



GEM  
CANCER CENTRE  
A UNIT OF GEM HOSPITAL, CHENNAI, TAMIL NADU

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# GEMify Health

Built on Evidence. Driven by Innovation. Powered by GEM Hospital

**What Does Early  
Detection Really  
Mean?**

**What's the  
Connection Between  
Your Stomach  
and Diabetes?**



**The Hidden  
Universe  
Inside You!**

# Cancerக்கு நல்ல Answer

Coimbatore's 1<sup>st</sup> Stand-Alone  
Multi-Cancer Care Hospital

We're proud to launch the city's first stand-alone, fully equipped multi-cancer care hospital from the house of Gem Hospital, Asia's biggest name in gastro and laparoscopic brilliance.

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**GEM  
Hospital's  
Health &  
Wellness  
Magazine**

**GEM  
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Leading hospital specializing in minimally invasive laparoscopic and robotic surgeries with minimal pain and blood loss



Specialty hospital providing world - class treatment for gastric and digestive disorders



Hospital performing organ transplant surgeries with modern facilities



Hospital featuring a specialized oncology surgical department



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# Wellness Wisdom

As medical technology accelerates forward, surgical methods are transforming at unprecedented speed. From traditional open surgery to minimally invasive techniques, we've journeyed far. Today, robotic surgery, advanced laparoscopic methods, and artificial intelligence are reshaping surgery's future-delivering less pain, faster recovery, and superior outcomes for patients.

Medicine is a continuous learning journey. Every day brings new discoveries, better treatment methods, and improved patient safety standards. Sharing these advances with the global medical community and acquiring new knowledge requires a dedicated platform. That's why GEM Hospital hosts the LAPAROSURG conference.

I am delighted to invite you to LAPAROSURG 2025 - MIS Carnival's 10th edition ([laparosurg2025.com](http://laparosurg2025.com)), taking place November 19-22, 2025, in Coimbatore. This landmark event unites global experts in minimally invasive surgery for an extraordinary gathering.

This is not just a collection of presentations; it's a fully immersive educational experience.

Over 50 hours of continuous live surgeries will be broadcast in stunning 4K quality. Advanced procedures across general surgery, gastroenterology, gynecology, and urology will be demonstrated in real-time. The world's leading surgical experts will showcase their skills live—not as theoretical concepts, but as actual practical experience you can witness and learn from.

**Special Training Sessions (November 19):** The conference's crown jewel arrives on opening day with specialized training workshops. These hands-on workshops will help you develop cutting-edge skills that are transforming surgical practices globally.

**Robotic Surgery Training:** Expert-guided instruction covering robotic hardware, ergonomic adjustments, and tissue suturing techniques—delivered hands-on.

**Endoscopy Training:** Learn upper GI scope and colonoscopy on actual anesthetized patients under expert supervision - a rare, invaluable opportunity for physicians.

**Technology Exhibition:** Over 100 booths showcasing the latest surgical instruments and equipment. Explore the cutting-edge tools revolutionizing surgery today.

**Best Surgical Video Competition:** The world's finest eight videos, selected from global submissions, will be showcased and awarded.

**Practical Skills Sessions:** Special workshops on hospital management, operating theater setup, video editing, and documentation—essential skills for modern surgical professionals.

**A Quarter-Century Legacy:** For 25



years, LAPAROSURG has been at the forefront of surgical innovation and global collaboration. As we celebrate 25 years of innovation, we look ahead to the next chapter of surgical progress and invite you to be part of this transformative journey.

I warmly invite you, whether you're an experienced surgical specialist, a medical student, or an emerging physician, to join this transformative summit. This summit is not only an opportunity to expand your knowledge, but also a chance to connect with like-minded professionals and be part of a historic moment in surgical innovation.

Here, you'll

- Gain new experiences through live demonstrations and hands-on training
- Engage with global experts in meaningful dialogue
- Network globally: Join the world's leading surgeons and innovators for invaluable face-to-face exchanges
- Enhance your skills through cutting-edge techniques
- Shape your future with insights into tomorrow's surgical innovations

Surgery's future isn't distant—it's happening now in Coimbatore this November. Whether you're seeking to refine your techniques, explore surgical innovation, or elevate your practice, LAPAROSURG 2025 offers an unparalleled opportunity.

Register today to secure your place at this groundbreaking event and ensure you're part of shaping the future of minimally invasive surgery. Don't miss the opportunity to be part of this historic event shaping the future of surgery.

With warm regards,

**Dr. C. Palanivelu**

Chairman, GEM Hospital

[www.gemhospitals.com](http://www.gemhospitals.com)



# GEMify Health

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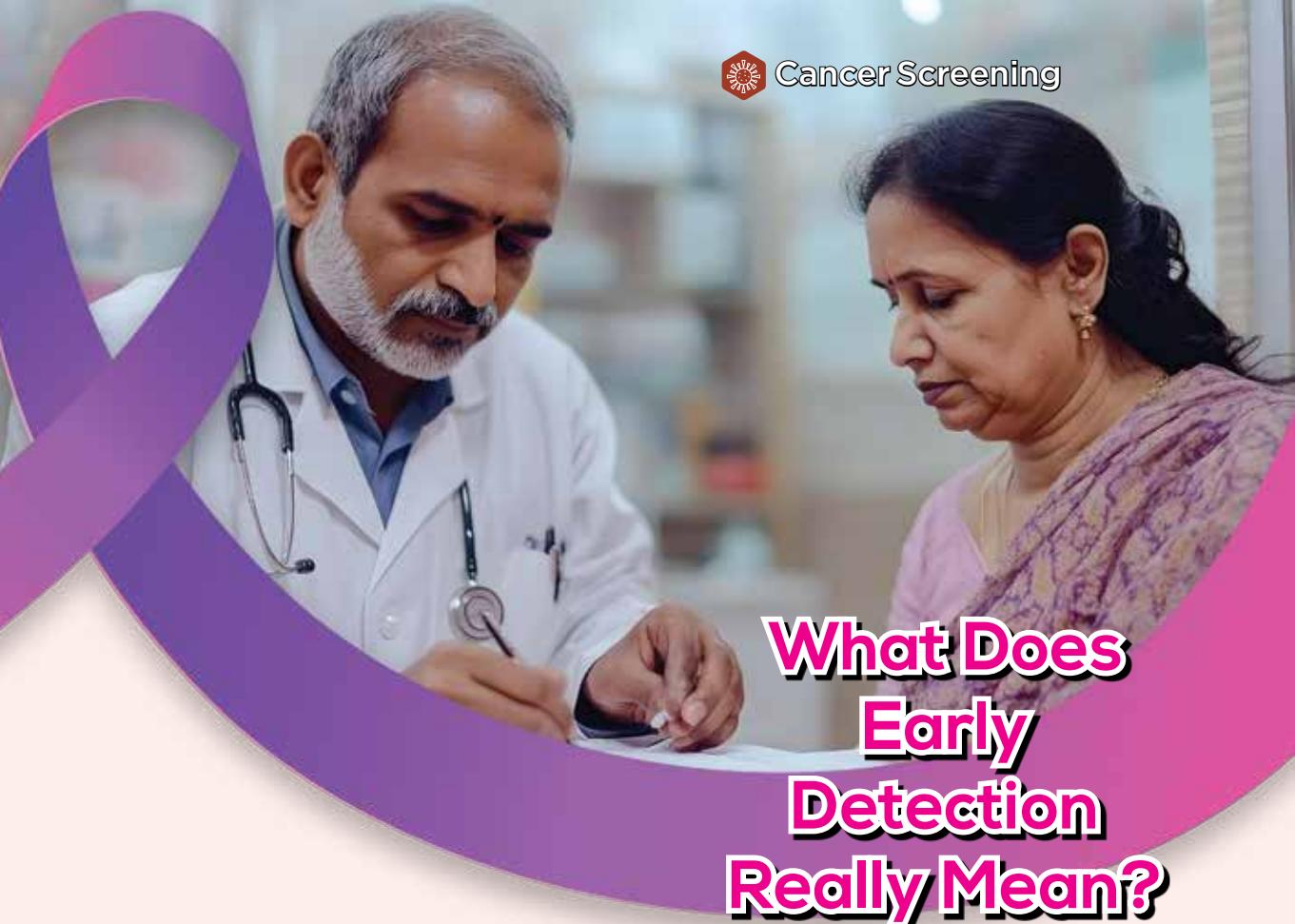
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# What Does Early Detection Really Mean?

The word "cancer" triggers fear and anxiety for many people. Screening brings the worry: "What will they find?" But what if we changed this perspective? What if, instead of fear, we saw screening as the most powerful tool we have to take control of our long-term health?

After years of treating cancer patients, I've learned one critical truth: early detection saves lives. But today, I want to share three insights that go even deeper than that simple statement.

**Truth 1:** We're Not Looking for Cancer - We're Looking for Pre-Cancer.

When most people hear 'early detection', they think of finding "stage one cancer." Yes, that's beneficial. But modern medicine's true power goes far beyond that.

The real goal is preventing cancer before it even starts.

Take cervical cancer screening. The Pap test isn't designed to find cancer - it identifies cells that are beginning to change, stopping them before they become cancerous. That's a massive difference.

Similarly, small growths in the colon called polyps almost always have the potential to become cancerous. When we remove these polyps through colonoscopy, we're not just catching cancer early - we're preventing cancer entirely.

**Dr. P. Praveen Raj**

MBBS, MS, DNB  
GEM Hospital, Coimbatore



This is why at GEM Hospital we run a "Cancer Screening Prevention Program." Notice the word "prevention" in the name. We're stopping disease before it arrives.

### **Truth 2: One Size Doesn't Fit All.**

General guidelines exist: "This screening at 40, that screening at 50." But the truth is, what screening you need and when depends on your individual life circumstances.

#### **Consider these factors**

**Family history matters:** If your mother, sister, or grandmother had breast cancer, you need to start screening earlier than women without that history.

**Lifestyle counts:** Do you smoke? Are you overweight? These factors change your screening schedule.

**Genetic factors:** Some families have higher risks for specific cancers. People with BRCA gene mutations-inherited genetic changes that significantly increase the risk of developing breast and ovarian cancers-need specialized screening protocols.

**Special attention for women:** Ovarian and uterine cancer screenings are particularly important. These can grow silently, making regular screening essential.

**That's why I always tell patients:** Talk to your doctor and create a personalized screening plan based on your unique health profile.

### **Truth 3: Taking Care of Yourself Is a Moral Duty**

Many of my patients say: "Doctor, I don't have time", "I need to take care of my family", "I'm scared they'll find something if I go for screening."

When I hear this, my heart breaks. Because I've seen what happens-patients arriving in late stages. They tell me, "Doctor, if only I'd come earlier..."

Taking care of yourself isn't selfish; it's the greatest gift you can give your family.

You can only raise your children if you're healthy. You can only care for your parents if you're well. You can only be your family's foundation if you're strong.

That's why I say: Be selfish. Put yourself first. Go.

This isn't just advice-it's a plea. As a physician who has lost patients too early, I urge you: Don't delay.

### **What Does Early Detection Really Mean?**

I see a patient who comes for routine screening at our hospital. No symptoms. But the examination reveals early-stage changes.

Simple treatment. Complete recovery. Return to normal life.

What if this same patient had waited two more years? Advanced cancer. Complex treatment. Uncertain outcomes.

Studies show that early-stage breast cancer has a 5-year survival rate of over 99%, compared to just 27% for advanced-stage cancer. The difference? Just one screening. At the right time.

### **What You Should Do Now**

Don't wait for a problem to appear. Schedule your screening today and ask your doctor about a personalized plan based on your health and family history.

If you're over 40 and haven't had a screening in a year-call your doctor right now.

If cancer runs in your family-have a detailed discussion with your physician about earlier or more frequent screenings.

If you notice any unusual symptoms-don't delay!



# Know the Causes, Extend Your Life!



Liver cancer ranks as the world's sixth most common cancer and the third leading cause of cancer deaths. It affects men two to four times more than women. Most concerning: this cancer grows aggressively and spreads rapidly to other body parts. But understanding the causes can dramatically change outcomes.

Liver cancer divides into two main types. Hepatocellular carcinoma (a type of liver cancer developing from liver cells) accounts for ninety percent of cases. Cholangiocarcinoma (a rare cancer of the bile ducts) represents five to ten percent of cases.

Metastatic cancer occurs when cancer from other body parts spreads to the liver through bloodstream. Colon, pancreatic, intestinal, lung, and breast cancers commonly attack the liver. In fact, these metastatic cancers appear more frequently than primary liver cancer.

### The Most Dangerous Cause: Hepatitis Virus Infections

Hepatitis virus infections are the primary cause of liver cancer, responsible for fifty-four percent of cases worldwide. Hepatitis B virus is the leading global factor. Among chronic Hepatitis B patients, fifteen to twenty-five percent face lifetime liver cancer risk.

Patients with cirrhosis have two to four percent annual cancer development risk. Hepatitis C causes most liver cancer cases in North America, Europe, and Japan. Modern treatment reduces cancer risk by sixty-five percent.

This virus only affects people already infected with Hepatitis B. However, this co-infection is particularly dangerous, increasing the risk of liver cancer two to six-fold.

### The Second Major Threat: Alcohol and Toxic Substances

Following viral infections, chronic alcohol consumption and exposure to toxic substances pose the second greatest threat to liver health. When chronic drinkers develop cirrhosis, cancer risk increases ten-fold. Notably,

**Dr. Magnus Jayaraj**

M.S.  
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even without cirrhosis, alcohol drinkers face cancer risk. Those combining alcohol and smoking face the highest danger.

Aflatoxin B1, a fungal toxin, is a major liver cancer factor. This toxin appears in grains, peanuts, corn, and rice. The fungus grows when food is stored in hot, humid conditions. Developed countries monitor and control this toxin in food products.

### Modern Lifestyle Impact

Diabetes significantly increases liver cancer risk. Seventy percent of diabetic patients develop fatty liver disease, which gradually progresses to cirrhosis and cancer. Obese individuals face every high liver cancer likelihood. Those with high BMI develop fatty liver disease.

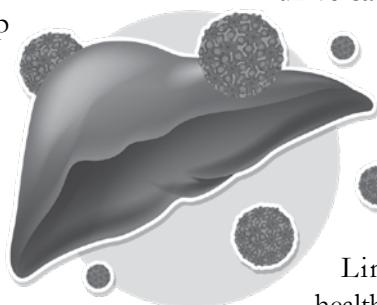
Industrial chemicals like vinyl chloride and thorotrast increase liver cancer risk. After their carcinogenic properties were identified, their use has been severely restricted.

Long-term oral contraceptive use in women increases liver cancer risk. Those taking performance-enhancing drugs and steroids for masculinity also face liver cancer danger.

### Genetic and Family History

Hemochromatosis, or iron storage disease, causes excessive iron accumulation in liver tissue, increasing cancer risk. Genetic disorders like Wilson's disease also cause liver damage and increase cancer risk. Family history of liver cancer is a risk factor. Race and gender are also significant factors.

**When chronic alcohol drinkers develop cirrhosis, cancer risk increases ten-fold.**



### Understanding Your Risk

Multiple factors often combine to create cancer risk. The key is identifying your personal risk factors and taking preventive action.

High-risk groups requiring regular monitoring:

- Chronic Hepatitis B or C carriers
- People with cirrhosis
- Chronic alcohol consumers
- Diabetic and obese individuals
- Those with family history

### Prevention Is Possible

**Vaccination works:** Hepatitis B vaccination dramatically reduces cancer risk. This should be universal for children and high-risk adults.

#### Treat viral hepatitis:

Modern antiviral treatments effectively control Hepatitis B and C, significantly reducing cancer development.

#### Lifestyle modifications:

Limiting alcohol, maintaining healthy weight, and controlling diabetes prevent fatty liver disease progression.

**Avoid toxins:** Proper food storage prevents aflatoxin contamination. Avoid unnecessary medications and industrial chemical exposure.

**Regular screening:** High-risk individuals should undergo regular liver function tests and imaging. Early detection of precancerous changes allows intervention before cancer develops.

By taking these preventive steps—including vaccination, lifestyle changes, and regular screenings—you can significantly reduce your risk of liver cancer.



## Gallstones

**A** routine health checkup reveals gallstones through an ultrasound. Suddenly, fear, confusion, and questions arise. Is surgery necessary? Is surgery necessary? Is it dangerous? Here's what modern medicine wants you to know: a diagnosis isn't a death sentence, and today's approach has fundamentally transformed.

### Discovery Isn't a Punishment

If gallstones are detected, immediate surgery isn't always necessary.

Gallstones, formed by imbalances in cholesterol and calcium, don't always cause problems. Many people live symptom-free with gallstones for years.

Treatment decisions are made based solely on your individual symptoms, lifestyle, and overall health—not just the presence of stones.

### How do you know if your gallstones are causing problems?

There's a remarkably simple way to find out. If you consistently experience abdominal pain or discomfort after eating fatty foods—like fried snacks, cheese, ghee, or red meat—that's a clear indicator of gallbladder issues.

Why does this happen? When fatty foods trigger the gallbladder to contract and release bile, stones can cause pain and blockage. This pain differs distinctly from gastric ulcer discomfort.

### Small Stones, Big Danger

The common belief that large stones are more dangerous is completely wrong.

What medical research shows: Actually, small stones pose the greatest threat. They can easily slip from the gallbladder into the bile duct, causing blockages that trigger pancreatitis—a life-threatening condition.

This inflammation of the pancreas, essential for digestion, is extremely dangerous. It causes severe pain and can be fatal.

Doctors recommend preventive gallstone removal in diabetic patients, even without symptoms, to avoid complications.

### Old Advice Is Now Dangerous

In the past, the "wait and see" approach was common, with doctors advising patients to wait until symptoms worsened.

# A Life-Saving Shift in Modern Treatment



But that wasn't because stones were less dangerous. It was because traditional open surgery carried high risks and required lengthy recovery periods.

Today, the situation has completely changed. "Prevention is better than cure" is the new medical principle.

## See Your Doctor Immediately If You Experience:

- Persistent abdominal pain after fatty foods
- Severe, sudden upper abdominal pain
- Pain radiating to shoulder or back
- Nausea, vomiting, fever
- Yellow skin discoloration (jaundice)

Good news: Modern laparoscopic treatment is safe, fast, and delivers excellent outcomes. Don't delay-consult a specialist today!



Laparoscopic surgery has proven that safely removing the gallbladder before dangerous complications develop is far superior. Life-threatening situations like jaundice and pancreatitis can be avoided entirely.

Same-Day Recovery: The Modern Surgery Revolution

Forget old fears about lengthy hospital stays and weeks of recovery from surgery.

**Dr. N. Anand Vijai**

MBBS, MS, DNB  
GEM Hospital, Kovai



**Today's laparoscopic gallbladder removal is fundamentally different:**

**Morning admission, evening discharge:**

This procedure through tiny incisions often completes in a single day. Admit in the morning, complete surgery, return home that evening.

**Next-day normal life:** From the following day, you can resume work and all daily activities. Recovery that once took weeks now takes just days.

**Less pain, minimal scars:** Traditional open surgery required 5-7 inch incisions. Now, treatment uses advanced instruments through holes smaller than one inch.

### The Critical Message

The approach to managing gallstones has completely transformed.

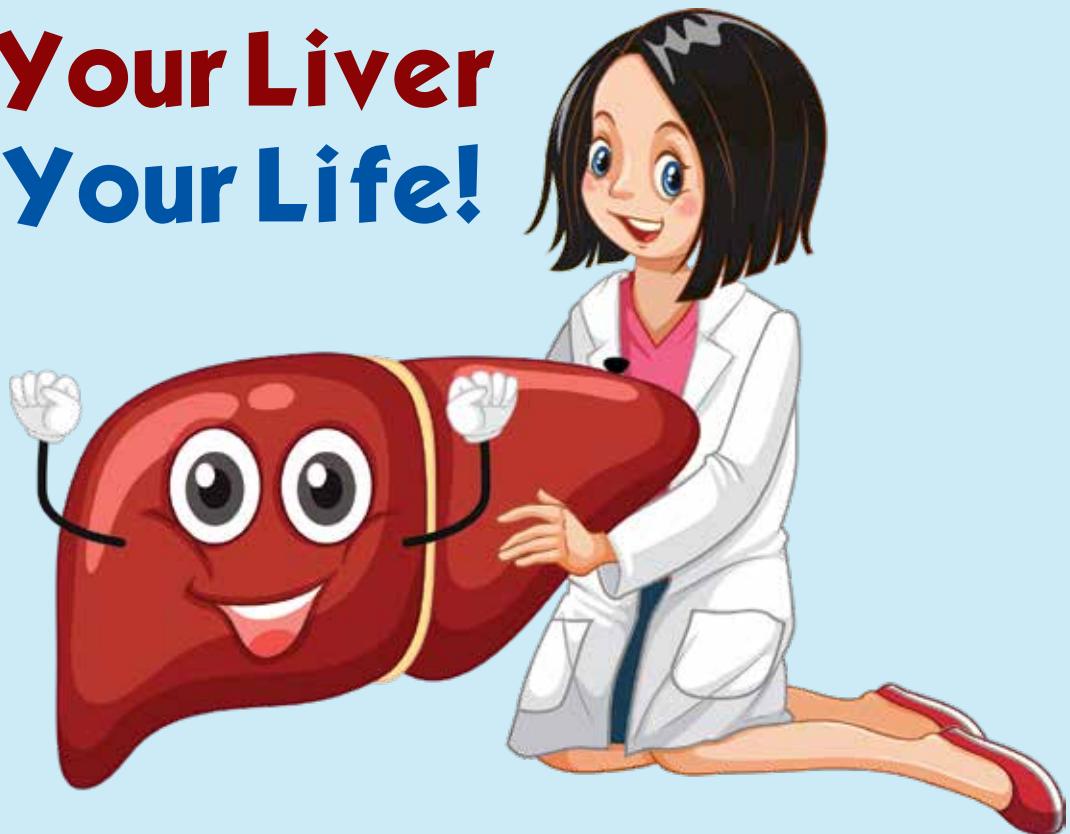
What was once a major medical event causing significant disruption has become a simple preventive procedure through same-day surgery with tiny incisions.

Rather than waiting for dangerous complications, taking safe preventive action is the intelligent choice.

If you've been diagnosed with gallstones, you now know: modern solutions are simple, and the risks of waiting are severe.

The real question is: are you ready to choose proactive prevention and avoid potential complications?

# Your Liver Your Life!



**Helping  
Your Liver  
Help Itself  
Support  
your liver's  
regenerative  
powers  
through:**

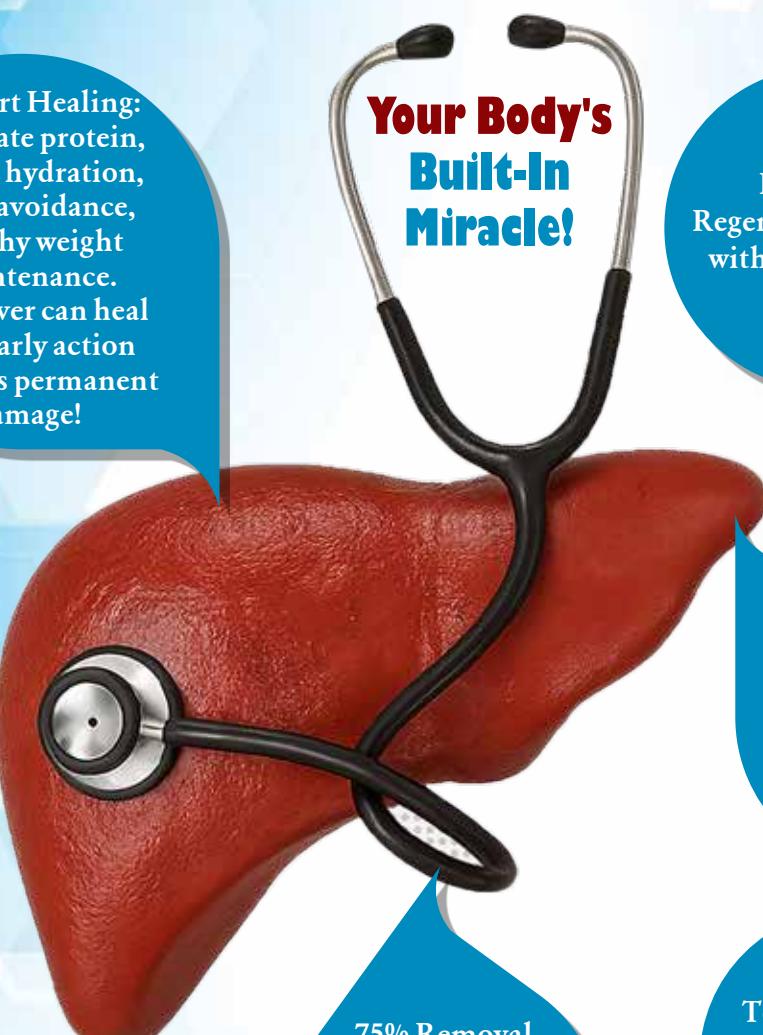
**Nutrition:** Provide adequate protein for cell building. Include lean meats, fish, eggs, legumes, and dairy.

**Hydration:** Drink sufficient water for toxin filtering and nutrient transport during regeneration.

**Avoid Toxins:** Eliminate alcohol, minimize unnecessary medications, and avoid chemical exposure. Give your liver a break from filtering poisons.

**Maintain Healthy Weight:** Excess fat impairs regenerative capacity. Regular exercise and balanced diet keep your liver lean and efficient.

**Early Medical Intervention:** When liver disease is detected early-before cirrhosis-medical treatment combined with lifestyle changes allows natural regeneration to reverse damage completely.



## Your Body's Built-In Miracle!

**Support Healing:**  
Adequate protein,  
proper hydration,  
toxin avoidance,  
healthy weight  
maintenance.

Your liver can heal  
- but early action  
prevents permanent  
damage!

**Rapid  
Response:**  
Regeneration begins  
within 24 hours of  
injury

**Full Restoration:**  
Complete size  
and function  
return in  
8-12 weeks

**Total Function:**  
All 500+ functions  
restored in  
regenerated tissue

**75% Removal  
Recovery:** Liver  
regrows completely  
after losing 3/4 of  
its mass

**Early Treatment  
Works:** Antiviral  
therapy, lifestyle  
changes enable  
healing

**Cirrhosis Point:**  
Advanced  
scarring stops  
regeneration  
permanently

**Not Invincible:**  
Chronic hepatitis,  
alcohol, obesity  
overwhelm  
regeneration



# What Your Doctor Really Thinks...

Walking into a doctor's office can be an incredibly vulnerable experience. We bring our symptoms, worries, and hopes. But what is it like from the other side of the desk, as a physician? What does your doctor really think? A surgical gastroenterologist's candid insights reveal the unspoken aspects of patient care - and they might transform how you approach your next medical appointment.

We often view the doctor-patient relationship as one-way: we present problems, they provide solutions. But this perspective misses a crucial dimension of the healing process. Recent insights from a surgical gastroenterologist provide a rare glimpse into what doctors truly think but often don't say. These perspectives offer patients a chance to become more effective partners in their own health journey.

## 1. Your Illness Affects More Than Just You

When we receive a diagnosis, our immediate focus centers on our own body and suffering. But from a physician's viewpoint, illness ripples outward, touching everyone who cares about the patient.

**As the doctor emphasizes:** 'You are the sufferer, but ultimately, your loved ones also share the suffering.'

This reframes a medical condition as not just an individual problem, but a communal one. It acknowledges the emotional and logistical burden carried by loved ones.



**What this means:** When a doctor treats a patient, they're also caring for an entire support system. Taking care of your health isn't selfish—it's a responsibility to those you love.

## 2. Trust Is a Critical Part of Treatment

In an era of endless information, second opinions, and patient empowerment, simply "trusting" your doctor might seem outdated. Yet physicians identify this trust as a cornerstone of successful treatment.

In the doctor's words: "Once you start believing in the doctor, you strictly follow it."

This highlights healing's psychological component. When you trust your doctor, you're more likely to follow their recommendations with confidence, allowing the treatment plan to truly work.

Research shows that patients with high trust in their doctor follow treatment plans 43.1% of the time, while those with low trust only adhere 17.5% of the time.

**Dr. P. Senthilnathan**

MS, DNB, MRCS  
GEM Hospital, Chennai



# Building a Better Doctor-Patient Relationship

What you can do as a patient

- Come with an open mind: Bring online research as considerations, not diagnoses
- Full transparency: Share all symptoms, concerns, and previous medical history
- Ask questions: Clarify anything you don't understand
- Follow treatment plans: Adhere confidently to your doctor's recommendations
- Stay in communication: Report any complications or side effects immediately

Remember: When both doctor and patient work together, treatment success rates increase dramatically. The next time you speak with your doctor, how might these insights change the conversation for the better?

This isn't about surrendering autonomy—it's about building a foundation of trust that empowers treatment plans to succeed. This trust transforms the relationship from a simple transaction into a true therapeutic partnership.

## 3. The Unspoken Challenge of 'Dr. Google'

While trust is a foundation for successful treatment, modern medicine also faces a growing challenge: the rise of 'Dr. Google'. Doctors now contend not only with symptoms but also with fears and misconceptions from online searches.

**Common scenario:** A patient experiences 'stomach upset' or 'bloating'. They search Google. By clinic time, they're terrified that a common GI issue might be turning into cancer.

**The doctor's challenge:** Rather than starting with a clean slate, doctors must first address the anxiety and misinformation from 'Dr. Google'.

### Negative consequences

- Additional barriers to accurate diagnosis
- Difficulty establishing trusting partnerships
- Increased patient anxiety and fear

- Delayed time to effective treatment

**The right approach:** Gathering information is valuable, but it shouldn't replace your doctor's expertise. Google provides information; your doctor provides wisdom.

## A New Perspective for Your Next Appointment

These insights offer a valuable shift in perspective. By recognizing the communal nature of suffering, understanding trust's foundational power, and being mindful of online information's challenges, we can become better advocates for ourselves and better partners to our healthcare providers.

- Recognize suffering's communal nature: Your health affects your loved ones
- Understand trust's foundational power: Trust is treatment success's foundation
- Be mindful of online information challenges

The doctor-patient relationship is a partnership. It's not just about trust in your doctor—it's about working together, sharing information, and making informed decisions. ●



## Know the Truth, Lose the Fear!



**C**ancer triggers fear, but in today's medical world, many types are completely curable when detected early. Here are evidence-based answers to your most important questions.

### Should I Worry If Cancer Runs in My Family?

This is a common concern, but here's the reassuring truth.

Only 5-10% of cancers are hereditary. The remaining 90-95% are influenced by lifestyle and environmental factors.

#### What you should do:

Genetic testing: If cancer runs in your family, discuss genetic testing with your doctor.

- BRCA gene testing for breast or ovarian cancer
- Other genetic tests based on family history

**Personalized screening:** If necessary, your doctor may recommend earlier or more frequent screenings.

**Knowledge is power:** Understanding your family history helps detect or even prevent cancer early.

### When Should I Start Cancer Screenings?

Updated guidelines recommend earlier screening:

#### Age 40:

- Mammograms (breast cancer)
- Annual comprehensive health screening

#### Age 45:

- Begin colorectal screening

#### Age 21:

- Women: Pap smears (cervical cancer prevention)

#### Age 50:

- Men: PSA testing (prostate cancer)
- Smokers: Annual chest CT scans

**Critical note:** Annual comprehensive screenings after 40 catch problems when they're most treatable.

### What Symptoms Require Emergency Medical Attention?

Seek immediate medical attention if you experience:

- Blood in vomit or stool
- New breast lumps
- Difficulty swallowing
- Persistent voice hoarseness
- Non-healing skin wounds
- Unexplained severe pain

#### ABCDE rule for skin concerns:

- Asymmetry
- Border irregularity
- Color changes
- Diameter larger than 6mm
- Evolving appearance

## Three Powerful Protections

Cancer is increasingly curable when caught early. With modern screening, prevention strategies, and advanced treatments, millions are living cancer-free lives.

Here are three powerful protections:

1. Annual Screenings (After 40): Catch problems when they're most treatable.
2. Awareness of Warning Signs: Know what symptoms require immediate attention.
3. Healthy Lifestyle Choices: Reduce risk through diet, exercise, and avoiding tobacco.

Don't let fear stop you from taking actions that can save your life—take charge of your health today. The time to act is now!

Don't wait: Acting quickly can make all the difference in your treatment outcome.

### What Happens If I Delay Getting Checked?

#### The COVID-19 lesson

During the pandemic, cancer diagnoses fell 36%, and stage 4 diagnoses increased from 15% to 21%. This delay resulted in worse outcomes.

Clear lesson: Early detection is vital. Don't delay screenings or ignore symptoms—taking action early can save your life.

#### Statistics speak

- Early-stage detection: 99% survival
- Delayed detection: Success rates dramatically decrease

### What Are Today's Real Survival Rates?

These survival rates aren't just numbers—they represent real lives.

#### Hope-filled statistics

**Breast cancer:** When detected early, the 5-year survival rate is 99%. Many women diagnosed early through routine screening are living cancer-free lives beyond five years today.

**Prostate cancer:** Shows similar success with a 97% survival rate.

**Beyond statistics:** Thanks to advances in screening and treatment, breast cancer mortality has declined 44% since 1989, saving over 517,000 lives.

This isn't just medical science's victory—it's the victory of those who acted early.

### Questions to Ask Your Doctor

Ask these questions at your next appointment:

1. **Personalized screening:** "What screenings do I need based on my age, family history, and lifestyle?"
2. **Screening schedule:** "How often should I be checked?"
3. **Warning signs:** "What symptoms should prompt immediate contact with your office?"
4. **Risk factors:** "What are my specific risk factors, and how should they guide my screening timeline?"
5. **Prevention measures:** "What lifestyle changes or preventive measures would you recommend to reduce my cancer risk?"



# What's the Connection

## Between Your Stomach and Diabetes?

Your digestive health and blood sugar control are more connected than you think. Understanding this relationship can transform how you manage both conditions. Here are evidence-based answers to your most important stomach health questions.

### What Is a Stomach Ulcer and What Are Its Symptoms?

A stomach ulcer (also called peptic ulcer) is a sore that develops on the inner lining of your stomach or small intestine. These occur when stomach acid erodes the protective lining.

#### Types:

- **Gastric ulcer:** Develops in the stomach lining
- **Duodenal ulcer:** Occurs in the first part of the small intestine

#### Main causes:

- H. pylori bacterial infection
- Long-term use of pain relievers (NSAIDs)
- Excessive acid production
- Alcohol and smoking
- Stress

#### Warning symptoms:

- Burning pain in upper abdomen
- Pain worsens on empty stomach
- Relief after eating
- Nighttime abdominal pain worsens
- Nausea, vomiting, weight loss

- Black stools (indicating bleeding)

**Treatment approach:** Antibiotics eliminate H. pylori bacteria, acid-reducing medications (PPIs, H2 blockers) heal ulcers, while lifestyle changes-stopping smoking and alcohol, managing stress, and adjusting diet-support recovery.

If left untreated, complications like bleeding, perforation, or blockage can occur.

### What Is a Hernia and How Do You Identify It?

A hernia occurs when internal organs (usually intestines) push through a weak spot in the abdominal muscle wall.

#### Common types:

- **Inguinal hernia:** Lower abdomen, more common in men
- **Femoral hernia:** Upper thigh area, more common in women
- **Umbilical hernia:** At the belly button
- **Hiatal hernia:** Stomach pushes into chest through esophagus
- **Incisional hernia:** Develops at surgical scar sites



## Causes:

- Congenital weakness
- Heavy lifting
- Increased abdominal pressure (coughing, constipation)
- Pregnancy, obesity
- Muscle weakening with age

Identifying symptoms:

- Visible swelling or bulge under skin
- Pain or discomfort when standing or lifting
- Burning sensation
- Swelling decreases when lying down
- Constipation or diarrhea

**Treatment:** Surgery remains the primary treatment—either open surgery or laparoscopic (minimally invasive). Mesh reinforcement strengthens the weakened area. Small, symptom-free hernias may be monitored.

## How Stomach Issues Affect Diabetes?

Several important connections exist between digestive health and diabetes:

### How diabetes affects your stomach:

**Gastroparesis:** Long-term diabetes damages digestive system nerves, delaying stomach emptying, causing:

- Bloating and indigestion
- Nausea and vomiting
- Diarrhea or constipation

**Weakened immunity:** Reduced immune function in diabetics increases susceptibility to stomach infections.

**Gut microbiome changes:** Diabetes can alter beneficial gut bacteria balance.

**Medication side effects:** Some diabetes medications cause diarrhea or indigestion.

**Liver disease risk:** Diabetics face higher risk of fatty liver disease.

**Diabetics experience increased stomach infections due to reduced immunity.**



## How stomach problems affect diabetes:

**Bloodsugarcontrol:** Digestive issues (especially diarrhea) affect food absorption, making blood sugar levels unpredictable.

**Medication absorption:** Intestinal problems interfere with medication effectiveness.

**Food intake:** Stomach pain and nausea reduce food consumption, disrupting blood sugar control.

## Management Recommendations

### For optimal stomach and diabetes health

- Regular medical checkups to monitor both conditions
- Balanced diet with consistent meal timing
- Adequate hydration throughout the day
- High-fiber foods to support digestive health
- Weight management reduces pressure on both systems
- Regular exercise improves both digestion and blood sugar control
- Medication compliance as prescribed by your doctor

## Critical Warning

Diabetics experience increased stomach infections due to reduced immunity. This makes preventive care and early symptom recognition even more critical.

If you have diabetes and experience persistent digestive symptoms, don't dismiss them as minor issues. The connection between your stomach health and blood sugar control means addressing digestive problems promptly can significantly improve your diabetes management. ●



## A Medical Marvel Living Inside You

Imagine an organ that can lose 75% of its mass and fully regenerate within weeks. Sounds like science fiction? It's happening inside your body right now. Your liver possesses a superpower no other human organ can match - the extraordinary ability to regenerate itself, like a biological Phoenix rising from its own ashes.

In ancient Greek mythology, Prometheus' liver was eaten daily by an eagle, only to regrow each night. The Greeks somehow understood what modern science has confirmed: the liver is uniquely capable of complete self-renewal.

### How Does This Magic Happen?

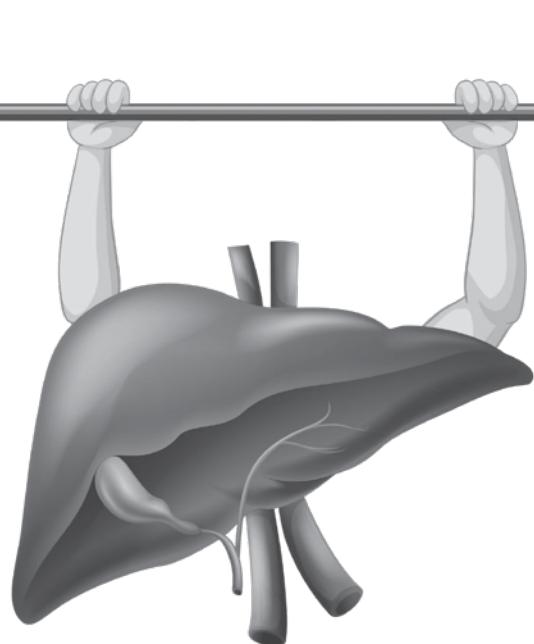
Your liver weighs about 1.5 kilograms and performs over 500 essential functions-filtering toxins, producing bile for digestion, storing energy, manufacturing proteins, and regulating blood sugar. Unlike other organs that heal through scar tissue formation, the liver regenerates through actual cell division and growth.

# The Miracle of Regeneration



When damaged - whether through surgery, injury, viral infection, or toxins - surviving liver cells receive urgent signals to multiply. Within 24 hours, these cells begin dividing. They don't create scar tissue; they create functional new liver cells. It's like having a built-in repair factory that produces authentic replacement parts.

If a surgeon removes 70% of your liver, the remaining 30% works overtime. Liver cells that normally divide rarely suddenly spring into action. Within one week, your liver reaches 50% of its original size. Within 8-12 weeks, it completely restores itself to full mass and function. The regenerated liver is fully functional-a complete, working organ, not a diminished version.





## The Cellular Army at Work

Your liver contains specialized cells called hepatocytes. When regeneration begins, these cells receive chemical signals-growth factors and cytokines-activating them like soldiers answering a call to duty. They divide rapidly, something they normally do only once every year or two.

Supporting cells, including stellate cells, Kupffer cells (immune defenders), and blood vessel cells, coordinate in a symphony of regeneration. Blood vessels grow alongside new tissue, ensuring fresh liver cells receive oxygen and nutrients. This is biological engineering at its finest.

## The Limits of This Superpower

While incredible, liver regeneration isn't invincible. It's important to understand that your liver's superpower can be overwhelmed by chronic conditions.

**Dr. Sridhar C.G**

MBBS, MD, DM

GEM Hospital, Coimbatore



Chronic damage from viral hepatitis, excessive alcohol consumption, or fatty liver disease leads to repeated cycles of injury. Each time the liver attempts to regenerate under continued assault, it produces more scar tissue (fibrosis). Eventually, scar tissue overtakes healthy tissue, creating cirrhosis-a point where regeneration becomes impossible.

Think of it like a rubberband. Stretch it once, it returns to normal. Stretch it repeatedly over years, it loses elasticity and eventually breaks. Your liver can bounce back from acute injury but struggles with chronic, repeated damage.

Here's the hope: Early medical intervention can save your liver's regenerative ability before cirrhosis develops. Antiviral therapy for Hepatitis B and C can stop viral damage, allowing the liver to heal itself. Stopping alcohol consumption in early fatty liver disease enables complete regeneration. Weight loss and diabetes management reverse non-alcoholic fatty liver disease. The key is acting before permanent scarring occurs-typically, if caught before advanced fibrosis develops, your liver can still regenerate.

## A Message of Hope

Your liver's regenerative ability offers profound hope. Unlike heart muscle or brain tissue that can't regenerate significantly, your liver gives you second chances. But this superpower isn't unlimited-chronic diseases can overwhelm and destroy it. Early detection, prompt treatment, and lifestyle modifications enable your liver to heal itself completely.

This biological superpower is a gift, not a guarantee. Protect it, support it, and when needed, give it the medical care and healthy environment it needs to perform its miracle of self-renewal. Act early, and your liver will thank you with decades of faithful service.



# The Silent Threat

## A Story That Starts Without Warning

Rajesh felt perfectly fine - no fever, no pain, just occasional tiredness that he attributed to work stress. During a routine health checkup, his doctor recommended a Hepatitis B test. "But I feel healthy", Rajesh protested, genuinely confused why testing was necessary.

Three weeks later, the results arrived. Positive. The word hit him like a physical blow. Fear gripped him first-would he die? Then confusion: How could he have a serious liver infection while feeling completely normal? Finally, anger at what felt like his body's betrayal. "I've been living with this for years", his doctor explained gently, "and you never knew because the virus works silently, slowly damaging your liver without any warning signs." That realization terrified him most: invisible destruction happening inside while he lived his daily life, utterly unaware. Rajesh's story isn't unique-millions carry these silent liver infections, oblivious to the damage until it's almost too late.

## Understanding the Enemy Within

Hepatitis B and C are viral infections that attack your liver, the largest internal organ in your upper right abdomen, adjacent to your stomach.

Your liver performs over 500 vital functions-filtering blood toxins, producing bile for digestion, storing energy, and manufacturing essential proteins. When Hepatitis viruses invade, they cause inflammation that gradually destroys liver cells, potentially leading to cirrhosis, liver failure, or cancer over decades.

These infections don't affect only the liver. Your digestive system functions as an interconnected network. When your liver struggles, bile production decreases, impairing fat digestion and nutrient absorption. Toxins accumulate, causing nausea and appetite loss. Your stomach, pancreas, and intestines suffer the consequences. Untreated chronic infections progress to cirrhosis-severe scarring that permanently alters liver structure and blocks blood flow-making digestion increasingly difficult. Eventually, liver cancer may develop, completely devastating digestive function and threatening survival.

## Two Viruses, Different Paths

Hepatitis B spreads through blood, sexual contact (it's highly infectious-far more contagious than HIV), and from infected mothers to babies during childbirth. It transmits through unsterilized needles, razors, dental equipment, and ear/body

## Protect Yourself Today

- Get Vaccinated: Hepatitis B vaccine = lifelong protection
- Get Tested: Even if you feel perfectly healthy-silence is the danger
- Never Share: Razors, toothbrushes, nail clippers, piercing equipment
- Safe Sex: Hepatitis B is highly infectious-condoms prevent transmission
- Verify Sterilization: Medical/salon equipment must be properly sterilized
- Hepatitis C Curable: 95%+ cure with 8-12 weeks medication
- Completely Asymptomatic: You can feel healthy while virus destroys your liver

One test today can save your life tomorrow!

piercing tools. About 90% of infected adults clear the virus naturally within six months, but 5-10% develop chronic infection requiring lifelong management.

Hepatitis C spreads primarily through blood-to-blood contact-contaminated needles, unsafe medical procedures, unscreened blood transfusions, or sharing razors with infected individuals. Unlike Hepatitis B, Hepatitis C becomes chronic in 75-85% of cases.

Here's the terrifying truth: both infections rarely show early symptoms. You could feel absolutely healthy, energetic, and normal while the virus silently destroys your liver for years or even decades. When symptoms finally appear-fatigue, jaundice, abdominal pain, dark urine, clay-colored stools-substantial, sometimes irreversible damage has occurred.

### India's Hidden Crisis

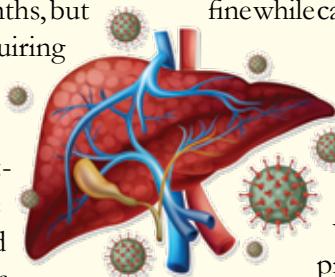
Approximately 40 million Indians live with Hepatitis B, and 6-12 million with Hepatitis C.



**Dr Rajiv Maharaj**

MS, DNB

GEM Hospital, Coimbatore



Most remain undiagnosed, feeling perfectly fine while carrying potentially deadly infections.

### Small Actions, Powerful Protection

**The Vaccination Priority:** Hepatitis B has a safe, effective vaccine providing lifelong protection. Complete the three-dose schedule.

**The "My Own Tools" Rule:** Never share razors, toothbrushes, nail clippers, or piercing equipment. Insist salons use new blades.

**The Safe Sex Approach:** Hepatitis B is extremely contagious through sexual contact-more infectious than HIV. Always use condoms with new or multiple partners to prevent transmission.

**The Sterilization Check:** At dental clinics, tattoo parlors, or medical facilities, verify sterilization practices. Ask about autoclaving. Reputable providers welcome questions.

### Hope Through Treatment and Access

Hepatitis B is manageable with antiviral medications suppressing the virus and preventing damage. Hepatitis C is curable-yes, curable-with 8-12 week oral medications achieving 95-99% cure rates.



## Dedicated GEM Breast Centre for Breast Health and Cancer Treatment!

GEM Cancer Centre has inaugurated the GEM Breast Centre, providing specialized services for detecting, treating, and preventing breast cancer and other breast diseases.

Renowned singer Anuradha Sriram graced the inauguration as the chief guest. Deeply committed to women's health, she serves as a Pink Ambassador, promoting early detection and timely treatment.

The event was chaired by Dr. C. Palanivelu, Chairman of GEM Hospital, alongside Dr. Praveen Raj (Managing Director), Dr. Bharath Rajarajan (Medical Director), Dr. Madhu Sairam (Academic Director), Dr. Sivakumar (Head of Surgical Oncology), and Dr. Prema (Radiologist and Breast Consultant).

### Expert Perspectives

- **Dr. C. Palanivelu stated:** "The GEM Breast Centre will provide exceptional attention to all breast-related concerns with evidence-based, compassionate care. This centre will shine as a beacon of hope for countless women."
- **Dr. Praveen Raj emphasized:** "Breast cancer isn't just a health condition—it's an emotional journey. Our centre offers comprehensive

care, from screening to surgery, oncology, reconstruction, and rehabilitation—all under one roof."

- **Anuradha Sriram shared:** "When detected early, breast cancer can be treated easily. I congratulate GEM Breast Centre for prioritizing women's health and well-being."
- **Dr. Sivakumar explained:** "Nearly one in eight women may develop breast cancer in their lifetime. Early detection through regular screening dramatically increases survival rates."
- **Dr. Prema added:** "With advanced imaging, ultrasound, mammography, and MRI facilities, we ensure diagnostic accuracy. Women shouldn't wait for symptoms—proactive screening is crucial."

### Comprehensive Care

The GEM Breast Centre offers advanced screening, expert diagnosis, surgical excellence, oncology services, reconstruction options, and emotional support throughout the treatment journey.

Don't wait for symptoms. Schedule your screening today and take control of your breast health.



## GEM Cancer Centre's Rose Day Celebration

GEM Cancer Centre hosted its inaugural Rose Day celebration, where over 100 cancer patients participated and inspired hope in others. Coimbatore District Superintendent of Police, Karthikeyan, launched a free mammogram screening program for women over 40 and the Onco-Support Group. Dr. C. Palanivelu, Chairman of GEM Hospital, emphasized that "cancer is a curable disease" and highlighted the importance of preventive screening. Dr. Praveen Raj explained the success of early detection and multidisciplinary treatment approaches.

### Special Recognition for GEM Doctor!

Dr. S. Saravanakumar, Head of the Obesity and Diabetes Surgery Centre and Senior Consultant in Upper GI and Hernia Surgery at GEM Hospital, has been elected as a South Zone Executive Committee Member of the Hernia Society of India. Congratulations!



### GEM Doctors' Achievements at IASGCON 2025!

GEM Hospital doctors received outstanding recognition at the IASGCON 2025 conference. Dr. Yaswanth won first prize in the Endoscopic Quiz Competition, Dr. Sachin received the Best Paper Award, and Dr. Abhay won the Best Video Award, bringing pride to GEM Hospital. These awards demonstrate GEM Hospital's exceptional contributions to gastrointestinal surgery.



The secret to getting exceptional GI care lies in strategic preparation and confident communication. Patients who arrive prepared, ask targeted questions, and actively engage in their care typically experience better outcomes and stronger relationships with their providers. With gastroenterology appointments often booked weeks in advance and lasting just 30-60 minutes, maximizing every interaction is crucial for your digestive health journey.

Modern gastroenterology has evolved beyond simple symptom treatment to focus on patient-centered care and shared decision-making. Understanding how to navigate both medical and administrative aspects will transform your experience from frustrating to empowering.

### Preparation Transforms Ordinary Appointments into Powerful Partnerships

Successful GI visits start weeks before you walk through the door. Create a comprehensive symptom diary, tracking pain levels (1 - 10 scale), frequency patterns, triggers, and daily life impacts. Tracking patterns helps identify triggers and fluctuations, making it easier for your provider to diagnose and recommend treatment.

**Dr. Santhosh**

MD, DNB  
GEM Hospital, Coimbatore



Gather essential materials including complete medical records, previous test results, pathology reports, and detailed medication lists covering prescriptions, supplements, and over-the-counter drugs. Family history of GI conditions and cancers significantly influences screening recommendations and treatment approaches.

Schedule smartly by verifying insurance coverage, following pre-appointment instructions precisely, and arranging transportation if sedation procedures are planned. Most importantly, prepare prioritized questions in writing – you'll likely forget half otherwise.

### The Art of Asking the Right Questions

Transform your appointment from passive listening to active partnership by asking targeted questions. Start with diagnostic clarity: "What specific digestive problems do I have, and what is the underlying cause?" Next, explore treatment

# Getting the Most from Gastroenterologist Visits



options: "What are my treatment options?" Follow up with: "What are the benefits and risks of each, and what timeline should I expect for improvement?"

Don't leave without understanding next steps. Ask about follow-up schedules, warning symptoms requiring immediate contact, and what improvement should look like. For planned procedures, understand preparation requirements, risks, recovery expectations, and sedation details.

### **Effective Symptom Communication Using the PQRST Method**

Master symptom description using the PQRST framework: Palliation/Provocation (what makes it better/worse), Quality (sharp, cramping, burning), Radiation (where symptoms spread), Severity (1 - 10 rating), and Timing (frequency, duration, patterns).

Bespecificratherthanvague—"severecramping for 2 hours after meals" provides actionable information, while "stomach problems" does not. Describe impacts on daily functioning and acknowledge even seeminglyunrelatedsymptoms. Gastroenterologists routinely discuss bowel symptoms, so overcome embarrassment by focusing on medical necessity.

### **Understanding What Happens During Common Procedures**

Initial consultations involve comprehensive medical history review, focused physical examination, and collaborative planning discussions. Colonoscopy preparation requires 1 - 3 days of clear liquids and bowel preparation solution, followed by the 20 - 60 minute procedure and monitored recovery.

Upper endoscopy involves 8-hour food fasting, 15-30 minute examination of

the upper digestive tract, and potential throat soreness afterward. Newer technologies like capsule endoscopy offer small bowel evaluation through swallowing a camera capsule that passes naturally within 48 hours.

### **Building Lasting Provider Relationships Through Active Participation**

Strong gastroenterologist relationships develop through mutual respect and clear communication. Arrive prepared and on time, be honest about symptoms and medication adherence, and express preferences and concerns

directly. Follow through on agreed treatments while communicating changes promptly.

A strong relationship doesn't end with the visit. Keep your gastroenterologist updated on symptom changes, even after appointments, to ensure treatment stays on track. Quality relationships focus on both symptom management and quality of life impacts, addressing work, social, and emotional aspects of digestive health.



### **Navigating Insurance and Accessing Specialized Care**

Insurance navigation can be complex, with 95% of gastroenterologists reporting that prior authorization impacts patient care. Verify network participation before scheduling, understand copayment requirements, and consider patient advocate services for complex coverage issues.

Your digestive health deserves proactive advocacy. By preparing thoroughly, communicating effectively, and understanding the healthcare system, you transform from passive patient to empowered partner in your gastroenterological care.



# The Hidden Universe Inside You

## 30 Trillion Silent Partners

Right now, approximately 30 trillion microscopic organisms are living and working inside your digestive system - nearly the same number as the human cells in your body. Welcome to your gut microbiome - a hidden universe that scientists now refer to as your 'second brain' and the key to unlocking extraordinary health.

For decades, we believed bacteria were enemies to be fought with antibiotics. Modern science reveals an astonishing truth: these tiny residents are essential partners that influence everything from digestion and immunity to mood, weight, and brain function.

### What is the Gut Microbiome?

Your gut microbiome is a complex community of trillions of bacteria, fungi, viruses, and other microorganisms living primarily in your large intestine. Think of it as a rainforest ecosystem - diverse, balanced, and powerful when healthy, but fragile and easily disrupted.

These microorganisms work continuously to break down food your body can't digest, produce essential vitamins like B12 and K, train your immune system, create protective barriers against pathogens, and manufacture neurotransmitters like serotonin, which affect mood and mental health.

A healthy gut is home to hundreds of bacterial species, all in balance. When disrupted - whether by poor diet, antibiotics, stress, or illness - problems can emerge, including digestive issues, weakened immunity, inflammation, obesity, diabetes, depression, and anxiety.

### The Gut-Body Connection

Your gut is intimately connected to every body system, particularly through the gut-brain axis - a two-way communication highway between your digestive system and brain.

**Dr. B HARI PRASAD**  
D.M.  
GEM Hospital, Chennai



Ever felt "butterflies" when nervous? That's your gut-brain axis in action. Your gut microbiome influences production of approximately 90% of your body's serotonin, the "happiness hormone." An unhealthy gut can change your mood, anxiety levels, and mental clarity.

The gut houses approximately 70% of your immune system. Beneficial bacteria train immune cells, helping them recognize real threats. A disrupted microbiome can trigger autoimmune conditions where your body attacks itself.

Research links gut health to several seemingly unrelated conditions: obesity (where certain bacteria extract more calories), type 2 diabetes (through microbiome influence on insulin sensitivity), heart disease (via gut bacteria production of compounds affecting cholesterol), and cognitive decline (through inflammation that may impact brain health).

### Probiotics and Prebiotics: Feeding Your Internal Garden

Probiotics are live beneficial bacteria that boost your gut microbiome—reinforcements joining your bacterial army. Natural sources include yogurt with live cultures, fermented foods like idli, dosa batter, kanji (fermented rice water), naturally fermented pickles (not vinegar-based), and buttermilk. Common beneficial strains include *Lactobacillus* and *Bifidobacterium* species.

Prebiotics are special plant fibers feeding your beneficial bacteria—fertilizer for your internal garden. Prebiotic-rich foods include bananas (especially slightly green), onions and garlic, whole grains like oats and brown rice, legumes (beans, lentils, chickpeas), leafy greens, and traditional foods like ragi and millets.



## Building a Healthy Gut: Simple Daily Actions

**Eat Diverse Plant Foods:** Aim for 30 different plant foods weekly. Variety creates a diverse, resilient microbiome.

**Embrace Fermented Foods:** Include traditional fermented foods daily—idli, dosa, buttermilk, naturally fermented pickles, kanji. These are probiotic powerhouses our ancestors understood.

**Limit Processed Foods and Sugar:** These feed harmful bacteria and starve beneficial ones.

**Use Antibiotics Wisely:** They save lives but kill beneficial bacteria indiscriminately. Use only when medically necessary.

**Manage Stress:** Chronic stress disrupts gut balance. Practice stress management through exercise, meditation, or enjoyable activities.

**Sleep Well:** Poor sleep disrupts your microbiome. Aim for seven to eight hours nightly.

**Stay Hydrated:** Water helps beneficial bacteria thrive and supports gut lining protection.

**Exercise Regularly:** Physical activity increases beneficial bacteria diversity. Even 30 minutes of daily walking helps.

## Your Gut, Your Health

Your gut microbiome is a living ecosystem responding to daily choices. Every meal either nourishes beneficial bacteria or feeds harmful ones. The power to transform your gut health—and overall health—lies in your hands, three times daily.

Start small. Add one fermented food this week. Include more plant variety next. Your gut bacteria respond within days, and you'll feel the difference in energy, digestion, mood, and wellbeing.



## Does This Sound Familiar?

It's 3 PM. Your stomach feels heavy after lunch, and by evening, burning sensations creep up your chest. You're not alone - millions struggle with digestive discomfort every day.

Your stomach is a muscular, J-shaped organ that breaks down food using powerful acids and enzymes. However, it doesn't absorb nutrients directly - that's the job of your small intestine. Think of your stomach as the food processor and your intestines as the absorption center, working together with your liver, pancreas, and gallbladder in perfect harmony.

## Why Our Stomachs Are Struggling?

Modern life disrupts our digestion in multiple ways. We eat while scrolling phones, skip breakfast, feast at midnight, and consume processed foods laden with oil, sugar, and salt. But there's another silent culprit: stress.

When stressed, your body activates the "fight or flight" response-an ancient survival mechanism. This response diverts blood away from your digestive system to your muscles and brain, preparing you for immediate action. Your stomach acid production increases, digestive enzyme secretion decreases, and gut movement slows down. Chronic stress essentially tells

your body: "Survival first, digestion later." This explains why anxiety often accompanies indigestion, bloating, and stomach pain.

The result? Digestive complaints have surged 40% in urban populations over the past decade. But there's hope: small behavioral changes create dramatic improvements.

## The Power of Behavioral Nudges

You don't need a complete diet overhaul. Try these simple mental tricks:

**The Plate Geography Method:** Divide your plate visually - half vegetables, one-quarter whole grains, one-quarter proteins. Automatic nutrition balance without calorie counting.

**The Water-First Rule:** Before second helpings, drink water. We often confuse thirst with hunger. This 30-second pause lets your stomach signal true fullness.

**The 20-Minute Timer:** Your stomach needs 20 minutes to communicate satiety to your brain. Eat slowly, chew thoroughly, put your spoon down between bites. Taste your food.

**The Visible Fruit Bowl:** Keep colorful fruits at eye level. Hide processed snacks in high cupboards. We instinctively reach for what we see first.



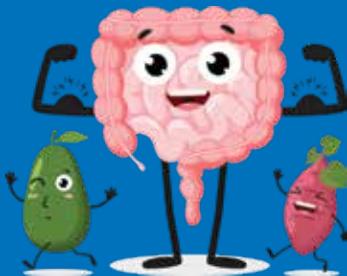
## QUICK STOMACH-FRIENDLY SWAPS

Instead of This	Try This (Here's Why)
White rice	Brown rice/millet (Higher fiber prevents constipation, stabilizes blood sugar long-term, reduces diabetes risk)
Deep-fried	Air-fried (90% less oil reduces heart disease risk, easier digestion prevents acidity)
Sugary drinks	Buttermilk (Probiotics strengthen gut microbiome, improve immunity, aid nutrient absorption)
Late heavy dinner	Light soup (Prevents nighttime reflux, improves sleep quality, supports weight management)
Coffee first thing	Warm lemon water (Gentle stomach activation, hydration boost, alkalizes body)
Eating distracted	Mindful meals (Better chewing aids enzyme action, prevents overeating, reduces bloating)
Your hardworking stomach deserves this care!	

**The Smaller Plate Trick:** A full small plate satisfies more than a half-empty large one. Portion control without feeling deprived.

**The Kitchen Clock-Out:** Stop eating three hours before bedtime. Late-night eating forces your stomach to work during sleep, causing acid reflux and disrupting rest. Your digestive system needs recovery time too.

# Small Changes for a Happier Gut!



### Foods to Limit

Be mindful of excessive caffeine on an empty stomach, alcohol, very spicy foods if prone to acidity, and carbonated drinks that cause bloating. Moderation and awareness matter more than complete elimination.

### The Cultural Connection

Our traditional Tamil diet—rice, lentils, vegetables, yogurt, turmeric, ginger—is inherently gut-friendly. Fiber feeds beneficial bacteria, fermented foods aid digestion, and spices reduce inflammation. However, balance matters. Even healthy rice needs portion control—fill half your plate with vegetables during traditional meals.

### Listen and Learn

Keep a simple week-long food diary. Note what makes you feel light versus heavy, energized versus sluggish. This becomes your personalized health roadmap.

A happy gut means better immunity, clearer skin, improved mood, and sustained energy. Start with one nudge today. Master it. Then add another.



# SURPRISING TRUTHS FROM a Master Surgeon

A cancer diagnosis changes everything - filling life with uncertainty and fear. For many, the prospect of surgery conjures images of large incisions, lengthy hospital stays, and painful recovery. But Dr. C. Palanivelu, a pioneer in laparoscopic techniques for

esophageal and pancreatic cancers at GEM Hospital, offers a more hopeful reality than many people may imagine. He developed the laparoscopic esophagectomy technique for esophageal cancer - now a standard procedure worldwide. A recipient of the prestigious Dr. B.C. Roy Award and Paris's 'Top 2 Great Surgeon Award', his insights fundamentally reshape how we think about treating cancer today.

## 1. It's Not Just a Smaller Scar -It's Surgically Superior

The most celebrated benefit of laparoscopic surgery - often called keyhole surgery, which involves making small incisions instead of large cuts - is patient comfort: minimal scarring, less pain, and faster recovery. But Dr. Palanivelu reveals a more profound truth: laparoscopic surgery offers a surgically superior view compared to traditional open surgery.

The technology provides a magnified, computer-enhanced view that offers exceptional clarity. In conventional open surgery, a surgeon views tissue from one direction only. Laparoscopy allows surgeons to view anatomy from multiple angles, improving the accuracy of tissue identification and enabling more precise cancer removal. This multi-angle perspective transforms laparoscopic surgery from merely less invasive into a more precise and effective disease-removal tool.



## 2. The Hidden Advantage: Protecting Your Body's Fighting Power

A patient's immune system is one of the most critical weapons against cancer, both during and after treatment. Here, the minimally invasive approach offers a powerful, often overlooked advantage.

Dr. Palanivelu explains that large open surgeries represent significant bodily trauma-suppressing natural immunity precisely when it's needed most. Minimizing incisions reduces immune system stress, allowing it to fight cancer more effectively.

"Immunity plays a crucial role in fighting cancer. Some patients live longer while others experience recurrence sooner, often due to their immune system status." This preservation of natural defenses is crucial for improving long-term survival and preventing recurrence.

## 3. That 'Robot Surgeon' Isn't What You Think

In our tech-obsessed era, the "robot surgeon" has captured public imagination. Dr. Palanivelu,



**Dr. C Palanivelu**

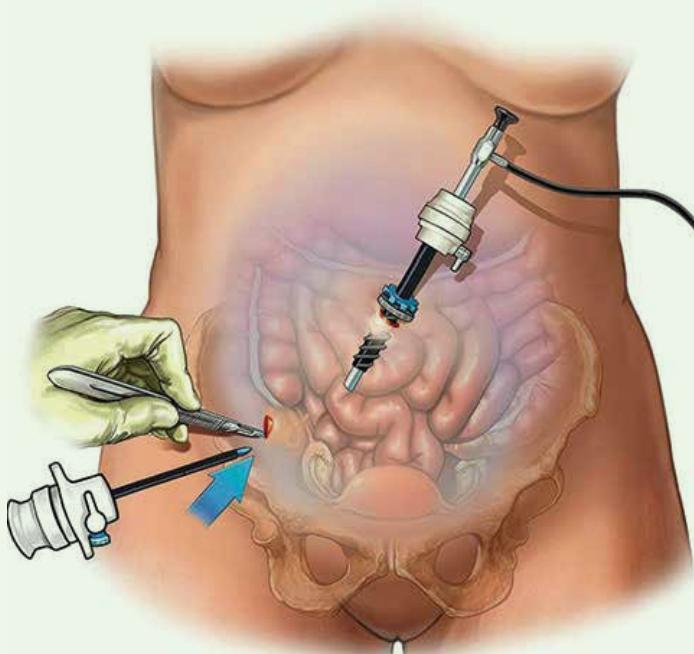
however, provides a crucial reality check. This perception represents a misunderstanding. Robotic surgery isn't a new or separate procedure; it's robot-assisted laparoscopic surgery. The surgeon remains in complete control, operating through keyholes exactly as in standard procedures, using a computer-assisted console.

According to Dr. Palanivelu, the primary current benefit is "surgeon comfort" - making difficult tasks like suturing easier. Critically, it hasn't been shown to improve patient outcomes. "No single procedure in the world has shown better results by doing robotic than laparoscopic surgery, while the cost is huge." It's an evolution of a surgical tool, not a revolution in patient care.

## 4. A Mission for the Masses: Innovation Driven by Empathy

Beyond technology lies the human motivation driving innovation. Dr. Palanivelu's mission is powerful: "Minimal Access to Masses." Describing himself as being "from a village" and an "agricultureman", he recognized that 80% of India's population - laborers and farmers - depend entirely on physical ability for livelihood. For his own class, he understood that faster recovery is very important.

This vision extends beyond his operating room. He founded the Association of Minimal Access Surgeons of India (AMASI) to conduct training programs nationwide. Recognizing that remote surgeons find travel costly and time-consuming, he established GEM Tele-versity - an online platform allowing surgeons anywhere to watch live operations and learn from experts without leaving their communities.





## Breast Cancer: Prevention, Detection, and Treatment

The Department of Biomedical Engineering at KPR Institute of Engineering and Technology, in collaboration with the Biomedical Engineering Society of India, organized a breast cancer awareness program. Dr. R. Arulmurugan, a Robotic and Laparoscopic Surgeon from the Surgical Oncology Department at GEM Hospital, served as the keynote speaker, providing comprehensive information on breast cancer prevention, early detection, and modern treatment methods.

### Breast Cancer Awareness Program

Sankara College's Women Development Cell organized a breast cancer awareness program. Dr. R. Madhu Sairam, a Radiation Oncologist from GEM Cancer Centre, participated as the chief guest and raised awareness about breast cancer.



### GEM Hospital's Free Medical Camp in Dharmapuri

GEM Hospital conducted a comprehensive free medical camp in Dharmapuri, providing exceptional service to the community. The camp examined a total of 620 outpatients and performed 100 obstetric examinations. Additionally, 26 gastrointestinal endoscopy procedures (OGD) and 54 scan examinations were conducted, delivering quality healthcare to rural populations. Furthermore, 55 general surgeries and 10 obstetric surgeries were scheduled.

# World-class expertise meets world-class technology to fight against cancer



Dr. DIVYA G

Consultant Pathologist and HoD

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SCOPE OF SERVICES • Head & Neck Cancer • Breast Cancer • Lung Cancer • GI Cancer • Gynec Cancer • Urologic Cancers

• Musculoskeletal Cancer • Hematological Cancers • Paediatric Tumors • Benign & Malignant Brain Tumor



RADIATION THERAPY



PET CT



BRACHY THERAPY



ROBOTIC



MAMMOGRAM

MRI

## FACILITIES

Medical Oncology Radiation Oncology Surgical Oncology Preventive Oncology Nuclear Medicine Robotic Surgery  
Oncopathology Soft Tissue Sarcoma Immunotherapy Haemato-oncology



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