

What's Up? @St John's!

Issue 76, October 3rd, 2023



Bloom! PC: Dr. Rakesh Ramesh



EDITORIAL TEAM:

Apoorva Laxmi, Archana S, Arvind Kasturi, Ananya R Sharma, Avinash. H. U, Deepak Kamath, Janet Sweety, Jerin M James, Jyothi Idiculla, Nischitha Rao, Nivedita Kamath, Rajkiran Raju, Rakesh Ramesh, Richa K Jose, Santu Ghosh, Saudamini Nesargi, Sona Soni, Sowmya Kaimal, Sreenivasan N, Srilakshmi Adhyapak, Uma Maheshwari



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 sixth issue of “What’s Up? @ St John’s!” magazine today.

We welcome two new members Dr. Rajkiran Raju (Assistant Professor, Paediatric Surgery) and Ms. Nischitha R Rao (Lecturer, Physiotherapy) to our Editorial team.

The present issue is themed **golden yellow** to commemorate Childhood Cancer Awareness Month.

We highlight Department of Cardiothoracic and Vascular surgery in the section of ‘Know your hospital’. Our watchdog has busted the myths of a WhatsApp message on ‘Imatinib’ which was circulating on social media. 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

Childhood Cancer Awareness Month

"From Care to Cure- Many Hearts & Many Hands"

Department of Pediatric Hematology Oncology & Bone Marrow Transplantation

- Kenson Sam Alex & Clera Lewis
(Medico Social Workers, Dept of PHO)

September is Childhood Cancer Awareness Month, and it is recognized annually to raise awareness about childhood cancer, honor those affected by the disease, and support efforts to find cures.

In view of this and commemorating the Golden Jubilee Celebration of SJNAHS, the Department of Pediatric Hematology Oncology & BMT has conducted the following events during the month of September 2023.

POSTER COMPETITION

The competition for all staff and students of SJNAHS was conducted from August 1st to 31st. The theme was ***"From Care to Cure- Many Hearts & Many Hands"***. The prize distribution for the winners of the poster competition were done on September 16th. The poster competitions were in 2 categories, physical and digital. The posters were judged by Dr Deepthi Shanbhag (Dept of Community Medicine), Dr Abha Rani Kujur(Prof, Dept of Plastic Surgery), Dr Rakesh S Ramesh (Head, Dept of Surgical Oncology). Winners of the competition are as follows:

Physical Poster:

1st Prize : Dr Naveen Kanth (PHO)

2nd Prize : Staff Nurses, Pediatric Emergency

Digital Poster:

1st prize : Dr Amudha S (Div of Human Genetics).

NATIONAL TRAINING PROJECT IN PRACTICAL PEDIATRIC HEMATOLOGY (NTPPPH) & PHO CASE PRESENTATION COMPETITION FOR PGs:

A Workshop for practicing pediatricians and pediatric residents under the aegis of IAP-PHO on overview of approach & management of children with blood disorders was conducted on 10th September. We had 75 participants and 20 faculty from all over Karnataka. As part of the workshop a Case competition was conducted in Pediatric Hematology for which among the 16 entries, 5 were presented during the NTPPPH.



Health Related Day...

PHO CHILDREN'S DAY EVENT AT 2nd FLOOR MINI AUDITORIUM on 16th SEPTEMBER.

The event was graced with the presence of Director, ADH, ADC, CMS, CNS and other Heads of Departments. Childhood cancer survivors and BMT survivors along with parents attended the session. A special video was prepared for the session to demonstrate the theme presented. Many NGOs, donors and volunteers had a chance to meet the Childhood Cancer and BMT survivors. Cultural events with rendition of talents from children and Staff were part of the program.



Health Related Day...

Childhood Cancer Awareness Month

"From Care to Cure- Many Hearts & Many Hands"



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A Lifesaving Legacy

Family Donates Organs of Trauma Victim, Granting Hope to Others

In a deeply moving and altruistic act that shines a light on the power of giving, the family of Mr. Jagannatha, a 60-year-old retired Assistant Sub Inspector from Anekal Taluk, has turned a personal tragedy into an opportunity to save lives. Following a tragic accident on August 18th, 2023, which resulted in a severe traumatic brain injury, Mr. Jagannatha was first rushed to a local hospital. After two days of treatment, he was referred to St. John's Medical College Hospital on August 20th, 2023 for more specialized care.

Despite the valiant efforts of the medical team, Mr. Jagannatha's condition remained grim. On August 21st, 2023 following meticulous and repeated assessments to ascertain brain stem death, the unfortunate verdict was delivered. He was declared brain stem dead—a heart-wrenching realization for his immediate family.

In this moment of adversity, it was the remarkable resilience of Mr. Jagannatha's family that illuminated the darkness. With the utmost compassion and courage, Mrs. Parvathamma, his wife, and three daughters—Mrs. Sneha Shree, Ms. Soumya Shree J, Ms. Harshitha J, decided to embrace organ donation as a means to honor his legacy and extend hope to others. Guided by the principles outlined in "The Transplantation of Human Organs Act 1994," the family worked closely with the hospital staff and organization Jeevasarthakathe to facilitate the donation process.

In a meticulous and coordinated effort, the organ retrieval team working in harmony with their benevolent spirit ensured the successful harvesting of Mr. Jagannatha's kidneys and corneas. The kidneys have found new homes within a 67-year-old woman and a 53-year-old man, both of whom were awaiting the gift of life. Their lives, once fraught with uncertainty, are now infused with the promise of health and vitality.

In a meticulous and coordinated effort, the organ retrieval team working in harmony with their benevolent spirit ensured the successful harvesting of Mr. Jagannatha's kidneys and corneas.



The kidneys have found new homes within a 67-year-old woman and a 53-year-old man, both of whom were awaiting the gift of life. Their lives, once fraught with uncertainty, are now infused with the promise of health and vitality.

This poignant tale serves as a reminder that amidst life's most tragic moments, the human spirit can rise above sorrow to create a legacy of compassion. The actions of Mrs. Parvathamma and her three daughters embody the essence of selflessness, reaffirming the profound impact that one family's decision can have on the lives of others. The hospital staff, medical team, and recipients all stand witness to this awe-inspiring tale of generosity, Mr. Jagannatha stands as a testament to the immense impact one person's choice can have on numerous lives.

The success of the organ donation was the result of a collective effort involving Doctors, Nurses, Medico-Social Workers, Technicians, ambulance drivers, and various other departments of our hospital.



Acknowledgement: Ms. Jisha Sara & Mr. Sachin, Medico Social Worker Dept

Updates this month...

One day National level CME Insights into Pain: Physiology and principles of management

Department of Physiology

1st September 2023



On the occasion of Diamond Jubilee celebrations, one day National level CME was organised by the Department of Physiology on “Insights into Pain: Physiology and principles of management” on 1st September 2023 at Cardinal Gracias Hall, Golden Jubilee Block, St John’s Medical College. The objective of the CME was to gain an in-depth understanding of pain physiology and principles of management. The CME included speakers from varied specialities including an external speaker from NIMHANS Integrative Medicine Department. It had participation from both online from across almost every part of the country and offline participants from in and around Bengaluru.

The program commenced with the inaugural ceremony by Dean (Dr George D Souza), Associate Director of College (Rev Fr Charles Davis), Head of the Department and Organizing Chairperson (Dr Sucharita S) and Head of the St John’s Research Institute (Dr Tony Raj) as Dignitaries on the stage and Emceed by the Organizing Secretary (Dr Savitha D). On Diamond Jubilee of the College, the Dignitaries were felicitated with Diamond Jubilee mementos.



Updates this month...

Dr Nandini Vallath from the Department of Pain and Palliative discussed in detail the pathway of pain and molecular mechanisms involved, the delegates asked many questions to which the speaker explained in detail which enriched our knowledge. The second talk was by Dr Savitha D, Dr Aparna Rao, Dr Taniya Anto from the Department of Physiology and Ms Rhea OP, an Intern, on experimental pain models and the research experience of faculty of the host institution. They shared their experience on research on arriving at normative data of pain distribution in healthy subjects, habituation in repeated pain exposures and role of distraction on pain perception. The talk evoked lots of discussion and appreciation. Dr Manjuladevi from the Department of Anesthesia elaborated on acute pain management which included scholarly talks on principles of peri-operative and trauma pain management. Dr Nandini Vallath, Dr Krishnapriya spoke on principles of chronic pain management which included chronic pain of all varieties including special focus on palliative pain management.



Updates this month...

Post-lunch session began with a talk on Mind-body medicine in pain management by Dr Lakshmi Nishita Jasti, a speaker specialized in Yoga and acupuncture. The talk detailed the role of the mind and the importance of yoga, mindfulness, and meditation in pain management. Dr Anil T John from the Department of Physiotherapy explained the role of physiotherapy in management of various types of pains. Dr Tony Raj, Head of Medical Informatics, elaborated on the role of technology in pain management in terms of various devices and apps available to assist patient compliance and thereby improve pain management. There was lots of interaction between the speakers and participants (both online and offline) after every talk. There was both online as well as offline feedback session towards the end of the program where the delegates shared highly positive and commendable feedback.



Acknowledgement: Dr. Savitha D,
Professor, Department of Physiology

Updates this month...

World Physiotherapy Day

Department of Physiotherapy

8th September 2023

World Physiotherapy Day celebrated annually on September 8th recognizes the crucial role that physiotherapy plays in promoting health, well-being, and rehabilitation worldwide. This day serves as an opportunity to raise awareness about the benefits of physiotherapy and to acknowledge the contributions of physiotherapists in improving the quality of life for countless individuals. This year too World Physiotherapy Day was celebrated with great zeal and fervor in our department at SJMCH. The day kicked off with students displaying their enthusiasm by decorating the department in anticipation of the event. The program was graced by esteemed individuals, the Director, the ADC (Assistant Director of Clinics), and the ADF (Assistant Director of Finance). The event commenced with a warm welcome from Mrs. Smitha, (Assistant professor) setting a hospitable tone for the gathering and highlighting the theme for this year, "**Prevention and Management of Osteoarthritis**", and its impact in everyone's life. Dr. Anil, the Head of the Department, eloquently highlighted the significance of physiotherapy and its profound impact on enhancing individuals' quality of life. The director, in turn, expressed gratitude for the pivotal role played by the physiotherapy department in facilitating patient mobility, underscoring the vital role these dedicated professionals play in healthcare. The celebration served as a poignant reminder of the vital role physiotherapy plays in restoring and maintaining mobility and overall well-being. The event featured a comprehensive tour of the department, led by Dr. Anil and Mr. Anthony, showcasing and explaining the diverse functions of each section. Mr. Shankar concluded the event with a heartfelt vote of thanks, expressing gratitude to everyone for their contributions. The celebration concluded on a delightful note with high tea, uniting all dignitaries, teaching and non-teaching staff in a shared sense of professional pride and happiness.



Acknowledgement: Ms. Lolita Lobo, MPT
2nd year, Department of Physiotherapy



Updates this month...

Child Cancer Awareness

Department of Medico Social Work

14th September 2023

On 14th September 2023, The Department of Medico Social Work in association with the Child Help Foundation, distributed thermal blankets to children below 3 years of age. The distribution was held in the departments of PICU, Paediatric Nephrology and Paediatric Hematology Oncology. The distribution of thermal blankets was blessed by the presence of Associate Director – Hospital. We have received 600 blankets through Child Help Foundation and in future the facility will be provided where each ward can intent the item and given for free to children below 3 years of age based on the requirement. The distribution of blankets ensures quality and comfort to our patients.



Acknowledgement: Ms. Jisha Sara & Mr. Sachin, Medico Social Worker Dept



Updates this month...

International Polycystic Ovarian Syndrome Awareness Month

Department of Obstetrics and Gynaecology

25th September 2023

The Departments Obstetrics and Gynecology of St. John's Medical College organized awareness month on September 25th, 2023, PCOS. The celebrations were inaugurated in the OPD by the Associate Director of the hospital Rev. Fr. John Varghese, Chief Medical Superintendent Dr. Arvind Kasthuri, Chief Nursing Superintendent Sr. Ria Emmanuel, and Dr. Premlatha Head, department Gynaecology oncology for the same. The function was inaugurated by lighting lamp by chief guests The gathering was addressed by the chief guest and Dr. Shashikala Karanth (Head, department of OBG). PCOS being the most common condition affecting women of reproductive age group, awareness was given to public in OPD foyer. Awareness given in the form of Skit, Lectures in local languages, and well appreciated by public.

Same day we department of OBG conducted CME – for Medical, nursing and Allied students and staff of SJNAHS. We are happy to announce that we had 280 registrations, very well appreciated. CME - included talks by experts from OBG, Endocrinology, Nutrition and Physiotherapy. There was poster and quiz competition, and prizes were distributed.

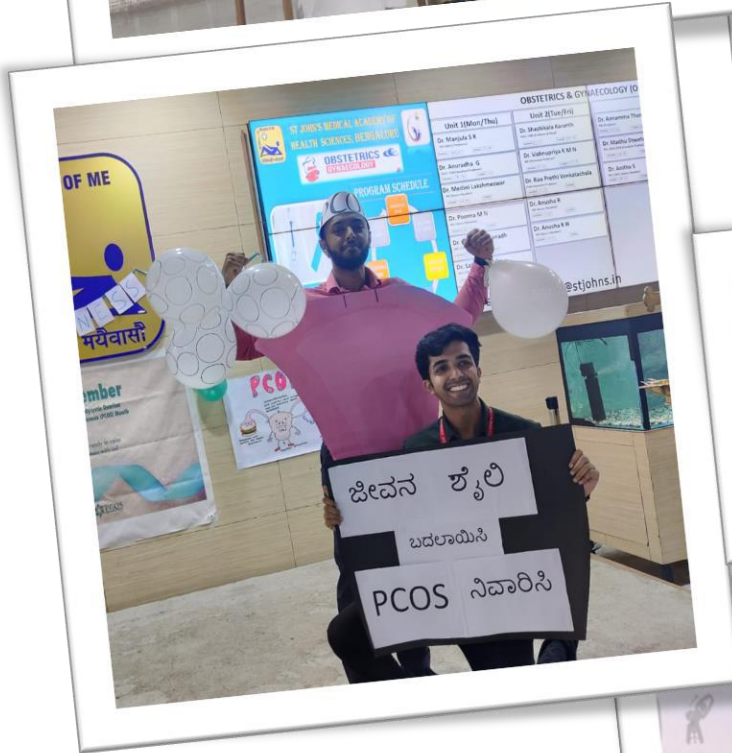


Acknowledgement: Dr. Vishnupriya KMN,
Associate Professor, Department of
Obstetrics and Gynaecology.



Updates this month...

Slogan of the program: ಜೀವನ ಶೈಲಿ ಬದಲಿಸಿ ಪಿಸಿಒ ಎಸ್ ನಿವಾರಿಸಿ



Inter-collegiate Volleyball tournament

The Dept. of Physical Education and Sports of St. John's Medical College has hosted the RGUHS Bangalore zone Inter-collegiate Volleyball tournament (this mega event is hosted after 20 years) for men and women in the occasion of our college Diamond jubilee year 1963-2023. There were total of 70 boys' teams and 16 girls' teams participated.

Dr. Mallikarjuna Swamy (Hon'ble senate member of RGUHS), Dr. Bobby Joseph, Dr. Anuradha, Dr. Mary Dias inaugurated the program.



The mementos of RGUHS sports are handed over to respected Dean and Associate Director of medical college.



Sports Updates...

RGUHS Bangalore zone inter collegiate Sports competition

Our Medical College and AHS students have participated in the RGUHS Bangalore zone inter collegiate Sports competition, held from 1st week of August 2023 and they have achieved the following:



Basket Ball Runner Up



Foot Ball Runner Up



***Table Tennis, Men and Women –
Runner up***



***Chess – Men (Winner) and
Women (4th Place)***

***Congratulations to
All the Winners!!***



World Physical Therapy Day

September 8th is celebrated as World Physical Therapy (PT) Day all across the globe! It was designated in 1996, and ever since it has been an annual event dedicated to raising awareness about the crucial role that physical therapists play in rehabilitation across all categories of patients right from womb to tomb! The day provides an opportunity to recognize and appreciate the efforts of physical therapists worldwide. Physical therapy has expanded leaps and bounds over the last few decades, and the importance of rehabilitation is well known across all specialities.

Throughout the world, physical therapy professionals organize events, seminars, workshops, and public awareness campaigns to educate communities about the benefits of physical therapy and its impact on the well-being of individuals with a wide range of conditions, from prevention of injuries, to management of various conditions, to chronic illnesses. It is also an occasion for physical therapists to come together, share knowledge, and discuss advancements in the field.

This year's theme for world physical therapy day was an extension of the previous years' theme of arthritis, with an in-depth look at some forms of inflammatory arthritis, including rheumatoid arthritis and axial spondyloarthritis. PT plays a crucial role in managing and improving the quality of life in patients suffering with arthritis. A few goals include, but are not limited to, pain management using various electro-physical agents, improving neuromuscular conditioning, cardiovascular endurance, balance & proprioception, patient education & self-management, prescription of assistive devices and orthotics. Patients generally undergo exercise testing to assess muscle strength, muscle endurance, flexibility, cardiorespiratory function testing, agility, balance, to name a few. The ACSM guidelines for exercise prescription for patients with arthritis are: aerobic exercises for 3-5day/week, resistance training for 2-3 days/ week, and flexibility/ ROM exercises daily. PT can help an individual with arthritis tremendously and education on the same is of utmost importance. Keep calm and exercise on!





GREY Matters!



INVENTIONS BY NURSES

1. This nurse invented a ubiquitously used post-operative accessory to save her sister from embarrassment after her surgery. Name the inventor and the invention.



2. She invented feeding tubes in 1940. Who is she?



3. Who discovered neonatal phototherapy?



4. This 'crisis cart' which is the modern day crash cart was invented by _____



5. Phototherapy was used to treat neonatal jaundice, but eyes of premature babies could not tolerate light. For nearly 30 years, healthcare professionals fashioned glasses out of whatever they could find to protect the babies' eyes. Finally, the bili bonnet was invented by a NICU nurse named _____



[CLICK HERE FOR ANSWERS](#)

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Department of Cardiothoracic and Vascular Surgery (CTVS)

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

The CTVS department in SJMCH was the first of its kind in the city of Bangalore, established by the Late Dr. Gerry Mascarenhas in 1981. Dr. Gerry performed thoracic procedures and closed heart surgeries. The department then conducted its first open heart surgery in 1988 and the first VATS procedure in Bangalore was performed in 1995.

Over the last 42 years the department has been graced by many renowned surgeons, and the current surgical team performs routine and complex adult and pediatric surgeries, thoracic operations, central and peripheral arterial surgeries, trauma surgeries and life support.

The procedures like ECMO and IABP support. This service is provided 24/7, 365 days of the year round and strives to provide cutting edge, relevant and ethical services at an affordable and economical cost.

It also conducts its BSc. Perfusion Technology course affiliated to RGUHS, Bangalore and has an allocated 5 seats for applicants. It also actively participates in training programs of students from MBBS, special posting of MS disciplines and BSc. allied health sciences.

The department is involved in regular academic content and scientific paper publications and in cutting edge medical innovation technology and research like the indigenous low cost LVAD.





Location and Infrastructure:

- Outpatient services are out of the new Super specialty block B – room no. 6
- Inpatient admissions are on the 3rd floor Common wards in the front wing of block A and also to private wards across from the hospital. As the clinical situation demands patients are also admitted into the SICU/ MICU/ RICU/ PICU/ NICU facilities.
- The department has its own standalone 3 bedded cardiothoracic ICU and stepdown ITU on the 3rd floor for postoperative management and recovery of patients. The department has been allocated OT 5 in the third floor OT complex wherein it performs all its surgical work.
- All administrative responsibilities and functions are carried out from the CTVS office space which is also located on the 3rd floor front wing of A block.

Physical Infrastructure:

The department has an array of medical equipment at their disposal to utilize daily in patient care and management which include – CPB machines, ECMO machine, various additional auxiliary equipment used in cardiac surgeries and ICU care like ACT, ABG, Fibrillators and paddle Defibrillator machines and TEE and TTE probes and machine.

The department also has a dedicated classroom space on the third floor that is utilized for teaching purposes and has a well-stocked subject specific library as well.

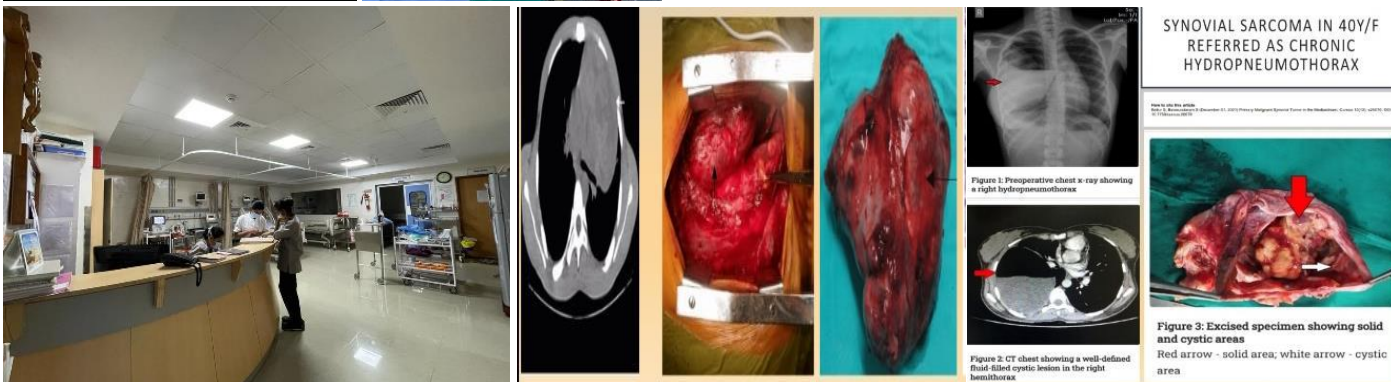
Services offered by the department:

- Full spectrum of adult cardiac surgeries and procedures such as CABGs, Valve Repairs and Replacements, Adult congenital heart disease, Infective endocarditis, Rheumatic heart disease.
- Routine pediatric cardiac procedures with a goal of further expanding services in conjunction with Pediatric Cardiology and Cath lab procedures.
- Full spectrum of thoracic surgeries including lung and mediastinal work for benign, infective and malignant diseases.





- Central aortic, great vessel, pulmonary vasculature, and peripheral vascular procedures
- Emergency and trauma surgeries
- Cardiorespiratory support in extremis like ECMO and IABP support.



Charges And Schemes:

Most of our procedures are package based, thereby ensuring competitive pricing and low costs for quality services that are affordable to all economic strata. These packages are inclusive of service and care provided in the pre op, intra op and post op periods.





CTVS procedures are well listed in social and private insurance schemes and can be availed of if empaneled in our hospital (Eg. Arogya Shree Karnataka, BPL scheme, ESI etc.)

Outreach screening camps have been conducted in surrounding areas of Bangalore and other parts of Karnataka, Tamil Nadu and West Bengal.

Working hours – Consultation time:

Clinical services: round the clock and throughout the year

OPD timing: 9 am to 1 pm Monday to Saturday

Office hours: 8 30am to 5 pm

Courses/Training programs offered:

5 seats for BSc. Perfusion technology under the aegis of RGUHS, Bangalore Conducts regular CME and hands on training programs for in house faculty and junior surgeons in the discipline from this and other institutions

Academic activities and Research:

Strives to regularly publish in indexed scientific journals and present in scientific meetings as a means to share insights and experience of our practice with the scientific and clinical community. Dr. Sreekar has more than a dozen published papers, and is involved in the LVAD program of SJRI as well.

Innovations/Achievements within the department:

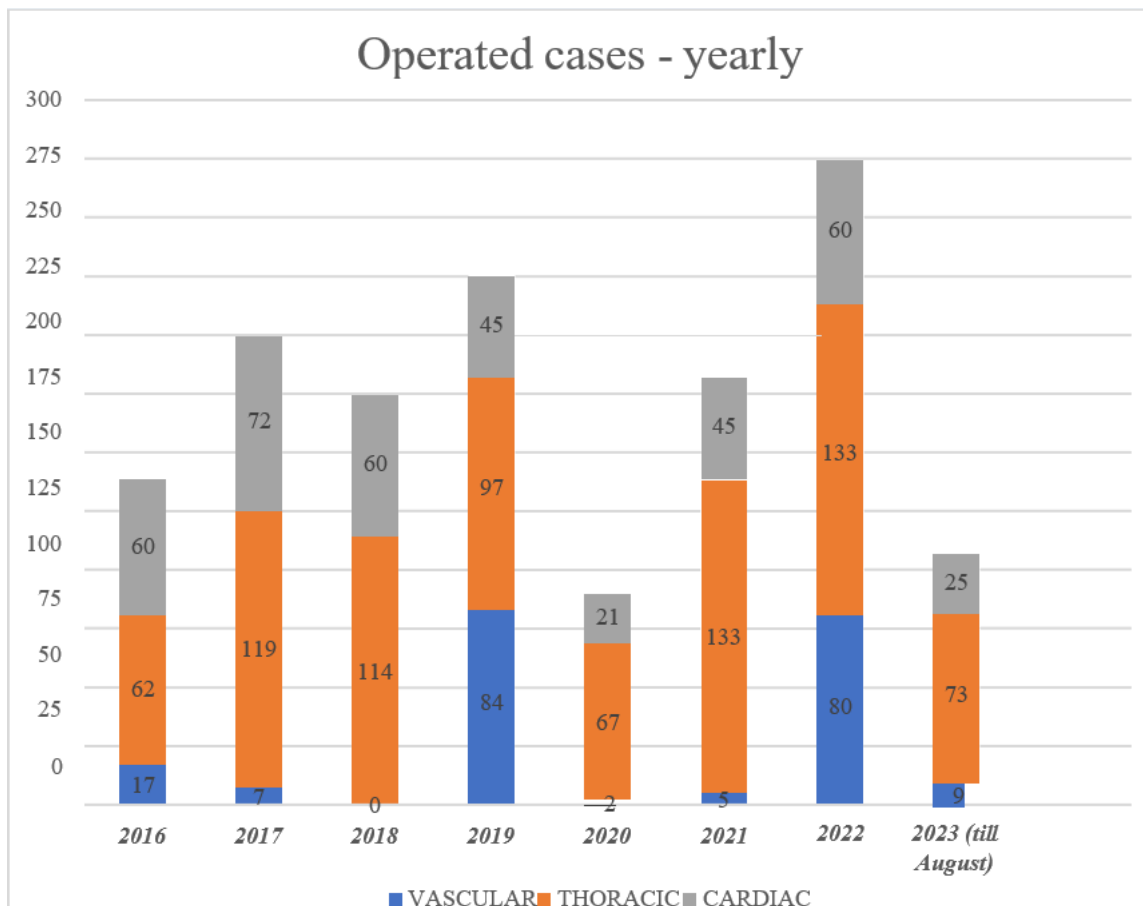
Historically this institution has been the pioneer in setting up cardiothoracic and vascular services in the early years of the field in the state of Karnataka.

With decades of dedication and hard work the department has grown at a steady rate over the years to be able to currently perform a minimum of 250 to 300 surgical procedures every year and is proud to have achieved these numbers and at the same time match the acceptable norms of morbidity and mortality rates from centres of repute both nationally and internationally in all 3 fields. The mortality rates are comparable to international standard of care parameters as recommended by bodies like the STS (Cardiac 3%, Thoracic 1.5%, Vascular 1.25%).





We are capable and ready to perform VATS and Minimally invasive cardiac surgery in appropriate surgical candidates. With the future pointing to newer horizons, the department is ready and continues to be relevant in newer advances like Cardiac Transplantation and Robotic surgery.



Staffing: Faculty list and area of special interest / expertise



Dr. Sreekar Balasundaram
Professor and Head, Cardiac and Thoracic surgeries including VATS



Dr. K N Srinivasan
Senior consultant, adult cardiac surgery



Dr. Anand Mathew
Associate Professor, adult and pediatric cardiac surgery



Dr. Girish G
Senior resident





St John's WATCHDOG



WhatsApp

IMATENIF MERSYLATE...!!

Background – In this issue, we examine the veracity of the following message circulating on WhatsApp in English and regional languages -

“Please share widely!! Blood cancer which used to be fatal until now, can be completely cured with a medicine called IMATENIF MERSYLATE. This medication is being given free of cost at our research centre in Chennai. Centre name & address: ‘Cancer Institute, Adyar...(Address)...Chennai-600020’.” The rest of the message exhorts the recipient to share and forward the message to as many people as possible.

Claims Made –

The following claims have been made in this message which are erroneous

- That the medication IMATENIF MERSYLATE completely cures blood cancers.
- That the drug is given out free of cost to Adyar Cancer Institute, Chennai.

Facts –

- I. The name of the medicine that has indeed made a dramatic difference to the treatment of a certain type of blood cancer is IMATINIB MESYLATE. Today, this is a well established medication for the treatment of a type of blood cancer called chronic myeloid leukemia.
- II. There are many different types of blood cancers and disease conditions that affect the blood over the long term. Of these, IMATINIB MESYLATE is very beneficial in a type of blood cancer called Chronic Myeloid Leukemia. It's effectiveness in other forms of cancer is much lesser.
- III. Treatment of patients, when they are admitted at Adyar Cancer Institute is free of cost in 40% of the patients, while the remainder of patients have to pay a nominal price. However, patients have to take this medicine for the long term (out of hospital too). This treatment is not necessarily free of cost. Sometimes, charitable foundations may make this medicine available at a subsidized price or free of cost. Depending on the terms of the insurance policy, the policy may cover costs of treatment.



WhatsApp

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St John's WATCHDOG



WhatsApp

Imatinib Mesylate - FACTS...

Or depending on the state, there may be government schemes that cover the costs of treatment, irrespective of the hospital that the patient is treated in. And at times the patient may need to pay the cost out of their pocket.

Conclusion: Imatinib Mesylate is a valuable medicine to treat a form of blood cancer called Chronic Myeloid Leukemia. It is available at the Adyar Cancer Institute free of charge, when patients are admitted in hospital. However, patients will need to look for subsidizing schemes once discharged, which the medical social worker of the concerned hospital will assist with at the time of discharge.



WhatsApp





LAUGHTER IS THE BEST MEDICINE...



Have you heard the rumour about butter?
Never mind, I shouldn't be spreading it



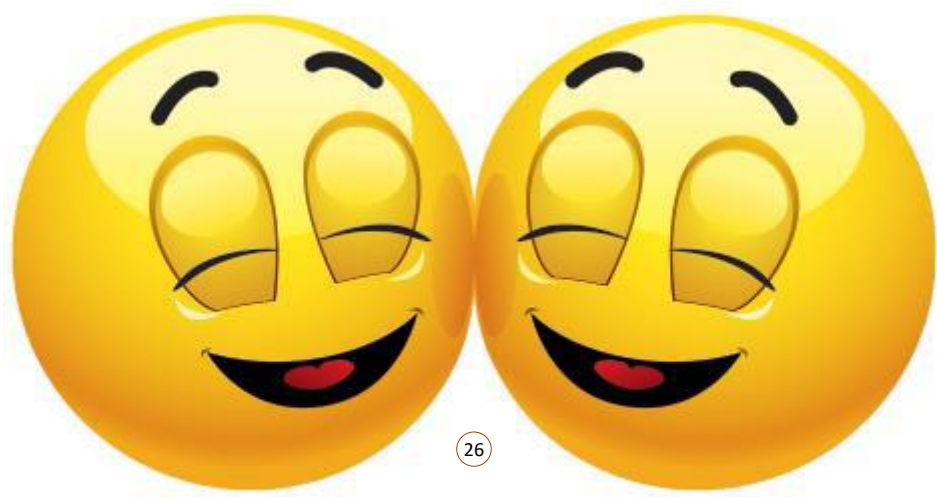
www.designbundles.net

I tried organizing a hide-and-seek tournament, but it was a complete failure. Good players are hard to find

Why did the employee get fired from the calendar factory?
She took a day off



www.vectorstock.com



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“ST. JOHN’S FOUNTAINHEAD”

We will publish Abstracts of your
published research.....

Based on criteria laid down by the
Editorial Board.....

Email your Full Articles at the earliest to
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[**santu.g@stjohns.in**](mailto:santu.g@stjohns.in)



Ghosh S, Palika R, Dasi T, Varshney RK, Parasannanavar DJ, Sen Gupta S, Chitikineni A, Banjara SK, Pullakhandam R, Thomas T, Sachdev HS, Kurpad AV, Kulkarni B. Haemoglobin diagnostic cut-offs for anaemia in Indian women of reproductive age. *Eur J Clin Nutr.* 2023 Aug 3. doi: 10.1038/s41430-023-01308-5. Epub ahead of print. PMID: 37537294.

Available on: <https://www.nature.com/articles/s41430-023-01308-5>

St. John's Medical College, Sarjapur Road, Bengaluru, ICMR-National Institute of Nutrition, Hyderabad; International Crops Research Institute for the Semi-Arid Tropics (ICRISAT), Hyderabad; Sitaram Bhartia Institute of Science and Research, New Delhi ; Indian Council of Medical Research, New Delhi India State Agricultural Biotechnology Centre, Centre for Crop & Food Innovation, Food Futures Institute, Murdoch University, Australia.

P. Kochhar, M. Vukku¹, R. Rajashekhar, and A. Mukhopadhyay microRNA signatures associated with fetal growth restriction: a systematic review. *European Journal of Clinical Nutrition* **76**, 1088–1102 (2022).; <https://doi.org/10.1038/s41430-021-01041-x>

Available on: <https://doi.org/10.1038/s41430-021-01041-x>

Division of Nutrition, St. John's Research Institute, A Recognized Research Centre of University of Mysore, Bangalore, India. Department of Neurology, National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, India.



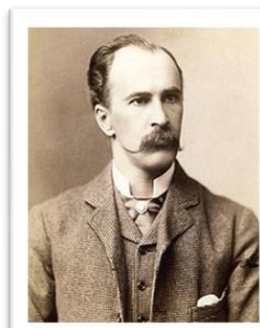
THE QUOTABLE OSLER

Punctuality is a prime essential for a physician.

Punctuality is a prime essential of a physician - if invariable on time he will succeed even in the face of professional mediocrity.



© Opensesame



SIR WILLIAM OSLER

The virtue of method is a secret if success.

Ask of any active business man or a leader in a profession the secret which enables him to accomplish much work, and he will reply in one word, *system*; or as I shall term it, the *Virtue of Method*, the harness without which only the horses of genius travel.

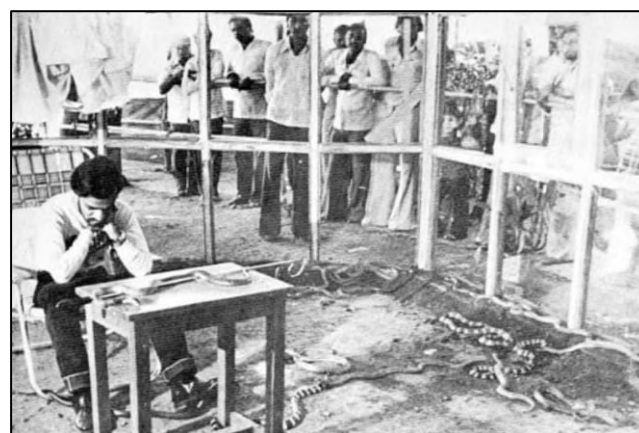


© Quickand dirty tips

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

Did You Know?

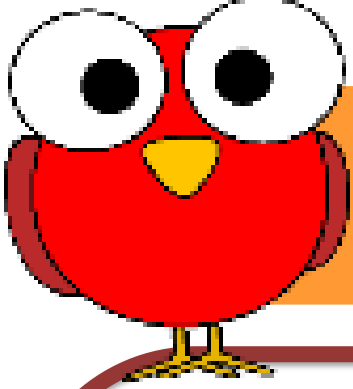
Neelam Kumar Khaire, an Indian man with a profound fascination for snakes, sought to demonstrate that these creatures are not inherently aggressive unless provoked. His mission involved breaking the world record for coexisting with venomous snakes within a glass enclosure. He assembled a collection of 72 snakes, including 68 highly venomous species, and confined himself with them for a duration of 72 hours.



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He had some strange companions for 72 hours in a glass cabin: 27 monocellate cobras, 24 russell's vipers, nine binocellate cobras, eight banded kraits, and four common snakes.





MEDICINE THIS MONTH

A Bird's Eye View.....

Contribution of inflammation to cardiovascular risk in patients Iron deficiency and anemia due to daily low-dose aspirin

Aspirin can increase bleeding risk, but data are lacking on anemia and iron deficiency in individuals without clinically obvious bleeding. A new analysis of a randomized trial in older adults assigned to daily low-dose aspirin or placebo has documented a small but statistically significant increase in the rate of anemia (51 per 1000 person-years in the aspirin group versus 43 per 1000 person-years with placebo) and iron deficiency (13 percent with aspirin versus 10 percent with placebo). While the decision to perform surveillance for anemia or iron deficiency in individuals taking aspirin is individualized, these data provide a rationale for surveillance in those who choose it.

- McQuilten ZK et al. Ann Intern Med. 2023 Jul. Jul 2023.



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Prophylactic steroid administration to prevent postoperative shivering

Postoperative shivering is undesirable since it is uncomfortable, increases metabolic rate, and provokes sympathetic stimulation, which may lead to myocardial ischemia. Several prophylactic medications have been studied; however, their efficacy is uncertain due to significant heterogeneity in dosing regimens and type of surgery. In a 2023 meta-analysis of 25 randomized trials, prophylactic intraoperative administration of either intravenous (IV) dexamethasone or hydrocortisone reduced overall risk of perioperative shivering compared with placebo. Prophylactic IV dexamethasone is frequently used to prevent postoperative nausea and vomiting, and these findings support a potential benefit for the prevention of shivering as well.

- Misra S et al. Anesth Analg. Aug 2023.

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GREY Matters!



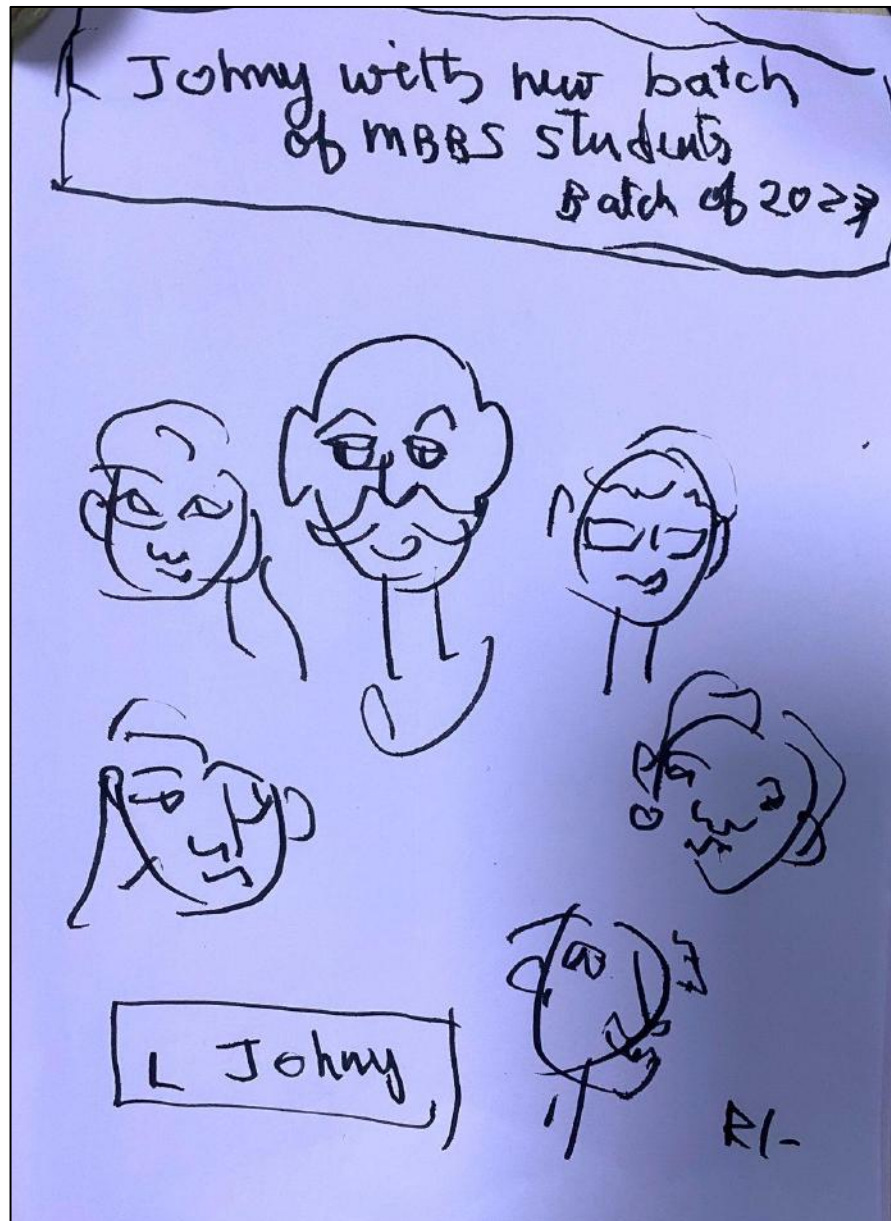
Inventions by Nurses ANSWERS

1. Elsie Sorensen, Ostomy bag
2. Bessie Blount-Griffin
3. Sister Jean Ward
4. Anita Dorr
5. Sharon Rogue

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L Johnny



Art by: Dr. Rakesh Ramesh

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