

momstory times

Official Newsletter of Sahyadri Hospitals Momstory | September 2025 Edition

Living better with **PCOS**

Manage PCOS with care and confidence



RECLAIMING BALANCE

*We are not just treating PCOS;
we are empowering women to
reclaim balance, confidence, and control
over their wellness journeys.*



Dr. Mahima Bakshi

Maternal Child Wellness
Consultant and Brand Consultant,
Sahyadri Hospitals Momstory

Nearly 1 in 10 women is affected by Polycystic Ovary Syndrome (PCOS). September, being PCOS Awareness Month, reminds us that awareness is the first step toward empowerment. At Momstory, we understand that PCOS is more than a hormonal imbalance—it impacts every aspect of a woman's life, from her physical health to her emotional well-being. Yet too often, its signs are overlooked or normalised, leaving women feeling unheard and uncertain.

At Sahyadri Hospitals Momstory, we are committed to breaking that cycle; with awareness, expert insights, and compassionate guidance that help women take charge of their health. Through our clinical counselling, corporate, and school outreach programmes, we bring conversations about women's wellness beyond hospital walls, helping more women recognise and respond to PCOS early.

With experienced specialists, personalised care plans, and a holistic approach to healing, we are not just treating PCOS; we are empowering women to reclaim balance, confidence, and control over their wellness journeys. It serves us well to remember that a woman's strength lies not in perfection, but in how beautifully she heals and grows through every challenge.

PCOS AWARENESS WORKSHOP - SHIVAJI NAGAR

Momstory organised an insightful session on PCOD awareness at the Shivaji Nagar unit, attended by participants from various corporates and online outreach. The session focused on understanding hormonal balance, lifestyle management, and the importance of early diagnosis for women's reproductive health.



NUTRITION MONTH

Momstory celebrated Nutrition Month across all three units—Hadapsar, Nagar Road, and Shivaji Nagar — with a series of informative and engaging awareness activities. The sessions highlighted the importance of balanced nutrition for overall well-being, focusing on practical ways to make healthier food choices every day. Staff members enthusiastically participated and pledged to become better nutrition providers for their families, reinforcing Momstory's commitment to promoting health and wellness from within.



THE SILENT LOAD: HIDDEN NUTRITIONAL RISK FOR MOTHERS AND INFANTS

Dr. Arti Bhalerao

Chief Dietician
Momstory

Hidden sugar and salt in daily foods can be harmful to both mother's and child's health. Understanding where they hide and how to make healthier choices will help establish the foundation for lifetime good health.

Why Mothers Should be Concerned

Excessive consumption of added sugars and salt can have major health impacts for mothers, particularly during pregnancy.

Sugar

- High sugar consumption can lead to insulin resistance, increasing the risk of gestational diabetes and affecting both mother and fetal health.
- Added sugars might cause undesirable weight gain during and after pregnancy due to their high calorie content and low nutritional value.
- Maternal diet during pregnancy can impact fetal growth and long-term health.
- According to research, high maternal sugar intake is associated with an increased incidence of allergies in offspring.

Salt

- High sodium intake can increase the risk of hypertension and preeclampsia. Pregnant women are at a higher risk of developing preeclampsia.
- Excessive salt consumption can strain kidneys, especially during pregnancy.
- High sodium levels can lead to calcium loss, which can affect bone strength.

Sugar and Salt: Impact on Children's Health

A child's early taste preferences are influenced by their food; thus, it is critical to avoid additional sugar and salt during their first years. Infants, in particular, do not require processed salt or sugar because they receive what they need from natural sources such as breast milk.

Sugar

- High sugar intake in childhood leads to obesity and raises the chance of developing Type 2 diabetes later in life.
- Sugary meals and drinks are a major contributor to tooth decay and cavities among children.
- Excess sugar consumption can contribute to cognitive and behavioural difficulties in children, including hyperactivity and inattention.
- In excess, sugar can impair a child's immune system, increasing their susceptibility to disease.

Salt

- A baby's kidneys are not fully grown and cannot adequately digest large levels of sodium, which can lead to kidney injury. Early exposure to excessive salt might strain their kidneys and create long-term harm.
- High salt intake during childhood can lead to hypertension later in life.
- Early exposure to salt can shape children's taste preferences, leading to a predisposition for harmful processed meals as they grow older.
- High sodium levels can lead to dehydration and calcium loss in babies.

Reading food labels

- Be a pro and scan ingredients for sugar aliases like those ending in "-ose" and other names such as high-fructose corn syrup.
- Be cautious of misleading claims like "low-fat" or "natural," which may indicate high sugar content.
- Always check the nutritional panel, especially the "Added Sugars" section, and monitor sodium content for salt.

Common Culprits: Where Sugar and Salt Hide

- Packaged snacks like chips, namkeens & crackers
- Condiments such as spice mixes, ketchup, barbecue sauce, pickles, papads.
- Breakfast cereals, ready-to-cook food items and granola are often high in sugar
- Flavoured lassi, instant foods, masala powders and sauces that can be loaded with both sugar and salt.

Building Lifelong Healthy Habits

Cooking meals at home allows for control over ingredients. Whole foods such as fresh fruits, vegetables, and whole grains provide complex carbohydrates and are low in salt. For hydration, consider water. Smart eating choices, ask for less sugar and salt while ordering outside can make a difference. Involving the little ones in meal planning and preparation promotes enthusiasm for healthy eating.

By uncovering hidden sugars and salts in everyday foods and making conscious, healthier choices, families can protect maternal well-being, support a child's lifelong development, and lay the groundwork for a healthier, happier future.

Happy Eating!!!!





Visit **Momstory** to experience
the joy of parenthood

Consult our team of IVF experts

Monday to Saturday

CONGENITAL HEART DISEASE IN PREGNANCY

Dr. Mini Salunke

Director OBGY
Momstory, Hadapsar

As they correctly say, “life is full of surprises”.
I want to talk about this particularly intriguing case.

A 26-year-old female, Primigravida, who was registered outside, came to us to continue her pregnancy journey with us. We took a detailed history and found she had no presenting symptoms and the rest of her medical history wasn't particularly noteworthy. On carefully examining her, checking her vitals and on systemic examination, we found out a “murmur” on cardiac examination.

And on further evaluation, we found out she was a case of congenital heart disease (Partial AV canal defect with large ostium primum ASD). Despite having a congenital heart disease, she had no symptoms during her 26 years of life, and the discovery was entirely incidental. We closely monitored her pregnancy under the supervision of

an expert cardiologist, and decided to deliver her at term. She underwent an Elective LSCS at 37 weeks 3 days, under spinal anaesthesia in the presence of a team of cardiac anaesthesiologists. The delivery was uneventful and both mother and baby were healthy post-op. She was kept under observation in the ICU and both the mother and the baby were discharged in good health.

The drawn conclusion from this case discussion is the emphasis on the history taking, the general examination and the systemic examination of a pregnant woman.



CORPORATE ACTIVITIES

Momstory conducted a series of engaging corporate health sessions across Pune in September 2025, focusing on preventive healthcare, nutrition, and work-life wellness. Led by our Chief Dietician Dr. Arti Bhalerao with other experts, these sessions aimed at empowering employees to adopt healthier habits for better energy and overall well-being.

Health Camp at Marvell India Pvt Ltd, Viman Nagar, Pune - Nagar Road 10th September 2025

A Health Camp offering on-site consultations and personalised advice on preventive healthcare and fitness.



Health Talk on Healthy Lifestyle at AB Software Solution, Pune - Nagar Road 10th & 11th September 2025

A two-day Health Talk by Dr. Arti Bhalerao on maintaining a healthy lifestyle and improving mental and physical well-being.



Health Talk at Roche India, Pune - Shivaji Nagar

15th September 2025

An insightful session by Dr. Arti Bhalerao on Healthy Lifestyle and Micronutrients to Combat Work-Life Fatigue.



Health Talk at Kohler India Corporation Pvt Ltd, Pune - Hadapsar

19th September 2025

A Health Talk by Dr. Arti Bhalerao on the role of micronutrients and balanced nutrition in improving energy and work-life balance.



Health Talk at Bharat Electronics Limited (BEL), Pune - Shivaji Nagar

25th September 2025

A wellness session by Dr. Arti Bhalerao encouraging employees to incorporate simple, sustainable lifestyle practices into their daily routines.





PLS —PERSONALISED LABOUR SUPPORT



- Labour support by trained nurses
- Personalised dedicated attention
- 1:1 support
- Round-the-clock attendant in labour
- Assisting in labour for natural birth



WATER THERAPY

Making childbirth more effective and painless



- Relaxation therapy in labour
- Natural pain relief labour techniques
- Spa treatment in labour under medical supervision
- 1-2 hours therapy as advised by doctors
- Dedicated room
- Water therapy pool

SCHOOL ACTIVITIES

Momstory conducted a series of engaging school sessions promoting health awareness, safety, and well-being among teachers, students, and parents.

Billabong School, Hadapsar Activity 13th September 2025

On World First Aid Day, Momstory conducted an engaging session led by Dr. Ganesh Badge on First Aid Awareness for teachers and staff, emphasising the importance of timely response in medical emergencies.



Vibgyor Group of Schools - Nagar Road Activity 23rd to 26th September 2025

Momstory organised health talks by Dr. Aboli Chandge, Dr. Sneha Deshpande, Dr. Vaishali Choudhary, Dr. Asmita Gholap, and Dr. Prateek Kataria at Vibgyor Schools, covering hygiene, hormonal health, and menstrual awareness to promote adolescent well-being.



PREMOMS CLINIC CLASS

A Premoms Clinic Class was held at the clinics of our visiting consultants, Dr. Pallavi Deshpande and Dr. Sushma Kunjir, and was attended by OPD patients. The session guided expectant mothers on prenatal care, nutrition, and emotional well-being, helping them prepare for a healthy and confident motherhood journey.



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GANPATI VISARJAN

Momstory celebrated Ganpati Visarjan at our Hadapsar and Shivaji Nagar units, bidding farewell to Lord Ganesha with devotion and a promise that he will return next year to be with us. Staff and families participated enthusiastically, marking the occasion with traditional rituals and festive cheer. It was a beautiful conclusion to the Ganpati celebrations, spreading warmth and togetherness.

HADAPSAR



SHIVAJI NAGAR



ONAM FESTIVAL CELEBRATION

Momstory celebrated the vibrant festival of Onam with great enthusiasm and cultural spirit. Staff members came together dressed in beautiful traditional attire, adorning the premises with colourful flower rangolis that reflected the festive joy of the occasion. The celebration was made even more special with a traditional Onam Sadhya meal, bringing everyone together to share laughter, warmth, and the true essence of unity and togetherness that Onam symbolises.



COMMUNITY PROGRAM AND TRAINING

Momstory conducted several impactful marketing activities in September, including IVF camps at Adnya Hospital and Lifeline Maternity Hospital, aimed at spreading awareness about fertility care and advanced treatment options. Additionally, nursing training programmes were organised at Yashashree (26th September) and Adhar Nursing Home (30th September) to enhance clinical skills and patient care practices. The month also featured an engaging Round Table Meeting with the Mundwa Doctors' Association, fostering collaboration and knowledge exchange.



IVF Camp at Adnya Hospital



Nursing Training Program at Yashashree



RTM with Mundwa Dr Association



Nursing Training Program at Adhar Nursing Home



IVF Camp at Lifeline Maternity Hospital

Book your child's Immunisation Package today.

Normal	Painless
6 Weeks - 6 Months:	6 Weeks - 6 Months:
Package Cost - ₹ 21,419/-	Package Cost - ₹ 31,064/-
Offer Price ₹19,200/-	Offer Price ₹27,900/-

Normal	Painless
6 Weeks - 1 Year:	6 Weeks - 1 Year:
Package Cost - ₹ 26,548/-	Package Cost - ₹ 36,193/-
Offer Price ₹23,800/-	Offer Price ₹32,500/-

