

CONTINUED CONSTRUCTION NOISES AT WOODLANDS ???

Present



Future



Inside the Issue

- Hospital Statistics
- Kaiteur Raffle
- Doctors meeting
- Nurses Meetings
- Season of LENT
- Health Corner—
PROSTATE Cancer

Announcements

It is no longer 1969, time has evolved significantly owing primarily to technological advancements, and our structure which was well accepted back then seems a bit ancient now . Over the years, continuous refashioning and extensions have been done, yet ,that level of satisfaction that is expected by the Managerial Staff of Woodlands Limited as not yet been achieved .Indeed our facility is well recognized and respected but what pleasure it will be to us all when our new ‘state of the art’ facility is completed.

Construction works are presently ongoing. All day sounds of hammers, saw and the voices of hard working laborers can be heard. These sounds can be a nuisance at times but what reward it will be in the end when our new and improved structure sits on these grounds.

Departmental workers are already enthusiastic about occupying their new, modernize and spacious offices and work stations .These new facilities are not just for the employees but more importantly our customers whose interest and well being we have at heart.

Every day we meet with people who all have different needs and demands and it is the desire of the management and staff of this organization that all entrusted to us be holistically satisfied, with that in mind the extension and redesigning of our once ‘house’ to Big hospital was put into plan.

Woodlands Ltd.” will stand boldly on the face of this prestigious and modernized structure, opening its doors to all.

NEWS IN BRIEF**SOME STATISTICS FOR
January 2015**Emergency Room

Patients Seen- 2926

Admissions—63

Maternity

Total Deliveries— 86

Males— 42

Females— 44

Caesarean Sections-32

Neonatal Death— 0

Twins— 2

Premature— 0

Breech—0

Still Births—2

Male ward

Admission—95

Female ward

Admission -154

ICU

Admissions— 29

Deaths— 5

Radiology

X-ray— 1140

CT— 108

Ultrasound— 2135

ECHO— 77

Stress—1

Theatre

Surgeries— 170

Pharmacy

Prescriptions Sold— 4784

Laboratory

Patients Seen— 2836

DOCTORS MEETING—

Was held on January 28, 2015 at 17:00 hrs.....Chairperson—Dr. N. Gobin
Topic presented— To Screen or not to Screen— Mr.Deen Sharma

NURSES MEETING:-

RN/ RNRM/ SM Was held on January 8, 2015 at 15:00Hrs
Topic –Trauma Care - R/N Abey K. Thomas
LPN-N/A Was held on January 9, 2015 at 15:00 Hrs
Topic:- Fractures– N/A K. Pellew

Welcome to the Lenten Season.

Lent is an amazing, in its own way, delightful season.

It begins with Ash Wednesday and leads us on a forty-day pilgrimage towards Easter. Along the way, Lent invites us to cultivate a spirit of unselfishness based on faith, hope and charity. That's pretty much Lent in a nutshell.

Lent invites us to remember that what it's all about is the love of God and neighbor, the only source of ultimate meaning and purpose.

The spirit of Lent invites us to "unself ourselves," and that is the purpose of the traditional Lenten disciplines of fasting and abstinence - to unself ourselves, to become more oriented to the love of God and neighbor.

Through the discipline of daily prayer with Scripture, you foster your commitment to spiritual growth during Lent.

Here are 4 steps to a healthy Lent.

1. **Stations of the Cross:** These will be held on Friday's at 5:35 PM (before Mass)

2. **Reconciliation:** Nothing heals the soul better than sins offered to Jesus for forgiveness in the confessional.

3. **Almsgiving:** Lent is a time to consider the needs of the church and the poor.

4. **Devotional reading:** Lent is the time to take on devotional reading.

You have the 4-step plan which is designed to help you keep a healthy Lent.

The readings on Ash Wednesday encourage us to "proclaim a fast, call an assembly; gather the people, notify the congregation." (Joel 2:15-16)

Carnival is a festive season which occurs immediately before Lent; the main events are usually during February.

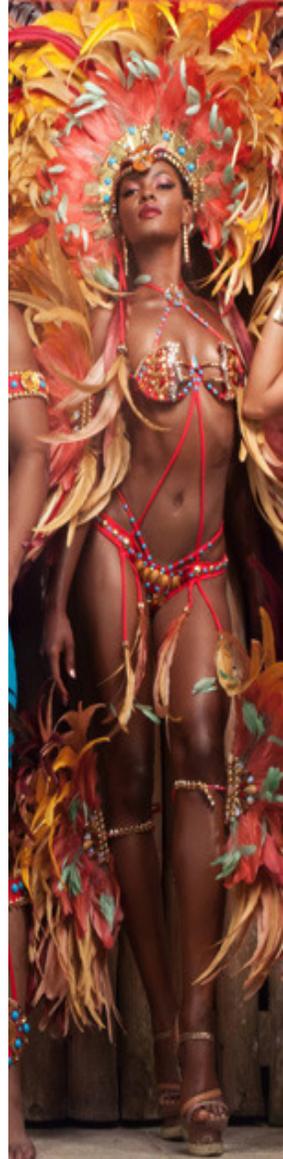
Carnival typically involves a public celebration or parade combining some elements of a circus, mask and public street party. People often dress up as Masked men during the celebrations, which is an overturning of the normal things of every day life.

In German-speaking Europe and the Netherlands, the Carnival season is traditionally opened on 11/11 (often at 11:11 a.m.). This dates back to celebrations before the former longer Advent season or with harvest celebrations of St. Martin's Day.

Carnival is traditionally held in areas with a large Catholic or, to a lesser extent, Eastern Orthodox makeup. Protestant areas usually do not have Carnival celebrations or have modified traditions, such as the Danish Carnival or other Shrove Tuesday events. Conversely, the Philippines, though a predominantly Roman Catholic country, does not have Carnival celebrations.

Rio de Janeiro's carnival is considered the biggest in the world with approximately two million people each day.

Closer to home is the big Trinidad Carnival Bacchanal which sees most Trinidadians returning home to party.

**FEATURED
BAND****Winners of the Kaiteur
Raffle:**

R/N Meethu Thomas
R/N Remona Williams



Prostate cancer is the second most common type of cancer

What Is Prostate Cancer?

The prostate is a gland in the male reproductive system. It makes most of the semen that carries sperm. The walnut-sized gland is located beneath the bladder and surrounds the upper part of the urethra, the tube that carries urine from the bladder.

Prostate cancer is usually a very slow growing cancer, often causing no symptoms until it is in an advanced stage. Most men with prostate cancer die of other causes, and many never know that they have the disease. But once prostate cancer begins to grow quickly or spreads outside the prostate, it is dangerous.

Prostate cancer in its early stages (when it's only found in the prostate gland) can be treated with very good chances for survival.

Cancer that has spread beyond the prostate (such as to the bones, lymph nodes, and lungs) is not curable, but it may be controlled for many years. Because of the many advances in available treatments, most men whose prostate cancer becomes widespread can expect to live five years or more. Some men with advanced prostate cancer live a normal life and die of another cause, such as heart disease.

Causes of Prostate Cancer

Prostate cancer affects mainly older men. About 80% of cases are in men over 65, and less than 1% of cases are in men under 50. Men with a family history of prostate cancer are more likely to get it.

Doctors don't know what causes prostate cancer, but diet contributes to the risk. Men who eat lots of fat from red meat are most likely to have prostate cancer. Eating meat may be risky for other reasons: Meat cooked at high temperatures produces cancer-causing substances that affect the prostate. The disease is much more common in countries where meat and dairy products are common than in countries where the diet consists of rice, soybean products, and vegetables.

Hormones also play a role. Eating fats raises the amount of testosterone in the body, and testosterone speeds the growth of prostate cancer.

A few job hazards have been found. Welders, battery manufacturers, rubber workers, and workers frequently exposed to the metal cadmium seem to be more likely to get prostate cancer.

Not exercising also makes prostate cancer more likely.

Drugs that may lower the risk of having prostate cancer include aspirin, finasteride, cholesterol-lowering drugs and triglyceride-lowering drugs, and anti-inflammatory drugs. Adding certain foods in your diet may also help reduce the risk, including tomato sauce and vegetables like broccoli, cauliflower, and cabbage.

Symptoms of Prostate Cancer

There are no warning signs of early prostate cancer. Once a tumor causes the prostate gland to swell, or once cancer spreads beyond the prostate, the following symptoms may happen:

- A frequent need to urinate, especially at night
- Difficulty starting or stopping a stream of urine

- A weak or interrupted urinary stream
- Leaking of urine when laughing or coughing
- Inability to urinate standing up
- A painful or burning sensation during urination or ejaculation

Blood in urine or semen

These are not symptoms of the cancer itself; instead, they are caused by the blockage from the cancer growth in the prostate. They can also be caused by an enlarged, noncancerous prostate or by a urinary tract infection.

Symptoms of advanced prostate cancer include:

Dull, deep pain or stiffness in the pelvis, lower back, ribs, or upper thighs; pain in the bones of those areas

Loss of weight and appetite, fatigue, nausea, or vomiting

- Swelling of the lower extremities

Weakness or paralysis in the lower limbs, often with constipation

Who should undergo regular screening for prostate cancer?

- Men aged 50 years and older should undergo a yearly digital rectal examination and blood testing for prostatic specific antigen (PSA).

Men in the high-risk group, such as those with a family history of prostate cancer or of African ethnicity, should begin screening as early as age 40 years.

See the health care provider if you have any of the following symptoms:

- Difficulty initiating or stopping a urine stream
- Frequent urination
- Pain on urination

Pain on ejaculation

Go to the nearest hospital emergency department right away if you have any of the following symptoms:

- Urinary tract infection - Burning pain on urination, urgency, frequent urination, especially with fever
- Bladder obstruction - Not urinating or urinating very little despite drinking enough fluid; producing little urine despite straining; pain due to a full bladder

Acute kidney failure - Not urinating or urinating little, with little discomfort, despite drinking enough fluid

Deep bone pain, especially in the back, hips, or thighs, or bone fracture - Possible sign of advanced prostate cancer that has spread to the bones

Spinal cord compression is a true emergency and may be the first sign of cancer. It occurs when the cancer has spread to vertebrae of the spine and tailbone region. The weakened vertebrae can collapse on the spinal cord, causing symptoms and problems with function.

Symptoms depend on the level at which the spine is compressed. Typical symptoms that might signal acute spinal cord compression include:

- Weakness in the legs and difficulty walking
- Increased difficulty urinating or moving your bowels
- Difficulty controlling your bladder or bowels

Symptoms depend on the level at which the spine is compressed. Typical symptoms that might signal acute spinal cord compression include:

- Weakness in the legs and difficulty walking
 - Increased difficulty urinating or moving your bowels
 - Difficulty controlling your bladder or bowels
- Decreased sensation, numbness, or tingling in the groin or legs.

These symptoms are often preceded by pain in the hip (usually one sided) or back lasting a few days or weeks. Such symptoms require immediate evaluation in the nearest hospital emergency department. Failure to be treated immediately can result in permanent spinal cord damage.....

To be continued in next month edition –
TREATMENT OPTIONS

W

arm welcome to

the new Consultants

Dr. Jodi-Ann Swaby –Internal Medicine

Dr. Merzena Elena Khan -Dermatologist

Dr. Amarnaith Dukhi—Neurosurgeon

also to

**RN Jisso Thomas, RN Justine George and
RN Jipsa Jose.**

and Housekeeping Staff

**Donna Garnett, Coretta Norton and Samisa
Morris.**

V

acancies exist for

Pharmacist

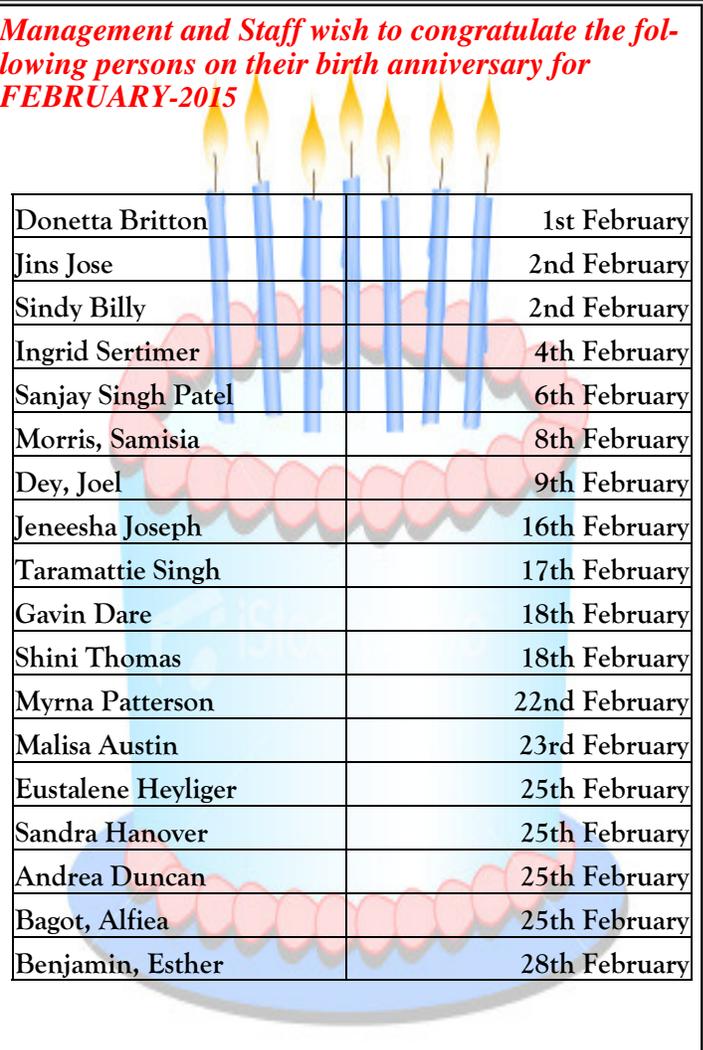
Scrub Nurse

Attendant

Security Guard

Maid

**Management and Staff wish to congratulate the following persons on their birth anniversary for
FEBRUARY-2015**



Donetta Britton	1st February
Jins Jose	2nd February
Sindy Billy	2nd February
Ingrid Sertimer	4th February
Sanjay Singh Patel	6th February
Morris, Samisia	8th February
Dey, Joel	9th February
Jeneesha Joseph	16th February
Taramattie Singh	17th February
Gavin Dare	18th February
Shini Thomas	18th February
Myrna Patterson	22nd February
Malisa Austin	23rd February
Eustalene Heyliger	25th February
Sandra Hanover	25th February
Andrea Duncan	25th February
Bagot, Alfiea	25th February
Benjamin, Esther	28th February

**TAKING A BREAK FROM WOODLANDS
HOSPITAL**

Lijo Joseph	1st February to 14 th February, 2015
Princy Thomas	2nd February to 15 th February, 2015
Rosbin Singh Pereraud	2nd February to 15th February, 2015
Annesa Madramootoo	9th February to 22 nd February, 2015
Varsha Thomas	11th February to 10 th March, 2015
Rosbin Sebastian	11th February to 10 th March, 2015
Alex Antony	11th February to 24th February, 2015
Atecia Singh	15th February to 22nd February, 2015
Amy Yusuf	15th February to 28th February, 2015
Jins Jose	15th February to 14th March, 2015

We can now be perused on our Web Site
www.woodlandshospital.com