



# M.J. CHARITABLE TRUST

Newsletter Issue 5

## WHO ARE WE?

M.J. Charitable Trust is working to provide education and health services to the impoverished sections of society in India.

Dr. Ashok Kumar Jainer established the trust in 2008 to fulfil his dreams of a better society for all. This Trust provides selfless and unconditional service to the mankind. Everyone working in the Trust is committed, dedicated and working unpaid, there is no admin cost. The Trust is registered and has been awarded 80G of the income tax act of India.

**VISION:** A world in which everyone obtains good education and health.

**MISSION:** We seek a world of hope and working to ensure that kids growing up in poverty get an excellent education and health.

**VALUE:** Improve well being of people and convert their suffering into self-reliance. We treat them with respect, dignity, compassion and always be responsive to their needs.

## OBJECTIVES

1. Provide quality assured education for children growing in poverty.
2. Provide prompt and safe health care facilities to the poor in rural areas.
3. Provide food and basic amenities for people living in slums.
4. Raising awareness of common illness in rural part of India.

## A GLIMPSE OF OUR WORK

This young girl is from a disadvantaged background. She came to MJ Trust's Sunday free clinic to find a cure for epilepsy which was difficult to control. She had to get her MRI done which was arranged by the clinic and it was discovered that she has a brain tumor. Her parents, who earn on daily wages, gave up all the hopes. MJ Trust's team did not lose the hope and took the responsibility for her full treatment. She needed a brain operation followed by radiotherapy. It was found that her tumor was malignant cancer which was quite advanced.



**MJ Trust** couldn't change her fortune but supported her family throughout.

This treatment increased her duration of life and parents were able to come to term with it. In this kind of a hard time, we could not change her fortune but stand up with her and her family as a support.



**Our team** made his dream come true.

This gentleman is suffering from terminal stage of cancer. He has been told that he has a very short span of life to live.

He has no running income and has two young daughters. He has only one dream to marry off her daughter before he passes away. He came in contact with Dr. Vijay Verma who is associated with MJ foundation. Dr. Vijay Verma and MJ foundation team went to his house and became part of his dream. His both daughter got married on 19th Jan. We are proud of our time who has been working selflessly to make other's dream come true.

## HERO OF THE MONTH



### Dr. Shanmugam

Dr. Shanmugam who is working as a consultant psychiatrist in the UK. He is very humble, polite, kind and a noble person. He believes in core human values and has a very pure soul. He got to know about MJ Foundation and got quickly associated with it. He decided to sponsor the education of four children. His kind act will have a powerful impact on the future of these children. Our team take pride in including such humble people our team.

## LISTEN TO OUR EXPERTS



### Dr. Divya Sharma (32ooth Clinic, Dental surgeon, PG certified Implantologist, Certified advanced root canal specialist in NICS, Bangalore) on Root Canal Treatment

The tooth is made of an outer layer of enamel, cementum, an inner layer of dentin and the innermost pulp. The pulp contains blood vessels, nerves and connective tissue, which help grow the root of your tooth during its development.

the A fully developed tooth can survive without the pulp because tooth continues to be nourished by the tissues surrounding it.

## Why Root Canal Treatment?

Endodontic treatment is necessary when the pulp, the soft tissue inside the root canal, becomes inflamed or infected. The inflammation or infection can have a variety of causes: deep decay repeated dental procedures on the tooth or a crack or chip in the tooth. In addition, an injury to a tooth may cause pulp damage even if the tooth has no visible chips or cracks. If pulp inflammation or infection is left untreated, it can cause pain or lead to an abscess. Getting a root canal is relatively painless and extremely effective. You'll be back to smiling, biting and chewing with ease in no time. Saving the natural tooth with root canal treatment has many advantages:

1. Efficient chewing
2. Normal biting force
3. Natural appearance

## When do you need Endodontic Treatment?

Signs to look for include pain, prolonged sensitivity to heat or cold, tenderness to touch and chewing, discoloration of the tooth, and swelling, drainage and tenderness in the lymph nodes as well as nearby bone and gum tissues. Sometimes, however, there are no symptoms.

## Procedure

The endodontist removes the inflamed or infected pulp with the endo motor and lasers, carefully cleans and shapes the inside of the root canal, then fills and seals the space. Afterwards, you will return to your dentist, who will place a crown (metal, metal fused to ceramic, metal-free zirconia) or other restoration on the tooth (composites) to protect and restore it to full function. After restoration, the tooth continues to function like any other tooth.

Common questions asked by patients: *Will I feel pain during the procedure?*

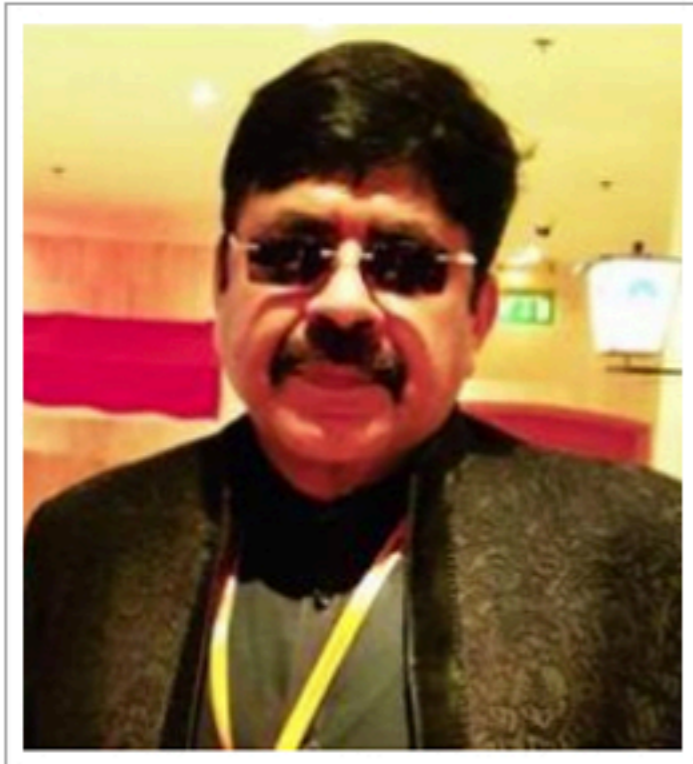
Well, thanks to the latest technologies and anesthetics that most of the patients are very comfortable during the procedure. The patient may feel sensitivity for first few days after the treatment if the tooth was infective and sensitive before the treatment. The tooth may continue to feel slightly different from your other teeth for some time after your endodontic treatment is completed.

## Cost for the Treatment

The cost varies depending on how complex the problem is and which tooth is affected. Molars are more difficult to treat; the fee is usually more. Most dental insurance policies provide some coverage for endodontic treatment.

Generally, endodontic treatment and restoration of the natural tooth are less expensive than the alternative of having the tooth extracted. An extracted tooth must be replaced with an implant or bridge to restore chewing function and prevent adjacent teeth from shifting. These procedures tend to cost more than endodontic treatment and appropriate restoration.

Cost: - 4k onwards and goes up to 15k depending upon the cases



## Dr. RK Thukral, MBBS, MD (Psychiatry) on Obsessive Compulsive Disorder

Obsessive Compulsive Disorder (OCD) is a disorder in which people have recurring, irrational, intrusive and irresistible thought against their will. Patients know that these are irrational thoughts but can't resist them and feel very distressing. These repetitive and intrusive thoughts lead to ritualistic behavior such as checking things, again and again washing hands again and again.

These thoughts have certain themes such as doubt and checking, dirt and contamination, religious, sexual and aggressive. Most common themes are 'dirt and contamination' and 'doubts and checking'. This illness generally starts around the age 20 years and is prevalent in 1 percent population.

Clinical example: There was a lady who will take hours and hours when taking bath. If she enters the bathroom other family members will be late as she won't come out despite on repeated request. She will also have a difficulty in making a decision, she will always have a fear that she may get infected, her hands are dirty these thoughts will go on and then she will start washing her hands sometimes using a toothbrush to clean her nails. She won't allow anyone to touch her clothes because she will start thinking that he may have passed the germs. She won't allow anyone to enter her house with shoes on, as she will start thinking his shoes may have dirt and germs.

### Causes

Research indicates that OCD may run in families; it may have an association with an underlying obsessional personality profile.

### Symptoms

People with OCD may have symptoms of obsessions, compulsions, or both, like:

1. Fear of germs or contamination.
2. Unwanted, forbidden or taboo thoughts involving sex, religion, etc.
3. Ordering and arranging things in a particular way.
4. Excessive cleaning or hand-washing.
5. Repeatedly checking on things.
6. Compulsive counting.

### Treatment

Medication predominantly antidepressants in particular SSRIs and certain types of cognitive behavior therapy have a significant therapeutic role. Exposure and response prevention (ERP) [in which individuals confront their fears and discontinue their escape response] is an evidence-based treatment for people experiencing ritualistic behavior as a part of OCD.



## Dr. Dhiren Pratap Singh (MBBS, MD (paediatrician), FRCPCH, Consultant paediatrician in UK) on ADHD

ADHD (Attention deficit hyperactivity disorder) is a neurodevelopmental disorder which was first described in 1902 and can span from early childhood to all the way till adulthood prevalence is reported to 5-7% but it is much higher in the US as the public is more aware and hence most of the research evidence comes from the US. It is 4 times more common in boys main pillars of symptoms are:

1. **Hyperactivity** (full of energy, can't still have a motor inside him).
2. **Inattentive** (short attention span on an average should be 1 minute by the age so even as an adult we can only focus for 20 minutes a 10 yr old for 10 min then the task needs to be broken, forgetfulness, only remember the 1 st part of instruction, disorganised) this will eventually impact on learning due to gaps through all Adhd children will not have learning difficulties.
3. **Impulsivity**- Will do things without realizing the consequences eg. whilst crossing road or even at home could get into frequent accidents, interrupt, impatient.

DSM 5 criteria for screening for inattentiveness and hyperactivity/impulsivity score or at least 6/9 or more needed in each category. Detailed developmental history is important as should be present in different environmental setting (home/school/ clinic) for at least 6 months. Different ratings scales are used all over the world to help with diagnosis: Connors - short and long version Vanderbilt questionnaire, ADHD-RSIV for teachers and parents (freely available on internet except Connors).

Most of the time one of the parents will present with similar symptoms in childhood but gets replaced by restlessness, impatience and takes longer to complete tasks but they don't run off etc in adulthood and hence family history is very important.

Management- Mild to moderate degrees can be managed with behavioral strategies but in moderate to severe ADHD. Medication has a very good effect size so if u manage with medication which has been in the market (stimulant) for more than 50 years there is a 70-80% chance the symptoms will improve.

However in 75% we will have other disorders like ASD, dyspraxia, sleep disorder, learning difficulties, sensory processing difficulties, tic disorder, epilepsy, conduct disorder (stealing, lying, hurting with no remorse- often in trouble with police)

oppositional defiant behaviour (not listening, stubborn and lack of respect for authority etc. this almost always seen with ADHD) once diagnosis established to make sure there are no cardiac symptoms and no family history of sudden death from arrhythmia as the stimulant medication does what exercise does to heart so slight rise in heart rate and blood pressure but no need for ecg/blood.

Behaviour therapy is also beneficial but effect size is only 0.3 in comparison to 0.7 based on MTAS study from US biggest one ever.

Medication is best started at least once they are 5 years old only circumstances it is given earlier age is if they are at risk to themselves or others. Stimulant medication are two kinds- methylphenidate short and long-acting first line always start with 5 mg twice a day after breakfast and lunch and gradually build up to 1 mg/kg/day over 4 weeks . It will affect appetite so, in that case, go low and slow like we do for epilepsy. Monitor every 3-6 months once stable don't forget to increase the dose as weight increases as smaller doses will only improve attention but not hyperactivity/impulsiveness, also other condition symptoms will become clearer once u manage Symptoms if ADHD. We have 2nd line stimulant- long-acting dexamphetamine and if for some reason eg weight issues or cardiac condition sometimes tics then non-stimulant medication is good too though not as effective and take longer to work have to be given every single day eg atomoxetine (better with and / anxiety) and newer one which is guanfacine works quicker and more effective too.

Adhd Management- Believe it or not, is very rewarding as u can not only improve the outcome for the child but also the whole family.

## A GLIMPSE OF BHANDARA HOSTED BY MJ FOUNDATION



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