

# Health Buzz

FOCUS: **NEUROLOGY**

VOLUME 10

## Introduction

Welcome to the neurology edition of the P. D. Hinduja Hospital, Khar newsletter - a guide created to help you understand how to take care of the most important organ in your body: your brain. In this issue, we highlight how sleep plays a crucial role in a child's brain development and why timely awareness of conditions like (GBS) can save lives. You will also find easy-to-understand insights on stroke warning signs and how simple lifestyle choices can protect your brain in the long run. For families, we share an inspiring story of how teamwork and advanced treatment helped a young boy overcome a relapsed brain tumor. We also discuss smart "investment strategies" for building a strong, resilient brain and explore everyday foods that can sharpen memory and focus. Our goal is to empower you with practical knowledge, so you can make confident choices for your family's neurological health.





**DR. NEELU DESAI**

Paediatric Neurology

# SLEEP AND CHILD'S BRAIN

## Why Sleep is the Secret Ingredient for Your Child's Brain Health?

Every parent has seen how a well-rested child wakes up cheerful, learns faster, and manages emotions better. Yet in today's world of late-night study, television, and screens, sleep often gets sacrificed. While nutrition and exercise receive plenty of attention, sleep remains the invisible ingredient that powers a child's brain, mood, and growth.

Sleep is not just rest; it is a period of intense brain activity. During deep sleep, the brain strengthens memory connections, organizes what the child has learned, and clears unnecessary information. It is also the time when growth hormone is released, essential for both physical and brain development. The brain's cleaning system, called the glymphatic system, works most efficiently during sleep, removing toxins and waste products that build up during the day. Each night's sleep, therefore, helps the brain repair, recharge, and prepare for learning.

Even a small reduction in sleep can affect a child's mood, attention, and performance. A sleepy child may appear inattentive, irritable, or hyperactive. In fact, sleep deprivation can mimic symptoms of attention deficit hyperactivity disorder (ADHD). The part of the brain most affected is the prefrontal cortex, which controls judgment, concentration,

and emotional balance. This explains why tired children often have poor focus, mood swings, and impulsive behaviour. Older children and teenagers, who already tend to stay up late, are especially vulnerable to sleep loss, leading to forgetfulness, anxiety, and poor academic performance.

Sleep and neurological health are closely connected. In epilepsy, irregular or inadequate sleep is one of the most common seizure triggers. Children with autism or ADHD frequently have disturbed sleep, which in turn worsens their symptoms. Even otherwise healthy children with irregular sleep routines may show slower cognitive and emotional development. For the developing brain, sleep is as vital as nutrition and oxygen. The number of hours needed varies by age. Infants require about 12 to 16 hours of sleep, toddlers 11 to 14, preschoolers 10 to 13, school-aged children 9 to 12, and teenagers 8 to 10 hours a night. Many children fall short of these targets by one to two hours daily, enough to affect their learning and emotional control.

Parents can help by establishing good sleep habits early. Maintain consistent bedtimes and wake-up times, even on weekends. Encourage a calm routine before bed – reading, quiet music, or soft lighting.



Keep screens and devices out of the bedroom, as blue light suppresses the sleep hormone melatonin. Ensure the room is cool, dark, and comfortable, and avoid caffeine or heavy snacks in the evening. Predictable bedtime routines make children feel secure and help their bodies prepare for rest.

Parents should also be alert to warning signs of sleep disorders. Loud snoring, pauses in breathing, restless movements, or persistent daytime fatigue may indicate conditions such as sleep apnea and should be evaluated by a paediatrician or child neurologist. For children with epilepsy, autism, or developmental concerns, addressing sleep issues is often an important part of overall management.

Sleep may seem ordinary, but it is the foundation of healthy brain function. It fuels learning, stabilizes mood, aids seizure control, and supports physical growth. Helping your child sleep well is one of the simplest and most powerful ways to nurture lifelong brain health. So tonight, turn off the screens, dim the lights, and let your child's brain do its quiet, magical work.

**Stop here  
for a healthy  
childhood.**



Consult our expert

**Paediatricians**

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# GBS PUBLIC AWARENESS

**DR. MEGHA DHAMNE**

Consultant - Neurology and Neuromuscular Medicine



## What is Guillain-Barré Syndrome?

Guillain-Barré Syndrome (GBS) is an autoimmune disease in which the body's immune system attacks the nerves. This causes weakness of the muscles throughout the body and, in severe cases, may affect the muscles for swallowing and breathing, requiring ventilator support.

## How can you get GBS?

GBS often follows a mild infection such as flu or diarrhoea. Within days, people may notice tingling in the feet, weakness in the legs, or difficulty walking. The weakness can progress rapidly and, in severe cases, affect breathing muscles - making emergency care essential.

## Does that mean anyone with an infection can get GBS?

No. Not everyone. We cannot identify who is more likely to develop GBS. In some people, the immune system becomes misdirected and attacks the body's own nerve cells. This may be influenced by genetic or environmental factors.

## What are the symptoms of GBS?

- Tingling, pins-and-needles sensation, or numbness in the feet or hands
- Weakness in the legs, difficulty walking or climbing stairs
- Gradual spread of weakness to the arms or face
- Trouble swallowing, chewing, or speaking clearly
- Shortness of breath or chest heaviness in severe cases

## How is GBS treated?

GBS is treated with IVIG (immunoglobulin injections) or plasmapheresis, a procedure that filters harmful antibodies from the blood. Patients with severe weakness may need ICU care and physiotherapy during recovery. Most people recover fully.

## Can GBS be prevented?

1. Drink boiled or filtered water.
2. Wash hands before eating and after using the toilet.
3. Maintain hygiene in homes, schools, and public places.
4. Avoid raw or street food; wash fruits and vegetables well.
5. Wear a mask if you have a cough or fever.

## Is there a vaccine against GBS?

There is no vaccine specifically for GBS. However, vaccines against infections such as flu are recommended annually, as preventing infections helps reduce the risk.

If you or someone you know experiences **sudden, rapidly progressing weakness or tingling**, consult a neurologist immediately. Early diagnosis saves lives.



# STROKE AWARENESS: MYTHS AND FACTS

## DR. ABHIJIT WARADE

Consultant Neurosurgeon

In India, stroke is already the fourth leading cause of death and the fifth leading cause of disability. Every year, over a hundred people out of every one lakh Indians experience a stroke. And yet, despite the numbers, awareness and timely response remain our biggest challenges.

So, what exactly is a stroke? In simple words, it is an attack on the brain caused either by a blockage in the blood supply or a rupture of a blood vessel. When blood flow to part of the brain stops, that area is starved of oxygen and nutrients, and brain cells begin to die. This is why we say, "Time is Brain." Every minute counts.

The World Health Organization defines stroke as a rapidly developing disturbance of brain function, lasting more than 24 hours or leading to death, due to a vascular cause. This means it's a medical emergency not something to "wait and see."

The most common is the ischemic stroke, which happens when blood flow is blocked, often by a clot or fatty deposit in an artery. The second type is the haemorrhagic stroke, caused when a blood vessel bursts inside the brain, usually due to high blood pressure or aneurysm. And there's also a mini-stroke, called a Transient Ischemic Attack or TIA. It may last only a few minutes, but it's a serious warning sign, one-third of people who ignore a TIA may suffer a major stroke within a year.

The good news is that many strokes are preventable. The major risk factors are things we can control:



**High blood pressure,  
the single biggest risk.**



**Heart disease and  
diabetes.**



**Smoking, obesity and  
lack of exercise.**

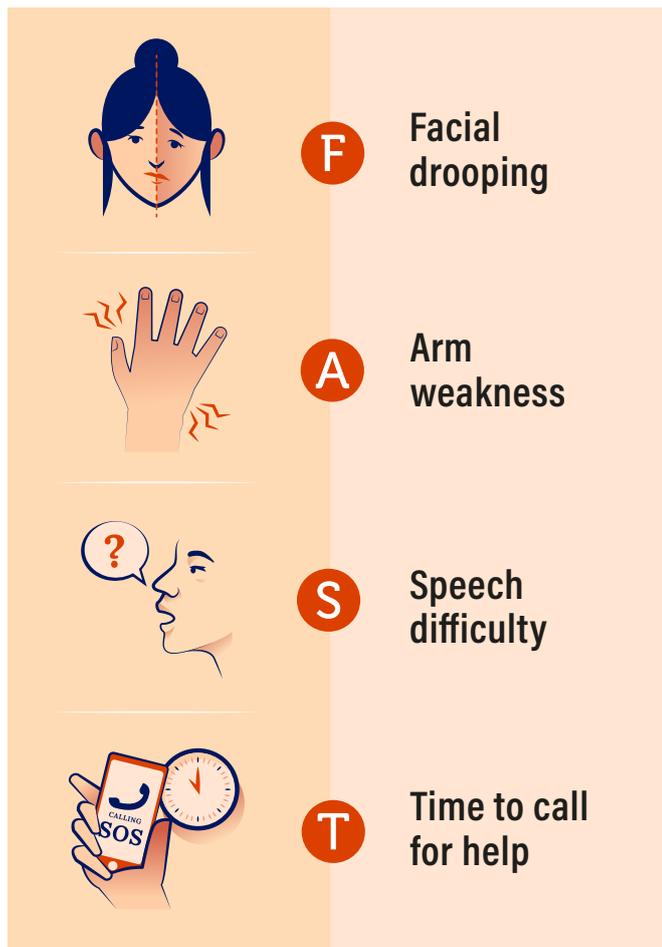


**Excessive alcohol or  
drug use.**

Managing these through regular check-ups, medication, and lifestyle changes can drastically reduce one's chances of a stroke.

There are also some non-modifiable factors like age, gender, race, and family history. While we can't change these, we can certainly act early if we know our risks.

The key lies in recognizing the symptoms quickly. The easiest way to remember is the acronym FAST:



The infographic is a vertical list of four items, each with an illustration on the left and text on the right. The background is a light orange color. 1. 'F' in a red circle, 'Facial drooping' in bold black text, with an illustration of a woman's face showing one side drooping. 2. 'A' in a red circle, 'Arm weakness' in bold black text, with an illustration of a hand with red lightning bolts indicating weakness. 3. 'S' in a red circle, 'Speech difficulty' in bold black text, with an illustration of a woman's profile with a speech bubble containing a question mark. 4. 'T' in a red circle, 'Time to call for help' in bold black text, with an illustration of a hand holding a smartphone with 'CALLING SOS' and a clock icon.

If you see any of these, don't wait, rush to a hospital immediately. Stroke treatment works best when started within the golden window of 4 to 6 hours.

Modern medicine offers powerful tools for recovery. For ischemic strokes, clot-busting drugs or mechanical clot removal can restore blood flow. For haemorrhagic strokes, surgery may be needed to stop bleeding or relieve pressure. And with physiotherapy, speech therapy, and family support, recovery can continue for months even years.

However, awareness still lags. Many people think: "Stroke can't be treated." It can, if treated in time. "It only happens to the elderly." Not true, strokes are increasing in younger adults, "It happens in the heart." No, stroke affects the brain, "People never recover." Many do, with proper rehabilitation and care.

Friends, stroke doesn't just strike an individual, it affects families, livelihoods, and communities. But with awareness, timely action, and preventive care, we can change outcomes dramatically.

So today, let's pledge to act FAST, to educate those around us, and to make our homes and workplaces stroke-aware zones. Because prevention is always better and faster than cure.

**Make sure your  
gut feeling  
is healthy.**



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**Gastroenterologists**

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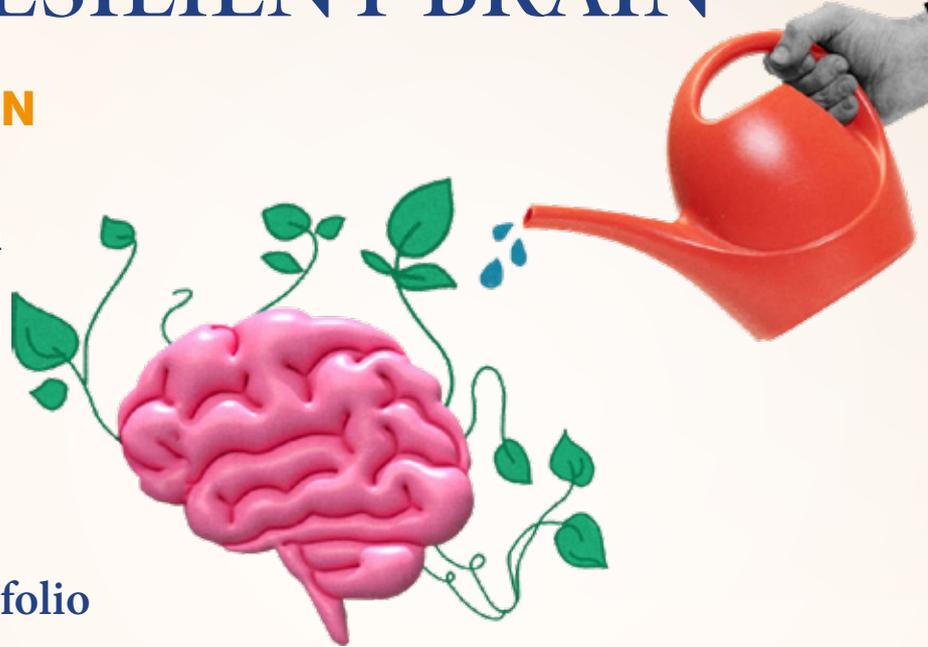


# INVESTMENT STRATEGIES FOR A STRONG AND RESILIENT BRAIN

## DR. KAUSTUBH MAHAJAN

Consultant, Neurology

We often think of investments only in financial terms - stocks, bonds, and savings - but few realize that the most valuable and high-yield investment we can make is in our own brain. Like wealth, brain health compounds over time. The habits, choices, and environments we cultivate daily determine how well our memory, attention, emotional balance, and decision-making perform as we age.



## 1. Diversify Your Mental Portfolio

Just as financial investors diversify to protect against loss, the brain thrives on variety. Engaging in different cognitive activities - learning a language, playing a musical instrument, solving puzzles, or even navigating new environments - stimulates neural networks and promotes neuroplasticity, the brain's ability to form new connections. Routine, by contrast, is a poor long-term investment while engaging in challenges is good.

Challenge your memory, logic, creativity, and motor coordination regularly. Simply have that cold shower, walk backwards, try learning and speaking in your friend's mother tongue (provided it's new and difficult for you).

## 2. Sleep: The Brain's Dividend Re-investor

Sleep is where the brain consolidates learning, clears metabolic waste, and resets emotional circuits. Chronic sleep debt depletes attention, working memory, and judgment - the very functions we rely on for complex decision-making. Prioritizing 7-8 hours of quality uninterrupted sleep is akin to reinvesting your dividends - it compounds the gains of every other healthy habit.

## 3. Nutrition: Fuelling Neural Assets

The brain, though only 2% of body weight, consumes nearly 20% of our energy. Good diets rich in antioxidants, omega-3 fatty acids, and phytonutrients found in nuts, seeds, leafy greens, berries, and fish, support synaptic integrity and reduce inflammation. Limiting refined sugars and ultra-processed foods prevents the "oxidative debt" that accelerates cognitive decline. Think of every meal as either a deposit or a withdrawal from your brain's long-term reserve.

## 4. Physical Exercise: The Market Mover

Aerobic activity remains one of the most powerful neuroprotective strategies known. Regular exercise enhances cerebral blood flow, releases brain-derived neurotrophic factor (BDNF) and improves mood regulation. Even brisk walking for 30 minutes most days can enhance attention and memory performance, while resistance training builds metabolic resilience that supports mental endurance.

## 5. Stress Management: Protecting Cognitive Capital

Chronic stress is like an ongoing tax on the brain's performance. Elevated cortisol disrupts hippocampal function, impairing memory and learning. Mindfulness, meditation, controlled breathing, and gratitude practices reduce stress reactivity and strengthen prefrontal networks responsible for impulse control and emotional regulation. These are not indulgences, they're risk management tools for cognitive capital.



## 6. Social and Emotional Investments

Human connection is a powerful neurochemical stabilizer. Meaningful relationships and social engagement activate reward pathways, enhance mood, and buffer against stress. Conversely, isolation accelerates cognitive aging. Regularly engaging in empathy, humor, and shared purpose keeps neural circuits flexible and emotionally balanced.

When retiring, don't just plan your finances for the future you must also chalk-out a plan on ways of keeping yourself physically, mentally, and socially engaged.

If u have finished reading the above, close your eyes and just try to recall all 6 points. If you can't, you sincerely need to follow these steps to train your brain. The earlier you start the better!

In summary: The brain's performance and longevity are shaped by daily deposits - sleep, nutrition, exercise, learning, and meaningful connection. True intelligence isn't only about acquiring information but preserving the machinery that processes it. Investing early and consistently in brain health yields the highest lifelong dividends - clarity, creativity, and calm decision-making even amid life's volatility.

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# UNDERSTANDING DEMENTIA: A JOURNEY OF CARE, CONNECTION, AND HOPE

## DR. KERSI CHAVDA

Consultant Psychiatry

Dementia is a word that can feel heavy and frightening, but at its heart it describes a set of changes in the brain that unfold gradually over time. It is not a single disease, but a group of conditions that affect memory, thinking, behavior, and everyday functioning. While these changes can be challenging, it is important to remember that a diagnosis of dementia does not mean the end of a meaningful life. Many people continue to experience moments of joy, connection, and purpose for a long time after symptoms begin.

We all forget things now and then - a name, an appointment, where we left our glasses. This is a normal part of being human. Dementia involves more persistent difficulties that start to interfere with daily life, such as repeating questions, struggling to follow conversations, or feeling confused in familiar places. These changes usually happen slowly, giving families and individuals time to notice, adapt, and seek guidance.

Alzheimer's disease is the most widely known cause of dementia, but there are several other types, including vascular dementia, Lewy body dementia, and frontotemporal dementia. Each has its own pattern, yet all reflect changes in how the brain processes information. Importantly, research in this field is growing rapidly, and our understanding of the brain continues to deepen. New treatments and supportive approaches are emerging, offering increasing hope for better care and improved quality of life.

One of the most reassuring truths is that even as memory and thinking abilities change, a person's capacity to feel remains strong. People living with dementia can still enjoy music, laughter, affection,

and companionship. A familiar song, a warm touch, or a shared cup of tea can create moments of connection that are deeply meaningful, even when words are hard to find.

Recognizing symptoms early can be very helpful. While dementia cannot yet be cured, early assessment allows access to treatments that may slow certain symptoms and reduce distress. It also gives families time to plan, learn, and put supportive routines in place. Small adjustments - simplifying tasks, creating calm environments, and maintaining predictable schedules - can make everyday life more comfortable and dignified.

There is also much we can do to support brain health across the lifespan. Staying physically active, eating nourishing foods, sleeping well, managing medical conditions, remaining socially engaged, and keeping the mind stimulated through reading, games, or creative activities all contribute to overall well-being. These habits support not only the brain, but the whole person.

Caring for someone with dementia is an act of love. It can be demanding, but it is also filled with moments of tenderness and quiet strength. Caregivers deserve care too - time to rest, to share their feelings, and to seek support without guilt.

Above all, dementia does not erase a person's worth. Every individual living with dementia deserves patience, respect, and kindness. With understanding and compassion, we can create a more gentle and hopeful world - one where people affected by dementia are seen not for what they have lost, but for who they still are.

# TEAMWORK AND ADVANCED TREATMENT HELPED A YOUNG BOY BEAT A RELAPSED BRAIN TUMOUR



## DR. AMIT JAIN

Consultant - Paediatric  
Haemato-Oncology



## DR. VIJAY PATIL

Consultant - Medical Oncology

## A Remarkable Recovery: How Teamwork and Advanced Treatment Helped a Young Boy Beat a Relapsed Brain Tumour

A 12-year-old boy who had bravely fought a type of brain tumour called medulloblastoma in 2023 finished his surgery, radiation, and chemotherapy by November 2024. After a short period where everything looked fine, he suddenly started experiencing headaches and difficulty walking.

A new MRI showed that his tumour had come back. Even more challenging, it had returned very early—something usually considered difficult to treat.

## A New Plan When the Old One Didn't Work

He was initially started on a targeted medicine, but the tumour didn't respond. So, the doctors quickly changed the plan and began a strong chemotherapy combination called ICE.

To everyone's relief, the tumour shrank by almost 85%, showing that his cancer was still very sensitive to chemotherapy.

Because he responded so well, the team decided to go ahead with an autologous stem cell transplant - a treatment where the child's own healthy stem cells are collected, stored, and later returned after giving very high-dose chemotherapy to wipe out any remaining cancer.

## High-Dose Therapy Designed for Brain Tumours

For this child, doctors used an advanced, brain-focused high-dose chemotherapy combination: Thiotepea and Melphalan.

These medicines reach the brain very effectively and work together to kill leftover tumour cells.

After the high-dose treatment, his stored stem cells were infused back to help his body recover.

## A Challenging but Successful Recovery

The period after transplant is always delicate. The child faced some expected complications:

- **Severe mouth sores**, making eating difficult.
- **A serious infection (MDR Klebsiella)** that caused septic shock.
- **Gut infection and diarrhea**

He needed admission to the Paediatric ICU, strong antibiotics, and close monitoring. The critical care, nursing, oncology, and infection teams worked together round-the-clock.

Thanks to timely treatment and excellent teamwork, he gradually recovered. His immunity came back, he started eating well again, and he was discharged in stable condition.

A follow-up MRI 45 days later showed no signs of disease—a truly encouraging outcome.

## Why This Story Matters

This case shows that even in difficult situations—like an early relapse of medulloblastoma—there is still hope. With the right planning, advanced treatment, and strong teamwork, children can achieve remission again.

### Key Takeaways

- Advanced high-dose chemotherapy (Thiotepea + Melphalan) can be effective in relapsed brain tumours.
- ICU support and expert nursing care are crucial during the vulnerable post-transplant phase.
- Specialized transfusion support (like granulocyte transfusions) can save lives during severe infections.
- Multidisciplinary teamwork—oncologists, intensivists, nurses, and transfusion specialists—played a major role in this success.

## Conclusion

This young boy's recovery is a powerful reminder of what modern paediatric oncology can achieve. With advanced treatment options and a coordinated medical team, even aggressive relapsed brain tumours can be managed successfully giving children and families renewed hope.



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# FOOD FOR A SHARPER BRAIN

**MS. POOJA PANDEY**  
Jr. Dietician

## Diet and Brain Health: How Everyday Food Shapes the Mind

The saying "you are what you eat" is especially true for the brain. Despite making up only 2% of our body weight, our brain consumes around 20% of our daily energy. Every emotion, memory, and cognition is dependent upon the nourishment we give it. In addition to improving mood and focus, a balanced diet guards against diseases like Alzheimer's and age-related deterioration.

## Why the Brain Needs the Right Nutrition

The billions of nerve cells that make up the brain exchange chemical and electrical impulses. This system requires nutrients such as antioxidants, vitamins, minerals, and healthy fats to function effectively. Eating healthfully promotes mental clarity, focus, and memory. Our brain cells experience stress and inflammation when we eat a lot of processed foods, which hinders communication. For instance, sugary drinks create energy spikes and crashes that result in fatigue or agitation, whereas, whole grains, fruits, and vegetables supply slow-releasing glucose, the brain's stable fuel.

## Healthy Fats for a Sharp Mind:

Fat isn't necessarily harmful. Omega-3 fatty acids are crucial for the construction and operation of the brain, which is made up of roughly 60% fat. These fats enhance mood, promote learning and memory, and lessen inflammation.



### EVERYDAY FOODS:

- Breakfast oats with walnuts or flaxseeds
- A Spoon of Chia seeds added to smoothies
- When cooking, use olive or mustard oil.
- For non-vegetarians, fatty seafood such as mackerel or salmon

Trans fats can impair memory and raise the risk of cognitive decline, limit your intake of baked goods and fried foods

## Antioxidants for protecting the brain:

Defending the Brain Free radicals can harm brain cells in the same way that rust affects metal. The brain's protection mechanism is provided by antioxidants.

## EVERYDAY FOODS:

- Seasonal fruits like pomegranate and amla, or blueberries
- Leafy greens such as kale, spinach, or methi
- Vitamin E-rich nuts and seeds
- For its polyphenols, a cup of green tea

These nutrients aid in preventing memory loss and aging of the brain.

## Protein and vitamins to build brain messengers:

Amino acids, which are the building blocks of proteins, combine to generate neurotransmitters, which are molecules that control mood and attentiveness. For instance, tryptophan from foods like bananas and oats aids in the production of serotonin, the hormone that makes you feel good.

## EVERYDAY FOODS:

- Lentils, beans, and dal with chapati or rice
- Paneer, curd, eggs, or tofu
- Roasted chana or almonds in between meals
- Leafy greens, dairy products, and legumes include vitamins B6, B12, and folate, which maintain healthy nerve cells and guard against mood swings and exhaustion.

## The Gut–Brain Connection

A healthy gut contributes to a healthy mind. The gut generates neurotransmitters and hormones that interact with the brain. We feel calmer and more concentrated when the microorganisms in our gut are in harmony.

## REGULAR ROUTINES:

- Consume fruits, vegetables, whole grains, and other foods high in fiber.
- Incorporate fermented foods such as buttermilk, curd, or homemade pickles.
- Consume adequate water to facilitate digestion.

Dehydration, even moderate, impairs memory and focus. Drink seven to eight glasses of water each day.

Nutrients from everyday foods boost learning, attention, and mood in addition to protecting neurons and facilitating communication. In addition to hydration and regular exercise, a diet high in whole grains, vibrant fruits, vegetables, nuts, and healthy fats maintains the mind resilient and active.

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What our patients say about us?

## TESTIMONIALS:

During my stay on the 8th Floor (Bed No. 804A), I was deeply touched by the compassion and support of the nursing and housekeeping staff. They were incredibly kind, soft-spoken, and attentive, always making sure I was comfortable and cared for. Their warmth made the hospital feel just like home, even during difficult times.

A heartfelt thank you to the entire 8th Floor team for their dedication, kindness, and professionalism. I truly appreciate all that you did for me.

**-Kavita Singh**

I had been undergoing immunotherapy at P.D Hinduja hospital, Khar for the past 5 months. I would like to express my gratitude to all the doctors, nursing staff, housekeeping staff of day care. Sister Swapnali, Sister Namrata and all other nursing staff were very caring and helpful. The admission and billing process is also very smooth.

**-Huda Tole**

Excellent medical care at all times. My father was admitted twice and we are extremely happy with the kind staff and the excellent doctors treating us

**-Sumedha Datta**

The services were very good and the staff was very sensitive and receptive to our needs. We were admitted in room 801. Reema Joy and Kavita Gawai were helping us as nurses and were too good at their job. We had a baby boy on the 6th of November, 2025.

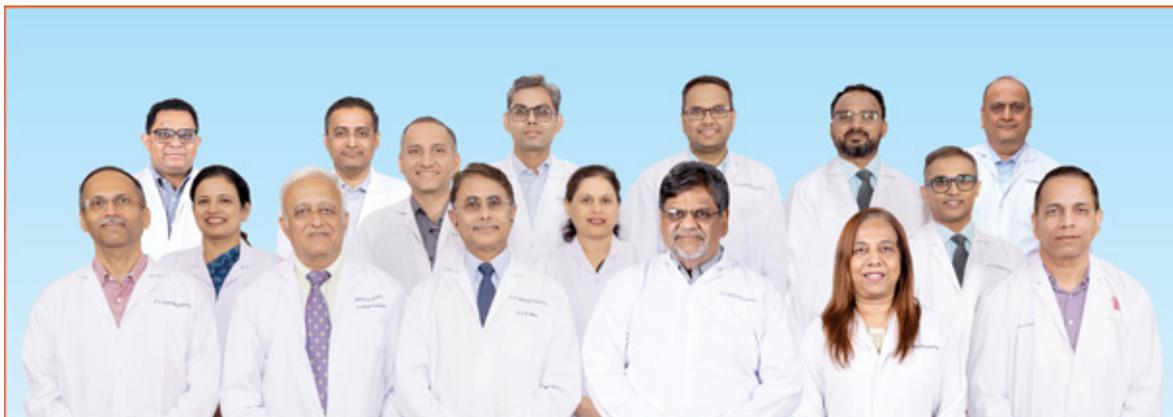
**-Sangeeta Sinha**

I was admitted for a fractured humerus bone after a nasty fall for surgery. My experience at the hospital has been very good I shall try to describe each department. Admissions was a little delayed due to insurance formalities but the lady in charge was very kind and considerate. The nurses on the floor were superb! The helpers were also very supportive and helpful, the room and bathroom was always kept neat and clean and Service was available at a call! The food was nutritious and delicious and all my likes/dislikes were considered by the nutritionist.

I'm very grateful to all at P D Hinduja khar for taking good care of me and most importantly care with a smile :-)) may god bless you all

**-Kishwar nensey**

## Leading the Future of Neuro Care



**Standing Row (First):** Dr. Milind Sankhe (Consultant - Neurosurgeon); Dr. Roop Gursahani (Head - Neurology & Consultant - Neurology); Dr. B. K. Misra (Head of Department - Surgery & Head - Neurosurgery & Gamma Knife); Dr. Vrajesh Udani (Consultant - Paediatric Neurologist); Dr. Charulata Sankhla (Consultant - Neurophysician); Dr. Ketan Desai (Consultant - Neurosurgeon).

**Standing Row (Second):** Dr. Darshan Doshi (Consultant - Neurology & Stroke Expert); Dr. Neelu Desai (Consultant - Paediatric Neurology); Dr. Guruprasad Chandrashekar (Consultant - Neurovascular Intervention); Dr. Kaustubh Mahajan (Consultant - Neurology); Dr. Anshu Warade (Consultant - Neurosurgery); Dr. Megha Dhamne (Consultant - Neurology & Neuromuscular Medicine); Dr. Abhijit Warade (Consultant - Neurosurgery & Neurointervention); Dr. Pandurang Reddy M. (Consultant - Neurosurgery & Neurointervention); Dr. Nitin Menon (Consultant - Neurological Rehabilitation); Dr. Uday Limaye (Consultant - Interventional Neuroradiology).

### Why Choose P. D. Hinduja Hospital for Neuro Care?

- Premier referral centre for brain tumour and cerebrovascular surgeries, including skull base surgery, acoustic neuroma surgery, pituitary surgery, and peripheral nerve surgery.
- Rapid, comprehensive care for stroke and aneurysm. Global standards for thrombolysis and endovascular therapy.
- Specialized care for Parkinson's disease, movement disorders, Alzheimer's, dementia, GBS, other neuroinfections, and deep brain stimulation (DBS) surgeries.
- Specialized paediatric neurology section for conditions like epilepsy, autism, cerebral palsy, and other child-related neurological issues.
- Specialty clinics for Myasthenia Gravis and Spinal Muscular Atrophy (SMA).
- First in Southeast Asia to have Gamma Knife, the world's most advanced technology for incision-free and non-invasive brain surgeries.
- First in India to perform awake craniotomy for epilepsy.
- Latest bi-plane cathlab, enabling endovascular treatment of complex aneurysms/AVMs with safer and faster stroke interventions.
- 3T MRI and CT neuro-navigation for accurate diagnosis and surgical guidance; microsurgical & endoscopic suites for skull base and spinal surgeries.
- Rehabilitation centre with advanced technology solutions for enhanced recovery from disabling neurological disorders.

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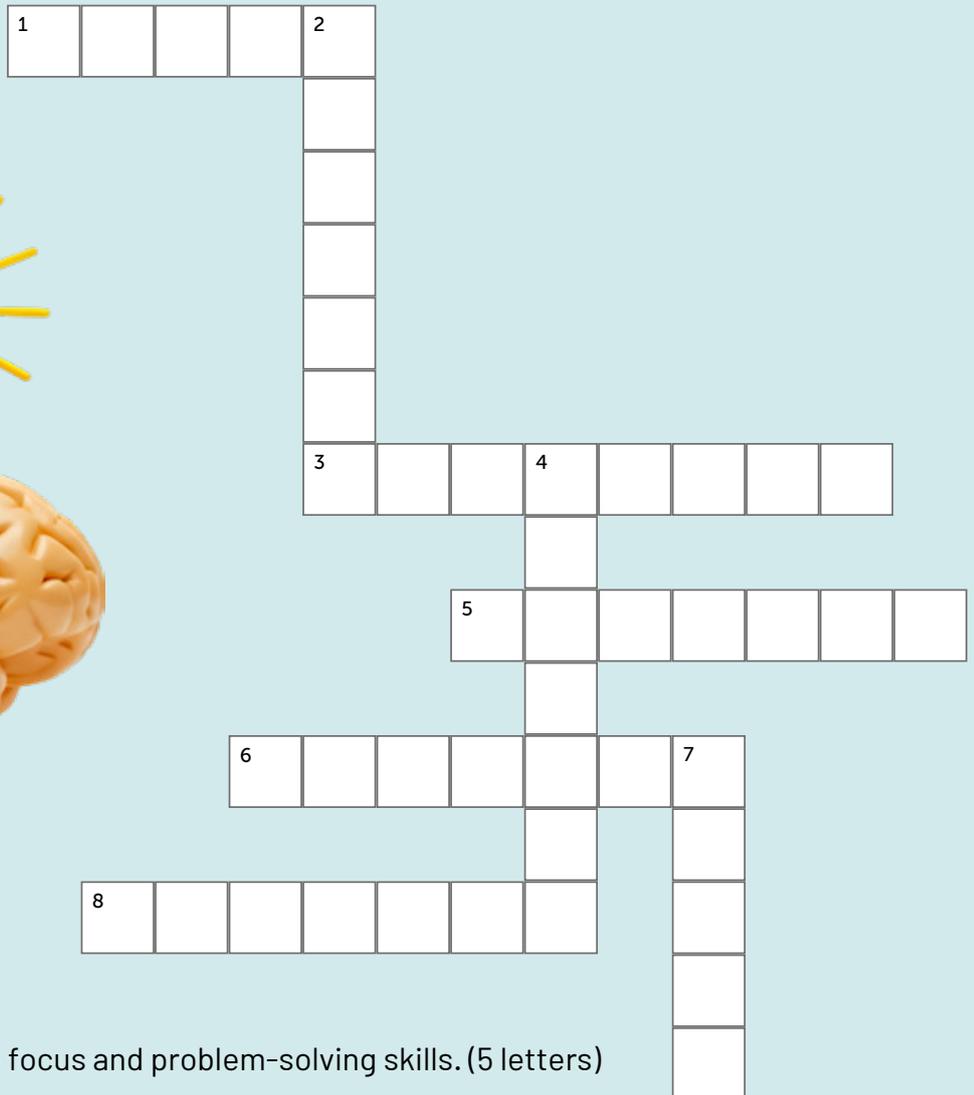
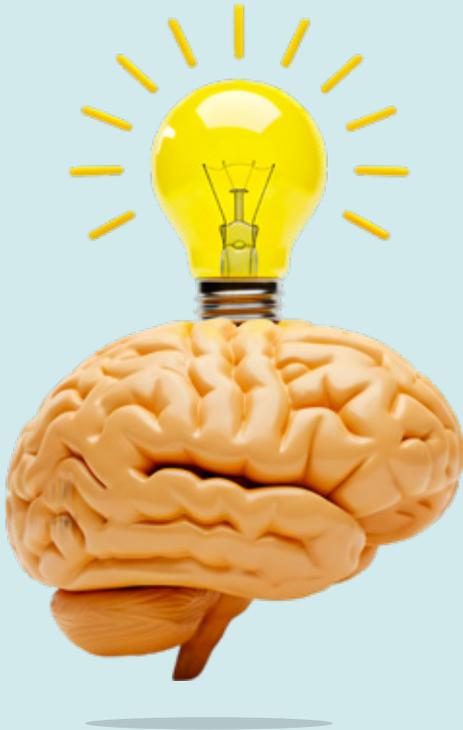


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# NEUROLOGY



## ACROSS

1. Playing these can improve focus and problem-solving skills. (5 letters)
3. Staying \_\_\_\_\_ helps blood flow to the brain. (8 letters)
5. A type of exercise that keeps both the body and brain active. (7 letters)
6. Too much of this can stress the brain. (7 letters)
8. A hobby that keeps the brain sharp and builds imagination. (7 letters)

## DOWN

2. A colourful vegetable known to boost memory. (7 letters)
4. A habit that helps relax the mind, often done before sleeping. (8 letters)
7. Your brain needs this every night to rest and recharge. (5 letters)

**Use the clues to fill in the words above.**

Words can go across or down.

Letters are shared when the words intersect.



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