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- Help by removing large abdominal cyst
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LIFESPRING HOSPITALS NEWSLETTER

WELCOME



LifeSpring Hospitals welcomes our new Chairman, Mr R. P. Khandelwal.

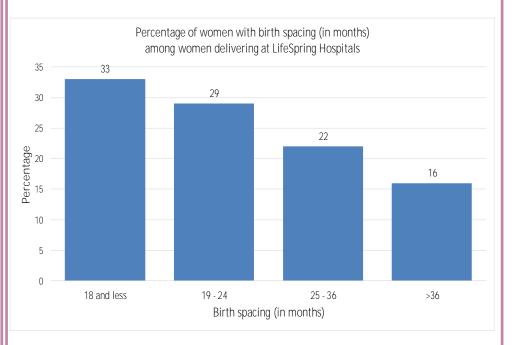
With all your encouragement, we are presenting you with our new issue of Newsletter. As we have entered the festive season, LifeSpring wishes you all a very happy and blissful festive season ahead. In this issue we are presenting our new activities and achievements of the last quarter. Improving the activity of Community Campaign we have started primary health check camps at cluster wise colonies.

As a celebration of International women's Day, LifeSpring expanded its services at community level camps to include complete gynaecological examination. With this, LifeSpring Hospitals is now entering RMNCH+A. We are also focussing on providing contraception services to improve birth spacing in our target communities.

As always, your feedback is most welcome.

- Team LifeSpring

In the communities where we work, the woman is considered as a reproductive machine, whose job is to beget children as soon as possible after the marriage. As a result, the period between two births (birth spacing) is usually very small—sometimes just about 11 months! This situation not only complicates the pregnancy but also results in maternal and infant morbidities. The following graph shows the percentage of women by the gap between two births among women who approached LifeSpring Hospitals for their second or subsequent delivery. A large



majority (62%) of women deliver their subsequent child within 24 months of the previous delivery! Only 16% of the women maintained the required spacing of 3 years or above.

LifeSpring Hospitals has started addressing the unmet need for birth spacing through a campaign to educate the families about birth spacing and the benefits of this in terms of woman's health and savings to the families due to improved maternal health. We will keep you posted about this intervention in the up coming issues.

Stay tuned ...

LifeSpring proved once again for ethical practice

Aliya Begum w/o Mahamood had her first delivery at a government hospital. This was normal delivery. She again chose same hospital for her second pregnancy. She was told that a Caesarean may be required as the baby's position is unfavourable. Aliya and Mahmood were sad with this news, and started visiting private hospitals seeking normal delivery was a possibility. Several of these hospitals had suggested Aliya to go for Caesarean section electively, which was much beyond their affordability.

It was at this time that LifeSpring Hospital— Vanasthalipuram field campaign team visited Aliya, and motivated her to visit LifeSpring hospital. During consultation, the Doctor at LifeSpring assured Aliya that until and unless it becomes absolutely a must, a Caesarean will not be done. From then on, Aliya was regular with her antenatal check up. She had a normal delivery on 23rd September 2016 and delivered a healthy male baby.

"We were very confused when the Govt Doctor told that we have to undergo Caesarean for our second child even after having first baby through normal delivery.

LifeSpring people approached us as solution to our problem. We are very grateful to the entire LifeSpring Team right from the outreach worker who has identified us, the nurses who boosted confidence and supported us all through the delivery, and the doctor who conducted normal delivery."



Beyond deliveries—helping the poor with other gynaecological surgeries!

Sashirekha, aged 60 years, living in the neighbourhood of LifeSpring Hospital, Kukatpally was suffering from abdominal pain for over 6 months. When she was examined by other doctors, she was diagnosed with a cyst of over 5 kg and 20 cm. She knew that LifeSpring Hospitals offered low cost maternity services. She

approached LifeSpring Hospital with the previous reports to check whether LifeSpring could offer the required procedure at an affordable price. The case was successfully taken up Kukatpally team under the leadership of Dr Swapna (Obstetrician). Dr Praveen Kumar (General Surgeon) and Dr Shailakar Reddy (Anaesthetist) were in the team. Family members of Sashirekha were astonished at the size of cyst. They thanked LifeSpring for this service.



Presentation at ICOG-FOGSI National Conference

Dr. Geethanjali represented LifeSpring Hospital, Bowenpally at ICOG-FOGSI National conference on Fertility regulation and Women's Health. She spoke on the determinants of unmet need of family planning.

While women's education brought down fertility rates, the prevalence of unmet need of family planning among married couples remains high. Based on the review of several community based studies, the prevalence of unmet need of family planning was estimated at 49% with 20% unmet need for spacing and 29% for limiting. The major cause for unmet need is fear of side effects and husband's approval. Therefore, when planning interventions to reduce unmet need for family planning, policy makers have to consider actions

towards influencing approval of family for contraception and couples' discussion about family planning. Thus, including men in family planning programmes could be useful in reducing the rate of unmet need.



Visitors to LifeSpring Hospitals



LifeSpring in Pictures



