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bhatia beacon
Volume: 02
bhatia hospital
Issue: December 2024

**SIGNIFICANT
92 YEARS OF
CARE. QUALITY. PRECISION.**





TIPS

FOR

TERRIFIC TEETH



bhatia hospital

bhatiabeacon

Volume: 03

Issue: April 2025



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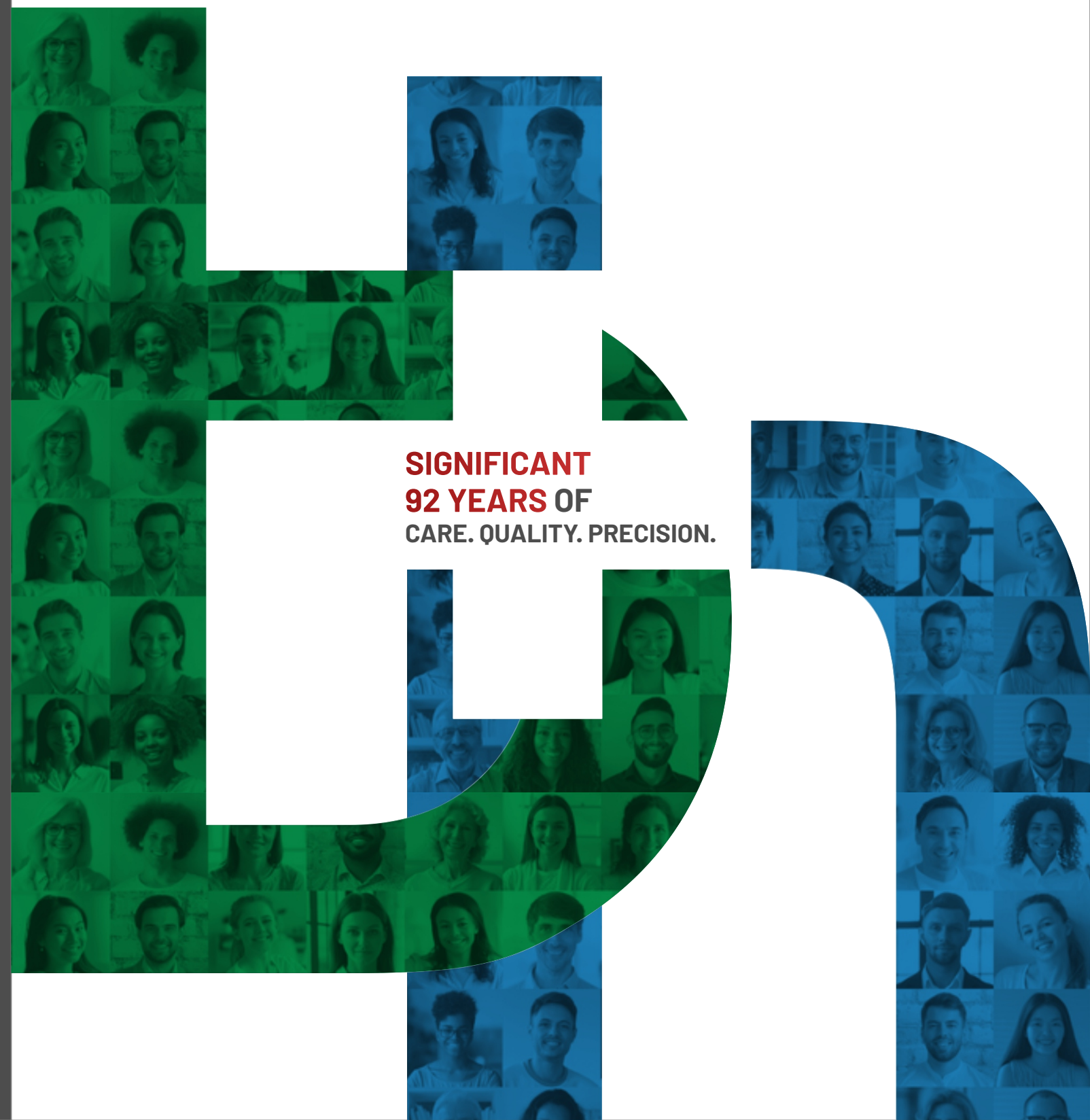
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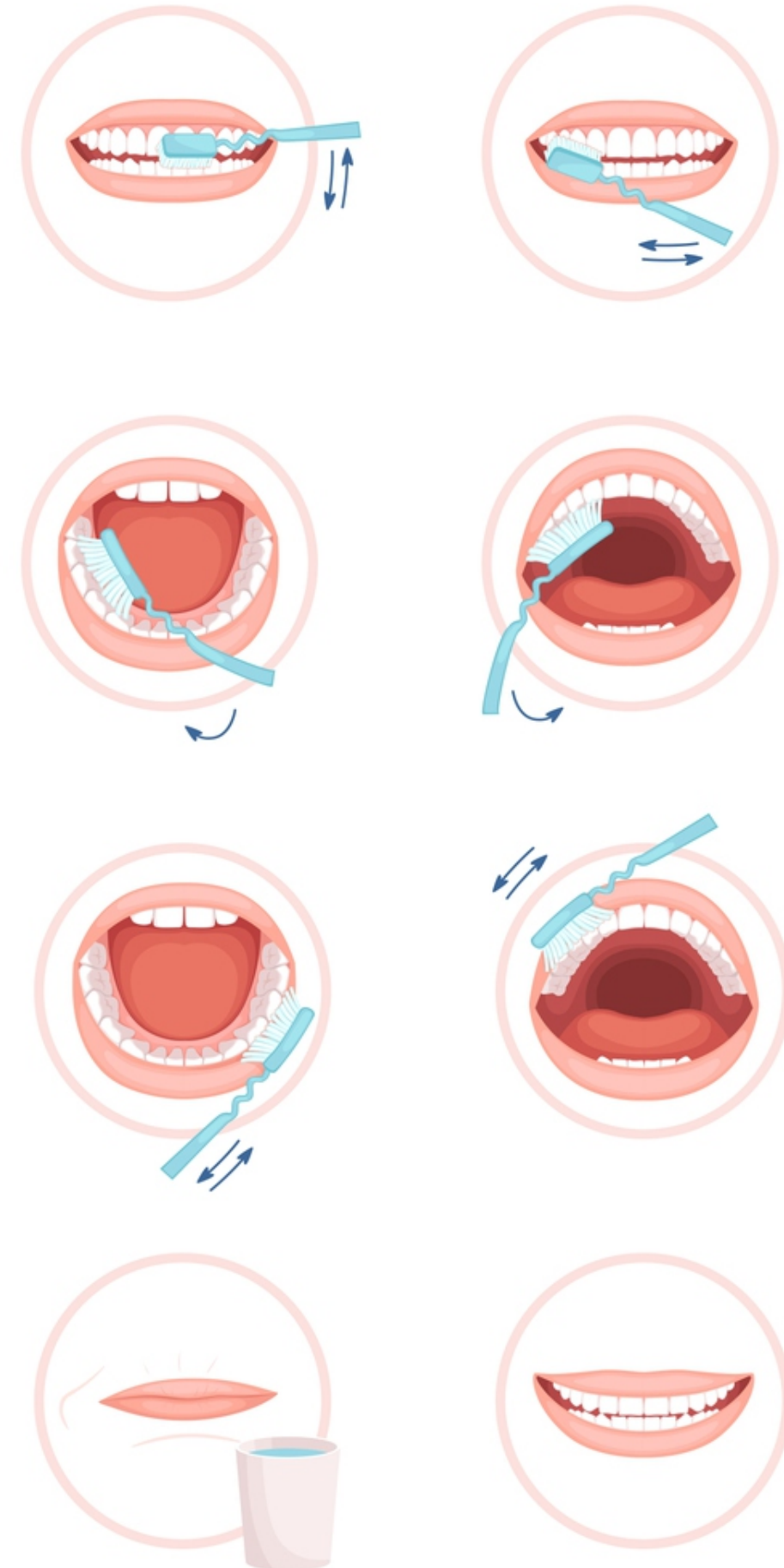
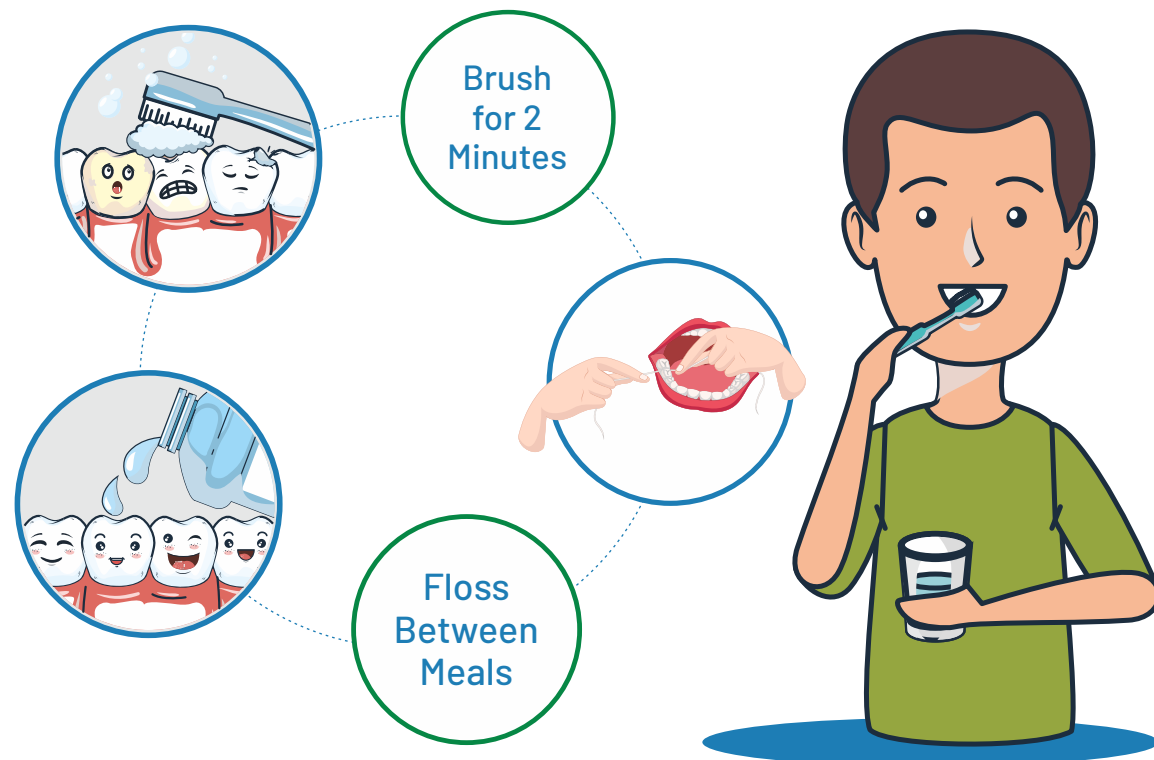
TIPS FOR

TERRIFIC TEETH

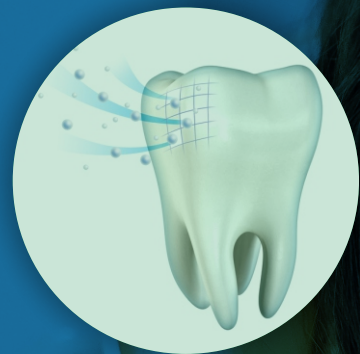
Brush twice a Day using a Fluoride Toothpaste



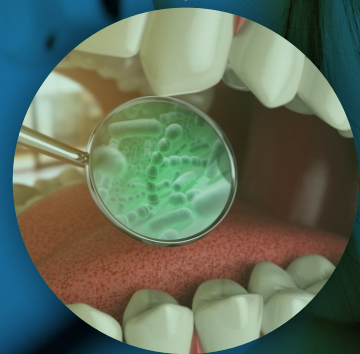
How to Brush your Teeth Thoroughly



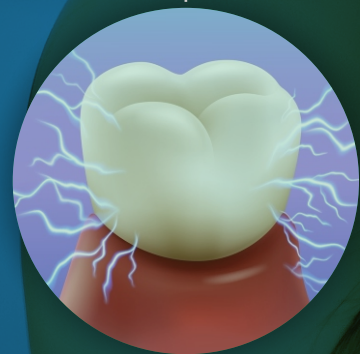
Benefits of fluoride toothpaste



Remineralizes enamel



Prevents the growth of bacteria



Prevents further tooth decay



MYTH

Brushing harder cleans better



FACT

Brushing harder causes trauma to the teeth and also causes gingival recession

Brushing
Harder Doesn't
Clean Better

Follow this simple
2-2-2 RULE



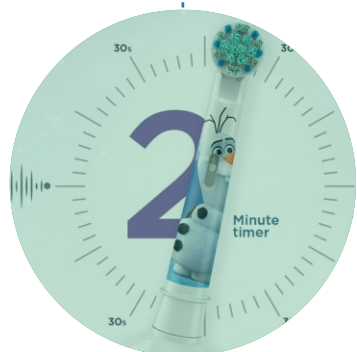
01

Visit the Dentist
2-Times a Year



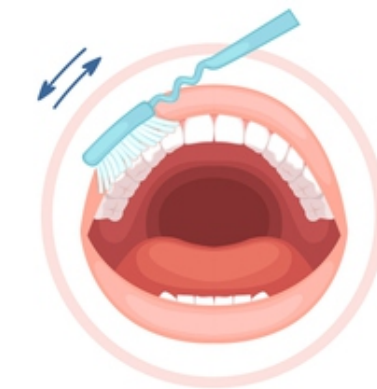
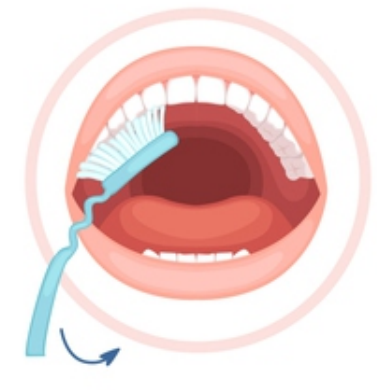
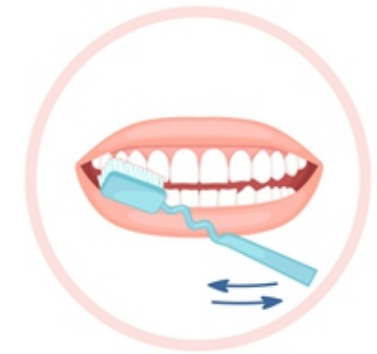
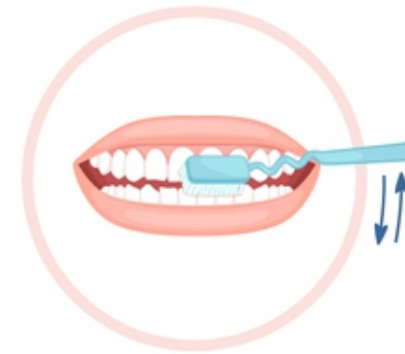
02

Brushing Teeth
2-Times a Day



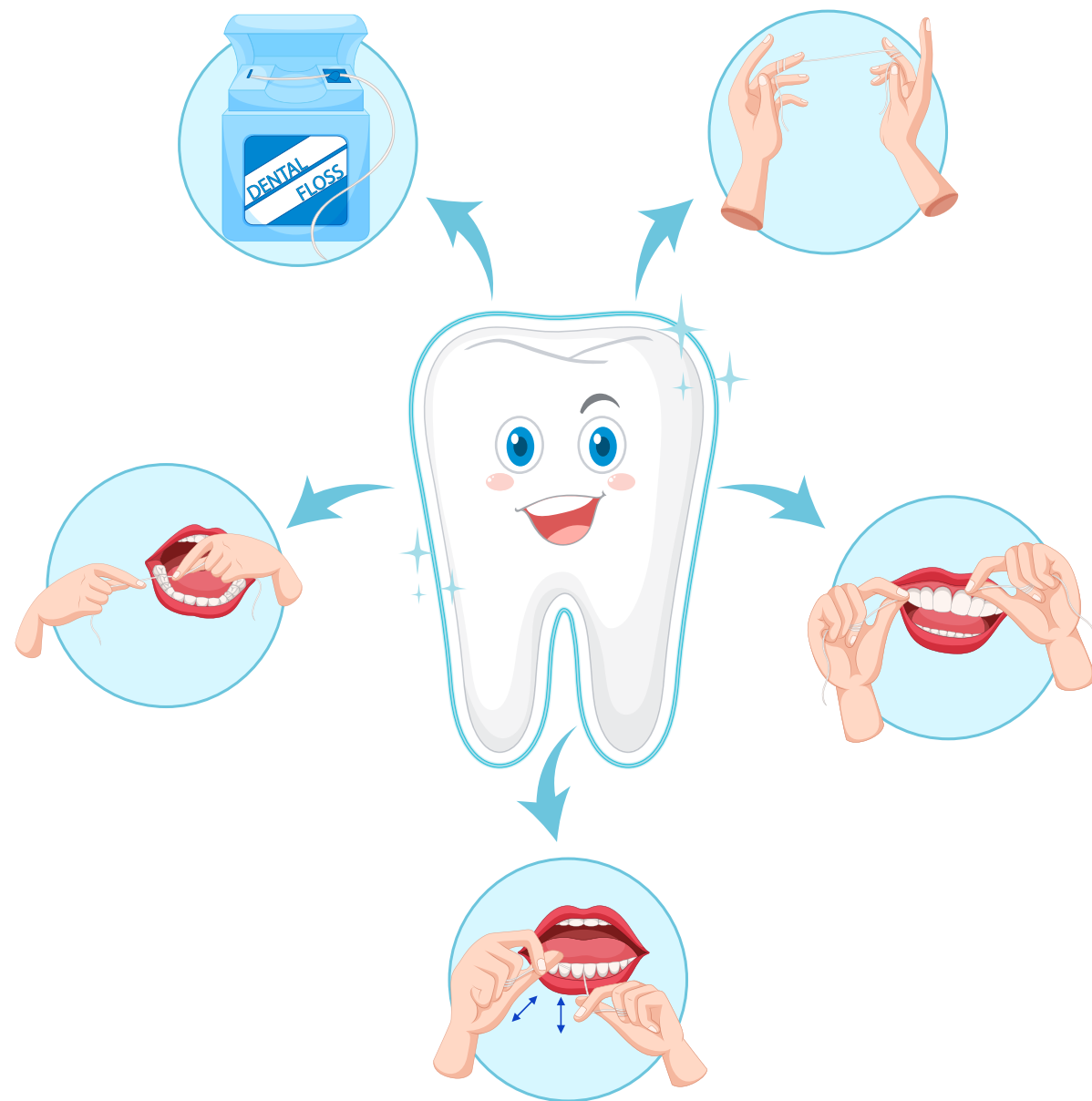
03

Brush Everyday for
2-Minutes



Floss Daily

Clean between your teeth using a dental floss/ interdental brush or water flosser

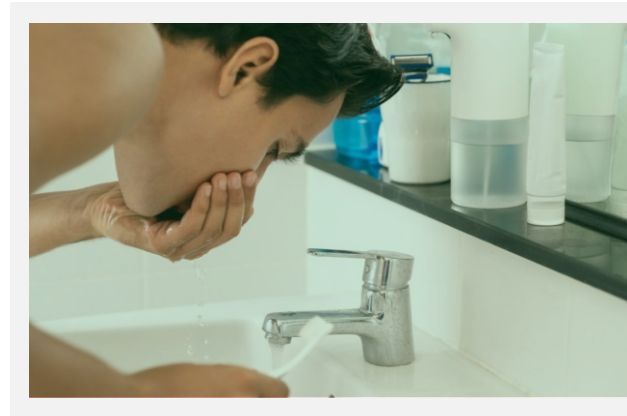


NOTE:

There are 1440 minutes in a day your teeth only need 4 of them

Use Mouthwash

Mouthwash should be used for gargling after every meal.



Do not use mouthwash immediately after brushing your teeth, it results in washing away the fluoride in the toothpaste and reduces its preventive effects.

Eat A Healthy, Balanced Diet

- Limit snacks and drinks that are high in sugar
- Avoid snacking between meals
- Getting the right nutrients- Vit C, Vit D



Stay Hydrated

Water helps rinse away food particles and neutralise acids

REDUCED SALIVA PRODUCTION

Without locking your knees, gently engage your thighs and lift your kneecaps. This activates your leg muscles and supports your lower body.

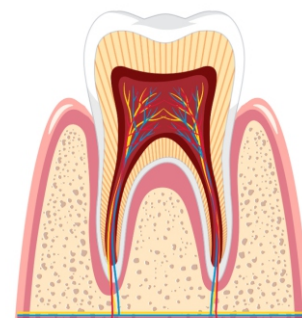


INCREASED RISK OF CAVITIES

With less saliva to neutralize acids produced by bacteria, the likelihood of tooth decay and cavities rises significantly.

GUM HEALTH COMPLICATIONS

A common effect of dehydration, dry mouth can lead to discomfort and difficulty in speaking, swallowing, and tasting food.



BAD BREATH

With less saliva to neutralize acids produced by bacteria, the likelihood of tooth decay and cavities rises significantly.

DRY MOUTH

A common effect of dehydration, dry mouth can lead to discomfort and difficulty in speaking, swallowing, and tasting food.



Do Not Smoke

Smoking / use of tobacco stains your teeth and increases your risk for gum disease , tooth decay and oral cancer



Visit A Dentist Regularly

- Do not wait for pain!
- Regular dental check ups should be a part of your routine
- Visit your dentist one in 6 months.



TADASANA

YOGA
POSE



Tadasana Yoga Pose:

Easy Steps to Better Posture and Balance

Yoga has been around for thousands of years and has many physical and mental benefits. One of the foundational poses in yoga is tadasana yoga, also known as Mountain Pose. This pose is the key to good posture and balance. Whether you're new to yoga or a seasoned yogi, mastering the basics like the tadasana yoga pose sets you up for deeper practice.

Adding tadasana yoga to your daily routine can help your posture, especially if you sit for long hours. As simple as it looks, this pose helps you become aware of how you hold your body, aligning it from head to toe. Let's discover more about this pose and how to practise it right!

WHAT IS TADASANA YOGA POSE?

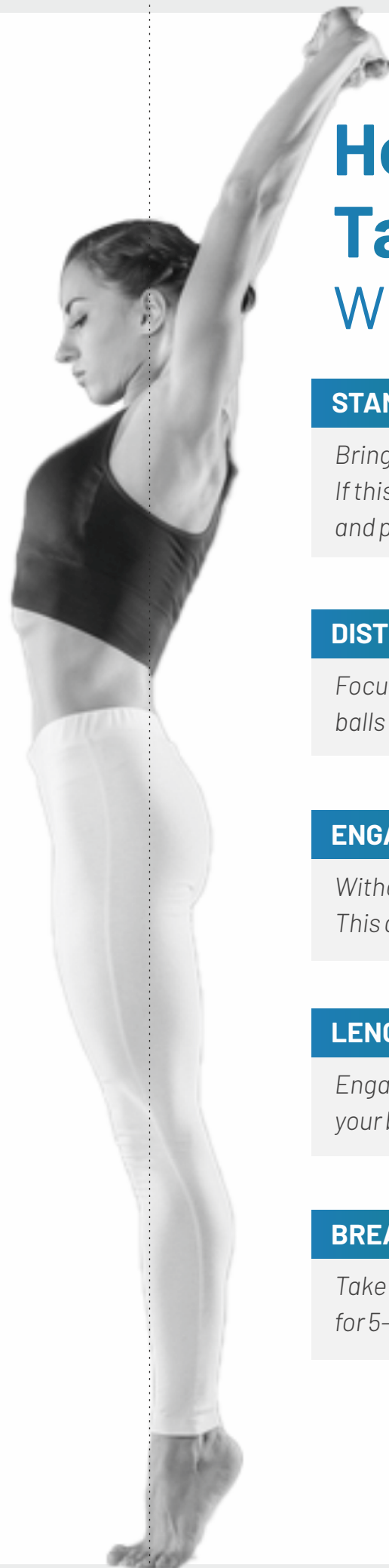
Tadasana is a great starting yoga pose for your yoga journey. Also known as Mountain Pose, Tadasana is a standing yoga pose that is the foundation for many other asanas (yoga poses).

The word 'Tadasana' comes from two Sanskrit words: 'Tada' meaning mountain and 'Asana' meaning pose. This pose is all about standing tall and steady like a mountain with strength and grounding. Although it looks like just standing still, the tadasana yoga pose engages multiple muscle groups and aligns your body.

Tadasana has been practised for centuries. It is used as a starting position or transition between asanas in a sequence. In ancient texts, Tadasana is considered essential for bringing awareness to the body and aligning the posture correctly.

The pose goes beyond the physical. Tadasana yoga pose connects you to the Earth, symbolising grounding and balance. That's why Tadasana is considered more than just a physical exercise – it's a holistic practice.

Despite how easy it looks, this pose requires engagement and concentration. Master this foundational pose and you'll get better in more complex poses.



How to Perform

Tadasana Yoga:

What's the Correct Procedure?

STAND WITH YOUR FEET TOGETHER

Bring your feet together with the big toes touching and the heels slightly apart. If this feels uncomfortable you can separate your feet slightly. Spread your toes and press them evenly into the mat.

DISTRIBUTE YOUR WEIGHT EVENLY

Focus on balancing your body weight across all four corners of your feet: the balls of your big toes, pinky toes and both heels.

ENGAGE YOUR THIGHS AND LIFT YOUR KNEECAPS

Without locking your knees, gently engage your thighs and lift your kneecaps. This activates your leg muscles and supports your lower body.

LENGTHEN YOUR SPINE AND ALIGN YOUR TORSO

Engage your core muscles, pull your belly button toward your spine. Lengthen your back, roll your shoulders slightly down and back, and open your chest.

BREATHE DEEPLY AND FOCUS

Take slow deep breaths, keep your gaze forward, chin parallel to the floor. Hold for 5–10 breaths or as long as feels comfortable.

What are the Benefits of Tadasana Yoga?

Yoga has been around for thousands of years and has many physical and mental benefits. One of the foundational poses in yoga is tadasana yoga, also known as Mountain Pose. This pose is the key to good posture and balance. Whether you're new to yoga or a seasoned yogi, mastering the basics like the tadasana yoga pose sets you up for deeper practice.

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PHYSICAL BENEFITS:



Improves posture

By aligning your spine and engaging your core Tadasana corrects bad posture. This helps to reduce slouching which we do when we sit for long hours.



Strengthens leg muscles

Tadasana works on the muscles of your thighs, calves and feet. Over time this leads to a stronger lower body which supports better overall mobility.



Improves balance and stability

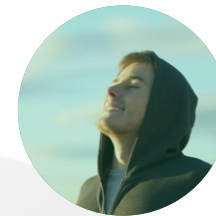
This pose improves balance by evenly distributing the weight and body awareness. This is quite useful for older adults or anyone recovering from an injury.



Increases body awareness

Standing in Tadasana makes you more aware of how you distribute your weight and hold your body, improving overall coordination.

MENTAL BENEFITS:



Calms the mind

Holding this pose while focusing on deep breathing can reduce stress and keep you centred.



Improves focus:

By focusing on your alignment and breathing Tadasana improves mental clarity and focus.

SPIRITUAL BENEFITS:



Grounding and connection:

On a spiritual level Tadasana is said to ground your energy, and connect you to the Earth. This pose is stillness and stability which can bring you calm and balance.



Encourages mindfulness:

Tadasana makes you be present in your body. By focusing on your breath and posture you cultivate the connection between your mind and body and inner peace.

Who Should Practice Tadasana Yoga?

Tadasana is generally safe for most. Let's see which groups benefit the most from Tadasana:

- **Beginners:** This pose is good for yoga beginners as it introduces proper posture alignment and balance.
- **People with posture issues:** If you have slouching or bad posture Tadasana can correct the misalignment over time.

- **Seniors:** Tadasana is gentle on the joints and helps with mobility and stability, reducing the risk of falls.
- **Desk workers:** Those who sit for long hours can benefit from the posture correction and spinal alignment of this pose.

Note: Tadasana yoga pose is suitable for a wide range of individuals, from beginners to experienced yogis. It can benefit anyone looking to improve posture, balance, and mindfulness. However, those with certain conditions should approach it with caution, as outlined in the section below.

Want to learn tadasana and other yogic poses to live a fulfilling life?

Why not consult with experts in the field? Flexify Me brings you life-changing solutions for various conditions through online consultation. Know more with a free demo.

Tadasana Contraindications: When to Avoid This Pose?

Though tadasana yoga is beneficial for overall well-being, there are some situations where you should avoid performing this pose. By knowing these limitations you can practice tadasana yoga safely.

Here are the tadasana contraindications and reasons why you should avoid or modify the pose:



Low Blood Pressure

People with low blood pressure may feel dizzy or lightheaded if standing for too long. Holding the pose for too long can reduce blood flow to the brain and make you faint or uncomfortable. If you have this condition, practice Tadasana for shorter periods or with support like leaning against a wall.



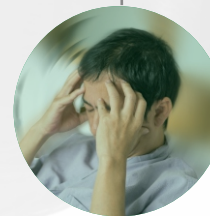
Pregnancy (Late Stages)

While Tadasana is generally safe, in the later stages of pregnancy the weight distribution can put pressure on the lower back. Pregnant women can modify the pose by widening their stance for better balance or practice Tadasana seated.



Foot or Ankle Injuries

If you have an injury to your foot or ankle, avoid Tadasana as standing on an injured area can aggravate the pain. Instead, practice seated poses that don't put weight on your feet.



Vertigo or Balance Disorders

As Tadasana is all about balance, those with severe vertigo or balance issues might find it challenging and unsafe and hence should be extra careful. If you feel unsteady practice Tadasana near a wall or use a chair for support.



Chronic Joint Pain

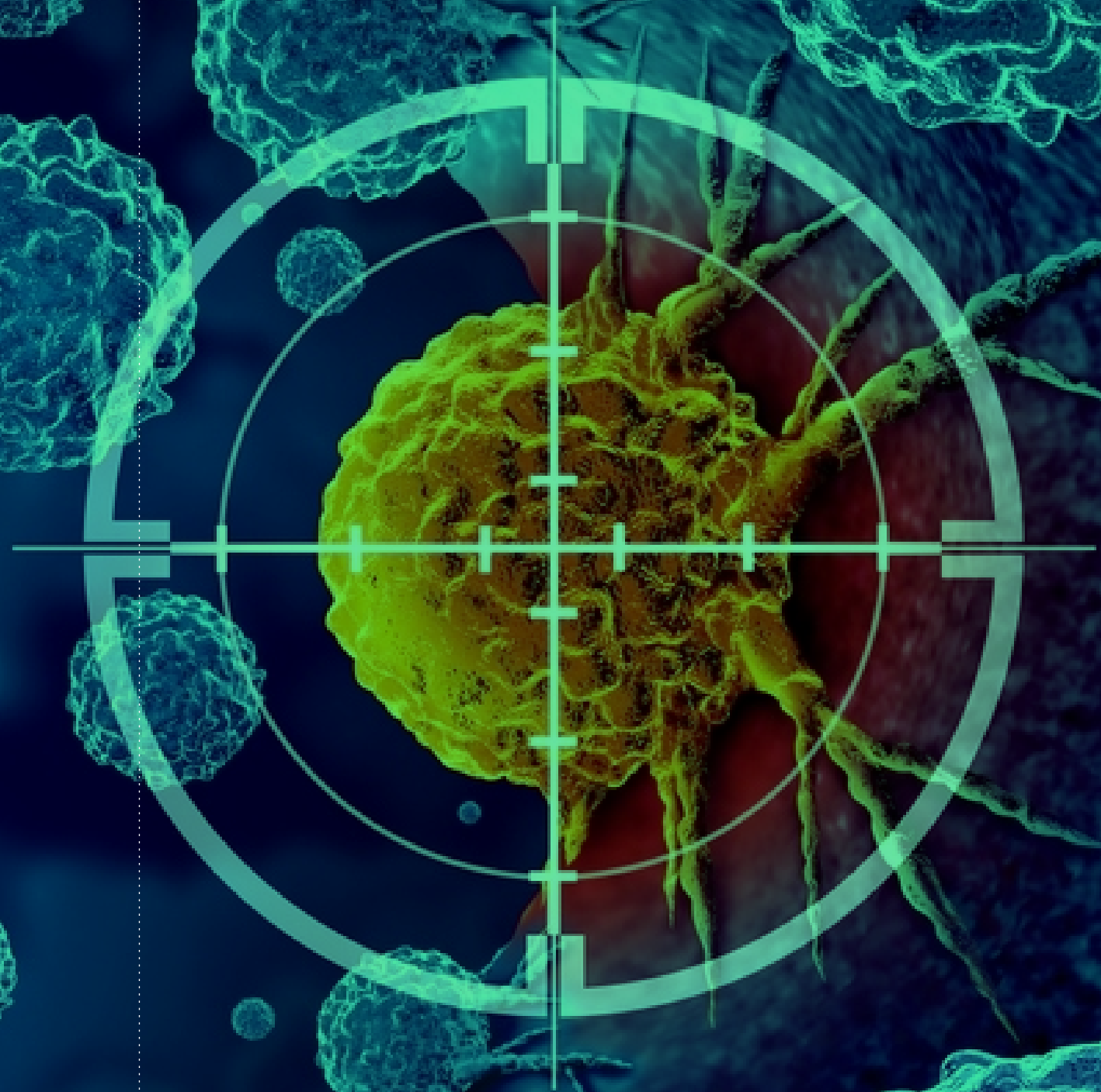
People with chronic joint pain, especially in the knees, hips or back should consult a doctor before trying Tadasana. If you decide to try, place a folded blanket under your feet for extra support.



Severe Headaches or Migraines

Practicing Tadasana during a headache or migraine can make it worse. Rest and practice this pose only when you feel well.

Scarless Skullbase Tumour



Understanding Sinonasal Tumours: What You Need to Know

Sinonasal malignancies are rare cancers that arise in the nasal cavity and sinuses, often going unnoticed until they cause troubling symptoms. These can include persistent nasal blockage, facial pain, or even ear discomfort. Because of their deep and delicate location—close to the eyes and brain—these tumours can be challenging to treat using traditional surgical approaches.

A Real-Life Story: Early Diagnosis, Advanced Treatment

A 32-year-old woman recently experienced a persistent left-sided nasal blockage and pain in her left ear. Initially thought to be a minor ENT problem, further evaluation using advanced CT and MRI scans revealed a tumour in the nasal cavity extending close to the base of the brain. After a detailed assessment, the growth was diagnosed as a rare spindle cell cancer—an unusual and aggressive form of tumour. While such a diagnosis can be daunting, today's medical technology and expertise offer hope like never before.



Scarless and Minimally Invasive Surgery

What makes this case extraordinary is the way the tumour was treated. Instead of traditional open surgery, a team of experts opted for an endoscopic scarless approach—a cutting-edge technique that avoids facial cuts or external incisions. The surgery was performed entirely through the nose using a high-definition endoscope and precision instruments.

The surgical team included:



Dr. Prasad Kasbekar
(Oncosurgeon)



Dr. Paresh Naik
(Endoscopic Skull
Base Surgeon)



Dr. Daftary, Dr. Avinash Bajaj
(Anesthetists)

Together, the team successfully removed the tumour completely in a single procedure.

Faster Recovery, Minimal Hospital Stay

Thanks to the minimally invasive nature of the surgery, the patient was discharged the very next day. She had an uneventful and smooth recovery, with no external scars, no complications, and the fastest possible healing.

Why This Matters for You

Early diagnosis and the availability of advanced endoscopic skull base techniques mean patients with even complex sinonasal tumours now have the option of safer, scarless surgery with quicker recovery.

What You Should Watch Out For:

- Persistent one-sided nasal block
- Facial or ear pain
- Nosebleeds or reduced smell
- Any non-healing nasal growth

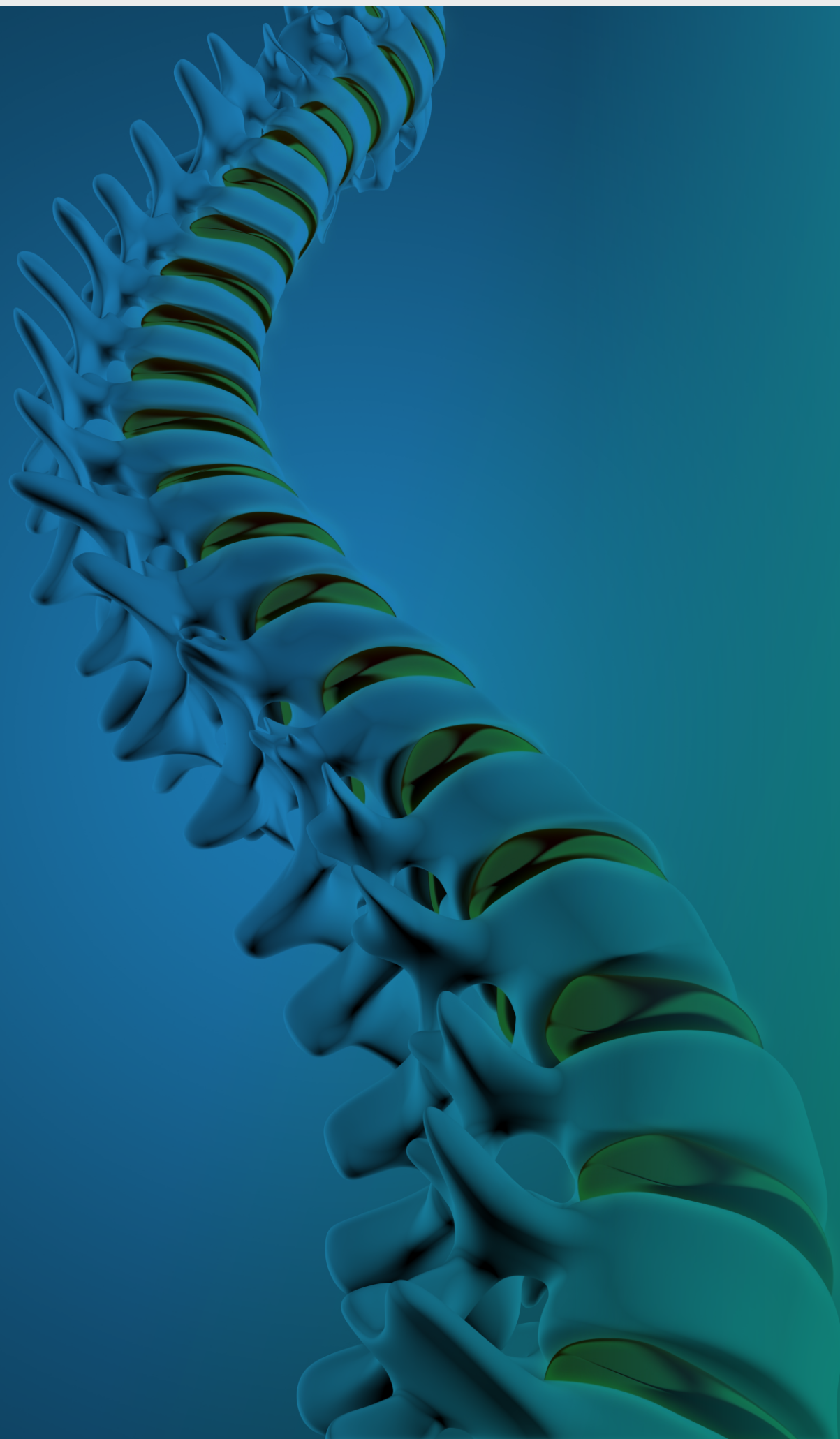
If you or someone you know experiences these symptoms, don't delay seeing a specialist. Early detection and expert intervention can make a significant difference.

A Message from the Surgical Team

This case highlights how teamwork, modern imaging, and minimally invasive surgical techniques are transforming lives. We hope this inspires greater awareness and encourages timely medical evaluation.

Best Wishes,

Dr. Paresh P Naik



Segmental Thoracic Spinal Anaesthesia

STSA

Segmental thoracic Spinal Anaesthesia (STSA) :

Enviably tool in armamentarium of a skilled Anesthesiologist

The gamut of patient care at Bhatia Hospital includes a lot of morbid patients. This morbid spectrum includes CVS instability, low ejection fractions, severe diastolic dysfunction, valvular stenosis, respiratory failure, ILD, COPD. Decompensated geriatric and middle-aged patients routinely reach our emergency and elective care. When entitled for interventions and surgical procedures they could be a nightmare for perioperative physicians, surgeons and anesthesiologists.

Dilemma of Anesthesiologist

Surgical interventions involving upper and lower thorax, upper and lower GI, pelvic and Genitourinary and lower extremity fractures are challenging in such morbid patients.

The conventional tools of general anesthesia and lumbar neuraxial blockade (spinal, epidural) have been the go to anesthesia techniques ordinarily. These patients are frail and fragile.

They are sometimes one step nearer to increased morbidity with GA and conventional lumbar neuraxial blockades.



Why avoid GA in such patients?

GA in ASA 3/4 patients can cause:



Cardiovascular collapse



Ventilation issues



Hypotension



Post-op complications



Bradycardia



ICU dependency

Why not conventional Lumbar Spinal anesthesia ?

The conventional Lumbar SAB is given at level anywhere below L2.

It causes lumbosacral sympathetic blockade and intense peripheral pooling of blood in the lower extremity. It may end up decreasing the venous return to right atrium triggering a negative Bainbridge reflex. Hence bradycardia and hypotension in these patients

Also in opting for the levels of anesthesia required for upper abdominal surgeries this mode ends up using high volumes of subarachnoid drug.

Thus causing higher levels leading breathing difficulty, hypotension, bradycardia.

Conventional Hyperbaric drugs ruin the morbid physiology

Heavy hyperbaric sensorcaine, ropivacaine are conventional drugs in Sub arachnoid block (spinal anesthesia).

They attain higher levels of blockade in obese pts, head low positions and in higher volumes run the risk of high spinal anesthesia.

What is Segmental spinal anesthesia?

Segmental spinal is synonymous with Thoracic spinal. Low doses of drugs at high lumbar levels can produce a segmental effect with sacral sparing.

It is defined as blocking of the required dermatomes essential for the proposed surgical procedure with a very low volume of local anesthetic drugs by giving spinal near the targeted nerve roots

Mechanism of Action

A small number of nerve roots are covered by LA in STSA, providing anesthesia only in the necessary surgical field dermatomes.

The block in the lower extremities is less, hence they don't contribute to venous dilation. This compensates for adverse effects in blood pressure and patients have less hypotension.

Heart rate may decrease because of blocking of cardio accelerator fibres when block extends T1-T4.

The lumbo sacral sympathetic sparing and less lower-limb vasodilation maintains the right atrial filling. This maintains the heart rate as the intrinsic chronotropic outflow from right atrium and great veins is not negated. (Bainbridge reflex not triggered)

Why Thoracic level ?

A sound knowledge of anatomy is must before practising safe STSA.

- 1. In thoracic segments, spinal cord is positioned anteriorly, leaving a significant space between posterior dura and spinal cord. (Fig1), (Fig2)
- 2. The space T2, T5 and T10 is 5.19mm, 7.75mm and 5.88mm respectively.
- 3. The distance between posterior dura and spinal cord is further increased because of the angulation required to perform spinal at mid thoracic levels.
- 4. Thoracic nerve roots are slight and thin, favouring their efficient blockade with low doses of drugs. Less anesthetic dilution per segmental distance from site of injection.

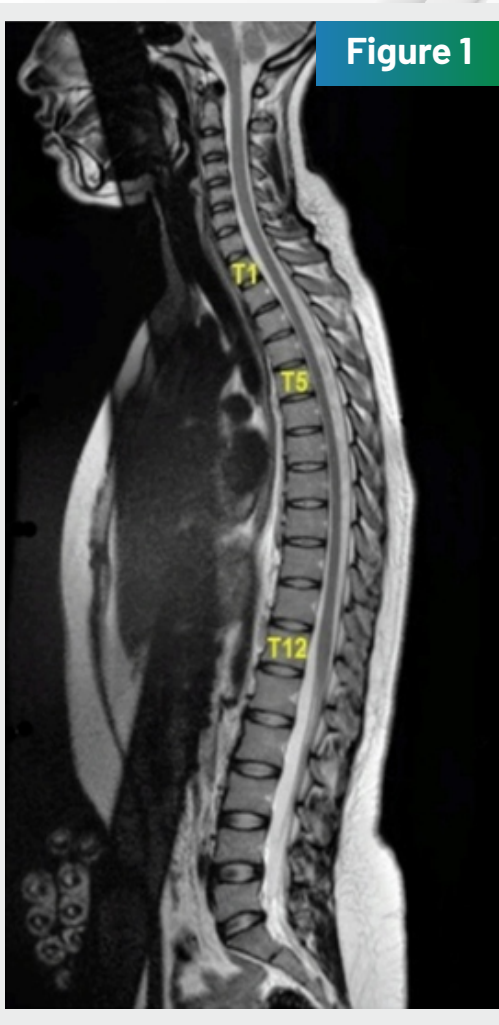


Figure 1

Figure 2

Parameter	Patient 1	Patient 2	Patient 3	Patient 4
Age/sex	71/F	42/M	85/M	86/M
Risk factors and comorbidities	BA, Resp Failure, Morbid obesity	HTN, CKD on HD, Se Cr-9.8, LVEF-15%, severe LV LV hypokinesia, severe LV DD	Sev AS (Valve area < 0.5 cm sq, global hypokinesia, Frail, Advised TAVR/TAVI	IHD, Post PCI, Ischemic Cardiomyopathy, survived Sudden cardiac death, LVEF-20%, Awaiting AICD device
ASA risk score	ASA 3	ASA 3	ASA 3	ASA 4
Surgery	MRM, Axillary LN clearance for Rt Ca Breast	Left Inguinal open hernia repair	Rt Bipolar Hemiarthroplasty for #neck femur	Rt Bipolar Hemiarthroplasty for #neck femur
SS level	T5-T6 CSE	L1-L2 SAB	T12-L1 (isobaric) L4-L5 (Hyperbaric) SAB	T12-L1 SAB
Drugs and volume	SAB 1ml L-Anawin+10mics Fentanyl	1ml L-Anawin(isobaric)+ 0.5ml (hyperbaric) Ropivacaine	T12-L1 (Isobaric) Ropivacaine 1.2 ml L4-L5 (hyperbaric) 0.5 ml	(Isobaric) Ropivacaine 1.5 ml
Duration	120 mins	60 mins	90 mins	100 mins
Hemodynamic compromise	1 episode of bradycardia responded to Inj Glyco	Nil	Nil	Nil
Outcome	Recovery uneventful. Shifted to the room	Recovery uneventful. Shifted to the room	Recovery uneventful	Shifted to ICU for a day of monitoring

Advantages of STSA

- Minimal Hemodynamic fluctuations
- Early recovery
- Early voiding of urine post operatively
- High levels of block achieved with just half the dose required for lumbar spinal anesthesia
- Decreased chances of LA toxicity as compared to epidural anesthesia.

Things not to be done in STSA

- Don't force the surgeon to do the surgery in segmental spinal unless indicated.
- Don't proceed if patient experiences slightest of parasthesia.
- Don't use it in potentially difficult airway cases unless definite back up plan for airway rescue is in place .