

# What's Up? @St John's!

Issue 82, April 1<sup>st</sup>, 2024



Award Winning Collage – Jwala 2024

## International Women's Day 2024!

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

We dedicate this issue to all the wonderful women of St. John’s on account of International Women’s Day 2024. St. John’s National Academy of Health Sciences upholds the theme of this year, *‘Inspire Inclusion’*.

We highlight Department of Cardiology in the section of ‘Know your hospital’. Our ‘watchdog’ busts the myth of a viral message on Pineapple for Cancer.

We also have a lot of interesting updates from the institution.

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**



*Health Related Day...*

# World Kidney Day Celebration 2024

Department of Paediatric Nephrology

13<sup>th</sup> January 2024



*Felicitation of donors on World Kidney Day 2024*

World Kidney Day is an annual global awareness campaign aimed at raising awareness about the importance of kidney health and reducing the impact of kidney disease worldwide. Celebrated every second Thursday in March, it encourages education, prevention, and early detection of kidney-related issues. On March 14, 2023, the Paediatric Nephrology team department at St. John's Hospital celebrated this occasion. The theme for this year was ***“Kidney Health for All - Advancing Equitable Access to Care and Optimal Medication Practice”***.

The department organized various activities for the entire day. A poster competition on the World Kidney Day theme was conducted. Undergraduates, postgraduates, and students from Nursing College and Allied Health participated with great enthusiasm.

The morning session had an informal program for children with kidney disease and their parents. A role-play by nursing students to reinforce kidney care along with educational activities by resident doctors and nurses was conducted.



## Health Related Day...

Children were engaged through interactive sessions where they were told about what kidneys are, why they are essential for our bodies, and how to take care of them. Fun illustrations and activities, such as kidney-shaped crafts were conducted. There was an interactive storytelling session by a professional storyteller that was enjoyed by all.

In the afternoon, a formal program was conducted in the mini auditorium where the kidney transplant donor-recipient pairs since 2019 were felicitated. The department celebrated the success of 105 kidney transplants by cutting a cake. It was a moment to recognize and express our deepest gratitude to our benefactors and funding supporters, whose generosity made these life-saving procedures possible. The ceremony concluded with a series of vibrant cultural events, symbolizing the spirit of unity in promoting the health and happiness of children with kidney disease.



Acknowledgement: Dr Anu A, Dr Priya Pais  
Department of Pediatric Nephrology.



*Updates this month...*

## CONGRATULATIONS!! AHS Students

Postgraduate students from various departments of Allied Health Sciences, SJMC have scored university ranks! A hearty congratulations to the students and their departments! We couldn't be prouder! The following are the names of the students:

- Masters in Hospital Management: Ms. Karishmaba Rajendrasinh (3<sup>rd</sup> rank), Ms. Persis Bommi J (6<sup>th</sup> rank), , Ms. Parmar Roma Thomas (7<sup>th</sup> rank).
- MSc MLT in Microbiology and Immunology: Mr. Feba Bijoy (2<sup>nd</sup> rank), Mr Anuj Kumar (6<sup>th</sup> rank).
- MSc MLT in Hematology and Blood transfusion: Mr. Pallirannagari Sukanth (4<sup>th</sup> rank), Mr Amal Latheef (5<sup>th</sup> rank), Mr Gali Sai Nath Reddy (6<sup>th</sup> Rank).

## Congratulations! Dr. Shawn Serrao

Dr. Shawn Serrao, Senior resident, Dept. of Psychiatry was awarded Gold Medal by RGUHS for securing the highest marks in the MD psychiatry exams conducted in July 2023.

We are very proud and wish him all the very best for his future endeavors.



Acknowledgement: Dr. Shawn Serrao, Senior resident, Dept. of Psychiatry.



*Updates this month...*

# Acute Neurocare Conference

Department of Anaesthesiology

2<sup>nd</sup> and 3<sup>rd</sup> December, 2023

Bengaluru witnessed a landmark event in the realm of acute neuro care with the "Acute Neuro Care" conference held on December 2<sup>nd</sup> and 3<sup>rd</sup> 2023. The event was organized by the Surgical and Neuro Intensive Care Unit, Department of Anesthesia at St. John's Medical College Hospital as part of the diamond jubilee celebrations. The conference brought together renowned experts from across the country and offered a comprehensive learning experience for 40 participants.

The event, endorsed by Indian Society of Neuroanaesthesia and Neurocritical care (ISNAAC) and Neurocritical Care Society of India (NCSI), boasted an impressive faculty lineup featuring luminaries like Dr. Ponniah (President, NCSI), Dr. Saurabh (Secretary, NCSI), Dr. Prasanna (JIPMER), Dr. Rohini and Dr. Shweta (NIMHANS), Dr. Sindhupriya (Kauvery Hospital, Chennai), Dr. Madhusudhana (M.S Ramaiah), Dr. Kanchan (People Tree Hospitals), Dr. Karthik (Sparsh), and Dr. Saveeth (Apollo, Bangalore).

The conference offered a rich blend of theoretical and practical knowledge through 17 lectures covering a diverse range of topics in acute neuro care, including stroke, traumatic brain injury, intracerebral hemorrhage, status epilepticus, and critical care management. To further enhance the learning experience, 12 hands-on skill stations provided participants with the opportunity to hone their practical skills under the guidance of expert faculty.



Acknowledgement: Dr Mathangi Krishnakumar, Assistant Professor, Surgical and Neuro Intensive Care Unit, Dept. of Anaesthesia.



## Updates this month...

Beyond the renowned external faculty, the conference also showcased the dedication of St. John's own team. Dr. Moses Charles D'souza (Head, SICU) and Dr. Vikram S. provided invaluable guidance, while in-house faculty members like Dr. Mathangi Krishnakumar, Dr. Soumya Madhusudhan, Dr. Nathasha Vas, Dr. Francis Joseph, Dr. Nilima, and Dr. Shruti played crucial roles in ensuring the smooth running of the event. The combined efforts of residents, NPCC, nursing team of SICU, management and supporting staff of St John's created a supportive and enriching atmosphere for participants.

The inaugural ceremony was a prestigious affair graced by the presence of Rev. Father Jesudoss Rajamanickam (Director, SJNAHS), Dr. George D'souza (Dean, SJMC), Rev Father Tony A J (ADF), and Dr. Thomas Mathew (Vice Dean- PG). Their words of encouragement and support set the stage for a productive and enriching conference.

With its focus on cutting-edge knowledge, interactive sessions, and a strong emphasis on practical skills, "Acute Neuro Care" proved to be a resounding success. This first-of-its-kind event in Bengaluru has undoubtedly set a high bar for future conferences in this critical field of medicine. The conference not only equipped participants with the latest advancements in acute neuro care but also fostered a sense of collaboration and knowledge exchange among healthcare professionals from across the country.



Updates this month...

# Integrated Oncology Academic Session

29<sup>th</sup> February, 2024

Management of oncology cases requires a multidisciplinary approach. To enhance our learning, integrated oncology academic sessions were thought of, which would be a platform for exchange of knowledge and experiences. These sessions are being coordinated by the Department of Gynecologic Oncology and the following departments take part in the sessions on rotation. Dept. of Gynecologic Oncology, Surgical Oncology, Medical oncology, Radiation Oncology, Pain and palliative medicine and Nuclear medicine. These sessions are conducted once a month and are a combination of case discussions, seminars, journal clubs, faculty and guest lectures. Integrated oncology academic session in February 2024 was hosted by the Department of Surgical Oncology. The invited guest speaker was Dr. Rani Bhat, Head of the department of Gynecologic Oncology, Apollo hospital, Bangalore. She is an established Robotic surgeon and spoke on her journey into robotic surgery. The session also had talks by Dr Vijaylakshmi and Dr Sandeep, faculties from Department of Surgical Oncology.

Integrated Oncology Academic Session

**29 February 2024**  
2.30PM - 3.30PM  
**SJRI Conference Hall 2**  
ST JOHN'S RESEARCH INSTITUTE BANGALORE

**1) Role of palliative surgery in oncology**  
DR VIJAYALAKSHMI VV, ASST PROF, DEPT OF SURGICAL ONCOLOGY

**2) Note on laterality of colon cancer**  
DR SANDEEP K S, ASST PROF, DEPT OF SURGICAL ONCOLOGY

**Guest Lecture**

**Merging man and machine - our journey into robotic surgery**  
DR RANI BHAT, SENIOR CONSULTANT, DEPT OF GYNAECOLOGICAL ONCOLOGY,  
APOLLO HOSPITALS, BANGALORE

ORGANISED BY DEPARTMENT OF SURGICAL ONCOLOGY, ST JOHN'S MEDICAL COLLEGE HOSPITAL, BANGALORE

DR RANI BHAT  
DR VIJAYALAKSHMI VV  
DR SANDEEP KS

Acknowledgement: Dr. Kiran Kulkarni, Associate professor, Dept. of Gynecologic Oncology.



Updates this month...

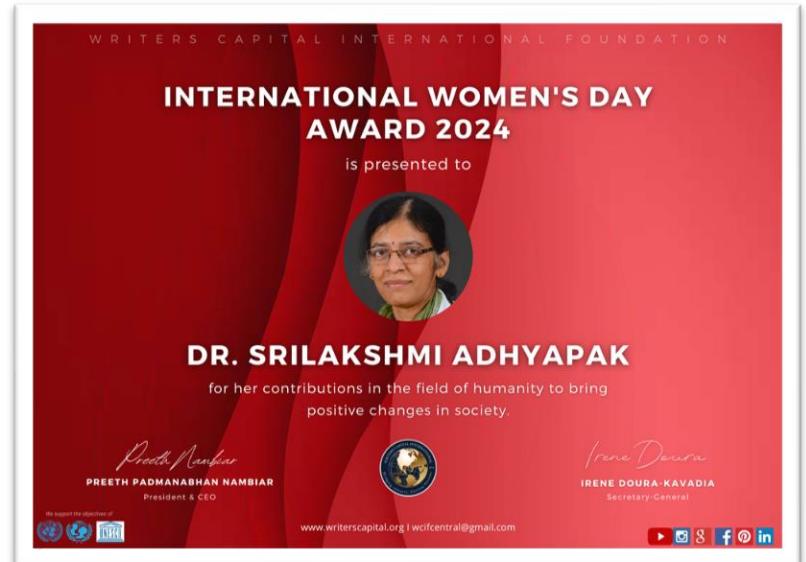
# Congratulations!

## Dr Srilakshmi Adhyapak

8<sup>th</sup> March 2024

A hearty CONGRATULATIONS to Dr. Srilakshmi Adhyapak, Professor and Head, Department of Cardiology for receiving an award on the occasion of **International Women's Day** from **Writers Capital International Foundation** for her exceptional contribution to arts and literature!

We are very proud and wish her all the best for her future endeavors.



Acknowledgement: Dr Srilakshmi Adhyapak, Dept. of Cardiology.

# Congratulations!

## Dr Nirmala S

24<sup>th</sup> March 2024



A hearty CONGRATULATIONS to Dr. Nirmala S, Professor, Department of Radiation Oncology for receiving **Karnataka Health Care Vaidya Ratna Award 2024** for her exceptional contribution to the field of oncology and medicine!

We are very proud and wish her all the best for her future endeavors.

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# Congratulations!

## Dr Kiran Kulkarni on Radio One 94.3

11<sup>th</sup> March 2024

St. John's on air! Dr. Kiran Kulkarni, Associate professor in the Dept. Of Gynecologic Oncology was invited for an interview at 94.3 Radio one as a part of international women's day celebrations, highlighting the super women of Bangalore. She had a chat with RJ Lee on the show '**Good mornings with Lee**'. Dr. Kiran spoke regarding the common cancers in women and the strategies for prevention and early detection of cancers, especially breast and cervical cancer.

We are very proud and wish her all the best for her future endeavors.



Acknowledgement: Dr. Kiran Kulkarni, Associate professor, Dept. Of Gynecologic Oncology.

Updates this month...

# World Head Injury Awareness Month

"Heads Up: A Community United for Brain Safety"

Department of Anaesthesiology

23<sup>rd</sup> March, 2024

In a heartwarming effort to shine a light on the often overlooked issue of head injuries, the team at St. John's Medical College Hospital's Surgical and Neuro Intensive Care Unit took a big step this World Head Injury Day.

"*Restoring Lives, One Patient at a Time*" - this powerful theme echoed through the corridors of St. John's Medical College Hospital as doctors, nurses, and nurse practitioners joined hands in a concerted effort to shed light on the critical issue of head injuries. Their arsenal- A creative mélange of poster competitions, skits, and mime acts that artfully depicted the grave consequences of neglecting road safety and the paramount importance of adhering to government-led initiatives aimed at preventing such injuries.

**St John's Medical College**

**SURGICAL AND NEURO ICU**  
**DEPT OF ANAESTHESIA**

*Head Injury Awareness Month*

**RESTORING LIVES**  
**ONE PATIENT AT A TIME**

**19 March 2024**

**PUBLIC AWARENESS PROGRAMME**

**10.00 AM - 12:00 PM**

**VENUE: OPD ENTRANCE, VIHARA**  
**( NEAR UTILITY COMPLEX)**

**"Not all wounds are visible"**

**St John's Medical College**

**SURGICAL AND NEURO ICU**  
**DEPT OF ANAESTHESIA**

**20 March 2024**

*Head Injury Awareness Month*

**RESTORING LIVES**  
**ONE PATIENT AT A TIME**

**PROF DAVID K MENON**  
**DIRECTOR OF RESEARCH, UNIVERSITY OF CAMBRIDGE**  
**HONORARY CONSULTANT, NCCU ADDENBROOKE'S**  
**PROGRAM LEAD, TBI-REPORTER**  
**JOINT COORDINATOR, CENTER-TBI INTBIR**

**MULTIMODAL MONITORING IN**  
**TRAUMATIC BRAIN INJURY: A KEY**  
**PERSONALIZING ICU MANAGEMENT**

**DR UMA MAHESHWARA RAO**  
**FORMER DIRECTOR AND HOD**  
**SENIOR PROFESSOR**  
**DEPARTMENT OF NEUROANAESTHESIA AND**  
**NEUROCRITICAL CARE**  
**NIMHANS**

**LESSONS FROM THE BEDSIDE:**  
**A NEUROINTENSIVIST'S JOURNEY**  
**THROUGH THE EVOLUTION OF HEAD**  
**INJURY MANAGEMENT**

**2.00 - 4.00 PM**

**Pope Paul Auditorium**

**RESTORING LIVES ONE PATIENT AT A TIME**

Acknowledgement: Dr Mathangi Krishnakumar, Assistant Professor, Surgical and Neuro Intensive Care Unit, Dept. of Anaesthesia.



## *Updates this month...*

In an innovative twist to traditional health campaigns, the event utilized the universal languages of art and drama to penetrate the public psyche, making the complex medical subject of head injury not only accessible but also relatable. The live demonstrations vividly illustrated the journey of head injury patients, from the moment of trauma to the intricate process of recovery within hospital walls, thereby emphasizing the crucial role of immediate and skilled medical intervention.

The most touching part of the day was seeing the real stories of people who have suffered head injuries. The hospital team explained how these patients are cared for and how every effort is made to help them recover. It was a powerful reminder that accidents can happen to anyone, but with quick and expert care, recovery is possible.

The highlight of the campaign was the infusion of expert knowledge through talks by internationally renowned figures in head injury management - Prof. Menon from the UK and Prof. Uma Maheshwar Rao, a distinguished retired senior professor from NIMHANS. Their insights on tailoring therapy to individual needs in traumatic brain injury cases and the invaluable learnings from decades of clinical experience added a layer of profound academic and practical wisdom to the proceedings.



## *Updates this month...*

The highlight was the call to action for everyone to take a pledge for road safety. This pledge wasn't just a formality; it was a promise to ourselves and our loved ones to be more careful and help prevent head injuries.

This initiative by St. John's Hospital is a big step in the right direction. It shows how when doctors, nurses, and the community come together, we can make a real difference. Let's all take this message to heart and do our bit for road safety. After all, a simple helmet, a little caution, and respect for traffic rules can save lives and keep families whole. Let's not wait for a wake-up call; let's act now and make our roads safer for everyone.

The mission of St. John's Medical College Hospital has always been centered around compassion, excellence in healthcare, and the holistic well-being of the community. This commitment was vividly brought to life through the hospital's engagement in World Head Injury Day activities. By focusing on education and prevention, the initiatives perfectly mirrored the hospital's dedication to not just treating patients, but also empowering the community with knowledge and tools to prevent injuries and promote health. The programs showcased how St. John's is not just a place for healing, but a beacon of hope and a source of vital information that can transform lives and foster a safer environment for everyone.



Updates this month...



*Updates this month...*

# Women's Day Celebrations!!

21<sup>st</sup> March 2024 – 27<sup>th</sup> March 2024

Women's day celebrations at St John's Medical College was festive and full of vigor! It was a weeklong celebration of all the women of the institution! It had various events, starting with competitions such as rangoli, hairstyling, mehendi, cooking without fire, collage, etc held on the 21<sup>st</sup> March. This was followed by intellectual competitions which included debates & impromptu held on the 22<sup>nd</sup> March. There were healthy and fiery discussions on women's reservations, women's day: hype or hope among other topics. Following this, there were athletic events on the 25<sup>th</sup> March. There were various events such as the 100m race, tug of war, sack race, 3-legged race. Online competitions for photography, reels, poetry and writing was also arranged.

The culmination of the celebration was the formal event that was held on the 27<sup>th</sup> of March at the Main Auditorium. The chief guests were eminent women, Mrs. Reeth Abraham, Arjuna awardee & Mrs. Albina Shankar, Executive Director of Mobility India. The prize winners of all the events were given awards, which was followed by cultural events such as dance, singing with representation from across the campus.



Acknowledgement: Mrs. Smita Elizabeth Joseph, Assistant Professor, Department of Physiotherapy



*Updates this month...*

# Women's Day Celebrations!!

## JWALA 2024

### Winners

**Congratulations!!**

#### CULTURAL EVENTS

##### Rangoli:

*1st Prize:* Dr Sowmyashree & Dr Jyoti – CARE ADD

*2nd Prize:* Mrs Sophia & Mrs Rebecca – Directorate/ ADF office

*3rd Prize:* Mrs Vijaya & Mrs Niveditha –Purchase/ CBCI Acc

*Consolation:* Dr Pratibha & Roopashree –SJRI

##### Mehendi:

*1st Prize:* Romita D'souza & Maria – CBCI Accounts Office/Purchase Office

*2nd Prize:* Neha & Jenociya – Unit of hope

*3rd Prize:* Tahsin Banu & Habiba – Dept of Pharmacy

*Consolation:* Benisha & Shwetha – Ortho Common Ward

##### Hair styling:

*1st Prize (Tie):* a. Dr Dhishani, Dr Pooja & Dr Minu – Dept of Com health b. Angelin, Manjula & Arita – CARE ADD

*2nd Prize:* Ashwathy & Nethra – Dept of Pharmacy

*3rd Prize:* Amrutha & Priya – Dept of MET

*Consolation:* Jessy, Beulah & Kalpana – Transfusion Medicine and Immunohematology

##### Cooking without fire:

*1st Prize:* Luscious lushi delight – Aishwarya and Lini – Dept of Pain and Palliative medicine

*2nd Prize:* Cushi Rainbow salad – Nischitha & Rynsha – Dept of PT

*3rd Prize:* Poha, Gojju and Kai Saru – Sri Poornima & Manjula – SJRI

*Consolation:* Shimoga Maddu special – Lydia & Irene – Linen and Laundry

##### Collage:

*1st Prize:* Soby & Dona – Dept of Medical Oncology

*2nd Prize:* Aswini & Pranathi – Dept of Physiology

*3rd Prize:* Rani & Rani – Dept of MET

##### Debate

*1st Prize:* Dr Sanjiv Lewin / Dr Soumya – Dept of Medicine

*2nd Prize:* Dr Supriya- Dept of Microbiology / Dr Nikith - Paediatrics

##### Impromptu

*1st Prize:* Dr Sanjiv Lewin

*2nd Prize:* Dr Soumyashree, Care ADD

*3rd Prize:* Dr Sowmya, Dept of Medicine

#### SPORTS EVENTS

##### 3 legged Race

*1st Prize* - Leela and Diana, Information dept

*2nd Prize* - Mary Priyanka and Nagapriya, Information dept

*3rd Prize* - Jayshree and Nancy - Transfusion medicine and immunohematology

*Consolation* - Dr Rani and Victor Rani - Dept of MET

##### Sack Race

*1st Prize* - Catherine, Dept of Pharmacy

*2nd Prize* - Alina, Dept of Microbiology

*3rd Prize* - Rani M C - Dept of Nephrology

*Consolation* - Selena, Dept of Pharmacy

##### Lemon and Spoon Race

*1st Prize* - Karishma Pauly, Dept of Microbiology

*2nd Prize* - Romitha D Souza, CBCI Account

*3rd Prize* - Vijaya, Purchase dept

*Consolation* - Anitha, Information dept

##### Shot put

*1st Prize* - Jhilipa, Information dept

*2nd Prize* - Dr Shubha, dept of Biochemistry

*3rd Prize* - Ramya, SJRI *Consolation* - Soumya, Dept of Speech and audiology

##### Running Race

*1st Prize* - Asha B, Information dept

*2nd Prize* - Varsha Vincent, dept of Molecular biology, SJRI

*3rd Prize* - Jhilipa - Information dept

*Consolation* - Jayasheela, Transfusion medicine and immunohematology

##### Tug of War

*1st Prize* - Dr Prathibha and team, SJRI

*2nd Prize* - Dr Soumyashree and team, CAREADD

#### ONLINE EVENTS

##### Poetry

*1st Prize* - 'Echoes of Compassion' Ms B. Aishwarya, Dept of Pain and palliative medicine

*2nd Prize* - 'Together we walk' - Dr Twinkle Agrawal, Dept of Community health

*3rd Prize* - 'She' - The multifaceted woman - Dr Carol lobo, Dept of Dermatology

*Consolation* - 'With smiles that greet' Edel Queen, Dept of Gastroenterology

##### Reels

*1st Prize*- Reel 5 - Ms Nanda C, Pain and Palliative

*2nd Prize* - Reel 3 - Sadhokin Anthony, TMIAH

*3rd Prize* - Reel 6 - Dr Soumyashree, CareADD

##### Photography

*1st Prize* - Jerin Joseph- Dept of Quality Control and operation

*2nd Prize* - Dr Jyothi Idicula, Dept of Gen medicine

*3rd Prize* - Dr Anushna Banerjee, Dept of Medical oncology

*Consolation prize*- Benisha, Ortho common ward



*Updates this month...*



*Updates this month...*



*Updates this month...*



**CONTENTS**



## **Breast Cancer Related Lymphedema (BCRL)**

Breast Cancer Related Lymphedema (BCRL) is a clinically significant health care burden for breast cancer survivors that causes severe physical discomfort. Lymphedema can develop within days postoperatively or can happen years after breast cancer treatment. The common sites include the upper limb, breast and thoracic region. These patients have a lower quality-of-life and there is also said to be a higher likelihood of poorer general health. Over 50% of breast cancer survivors were found to be exceptionally worried about developing lymphedema. There are other complications of lymphedema including repeated episodes of cellulitis and ulceration that may require antibiotic therapy and hospitalization. Diagnosis of upper limb lymphedema depends on a combination of comprehensive history, physical examination with subjective/objective symptoms and physiologic measures. The common subjective clinical symptoms of patients with lymphedema in the upper limb are swelling, numbness, heaviness, tightness, stiffness, decreased coordination and mobility, limb fatigue or weakness. Once BCRL is established, the management focuses on swelling reduction and symptom alleviation while minimizing exacerbations of swelling.

Physical Therapy, is accepted widely as one of the first line of management, for patients with breast cancer related lymphedema. It includes treatments such as Complete Decongestive Therapy or CDT, which incorporates Manual Lymph Drainage (MLD), skin care, specialized exercises, compression garments and patient-education. CDT is divided into Phase I Decongestion, and Phase II Maintenance and should be individualized to improve its effectiveness and contain costs. Exercises are also an integral part of CDT with the aim (1) to promote lymph flow, (2) to mobilize the joints, and (3) to strengthen the muscles. It is widely known that participation in exercises during and after oncological treatment can improve the physical and psychosocial condition, which enhances the quality-of-life. In addition to this, PTs play a pivotal role in prevention of BCRL. Rehabilitation of breast cancer survivors that have undergone surgery, includes exercises & patient education that are critical in preventing BCRL. In overview, BCRL is a debilitating secondary complication of breast cancer patients, and PT can play an important role in managing it. Keep calm & PT on!





## CANCER IS DEFEATED! Health Benefits OF PINEAPPLE HOT WATER.

**THE CLAIM** – A widely circulated message on WhatsApp and the internet claims the following “Please spread the word! Please spread the word! ICBS General Hospital Professor Dr. Gilbert A Kwok insisted that if everyone who received this bulletin could send ten copies to ten people at least one life would be saved.

Pineapple water can save you from cancer. Thinly slice 2 to 3 pieces of pineapple into a cup and add hot water and it will be alkaline water; if you drink it daily it is good for everyone. Hot pineapple water releases anti-cancer substances; it's the latest advancement in medicine for effective cancer treatment.....”

The article further makes the claim that substances from pineapple can –

- ‘kill tumors and cysts’
- proven to cure all types of cancer
- clears germs and toxins from the body due to allergies
- destroys ‘violent’ cells and does not affect healthy cells
- polyphenols in pineapple juice and reduce blood clotting and control high blood pressure.

### FACT CHECK

- Pineapple is slightly acidic; no matter how much water is added to dilute it, it does not become alkaline.
- A literature search in PUBMED did not find any articles that have studied the effects of pineapple water or juice in preventing and treating cancer.
- An enzyme called ‘bromelain’ has been isolated from the stem of the pineapple tree, which in lab studies have shown that they may reduce cell division and induce ‘apoptosis’ of damaged cells. But human studies do not exist to back up this finding.





# St John's WATCHDOG



WhatsApp

**CONCLUSION** – The claim made in the message is baseless. While pineapple can be a good addition to the diet (in moderation), further studies are required to evaluate whether extracts of pineapple truly have the 'magical' properties put forth in this message.



Pineapple



Cancer



WhatsApp

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## Department Of Cardiology

### Overview of the Department:

The Department of Cardiology, St. John's Medical College, was started in 1984 under the leadership of Lt Gen G R Narayan. The department focuses on providing holistic and compassionate care for all, including underprivileged patients. We were one of the first institutions in the state to introduce Interventional cardiology in 1995 with the inauguration of a digital cardiac catheterization laboratory. With state-of-the-art equipment like a Biplane Catheterization Laboratory, a variety of cardiac and peripheral interventional procedures are routinely performed, with a focus on quality and affordability. Numerous poor patients have been treated at very concessional rates or even free of cost. It is one of the first departments to start a Poor Patients Fund and as far as possible, lifesaving treatment is not withheld for lack of funds.

### Location:

Cardiology Department is located on the 3rd floor of the Hospital.

Working hours of the Department: 8.30 AM to 5.00 PM.

### Physical Infrastructure:

We have a 7 bedded CCU, 4 bedded step - down CCU, Common ward, Catheterization Laboratory where we perform procedures like Coronary Angiograms, Coronary Angioplasties, Permanent Pacemaker Insertions and peripheral vascular interventions.

### OPD schedule:

The department of Cardiology has regular Morning OPDs (9.00 AM to 1.00 PM) from Monday to Saturday in Rooms 8 and 9 of the Super- speciality block.

Monday and Wednesday: Dr Srilakshmi and Dr Kiron Varghese

Tuesday and Thursday: Dr Shweta Agrawal and Dr Aditi Dattagupta

Monday and Wednesday evening OPD: Dr Srilakshmi

Tuesday Evening OPD: Dr Aditi Dattagupta

Thursday Evening OPD: Dr Shweta Agrawal



## Services offered by the department:

### Cardiac Interventions:

The Department is well known for the range of coronary and peripheral vascular interventions which have been routinely performed since 2002. These include:

- Coronary Angioplasty and Stenting (PTCA)
- Rotablator Angioplasty and Intravascular lithotripsy (IVL)
- IVUS (intravascular Ultrasound) and FFR / IFR
- Peripheral Angioplasty & stenting (Eg: Renal, Subclavian, Coeliac, Superior Mesenteric Ilio- femoral, femoral, and Popliteal artery stenting, as well as tibial artery angioplasty / stenting.
- Angioplasty of Aorta / IVC. IVC filter insertion and retrieval
- Angioplasty of Hemodialysis AV fistulae, and of central veins.
- Embolization: Bronchial Artery Embolization, Peripheral Artery embolization, and Embolization of AV fistulae.
- Pacemaker implantation, CRT, CRTD, Electrophysiological testing and Ablation for Arrhythmias.



### DM course:

The department has been training students for the NMC approved 3-year DM Cardiology program since 2000. A clinical cardiology fellowship course is being offered for post-MBBS and post-MD students. Here, training is given in clinical evaluation of cardiac patients, management of cardiac emergencies, and echocardiography. Besides the routine academic activities and CME programs for MD and DM students and training of elective foreign students, the department is actively involved in research activities and is involved in numerous national and international research trials.

## Consultants:

The Cardiology Department of St. John's Medical College currently has 4 consultant Cardiologists.

Dr M A Srilakshmi, Professor and Head, completed DNB Cardiology from the prestigious Narayana Hrudayalaya Institute of Cardiac Sciences and has 14 years' experience in the field, with special interest in Interventional Cardiology and Cardiac Failure.

Dr. Kiron Varghese, Professor completed his DM Cardiology from the prestigious Sri Jayadeva Institute of Cardiology, Bangalore, and later did a fellowship in Interventional Cardiology at Cedars Sinai Medical Center, Los Angeles, USA. He has over 30 years' experience in Cardiology and is interested in Coronary and Peripheral Interventions, as well as Preventive Cardiology.

Dr Shweta Agrawal, Associate Professor, obtained her DM Cardiology Degree in 2017, with special interest in Coronary Artery Disease, Interventional Cardiology and Heart Failure.

Dr Aditi Dattagupta, Assistant Professor, obtained her DM Cardiology Degree in 2017, and has special interest in Interventional Cardiology, Complex PCI, FFR and IVUS.





Cover page Background Picture. College Garden  
PC – Dr. Rakesh Ramesh

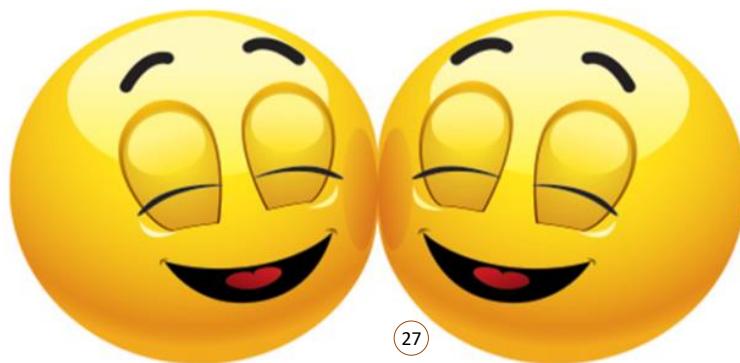


# LAUGHTER IS THE BEST MEDICINE...



He is responsible for the collapse- he leaned against it

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Best of RK Laxman,  
Times of India

# “ST. JOHN’S FOUNTAINHEAD”

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Majumder R, Kurpad AV, Sachdev HS, Thomas T, Ghosh S. *Anthropometric Growth Reference for Indian Children and Adolescents*. Indian Pediatr. 2024 Mar 19:S097475591600615. Epub ahead of print. PMID: 38517004.

Available on: <https://www.indianpediatrics.net/epub032024/OA-00615.pdf>

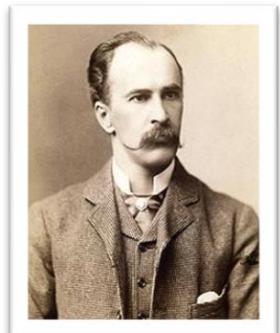
Division of Epidemiology, Biostatistics and Population Health, St John's Research Institute, Bangalore, Karnataka, India, Departments of Physiology and Biostatistics, St John's Medical College, Bengaluru, Karnataka, India, Sitaram Bhartia Institute of Science and Research, New Delhi, India

Xavier D, Murphy R, Pais P, et al. *Characteristics, clinical practice patterns, and outcomes of strokes in India: INSPIRE-A multicentre prospective study*. *International Journal of Stroke*. 2023;18(8):965-975. doi:[10.1177/17474930231175584](https://doi.org/10.1177/17474930231175584)

Available on: <https://journals.sagepub.com/doi/epub/10.1177/17474930231175584>

St. John's Medical College, Bangalore, India; HRB Clinical Research Facility, University of Galway, Galway, Ireland; St. John's Research Institute, Bangalore, India; Christian Medical College, Ludhiana, India; Postgraduate Institute of Medical Education and Research, Chandigarh, India; Neuro Centre, Trichy, India 7Eternal Heart Care Centre & Research Institute, Jaipur, India; AIIMS Bhopal, Bhopal, India; Dr. Vanchilingam Hospital, Thanjavur, India ; Sri Devaraj Urs Medical College, Kolar, India; Shree Krishna Hospital, Karamsad, India; PHRI, McMaster University, Hamilton, ON, Canada

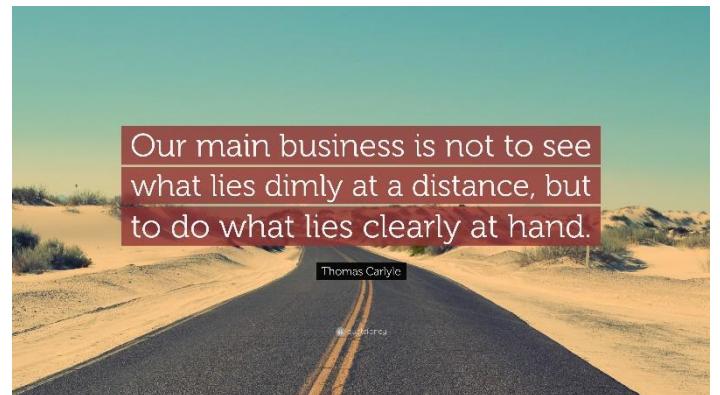




SIR WILLIAM OSLER

## Do what lies clearly at hand.

Throw away...all ambition beyond that of doing the day's work well. The travellers on the road to success live in the present, heedless of taking thought for the morrow, having been able at some time, and in some form or other, to receive into their heart of hearts this maxim of the Sage of Chelsea [Thomas Carlyle (1795-1881), Scottish historian and critic]: Your business is "not to see what lies dimly at a distance, but to do what lies clearly at hand."



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

## Did You Know?

Japan recently ended its 17 year long negative interest rates in people who deposit money in the Bank. That means one has to pay money as interest to the Bank, rather than getting interest. The Latest interest rates as 0 to 0.1%.

Negative interest rates are usually done by countries with severe deflation and wants to encourage people to spend money rather than save!!



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# MEDICINE THIS MONTH

*A Bird's Eye View.....*



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## **Risk of fractures with benzodiazepine receptor agonists**

Benzodiazepine receptor agonists (BZRAs), including benzodiazepines and nonbenzodiazepine BZRAs such as zolpidem, can cause excess drowsiness and imbalance leading to falls and fractures. In a recent meta-analysis of 20 observational studies in over six million individuals, BZRAs were associated with increased risk of osteoporotic fractures across a range of drug classes and fracture types, with odds ratios ranging from 1.2 to 1.4. Most but not all studies included adults 50 years of age or older. These data reinforce the need for caution in prescribing BZRAs for insomnia and other indications, particularly in older adults.

- Xu C et al. Sleep Med Rev. Feb 2024.

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## **Complications of transrectal versus transperineal prostate biopsy**

The merit of transrectal versus transperineal prostate biopsy has been vigorously debated. In the first randomized trial comparing these procedures in over 760 patients undergoing biopsies in the office setting, the two approaches had similar rates of both infectious (2.6 versus 2.7 percent) and non-infectious (1.7 versus 2.2 percent) complications. This suggests that both approaches can be performed with a low risk of complications. Antibiotic prophylaxis was given to all patients prior to transrectal biopsy but omitted in most patients undergoing transperineal biopsy.

- Mian BM et al. J Urol. Feb 2024.

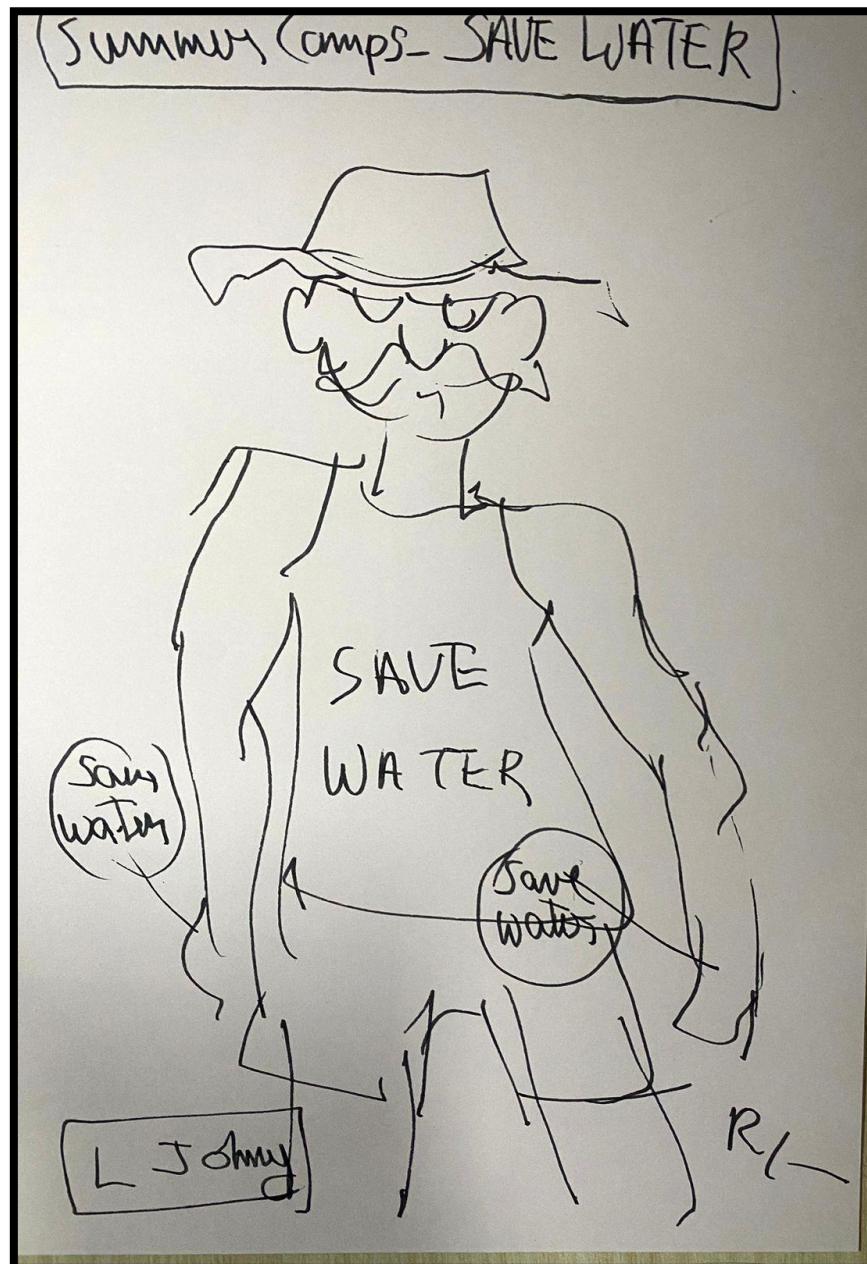
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# L Johnny



Art by: Dr. Rakesh Ramesh

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