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“VALLI”

*-A Bulletin on Community Healthcare & Hygiene-
Valliammai Ammal Rural Healthcare Assistance Project
(A Unit of Puthiya Thalaimurai Foundation)*



**SRM Medical College
Hospital & Research centre
Potheri**

Edition - 3

Month: May & June 2022

Why should you not drink cold water in hot summer?

Do you rush to the refrigerator after entering your house from a tiresome melting day? Does it give you a sense of relief when your thirst is finally quenched? This might be the most wonderful feeling during this summer, but however, scientists and experts tell otherwise. Scorching sun and heatwaves make every one of us gulp down gallons of ice water but the potential to kill you at an instance is never a tale anymore. The changes that happen to a human body when two extreme temperatures try to cancel each other is dangerous enough to kill a human being.

Here's why

Smaller blood vessels may erupt and burst due to sudden cooling of the body after long exposure to heat or under the sun, as per doctors and scholars. With the mercury soaring by the minute, a sudden shift in body temperature may collapse our body to an extent of dimmed vision and nausea. Even a simple walk under high heat, paralleled with a sudden bath or washing feet with cold water may result in blackouts and fainting. These symptoms may be coupled with body shivers and profuse sweating, at last even death due to heatstroke, if left untreated. The Indian Centre for Meteorology warns that a 105-degree Fahrenheit or 40-degree Celsius daytime temperature has the potential to kill a human who is exposed for a longer time.

Simple lifestyle changes like relaxing for 30 minutes after entering the room, allowing our body to adapt to the static room temperature are sufficient enough to protect us from fatal mishaps. A sudden cold shower after longer heat exposure may result in muscle tightening. Stories of people getting treated in the hospital due to such simple yet deadly acts are a lesson for all. Paralyzed limbs and asphyxiation are some of the other common symptoms.

Water is a life-giver and a lifesaver, Under the wrong circumstances, it could turn deadly and becomes a life taker. Children are very much tempted towards sugar and cold items, hence the potential harm that simple cold water could cause must be taught to everyone. Educate and empower others with the following summer tips to keep your body, mind, and soul cooler this summer.



Summer Tips

- Wearing cotton clothes is a must
- Vacation and travelling must be avoided if high heat waves are announced.
- Usage of air conditioner and refrigerator soars during this period, hence the need to keep a healthy active body is the need of the hour.
- Drink plenty of water.
- Visiting hill stations to calm your mind and body is a healthy tip.
- Nature gives us watery fruits during this season. Eat them and stay healthy.
- The summer season is the hottest season of the year.
- Abundant sunlight due to sun rays falling directly over the central part of the country
- The days are longer and the nights are shorter during this season.
- The summer season starts in March and ends in July.



Jagannath

As A Doctor, I Would Like To Achieve

Medical Students Jagannath and Hannah John share their experiences as students of SRM Medical college Hospital & Research Centre, Potheri.



Hannah John

Continued in Next Page

I always wanted to be a doctor. I never could see myself as any other professional. But as I was reaching my goal, the struggle was getting real. When it was declared that colleges are going to be allocated automatically, SRM was always one of my favourite colleges with all its elegance and lessons. Back in 2017, when I came into this totally isolated university, I was naïve. Coming from a small town, where development is at its nascent stage, my individual freedom was always in jeopardy. I never once had the chance to stand up for myself and decide on things that matter the most. Joining SRM is and was one of the right decisions I ever took. This university has taught me patience, kindness, generosity, and empathy, pulling me out of my comfort zone. SRM trained me to face real-world hardships and I feel proud to be an SRMite. The workshops, webinars, academics, and cultural events have taught me the values of teamwork, accountability, and responsibility. The art of saying no at the right time and place is something that I learned here at SRM. It was pretty devastating at first because as a Bengali, all you want in life is some food and music but I understood that life is more than those things. Ups and downs are part of my current journey, but the memory is forever. I am grateful for all my mentors and wish to learn more. - **Jagannath**

When I joined SRM Medical college, I was excited about the experience and my transition to becoming a full-fledged doctor. However, the journey wasn't easy. There were struggles, especially after graduating from school and coping with high-yield medical science. But thanks to the dedicated professors who were able to break down the content and help us to learn from a practical point of view. I was slowly able to cope and view the subject from a new perspective. I wasn't a bright student, but I can testify that there was always something new that I learned every day being around the college and the hospital. Even though I am an intern at present, to this day, I am continuing to learn because medical science is an 'ever-changing' subject and it is important as a Professional to stay updated. I thank God for the opportunity to study in a professional medical college like SRM which is honing my skills to achieve my dream as a doctor. - **Hannah John**



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Institute College, Potheri



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Institute College, Potheri



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SRM Medical & Science
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 SRM Medical College Hospital & Research Centre Potheri		“வள்ளி” <small>சுகாதாரம், மருத்துவ அமைப்புகள், ஆராய்ச்சி மையம்</small> <small>மருத்துவமனை, ஆராய்ச்சி மையம், மருத்துவ அமைப்புகள்</small> <small>உயிர் காக்கும் அமைப்புகள்</small>	
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Good Eyesight for Workforce helps companies' Performance

Caring for your Employees Health

Why maintaining eye health is important for a healthier human resource?

As mentioned wisely in a proverb, "the eyes are the window to our soul", the importance of maintaining good health is of a greater relevance after the pandemic. Digitalisation has pushed our screen time greater but people rarely admit to deficiencies in their eyesight until it's too late. The Department of Ophthalmology & Visual Sciences at SRM Medical College Hospital & Research Centre is spearheaded by Prof. Dr. Sankar Kumar. T is an experienced and qualified Ophthalmologist from AIIMS- New Delhi, with his able team of faculty.

OUR OPHTHALMIC SERVICES

Ophthalmology Department is actively involved in:-

- 24 hours emergency service
- OPD Facilities- 8.00AM to 4.00 PM
- Cataract Surgeries including topical Phacoemulsification
- Eye Banking and Corneal transplantation
- Glaucoma surgeries
- Squint and Oculoplasty
- FFA and Green laser photocoagulation
- Yag capsulotomy and Iridotomy
- Vitreo Retinal Services



WET LAB
P.G (MS) SURGICAL TRAINING



PHACOEMULSIFICATION



OT : CATARACT SURGERY
UNDER MICROSCOPE

Importance of Maintaining Eyesight of your Workers and Employees for your Company's Productivity

OUTPATIENT SERVICES:

The routine services offered in the OPD are visual acuity testing, tonometry, syringing, slit lamp examination, Gonioscopy, and direct & indirect ophthalmoscopy. OPD Services are available from 8 am to 4 pm with a Daily Number of patients averaging between 120 to 160 and 12-13 operations (Major and minor) performed in a day.

Specialty clinics offer the following services: -

- Specialty clinics such as retina, cornea clinic, glaucoma clinic & squint clinic are conducted by experienced faculties of the department on different days. The Outpatient clinic is equipped with state-of-the-art ophthalmic equipment for both diagnosis and therapy.
- A dedicated operation theatre houses high-end equipment for cataracts, glaucoma, orbital surgeries, vitreoretinal surgeries, and other ophthalmic surgeries. The minor operation room is situated adjacent to the outpatient clinic.
- The commonly treated ophthalmic conditions include conjunctival, corneal diseases, Paediatric ocular disorders, intraocular infections, correction of refractive errors, cataract, eye injuries, removal of foreign bodies, glaucoma, and retinal diseases, intraocular inflammations, neuro-ophthalmic problems, and ophthalmic emergencies.
- The OPD is equipped with high-end therapeutic and diagnostic equipment such as Nd: YAG Laser, Auto-Perimeter, Optical Coherence Tomography, Fundus fluorescein angiography, Ocular imaging, Ultrasound A-scan, B scan, Specular microscope, and Pachymeter, and Green LASER for retinal LASER therapy.

INPATIENT: Inpatient services are provided for those patients requiring admission and post-Operative care. This is provided by 60 bedded wards equipped with slit lamps and IOL workup.

EYE CAMPS

We organize regular outreach eye camps for the community where people are screened for eye diseases and eye health. This check-up is free of cost and the patients are referred to the hospital if they need any surgical intervention or IP care.

As an institutional social responsibility, every year we screen school children including orphanage schools at proximity for refractive error and other eye disorders. As a part of community training industrial visits are organized to create awareness of eye protection from chemical and other industrial injuries.

Blindness prevention awareness programs on glaucoma and diabetic retinopathy for public and hospital staff are conducted frequently.



Manikandan

On January 3rd 2022 around 9.30 pm in the village of Chattamangalam next to Maraimalai Nagar. I was traveling in my two wheeler and was severely hit by a passing car. I managed to turn my bike at great speed but only to be hit by a roadside cattle. The damage was severe and I suffered a fracture on my left arm and was admitted to SRM Hospital the same day. With surgical intervention the very next day and proper care from the SRM hospital, I recovered very well. I was discharged within a short span of time after 360-degree health care from the hospital. The golden hour treatment given by the doctors and trainees helped me to get

my life back on track. I am forever grateful for the SRM doctors and to the people who helped me through these hard times.



VALLI's - STUDENTS CORNER

Tips for Healthy Life

Dance- to keep you happy and healthy

- It provides better coordination, agility, and flexibility.
- It improves the body's balance and spatial awareness.
- It Increases physical confidence.
- It improves mental functioning.

It is an integral representation of Indian culture. Indians dance for multiple reasons: to preserve the treasured culture and heritage, celebrate weddings, commemorate festivals, entertain by demonstrating their Bollywood dancing abilities, and for the sake of pure joy and happiness.

Stay fit with good sleep and nutrition

Regular physical activity can help you with a healthier biological clock. Physical exhaustion is not a solution for us to sleep better, a good combination of activities and food is the key to good lifestyle.

DIET IS THE KEY: 60% of your everyday needs must be satiated by a planned diet. A healthy body needs just 40% physical activity. Without a proper diet, your fitness goals can never be achieved. A person with a proper diet and timely workout can do miracles to their bodies. You will become a better-enlightened person by heart and by health. Proper balanced nutrition must be your everyday routine. Keep yourself healthier with good sleep and good nutrition.

Music – Remedy to our stressful life “Music is life itself; Music is the moonlight in the gloomy night of life.” - Louis Armstrong. Music is the language of the spirit. It opens the secret of life bringing peace, and annulling strife. It is the sound that is brought together through a harmony of instruments and singing voices. Music is found in birds chirping, plants rustling, and lullabies. It improves mood and productivity and also reduces stress and anxiety. Music is everywhere, and all you have to do is open up and listen to it.



VARSHANA (XII - C)
SRM Public School - Guduvanchery



ASEEL (XII - C)
SRM Public School - Guduvanchery



Jacob Rowan Micheal (XII - A)
SRM Public School - Guduvanchery

Next Competition: Dear Students, We Invite your 100words - Opinion / write up on “How to keep our Surroundings Clean” to reach us (ptfvalli@gmail.com) on before 20th June 2022. **Good Luck.**



Nurturing Young Talent for Public Good

Our “Valli” Newsletter carries an interesting feature from this issue - ideas from School Students on Tips for Healthy Life.

We think, this is very important on two counts – one, it gives fresh and new ideas on how we can safeguard and protect our environment and two, we are able to identify fresh talents in the young ones who have a flair for communication and public service. A society will immensely gain if it is able to identify and nurture young talent that has is enthusiastic and keen about public good.

The other important column is the one on Industrial Safety / caring for your employees health. Factories all over need to have greater emphasis on good health for their employees and safer and improved practices. According to a report more than 162 casualties were reported last year(2021) in Industrial accidents in India. This has to be brought down to “zero.” And it calls for improved health of the workers and safer practices. Improvement and Progress calls for change in attitude and habits. We can achieve better healthcare goals with such an approach.



EYE HEALTH EDUCATION



- **REDNESS OF EYE** – Take rest, place cool compresses over closed eyes, Gentle washing of the eyelids can relieve the symptoms. An eye doctor will prescribe ointments or eyedrops or antibiotics during the visit.
- **FOREIGN BODY IN EYE** – In case of a foreign body in the eye like dirt/dust particle, small stone or other material, do not rub your eyes or apply pressure. Wash eye by immersing the face in a flat container of water. In case of continued sensation of foreign body contact or visit the nearest ophthalmologist.
- **CONJUNCTIVITIS /EPIDEMIC CONJUNCTIVITIS (MADRAS EYE)** – Symptoms comprise burning and tearing of eye with discharge, itching, pain in eye and acute redness of eye. It is extremely contagious and patients to wear protective dark glasses to protect from photophobia. Patients to not share towels, handkerchiefs and other personal use items. Treatment is with antibiotics /antihistamine eye drops or ointments
- **CHEMICAL EYE INJURY** – Flush the Eye. Have the person immediately rinse the eye or eyes under a faucet, in a gentle shower, or with a clean container of water. Get Help Immediately. See a doctor or go to the Emergency in a hospital as soon as possible. Continue follow-up visits as advised by the doctor.
- **DIMINUTION OF VISION** – In case of blurred/diminished vision the patient is advised to go see an ophthalmologist without undue delay. Here they can undergo various tests to examine visual acuity. Then the patient is advised to use spectacles or contact lens or undergo surgery based on the patient's refractory error.
- **CATARACT** – Cataract is an age-related degeneration of the lens fibres leading to gradual painless diminution of vision. Cataract can occur due to old age, heredity factors, exposure to sunlight/UV Rays, and Vitamin Deficiency. Treatment and cure is possible through surgical removal of the affected lens and implantation of an intra ocular lens. Nowadays No Stitch No Injection procedures like Phacoemulsification is available
- **Glaucoma** – This manifests as vision diminution, eye pain & redness of eye, head ache, colored halos, and constriction of field of vision. In case of patients 40 years and above presenting with these symptoms, regular screening should be done to check intraocular pressure of the eye in order to rule out Glaucoma especially in patients with a family history. Medical management as well surgical procedures can be done according to the severity.
- **Diabetics** – They are prone to kidney, heart and eye problems. Its very important to get regular eye check-ups. If you do develop diabetic retinopathy, early treatment can stop the damage and prevent blindness. Medications for diabetes should be taken to control the blood sugar levels. Diabetics are advised to keep track of their weight, blood pressure and cholesterol and stop smoking. Persons with Squint or lazy eye(strabismus) the eyes of the patient are deviated from the visual axis ie either in or out, or up or down. The patient is advised to visit an ophthalmologist and measures are then taken to accommodate the vision based on the degree of deviation.
- **People with nutritional deficiencies** – especially children under 5 years of age can present with night blindness , dryness etc. due to vitamin A deficiency and on visiting the doctor the child is advised to take vitamin A rich foods such as carrot, egg etc. and are also given Vitamin A supplements routinely.

- Department of Ophthalmology SRMMCH & RC.



(A People-based movement working for Youth Development, Rural Education & Health Care - One of the Largest NGOs in India)



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“Propelling Public-Private Partnerships for Community Health”

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