

# WOODLANDS HOSPITAL

Volume 77

April 2016

## Woodlands Limited Ophthalmology Department

Woodlands

Limited Ophthalmology Department commenced operations on 1<sup>st</sup> October, 2014.

At the time of the opening there were one Part time doctor on board, Dr. Shilendra Sugrim-Ophthalmologist/Glaucoma Specialist and an Optometrist Mr. Munish Mago .

The department later retained a full time Ophthalmologist – Dr. Ajit Kumar Jain on 15<sup>th</sup> August, 2015. After the resignation of Mr. Munish Mago , Ms. Eliza Shiwprasad was employed on 1<sup>st</sup> March, 2016 to fill the vacancy.

The department also has two additional part-time Ophthalmologists– Dr. Chad Rostrum and Dr. Rameeza Mc Donald.

The out-patient services offered by the Ophthalmology department are- comprehensive ophthalmology which include- Vision, refraction, Slit Lamp Examination and Fundoscopy.

The department has a wide range of the latest Ophthalmology Equipment - Slit Lamp Biomicroscope with imaging system, Noncontact Tonometer-for checking eye pressure, Autorefractometer –for Computer eye testing, Applanation Tonometer-Gold Standard – for eye pressure check-up, Tomey Corneal Topography, Ellex Yag laser, Quantel Vitra Organ Laser Photocoagulation and Auto Lensometer.

The department also has an Optical Lab that does cutting and fitting of Lenses. The equipment used in the Optical lab is a Takubomatic Auto Lens Edger.

The Ophthalmology department performed its first batch of surgeries in May, 2015 utilizing the General Operating Theatre. However, the department now has a spanking new operating theatre that is located on the top floor of the hospital's new wing. The number of surgeries performed to date is 104.

The Ophthalmology Theatre is well equipped with modern micro surgery instruments such as- Ziess Operating Microscope, Amo Sovereign Compact Phaco Machine and UV Lamp for Collagen Cross Linking.

Surgeries being performed are-

**Cataract-SICS** - manual cataract removal

**Phacoemulsification**

**Ptergium Surgery**-With auto-graft/Without auto-graft

**Various eye injuries**

**Collagen Cross Linking for Keratocosis**

**Trabeculectomy for Glucoma**

Soon to be commissioned is our Optical showroom where we will have on display a wide variety of branded and non-branded spectacles/ Sun Glasses and Contact Lenses at affordable prices. Some of our branded items are - Rayban, Carera, Vogue and Oakley to name a few.

Woodlands Limited acquired sole distributorship of Poen Ophthalmic Drugs on 26<sup>th</sup> October, 2015.

Poen laboratories were established in the city of Buenos Aires, Argentina in April, 1933. Today Poen is a leading company that commercializes the most modern and innovative ophthalmic products.

Poen is owned by ophthalmologists and is one of the largest manufacturers of ophthalmic preparations in Latin America producing 40 million bottles per year. Poen manufactures 55 different types of eye drops for Glucoma, Allergies, Eye Infections, Dry Eyes, Ocular Inflammation and Ocular Vitamins all of which would soon be available at Woodlands Limited pharmacy and Pharmacies nationwide.

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**Woodlands Second Annual Senior Citizens Tea Party will be held on  
Saturday, May 7, 2016.**

**Your presence and contributions are welcome.  
It is also Woodlands celebration of Nurses Day.**

**NEWS IN BRIEF****SOME STATISTICS FOR  
March 2016****Emergency Room**

Patients Seen- 2965

Admissions—106

**Maternity**

Total Deliveries— 63

Males— 32

Females— 32

Caesarean Sections-24

Neonatal Death— 3

Twins— 2

Premature— 3

Breech—2

Still Births—1

**Male ward**

Admission—115

Death-0

**Female ward**

Admission -134

Death-1

**ICU**

Admissions— 41

Deaths- 7

**Radiology**

X-ray— 1381

CT— 137

Ultrasound— 2317

ECHO— 96

Holter—2

**Theatre**

Surgeries— 150

Eye Cases—16

**Pharmacy**

Prescriptions Sold— 4594

**Laboratory**

Patients seen-2983

**DOCTORS MEETING—**Was held on Wednesday, 16<sup>th</sup> March 2016 at 17:00 hrs.....Chairperson—Dr. N. Gobin

Topic presented –Understanding Mediastinal Masses/Lesions By Dr C. Mahadeo

Wednesday, 30<sup>th</sup> March, 2016 Topic: CT in Clinical Practice By Dr. N. Joshi**NURSES MEETING:-**

R/M-S/N Was held on April 7, 2015 at 15:00Hrs

Topic – Care for the Patient on ventilator Presented by– R/N Vanessa Salomon

LPN-N/A Was held on April 8 2015 at 15:00 Hrs

Topic:-, Vital Signs ,Presented by– LPN Datterdean

**GUYANA SUPER FOODS**

Want to boost your health??

Try these super foods, you may be unaware of his potential and it might be growing on your back yard, take a look:

**PSIDIUM****Health benefits**

A native fruit of the Amazon region, is one of the richest sources of vitamin C (2.4 to 3.0 g/100 g the pulp).

Strengths the immune system fights cold and flu.

Helps naturally lower blood pressure

Helps prevent build up of plaque in the arteries

Antioxidants Neutralize Free Radicals

**HOW TO USE**

Eat natural, but by roll it in your palm first

Use in preparation of beverages and jams and jellies

**CHERRIES****Health benefits**

Is very low in calories. 100 g fresh berries provide just 32 calories. Nonetheless, they compose several health benefiting components such as vitamins, and pigment anti-oxidants that contribute immensely towards optimum health and wellness.

Possesses highest content of **vitamin C** for any plant-derived fruits/berries, 100 g fresh berry provides astoundingly 1677.6 mg of vitamin C that is about 1864% of daily-recommended intake. Eating a few (2-3 berries) would be sufficient enough to fulfill this vitamin's daily requirements.

The combination of vitamin C and phyto-chemical compounds in the Barbados cherry would , help boost immunity, protect the body from cancers, aging, degenerative diseases, inflammation and infections.

In addition, research studies suggest that **chlorogenic acid** in these berries may help lower blood sugar levels and control blood-glucose levels in type-II diabetes mellitus condition.

The berries also contain a small amount of B-complex group of vitamins such as niacin, folates and pantothenic acid. It contains very good amounts of vitamin B-6, niacin, riboflavin, pantothenic acid and folic acid. These vitamins act as co-factors to help the human body metabolize carbohydrates, protein, and fats.

In addition, they also contain an adequate amount of minerals and electrolytes such as potassium, manganese, copper, iron, and zinc.

**RAW COCONUT MEAT****Health benefits**

Increases metabolism helping the body to drop excess weight

Contains no appreciable levels of cholesterol

Supports cardiovascular health and healthy cholesterol formation

Regulates and support healthy hormone

Improves digestion and absorption of fat soluble vitamins production

Antimicrobial, Boosts immune system, Hydrates and conditions hair and skin, Excellent for rehydration

**HOW TO USE**

Eat natural, Use in preparation of soup, cook up, Stews and stir fry

**TROPICAL / INDIAN ALMOND****Health benefits**

Used to lower mal nutrition in most impoverished countries in Africa

Good source of protein carbohydrates and fat

Good source of magnesium and phosphorus and fiber

Can be utilized to lower cholesterol

Provides half of the recommended allowance of daily calcium for a adult

Provides good source of iron, therefore can be used to combat anemia.

**HOW TO USE**

The fruit is dried and the seed within the fruit is removed. Then the seed is cleaned and roasted with salt or sugar.

It is also used pickled and in the preparation of almond cake.

**AMARANTH CALALOO (CHOW RAY)**

Has been rated considerably higher in minerals, such as calcium, iron, phosphorous and carotenoids than most vegetables.

Lowers risk of calcium deficiency Calcium is present in good amounts in amaranth leaves (thrice more than spinach leaves and twice more present in milk). It is an excellent source of protein

Helps in reducing bad cholesterol (LDL) levels in the body and prevents coronary heart diseases.

Amaranth leaves are loaded with potassium and magnesium which are crucial for maintaining proper electrolyte balance in the body. The presence of significant amounts of dietary fiber in addition to other essential nutrients in these leaves aids in the management and prevention of hypertension

The presence of high amounts of iron in amaranth leaves makes them the best dietary source to prevent deficiency of this mineral in the body.

**Health benefits****AWARA AND KURU**

Good source of fat carbohydrate and modest high quality protein The oil extracted from the pulp is rich in omega 3, 6 and 9, making it a cholesterol free fat that helps to control blood lipids The pulp fat carbohydrate protein rate can be compared to the composition in human and cow's milk, making it suitable for lactose intolerance individuals

Contains insoluble fiber similarly to quantities found in coconut and some peas and beans which makes a recommended pulp for conditions such as diabetes, colon cancer constipation gallstones and obesity.

Strengthens the immune system

Antioxidant

Recommended for a healthy vision

**HOW TO USE**

The pulp can be used in preparation such as: ice-cream, beverages, Popsicle, cakes

**Can be eaten with** Cassava bread and Grilled fish

**KOKORITE**

Oil derived from the fruit pulp and the kernel differs greatly.

The oilseed (kernel) is rich in phosphorus, magnesium, protein

Both contain medium chains of lauric and myristic acid that ensures cosmetic and pharmaceutical applications.

**LAURIC OIL**

protects the heart, anti-inflammatory, anti-oxidant, strengthens the immune system

Lauric oils obtained from coconut trees native to tropical Countries constitute an important ingredient in the

fortification of human milk and the strengthening of the infant immune system.

**HOW TO USE**

It provides a superb palm heart, its pulp is edible, and both its pulp and kernel yields edible oil. In the past it was common to prepare a rustic vegetal soap from the fruit pulp, to feed weak and undernourished persons.

The pulp possesses an attractive orange color along with a pleasant taste and odor, and can be used unrefined as culinary oil.

It can be used in cosmetic and pharmaceutical application

**PEACH PALM FRUIT**

Peach palms contain significant levels of fiber, carbohydrates, vitamin C, E, A, B, and K, as well as potassium, calcium, iron, magnesium, phosphorous, and zinc.

The mesocarp oil has a relatively high proportion of unsaturated fatty acids, notably oleic acid, and as with any vegetable oil, contains no cholesterol.

Essential for vision health, as they act as antioxidants to reduce or eliminate cataracts, also preventing macular degeneration in the ocular cells.

This fiber clears out excess cholesterol from the blood vessels and arteries, thereby lowering the chances of atherosclerosis, heart attacks, and strokes.

**PALM TREE FRUIT OIL**

Palm oil's rich content of saturated and monounsaturated fatty acids has actually been turned into an asset in view of current dietary recommendations aimed at zero trans content in solid fats such as margarine, shortenings and frying fats. Using palm oil in combination with other oils and fats facilitates the development of a new generation of fat products that can be tailored to meet most current dietary recommendations. Antioxidant activities, cholesterol lowering, anti-cancer effects and protection against atherosclerosis.

**HOW TO USE**

This oil can be utilized in food preparation similarly to soya oil canola oil olive oil

**HOW TO USE THE SEED OIL**

It is a good moisturizer

It is used in cosmetics in skin moisturizers, body lotions, and products for damaged hair. It is also an excellent

Emollient that spreads well. The value of beta-carotene (which is 180 to 330 mg/100g oil) is more concentrated in the oil than in the pulp

**MORINGA Health benefits**

Moringa plant possesses unique nutritional qualities communities around the world who lack in many nutritional supplements such as protein, minerals, and vitamins.

Moringa greens (leaves) are an excellent source of protein that can be rare feature for any herbs and green leafy vegetables in the plant kingdom. 100 g of fresh raw leaves provide 9.8 g of protein or about 17.5% of daily-required levels. Dry, powdered leaves indeed are a much-concentrated source of many quality amino acids.

Fresh pods and seeds are a good source of **oleic acid**, a health-benefiting monounsaturated fat. Moringa, as high-quality oilseed crop, can be grown alternatively to improve nutrition levels of populations in many drought-prone regions of Africa and Asia.

Fresh leaves and growing tips of moringa are the richest source of **vitamin A**. *100 g of fresh leaves 7564 IU or 252% of daily-required levels!* Vitamin A is one of the fat-soluble anti-oxidant offering several benefits, including mucus membrane repair, maintenance of skin integrity, vision, and immunity.

Fresh moringa pods and leaves are excellent sources of **vitamin-C**. 100 g of pods contain 145 µg or 235% of daily-required levels of vitamin C. 100 g of greens provide 51.7 µg or 86% of daily-recommended intake values of this vitamin. Research studies have shown that consumption of fruits/vegetables rich in vitamin C helps the body develop immunity against infectious agents, and scavenge harmful oxygen-free radicals from the body.

The greens as well as pods also contain good amounts of many vital B-complex vitamins such as folates, **vitamin-B6** (pyridoxine), **thiamin** (vitamin B-1), riboflavin, pantothenic acid, and niacin. Much of these vitamin functions as co-enzymes in carbohydrate, protein, and fat metabolism.

Furthermore, its greens (leaves) are one of the fine sources of minerals like **calcium, iron, copper, manganese, zinc, selenium**, and magnesium. Iron alleviates anemia.

Calcium is required for bone strengthening. Zinc plays a vital role in hair-growth, spermatogenesis, and skin health.

**HOW TO USE**

The pod, seeds leaves all can be used in preparation of delicious dishes. Stews, Curries, Soups, Moringa tea

The oil of moringa is utilized on dry rough skin, Hair, Lips, face

**3 STEPS FOR HEALTHY BABY FEEDING**

Colostrum – is the baby first milk after labour. It is ideal for the baby first days of life especially if for a premature baby for its high protein content.

The mother milk is highly nutritious containing all that the baby needs up his 6<sup>th</sup> month, it protects the baby from infections and it provides sufficient hydration even in warmer climates, making provision of water unnecessary.

Restrain from providing water and other solid foods before his 6<sup>th</sup> month, since it may increase the chances of baby getting sick.

Breastfeeding mother are advised to increased fluid intake by preparing vegetable soup, unsweetened fruit beverages and strive for about 2 liters of water a day.

Having healthy meals and snacks that must include the following:

Different colors of vegetables with 2 meals, A variety of fruits  
Complex starch such peas beans, whole grains, starchy vegetables. Healthy fat from nuts and seeds, Lean protein

The adequate production of the mothers milk, depends on the baby's mouth holding the breast, suction and the frequency of the feedings.

While breastfeeding pay attention to the position of the baby mouth and the breast ensuring that there is a adequate hold allowing the total emptying of the breast milk, that is higher in fat, allowing the baby to feel satisfied longer.

**AFTER 6 MONTHS**

Once the baby is 6 months old his body is prepared to receive different food from the mothers milk .

**Complementary Food**

Introducing complementary food must be gradually and slow, baby tends to reject the first foods being offered, be patient after all it is all new : the spoon or the cup, the taste, the consistency.

The portion ingested will be small so mothers may breastfeed after the new complementary food meals.

At this food introduction stage in now important to offer water to the baby within meals break.

Although baby is eating new food breastfeeding must be maintained as much until baby completes 2 years, providing nutrients and protect against diseases.

Basic family food should make the baby complementary food, and the focus must be in regional, seasonal food.

If baby is breastfeeding, 3 Complementary meals per day is sufficient to ensure a good nutrition and growth

2 snacks must be added besides the 3 meals on the second year of baby's life.

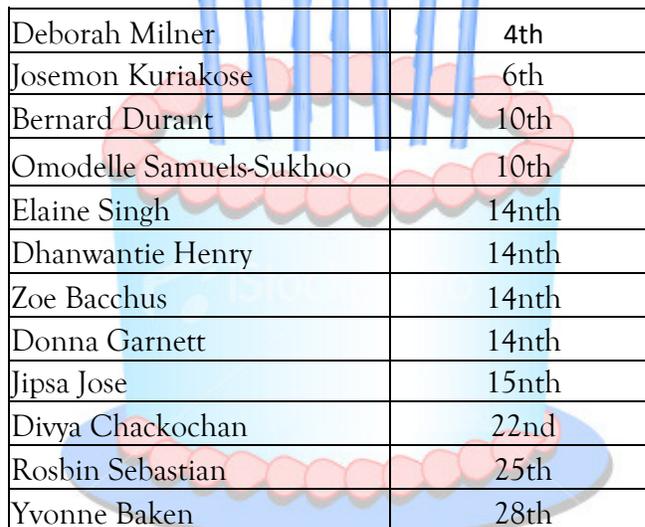
If baby is no longer breastfeeding, 5 complementary food meals and snacks must be given from 6<sup>th</sup> month.

Keep in mind that once new food is introduced the iron absorption reduces significantly, hence the need for iron rich food such: green leafy vegetables meat, legumes and vitamin c rich food that facilitates iron absorption.

*Djamiisa Lambert*

*Nutritionist & Diabetes Educator*

**Management and Staff wish to congratulate the following on their birth anniversary for April 2016**



Deborah Milner	4th
Josemon Kuriakose	6th
Bernard Durant	10th
Omodelle Samuels-Sukhoo	10th
Elaine Singh	14th
Dhanwantie Henry	14th
Zoe Bacchus	14th
Donna Garnett	14th
Jipsa Jose	15th
Divya Chackochan	22nd
Rosbin Sebastian	25th
Yvonne Baken	28th

**TAKING A BREAK FROM WOODLANDS HOSPITAL**



Tina Garraway	- 2 <sup>nd</sup> - 8 <sup>th</sup> April
Anthea Thuesday	- 3 <sup>rd</sup> - 9 <sup>th</sup> April
Rafeeza Yusuf	- 4 <sup>th</sup> - 8 <sup>th</sup> April
Thomasine Aaron	- 4 <sup>th</sup> - 17 <sup>th</sup> April
Omodelle Samuels	- 10 <sup>th</sup> - 23 <sup>rd</sup> April
Remona Williams	- 10 <sup>th</sup> April - 7 <sup>th</sup> May
Jisso Thomas	- 24 <sup>th</sup> April - 21 <sup>st</sup> May



vacancies for

**Security Guard, Yard Attendant,  
Canteen supervisor, Cook  
Human Resource Manager, Maid**



**congratulations to RN s Anoop & Vineetha And Bin-su & Suni on the birth of their baby boys.**

**We can now be perused on our Web Site  
[www.woodlandshospital.com](http://www.woodlandshospital.com)**