

NAHAR MEDICAL CENTER LAUNCHES DERMA CARE PLUS



Renowned Bollywood Actress Sonali Kulkarni and Doctors of Nahar Medical Center inaugurated Derma Care Plus Cosmetology Department on Level 2 at Nahar Medical Center.

At Derma Care Plus, we offer a comprehensive range of advanced skin, hair and body shaping services, making you look your best, bringing out natural beauty within, creating the new you.

Our range of medical facials, Bridal glow treatments, Hair growth treatments, Laser hair removal and Anti-aging treatments help rejuvenate and nourish your skin to look youthful and radiant.



Dr. Senhal Sriram; Dr. Kavita, Center Head; Ajay Nahar; Sonali Kulkarni; Dr. Joglekar

Dr. Snehal Sriram with her 25 years of experience in treating over 10,000 clients, brings in the right combination of efficacy and safety in all treatments, perfectly complimented by hand-picked home care products exclusively available at Derma Care Plus.

Ajay Nahar, Partner - Nahar Group said "At Nahar Medical Center we offer the Latest Technology, reputed Doctors and well trained medical staff to enhance your experience and offer world class Treatment."



SKIN TREATMENTS

- Acne treatment
- Photofacials and Skin Rejuvenation
- Skin Brightening treatment
- Pigmentation treatment
- Warts, Skin Tags removal
- Anti-Ageing treatment
- Scars and Stretch Marks treatment
- Botox, Fillers, Thread Lifts
- Mesotherapy, Mesoglow
- Under-eye dark circle treatment

HAIR TREATMENTS

- Hair fall and Hair Loss treatment
- Platelet Rich Plasma treatment (PRP)
- Collagen Pin treatment
- Hair Grow Laser treatment
- Needle-Free Mesotherapy

Derma Care

BODY SHAPING

- Lipolysis
- Mesotherapy
- Double Chin treatment

ADVANCED LASER SERVICES

- Pain-free Laser Hair Reduction
- Advanced skin Clarity laser treatment
 - Laser Skin Toning
 - Carbon Peel
- Tattoo and Birth Mark Removal treatment



Follow us on



@naharmedicalcenter

MANAGING YOUR KNEE PAIN



The knee is one of the commonest joints affected by arthritis. However, development of knee arthritis is not inevitable with advancing age. Here are some tips that will help protect your knees from wear and tear.

Watch your weight

Being overweight or obese can lead to early onset and progression of knee osteoarthritis (joint degeneration due to wear and tear). Excess weight results in overloading of the knee joint causing the cartilage to wear out faster. In addition, fat tissue produces inflammatory chemicals called cytokines which can damage the knee.

Activity modification

Avoid squatting, cross-legged sitting or unnecessary climbing up and down stairs. These activities result in excessive loading of the knee joint, increasing the risk of knee arthritis. If possible, one must use commode style toilets instead of latrines that require squatting.

Healthy physical activity

Physical activity is good for your knees and also helps to maintain muscle strength. One must aim to perform at least 30 minutes of healthy physical activity every day, at least 3-4 times in a week. Walking, cycling and swimming are examples of healthy physical activities.

If you are into sports, ensure that you take precautions to protect your knee from injury. Some sports injuries can lead to development of knee arthritis later in life.

Keep your blood sugar in check

Recent scientific evidence suggests that there is a link between diabetes and knee osteoarthritis. Maintaining normal blood sugar levels will not only prevent diabetes related complications but will also protect your knees from osteoarthritis.

**Dr. Siddharth M.
Shah**

Orthopaedic Surgeon &
Joint Replacement Specialist

Follow us on



@naharmedicalcenter

TEETH WHITENING

1. Do I need Teeth Whitening procedure?

Teeth whitening procedure is done on natural teeth to remove extrinsic stains like tea, coffee, tobacco and smoking stains and also intrinsic stains yellow and gray discoloration from teeth. It helps to lighten the existing shade of teeth. During the procedure, product is applied to teeth which contains hydrogen peroxide that penetrates enamel and disintegrates the stains which as a result lightens the shade of teeth.

2. Does Teeth Whitening procedure require multiple visits?

It requires Single visit. The extent of whitening of teeth attained through bleaching may be influenced by the type of stains being addressed. The type of stain also can affect the length and number of treatments cycles required to achieve the desired result.

3. How long does the results for teeth whitening last?

The teeth whitening results can last for a minimum 18 months. It varies from person to person the products that stain teeth like smoking, tea, coffee, wine, food with excess food colour etc. can short-live the whitening results. Proper home maintenance guidelines provided by dentists can help prolong whitening results.

4. Are there any side effects of Teeth Whitening

Teeth whitening procedure is to be always done by trained dentists. The products used are approved by American Dental Association (ADA). This ensures no harm to natural teeth. Few people report sensitivity of teeth for 24 - 48 hours.

5. Are Home Teeth Whitening method as effective as Professional Teeth Whitening.

For Home Teeth Whitening procedure custom made dental trays are provided for each upper and lower arch. The product is milder in strength as compared to Professional Teeth Whitening hence desired results are achieved over a period of time. A combination of Professional Teeth Whitening and Home Teeth Whitening can be used for effective results.



**SUNDAY -
BRIGHT SMILES**

*Package includes -
Teeth Cleaning + Teeth Whitening

To Book An Appointment
☎ : +91 9619140536

Dr. Nivedita Ahluwalia
BDS

Nahar Medical Center, Nahar's Amrit Shakti, Chandivali Farm Road, Off. Saki Vihar Road, Andheri (E), Mumbai 400072

Dr. Nivedita Ahluwalia
BDS

Follow us on



@naharmedicalcenter



ALIGNER THERAPY

-AN INVISIBLE WAY OF TEETH STRAIGHTENING

Everyone is aware of the influence of appearance in their personal and professional lives and this has led to a considerable interest among the adult population seeking orthodontic treatment in the last few years. With the recent increase in adults seeking orthodontic treatment, there has been a corresponding increase in demand for appliances that are both more aesthetic and more comfortable than conventional fixed appliances which has led to development of aligner therapy for straightening of teeth.

What is Aligner therapy?

Aligner therapy uses series of clear, computer-generated, removable appliances for moving teeth in desired position. Each aligner is custom made to fit in the shape n size of an individual teeth

What are the advantages of aligner therapy?

- Highly Esthetic and almost invisible so social life is not compromised
- Patients find the aligners relatively comfortable to wear as there is no issue of poking wire or loose bracket as in traditional braces
- The ability to remove aligners to eat, brush and floss is very convenient as one can easily brush teeth and eat all their favourite food without having any fear of broken braces
- Appointments are less so even people who are staying outside or are frequent travellers can get their treatment done.
- You can still lead your active life without worrying about brackets hurting your lips while playing your favourite sport.

Is aligner treatment only for adult?

Aligner therapy is for both children and adults.

What are the steps of treatment?

First step: your orthodontist will take records which includes your case history, pictures and records

Second step: you will be called for an intraoral scanning wherein you can see your teeth three dimensionally on a monitor

Third step: your customised detailed treatment plan will be formulated by your orthodontist and will be submitted to the chosen aligner brand. Thereafter, they will manufacture your customised aligners. These aligners will be shipped to your orthodontist.

Fourth step: your aligners will be delivered to you by your orthodontist. Your doctor will give you all the instructions on how to wear and remove the aligners and how to take care of your aligners

Fifth step: you will be called periodically to dental office between 8-10 weeks for checkup depending upon your case

Final step: After correction of alignment of teeth, your orthodontist will give you retainers to hold the correction of teeth in their new position

Dr Gunjan Kedia

BDS, MDS
Consultant Orthodontist
(Mumbai)
Invisalign Provider

Life Member : Indian
Orthodontic Society

Follow us on



@naharmedicalcenter

With today's demanding lifestyle, it is getting common to face fertility related problems. Sometimes, couples have to delay starting a family, and by the time they start planning a family, it becomes difficult to conceive. I shall address a few of fertility related queries in this issue.

What are the pre-requisites for fertility?

Pregnancy is the result of a process that has many steps.

To get pregnant

- A woman's body must release an egg from one of her ovaries (ovulation).
- A man's sperm must join with the egg along the way (fertilize).
- The fertilized egg must go through a fallopian tube towards the uterus (womb).
- The fertilized egg must attach to the inside of the uterus (implantation).

Infertility may result from a problem with any or several of these steps.

Is infertility a common problem?

Yes, about 1 in 6 couples with the woman being in 15-44 years age group face difficulty in conceiving. Also, some women find it difficult to carry the pregnancy till term.

Is it always a woman's problem?

No one can be blamed for infertility any more than anyone is to blame for diabetes or leukemia. In broad terms, about one-third of infertility cases can be attributed to male factors and about one-third to factors that affect women. For the remaining one-third of infertile couples, infertility is caused by a combination of problems in both partners or, in about 20 percent of cases, is unexplained.

What can cause infertility in women?

A woman's age can have a big effect on her ability to have a baby, especially as she enters her 30s and 40s. With increasing age, the capacity of egg production declines. The most common female infertility factor is an ovulation disorder. Other causes of female infertility include blocked fallopian tubes, which can occur when a woman has had pelvic inflammatory disease or endometriosis (a sometimes painful condition causing adhesions and cysts). Congenital anomalies (birth defects) involving the structure of the uterus and uterine fibroids are associated with repeated miscarriages.

What can cause infertility in men?

The most common male infertility factors include azoospermia (no sperm cells are produced) and oligospermia (few sperm cells are produced). Sometimes, sperm cells are malformed or they die before they can reach the egg. In rare cases, infertility in men is caused by a genetic disease such as cystic fibrosis or a chromosomal abnormality.

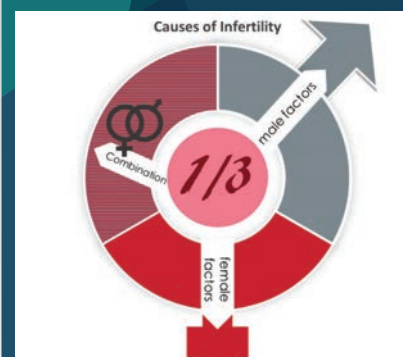
What can I do about my infertility?

Going to see a fertility specialist may help a couple figure out why they're not conceiving. In some (10-20%) cases, though, there may not be an obvious reason why a couple can't conceive. This is known as unexplained infertility. Fertility treatments can often help these couples with unexplained infertility. Infertility can be treated with medicines, surgery, intrauterine insemination (IUI) or assisted reproductive technologies (ART).

Often, medication and intrauterine insemination are used at the same time. Doctors recommend specific treatments for infertility on the basis of

- The factors contributing to the infertility.
- The duration of the infertility.
- The age of the female.
- The couple's treatment preference after counseling about success rates, risks, and benefits of each treatment option.

ADDRESSING COMMON QUERIES REGARDING FERTILITY CARE



Dr. Rita Modi
Fertility & ART Specialist

Follow us on



@naharmedicalcenter

AVAIL SPECIAL OFFER ON



MARCH OFFERS FOR WOMEN

Radiant Skin Package

Now at Flat 50% Off

Acne treatment packages

Now at Rs. 7560/- Only

Under Eye Dark Circles
Treatment

Now at Flat 30% Off

Customised Anti-Ageing
Treatments

Now at Flat 30% Off

Laser Hair Removal
Packages

Now at Flat 65% Off

Hair Root Therapy Packages

Now at Flat 50% Off

Help eliminate all your dental problems

Free Dental Consultation For Women

BASIC HEALTH PACKAGE

~~Rs. 2875~~

Now at Just Rs. 599/-

PCOS Tests

~~Rs. 9245~~

Now at Rs. 3500/-

Fertility Profile Test

~~Rs. 11820~~

Now at Rs. 4000/-

Perimenopausal Test

~~Rs. 13225~~

Now at Rs. 5000/-

Bone Densitometry

Now at Flat 50% Off

Valid till
31st March 2021

*T&C Apply

Follow us on



@naharmedicalcenter

NAHAR MEDICAL CENTER TAKES SPECIAL CARE OF ITS EMPLOYEES AND CREATES A FUN ATMOSPHERE AT WORK TO IMPROVE PRODUCTIVITY



Employees of the Month for for the month of February 2021 in Recognition of your Hardwork, Dedication & Commitment.

Laughter Therapy session by Archana Rao.



We Care
WRIST & ELBOW SPECIALIST



JP Care
JOINT PAIN SPECIALIST



**Phyiotherapy
Clinic**



NUTRI CARE
Diet & Weight Loss Services



Speciality Consultant Doctors at NMC

Physician | Gynaecologist | Paediatrician | General Surgeon
Ophthalmologist ENT Surgeon | Diabetologist | Cosmetologist
Dentist | Psychiatrist | Psychologist | Chest Physician
Orthopaedic Surgeon | Breast-Onco Surgeon | Physiotherapist
Diet & Nutrition Consultant | Homeopathy consultant

Follow us on

