

CIMS NEWS CARE & CURE

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ÖËÞhký, Lke MkkhÖkh{ kt , MŒkurÖfö... yf , kËku™ nkE þfu



, khökhk™e ... , E,, e , {sËkhe..þf f hký fu ykAk ¾ [kœ {k, , f khý ¾hký ...rhýk{ ykoe þfuAu Lke[usýkøf fuEEeyku yf s nkM...x÷tmk E{hsL, e rö¼k, {kt f x÷kf yXökrzþkyk™k yEEhu ykópk nEek - Eeöu nkxo ykf (ÖËÞhký, tmku nñ÷k) tmk, ¾E Eñkók , kúku Egyku f™u yu y÷,, y÷ok , khökh™k röfö...k™e ... , E,, e fhe - s{kt yf™e @f{E feS , khökh fhekt ½yé ðakhü nEe - y™u f™u röfö...tmk ...rhýk{ku{kak «ký {kt sEek nEek.

¾[kœ , khökh röfö... :

©e{k™ yu nkM...x÷tmk E{hsL, e rö¼k, {kt AkEe™k Eñkók y™u „ ¼eh nkxo ykf™k ðukýku, kúku ykópk nEek , EuÖEP™e {ip A{™e, suÖEP™k ÷kne ...t. f h™khk {ip [Bf h (¾l) tmu÷kne ...nk{kuAu E{kt ÷kne tmku , êkuò{ðk™ufkhýuÜKE nEe.

ÖEP™k röþukj zkóxh , kúku [Eko fþko ...Ae, E{yú f÷™ fukhku ðzu y™u Mxlu, fu su™k™e ðoxe™e f™e e nkP Au E{tmk ÖEP™e Ä{™e{kt Eñk¾÷ fhe™uÖEP™e Ä{™e{tmu(Ekífkrf÷f ¾kœ ðk™k röfö...tm e ... , E,, e fhe. yk «rCþk™u{kk{he ylSPk÷kmxe (Ak{e) fnökp Au si{kt lkœ ¾kœ ðkk{ke þöþíkk 95 Üke 98 xfk hnue Au

yf „ ¼eh nkxo ykf{kt yf yf r{r™x {nñö™e nkP Au fkhýu si{ Ehf r{r™x ... , kh Ükkp Au E{tmk , kúku ðA™u ðAw ÖEP™k fukku {khök ÷k, u Au yk EEEku E{hsL, e rö¼k, {kúke Ekifkrf÷f RLöd, ð fkszþkdkMöâuh ÷fkhóhe{kt ÷kðök{kt ykópk nEek , Bþkt, V{Ek...þf «kk{he ylSPk÷kmxe (Ak{e) tm e «rCþk f hök{kt ykoe nEe. EEEu hò yk...e EufEö, uE{tmk ÖEP™u...B... , 55 xfk nEi su÷ ¼, su, k{klp siðwnEi Ükkzkt rEö, ku...Ae Egyku ½hu...kAk , þk nEek y™u...Ae Ükkzkt , {þ {k{Egyku...kE{tmk , k{klp r™íp{ {kt ...kAk Vhök {ku, úk{ nEek.

' , MŒkd , khökh röfö... :

©e{k™ fe™u ...y yf „ ¼eh nkxo ykf nEku E{yú E{hsL, e {kk{he ylSPk÷kmxe (Ak{e) tmu f E÷y , khökh™k , MŒk röfö...tmu [þ™ fþnEi- su÷kne™k , êk™u yk, k{Ee Eðk™ku nEku sýusliku

Úklöçkkœ-exef Úklökäke fnökp Au

÷kne™k , êk™u yk, k{ðk {kx™e Eðk yk...ðe yu yf {k™f , khökh Au ÷kne™k , êk™u yk, k{ðk {kx™e Eðkyk™ku ½yé nkM...x÷{kt W...þk, Úkðk™k [k÷W Au ¾k, fhe™u yu nkM...x÷k{kt slyku Eífkœ «kk{he ylSPk÷kmxe (Ak{e) «rCþk™e , ðkyku yk...ðk{kt y, {k{ Au ÷kne™k , êk™u yk, ðk™e Lkðe Eðkykdkk W...þk, Úke 60 Üke 70 xfk™e W...h™k , V{CEk™k Ehkú tmkAðk{kt ykópk Au Ákhíkw íku Áký su «kk{he ylSPk÷kmxe f híkk Áykus ykAk Au rkEWÁkhík ÷kne™k , êk™u yk, k{ðk {kx™e Eðkyk™k fkhýu {, s{kt hòE Møkkö Úkðk™k 1 xfk™u ðö¼{ hnua yu yf xfk™u ðö¼{ þheh{kt yLp fKE sòpk yuhöE Møkkö Úkðk™u ðö¼{ hnua

©e{k™ fe™k f{™, efu ÷kne™k , êk™u yk, k{ðk {kx™e Eðk Egyk™e ÖEP™e yðhkiaE Ä{™e{tmu ¾kœ ðk{kt r™}V{a hne. E{tmk fkhýu Egyk™k ÖEP™k M™kþkyk™ku tmkA...k{k ¼k, Äe{u Äe{u úkrE , MŒ ÜKE , þk s™k fkhýu E{tmk ÷kne™u ...t. f hðk™e rCþk tmfœ ...ze , E. súke E{tmkç÷z «ph (hòE [k... / ÷kne™u Efký) ½xe , P{ RLxL, ð fñ P{tmx{kt Egyk™u...þkEvaþk™ {éþinkdk A{kt , ECE™e{kt ç÷z «ph™k fkhýu Egyk™e rfz™e{kt ÷kne™u «ðkn ykAkúÜKE , þk y™urfx™e ...k{ðk™u fkhðk{kt r™}V{a f™e ðp E{u...rhAMÜkE W14e ÜKE , E nEe.

E{u...Ae Egyk™ ...rhðkhu ÖEP™e Ä{™eyk™u Mxlu xku ðzu ¾kœ ðk{kt xku , k{rE yk...e. íþkt, Æ, ÖEP™u ÷kne™u ...t. f h™kh {ip M™kþkyk™u ðAw y™u , ¼eh heE{u úkrE , MŒ ÜKE , P{inE{f ylSPk÷kmxe Úkðk A{kt ...y, Egyk™ ÖEP™f ðs h{st y™u Egyk™ç÷z «ph , ECE™e{ts hnE{tnE{

Egyk™ Sö™ f{kt ðk{kt {kx™k Að÷k «þJk{kt yf ylSxVrþp÷nkxo rzðkE, (ÖEP{kt f{ k{zðk{kt ykðE{t yf f{ok{ W...fhy) Egyk™k ÖEP{kt f{ k{zðk{kt ykðp{ E{tmk fkhýu Egyk™ MðkmUP ½yík rEö, kufkE ÁMúh Ükkp hòð¾Eufhðk Efk{kt E{tmk ÖEP™u...B... , {k{k 25 xfk nEi su, k{klp {ký, tmk ÖEP™u...B... , fhek ÁyW ykAwñE{t yk EEEu hò ykñpk ...Ae 3 {rn™k{kt f{ ð¾E i k, tm e Ef÷ev {kxu ðk¾÷ Ükð...zawñE{t y™u hks ÷ðe ...zEe Eðkyku...y Áyé ðÄku {k{kk{kt y™u Áyé s {kñA...nEa. y™u Egyku , k{klp rCþkyku...y si{ fu, eze [Zðe, ðÄku Áh{kt nhðw- Vhðw yu...y fhe þfE{kt nEek. ykðmuykðt [k÷þu{EunoxkxL, ð{kLx su¾g{ s srx÷ y™u {kñA yk, hp™ AuEufE{kt f hðkðk™u...zþu

yk EEEo {kxu ÷kne™k , êk™u yk, k{ðk {kx™e Eðkyku {kx™u Egyk™ pYyk™ ðk{kt ykñpk nòhku Yrðkþk™irf ðAðe™u ÷¾k{ Yrðkþk™u ÜKE , P{ nEi y™u E{t A{kt , k{klp {k™de sñSö™ Sðe þfE{kt tmUke.

©IC r™yþ ðk{kt

yf „ ¼eh nkxo ykf{kt f{m u Eífkœ «kk{he ylSPk÷kmxe (Ak{e) y™u ÷kne™k , êk™u yk, k{ðk {kx™e Eðkyku yu f{m u Mðefkþorðfö...kuAu

EEfka PCI {k^ok yu s nk^om...x÷{kt ÕkE þfu Au Bpk ÕEP hky, {kx^oMk yTMW⁴ðe rTM}y^{KE} zk^oxhku nk^o, Wâ[heEu «rþrûk^{KE} Mxkv nk^o, «kE{he y^{LS}Spk^ðkmxe (Akk{e}) TMe «rCpk fhök {kx^oMk , n^oÄkyku nk^o yTMu 24 f÷kf , dk^okyku {x^oEe nk^o. ËEdTMu ÷kneTMk „ ëkTMu yky, k^oðk {kx^oMk E^okyku yky...ðk {kxu fk^o 34k , , n^oÄkyku nk^o S^Yh nk^oE TMUke yTMu (Eyku ÕEP hky, TMk fk^o ...yTM}y^{KE} zk^oxh i k^ohk yky...þfk^o Au {kxu Bpkhu nk^o y^ofk^oLku nk^o ÷k y^ofk^oku nk^o i^opkhu ik^ofk^o-ef y^ode s^opk^ou Áknku{ ði Bpk E{hsLMke{kt Mk{PLkku ck^okkz ðokh, «kE{he y^{LS}Spk^ðkmxe Mkkhðkh þoP nk^o s^oke M^oV^oíkk^oke þoPíkk ðAkhu hnu yLku ÕEP Lkck^ow Lk Ákzu s^oke ÷k^okk ðok^okk{kt Ákrhy^o{ MkkÁ hnu yLku ÷k^okk ðok^okk{kt yky^o E^oky^okk^o s^Yh Ákzu{E{S Mkk{kl^o {kLkoe s^ol^oS^olk S^oe þfk^o. TMky^ofk^oP alüufky^oUke, EEfka «kE{he y^{LS}Spk^ðkmxe (Akk{e}) TMku 3/4 [ko ÷kneTMk „ ëkTMu yky, k^oðk {kx^oMk E^oky^okmk 3/4 [ko fh^oEkt 5-7 „ yky ðAkhu nk^o þfu Au E^oUke ÷kneTMk „ ëkTMu yky, k^oðk {kx^oMk E^oky^okmurðfö... f^oE{k þAy^okk{kt, M^oewnk^odk^ou fk^ohyu ðAk^oykf»kf ÷k, e þfu Au f{TM, ef^o, M^oekurðfö... f^ock-kf , {k^okk^oku, k^okk^oky^oku Au- E^omu, V^oíkk^oky^oAku^oh yTMu{, S{kt hõE M^okkð ðk^okk^oe, k^okk^oku , k^okk^o þheh{kt hõE M^okkð ðk^okk^oeWâ[ðiV{. ©e{k^o f^otmk r^ofm, k{kt,

„ M^oek” rðfö..., E^oyk^omk S^oTMTMe „ y^oðykk yTMu E^of^oe , ^{1/4}kk^oTMk y^ote{ 3/4 [TM]e y^oðykk yTMu E^oyk^o 3/4 [k^o ...ze. y^of „ ^{1/4}eh nk^o y^okk{kt, fk^o fu {E^o TM^Uke fu EEfka «kE{he y^{LS}Spk^ðkmxe (Akk{e}) y^okk E^oeyku{ kxu y^of ©ic rðfö... Au ÷kneTMk „ ëkTMu yky, k^oðk {kx^oMk E^oky^okmk ”, M^oekur rðfö... fh^oEkk «kP{he y^{LS}Spk^ðkmxe Bpkhu ...y^o E^oifkr÷f Äkk^ohyu þfk^o nk^o E^oku E^oTMku S y^oky, in h^o3/4ðku ðEyu^osl^oke ÷kf^okt , k^okk^olm^o , k{kl^o ð^oÞ^ol^oE s^ol^oS^oTM S^oe þfk^o

MkkisLP

Zkp Wr{^o þkn

MD, DM (Cardiology),

The Fellow of the American College of Cardiology (FACC)
International Scholar Cleveland Clinic USA

RLxhðl^oþlk^o ÷ f^oszþlk^o k^oSMx

M^okk^oþfk^o ÷ eMx E^olk h^ozeP^o ÷ ELxhðl^oþlk^o

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1/4khík {kLke y^oku^okh ÕEP^oh^okk Mkkhðkh xe{

10th TAVI (x^oLMkf^oúkk^oh y^oyk^okef ðk^oð ßB^oak^o ÷kLxþlk^o)



Balloon Inflatable (Hybrid) Myvalv



Self Expanding (Supra-Annular) Evolut Valve

Mkshe ðokh h^okk^okk^olik ðk^oð^oLkuçk^o ÷ ðkLke «rCpk

ók^oshkík{kt Mkk^oUke ðAkhu

nk^oAM^okkx^o ÷ {kt 100 % M^oV^o íkk Mkk^oUku

24 X 7 {ref^o ÷ n^oðak^o ÷ kELk +91-70 69 00 00 00



{khk ÓËPLkuVhe Äçkfíkwfhe....
{khk ÄkrhðkhLkuMkhrükík fPko

yk¹/₄kh
MkeBMk nkxoxe{
ÓËPLke Mkhrükík yLkurði kmkkok Mkt¹/₄k
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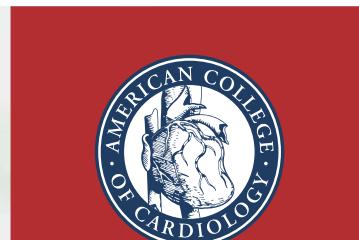
fze



YLke



ykðe S heíkuík{khk íþki {uzef÷ fBÃk fhðkunkip íkký
ðÄwðyfkhe {kxuMkkfófhku: ©e fúlk yk[kþo- {ku +91-98251 08257



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LkeÃk÷ zeM [kSoy LkuÍktLke MkkhÃkh

Êh 7 {kúke 3 çknlukku Suzkufxh ÅkkMku Breast ÍkakkMk {kxuykóu Au Íkllku LkeÃk÷ {kúke Discharge ykõíkkunkip Au

LkeÃk÷ zeM [kso

- yf yúkók çkñx {kúke ykõe pfu
- LkeÃk÷/çkñx Èçkñdöküke yúkók ykõk {puykõe pfu
- Íkllku hók Åkkýe sñku f÷eph, ÈÄ sñku MKVÈ, Åkeoxku ÷e÷ky økñcõe yúkók ç÷z Lkk f÷hókakunkip pfu
- yf yúkók ½yé Ducts {kúke ykõe pfu
- «{ký ÚkkazkÚke ðÄwnkE pfu

Íkllke MkkÚku **Breast** {kt økñx, çkñk÷ {kt økñx Åky nkE pfu

- Normal Discharge ykõk {puykõe nkñkku yLku {kxv4koku çkñlkuçksüke Breast {kúke nkP
- çku Úke ðÄl Duct {kúke ykõíkk Discharge fñmkh nkñdkLke pfPíkk ð½khunkip Au
- Mkk{kLP Discharge ykõk {puykõe xe Åky pfu Au
- fñk÷ef Èðkyku Milky Discharge ykõke pfu Au
- Pregnancy Mkk{kLP yLku h ðøko ÅkAe LkeÃk÷ {kúke Milky Discharge ykõe pfu Au
- yMkk{kLP Discharge {kxv4koku yfçkksüke Breast {kúke ykõk {puykõe ç÷zókak ykõe nkP Au
- 1.2 t15% Åkplx {kt íku fñmkh Lkkunkip pfu

fkhýku

- (1) Intraductal Papilloma (MkkEe økñx)
- (2) Duct-Ectasia
- (3) Mastitis (çkñx {kt Mkkñd)
- (4) Fibrocystic Disease
- (5) Cancer

Intraductal Papilloma {kt 5% pfPíkkyku fñmkh nkE pfu

yk hók 3ák Úke ÅkO ðøkké Teyku {kt ðøk {xu Au

Duct Discharge Lke Cytology fhókÚke rLkEklk ÚkE pfu Au

yk hókLku {xkñd {kxu Surgery fhók Åkzu

Duct-Ectasia LkL fkhý LkÚke Åky íkllkt økñlk fu MKVÈ

Discharge ykõu Au yLku Nipple yEhlke íkhV ðøe òP

Au yk hók Antibiotic Úke {xuyÅkkók íkku Surgery fhók Åkzu Mastitis - Åyeðkh økñx SELku økñx çkñkoku Au íkllkt Åky LkeÃk÷ yEh ¾uKE òP Au

÷k÷/ yúkók Blood Stained Discharge Lke yðøkýLkk Lkk fhók òEyuíkLke Cytology fhók òEyu

Mammography Sonography fñmkhLkk rLkEklk {kxu {EEYAK Au

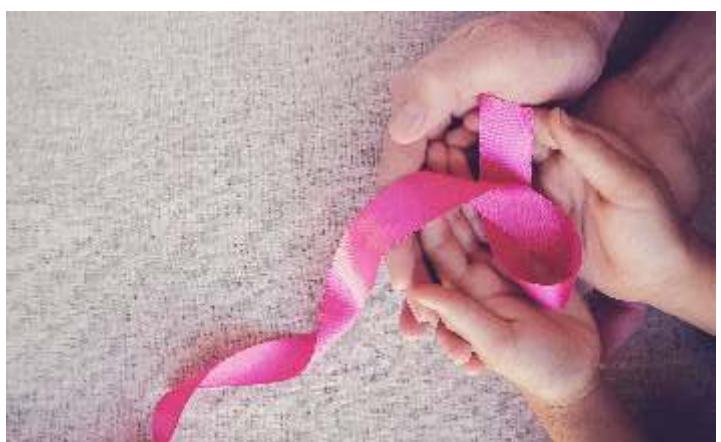
Ductography/Ductoscopy Åyeðkh {EEYAK nkP Åky íkllku {kxu ¾kMk Expert Doctor yLkuMkkÄlkusYhe Au

Nipple discharge MkkÚku ðuøkx Åky nkP íkku Sonography Lke {EEÜke Biopsy fhók rníkkðn Au

Nipple discharge {kxllk ykñhþLk {kt Duct Lku þkiÆe, {eúke÷elk ç÷w Dye LkL¾e ykL¾e Duct yLku Breast Lku Segment fñZöklk {kt ykõu Au

yk ykñhþLk Lku Microdochectomy fnókP Au

(6) xtf {kt Nipple discharge ðuyMkk{kLP nkP íkku íkllke þkñp íkakkMk fhók òEyu yLku íku {xe pfu Au yLku Åyeðkh Nipple discharge Lkk þkñp rLkEklk Úke Breast Cancer ÅknEe k Mxus {kt Åkfze pfkP Au



MkkisLP

zkp SPp ðe. ÅkxÈ

MS

fñmkh MksheLkk rLkYkLk

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2ND TIME

"*1/4 khík{kt {kók 26 {Öxe-Mákþþkr÷xe nkáMáx÷ suokkóz Mke÷ ÄhkðuAu y{EkðkE þnþLke yf{kók JCI (USA)* ökkóz Mke÷ Ähkðíke {Öxe-Mákþþkr÷xe nkáMáx÷ ík{kkhk rði kMkLkuMk{rAkók ykíkhkxþP «{krýík ökýðþkkþróík yLkurði i MkkþþP Mkkhðkh*

JCI (USA) ÖELx fr{þlk ELxhLkþLk÷ - ykíkhkxþP Mkkþþk surði 1/4h{kt, Wå[ökýðþkkþróík yLkuMkþþrúkík Mkkhðkh ykáðk {kxunkáMáx÷kLku «{krýík fhuAu



fks. S. MkkisLPíkk.
MknkLkiVqík. fkþþk{íkk

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