

Womens CENTER



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Roads to take for
a picture
perfect smile



**Womens Center, Mangayar
Malar Join Hands to Promote
Women's Health**

**Womens Center
Bags the prestigious
EN ISO 9001:2015
Certification by
TUV AUSTRIA
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Volume 1, Issue 6, May 2016



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'SUPERHERO DNA': NATURAL RESISTANCE TO SERIOUS DISEASE FOUND

Yours Faithfully



Dear Sir,

The article featuring IVF treatment and TESA in the previous issue of the Womens Center magazine was a really informative one. It has shown the inevitability of having advanced research and technologies in that field. It is good to hear that the Center granted happiness to several childless couple, a growing issue in our society. However, I have a small suggestion to make. It would be greatly beneficial for the readers if you include the contact details of respective professionals and departments in your Center who could further guide the readers if needed. I wish you success with all your future ventures.

Thank you
Manisha
Vellore

Dear Sir,

Congratulations to Dr.Mirudhubashini Govindarajan for winning The Best Woman Entrepreneur award. Your Center has been doing a great service to the women of Tamil Nadu as well as the whole of India. Your publication is also serving a great purpose by educating its readers. Just like the comprehensive article on Cervical Cancer published in the April issue. Also the health news updates you provide through the trending story section is very informative. Keep going.

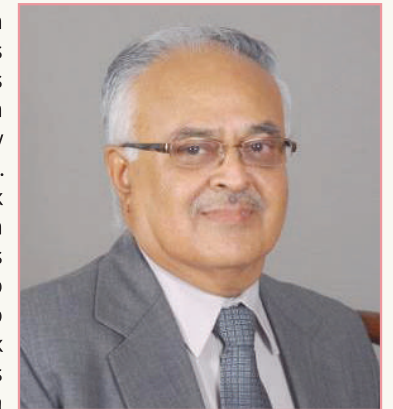
Venkat Krishnan
Tiruppur

From Editor's Desk



Dear Reader,

Few weeks ago, our nation capital New Delhi got its first milk bank, where Womens Center stands proudly with our already functioning, highly successful donor milk bank. At a time when human milk banks are rather a western notion for Indians, Womens Center entered the field to cater vulnerable babies who could not get mother's milk for various reasons. Womens Center has been playing a great effort to feed these babies with human milk with the purpose of reducing the risk of serious, life- threatening infections, as well as making the babies healthy and immune.



In this issue, we are featuring highlights from the health awareness programmes organized by the Womens Center in association with Mangayar Malar, the popular Women's Fortnightly in Tamil Language from Kalki Group of Publications. Offering a great opportunity for the women readers of Mangayar Malar, interactive sessions were conducted by the Center's team in major cities across Tamil Nadu besides Bangalore. The event received an overwhelming response where productive interactions took place between experts in the field and the women readers of the publication.

We have also included an educational article that will guide the readers regarding the activities done by Womens Center, the services offered and the care given. Lack of awareness is often the major villain when it comes to infertility treatments and neonatal care. The sudden sprouting up of women's health care centres and infertility treatment institutions are enough to confuse one about the treatment method to be chosen. This article conveys the importance of finding the right care and right facility for one's problems related to childbirth.

Oral hygiene has become increasingly important as dental appearance started to redefine beauty standards. Whiter the teeth, brighter your face. In this issue, we have listed out a number of measures to be taken to maintain healthy teeth and gums.

The discovery of what is nicknamed as "superhero DNAs" topped the headlines of health journals in the past week. A comprehensive article on this finding is also included in this issue. An international team of researchers made the finding by searching for people harbouring damaging mutations but who remain healthy. By understanding their superhero nature of DNAs that cancels out genetic diseases like cystic fibrosis, could lead to new treatment solutions for such debilitating diseases.

Yours,

Dr.K.S.Govindarajan
Editor-in-Chief

A soulful sojourn for womanhood



Maternity care and fertility treatments are fast growing fields of medical and health sector. With infertility becoming one of the most common concerns of the young generation, a new age in infertility treatments has evolved out with the help of technological advancements and high end research programmes. Benefitting from the modern research solutions, the Womens Center, a chain of hospitals located in Coimbatore, Chennai, Salem and Tiruchirappalli, is making a breakthrough in IVF treatments, maternity care and women's health care in South India.

Guided by Clinical Director Dr. Mirudhubashini Govindarajan FRCS(C) and Managing Director Dr. K. S. Govindarajan, the Center has completed 25 years of its services, making considerable contribution to the women's health care sector in India. Being the first centre in the country to obtain ISO



9001:2008 and ISAR Certification, the Center has made a long lasting impression upholding its obsession to quality care.

The Center has proven its excellence in the three areas including feto-maternal medicine including high-risk pregnancy care, reproductive medicine or infertility management through technologies like IVF (test tube babies), and clinical obstetrics and

gynecology. The Center is a holistic 100-bedded facility catering to all the needs of women's health in Coimbatore, Tamilnadu.

Maternity care and neonatal care are two growing sectors of the health care industry in India. The number of such institutions has made a jump in the recent times as well as IVF treatment hubs. Selecting the right treatment destination

from freshly sprouted up institutions has become quite an effort now a days. It is when the ensemble team of professionals at Womens Center matters. The combined work experience of the professional staff at the Center is well over a 100 years in the field of women's health.

Childbirth is one of the most divine things in the life of a human being. It is that special feeling one wants to savour at the most calm and soothing environment, not to mention the desired emotional backing. The Center has paid a lot of effort to make its campuses as much patient friendly as possible so that they would feel it like home. The ambience itself has a

therapeutic effect.

In all the departments at the facilities, focus has been given to build a patient-staff rapport which is encouraging, understanding and emotional support from the part of the staff. This has made the Center a favourite for the visitors, a home away from home.

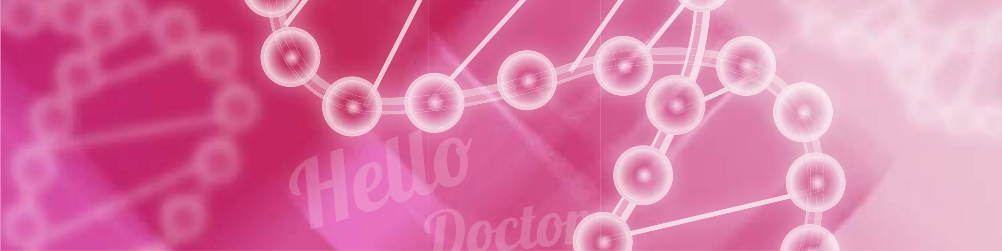
The Center offers

- ▶▶ State of the art infertility treatment
- ▶▶ Well set up NICU
- ▶▶ Preventive care
- ▶▶ Adolescent care
- ▶▶ High Risk Pregnancy Care
- ▶▶ New born care and neonatology
- ▶▶ Maternal Care
- ▶▶ Gynecological Services
- ▶▶ MR Guided Focused Ultrasound





Clinical Director
Dr. Mirudhubashini Govindarajan,
FRCS - Canada



Q

Hi, I am a 38 years old teacher. Recently I have been experiencing certain changes in my body like delayed periods, tenderness in breasts, fatigue and frequent urge to urinate. My mother told me that those are the symptoms of menopause. Am I having a premature menopause? Can I get treatment for it? Please help doctor.

*Seetha
Dindigal*

Answer

The first change that most women notice is a change in the pattern of menstrual cycles. With the onset of changes in the hormonal functions, the cycles become irregular, either too short or too long intervals in between. This is not an abnormality and generally need not be corrected unless the bleeding is excessive. However, the other changes that you have mentioned are not typical of menopausal symptoms. Urinary tract infection, abnormalities in other hormonal levels such as thyroid should not be ruled out also.



Q

Hi doctor. I am 25 years old and got married four months ago. I had this migraine problem when I was in school. I used to have acute headaches that last up to a whole day, but not anymore. However, for the past couple of times, I have experienced severe headaches after having sexual intercourse. Is the two connected? Is my migraine is making a comeback? Should I consult a doctor?

*SM,
Tirunelveli*

Migraines may be triggered by a whole variety of physical, emotional, dietary, environmental factors. Anxiety, tension, etc., can also be cause factors. If the headaches are severe, recurring or troublesome, you should consult a doctor.

Q

Hi doctor. I am the mother of 14-year-old girl. Despite how much sleep she gets, she always seems so tired. All sorts of blood tests have been done and she seems fine except for occasional tonsillitis problems.

No matter how much time he sleeps, she is always seems so sleepy. She started menstruating a year ago and the cycle is almost regular with no visible problems. Is this part of growing up? Could she be anaemic?

*SR,
Nagapattinam*

Answer

You should make sure that she does not have low levels of hemoglobin (anemia), thyroxin, sugar, calcium, etc., by conducting blood tests. Lack of exercise also can lead to low metabolic levels and sleepiness. Sometimes day time sleepiness can result from lack of deep sleep during the night. Obesity, snoring, etc., can also lead to this problem.



Q

Hi doctor. I am a 24-year-old working woman. I had having a healthy sex life and normal periods cycle. But ever since the beginning of this summer, I have been experiencing dryness in my vagina which makes sex really hard and painful for me. Except that, my body is fine. Is it due to the weather or some hormonal changes? I don't want to use any lubricants. Can you help me suggest how to solve this issue? Are there any medicines that I can take or any particular diet I should follow? Please reply.

*Hemanika,
Madurai*

Answer

Dryness and discomfort in the vagina in a young woman with normal periods is unlikely to be due to any major change in hormonal levels. It is much more likely to be secondary to a possible vaginal infection-often a mild one such as fungal infection. It will be wise to have your Gynecologist check you and perform routine tests such as a culture, pap smear, etc. Local treatment alone can give relief to of such common infections. Dietary changes will not make any difference. Using appropriate cleaning solutions routinely can prevent these infections. You can ask your Gynecologist to prescribe the right agent for you.

WOMENS CENTER, MANGAYAR MALAR JOIN HANDS TO PROMOTE WOMEN'S HEALTH

This is a very unique initiative. Two leaders – Womens Center in the healthcare industry and Kalki Group in the publication industry join hands. Aim: Promote women's health and welfare by conducting interactive sessions. The medical fraternity from Womens Center will take any question from puberty to menopause so that woman has better control over her body and psyche. The interactive session which started off from Coimbatore would be held in major cities across Tamil Nadu besides Bangalore.





Womens Center in association with Mangayar Malar – a most sought after Women’s Fortnightly in Tamil Language from the stable of Kalki Group of Publications – conducted health awareness programmes for the women readers of Mangayar Malar. The inaugural interactive programme – From Puberty to Menopause – was held at Womens Center Hospital at Coimbatore on April 9. The second programme will take place in Salem at IMA Hall on April 30.

Kalki Group of Publications decided to join hands with Womjens Center as it entered into the 75th year of its publication in August last year. The Group publishes five magazines, namely, Kalki Weekly, Mangayar Malar, Gokulam English and Gokulam Tamil (children’s monthlies) and Deepam

(a spiritual fortnightly. Kalki Group of Publications, interestingly, has played a crucial role in promoting literary quest, particularly, among the Tamil speaking population. The Group has provided the much-needed support for the promotion of traditional art, culture and values and its publications have become the staple of Tamil-speaking households across the globe.

Interestingly, September 2015 was also the birth centenary of M.S.Subbulakshmi – the doyen of classical music and one of the founders of Kalki Group. MS, as she is popularly known, has several accomplishments to her credit including her scintillating performance at the United Nations to being the recipient of the prestigious Ramon Magsaysay Award and

the most coveted Bharat Ratna. Womens Center for over three decades now has been a pioneer in the promotion of women’s health and well-being. Being a health-provider which believes in social responsibility, Womens Center also has many firsts to its credit in the field of fertility treatment. Besides providing comprehensive healthcare, Womens Center has put smile on the faces of hundreds of couples confronted with fertility issues by helping them with successful pregnancies.

So, it is no wonder Kalki Group of Publications decided to tie-up with Womens Center for the benefit of its women readers. The health awareness programme after its second leg in Salem would move to Trichy, Chennai, Madurai and Bangalore. “There will be two

events a month ending in June. Each session will have duration of 3 to 3 ½ hours. The session starts with a keynote address, question from the audience and answers from our medical experts with an entertainment capsule and a tea break,” said Jayaram Govindarajan, Executive Director, Womens Center.

While entry is free, the health awareness programme sessions are open to men also. “Conduct of awareness programmes like the one here underlines our commitment to women’s health in particular and society at large. We’re sure the ongoing programmes will benefit a large women population. At this juncture, as a responsible health provider, we reiterate our commitment bring in more such programmes for the overall social welfare”, Jayaram Govindarajan said.

மங்கையார் மலர்

பாதுகாக்கித் தீர்ப்பாக

இணைந்து வழங்கும்

‘பெண் நலம் பேணுவோம்!’

பூப்பு முதல் மெனோபாஸ் வரை...
விழிப்புணர்வு உரை / கேள்வி பதில் நேரம்

கேள்வி நங்க கேளுங்க...
பதிலை டாக்டர் சொல்வார்!

கோவை மற்றும் சேலம் நகரங்களில்
ஒப்பந்த மாத நிகழ்வுகள்!

கோவை	சேலம்
<p>தேதி : 09.04.2016, சனிக்கிழமை</p> <p>நேரம் : மதியம் 2.30 முதல் மாலை 6.00 வரை</p> <p>இடம் : விமன்ஸ் சென்ட்ரல் மருத்துவமனை 146B, வேட்டுப்பாளையம் ரோடு சாயப்பாள கோயில் அருகில், கோவை</p>	<p>தேதி : 30.04.2016, சனிக்கிழமை</p> <p>நேரம் : மதியம் 2.30 முதல் மாலை 6.00 வரை</p> <p>இடம் : ஜெம்ஸ் ஆரங்கம் (IMA Hall) 12, சரதா கல்லூரி எதிரில் சென்னை கேட். வே. ஹோட்டல் அருகில், சேலம்</p>

பதிவு செய்ய அழையுங்கள்!

<p>சென்னை : 044 43438822, 89031 63065</p>	<p>கோவை : 94875 51439</p>
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ஆண்களும் பங்கேற்கலாம். அனுமதி இலவசம். அனைவரும் வருக!
மே மாத நிகழ்ச்சிகள் மதுரை மற்றும் திருச்சியில்...





Roads to take for a picture perfect smile

For Dental Care Contact:
Womens Center
9442340664

Have you ever run your tongue along the front of your teeth and felt a slimy coating? That “fuzzy-toothed” feeling is the buildup of bacteria. It’s called plaque, and if you let it stick around for too long, it can damage your teeth and gums. What can you do to stop plaque in its tracks? Well, you can always come to Womens Center’s dental care unit recently opened in the Coimbatore facility. But then, the facility also focuses on preventive dentistry. Prevention and better oral care is not the dentist’s job alone, but requires as much involvement from the subjects.

Here we list out five steps that should be taken as a lifestyle to ensure a perfect pearly smile for you.



Step 1: Brush Every Day

Once a day is good, but twice is better. Use a soft-bristled toothbrush and fluoride toothpaste. Make sure you get all the areas of your mouth, including teeth, gums, tongue, and the insides of your cheeks. The process should take about 2 minutes. You are advised to seek professional dental advice from Womens Center’s dentists about the use of fluoride toothpaste and fluoridated water.

Step 2: Clean Between Your Teeth

Flossing may not be much fun, but cleaning between your teeth every day can have a big impact on your oral health. If you have a tough time with floss, you can always consult dentists at this facility to ask about interdental brushes, floss aides, water, or air-flossing devices



Step 3: Use a Mouth Rinse

Know your terms: Mouth rinse and mouthwash are two different things. Using mouth rinse prevents plaque buildup more than just brushing and flossing.



Step 4: Avoid Sticky, Sugary Food

The hardest foods to get off your teeth are ones that cling when you chew. Think raisins, granola bars, or sticky candy. Sugary and starchy foods are some of the most harmful to teeth.



Step 5: Go to the Dentist

Have someone who knows teeth keep tabs on yours. Make visits to Womens Center’s dental care facility regularly, so they can look for signs of disease. Be the charmer with your picture perfect smile.

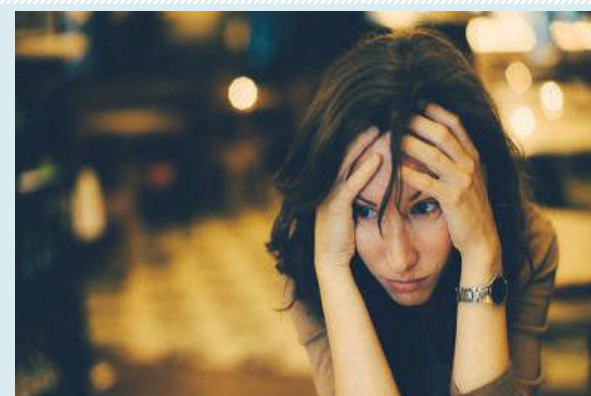
‘Happy genes’ discovered

Amsterdam

For the first time in history, researchers have isolated the parts of the human genome that could explain the differences in how humans experience happiness. The researchers found three genetic variants for happiness, two that can

account for differences in symptoms of depression, and eleven that could account for varying degrees of neuroticism.

The genetic variants for happiness are mainly expressed in the central nervous system, the adrenal glands and the pancreatic system.



Social isolation may impair hearing

Georgia

Continuing to have social interaction is key to keeping your ears sensitive even in old age, suggests new research. Hearing socially meaningful sounds can change the ear and enable it to better detect those sounds, the findings showed.

“The ear is modifiable,”

said one of the researchers Walter Wilczynski, professor at Georgia State University in the US. “It’s plastic. It can change by getting better or worse at picking up signals, depending on particular types of experiences, such as listening to social signals,” Wilczynski explained.

Delhi gets its first human milk bank



New Delhi

Recognising the efficacy of mother’s milk, Fortis La Femme in association with the Breast Milk Bank Foundation has given Delhi-NCR’s its first human milk bank. This

joint initiative is named as “Amaara”, and was launched on Tuesday.

It aims to solve the problem of mothers who cannot supply their own breast milk to their children because of some or the other reason

21 countries could be malaria-free by 2020



Geneva

Six countries in Africa, the continent where malaria is most widespread, could be free of the disease by 2020, according to a WHO report published on Monday to mark World Malaria Day.

“WHO estimates that 21 countries are in a

position to achieve this goal, including six countries in the African Region, where the burden of the disease is heaviest,” the Geneva-based organisation said in a statement. These countries are Algeria, Botswana, Cape Verde, Comoros, South Africa and Swaziland.

Study links video game addiction to ADHD

Washington

Researcher Cecilie Schou Andreassen revealed that video game addiction is more prevalent among younger men and among those not in a current relationship, than others. Schou Andreassen has carried out a study with more

than 20 000 participants who answered questions related to videogame addiction.

The study showed that video game addiction appears to be associated with attention deficit/hyperactivity disorder, obsessive-compulsive disorder and depression.

'Superhero DNA': Natural Resistance to Serious Disease Found



New York

The DNA of 13 healthy adults who inherited mutated genes that should have caused debilitating or fatal diseases in infancy or childhood may hold the key to treating others, according to a recent study.

The international team of scientists studied the DNA of close to 600,000 people, zeroing in on individuals who carried damaging genetic mutations. But rather than focusing on those who succumbed to illness, they looked at an even smaller sub-group who beat the odds and remained healthy.

These people were born with a genetic predisposition towards developing serious and debilitating conditions such as cystic fibrosis, but something in their genomes caused them to still be resistant to the illnesses.

The researchers found 13 individuals who they believed could hold the answer to beating a range of illnesses. But they were not able to contact the unnamed people because of consent rules being by the study participants.

Stephen Friend from the Mount Sinai Hospital's Icahn School of Medicine launched the project in 2014 with a global crowd-sourcing appeal for access to people's DNA samples.

Ultimately the project was able to gain access to hundreds of thousands of DNA samples, provided voluntarily to testing

laboratories by individuals from around the world who had agreed their samples could be used for research.

"Basically all we need is information, we need a swab of DNA and a willingness to say, 'what's inside me?'" Friend said in a 2014 TED Talk.

"What we are asking and looking for is ... a very few individuals who are actually walking around with the risk that normally would cause a disease, but something hidden in them is actually protective and keeping them from exhibiting those symptoms."

The research is part of a pilot study for what's been dubbed "The Resilience Project".

Friend and his team have now launched a follow-up project in which participants will submit their genetic data with the understanding they will be re-contacted. Bob Williamson from the University of Melbourne, the former director of the Murdoch Children's Research Institute, is pleased researchers are focusing on the healthy, not just the sick.

Williamson said the work promised to create an extraordinary data bank of material for ongoing medical research. He added that the information could be used to design new drugs to treat people who do develop diseases like cystic fibrosis.

(Source: Nick Grimm, ABC Science Online)



Laughter Therapy

. A note on dentists' door: "Smile. You might be doing this for the last time".



In a hospital:

- do you have any problems with your ears or nose?
- Yes, doc?
- They hurt?
- No, they impede when I'm trying to put on a sweater.



My doctor told me to avoid any unnecessary stress, so I didn't open his bill.

Doctor, this bucket has a hole. Would you please repair it?

- Are you stupid! Do you know who I am?
- Yes I do - you are specialist in plastic surgery...

A psychiatrist congratulates his patient with a progress in treatment. The patient: Do you really call it a progress? Six months ago I was a Napoleon and now I am nobody.

ONE OUT OF TWO WOMEN DIAGNOSED WITH BREAST CANCER DIES IN INDIA!



Statistics reveal that 144,937 women were newly detected with breast cancer in our country in the year 2012. In the same year, 70,218 women died of the same disease. So, it's now roughly estimated that for every 2 women newly diagnosed one dies of breast cancer. The numbers are staggering! But, not that everything is lost. Periodic check-ups and early detection can help you lead a normal life. For more information call us to walk into our chain of hospitals. Our experts would only be too happy to give you right advice.

Issued In Public Interest By



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A BEAUTIFUL SMILE CAN TAKE YOU MILES

They say: you are not dressed for the day unless you wear a smile. Yes, a smile is the most essential apparel. But, there is a difference between a smile and a beautiful smile. A few subtle corrections can bring out the aura of your infectious smile. Trust us! It can take you miles ahead of your peers!



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Extraction | Gum Surgeries

Call us for an appointment: 9442340664



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