

Know Your KEM Colleague

Dr. Shreepad Karhade

Associate Consultant
Obstetrics & Gynaecology



Dr. Shreepad Karhade was born on 25th April, 1974.

He completed his MBBS from S.R.T.R. Medical College, Ambajogai and DGO & DNB OBGY from KEM Hospital, Pune in 2000 & 2003 respectively.

Dr. Karhade prefers drawing and sketching in pencil during his leisure time.

He was associated as a Lecturer, Panel Consultant and Associate Consultant in Obstetrics and Gynaecology at KEM Hospital, Pune.

Dr. Karhade is trained in Fetal Medicine from Mediscan Systems, Chennai and BFMC, Bengaluru under the guidance of Dr. S. Suresh and Dr. Prathima Radhakrishnan and is now with KEM as a Consultant in Fetal Medicine since 2014 and recently promoted as The Head of the Department of Fetal Medicine.

He has received the best paper prize in Fogsi Figo Conference, 2011 at Mumbai, published an article on 'False Screen Negative Combined Screening Test For Aneuploidy Screening' in a Newsletter published at Chennai and invited as Faculty for many State Fetal Medicine Conferences.

Dr. Karhade was the Organising Secretary for 'KEM Fetal Medicine Conference', 2019 held at Hotel Sheraton Grand, Pune on 16th and 17th March, 2019.

Organ Donation Awareness Programme At The Gurudawara Guru Nanak Darbar, Camp

On 14th April, 2019, an Organ Donation Awareness Programme was organised by KEM Hospital in conjunction with the ZTCC Pune, at the Gurudawara Guru Nanak Darbar.

It was a first attempt of its kind in a religious institution to educate many people about this cause. Various queries and enquires were raised by the citizens and answered by the Team. Approximately 250-275 Donor cards were distributed.

Many posters, banners and standees were put up by us in the Gurudawara for providing information on Organ Donation. The information material Pamphlets and Posters distributed was printed in Gurmukhi (Punjabi) and English.

A similar programme is being planned for 5th, 6th and 7th June, 2019 in the Gurudawara. Members of ZTCC Pune, Rebirth Organisation and the KEM Hospital Transplant Coordinator will actively participate in this awareness programme.



On Saturday, 23rd March, 2019, KEMH Pune celebrated the occasion of Down Syndrome Awareness Day by hosting a workshop facilitated by dancer Hrishikesh Pawar and ceramic artist Ruby Jhunhunwala and their teams at the Adipa Studio, in Ghorpadi. The workshop, called 'Mutthi – A fistful of clay' was held for children with Down Syndrome and their parents. The participants were divided into groups of 6 – 8 children with their parents. Each group had about 3 volunteers to guide them with the movement, story and activity. This powerful workshop uses movement, music and clay work to let the participants feel, touch, explore and mould the clay into different shapes. They used these clay figures to perform stories through metaphors to the wider audience comprising of all the participants. The movements are designed to improve the fine and gross motor skills of the children.

From the start of the workshop, it could be seen that the parents gradually relaxed and spent free, focused time with their child in a joyful, peaceful environment. Parents shared how they could see what their child could create was beautiful and the realisation of enjoyment and importance of not being in a competitive or instructive environment where the stress of meeting a requirement or standard was always felt. They were also pleased to meet other parents with a child with Down Syndrome. Similarly, the children enjoyed a lot. Along with the workshop, everyone got to interact within the Adipa Studio which had ceramics works of Ms. Jhunhunwala on display. The bus for the day trip was sponsored by PENOSH.



Fetal Medicine Unit, Department of OB-GYN, KEM Hospital organised a 2 day conference on Fetal Medicine on 16th and 17th March, 2019 at Hotel Sheraton Grand, Pune.

Faculty included Senior Professors, S. Suresh and I. Suresh, from Mediscan Chennai as well as Fetal Medicine Consultants from Surat, Amravati, Chennai and Pune. Four sessions in 2 days covered First trimester screening, Twin pregnancy, Fetal Growth and Maternal medicine.

There was an overwhelming response of registrations from practising and trainee Obstetricians and Radiologists with more than 450 delegates and 65 spot registrations.

The entire scientific program was very well appreciated by the delegates.



Adding A Pillar Of Treatment For Morbid Obesity & Type 2 Diabetes

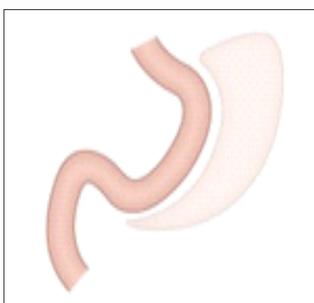
Dr. Satish Pattanshetti / Dr. Neeraj Rayate

The incidence of obesity in India is increasing partly due to transition of lifestyle in both urban and rural areas. Nearly every third Indian is overweight or obese as per a recent nation-wide survey. Obesity contributes to various diseases like hypertension, hyperlipidemia, ischemic heart disease, joint pain, PCOD and type 2 diabetes.

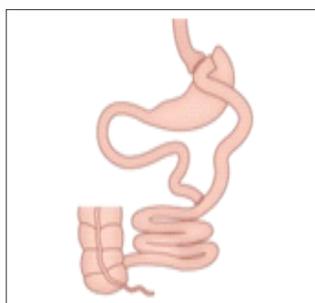
Type 2 diabetes mellitus (T2DM) is a significant challenge to health care systems worldwide. More than 60% of the world's population with diabetes comes from Asia - where the incidence of T2DM in Asia is increasing more rapidly than the rest of the world. The burden of diabetes in Asian countries is disproportionately high in young and middle-aged adults, leading to higher complication rates.

In addition to medical therapy, Bariatric Surgery is increasingly an effective intervention in the armamentarium of therapies for obesity & diabetes. Apart from evidence in severe obesity (body mass index [BMI] >35 kg/m²), Bariatric Surgery also improves glycemic control in T2DM. Many factors seem to contribute: caloric restriction, improved β -cell function, improved insulin sensitivity, alterations in gut physiology, bile acid metabolism, and gut microbiota. Therefore, gastrointestinal metabolic surgery recently has been proposed as a new alternative treatment modality for obesity and obesity related T2DM in patients. The use of laparoscopy makes the procedure safer and well tolerated. Literature shows that Bariatric Surgery helps achieve control in those who have not achieved the same with medical therapy.

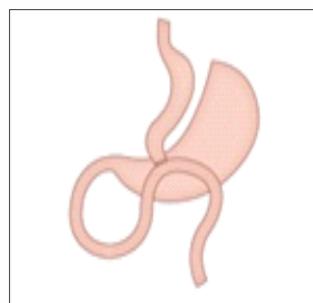
Different metabolic procedures performed are...



Sleeve Gastrectomy



Roux EN-Y Gastric Bypass



**Single Anastomosis
Gastric Bypass**

Laparoscopic Sleeve Gastrectomy (LSG)

LSG removes approximately 75% of the stomach, leaving a long narrow gastric tube. This procedure restricts food intake and increases both gastric emptying and intestinal transit time. Because of the relative ease of the procedure, effective weight loss (70-80% excess body weight lost in a year) and less long-term nutritional problems, LSG is the most commonly performed Bariatric/Metabolic Surgery.

Laparoscopic Roux en-Y gastric bypass (LRYGB)

5-decade old LRYGB is time honored and a popular surgery following the introduction of Laparoscopic techniques. LRYGB isolates a small gastric pouch from the rest of the stomach and creates a 'bypass' so that ingested food passes directly to the small bowel. This (1) restricts food and calorie intake, (2) bypasses the gut-hormone rich part of the intestine and (3) stimulates the secretion of substances like glucagon-like peptide-1 (GLP-1) and peptide-YY (PYY) further promoting weight loss. It achieves weight loss of approximately 80-90% of Excess Body weight in one year.

One Anastomosis Gastric Bypass (OAGB)

OAGB isolates a relatively larger gastric tube from the rest of the stomach. It achieves weight loss of approximately 80-90% of Excess Body weight in one year.

Right selection of patients and metabolic surgery procedure is paramount. People with BMI exceeding (37.5kg/m^2), fall in the category called Grade III or 'Morbid' obesity and suffer complications and immobility. Consistently, diets and exercise have not been effective in most. Corrective action at this stage is imperative, and Bariatric Surgery is attractive in these individuals: Apart from weight loss, comorbidities reduced and quality of life improves. Patients contribute vastly in sustaining these results with discipline in lifestyle modifications following surgery. Many Healthcare insurance companies have accepted coverage for Bariatric Surgery treatment which is encouraging and a testament of its success.

Dr. Rajashree Godbole has been appointed by The National Board Of Examination, Delhi as co-ordinating examiner for the DNB examination in Anaesthesiology. KEMH Pune has been short-listed as an examination centre for the final DNB examinations. Uptil now, three exam sessions have been conducted: In March and September 2018 and March 2019. Dr. Godbole was helped by Dr. K. B. Padwal as non-examiner coordinator all three times, and anaesthesiology residents.



Dr. Rajashree Godbole
Consultant, Anaesthesiology

Dr. Padwal and Dr. Godbole have also been appointed as external examiners by the NBE. In this capacity, they have been to Bangalore and Trivandrum respectively.



Dr. K. B. Padwal
Consultant, Anaesthesiology