

WOMEN'S DAY *Special*

The importance of going for regular eye check-ups

Dr Archana Chowdhry is a cataract and refractive surgeon based in Mumbai and the medical director of Ruby Hospital and Arogyam Eye Clinic. She is known for performing topical, pain-free cataract surgeries and has carved a niche for herself within a short span of time. She says, "Our vision is our most important sense. Almost 80 per cent of what we perceive comes through our sense of sight. Good vision is a key factor for living a healthy, happy life. It's surprising that even in today's modern era, we neglect eye care, especially women."

She adds, "Cataract is the top reason for blindness in the world where vision becomes cloudy due to ageing and other factors like comorbidity. It's a serious condition, but completely reversible by an eye surgery called phacoemulsification. At Arogyam Eye Clinic, it's done with most advanced machines under expert hands with the best type of lens implants, giving high quality vision."

A question that she is frequently asked is: why would a middle age cataractous woman need a high quality lens implant for her cataract surgery? "Women, who are homemakers and even working women, spend lot of time on their kitchen platforms, which needs crisp intermediate vision. Usually, women multitask between office desks to laptops to kitchen tops to kids' studies. The lens implant should provide them a varied range of vision of high quality. It should accommodate all types of vision like near vision for sewing, smartphones, etc to good intermediate vision like of a kitchen top and even a good distant vision," she explains.

Arogyam Eye Clinic offers high quality lens implants for cataract surgeries. She adds, "We have a modular operation theatre equipped with hepa filter and stainless steel walls, which ensures high quality sterilisation. We also have a high-end phacoemulsification operating system and microscope and we specialise in cataract surgeries with monofocal, multifocal, trifocal, toric lens



Dr Archana Chowdhry

implants.

TIPS FOR EYE CARE

- ◆ Routine eye examination by an ophthalmologist annually along with refraction, spectacle correction if any, intraocular pressure measurement, detailed slit lamp examination and funduscopy (retina examination) every six months.
- ◆ Protection from ultraviolet (UV) radiation by using sun glasses outdoors.
- ◆ Stop smoking and control systemic illnesses if any such as diabetes and hypertension.
- ◆ Avoid trauma, unnecessary use of steroids, over-the-counter use of eyedrops.
- ◆ Take care while applying and removing eye make-up.
- ◆ Having a healthy diet and good sleep habits.

"At our eye clinic, we conduct painless topical cataract surgery and avoid any systemic complications. Multifocal or trifocal lens implants are good methods to provide spectacle independence after cataract surgery. However, it is important to remember that one implant does not suit all — the selection will depend on many factors like your job, lifestyle, hobbies, requirement of night driving and cosmetic benefits. Let your ophthalmologist guide you. Live better, see better and feel better," she ends.

Where: Arogyam Eye Clinic Bhandup (W), call: 09136691777.
Ruby Hospital Bhandup (W), call: 08928133041/ 0986733236.
Godrej Memorial Hospital, Vikhroli, call: 02266417100.

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Robotics assisted technology for knee replacement

Dr Tejas Upasani is a practicing joint replacement surgeon since the past 20 years, and also the Managing Director and Chief of Orthopaedics at Upasani Super Speciality Hospital (USSH), he says, "We are happy to have completed 500+ successful robotic knee replacement procedures and more than 5,000 Total Knee Replacement procedures. USSH is the first robotic assisted knee replacement centres in Mumbai since 2019 and we have now upgraded to the latest robotic CORI System."

He adds, "USSH is a superspeciality hospital with a state-of-the-art ICU where we have done surgeries of patients with multiple co-morbid conditions. Most patients used to be satisfied with the conventional knee replacement, but would have some discomfort while using the staircase or while getting up from a low chair. Also, because of poor bone quality (osteoporosis) sometimes there was a chance of error while doing the surgery and the recovery period use to be prolonged and painful, at times even requiring blood transfusion. In order to tackle these problems, we thought of taking the help of technology in the form of robotics."

This, he opines, give patients lesser pain after surgery, which leads to quicker recovery and a lesser hospital stay for about two to three days. He adds, "The need for physiotherapy is also less. Overall, patients feel as if they have a normal feeling knee post surgery and recover faster. However, it's not that the robot does the surgery, it is the experience of the surgeon that counts. Overall, patients who have undergone one conventional and one robotic knee procedure, feel that robotic knee is much more like a normal knee and the recovery is faster and less painful."

Firstly wearing out of the knees doesn't happen evenly. Often, one part of the knee is healthy while another part is damaged. Unlike a total knee



Dr Tejas Upasani with the next-generation robotic system - The CORI

replacement that replaces the entire knee joint, and may unnecessarily remove healthy parts of your knee. A partial knee replacement preserves healthy tissue and replaces only the damaged areas.

Dr Upasani, explains, "UKA is a significantly demanding technique. It is challenging to achieve precise limb alignment with conventional techniques, particularly in minimally invasive procedures. Even skilled surgeons may not consistently attain accurate alignment, which has been addressed with introduction of Robotic technology - CORI."

Adding on how robotic assisted partial knee replacement surgeries are done, Dr Upasani elaborates, "CORI being imageless systems, the process depends on the registration of the knee anatomy after surgical exposure by creating a virtual 3D model. The surgical plan is carried out during the procedure and updated according to the process of registration. Advantages of imageless system include lower cost, freedom from preoperative radiation exposure and convenience to the patients."

He adds, "Robotic-assisted unicompartmental knee arthroplasty (UKA) aims to simplify procedures, maximise accuracy of bone preparation and component positioning, reduce outliers, restore alignment as desired, and eventually improve clinical outcomes and prolong implant durability. Being a minimally invasive technique, it preserves the patient's ligaments and produces a natural-feeling knee that provides rapid pain relief and a return to an active lifestyle. As a result, the trend with robotic assisted UKA is moving towards outpatient procedure and enhances patient's satisfaction."

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Advanced gynaecological care at this hospital



Dr Pradnya Randive Jadhav

Dr Pradnya Randive Jadhav is obstetrician and gynaecologist, laparoscopic surgeon and fertility specialist who specialises in the medical and surgical care of the female reproductive system and associated disorders since more than a decade. She is associated with Aadiyacare Maternity Hospital (Omkar Hospital), which is located in Bhandup and has been treating women's health issues since the past 30 years. Since its inception in 1992, the hospital is known for its women and child care facilities and has a team of specialist doctors. The hospital is equipped with various amenities to treat obstetric and gynaecology cases. It boasts of a dedicated surgical OT, labour and recovery room, post natal care unit, phototherapy unit and an in-house sonography unit. The hospital's specialist doctors team includes an anaesthetist, neonatologist, paediatrician, oncurogynecologist, general surgeon, physician and diabetologist.

Dr Pradnya performs all high-risk obstetrics deliveries that include thyroid, diabetes, blood pressure disorders, multiple gestations, ABO incompatibility in pregnancy. The hospital has a low caesarean delivery rate while and the full-term normal vaginal delivery rate is high. She says, "Assisted vaginal deliveries (forceps and vacuum), vaginal deliveries (with epidural anaesthesia) are performed at our hospital. Several complications that can arise during a pregnancy such as ectopic pregnancy, fetal distress caused by compression, problems with the placenta or high blood pressure called pre-eclampsia is all managed at the hospital. We are also a government recognised Medical Termination of Pregnancy (MTP) and family planning centre."

Dr Pradnya shares, "We have a dedicated antenatal care clinic and post natal clinic along with a lactation clinic. Min-

imal access surgeries (laparoscopic) like fibroid removal, hysterectomies, ovarian cyst, tumour excisions, tubal reconstruction surgeries and family planning surgeries are routinely done. Fertility enhancing procedures like laparoscopic corrective procedure for infertility (uterine septal removal/ tubal blockage removal/ uterine myoma excision etc), IUI (Intrauterine Insemination) and IVF (In Vitro fertilisation) are performed as well."

Some of the other services include screening and surgical management of cancer of the ovaries, uterus, cervix, vagina and fallopian tubes. Treatment for prolapse of the pelvic organs is also done. This condition of weakened pelvic muscles that cannot support the uterus or bladder properly is usually present in postmenopausal women. Other diseases like vaginal infection, irregular and painful menstruation, painful intercourse, hormone problems management, adolescent gynaecological issues and premarital counselling is done at the hospital.

She adds, "We have a dedicated PCOD, obesity, thyroid, diabetes and menopause clinic. Neonatal and paediatric NICU is also available under the same roof. Your reproductive health is important. Obstetrics and gynaecology are two different medical specialties that focus on the aspects of the female reproductive system and childbirth. That is why it's important to choose a maternity hospital, which will provide you with the best medical services."

Where: Aadiyacare Maternity Hospital, 101 Neha Apartment, Behind Bhandup Police Station Bus-stop, LBS Road, Bhandup (W), Call: 9769686529.

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5 Habits to adopt for getting the perfect night's sleep

Sleeping issues continue to haunt most of us from time-to-time. Our demanding schedules ensure that our sleep is disturbed either in terms of quality or duration-wise. If you feel that lack of sleep or poor quality of sleep is hampering your performance at work or your health, you need to read about the following better sleeping habits:

1 DEVELOP YOUR PERSONAL SLEEP ROUTINE

You don't need to follow sleep timing-related advice that surrounds us in the form of tabloids and blogs. Just develop a pattern that is suitable to your lifestyle. It doesn't make sense to follow a routine that inconveniences you and makes you 'work' towards getting proper sleep. However, you need to follow some sort of routine. This means knowing when you should switch-off the lights and when you need to wake-up. This is best done by noticing at what time you tend to get a bit heavy-eyed at night. Follow this with a wake-up timing that allows you an extra few minutes to laze in the bed. Ensure a wake-up time with the flexi-

bility of 15 to 20 minutes.

2 EAT A LIGHT DINNER AT A REASONABLY EARLY TIME
Ensure that you have had your major meal or supper at least three to four hours before the sleep time. Eating too close to bedtime tends to keep you awake. Since the body is actively involved in metabolising the food that you have consumed, its metabolic rate is up. This means that chances of falling asleep de-

crease. You might wonder that often after having a heavy meal you get a bit drowsy. However, that is more of a nap that is induced by the body trying to maximize its resources towards digesting the food and slowing down other systems. However, to get a longer and refreshing nighttime sleep, you should eat lighter and a bit early.

3 EXERCISING HELPS
Exercise and the quality of your sleep are interrelated. You need to understand that sleeping patterns are essentially a part of your internal body clock. This includes the body's ability to rest and return to active performance. However, due to issues like stress, anxiety and poor dietary habits, this inherent body clock is compromised. In order to sustain the optimal performance of our bodily rhythm, you need to exercise regularly. Any sort of activity where you can dedicate about 40 minutes, combining some stretching, running and jogging is sufficient.

4 CHOOSE YOUR NIGHT-TIME SUPPER CAREFULLY
Once the evening sets-in, try

to reduce your intake of alcohol and caffeine. There are some foods that help you in falling asleep with ease. For instance, milk and complex carbohydrates found in foods like brown rice contain a higher amount of Tryptophan. This compound is known to assist the sleeping cycle. Avoid foods that are high in sugar before bedtime. These tend to induce the sugar-rush that can disrupt your sleep cycle.

5 KEEP AWAY FROM NIGHTTIME DISTRACTIONS
Your pre-sleep routine can include reading a book or watching a bit of TV but ensure that you don't indulge in something so fascinating that it doesn't let you switch-off your mind. Shut out any kind of distracting light coming through the windows by drawing the curtains. Try to avoid watching typical genres on TV that can arouse your senses. This means keeping away from action-packed and thriller movies/serials. Switch-off the cell phone, laptops/tablets or any other gadget that might buzz you.

— Mensxp

People who desire to travel are more likely to get vaccinated against COVID-19, says study



A new study from Washington State University stated that wanderlust could be a powerful motivator in people's decision to get vaccinated against COVID-19.

"Many people consider travel an essential part of their lifestyle and a contributor to their sense of well-being," said Dogan Gursoy, Taco Bell Distinguished Professor in Hospitality Business Management at the WSU Carson College of Business.

"They'll weigh the value of travel experiences they might miss by not being vaccinated against the vaccines' possible risks," he added. Even if they think COVID-19 vaccines pose risks, they still may be willing to get vaccinated, he said.

Gursoy was the lead author on the research published in Tourism Management, which also involved Jessica Murray, a WSU School of Hospitality Business Management doctoral student, and U.K. research collaborators at the University of Portsmouth.

The findings about travel desire were part of the study's larger look at how messaging influences people's intentions related to the COVID-19 vaccine. Researchers found that emotional, loss-based appeals were most persuasive in changing people's intent to get vaccinated.

Some popular tourism destinations, such as the European Union, require a digital COVID certificate for unrestricted travel that verifies vaccination status, a negative COVID test or re-

covery from the illness. However, the study's findings about travel desire and vaccination intention were true even for people who didn't have upcoming vacations plans, the authors said.

Researchers surveyed 1,021 U.S. residents who rated their travel desire on a five-point scale. Survey respondents with the highest travel desire also had the highest COVID-19 vaccination intentions, the study found. Even among 266 survey respondents who previously said they wouldn't get vaccinated, a strong travel desire moderated vaccine hesitancy when paired with messages about the vaccines' safety and what individuals could lose by not getting vaccinated against COVID-19. The loss-based messages emphasised the risks of not taking protective action; including spreading the virus to loved ones.

Since early 2020, Gursoy has spearheaded efforts to track the pandemic's effect on the hospitality and tourism industries. About 5,000 people have answered questions about vaccines in the past surveys, and about 30per cent consistently say they won't get the COVID-19 vaccine.

Gursoy said the current study's findings could aid the travel and tourism industry's economic recovery. "Appealing to people's longing for a vacation getaway could help overcome their vaccine hesitancy," he said.

"Resulting in higher vaccination rates and reductions in COVID-related travel restrictions and advisories," he added.

—ANI