

A comprehensive
wellness guide for
Women
at 50
and above

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Editor's Desk

Dear Reader,

This is the ninth edition of the KIMS e-newsletter on wellness, "A Comprehensive Wellness Guide for Women at 50 and above." I appreciate you taking the time to read. People agree that age is more than simply a number when discussing health; it has meaning of its own. At the age of 50 and above, irrespective of gender, the likelihood of having difficult medical issues and unexpected diseases is highest. Since women have more time to focus on their personal goals and hobbies, many women like this stage of life and feel rejuvenated.

Thankfully, nature gave our bodies ample resilience and powerful healing powers. We may greatly lower our risks and maybe completely prevent various diseases by adhering to balanced diet and nutrient food, exercising, getting good sleep, receiving preventive therapy, routinely checking our bodies, and having a clear vision and purpose of life. This is the topic of this newsletter, which is not surprising given the present importance of health care.

Whatever your present health status is, the primary goal of this newsletter is to go forward rather than backward. You can solve these concerns and help yourself prevent larger problems in the future by taking action today. I hope you will find interest and inspiration in reading this newsletter.

With regards

Dr. Bhujanga Rao Vepakomma

Chief Editor

There is a world of knowledge, power, and liberation waiting for women as they elegantly enter their 50s; a world where they may discover more about themselves, gain greater freedom, and enjoy better health. For women, this is a watershed moment. By that point, the kids would be grown and out of the house, every lady has plenty of time to concentrate on themselves and their aspirations. Maintaining good health becomes crucial if you want this time to matter. Age brings about changes to your body, a work of art that you have painstakingly shaped over the past half-century. These changes are natural and should be accepted with grace, but you should also make an effort to fight them as much as you can. The bright side is that you may continue to have an active and fulfilling life despite these changes. Many women look forward to this phase of life because it brings them a sense of renewal and the freedom to pursue their passions. The importance of prioritizing your health at this point of life is emphasized in this newsletter. The era of estrogen and other hormones is known as the “decade of the hormones” by some specialists. In contrast to women in the West, whose menopause typically begins around 51 years of age, Indian women typically experience it at 46.2 years.

Ageing Effects and Challenges

Regular wear and tear on the body is inevitable, resulting in reduced muscle function, slower healing, and decreased circulation. Regular use will eventually wear down any mechanical device! Our body will be put to lot of use and stress throughout these 50 years. Short-term memory blips and hormonal nuances are part of the journey, not roadblocks.



On the other hand as you age, you lose muscle mass. By the time you turn 50, you will have as much as 20% of the muscle mass you had at 20. You will be less strong and your metabolism is also low. Maintaining good muscle mass is important for keeping a healthy weight. Your body's lean muscle mass gradually converts to fat unless you make a concerted effort to exercise frequently and vigorously. Your waistline could be the first place you

notice the difference. Having a waist measurement of more than 35 inches greatly increases your risk for developing diabetes and heart disease, so it's important to maintain a healthy weight. Weight gain around 50 is common due to fat accumulation, leading to variations in Body Mass Index (BMI). Loss of muscle mass and slowing metabolism emphasizes the importance of regular exercise to ward off weight gain.

Aging typically also brings about a decline in both vision and hearing. Cataracts and raised intraocular pressure (glaucoma) are common issues among the elderly. Visual acuity and night vision so typically deteriorate with age.

Hearing becomes more challenging to hear high pitched sounds and to keep up with a conversation when there is a lot of background noise.

Bone Health

Joint degeneration known as osteoarthritis is also common in the elderly. Obesity, which is common after menopause is an added risk factor for this.

Osteoporosis is a disease that reduces bone density, typically in older people. It's possible that this could cause bone fractures. There is a common phenomenon of age related height loss. Decrease of a hormone estrogen after menopause is a factor for this in woman.

Women will be losing bone mass naturally as age progresses, but the rate of loss accelerates significantly after menopause. Around one-fifth of women in their fifties are diagnosed with osteoporosis, and another half has low bone mass.

Menopausal Issues:

Loss of bone mass accelerates in post-menopausal phase. You have been losing bone mass naturally as you age, but the rate of loss accelerates significantly after menopause. The estrogen levels have been dropping steadily as menopause approaches. In women loss of short term memory and difficulty remembering words have both been linked to declining estrogen levels. Women often make the mistake of accepting menopausal symptoms like hot flashes, insomnia, and urination issues as something they must learn to live with. While short-term use of hormonal therapy has been shown to help many women who deal with some of the most severe problems of menopause, not every woman is a candidate. Each woman's experience of



menopause is unique, so it's important to work with her doctor to find a treatment plan that works for her. Women may experience menopausal symptoms, including short term memory loss. While hormonal therapy may help, individualized treatment plans are essential.

To maintain healthy bones, eat a diet high in calcium, perform weight-bearing activities like walking and dancing, and perform strength training activities like lifting weights on a regular basis. Some research suggests that even light gardening may help older women avoid bone loss.

Threats to Cardiovascular Health:

Post-menopause, the decline in heart efficiency and hardened arteries pose risks of cardiovascular diseases. Regular monitoring of blood pressure and cholesterol, along with a healthy lifestyle, is vital.

The protective action of a hormone called estrogen will not be available after menopause. These causes contribute to high prevalence of Cardio-Vascular diseases and susceptibility to heart attacks after 50. The danger of developing cardiovascular disease and stroke rises in direct proportion to one's age. In fact, heart disease is one of the top killers and disabler of women today. Checking your blood pressure and cholesterol levels regularly is important because maintaining them at a safe level can prevent cardiovascular problems like heart attacks and strokes. Eat a diet- low in sodium and saturated fat, drink less alcohol, and do not smoke if you're at risk.

Heart age Vs Biological age

A CDC study (September 2015) clearly indicates that women on average have hearts that are 5 years older than actual chronological age. Heart age represents the condition of your heart, valves, blood vessels, etc. While chronological age is actual age in years. In India, the incidence of ischemic heart disease (IHD) is rising at a faster rate among women than it is among males.

Purpose of Life and ageing

Rush University Medical Centre psychologist Niranjana Karnik claims that the concept of "purpose" is what ultimately determines our life's trajectory. He continues by saying that dealing with the unavoidable difficulties of ageing might lead to a loss of "purpose" and joy for certain people. This could lead to a decrease in their general well-being and health. You may do this in a variety of ways; for example, you could raise a garden at home, help poor, learn a new language, volunteering work, or even change careers. The cumulative effect of these types of modest efforts can be substantial. Finding a "purpose" in later life slowed the decline of cognitive abilities by 30%, according to studies conducted at Rush University. Some research suggests that risk factors for cardiovascular disease and dementia are mitigated by having a "purpose" in life and pursuing it.

Skin and Hair:

Thinning of the skin and wrinkles is another ageing effect. Changes in the skin's appearance (wrinkles, brown spots, etc.) are primarily due to sun exposure over time. The skin on your body is thinner and drier now. Lack of estrogen can also cause the vaginal lining to thin and dry out.

That's why some women experience discomfort or even pain during sexual activity during menopause. Moisturizers are an essential part of any skin care routine, as they prevent dry, flaky, and itchy skin. Each woman's experience of menopause is unique, so it's important to work with her doctor to find a treatment plan that works for her. The thinning, and decreased oil production and collagen, contribute to skin that is dry and less supple. Wrinkles are an unavoidable part of getting older, but they can be delayed with proper skin care and staying out of the sun. Loss of scalp hair is inevitable, but it can be controlled to some extent, by taking proper nutrition and hair care, right from teen age.



Alterations in Bladder Function

Many women experience some degree of urinary incontinence, ranging from mild "leaks" to severe problems with bladder control. Such behavior can be isolating. Nothing is lost, as some treatments and exercises can help. Increasing rates of bladder infections and incontinence are observed. Taking the advice of Uro-Gynaecologist is indicated to address these problems.

Hiatal Hernia

Hiatal hernia, a painful condition in which the intestines slip through a weak spot of the abdominal wall, and diverticulosis, in which small pouches bulge from weak spots in the colon, can also be debilitating.

Anxiety and Depression

Some studies established about 20 percent of people aged 55 or older experience some type of mental health disorder in which anxiety and depression occupy the most common place. Mental health problems indicate that the chances you are highly stressed. Stress plays a crucial part in taking a toll on your mental health, which will affect in turn physical health. Continuous monitoring of all those biometrics like BP, sugar levels, body weight, cholesterol, and cancer risk biomarkers becomes a necessity to understand your behaviour.

Shifts in Mental Processes and Sleep Patterns:

Memory loss is common, and maintaining mental acuity requires physical exercise and mental stimulation. Sleep patterns change, with older individuals requiring less sleep and experiencing interruptions. Memory loss and changes in sleep patterns are common. Regular physical and mental activities contribute to maintaining mental acuity.



A lot of people keep their wits about them until the very end of their lives thanks to the brain's remarkable ability to adapt to new conditions (like reduced blood flow to the brain). Memory loss, however, is a common aging problem for many people. This can range from mild to severe and is a symptom of Alzheimer's disease in some people. Mental acuity can be improved through a combination of physical exercise and mental stimulation. Older people require less sleep than their younger counterparts. You won't be able to sleep as soundly as you did when you were younger, and you'll wake up more often as you get older.

Other Health Concerns

Hypothyroidism, diabetes, and the increased risk of cancer (breast, uterus, ovaries, colorectal) are prevalent after 50, demanding regular screenings and lifestyle adjustments. Hypothyroidism can cause fatigue, weight gain and even depression.

Overcoming Threats: Nurturing Well-being!

- **Keeping up with healthy routines:** Maintaining the healthy routines that you developed when you were younger can be an effective way to reduce the risk of developing a chronic illness that could endanger your health. It also aids in keeping your mobility as you get older. If you're new to any of these habits, make sure to discuss safe and effective ways to begin with your doctor. Please keep away from smoking, drinking, drugs, etc., which will cause irreparable damage to health.
- **Embrace nature and creativity:** Using your imagination is a far better way to keep your brain active than either reading or watching television. Create a haven in your own house. Take a break and recharge your batteries. Participate in activities with optimistic individuals.

Women over the age of 50 are free to pursue their interests in any way they see fit and should do so. Enjoy this moment of your life to the fullest.

- **Improving cognitive function:** In women, loss of short term memory and difficulty remembering words have both been linked to declining oestrogen levels. It can also cause flashes of heat, disrupted sleep, and low levels of the feel-good chemicals serotonin.
- **Cognitive function can be improved by taking walnuts, by involving creative work, and using your imagination in a far better way than either reading or watching TV.** Mental acuity can be improved through a combination of physical exercise and mental stimulation. Cognitive abilities can be improved by engaging the brain in mentally taxing activities on a regular basis.

Exercise and Physical Activity:

Physical activity, including swimming and jogging on a regular basis, increases heart rate and may significantly lower the risk of atherosclerosis, a disease characterized by the hardening and occlusion of the arteries. Heart disease and stroke are mostly caused by atherosclerosis. Exercising lowers the risk of adult-onset diabetes and, for women already living with the disease, may improve management of blood glucose levels via increased insulin sensitivity. A key risk factor for diabetes, excess weight gain can be better managed with regular exercise and taking medications properly.



A well-rounded diet is crucial for women at 50:

- To maintain healthy bones, eat a diet high in calcium, perform weight-bearing activities like walking and Dancing, and perform strength training activities like lifting weights regularly.
- **Calcium-rich foods:** Ensure an adequate intake for bone health.
- **Anti-cancer foods:** Include turmeric, tea, carrots, walnuts, and strawberries.
- **Protein and omega-3s:** Consume foods rich in protein and omega-3 fatty acids for muscle health and cell flexibility.
- **Milk:** One glass of milk provides about one-third of the daily required amount of calcium, which is essential for strong, healthy bones. Osteoporosis is more common

in women than in males. The National Osteoporosis Society advises adults, especially those over 50, to get 700mg of calcium daily, if possible through diet. It could be beneficial to increase this to approximately 1,000mg if you take osteoporosis medication.



that older adults eat many meals a day and consume more protein.

The health benefits of eating colourful food

- Berries are a rich source of phytonutrients, which are potent substances that, among other things, serve to prevent brain cell damage and enhance or increase cell-to-cell communication.
- Berries with vibrant colors such as blueberries, strawberries, raspberries, and others are juicy and tasty even without the extra sugar. Additionally, rich in vitamin K, blueberries and blackberries help to generate osteocalcin, a protein that promotes strong bones. In elderly women, higher vitamin K intakes are associated with better bone health.
- A half-cup of black beans provides approximately 400 mg of potassium, which is roughly 15% of the daily required amount and almost as much as a medium banana.
- The prebiotic fibre in beans is fermented by beneficial bacteria in your colon to create substances known as short-chain fatty acids (SCFA). In addition to improving the body's absorption of calcium and magnesium to



maintain bone health and assist in preventing heart disease and type 2 diabetes. SCFA also help lower the risk of colon cancer, which rises beyond the age of 50. Another kind of fibre found in beans helps to avoid constipation, which can become more frequent as one ages. It also bulks up bowel motions.

- Live active cultures, or probiotics, are cultures that are cultured in milk to produce yogurt. Additionally, yogurt has a lot of protein, which increases calorie burn and prolongs feelings of fullness. In addition, yogurt provides calcium and protein to maintain healthy bones. The amount of calcium in one cup of plain, normal yogurt is approximately 448 mg. For additional protein, fibre, vitamins, and minerals—as well as no added sugar— try a plain yogurt mixed with berries instead of sugary fruit-flavored yogurt.
- **Foods rich in Iron:** Women suffering from anemia should take diet rich in iron drumstick leaves, drumsticks, date- syrup, and fruits like sapota.
- Women's iron needs are lower after menopause, and

- **Turmeric and Spices:** Research indicates that consuming turmeric, the yellow spice found in curries, may help prevent dementia. The spice with a yellow hue, curcumin, has neuroprotective, anti-inflammatory, and antioxidant properties. Studies reveal that turmeric's curcumin offers cancer prevention. All spices used in small quantities have exceptionally good effects on health.
- **Tea:** A diet high in flavonoids, which are plant compounds, has been associated with a lower incidence of gastric, breast, prostate, and colorectal Malignancies. Many fruits and vegetables contain flavonoids, but among them richest beverage sources are black and green tea. Drinking black tea may also help control cholesterol levels and reduce the risk of high blood pressure.
- **Carrots:** Women with elevated blood carotenoids were less likely to develop breast cancer, particularly more aggressive forms. Consuming carrots may reduce the incidence of lung cancer, and the plant's beta-carotene transforms to vitamin A in the body, which may shield the eyes from age-related damage.
- **Walnuts, almonds, pumpkin seeds:** Research on women with breast tumors has revealed that consuming walnuts alters gene expression, or which genes are "switched on." They also aid in the prevention of Alzheimer's. Almonds and pumpkin seeds are a rich source of minerals and protein while they offer a lot of antioxidants, Omega-3, Omega-6 fatty acids, etc.
- Strawberries are a great source of flavonoids, vitamin B9 (folate), vitamin C (a shortage of which we may become sensitive as we age), and fiber (30 grams per day) — all of which are essential for good health.
- The ability of our cell membranes to retain fluid and flexible while maintaining their structural integrity is enhanced by omega-3 fatty acids, which also enhance cell-to-cell communication. They also supply heart healthy lipids, high-quality protein, and vitamin D. To slow down the loss of muscle with age, it is advised

taking more iron than you need can lead to side effects such as stomach upset, nausea, vomiting, and fainting.

- **Soya & Tofu:** Soya foods contain phytoestrogens, plant based estrogen that is similar in function to human estrogen, but with much weaker effects in the body. Soya is also a heart-healthy food. Consuming 25 grams of soy protein per day - roughly equivalent to half a cup of roasted soy nuts and one cup of unsweetened soymilk - actually lowers LDL (“bad”) cholesterol, hence lowering the risk of heart disease. Additionally, tofu that has been calcium-processed provides a substantial amount of calcium that builds bones.

Foods to be avoided:

Calcium: Calcium supplements may increase the risk of heart disease. Calcium from food does not raise this risk.

- Regular consumption of sugar-sweetened beverages of any kind has been associated with 13 different cancer types, including endometrial, ovarian, and breast cancer (after menopause). Weight increase is also a risk factor for these cancers. If you want to protect yourself from developing cancer, the single most important thing you can do is to maintain a healthy weight throughout your entire life, as stated by the American Institute of Cancer Research (AICR).
- According to the AICR, there is strong evidence that processed meats, which include nitrates, an additive known to cause cancer, raise the risk of colorectal cancer even at modest consumption levels.
- After age 50, calorie needs tend to drop. Avoid veggie chips. Eat vegetables in their more natural state. • Thinning skin, wrinkles, and hair loss are natural effects of aging. Maintaining skin health through moisturizers and proper care is essential.
- Bladder function changes, including urinary incontinence, can be managed with treatments and exercises.
- As a fifty-something woman, you might be balancing career and family obligations, possibly taking care of one or more aging parents, and you relish relaxing with a glass of wine after a demanding day. While alcohol can be part of a healthy lifestyle after 50, know your limits for alcohol. Alcohol in any quantity is not good

Yoga

There are different Yoga asanas for different health issues. Yoga asanas are to be practiced with the help of a Yoga Trainer depending on the requirement.

Meditation: Meditate, pray, visualize your day. Making meditation a regular practice will help in leading a healthy, balanced, and fruitful life. For Hypertension, meditation is the best remedy. Continuing meditation and monitoring the blood pressure will help in reducing the set aside quiet time every morning. Read something that inspires you. Focus on self-renewal. Be optimistic. Find time to appreciate what you want out of life. Find purpose and meaning. Then spread the joy to others.



Preventive Health Care: Prioritizing Well-being

In contrast to the practice of keeping planned visits to ensure adherence, routine health checkups serve as expressions of an individual’s well-being. The most important aspects of your health are the patterns of bone health, the screening for cancer, the unity of your cardiovascular system, and many others.

Cardiovascular Monitoring: Regular blood pressure and cholesterol checks.

| Classifying blood pressure | | | | Action |
|----------------------------|--------------------------------|-----|----------------------------------|---------------------|
| Category | Systolic BP (The first number) | | Diastolic BP (The second number) | |
| Normal | Less than 120 mmHg | And | Less than 80 mmHg | |
| Elevated | 120-129 mmHg | And | Less than 80 mmHg | Please visit doctor |
| Stage 1 hypertension | 130-139 mmHg | Or | 80-89 mmHg | Please visit doctor |
| Stage 2 hypertension | 140 mmHg or higher | or | 90 mmHg or higher | Please visit doctor |

- **Bone Health:** Bone density screenings for preventing osteoporosis.
- **Cancer Screenings:** Mammograms, Pap tests, and colorectal cancer screenings.
- **Dental, Diabetes, and Eye Checks:** Regular examinations for overall health.

With regular health checkup, you can lead a full and fruitful life form many years to come.

Your regular health check-ups include PAP:

The Pap smear is a screening test for cervical cancer, which is easily curable if detected at an early stage. You still need regular Pap tests after menopause, even though your risk of cervical cancer decreases with age. A Pap test may need to be performed more frequently if you have



high risk of cancer. Talk to your doctor about what options would be ideal for you.

Colorectal Cancer Screening (beginning at age 50) - through

Colonoscopy: Women over the age of 50 should be screened for colorectal cancer with colonoscopy every 10 years. In every five years, you should get barium enema with double contrast. Fecal occult blood tests are also important to be done yearly.

Bone density screening (at age 50 and beyond)

Bone mineral density scans are performed to determine the likelihood of developing osteoporosis. All women should do this once they reach the age of 65.

Breast Examination and Mammograms:

You should get a clinical breast exam once an year. Your breasts will be checked for irregularities by a medical professional. This checkup is typically included in yearly gynaecological checkups. In addition to these clinical exams, a breast self-exam (BSE) may be considered. If you decide to give yourself a BSE once a month, have your doctor or nurse demonstrate the procedure for you. Should get a mammogram every 2 years. Find out what works best for you and your family by consulting your doctor for a personalized schedule.

Essential Preventative Health Exams:

Now that you're in your fifties, maintaining your health will necessitate more frequent visits to your doctor as well as additional preventive screenings and tests as suggested above. Beyond the standard recommendations, you may need specialized care and additional testing if you are at high risk, have a family history of medical problems, or have serious medical conditions.

Consult your doctor about the various screening options and procedures available to you.

Dental checkup: Regular dental check up is essential for avoiding oral health issues and should be done every six months to one year. Some of the heart diseases are connected to periodontal infections in women

Diabetes: Regular screenings for diabetes are recommended every three years, or more frequently if you are overweight or at high risk for diabetes

Baseline screening for eye disease in adults

Annual eye examinations for anyone over the age of 40 who has symptoms of eye disease or risk factors like diabetes, high blood pressure, or a family history of eye problems are recommended. All women your age should have yearly Gynecology examinations that includes pelvic exam. Inquire with your doctor about getting tested for STDs like gonorrhoea and HIV if you or your partners have had multiple sexual partners or a history of STDs like chlamydia.

Annual skin examination to check for skin cancer

Taking preventive measures against sun damage and cancer of the skin, such as a monthly mole self-exam and avoiding prolonged exposure to the sun, is advised. Consult a medical professional for advice if you have a history of skin cancer or a family member who has had melanoma.

An initial TSH (Thyroid Stimulating Hormone) screening should be performed at age 35, with subsequent screenings occurring every five years.

| Type of vaccine | Its effect |
|-----------------------|---|
| Rotavirus vaccine | Reduce type 2 diabetes |
| Herpes zoster vaccine | Prevent shingles (painful rash) due to reactivation of chicken fox virus |
| Influenza vaccine | Decrease in antibiotic resistance and protection for those who have not been vaccinated or who have impaired immune systems |
| Hepatitis vaccines | To avoid high risk infections |
| Pneumococcal Vaccine | Works against pneumonia or if you have certain chronic medical conditions, you may need one or two additional doses |

Immunizations:

The contribution of vaccines to promoting healthy ageing is well established.

Many vaccination programs contribute by substantially reducing the burden of infectious diseases, decreasing mortality and -a less known effect -to prevent infection-related disability.



Take Home

Taking care of your health should always come first, even if your priorities may alter over time. Healthy diet, healthy weight, 7-8 hrs good sleep and at least 30 minutes of physical activity like walking, regular practice of yoga/ meditation are things to be followed sincerely. See your doctor about what's best for you based on your age, medical history, symptoms, and any concerns you may have. You might not need every test or vaccination every year. It is the goal of preventive health care to assist you in maintaining your health in the years to come and to identify any potential issues at an earlier stage, when they are easier to cure.

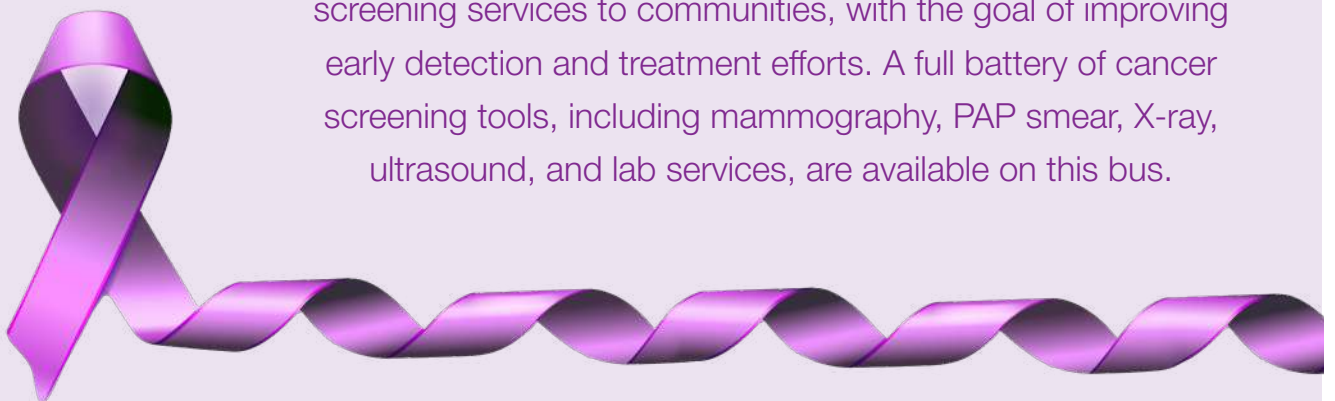
Feeling a sense of meaning in their lives and having strong social connections will have a significantly lower risk of mortality. Research has shown that having a “purpose” in life can lower your risk of heart failure and Alzheimer’s disease and even encourage you to lead a healthier lifestyle.



Cancer Screening Bus



As part of their corporate social responsibility project, KFRC launched the “Cancer Screening Express bus” to bring important screening services to communities, with the goal of improving early detection and treatment efforts. A full battery of cancer screening tools, including mammography, PAP smear, X-ray, ultrasound, and lab services, are available on this bus.



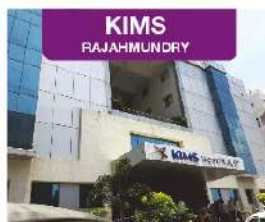
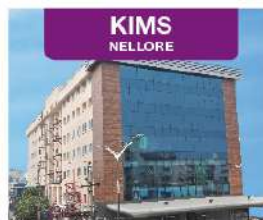
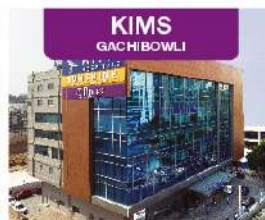
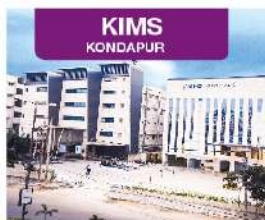
Practical tips to practice Health & Wellness

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We wish all our readers and their families
Happy Ugadi.

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