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Voice Vista

VENTURE BY POOJA PRASUN

HEALING HANDS

Where Compassion Meets Expertise

Season 1



HEALING HANDS

Where Compassion Meets Expertise

IDEATION & CONCEPTUALISATION : POOJA PRASUN

EDITOR-IN-CHIEF FOR PROJECT : POOJA PRASUN

EDITOR-IN- CHIEF ENGLISH : DR ANAGHA NAIK

CHIEF CO-ORDINATOR : SUNITA CHAUHAN

EDITOR : TEAM HEALING HANDS

DESIGNER : CREATORS DEN

PROOFREADER : TEAM VOICE VISTA

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THANK YOU FOR YOUR UNDERSTANDING AND CONTINUED SUPPORT.

SINCERELY,

EDITORIAL TEAM



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Dear Readers,

Welcome to the seventh edition of Healing Hands, presented by Voice Vista Media House. In this first season, we are excited to feature six exceptional doctors whose dedication and innovation are transforming healthcare.

Join us as we explore “Hope and Healing” with Dr. Mukul Gharote’s inspiring work in oncology, delve into the holistic health approaches of Dr. Mithila Kapadnis, and discover Dr. Mustafa Topiwala’s crucial role in sports physiotherapy. Experience Dr. Anand Patil’s empathetic journey in psychiatry and addiction treatment, witness Dr. Maneesh Bapaye’s visionary contributions to ophthalmology, and learn from Dietitian Manjiri Joshi’s nutritional wisdom.

Each story in this edition celebrates the profound impact these healthcare professionals have on their patients and the medical community. We hope you find their journeys as inspiring as we do.

Warm regards,

Dr Anagha Naik

Chief Editor, Healing Hands



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Dear Readers,

Welcome to the seventh edition of Healing Hands, the latest endeavor from Voice Vista Media House. It is with great pride and excitement that I introduce you to Season One of our series, featuring six remarkable doctors whose dedication and expertise are making profound impacts in their fields.

In this edition, we bring you intimate interviews with these exceptional healthcare professionals, each a pioneer in their own right:

“Hope and Healing: Dr. Mukul Gharote - An Oncologist’s Journey in Cancer Care” illuminates Dr. Gharote’s unwavering commitment to battling cancer and fostering hope among his patients.

“The Synergy of Acupuncture and Homeopathy in Holistic Health: Dr. Mithila Kapadnis” showcases how Dr. Kapadnis integrates traditional practices to enhance holistic health, proving the power of combined healing methods.

“The Healing Touch: Dr. Mustafa Topiwala - A Journey in Sports Physiotherapy” explores Dr. Topiwala’s vital role in sports physiotherapy, helping athletes recover from injuries and achieve peak performance.

“Echoes of Empathy: Dr. Anand Patil’s Journey in Psychiatry and Addiction Treatment” delves into Dr. Patil’s empathetic approach to mental health and addiction treatment, highlighting the importance of compassion in healing.

“Visionaries of Tomorrow: A Journey through the Eyes of Dr. Maneesh Bapaye” offers insights into Dr. Bapaye’s innovative work in ophthalmology, which is shaping the future of eye care.

“Nutritional Wisdom: A Journey with Dietitian Manjiri Joshi” underscores the essential role of nutrition in health, as Dietitian Joshi shares her expertise in crafting personalized, balanced diets.

As the founder of Voice Vista Media House, I am honored to present these stories of dedication, innovation, and compassionate care. This first season of Healing Hands celebrates the extraordinary journeys of these healthcare visionaries, each contributing uniquely to the tapestry of modern medicine.

Thank you for joining us in this celebration of medical excellence and human spirit. We hope their stories inspire you as much as they have inspired us.

Warm regards,

Pooja Prasun

Founder & Owner,

Voice Vista Media House



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DR MUKUL GHAROTE

Hope and Healing: An Oncologist's Journey in Cancer Care"

In the realm of medicine, few fields evoke as much emotion, hope, and determination as oncology. Today, we are honored to delve into the life and work of an exceptional oncologist whose journey is marked by compassion, innovation, and an unwavering commitment to his patients. With a deep passion for research and a heart full of empathy, he has touched countless lives, guiding them through their battles with cancer. Join us as we explore the inspiring stories, breakthroughs, and heartfelt moments that define his remarkable career.

1. What inspired you to specialize in cancer medicine, and how did your journey in oncology begin?

I was approached by my colleague Dr. Mukul Fulmali to pursue a career in oncology. I was interested in research during my MD residency program and received a gold medal for best paper presentation in GERICON 2009. Oncology, with its vast scope for research and development, intrigued me. That's how I chose to become an oncologist!



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2. Can you share some of the most memorable moments or experiences you've had while caring for cancer patients?

Every patient is memorable to me! However, one of the first patients I treated in Nasik was a case of acute myeloid leukemia (blood cancer). He was fully treated in 2016 and declared cured in 2021. He even inaugurated our new Mukta Cancer Clinic in 2019. He is still hale and hearty!

3. How do you approach the treatment of cancer with compassion and empathy while also providing the best medical care?

I am a poet and naturally emotional. The first thing we tell our patients is the aspect that is conducive, like if the stage of cancer is early, we assure them that they will come out triumphant. We have testimonials of our cured patients, which give them hope and energy to fight the disease. If the cancer is in a late stage or has relapsed, we discuss the available options so that they actively participate in decision-making. Breaking bad news is challenging, but it can be done with the support of the family in a way that offers a glimmer of hope for better end-of-life care.

4. Can you discuss the importance of early detection and diagnosis in improving cancer outcomes?

Early detection is imperative. Breast cancer screening and cervical cancer Pap smear detection help in early detection and hence complete cure. In elderly males, PSA screening every 2 years and colonoscopy help in early detection of prostate and colon cancers respectively. Low-dose CT scan screening can help in early detection of lung cancers, especially in tobacco smokers. Monitoring any changes in the mouth can help in detecting early oral malignancies. One should watch out for white or red patches and seek medical opinion if detected.

5. What are some of the latest advancements and breakthroughs in cancer treatment that you find particularly promising?

Developments like immunotherapy and targeted therapy are changing the cancer treatment landscape. Personalized cancer treatments are also gaining approval. Many cancers can now be treated with tablets alone. Chimeric Antigen Receptor T-cell (CAR-T) therapy is promising for blood cancer patients. Recently, Tata Memorial



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Hospital and IIT-Mumbai jointly developed India's own CAR-T cell therapy, curing the first patient from central India. We are also researching repurposing drugs in oncology, and have published papers on this. For instance, we cured a stage IV endometrial cancer patient using hormonal therapy and an antihypertensive after initial chemotherapy; she is still healthy and triumphant.

6. How do you support patients and their families emotionally throughout their cancer journey?

We discuss every aspect of the treatment with them and assist in financial decisions. We have tie-ups with hospitals to provide treatment at affordable costs. We help them cope with the reality and remain available for even trivial matters. Every patient at Mukta Cancer Clinic is like family. Inspired by the movie "Patch Adams," we have created a homely and compassionate environment. All our staff are trained to be empathetic and tolerant.

7. Can you share any success stories or cases where you've witnessed remarkable progress or recovery in cancer patients?

I love sharing success stories. As mentioned, one patient who inaugurated my hospital was cured of blood cancer, and another octogenarian woman was cured of stage IV endometrial cancer. The most remarkable case was a 13-year-old boy with stage IV medulloblastoma. He underwent a bone marrow transplant and successfully beat cancer. His triumph inspires many adults to fight cancer without fear.

8. What challenges do you face in the field of oncology, and how do you navigate them to ensure the best possible care for your patients? Myths and quacks are the first enemies of science in India. They make tall claims and spread misinformation. We have to tackle these challenges by anchoring on science and open communication to dispel myths and wrong notions about cancer and its treatment.

9. How do you collaborate with other healthcare professionals and specialists to provide comprehensive cancer care?

Cancer treatment involves multidisciplinary management. We have a team of doctors, including medical oncologists, surgical oncologists, pathologists, and reconstruction surgeons, to discuss each case. Our tumor board decides the treatment plan, making it precise and scientifically sound for our patients.





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10. Can you discuss the role of research and clinical trials in advancing cancer treatment, and how do you stay updated with the latest developments?

Clinical trials and research are crucial in shaping cancer treatment. Significant progress has been made, and now patients can often overcome cancer with ease. We believe in doctor-initiated trials, which help in prescribing affordable drugs with minimal side effects. For instance, we published research on reducing the side effects of a breast cancer pill by changing its administration time, known as chronomodulated prescription.

11. What advice would you give to individuals who have been diagnosed with cancer and are embarking on their treatment journey?

Be positive, be brave, and trust your doctor. It's very important. You may seek a second opinion, but once you have chosen your oncologist, have faith in them. Faith can move mountains. We have snapshots of those who embarked on this journey and emerged victorious.

12. How do you support patients and their families in making informed decisions about their treatment options?

We discuss all treatment options and their pros and cons with the patients and their families. We involve every family member in the decision-making process. When everyone reaches a consensus, they work together with the common goal of eliminating cancer.

13. Can you share any initiatives or programs you're involved in to raise awareness about cancer prevention and early detection?

I am part of Foundation 96, a support group that helps cancer patients and spreads cancer awareness. We have our own YouTube and Facebook channels to disseminate information about cancer prevention and early detection.





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14. How do you prioritize self-care and maintain your own well-being while caring for cancer patients?

As I mentioned, I am a poet and keep my hobby alive by writing poems. I also believe in spirituality, which helps me rejuvenate and gather the courage to battle this disease with a perennial smile.

15. Finally, what message would you like to convey to those who are battling cancer and their loved ones?

My message is, "In the tussle between your adamant destiny and your flamboyant determination, make sure your determination wins over your destiny with a margin large enough that your determination itself decides your destiny." Fight with all your might, and keep cancer out of sight. Stay safe, stay vigilant, and take care.

As we wrap up this enlightening conversation, we are reminded of the profound impact that a dedicated oncologist can have on the lives of patients and their families. Through the lens of compassion, innovation, and relentless pursuit of excellence, our guest has not only advanced cancer treatment but also provided hope and strength to those in their darkest hours. To all those fighting cancer and their loved ones, may this interview serve as a beacon of hope, illustrating that with determination, faith, and the right support, triumph over adversity is possible. Here's to the unsung heroes in medicine who make every victory against cancer a celebration of life.



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DR MITHILA KAPADNIS

The Synergy of Acupuncture and Homeopathy in Holistic Health

In a world where conventional medicine often takes center stage, the ancient arts of acupuncture and homeopathy offer a refreshing perspective on holistic healing. Today, we delve into the inspiring journey of a dedicated practitioner who seamlessly integrates these time-honored practices to enhance well-being. With a background in homeopathy and a passion for acupuncture, our guest shares their insights on how these complementary therapies can transform lives by addressing the root causes of ailments and promoting balance in mind, body, and spirit.

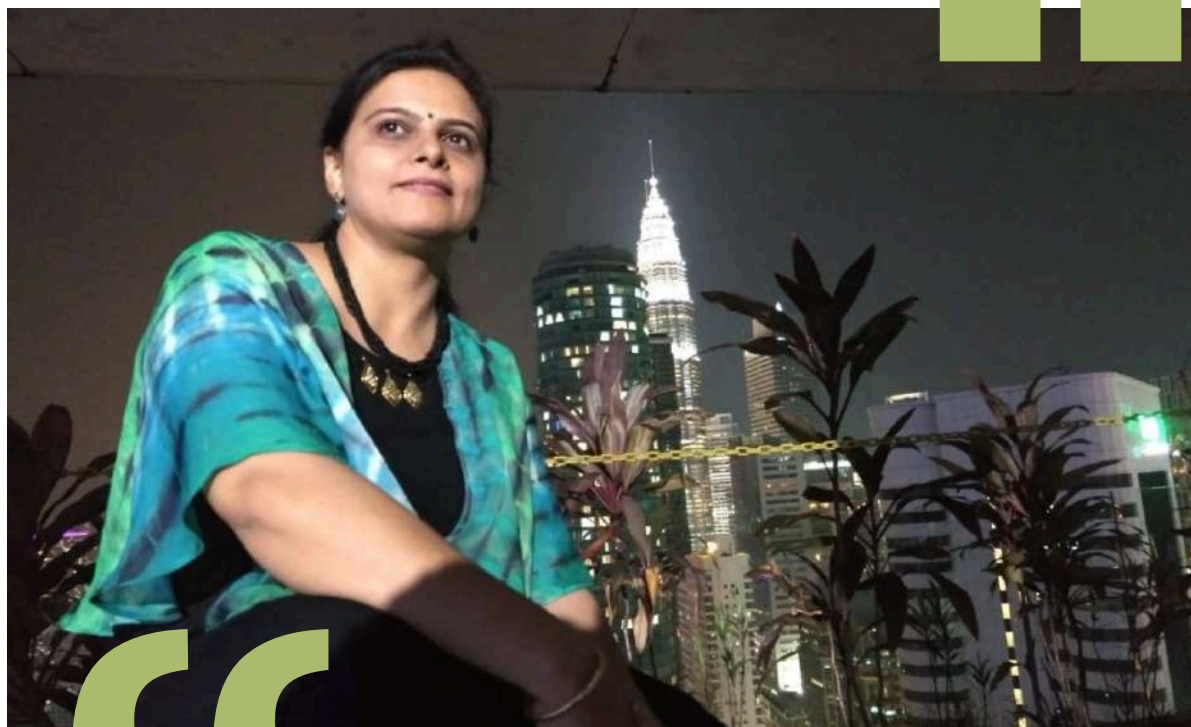
1. What inspired you to pursue a career in acupuncture, and how do you believe it complements conventional medicine in promoting holistic healing?

I have a BHMS degree and was happily practicing homeopathy. Practicing homeopathy is an art that deals with the person as a whole. Homeopathy, as we all know, focuses on treating the entire person rather than just the symptoms. For instance, when you have a headache, we treat not only the head but also consider the overall state of the person.



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When I read about acupuncture, I realized that it runs on a similar principle as homeopathy. I then started studying how acupuncture works and learned about the philosophy behind it. I found it fascinating that balancing the energy in your body can lead to healing.

I met Mr. Kiran Phalke, my first acupuncture teacher, and observed amazing results at his clinic, including speedy recoveries. Not only were symptoms treated, but there was also an increased sense of well-being, greater energy, better balance, and decreased pain levels. An overall sense of well-being was attained after acupuncture treatment.

Thus, I decided to learn and practice acupuncture. To my surprise, using needles dipped in homeopathic medicine yields results twice as fast.

2. What are the common elements treated with acupuncture?

All ailments that a person suffers from can be treated with acupuncture. Roughly, we can categorize them into six groups:

a) Painful diseases, including pain of any kind, such as migraines, trigeminal neuralgia, abdominal pain, renal pain, and common pains like shoulder pain, neck pain, sciatica, knee pain, and hip pain.

b) Internal diseases or physical problems, including blood pressure issues, diabetes, various types of paralysis, asthma, female health problems, and many more.

c) Mental or spiritual conditions, such as depression, anxiety, sadness, and other mental disorders.

d) Acute infections and viral conditions.

e) Severe long-term chronic illnesses.

f) Preventive treatments.

3. Can you share some examples of conditions effectively treated with acupuncture?

I am fortunate and very glad to share that, apart from the usual painful disorders, I have successfully treated patients with migraines, paralysis, depression, diabetes, hypertension, sleeplessness, slipped discs, acne, and many more. Additionally, I have successfully treated infertility with acupuncture alone. I remember a lady coming for treatment of a benign tumor in her breast, which was resolved in just two sittings. Some of my patients who were advised to undergo surgery for slipped discs and carpal tunnel syndrome successfully avoided surgery through acupuncture treatment.



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4. How do you approach the process of diagnosing and treating patients using acupuncture techniques?

Chinese medical treatment differs from Western medicine in many ways. In Western medicine, practitioners usually focus on diagnosing and treating outward signs and symptoms. In contrast, acupuncture recognizes that all problems have an underlying cause. The practitioner aims to find and treat the root cause of the problem.

Acupuncture has its own criteria for diagnosis. When a patient comes in, the diagnosis begins immediately by observing their posture, walking, speech, and sitting habits.

Next, we perform a whole-body checkup based on the patient's complaints. Since acupuncture believes that disease is caused by an energy imbalance, we check for such imbalances. We ask specific questions to determine whether the patient's energy is excessive or deficient. Additionally, we identify both internal and external causes of disease. External causes include wind, cold, heat, dampness, dryness, and summer heat, while internal causes involve emotions such as happiness, anger, worry, sadness, fear, and anxiety. We also conduct tongue, pulse, and eye diagnoses. Unlike modern medicine, acupuncture considers the patient as a whole, treating their entire system through energy balance to achieve a complete cure.

5. Can you explain the principles of traditional Chinese medicine and how they guide your practice as an acupuncturist?

Traditional Chinese medicine is based on the theory that sickness stems from an imbalance in a person's life energy, known as "Qi."

In Chinese philosophy, you also encounter the concepts of yin and yang. Yin represents negative energy, while yang represents positive energy. The universe is thought to oscillate between these forces. Each person has both yin and yang, and maintaining a balance between these energies is crucial for harmony in the body.

Additionally, there is the concept of the five elements, similar to the panchamahabhuta concept in Vedic tradition. This means that everything in nature is also present within the body. Achieving balance among these elements is essential for health. In treating a patient with acupuncture, we identify imbalances and use needles to balance their Qi.





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6. What role does the concept of Qi play in acupuncture, and how do you work to restore balance and harmony within the body?

“Qi” is an abstract philosophical concept that is difficult to translate from Chinese medical terminology. Qi is the vital force of life within all living beings, manifesting in various forms such as blood circulation and body essences that facilitate growth. Qi circulates within the body, enabling it to function. Imbalances in Qi, whether excessive or deficient, cause ill health. Its absence signifies death. The goal of acupuncture is to restore the balance of Qi by targeting the correct combination of points.

By manipulating Qi with acupuncture needles, we regulate blood circulation, digestion, self-protection mechanisms, and other vital activities.

7. Can you discuss the individualized treatment plans in acupuncture tailored to each patient’s unique constitution and health goals?

As mentioned earlier, we fall sick due to various factors, including our thoughts, thinking patterns, lifestyle, and how we handle life’s situations. Each patient comes from a different background, with distinct upbringing, lifestyle, and education. Thus, the cause of disease varies for each patient. The most important factor is how a patient responds to their situation, which determines the disease they may suffer from. Understanding that the cause is different for each patient means that treatment must also vary. Often, we need to address internal causes along with the patient’s chief complaints. For example, we believe asthma is caused by extreme sadness, and hypertension is a disorder of modern lifestyles. Therefore, we always consider the patient’s mental condition and provide different treatments accordingly.

8. How do you address any skepticism or misconceptions about acupuncture and educate your patients about its benefits?

When a patient comes to us, they often have fears and doubts, particularly about needles. They may worry if the needles will hurt, cause bleeding, or spread infection. I prefer to explain the complete treatment plan and educate the patient about the procedure. Acupuncture needles are very tiny and generally do not hurt upon insertion. They do not penetrate blood vessels, so there is no significant bleeding, although a drop of blood may occasionally appear. To date, there have been no cases of cross-infection or disease spread due to acupuncture needles, as we always use sterile, single-use needles.

Another concern is whether the relief will be temporary. Many patients come to acupuncture after trying various treatments without success. I clearly explain that acupuncture is not a magical cure. The patient’s body may be full of toxins and medicines that need to be eliminated first. If you have a chronic illness, it takes time to achieve a cure. However, if you seek treatment immediately after falling sick, acupuncture works very quickly, and the results are long-lasting.



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9. Can you share some insights into the safety and efficacy of acupuncture as a therapeutic modality?

The risk of acupuncture treatment is very low if you have a competent, certified acupuncture practitioner using sterile needles.

Acupuncture needling has various impacts on the human body, including:

1. Analgesic (pain-relieving) effect: Acupuncture raises the pain threshold, providing relief.
2. Sedation: Needling specific acupuncture points results in sedation, as shown by decreased delta and theta wave activity on the electroencephalograph during treatment. This effect is used to treat insomnia, anxiety, stress, addictions, behavioral problems, and mental disorders.
3. Homeostatic and regulating effect: Acupuncture adjusts the body's internal environment towards a state of normal balance.
4. Immune-enhancing action: Acupuncture strengthens the body's resistance to disease by increasing white blood cells, antibodies, gamma globulins, and other substances.
5. Psychological effect: Acupuncture provides a calming and tranquil effect beyond mere sedation.
6. Motor recovery in paralytic patients: Acupuncture hastens motor recovery.

10. How do you integrate other complementary therapies, such as herbal medicine or cupping, into your acupuncture treatments?

Acupuncture itself includes different systems and treatment modalities. Acupuncture typically involves inserting needles into the body, but it also encompasses dry cupping, wet cupping, gua sha, ear acupuncture, and scalp acupuncture. We plan the treatment based on the patient's needs. For instance, internal diseases like hypertension, diabetes mellitus, acne, depression, and some mental illnesses such as sleeplessness are best treated with ear acupuncture. Additionally, acupuncture can be used to balance the body's energy, promote general well-being, and achieve calmness in the mind and body, even if the patient does not have any physical problems.

11. Can you discuss the potential benefits of acupuncture for managing chronic pain, stress, and emotional well-being?



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Acupuncture is well-known for its effectiveness in pain relief. It stimulates the secretion of endorphins, which are natural pain-killing chemicals similar to morphine. Acupuncture also balances the autonomic nervous system, which regulates bodily functions that are not under conscious control, such as heartbeat, intestinal movements, and sweating. By balancing the body's systems through specific acupuncture points, patients experience relief from physical symptoms, leading to mental peace and overall enjoyment of life.

Additionally, acupuncture plays a significant role in treating mental conditions. It can boost memory, and I have successfully helped many students improve their memory and performance in exams with simple press needles.

12. What advice would you give to individuals considering acupuncture as a treatment option for their health concerns?

Acupuncture is a rapidly growing and popular alternative therapy. It can treat a wide range of conditions manifesting physically, mentally, and spiritually and works on both acute and chronic issues. Extensive research supports the effects of acupuncture, and the World Health Organization has listed many conditions that acupuncture can treat. Since acupuncture does not involve administering external drugs, it has no side effects. I advise individuals to consider acupuncture, not only for treating illnesses but also for balancing the mind and body and enjoying the benefits of balanced Qi.

13. Can you share some examples of how acupuncture has complemented or enhanced conventional medical treatments in your practice?

Patients often wonder if they need to stop their current medications when starting acupuncture. We generally advise stopping painkillers and analgesic tablets because they only provide temporary relief. However, for internal diseases like hypertension, diabetes, and infertility, we recommend continuing current medications and dosages. Once acupuncture treatment begins, we monitor parameters and gradually reduce medication doses.

For instance, I have treated patients with hypertension who were advised to be hospitalized for high blood pressure. With acupuncture treatment, their blood pressure significantly decreased, avoiding hospitalization. We advise completing the acupuncture treatment along with their medications and then gradually reducing the doses based on follow-ups. Acupuncture can help reduce and eventually eliminate the need for high doses of medication for conditions like high blood pressure, diabetes, or sleep disorders.





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14. How do you stay updated with the latest research and development in the field of acupuncture?

The government of India has passed a bill authorizing the practice of acupuncture under the Ayush Ministry. We have an acupuncture clinical body and a forum that conducts advanced seminars. I am part of a group of acupuncture practitioners who help each other stay updated. I regularly attend seminars and international programs online, which has become more accessible now that the world is more connected.

15. Looking ahead, what do you envision as the future of acupuncture, and how do you plan to continue advancing the practice of healing through this ancient art?

I believe in a holistic approach to healing and whole-body wellness. There are many areas where modern science lacks answers. Patients often tell me their doctors have given up on treatment options. In such cases, acupuncture can offer solutions and hope.

Acupuncture is becoming increasingly popular as people seek treatments that do not harm their entire system. I envision acupuncture as the next best treatment for a wide range of conditions. I hope to see general acupuncture practitioners available in every community, making this effective mode of treatment accessible to all.

As we conclude this enlightening conversation, it becomes clear that the path to holistic health is paved with ancient wisdom and modern understanding. Our guest's dedication to integrating acupuncture and homeopathy not only exemplifies the power of complementary therapies but also inspires us to explore new avenues for healing. By embracing the principles of energy balance and treating the whole person, we can achieve profound and lasting wellness. Thank you for joining us on this journey, and may we all continue to seek harmony and balance in our lives through the art of healing.



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DR MUSTAFA TOPIWALA

The Healing Touch: A Journey in Sports Physiotherapy”

In the world of sports, where every millisecond counts and each movement is crucial, the role of a physiotherapist becomes invaluable. Today, we delve into the inspiring journey of a dedicated sports physiotherapist who has transformed the lives of countless athletes, guiding them through the rigors of their sports and helping them achieve peak performance. From the cricket fields of India to the grueling Ironman competitions, our guest has been a beacon of healing and strength, earning the moniker “Ironman Making Factory.” Join us as we explore the stories, challenges, and triumphs of this remarkable professional, whose passion and expertise have made a significant impact in the realm of sports physiotherapy.

1. What inspired you to become a physiotherapist, and how did your journey in this field begin?
- When I was in school, I always wanted to pursue medicine. Due to tough competition, I couldn’t get a free seat in MBBS. Later, someone told me about physiotherapy and rehab, which seemed interesting. I decided to pursue my higher education in physical therapy, and the journey began in 2002.



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2. Can you share some of the most memorable experiences you've had while working with athletes, including training Iron Man competitors?

My most memorable experience was getting into the Cricket Club of India (Brabourne Stadium). I always dreamt of being on a field and treating athletes, and when I got a chance, I was on cloud nine. Training for Ironman was icing on the cake as this gave me a lot of recognition, and people started calling me the "Ironman Making Factory."

3. How do you approach physiotherapy for athletes differently from other patients, and what unique challenges do you face in this specialized area?

Athletes always approach with deadlines, often after an injury or surgery. I need to prepare protocols according to the duration and work in hand with ortho to ensure the best results. The challenges I face include maintaining the mental well-being of athletes, as sometimes their morale is down, and as a physio, I make sure to keep their spirits high.

4. Can you discuss the importance of injury prevention and recovery strategies in optimizing athletic performance?

There is something called prehab, which always helps in injury prevention as we condition the muscles in

such a way that during the season, athletes have a balanced workout plan that involves their performance. Recovery strategies are very simple, i.e., giving rest to the injured person and slowly starting rehab as pain/swelling settles down.

5. What are some of the key principles and techniques you use to help athletes recover from injuries and reach their peak potential?

For recovery, it is very important to provide ice bath therapy, deep tissue massage, and rehabilitation techniques such as yoga/stretching. Athletes keep practicing their best moves and strengthen those muscles for the best outcome.

6. Can you share any success stories or cases where you've witnessed significant improvements in athletes' performance and well-being?

An ACL (Anterior Cruciate Ligament) tear is a common injury for players. One of my kabaddi players had a complete ACL tear just six months prior to the season. I got an opportunity to work with him, and I was happy to see him perform at his peak during the season, later becoming the best raider of the season. This was a great success for me as a sports physio.



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7. How do you tailor your treatment plans to meet the specific needs and goals of each athlete you work with?

Every athlete has a different plan and program designed according to the sport they play. For example, table tennis players need a lot of speed and forearm/wrist skills, while runners require fast burst agility drills. Customized plans are made to cater to the needs of each athlete.

8. What role do you believe physiotherapy plays in enhancing overall athletic performance and preventing injuries in the long term?

Physiotherapy plays a major role right from assessment/functional screening, BMI check, diet plan, and considering any medical history. Making sure all parameters are taken care of ensures that the athlete performs at their best.

9. Can you discuss the importance of holistic care and collaboration with other members of an athlete's support team, such as coaches and nutritionists?

Any sport or game requires a proper holistic approach and coordination with the sports coach, team doctor, strength and conditioning expert, mental conditioning coach, dietician, etc. Everyone plays an important role in achieving the best outcome for the athlete.



10. How do you stay updated with the latest advancements and research in sports physiotherapy, and how do you incorporate them into your practice?

It is always important to stay updated with the latest technology and research. I strive to attend workshops and bring advancements into my clinical practice, providing a biofeedback mechanism to my athletes, which in turn enhances their performance.

11. What advice would you give to aspiring athletes who are looking to improve their performance and prevent injuries?

To aspiring athletes, I advise training with experts and not so-called gym trainers. Sport science is vast, and training with sports physios or strength conditioning coaches will definitely help them progress and play their sports pain/injury-free.

12. How do you balance the demands of your profession with the needs of your athletes and your own personal well-being?



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“Time and tide wait for none.” It is not just about seeing patients and working on recovery/rehab but also about staying fit and healthy. Thanks to the era of COVID, which gave me an opportunity to work on my fitness. Today, I am the only physiotherapist from India who has completed multiple endurance cycling events both at national and international levels.

13. Can you share any initiatives or programs you’re involved in to promote sports physiotherapy and educate athletes about injury prevention and recovery?

I am blessed to conduct lectures and workshops in colleges and companies where I teach the importance of physiotherapy and its impact on an athlete’s life. I also counsel students to consider a career in physiotherapy, maybe even becoming the physiotherapist for the Indian Cricket Team someday.

14. How do you foster trust and rapport with the athletes you work with, and how does this contribute to their success?

Everything we do is a team effort. Proper guidance, counseling, and regular checks on our athletes motivate them to achieve the best results. The end goal is to cross the finish line injury-free, which is a success for me.

15. Finally, what message would you like to convey to athletes who are striving to reach their goals and excel in their chosen sports?

My message to athletes is to be patient! “Fortune favors the brave.” Take that risk and aim to shoot for the stars. Someday you will be wearing the Indian jersey and making our tricolor proud. Just practice and be consistent.





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As we conclude this insightful conversation, we are reminded of the profound impact a dedicated physiotherapist can have on the lives of athletes. Our guest's journey is a testament to resilience, innovation, and unwavering commitment to excellence. Through tailored treatments, holistic care, and a relentless pursuit of knowledge, they have not only helped athletes recover from injuries but also empowered them to reach new heights in their performance. To all aspiring athletes and professionals, let this be a reminder that with the right support, perseverance, and passion, dreams can be transformed into reality. Here's to the healers, the motivators, and the unsung heroes who make every victory possible.

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DR ANAND PATIL

“Echoes of Empathy: Dr. Anand Patil’s Journey in Psychiatry and Addiction Treatment”

In the gentle hum of everyday life, there exists a silent struggle that often goes unnoticed—the battle against addiction and mental illness. Today, we delve into the profound journey of Dr. Anand Patil, a beacon of hope in the realm of psychiatry and addiction treatment. Through his unwavering dedication and compassionate care, Dr. Patil illuminates the path to healing, one patient at a time. Join us as we unravel the tapestry of his experiences, challenges, and triumphs in the pursuit of mental wellness.

1. What inspired you to become a psychiatrist and how did your journey in the field of mental health and addiction treatment begin?

As a child, I observed people experiencing various emotions and wondered about their reactions. I realized the importance of managing thoughts and feelings for true contentment. Exposure to self-improvement books further piqued my interest in the mind and human behavior. During my internship, Vipassana courses solidified my decision to pursue psychiatry. Despite initial opposition, my parents supported my choice. Starting as a General Psychiatrist, I encountered various cases, including addiction. Witnessing its impact firsthand, I felt compelled to intervene. Collaborating with Rellino D’Cruz, we established Sahaara Rehabilitation Centre in 2010 to address addiction and mental health issues.



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2. How do you approach the treatment of addiction from a psychiatric standpoint and what strategies do you employ to help patients on their path to recovery?

At Sahaara, we conduct a comprehensive diagnostic evaluation upon admission, considering factors like coexisting psychiatric conditions, history, and socio-occupational aspects. Detox treatment addresses withdrawal symptoms, instilling hope in patients. Rehabilitation focuses on attitude and lifestyle changes. Negotiating through denial is challenging; individual and group therapy, akin to the Alcoholic Anonymous twelve steps program, aid in insight and coping skill development. Identifying and treating coexisting psychiatric disorders enhances outcomes.

3. Can you discuss the role of empathy and understanding in building rapport with patients with addictions and facilitating their healing process?

Empathy is crucial in establishing trust and a therapeutic alliance. Demonstrating genuine care and understanding creates a safe space for patients to share their struggles. By acknowledging their unique experiences and challenges, we tailor treatment strategies that resonate with their situation. Viewing the person beyond their addiction fosters engagement and compliance with therapy.

4. Can you share some of the most memorable moments or experiences you have had while working with people struggling with addiction?

Witnessing transformations in patients' lives is immensely rewarding. One memorable experience involved a patient who, after battling addiction, regained stability, secured employment, and rebuilt familial relationships. His journey showcased the power of resilience and community support in overcoming addiction.

5. As a mental health professional, how do you address the stigma surrounding addiction and mental illness, both within the medical community and society at large?

Addressing stigma is paramount in promoting understanding and acceptance of addiction and mental illness. Within the medical community, I engage in education and awareness initiatives, dispelling myths and misconceptions. Public outreach campaigns challenge societal stereotypes, emphasizing compassion and dignity for individuals with addiction or mental health disorders.

6. What are some of the challenges you have faced in your journey as a psychiatrist and how have you navigated them?



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In addition to the problem of stigma in society regarding psychiatric illnesses and patients, I encountered several challenges. Many psychiatric disorders require prolonged treatment, but some patients stop taking medication prematurely due to improvement, frustration, or fear of side effects. Non-compliance poses a major hurdle, exacerbating illnesses. Burnout is another challenge, especially when dealing with emotionally distressed patients, which is common in addiction cases. Practicing self-care regularly, including exercise, meditation, and engaging in recreational activities, helps prevent burnout. Additionally, educating the public and healthcare professionals about mental health remains an ongoing challenge, which I address through various platforms like social media and newspaper articles.

7. How do you collaborate with other healthcare professionals and systems for providing holistic care to your patients?

Collaboration with other healthcare professionals is crucial for holistic patient care. Psychiatric symptoms often manifest alongside medical conditions, highlighting the need for liaison between mental health professionals and other specialists. For example, stress can exacerbate conditions like diabetes and hypertension. A multidisciplinary approach involving psychiatrists, counselors, social workers, and support groups like Alcoholics Anonymous ensures comprehensive care tailored to individual needs. Advocating for exercise and arts-based therapies further enhances patient outcomes.

8. Can you elaborate on how family support can help in the recovery of a person with addictions?

Families play a vital role in an individual's recovery from addiction. Emotional support from loved ones boosts morale and motivation, fostering a sense of acceptance and understanding. Family members can help hold the individual accountable, reinforce positive behaviors, and create a structured, supportive environment conducive to recovery. Practical assistance, such as transportation to therapy sessions or financial support, alleviates stress and facilitates focus on recovery. Ultimately, family support promotes healing and strengthens the individual's journey to sobriety.



MY CHORES	
SURYA DARSHAN	<input checked="" type="checkbox"/>
EXERCISE	<input checked="" type="checkbox"/>
VIDEO /BOOK EDITING	<input checked="" type="checkbox"/>
PLAN FOR THE DAY	<input checked="" type="checkbox"/>
MINDVALLEY VIDEO	<input type="checkbox"/> X
JOKE OF THE DAY	<input checked="" type="checkbox"/>
GRATITUDE JOURNAL	<input type="checkbox"/> X
DRAW A DOODLE	<input type="checkbox"/> X
MEDITATE	<input checked="" type="checkbox"/>
VISUALISE	<input checked="" type="checkbox"/>



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9. What advice would you give to an individual who is struggling with addiction or mental health issues and is hesitant to seek help?

It's essential to acknowledge feelings of hesitation and understand that seeking help can be daunting. Reassure them that seeking help for mental health issues is as crucial as seeking help for physical ailments and that early intervention leads to better outcomes. Addressing myths and misconceptions around mental health and addiction helps reframe self-limiting beliefs. Assure them of confidentiality and emphasize that seeking help is a sign of strength, not weakness. Encourage seeking help through various channels, including teleconsultations, which can provide comfort and accessibility.

10. What motivates you to carry on with your work in spite of the challenges in the treatment of addictions and mental illnesses?

Witnessing positive transformations in patients' lives is a significant motivator. Seeing patients overcome addiction and regain their quality of life is incredibly rewarding. The impact on patients' well-being, coupled with the ongoing fight against stigma and misconceptions, fuels my passion for psychiatry. Personal fulfillment, professional growth, and the opportunity to propagate the importance of mental health further drive my commitment to this field.



11. How do you prioritize personal self-care and maintain your own well-being while supporting others in their journey to recovery?

Prioritizing personal self-care is essential for maintaining well-being while supporting others. Setting clear boundaries between work and personal life, incorporating regular exercise, meditation, and engaging in hobbies and meaningful connections with loved ones are vital. Practicing what I preach and leading by example inspire others to prioritize self-care. Additionally, ongoing learning, maintaining a healthy diet, and spending time in nature contribute to my overall well-being and resilience.

12. What do you envision for the future of addiction treatment and mental health care, and how do you hope to contribute to this vision through your work as a psychiatrist?

I envision a future for addiction treatment and mental health care that is integrated, personalized, and accessible. Holistic approaches integrating physical, mental, and social health, along with greater



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collaboration among healthcare professionals, are vital. Ensuring accessibility for all, reducing stigma, and early intervention are key goals. I aim to contribute by advocating for comprehensive care, leveraging teleconsultations, promoting community-based programs, and engaging with policymakers. Ultimately, my goal is to advance mental health and addiction treatment, striving for a better future for all.

As our conversation draws to a close, we find ourselves imbued with a sense of reverence for Dr. Anand Patil's profound insights and unwavering commitment to his patients' well-being. Through the labyrinth of adversity, he remains steadfast, a guiding light in the darkness of addiction and mental illness. As we bid farewell, let us carry forth his message of compassion, resilience, and hope, knowing that within each of us lies the power to illuminate the path to healing. As our conversation draws to a close, we find ourselves imbued with a sense of reverence for Dr. Anand Patil's profound insights and unwavering commitment to his patients' well-being. Through the labyrinth of adversity, he remains steadfast, a guiding light in the darkness of addiction and mental illness. As we bid farewell, let us carry forth his message of compassion, resilience, and hope, knowing that within each of us lies the power to illuminate the path to healing.



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DR MANEESH BAPAYE

“Visionaries of Tomorrow: A Journey through the Eyes of Dr. Maneesh Bapaye”

“Welcome to an exploration of the intricate tapestry of modern ophthalmology—a journey where tradition meets innovation, and patient care is at the heart of every decision. Today, we delve into the world of eye health with a seasoned expert whose dedication to advancing the field is matched only by their commitment to compassionate, patient-centered care. Join us as we uncover the nuances of balancing tradition with innovation, the impact of lifestyle factors on eye health, and the transformative power of community outreach and education. Get ready to embark on a voyage of discovery, where the future of eye care unfolds before our eyes.”

1.What inspired you to specialize in ophthalmology, and how did you develop a passion for eye care?

Growing up, I witnessed my parents making positive changes in people’s lives as doctors, particularly my mother, who was a trailblazing eye surgeon. Her pioneering work in adopting new techniques and technologies fascinated me, especially in treating retinal diseases. When it came time to choose a career, medicine was the natural choice for me, with a focus on becoming an eye surgeon. Through my training at esteemed institutions like Kasturba Medical College and Sankara Nethralaya, Chennai, I deepened my passion for vitreoretinal surgery, marking the beginning of a fulfilling journey in ophthalmology.

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2. Can you share a particularly memorable patient success story that highlights the transformative impact of eye surgery?

One of the most impactful moments in my career stemmed from a surgical failure rather than a success. In 2015, a young patient presented with a large glass piece in the eye after a laboratory accident. Despite my efforts, I couldn't remove it during retinal surgery and had to refer the patient to Sankara Nethralaya, Chennai. This experience prompted me to collaborate with an engineer to design 'The Claw', a forceps capable of removing large non-magnetic foreign bodies from the eye. Its profound impact was evident in 2016 during the unrest in Kashmir, where it played a crucial role in removing lead pellets from hundreds of injured eyes, saving vision and earning recognition worldwide.

3. As an esteemed eye specialist, what do you consider to be the most rewarding aspect of your profession?

The most rewarding aspect of my profession lies in witnessing the transformative impact of vitreoretinal surgery on patients' lives. Seeing patients who once required assistance to walk into my clinic returning post-surgery with independence and smiles on their faces is immensely gratifying.

Additionally, witnessing premature babies treated for retinopathy of prematurity grow into happy, healthy children underscores the importance of early intervention and screening in preserving vision.

4. How do you stay updated with the latest advancements and techniques in the field of ophthalmology?

In the ever-evolving field of medicine, staying abreast of the latest advancements is crucial. Personally, I employ various methods to stay informed. I regularly attend conferences and make it a point to submit scientific papers or videos, which necessitates reading a considerable amount of related literature beforehand. Additionally, I watch at least one webinar per week, utilize online resources like YouTube, and stay engaged in publishing and reviewing articles in medical journals. Maintaining my YouTube channel, where I post surgical cases, not only contributes to knowledge sharing but also prompts me to review and critique my own work.

5. Can you discuss the importance of preventive eye care and early detection in preserving vision health?



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Preventive care is paramount in maintaining optimal vision health. Regular eye check-ups facilitate early detection of diseases that may not present symptoms until advanced stages. Take open-angle glaucoma, for example; it often remains asymptomatic until irreversible damage occurs. Similarly, regular screening for diabetic retinopathy is vital in a country like India, where diabetes prevalence is high. By diagnosing conditions early, initiating timely treatment, and monitoring for progression, we can prevent vision loss and preserve ocular health. Educating patients about their eye conditions empowers them to seek timely medical intervention when necessary.

6. What are some common misconceptions about eye health and eye care that you encounter in your practice, and how do you address them?

Misconceptions about eye health abound, some benign, and others potentially harmful. For instance, beliefs like staring directly at the morning sun improves eyesight or using home remedies like lime or garlic juice to induce tearing are not only ineffective but can lead to serious eye injuries. Additionally, practices such as having one's eyes cleaned by unqualified individuals pose significant risks of infection and vision loss. Dispelling these misconceptions requires patient education, wherein we provide accurate information about eye health and care. By explaining the scientific rationale behind our recommendations, we empower patients to make informed decisions and seek appropriate care from qualified professionals.

7. Can you share some insights into the role of technology, such as laser surgery and advanced imaging techniques, in modern ophthalmology practices?

Technology has revolutionized modern ophthalmology, enhancing our diagnostic and therapeutic capabilities. Lasers, a mainstay in ophthalmic surgery for decades, find applications in treating various retinal and anterior segment conditions. From diabetic retinopathy to glaucoma and cataracts, lasers offer precise and effective treatment options. Advanced imaging techniques have also transformed our understanding of ocular pathology. Technologies like optical coherence tomography (OCT) and ultra-wide-field retinal imaging enable detailed visualization of ocular structures, aiding in early disease detection and monitoring. With ongoing innovations and the integration of artificial intelligence, the future of ophthalmology holds promise for even more sophisticated diagnostic and therapeutic modalities.





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8. How do you approach the challenge of balancing innovation with the traditional practices of eye care?

In the rapidly evolving field of ophthalmology, traditional practices are often complemented by innovative techniques and technologies. While embracing innovation is crucial, it's equally important to uphold the principles of patient-centered care. This means understanding that we're not just treating eyes; we're caring for individuals who are experiencing suffering. Thus, listening to patients' concerns, involving them in treatment decisions, and ensuring transparency about treatment options and associated costs are essential aspects of maintaining a balanced approach. Ultimately, by prioritizing patients' well-being and integrating the best of both traditional and innovative practices, we can optimize outcomes in eye care.

9. Can you discuss the impact of lifestyle factors, such as screen time and UV exposure, on eye health, and any recommendations you have for maintaining healthy vision?

Lifestyle factors like prolonged screen time, especially with mobile devices, can contribute to a condition known as computer vision syndrome (CVS). Symptoms may include eye strain, headaches, blurred vision, dry eyes, and neck and shoulder pain. To alleviate CVS and prevent its occurrence, several strategies can be adopted:

1. Take frequent breaks: Follow the 20-20-20 rule—take a break every 20 minutes, look at an object 20 feet away for 20 seconds—to reduce eye strain.
2. Adjust device position and lighting: Position screens at or slightly below eye level and ensure adequate lighting to minimize glare.
3. Use anti-glare screens: Employ anti-glare screens to reduce glare and enhance screen visibility.
4. Blink frequently: Blinking regularly helps keep the eyes lubricated and prevents dryness.
5. Adjust font size and screen brightness: Opt for a comfortable font size and adjust screen brightness to reduce eye fatigue.
6. Maintain good posture: Sit up straight to alleviate neck and shoulder pain associated with prolonged screen use.
7. Schedule regular eye exams: Regular eye exams can detect refractive errors or other issues requiring corrective measures.





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Additionally, UV light exposure poses risks to eye health, increasing the likelihood of conditions like age-related macular degeneration. To mitigate these risks, wearing UV-blocking sunglasses and hats when exposed to sunlight is recommended, along with avoiding direct sun exposure to the eyes.

10. What advice would you give to individuals considering eye surgery or seeking treatment for eye conditions?

For individuals contemplating eye surgery or seeking treatment for eye conditions, active participation in the treatment process is crucial. While trust in the healthcare provider is important, it's essential to be informed and involved in decision-making. Patients should:

1. Educate themselves about their condition: Understand the nature of the condition, treatment options, potential risks, and benefits.

2. Seek a second opinion if necessary: Consulting another specialist can provide additional insights and ensure informed decision-making.

3. Manage expectations: Maintain realistic expectations about treatment outcomes and recovery processes.

4. Connect with others who have undergone similar procedures: Sharing experiences with others can offer valuable insights and support.

5. Be patient and proactive: Recognize that optimal outcomes may take time and adhere to post-treatment instructions diligently.

By actively engaging in their treatment journey and seeking comprehensive information, patients can make informed decisions and optimize their treatment outcomes.



11. How do you collaborate with other healthcare professionals, such as optometrists and neurologists, to provide comprehensive care for your patients?

Collaboration with various healthcare professionals, including optometrists and neurologists, is integral to delivering comprehensive eye care. Communication and coordination among team members are essential for optimizing patient outcomes. Collaboration occurs through various channels, such as:



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1. Conferences and specialty meetings: Participation in conferences and meetings allows for the exchange of knowledge and expertise among healthcare professionals in different specialties.

2. Online communication platforms: Utilizing online forums and messaging platforms facilitates real-time communication and consultation among team members.

3. Instrumental collaborations: Collaborations with engineers and industry experts contribute to the development of specialized instruments and technologies to enhance surgical outcomes.

4. Patient-centered approach: Involving patients in interdisciplinary discussions and treatment planning ensures a holistic approach to care.

By fostering open communication and leveraging the expertise of diverse healthcare professionals, we can provide comprehensive and integrated care tailored to each patient's needs.

12. Can you discuss the importance of community outreach and education in promoting eye health awareness and accessibility to eye care services?

Community outreach and education play pivotal roles in promoting eye health awareness and enhancing accessibility to eye care services. By raising awareness about common eye conditions, preventive measures, and available treatment options, community outreach initiatives empower individuals to prioritize their eye health and seek timely care. Key components of effective outreach and education efforts include:

1. Tailored educational programs: Designing educational programs targeted at different age groups and demographics to address specific eye health concerns.

2. Vision screening programs: Conducting regular vision screening programs in schools, workplaces, and community centers to detect refractive errors and other eye conditions early.

3. Promoting preventive measures: Educating the public about lifestyle factors, such as UV protection and screen time management, to prevent eye problems.

4. Advocacy and policy initiatives: Advocating for policies that promote eye health and ensure access to quality eye care services for all members of the community.

5. Collaborative partnerships: Collaborating with local organizations, healthcare providers, and government agencies to maximize the reach and impact of community outreach efforts.

By engaging in proactive outreach and education activities, we can empower individuals to prioritize their eye health, reduce the burden of preventable eye conditions, and ensure equitable access to eye care services for all members of the community.

13. What do you believe are the most promising areas of research and innovation in ophthalmology today?

Ophthalmology is witnessing rapid advancements and innovations across various domains, with several promising areas of research on the horizon. Some of the most notable areas of research and innovation in ophthalmology include:



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1. Artificial intelligence (AI) and machine learning: AI-driven diagnostic tools and image analysis algorithms have the potential to revolutionize disease detection, prognosis, and treatment planning in ophthalmology.

2. Gene therapy and stem cell therapy: Advances in gene therapy and stem cell therapy hold promise for treating inherited retinal diseases and regenerating damaged ocular tissues, offering potential cures for previously untreatable conditions.

3. Drug delivery systems: Novel drug delivery technologies, including sustained-release implants and nanoparticle-based drug carriers, aim to improve the efficacy and duration of therapeutic agents for various ocular diseases.

4. Retinal regeneration and neuroprotection: Research into retinal regeneration and neuroprotective strategies seeks to restore vision and prevent vision loss in degenerative retinal diseases like age-related macular degeneration and glaucoma.

5. Telemedicine and remote monitoring: Telemedicine platforms and remote monitoring devices enable remote consultations, follow-up care, and disease management, expanding access to eye care services and improving patient outcomes.

6. Nanotechnology and bioengineering: Innovations in nanotechnology and bioengineering are driving the development of advanced ocular implants, prosthetics, and tissue engineering approaches for repairing and replacing damaged ocular structures.

By investing in these promising areas of research and innovation, we can unlock new therapeutic modalities, improve patient outcomes, and advance the field of ophthalmology to new heights.





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As we draw the curtains on this enlightening conversation, may we carry forward the insights shared today, nurturing a deeper appreciation for the delicate artistry of eye care. Let us remember the importance of patient empowerment, community engagement, and ongoing collaboration in shaping the future landscape of ophthalmology. With each blink, let us embrace the vision of a world where sight is not just preserved, but celebrated—a world where innovation, compassion, and knowledge illuminate the path to brighter tomorrows. Thank you for joining us on this illuminating journey, and may your vision always be clear, your horizons ever-expanding. Until we meet again, may your eyes behold the beauty of every moment, and may the light of understanding guide your way.

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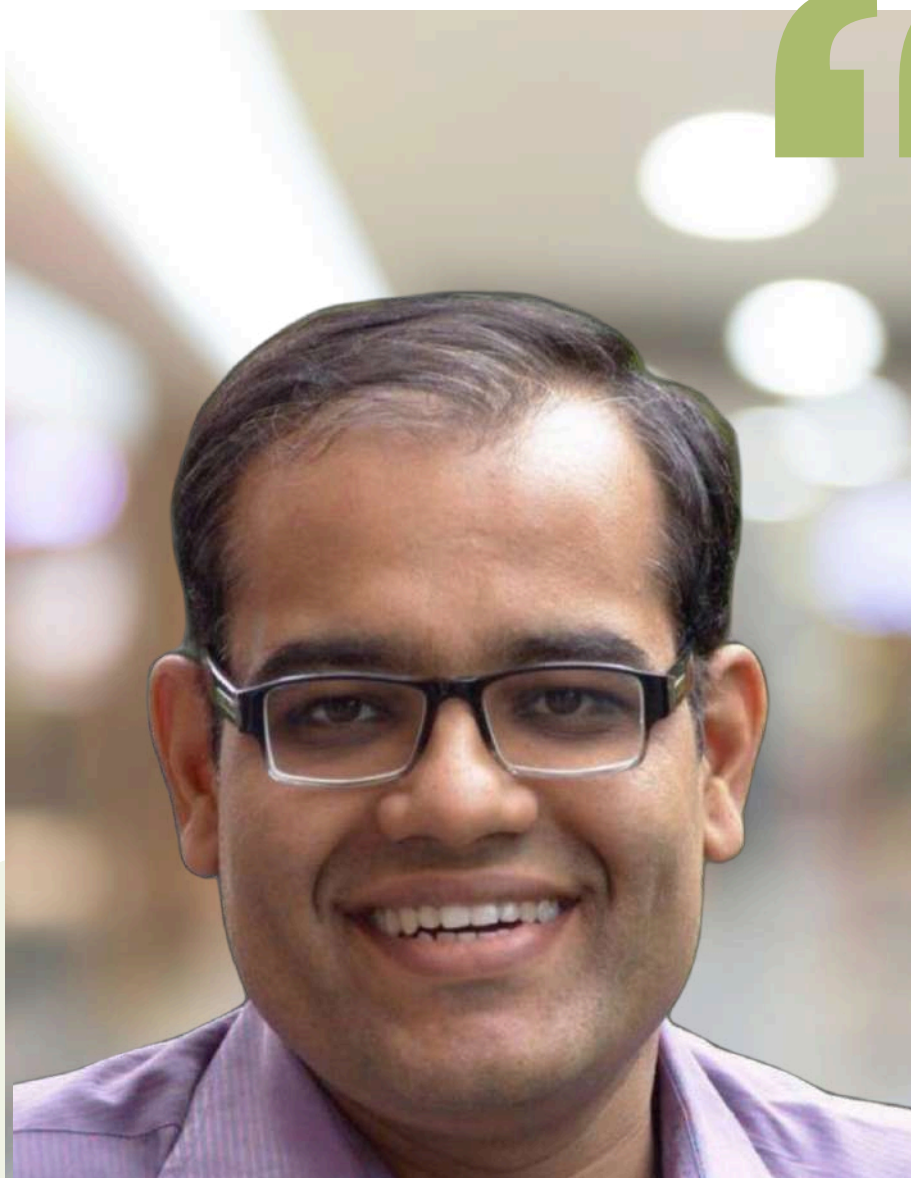
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DIETITIAN MANJIRI JOSHI

"Nutritional Wisdom: A Journey with Dietitian Manjiri Joshi"

Welcome, readers, to an enlightening journey into the realm of nutrition and wellness. Today, we delve into insightful conversations with a seasoned expert, uncovering the secrets to nourishing our bodies and minds for a vibrant life. Join us as we explore the importance of making informed dietary choices and embracing holistic health practices.

1. What inspired you to pursue a career in clinical dietetics, and how did your journey in this field begin?
I was fascinated by the medical profession and always wanted to help heal people. As a child, I dreamed of alleviating others' pain and suffering. My interest in food and nutrition grew as I read about how food can be medicine. This passion led me to pursue a career in Nutrition and Dietetics.

2. Can you share some insights into the importance of nutrition in promoting overall health and well-being?

Nutrition is fundamental for good health, impacting physical, mental, and emotional well-being. Key reasons include:



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1. Disease Prevention: A balanced diet prevents chronic diseases like heart disease, diabetes, and certain cancers.

2. Weight Management: Proper nutrition helps maintain a healthy weight and regulates metabolism.

3. Energy and Vitality: Nutrients provide the energy needed for daily activities and physical exercise.

4. Mental Health: Nutrients like omega-3 fatty acids and antioxidants improve mood, memory, and brain health.

5. Strong Bones and Muscles: Calcium, vitamin D, and protein are essential for bone and muscle health.

6. Longevity and Quality of Life: A nutrient-rich diet contributes to a longer, healthier life.

7. Growth and Development: Nutrition is crucial for children's physical and cognitive development.

8. Gut Health: A healthy diet promotes a balanced gut microbiome, aiding digestion.

9. Reduced Inflammation: Anti-inflammatory foods like turmeric and omega-3s lower inflammation.

10. Positive Lifestyle Habits: Good nutrition encourages regular exercise, reduced stress, and better sleep.

Focusing on a balanced diet with diverse, nutrient-rich foods can significantly improve health and reduce the risk of chronic diseases.

3. As a certified diabetes educator, how do you approach dietary management for individuals living with diabetes?

I approach dietary management for diabetes with personalized planning, education, and support:

1. Understanding the Individual's Needs:

- Medical History and Lifestyle: Tailor plans based on medical history, diagnosis, and personal preferences.

2. Education on Diabetes and Nutrition:

- Diabetes Basics: Explain the condition and the role of nutrition.

- Carbohydrate Counting and Glycemic Index: Teach how to manage blood sugar through diet.

3. Creating a Personalized Meal Plan:

- Balanced Diet: Focus on complex carbs, lean proteins, healthy fats, and fibers.

- Portion Control: Use simple methods to measure food portions.

- Regular Meals and Snacks: Encourage consistent meal times to stabilize blood sugar levels.



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4. Incorporating Healthy Food Choices and Hydration: Promote nutritious food options and adequate hydration.

5. Teaching Self-Monitoring and Adjustment:

- Blood Glucose Monitoring: Guide on how to monitor and interpret blood sugar levels.
- Medication Adjustment: Help adjust insulin and medication based on readings.
- Feet Care and Awareness: Emphasize proper foot care and educate on risks of complications like retinopathy, neuropathy, and nephropathy.

6. Addressing Barriers and Challenges:

- Behavioral Changes: Support in overcoming emotional eating, stress, and social influences.
- Meal Preparation: Offer tips on meal planning, recipes, and shopping for diabetic-friendly foods.

7. Support Systems:

- Communication with Healthcare Team: Encourage collaboration with doctors and other professionals.
- Support Networks: Advocate for support groups and family involvement.

8. Regular Follow-Up and Monitoring:

- Continuous Support: Schedule regular follow-ups to adjust plans and provide ongoing education.

By combining these strategies, I help individuals manage their diabetes and improve their quality of life.



4. What are some common misconceptions about nutrition and dieting that you encounter in your practice, and how do you address them?

Common misconceptions include:

1. Proteins Are Bad and Only from Meat: Proteins are essential and can come from plant sources like lentils and dairy.
2. Fat-Free or Low-Fat Foods Are Healthier: These often contain added sugars. Healthy fats from nuts, seeds, and avocados are beneficial.
3. Eating Late Causes Weight Gain: Weight gain is about overall calorie intake and activity, not meal timing.
4. Apple Cider Vinegar and Chia Seeds Cause Immediate Weight Loss: There's no magic food for weight loss; it's about consistent diet and lifestyle changes.
5. Detox Diets and Cleanses Are Necessary: The body naturally detoxifies itself with a balanced diet.



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6. Skipping Meals Helps with Weight Loss: This can lead to overeating and disrupt metabolism. Regular meals are better for energy and weight management.

7. Sea Salt Is Bad and Pink Salt Is Healthier: Both contain sodium. Moderation is key.

8. Traditional Foods Are Always Healthy: Some traditional dishes can be high in unhealthy fats and sugars. Choose wisely.

9. Dietary Supplements Can Replace a Balanced Diet: Supplements address deficiencies but shouldn't replace a varied, whole-food diet.

Addressing these requires education and promoting a balanced, informed approach to nutrition.

5. Can you discuss the role of diet in managing chronic conditions such as hypertension, obesity, and cardiovascular diseases?

Diet plays a significant role in managing chronic diseases such as cardiovascular diseases (CVD), hypertension, and obesity. Adopting a balanced and nutritious diet can mitigate risk factors and promote better health outcomes.

1. Cardiovascular Diseases (CVD):

- Heart-Healthy Fats: Use healthy fats like olive oil and avoid trans fats.
- Reducing Salt and Sodium: Lowering salt intake helps manage blood pressure.
- Whole Grains and Fiber: Incorporate whole grains and increase dietary fiber to improve heart health.
- Antioxidants and Phytonutrients: These reduce oxidative stress and inflammation.

2. Hypertension (High Blood Pressure):

- DASH Diet: The Dietary Approaches to Stop Hypertension (DASH) diet focuses on fruits, vegetables, whole grains, and lean proteins.
- Potassium-Rich Foods: Include foods like bananas and spinach to balance sodium levels.
- Low-Sodium Diets: Reduce processed and salty foods.
- Magnesium and Calcium: Ensure adequate intake of these minerals to support blood pressure regulation.

3. Obesity:

- Caloric Balance: Maintain a balance between calorie intake and expenditure.
- High-Fiber Foods: Consume plenty of fruits, vegetables, and whole grains.
- Reduced Sugar and Refined Carbohydrates: Limit intake of sugary and processed foods.
- Healthy Fats and Proteins: Include healthy fats and lean proteins to promote satiety and maintain muscle mass.

By adopting a balanced diet that emphasizes whole foods, healthy fats, reduced sodium, and adequate fiber, individuals can significantly reduce risk factors and improve their overall health. This approach, combined with regular physical activity and healthy lifestyle choices, contributes to long-term disease management and prevention.



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6. How do you tailor dietary plans to meet the individual needs and health goals of your clients/patients? Customization is key when designing diets for clients. Here's how I tailor diets to individual needs:

1. Assessment of Health and Goal Setting: Understand the client's health status and set achievable goals.
2. Medical History and Medications: Consider any existing conditions and ongoing treatments.
3. Dietary Analysis: Evaluate current eating habits and identify areas for improvement.
4. Nutrient Requirements: Determine specific nutrient needs based on the client's health goals.
5. Customization: Develop a diet plan that aligns with the client's preferences and lifestyle.
6. Addressing Shortcomings: Focus on correcting nutrient deficiencies and dietary imbalances.
7. Meal Planning: Provide detailed meal plans with a variety of options.
8. Monitoring and Support: Regularly track progress and adjust the plan as needed.
9. Continued Education: Educate clients on making informed food choices and maintaining long-term health.

By following these steps, I help my clients achieve their health and nutrition goals while addressing their individual needs in a supportive and effective manner.

7. Can you share any success stories or cases where dietary interventions have resulted in significant improvements in health outcomes?

Case Study: Affan Amjad Hussain • Age: 5 years • Location: Bahrain

• Health Issues: Down Syndrome, Hypothyroidism, Acute Anemia, Celiac Disease

Experience Quoted by His Mother, Anila:

Affan is a special child with Down Syndrome. At 2 years old, his progress started declining. He became weak and fatigued, refusing to play or walk. He was diagnosed with acute anemia, with only 2% hemoglobin and 1.5 RBCs, requiring his first blood transfusion. Despite following diets and supplements, Affan's anemia persisted, leading to three blood transfusions by the age of 4.

After consulting multiple doctors, it was determined that Affan's anemia was due to poor iron absorption linked to celiac disease and poor gut health. I needed a nutritionist who understood the unique challenges faced by a child with Down Syndrome.



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I found Dr. Manjiri Joshi, whose extensive experience with Down Syndrome kids gave me confidence. Dr. Joshi noted that Affan's high BMI could be exacerbating his anemia, a crucial insight previously overlooked by other doctors.

Diet Plan by Dr. Manjiri Joshi:

- A detailed, kid-friendly meal plan fulfilling daily iron needs and improving gut health for better nutrient absorption.
- Numerous meal options with recipes.
- Responsive support through voice notes and recipe guidance.

Results:

Affan's hemoglobin increased from 7.7 to 8.6, and he lost weight, gaining energy and looking healthier. His improved health was a testament to the power of the right nutrition.

Mother's Note:

"Diet became a savior when medicines failed. Our bodies can do miracles with the right nutrition under a good nutritionist's guidance. We are forever grateful to Dr. Joshi for her guidance and support."

Case 2: Vinit Mali

- Name: Vinit Mali • Place: Nashik and Canada for work • Age: 30
- Health Issues: Stomach ulcers, Gastritis, Deranged Gut flora

Q: How did Dietitian Manjiri assist you with your health issues?

A: I was introduced to Dietitian Manjiri three years ago when I was diagnosed with stomach ulcers and gastritis. I was experiencing episodes of bloating, indigestion, severe vomiting, and restlessness, largely induced by work stress and an unhealthy lifestyle. At that point, I sought a solution beyond medication, and dietary changes were suggested as having a significant impact on my condition.

From the moment I started working with Dr. Manjiri, her expertise greatly aided me. She began addressing my gut health concerns. After listening to my issues, she devised a plan that not only tackled my immediate health needs but also considered my lifestyle and preferences.

Dr. Manjiri not only recommended dietary adjustments but also encouraged daily exercise and workout routines. Additionally, she tailored the diet to fit my irregular work hours. Even when I traveled abroad, she suggested alternative dietary options that were locally available.

Dr. Manjiri's diet plan was transformative. Her detailed knowledge of nutrition and its impact on gut health guided me through each step. Not only did my symptoms disappear, but I also experienced increased energy levels and overall well-being. Since then, I have continued with a healthy diet and have not experienced a single symptom. I firmly believe that diet can work wonders for gut issues.





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8. How do you stay updated with the latest research and advancements in the field of nutrition and dietetics?

Keeping up with the latest advances in nutrition and research is crucial for staying informed and providing evidence-based guidance to clients. Clinical dietetics is evolving rapidly, and new advances and research equip us for better outcomes in our patients. Furthermore, understanding newer assessment techniques and knowledge of ever-improving functional foods is necessary for planning more sophisticated and practical diets. Here's how I stay updated:

1. Reading Peer-Reviewed Journals: Regularly reading scientific journals to stay informed about the latest research findings.

2. Professional Organizations: Being a member of various organizations such as the Indian Dietetics Association, IAPEN, PCOS Society of India, Nutrition Society of India, and Nutrition Forums of different cities. These organizations often provide access to conferences, webinars, seminars, and publications covering the latest research and developments in nutrition.

3. Continuing Medical Education: Participating in continuing education programs to stay updated with new knowledge and skills.

4. Online Databases and Repositories: Using online resources to access the latest research papers and articles.

5. Social Media and Blogs: Following reputable nutritionists, dietitians, and health organizations on social media and blogs for updates.

6. Podcasts and Webinars: Listening to podcasts and attending webinars focused on nutrition and dietetics.

7. Conferences and Symposia: Attending nutrition conferences, symposia, and scientific meetings to network with colleagues, exchange ideas, and stay informed about the latest research findings and innovations.

8. Collaboration and Networking: Engaging with other professionals in the field to exchange knowledge and stay current with new developments.

By staying actively engaged in the nutrition community and continuously seeking out new information and research findings, I ensure that my practice remains up-to-date and evidence-based, allowing me to deliver high-quality nutrition services to my clients.

9. What strategies do you employ to promote dietary adherence and behavior change among your clients/patients?

Promoting adherence to diet and behavior change involves addressing both the psychological and practical aspects of change. Here's a comprehensive list of strategies:

1. Goal Setting

- Set Specific, Measurable, Achievable, Relevant, and Time-bound (SMART) goals



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- Break down large goals into smaller, manageable milestones.

2. Education and Awareness

- Provide information on the benefits of a healthy diet and behavior changes.
- Share evidence-based knowledge on the risks of unhealthy habits.

3. Personalization

- Customize diets and behavior plans to suit individual needs, preferences, and lifestyles.
- Consider cultural, religious, or ethical preferences when developing plans.

4. Social Support

- Involve family, friends, or support groups in their journey.
- Utilize social media platforms or community groups for motivation.

5. Behavioral Strategies

- Apply positive reinforcement.
- Use self-monitoring tools like food journals and fitness apps.
- Implement habit-stacking.

6. Professional Guidance

- Engage dietitians or nutritionists for professional advice.
- Schedule regular follow-ups to review progress.

7. Environmental Changes

- Adjust home and work environments to support healthy choices.
- Encourage physical activity by creating a conducive environment.

8. Stress Management

- Teach stress management techniques.
- Offer resources for mental health support if needed.

9. Regular Feedback and Accountability

- Establish accountability through regular check-ins.
- Provide constructive feedback and guidance.

10. Making the Diet Journey Enjoyable

- Focus on finding enjoyable healthy foods and activities.
- Encourage experimentation with new recipes and activities.

11. Gradual Change

- Promote gradual changes over drastic overhauls.
- Emphasize progress over perfection.

Combining these approaches can enhance adherence to diet and behavior change by making the process more manageable, enjoyable, and sustainable.



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10. Can you discuss the importance of a holistic approach to nutrition, considering factors such as cultural preferences, lifestyle, and socioeconomic status?

A holistic approach to nutrition acknowledges the multifaceted nature of dietary choices and health. Here's why considering cultural preferences, lifestyle, and socioeconomic status is crucial:

- **Cultural Preferences:** Dietary habits are deeply rooted in culture and tradition, influencing food choices and eating behaviors.
- **Lifestyle:** Factors such as activity levels, daily routines, and stress levels impact dietary needs and preferences.
- **Socioeconomic Status:** Access to resources, affordability of nutritious foods, and education levels play a significant role in shaping dietary patterns.

A holistic approach ensures that dietary advice is relevant, practical, and achievable, promoting long-term adherence, health equity, and a more inclusive understanding of nutrition.

11. How do you address challenges related to food insecurity and access to nutritious foods in your practice?

Food insecurity is a significant issue in India, affecting millions of people. Here's how I help my clients address these challenges:

- **Finding Local Sustainable Options:** Guide clients to sustainable fruits, vegetables, and locally sourced foods.
- **Encouraging Gardening:** Promote terrace or backyard gardening for access to fresh produce.
- **Spreading Awareness:** Educate clients about sustainable crops like millets and the importance of unconventional foods.
- **Reducing Food Wastage:** Teach strategies to minimize food wastage and maximize food security.
- **Promoting Nutrition Education:** Spread awareness among women and children about the importance of nutrition for overall health and well-being.

12. What tips or advice can you offer individuals looking to adopt healthier eating habits?

Here are some simple ways to improve nutrition:

- | | |
|---|--|
| • Understand Nutrition Basics. | • Stay Hydrated |
| • Include Fruits and Vegetables | • Limit Sugary Foods |
| • Choose Whole Lean Proteins | • Plan and Prepare Meals |
| • Incorporate Healthy Fats | • Choose Healthier Alternatives for Snacks |
| • Limit Processed Foods and Read Labels | • Maintain Consistency in Healthy Habits |
| • Control Portion Sizes | • Practice Mindful Eating |

By integrating these tips into your lifestyle, you can gradually develop healthier eating habits and improve your overall nutrition.

13. What considerations are important when designing meal plans for specific dietary preferences or restrictions?

When designing meal plans for specific preferences or restrictions like vegetarianism or food allergies, consider:

- | | |
|--|--|
| • Identifying Dietary Restrictions and Preferences | • Ensuring Convenience and Accessibility of Foods |
| • Ensuring Nutritional Balance | • Providing Flexibility in Food Choices |
| • Prioritizing Safety | • Offering Information and Education about Nutrition |
| • Considering Variety and Diversity | |
| • Emphasizing Flavor and Taste Satisfaction | |



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14. How do you collaborate with other healthcare professionals to provide comprehensive care?

Effective collaboration involves:

- Establishing Clear Communication Channels
- Maintaining a Patient-Centered Approach
- Sharing Expertise and Knowledge
- Providing Clear Instructions and Recommendations
- Encouraging Regular Feedback and Evaluation
- Respecting Professional Boundaries
- Participating in Interdisciplinary Training or Workshops
- Staying Updated on Best Practices and Research

15. What message would you like to convey about the importance of prioritizing nutrition for optimal health and wellness?

A: Prioritizing nutrition is crucial for optimal health and wellness. It's about giving your body the nourishment it needs to thrive, improving physical health, enhancing mental well-being, and enjoying a vibrant life. Start with small, sustainable changes, and remember that every healthy choice counts towards a better you.

As we conclude our enlightening dialogue, remember that the path to optimal health begins with a single step—one informed choice at a time. Let us embark on this journey together, prioritizing nutrition, and embracing wellness as a cornerstone of our lives. May your quest for vitality be guided by wisdom, and may each nourishing choice illuminate the path to a brighter, healthier future.



Ideation & Conceptualisation : Pooja Prasun

Editor in Chief : Pooja Prasun

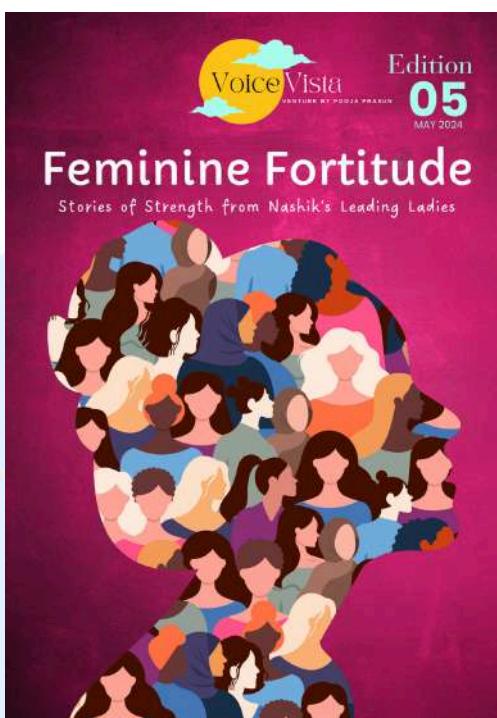
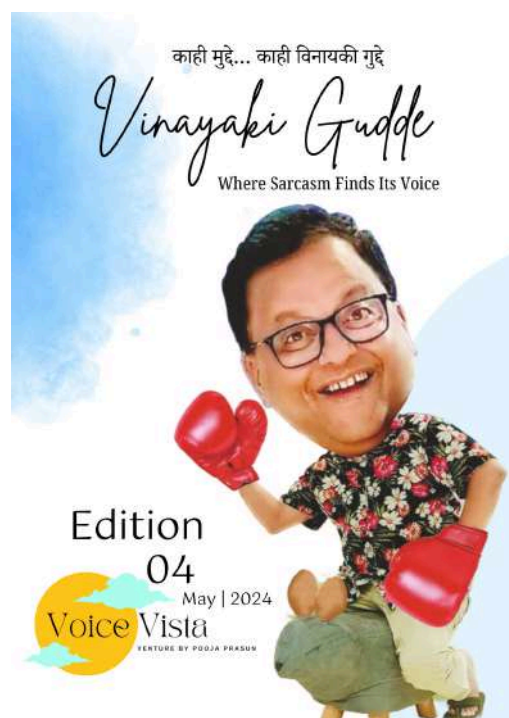
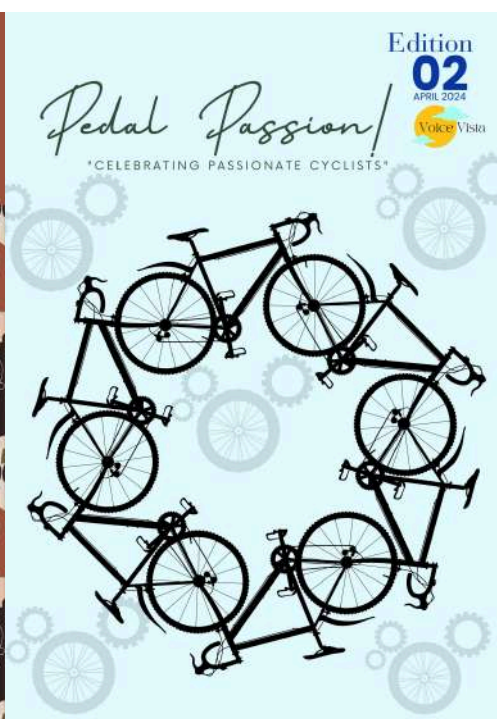
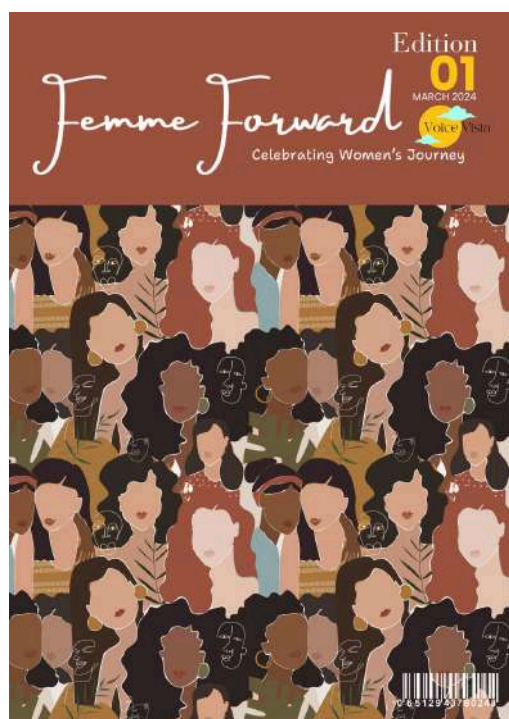
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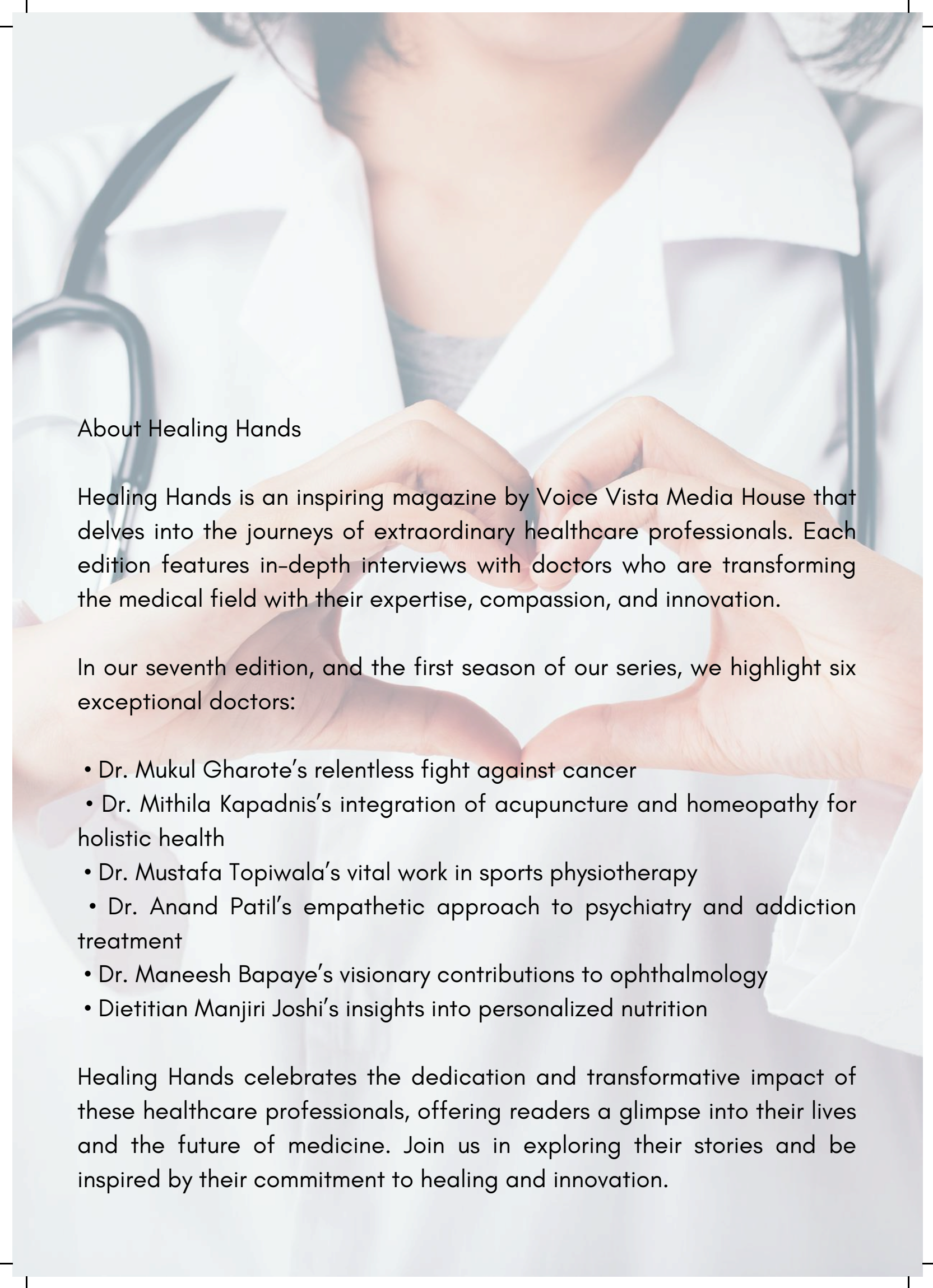
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About Healing Hands

Healing Hands is an inspiring magazine by Voice Vista Media House that delves into the journeys of extraordinary healthcare professionals. Each edition features in-depth interviews with doctors who are transforming the medical field with their expertise, compassion, and innovation.

In our seventh edition, and the first season of our series, we highlight six exceptional doctors:

- Dr. Mukul Gharote's relentless fight against cancer
- Dr. Mithila Kapadnis's integration of acupuncture and homeopathy for holistic health
- Dr. Mustafa Topiwala's vital work in sports physiotherapy
- Dr. Anand Patil's empathetic approach to psychiatry and addiction treatment
- Dr. Maneesh Bapaye's visionary contributions to ophthalmology
- Dietitian Manjiri Joshi's insights into personalized nutrition

Healing Hands celebrates the dedication and transformative impact of these healthcare professionals, offering readers a glimpse into their lives and the future of medicine. Join us in exploring their stories and be inspired by their commitment to healing and innovation.