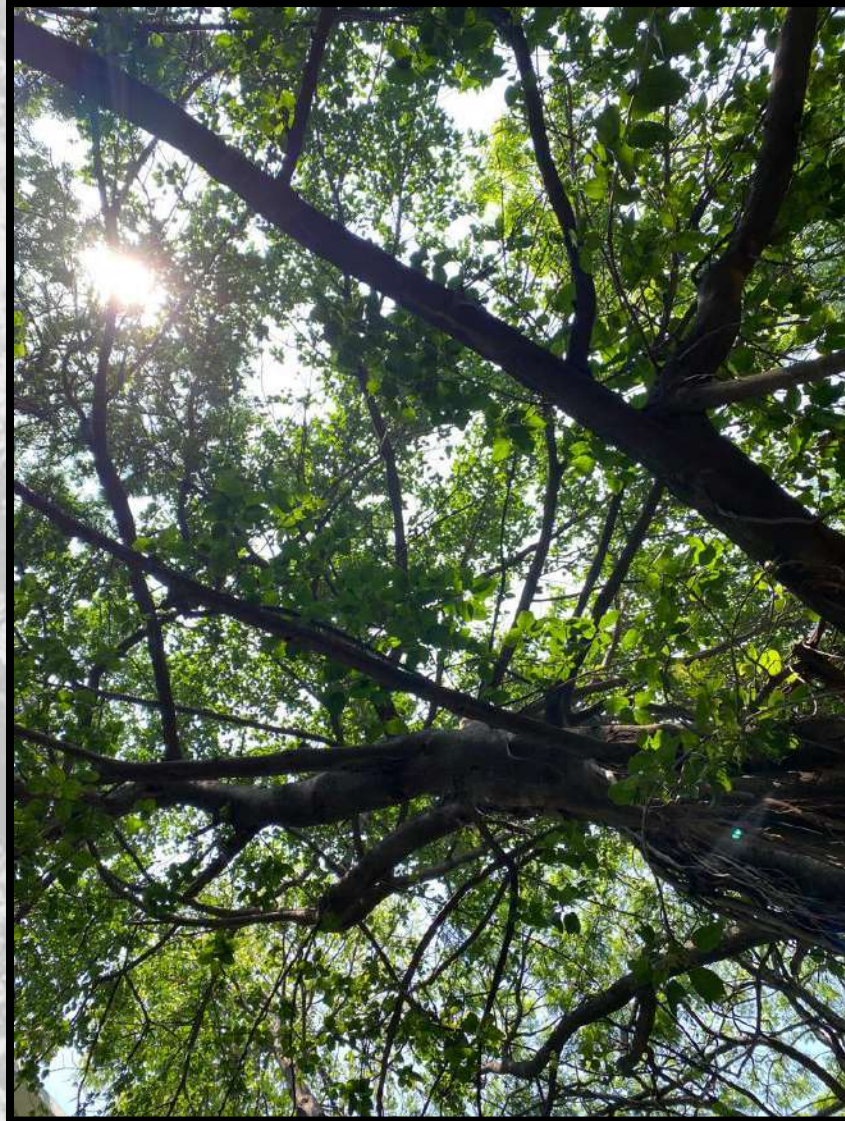


What's Up? @St John's!

Issue 72, June 1st, 2023



Shade!. PC: Dr. Rakesh Ramesh

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St John's National Academy of Health Sciences
St John's Medical College Hospital, Bengaluru

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* We now present a fully interactive menu. It works best with Adobe reader application (on computers, mobile phones and tablets)



MESSAGE FROM THE EDITORIAL TEAM

Dear All!

We are pleased to release the seventy second issue of “What’s Up? @ St John’s!” magazine today.

The what’s up team mourns the loss of Dr. Ashok M V (Professor, Psychiatry) on his untimely death. We pray god to give strength to his family and friends to bare this immense loss.

We theme the magazine purple, to commemorate World Lupus day. The present issue highlights the Department of Adult Haematology in ‘Know your hospital’. Our watchdog has busted the myths of a WhatsApp message on Stroke. We also have a lot of updates and interesting content which are hard to miss.

The editorial team makes a sincere attempt to provide as many updates of the academy as possible. However, few of them might be left out, since we may not get to know about every happening or accomplishment. Please note that the web link for our hospital magazine has been changed after migration to a new website. All the previous issues can be accessed by clicking the following Link:

<https://www.stjohns.in/hospital/Newsletter.php>

Feedback on any section of the magazine is welcome. We are happy to evolve to meet the needs of our beloved readers. Happy Reading!!

Editorial Team



Obituary...

Dr. Ashok. M. V

1962 to 2023



It is with great sadness that we announce the passing of Dr. Ashok. M.V. is a highly respected and beloved senior faculty member at St. John's Medical College. Dr. Ashok. M.V. passed away suddenly on May 17, 2023, at the age of 60.

Dr. Ashok. M.V. was an accomplished psychiatrist and an outstanding educator who devoted his life to the advancement of Child Psychiatry and patient care. He joined the Department of Psychiatry as a Lecturer in 1994. He was promoted to Assistant Professor in 1996 and to Associate Professor in 2000. Dr. Ashok was designated to Professor in 2006 and served as the Head of the Department from 2015 to 2019. After his superannuation in 2022, he continued to serve as the Professor of Child Psychiatry and the Chief Coordinator of the CareADD research project. During his long and illustrious career, he inspired and mentored countless medical students, residents, and fellows, earning their respect and admiration.



Obituary...

Dr. Ashok. M.V. was a pioneer in the field of Autism, and his research and clinical work in these areas earned him international recognition and numerous awards. He published many scientific papers and authored several books. In addition to his academic pursuits, Dr. Ashok. M.V. was a caring and compassionate psychiatrist who always put his patients first. He was known for his exceptional bedside manner and his ability to connect with his patients on a personal level. His contributions to the field of child psychiatry and specifically autism will be sorely missed. His legacy will live on through the countless students, residents, and fellows whose lives he touched and through the countless patients whose lives he improved. Our thoughts and prayers are with his family, friends, and colleagues during this difficult time. Dr. Ashok is survived by his wife, Dr. Vijaya Raman who is also a professor in Department of Psychiatry and son, Avinash.

Heartfelt condolences to Dr. Ashok's family and friends...

Obituary Note By: Dr. Johnson
Pradeep, Professor and Head,
Department of Psychiatry



PLEASE WAIT

We would like to hear from you!

What's Up? @ St. John's! readership survey

Dear readers, please take 2 minutes time of yours to kindly answer these few questions, which helps us improve the magazine and tailor it to our readers. Click on the link below or Scan the QR code.

<https://forms.office.com/r/GEBf4ZwZ5f>





World Lupus Day

9th May 2023

WORLD LUPUS DAY was observed on 9th May 2023 at St. John's Medical College Hospital, Bangalore. Lupus is an invisible disease, that walks uninvited to one's life, invading the body silently, stealing health and life's work. This World Lupus Day, let's join our hands and raise awareness about Lupus and support our Lupus warriors.

Here at St. John's Medical College Hospital, we celebrated World Lupus day by raising awareness on Pregnancy and Lactation in Lupus. The event was led by Dept of Clinical Immunology & Rheumatology in association with St. John's College of Nursing.

The difficulties faced by female Lupus patients were unfolded to the public through poignant dance drama followed by testimonial from Mrs. Shibani - a long term Lupus patient under the care of Dr. Vineeta Shobha - Professor & HOD Clinical Immunology & Rheumatology at St. John's Medical College Hospital. The event also featured a Q&A session where Dr. Ramya (Professor) answered the queries of public as well as Lupus patients.

Lupus awareness week had a spectacular finale marked by a multidisciplinary panel discussion on Pregnancy & Lactation in Lupus. The panelists included eminent rheumatologists, obstetricians, paediatricians, hematologists, and endocrinologists who enlightened the audience about the importance of better healthcare for Lupus patients during pregnancy .



Health Related Day...

World Lupus Day



Acknowledgement: Dr Ramya, Professor,
Department of Immunology



Updates this month...

Diagnostic Approach to Anaerobic Infections: CME Cum Hands-on workshop

27th and 29th March 2023



An academic event with the topic, “A diagnostic approach to Anaerobic infections - CME cum Hands on workshop” was conducted from 27th to 29th March 2023. It was a curtain raiser event for the Diamond Jubilee celebrations of St. John’s Medical College. It was an academic event of three days where in the first day was a CME under the aegis of Academy of Clinical Microbiologists association.

A hybrid CME program was very well conducted by Dept. of Microbiology with almost 160 delegates including both online and offline participants. Followed by 2 days of hands-on workshop conducted by organizing chairman Dr. Jayanthi Savio and organizing secretary Dr. Supriya BG where in almost 32 delegates underwent a training on latest updates of anaerobic bacteriology, automation and antibiotic susceptibility testing. The delegates were very happy and had a good experience with informative sessions. They were truly indebted and thanked Dept. of Microbiology for conducting such a rarely conducted event on anaerobic bacteriology and appreciated the commitment, time management and high-quality educational training.



Updates this month...

On 30th March, Dept of Microbiology conducted a CME with demonstration, exclusively for Allied Health Sciences and paramedical participants where in the technical staffs and Postgraduates students were trained in the anaerobic bacteriology. The Associate Director of College and Vice Dean (Allied Health Sciences) provided their valuable support in making it a successful event. A total of 76 participants were there and had a fruitful event with an academic feast.



Acknowledgement: Dr Supriya B. G,
Assistant Professor, Dept. of Microbiology.



Updates this month...

Congratulations Neurology!!

30th April 2023

The annual Karnataka State Neurosciences conference of 2023 was held in Shivamogga this year. Our students showcased their outstanding talent, dedication, and exceptional abilities and grabbed a lot of prizes! Dr Swathi S Sanjee presented on the changing trends of myasthenia gravis treatment and got first prize in Platform presentation, Dr Sucharitha MV presented on the clinical profile and management of autoimmune encephalitis and got second prize in platform presentation, Dr Vishal Chandra Sharma won first prize in the neurology quiz, and Dr Arjun Jayprakash presented on the middle meningeal artery embolization in Subdural hematoma and grabbed first prize in poster presentation. We congratulate the team and their mentors! Kudos to the Dept. of Neurology.



Acknowledgement: Dr Swathi S Sanjee,
Resident, Dept. of Neurology.

Updates this month...

Brain Death Workshop and CME

6th May 2023



The surgical and Neuro Intensive Care Unit of anaesthesia department conducted its first workshop and CME on Brain death as part of the diamond jubilee celebration of St John's Medical College Hospital. It was one of a kind program to have participants from medical and nursing fraternity.

The event started with the welcome and inaugural address by Dr Mathangi Krishnakumar and Dr Moses Charles D'souza followed by invoking the blessings of the Almighty with a prayer song. Our Director Rev. Fr. Paul Parathazham, ADC, Rev. Fr. J. Charles Davis, ADF Rev. Fr. Tony A J and Dean, Dr. George D'Souza preceded the inauguration. The CNS Rev Sr. Ria Immanuel, Principal, Nursing college Rev. Sr. Sajitha Moothedan, heads of the departments and faculty from various departments also graced the occasion.

The CME was aimed at covering all aspects of brain death including screening, diagnosis, management, ethical and legal aspects, pediatric brain death, counselling and breaking the bad news. A Series of lectures were followed by four workshops, where all participants interacted with the faculty to understand the nuances of performing tests to determine brain death. The session concluded with a panel discussion addressing different clinical scenarios and dilemmas. A group of expert panelists from different departments answered all questions from the audience.



Updates this month...

The program was well received and was attended by 152 delegates from different parts of the country. We had speakers from departments of neurology, forensic medicine, PICU, SICU, emergency medicine, nephrology, neurosurgery and palliative medicine from our institute. We had invited speakers from NIMHANS, BGS global and ASTER RV Hospitals.

Organ transplant is still in infancy in our country. In developed countries, transplantation is often seen as an epitome of clinical excellence and a robust health care system. With an organ donation rate of mere 0.8 per million population in our country, this CME can be considered a steppingstone in the pursuit of raising awareness about brain death and improving the knowledge around organ donation.



Acknowledgement: Dr Charles Moses D'Souza, Professor and Head of SICU unit, Dept. of Anaesthesiology and Critical care.

Updates this month...

St John's college Diamond Jubilee Launch: Celebrating a Glorious Journey

11th May 2023

The St. John's Medical College Diamond Jubilee Launch took place on May 11th, 2023 marking a momentous milestone in the history of the entire Academy. The event was a grand affair, attended by dignitaries, alumni, faculty, and students alike, all eager to celebrate the remarkable journey of St. John's over the past sixty years. From a humble beginning to becoming a renowned centre of medical education, healthcare and research, St. John's has come a long way, and this event served as a tribute to its remarkable accomplishments.

One of the highlights of the Diamond Jubilee Launch was the unveiling of "The Journey: Video Trailer," a captivating visual representation of St. John's history. The trailer showcased the institution's humble beginnings, capturing the spirit of its founders and their vision for providing quality medical education to serve the underserved. It highlighted the growth and progress of St. John's over the years, capturing key milestones, advancements, and the indelible impact it has made in the field of healthcare.



Updates this month...



Updates this month...



Acknowledgement: Dr. Prudhvi Dasari

Updates this month...

The event featured a series of cultural performances and a skit to honour the diversity and vibrant culture within St. John's. The academy and Alumni came together to present a splendid showcase of talent, creativity, and unity. The ever-youthful Dr Sylvia Kamath reminiscing stories of yesteryears, Dr Anil Abraham landed the entire crowd in a laughing riot with the skit directed by Dr Nitin Yashas and co. bringing the eminent faculty and executives onto the stage to put up a scintillating performance. Students of Medical, Nursing and Allied Sciences collaborated to put up mesmerizing dance performances, and soulful musical renditions by Dr Arpana and Alapana added to the already memorable evening. The audience was left enthralled, witnessing the creative prowess and immense talent within the Johnite community.

The success of the Diamond Jubilee Launch can be attributed to the collective efforts of the entire St. John's Academy. The event resulted from months of meticulous planning and coordination by a dedicated team comprising a DJ Organizing Committee and various sub-committees headed by Dr Maya Mascarenhas and Dr Ranga Nayak with the help of the Alumni Association headed by Dr Antony Robert, students, alumni, faculty, and staff. Their tireless commitment and unwavering enthusiasm ensured that the event surpassed all expectations. The alumni from the Diamond Jubilee batches played a pivotal role in making the Diamond Jubilee Launch a resounding success. Their support, guidance, and active participation added a touch of nostalgia and wisdom to the celebrations. It was heartwarming to witness the reunion of former students, who shared their fond memories and expressed their gratitude for the transformative education they received at St. John's.

With the Diamond Jubilee Launch, St. John's National Academy of Health Sciences reaffirmed its position as a beacon of medical education, research, and compassionate healthcare. It is only the beginning of a long line of celebrations leading up to the extravagant finale.



Updates this month...

Achievement !!

St. John's Medical College Hospital was chosen as one of the World's Best Hospitals 2023 by Newsweek. We congratulate the St. John's family for this achievement.



Updates this month...



A Nostalgia!

An interview of Dr. Munireddy, M, (Consultant Surgical Oncologist, Sagar Hospital) was published in Sushrutha, Surgical society of Bangalore Newsletter. Where he mentioned his beginning of career in St. John's as a Senior Resident. This was nostalgic to several Alumni of St. John's Medical College, for whom he was a teacher.



Acknowledgement: Dr. Sanjiv Lewin, Professor, Paediatrics



Welcome...

WELCOME

Doctors who recently Joined St. John's Medical College Hospital



Dr. Gurunathreddy B

Qualification: MBBS,
MS, Mch

Designation: Assistant
Professor –

Vascular Surgery

Department: General
Surgery

Date of Joining:

02.05.2023

OPD days:

Every Wednesday - Morning OPD - Room No. 8 in the old OPD
Monday - Evening OPD - Room No. 9 in the Silver Jubilee Block
Saturday - Morning OPD - Room No. 9 in the Silver Jubilee Block

Best Wishes



Taping

This month the discussion is on “Taping”! It is an adjunct technique used in rehabilitation to provide various physiological effects, such as: pain relief, enhance joint stability, correct abnormal biomechanics, facilitate/ inhibit muscle action, and enhance proprioception. There are a wide range of tapes and taping techniques available for the patients’ specific needs. The different types of tapes commonly used are: Kinesio Tape, Dynamic Tape, and McConnell’s Tape, among a few.



©ZelusPhysiotherapy

Kinesio Taping (KT) is a therapeutic taping technique predominantly used to support the fascia & muscles. KT has also been shown to have an effect on pain, stability of a joint, muscle action and the proprioception of joints. Dynamic Taping (DT) is a relatively new treatment technique used predominantly in joint and ligament applications, in addition to directly improving articular stability. McConnell’s Taping is mainly used to correct altered patella-femoral kinematics and allow for pain-free kinematics. There are different techniques applied based on the specific needs of the patient.

There is a growing body of literature on taping and it has gained immense popularity in both sports as well as the general population. The evidence on taping has always been controversial with some studies strongly suggesting that taping benefits patients, and some studies showing that taping may not have any more of an effect than a placebo treatment. Most studies, however, say that taping in adjunct with conventional treatment might have a better effect in comparison to conventional treatment alone in outcomes such as pain. It is a technique under the sleeve of all PTs and can be used for numerous neurological, musculoskeletal, paediatric, cardiorespiratory, and obgyn conditions. A thorough assessment by a PT alone will determine if Taping is indicated for the case, more importantly if it’s contraindicated!! So keep calm and let the PT handle it!





Department of Adult Haematology

Overview of the Department: What we are and what we do...

The Department of Clinical Haematology at St. John's was the first Centre to start the Haematological services in Karnataka way back in 1992. It has been a one-stop shop for all blood disorders and blood cancers. Blood cancers are the second most common cancers encountered at St John's.

We handle all types of leukaemia; myeloid/lymphoid, acute/chronic, lymphomas, myeloma and rare blood cancers; including administration of chemotherapy, blood component therapy, immunotherapy and biologics. Our services include specialist inpatient and outpatient consultation for the treatment of various types of anemias, cytopenias, especially immune thrombocytopenia, bone marrow failure syndromes and coagulation disorders which encompasses diagnostics. For inpatient consultancy, our team is available 24x7.

Location and Infrastructure:



Picture: Left: 4 bedded bone marrow transplant unit in 5th floor; And Right: New Haematology ward located in 5th floor of old in-patient block.

We have a state-of-the-art bone marrow transplant unit where patients going for transplant and in the immediate post-transplant neutropenic phase are managed.

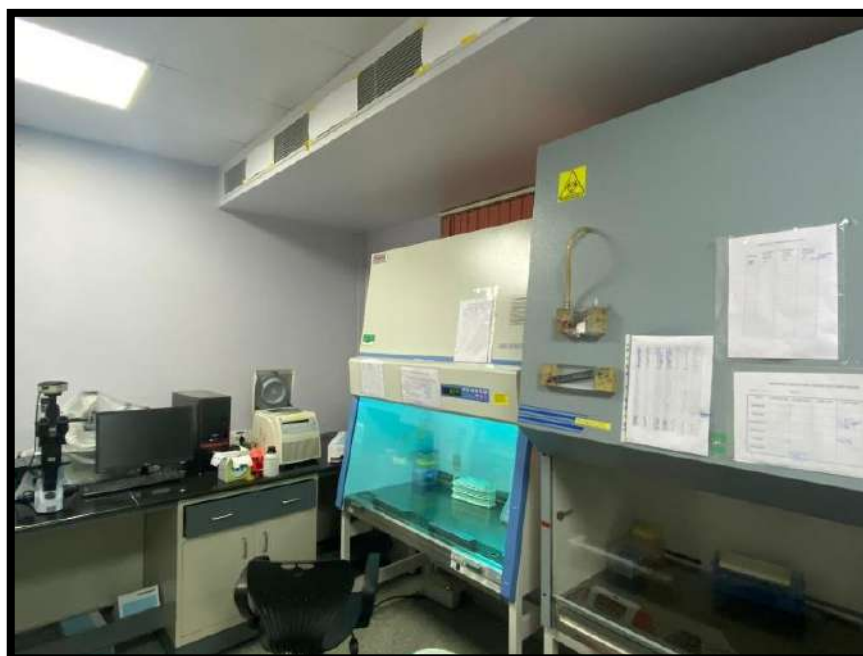




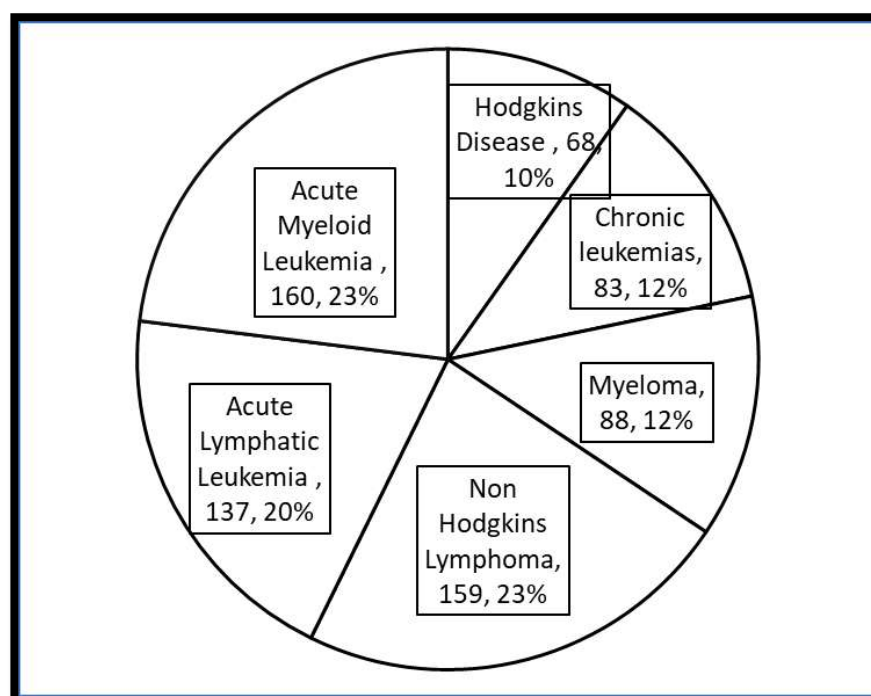
Biosafety cabinet is available for safe handling and mixing of chemotherapy.

We have a Molecular Laboratory attached to us that is invaluable in the era of Molecular Medicine and targeted therapy. Our services are aided by the exceptional support from Immunohematology and Transfusion Medicine that aides in diagnostics and generation of apheresis products, in addition to round the clock blood bank support.

Molecular Lab – Oncology Block

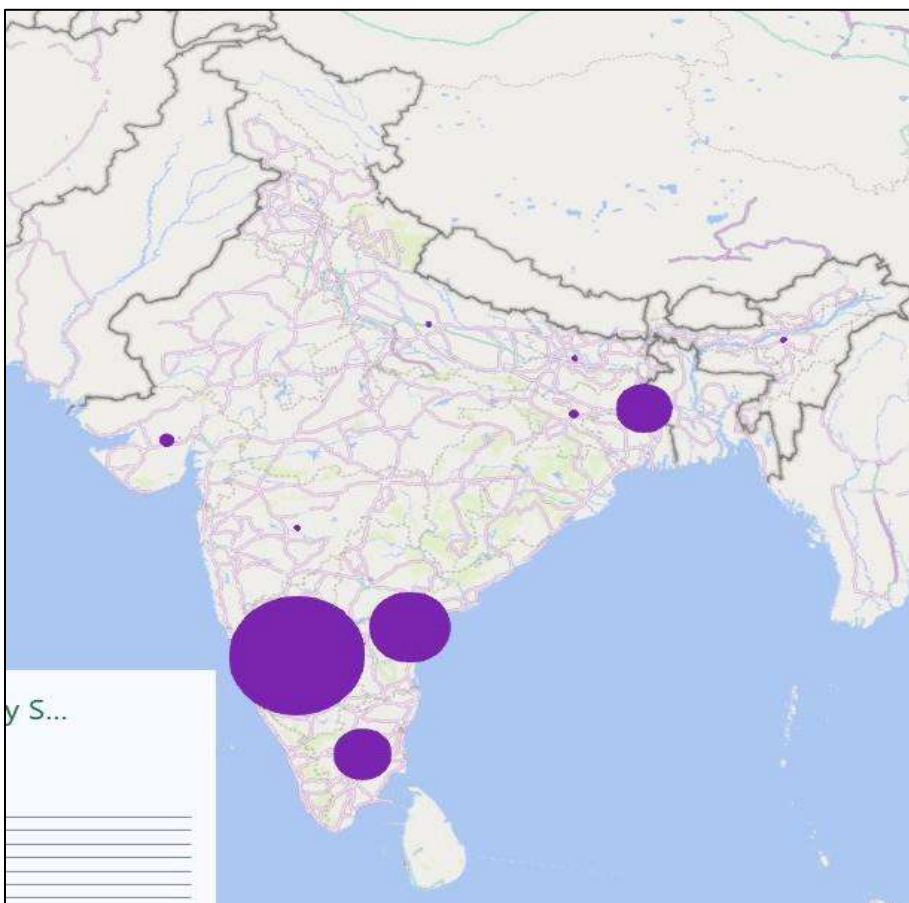


Total No of various Blood Cancer patients (695) at St John's in past 3 years





Of note, our referral system has helped centres of repute such as Sri Jayadeva Institute of Cardiology, NIMHANS and Sri Satya Sai Institute of Cardiology in the successful management of patients with complicated Haematological/multisystem diseases. We are a designated Haemophilia treatment centre and have begun a comprehensive haemophilia clinic, run on the first Saturday of every month with multidisciplinary consultation under one roof in the Unit of Hope.



Our department is a tertiary care referral centre and we have patients coming from various parts of India. This figure shows the major areas catered to.

Stem Cell Transplant Centre at St. John's:

The Haematology and Stem Cell Transplant Centre at St. John's was the first stem cell transplant centre set up in 2004. We have completed more than 50 transplants so far. In the last year, 10 transplants have been carried out for various indications including matched sibling donor transplant for aplastic anemia and myelofibrosis, autologous stem cell transplant for amyloidosis, lymphoma and myeloma, haploidentical transplant for Acute Myeloid Leukemia. Matched Unrelated Donor transplants and haploidentical transplants are being carried out since 2020 by Dr Seetharam Anandram. The Centre supports and coordinates all activities related to transplant. We plan to expand the services to include stem cell transplant for non haematological indications in future.





The facilities at our Haematology and Stem Cell Transplant Centre include consultation with Dr Cecil Ross (Professor and head), Dr Seetharam Anandram and Dr Sanjukta Rao who provide excellent care for medical assessment and evaluation for suitability for transplant.

We provide discussion with patient and family, planning for transplant, pre-transplant work up for patient and donor (for allogeneic transplant), family conference and counselling, conditioning regimen, infusion of stem cell on day of transplant, post-transplant management, medium- and long-term follow-up and vaccination scheduling post-transplant.

A supportive care program is available to help patients who are convalescing from chemotherapy and stem cell transplant. Nursing care in the Bone marrow Transplant Unit is exclusive and exemplary. Our stem cell transplant packages are currently probably one of the most affordable in the state.

Research:

In 2014, the Division of Molecular Haematology and Oncology at St. John's was established by a Glue Grant from the DBT of 6 Crores for research in Leukaemia and for Training Mid-Career Medical faculty in cutting edge technologies and platforms like Flowcytometry, Molecular techniques, Live cell imaging etc. This has enabled us to carry out research in the field of molecular biology of Blood cancers. Our focus has been Chronic Myeloid Leukaemia, Myeloproliferative disorders and now Acute Leukaemia.

The Division of Clinical Trials in Medicine (Haematology) has completed more than 35 clinical trials in 2022. Currently, trials are underway for Myelodysplastic Syndrome, Haemophilia and Myelofibrosis. In the pipeline are studies in Acute leukaemia and Myeloma. We have contributed to the national guidelines on Anemia management.

Academics:

In 2017, the first ever European Haematology Association (EHA) Meeting was held in India at Bangalore by Dr Cecil Ross. In 2018, Dr Cecil Ross was recognized as a Guide for Ph.D. and initiated the PhD program RGUHS. In 2022, the Department of Clinical Hematology was established as a full-fledged independent department and the Doctorate of the National Board (DNB), a 3-year training program was initiated.





Patient Outreach

In the area of Benign Haematology, in 1996, the Karnataka Chapter of Haemophilia Federation of India was formed. In 2014, we received the Twin of the Year Award from the World Federation of Haemophilia. In 2015, the ICMR Laboratory for Community Control of Thalassaemia was established in our department. As a part of the National Advocacy Program, National Haemophilia Care Meetings have been hosted and conducted regularly by us and this is the 9th year. These meetings have been instrumental in getting Government support for Haemophilia Care. Under the aegis of National Health Mission, we have trained ASHA workers and doctors in primary health workers to administer factor replacement therapy for patients with rare bleeding disorders and manage bleeds in remote, difficult to access areas.

The Global Initiative Program of Patient Assistance for Chronic Myeloid Leukaemia which offers free treatment for select patients with Chronic Myeloid Leukaemia has been catered to by Dr Sanjukta since 2013.

Achievements:

Dr. Cecil Ross has been elected as the Vice President (Medical) to the Hemophilia federation of India for the second term in succession.

Day Care:

The Centre also has a Day Care facility for patients to receive outpatient chemotherapy, blood transfusion services are available at the Centre for those who need blood transfusion. Supportive care programs are also available to help patients who are convalescing from chemotherapy and stem cell transplant. This includes Day care, Care of central venous catheter, outpatient antibiotic and infusion therapy.

Working hours:

Consultation time: 9:00 AM to 4:00 PM: Our outpatient clinic is functional 6 days a week at the Super Specialty OPD in Silver Jubilee Block.

DAYS	CONSULTANT (EVENING)
Tuesday & Thursday	Dr. Seetharam Anandram





DAYS	CONSULTANT (MORNING)
Monday	Dr. Cecil Ross
Tuesday	Dr. Seetharam Anandram
Wednesday	Dr. Sanjukta Rao
Thursday	Dr. Cecil Ross
Friday	Dr. Seetharam Anandram
Saturday	Dr. Sanjukta Rao

Staffing:

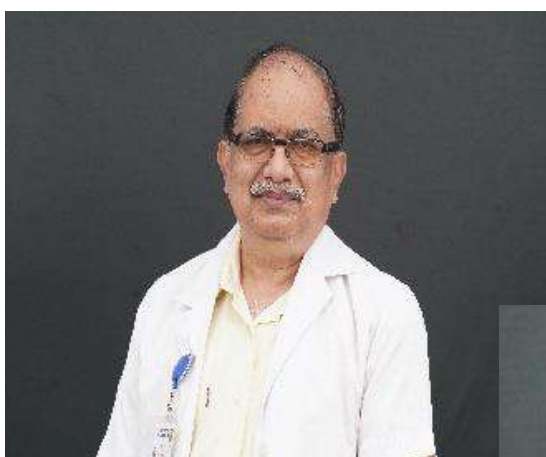
The faculty in the department consist of Dr Cecil Ross Head of Clinical Haematology, Dr Seetharam Anandram- Associate Professor, Dr Sanjukta Rao- Assistant Professor and Dr Tiji Alphonse - Senior Resident.

Dr Cecil Ross, Head of Clinical Haematology: 32 years' experience, special interests- Haemophilia Rare Bleeding disorders

Dr. Seetharam Anandram: 14 years' experience, special interest: Acute leukemia, Myeloma, myeloproliferative neoplasms, Stem cell transplantation.

Dr. Sanjukta Rao, MD: Assistant Professor, Senior Consultant NBE (National Board of Education), 10 years' experience, special interests: Benign Haematology, ITP, CML

Dr. Tiji Alphonse, Senior Resident: 1.5 years of experience, special interest: ITP





THE TEAM



From Left to Right; front row: Dr. Cecil Ross (Professor and Head of department), Dr. Seetharam Anandram (Associate Professor), Dr. Sanjukta Rao (Assistant Professor), Dr. Madhupriya B (2nd year DrNB Senior Resident), Dr. Veronica Lobo (1st year DrNB Senior Resident), Dr. Sushma Baishya (1st year DrNB Senior Resident); Back row: Dr. Chaitanya H Balakishnan (2nd year DrNB Senior Resident), Dr. Tiji Alphonse (Nonacademic Senior Resident)

Acknowledgement: Dr Cecil Ross (Professor) and Dr. Sanjukta Rao (Assistant Professor), Adult Haematology



I.M.P.A.C.T

- Ananya Varshney (MBBS 2020)

Everyone can make a difference. You either improve the world or worsen it. And whether or not, you consciously choose to, you will accomplish one or the other. The crux of this, is to never underestimate the worth of a simple, well thought out gesture and the impact it can have.

IMPACT, that's the name of one of the most industrious, energetic and relevant clubs on campus. Their kaleidoscope of ideas, each one catered to a particular theme and designed to educate people on myriad health issues and advocate for better ways to tackle them, is aimed not just at health professionals but also the general public. This illustrious club was founded in 2020-21, by the Executive committee and since then it has not just survived, but thrived and has carved for itself a niche in the workings of St John's.

IMPACT strives to embody the spirit of St John's by acting with integrity and perseverance, and the club heads for this year Ayesha Siddiqua and Ananya Varshney from MBBS 2020 together with their mentor Dr Chaitanya H Balakrishnan choose to contribute and transform society with their motto 'Health for All'. They strive to instill the spirit of service and community among future health professionals, so that they understand the responsibilities related to all aspects of health and nurture more sustainable, healthier communities.

True to their motto, IMPACT hosts a plethora of workshops, interactive events, conferences and collaborates extensively with outreach programmes to bring about unique, thought-provoking events that are fun, light hearted but are always underlined by the message they want to get across. Their inspiration always comes from real issues in the medical field. Last year, on account of 'Eye Donation Week', the MBBS students decided on a play to try and highlight the importance of the issue.



Student's Corner...

The 'World Blood Donor Day' falling on the 14th of June is one of the major events, in line with St John's reputation for haematology. This day was commemorated with a series of vibrant events like face painting, music and addresses from the dignitaries. But most importantly, it hosted a blood donation drive, bringing home the message of social responsibility in medicine, encouraging not just students and professionals to participate but also the general public.

IMPACT seeks to make access to quality health care items easy; This was brought about with an installation of a sanitary napkin machine last year. IMPACT collaborates with CONSCIENTIA and ECOLOGICS - the social awareness and environmental awareness club of St John's to tie in with relevant issues. The importance of elderly abuse day was thoughtfully brought across by an old age home visit.

IMPACT also plays an active role in hosting Tour de Mugalur, a paragon of St John's tradition. By these collaborations they help broaden the definition of health, embracing not just the standard meaning but choosing to broaden the scope of what health and social awareness stands for. These are just a few accolades picked out from a long list to illustrate how proactive and dedicated IMPACT has been, and how within a short span of time they have established themselves as an active, vivacious club, bristling with ideas. They have been ready to embrace the real challenges that come with staying purposeful and making real impact and are able to turn what is ignored and thought of as unimportant to what really matters. IMPACT has continuously embraced their motto in all things and we couldn't be prouder of what they stand for, what they will achieve in the times to come.



[CLICK HERE](#)

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CONTENTS





BRAIN DAMAGING HABITS...!!

Background and Message:

In this edition, we examine the facts underlying a message a photo conveying a message about preventing 'brain stroke' which has been circulating quickly on WhatsApp.

The photo appears like a newspaper cutting with the following message:

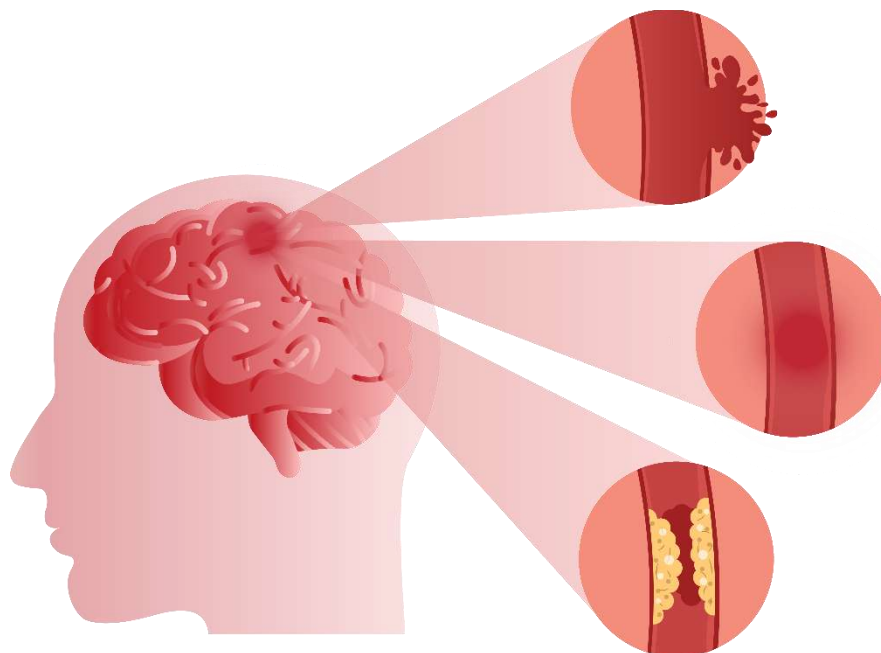
[Please read this message carefully and forward to everyone for knowledge.
7 BIGGEST BRAIN DAMAGING HABITS.

BRAIN STROKE.

1. Missing breakfast.
2. Sleeping late.
3. High sugar consumption.
4. More sleeping specially at morning.
5. Eating meal while watching TV or computer.
6. Wearing Cap/ scarf or socks while sleeping.
7. Habit of blocking/ Stopping (sic) Urine.

Don't just Read Forward (sic). To whom you care As I care for U.]

The message ends with a symbol of the World Health Organization.





St John's WATCHDOG



WhatsApp

STROKE - FACTS...

FACT CHECKS –

Stroke is a condition where the arterial supply of blood to the brain is either blocked or the artery ruptures, leading to neurological deficits such as paralysis.

The most important and the largest study that generated reliable evidence about the risk factors that caused stroke was the INTERSTROKE study (O'Donnell MJ, Xavier D, et al, Lancet 2016). This study demonstrated that there were 10 potentially modifiable risk factors for stroke. Hypertension was the most important factor; others included heavy alcohol consumption, diabetes mellitus, cardiac diseases like arrhythmias, psychosocial factors, abdominal obesity indicated by an elevated waist-to-hip ratio, unhealthy diet, sedentary lifestyle with lack of physical activity and a high Apo B/ Apo A1 ratio. There are risk factors which cannot be changed (non-modifiable) such as advancing age and a family history of stroke.

While habits such as sleeping late, missing breakfast/ irregular meal timing, high sugar consumption, excessive sleeping may have important adverse consequences in the long term, in the sense that these habits could lead to hypertension, overweight, diabetes or the metabolic syndromes, they will not directly cause a stroke. It is even more unlikely that any one or a combination of these will cause stroke or brain damage in young patients. A habit of stopping/blocking urine giving rise to a stroke has no anatomical or physiological basis whatsoever. Moreover, there is no public health advisory issued by the WHO till date that says anything to this effect.

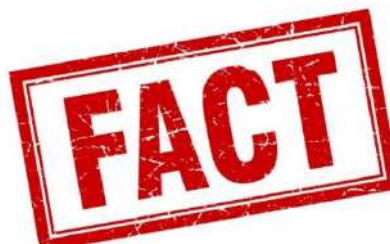
Final Take – This is a blatantly fake message. One must follow health lifestyle practices such as sleeping on time, having a health diet and regular meal times, consuming little sugar etc - these will play an important role in preventing many kinds of chronic lifestyle diseases, not just strokes. However, to say that these will directly cause a stroke is incorrect.



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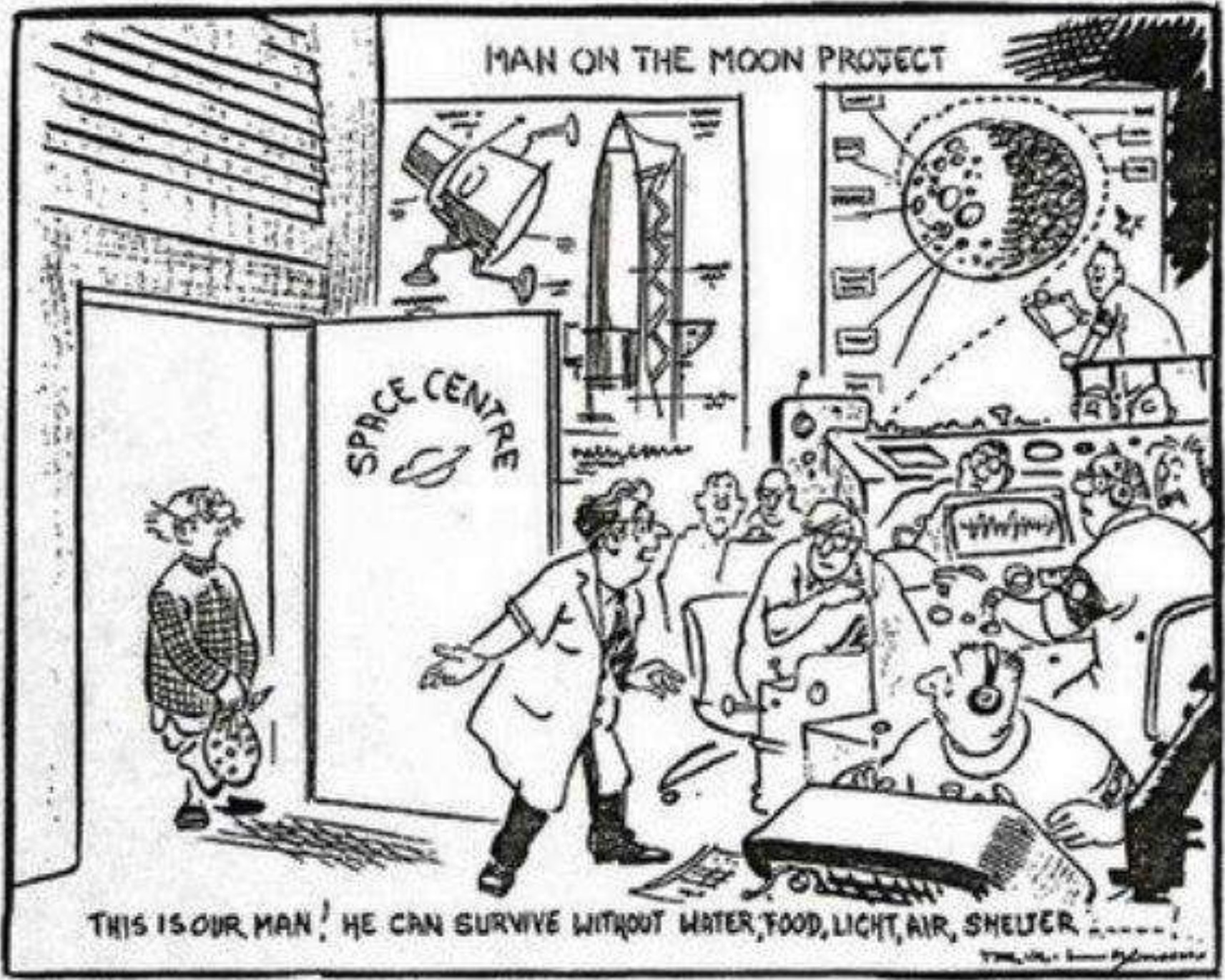


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Available on: <https://doi.org/10.1186/s13046-019-1385-7>

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Prachi Kochhar, Pratibha Dwarkanath, Gayatri Ravikumar, Annamma Thomas, Julian Crasta, Tinku Thomas, Anura V. Kurpad, Arpita Mukhopadhyay. Placental expression of miR-517-5p and miR-518f-5p: Fetal sex-specific relations with human fetoplacental growth. *European Journal of Obstetrics & Gynecology and Reproductive Biology* 269 (2022) 118–125

Available on: <https://doi.org/10.1016/j.ejogrb.2021.12.030>

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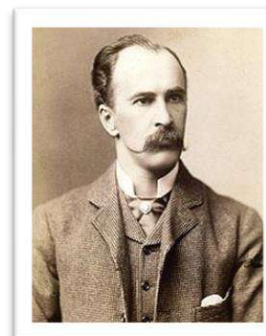
THE QUOTABLE OSLER

Learn to be thorough first.

To those of you who are beginning I would say, start slowly, take one thing at a time, and do not leave it until you have conquered a few facts regarding it. Learn the lesson of thoroughness at the outset or you are apt not [to] learn it at all.



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SIR WILLIAM OSLER

Absorb knowledge with small, frequent helpings.

Understand clearly that you cannot absorb knowledge continuously in large quantities, any more than you can take an indefinite amount of food. You will find that your mental stomach can neither hold nor digest much, but the secret of success of intellectual assimilation lies in taking small but often repeated portions of knowledge.



©Cryptic butter

REF: The Quotable OSLER: Edited by Mark E Silverman, T. Jock Murray, Charles. S Bryan

Did You Know?

Betelgeuse is a red supergiant star and one of the largest visible to the naked eye. It is usually the tenth-brightest star in the night sky and, after Rigel, the second-brightest in the constellation of **Orion**.

The size of Betelgeuse is so large that, if it were at the center of our Solar System, its surface would lie beyond the asteroid belt and it would engulf the orbits of Mercury, Venus, Earth, and Mars.

Betelgeuse is expected to end its evolution with a supernova explosion, most likely within 100,000 years. The light will be visible on Earth's sky! Next time do say hello to the big red star!



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MEDICINE THIS MONTH

A Bird's Eye View.....

Timing of cow's milk protein introduction in infants and risk of allergy

Current guidelines recommend introducing highly allergenic foods, including cow's milk (CM) protein, in infants who are exclusively breast fed, beginning around four to six months of age. A prospective cohort study in 1298 children found that introduction to CM protein at <2 weeks of age followed by continued exposure was associated with the lowest subsequent risk of development of parent-reported adverse reactions to CM (IgE- or non-IgE mediated) between 2 to 13 years of age. This and other accumulating data suggest that very early introduction and continued ingestion of CM protein in some form (other than liquid, whole CM) may reduce the risk of developing CM allergy, although further studies are needed.

- Switkowski KM et al. J Allergy Clin Immunol Pract. Jun 2022.

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Craniotomy or craniectomy for acute subdural hematoma

Surgical evacuation of acute subdural hematoma (SDH) is commonly performed by limited craniotomy or more extensive craniectomy, with uncertainty regarding the preferred approach. In a multicenter trial of 462 patients with symptomatic acute SDH who were randomized to craniotomy or craniectomy, functional outcomes were similar between groups at both 6 and 12 months. However, reoperation within two weeks was more frequent in those assigned to craniotomy (15% vs 7%), and wound complications were more common among patients assigned to craniectomy (12% vs 4%). These results suggest that craniotomy may be preferred to prioritize minimizing wound complications, while craniectomy may be preferred to reduce the risk of reoperation for anticipated brain swelling.

-Hutchinson PJ et al. N Engl J Med. Apr 2023

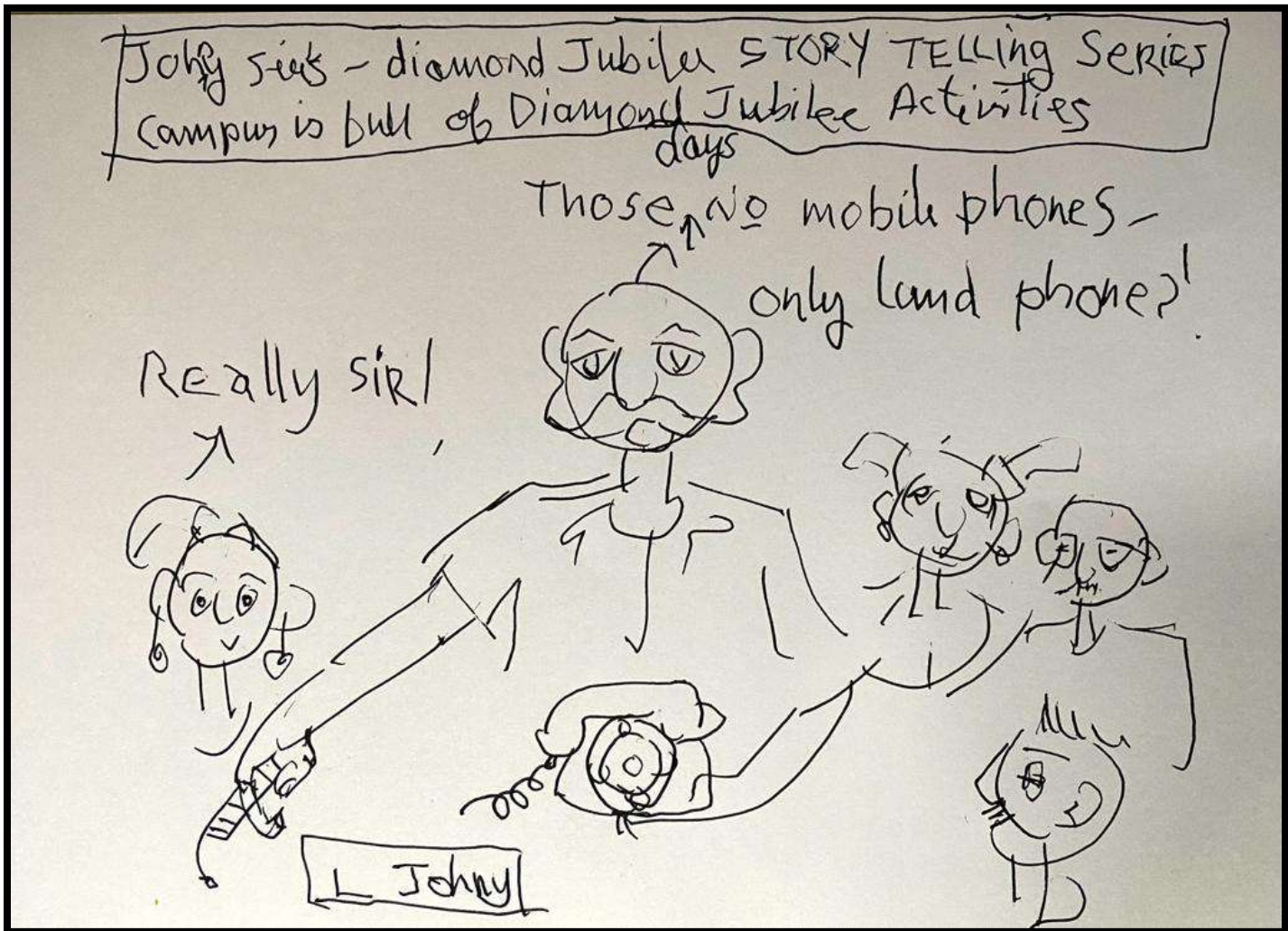
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