



Dr. Rela Institute & Medical Centre is a multi-specialty quaternary care hospital located in Chennai, India.

The Institute is within the campus of Sree Balaji Medical College and Hospital, which is spread across 36 acres. It has 14 operating theatres with 450 beds, inclusive of 150 critical care beds.

The Institute is conveniently located 10 minutes from the Domestic and International Airport.

The hospital is designed to provide highly specialized care in various departments with a focus on multi-organ transplantation. Prof. Mohamed Rela, a world renowned surgeon in the field of Liver surgery and transplantation is the Chairman and Managing Director of the Institute.

In addition to quaternary & quality care, is also committed to provide day to day primary and secondary care to the local population, with facilities of international standards.

The Institute would provide comprehensive support to international patients travelling for medical treatment such as language assistance, stay, visa and travel.

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DR. RELA INSTITUTE & MEDICAL CENTRE
An International Medical Facility



CEREBRAL PALSY

DOES YOUR CHILD HAVE CEREBRAL PALSY?

WHAT IS CEREBRAL PALSY? WHAT CAUSES THIS CONDITION?

It is a condition affecting the brain. Unfortunately we do not know the cause in most cases. A typical child who is at the highest risk is the premature, very small baby who does not cry for the first five minutes, who needs to be on the ventilator for a long time and who has bleeding in the brain. Infections affecting the mother during pregnancy, excessive alcohol intake and smoking can also predispose to the child developing Cerebral Palsy. Prolonged difficult labour with asphyxia to the child can also damage the brain. After delivery, the common causes are severe infections like meningitis, asphyxia due to choking, drowning and head injury. A child with low birth activity has about 25 times more chances of developing Cerebral Palsy.

HOW TO KNOW IF MY CHILD HAS CEREBRAL PALSY?

The early clue is delayed developmental milestones. Your doctor will be able to recognize the presence of certain abnormal reflexes and absence of certain reflexes for that particular age by examining the child. There are certain other clues such as increased muscle tone. However it is not easy to diagnose in the first year. A period of waiting and repeated examination is necessary. By the age of 18 - 24 months it should be possible to tell if your child has cerebral palsy.

SOME DISORDERS WHICH RESEMBLE BUT NOT CEREBRAL

Any disorder that primarily affects muscles, nerves or bones is not by definition cerebral palsy. However, some neuromuscular conditions like spina bifida, congenital malfunction of spinal cord, poliomyelitis, charcot - marie tooth disease and certain muscular malfunction dystrophies may appear like cerebral palsy. On close medical examination they can be differentiated and are treated differently as the issues concerned are different.

WHAT ARE THE TYPES OF CEREBRAL PALSY?

There are various sub types of cerebral palsy. In fact, it is a large spectrum. It can be typed into Diplegic where both legs are involved, Hemiplegic where a arm and a leg is involved or Quadriplegic where all four limbs are involved. It is also divided into various types depending on the type of affection like the spastic type where there is increased tightness of muscles, athetotic where there is involuntary movements of limbs and ataxic type where there is problem in balance and positioning of limbs.

CAN WE PREDICT THE PROGNOSIS FOR A CHILD WITH CEREBRAL PALSY?

Predicting the prognosis especially before the age of two is difficult. If a child is not sitting by the age of 4 years or has not walked by the age of 8 years, it is unlikely that child will be an independent walker. It is essential that we give the best options available to the child and maintain a combination of optimism and realism.

WHAT ARE THE MEDICAL CONDITIONS THAT ARE ASSOCIATED WITH CEREBRAL PALSY?

Mostly these are neurological problems such as epilepsy, mental retardation and learning difficulty.

HOW IS THIS CONDITION MANAGED?

Cerebral palsy cannot be cured, but treatment can improve the child's capabilities. There is no cookbook treatment that works for all patients. The child has to be repeatedly seen and assessed by the treating doctors and a definitive treatment plan has to be worked out. There are drugs that control spasm and seizures. Braces may have to be used to control imbalance and tightness of muscles. Physical, occupational and speech therapists play vital roles in the management of the child. Most importantly family members who look after the child are the key members of the treatment team. Initiation of treatment early in life helps to prevent complications like contractures.

WHAT IS 'BOTOX' AND HOW USEFUL IS IT?

Botulinum toxin, which is available as 'Botox' is a purified toxin of bacteria. When used in carefully selected patients, it is very useful in controlling muscle tightness known as 'Spasm'. It is generally used in very young children between the ages of 2 to 6. It decreases the muscle spasm, thereby enhancing the activity level of the child. It also helps in physiotherapy and wearing braces. A child who walks on his or her toes can be made to walk with feet flat by injecting certain muscle in the calf. In the same way, a child who walks in a crouched position can be made to walk straight by injecting the hamstring muscles.

WHAT IS THE ROLE OF SPLINTS AND BRACES?

Splints and braces known as "Orthotics" are very useful in controlling spasm and improving posture of limbs. They are vital aids in the management of cerebral palsy.

WHAT IS THE ROLE OF SURGERY?

Surgery is very rarely done below the age of 6 or 7 years. After that age soft tissue procedures are done to correct contractures and deformities, balance muscles by transferring stronger muscles to weaker areas and bony procedures to correct bony deformities and stabilize joints so that the child can function more efficiently.

