

momstory times

Official Newsletter of Sahyadri Hospitals Momstory | December 2024 Edition

Jingle all the way



FROM THE EDITOR'S DESK



Parenthood, a journey filled with both joy and responsibility, is a precious gift. At Momstory, we understand the profound impact of this experience and are committed to supporting parents every step of the way. From the challenges of infertility to the overwhelming joy of childbirth, our team of experts is dedicated to providing comprehensive care.

Our initiatives, such as Baby Showers and Sunday Classes, offer invaluable insights and practical advice. We believe that by empowering parents with knowledge and support, we can foster healthier, happier families. Join us as we celebrate the beauty of parenthood and work together to create a brighter future for our children.



Dr. Mahima Bakshi

Maternal Child Wellness
Consultant and Brand Consultant,
Sahyadri Hospitals Momstory

A season of joy where care and Christmas magic come together



This Christmas, Sahyadri Hospitals Momstory brought festive cheer to life across all three locations! The celebration was filled with joy and warmth, creating a comforting atmosphere for patients, visitors, and staff alike. Beautifully decorated Christmas trees and thoughtful gestures brightened everyone's day. Doctors, nurses, and the entire team came together to exchange smiles and spread festive cheer. The event reflected the hospital's commitment to care, compassion, and creating moments of happiness even in challenging times.

Spreading joy, one heartfelt moment at a time!



CHRISTMAS MAGIC



PARENTING GROUP

Let's learn, share,
cherish and parent
with confidence!

Scan the QR code to join our
parenting community





EVENT HIGHLIGHTS: SUNDAY CLASS AT HADAPSAR

Our Sunday session was a beautiful blend of learning, laughter, and heartfelt moments as moms-to-be came together to prepare for one of the most magical journeys of their lives.

We began with empowering discussions on labour pain management, offering comfort and confidence to these incredible women as they approach their big day. Then, we dived into baby care basics – guiding them on nurturing their little ones with tender love, from soothing cries to creating safe, cozy spaces for endless cuddles.

The highlight of the day was truly special. In a touching ceremony, participants took a heartfelt pledge to shower their little bundles of joy with unconditional love, endless patience, and unwavering care. Tears of joy, shared smiles, and a collective promise to embrace the joys and challenges of motherhood made this moment unforgettable.

The room was filled with warmth, connection, and a newfound confidence as we wrapped up the session. Together, we celebrated not just the start of motherhood but also the power of community and support.





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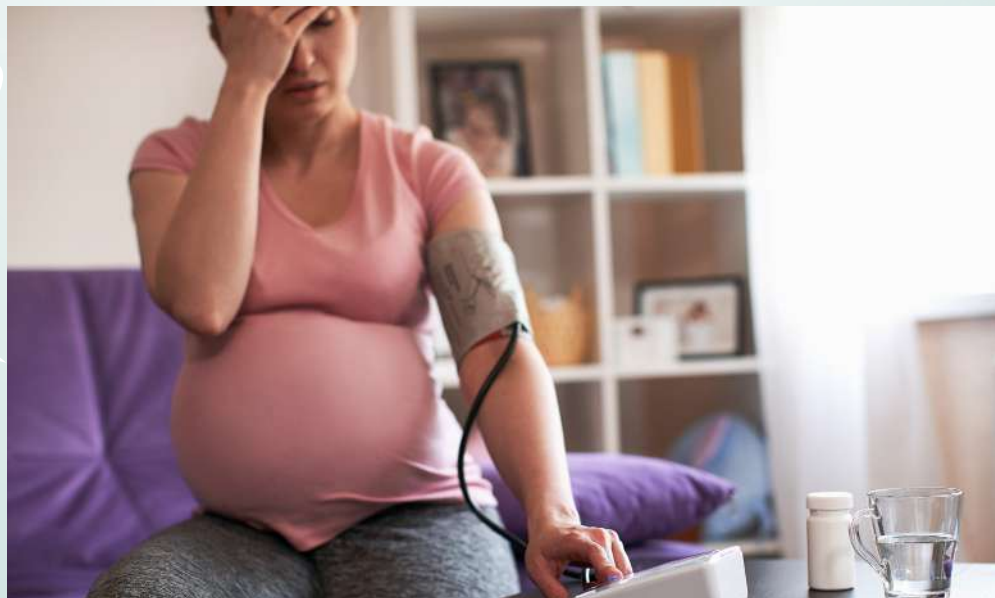
Sahyadri[®]
HOSPITALS

SUCCESSFUL OUTCOME IN PREECLAMPSIA AT 29 WEEKS PREGNANCY WITH INTENSIVE MANAGEMENT PLAN

Dr. Supriya Puranik

Director OBGY and IVF

In every pregnancy, there is a story of hope, challenge, and resilience. For Mrs. PS, her pregnancy journey was anything but easy. Her case was complicated by her history of infertility, repeated miscarriages, and the high dosage of antihypertensive medications required to control her blood pressure. Despite all these challenges, her outcome was a testament to the power of timely intervention, comprehensive care, and a dedicated medical team.



Preeclampsia — a silent threat in pregnancy

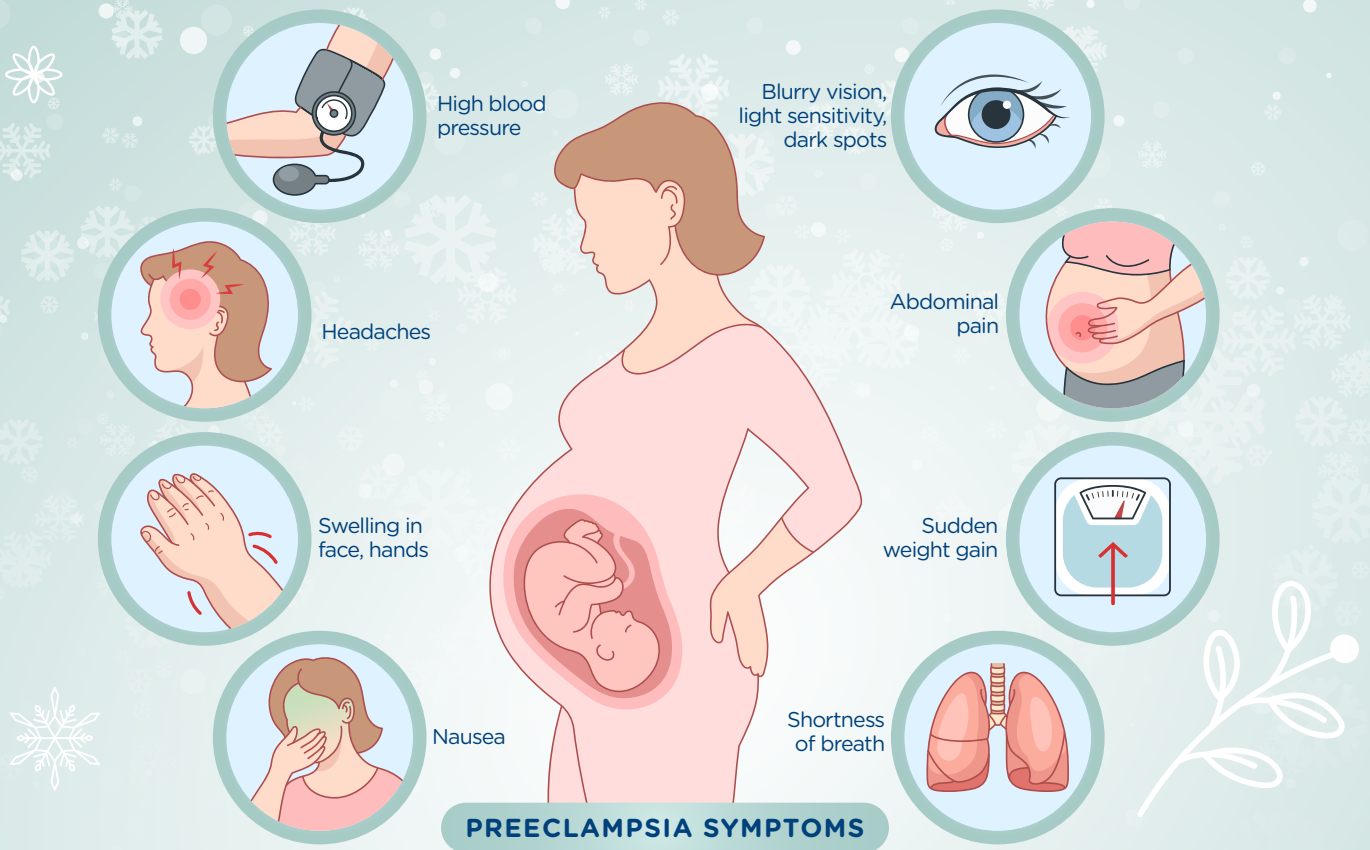
A silent yet potent condition that endangers both mother and baby, preeclampsia is characterised by high blood pressure and damage to organs like the kidneys, liver, and brain. In the case of Mrs. PS, a 35-year-old woman who had already faced the heartbreak of multiple pregnancy losses, preeclampsia became a serious threat to her pregnancy.

A fragile beginning

After years of struggling with primary infertility and multiple pregnancy losses — including a devastating miscarriage at 14 weeks due to cervical incompetence — Mrs. PS was overjoyed to conceive naturally. To safeguard this pregnancy, a cervical stitch was placed at 14 weeks to try and ensure that the pregnancy continues to full term.

However, routine ultrasounds revealed increased uterine resistance, a red flag for preeclampsia, a condition typically characterised by hypertension and damage to the organs. In response, the expert team of doctors at Sahyadri Hospitals Momstory immediately started her on preventive medications: low-dose aspirin (150 mg/day) to reduce the risk of preeclampsia and heparin to prevent blood clotting.





A race against time

By 24 weeks, Mrs. PS began showing the classic signs of preeclampsia — high blood pressure that would not relent. The doctors at Sahyadri Hospitals Momstory started her on: Labetalol (200 mg four times daily), followed by Nifedipine (20 mg three times daily) and Clonidine (0.3 mg twice daily).

At 29 weeks, Mrs. PS was admitted to the hospital with severe symptoms: gross pedal edema, ascites (fluid retention), visual disturbances, and signs of impending eclampsia. Her blood pressure soared to 180/120 mmHg, a hypertensive emergency. Laboratory tests showed altered renal and liver function, signalling the involvement of multiple organs — a hallmark of severe preeclampsia.

Saving two lives

The doctors at Sahyadri Hospitals Momstory sprang into action with an intensive management plan. Intravenous antihypertensives were administered to stabilise her blood pressure, while magnesium sulfate (MgSO₄) was started for neuroprotection and to prevent the onset of eclampsia. To enhance fetal lung maturity, steroids were also administered, giving the baby the best chance.

Mrs. PS underwent an emergency Cesarean section (C-section). The team worked quickly, delivering a (premature) baby weighing just 1.1 kg. Despite her small size, the baby was immediately placed in NICU, where she received the intensive care she needed. Postoperatively, Mrs. PS continued to face challenges.

Her blood pressure remained high, but with continued management, it gradually came under control. Her renal and liver parameters showed steady improvement by the third postoperative day. Ascites fluid was significant, and a drain was placed to manage it.

The ripple effect of Preeclampsia

The story of Mrs. PS is not an isolated one. Preeclampsia affects approximately 10-15% of pregnancies worldwide and remains one of the leading causes of maternal and fetal morbidity and mortality. In India, preeclampsia and its complications still account for a significant proportion of maternal deaths. Beyond maternal mortality, severe preeclampsia often leads to lasting organ damage, thromboembolic complications, premature birth, and in some cases, HELLP syndrome (Hemolysis, Elevated Liver Enzymes, and Low Platelets).

The root cause of preeclampsia lies in abnormal placentation — when the placental blood vessels do not develop properly, leading to poor blood flow to the fetus and triggering a cascade of events that affect the mother's organs. In some worst cases it can lead to severe organ dysfunction, and eclampsia — a life-threatening seizure disorder.



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Sahyadri Hospitals Momstory, Shivajinagar
Anutej Atharv Society, Narveer Tanaji Wadi, Pune 411005.

Start Smart

Important Vaccines for your child



Normal : 6 Weeks - 6 Months



6th, 10th, 14th weeks

- Diphtheria
- Pertussis
- Tetanus
- Hepatitis B
- Poliomyelitis
- Haemophilus influenza
- Pneumonia
- Rotavirus

6 months

- Influenza, Typhoid

Package Cost

- ₹21,419/-

Offer Price

₹19,200/-

Painless : 6 Weeks - 6 Months

6th, 10th, 14th weeks

- Diphtheria
- Pertussis
- Tetanus
- Hepatitis B
- Poliomyelitis
- Haemophilus influenza
- Pneumonia
- Rotavirus

6 months

- Influenza, Typhoid

Package Cost

- ₹31,064/-

Offer Price

₹27,900/-



Normal : 6 Weeks - 1 Year



| | |
|---|---|
| 6th, 10th, 14th weeks | <ul style="list-style-type: none"> - Diphtheria - Pertussis - Tetanus - Hepatitis B - Poliomyelitis - Haemophilus influenza - Pneumonia - Rotavirus |
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|-----------------|----------------------|
| 6 months | - Influenza, Typhoid |
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| 9 months | - MMR |
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| 12 months | - Hepatitis A |
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| Package Cost | - ₹26,548/- |
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| Offer Price | ₹23,800/- |
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Painless : 6 Weeks - 1 Year

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|---|---|
| 6th, 10th, 14th weeks | <ul style="list-style-type: none"> - Diphtheria - Pertussis - Tetanus - Hepatitis B - Poliomyelitis - Haemophilus influenza - Pneumonia - Rotavirus |
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|-----------------|----------------------|
| 6 months | - Influenza, Typhoid |
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| 9 months | - MMR |
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| 12 months | - Hepatitis A |
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| Package Cost | - ₹36,193/- |
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| Offer Price | ₹32,500/- |
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