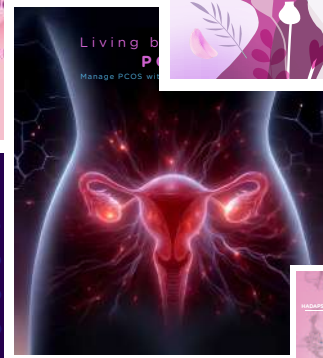
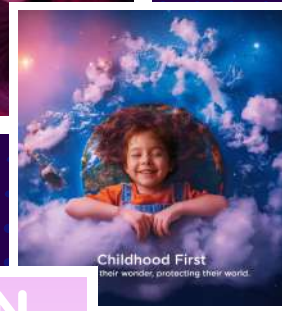
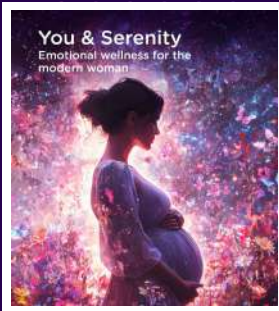
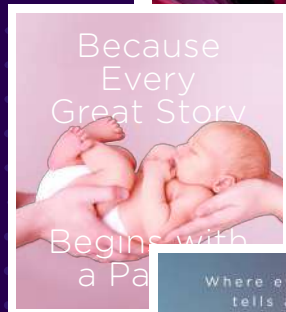
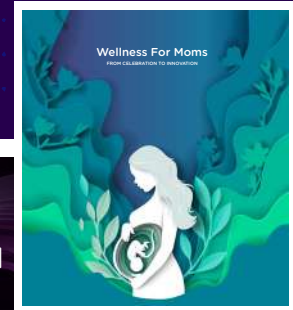


momstory times

Official Newsletter of Sahyadri Hospitals Momstory | December 2025 Edition

2025 Wrapped in care



CARE WITHOUT BARRIERS



Universal health care is not merely an aspiration. It is a shared responsibility, and a promise we strive to honour every day.

Dr. Mahima Bakshi

Maternal Child Wellness
Consultant and Brand Consultant,
Sahyadri Hospitals Momstory

Health is not a privilege. It is a fundamental right that should be available to every individual, across every stage of life. Universal Health Care calls on us to imagine a world where access to quality care is defined not by circumstance, but by compassion, inclusion, and continuity.

At Sahyadri Hospitals Momstory, this vision guides our purpose. Whether advancing women's health through specialised, evolving treatments or ensuring newborns receive timely and attentive care, we strive to make healthcare accessible, understandable, and deeply human. We believe that early diagnosis, safe intervention, and informed decision-making are not just clinical practices, but powerful tools that shape healthier futures.

Our responsibility extends beyond hospital walls. By engaging with communities and creating awareness in everyday spaces, we work towards bringing care closer to families and addressing

health needs before they become challenges. These efforts reflect our belief that healthcare should meet people where they are, with dignity and empathy.

As we reflect on the year gone by, we reaffirm our commitment to building a more equitable healthcare ecosystem. Universal health care is not merely an aspiration. It is a shared responsibility, and a promise we strive to honour every day.

NEONATAL JAUNDICE A NEONATOLOGIST'S MESSAGE TO PARENTS

Dr. Pradeep Suryavanshi

Honorary Director - Pediatrics and Neonatology
Momstory - Nagar Road

Seeing a yellowish discolouration of your newborn's skin or eyes can be worrying for any parent. As a neonatologist, I want to reassure you that neonatal jaundice is very common and, in most cases, completely treatable when identified early.

Neonatal jaundice occurs due to a rise in a substance called bilirubin in the baby's blood. Bilirubin is produced when red blood cells break down. In newborns, the liver is still immature and may not clear bilirubin efficiently, leading to its accumulation. This usually appears between the second and fourth day of life and often resolves on its own.

Most babies have what we call physiological jaundice, which is harmless and temporary. However, some babies may develop higher levels due to factors such as prematurity, blood group incompatibility, excessive bruising during birth, infection, or inadequate feeding. This is why regular newborn check-ups are essential in the first week of life.

Parents should observe for yellowing starting from the face and eyes and spreading to the chest, abdomen, and limbs, as well as poor feeding, excessive sleepiness, or high-pitched crying. If any of these are noticed, the baby should be evaluated promptly.

Diagnosis is simple and painless, done by checking bilirubin levels through a blood test or a non-invasive skin device. Treatment depends on the level and age of the baby. The most common and effective treatment is phototherapy, where the baby is placed under special blue lights that help break down bilirubin safely. In rare severe cases, advanced treatments may be required, but early detection usually prevents complications.

Adequate breastfeeding, early follow-up after discharge, and not ignoring yellow discolouration are key steps parents can take.

Remember, neonatal jaundice is common and manageable, and with timely care, babies recover completely and thrive. If in doubt, always consult your paediatrician or neonatologist early—your baby's safety is our shared priority.

MICROWAVE ENDOMETRIAL ABLATION (MEA)

A SAFE AND EFFECTIVE TREATMENT FOR UTERUS CONSERVATION

Dr. Supriya Puranik

Director - OBGY and IVF
Momstory - Shivajinagar

Microwave endometrial ablation (MEA) is a newer, minimally invasive treatment option for menorrhagia, fibroids, and adenomyosis.

It is a safe and simple alternative to hysterectomy and helps in conserving the uterus.

Materials and Methods

MEA is a second-generation method of endometrial ablation (EA). It utilises microwaves at a fixed frequency, delivered by inserting a microwave probe into the uterine cavity under abdominal ultrasonography (USG) guidance. These microwaves destroy the endometrial basal layer by heating it to over 60°C.

The device consists of a sounding applicator and a microwave generator measuring 4 mm in diameter and 20 cm in length, with a curved tip. The applicator also has a channel through which cold saline is continuously circulated during the procedure. Microwaves are generated from the generator and transmitted to the ceramic tip of the applicator.

For each irradiation site, a setting of 40–60°C can be used under continuous USG guidance (abdominal probe). A hyperechoic area is visualised, and the desired effect—coagulation and shrinkage in cases of adenomyosis and fibroids—is achieved.

Each patient undergoes informed consent for the procedure and is followed up at 1, 3, and 6 months.

Results

Number of cases: 63

Relief of symptoms:

- 1-month follow-up: 42 patients (66%)
- 3-month follow-up: 59 patients (93%)
- 6-month follow-up: 59 patients (93%)

The remaining four patients showed a reduction in symptoms but with inadequate relief.

Discussion

Menorrhagia, adenomyosis, and fibroids are among the most frequently reported gynaecological conditions, for which definitive surgical treatment or hysterectomy may be required. MEA offers a safe, effective, and minimally invasive alternative, with fewer or no complications compared with the morbidity associated with hysterectomy.

MEA in Gynaecology

- Menorrhagia / Metrorrhagia
- Fibroids
- Adenomyosis

Benefits and Outcomes

- Minimally invasive and quick procedure
- Effective with fewer or no complications

- Short recovery time and daycare procedure
- Uterus-conserving, avoiding morbidity associated with hysterectomy
- Significant symptomatic relief with improved quality of life
- High patient satisfaction and pain relief

Considerations

- Not suitable for fertility preservation
- Recurrence in a few cases
- Not recommended when malignancy is suspected

Conclusion

MEA provides a safe and effective uterus-preserving treatment option and has been evaluated in multiple randomised controlled trials (RCTs) with favourable outcomes.



— PRESENTS —

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ACHIEVEMENT CELEBRATION: 75 JOYFUL DELIVERIES AT HADAPSAR UNIT

Momstory Hadapsar marked this milestone with a warm celebration at the unit. November witnessed 75 safe and successful deliveries, adding many joyful moments to our growing family of happy mothers and healthy babies. The team came together for a cake-cutting to celebrate the achievement and express heartfelt gratitude to every mother who placed her trust in us.



BIRTHDAY MOMENTS WITH THE MOMSTORY TEAM

Momstory celebrated the birthdays of Dr. Sandesh Runwal, Paediatrician (VC), and Dr. Jayesh Desale, Paediatric Surgeon at Hadapsar. The team came together for warm birthday celebrations, marking the occasion with camaraderie, appreciation, and cheerful moments.



SPREADING CHRISTMAS CHEER AT MOMSTORY

Momstory Corporate, Nagar Road, Hadapsar, and Shivaji Nagar teams celebrated the festive spirit of Christmas at their respective units. Staff, patients, and their children joined in wearing Santa caps and enjoying cheerful Christmas décor. Beautifully decorated Christmas trees with gifts beneath them added to the warmth, creating joyful and memorable moments for families.



CORPORATE TEAM



HADAPSAR TEAM



NAGAR ROAD TEAM



SHIVAJINAGAR TEAM



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

Consult our team of IVF experts

Monday to Saturday

PREMOMS CLINIC CLASSES

Antenatal care, close to home

Momstory's Premoms Clinic conducted antenatal classes across Pune, reaching expectant mothers at the clinics of Dr. Neelkanth Belvi (Hadapsar), Dr. Deepika Lalwani (Wadgaon Sheri), and Dr. Ami Date (Parvati). The sessions offered practical guidance on pregnancy care, childbirth preparation, and early parenting within familiar clinical settings.

By collaborating with trusted gynaecologists, the Premoms Clinic ensures that reliable antenatal education is accessible, personalised, and seamlessly integrated into routine pregnancy care, empowering mothers with confidence at every stage.



NURSING TRAINING PROGRAM

AT LIFELINE HOSPITAL AND MATERNITY HOME

A nursing training program was conducted at Lifeline Hospital and Maternity Home under the guidance of Dr. Ashwini Karande. The session focused on strengthening clinical skills and enhancing patient care practices among the nursing staff.



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Special baby cart discharge ceremony

Hadapsar | Nagar Road | Shivajinagar

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STAR OF THE MONTH AWARDS

Momstory honoured exceptional performers from the Corporate team, Hadapsar, Nagar Road, and Shivajinagar units with the Star of the Month awards. The winners were Priyanka Gupta (Corporate), Sonali Mane (Hadapsar), Anisha Gangavane (Nagar Road), and Arkamitra Chakraborty (Shivajinagar). They were recognised for their dedication and consistent efforts that contribute to Momstory's culture of excellence.

CORPORATE



HADAPSAR



NAGAR ROAD



SHIVAJINAGAR



KEEPING YOUNG ATHLETES SAFE AT AMANORA SCHOOL SPORTS MEET

Momstory provided medical backup at Amanora School's Annual Sports Meet on 10th December at Magarpatta, Hadapsar, ensuring children received prompt care and support while they played, ran, and competed with confidence.



SUNDAY CLASS AT HADAPSAR, NAGAR ROAD, AND SHIVAJINAGAR

Momstory's Sunday Classes at Hadapsar, Nagar Road, and Shivajinagar were successfully conducted and well received by expecting parents. The sessions offered practical guidance, expert advice, and essential tips to support a healthy pregnancy journey. Parents shared positive feedback, highlighting that the classes helped them feel more confident and well prepared for the months ahead.

HADAPSAR



NAGAR ROAD



SHIVAJINAGAR



HEALTH CAMP GANGA NEBULA HOUSING SOCIETY VIMAN NAGAR NAGAR ROAD ACTIVITY

21st December 2025

Momstory successfully conducted a Society Health Camp for residents at Ganga Nebula Housing Society, Nagar Road. The event featured a fun drawing competition for mother-child duos, along with basic health checks including height, weight, BP, BMI, and diet consultations. The camp was well received and provided residents with an engaging and informative experience promoting health and wellness.



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Normal	Painless
6 Weeks - 6 Months:	6 Weeks - 6 Months:
Package Cost - ₹ 21,419/-	Package Cost - ₹ 31,064/-
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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/-



A STORY OF HOPE FROM MOMSTORY NICU A CASE STUDY

Dr. Gouda Ankula

Senior Consultant and HOD NICU-Pediatrics and Neonatology
Momstory - Shivajinagar

Born too soon 19th October 2025

Baby Aruna Kadam was born on 19th October 2025 at 26 weeks and 2 days of gestation, weighing just 790 grams, following Premature Rupture of Membranes (PROM) and preterm labour. She was immediately admitted to the Momstory NICU, Shivajinagar, requiring advanced neonatal support from birth.

A fragile start, but swift action First week of life

Extreme prematurity placed her at risk of respiratory distress syndrome (RDS), neonatal sepsis and jaundice. She received surfactant therapy soon after birth, was started on intravenous antibiotics following a full septic evaluation, and required phototherapy during the early days of life to manage jaundice.

Healing through nutrition and care Days 2-9

Trophic feeds with exclusive breast milk were initiated on Day 2 of life and gradually advanced using a standardised feeding protocol. Supported by Kangaroo Mother Care (KMC), Baby Aruna successfully achieved full enteral feeds by Day 9, a significant milestone for an extremely preterm infant.

Staying ahead of infections NICU course

Given the maternal history of PROM, the baby was managed with vigilant infection surveillance throughout her NICU stay. Suspected episodes of sepsis, including one around Day 10 of life and later during her course, were promptly addressed with appropriate antibiotics, guided by clinical signs and laboratory markers, ensuring timely recovery.

Why this case matters

Baby Aruna is one of the smallest and youngest babies cared for at Momstory. This journey highlights the impact of advanced neonatal care, early nutrition and family-centred support that turns fragile beginnings into a story of hope.

Breathing better, step by step Later NICU stay

Persistent oxygen requirement led to a diagnosis of chronic lung disease of prematurity (CLD). A short course of postnatal steroids, along with careful respiratory support, resulted in gradual and sustained improvement in her breathing.

Protecting the future Ongoing monitoring

Through meticulous monitoring and protocol-driven care, serious complications such as intraventricular haemorrhage (IVH) and retinopathy of prematurity (ROP) were successfully avoided. Screening investigations, including ROP examination and brain ultrasound, remained normal for her gestational age.

Ready for home 1st January 2026

Over the course of her NICU stay, Baby Aruna required two blood transfusions for anaemia of prematurity and showed steady weight gain. She was discharged on 1st January 2026, at 36 weeks of corrected gestational age, weighing 1.78 kg, stable and on full oral feeds.

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TRIME
STER
01

**Blossoming
Beginnings**

Original Price
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Offer Price
₹18,999

TRIME
STER
02

**Glowing &
Growing**

Original Price
~~₹28,939~~

Offer Price
₹18,499

TRIME
STER
03

**Countdown
To Cuddles**

Original Price
~~₹21,950~~

Offer Price
₹14,399

For appointments, call **88888 22222**
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