



# The Synapse

Monthly updates from Plexus

September 2020



## From the Director's desk

We are witnessing an **unprecedented situation**. COVID-19 has changed the world as we knew it. One of the most visible changes is the new normal of **working from home**. Initially, many of us might have smiled over addressing professional duties from the comfort of our homes. However, the **blurred lines** between home and office can lead to mental stress and also affect us physically while we spend hours in front of the screen.

In this month's **Synapse**, we will discuss the most common **musculoskeletal disorders** (neck and back pain) and how to stay clear of them.

That's not all! A wonder, a phenomenon, a miracle takes place at Plexus every month. This time, it was a **six-year-old girl** who overcame Attention Deficit Disorder (ADD) after undergoing **Stem Cell Therapy**.

Stay safe. Stay informed.

**Dr Na'eem Sadiq**  
Founder

## Work from home: Countering the challenges

Let's get this straight. The comfort of our homes doesn't necessarily mean that working from home will be an easy affair. While we might save energy and money by not commuting, this new way of life has its drawbacks. Using our cosy couches or bean bags can take a toll on our back and neck. Here is what you can do to avoid musculoskeletal disorders:



### Take a 'stand' while working

On average, an adult spends nine hours sitting while working from home. So, why not stand? That will not only help you burn a few extra calories but also reduce the risk of lower back pain by 50 percent. Also, keep your monitor at eye level to avoid bending your neck too much. Moreover, put on supportive shoes while standing to prevent pain in your arches, knees, and hips.



### Pick a balanced chair

Bean bags or fluffy furniture might be comfortable but definitely not for work, especially when you sit for hours without a break. So go for a chair that provides both comfort and support to your lower back as well as hips. Ideally, it should not be too forward or too far back. Both positions are not good for your spine. You can also use a foot stool that will further ease the pressure off your lower back.



### Light up your work space

It might sound a little surprising but if your space is poorly lit, you might end up craning your neck and straining your eyes. Use a table lamp to enhance lighting. If that is not possible, pick a spot near a window or an outlet where you can sit or stand with ease while keeping your system at eye level.

Apart from the solutions above, take breaks. Walk a little. Stretch your back. Listen to your favorite music. However if pain persists, get in touch with us without delay.



## Plexus insider

Stem Cell Therapy: We don't just **recommend** it, we have **reaped the benefits ourselves!** Here is the proof.

Our founder, Dr Na'eem Sadiq, apart from being an award-winning neurologist, is an avid boxer. Last year, during a bout, he injured his knees in the ring. Without any second thoughts, he underwent stem cell therapy. Guess what happened? **Within three weeks**, Dr Na'eem had his gloves on and was back in action!

If we say that stem cell therapy has revolutionised the way injuries and neurological disorders are treated, wouldn't you like to be a part of the revolution?

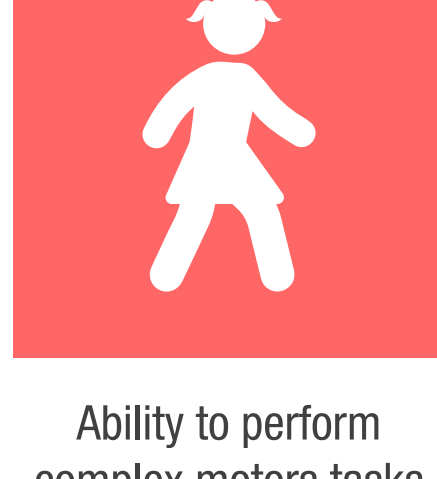
To know more about the wonders of stem cell therapy, visit [www.plexusnc.com](http://www.plexusnc.com)



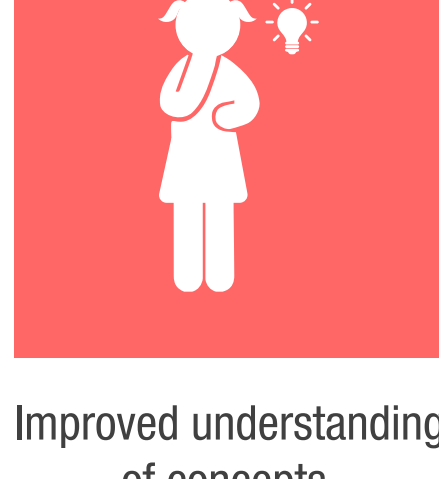
## Story of the month

Six-year-old Nikshitha, a Bangalorean, came to Plexus in June 2020. She was suffering from **ADD with Learning disability**. After the initial assessment, it was established that Nikshitha suffered from poor attention, struggled with understanding concepts, and faced difficulty in verbal and non-verbal communication.

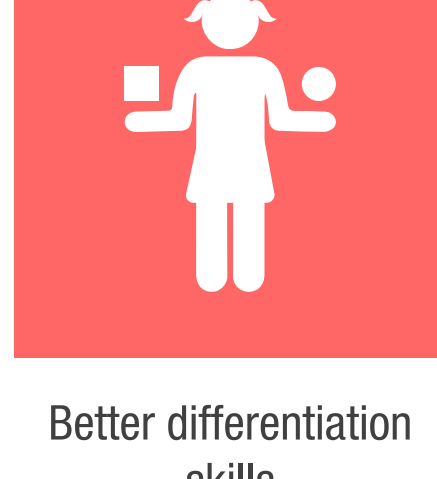
She underwent **Stem Cell Therapy and Occupational Therapy** for 60 days and the improvements in her condition noted on the day of discharge were:



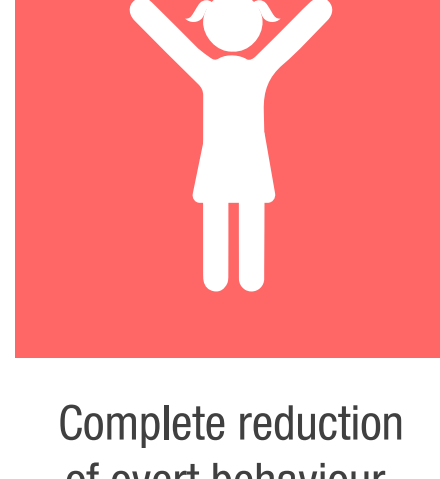
Ability to perform complex motor tasks with ease



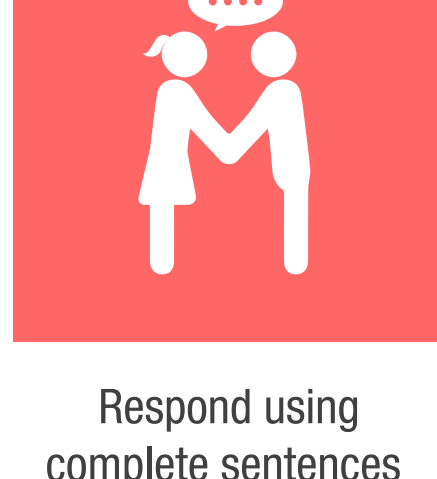
Improved understanding of concepts



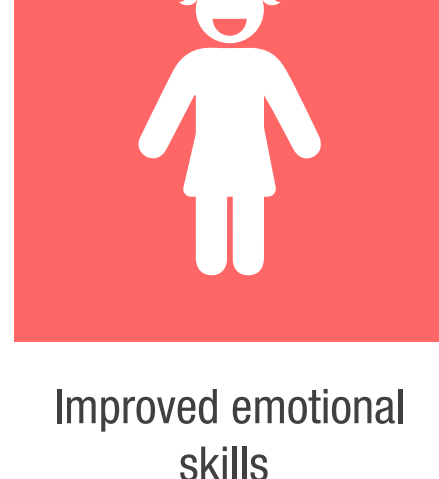
Better differentiation skills



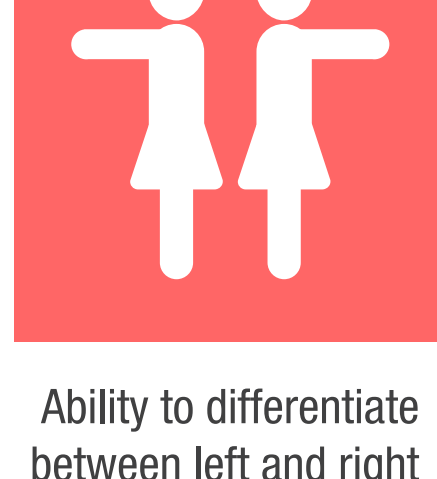
Complete reduction of overt behaviour



Respond using complete sentences



Improved emotional skills



Ability to differentiate between left and right



Improved writing skills with better spatial orientation

► [Click here to see her testimonial.](#)

## Behind the scenes

Doing what we are best at: Changing lives for the better!



## Disease decoder

To counter a disease or disorder, the right information is as important as treatment itself. To understand **Attention Deficit Hyperactivity Disorder (ADHD)** better, let's know what it is, how it occurs, and what are the common symptoms.

ADHD is the most common brain disorder in children that affects their span of attention, motor skills, and social behaviour. The disorder can continue into adulthood. However, its progression into adulthood can be prevented by early intervention and the right treatment.

The most common symptoms of ADHD have been divided into three categories:

### Predominantly inattentive

- Failure to pay close attention to detail
- Trouble staying focused
- Difficulty in listening
- Easily distracted
- Forgetfulness

### Hyperactivity/Impulsivity

- Fidgety behaviour
- Unable to stay seated
- Difficulty in waiting for his/her turn
- Interrupting others

### Combined

- A mix of inattentive and hyperactive symptoms

► To know more about ADHD and how it can be treated, visit [www.plexusnc.com](http://www.plexusnc.com)