

HEALTH MATTERS

Preventive Shots



LAVASA Corporation recently conducted a vaccination camp to ensure that rural girls are immunised against rubella. Also known as German measles, rubella is an infection that primarily affects the skin and lymph nodes. It is caused by the rubella virus, usually transmitted by droplets from the nose or throat that others breathe in. It can also pass through a pregnant woman's bloodstream to the unborn child. Girls from eight zilla parishad schools were immunised by a team that included two doctors. The community development team at Lavasa conducted the initiative in collaboration with the Family Planning Association of India.

Mother & Childcare

BABYCELL, a unit of RMS Ltd, has launched Mummy and Tummy, which is a programme for mother and baby care comprising a DVD on prenatal yoga filmed on actress Sharvari Jamenis under the guidance of Dr. Rupali Pathak. The programme initiates activities for pregnant mothers that aim at holistic care for both the baby and the mother. They have also launched a guidebook titled *Pregnancy To Baby Care*, arranged educative sessions on pregnancy for couples and introduced a 24-hour on-call service giving information on stem cell banking.

Knee Replacement

A BILATERAL simultaneous knee replacement gave labourer Ratnabai Shendkar a new lease of life. Dr Sanjeev Gokhale conducted the operation at Gokhale hospital for free. Shendkar suffered immense pain that had rendered her immobile. Gokhale pointed out that the patient had bow legs and the deformity of the knees was quite severe. In addition, the knees were subluxating, where the thigh bone was partially slipping out of alignment with the leg bone. Because of this, whenever she took a step, the knee used to bend outwards. An imported high flexion implant was used for the challenging surgery and Shendkar started walking within two months without any support.



Hall of Fame

EYE surgeon Dr Ramesh Murthy was recently honoured with the International Scholar Award by the American Academy of Ophthalmology. Murthy has received five awards from academy and the American Medical Association.



No Sweat

SKIN and hair restoration centre, SkinCity has introduced miraDry, a state of the art microwave technology to give relief from excessive underarm sweating. It is a first-of-its-kind in India, and is an FDA-approved non-surgical procedure offering permanent solution to axillary hyperhidrosis. "Just one or two sittings of one hour each, three months apart, will make you free of sweat forever," said Dr Nitin Dhepe, medical director, SkinCity, The Post-graduate Institute of Dermatology.

Healthy Heart

DR RAJESH Deshpande, director of Heart Pune and board member of AIIMS, announced the helpline number 1800-233-0102 for heart patients seeking emergency care or second opinion on angiograms. He spoke about an 84-year-old suffering from angina, who had undergone bypass surgery 25 years ago. A recent angiogram revealed narrowing of the heart vessel beyond surgical anastomosis. An angioplasty was performed by a team of experts. The angioplasty was performed with the latest stent, Absorb. "Usually, post bypass surgery angioplasty is very challenging. This was the first Absorb Stent deployed in a post bypass situation," he said.

Hope for Clubfoot

A MEETING to create awareness on clubfoot being a treatable condition was attended by 100 parents whose children have the problem. Dr Sameer Desai, orthopaedic surgeon at KEM hospital, spoke about a man who suffered from clubfoot during childhood and underwent a surgery. He went on to become an aeronautic engineer and was active in sports as well. His child, who also had clubfoot, was now successfully treated by a minimally invasive surgery. A donation drive was also held. For info, go to www.clubfoot.co.in



COMPILED BY ANURADHA MASCARENHAS

Sporting Doctors

After being on their toes for five days, medics associated with the recent Asian Athletics Tournament medical team on what it takes to provide emergency management for the games



(Clockwise from left) Almost 600 athletes had flown in from different countries to participate in the games; the risk of sports injuries is high in events such as shot put, discus throw and track running; around 400 patients were checked and treated at the makeshift hospital

EXPRESS FEATURES SERVICE

ON Sunday, when the sports and athletics events came to an end at the 20th Asian Athletics Tournament, which was being held at the Sports Science Centre in Balewadi, the winning athletes gave their final round of interviews and began to pack up for their return home. In the background, far from the limelight, the tournament's medical team breathed a sigh of relief and began to wind down from what had been a very stressful five days.

Almost 600 athletes had flown in from different countries to participate in strenuous activities such as shot put, discus throw and track running, where the risk of sports injuries is normally high.

Half-a-kilometer away from the sports campus, a 10-bedded makeshift hospital was set up with three beds kept especially for emergency management.



"Around 400 patients were checked and treated, out of which 45 were athletes with minor orthopaedic problems and dehydration," said Dr Ajay Chandanwale, president of the medical team and dean of B J Medical College. A cardiac ambulance was stationed on campus for any emergency, while five trans-

sit ventilators, two electric cars, five pulse O-2 meters, 20 folding trolleys and 20 wheel chairs, stretchers and air ambulance were kept ready to provide 24x7

emergency medical services.

Chandanwale said six medical teams worked on the track and in the warm-up areas from 6 am to 10 pm every day. Common muscle injuries, dehydration were anticipated, and there was also the rare possibility of a cardiac emergency. So, they were equipped with different painkiller sprays, oral rehydration solution and life-saving drugs, along with two defibrillators (for cardiac emergency) on the ground. Four well-equipped ambulances were available at the gates of the field.

Apart from on-site treatment, hospitals were also marked area-wise in case the athletes needed to be transported for advanced treat-

ment and management. B J Medical College, Sassoon general Hospital, Sancheti Hospital, Hardikar Hospital, Aditya Birla Hospital, Sai Shree Hospital and Life Point Hospital, as well as other hospitals from Pune Municipal Corporation and Pimpri Chinchwad Municipal Corporation joined hands to support the medical team for the event. Dr Kalpana Kulkarni, secretary of the medical team, said, "The team was working round the clock to provide the best possible medical care."

Dr Dilip Kadam, head of the department of medicine at B J Medical College, said that the entire medical management schedule was also decided by them.

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E-SQUARE 9.00, 11.45, 2.30, 5.15, 8.00, 10.45 PM | **VISHAL E-SQUARE** 9.00, 11.45, 2.30, 5.15, 8.00, 10.45 PM | **KONARK E-SQUARE** 9.00, 11.45, 2.30, 5.15, 8.00, 10.45 PM | **VICTORY** 9.00 AM, 2.30, 8.00 PM

CityPrice
KOTHRUD 9.00, 11.45, 2.30, 5.15, 8.00, 10.45 PM | **SATARA ROAD** 9.45, 12.30, 3.00, 5.30, 8.00, 10.30 PM | **R DECCAN** 9.00, 2.00, 4.30, 7.30, 9.30, 10.00 PM

Abhiruchi CityPrice 9.00, 10.00, 11.45, 2.15, 5.15, 7.45, 9.30, 10.30 PM
Mangala 9.30, 12.30, 3.30, 6.30, 9.30 PM

BIG Cinemas KALYANINAGAR- 10.30, 1.30, 4.30, 7.30, 10.30 PM
CHINCHWAD- 10.30, 1.30, 4.30, 7.30, 10.30 PM

FAME FATIMA NAGAR- 10.00, 3.55, 7.15, 10.15 PM | AKURDI- 10.05, 3.50, 6.50, 10.00 PM

RAHUL 10.00, 12.45, 3.30, 6.30, 10.00 PM | **WEST-END** 6.30, 10.00 PM | **FUN TIME** 9.15, 12.00, 4.15, 8.30, 10.45 PM | **BOLLYWOOD** 10.00, 1.00, 4.00, 7.00, 10.00 PM | **LAXMINARAYAN** 3.30, 6.30, 9.30 PM | **NEELAYAM** 12.30, 9.30 PM | **VIJAY** 10.00 PM | **VASANT** 4.00, 7.00 PM | **ASHOK** 3.30, 6.30, 9.30 PM | **VAIBHAV** 1.00, 6.30, 9.45 PM | **FUN SQUARE** TALEGAON 12.30, 3.30, 6.30, 9.30 PM | **FUN SQUARE** WAGHOLI 12.00, 3.00, 6.00, 9.00 PM | **SHIVAJI** TALEGAON 3.00, 6.00 PM | **DURGA** BARAMATI 9.30, 12.15, 3.15, 6.15, 9.15 PM | **CINEBLISS** NEELKAMAL 1.00, 10.00 PM

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E-SQUARE 9.00, 1.30, 6.15, 10.45 | **INOX** (BUND GARDEN ROAD) 11.55am, 10.20pm | **INOX** (AMANORA TOWN CENTRE, HADAPSAR) 9.00, 1.30, 7.00, 10.00 | **PVR CINEMAS** (PHOENIX MARKET CITY, NAGAR ROAD) 10.45, 1.45, 4.45, 7.45, 10.50 | **ABHIRUCHI CITYPRIDE** (SINHAGAD ROAD) 9.00, 11.30, 2.30, 5.00, 7.45, 10.15 | **CITYPRIDE** (KOTHRUD) 8.30, 11.30, 3.50, 10.45 | **CITYPRIDE** (SATARA ROAD) 9.00, 11.45, 2.30, 7.30, 10.15 | **GOLD BIG CINEMAS** 8.00pm | **BIG CINEMAS** (CHINCHWAD) 11.55am, 10.45pm | **FAME** (FUN N SHOP MALL, FATIMANAGAR) 1.00pm | **MANGALA** 9.30, 12.30, 3.30, 7.45, 10.00 | **FAME** (JAI GANESH, AKURDI) 1.00pm | **KONARK E-SQUARE** (INDRAYU MALL, KONDHWA) 9.00, 11.45, 2.30, 5.15, 8.00, 10.45 | **BOLLYWOOD** (KHARADI) 10.30, 1.30, 4.30, 7.30, 10.30 | **VISHAL E-SQUARE** (PIMPRI) 9.00, 11.30, 2.15, 5.00, 7.45, 10.30 | **FUNTIME** (SINHAGAD ROAD) 9.30, 1.45, 6.20, 10.45 | **RAHUL** (70.M.M) 9.30, 3.00, 10.45 | **WESTEND** 12.30, 3.30pm | **VICTORY** (CAMP) 11.45, 5.15, 10.45 | **NEELAYAM** 6.30pm | **LAXMINARAYAN** 12.30, 9.30pm | **ALANKAR** (70.M.M.) 12.30, 3.30, 9.45 | **APOLLO** 1.00, 4.00, 7.00, 10.00 | **VASANT** 1.00, 10.00pm | **VIJAY** 12.00noon, 4.15pm | **APSARA** 12.30, 3.30, 6.30, 9.30 | **GUNJAN** (YERWADA) 12.30, 3.30, 6.30, 9.30 | **VAIBHAV** (HADAPSAR) 10.00am, 3.30pm | **JAIHIND** (KHADKI) 12.30, 3.30, 6.30, 9.15 | **ARUN** (DAPODI) 12.30, 3.30, 6.30, 9.30 | **ASHOK** (PIMPRI) 12.30pm | **JAYSHREE** (CHINCHWAD) 12.30, 3.30, 6.30, 9.30 | **FUN SQUARE** (WAGHOLI) 12.30, 3.30, 6.30, 9.30 | **FUN SQUARE** (TALEGAON) 12.15, 3.15, 6.15, 9.15 | **SHIVAJI** (TALEGAON) 12.00noon, 9.00pm | **AMEER** (CHAKAN) 12.30, 3.30, 6.30, 9.30 | **CINEBLISS** NEELKAMAL (LONAVLA) 10.30, 3.30, 9.30 | **DURGA** (BARAMATI) 9.45, 12.30, 3.30, 6.30, 9.30

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For any change or cancellation in shows please contact the theatre

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