It has been the policy of Lisie hospital to consistently bring the best and latest to our patients. We have expanded our Neurosurgery department, adding state-of-the-art equipments. One such new addition is the Neuronavigator.

Neuronavigation is the set of computer-assisted technologies used by neurosurgeons to guide or “navigate” within the confines of the skull or vertebral column during surgery. The set of hardware for these purposes is referred to as a Neuronavigator.

Just as the Global Positioning System helps the motorists to reach their desired destinations without any difficulty, the Neuronavigator helps the surgeons in charting out the right trajectory in the brain through which they can reach the lesion in a precise manner. When judiciously used, Neuronavigation brings a lot of benefits for the patients. And that is our ultimate aim.

Lisie works as a team and the benefits of good work done in one department spills over to all others automatically. Let us move forward with this spirit of togetherness.

May the Almighty God bless us.

FR. THOMAS VAIKATHUPARAMBIL
DIRECTOR
1986 Pharmacy College celebrated Alzheimer's and palliative care day. Inaugural address and lighting of the lamp was done by Rev. Fr. Thomas Vaikathuparambil Director of Lisie Hospital. Assistant Director Fr. Ajo Mootheran spoke about Alzheimer's disease and importance of palliative care. Dr. Arun Kumar (Sr. Consultant Neurology) gave Alzheimer's day presentation pinpointing the medical concept of Alzheimer. Then Dr. Rosakutty (HOD-Palliative care) highlighted the need and importance of palliative department along with their services and activities. Mr. E.J Xaviour Kurishankal (Volunteer) shared volunteer's role in palliative care unit in Lisie hospital and Ms Athira (patient's daughter) shared her experience in palliative services in Lisie. More than 85 people participated in the programme. Social work trainees presented a skit about the importance of palliative care in simple way. Mr. Stojo Jose proposed the vote of thanks.

On September 21st 2017, palliative department along with social work department and Pharmacy College (2nd year students) celebrated world Alzheimer's and palliative care day. Inaugural address and lighting of the lamp was done by Rev. Fr. Thomas Vaikathuparambil Director of Lisie Hospital. Assistant Director Fr. Ajo Mootheran spoke about Alzheimer's disease and importance of palliative care. Dr. Arun Kumar (Sr. Consultant Neurology) gave Alzheimer's day presentation pinpointing the medical concept of Alzheimer. Then Dr. Rosakutty (HOD-Palliative care) highlighted the need and importance of palliative department along with their services and activities. Mr. E.J Xaviour Kurishankal (Volunteer) shared volunteer's role in palliative care unit in Lisie hospital and Ms Athira (patient's daughter) shared her experience in palliative services in Lisie. More than 85 people participated in the programme. Social work trainees presented a skit about the importance of palliative care in simple way. Mr. Stojo Jose proposed the vote of thanks.
Rhythm in the life of a Healthcare Professional

Fr Jery Njaliath

One thing I realized from my short experience in our hospital is, how stressful and busy the life of each health care professional is! The hospital has a demanding mission statement in care with love. At the same time, our hospital like any other hospital is functioning with limited resources. Only if each health care professional cultivates herself the rhythm in the life of Jesus, the ultimate healer, she can contribute to the dream and mission of our hospital even in the limited resources. One looking at the gospel of St Luke, a doctor himself, can easily identify this rhythm in the life of Jesus: He heals, teaches, prays; again He heals, teaches, prays.

Jesus heals in a special way. He heals holistically, not just cures the body. Spirituality of healing to which Jesus calls all of us is closely reflected in the words of thirteenth century saint Bonaventure: “the Samaritan poured into the wounds of the half-dead wanderer the wine of fervent zeal and the oil of compassion.” (St Bonaventure, The Virtues of a Religious Superior) Lisie hospital shares this Jesus value – healing with compassion. In such a model of healing, there shall be from the part of each health care professional an attention to the whole person, not just to the body and the problems of the body of the patient.

A health care professional needs to communicate with many people. Whenever I ask staff nurses to whom they should communicate, they invariably say the following: to the patient, to the bystanders, to the management, to colleagues and to the doctors. But only when a health care professional is able to communicate to herself and to God in prayer, all other communications mentioned above shall be effective.

Teaching is a very critical element in the life of a health care professional. A doctor will have to teach the junior doctors and the patient herself. A top manager needs to teach the staff about the mission of the hospital. A nurse will have to teach the patient and bystanders the treatment regime. A ward in charge will have to teach the staff the correct methods. These moments of teaching can also become sometimes moments of tensions. Only when there is a genuine relationship cultivated between the teacher and disciple, such a teaching can be effective. In such a scenario even a look, a pause or a few words can become instructive. Corrections, to be effective, need not be done in front of patients or bystanders. At the same time, successes can be celebrated publically. It is always better to correct personally. Let the rhythm in the lives of all our staff be same as that of Jesus: heal, teach and pray; heal, teach and pray.

World Pharmacist Day – 2017

Lisie College of Pharmacy in association with Lisie Hospital Pharmacy and Lisie Pharmaceuticals celebrated World Pharmacist day on 25th Sep 2017. Theme of the day was “From Research to Healthcare-Your Pharmacist is at your service”. The celebrations began at 9 am with a poster presentation competition for students and practicing pharmacists. Rev. Sr. Rubin CMC, Chief Pharmacist, Amala Medical College, Thrissur conducted an interactive session about “Good Dispensing Practices”. Students of Lisie College of Pharmacy presented a flash mob at the Lisie Hospital campus. Public meeting began at 3 pm with prayer. Rev. Fr. Jery Njaliath, Asst. Director, Lisie Medical and Educational Institutions inaugurated the function. Prof. Ruby Rajan, former Vice Principal, was the guest of the day. In her message she highlighted the importance and responsibilities of Pharmacy professionals. Rev. Fr. Ajo George Moothedan, Asst. Director Lisie Hospital and Dr. Jinu Isaac, Principal Lisie College of Pharmacy felicitated the occasion. Grenisha C.G. of Lisie Hospital Pharmacy won the first prize in the poster competition. Prof. John Joseph, HOD, Lisie College of Pharmacy distributed the prizes to the winners. The day celebrations concluded at 4 pm.
Lisie Medical and Educational Institutions celebrated the Diamond Jubilee of their existence in 2015-2016. The one year long Diamond Jubilee celebrations were started on 27th October 2015 and was concluded on 22nd October 2016. As a perpetual memory of this great event it was decided to publish “Lisie Diamond Jubilee Souvenir”. Finally after a long time, as a result of concerted effort and strenuous work by Directors, doctors, department heads, HR department and many other talented persons we got it ready for distribution. It presents a full and detailed description about Lisie hospital, its history and functioning.

LISIE DINER started its Service

Lisie had a long cherished plan to have a system of providing hygienic, nutritious and quality food to the patients, bystanders and all those who come to the hospital at a reasonable rate. With that objective in mind the old canteen was renovated with modern facilities. It was given the name “LISIE DINER”. The modernised and furnished new canteen was blessed on 31st August 2017 by Rev. Fr. Thomas Vaikathuparambil, Director of the hospital in the presence of many priests, sisters and all those who are somehow related to its functioning. For its daily functioning it was entrusted to ‘Techno Craft Solutions’ a team of energetic youngsters who are well qualified, talented and experienced persons in the field of hospitality. The director and the hospital administration emphasized the fact that there should not be any compromise in the quality and quantity of food items made available to the patients and others. At present Morning Tea, Breakfast, Lunch, Evening Tea with Snacks and Dinner are served at fixed timings. Items like Fruit Juice, other snacks and some interesting items will be slowly added to the list. There are 70 to 75 members working at various sections related to canteen. These workers function at different shifts, starting from 5.30 am and closing at 9.30 pm. There is a team functioning at cooking section, another team for room service to take booked food items to the patients’ rooms, a team to distribute the food items at the canteen, another team to maintain the entire area clean and tidy keeping in mind the norms given by NABH team. A team of qualified persons take care of the quality of food as proposed by doctors. To the patients, only the food prescribed by the doctors and supervised the dieticians is given. There is another team to look after the proper functioning of each group. A 7 member team looks after the billing section at different shifts. Canteen functions at different timings: 5.30 am Morning Tea, 6.30 am to 10.30 am Breakfast, 11.30 am to 2.30 pm Lunch, 3.30pm to 5.30pm Tea and Snacks, 6.30pm to 9.00pm Dinner. After each session canteen is properly cleaned and preparation is done for the functioning of the next session. Thus, LISIE DINER started its journey and we hope with your co-operation and suggestions it will grow better and effective day by day in its service of “Care with Love”.

Lisie Epitomizes its History through ‘A Living Memento’
Diamond Jubilee Souvenir 1956-2016
The Lisie Medical and Educational Institutions’ Onam celebration was held on 30-08-2017 at Multipurpose Hall, College of Nursing. Floral carpet competition was started at 8.00 am at six different areas in the hospital. The official function commenced at 11.30 am. Rev. Fr. Thomas Vaikathuparambil, Director, Lisie Hospital inaugurated the function and delivered Onam message. It was followed by felicitations by Rev. Fr. Jery Njialiath, Assistant Director, Lisie Hospital, Dr. Babu Francis, Medical Superintendent and Rev. Sr. Ancelam CSC, Nurse Manager, Lisie Hospital. The arrival of Maveli and Vamanan added more colours to the celebration. Malayali’s biggest celebration is never complete without its share of festive songs and this year was no different. The Onappattu sung by third year B.Sc. Nursing students created waves in the music scene. The competition results were announced by Rev. Fr. Jery Njialiath. The first and second prizes for Floral carpet competition were secured by Institute of Allied Health Sciences and College of Nursing respectively. Cash prizes and certificates were distributed to the winners by Rev. Fr. Thomas Vaikathuparambil and he congratulated the winners for their efforts and motivated them to do better in the coming years. Payasam was served to the entire audience towards the end of the function. The Onam celebrations were a joint venture of School & College of Nursing, College of Pharmacy, Institute of Allied Health Sciences, DDT and BACT. The programme ended with Lisie Anthem.

According to the communication received, Onam was celebrated by administration department, DMLT college, Theatre and recovery, Quality department, Emergency Medicine, LIRRIS, IP Pharmacy, Nursing college, School of Nursing, IT department, CSSD, Dialysis unit, Naipunya, Electrical department and Haematology.
SUSTAINING
BREASTFEEDING
TOGETHER
WABA | WORLD BREASTFEEDING WEEK

World breastfeeding week is observed worldwide every year from August 1st to August 7th with the aim to achieve sustainable development goals by linking each of the goals to breastfeeding. The 4th year BSc nursing students of Lisie College of Nursing organized various programmes in and around the hospital based on this year's theme, "Sustaining breastfeeding together". The seven day programme commenced with an inaugural ceremony held at the reception area of Lisie Hospital on 1st August, 2017 which was inaugurated by Rev.Fr Thomas Vaikathuparambil, Director, Lisie Hospital. Dr. Siviji R Hedge, Paediatrician & Neonatologist, Lisie Hospital unveiled the theme and did a power point presentation. Mrs Mary Poulase, Associate Professor, Department of Paediatric Nursing, highlighted on the activities of the upcoming week. The students then carried out an awareness programme at the venue.

The second day of the celebrations was held at ESIC hospital Udyogamandal. A formal gathering was organised with the hospital administrative personnel, staffs and patients in the conference hall where the awareness programme was given. To reach out to a larger public, the programme was repeated in the reception area of the hospital. Health talks were also provided to the in-patients of the gynaecology wards.

In the following days, programmes were scheduled at various wards of Lisie Hospital. At each venue there was a theme release function followed by health education to the patients, with the help of charts and model exhibitions. Dignified and respected administrative and staff members of Lisie Hospital, Rev.Fr. Ajo George Mooothedan, Asst. Director, Dr. Amy D'souza, HOD, OBG Department, and Mrs Shiyja Jacob, Lecturer, OBG Nursing Department, executed the theme release each day at Infant Jesus ward, St. Mary's ward and St. Elizabeth's ward respectively. Rev. Sr. Manila, Labour room in charge and Rev. Sr. Renjitha, Lecturer, Department of Community Health Nursing, presented gifts to the 'Lucky Mother' and 'Lucky Baby' selected among the audience from the antenatal and postnatal wards.

On 6th of August, 2017 ‘Super Mom’ Quiz Competition was held among the antenatal and postnatal mothers admitted in the hospital. The winners were rewarded during the valedictory function by Dr. Usha Marath, Principal, Lisie College of Nursing.

The final day of the celebrations was held at the gynaecology and paediatric OPD of Lisie Hospital. Rev. Fr. Jery Njaliath, Asst. Director, Lisie Hospital graced the occasion with his esteemed presence and delivered a meaningful and important message. A documentary prepared by the students explaining breastfeeding was launched by Rev. Sr. Tessy Puthuserry, and the same was played after the meeting. Ms. Mariya Poulase, 4th year BSc Nursing student presented the week’s detailed report followed by the awareness programme by students. Thus ended a successful week long celebration with educating the society about the importance of Breastfeeding for a healthy generation.
**WASTE SEGREGATION**

Blood or body fluid contaminated cotton, gauze, dressing materials, paper, clothes, soiled plaster of parts, surgical drapes, disposable gowns, face masks, caps, shoe covers, cotton swabs, sanitary pad and diapers, post operative body parts, tissues, organs, placenta, microbiological and pathological waste.

- Discarded and expired medicines
- Cytotoxic drugs including all items contaminated with cytotoxic drugs such as IV bottles, IV sets, syringes, broken or unbroken glass bottles, ampoules, vials etc.

Catheters, empty blood bag and uro bag, dialysis kit, syringe without needle, gloves, IV sets, tubings, drains, vaccutainers.

Needles, syringes with fixed needles, needles from needle cutter or burner, scalpels, blades, razor, clipper blades, (use 1% sodium hypochlorite solution)

1. Ampoules, vials, lab slides, other broken glass waste, unbroken glass bottle (less than 25 ml)
2. Metallic body implants, metallic nails, scissors, and other metal instruments

1. IV bottles, plastic bottles
2. Large unbroken glass bottles (more than 25ml)

**BIOMEDICAL WASTE MANAGEMENT RULE- 2016**


These rules apply to all persons who generate, collect, receive, store, transport, treat, dispose, or handle biomedical waste in any form including hospitals, nursing homes, clinics, dispensaries, veterinary institutions, animal houses, pathological laboratories, blood banks, ayush hospitals, clinical establishments, research or educational institutions, health camps, medical or surgical camps, vaccination camps, blood donation camps, first aid rooms of schools, forensic laboratories and research labs. From 2017 August onwards the new Biomedical Waste Management rule (2016) is being implemented in Lisie hospital.
Infection Control certification programme for nurses, organized by CHAI Kerala in collaboration with 3M India Ltd, Bangalore was conducted at Lisie from Sep 13-15, 2017. The main objective of the programme was to orient the future infection control nurses on their roles & responsibilities towards the requirements of the NABH entry level accreditation standards of their parent hospital. There were 30 participants from 30 different hospitals across Kerala and resource persons were eminent personalities and subject experts in the field of infection control. A Hospital tour to Operation Theatre, ICU, CSSD and wards to understand hands on Infection control practices was included. The Lisie Infection Control Team was actively involved in the smooth organization of the programme and it was greatly appreciated by all the participants.

74TH ANNUAL GENERAL BODY MEETING

The Catholic Health Association of India (CHAI) organized a National Health Convention as part of their 74th Annual General Body meeting at Rajagiri Vidyapeetham, Kakkanad on 23-24 September 2017. Along with the Convention, various institutions all over India had organized cultural programs on 23rd September 2017. A semiclassical dance was performed by B.Sc Nursing students of Lisie College of Nursing. The variety entertainments added vibrance to the event.
Rev.Fr.TOM UZHUNNALIL

You listened to the voice  
That spoke to you in silence;  
To shed all worldly pleasures  
To seek God  
And HIS treasures;  
You chose to drink the wine  
Break the bread  
The cross to bear  
A crown of thorns to wear  
Relentless service in alien lands  
Ravaged by war, disease, misery  
Distress, penury;  

Surrounded by gunshots  
The abduction, captivity  
Endless days..  
In the company of terrorists  
Death at doorstep..  

Dr Maggie Xavier  
LIRRIS

BLUE WHALE GAME-AWARENESS

On 28th September 2017 at Ernakulum North railway station the medical social workers of Lisie Hospital, Ernakulam along with the trainees from Augustinose College Ramapuram, Ideal College Malappuram, and St Gregarious College Parumala performed a skit thrusting the impact of Blue Whale Game and how it affects our societal, individual and familial life. The skit ended by a message by Sr. Alphonsa, head of the department of Medical social work department in focusing on parental attention on this upcoming issue. Sister introduced a helpline number 182 in collaboration with Indian railways to track the occurrence of such mishaps and to prevent it in all possible forms within the reach of the railway stations. The program ended by a thanksgiving and tea by the Railway Police inspector, C Girish and health inspector Mr. Arun of Ernakulam North railway station along with his subordinates. As an evaluation the social workers could impart the message of staying away from disastrous games like Blue whale to the youngsters and imparting knowledge to parents to keep their children safe from such games. The outreach program developed coordination skills and organizing capacities of social workers improving their team work in community level activities with a healthy promotion of Lisie hospitals name and fame.
On World Hepatitis Day 28th July 2017, an awareness programme was organized by the II year Post Basic B.Sc nursing students assisted by the Medical Social Worker’s department, at the reception area of the main block of Lisie Hospital. The students displayed various informative charts on the topic of the day. The programme commenced at 9am with a prayer song followed by the unveiling of the day’s theme “Eliminate hepatitis,” and an address by Rev. Fr. Thomas Vaikathuparambil, Director, Lisie Medical and Educational Institutions. Dr. Johny Cyriac, HOD, Gastroenterology department, in his keynote address emphasized the need and ways of preventing hepatitis. Mrs. Blaicy F, Asst. Professor, Lisie College of Nursing drew the attention of the public on measures of preventing hepatitis. The students enacted a mime depicting the causes of hepatitis, which thoroughly entertained the audience.

It was followed by an educative interactive session on Hepatitis and its prevention in Malayalam using power point display by students. The programme came to an end by 10 am with the Lisie anthem. The students were available at the help desk to clear the doubts of the public till afternoon.

An extraordinary day of pure fun

The 15th batch B.Sc. Nursing Students of Lisie College of Nursing had an excursion to Athirappilly Vazhachal Waterfalls on 15.08.17, accompanied by two teachers and two parents. On the way to waterfalls they also visited St.Mary’s pilgrim church, Koratty, Ezhattumugam and Thumbooruzhi Parks. The trip was a different experience to all the students and they had great fun and enjoyment.

On 19th morning, the fourth year B.Sc Nursing students with their class teachers Mrs. Mary Poulouse and Ms. Philby Babu along with two parents went for a trip to Munnar. On the way, they got down at a waterfall and spent some time there enjoying the nature. They visited Kundala Dam, ECHO point, Kerala Hydel Blossom Park and Rose Gardens. Till that time none of them were exhausted and preserved the energy for an immense outburst at the park as some of the outdoor games and fun were carried out there despite of the rain. After this, they bid goodbye to the nature’s beauty, Munnar and headed back. They reached safely and happily.
OSTEOPOROSIS & BONE MINERAL DENSITOMETRY

Dr. Maggie Xavier 
LIRRIS

WHAT IS OSTEOPOROSIS

Osteoporosis is a condition characterized by a decrease in the density of bone, decreasing its strength and resulting in fragile bones. Bones that are affected by osteoporosis can break (fracture) with relatively minor injury that normally would not cause a bone to fracture.

HOW TO DIAGNOSE OSTEOPOROSIS

Dual-energy X-ray absorptiometry scan (DXA, formerly known as DEXA) be used for the diagnosis of osteoporosis. DXA typically measures bone density in the hip, the spine, and the forearm. The test takes only five to 15 minutes to perform, exposes patients to very little radiation (less than one-tenth to one-hundredth of the amount used on a standard chest X-ray), and is quite precise.

RISK FACTORS FOR OSTEOPOROSIS

Female gender
Family history of osteoporosis (for example, having a mother with an osteoporotic hip fracture doubles your risk of hip fracture)
Cigarette smoking
Excessive alcohol consumption
Lack of exercise
Diet low in calcium
Poor nutrition and poor general health, especially associated with chronic inflammation or bowel disease

Malabsorption

Low estrogen levels in women (which may occur in menopause or with early surgical removal of both ovaries)
Low testosterone levels in men (hypogonadism)
Chemotherapy that can cause early menopause due to its toxic effects on the ovaries
Chronic inflammation, due to chronic inflammatory arthritis or diseases, such as rheumatoid arthritis or liver diseases

Immobility, such as after a stroke, or from any condition that interferes with walking

Hyperthyroidism,

Vitamin D deficiency

Certain medications can cause osteoporosis like hepato-phenytoin (Dilantin) and phenobarbital, oral corticosteroids

BONE MINERAL DENSITOMETRY TO DIAGNOSE OSTEOPOROSIS

Bone densitometry, also called dual-energy x-ray absorptiometry or DEXA, uses a very small dose of ionizing radiation to produce pictures of the inside of the body (usually the lower spine and hips) to measure bone loss. It is commonly used to diagnose osteoporosis and to assess an individual's risk for developing fractures. DEXA is simple, quick and noninvasive. It's also the most accurate method for diagnosing osteoporosis.

PREPARATION FOR DEXA

You should not take calcium supplements for at least 24 hours before your exam.
You should wear loose, comfortable clothing, avoiding garments that have zippers, belts or buttons made of metal. Objects such as keys or wallets that would be in the area being scanned should be removed.
You will be asked to remove some of your clothes and to wear a gown during the exam. You may also be asked to remove jewelry, removable dental appliances, eye glasses and any metal objects or clothing that might interfere with the x-ray images.
Inform your physician if you recently had a barium examination or have been injected with a contrast material for a computed tomography (CT) scan or radioisotope scan. You may have to wait 10 to 14 days before undergoing a DEXA test.
Women should always inform their physician and x-ray technologist if there is any possibility that they are pregnant. Many imaging tests are not performed during pregnancy so as not to expose the fetus to radiation. If an x-ray is necessary, precautions will be taken to minimize radiation exposure to the baby.

RESULTS OF DEXA
The bone density of the patient is compared to the average peak bone density of young adults of the same sex and race. This score is called the "T score" or T-score, and it expresses the bone density in terms of the number of standard deviations (SD) below peak young adult bone mass.

T score — This number shows the amount of bone you have compared with a young adult of the same gender with peak bone mass. A score above -1 is considered normal. *A score between -1 and -2.5 is classified as osteopenia (low bone mass).

* A score below -2.5 is defined as osteoporosis. The T score is used to estimate your risk of developing a fracture.

Z score — This number reflects the amount of bone you have compared with other people in your age group and of the same size and gender. If this score is unusually high or low, it may indicate a need for further medical tests.

Small changes may normally be observed between scans due to differences in positioning and usually are not significant.

BONE MINERAL DENSITOMETRY IN LISIE HOSPITAL
WE HAVE GE PRODIGY BONE MINERAL DENSITOMETRY MACHINE LIRRIS. Prodigy provides precise data on soft tissue and bone composition, including bone-mineral density (BMD), lean- and fat-tissue mass, and percentage of fat.

Hearty Welcome
Fr. Jery Njaliath
Asst. Director
Lisie Medical & Educational Institutions

Glorious Achievement of Lisie College of Pharmacy

Students of Lisie College of Pharmacy made a brilliant performance by grabbing first and second rank of state D.Pharm examination 2017, conducted by Directorate of Medical Education. Neethu Xavier secured the first rank and Noufiya M.M, the second rank. Their devotion, dedication and hard work took our entire Lisie family to great heights of pride and joy.

"Congratulations to rank holders"
KIND ATTENTION OF HEAD OF DEPARTMENT GUIDELINES FOR
SENDING REPORT/NEWS/WRITE-UP FOR ECHOLIS (NEWSLETTER OF LISIE)

- Maximum of 300 words and a photograph for events or news of one to two days.
- Maximum of 500 words and two to three photographs for events of 3 to 5 days or more.
- One page for NABH- Quality control
- One page for highlight of a department in a particular issue with one photograph of all personnel of the department.
- Small write-up for individual events or accomplishment (honors, awards, prizes, ranks etc) with a passport photograph of the individual.
- Prominent, common functions write up - half page with a prominent photograph.
- All write-ups, reports, should be emailed within 3 to 4 days after the event along with the photograph in the above mentioned format.
- All the heads of department to ensure that the respective details have been timely emailed. For the forthcoming issue the last date to get the write-ups and photographs is 31-12-2017. lisienewsletter2013@gmail.com

Fr. Jery Njaliath

Retirement

Kochurani P.O
July 2017
(Receptionist)

Agnes P.S
August 2017
(General Worker)

Leelamma Benedict
September 2017
(General Worker)

Molly Benny
September 2017
(General Worker)

Important Health Days

October
1  International Day for the Elderly
2  National Anti Drug Addiction Day
10  World Mental Health Day
12  World Sight Day
   (Thursday of October Every Year)
12  World Arthritis
16  World Food Day
17  World Trauma Day
20  World Osteoporosis Day
21  World Iodine Deficiency Day
24  World Polio Day
26  World Obesity Day

29  World Stroke Day
30  World Thrift Day

November
2  World Pneumonia Day
10  World Immunization Day
14  Diabetes Day
18  World Epilepsy Day
19  World COPD Day
15  to 21 New Born Care Week

December
1  World AIDS Day
2  National Pollution Prevention Day
3  International Day of Disabled Persons
9  World Patient Safety Day
LISIE HOSPITAL, ERNAKULAM
Advance Booking No: 0484 2401141, 2402044, Extn. 5027

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### For any Emergency, Contact: 9895756164 (as per local time)