

# Facilities available at Dr.Mohan's Diabetes Specialities Centre



## Diabetology OP Consultation & In -Patient Care

Diabetes treatment through Precision Diabetes is a revolutionary approach in managing diabetes. It includes medical practice through customized testing and treatment decisions tailored to individual patient's condition. It also includes tests and therapies based on specific risk factor profile and health history through genetic profiling for pertinent individuals. Personalized medicine not only incorporates the principles of precision medicine but also considers the preferences, social, economic and other contexts of the patient. Precision Diabetes plays a big role in boosting the quality of life of people with all forms of diabetes



# Diabetes Education and Counselling

Diabetes lecture program is precisely designed for the patients, using audio and visual aids, incorporating the knowledge needed to manage and avert diabetes and its complications



Counselling covers aspects such as food groups (food that can be included and that which should be avoided), balance between exercise and diet, portion size of food, exercise and medications.



Various tools including conversation map, tabs are used to enlighten the patients as a group, for better life style using a visual platform



# Management of Diabetes Eye Diseases



## Diabetic Foot Care

The Foot Clinic at Dr. Mohan's Diabetes Specialities Centre is fully equipped with facilities for early detection and diagnosis of diabetes foot complications.

**Foot examination:** A routine foot examination to check for early symptoms of neuropathy (a condition where the nerves get affected), ischemia (reduced blood supply), deformities in the foot, callus formations resulting from neuropathy and infection and necrosis is done

**Biothesiometry:** It helps to detect and quantify loss of foot sensation in patients with diabetes

**Doppler** helps in detection of decreased blood circulation in the foot (Ischemia)

**Foot pressure study** is done using the E-med system. The patient is guided to walk on the equipment and pressure exerted is monitored. High pressure points are highlighted in red and normal pressure points are highlighted in green. The same is explained to the patient and accordingly the input is used for preparing customized footwear. Patients with flat foot and other deformities also benefit from these footwear made of micro cellular polymer



## Clinical Laboratory

The Laboratory services at Dr. Mohan's Diabetes Specialties Centre is unique in using advanced technology and having fully automated walk away systems in the departments of Biochemistry, Hematology, Pathology, Microbiology and Serology which provide round the clock services, seven days a week.

The laboratory is equipped with state-of-the-art equipment and has a team of efficient, motivated, knowledgeable and qualified biochemists and technical staff who are involved in producing accurate and reliable results and upholding the quality assurance.

To avoid cross contamination and pre analytical error, all the blood samples are labeled with bi-directional barcodes. Bi-directional barcoded samples are directly fed into the respective analyzer and results are automatically transmitted to Laboratory Information System (LIS) without manual entry to avoid analytical and post analytical error

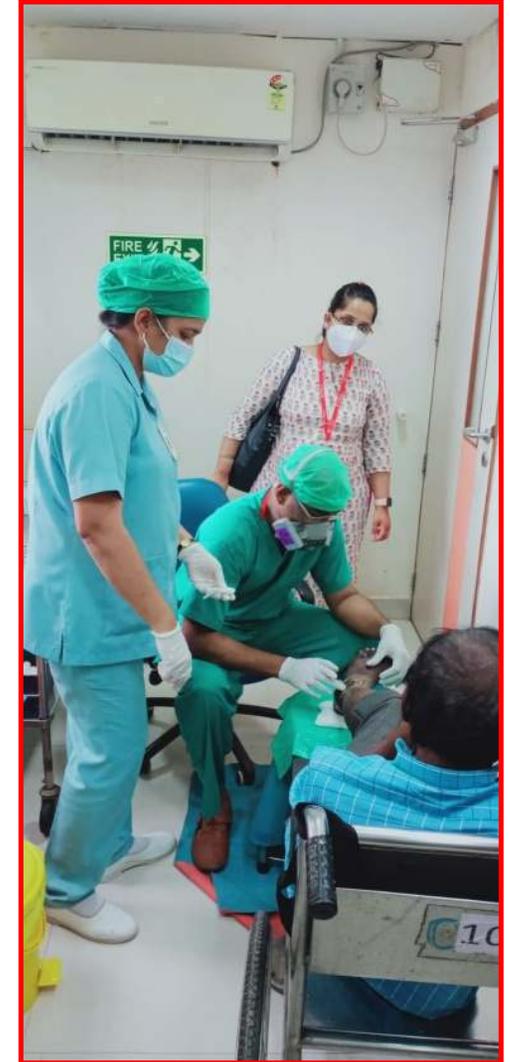


## Podiatry Services

Podiatry services are provided to patients who require this facility. Conditions such as corns, calluses & warts and toe nail problems such as thickened toenails and blisters are treated by trained podiatrists in the chiropody unit. Patients are advised on the risks posed by diabetes to the foot and educated about prevention of such problems.

A team of specialists including general surgeon, plastic surgeon, vascular surgeon and orthopedic surgeon take care of providing diabetic foot related treatment to patients which includes case of Athletes foot, Blisters, Bunions, Corns, Callus, Heel Spurs, Plantar fasciitis, Claw toes, Ingrown toenail, Fungal nail infection, Plantar warts, Foot ulcers and Charcot's foot. The other procedures that are undertaken are Callus debridement, Corn removal, Cleaning and dressing of ulcers, Nail removal, Nail trimming and total contact cast application.

The procedures such as Debridement and decompression of ulcers, External fixator application and all types of amputations are handled in the Operation Theatre.



## Diabetes Dental Unit

At Dr. Mohan's DSC, Dental Department is available with a vision to focus on Dental health and its impact on oral health in patients with diabetes.

Procedures start with dental consultation and oral cancer screening for every patient visiting the clinic. Digitalized tailor made treatment plan is advised to the patient. Dental X ray and OPG is available and advised as per requirement. Scaling and Polishing, fillings, extractions including simple, difficult, surgical and Alveoloplasty), Root Canal Treatment, TMJ evaluation and periodontal procedures (Scaling and root planning, Flap surgery) are performed.

Aesthetic procedures - Crown and Bridge, Removable and Fixed Partial Denture, Complete Denture (Basic, Flexible and BPS), Cap splint, Habit Breaking Appliances and Orthodontic consultation and treatment.



## Radiology & Imaging Services

Digital X-ray equipment and mobile X-ray equipment are available at Dr. Mohan's DSC. This equipment is used to take chest X-ray, abdomen X-ray, Spine & Pelvis, Lower extremities, upper extremities, X-ray skull and X-ray PNS and to identify abnormalities.

At Dr. Mohan's DSC, the Acuson Juniper ultrasound systems, which is a reliable ultrasound system is available and it can consistently deliver high-quality images to evaluate the kidneys, liver, gallbladder, bile ducts, pancreas, spleen and abdominal aorta. This is used as an input to determine the thickness of the arteries. This is also used to identify blocks in the carotid artery, peripheral vessels and renal arteries



## Obesity Management, Fitness and Physiotherapy

Regular physical activity is important in managing diabetes or dealing with prediabetes. Patients are guided based on their requirements. Breaking up sedentary time with light activity can help reduce health risks while helping us build stronger muscles and in burning calories. Fitness trainers allocate fitness goals to patients and follow-up is done regularly to check the progress.



Physiotherapy is a treatment to restore, maintain, and make the most of a patient's mobility, function and well-being. Physiotherapy helps patients through physical rehabilitation, injury prevention, health and fitness. They ensure patient recovery.



Our highly skilled physiotherapists use specific exercise programs, manual therapy, massage and electrical devices to help treat musculoskeletal conditions which can develop with diabetes. After assessing the specific condition, a personalized treatment plan is outlined to address all the patient's needs

## Cardio Diabetology Unit

High blood sugar can damage blood vessels and nerves that control the patient's heart. Long standing diabetes associated with hypertension and abnormal blood lipids can lead to atherosclerosis, causing coronary artery disease, strokes and heart failure in patients with diabetes.

In the Cardio diabetology unit, various tests like ECG, Echocardiography, Stress ECG testing and Carotid doppler are done to assess the condition of patient's heart and blood vessels. These tests are aimed at detecting both clinical and subclinical cardiac disease in patients with diabetes and in evaluating cardiovascular risk and heart failure.



## Inpatient Ward & Intensive Diabetes Care Unit



IP facilities are available at the centre and in case of international patients visiting Dr. Mohan's DSC, we have dedicated staff to take care of the medical paperwork and for arrangement of Visa. We extend seamless service to our overseas patients right from the first enquiry to the post-treatment follow-up.

A completely equipped intensive care unit is available round the clock for patients who require emergency and critical care. We have a team of highly skilled and competent staff to take care of patients who require intensive care. Equipment such as Ventilator, Defibrillator, ECG equipment, Multipara Monitors, BIPAP machine and SCD equipment are available in the ICU for patient care



## Diabetes Kidney Clinic & Dialysis Unit

High blood sugar can damage the blood vessels supplying the kidney and can also cause direct damage to the kidney tissue. The diabetic kidney unit at Dr Mohan's Diabetes Specialities Centre is well equipped to detect, evaluate and treat Diabetic Kidney Disease (DKD). Various tests to look for abnormalities of kidney function like Microalbuminuria, 24-hour urine protein estimation, Urea, creatinine, Ultrasound of Abdomen, Urine complete examination and eGFR estimation are routinely done here. Ultrasound abdomen is routinely done by an experienced radiologist to look for structural abnormalities of Kidneys and Urinary tract.

A dedicated team of doctors comprising Nephrologists, Diabetologists, Intensivists, Nurses and Dialysis technicians are part of this unit, who work together in treating a wide range of Acute and Chronic kidney related ailments.

A fully equipped Dialysis Unit is also available at the Centre, where patients with both end stage kidney disease and those who need urgent hemodialysis are treated.



## Operation Theatre for Diabetic Foot and Eye problems

The well-equipped state-of-the-art operation theatres at Dr Mohan's Diabetes Specialities Centre enables us to offer a wide range of surgical services for patients with diabetes. Surgeries are done by leading and experienced surgeons, ably assisted by our team of anesthetists, nurses, and other experts. Surgeries related to diabetes foot complications, eye surgeries (cataract and glaucoma), laparoscopic surgeries, ENT, urologic, orthopedic procedures and other general surgical procedures are routinely done.

