

## **Press Release**

For Immediate Publication



## **Fortis Malar Hospital prepares young parents for the monsoons**

**Chennai, 6<sup>th</sup> October 2019:** Fortis Malar Hospital is association with Happy Mom conducted an educative and interactive session at the hospital on ‘**Prepare your child for the monsoons**’ led by **Dr. Jayashree Jayakrishnan, Lactation Consultant, Fortis Malar Hospital; Director & Founder – Happy Mom** . The event prepared parents of toddlers and infants for the upcoming monsoons by informing them to keep their surroundings clean and maintain personal hygiene to avoid the spread of water led and mosquito borne diseases. An informative step by step feeding guide was also presented for parents to ensure that their child receives optimum nutrition during this season. The session also focused on creating awareness on the developmental milestones (fine motor skills and gross motor skills) cognitive milestones, speech milestones for a child.

Commenting on the session, Dr. Jayashree said “With dengue and the H1N1 epidemic on the rise this monsoon, young parents must be extra cautious to ensure that hygiene isn’t compromised. Infants must be breastfed as this helps them stay well hydrated, build immunity and keep infections at bay. For toddlers, include more of fresh juices and vegetables with a high water content in their diet to avoid de-hydration”

Sessions for young parents are exclusively conducted once a month. For further details on the upcoming sessions, kindly contact: **+91 8248653940**.

### **About Fortis Healthcare Limited**

*Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai and Sri Lanka with 43 healthcare facilities (including projects under development), approximately 9,000 potential beds and over 400 diagnostics centres.*

### **About Fortis Malar Hospital:**

*Fortis Malar Hospital was acquired by Fortis Healthcare (India) Limited in early 2008. The hospital founded in 1992, is established as one of the largest corporate hospitals in Chennai providing quality super specialty and multi-specialty healthcare services. Fortis Malar Hospitals, with 180 beds, focuses on providing comprehensive medical care in the areas of Cardiology and Cardiac Surgery, Neuro Surgery, Gynaecology, Orthopaedics, Gastroenterology, Neurology, Paediatrics, Diabetics, Nephrology and Internal Medicine. Fortis Malar Hospital has a state of the art Cath Lab and multiple dedicated cardiac operation theatres and intensive coronary care units. Several rare and complex Adult and Paediatric Cardiac surgeries, Orthopaedic and Joint replacements, Neurosurgeries and Plastic reconstruction surgeries have been performed at this hospital. The hospital’ Obstetrics and Gynaecology services are among the busiest in the city, successfully performing many complicated deliveries and surgeries. They are supported by a dedicated Neonatology unit.*

**For more information, please contact:**

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