

# YOUR COMMUNITY HOSPITAL NEWSLETTER

## FROM THE ADMINISTRATOR'S DESK

The journey of Ashakiran from a care centre to a hospital has been full of challenges and surprises. When it was decided by the Trustees of Karunalaya Trust to change the focus of Ashakiran JHC from a care centre/hospice to a hospital about a decade ago, many people told me that it would be impossible to have a hospital in a corner. People were afraid to enter a desolate place like this. Until recently, there were issues such as drainage and no proper approach road. But it is the determination and faith in service to God and humanity of some of our well-wishers that has kept up the **Ray of Hope—'Ashakiran'**. While challenges are still present, they are also being resolved as we go along. We now have a proper approach road. We also have a Sewage Water Treatment Plant in place, which until a few years ago seemed unnecessary and also beyond our reach.

Whatever Ashakiran JHC is today is the outcome of the ideas, imagination and efforts of many people. While some of them are not in touch with Ashakiran anymore, their talents and hard work have helped to shape the hospital into what it is today. We continue to add new services as a response to changing times and the growing needs of people which, perhaps, were not a priority a few years ago.

One of these services is the Ashakiran Dental Unit. This edition's focus on the Ashakiran Dental Unit brings back to my mind the beginning of medical services in our Diocese. When Karunalaya Trust was established to implement medical projects in the Diocese, a mobile dental van was the first project. It did not continue due to various reasons, one of which may have been an ignorance about the importance of dental and oral care.

Things have changed. Today, dental care has become an important and integral part of medical services. At present, it is the most wanted service in Ashakiran; I credit it to our team of dental doctors and surgeons led by Dr. Bhupesh Panjari and Dr. Tanvi Malankar. We have people from all sections and age groups coming for dental treatment. **Regular dental and oral check-ups have helped to identify oral illnesses in a number of people.** For example, one person who seemed to be in bearable pain caused by a simple wound on the tongue was detected with oral cancer. Proper dental and oral care, and an early diagnosis of related issues can play an important role in preventing larger complications.

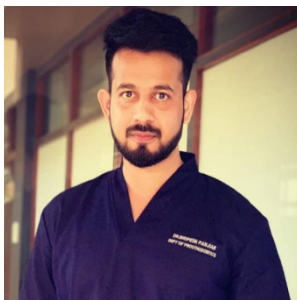
Along with dental care, **oral and cosmetic surgeries can also be availed of at Ashakiran** to be at par with the emerging trends in the medical landscape. As the global healthcare scene is being revolutionized, we, at Ashakiran JHC, are equipping ourselves to move along with the changing times and transform Ashakiran JHC into a relevant healthcare establishment. I congratulate our staff and the team of doctors for their whole-hearted dedication to the principles and values of Ashakiran.

We are also pleased to share with you the progress of the new approach road to the hospital and the sewage treatment plant, as seen in the images below:



Fr. Jeetendra David  
Administrator  
Ashakiran Jubilee Hope Centre

## **AN INTRODUCTION TO THE WORLD OF DENTAL CARE**



Dr. Bhupesh Panjiar  
(BDS, MDS)  
Prosthodontics, Crowns and Bridges  
Maxillofacial Prosthesis  
Dental Implantologist

*“Although visiting the dentist might be unsettling, the greatest dentists will make every effort to put you at ease!”*

Dentists perform a variety of procedures to help maintain oral health. Some of the most common dental procedures include:

- **Teeth Cleaning:** This is, by far, the most common reason people visit the dentist. It's a very important part of oral health. Your own toothbrush will never be as efficient as the tools a dentist uses to clean your teeth. Many dentists recommend a cleaning every six months, and some—once a year. An annual or semi-annual visit for a cleaning will keep your teeth healthy, shiny and strong.
- **Teeth Whitening:** Like cleaning, whitening is a relatively comfortable process. However, some people are sensitive to the whitening agents used. Otherwise, it's an easy procedure that most dental offices can do. Teeth-whitening kits for home use involve a lot of extra time and effort. At a dentistry, bleaching is quicker and safer because it is performed by professionals. Most often, dentists use a special hydrogen peroxide gel and a special light source to whiten teeth faster.
- **Extraction:** You may need an extraction for any number of reasons. I know extractions sound scary and painful, and, admittedly, they are not the most pleasant of procedures. However, your dentist will do everything in their power to help you feel comfortable.
- **Filling:** Cavities are all too common and all too easy to get. Acids in food and inside your body can easily break down your tooth enamel if overexposed. For most cavities, a filling is the recommended answer. Luckily, filling most cavities is a quick procedure which usually takes about an hour and then it's as good as new! The area of the filling will likely be numbed; this can last for a few hours after the procedure is over.
- **Root Canal Treatment:** The tissue inside or under your tooth can get infected and inflamed. The dentist needs to deaden the nerve and remove the tissue in order to get rid of the pain.
- **Braces/Orthodontic Treatment:** The goal is to straighten and correct crooked teeth, as straighter teeth are often healthier and easier to take care of. Classic braces use metal and other materials to slowly tighten teeth back into place.

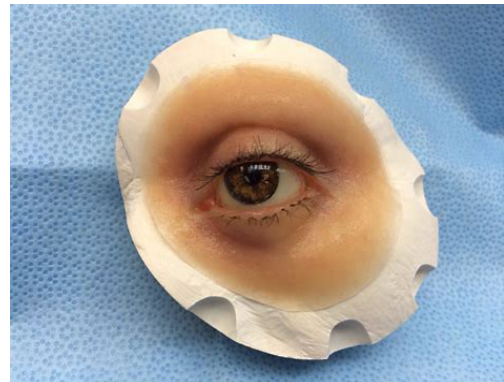


## PROSTHODONTICS AND WHAT IT INCLUDES

Prosthodontics is a dental specialty that focuses on the restoration and replacement of teeth.

Prosthodontists are highly trained dental professionals who can perform a variety of procedures, including:

- **Crowns and Bridges:** Crowns are fixed coronal restorations of individual teeth, while bridges are fixed replacements for teeth. They can be supported by natural teeth or by implants. Crowns are required to protect weakened tooth structure following root canal treatment, support weakened tooth structure following extensive coronal restorations, caries or tooth wear, changes to shape and colour of teeth, and to replace existing crowns.
- **Dental Implants:** Dental implants are artificial tooth roots that provide a permanent base for fixed or removable replacement teeth. They are an excellent option for people who have lost teeth due to injury, periodontal disease or other reasons.
- **Maxillofacial Prosthetics:** Maxillofacial prosthetics is a subspecialty of prosthodontics that involves the rehabilitation of patients with defects or disabilities that affect the head and neck region. This can include patients who have undergone surgery for cancer or trauma, or who were born with congenital defects.



- **Dentures:** Dentures are removable prosthetic devices that replace missing teeth and surrounding tissues. Dentures are usually associated with ageing but a lot of people may need dentures. They are meant to replace teeth in a natural way and are typically removable. Fitting for dentures is very common and can take a while. In the end, it's worth having a full set of working teeth again.
- **Veneers:** Veneers are essentially thin coverings placed over the front section of a tooth or set of teeth. They are mainly used for correctional purposes but they can be used for whitening, too. The process is simple and painless for most people.

## ORAL AND MAXILLOFACIAL SURGERY



Dr. Tanvi E. Malankar  
(BDS, MDS, Fellow)  
Oral & Maxillofacial Surgeon  
Fellow in Facial Cosmetic Surgery and Medicine

The Dental Council of India (DCI) recognises a discipline of dentistry called oral and maxillofacial surgery, or OMFS. To become a maxillofacial surgeon in India, you need a five-year dental degree followed by a three-year post-graduate specialty programme. Treatment of head and neck cancer, microvascular surgery, face cosmetic surgery, cranio-maxillofacial trauma, cleft palate surgery, and oral and maxillofacial surgery are all included in the field of oral and maxillofacial surgery in India.

Maxillofacial surgery can address a wide variety of dental problems and conditions, such as:

- Identifying the causes of persistent dental pain
- Preparing the oral cavity for prosthetics (like dentures) and dental implants
- Implanting dental bridges
- Extracting (removing) teeth that are impacted
- Extracting wisdom teeth
- Replacing lost bones in the jaw through bone grafting or transferring bone from another part of the body
- Rebuilding the jaw to fix an atypical bite
- Treating conditions affecting the temporomandibular joint (TMJ)—where the lower jaw joins the skull
- Treating wounds of trauma to the mouth, jaw and face
- Fixing birth defects such cleft lip and palate
- Identifying and managing growths in the head and neck, including as cysts, tumours, and cancer
- Identifying the cause of persistent facial pain
- Treating injuries to the face, such as maxillofacial tissue damage or facial fractures
- Maxillary sinus procedures
- Severe infections of teeth, jaws and face

At Ashakiran, we provide the best of services in the best environment, maintaining sterility and patient's comfort.

### Cosmetic Medicine and Surgery

It is a dynamic, technically challenging, and inherently creative field that is always evolving. Cosmetic surgery involves reshaping the body's normal structures to enhance a patient's appearance and self-esteem. Cosmetic or aesthetic surgery refers to a range of rejuvenating procedures that treat the structures of the face (e.g., rhinoplasty for a large nose, blepharoplasty for excess skin on the eyelids), as well as other parts of the body such as the abdomen (e.g., abdominoplasty after pregnancy) and breasts (e.g., breast augmentation). Injectables such as fillers and neurotoxins are also used in this discipline to treat age-related alterations and asymmetries. We provide all surgical and non-surgical treatments.

**Cosmetic Surgical Procedures**

- Face and submental liposuction
- Surgical face lift (SMAS, mini and deep plane)
- Neck lift (Platysmaplasty)
- Rhinoplasty (open and closed approach)
- Otoplasty (Correction of bat ears or external ear deformity)
- Hair transplantation (scalp, beard, eyebrows, eyelashes)
- Fat harvesting and grafting
- Surgical contouring of the face
- Dimple creation surgery
- Blepharoplasty
- Scar revision
- Surgical brow lift
- Surgical forehead reduction
- Chin, jaw and zygoma implants
- Buccal fat pad removal (Bichectomy)
- Ectropion correction (Lateral canthopexy/canthoplasty)
- Genioplasty (Chin correction surgery)
- Lip lift surgery
- Lip augmentation surgery
- Lobuloplasty (Torn ear lobule repair)
- Mole and wart excision

*Acne and Acne scar management*



*Platelet Rich Plasma (PRP) Treatment*



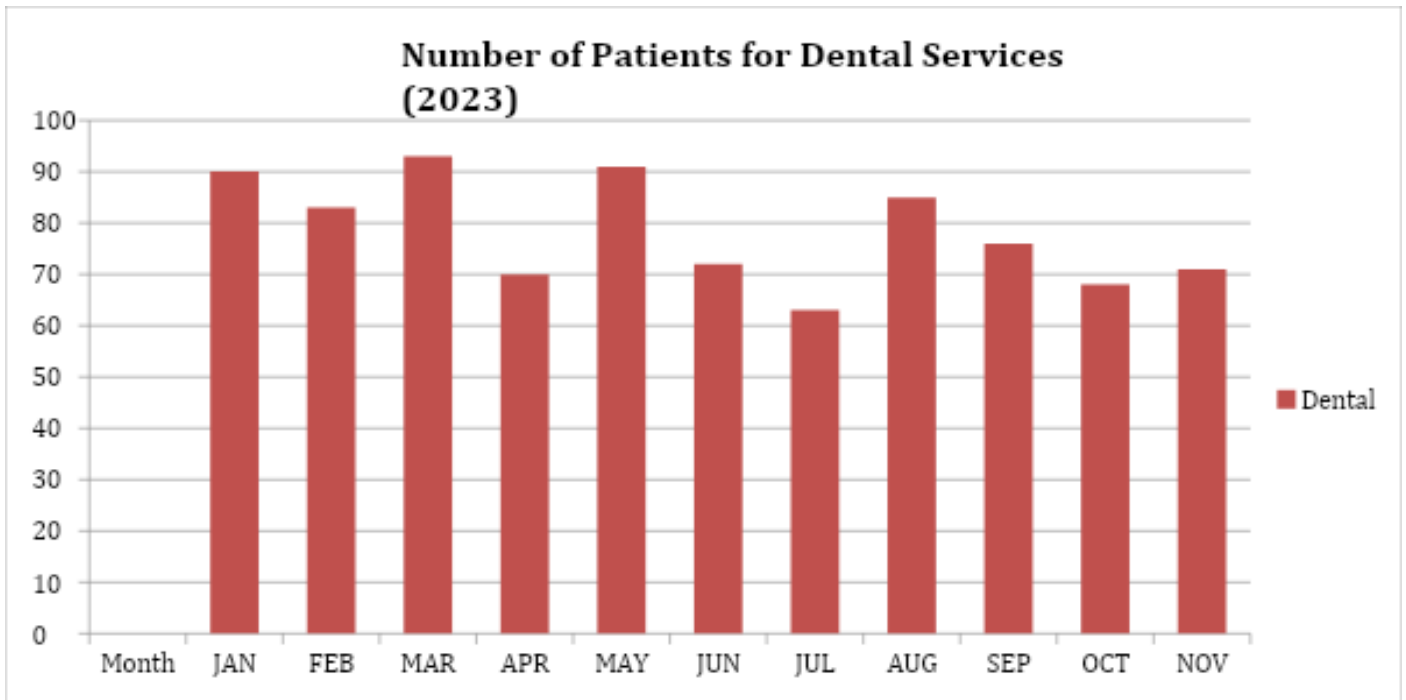
**Cosmetic Medicine Procedures**

- Glutathione injections
- Pan Facial lift
- Regenerative fillers
- Injection lipolysis
- Botulinum toxins (Botox)
- Conventional Fillers
- Face threads (thread lifting)
- Chemical peels
- Laser resurfacing
- Laser treatments
- Microdermabrasion and derma roller
- Dermaplaning
- Micro needling and mesotherapy
- Acne scar management
- Skin rejuvenation treatments
- Platelet rich plasma therapy for hair and face
- Tattoo removal
- Hypertrophic scar and keloid management
- Hyperpigmentation (Melasma, hormonal, post-inflammatory) management
- Hypopigmentation management

*Laser treatment*



We are here to protect your smiles and beauty.



## TESTIMONIALS

“I had wisdom tooth pain (on the upper and lower side), specifically during chewing so I consulted Dr. Bhupesh sir and Dr. Tanvi ma'am. They asked me to get an X-ray done and advised me to proceed with extraction. The entire procedure was pain-free and done in a very hygienic environment. I did not feel any pain during and after the procedure, so I definitely recommend Dr. Bhupesh sir and Dr. Tanvi ma'am for dental treatment at Ashakiran JHC Hospital”.

- Renuka Harne (one week ago)  
Source: Google Maps review

“This review is based on my dental care which was taken up by Dr. Bhupesh from Ashakiran Hospital. I had a seamless dental procedure, where I had to fix a screw and cap it, as I lost one of my permanent teeth. With personal experience, I recommend Ashakiran for all dental procedures”.

- Ansel Caleb (one week ago)  
Source: Google Maps review

## FREE HEALTH CAMPS ORGANISED BY ASHAKIRAN

In the constant attempt to make healthcare affordable and accessible to people, Ashakiran organises free health camps from time-to-time.

A **Navratri-special free Health Camp for women** was organised from 20<sup>th</sup> – 30<sup>th</sup> October 2023. The camp was aimed at women’s health concerns such as irregular menses, heavy menstrual bleeding, white discharge, unbearable menstrual pain, uterus fibroids, ovarian cysts, obesity, infertility, etc. These are issues that often go undiscussed and untreated due to the lack of sex and reproductive education and awareness. Dr. Sairandhri Shinde and Dr. Renuka Shukla were the consultant doctors for the camp. Approximately, 65 women availed of the free consultation.



Another free consultation camp was organised by Ashakiran Hospital on 19<sup>th</sup> November, 2023 to address **acne and hair loss** concerns. Dr. Tanvi Malankar was the consultant doctor for the camp. Approximately, 27 people registered for the camp.

Both the camps were organised well by the Ashakiran staff, received a good response and many people benefitted from them.

- Ms. Carol Dias





## VACANCIES

Kindly contact us if interested in the following positions:

- Accountant
- Receptionist
- Operation Theatre technician
- Pharmacist
- Housekeeping staff (female preferred)

## SUPPORT US!

All of our work is non-profit. We believe that our work through Ashakiran Hospital can help people all over Pune with our affordable healthcare. If you want to help us, feel free to donate to our institution.

## CONTACT US:

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## EDITORIAL TEAM

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Editor: Renita Siqueira

If you are interested in joining the media/marketing team, please do reach out to any of us.

*Wishing you and your families a very Merry Christmas and a wonderful New Year. May the birth of Christ and this season bring you peace, joy and good health!*

*Merry  
Christmas!*