

Press Release

For Immediate Publication



Fortis Malar Hospital educates 'to be' and 'new dads' on Father's Day on breastfeeding practices

Chennai, 16th June 2018: Fortis Malar Hospital today conducted a special session on breastfeeding and lactation for 'to be' and 'new dads' to mark World Father's Day. The program saw **Dr Jayashree Jayakrishnan, Lactation Consultant, Fortis Malar** sharing her insights on being a labour coach and ways to support successful breastfeeding practices.

The session predominantly concentrated on “How fathers can prepare themselves to be a labour coach for mothers” and “How a father can be a Breastfeeding Advocate.” The parents were further given insights on Kangaroo care, a method of caring for a premature baby in which the infant is held in skin-to-skin contact by a parent, typically the mother for as long as possible each day till normalcy.

4th Trimester, a new concept which defines the period that starts from the moment the baby is born until three months old was introduced. The parents were educated in detail on the new concept as it is a period of great change and development in the newborn and how the baby adjusts to the new world outside the womb. The session was not only a new experience for the fathers but also for the mothers.

Commenting on this, **Dr Jayashree Jayakrishnan, Lactation Consultant, Fortis Malar** said, “*We aim to educate the couple so that they can be prepared to face the pregnancy period and the post pregnancy phase together and be supportive of each other. This session focused in helping fathers recognize their role during delivery and breastfeeding. We found out that when fathers were involved in helping mothers during their breastfeeding period, the mothers had a successful and peaceful experience.*”

The classes on pregnancy and breastfeeding will take place every Sunday from 11AM to 1PM in Fortis Malar Hospital which will include sessions on Childbirth, Hypno Birth, Aquanatal Classes for Pregnant moms, Birth Pool Session, Birthing Again, Refresher Class, Belly Mapping, Movement Therapy for Pregnant Mothers, Varmam and Thokkanam Massages.

To enroll for classes please contact:

Dr. Jayashree Jayakrishnan, Lactation Consultant, Fortis Malar Hospital – 94444 32677

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, Mauritius

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and Sri Lanka with 45 healthcare facilities (including projects under developme. 10,000 potential beds and over 374 diagnostic 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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