



HILL VIEW TIMES

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Dear friend/s,

Hill View Hospital & Research Center, Ranchi has now come of age and has got all the facilities for comprehensive Obst/Gynae, General Surgery under one roof.

Hill View Hospital aims to create a world class education and training center backed by remarkable infrastructure, futuristic technology.

At Ranchi this is the first and only completely Specialized hospital to detect Breast Cancer and Cervix Cancer through the Colposcopy, Mammography, and Pap Smear.

I hope that this informative brochure will always get the love and confidence that it will require during its long journey.

-Dr. Vinod Priya



Caring from Heart

Dr. Sushma Priya (HOD)

Pregnancy



Pregnancy is a beautiful feeling for every woman ,total life of a woman changes..... woman feels that her life is complete after arrival of a new guest.....but if one is not cautious it may lead to various complication ...one says..Prevention is always better than cure But how do we do It , be patient look care fully. Every pregnant woman needs good health, good food, and the love and support of her family and community. Many women feel very healthy during pregnancy and do not have difficult births. Most babies are born healthy.At the same time, pregnancy can be one of the diaster for a woman life. About half a million women die each year from problems of pregnancy and birth (this is also called maternal mortality), mostly in poorer parts of the country.so it is very important to go for prenatal ,antenatal check-ups to make sure there is no probability.

**Institutions/Individuals interested in knowing more about breast cancer/cervix cancer/uterus cancer can contact us on 0651-2542363, 2542467, 2542467, and 2545721
Email:-hillviewhospital@gmail.com
www.hillviewhospital.com**

Event Of The Month – Rangoli Competition



Rangoli competition was held on 18-3-2011 at Hill View and all the staff and members of Hill View Family was part of this colourful competition. first prize won by the first nursing team, 2nd prize won by the Dietician Team and 3rd prize won by Front Office Team and second nursing team. Rest two prepared by third nursing team and housekeeping team won the consolation prize.

Case of the Month-Management of Twin Pregnancy with one IUD



Dr. Preeti Sahu

This is a case history of a primi patient with twin pregnancy. Intrauterine demise of one fetus was diagnosed by USG.

At fourteen weeks of gestational age .Since it was diamniotic dichorionic type of twin pregnancy, so it was continued with regular maternal and fetal surveillance. Patient was followed up regularly with ultrasound and Blood investigation. Pregnancy was terminated at 37 weeks of Gestational age by cesarean section for oligo and mild IUGR. Patient delivered a term alive male baby and second atrophied dead small fetus of about 12 to 14 weeks was taken out. So pregnancy was terminated successfully and baby was healthy and cried after birth. At the time of discharge on POD 7 condition of both mother and baby was satisfactory

Hospital Achievement – In the Month of March

OPD Patients	:- 531
IPD Patients	:- 167
New Born Baby (Female)	:- 40
New Born Baby (Male)	:- 51
Twin Baby	:- 04

To Provide best quality healthcare Hill View Hospital - act as a active center of education in the field of Healthcare & Healthcare related facilities. Hill View Hospital is accredited for DNB (Obs & Gyn) Course from National Board of Examinations (Ministry of Health & Family Welfare, Govt. of India) and hence all the patients are observed and monitored by our qualified and trained Doctors round the clock.

RESEARCH AND DEVELOPMENT:-

- Hill View Hospital will have a state of art research and development centre integrated with the hospital and the teaching establishment.
- Hill View Hospital is planned to be one of the best funded, staffed and managed medical R & D center in the Jharkhand. Its research advisory committee will consists of members from amongst the best known names in modern biology, including various areas of medicines.

PATIENTS CARE SERVICES:-

Hill View Hospital offers unparallel infrastructure, highest standards of healthcare delivery, cutting edge technology, personalized care & an institute led by a professional team of Doctors. At our institutes we bring together an outstanding pool of doctors and clinical researchers, to foster collaborative, multidisciplinary investigation, inspiring new ideas discoveries and translating scientific advances more swiftly into new ways of diagnosing .

AN IMPORTANT ASPECT OF MOTHERHOOD



Dr. Dugesh Nandani

When a baby is born, a mother is born. It is like a **miracle**. This experience of transformation into motherhood is a privilege reserved exclusively for women. But after delivery, you may be shocked at how your body looks. Your pregnant belly was full rounded and taut but now it looks like a deflated beach ball with no muscle tone at all. This is completely normal, so don't panic. Post natal exercises can help your tummy to return to pre-pregnancy shape but this may take a few months.

<u>BENEFITS OF EXERCISES</u>	<u>WHEN CAN YOU START EXERCISING AFTER DELIVERY?</u>	<u>EXERCISES DURING THE FIRST 3 MONTHS AFTER DELIVERY</u>	<u>SUGGESTIONS/ PRECAUTIONS FOR EXERCISES</u>
<ul style="list-style-type: none"> • Speedier healing & recovery from the rigors of birth • Faster return to your pre-pregnancy shape, weight and levels of fitness • Increase energy to cope the demands of new motherhood • Reduces stress and depression 	<ul style="list-style-type: none"> • Always consult your Doctor and Physiotherapist before starting any exercise • <i>You can start slowly with simple & light exercises from the 1st day after delivery.</i> • <i>Gradually, other exercises can be done according to the need and as suggested by your physiotherapist.</i> 	<ul style="list-style-type: none"> • Breathing Exercises • Kegels exercises • Thoracic expansion exercise • Pelvic exercise floor • Foot peddling • Stomach toner • Pelvic exercise tilting • Leg slides • Head and shoulder raises 	<ul style="list-style-type: none"> • Initially exercises should be done for only 10-15 min at a time which can be increased gradually. • Drink plenty of water before exercise. • If you feel breathlessness or pain while exercise slow down or stop • Wear a supportive bra before exercise

TO EASE ABDOMINAL AND BACK PAIN POST DELIVERY

- Pelvic tilt exercise
- Knee rolling
- bridging

Note:

Remember that it may take months to return to your pre pregnancy shape, and weight. So don't be discouraged by slow progress.

Abdominal binder (belt) should be applied for 6 weeks. It can be extended if suggested by the doctor.

After 3 Months of delivery you should consult the physiotherapist for further exercises.

WONDERFUL MOTHER

**God made a wonderful mother,
 A mother who never grows old;
 He made her smile of the sunshine,
 And He moulds her heart of pure gold;
 In her eyes He placed bright shining stars,
 In her cheeks fair roses you see;
 God made a wonderful mother,
 And He gave that dear mother to me**

Thanks & Regards:
Hill View Family

Note:-for more news & events join are facebook book –
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