



2023-24 | EDITION 5  
ANNUAL NEWSLETTER

# MIRROR VISMAYA



## 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, also 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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Admin's Corner

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Chief Consultant [MFM] &  
Managing Director, Mirror Health

**Elastography and ultrasound of breast**  
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(Radio Diagnosis), MBA (Health Care), LLB  
Chief Consultant Radiologist &  
Director, Mirror Health

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Medicine ) Consultant Physician

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Teleconsultant, Mirror Health

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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 Tilak N**

MBBS MD (INTERNAL MEDICINE )  
Consultant 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

## 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

### *A Journey of Hope and Success at Mirror Health!*

*Welcome to Mirror Health, dedicated to high-risk obstetrics, research, and imaging, a beacon of hope for those navigating the complex realm of recurrent pregnancy losses, infertility and high risk pregnancy. As we reflect on our journey, it's the stories of triumph that resonate the most profoundly.*

*Time and again, childless couples have found solace within our walls after facing numerous disappointments elsewhere. From individuals grappling with repeated miscarriages due to elusive diagnoses to those enduring failed IVF attempts, our commitment to precise diagnosis and tailored treatments has yielded miracles. Witnessing these individuals depart with healthy babies cradled in their arms encapsulates the essence of our mission.*

*Our success stems from a steadfast dedication to internationally endorsed protocols and evidence-based medicine. Collaboration with esteemed specialists worldwide fosters knowledge exchange and drives groundbreaking research. Moreover, our holistic approach encompasses liberal patient counseling and a team of highly skilled physicians adept in advanced techniques such as ultrasound imaging and cervical elastography relevant to these patients.*

*Research and academia are pillars of strength at Mirror Health. Dr. Revathi's leadership in the Society for Maternal and Fetal Medicine India and the organization of the landmark ISSHP conference underscore our commitment to advancing medical knowledge. Through initiatives like the Pre-eclampsia Education India program, we extend our reach beyond borders, empowering healthcare providers globally.*

*Our expansion into critical additional services, including high-resolution ultrasound scanning of breast, thyroid and other small parts, breast elastography, image guided biopsy etc reflects our unwavering dedication to comprehensive care for women. With teleconsultations bridging geographical barriers, we ensure no patient is left behind.*

*At Mirror Health, our ethos revolves around thorough diagnosis and ethical practice. As we embark on new endeavors, our motto, "quality service and honest practice," remains the guiding principle, driving us towards excellence with every step.*

*Sincerely,*

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



## ADMIN'S CORNER



Greetings from Team Mirror Health,

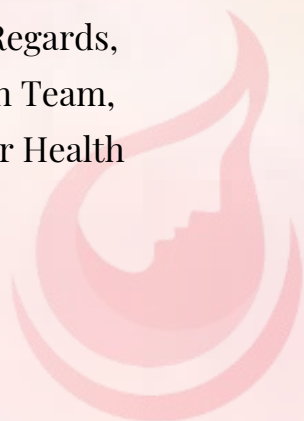
Mirror Health's saga continues under the able leadership of Dr. Revathi S. Rajan and Dr. Govindarajan M. J., benefiting all our patients in every possible way, along with an array of ancillary healthcare doctors of diverse disciplines, including a dietician.

Our committed team of administrators, nursing staff, scan room coordinators, and housekeeping ensures the whole healthcare operation is smoothly done.

All our support partners are provided by world-class labs and pharmaceuticals for reliable and optimal results.

On this note, we wish all our clients health and prosperity.

Best Regards,  
Admin Team,  
Mirror Health



MIRROR  
HEALTH



## **NON-INVASIVE PRENATAL TESTING [NIPT]**

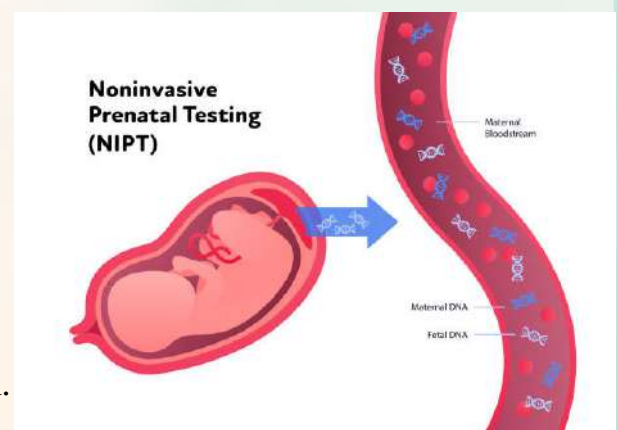
***Dr Revathi S Rajan, Chief Consultant (Maternal Fetal Medicine)  
& Managing Director,  
Mirror Health, Bengaluru***



**NIPT, short for Non-Invasive Prenatal Testing**, is a screening method utilized during pregnancy to identify specific genetic conditions in the fetus. Unlike invasive techniques such as amniocentesis, NIPT involves a straightforward blood sample taken from the pregnant individual. This sample contains placental DNA fragments, which are then analyzed for genetic irregularities, including Down syndrome (trisomy 21), Edwards syndrome (trisomy 18), Patau syndrome (trisomy 13), and certain sex chromosome abnormalities. NIPT is favored for its safety compared to invasive procedures and provides valuable insights into the baby's health for expectant parents.

### **Indications for testing:**

- A high risk result on combined 1st trimester testing for chromosomal abnormalities [NT scan + Double Marker; integrated result].
- Elderly pregnant ladies [age above 35 years].
- H/o previous baby with chromosomal abnormality.
- Ultrasound report suggestive of fetal abnormality that could be attributed to a chromosomal [genetic] problem.
- Family history of chromosomal abnormalities / genetic issues.



The test has very high detection rates of common chromosomal trisomies like Down Syndrome, Edward's & Patau's syndromes which could range between 95-99% on an average. The false positive rates are significantly minimal.

It has been a global recommendation that this test be covered with health insurance or public funding supports. However, it has still not been implemented in our country. The fact that it is non-invasive with absolutely no risk to the fetus due to the procedure unlike a small miscarriage risk associated with Amniocentesis and other invasive procedures makes it a more acceptable test to patients.

**Mirror Health is a licensed clinic for performing NIPT which will be scheduled after appropriate counselling. The result would be interpreted for the patient based on the clinical history and relevant management strategies planned.**

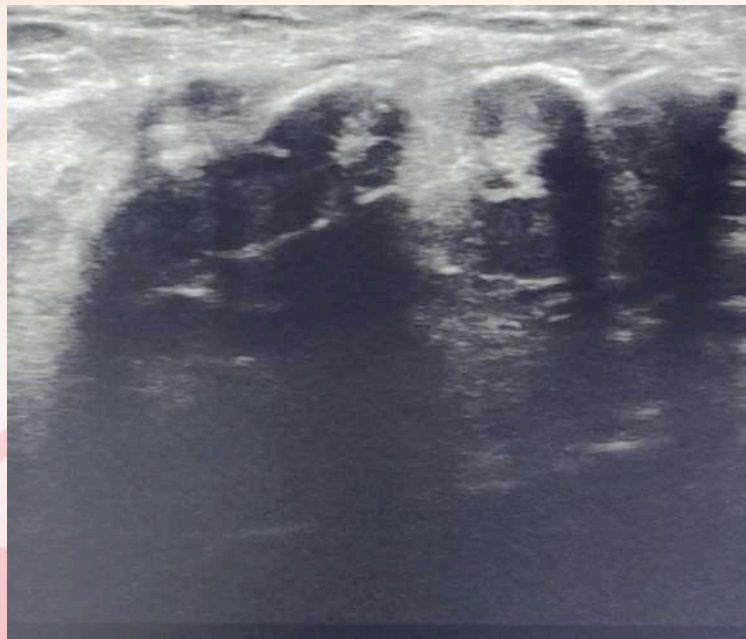


## ELASTOGRAPHY AND ULTRASOUND OF BREAST

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



- A high resolution ultrasound of breast -**Sonomammography**, helps detect breast tumors. Advanced features of ultrasound help in differentiation of cancer from non cancerous tumors. Colour Doppler helps identify the blood flow within the tumor. Ultrasound Elastography of breast , also termed sonoelastography, helps assess the tumors' hardness, ie the consistency / stiffness / elasticity. A hard tumor is more likely cancerous. This technique also provides a color map of the tumor, depicting areas with different consistencies, and it's only logical to presume that a hard area being more likely to represent true cancerous tissue in the tumor.
- Utilising this technique can help in targeting the hard areas of the tumor while performing needle biopsy of a breast tumor.
- During an ultrasound guided breast biopsy, the radiologist can use real-time elastography imaging to identify areas of abnormal tissue stiffness within the breast lump, which can increase the biopsy yield and reduce the incidence of non-target biopsy, sampling errors and false negative results.

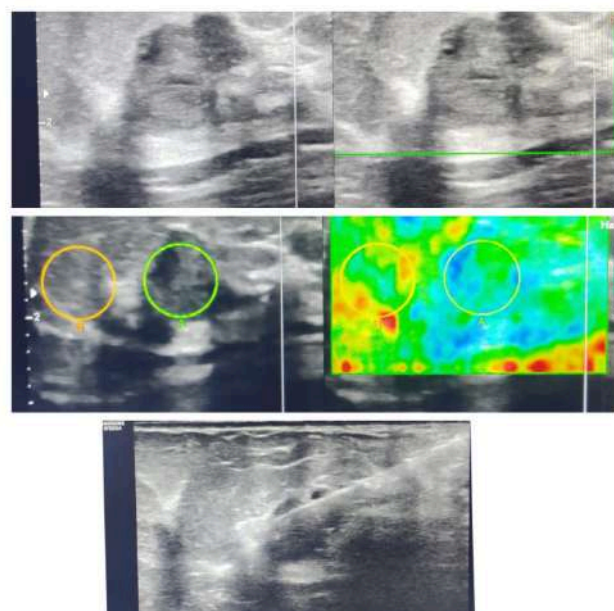




- The procedure typically involves the use of ultrasound equipment with elastography capabilities, generally performed under local anaesthesia in an OPD environment and doesn't need hospitalization or major preparations. No major complications are expected during these procedures and the patient is usually awake throughout the process. The elastography provides additional information beyond traditional grey scale and color Doppler images.
- By providing real-time feedback on tissue elasticity, elastography enhances the precision and accuracy of early diagnosis of breast cancers and can improve yields from biopsy procedures.
- Most important requirements for this procedure are,.....
- A. Experienced radiologist with good skills in breast imaging and breast biopsy
- B. High end ultrasound machine with high resolution ultrasound transducers equipped with Elastography tool / software

### Highlights-

- ELASTOGRAPHY - new paradigm in breast imaging and interventions
- Helps feel it without a TOUCH
- Determines the stiffness of breast lump by the use of ultrasound waves
- Elastography addition to high resolution ultrasound with Doppler enhances early breast cancer detection capabilities
- Improve biopsy yield and reduce sampling errors
- **Image guided interventions including elastography guided breast biopsy is performed at Mirror Health.**
- **Cervical elastography to assess the softness of the cervix [mouth of the uterus] is also performed at the clinic that can help predict preterm birth.**



## GESTATIONAL DIABETES MELLITUS

*Dr Tilak N, MBBS MD (INTERNAL MEDICINE) Consultant Physician*



Gestational diabetes mellitus (GDM), which is defined as a state of hyperglycaemia that is first recognized during pregnancy, that affects 15% of pregnancies worldwide, accounting for approximately 18 million births annually.

Mothers with GDM are at risk of developing gestational hypertension, preeclampsia and termination of pregnancy via Caesarean section. In addition, GDM increases the risk of complications, including cardiovascular disease in babies, large-for gestational-age neonates, shoulder dystocia, birth trauma, and neonatal hypoglycaemia, leading to the development of type 2 diabetes (T2DM) in both the mother and infant.

The increase in the incidence of GDM also leads to a significant economic burden and deserves greater attention and awareness. Screening and treatment for gestational diabetes at 24 to 28 weeks' gestation are now recommended. Glucose goals are fasting plasma glucose <95 mg/dL and either 1-h postprandial glucose <140 mg/dL, or 2-h postprandial glucose <120 mg/dL, HbA<sub>1c</sub> < 6% can be relaxed upto < 7%.

Lifestyle behaviour change is an essential component of management of gestational diabetes mellitus (GDM) and may suffice as treatment for many individuals. Insulin should be added if needed to achieve glycemic goals.

Family planning should be discussed, and effective contraception should be prescribed and used until an individual's treatment plan and A<sub>1c</sub> are optimized for pregnancy. Individuals with a history of GDM should have lifelong screening for the development of type 2 diabetes or prediabetes every 1–3 years.





## **IMMUNIZATION OF THE NEW BORN AND NEONATE**

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



Immunization is the process by which an individual becomes protected against a disease, usually through vaccination. Vaccines stimulate the production of antibodies against specific disease-causing pathogens, which help kill the pathogen and provide protection against the disease.

It is one of the most cost-effective public health interventions and plays a crucial role in reducing the death rate in children under the age of 5, making it one of the cornerstones of child survival. Today, we will discuss the vaccines given to newborn babies, which include BCG, Hepatitis B, and OPV. Let's learn more about each of them.

### **1. BCG Vaccine:**

The BCG vaccine, given to babies intradermally in the left upper arm, is one of the oldest vaccines, dating back to 1921. It provides protection against tuberculosis and is generally well-tolerated. A papule develops on the injection site after 2-3 weeks, growing to 4-8mm by 5-6 weeks and resulting in a scar in 6-12 weeks.

However, about 10% of babies don't develop a scar, which doesn't indicate vaccine failure. It's usually given before discharge from the hospital but can be administered up to 3 months after birth. Preterm and low birth weight babies can receive the vaccine if they're stable and weigh over 1.5kg. Catch-up vaccination is possible for babies born in countries where the BCG vaccine isn't given, up to 5 years of age.

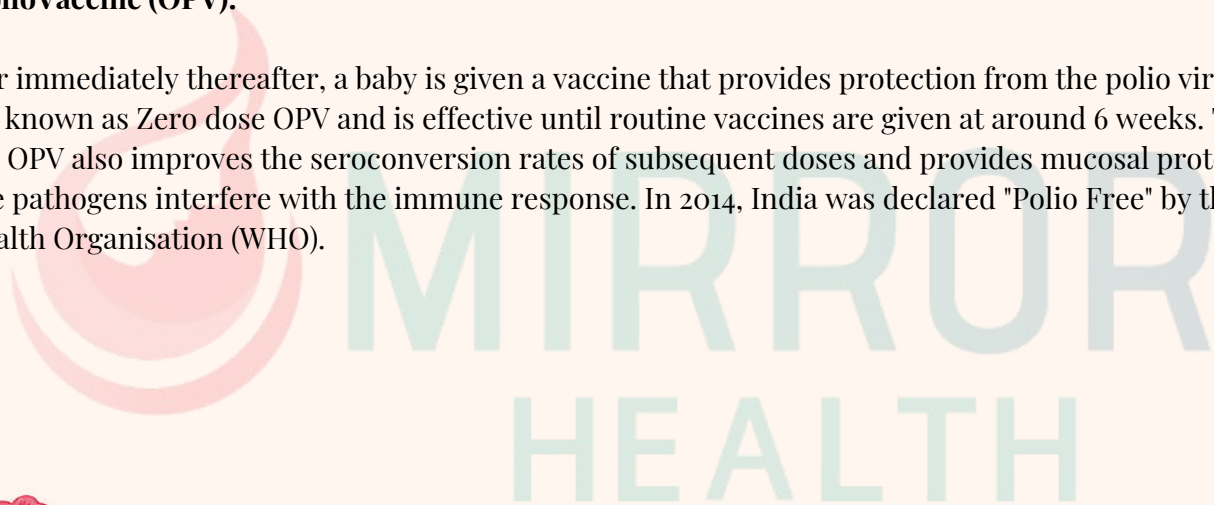
### **2. Hepatitis B Vaccine:**

The Hepatitis B vaccine should be given to infants within 24 hours of birth to prevent perinatal transmission from mother to baby. In India, Hepatitis B is mainly spread through child-to-child or mother-to-child transmission, causing acute and chronic liver infections.

The vaccine is the only way to prevent Hepatitis B infection, and the younger the child is when they receive it, the lower the risk of becoming a chronic carrier. In cases where the mother is HbsAg positive, the baby needs both the vaccine and Hepatitis B immunoglobulin. Preterm and low birth weight infants may have a decreased vaccine response and should receive the vaccine after one month of birth, followed by three additional doses.

### **3. Oral PolioVaccine (OPV):**

At birth or immediately thereafter, a baby is given a vaccine that provides protection from the polio virus. This vaccine is known as Zero dose OPV and is effective until routine vaccines are given at around 6 weeks. The Zero dose OPV also improves the seroconversion rates of subsequent doses and provides mucosal protection before the pathogens interfere with the immune response. In 2014, India was declared "Polio Free" by the World Health Organisation (WHO).



## ROLE OF NUTRITION IN LACTATING MOTHERS

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



Breast milk is dubbed as the liquid gold for the numerous benefits it provides to new-borns and infants. The breast milk composition is influenced by the mother's nutritional status as well as her diet, which consequently affects the nutrient intake of the infant.

Human milk is uniquely suited to meet the nutritional needs of normal infants born at term for the first 4 to 6 months of life, and its consumption during infancy is associated with lower risks of chronic disease in later life.

Human milk composition is influenced by maternal dietary intake during lactation and maternal adipose nutrient stores, which together influence maternal milk and nutrient production and composition. Among women with GDM, there is evidence that exclusive breastfeeding for at least 6 months decreases the risk of type 2 DM (T2DM) for the mother and is protective for the risk of childhood obesity in her offspring.

Nutritional requirements are higher during lactation than during pregnancy; an additional 500 kilocalories (kcal) of healthy food calories per day is recommended for well-nourished breastfeeding mothers. The additional calories may also vary by age, body mass index and the mother's level of activity.

During lactation the mother's body always prioritizes the needs of her baby. Most nutrients, such as iron, zinc, folate, calcium and copper continue to be excreted in breast milk. Water-soluble vitamins' concentration in breast milk is highly dependent on levels of intake of the mother while the fat-soluble vitamin concentrations is dependent mostly on maternal stores, although they may be increased by exogenous stores. Women that do not obtain enough nutrients from dietary sources may be at risk of deficiency in some vitamins and minerals that perform important functions. These deficiencies can be prevented if the mother improves her diet and makes the right and healthy food choices.



**Nutrient Requirement during lactation**

Nutrient	Lactation*
Vitamin A (µg/d)	1300
Vitamin D (µg/d)	15
Vitamin E (mg/d)	19
Vitamin K (µg/d)	90
Folate (µg/d)	500
Niacin (mg/d)	17
Riboflavin (mg/d)	1.6
Thiamine (mg/d)	1.4
Vitamin B <sub>6</sub> (mg/d)	2
Vitamin B <sub>12</sub> (µg/d)	2.8
Vitamin C (mg/d)	120
Calcium (mg/d)	1,000
Iron (mg/d)	9
Phosphorus (mg/d)	700
Selenium (µg/d)	70
Zinc (mg/d)	12



The lactating mothers' plate should consist of:

- **GO (Energy Giving)** foods which include rice, root crops, pasta, bread, and other carbohydrate-rich foods, which provide energy to support bodily functions and physical activity. It is best for the mothers to consume whole grains like brown rice, corn, whole wheat bread and oatmeal which contain more fibre and nutrients than refined grains and are linked to lower risk of heart disease, diabetes and other health problems.
- **GLOW (Body Building)** foods consisting of wide variety of fruits and vegetables which are packed with vitamins, minerals, and fibre needed for regulation of body processes.
- **GROW (Body Building)** foods such as fish, shellfish, lean meat, poultry, eggs, and dried beans and nuts needed for the building of mother's muscles and baby's tissues. It is recommended that the mother should have enough animal-based protein foods, which provide more absorbable iron. The mother should also include fatty fish in the diet like tuna, sardines, and mackerel 2-3 times a week to provide essential fatty acids for the child's brain development. Moreover, lactating mothers are encouraged to consume milk, milk products and other calcium-rich foods like dill and small shrimps for strong bones and teeth.
- Water is also important for the body's hydration. Lactating mothers should drink 8 to 10 glasses of water every day and must limit intake of sugar-sweetened beverages.
- Further, lactating mothers should avoid their intake of caffeinated food (e.g. chocolate) and beverages (e.g. coffee, tea, energy drinks and soft drinks). Caffeine in breast milk might agitate the infant or interfere with the infant's sleep. Abstaining from alcohol is the safest option during breastfeeding. In addition, if the baby is gassy or colicky avoid foods such as beans, broccoli, cabbage, brussels sprouts and spicy foods for a few weeks to see whether they relieve symptoms. Furthermore, although fish and seafoods are good source of protein and omega-3 fatty acids, there is a possibility that fish (e.g. swordfish, king mackerel, tilefish, and bass) and seafoods (e.g. prawn) have mercury and other contaminants. Exposure to excessive amounts of mercury through breast milk can pose a risk to an infant's developing nervous system.
- Mothers always want whatever is best for their child and by far breast milk is the best food a mother can give to her baby. It is extremely important for the breastfeeding mother to take the adequate nutrients for her to not only maintain her own nutritional status but also to nourish her baby. As it is widely known a healthy mother equates to a healthy baby.



## NATUROPATHY PERSPECTIVE ON NUTRITION

**Dr Harshith Mishra**

*Naturopath Brahmi Wellness  
Teleconsultant - Mirror Health*

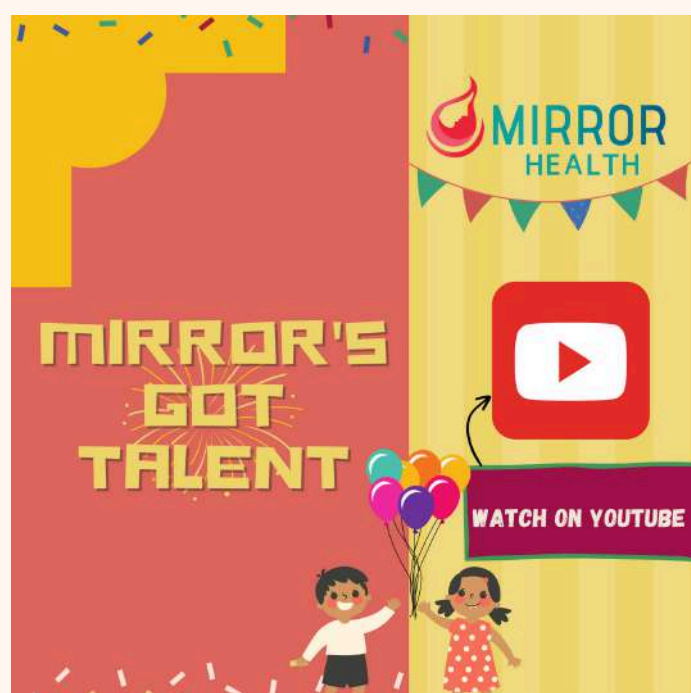


### **DO'S(Things to Be Added to Diet)**

- Add Millets in Dietary Pattern (Good for managing Diabetes and maintaining Calcium Balance).
- Add Green Leafy Vegetables like Spinach and carrot.
- Add Oranges, Grapefruit, Papaya.
- Add Lentils (Dal) as is Rich in Iron and Protein.
- Add Beetroot to Your Diet rich source of Iron.
- Add a small Cup of Beans (Rajma, Chana, or Chola to Your Diet).
- Flax Seeds, Walnuts. Rich source of Omega 3 Fatty Acids.
- Cashews are a Rich Source of Zinc and Calcium.
- Oats are good Sources of Selenium, Iron and Vitamin E.

### **Dont's(Things to be Avoided)**

- Avoid food rich in Excess Sugar.
- Avoid Deep Fried Items.
- Avoid Excess Whites (Salt, Sugar, and Maida).
- Avoid Soy Products. Like Tofu, Soy Chunk Soy Milk (Not Good for Hypothyroidism).
- Avoid Red meat increase Inflammatory Markers.
- Avoid Cruciferous Vegetables like broccoli and Cauliflower.
- Reduce excess Consumption of Tea and Coffee (Reduce Nutrient Absorption by Cells).



[Click here](#) to view  
**Mirror's Got Talent-YouTube playlist**



## COLLABORATIONS & AFFILIATIONS



### Affiliate Hospitals for Specialized Procedures / Deliveries

Mirror Health collaborates with other hospital facilities for specific procedures and deliveries as enlisted below-

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

#### TELECONSULTATIONS / TELE COLLABORATIONS

[India & Abroad] are being setup on a regular basis to cater to the needs of patients with specific concerns based on women's health and cancer screening consultations.



Importance of Teleconsultation 31 Dec 2023



Community based Zoom meetings to address women's health issues coordinated by Dr Revathi S Rajan are enlisted below-

- INTERNATIONAL WOMEN'S DAY-MIRROR HEALTH-ZOOM MEET [18 MAR 2023]
- MIRROR HEALTH-UNIVERSAL HEALTH COVERAGE ZOOM MEET [19 DEC 2023]
- IMPORTANCE OF TELECONSULTATION [31 DEC 2023]

Contact us: +91 9742388801 / +91 9591465757 / Mon-Sat- 9.30 AM - 7.30 PM; Sun: 9.30 AM - 12.30 PM;  
Website: mirrorhealth.in; Email: mirrorhealth16@gmail.com; mirrorhealth2016@gmail.com



## 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 and women's imaging. The Society for Maternal Fetal Medicine,(India) - SMFM(I) has its registered office at Mirror Health.

The team also includes Research/Academic Assistants (Dr Meghana Sreenath, D Srikanth, Rajagopal.K, Muralidhara V & Mrs. Prameela K Bhat) and have been working along with SMFM (I) for Preeclampsia related research and other academics. The academic team actively contributed along with the SMFM (I) in organizing the ISSHP World Congress 2023 at IISc & Hotel Sheraton Grand, Bengaluru.

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



**D Srikanth**



**Rajagopal K**



**Dr Meghana Sreenath**



**Muralidhara V**



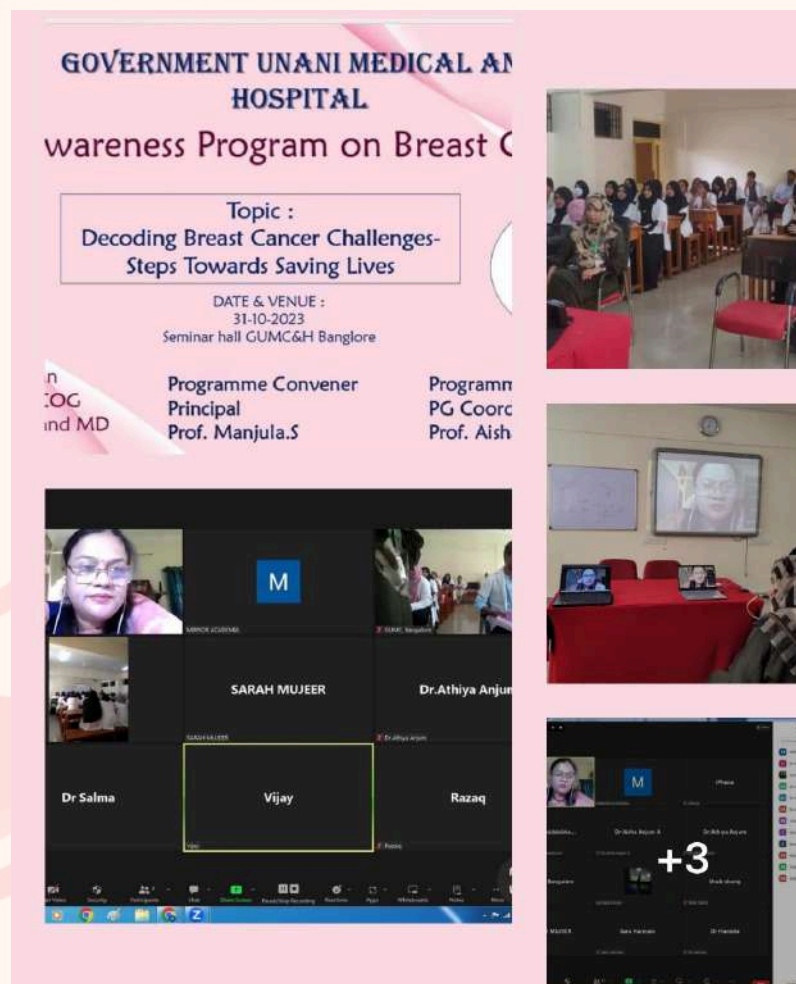
**Prameela K Bhat**

## MIRROR ACADEMIA

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

- Was invited as a Guest Speaker for the ‘Symposium on Maternal Screening and PE’ on 28-Oct-2023 at Nashik. Presented a talk on ‘What is sFlt-1/PlGF ratio? How will it help in predicting adverse outcomes in Preeclampsia??’.
- Presented a talk online on ‘Breast Cancer Awareness’ 31-Oct-2023 hosted by the Government Unani Medical College and Hospital, Bengaluru.
- Presented a talk on “Tight rope walking” -Rule in and Rule out in Preeclampsia as part of the Annual Conference of BSOG-GNANAVARSHA Nov-2023, Bengaluru.
- Participated as Panelist for the panel titled ‘Understanding RIF & RPL- The two ends of the same spectrum’ hosted by the Indian Fertility Society [IFS]-Karnataka Chapter on 21-Jan-2024, Bengaluru.

**Visiting faculty-OBG** as part of training in Modern Medicine for Ayush post graduates at Government Unani Medical College & Hospital appointed by the Government of Karnataka [Ayush wing].



Mirror Health is the registered office of **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/>



 Chief Patron <b>Dr. A.C. Shanmugam</b> BA (H), FRCG, FRCR (Obstet), MRCP Honorary Consultant Dr. M.S. S.R. Chandra B.A.M.S. Bangalore		 Patron <b>Sri. A.C.S. Arun Kumar</b> B.A. (H), FRCG, FRCR (Obstet), MRCP, MRCP (Ed), MRCP (Ed) (Hons) President Dr. M.S. S.R. Chandra B.A.M.S. Bangalore
<b>RAJARAJESWARI MEDICAL COLLEGE &amp; HOSPITAL</b> #202, Kambipura, Mysore Road, Bengaluru - 560 074		
<b>PREECLAMPSIA EDUCATION OF THE NATION, (INDIA)</b> <b>PEN(I): On-Campus 23-MAY-2023</b>		
<b>Organised by : DEPARTMENT OF OBG, RRMCH</b>		
Global Co-Chair - PEN (I) <b>Dr. Sarosh Rana</b> Co-Chair of the Global Health Committee at ISSHP & International Advisor for the SMFM (I) International Co-Chair - ISSHP World Congress 2023	Co-Chair (India) - PEN (I) <b>Dr. Prakash K Mehta</b> , President SMFM (I), Organizing President - ISSHP World Congress 2023 Chief, Dept of MFM, Bhagwan Mahaveer Jain Hospital, Bengaluru.	Co-Chair (India) - PEN (I) <b>Dr. Revathi S Rajan</b> Secretary, SMFM (I), Organizing Secretary - ISSHP World Congress 2023 Chief Consultant, MFM, Managing Director, Mirror Health, Bengaluru.
<b>Dr. Sunitha Mahesh</b> Consultant, MFM, Miran, Bengaluru. Chapter & PEN (I) Coordinator SMFM (I)	<b>Dr. M.P.A Sai Lakshmi</b> Professor & HOD, Department of OBG, Rajarajeswari Medical College, Bengaluru	<b>Dr. Shruthi K Prasad</b> Fetal Medicine Consultant Cloudnine Hospital, Bengaluru SMFM (I) EC Member & PEN (I) Coordinator
<b>Dr. S. Vijayanand</b> M.Tech, Ph.D Executive Director, RRMCH	<b>Sri. C.N Seetharam</b> , IAS (Retd.) Chief Executive Officer, RRMCH	<b>Dr. B. Sathya murthy</b> Dean, RRMCH
<b>Dr. Naveen. S</b> Principal, RRMCH	<b>Dr. Praveen Kumar</b> Medical Superintendent, RRMCH	
<b>Date : 23<sup>rd</sup> May 2023 Time : 8:30 am to 4:30 pm Venue : Kadamba Auditorium, RRMCH</b>		

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Website: [mirrorhealth.in](http://mirrorhealth.in); Email: [mirrorhealth16@gmail.com](mailto:mirrorhealth16@gmail.com); [mirrorhealth2016@gmail.com](mailto:mirrorhealth2016@gmail.com)

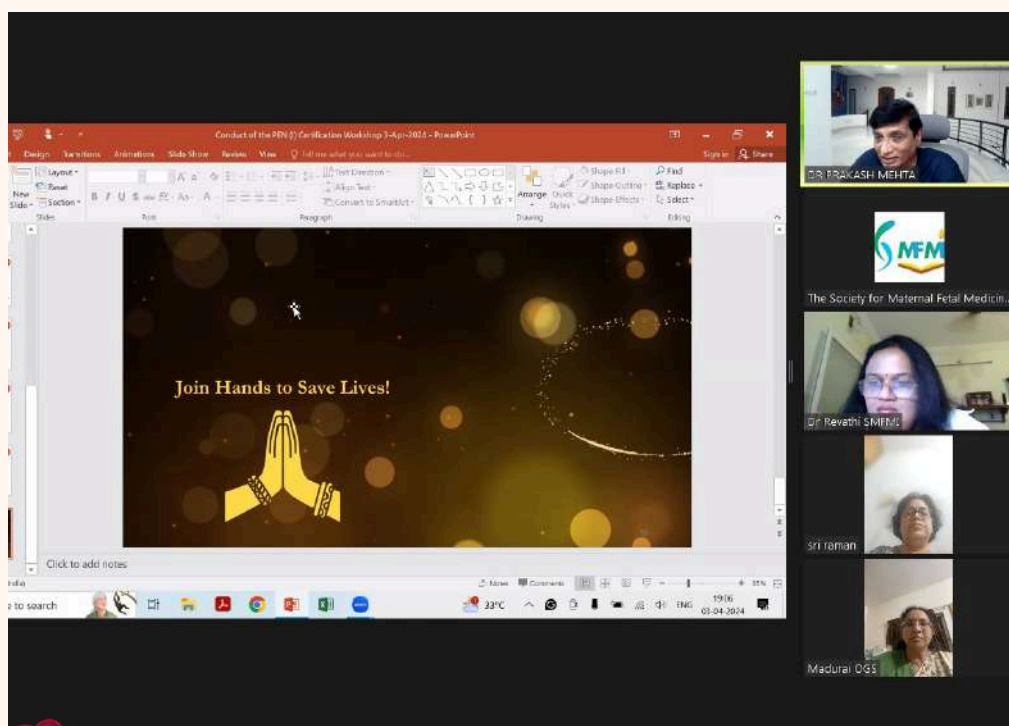
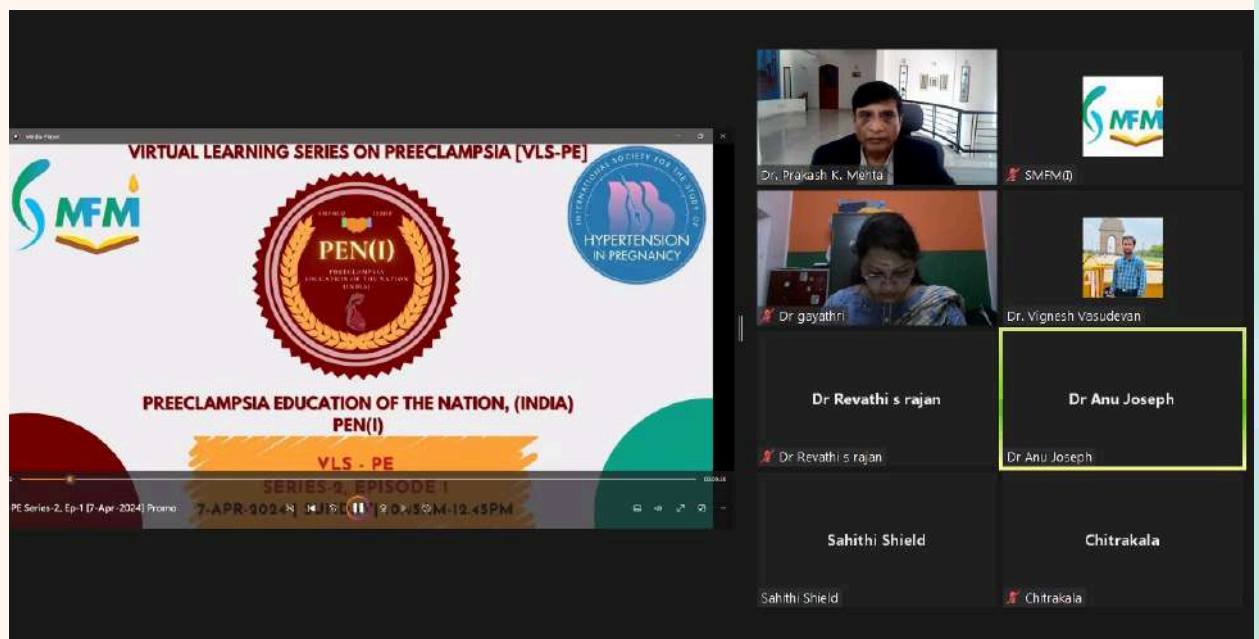
## List of Academic Webinars and engagements of Dr Revathi S Rajan as part of SMFM (I)

- Was part of the Organizing team for the VLS-PE Series [5] Does PE end with Delivery? The unseen & Unforgiving on 5-Feb-2023. Presented a summary about 'Making of PEN (I)' and updates of the ISSHP World Congress 2023 <https://www.youtube.com/live/qRHc2HnSoYw?feature=share>
- Was part of the Organizing team for the VLS-PE Series [6]- Recent Advances- Catch up with the Latest Research & Evidence. Presented a Sound Byte on Novel Therapeutics – Statins and Sildenafil. Also updated about PEN (I) so far and presented ISSHP World Congress 2023 updates on 30-Apr-2023. <https://www.youtube.com/live/yMGt1PmbYg?feature=share>
- Was part of the Organizing team for the 'Promise Talk' hosted by SMFM (I) on 21-May-2023 and presented a talk on The need for Patient Advocacy in India & PRAGNYA 2023. <https://www.youtube.com/watch?v=uHEHRoipEyY&feature=youtu.be>
- Was invited to be part of a webinar based on Patient Advocacy and Support Groups aimed at building Preeclampsia Awareness hosted by the Preeclampsia Foundation on 22-May-2023 as part of the World Preeclampsia Day celebrations. [https://www.youtube.com/watch?v=-\\_fDyohofIY](https://www.youtube.com/watch?v=-_fDyohofIY)
- Was part of the Organizing team for the On-Site / On-Campus conduct of PEN (I) course on 19-Feb-2023 [Mysuru], 23-May-2023 [RRMC, Bengaluru] & 20-Aug-2023 [BBH, Bengaluru]. Conducted the course and also participated in the evaluation & certification process.
- Was the Organizing Secretary of the ISSHP World Congress 2023 – Pragnya held in Hotel Sheraton Grand, Brigade Gateway & J N Tata Auditorium/NSSC Bengaluru between the 24th & 27th Sep 2023. Participation details as below-

Meet & Greet with Introduction to ISSHP (15mins), SMFM (I) (20mins) Preeclampsia Education of the Nation, (India); PEN (I) (25 mins)	Faculty/Speaker
Mini-Preeclampsia Education of the Nation, (India); PEN (I) Workshop for Clinicians	Chair
Mini – Preeclampsia Education of the Nation, (India); PEN (I) Workshop for Nurses/ Mid-wives/Ayush Doctors	Chair
C.SMFM (I) Session [Talks based on Preeclampsia]-Talk-1: Blood Sugar Abnormalities	Speaker
Workshop -Clinical Drills based on Preeclampsia Management-Station-6: Fluid Management	Chair/Coordinator
Breakfast Session with the Mentor team- Mentor team-2	Faculty
Patient Advocacy & Support Groups	Faculty
Workshop on Biomarker based Management of Clinical Cases	Faculty
Session for NGOs-AARYA JANANI  Session Chairs Prof. Peter Von Dadelszen & <u>Dr. Revathi S Rajan</u>	Session Chair
PREECLAMPSIA EDUCATION OF THE NATION; (INDIA) – PEN (I) Empowering through Education	Oral Presentation

## ACADEMIC ENGAGEMENTS [SMFM (I)]

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]. We are glad to announce that the two academically renowned societies have joined hands to formulate a book, 'Preeclampsia; An Enigma Unravelling – A Global Perspective'; the soft launch of which was successfully performed at the ISSHP World Congress 2023 at Bengaluru, India. The full book is proposed for a global release later in 2024.



# Reflections & Revelations


*my JOURNEY...*

MRS. P, RASHMI



Every woman craves to be a mother - one of the most blissful stage in a woman's life. For some, it would be a piece of cake of pregnancy journey. But for some, it would be a hardenous path. I, Rashmi, fall into the second category. I underwent 2 pre-requisite surgeries and 3 IVF cycles to be a mother. We (Rashmi and my hubby Vinay) roamed around the globe (USA/Costa Rica/India) to become parents. We consulted around 15 doctors at 10 hospitals during this journey. We underwent lots of depression and social obligations and were feeling that its a game of luck by God to be parents.

Post 2 failed IVF cycles, when we were on the verge of adoption, Dr. Revathi came into our lives as a messenger of God. We tried IVF cycle for the third time. It was a big win for us :- and I was conceived - blessed with twin girls - Adira and Atira. From the day of conception to delivery, Dr. Revathi meticulously catered to each and every baby step - be it medications to be taken, tests/scans to undergo, food protocol to be followed etc... I had gestational diabetes as well and the doctor took care of it too. She patiently answered all of my queries and indeed she called me "Question Bank" too. The significant part of her diagnosis protocol was she read through my 2nd IVF cycle's reports which were in Spanish (Costa Rican official language) and chalked out a superb plan to see success in our lives. She is just a phone call/sms/whatsapp messaging away with no language barriers.

All in all, we are very grateful to her. We think if we would not have met Dr. Revathi, I would have missed the opportunity to conceive for lives with my own flesh and blood. 



*Our lil ones...*



*M V Adira & M V Atira*





# Foundation Day Celebrations !!



Watch it on YouTube



<https://youtu.be/2WYearfMLqc?si=gwBLL5qHZ24MssHq>



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## GRADUATION DAY



Mirror celebrates 'New Moms with their little ones' on their **Graduation Day** !  
The team continues to bond with older graduated moms and their grown up kids!!



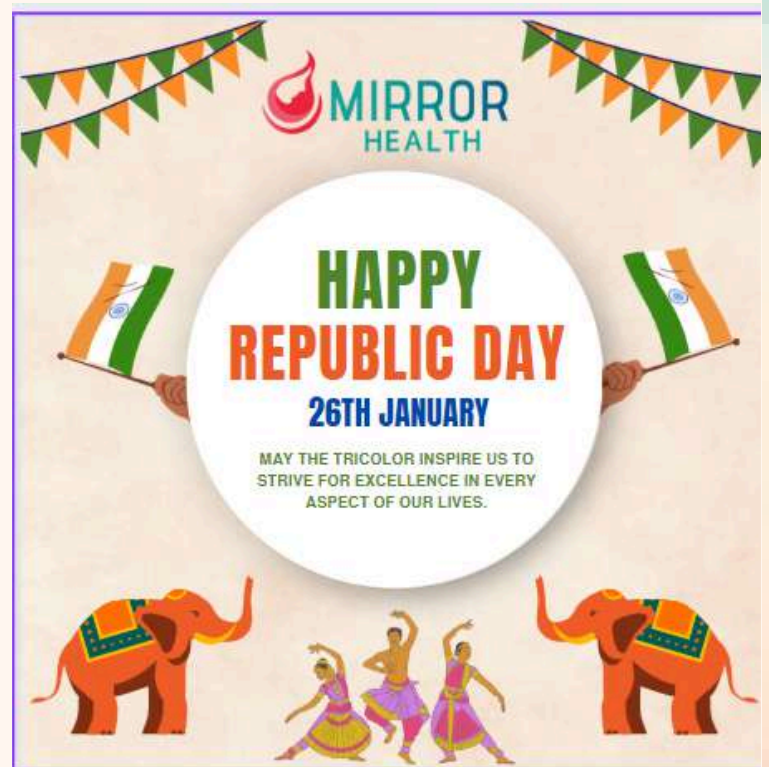
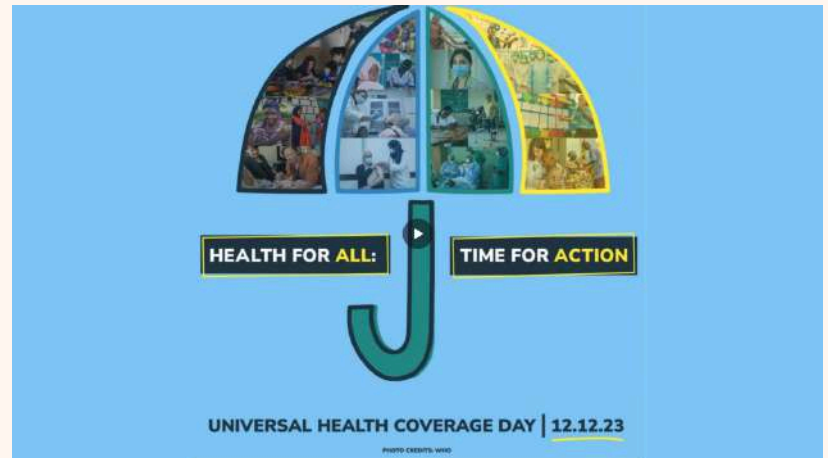
## CONGRATULATIONS!!

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## MIRROR CELEBRATIONS



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## MIRROR CELEBRATIONS



**AYUDHA PUJA & VIJAYA DASHAMI**



**CHRISTMAS**



**DHANTERAS & DEEPAVALI**





## SOCIAL MEDIA

FOLLOW US FOR THE LATEST UPDATES



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<https://www.youtube.com/channel/UCja4h1xwFEkrBbHycx3k2oO>

<https://www.youtube.com/@mirrorhealth574/featured>



[https://www.justdial.com/Bangalore/Mirror-Health-Opposite-Shankar-Mutt-Basaveshwara-Nagar/o8oPXX8o-XX8o-181o242o0554-J9G6\\_BZDET](https://www.justdial.com/Bangalore/Mirror-Health-Opposite-Shankar-Mutt-Basaveshwara-Nagar/o8oPXX8o-XX8o-181o242o0554-J9G6_BZDET)



**SUBSCRIBE**



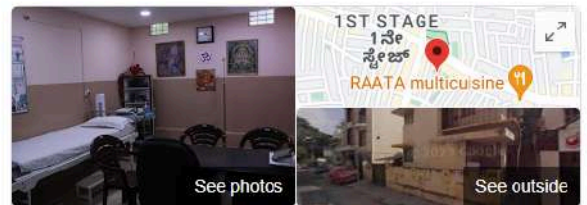
[https://www.google.com/search?q=mirror+health+google&rlz=1C1VDKB\\_enIN1o81IN1o81&oeq=mirror+health+google&gs\\_lcrp=EgZjaHJybWUyBggAEEUYOTIGCAEQRRg8MgYIAhBFGDwyBggDEEUYPNIBCDUyN DdqMG03qAIAAsAIA&sourceid=chrome&ie=UTF-8](https://www.google.com/search?q=mirror+health+google&rlz=1C1VDKB_enIN1o81IN1o81&oeq=mirror+health+google&gs_lcrp=EgZjaHJybWUyBggAEEUYOTIGCAEQRRg8MgYIAhBFGDwyBggDEEUYPNIBCDUyN DdqMG03qAIAAsAIA&sourceid=chrome&ie=UTF-8)



MIRROR HEALTH-GOOGLE MAP



Scan &  
Book Appointment



### Mirror Health

Website Directions Save Call

4.5 ★★★★★ 52 Google reviews

Women's health clinic in Bengaluru, Karnataka

**Address:** No 6, 'SRINIVASA NILAYA, 3rd Cross Rd, Bimajyothi LIC Colony, Basaveshwara Nagar, Bengaluru, Karnataka 560079

**Hours:** Open · Closes 7 pm

**Phone:** 095914 65757

Suggest an edit · Own this business?

**Appointments:** mirrorhealth.in

Providers ⓘ

Questions & answers

See all questions (1)

Ask a question

Send to your phone

Send

Reviews ⓘ

Write a review

Add a photo



Your feedback is valuable to us.  
Don't forget to leave us your review!

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# Team MIRROR HEALTH



**Ms. Nayana**

**Front Office Executive /  
Scan room Coordinator**



**Mrs. Kasturi**



**Sr Jayanthi**



**Sr Jessy**

**Staff Nurses**

## **Admin Staff**



**Mr. D Srikanth**



**Mr. Rajagopal K**



**Mr. Muralidhara V**

## **Housekeeping**



**Mrs Prameela K Bhat**



**Mrs Bhagyamma &  
Mrs Shanthamma**



## Feedback Forum



Dr.Revathi ma'am is incomparable to other doctors... her passion towards her job, her love n dedication towards the pregnancy journey of her patients - even expecting mothers fall short in displaying that care n zeal at times.

I believe, if she is part of that journey, you are sure to see your baby healthy and you will surely recover healthy.

I have seen her fight for me and my babies twice... I have complete confidence in her work and ability.

May God bless her more, and thus she may be able to help many in need...

Thank you very much ma'am.

---

Doctor Revathi is kind and supportive throughout the journey. Highly recommended. Doctor is brings very positive vibe from day 1 of your journey and ensure the patients are educated on everything they do and doctor puts lots of efforts to ensure the end result to be a "Success story".

---



We are under the care of Dr Revathi and Dr Govindarajan at Mirror Health. Both doctors and their team at Mirror Health are friendly and knowledgeable.

We are fully satisfied and thankful to Dr Revathi and Dr Govindarajan and Mirror Health staff for their service with proper professional knowledge.

We would like to recommend Mirror Health Pvt Ltd to anyone who need good guidance and healthcare.



MIRROR  
HEALTH

### 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**.

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Hi all,

We are happy to welcome Everyone to Hungary Tamil Sangam's FAMILY PONGAL 2024 celebrations.

Date: 2024.01.21

Time : 10:00am

Venue: Budapest, Bajcsy-Zsilinszky út 39b, 1185.



Catch Chi. Aprameya G Vasishth LIVE at  
2.40 PM - 2.55 PM IST ON 21-JAN-2024

Best wishes from

ஹங்கேரி தமிழ்  
சங்கம்/Hungary  
Tamil Sangam

Facebook Page- ஹங்கேரி தமிழ்  
சங்கம்/Hungary Tamil Sangam



Team Mirror Health has partnered with a promising Carnatic musician from Bengaluru, Master Aprameya G Vasishth, to organize music concerts and conduct research on the healing effects of music.

To create a positive and calming environment for both caregivers and patients, the clinic regularly plays both vocal and instrumental music.

Aprameya G Vasishth, an enthusiastic medical student and son of Dr. Revathi S Rajan, is currently pursuing his General Medicine M.D. at the University of Pecs, Medical School, Hungary. He actively participates in organizing Carnatic vocal concerts and was invited to perform for the Pongal celebrations at the Budapest Tamil Sangam on January 21, 2024, which was broadcasted live on Facebook.

The team is dedicated to exploring the concept of "Music that Heals" and hopes to uncover the therapeutic potential of music.



No 6, 'SRINIVASA NILAYA, 3rd Cross Rd, Bimajyothi LIC Colony, Basaweshwaranagar, Bengaluru-79



Contact us



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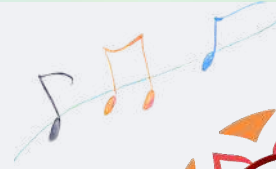


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080-23222808

We are also on





RAGA SHUSHRUSHTA



Dr Revathi S Rajan performed Kathak with a team of Dentists at Nayana Auditorium, Bengaluru in Jan 2023. She also performed at the cultural event of the ISSHP World Congress 2023 held at Hotel Sheraton Grand held at Bengaluru in Sep 2023. She acknowledges **Guru Shubha Dhananjay** for the mentorship and training rendered to her in the field of Kathak.



Contact us

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We are also on



# What's new @

Greetings from "Team Mirror Health"!

We are committed to providing affordable and accessible quality healthcare to everyone, regardless of their socio-economic status. Our mission is to bring hope and comfort to those who seek our assistance, just like the radiant sun that shines across all strata of society.

Our research-oriented approach is based on pure scientific evidence, and our well-connected network with renowned pharmaceutical companies and laboratories, along with our dedicated team of competent doctors, nurses, and support staff, helps us to provide the best possible care.

Our combined efforts enable us to transform the ailing patient into a picture of glowing health, particularly in the case of women. We are equally invested in helping couples achieve their goal of having children.

We are constantly exploring and applying futuristic ideas to create meaningful outcomes, and our aim is to spread positivity to more people in need. Health packages to cater to women of different age groups and customized packages for pregnancy have been designed with the above objectives in mind.

Best Regards,  
Admin,  
Team Mirror Health

## WELL WOMEN HEALTH PACKAGES (IWD-2023-24)



**TYPE-1 - SILVER -  
BASIC - 3500 INR**

**TYPE-2 - GOLD -  
ADVANCED (A) - 4500 INR**

**TYPE-3 - DIAMOND -  
ADVANCED (B) - 7000 INR**

**TYPE-4 - PLATINUM -  
ADVANCED (C) - 8000 INR**




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### GIFT VOUCHER

Meet your doctor on a phone call !!  
No hassles of travel '  
Just book your appointment and  
discuss your health issue.  
Find a quick solution online !!

You are entitled for a one-time 10% off on existing tariff for Teleconsultation services\*

\*Teleconsultation cannot be sought in emergency health situations



Scan &  
Book Appointment

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\*CONDITIONS APPLY




Contact us for more details:  
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mirrorhealth2016@gmail.com

### GIFT VOUCHER

Congratulations !!  
You can avail a Special Discount of upto  
**40%** by registering for health packages  
designed to commemorate  
International Women's Day-2024



Scan &  
Book Appointment

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\*CONDITIONS APPLY

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## **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 nominal and can be paid in 2 installments.**

### **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 2024.**

*\*Terms and conditions apply*

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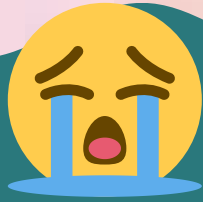


On the occasion of

# National Girl Child Day **24-JAN-2024**

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**



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## For appointments and urgent enquiries

Weekdays between 8.00 am & 8.00 pm/  
Sundays and General Holidays - 9.00 AM TO 1.00 PM



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Dial **+91 97423 88801**

For Emergencies Contact

Weekdays between  
8.00 am & 8.00 pm/  
Sundays and General Holidays-  
1.00 PM and beyond

WhatsApp **+91 95914 65757**

Dial/WhatsApp **+91 99160 27802**





*A team that works together, stays together!*

