

Volume 03 | Issue 03 | June 2026

Free copy

HEALTH SHOTS

Unlock Your Wellness Potential!

 /Bloomlifehospital
 /Bloomlifehospital
 /bloomlife_hos
 /@BloomCreativeTeam

08

When a Baby is Born, So is a Father

Every birth story goes beyond mother and child—but the birth of a father is one we rarely talk about.

12 Understanding Your Thyroid

A tiny gland, a whole lot of influence in terms of how your body works.





1 Trimester



2 Trimester



3 Trimester



Birth

Integrated Birthing Method Programme

Complete Delivery Package

Easy Payment Options

From Conception to Deliver

Consultations
Ultrasound scans

Diagnostics

Prenatal Fitness

Yoga sessions

Massage & Foot Reflexology

Birth Preparation Classes

Complete Delivery Charges

Lactation & Physio visits

An all inclusive package

For more information call

+91-72999 11107

Exclusions

Well-baby bill | NICU charges

For details on exclusions speak to the counsellor



Editor's Note

Dear Readers,

When I was growing up, mothers were regarded as the central force that held families together. While my own mother was a doctor, many of my friends' mothers were homemakers—a role they consciously chose so they could be consistently present, tending to their families' every need. Many were well-educated women who set aside careers not out of limitation, but out of a deeply personal desire to nurture their homes in full.

Fathers, by contrast, were seen primarily as breadwinners. Emotional availability and hands-on parenting were rarely expected of them—and with mothers so steadfastly, consistently present, there seemed little room, or perceived need, for them to step into that space.

I am happy to say that I have witnessed a quiet but profound shift over the last two decades.

Today's fathers are showing up differently—and beautifully so. They become involved in their child's growth and development through the pregnancy journey, right from the first day of conception.

They are present in the birth preparation classes, in the delivery room at birth, and at the paediatrician's office when their child is growing up.

They are cooking dinners, reading bedtime stories, and having the deep conversations with their children that previous generations of fathers rarely knew how to begin. And this has helped our society greatly because, as research has affirmed, an involved father has a lasting impact on a child's emotional resilience, confidence, and overall wellbeing.



And in families where a father may not be present for any reason, there are father figures who step in quietly and fill the gap. Grandfathers, brothers, uncles and friends extend that strong, steady, often unseen support that help children thrive and become the best they can be.

This Father's Day, we celebrate every father, father figure, and man who shows up with love and intention.

Happy Father's Day! ♦

Dr. Kavitha Gautham

Managing Director, BloomLife Hospital Pvt. Ltd.

Editorial Team:

Dr. Kavitha Gautham
Anita Krishnaswamy

Marketing and Distribution:

R. Kavitha Lakshmi
R. Eniya Thendral
K. Thiagaraj
D. Mangaiyarkarasi

Contributors:

Dr. Aiswarya M. Nair | Anita Krishnaswamy
Dr. D. Balakumaran | Dr. Kavitha Gautham |
Dr. Rija Prathab | Dr. Swarna Ganesan | Shweta R.

Content Support & Design:

SARAS Works, Chennai

Published by BloomLife Hospital Pvt. Ltd.

Copyright © BloomLife Hospital Pvt. Ltd.

BloomLife Hospital Pvt. Ltd. All rights reserved. This book or parts thereof may not be reproduced in any form, stored in any retrieval system, or transmitted in any form by any means—electronic, mechanical, photocopy, recording, or otherwise—without prior written permission of the publisher. For permission requests, please write to info@bloomhealthcare.in. Disclaimer: The information provided in this health magazine is for educational and informational purposes only. It is not intended as a substitute for professional medical advice, diagnosis, or treatment. As a reader, please do further research or consult with relevant experts before making any decisions based on the information presented herein. Furthermore, please seek the advice of your physician or qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay seeking it because of something you have read in this magazine. Reliance on any information provided in this magazine is solely at your own risk. The magazine and its contributors do not endorse any specific tests, physicians, products, procedures, opinions, or other information mentioned. Mention of any specific healthcare products or services does not constitute an endorsement. The magazine or publishing organisation is not responsible for any untoward outcomes resulting from the use or misuse of information obtained from this publication.

Contents

- 5 Paediatrics & Neonatology
Summer Break to School Days
- 6 Reproductive Medicine & Fertility
Egg Quality: The Fertility Factor We Need to Talk About More
- 8 Art of Birthing
When a Baby is Born, So is a Father
- 9 Your Voice
Wait and Watch or?
- 10 Better Living
The Great Lunchbox Challenge
- 12 General Medicine
Understanding Your Thyroid (Part 2)
- 14 Health Insurance
Fine Print That Matters



Summer Break to School Days



Dr. D. Balakumaran

Head of Paediatrics & Neonatology
BloomLife Hospital Pvt. Ltd.

Returning to school after the summer break is more than an academic adjustment—it is an emotional, social, and physical transition for children and parents. With the right routines, reassurance, and preparation, this period can become healthier, calmer, and far less stressful.

As summer holidays draw to a close, families begin preparing for one of the most significant annual transitions in a child's life. Whether it is a toddler entering a classroom for the first time or an older child adapting to a new environment, the back-to-school period often brings a mix of excitement, anxiety, resistance, and emotional change. While parents tend to focus on academics and routines, it is equally important to prioritise emotional readiness, gradual adaptation, and consistent support.

Why Early Social Exposure Matters

One of the most effective ways to prepare children for school is to introduce them to social environments early. Enrolling toddlers in play-school between the ages of two and two-and-a-half years can help them become comfortable interacting with people outside their family, making future school transitions smoother. When choosing a school, proximity matters more. Schools closer to home reduce long commutes, allow for more quality family time, and may lower a child's exposure to contagious infections.

Every Child Adapts at Their Own Pace

It is important for parents to remember that adaptation varies from child to child. While many preschools begin with short sessions of two to three hours a day, some children may need additional flexibility. If a child appears distressed, temporarily reducing school hours or allowing gradual exposure can be beneficial. Equally important is the way parents communicate about school. Repeated discussions about fears and anxieties can sometimes reinforce them. Instead, short, reassuring conversations

and a positive outlook can help children feel more secure. For toddlers, choosing a preschool or daycare that allows parents to stay briefly during the initial days can provide valuable emotional reassurance. This transition is often easier when familiar routines are maintained at home. Consistent meal timings, familiar foods, and dedicated time with parents help create a sense of stability during periods of change. Parents should also avoid using sweets or treats as rewards for good behaviour, as this can create unhealthy associations over time.

Carrying Healthy Habits Forward

The start of a new school year does not have to mean abandoning the positive habits developed during the summer (like a new routine, sport or hobby). Continuing physical activities and interests can support discipline, confidence, and emotional well-being. For children changing schools, maintaining contact with old friends can be helpful. Many struggle to express feelings of loss or isolation, so having open and supportive conversations at home is essential.

Prioritising Preventive Health

Returning to school increases exposure to common infections. So, parents should ensure their children are up to date with routine vaccinations and flu shots. For children prone to allergies or recurrent infections, wearing masks in crowded settings may continue to be a useful preventive measure.

Ultimately, a successful return to school is built not on pressure or perfection, but on patience, consistency, and emotional reassurance. With the right support, children can approach the new school year with confidence and resilience. ♦





Egg Quality

The Fertility Factor We Need to Talk About More

When we talk about childbirth, the focus naturally falls on the mother and baby. Yet, standing beside the labouring woman is a person whose life is changing forever. While fathers and birth partners may not experience labour physically, they also undergo a transformation beyond expectations.

One of the most common questions I hear in my fertility practice is, “Doctor, am I too old to conceive?”

While age certainly plays an important role in fertility, it is not the only factor that matters. In fact, there is another aspect of reproductive health that deserves just as much attention: Egg quality. Many women are aware that fertility declines with age, but fewer understand what is happening behind the scenes within the ovaries. Terms like AMH, FSH, ovarian reserve, and egg quality often appear in fertility reports, yet they can feel overwhelming and confusing. As a fertility specialist, I believe that understanding these concepts can empower women to make informed decisions about their reproductive future.

Fertility Is About More Than Just Age

Age is often viewed as the defining measure of fertility, but in reality, fertility is far more nuanced. I have seen women in their late 30s with reassuring ovarian reserves and healthy reproductive potential. At the same time, I have met younger women who were



Dr. Kavitha Gautham

Senior Consultant – Reproductive Medicine
& High Risk Obstetrics
BloomLife Hospital Pvt. Ltd.

surprised to discover that their ovarian reserve was lower than expected. Every woman has a unique reproductive profile, and understanding that profile requires a closer look at ovarian health.

What Exactly Is Egg Quality?

When we talk about egg quality, we are referring to the health and developmental potential of a woman's eggs. A healthy egg has a greater likelihood of being fertilised successfully, developing into a healthy embryo, implanting in the uterus, and resulting in a successful pregnancy.

Women are born with all the eggs they will ever have. As the years pass, both the number and quality of these eggs gradually decline. This is a natural biological process that affects every woman differently. The challenge is that egg quality cannot be measured directly through a single blood test. Instead, we use several indicators to build a clearer picture of reproductive health.

Understanding Ovarian Reserve

One of the most important concepts in fertility assessment is ovarian reserve or the number of eggs remaining in the ovaries. Women are born with a finite supply of eggs, and this reserve decreases steadily throughout life. Although ovarian reserve does not tell us everything about egg quality, it provides valuable information about how the ovaries are functioning and how they may respond during fertility treatment if needed.

Why AMH Has Become Such an Important Test

Many patients come to me having already heard about AMH, or Anti-Müllerian Hormone. AMH is produced by small follicles within the ovaries and serves as a useful marker of ovarian reserve. It helps us estimate the quantity of eggs that remain. A higher AMH level generally suggests a greater ovarian reserve, while a lower AMH level may indicate a reduced reserve.

However, as I explain to my patients, the AMH measures quantity, not quality. A woman with a lower AMH level may still conceive naturally. Likewise, a normal AMH level does not automatically guarantee pregnancy.

The Role of FSH

Another important hormone we evaluate is Follicle-Stimulating Hormone, or FSH.

FSH helps stimulate the growth of follicles that contain developing eggs. As ovarian reserve declines, the body often responds by producing more FSH in an attempt to encourage follicular growth. Higher FSH levels can therefore be a sign that the ovaries are working harder than before.

Like AMH, FSH is only one piece of the puzzle. Interpreting fertility hormones requires context, and that context comes from combining laboratory findings with age, ultrasound assessments, menstrual history, and overall reproductive health.

Looking Beyond Blood Tests

While blood tests are valuable, fertility assessment does not stop there.

Ultrasound evaluation allows us to count the small follicles visible within the ovaries, a measure known as the antral follicle count. This provides additional information about ovarian reserve and helps create a more comprehensive picture of fertility potential.

Can Egg Quality Be Improved?

While we cannot reverse the natural ageing process of eggs, there are several factors that may support overall reproductive health. Maintaining a healthy weight, managing chronic medical conditions, avoiding smoking, minimising excessive alcohol consumption, prioritising sleep, reducing stress, and following a balanced diet all contribute to overall well-being and may positively influence reproductive health. However, there is no evidence-based method that can help increase egg count as such.

Why I Encourage Early Fertility Assessment

One of the greatest misconceptions about fertility is that evaluation is only necessary when a couple has difficulty conceiving.

In reality, fertility assessment can be a valuable tool even before pregnancy is actively being planned. Women who are considering delaying parenthood, focusing on career goals, or simply seeking greater clarity about their reproductive future may benefit from understanding their ovarian reserve and overall fertility profile. ♦





Dr. Swarna Ganesan

Consultant – Holistic Birthing
BloomLife Hospital Pvt. Ltd.

When a Baby Is Born, So is a Father

When we talk about childbirth, the focus naturally falls on the mother and baby. Yet, standing beside the labouring woman is a man whose life changes forever. While fathers may not experience labour physically, they undergo a transformation beyond expectations.

When we think about labour and childbirth, our attention is understandably focused on the mother and the baby. We talk about the physical demands of pregnancy, the intensity of labour, and the challenges of the postpartum period. Yet, there is another story unfolding in the labour room—one that is rarely discussed. For many men, the journey begins long before labour starts. They attend antenatal appointments, prepare the home for the baby's arrival, discuss names, and imagine what life will look like once they become parents. By the time labour begins, they have already invested months of anticipation, excitement, and hope into the experience. However, labour often brings emotions they do not expect.

The Weight of Helplessness, Fear, Responsibility

One of the most common feelings fathers describe is helplessness. Watching a loved one endure intense labour pains can be emotionally overwhelming. Many men express a wish that they could somehow take away their partner's discomfort. In those moments, they often question whether they are doing enough. What they need to realise is that a reassuring touch, a hand to hold, or a few words of encouragement can provide tremendous comfort to a labouring mother. Moreover, childbirth, even when progressing normally, carries a degree of unpredictability. Many fathers find themselves caught between supporting their partner and managing their own concerns about the wellbeing of mother and baby. Alongside this fear is a strong sense of responsibility.

Many men feel they must be the calm and steady presence in the room. As a result, they often suppress their own emotions and focus entirely on their partner. While this strength can be reassuring for the mother, it can sometimes leave little room for fathers to acknowledge their own emotional needs.

Witnessing Strength Like Never Before

Many fathers witness a side of their partner they have never seen before—a remarkable combination of strength, determination, resilience and vulnerability. Watching a partner navigate labour often reshapes a man's understanding of motherhood forever and deepens their respect and appreciation for the woman giving birth.

The Emotions At Birth

Then comes the moment of birth. For many fathers, on hearing that first cry or seeing their baby for the first time, relief, joy, gratitude, awe, and disbelief arrive all at once. The months of preparation suddenly give way to a new identity—a father. It is also important to remember that not every father feels an immediate bond with the baby, and that is perfectly normal. For some, the connection develops gradually over days and weeks through touch, caregiving, skin-to-skin contact, and shared experiences.

The Quiet Birth We Often Overlook

Within the labour room, a man enters carrying hopes, fears, questions, and expectations. He leaves with a deeper understanding of love, responsibility and family. It is a journey that is not always visible, but is no less significant. Because every birth story includes the birth of a father. ♦



Wait and Watch or...?

Diagnosis: Done. Treatment: Ongoing. And then, some pesky issues seem to crop up! The question of whether to wait or consult the doctor becomes a difficult one to answer, particularly when one considers the time and effort involved. How does one resolve this?

Anita Krishnaswamy

CEO, BloomLife Hospital Pvt. Ltd.

Sometimes, we need simple clarifications – not an entire consultation. So, going through an entire consultation seems too much, and expensive. What are some alternatives to get the right information?

Looking at the question, before providing a solution per se, I would like to go a little deeper. In particular, I wish to look at the use of the word ‘simple’, which has two underlying implications. One, that the issue could be a symptom of a condition that was treated (before it is completely cured), or a reaction to the medicines that were prescribed. Simply put (pun intended!), it is a follow-up question and not a ‘new’ problem that needs diagnosis and treatment. Two, it seems to indicate a threshold up to which a person is willing to wait before making a visit to the doctor.

Both aspects are interrelated in the sense that it gives the person a doubt as to whether they need to consult the doctor until it becomes a mandatory need.

When it comes to any symptoms or conditions, even if the issue seems to be minor or a mild manifestation (headache, nausea, rashes, and so on), it is important to seek a doctor’s advice on how to handle it. Usually, doctors will brief you on possible side-effects and symptoms that may arise during a course of treatment, and as well from medicines that are prescribed – particularly when there is a past history of reactions or allergies. However, there is a possibility that some condition may arise. If it does, and is causing prolonged discomfort or occurring repeatedly on a frequent basis, please reach out to your doctor.

Now, when a person has a very high threshold to pain and discomfort, they will choose to withstand a condition until it becomes very disturbing – and it becomes clear that a doctor’s visit is unavoidable. Typically, such people tend to wait it out, hoping that the issue will resolve itself in time. In such cases, it is important for their family members or caretakers to look out for tell-tale signs of issues or discomfort and alert their doctor.



In both cases, ignoring a symptom or delaying a visit out of a desire to avoid a trip to the hospital may result in a new problem. Also, please refrain from taking advice from family members or local pharmacists. Doctors understand our physiology better than us, and are more suited to guide us on how to deal with health issues.

Coming to the crux of the question, which touches on getting one more appointment, I can understand that the time and money spent might seem comparatively much more. Hence, the best solution in such cases is to avail of online appointments that almost every hospital provides today. This option is affordable and relieves you of the need to make an in-person trip. If your consulting doctor is unavailable, they will get you another experienced consultant, who will refer to your case files before advising a course of action. Some smaller clinics may not have online consultation options, and you may have to go in person, but it is definitely a better option when it comes to your health and well-being. ♦

The Great Lunchbox Challenge

If packing a school lunch feels like a daily negotiation, you're not alone. The secret isn't forcing children to eat healthier—it's making healthy food something they actually look forward to opening at lunchtime.



Shweta R.
Clinical Dietitian – BloomLife Hospital Pvt. Ltd.

Every parent begins the school year with the same intention: this will be the year their child eats healthier.

Yet, within days, lunchboxes start returning home half-full. The carefully packed fruit remains untouched, the vegetable-filled sandwich comes back uneaten, and somehow the packet of chips shared among friends disappears without a trace.

The challenge is familiar to almost every family. Parents want nutrition, children want taste, and schools increasingly encourage healthier eating habits. The good news is that these goals do not have to compete with one another.

Children do not necessarily dislike healthy food—they dislike food that feels boring, repetitive, or unappealing. When meals are colourful, varied, and enjoyable to eat, healthy choices become far easier to accept.

The secret to a successful lunchbox is not perfection. It is finding the balance between nutrition, taste, presentation, and practicality. By understanding what appeals to children at different ages, parents can create lunchboxes that nourish growing bodies while still bringing excitement to the school day.

Common Lunchbox Mistakes Parents Make

Some of the most common pitfalls include:

- Packing portions that are too large
 - Repeating the same menu every day
 - Ignoring texture and freshness
 - Sending foods that are difficult to eat during short lunch breaks
 - Assuming healthy food must be expensive
- In reality, some of the most nutritious and affordable options include curd rice, eggs, bananas, peanuts, corn, homemade wraps, and seasonal fruits.

The Formula for a Balanced Lunchbox

A practical lunchbox does not need to be complicated. Aim to include:

- A source of energy (rice, chapati, pasta, or grains)
- A source of protein (eggs, paneer, legumes, chicken, or dairy)
- Colour from fruits or vegetables
- A crunchy element for variety
- One enjoyable "fun" item

LKG to Class 2: When Food Needs to Be Fun

Young children are visual eaters. At this age, they are often more interested in colours, shapes, and presentation than

Lunchbox Ideas

- Mini rainbow idlis
- Cheese dosa rolls
- Vegetable pasta with hidden vegetables
- Paneer cubes with soft paratha bites
- Tiny lemon rice balls
- Curd rice decorated with playful shapes

Snack Ideas

- Strawberry-banana mini pancakes
- Cheese cubes and grapes
- Homemade popcorn
- Banana-oats muffins
- Dry fruit laddoos
- Sweet corn cups

A simple trick that often works is using colourful lunchbox compartments and child-friendly food picks to make healthy foods more appealing.

Classes 3 to 5: The Age of Comparisons

As children grow older, presentation becomes increasingly important. Lunchboxes become part of their social experience,

Lunchbox Ideas

- Paneer tikka wraps
- Homemade pizza sandwiches
- Beetroot parathas with curd dip
- Mexican rice bowls
- Stuffed kulchas
- Chapati noodles

Snack Ideas

- Oat and cocoa energy balls
- Fruit skewers
- Hummus with vegetable sticks
- Yogurt parfaits
- Air-fried potato wedges

Classes 6 to 8: Managing Growing Appetites

Middle-school children experience rapid growth and often develop stronger cravings for convenience foods.

Lunchbox Ideas

- Paneer or chicken shawarma rolls
- Healthy vegetable noodles
- Multigrain burgers
- Quesadillas with vegetables and cheese
- Egg fried rice
- Sprout chaat bowls

Snack Ideas

- Peanut chikki
- Trail mix with nuts and dried fruits
- Masala corn cups
- Fruit smoothies
- Boiled eggs

Classes 9 to 12: Fuel for Busy Teenagers

Teenagers need more than just food—they need sustained energy to support academics, sports, extracurricular activities, and growth.

Lunchbox Ideas

- High-protein burrito bowls
- Grilled chicken sandwiches
- Whole wheat pasta
- Rajma rice bowls
- Egg and cheese wraps
- Quinoa vegetable bowls

Snack Ideas

- Protein smoothies
- Peanut butter banana sandwiches
- Mixed nuts and seeds
- Greek yogurt cups
- Overnight oats

When nutrition and enjoyment coexist, healthy eating becomes a habit rather than a battle.

Years from now, children may not remember every lesson they learnt in school, but they often remember opening a lunchbox packed with care, sharing snacks with friends, and discovering a favourite treat tucked inside.

Sometimes, good nutrition is not only about what is packed—it is also about the love that comes with it. ♦

Part 2

Understanding Your THYROID

In Part 2 of this series, we explore how thyroid disorders are diagnosed, the treatments that help restore hormonal balance, and the importance of long-term care in maintaining health and quality of life.

Let's start with good news: Thyroid disorders are, in the vast majority of cases, highly manageable. With timely diagnosis, appropriate treatment, and regular monitoring, most people are able to lead healthy, active lives.

One of the most important takeaways from this discussion is that thyroid disorders are about far more than weight changes. Because thyroid hormones influence virtually every organ system, symptoms can affect mood, energy levels, digestion, heart function, reproductive health, and overall well-being. When persistent symptoms span multiple systems, the thyroid is always worth considering as a possible cause.

Getting a Diagnosis

Diagnosing a thyroid disorder typically begins with a clinical evaluation and a set of targeted blood tests. The most commonly used test measures thyroid-

stimulating hormone (TSH). Elevated TSH levels generally indicate hypothyroidism, while suppressed TSH levels suggest hyperthyroidism. Free thyroxine (T4) levels are often measured alongside TSH to provide a clearer understanding of thyroid function.

When structural abnormalities are suspected, imaging studies such as an ultrasound may be recommended to identify nodules or changes within the gland. If nodules are detected, a fine-needle aspiration biopsy may be required to determine whether they are benign or malignant.

As with most medical conditions, early diagnosis plays a crucial role. The earlier a thyroid disorder is identified, the easier it is to manage and the lower the likelihood of long-term complications.



Dr. Aiswarya M. Nair

Consultant – General Medicine
BloomLife Hospital Pvt. Ltd.

Treatment Options

Treatment depends on whether the thyroid is underactive or overactive.

For hypothyroidism, the standard treatment is levothyroxine, a synthetic form of thyroid hormone taken orally, often on a lifelong basis. When appropriately dosed, it effectively restores normal hormone levels and relieves symptoms. Precision is important, as both under-treatment and over-treatment can lead to health complications.

For hyperthyroidism, treatment options are more varied. Anti-thyroid medications reduce hormone production, while beta-blockers may be prescribed to control symptoms such as palpitations and a rapid heart rate. Radioactive iodine therapy is another well-established treatment that gradually reduces thyroid activity by shrinking the gland.

In certain situations—including a significantly enlarged goitre, suspicious nodules, or thyroid cancer—surgical removal of the thyroid gland, known as a thyroidectomy, may be recommended.

Why Ongoing Monitoring Matters

Thyroid disease is rarely a condition that can be treated once and forgotten. Regular follow-up is essential to ensure that treatment remains effective and that hormone levels stay within the desired range.

For individuals with hypothyroidism receiving levothyroxine, TSH levels are typically checked every six to twelve months once stability has been achieved. More frequent monitoring may be necessary during the initial treatment phase or whenever symptoms change.

For those with hyperthyroidism, ongoing monitoring is equally important. If left uncontrolled, hyperthyroidism can increase the risk of heart disease, osteoporosis, and, in rare cases, a life-threatening condition known as thyrotoxic crisis. Patients receiving

anti-thyroid medication or radioactive iodine therapy require regular blood tests, and in some cases, repeat imaging studies to monitor thyroid activity and the status of any nodules.

Regular follow-up appointments also allow healthcare providers to identify and address treatment-related side effects before they become significant concerns.

Lifestyle and Prevention

While medication remains the cornerstone of treatment, certain lifestyle measures can support thyroid health.

A balanced diet containing adequate amounts of iodine, selenium, and zinc plays an important role in thyroid hormone production and metabolism. Regular physical activity supports overall metabolic health, while effective stress management may be beneficial, given the recognised relationship between chronic stress and hormonal regulation.

From a broader public health perspective, continued efforts to ensure adequate iodine intake through food fortification programmes remain important, particularly in regions where deficiency persists. Increased awareness of thyroid disorders and appropriate screening among high-risk populations can also contribute to earlier diagnosis and better outcomes.

Millions of people live with thyroid disorders, and many remain undiagnosed for years because the symptoms are often mistaken for stress, ageing, or lifestyle-related issues. Recognising the signs and seeking timely medical evaluation can make a significant difference.

Sometimes, the journey to answers begins with a simple blood test. ♦



A Special Note for Women Planning Pregnancy

For women with a known thyroid disorder who are considering pregnancy, early planning and medical guidance are essential. In women with hyperthyroidism, some commonly used medications may not be suitable during pregnancy. A medication review and transition plan should ideally be completed before conception.

For women with hypothyroidism, pregnancy significantly increases the body's requirement for thyroid hormone. As a result, a dose that was previously adequate may need to be increased once pregnancy occurs. Regular monitoring throughout pregnancy is therefore critical to ensure both maternal health and optimal fetal development. There is also a possibility of developing gestational hypothyroidism, which may disappear after pregnancy, and need re-checks until four to six weeks post delivery.

Careful planning, timely adjustments, and close coordination with a healthcare provider can help ensure a healthy pregnancy journey for both mother and baby.

Fine Print That Matters

Room Rent Caps

Dr. Rija Prathab

Manager – Billing & Insurance
BloomLife Hospital Pvt. Ltd.

Most people assume that if their hospital bill falls within their health insurance sum insured, the insurer will pay the entire amount. Unfortunately, a mismatch between the room you choose and the room category covered under your policy can result in significant deductions—not just on the room charges, but on several other hospital expenses as well.

What Is Room Rent Eligibility?

Room rent eligibility refers to the maximum amount per day that an insurance company will pay towards the hospital room occupied by the insured patient. In many cases, room rent includes not only the room charge itself but also associated expenses such as nursing charges and Duty Medical Officer (DMO) charges. For example, if the room rent is Rs. 4,000 per day, nursing charges are Rs. 300, and DMO charges are Rs. 500, the total room rent considered by the insurer may be Rs. 4,800 per day. This is why it is important to understand exactly how your insurer defines room rent under your policy.

How Is Room Rent Eligibility Determined?

Many health insurance policies link room rent eligibility to the total sum insured. As a general guideline, room rent eligibility may range between 1% and 1.5% of the total sum insured.

Some premium policies do not impose a room rent cap. Others may specify eligibility for a "Single Private Room" rather than a fixed monetary limit. However, policyholders should be aware that room categories vary between hospitals. In some hospitals, a room costing Rs. 12,000 per day may be classified as a Deluxe Room rather than a Single Private Room. In such situations, insurance coverage may be restricted.

What Is Proportionate Deduction?

One of the most important concepts for policyholders to understand is proportionate deduction. If your policy permits only a shared room but you choose a higher category room, the insurance

Room rent eligibility is one of the most overlooked aspects of health insurance—even when your hospital bill is well within your sum insured limit, choosing a room that exceeds your eligibility can significantly reduce your claim amount.

company may apply deductions not only to the room charges but also to other hospital expenses such as:

- Doctor consultation fees
- Procedure and surgery charges
- Investigation costs
- Nursing charges
- Other associated medical expenses

What About ICU Charges?

Fortunately, most insurance policies treat ICU charges separately.

The room rent clause generally applies only to regular inpatient rooms. ICU eligibility and coverage are usually governed by separate policy provisions. Nevertheless, policyholders should verify ICU coverage details while purchasing a policy.

What Should You Check Before Buying Health Insurance?

When evaluating a health insurance policy, do not focus solely on premium amount and sum insured. It is equally important to review:

- Room rent eligibility
- ICU coverage limits
- Proportionate deduction clauses
- Co-payment requirements
- Room category restrictions

Moreover, before admission, patients or family members should contact their insurance provider or hospital insurance desk to confirm room rent eligibility. ♦

Born to Float

Where Babies Love to Splash.

Curated developmental
and fun activities for
newborn babies

Baby Aqua Spa
Baby Massages



Baby
Aqua Spa



85A, 4th Avenue, Ashok Nagar, Chennai-600083

For details and registration, call

+91-72999 11120

@ 25%
Discount
BOOK NOW



Velachery, Chennai

Your Health. Our Mission.



Call

044-4000 0009

+91-94989 94989

No 32, Taramani Link Rd, VGP Seetapathi Street,
Baby Nagar, Velachery, Chennai – 600042, Tamil Nadu

Email: info@bloomhealthcare.in

www.bloomlifelifehospital.com

World-class, complete medical care at affordable prices.

NABH (Entry Level) accredited multi-speciality hospital, to give you optimum health and well-being through state-of-the-art treatment and care.

- ◆ **Obstetrics & Gynaecology**
- ◆ **Holistic Birthing**
- ◆ **Reproductive Medicine**
- ◆ **Foetal Medicine**
- ◆ **Paediatrics & Neonatology**
- ◆ **Orthopaedics**
- ◆ **Emergency & Trauma Care**
- ◆ **Cardiology**
- ◆ **Urology**
- ◆ **Nephrology**
- ◆ **General Medicine & Surgery**
- ◆ **Diabetology**
- ◆ **Lifestyle Medicine**
- ◆ **ENT**
- ◆ **Gastroenterology**
- ◆ **Anaesthesiology**
- ◆ **Laparoscopic Surgery**
- ◆ **Neurology & Surgery**
- ◆ **Oncology (Medical & Surgical)**
- ◆ **Pulmonology**
- ◆ **AYUSH Wellness**
- ◆ **Dentistry**
- ◆ **Dermatology**
- ◆ **Endocrinology**
- ◆ **Radiology**
- ◆ **Physiotherapy**



/Bloomlifelifehospital



/Bloomlifelifehospital

/bloomlife_hos



@BloomCreativeTeam