

Essential patient information...

- Date of birth
- Present weight
- Last menstrual period date

D
O
W
N



Dr. Bedekar Hospital

Thanes 1st
OSCAR CLINIC
One Step Clinic for Assessment of Risk

The screening test is performed by prior appointment. Further clarifications about the test may be obtained by phone / e-mail / in person.



OSCAR CLINIC

One Step Clinic for Assessment of Risk

'ShivaShakti', M. Karve path, Naupada,
Thane - 400 602. Tel. : 25401438 / 25423260
Web : bedekarhospital.com
Email : mahesh_bedekar@yahoo.com

Counseling



USG Scan



Blood Test

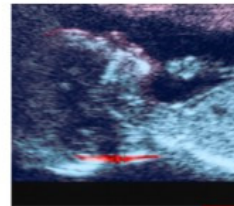


CVS



S
y
n
d
r
o
m
e

Ultrasound scan
11-14 weeks scan



Nuchal Translucency (NT)

Blood Test

Free Beta - hCG, PAPP - A



One Stop clinic

A vast majority of pregnancies result in the delivery of a normal child. However, all pregnant women carry a small risk of delivering a baby with physical or mental handicap. Modern technology facilitates early detection of some of these disorders.

Down syndrome is a condition where there is an extra "21" chromosome resulting in varying degrees of mental handicap. The incidence of Down syndrome is 1 in 600 in the population. This risk of having a child with Down syndrome increases with advancing maternal age especially over the age of 35 years.

About 70% of Down syndrome babies are born to mothers below the age of 35 yrs and hence there is need for screening pregnant women of all ages to assess the risk of Down syndrome.

OSCAR CLINIC is a one stop clinic for Assessment of Risk for Down syndrome during pregnancy. This test is designed to maximize the detection of Down syndrome between 11-14 wks and it can be offered for all pregnant women and is performed in the following manner.

- USG is done to confirm the gestational age, fetal size and number
 - The fetal size should be between 11-14 weeks
 - The Nuchal Translucency is measured in an appropriate manner by trained personnel. Dr. Mahesh. V. Bedekar is certified by FMF (UK) for measuring Nuchal Translucency (NT) on USG
 - Blood is taken from the mother for assay of B HCG and PAPP-A
 - Combining these results, the final risk of having a child with Down syndrome is computed using specialized software
 - The test is reported as positive if the risk is higher than 1 in 300
- A negative screening test indicates that the chance of having a fetus with Down syndrome is low, though it cannot be totally excluded.

About 7% of women undergoing the screening will have a screen positive result. A screen positive result warrants further testing to exclude or confirm.

Downs screening between 11-14 weeks by the combined test (OSCAR) has a higher detection rate (90%) as compared to the Triple screening test done in the second trimester (65%).

Assessment of Risk for Down syndrome



NUCHAL TRANSLUCENCY (NT)

This is a collection of fluid under the skin behind the neck of the fetuses at 11-14 weeks, that can be measured by ultrasound examination. Increased NT has shown to be a significant marker for Down syndrome. The time taken to

measure NT depends on conductive fetal position.

MATERNAL FREE B HCG

The level of free B HCG in maternal blood normally decreases with gestation. In trisomy 21 pregnancies, free B HCG levels are increased.



MATERNAL PAPP-A

The level of PAPP-A in maternal blood normally increases with gestation and in trisomy 21 pregnancies the level is decreased.

Measuring the NT alone can detect about 77% of affected fetuses. The combination of NT and maternal serum free B-HCG and PAPP-A increases the detection to about 90%.

INTERPRETATION OF SCREENING RESULTS

If the predicted risk is greater than 1 in 300, it is termed as screen positive, indicating an increased risk for Down syndrome and warrants further testing by invasive methods like CVS / Amniocentesis. This will finally determine whether the baby is affected or not.

If the predicted risk is less than 1 in 300, it is termed as screen negative. This means the chances of having Down syndrome is low, but does not definitely exclude it. In case of screen negative result, no further testing is offered.

KEY FEATURES FOR WT LOSS

INDIVIDUAL DIET PLAN
HEALTHY RECIPES
DIET TIPS DURING TRAVELLING / PARTY
STRESS MANAGEMENT
YOGA AND PHYSICAL ACTIVITY



DIFFERENT DIET PLANS

HEALTHY DIET FOR HEALTHY BABY(Pregnancy Diet)
POST PREGNANCYDIET
ABC DIET
(A-ANTHROPOMETRIC,B-BLOOD PARAMETERS, C-COMPLAINTS)
BLOOD GROUP DIET
WEIGHT LOSS DIET
WEIGHT MAINTAINENCE DIET
PCOS DIET
DIABETIC DIET
HEALTHY HEART DIET
DETOX DIET
AND MANY MORE



Dr. Bedekar Hospital

Weight Loss Clinic

'ShivaShakti', M. Karve path, Naupada, Thane - 400 602. Tel. : 25401438 / 25423260
Web : bedekarhospital.com Email : mahesh_bedekar@yahoo.com



Weight Loss Clinic

Take Charge, Don't Be Large

The best healthy diet plan for ANYONE-men or women or even teenage girls, is the one that they make for themselves. Remember that ,there is no one perfect diet. What works for one person may not work for another. This is an important point to keep in mind when you are making a plan for weight loss. A healthy diet plan should not have any junk food in it and should include a great deal of fresh fruits and vegetables and water as well. Stay away from diet pills. Ensure that you eat smaller portions more frequently.

There are many quick weight loss diet plans for women that claim to give fast results. Many women try these out, only to fail and give up halfway. The key to losing weight and making a plan for this is that the plan should be highly structured. It should involve a change in diet and have well organized nutritious meals in it. Keep in mind that it is not the amount of food that you eat; it is the quality of food that matters. Eat proper healthy foods and balance them with complex carbohydrates, protein and healthy fats as well. Lastly where there is a will there is a way surely.



All deliveries are attended by trained neonatologist .
Lactation consultants advice about breast feeding and provide complete Support to the mother .

2. NEWBORN SCREENING :

Some illness show no apparent signs at birth but could post a major Health risk if they go undetected. At bedekar hospital , we have a special Newborn screen program that helps to detect these undertaking risks. Congenital hypothyroidism neonatal tsh is sent of each baby .
Hearing screening - it must for all new born and is done at bedekar Hospital.

3. TRANSCUTANEOUS

Transcutaneous bilirubinometer (tb):
We are equipped with jaundice meter which allows a quick, non-invasive estimate of bilirubin concentration.

4. SICK NEW BORN CARE

We have a state of the art nicu. That is equipped to treat sick new born for.

Prematurity

Respiratory distress

Jaundice

Low birth weight

Congenital infections

Sepsis



5. NEWBORN & PAEDIATRIC SURGERY

We have expert surgeons & anesthetists specially trained in the Field to take care of routine as well as emergency procedures & Surgeries for new borns & infants.



Dr. Bedekar Hospital

'ShivaShakti', M. Karve path, Naupada, Thane - 400 602. Tel. : 25401438 / 25423260
Web : bedekarhospital.com Email : avbedekar@vsnl.com



Dr. Bedekar Hospital



New Born Care