



PLEXUS®

Neuro and stem cell
research centre



The Synapse

Monthly updates from Plexus

February 2021



From the Director's desk

There is a saying: "A good doctor treats the disease, while a great doctor treats the patient."

I believe that no two patients are the same and each patient represents a unique story that includes their previous history, their current condition, their social situation, and also their beliefs. And for me to be able to customize a treatment for my patients, I need to understand this story completely. I ensure that I spend a lot of time with each patient to understand their condition and situation completely before I initiate the process of treatment. This is something that I have passed on to my team as well, which has led to us garnering a lot of love and support from patients and their families around the world. The feedback I receive daily has been nothing short of amazing. Let me share some of them with you, my dear readers.

Santanu Mohapatra, a patient with Parkinson's Disease, had come to Plexus after losing all hope of ever leading a healthy, fulfilling life. After receiving treatment from me and my team, this is what he said, "Within just 20 days of my treatment, I have felt a lot of change in my day-to-day activities, and my pain

and tremors due to the condition have also reduced. Honestly, half of my problems went away after meeting Dr Na'eem Sadiq, whose unique approach towards all his patients helps them to recover as quickly as possible."

He further added: "It is also pertinent to mention that the therapists and other staff available at Plexus are very friendly and helpful. I suggest those suffering from such neurological conditions must come here for their treatment."

At Plexus, I have had the honor of treating patients who were not getting the desired results from anywhere else. Priyabrata Mandal, who had been suffering from Motor Neuron Disease, underwent Stem Cell Therapy for his condition, and on completion of his treatment, Priyabrata wrote to me, "I am very happy with Plexus. Thanks to Dr Na'eem and his team, now I am able to do my work regularly in the office. My balance in my legs has improved, and I can walk and perform my site visits. Dr Na'eem truly understands the problems of his patients."

I had also helped Sangeetha Venugopal and her son who was suffering from a neurological disorder. After the treatment, she told me that her experience with Plexus had been very pleasant. She pointed out to me that all my staff members and I have been extremely helpful and have treated her son wholeheartedly. She was glad that she found our center at the right time, as it helped her child accelerate in his path to recovery. Another worried parent, Abhijith Jain had come to me with his seven-old-year who had been diagnosed with Ataxia Telangiectasia — a rare neurological disorder. He found a ray of hope here at Plexus when my team and I provided a thorough consultation, followed by a customized treatment plan. He said, "As stated by many patients and their relatives, this place is absolutely optimistic. Here half of your problems disappear once you meet Dr Na'eem and witness his ways of addressing the issues. He exudes positive energy and clear direction that helps the patient and their family members."

When I get such overwhelming feedback from my patients and their families, it renews the love I have for my profession, patients, staff, and Plexus as a whole. Being a part of their recovery journey gives me utter joy and I am glad that my team and I can give back to the people and help them lead a happy life.

Stay safe. Stay informed.

Dr Na'eem Sadiq
Founder

Plexus insider



At Plexus, we are proud to have such a phenomenal well-coordinated team that works tirelessly to ensure that no patient ever gets turned away under any circumstance. The security, reception, nurses, lab staff, and rehabilitation staff — all of them strive to provide the best possible treatment to our patients who travel from all over the world. They transform their hopes and dreams into achievable goals every day and they love doing it.

One such member of our amazing team is Subhadeep Sethi, an Occupational Therapist who has been working with Plexus for the last five years. He has treated numerous patients and helped them in their recovery journey. Read along to know more about his amazing experience!

"I am proud to have grown with Plexus from its initial days to now when it has become a globally recognized institution that

provides excellent healthcare services. I believe that the immense guidance, knowledge, and support that I have received from Dr Na'eem Sadiq are valuable, and one can go so far as to say that they are irreplaceable", said Sethi.

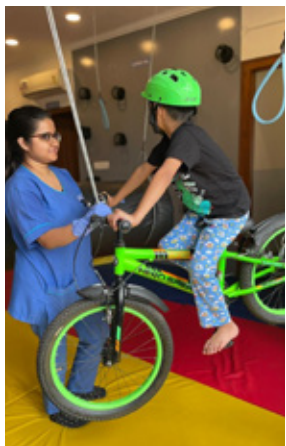
Furthermore, he truly believes that the experiences that he had at Plexus have been extremely helpful for his professional growth as well as for his personal development. "I am glad to have received this wonderful opportunity of working with some of the most dedicated colleagues from all across the country, who work together as a unit to achieve the impossible", he further added.

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

Behind the scenes

Healing through play at Plexus!



Story of the month

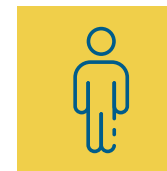
7-year-old Aditya (name changed upon request), a resident of Mysore, Karnataka had been suffering from Ataxia Telangiectasia. A few months ago, he came to Plexus with the chief complaints of difficulty in performing self-care activities, inability to write, and trouble walking.

After the initial assessment, it was established that Aditya had poor static and dynamic balance (in both sitting and standing), a lack of coordination between his eyes and hands, and involuntary movements. He also suffered from severe incoordination in his upper limbs and lower limbs, poor proximal stability, and difficulties in hand functions. He underwent Stem Cell Therapy and Regenerative Rehabilitation at our center for 60 days.

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



Reduced frequency of jerky involuntary movements



Improved static and dynamic standing balance



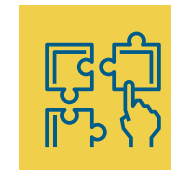
Good eye-hand coordination and motor planning



Enhanced visual perceptual skills



Ability to participate in ADLs with greater ease



Better performance of age appropriate play activities



Demonstrates an overall increase in self-confidence and self-esteem



Selecting toys for your child on the Autism Spectrum will often require more attention, as you have to ensure that the toys are safe as well as interesting to play with. Hence, it is essential to find toys that help to learn about social skills, encourage interaction, and facilitate communication.

Here are a few things to keep in mind while choosing toys for your child:

1. Combine the fun and safety factor

Many children with ASD may put toys in their mouths, throw, bang, or break them. Therefore, it is highly important to consider the physical aspects of the toys before letting your child play with them. Apart from these, the toys need to be fun, colorful, and interesting so that it becomes easy to grab their attention.

2. Consider toys with sensory aspects

Children with Autism commonly struggle with sensory challenges and hence, it is vital to select toys that appeal to their senses. You can pick a box of yarn, containers filled with slime, playdough, soft clay, softballs, or other such things for your child.

3. Go for simple and less complicated options

It is always a good idea to choose simple toys for your child with Autism (such as open-close toys, push-button, stacking toys, or cause and effect playthings). Also, it can be helpful to have only a few toys in the sight, as too many can be overwhelming and distracting for a positive play experience.

4. Ask for recommendations

Teachers, therapists, and other parents can provide suggestions based on their play experiences with children with Autism. Ask for recommendations based on your child's interests and challenges.

The Toddler's Corner

Choose the Right Toys for Your Child with Autism

Kids with Autism are just that — kids. And they want to play! However, opting for age-appropriate toys for such children might not always be useful, since they usually do not show cognitive development according to their chronological age.

If you are wondering about the kind of toys to buy for your child with autism, read on to find out!

Disease decoder



The human body is designed to experience stress and react to it. When you experience changes or challenges, your body produces physical and mental responses — and that's stress!

Stress responses help your body adjust to new situations and can be positive, keeping us alert, motivated, and ready to avoid danger. For example, if you have a deadline coming up, a stress response might help your body to work harder and stay awake longer. However, when stress lasts for a prolonged period without relief or periods of relaxation, it becomes harmful to your health.

Stress puts your body in a continuous state of readiness for physical action and it has no time to re-establish equilibrium. This results in your body becoming overworked, which weakens your immune system — making you susceptible to sickness. In turn, this leads to a range of Stress-Related Disorders such as depression, anxiety, sleeping disorders, and others.

Stress-Related Disorders are a range of illnesses that are a result of an atypical response to both short and long-term physical, mental, or emotional stress. These disorders can include, but are not limited to:

-  Memory Impairment
-  Anxiety
-  Depression
-  Skin conditions, such as Eczema
-  Sleeping Disorders
-  Obesity
-  Heart Disease
-  Digestive Problems
-  Autoimmune Diseases

To battle a disorder, knowledge about the disease is as important as the treatment itself. Hence, we ensure that our patients and caregivers at Plexus understand the disease, before deciding about the treatment options. This month in the Synapse, we decode Stress-Related Disorders.

Before you get too stressed out about being stressed out, there is some good news. Following these simple stress relief tips that could both lower your stress and reduce your health risks:

1. Eat healthily

Eating a balanced and healthy diet is key to helping our bodies to manage the physiological changes caused by stress. Hence, ensure that your diet provides the right amount of essential nutrients to your body such as essential vitamins and minerals, including water.

2. Exercise

Try and integrate physical exercise into your daily lifestyle, as it can be very effective in relieving stress. Even just going out and getting some fresh air or practicing some light physical exercise such as yoga or pilates helps.

3. Make Time for Hobbies

You need to set aside time for things you enjoy. Try to do something every day that makes you feel good, and it will help relieve your stress. It doesn't have to be a ton of time — even 15 to 20 minutes will do.

4. Seek Professional Help

Recognizing the negative effect that stress is having on your life and admitting to yourself that you need help and support is the first important step. Once it is done, you can look into the various treatments available for it.

At Plexus, our team of trained and experienced professionals provide a thorough consultation, along with a comfortable and nurturing environment to the patients to manage your Stress-Related Disorders.

Book your appointment with us today and let us tackle your Stress-Related Disorders.



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