momstory times

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Beyond the Symptoms, There's a Story

Recognising the many ways PCOS (PMOS) can shape a woman's health, well-being and everyday life.



EDITOR MOMSTORY TIMES

“Your body is not your enemy; it deserves your love, patience, and care.”



Dr. Mahima Bakshi

Chief Consultant
Manipal Hospitals Momstory

PCOS (PMOS) Awareness Month is an important reminder to learn about Polycystic Ovary Syndrome PCOS (PMOS)and raise awareness of the condition, which affects many women worldwide. It can influence menstrual cycles, skin, hair growth, weight, and fertility. However, every woman’s experience with PCOS (PMOS) is different.

Despite its prevalence, PCOS (PMOS)is often misunderstood, and many women struggle silently with its physical and emotional challenges. Symptoms such as irregular periods, acne, hair thinning, and weight changes can affect self-confidence and mental well-being. That is why awareness, early diagnosis, and proper medical guidance are so important.

Managing PCOS (PMOS) begins with understanding your body. A balanced diet, regular physical activity, quality sleep, stress management, and support from healthcare professionals can help manage symptoms. Remember, there is no single solution that works for everyone, and every journey is unique.

This PCOS (PMOS) Awareness Month, let us break the silence, challenge myths, and encourage open conversations. Instead of judging, let us support and empower those living with PCOS (PMOS). A little

Most importantly, remember that PCOS (PMOS) does not define your beauty, worth, or identityYour journey may have challenges, but you are never alone.

KANGAROO MOTHER CARE: THE POWER OF SKIN-TO-SKIN CONTACT

Dr Nishant Agarwal
Sr. Consultant & HOD - Paediatrics and Neonatology
Momstory Nagar Road Pune

Kangaroo Mother Care (KMC) is a simple, safe, and powerful way of caring for newborn babies, particularly those who are premature or have low birth weight. It involves placing the baby upright, wearing only a nappy, directly against the parent's bare chest and securing the baby comfortably with a cloth or wrap.

KMC provides warmth and comfort while strengthening the special bond between the baby and parent. Skin-to-skin contact helps the baby maintain a stable body temperature and may support more regular breathing and heart rate. It can also help reduce stress and excessive crying, allowing the baby to sleep more peacefully.

One of the major benefits of KMC is its positive effect on breastfeeding. Skin-to-skin contact can stimulate feeding cues and support successful breastfeeding. Frequent breastfeeding and expressed breast milk are particularly important for premature and low-birth-weight babies because adequate nutrition supports growth and development.

KMC is not limited to mothers. Fathers and other family members can also provide skin-to-skin care when appropriate and under the guidance of the healthcare team. This gives families an active role in their baby's recovery and promotes confidence in newborn care.

KMC can often be started as soon as the baby is clinically stable, including in babies receiving care in the NICU. The duration and frequency are decided according to the baby's condition and the advice of the medical team.

Parents should ensure that the baby's head and neck are positioned safely, the airway remains clear, and the baby is continuously observed during KMC. Healthcare professionals can teach families the correct technique.

KMC is more than simply holding a baby—it is a valuable component of newborn care that supports warmth, breastfeeding, growth, bonding, and emotional well-being.

Every touch matters. Every moment of skin-to-skin contact can help a newborn grow stronger.



UNDERSTANDING YOUR FERTILE WINDOW

Dr Sneha Deshpande
Sr. Consultant - OBGY
Momstory Nagar Road Pune

For couples planning a pregnancy, understanding the fertile window can improve the chances of conception. The fertile window is the period during the menstrual cycle when pregnancy is most likely to occur.

What is the fertile window?

Ovulation is the release of an egg from the ovary. The egg usually remains capable of fertilisation for about 12–24 hours, while sperm can survive in the female reproductive tract for up to 5 days. Therefore, the fertile window generally includes the five days before ovulation, the day of ovulation, and sometimes the day after.

Ovulation does not always occur on day 14. It depends on the length and regularity of the menstrual cycle. As a general guide, ovulation occurs approximately 14 days before the next period, rather than necessarily 14 days after the previous period.

How Can You Identify Ovulation?

Several methods can help identify the fertile period:

- Menstrual cycle tracking: Recording the first day of each period can help estimate ovulation.
- Cervical mucus: Around ovulation, vaginal discharge may become clearer, wetter and stretchy, resembling raw egg white.
- Ovulation predictor kits: These detect the rise in luteinising hormone (LH), which usually occurs shortly before ovulation.
- Body changes: Some women notice mild pelvic discomfort, breast tenderness or increased sexual desire around ovulation.

When Should Couples Have Intercourse?

For couples trying to conceive, having intercourse every 1–2 days during the fertile window is generally recommended. Regular intercourse throughout the cycle can also be effective, particularly when cycles are irregular.

Remember:

Fertility varies from person to person, and cycle-based calculations are only estimates. If pregnancy does not occur after 12 months of regular unprotected intercourse (or after 6 months if the woman is 35 or older), a fertility evaluation should be considered.

Understanding your cycle is the first step towards understanding your fertility.



EVENTS & ACTIVITIES

NAGAR ROAD, PUNE

CME ON HEARING MATTERS

Building Knowledge, Shaping Better Care

A Continuing Medical Education programme for the Nagar Road Paediatrics Association, conducted by Dr Sagar Lad and Dr Rahul Magar.



PAEDIATRIC SCREENING CAMP

BUILDING HEALTHIER FUTURES

A paediatric screening camp conducted by Dr Sumit Nitnaware at SNBP School, Yerwada, to support children's health and well-being.



EVENTS & ACTIVITIES

HADAPSAR, PUNE

Janmashtami Celebration – Welcoming Little Radhas & Krishnas

The hospital celebrated the spirit of Janmashtami with a delightful cultural touch. With the consent of parents, newborn girls and boys were dressed as little Radhas and Krishnas, adding colour, joy and festive warmth to the hospital environment. The celebration created memorable moments for families while reflecting the hospital's commitment to making the journey of childbirth special through thoughtful, family-centred experiences.







NICU CASE STUDY

A PRECIOUS NEW BEGINNING

Some babies enter the world carrying a significance that is difficult to put into words.For these parents, this little girl was more than a newborn. After the heartbreaking and tragic incident involving their 18-year-old child, they were blessed with another child, a precious new beginning.

Born at just 27 weeks of gestation and weighing 870 grams, she began her journey in our NICU, facing the challenges of extreme prematurity. Her 60-day stay was marked by respiratory distress, feeding intolerance, necrotising enterocolitis, jaundice and anaemia of prematurity.

Every breath, every feed and every gram gained became a milestone. For her parents, each small improvement carried a profound meaning; for the NICU team, it became a journey of constant vigilance, patience and hope.

Slowly, she overcame one hurdle after another. She progressed from respiratory support to breathing independently, from minimal feeds to full enteral nutrition, and from 870 grams at birth to 1.71 kg at discharge. After 60 days of intensive care, she finally went home, breathing comfortably in room air, tolerating full feeds and, most importantly, bringing hope and joy back into a family that had endured an unimaginable loss.

From profound grief to a precious new beginning, her journey reminds us that sometimes the smallest lives carry the greatest meaning.

Every tiny heartbeat is a story of hope and sometimes, a new beginning for an entire family.

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PRE-CONCEPTION | PREGNANCY | POST DELIVERY

YOUR PARENTHOOD JOURNEY BEGINS HERE

From preconception to postnatal care, we are here to handhold you.

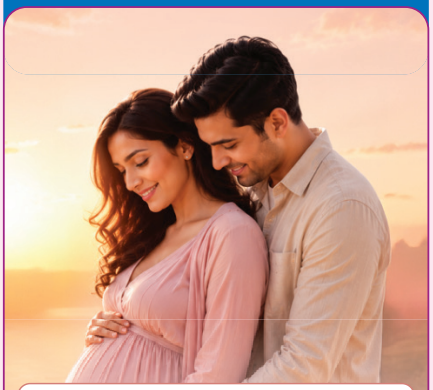
PRE-CONCEPTION



Planning to Conceive?

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PREGNANCY



Expecting a Baby?

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POST DELIVERY



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