



The Synapse

Monthly updates from Plexus



From the Director's desk

When you've treated 5,00,000+ patients over the last 30+ years there's one thing you become certain of — nothing is impossible. And at Plexus, we transform every patient's life with this can-do attitude.

As part of this transformative culture, we go beyond delivering effective medical care and rehabilitative therapies. We add the power of care and compassion when healing an individual's body and mind. And in keeping with this philosophy, we communicate freely and transparently with those seeking rehabilitation while driving awareness and instilling hope.

That's why we're launching Synapse — our very own medical newsletter to bring you the latest advancement in neurological health and regenerative and rehabilitation treatments. What's more? We've also packed in stories of success where we took it upon ourselves to treat what the world deemed 'untreatable'.

So let's stay connected, safe, and informed.

Dr Na'eem Sadiq
Founder



Plexus Insider

Plexus is an award-winning, knowledge-based stem cell therapy centre that helps patients overcome acute and chronic neurological disorders. It is also India's first ISO-certified stem cell and rehabilitation centre for developing ground-breaking treatments.

While many know Plexus for its high success rates and sought-after treatments for chronic conditions like Parkinson's, Motor Neuron Disease, Autism, Spinal Cord Injury, and Multiple Sclerosis, very few know the story behind its inception.

After tragically losing his father to a neurological disorder, Dr Na'eem was determined to never let another suffer as his father did. This inspired him to set out on his remarkable journey of treating disorders that the medical community perceived to be 'untreatable'. Today Dr Na'eem and his team at Plexus are leading a paradigm shift in combating neuro conditions through Stem Cell Therapy.

▶ Visit www.Plexusnc.com to know more



Story of the month

Mr Venkat, an 86-year old resident of Bangalore, was diagnosed with Parkinson's disease in 2014. It all started with bouts of freezing while walking and gradually manifested into slow task performance, difficulty in multi-tasking, and lack of focus.

With time, pharmacological treatment failed to show results and his condition deteriorated. After a long wait, Mr Venkat consulted with Plexus in May 2020 and underwent Regenerative Rehabilitation Therapy for 60 days. During this program, we noticed a considerable improvement in him, thanks to Stem Cell Therapy, Physiotherapy, and Occupational Therapy. At the time of discharge, Mr Venkat's report mentioned:



No freezing episodes while walking



Increased speed of performing tasks



Improved multitasking and cognitive abilities



Enhanced flexibility in the trunk



Reduced falls due to better balance

Behind the scenes

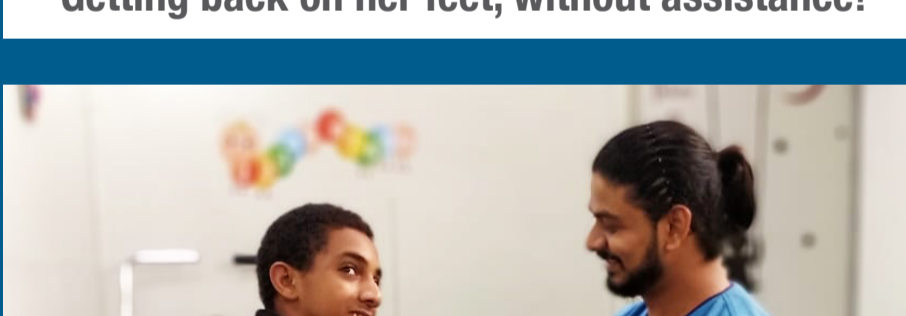
Sneak peek into how we transform lives at Plexus.



Getting back on her feet, without assistance!



On the road to recovery with Dr Na'eem.



It is all about making our patients independent.



Celebrating milestones together as a family.

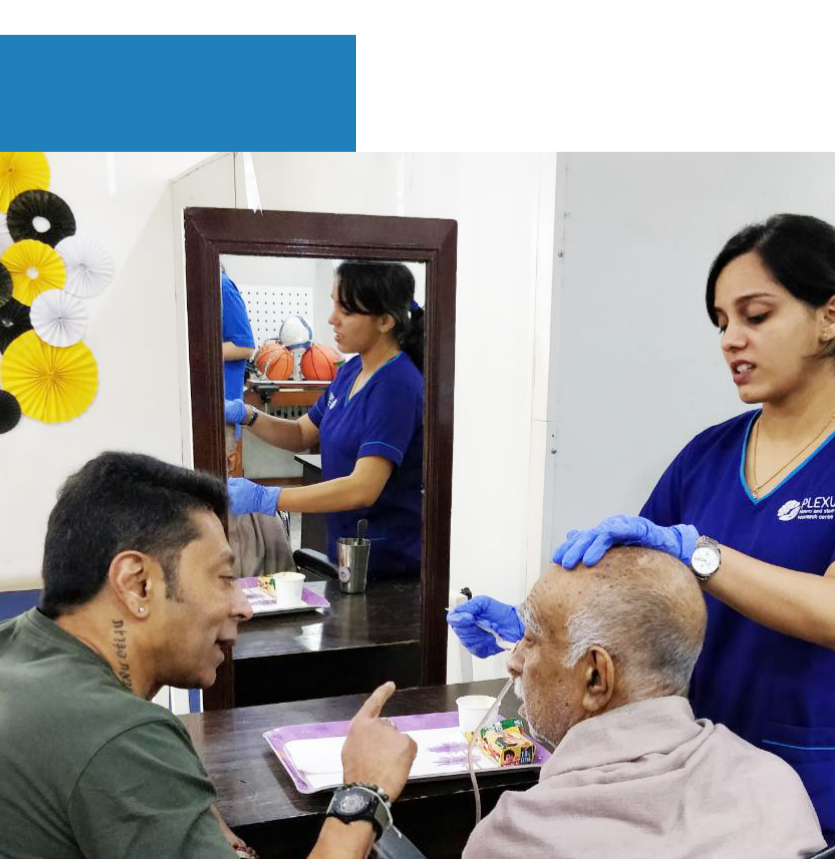


The toddler's corner

The ongoing pandemic has forced us all into our homes and our children in front of television screens. So if you are a parent actively trying to minimize your child's screen time and maximize their developmental activities, read on!

- Introduce your child to water play and let them experiment in a safe environment and understand volumes better
- Bring-home play dough to boost your child's creativity while developing fine motor skills and hand-eye coordination
- Encourage the little one to role play and dress up to reinforce the principles of self care
- Get your child to play with dolls and characters. This will help them be more imaginative and label emotions better through make-belief characters
- Give your little Picasso a painting brush or a crayon to foster better self expression and creativity
- Let them play with jigsaw puzzles, shape sorters, and blocks to encourage spatial thinking and logical reasoning

Most importantly, make sure to fully understand what your child loves to do and become an active participant in all fun activities away from the screen.



Disease decoder

Being armed with accurate information is the first step towards defeating a disorder. And more often than not, misinformation can be a matter of life and death with neurological disorders. So let's take the first step towards awareness by understanding Motor Neuron Disease (MND) better.

MND is known to impair motor neurons — cells that control voluntary muscles of the body. These neurons slowly degenerate and die, thereby weakening muscles. And when motor neurons are compromised, one can lose the ability to perform voluntary motor functions and gradually lead to paralysis.

Identifying the symptoms early on and seeking professional help can drastically slow the progression of the disorder. Here's what you need to look out for:

- Weakness in the hands resulting in loss of grip
- Dysarthria (slurred speech)
- Tendency to trip due to weakness in the legs
- Inability to lift arms due to weak shoulders
- Cramps and muscle twitching
- Weak ankle muscles causing foot drop
- Dragging of the leg

To know more about what exactly causes MND, its types, and treatment with **Regenerative Rehabilitation Therapy**

[click here](#)