

HBS Times

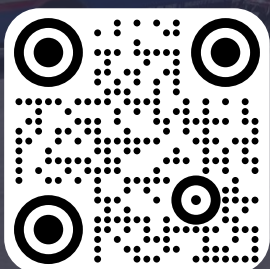


HBS HOSPITAL
SERVING HUMANITY FOR GOD'S SAKE

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More updates visit www.hbshospital.com



Dear Patrons and Well Wishers,

We hope you and your families are doing good and keeping safe.

We hope you have enjoyed reading our previous issue which highlighted our latest services and touched upon pertinent health topics.

In this issue, we share snippets from one of our successful services - The laboratory at HBS.

The Health Fusion talks about thyroid disorders and how to manage it.

Read further to know more about this and other heartening news that has kept us on our toes over the last few months!

Should you have any suggestions to make it more interesting and useful, do mail us at media@hbshospital.com with the subject line 'HBS TIMES'.

Our Services

HBS Laboratory Services



The laboratory services at HBS hospital was brought into fruition in 2012, when the hospital had just opened.

Starting off with only one lab technician, HBS laboratory has come a long way, now being situated in the hospital basement and with six lab technicians round the clock.

HBS Laboratory is equipped with the latest lab equipment including haematology and a biochemistry machine. The haematology machine is used for running various blood samples, such as platelet count, WBC count and others whilst the biochemistry machine is used to study blood and urine samples for easy diagnosis. These machines



save the hospital a lot of time and energy, taking up most of the manual work and producing automated reports. For e.g. the haematology

machine is able to run over 60 samples in less than an hour while the biochemistry machine can run upto 180 tests in an hour.

Both machines undergo regular maintenance/quality checks to ensure their accuracy and functioning. The laboratory collaborates with other hospitals such as CMC, Vellore and AIIMS, Delhi to obtain sample tests to run under the hospital's equipment and certify their quality and results.

During the pandemic, the laboratory expanded to collecting covid samples and diagnosing their results.

The latest addition has been the TrueNat machine which was donated by Azim Premji Philanthropic

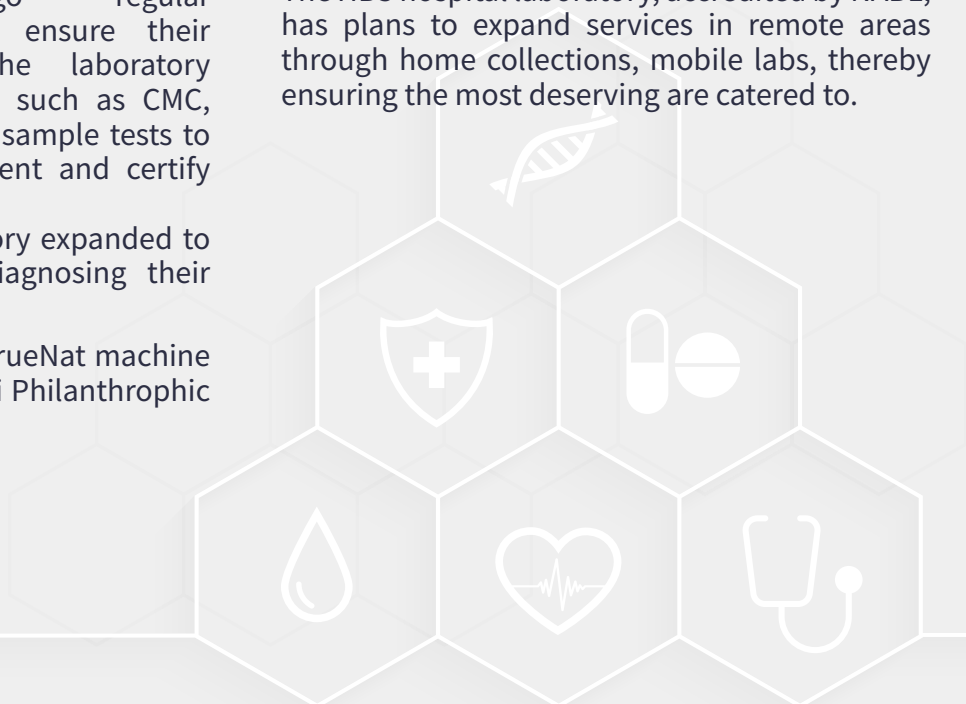
Initiatives (APPI) during the first wave of the pandemic. There were some more additional equipment required which the hospital procured, including deepfreeze machines, biosafety cabinets and required interiors. Along with the technicians had to be trained and necessary approvals from ICMR and NABL were required to operate it. All this was made possible within a span of a few weeks. A total of around 7000 COVID tests have been conducted till date. And these results are generated within a couple of hours time compared to other PCR machines which take 24 hours.

The lab also has provision to provide bar coded test results which is beneficial especially to those traveling.

When asked about what sets the HBS laboratory apart from any other hospital labs, Mr. Veeresh, who heads and oversees all workings of the lab, expressed that "Compared to other hospitals, our prices are affordable without compromising on the quality of the reports that are produced".

He also added that, *"a lot of work goes into maintaining the lab and making sure all the equipment has the right calibrations and measurements"*. He, along with Mr. Kiran, the main in charge of the laboratory services at HBS, regularly ensure the smooth working of the laboratory.

The HBS hospital laboratory, accredited by NABL, has plans to expand services in remote areas through home collections, mobile labs, thereby ensuring the most deserving are catered to.



Employee Speaks



Ms Shakeela Ayub

Head of HR Management

A lady with a smile!

Ms. Shakeela Ayub, born and raised in Bangalore, completed her high school education in Modern School and her higher education in Hasanath College. She worked for a school for two years after her studies before acquiring a job as a front desk executive at Acura Speciality Hospital.

Ms. Shakeela was one of the very first employees of HBS, working with the hospital from when they had very few patients, to now, 10 years later, where HBS caters to more than 1000 patients per month.

With encouragement and guidance from Dr. Mateen, she rose in her ranks, from being the hospital receptionist, to now, working as the head of HR Management, where she is in charge of recruiting new employees and ensuring the well-being and working conditions of the current employees.

Shakeela has two daughters, whom she considers her pride and joy. Her husband, Mr Ayub works at HBS as well, and together they've been able to support their family without sacrificing on the work-life balance.

Shakeela has always been grateful for the HBS family as due to them, she's never felt like just an employee at the hospital, but part of something larger.

She says: *"Working at HBS never felt like a job to me. I've always enjoyed everything I did and never once did I entertain the thought of moving to another job. HBS is like a second home to me and I'm glad to be part of the community here."*

Fostering a Culture of Learning and Development



Continuing Medical Education (CME) is carried out to provide job-related knowledge and skills to the employees systematically to help strengthen

patient treatment and care.

This helps in building employee skill sets, and confidence and improves overall performance.

At HBS, there is a focus on CME, to bring new ideas into the workplace and share best practices.

Over the last few months, regular training sessions are being carried out for doctors, nurses, housekeeping and admins staff on topics pertaining to medical, non-medical and administrative areas.

In the medical area, topics on Medical Integrity and Ethics, Managing Diabetes, Hypertension, Pain Management of different areas such as Chest,

Abdomen, Fluid level management, Discussion of Case Studies, etc have been covered by experienced doctors such *Dr Taha Mateen, Dr Muneeb Yasir, Dr Saud Ahmed*, etc.

Non-medical topics such as Bio-Waste Management, Safe Handling of Assets and Equipment, Safe Practices in the Laboratory, etc have been covered by respective Department heads.

These sessions are filled with real-world examples taken from the hospital's rich experience in patient care to give trainees an in-depth exposure to addressing a variety of cases.

Most of the sessions are widely appreciated by the trainees and there are attempts to incorporate the learnings into their work.

Through these periodic training, the overall focus is to increase patient safety, reduce medical errors, and improve the overall quality of healthcare provided by the hospital.

10th Anniversary Celebrations!

Born from a vision, fuelled with compassion and zeal!



HBS Hospital completed 10 years of service in March 2022. Over the past decade, we have strengthened our healthcare practices of patient care and treatment. This has

led us to achieve exceptional results and marked a major milestone in the history of HBS Hospital.

This was commemorated by a small celebration of gratitude and thankfulness, held at the hospital for its entire staff.

In recognition of the 10 year excellence, employees who were part of the core team at the time of initiation, we invited and acknowledged. Employees who completed 10 years of service were recognised for their contribution and dedication.

Their stories, achievements, and challenges were shared and celebrated.

The evening was interspersed with a phenomenal display of talent from the staff through skits, traditional

performances, and games!

Dr Taha Mateen shared his experience during the early struggle and gratefully acknowledged the many generous individuals who supported the vision of creating a service hospital for the deserving.



HBS hospital is immensely thankful to its trustees, management and staff for their relentless efforts and love towards making HBS a

beacon of trust and service. This journey would not have been possible without the wishes and support of the community. We thank our well-wishers for being with us at every step!

We pray and hope for this journey to continue with greater resolve, better services and abundant compassion toward the poor!

Free OB-Gynaec Deliveries @ HBS



The Ob-Gynaec department comprising of experienced and skilled gynaecologists are now offering free deliveries for expectant mothers who come from economically poor backgrounds and are zakat eligible. The ANC consultations along with the necessary tests will be offered at very nominal prices.

As a means to create awareness on basic gynaecological health and hygiene, the department is conducting free Ob-Gynaec camps in collaboration with NGOs at different slum areas across Bengaluru. The camps involve health talks, free checkups for patients with gynaecological problems as well as pregnant mothers. Mothers will then be offered free deliveries at the hospital.

If your organisation wishes to carry out an obstetric - gynaecological checkup in a nearby slum area for the needy, kindly contact us at **+91 81979 17771**.

For further details on the deliveries, kindly contact **Dr Fathima @ +91 77953 90016**

Our Dialysis Heroes!

This section throws light on the many challenges, patients coming in for dialysis face, as they are from adverse backgrounds with little to no financial or family support. They are like any of us, but gripped with a debilitating condition which they refuse to be threatened by!

Rafiq Khan, 37 years

My name is Rafiq Khan, age 37. Initially, I was receiving my dialysis in Victoria Hospital. However, that lasted for just 3 months as afterwards, one patient from HBS suggested I take my dialysis here. It's been 7 years since I've taken up my dialysis here in HBS. I was driving a lorry and further an auto rickshaw for a period for a living. Now my wife works at a garments factory and is the sole bread earner. I have two sons, both are studying in school. I am fortunate that HBS supports their schooling and further apart from this; the Hospital eases with monthly grocery which is workable. I honestly prefer HBS over alternative hospitals. I travel from Bangarapet for my dialysis. It is a challenge for me to go from Bangarapet to the hospital, which is around 80 kms and I have to shift to varied methods of transport. From home to the railway station, then again from station to HBS hospital further in a rickshaw. Still travelling is an inconvenience but It's

workable for me since there are loads of benefits for me on the side at HBS. When I am in sickness or in need of any aid, I express this to Dr. Zafar. He supports me with medications for free. I don't hear this kind of conduct and benefits outside, yet individuals continue advising me to switch to new hospitals. Through hospitals' aid, I have received allowances for my dialysis, for which I am extremely overwhelmed. Though my extended family is present, I don't look at any backing from them. I have no comments to express the Generosity and pleasing remedy I have here in HBS. One cannot locate such a team and doctors even if one lights a lamp to meet such individuals. Men like Dr. Zafar, the admin, and the medics here are the reason that we needy humans are maintained with their help and respect us as their own family. We can readily share our concerns and disputes with them as there is no boundary and always treated them fairly.

Ganesh, 54 years

I am Ganesh, age 54. I am taking my dialysis for over 4 years and it's been 3 and half years since I have been here at HBS. Early on, approximately 6 months I visited Victoria Hospital for my dialysis. I learned about HBS through an Ayurvedic doctor who was consulting a patient in the former hospital. The Ayurvedic doctor introduced me to Dr Zafar and had my dialysis performed here regularly since. Here it is convenient for me to go from my home which is around 3 km, previous I had to travel to the city market which is a costly affair and too wearing. Apart from that, financially, I can deal with my hospital charges here related to my experience in other hospitals. I had tooth pain due to which was handed over heavy dosage pills which left affecting my kidney negatively. I was a contract driver in BEL for around 11 years, and after a period, they didn't support any of my hospital expenditures. But HBS was incredibly

considerate and supported with the monthly ration which is workable. I live with my wife and son. My wife sold her house for living expenses. Indeed, my brother-in-law too supports me financially. My son is studying now, but before that he diverted two years with me since he assisted me to visit Victoria hospital. When matched to the treatment here in HBS and other hospitals, it's better, I spend less time in commute. Attendants are remarkably sociable and cheering. Dr. Zafar reviews our condition and shows relevant therapy for the same. Apart from all these, I take monetary help monthly of around 500 as a pension. Here it's good, matched to alternative hospitals. Not just for me alone, but likewise for patients here who come from far away. HBS and its management turn out to be favourable and economical.

#EachOneSupportOne

These brave hearts refuse to be threatened by their condition! There are many patients who come from adverse backgrounds with little to no financial or family support. They are just like any one of us but gripped with this debilitating condition.

Together we make a change. Let's help in dissolving someone's pain. Let's ensure someone does not have to think about finance for their next dialysis treatment.

Kind Friends For Kidneys an initiative to support dialysis patients brings to you #EachOneSupportOne to help relieve their financial issues and aid their treatment.

Let's make a change!

DONATE NOW For those who wish to make direct support, you can do so by two options:

Option 1

Direct debit from your bank account to the HBS Dialysis bank account


A/c Name : HBS Dialysis
A/c No : 913020048258295
Axis bank, MG road.
IFSC code : UTIB0000009

Option 2

Donations through the dialysis page of the hospital website -

<http://www.hbshospital.com/dialysis.php>

Note: If you have chosen any of the above, please write an email to Ms. Sameena Rahman at dialysis@hbshospital.com with your: *Name. *Address *Contact number & PAN No. (if donation per annum > 50k) * Amount donated & details if it is a regular monthly donation.



Share the Word!

Tremendous goodness can be achieved by just tapping into each of our circles of influence!

Every Individual can pledge support and in turn, share this with other 5 family members/friends and nudge them to support a minimum of one dialysis per month for a year.

"Helping one person might not change the world, but it could change the world for one person".

Pledge to **#EachOneSupportOne**

Health Fusion: Polycystic Ovary Syndrome (PCOS)

✓ What is PCOS?



PCOS, also known as Polycystic Ovary Syndrome is a hormonal disorder common amongst women of reproductive age. Women with PCOS may have infrequent or prolonged menstrual periods or excess male hormonal (androgen) levels. The ovaries may develop numerous small collections of fluid (follicles) and fail to regularly release eggs.

PCOS is a fairly common disorder present in women. Data collected in the previous years showed over 15% of women who were of reproductive age to have had PCOS. In recent years, the statistics have increased to 25%.

PCOS is a chronic disorder, and can last for years or even a lifetime.

✔ **What are the causes and symptoms of PCOS?**

The main cause of PCOS is unknown and isn't well understood. However it is widely agreed upon that genetics and certain environmental factors play a large role in causing the disorder.

Symptoms may include irregular periods, difficulty getting pregnant due to irregular ovulation, excessive hair growth in areas like the face, chest and back, thinning of hair/ hair loss from the head, weight gain, oily skin/ acne, cysts, and dark patches on the skin

The symptoms can present differently in each individual, ranging from experiencing most of the above symptoms to only just a few.

✔ **What is the diagnosis and treatment for the disorder? What doctor do I visit for the same?**

There's no definitive test to identify the presence of PCOS.

The consulting doctor is most likely to go through one's medical history to check for irregular menstrual cycles and any weight changes. Most doctors suggest a physical test- this includes checking for signs of excess hair growth, insulin resistance and acne.

Some additional tests that may be done are: a pelvic exam (to visually check the reproductive organs from any growths, masses, or any other abnormalities), blood test (to check for irregular hormone levels) and an ultrasound (to check the appearance of the ovaries and the thickness of the uterus lining).

Treatment

Since PCOS is a chronic disorder, there is no definite cure for it. PCOS treatment largely focuses on managing individual concerns, such as infertility, acne, or obesity.

Specific treatment may involve lifestyle changes or medication. (Medication can include various birth control pills, progestin therapy, metformin and other specific medication depending on the individual)

* To check for PCOS or for a treatment plan, one can visit a OBGYN specialist (who focuses on reproductive health and childbirth), a Primary Care Provider (PCP)

(who helps prevent, diagnose, and treat diseases), or an Endocrinologist (who specializes in hormonal and metabolic treatments).

✔ **How can I change my diet and lifestyle in a way that will be healthy?**

Adopting a lifestyle where one regularly exercises (up to 40-60 minutes a day) and is active with the goal to maintain optimum weight largely helps control the symptoms of PCOS.

It is important to know that when it comes to exercise, one must start slow and build up to the more intense workouts.

In addition to this, having a healthy diet, (eating more fruits, vegetables, whole foods, lean meat, fish and chicken) and drinking at least 2 to 2.5 litres of water also assists in better controlling the symptoms.

Furthermore, it is greatly beneficial to maintain a healthy sleep schedule and control one's stress levels.

✔ **What are the food to avoid?**

It is best to avoid food items containing Sugary food, processed meat and refined carbohydrates.

All the above information was given and reviewed by Dr. Sadia Kausar, a certified gynecologist working at HBS Hospital.



HBS in Numbers

(January '22 - March '22)



Outpatients treated:

9015



Inpatients treated:

620



Surgeries & Deliveries:

105

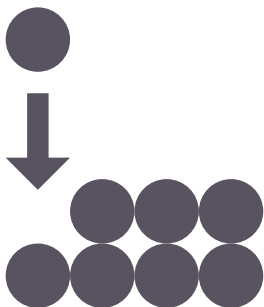


Dialysis procedures:

7925

(50% by sponsors)

**A significant number of treatments and surgeries have been largely discounted / sponsored / carried out free.*



If you wish to support the Hospital in its various treatments to the patients, please click here - <http://hbshospital.com/support-us.php>

Kindly inform **Shabbir** at **+91 9880581343** or email to accounts@hbshospital.com, with your queries or donation details - so that funds can be tracked, and receipts made.

We thank all our supporters and look forward to an engaging journey with all our well-wishers in our efforts to serve the needy with the best of health care and care!



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