PLEXUS
Neuro and stem cell research centre

The Synapse

Monthly updates from Plexus

December 2020

From the Director's desk

What a challenging year it has been for all of us! What started as a promising start to the year soon descended into chaos, fear, panic, and uncertainty, thanks to the coronavirus pandemic. As expected, the entire country went into a lockdown, but for me and my team at Plexus, our main priority was to continue helping as many people as possible.

This was definitely the need of the hour, especially since numerous hospitals and nursing homes across the nation had to shut down temporarily to limit the spread of the novel virus.

At Plexus, our doors stayed open throughout, despite the crisis that was raging all around us. It was my honor to be able to treat and provide much-needed relief to patients of all ages that flocked to us from Bengaluru, from around India, and even from other countries. We welcomed patients from the United States, Canada, and Bangladesh, all in desperate need of treatment for their various conditions. With me at the helm, I ensured that my team followed the highest level of safety standards and that every patient, from and after entry to the elderly, was given the best medical treatment without prejudice.

I instituted a system in place that enabled swift diagnosis and comprehensive treatment, especially for patients that came in with pre-existing difficulties in breathing and swallowing. Such patients were already in the high-risk category and I wanted to ensure that they recover quickly and with ease.

I will be remiss if I do not acknowledge my phenomenal team – the security, reception, nurses, lab staff, and rehabilitation staff who put their both and trust in me and were present alongside me throughout the crisis. We had long hours and endless days, but our commitment to ensuring that no patient gets turned away, propelled us to continue giving it our all. Not for once did I take my mind off our mission here at Plexus. We did not pause, slow down, or stop! My team and I braved the situation and focused on the wellbeing of our patients, even putting our health and lives on the line in the process.

I believe that this epitomizes the true character of Plexus. We took risks and the rewards were huge. All of us joined forces to fight this mammoth battle and emerged victorious. I am so proud of my entire Plexus family for showing courage in the face of adversity.

Stay safe. Stay informed.
Dr. Ra'eem Sadiq
Founder

Plexus insider

In our line of work, it is always fascinating how much we learn to adapt and roll with the tide. Thanks to the pandemic, we've observed some interesting trends. With offices shut, and employees asked to log in from home, the lines between business and life have blurred. There is no semblance of a work-life balance at all and this seems to be showing up in a myriad of ways.

Prolonged hours sitting on uncomfortable chairs or sofas and staring at a laptop propped up on pillows has led to an increase in the number of issues involving the neck, head, and back. Throughout the entire lockdown, and even now, we continue to receive multiple calls a day with complaints about neck pain, backache, and headaches. We have been working hard to address these health issues through our detailed consultations, customized treatment plans, and expert guidance.

Visit our centers for a personalized treatment plan that will deliver results in no time.

▸ To book an appointment with us, visit **www.plexusnc.com.**

Behind the scenes

Fun, Frolic, and Fervor: Plexus revels in the Christmas spirit

Story of the month

4-year old Ayush (name changed upon request), a resident of Bengaluru, came to Plexus in September this year. He had been suffering from Autism Spectrum Disorder (ASD) from the time he was one and a half years old. After the initial assessment, it was established that Ayush suffered from symptoms of hyperactivity, inattention, sensory system dysfunction, and poor sitting tolerance.

He underwent Stem Cell Therapy and Occupational Therapy at our center for 60 days.

The improvements in his condition noted on the day of his discharge include:

- Reduced hyperactivity
- Improved attention and sitting tolerance during cognitive tasks
- Enhanced listening skills while performing tasks
- Better understanding and application of cognitive skills
- Improved frequency of appropriate responses to asked questions
- Better tolerance towards loud auditory stimuli

Toddler's corner

Learning to communicate is an exciting journey for every child. It begins right from birth and develops gradually over time. A toddler's first words usually arrive between 12 and 18 months, and by age 3, they can use their newfound vocabulary to form full sentences.

During this period, parents play a critical role in their child's language development — given the amount of time they spend at home compared to a nursery or at school. Of course, not every child is the same and may reach their milestones at different ages.

However, as a parent, here are a few simple ways through which you can help your child with their language development:

Speak clearly and slowly to your little one.
Try to avoid baby talk. Instead, use large words and speak in full, complex sentences. Also, ensure that your child has time to understand each word.

Give your child lots of opportunities to speak.
Include him or her in your conversations with your partner and older children. Also, avoid interrupting or finishing their sentences.

Narrate the day as it evolves.
Children soak up as much descriptive language you can offer them. Hence, as you go about your day with your young one, talk about everything you are doing together.

Read to your young one every day.
When your child sees you read, they will internalize the value of reading. Hence, start with simple board books and graduate to picture books and longer stories as your kid gets older.

Enjoy music together.
Young kids love music and movement. When they listen to lively songs, they learn about the world around them and the rhythm of language.

Tell your child stories.
Make up elaborate stories with characters, conflict, adventure, and happy endings. Also, ensure that the stories you tell fit your child's interests.

Go on field trips.
A trip to the zoo, the aquarium, or a children's museum will open up an entirely new world for your child. As a bonus, he or she will want to learn the names of all those fascinating creatures.

Disease decoder

Knowing that your child has been diagnosed with Cerebral Palsy can be difficult, but learning more about the disorder can give you hope. By understanding the meaning of the term, the causes, the symptoms, and the best treatment options available, you can make informed decisions about how to manage the condition. Therefore, in this month of The Synapse, we decode Cerebral Palsy.

Cerebral Palsy is a neurological condition caused by damage that occurs to the immature brain as it develops, most often before birth. The word cerebral means "related to the brain", while palsy refers to "weakness of body part". As a blanket term, it refers to a group of disorders that can impair an individual's movements and coordination.

People with Cerebral Palsy tend to have a normal lifespan. It is not contagious and does not necessarily affect intelligence or cognitive ability. It is also not progressive, so it does not deteriorate with age.

Cerebral Palsy is a common childhood disability — one in 323 children have been identified with the condition, according to estimates. Its symptoms may range from mild to severe. While some people may have difficulty walking and sitting, others can have trouble grasping objects.

Some of the most common symptoms of the disorder are:

- Movement and walking disabilities
- Learning disabilities
- Speech difficulties
- Cognitive impairments
- Hearing or vision loss
- Spinal deformities
- Joint problems
- Epilepsy
- Emotional and behavioral challenges

To know more about how we tackle Cerebral Palsy at Plexus with various therapies such as Stem Cell Therapy, Occupational Therapy, Physiotherapy, Speech Therapy, and Language Therapy, visit our website **www.plexusnc.com.**