

AIDS AND ADOLESCENTS

In 2012, an estimated 2.1 million adolescents worldwide were living with HIV. the World Health Organization (WHO) is calling attention to the special needs of adolescents on the occasion of World AIDS Day December 1, 2013. The WHO is issuing the first-ever guidelines that specifically address prevention and treatment for adolescents with HIV. Although the global number of HIV-related deaths in the general population fell by 30% worldwide between 2005 and 2012, among adolescents, that number rose by 50%.

For patients with age-related macular degeneration, home monitoring for disease activity leads to early identification of choroidal neovascularization, which can help preserve visual acuity at the time of progression. Results from the trial, known as the Age-Related Eye Disease Study 2: Home Monitoring of the Eye, were presented here at the American Academy of Ophthalmology (AAO) 2013 Annual Meeting.

Patients can overcome dental phobia through a therapy in which they recall traumatic events while rapidly moving their eyes. Researchers have reported in an article published online September 23 and in the December issue of the European Journal of Oral Sciences that after undergoing eye movement desensitization and reprocessing (EMDR) therapy, some patients are able to attend dental appointments for the first time in years.

Some 131,000 people were newly infected with HIV in Europe and nearby countries in 2012, an 8% rise from a year earlier and a worrying reversal of a recent downward trend in AIDS cases in the West. A report published by the World Health Organization's (WHO) European office and the European Centre for Disease Prevention and Control (ECDC) showed a steady increase in new HIV cases over the last year, but by far the majority of cases were in Eastern Europe and Central Asia. As per the report, the high and increasing number of AIDS cases in the East is indicative of late HIV diagnosis, low treatment coverage and delayed initiation of life-saving HIV treatment.

A study has identified, for the first time, a gene mutation that appears to be implicated in patients with Cushing's syndrome, and a second study has shed light on abnormal receptors in the adrenal gland in patients with this disease. This early research suggests that in the future, family members of patients with Cushing's syndrome could be offered genetic screening to look for "silent carriers," and novel drugs could be developed to target abnormal receptors and possibly halt the progression of this disease.

Dr. K. Ravindranath

CMD - Global Hospitals Group

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Skipping your breakfast can affect your heart !!



26,902 people of the age group 45-82 years were tracked for their dietary habits and health for over 16 years. When the study was started these men were healthy, free of heart disease and cancer. Those among these men who did not have their breakfast showed 27% higher risk of heart attack or coronary heart disease

than those men who ate their breakfast. Leah Cahill who led this study in Harvard School of Public Health published his results in July 23rd issue of Circulation, an American Heart Association journal. He observed that skipping breakfast may result in one or more of the risk factors of heart attack like obesity, hypertension, high cholesterol and diabetes. Frequency of eating apparently did not have any impact on developing risk of coronary heart disease.

Eating late at night also contributed to 55% higher risk of development of coronary heart disease.

The message of the study is "Don't skip breakfast, eat healthy breakfast to reduce risk of heart attacks". Ensure that breakfast provides adequate energy and a healthy balance of nutrients such as proteins, carbohydrates, vitamins and minerals. Cereal mixed with nuts and chopped fruits in milk will be great way to start the day. The report is a culmination of painstaking almost two decades years of study on the influence of quality and composition of diet on heart diseases.

A report from the UK in 2012 described that people who skip breakfast tend to find high calorie food more appealing later in the day apparently due to priming of the brain circuits for this during fasting. Victoria Taylor, a senior dietician from the British Heart Foundation says "In the morning rush it can be all too easy to skip breakfast but this study from Harvard suggests that this could have a bigger impact on our health than we might think.

Young men who are single, smokers, who worked full time, did not do much exercise and drank more alcohol seem to skip breakfast !

GMERF Founders's day 2013 celebration



The first Foundation Day of Global Medical Education and Research Foundation was celebrated on 17th August 2013. Padma Vibhushan Dr. P. Rama Rao was the chief guest and delivered the Foundation Day. Lecture on "Higher education and research in

general and medical in particular, in India". Dr. Srinivas Pentyla (Stony Brook Medical School, NY, USA) was our special invitee. Prof. Dr. Kakarla Subbarao, Prof. P. Reddanna Dr. T. N. Rao among others who graced the occasion. GMERF conferred academic titles in their respective specialties to consultants who are actively involved in teaching and training post graduates - Dr.K.Ravindranath, Dr. Ravi Kumar Aluri, Dr. Dharmesh Kapoor, Dr.N.Ranganathan Iyer, Dr. V. Sritharan, Dr. Pradeep Naik, Dr. K. S. Lakshmi, Dr. Lakshmi Kiran Chelluri and Dr. G. Sridhar.

Live Workshop on Chronic Total Occlusion and complex Angioplasty



Global Health City organized a live workshop on difficult and complex Angioplasty known as 'Chronic Total Occlusion' on Wednesday July 31, 2013 with internationally renowned Dr. Shigeru Nakamura from Kyoto University, Japan and in the presence of Dr. Joy Thomas, Dr. Ravi Kumar, Dr. Guru Prasad

& Dr. Rajiv Varghese from Global Health City. These advanced techniques will help young cardiologists to have holistic and in-depth understanding of Complex Angioplasty and Chronic Total Occlusion. Over 25 consultants participated in the live workshop and panel discussion.

With alarming statistics reading heart disease as the biggest killer in urban India today, it is estimated that 60% of the world's heart disease will present in India (and Indians) in the near future. Indians are genetically prone to heart disease. Our sedentary and stressed modern lifestyle just multiplies the risk. In fact, an Indian is four times likely to suffer from heart disease compared to Westerners.

Coblation users meet at Global Health City, Chennai



Eminent ENT Surgeons across India come together in Chennai for an Coblation users meet: Workshop & Live Surgical Demonstration on 15th August 2013.

Internationally renowned ENT specialists discussed the latest advances in Coblation technology

The workshop was presided by Prof. A. Simon Carney, Professor & Head of unit, Dept. of ENT, Flinders Medical centre, Adelaide, Australia."

The conference provided update on trends in the developments of technology and treatment protocols that can be advised, adhered to ensure better quality of life for patients undergoing coblation surgery. The latest techniques will avoid long hospital stay, provide better treatment outcomes and will help to regain a normal life faster to the patients.

Scientific session on Bone Marrow Transplantation



BGS Global Hospitals organised a scientific session on Bone Marrow Transplantation on 14th September 2013. The key speaker was Prof. John Shepherd, Director, Leukemia / Bone Marrow Transplantation Program and Clinical Professor

of Medicine, University of BC from Vancouver, Canada
(In the pic: Prof. John Shepherd with Dr Radheshyam, Consultant Medical Oncologist, HCG and Dr N K Venkataramana.)

'Heal your Cancer' seminar organised by BGS Global Hospitals, Bengaluru



BGS Global Hospitals in association with Sampurnan organised a day long seminar on 'Heal your Cancer', Holistic Approach for Cancer Management on 1st Sept' 13. The Seminar was inaugurated by Sri U T Khader, Minister for Health and Family Welfare, Govt. of Karnataka. Many well known

speakers spoke on the subject.

Global Hospitals Mumbai launched the Institute of Liver Diseases, HPB Surgery and Transplantation



The Institute was inaugurated on July 20th, 2013. by Prof. Julia Wendon, Consultant Intensive Care and Hepatologist, Kings College Hospital, UK was visiting Global Hospitals Mumbai.

The event was graced by Dr. K. Ravindranath, Chairman and

MD, Global Hospitals Group along with Prof. Mohamed Rela, Group Director, Institute of Liver Diseases HPB Surgery and Transplantation. Dr Karanjekar, CEO Global Hospitals Mumbai and Dr Samir Shah, Head-Department of Hepatology, Global Hospitals Mumbai, engaged the audience of over 200 invitees, with discussions on "The Most Comprehensive Institute of Liver Diseases, HPB surgery and Transplantation- Need of the Hour (in Mumbai)".

Medical Camp conducted at Yemen



A free health camp was conducted at Iben Sena General Hospital, Mukallah, Yemen from 23rd - 25th July'13. Dr. Naveen Kumar Venigalla - Sr. Consultant, Neurology & Dr. Preshith Gaddam - Consultant, Orthopedics along with International business team conducted the camp.

A huge and overwhelming response with over 700 consultations in 3 days. Governor of Hadramout, Yemen & also the Member of Committee for treatment abroad, Ministry of health, Yemen visited the camp

CME & Patient Education Program in Nepal



Global Hospitals Group, India organized a CME & patient education program on "Renal Transplant in hepatitis C Patients" in Kathmandu on 2 & 3 Aug' 13 in association with Sahara Medical & Health Concern. There was an active participation of 88% of invitees.

Health Talk at Price Waterhouse Coopers, Mumbai



Health Talk on "Lifestyle Management" was conducted on 9th July 2013 by Dr. S. Sivaramakrishnan. Employees were very happy with the session. About 200 employees attended the Health talk, who actively participated in the Q & A session.

Wellness Program at Tikona Digital Networks

As a corporate Social responsibility, Global Hospitals, Mumbai conducts Health Talk & Free Health Camp on Stress Management on 14th June 2013 - for the employees of Tikona Digital Networks, Mumbai. The talk was arranged in association with health India TPA. Around 45 employees were screened in the Camp.



Health Talk at Central Railways in Parel Workshop



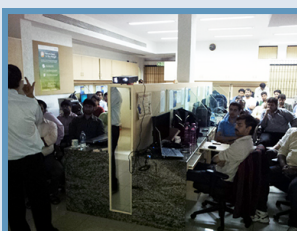
Global Hospitals, mumbai organised Health Talk on "Healthy Heart" on 20th July 2013. The talk was presented by Dr. Pravin Kulkarni - Interventional Cardiologist followed by Q&A session, where all queries were answered. Around 50 employees attended the Health talk.

Health Talk at Bharat Petroleum Corporation Ltd.

As a corporate social responsibility, Global Hospitals, Mumbai organised Health Talk on "Know Your Digestive System" on 23rd July 2013. The talk was presented by Dr. Amit Maydeo - Director, Consultant & HOD Gastroenterology followed by Q&A session, where all queries were answered.



Corporate Wellness Program at Synopsis



Global Hospitals, mumbai organised Health Talk on "Stress Management" was conducted on 25th July 2013 at Synopsis. The talk was presented by Dr. S Sivaramakrishnan. The age group was between 28 - 40 yrs. The health talk stretched for one and a half hour followed with a Q /A session.

Healthy Students. Healthy India - Medical Exhibition organised by Global Hospitals, L.B. Nagar



As a Corporate Social Responsibility, Global Hospitals, L.B. Nagar, Hyderabad organised Medical Exhibition with a concept called "Healthy Students. Healthy India" from 10th - 12th July - A unique initiative to enlighten school children on the importance of health and inspire them and

through them others, to adapt a healthy life style by gaining knowledge on various health problems, different diseases, hygiene related issues and also familiarize them on various functions of a Hospital.

It is important to note that students are the future of any nation and in their growth lies the nations. To ensure they get the best possible quality of education & awareness to maintain a healthy lifestyle and as a part of "Healthy Students Healthy India" Global Hospitals (L.B.Nagar, Hyderabad) presented all the school students of class VII - X with Health Guide which intends to provide basic health information to both students as well as their parents.

SUPPORT GROUP LAUNCHED TO FIGHT OBESITY



Global Hospitals, Lakdi-ka-pul, Hyderabad launched Global Obesity Support Group program by renowned singer, actor & composer Padmabhushan Sri. S. P. Balasubrahmanyam Support Group to play a key role in helping obese people overcome their weight & health complications.

As part of its endeavour to reach out to more and more people suffering to due morbid obesity health complications, and to help them address their concerns in the most appropriate and scientific way, Global Hospitals on 7 Sept'13 announced the launch of "Global Obesity Support Group" program by Padmabhushan Sri. S. P. Balasubrahmanyam, renowned playback singer, composer and actor. Sri. S.P. Balasubrahmanyam launched the Global Obesity Support Group program by unveiling the Support Group brochure and website www.globalobesitysupportgroup.com in the presence of Dr. K. Ravindranath, CMD, Global Hospitals Group, Dr. K. S. Lakshmi, Senior Consultant Surgeon – Minimal Access & Bariatric Surgery, Global Hospitals, Hyderabad and the large team of Super Specialists across disciplines who are all part of the Support Group.

KNOW THYSELF

Few days back, a visitor along with his wife and little daughter came to meet me. During conversation, I came to know he is an MBA working as Marketing Chief of big Educational institutions. I was really wondering what is marketing for education. It is an inconceivable thought for the uninformed minds like me. I was curious to know what precisely his functions are. It was amazing revelation to me that education could go deep into the roots of our culture to the extent of enticing students from rural or urban areas to join their institutions much before they are ready to study. This is a malignant issue, if not addressed now, it would result in a new breed of intellectual giants and moral pigmies. Why and how this malady entered into the land of culture and traditions is any body's guess. Earlier we were choosing the schools or colleges on our own, often assisted by parents, see the standards, team of dedicated teachers and the value based learning modules, cultural and extracurricular activities etc. The teachers were altruistic with a parental feeling towards their wards. Even today people like us look at our teachers as towers of Knowledge and wisdom.

Now a days students do not remember the names of their teachers. When the focus is on scores and grades, the education is degraded to information transfer. For this a Google, Amazon books would deliver better information. There is an added harm that is pressure on the tender minds to achieve scores prescribed leading to early depression. This is absolutely unwarranted and possibly reprehensible. I understand marketing people fish for the students, of course performing well in their respective schools, offer incentives, do door to door campaign in all the rural and urban schools to achieve the TARGETS. What a pity? I am also informed of a nauseating news that Managements, Masters who get large number of students would be suitably rewarded. Is it analogous to commissions and kick-backs?, Paradox is that these

Educational Business Houses are either established or promoted by politicians or Business persons who consider the field is a Gold mine. Today from Schools to Professional colleges are plagued by these immoral, unethical practices. Who would put a fulstop for this? Or all of us silently watch the decline helplessly. Awake and Arise, my dera fellowmen.

- From the Waves of Ocean

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