU.

Further several elderly mothers with metabolic & autoimmune problems, those previously pregnant with babies having defects and those who had Intrauterine fetal demise were expertly managed to deliver healthy babies!!

Mirror Health is unbound by geographical distance, and this very proof lies in guiding a mother (with high risk factors) from a remote town in Punjab through telecollaboration.

Our unique niche women's health facility was further strengthened by new collaborations with highly reputed hospitals and doctors sharing passion on par with ours for quality patient care. Our cost-effective yet result-oriented health packages benefited our patients coming from diverse socio-economic backgrounds. Our tireless efforts to propagate and implement cervical cancer vaccination visibly provided reassuring comfort to many patients who took advantage of this groundbreaking scientific advancement.

Our academic and research wing under aegis of Dr Revathi Rajan achieved a breakthrough by collaborating with a global body of high order to conduct an international conference that will have a ripple effect, boosting the best practices of clinicians in terms of patient care without having to wait for posterity!

We once again thank our patients and patrons and wish them the very best for now and ever!

Warm Regards,



**Dr Govindarajan M J. MBBS, MD (Radio Diagnosis),
MBA (Health Care), LLB,
Chief Consultant Radiologist,
Director, Mirror Health, Bengaluru**

ADMIN'S CORNER



Greetings from Mirror Health!

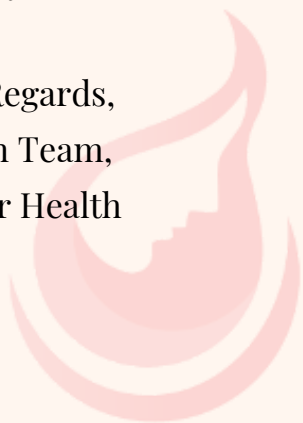
Meet the committed and passionate guys to facilitate your top Quality Healthcare at every step!

Apart from our center's clinicians' functionality, a well-connected network of a dedicated team of competent external doctors, accredited laboratories, renowned pharmaceutical companies, dietician, staff nurses, and support staff come under their purview to synergize efforts to transfigure the patients' challenges into one of "Glowing Health".

Necessitated by increasing patient profiles and the centre's future goal Admin Team was expanded to three, with the inclusion of a seasoned professional Murali.

Operational excellence being our motto Admin ensures that the service delivery is smooth with optimised outcomes by coordinating both the front and back end requirements effectively. Empowered with decisions at the logistic and administrative levels we are here to put you at ease, as far as possible!

Best Regards,
Admin Team,
Mirror Health



MIRROR HEALTH

PRECONCEPTIONAL EVALUATION

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



Preconceptional Evaluation & Counselling plays a very important role to ensure a safe pregnancy and a healthy baby. It provides a window of opportunity to the prospective parents to optimize their health facilitating a healthy pregnancy.

This involves identifying risk factors that could complicate conception and later pregnancy outcomes. **These may include metabolic factors like Hypertension, Diabetes Mellitus, Thyroid disorders, Obesity and also some genetic and auto immune conditions.**

The process involves a detailed interview of the couple and scheduling of lab tests and scans to ensure normalcy that could support a healthy conception and pregnancy. **The Specialist [Maternal Fetal Medicine] would identify modifiable risk factors and modulate them with appropriate medications and surgical corrections as needed. There could be non-modifiable risk factors mostly genetic that need appropriate counselling for next steps to ensure optimized outcomes,**

The couple may also be advised to take **prenatal vitamins like Folic acid / B-Complex, Iron, Calcium** etc, which can ensure that the fetus in the womb would grow without structural defects and the pregnancy as a whole may progress without complications like Anaemia, Hypertension, Fetal Growth Restriction etc. An **appropriate lifestyle** and diet consultation is pivotal for a sustained benefit obtained as a consequence of this process.

The Specialist will also advise regarding the best possible time for conception and counsel regarding the fertile period along with providing any additional assistance to facilitate conception as soon as possible post risk modulation.

It is thus imperative for every couple desirous of becoming prospective parents to consult with the Maternal Fetal Medicine Specialist who can make an essential value add for a safe conception and a healthy pregnancy with optimized outcomes both for the mother and the baby.

*** We schedule regular appointments for preconceptional evaluation and counselling that are both onsite and online at Mirror Health.**

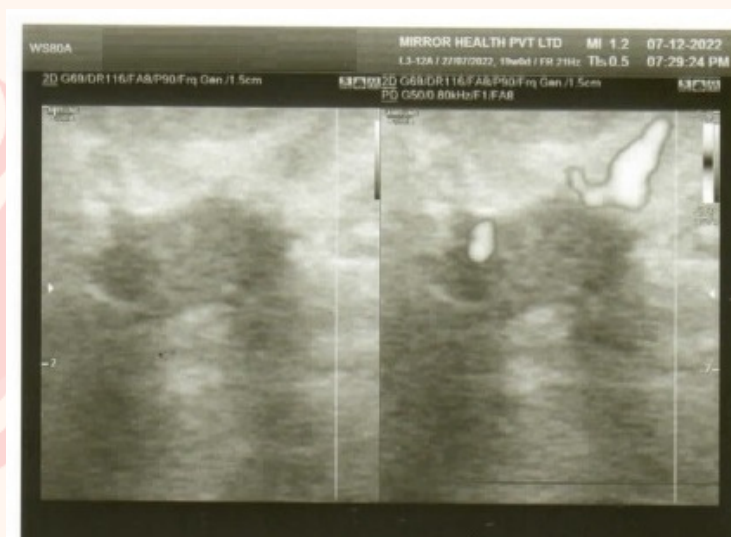
Together lets join hands to contribute to heathy pregnancies and healthy babies!!

SONOMAMMOGRAPHY

Dr Govindarajan M J. MBBS, MD (Radio Diagnosis), MBA (Health Care), LLB
Chief Consultant Radiologist,
Director, Mirror Health, Bengaluru



- Sonomammography is the performance of ultrasound scanning of the breast.
- It is a non-invasive procedure performed to check the health of breasts. It is an imaging technique aimed at identifying abnormalities in breast without subjecting the individual to radiation (X-Ray mammography uses radiation). This procedure is primarily aimed at identifying and characterizing breast abnormalities and generally used as an adjunct to screening X – ray mammography in women above 40 years of age. However, any woman, who experience any problems in the breasts, like swelling, pain, lump, nipple discharge, nipple retraction, or any other symptoms in breasts, particularly if less than 40 years of age, breast ultrasound is the first imaging technique of choice for evaluation. This test can identify if any abnormality is present in the breasts, if so, helps characterizing it as either benign (non-cancerous) or malignant (cancerous), by assessing its appearance, its blood flow (by Doppler ultrasound) and its consistency (by sonoelastography); it also helps in guiding for biopsy of any suspicious abnormality in the breast. Additionally, if a cancer is detected in the breast, ultrasound also as part of extension of the study, helps identify if the cancer has spread beyond the breast into any glands in the arm pit.
- As it is an ultrasound technique, no significant side effects are encountered. No preparations are generally required, even though this scan may be best performed in the second week of the woman's menstrual cycle although it can be performed at any time of the cycle. The person to be examined lies down on the examining table on her back. The sonologist (in India, it is generally a well trained doctor who performs this test) uses a high resolution transducer, generally available in high quality ultrasound machines, and applies a watery gel on to the surface of the breast and does the scanning. The process generally takes about 20 minutes.



Advantages -

- Quick & non-invasive
- Painless
- Inexpensive
- Doesn't require any prior preparation
- Useful for evaluating breast masses
- Identifies if a suspicious mass is a cyst (fluid-filled sac) without even placing a needle into it to aspirate fluid.

Who needs it?

A breast ultrasound or sonomammography is recommended:

- When a breast lump (mass) or a general lumpiness is felt in the breast
- To determine if the abnormality detected through mammography or a palpable lump is a fluid-filled cyst or a solid tumour
- If breast tissue is too dense to be assessed accurately by mammography
- In high risk patients with family history of breast cancer, past history of breast cancer or in females older than 35 years of age as a preventive measure to screen for breast cancer
- Additional method to evaluate the breast, when mammography is not so clear

Breast cancer is a life-threatening disease that can be easily detected in such routine health examinations. Early detection of breast cancer aids in a successful treatment and recovery.





CARE OF PRETERM BABIES

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



Preterm baby is defined as any baby born before 37 completed weeks of pregnancy. Approximately 13% of all deliveries is preterm babies. They can be further classified into :

1. Late Preterm 34 - 36 weeks
2. Moderate Preterm 32 - 34 weeks
3. Early preterm 28 -32 weeks
4. Extremely preterm < 28 weeks of gestation.

Today well will discuss about care of preterm babies who are born after 32 weeks of gestation. Here we are focusing on preterm care post discharge from NICU. Challenges in preterm care and their management are as follows:

1. Feeding and weight gain: Sucking reflex is developed around 34 weeks in babies, till then they are fed with pallada or cup and spoon. Either expressed breast milk or formula feeds are given. Once the baby reach 34 weeks then breast feeding is initiated. They have to be monitored frequently for adequate weight gain. If weight gain is not appropriate, breast feeding and Pallada feeds have to be evaluated (correct position and feeding techniques for breast feeds and dilution and quantity of feeds for pallada feeds). Human milk fortifier or Simyl MCT oil can be added to increase the calories of feeds to help weight gain.

2. Temperature Regulation: Preterm babies are very susceptible for temperature fluctuations leading to hypothermia or hyperthermia. The preterm babies have large surface area with less subcutaneous fat along with their highly permeable skin make them prone to these problems.

A| Hypothermia: Core body temperature of < 35 C. This can be avoided by adequate covering of the baby from head to legs and also by Kangaroo Mother Care (KMC). In KMC, after feeding the baby, the baby is placed in skin to skin contact on the chest of mother, father or any caregiver.

B| Hyperthermia: Core body temperature > 37.5 C. Usually happens when baby is too much wrapped and their is no air circulation in the wrapping.

3. Infection control: All preterm babies are susceptible to infection due to their poor immunity status. So along with temperature control, caregivers have to follow hygienic measures like - hand washing, personal hygiene, persons with cough cold fever should not come in contact room of the baby. If mother is having cough or cold, she should wear mask. If mother is having fever, breastfeed should be continued since it will provide the baby with nutrition and antibodies.

4. Follow up: Preterm babies require frequent followup

A: To monitor adequate weight gain, feeding issues. Preterm growth charts have to be used for monitoring weight, length and head circumference.

B: Preterm babies Retina is not fully developed for which babies have to be checked by specialist ophthalmologist to see if baby has Retinopathy of Prematurity (ROP).

C: Baby's hearing has to be tested by doing BERA.

D: Bathing: Preterm babies are given sponge bath daily once followed by pat drying gently and apply moisture lotion 4 times a day. Daily bathing is started once baby reaches 2.5 kg.

E: Vaccination: BCG and Hepatitis B vaccine is given once the weight is 1.8 kg or baby is 1 month post delivery

5. Danger signs : Baby not feeding / sucking well, repeated vomiting, yellowish discolouration of skin or eyes, not passing 3-4 times urine in 24 hrs, appearing pale, not active. If any of these are there then contact your paediatrician immediately.

ROLE OF NUTRITION IN PCOS MANAGEMENT

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



‘Role of Nutrition in Polycystic Ovarian Syndrome (PCOS) Management

Polycystic Ovarian Syndrome

Approximately 10% of young women have a hormonal disorder called polycystic ovarian syndrome. Women with PCOS often have insulin resistance (the body does not use insulin well), resulting in too much insulin in the body. Increased production of androgens, or male hormones, also is a hallmark of PCOS. These hormonal abnormalities can cause metabolic and reproductive disruptions.

Symptoms

- PCOS tends to run in families, but the exact cause is not known. Symptoms may include:

- Infrequent menstrual periods, no menstrual periods and/or irregular bleeding
- Infertility due to lack of ovulation
- Increased hair growth on the face, chest, stomach, back, thumbs or toes
- Acne, oily skin and dandruff
- Weight gain, especially around the mid-section
- Thinning hair on head
- Pelvic pain



If you are having symptoms you believe to be related to PCOS, see your physician.

Individuals with PCOS are also at increased risk for insulin resistance or Type 2 diabetes, increased blood pressure and cholesterol, depression, anxiety, and endometrial cancer.

Management of Polycystic Ovarian Syndrome includes:

1. Diet:

Low GI diets decreased homeostatic model assessment for insulin resistance (HOMA-IR), fasting insulin, total and low-density lipoprotein (LDL) cholesterol, triglycerides, waist circumference, and total testosterone compared with high GI (HGI) diets without affecting fasting glucose, HDL cholesterol, weight, or the free androgen index. The inclusion of the LGI diet, punitive restrictions, and/or physical activity, and the supplementation of omega-3 increased HDL, sex hormone binding globulin (SHBG) synthesis, and reduction in body fat. Sources of α -linolenic acid will probably produce an equally good effect. A meta-analysis and systematic review showed that the LGI diet is an effective, acceptable, and safe intervention for relieving IR, and professional dietary advice should be offered to all PCOS patients.

- It seems that another reduced-GI diet modification is the ketogenic diet, which limits the consumption of total carbohydrates in favor of plant-based fat. The ketogenic diet (KD) improves the menstrual cycle, reducing blood glucose and body weight, improving liver function, and treating fatty liver in women with PCOS and liver dysfunction who were obese. Therefore, in PCOS patients with advanced obesity and/or obesity accompanied by full-blown metabolic syndrome, the introduction of a ketogenic diet may provide even better results than a diet with a LGI. Nonetheless, a general conclusion is that by following the main principles of a healthy diet, physiological homeostasis can be managed, as well as faster recovery from disease achieved.

2. Lifestyle Changes:

- Regular physical activity, maintaining appropriate body weight, following healthy dietary patterns and avoiding tobacco use is vital in the prevention and treatment of metabolic disorders, and is included in clinical guidelines for various conditions. Focusing on overall well-being and mental health is a personal choice, and while it is not an immediate fix, it is an important step toward a more fulfilling life.

3. Physical Activity

- Physical training potentiates the effects caused by insulin sensitivity through the optimization of glucose transport and metabolism. A recent meta-analysis found that improvements in health outcomes are more dependent on exercise intensity than dose. The minimum aerobic activity per week should be 120 minutes.

4. Sleep

- Mental health disorders are highly prevalent in PCOS cases, which are associated with significantly more frequently experienced states of anxiety and depression, as well as sleep disorders. Based on current knowledge, it is plausible to conclude that sleep disorders can be considered as one of the first symptoms leading to the weakening of the body's protective properties and intensification of the pathways associated with insulin resistance in the course of PCOS. Sleep disorders impact the etiology and development of the anxiety and depression seen in PCOS, so treating sleep-related conditions should be an integral part of treating women with PCOS. Sleep deprivation has been connected with an increased risk of IR, obesity, and type 2 diabetes (T2D).

Conclusions

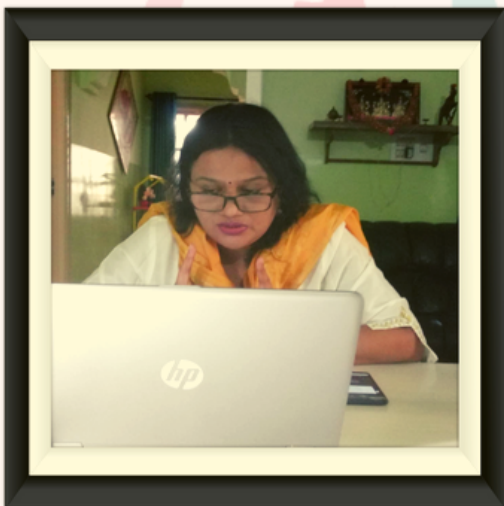
- The analysis of metabolic symptoms occurring in the course of PCOS points to the need for a multidirectional therapeutic approach. The metabolic pathways leading to the abnormalities are presented, which requires focusing on the improvement of parameters related to fertility, hirsutism, the occurrence of carbohydrate-lipid disturbances, and the reduction of insulin resistance. One of the most important pathways for blocking carcinogenesis is presented. It has been shown that significant improvement of these parameters depends on modifiable factors related to the improvement of lifestyle, the introduction of a diet, especially a low-calorie diet with reduced GI, normalization of sleep, and the introduction of daily physical activity.



Affiliate Hospitals for Specialized Procedures / Deliveries

- Milann Fertility and Birthing Centre [Kumarapark & M S R Milann]
- Motherhood Hospital [Hebbal]
- Sidvin Hospital [Rajajinagar]
- Icchaa Fertility Solutions [Koramangala]
- Bhagwan Mahaveer Jain Hospital [Vasantnagar]

**TRINITY CENTRAL HOSPITAL [SESHADRIPURAM]
[for Consultation/Surveillance OPD/Procedures/Deliveries]**



**TELECONSULTATIONS / TELE COLLABORATIONS
[India & Abroad]**



**NAMANA MEDICAL CENTRE [RMV EXTN]
[for Consultation/Surveillance OPD]**

MIRROR ACADEMIA



Mirror Academia is a dedicated consortium with Dr Revathi S Rajan and Dr Govindarajan M J as leads for conducting clinical research mostly based on Maternal Fetal Medicine.

The team also includes Research Assistants (Dr Meghana Sreenath, D Srikanth & Rajagopal.K) and have been working along with SMFM (I) for Preeclampsia related research and academics.



The team is currently working on Global Academic Projects like the Preeclampsia Education of the Nation (India) Project, Textbook on Preeclampsia and also towards setting up of the ISSHP World Congress 2023 at Bengaluru. The team has expanded to include Mr Muralidhara V who has been actively involved in coordinating all the above activities.

Mirror Academia contributes and supports to all the activities of the SMFM (I).

MIRROR ACADEMIA

ACADEMIC & RESEARCH ASSISTANTS



Dr Meghana Sreenath



D Srikanth



Rajagopal K



Muralidhara V

MIRROR ACADEMIA



MIRROR WEBINARS

List of Academic Webinars and engagements of Dr Revathi S Rajan as part of Mirror Academica

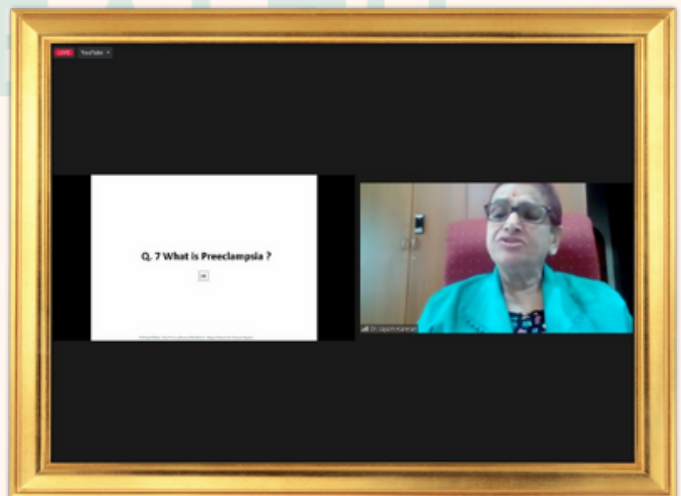
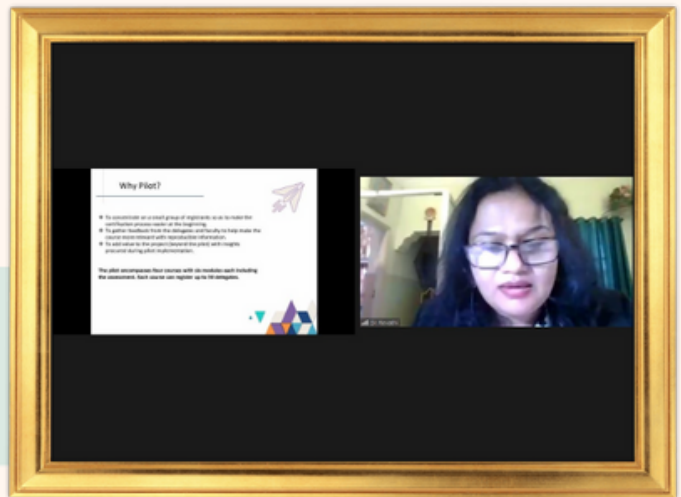
- Delivered a talk on : 20 till 20 : Redefining treatment paradigm in miscarriage management as part of “Ensuring Healthy Womanhood eCME” organized by Abbott India Limited on 9-Feb-2022 as an online webinar.
- IDiscussed on Fertility Dost as a Live Event on Facebook on Preconceptional Risk Modulation as part of the Patient Education Initiative organized by Shield Connect on 5-May-2022.
<https://www.youtube.com/watch?v=ek-vcUP07yw&t=157s>
- Have been conducting teaching sessions in OBG for Ayush Post Graduates [OBG] empanelled by the Karnataka State Government. The first session was on 16-Jun-2022 and empanelment is to be renewed annually.
- Presented as invited faculty at the Hubli-Dharwad Obstetric and Gynecological Society on 19-Jun-2022. The presentation was based on the ROBUST study and also included a panel based on Clinical Scenarios on Preeclampsia based on the Angiogenic Biomarkers.
- Participated as the Organizing Secretary for LIFE Conference 2022 held in Bengaluru, India. Coordinated the workshop based on Clinical Risk Assessment [CRA] & Risk Management [RM] in Maternal Fetal Medicine.
- Was invited as faculty by the Covai OBG Society for the CME on Redefining Miscarriage Management and PPH. Presented a talk based on The Role of Immuno Modulation Miscarriage Management and also discussed Periconceptional Risk Modulation Strategies to optimize pregnancy outcomes on 30-Jul-2022
- Presented a virtual talk on Role of Angiogenic Biomarkers in Screening, Prediction,Diagnosis and Prognostication of PE -Jaipur-30-Sep-2022 as part of the LEADx Symposium organized by Roche Diagnostics India Pvt Ltd.
- Presented a talk at the All Goa Conference of OBG on 22-Oct-2022 titled- Biomakers in screening, Early Diagnosis, Prediction and Prognostication of Preeclampsia

MIRROR ACADEMIA

Mirror Health hosts **THE SOCIETY FOR MATERNAL FETAL MEDICINE (INDIA);SMFM(I)**
This society encompasses like-minded clinicians who are involved in the management of high risk pregnancies - **Website: <http://smfmi.com/>**



Dr Revathi S Rajan has been actively involved in setting up and organizing the Virtual Learning Series on Preeclampsia which is an online platform intended to propagate Preeclampsia education across the country and beyond. This series aims to create awareness regarding the unique collaborative project of the SMFM (I) and The International Society for the Study of Hypertension in Pregnancy; ISSHP.



SMFM(I) CME & WEBINARS

Dr Revathi S Rajan has been part of the Global Editorial Team that is working on the book on Hypertensive Disorders in Pregnancy with special emphasis to Preeclampsia. This is a result of a prestigious collaboration between the Society for Maternal Fetal Medicine [India]; SMFM (I) & International Society of Obstetric Medicine [ISOM]. This book is proposed to be released at the ISSHP World Congress 2023 to be held in Bengaluru between Sep 24th to 27th.



SMFM (I) in collaboration with **ISSHP** (THE INTERNATIONAL SOCIETY FOR THE STUDY OF HYPERTENSION IN PREGNANCY) have introduced a course – **PREECLAMPSIA EDUCATION OF THE NATION, (INDIA) PEN (I)**.



Dr Revathi S Rajan is the Organizing Secretary for the ISSHP World Congress 2023 which is to be hosted by the SMFM (I) for the 1st time in India since the inception of ISSHP in 1978.

PEN (I) Helpline

Office: +91 95914 65757
1200 HRS - 1600 HRS IST

FOR URGENT ENQUIRIES

CO-CHAIRS (INDIA):

Dr Prakash K Mehta, President, SMFM (I): +91 98440 92313
Dr Revathi S Rajan, Secretary, SMFM (I): +91 99160 27802

Contact us: +91 9742388801 / Mon-Sat- 9.00 AM - 7.30 PM; Sun: 9.00 AM - 12.30 PM;
Website: mirrorhealth.in; Email: mirrorhealth16@gmail.com; mirrorhealth2016@gmail.com

Highlighted Specifics of the course
(for all practising Obstetricians & Gynecologists
including Post Graduates in OBG)

- Credible Accreditations from (SMFM(I) & ISSHP)
- Has Indian & Global perspective.
- Current updates & evidence-based practice.
- Renowned faculty (India and Abroad).
- Structured Certification



MY JOURNEY....



Dr Meghana Sreenath

The core elements of research are curiosity, observation, reasoning, and experimentation. Curiosity focuses attention on a perceived event and transforms it into an observation. Reasoning imparts meaning to the observation and primes it into a concept. The experiment tests the correctness or validity of the concept. If the concept is valid, it adds to the existing knowledge; otherwise, it is either modified or discarded. This is how knowledge accrues over time and progress occurs. Therefore, it is extremely important to understand and practice the process until it becomes a habit to help move the knowledge wheel and contribute to the progress of medicine.

Some individuals are born with these core capabilities. Others imbibe them from their peers or seniors. However, some need the assistance of mentors or facilitators to acquire and develop these traits. I was lucky to understand the need for clinical research early on. It is very difficult to find excellent clinical research mentors, and I stumbled upon one completely unexpected. I met Dr. Revathi S Rajan, a vision extraordinaire in the field of Hypertensive disorders in Pregnancy with special emphasis on Preeclampsia, one uneventful afternoon in June 2020 when I had gone to consult her for a completely different issue. A mere introduction was enough to understand each other's passion for clinical research. I immediately got on board with her then-current project, the ROBUST study.

I assisted in data collection, collation, and editing of the manuscripts. I slowly saw a 3-year collaborative effort take its form and become a masterpiece, under the guidance of Dr. Sarosh Rana. The countless emails and video calls culminated in a pioneering research paper; a novel real-time biomarker study that was done in our country. It paved the way for new projects like PEN(I), a virtual module-based learning series on Preeclampsia based on evidence-based medicine which can help bring down the burden of the disease in the country drastically. I was part of this project right from the beginning when it was just an idea, to now being a national phenomenon on the rise, touching every single practicing OBGyn in the country, one module at a time. PEN(I) has inspired an entire society of OBGyns from around the world to collaborate and publish a textbook exclusively on Preeclampsia, a first of its kind in the world. This worldwide association has also culminated in the organization of the ISSHP World Congress being hosted in our beautiful city, bringing in the brightest minds in the field of hypertensive disorders in pregnancy all under one roof to impart knowledge and inspire the younger generation. I'm proud to be a part of this journey and will continue to be, even though I am currently not in the country. I am Meghana Sreenath, a medical graduate from Bangalore, currently pursuing MS in Clinical Research at Icahn School of Medicine at Mount Sinai, New York City, and this is my journey.



GRADUATION DAY



Mirror celebrates 'New Moms with their little ones' on their **Graduation Day !!**



CONGRATULATIONS!!



MIRROR
HEALTH

MIRROR CELEBRATIONS

Contact us:
 No.6, 'Srinivasa Nilaya',
 3rd cross Bima Jyothi LIC Colony,
 Basaweshwaranagar,
 Bengaluru - 560079
 www.mirrorhealth.in
 mirrorhealth2016@gmail.com
 +91 9916027802
 +91 9742388801
 +91 95914 65757
 080 - 23222808

MIRROR HEALTH
 WISHES ALL A VERY HAPPY
 Bihu | Lohri | MakaraSankranti
 Pongal | Uttarayan | Kichdi Paru | Maghi

One Festival, many names...

MIRROR HEALTH #6, 'SRINIVASA NILAYA', 3RD CROSS RD, BIMAJYOTHI LIC COLONY, BASAWESHWARA NAGAR, BENGALURU- 560079
 Contact us: +91 99160 27802 | +91 9591465757 | 080 2322 2808
 Email : mirrorhealth16@gmail.com | mirrorhealth2016@gmail.com
 Website: mirrorhealth.in

MIRROR HEALTH
 CELEBRATES **75**
INDEPENDENCE DAY
15-AUG-2022

75
 Azadi Ka
 Amrit Mahotsav

Har Ghar Tiranga
 13th-15th August 2022

Contact us:
 No.6, 'Srinivasa Nilaya', 3rd cross Bima
 Jyothi LIC Colony, Basaweshwaranagar,
 Bengaluru - 560079
 www.mirrorhealth.in
 mirrorhealth2016@gmail.com
 +91 9916027802 / +91 9742388801
 +91 95914 65757 / 080 - 23222808

MIRROR HEALTH
 acknowledges
WORLD HEALTH DAY

April 7

CONTACT US
 No 6, 'SRINIVASA NILAYA', 3rd Cross Road,
 Bimajyothi LIC Colony,
 Basaweshwaranagar, Bengaluru-560079
 +91 99160 27802 | +91 95914 65757
 mirrorhealth2016@gmail.com mirrorhealth.in

MIRROR CELEBRATIONS



**AYUDHA PUJA &
VIJAYA DASHAMI**



CHRISTMAS



DEEPAVALI



MIRROR CELEBRATIONS



MIRROR HEALTH

KARUNA

A CHARITY INITIATIVE OF
MIRROR HEALTH PVT LTD
AS PART OF THE
FOUNDATION DAY CELEBRATIONS



| 6 | AUGUST | 2022 |

MIRROR HEALTH, NO.6 'SRINIVASA NILAYA' BIMA JOTHI, 3RD CROSS,
LIC COLONY, BASAWESHWARANAGAR, BENGALURU-560079

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mirrorhealth.in



MIRROR HEALTH

MIRROR TURNS



FOUNDATION DAY 2022

MGT | CULTURALS | FELICITATION and more...



Team Mirror Health celebrated the **Foundation Day (6th Anniversary)** on **6-Aug-2022**. The celebrations were held amidst the COVID-19 pandemic with full precautions in the premises. The highlights of the session included presentations based on performance by different department leads along with one to one interaction between the parents' and doctors. The employees and the admin team were felicitated by the Directors in honour of their dedication & commitment to the institution

Contact us: +91 9742388801 / Mon-Sat- 9.00 AM - 7.30 PM; Sun: 9.00 AM - 12.30 PM;
Website: mirrorhealth.in; Email: mirrorhealth16@gmail.com; mirrorhealth2016@gmail.com

Team Mirror Health setup 20 virtual talent shows for about a year to showcase the performances of all the little ones delivered by Dr Revathi S Rajan and also collated pregnancy experiences of the parents. This culminated as the Foundation Day Celebrations in August 2022 with finalists performing LIVE to the audience. The entire exercise was well appreciated by audience across the country and abroad.



Snippets of the Foundation Day Celebration [6-Aug-2022]



Ms. Nisha - Ms. Kasturi

Front Office Executive / Scan room Coordinator

Sr Jayanthi

Staff Nurses

Sr Arati

Admin Staff



Mr. D Srikanth



Mr. Rajagopal K



Mr. Muralidhara V

Housekeeping



Ms Bhagyamma



Ms Latha V



**Support Staff
Mr. Manjunath**



Our Family friend highly recommended Dr Revathi S Rajan after they were blessed with twin babies under the care of Dr Revathi and Dr Govindarajan.

I and my wife also approached Mirror Health, Bengaluru to fulfill our dreams of becoming parents and we are on the way to realize our dream.

Dr Revathi and Dr Govindarajan are intelligent & well mannered and because of their efforts we have become hopeful now. We also like to thank Mirror Health support staff for the friendly approach.

I would recommend Mirror Health to all patients who require good care and quality service without any hesitation.

We are very grateful to Dr. Revathi Rajan, Dr. Govindarajan and all the other wonderful people at Mirror Health for helping us through all the challenges we faced in our pregnancy. Dr. Revathi was constantly vigilant and always prepared for everything, offering solutions and comforting words and arranging for all the other consults immediately when the need arose. Dr. Govindarajan patiently checked on our baby in every scan and would go the extra mile to confirm the status of the baby. All the staff at the clinic treated us as family offering support in every manner possible.



One of my family friend had suggested to see Dr. Revathi Rajan to get a opinion as we were planning to start a family. During my first scan I was told I have fibroid growth in my uterus. I had to undergo surgery to get it removed. Dr. Revathi and her team were extremely helpfull in making me comfortable pre and post the surgery. They explained the problem in detail and post surgery I had a extensive follow up from her team too.



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**.*



RAGA SHUSHRUSHA



Team Mirror Health has collaborated with Master Aprameya G Vasishth (a budding carnatic musician from Bengaluru) to host music concerts and perform research in the field based on the healing effect of music.

Music (both vocal and instrumental) is played regularly in the clinic to facilitate a positive and calming effect on the caregivers and patients.

Aprameya G Vasishth, an enthusiastic Medical Student (son of Dr Revathi S Rajan) currently pursuing his General Medicine M.D at the University of Pecs, Medical School, Hungary is actively involved in organizing a carnatic vocal concert on 1-Feb-2023 under the aegis of the KARUNA Foundation.

The team aspires to explore the concept of -
'Music that Heals'.



Contact us

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We are also on





RAGA SHUSHRUSHA
Music that heals...



Vid. Aprameya G Vasishth
Vocal

Disciple of Vidwan. Mathur Srinidhi
S/o Dr Govindarajan M.J & Dr Revathi S Rajan



All are cordially invited

RSVP: 99160 27802, 99160 27801, 95914 65757

||SRI||

RAGASHUSHRUSHA presents a Carnatic Vocal Concert
under the aegis of the
KARUNA FOUNDATION



Vid. Karthikeya Ramachandra
Violin



Vid. Kaushik Sridhar
Mridangam



Vid. K M Likhith
Morsing

DATE: 1-Feb-2023, Wednesday

TIME: 5.00 PM TO 7.00 PM [IST]

VENUE: Olety Landmark - Community Hall
Pipeline Rd, JC Nagar, Kurubarahalli,
Basaweshwaranagar, Bengaluru-

560086



RAGA SHUSHRUSHA
Music that heals...

Greetings! Namaskara!



A charity initiative by
KARUNA Foundation



Aaryajanani

The **KARUNA Foundation** in collaboration with the **Aaryajanani Trust** has decided to donate the **proceeds of the concert** for activities directed towards the **well being of women**.

Kindly contribute generously towards the same.

RAGA SHUSHRUSHA a unit of Mirror Health Pvt Ltd
website: <http://mirrorhealth.in/>

Aaryajanani a unit of Ramakrishna Math
<https://rkmath.org/aaryajanani-2/>

What's new @

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Greetings from "Team Mirror Health"

We are really glad to reiterate the fact that our passion is to provide "Affordable & Accessible-Quality Healthcare." It sheds light like the radiant sun, cutting across the socio-economic strata, bringing hope and comfort to patients who seek our assistance.


We take great pride in asserting that our proclivities always tend to be "research-oriented and purely evidence-based scientific facts." Our well-connected network with renowned pharmaceutical companies and laboratories and our dedicated team of competent doctors, nurses, and support staff help to support and sustain us.

Our combined efforts transfigure the ailing patient into a picture of "Glowing Health," particularly related to women. We are very equally invested in ripening the ancestral homes of those couples who approach us to achieve this goal: "The Need for Progeny."

Our sincere telescopes are constantly engaged in grasping and applying futuristic ideas into meaningful outcomes. Let's join hands together to spread this positivity to many more who are in need.

Best Regards,
Admin,
Team Mirror Health

WELL WOMEN HEALTH PACKAGES (IWD)



| | |
|---|--|
| TYPE-1 - SILVER - BASIC - 2999 INR | TYPE-2 - GOLD - ADVANCED (A) -3999 INR |
| TYPE-3 - DIAMOND - ADVANCED (B) - 5199 INR | TYPE-4 - PLATINUM - ADVANCED (C) - 8199 INR |

PACKAGE FOR PREGNANCY CARE



Mirror Health is happy to announce the following package that covers your pregnancy journey comprehensively!



- This package* entitles you to all of the following:
 - Consultations - stipulated and extended
 - Blood & Urine tests – for general well-being (including metabolic parameters, thyroid screening, blood sugar testing HbA1C, GTT) and infection screening
 - Scans – Basic & Advanced (NT, Anomaly, IGS, etc) tests for Fetal well being (NST)
 - Medications – minerals (iron, calcium) micronutrients (folic acid), vitamins and protein supplements)
- The cost is at a nominal 65,000 INR over the 9 months. It can be paid in 2 installments of 30,000 INR & 35,000 INR.

Package details:

1. Exclusive of any admissions and surveillance for associated & additional risk factors along the course of pregnancy.
2. The offer is valid from Jan 01st to Dec 31st 2023.

**Terms and conditions apply*

On the occasion of

National Girl Child Day **24-JAN-2023**

TEAM MIRROR HEALTH PLEDGES TO
BUILD AWARENESS ON

CERVICAL CANCER



*Every 9 minutes, a woman
loses her battle to
Cervical Cancer in India*



**BETTER NOW THAN
NEVER - VACCINATE
YOURSELF AND STAY
PROTECTED**

**CONTACT US, IF YOU ARE BETWEEN
9 & 45 YEARS OF AGE FOR MORE DETAILS
REGARDING CERVICAL CANCER
PREVENTION AND VACCINATION**





Together, we can!
Let's make a positive difference!!

