











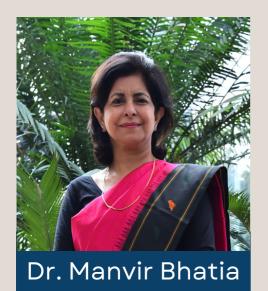
NEWSLETTER

Neurology Sleep Centre

ABOUT NSC

Founded in 2008 in New Delhi by Dr. Manvir Bhatia, Ex Prof AllMS, N Delhi ,with 30 years of experience. The vision being to provide services related to Neurology and Sleep related issues under one roof, being a ONE-STOP solution.

This includes consultation, and appropriate testing for neurological disorders (EEG, Nerve testing etc) and sleep studies, Pap devices for those with Sleep disorders.



About: Dr. Manvir Bhatia

Dr. Bhatia, a seasoned medical professional with over 35 years of experience, holds an MD in Medicine and a DM in Neurology. As a distinguished Senior Neurologist and Sleep Specialist, she is recognized as a pioneer in advancing the fields of Neurophysiology and Sleep Medicine in the country. Dr. Bhatia has actively promoted awareness about sleep disorders in the community, conducting programs and celebrating World Sleep Day for over a decade.

She has been featured in interviews on both TV and Print Media, shedding light on the significance of sleep. Her illustrious career includes roles such as Additional Professor and In-charge of Neuro-Electrophysiology, Sleep Medicine at AlIMS, New Delhi, Chairperson of Sleep Medicine, and Senior Neurology Consultant at Sir Ganga Ram Hospital, New Delhi, as well as the Director of Sleep Medicine and Senior Neurologist at Fortis Escorts Heart Institute in New Delhi.









NSC'S 2023: A YEAR PACKED WITH UNFORGETTABLE NEUROLOGICAL AND SLEEP ACHIEVEMENTS!

Successfully Conducted World Sleep Day on 5th March 2023 at IIC New Delhi With a Mission to Create Awareness of the importance of Sleep in Overall Health





ORGANIZED SERVICE CAMPS, DEDICATED TO PROVIDING FREE ASSISTANCE FOR PAP **DEVICES. OUR MISSION TO IMPROVE CPAP USAGE**















DR. MB'S 2023 HIGHLIGHTS: A YEAR OF **MEMORABLE MOMENTS IN EVERY EVENT!**



DELIVERED A TALK ON THE" FUTURE OF SLEEP MEDICINE IN INDIA" AT THE 10TH **CONGRESS OF THE ASIAN SLEEP RESEARCH SOCIETY IN TURKEY**

PRESENTED A PAPER ON THE **CORRELATION BETWEEN OSA AND EPILEPSY AT THE PRESTIGIOUS ANNUAL EPILEPSY CONFERENCE ECON 2023**



DELIVERED A TALK AT THE IANCON 2023





DELIVERED A TALK ON "THE SILENT THREAT ON THE ROAD: HOW OBSTRUCTIVE SLEEP APNEA HEIGHTENS THE RISK OF ACCIDENTS" AT THE TRAFFIC INFRA TECH EXPO -

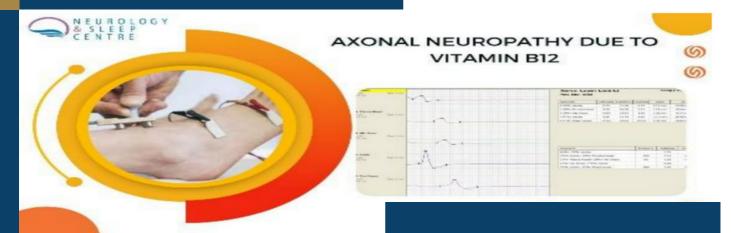
Case Investigations:











Investigations revealed a v low vit B12 ,for which she was injections this and resulted significant improvement her improved symptoms and, her balance.

An elderly lady, 88 yrs old presented with complaints of - Mild unsteadiness, imbalance, and Pinpricks sensation in her feet. She had no prior medical illness.

Clinical diagnosis was
Peripheral Neuropathy, the NCV
test confirmed the peripheral
neuropathy.



Do All Snorers have Sleep Apnea?

All those who Snore may not have Obstructive Sleep Apnoea. However ,those who have persistent/loud snoring with choking/gasping at night with tiredness/fatigue during the day are likely to have Obstructive Sleep Apnoea. To Confirm -One must get the Overnight Sleep Study/Polysomnography done.

My Doctor has advised me to go for Polysomnography Test? Which type of test will be best suited for me?

There are diff types of PSG, depending on the number of signals we assess in the test at night. The choice of the type of test depends on the main complaints— is it snoring and choking and a high chance of OSA— then a type 3 (limited channel testing) is also ok, but for those with suspected parasomnia, narcolepsy, PLMD etc a type 1 study will be required. (complete study in the presence of a trained technician).



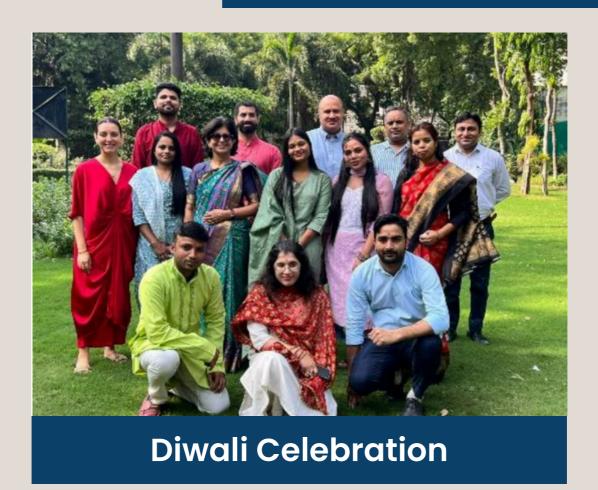














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FORTHCOMING EVENTS



LET'S CELEBRATE WORLD SLEEP DAY & WOMEN'S DAY

Women Hormones-"A Roller Coaster"



Organiser:



Speaker:

Dr. Manvir Bhatia Senior Neurologist & Sleep Specialist

Dr. Sonia Malik Senior Gynaecologist &

Chief Clinical Mentor,

Nova IVF Fertility India

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INDIA HABITAT CENTRE Magnolia Hall

Lodhi Road New Delhi, Delhi 110003

10.00 AM-1.00 PM

Panelists:



Dr Meenakshi Ahuja President, Delhi Menopause Society Senior Director, Fortis La Femme



Dr. Surveen Ghumman Senior Director and Head IVF and Reproductive Medicine Max Group of Hospitals Delhi & NCR



Dr. Anita Sabharwal NZ Coordinator Public Awareness Committee of FOGSI





Highlights:Women's H

- Women's Hormones -A roller Coaster by Dr. Sonia Malik
- Panel Discussion
- How to tackle sleep issues in Women-Dr.Manvir Bhatia
- Yoga
- Share your Stories

For More Information:

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- www.neurologysleepcentre.com
- neurologysleepcentre@gmail.com

HURRY!

Register Now"LIMITED SEATS"
Registration Free but mandatory
Program followed by Lunch

>> Women's Day -8th March 2024 >>> World Sleep Day 2024- 15th March 2024