

Faridabad, Wednesday Oct 16, 2019 | Edition 9 | www.aimsindia.com

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🕞 asian IN NEWS



Minister's Award of Excellence On the occasion of National Doctor's Day, Sh. Manohar Lal Khattar, Hon'ble Chief Minister of added one more Haryana accolade to the able shoulders of Padma Shri & Dr BC Roy Awardee Dr. N.K. Pandey (Chairman & Managing Director, Asian Institute of Medical Sciences, Faridabad) for his contribution in Healthcare.



the Best Healthcare Brand 2019 The Economic Times recognizes Asian Institute of Medical Sciences as one of the Best Healthcare



Asian Fidelis to start its OPD services soon

Asian Fidelis- an upcoming 175 bedded hospital of Asian Healthcare in RPS City, Sector 88, Greater Faridabad construction is in full swing and expected to start its OPD services soon.



Asian organised Lapcon 2019 Asian Institute of Medical Sciences organised a Live Advanced Laparoscopic Workshop (Asian Lapcon). Twelve different cases were shown live. More than 250 surgeons attended and learnt how to overcome the problems encountered in real time. The event gave them a chance to learn to improve their surgical skills.



Asian organised Arthroplasty Conclave

Asian Institute of Medical Sciences organised two days' Arthroplasty Conclave This Conclave was attended by more than 175 doctors from all over the country. The aim of this Conclave was to create awareness among doctors about new surgical techniques in Arthroplasty.



Asian Hospital inaugurated Paediatric Heart Centre

Hon'ble MoS Shri. Ashiwini Kumar Choubey (Minister of Health and Family Welfare) inaugurated Paediatric Heart Centre at Asian Hospital. It is amongst the very few hospitals in Delhi NCR that have facilities provide children's heart



Asian in Patna Asian Institute of Medical Sciences acquired City Hospital in Patna.



Asian Hospital lifts Manav Rachna Corporate Cricket Cup Asian Hospital defeated Honda Motors' Team by a margin of 67 runs. Team Asian won the toss and decided to bat first, set the target of 277 runs in 20 overs, while Hero Honda were bowled out at only 210 runs in 18 overs.

From the Chairman's Desk



Asian Healthcare Group's nine has been consistently rated introduced Region's first neuro Infrastructure, updated Technology year strong presence in North among the top 7 hospitals in navigation suite, spells milestones while we drive Best Hospital of Delhi & NCR in Organ three more super specialities Economic launched in Greater Faridabad, recognised it as one of the Best Noida & Patna City following Healthcare Brand in 2019. This the lead of our successful adds up to the momentum while initiatives in 2018.

healthcare by enhancing our Group's flagship hospital, Asian services, adding various salient Institute of Medical Sciences features like we recently

we are redefining the concept of

Pertinence, Delhi NCR 4 years in a row by Paediatric Cardiology & Cardiac Patience & Perseverance. "The Week" magazine as per Surgery to our ongoing list of People's faith reposed in us has "AC Nielsen Survey". Recently, Centres of Excellence and helped us achieve remarkable it has been adjudged as the 3rd brought in a whole team of Specific Cancer Accessible, Affordable & Best the "The Week-Hansa Research Surgeons including the services Healthcare. Year 2019 sees Survey 2019" while The of the first breast cancer lady Times has surgeon of the region.

> I take pride in the fact that our best and internationally trained doctors shall continue delivering safe and effective D.Sc. FRCS (Edin & Glas), FACS, FICS patient centric healthcare while ensure

added and stringent Quality controls.

True to our belief that healing means ample compassion & concern, we shall keep our focus constant on bringing in best facilities, treatment modalities and the excellence. I extend my best wishes to you all and thank you for your support & goodwill.

Dr. N.K. Pandey

Chairman & Managing Director

Now Heart Valves can be changed without opening the Heart

Asian is the First hospital in Faridabad to perform this procedure

The human heart has four valves which open and close in sync with the heart rhythm. Heart valves play a very important role in ensuring blood flow in the correct direction within and out of the heart so that the human body receives proper blood supply.

When a heart valve gets dysfunctional, the patient may experience typical symptoms like pain, palpitations, shortness of breath, fatigue, weakness, inability to maintain regular activity level, or even light-headedness. The disease can be diagnosed by an experienced cardiologist primarily studying Echocardiogram (ECHO),CT angiogram and a few other tests.

Medications can be prescribed to increase heart's ability to pump Open Heart Surgery is an blood which may help compensate for a valve that isn't considered to require a working properly. However, a long-term recovery period aortic heart valve replacement diseased heart valve is a besides its being a challenge for (TAVR) mechanical problem that cannot patients (above 65 years of be fixed with medication alone, age), while Trans catheter aortic and surgery is often needed to valve replacement (TAVR) repair or replace the damaged technology is a new treatment valve. Once it is determined that a technique for those patients diseased heart valve needs who are not ready or fit to treatment, the available choices undergo open heart surgery are valve repair or valve risks. In this minimally invasive replacement. Valve replacement procedure, new valves are is mostly done through open placed through the large artery heart surgery wherein a new in the patient's thigh (large tissue/mechanical valve is inserted in place of the procedures can thus be done diseased valve.

Asian Hospital, through this new technique, performed the first Trans catheter aortic valve Merrill is the first Indian replacement (TAVR) in Faridabad company to provide Aortic on a 68-year-old woman whose heart valve weight had been 108 kg, her therapy, which has provided lungs were also bad, the Aortic Heart Valve replacement damaged valve of her heart was to more than 100 patients changed through this technique. across the country. In This first valve replacement December procedure through TAVR was Government of India has



Dr. Simmi Manocha, Dr. Umesh a global medical equipment Kohli and Dr. Kamal Gupta.

invasive procedure and is prosthetic artery in groin). through small openings (1cm) and hence result in quicker recovery post procedure.

replacement

company working in more than 100 countries around the world.

Benefits of Trans catheter · done in patients who have a

- risk of open heart surgery due · done in patient category
- whose weight is high.
- done in patients on whom open heart surgery is not possible due to any other illnesses.



Chairman Interventional Cardiology Asian Heart Centre rishi.gupta@aimsindia.com

Organ Specific Minimally Invasive Cancer Surgery- Bang on Target

candidates for MIS, especially

amongst those who present in

earlier stages of the disease.

involve very small cuts on the

body as opposed to large,

deforming incisions performed

previously. Short-term benefits

such as less post-operative

pain, better cosmetic results,

faster return to activity and a

normal lifestyle have been

techniques usually



as a dreaded disease. Its name a few. By concentrating Samuel While numerous advancements specialist can ensure that the and aspects of cancer diagnosis and possible treatment. treatment, one that stands out is that of minimally invasive surgery (MIS). More often than not, the only chance of cure for solid organ malignancies is surgery. Operations for cancer can be debilitating, making it difficult for the patient to recover easily, both physically and psychologically. MIS minimises the invasiveness/trauma of a procedure, making it easier for the patient to withstand it and recuperate. This less traumatic form of surgery helps not only to treat but also to diagnose certain cancers. The expertise required to maximise the benefit of MIS is augmented by an organ-based practice of oncology. This means that a cancer surgeon dedicates himself/herself to mastering the treatment

of cancers affecting a specific

gastrointestinal tract, lung, head

organ system such as the

long-term outcomes in terms of life span and quality of life have been proven to be equivalent to surgeries conventional cancer. In other words, the surgery to remove the cancer is the same, except with the advantage of lesser pain and scars.

Asian Institute of Medical Sciences is one of the few hospitals in Delhi, NCR providing dedicated, exclusive organ-based treatment for cancer. MIS is the mainstay of treatment offered to cancer patients. The surgical Cancer is universally perceived and neck region, and breast to team is headed by Dr. Vinay Gaikwad, treatment is often intimidating. on a particular type of cancer, a specialises in gastrointestinal hepatopancreatobiliary have been achieved in various patient receives the best (GI&HPB) cancers. Complex abdominal surgeries such as Laparoscopic, Video Assisted colorectal, stomach, pancreatic Thoracoscopic Surgery (VATS), and gallbladder cancer is being Breast Conservation Surgery, routinely performed through MIS Radio-guided and Robotic Dr Piyush Kumar Agarwal looks surgeries are some of the after Head and Neck as well as options offered to selected Breast cancer where Breast cancer patients. Each technique preservation and composite requires specific expertise and resections are his forte. technology. Although these Surgeries of the oesophagus, cannot be used without lung, and mediastinum are also discretion, the majority of patients will qualify as being performed using MIS.



lesser stay in the hospital, and Dr. Vinay Samuel Gaikwad Associate Director & Head. Surgical Oncology vinay.gaikwad@aimsindia.com



Asian Healthcare is one of the leading healthcare chains in the country. In a short span of 9 years, it has created a niche for itself through its philosophy of affordable, accessible and best available healthcare for people close to where they live. The group's flagship hospital, Asian Institute of Medical Sciences, Faridabad continues to be India's premier healthcare destination at par with the best in the world.





§ 3rd BEST **HOSPITAL** IN DELHI / NCR THE WEEK-HANSA RESEARCH SURVEY 2019

Asian Ranked as 3rd Best Hospital of Delhi NCR

Asian has climbed one ranking up to becoming the 3rd Best Hospital of Delhi & NCR in the "The Week-Hansa Research Survey 2019"

















For appointments, please call: +911294253000

NEW DELHI = FARIDABAD = NOIDA = MORADABAD = DHANBAD = PATNA = SAMBHAL = PALWAL



Delhi Times, The Times of India

Brain Artery Surgery on Temporary Do you need Surgery for **Mortal State**



Waheeda 56/F from Iraq came both right and left side arteries packs to cool brain & spine complaints of difficulty in this case there was no connec- hypothermia is that in such low pulsating under tongue. Her extremely high risk candidate every cell of body including ENT examination revealed a for surgery. Hence operating brain comes to near zero. large swelling in throat and she this aneurysm and any interrup. Hence all blood circulation can was advised CT angiography tion in the blood supply even for be stopped and blocking the that revealed a big aneurysm few seconds would lead to brain artery for surgery during (abnormal ballooning of artery) massive life threatening infarct this time will have no harmful of the main artery supplying the (stroke) of right side of brain. effect on brain. In unscientific right side of brain. Patient was Even with all precautions in term, this can be said as state of referred to us for further place, surgery in this condition "Temporary mortal state". Post management and was advised holds high risk of stroke surgery for aneurysm, blood surgery because leaving it as (25-30%). Patient refused to circulation can be restarted such carried very high risk of take such high risk and opted gradually, body and brain life threatening stroke due to for stenting of aneurysm which warmed to normal temperatures rupture or any clot going into unfortunately failed. Patient very slowly. After achieving

DSA (Digital have been very risky. So, we Subtraction planned it uniquely with a rare Angiogra- technique - deep hypothermia phy) was and total circulatory arrest. In done to see this technique, patient's chest is if both right opened and heart is taken on left cardiopulmonary b r a i n Whole body with brain and arteries had spine is cooled to very low connec-temperatures (Deep Hypothertions inside mia 12-160.) evenly and very the head, gradually. Head and body is Normally meticulously packed with ice

Hospital with have good connections but in evenly. Principle behind deep and something tion which made her an temperatures the O_2 demand of was finally left only with the total

To plan the option of surgery thus. Routine aneurysm was dissected and surgery, way of doing this surgery would cut away from the circulation and blood flow to right side of brain was re-established successfully. Patient did fairly well and was discharged in satisfactory condition.

The decision to use TCA depends on a number of factors. Most studies that evaluate TCA report the use of this technique only in select cases and do not use TCA as their routine approach in the resection of the distal aortic arch and descending thoracic dissections thoracoabdominal

aneurysms. In fact, it is usually considered an exception rather than the common practice for most surgeons.



Dr. Amit Chaudhary Sr. Consultant- Cardio-Thoracic Vascular Surgery

Urology Problems?

In today's era, there exists so transplant is treatment of choice much of confusion over treatment over dialysis for irreversible renal of a disease. Internet education failure. increased dilemma of 5. patients over many health issues. INCONTINENCE is common in To know the correct mode, we females of advanced age and who must always rely on a qualified had multiple vaginal deliveries. doctor's advice.

urological problems:

1. KIDNEY STONE: Ultrasound is a basic investigation to diagnose kidney stone. Usually stone of size <5 mm may pass spontaneously, but when they are surgery in kidney directly (PCNL). surgery.

failed medical therapy, recurrent tumours radical nephrectomy Urinary Tract Infection, Urinary (complete removal) is the option. aser called prostatectomy or TURP.

Prostate Specific Antigen (PSA) is prostate, but it is not absolute stay. specific, can increase the infection, obstruction of urine or can produce infection in urinary tract. So, once PSA is elevated, consult a urologist to rule out cancer. At an early stage cancerous prostate is a curable disease by radical prostatectomy.

4. RENAL FAILURE & KIDNEY TRANSPLANT: Diabetes and hypertension are the leading causes of renal failure. Kidney

URINARY This common problem leads to Here are some facts on common leakage of urine while coughing, sneezing, or exertion. For mild leakage, medicine or kegel exercise works otherwise small urethral type surgery done in day care can cure this problem and improve patient's quality of life.

stuck in ureter or urinary passage, 6. URETHRAL STRICTURE is leading to infection or renal injury, common due to any trauma or is they require surgical intervention idiopathic. No medicine can cure through endoscopic methods like stricture. It can be treated RIRS, URS. Large stones in surgically either through kidney are treated by key hole endoscopic method or open

2. PROSTATE ENLARGEMENT: 7. KIDNEY OR BLADDER As the age advances, the size of CANCER: Kidney Cancer of size prostate gland increases, which <4 cm can be treated by partial can obstruct the passage of urine. nephrectomy in which we remove Initially patients are offered the only tumour from kidney and can medical treatment, but in case of save kidney, otherwise in large

Retention, Renal Failure, or In the end, I would like to bothersome symptoms, patient emphasize, in today's era, would need endoscopic treatment surgery means no big cut. It is laser minimally invasive or natural orifice surgery with maximum 3. PSA & CANCER PROSTATE: precision and with advances in technology, leads to faster tumour marker of cancer recovery and minimum hospital



and other stem cell sources like Dr. Vipin Gupta Sr. Consultant & HoD, Urology vipin.gupta1@aimsindia.com

Saving lives with Bone Marrow Transplant (BMT)

A Possible Cure For Life Threatening Diseases

Stem Cell Transplant is a significantly improved, and for procedure that involves diseases like aplastic anaemia, re-population of damaged or 90% of patients can expect patient with healthy marrow of a transplants are done for some donor. Contrary to popular belief, diseases like myeloma and this does not involve a surgical procedure and is better described as a staged medical procedure.

treatment and possibly the only have successfully done more curative treatment for high risk than 20 BMTs including hal and relapsed blood cancers matched and unrelated donor (Leukaemia, lymphoma), and transplants. The Centre is the other blood disorders like only world class BMT facility in Aplastic Thalassaemia, Sickle cell international protocols and is Anaemia. Syndrome and Myelofibrosis. NCR, reporting outcomes to Donors for BMT undergo a stem CIBMTR and ISCTR. Asian is mobilisation and harvestation procedure which negligible risk. Meanwhile, the patient receives high dose chemotherapy to destroy the damaged bone marrow. The donor cells are then transfused to the patient to replace the abnormal marrow. Donors for such a transplant can be fully HLA matched siblings,

matching cord blood units. With the modern supportive care

half matched siblings, matched

unrelated donors (MUD/VUD)

Bone Marrow Transplant or the transplant outcomes have cancerous bone marrow of a cures. Autologous (self donor) lymphoma where these have shown to improve survival and cure rates.

Importantly, BMT or Stem Cell At Asian Centre of Excellence for Transplant is a standard Bone Marrow Transplant, we anaemia, the region, follows strict Myelodysplastic one of the few BMT units in also one of the few transplant centres with available facility of total body irradiation.



Consultant and Unit Head Medical Oncology/Haematology/BMT Asian Cancer Centre

Approach to Obese patients with complex Ventral Hernia



Surgeons do encounter the kind of repairs have been devices, local and distant different types of ventral herniae previously attempted, what type muscle flaps, and free tissue right from the simplest to most of mesh was used (if any), and transfer is a must. This complex, with either natural into which plane it was placed is translates into tissue or mesh. Studies show also important. that Hernia tends to become more complicated in obese

patients.

considered. Identifying what advise the patient on recurrence rate. Abdominoplasty

While managing comorbidities Preoperative evaluation in the Methicillin-resistant technique either through form of assessing its size, Staphylococcus aureus (MRSA) laparoscopy or location of prior incisions or colonisation screening ,etc is invasive procedure to manage stomas, draining sinuses, skin mandatory. Giving up on complex ventral hernia repair for issues (e.g. thinning, ulceration, smoking too is an absolute past 8 years and have achieved cellulites) should all be requirement. Surgeon shall also optimal results with minimal

Supplemental oxygen usage. or Obese patients, especially those performed by the plastic with a BMI > 40, must undergo surgeon. medical bariatric evaluation to facilitate weight loss and consider surgical weight loss before hernioplasty.

circulatory

complete abdominal wall reconstruction - knowledge in prosthetic materials, skilled components' abdominal separation, tissue expansion, vacuum-assisted abdominal surgeon working closely with the bariatric surgery first. plastic surgeon.

such as DM, COPD, cardiac risk We, at Asian Institute of Medical factors, obesity, malnutrition, Sciences have been using hybrid Panniculectomy

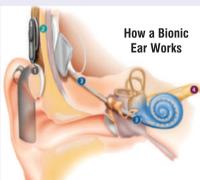
The laparoscopic anterior or posterior component separation is very popular these days through which For a surgical team to offer incisional hernia gaps of 20 cm can be closed.

> To sum up, obesity is a risk factor for hernia repair. approach Laparoscopic appears to be safer if selection of the patient, surgeon's approach are all considered simultaneously and a patient can be motivated to undergo



Dr. Ved Prakash Director & Head, General Minimal Invasive Surgery ved.prakash@aimsindia.com

Wonders in Hearing Technology!



signals. transmits signals using radio like waves to The implant then their mobile devices.

Cochlear Implants (CI) can the auditory nerve through the restore auditory input benefitting electrode. Most patients begin them into Digital code. hearing-impaired feeling the benefit within a few individuals.Unlike traditional weeks of using the Implant. 2. The Sound Processor hearing aids, cochlear implants Once the rehabilitation process transmits the digitally coded do not amplify sounds, but is complete, most patients show sound through the coil to the rather, electrically stimulate the substantially auditory nerve, thereby sending communication abilities. In 3. The Implant converts the signals to the brain that can be order to determine if a person digitally coded sound to In a Cochlear Implant, device is

assessments are required. placed under the skin and a small electrode is carefully Adding the ability to directly cochlea. placed into the inner ear. Once interface with

healed from surgery, technologies to its line of stimulate the cochlea's hearing wears a cochlear implant, sound nerve which sends the impulses processor improvement in quality of life. interpreted as sound. that picks up sound, Through this integration, turns it into electrical patients can directly stream and sound from their mobile phone those to their Implant to use features the Tele-Conferencing, or Auditory implanted device. Map Navigation directly from

sends the signals to 1. The Sound Processor captures sounds and converts

improved implant just under the skin.

may benefit from a cochlear electrical impulses and sends implant, specialised hearing them along the electrode array, which is positioned in the

mobile 4. The Implant's electrodes

processors extend significant to the brain where they are



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Dr. Swapanil Brajpuriya swapnil.brajpuriya@aimsindia.com

Timely Cancer Screening i



The proverb "Health is Wealth" It is important for the women to of relatives with breast cancer about diet, exercise and other life style habits can affect the overall which could save life if detected consumed in moderation, ef et years. In countries like America preemptively.

is the eternal truth. Somehow keep their weight nearest to the take appropriate advice from females especially Indian optimum – a healthy but your doctor for further testing. women give least priority to their controlled diet and an exercise health. The choices we make programme best suited to age and life style helps. Seeking cervix is scraped (painless) and health as well as minimise the expert advice to choose eating tested for 'pre-cancerous' risks for developing cancer. Healthy must be practiced while conditions & Cancer. Ideally it Screening tests are available to tobacco in any form should be too should be done every 3 diagnose cancer in women avoided and liquor too must be years between the ages of 20-65

Breast Self Examination (BSE) should be done every month at the same day of menstrual cycle preferably. Look in the mirror -are both breasts of same size? Nipples at equal level? Nipple pulled in? Skin over the breast normal? Feel both the breasts top to bottom from left to right including armpit for any lumps. Any discharge from the nipple? If any doubt, consult your doctor.

breast images the breast perfectly. It should be done every year between 40-51 years of age, thereafter every two years. In case of a family history

MAMMOGRAM, an X-ray of the

PAP SMEAR is a test where the surface of mouth of uterus,

testing for a virus names HPV is recommended every 5 vears as it causes more than 90% of cervix cancers. Vaccine against HP viruses is now available and can be administered from age 9 onwards. Besides this, a transvaginal Ultrasound every year to look for the size of ovaries & uterus, especially the lining of uterus is useful as it may detect cancers before the symptoms appear.

India has a long way to go in spreading awareness & screening for cancers. So be a leader and make you own



Dr. Anita Kant Chairman - Gynaecology & Obstetrics Asian Centre for Mother & Child

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Post-op Pain Management in Inspite of advances management for better pain anxiety.

post-operative unresolved healthcare problem till date.

perceived as sounds.

Sub-optimal acute consequences account including increased morbidity, psychological, impaired physical function and prolonged opioid use during and hospitalisation and

physiological and psychological impact may also be evident on

pain effects such as low morale and as patches.

management are to relieve through a catheter inserted into suffering, achieve early the epidural space that produces pain mobilisation after surgery, management in surgery patients reduce length of hospital stay considered gold standard in pain elderly age-group is and achieve patient satisfaction. accompanied by an array of Pain control regimens take into 3. Nerve Blocks use a local the medical, physical condition, age, level of anxiety, quality of life, slowed recovery, surgical procedure, personal preference, and response to pain relief after surgery as they agents. The optimal strategy for care post-operative pain control Inadequately managed acute consists of multi-modal therapy post-operative pain in elderly to minimise the side effects and age group is associated with achieve maximum pain control.

effects related. A negative Pain relieving medications such coagulation and wound healing are usually injected through IV Finally, poorly controlled pain cannulas at regular intervals. after surgery may impair sleep These days, pain relief

in and have negative psychological medications are also available management ensuring early

dense pain relief and is often relief among all modalities.

anaesthetic to provide targeted pain relief to a specific area of the body, such as an arm or leg. They have revolutionised the are easy to perform and specific nerves can be visualised with ultrasound. Precise deposition of local anesthetic around the nerve is possible, thereby 1. Intravenous Medications: reducing the side effects and

improving precision. as opioids e.g. Fentanyl or In the modern era of fast track immune and muscular system, Morphine, NSAIDS like Voveran, surgeries, pain management goes hand in hand with surgical recovery and optimal pain

discharge and 2. In Epidural Analgesia, local satisfaction. There is a famous control, it continues to be an The goals of post-operative pain anaesthetics are injected saying "Pain can be endured and defeated only if it is embraced. Denied or feared, it grows." At Asian Hospital, we are successfully managing pain in the post-operative period to witness smiling faces after surgery any given day.



Dr. Divesh Arora MBBS, MD(Anaesthesia), IDRA Senior Consultant and HoD, Anaesthesia and OT Services divesh.arora@aimsindia.com



Faridabad, Wednesday Oct 16, 2019 | Edition 9 | www.aimsindia.com

Dental Implant is the Best Neurosurgeons Remove Brain **Option for replacing Teeth** Tumour without Anaesthesia



A dental implant can do Are the Implants Safe? for self-esteem, Dental implants are highly wonders because it feels and looks like a normal tooth. Many people who were shy about smiling because of a space from a lost tooth feel more comfortable after a dental implant. Beyond the aesthetics, Implant Procedure a dental implant also makes it easier to eat and speak, because a titanium post secured directly in the jaw holds the implant in

depending on the need.

How are Implants fixed in the

One of the primary requirements of fixing dental implants is the availability of suitable bone. The height, width and density of the bone, in the area of missing tooth should conform to certain minimum requirements. This requirement is best assessed by the help of CT (Computed Tomography) or CBCT (Cone Beam Computed Tomography).



biocompatible and the body does accept them very well. They can be placed in almost all age groups except kids.

If you are considering dental implants, you need to have bone healthy gums and adequate bone to support the implant. If under your bone is too thin or soft and The Implant is made up of high unable to support an implant, all grade titanium alloy Ti6Al4V, you may require a bone graft. Or placement, a joining period to 2 has an excellent if there is not enough bone biocompatibility with body height in the upper jaw or the tissues. Once placed in the jaw sinuses are too close to the jaw bone it gradually joins with the you may require a sinus lift. A active support of the implant. bone by a process known as sinus lift is a surgery performed. In some cases, immediate osseointegration. It can be used by an oral surgeon or a placement of artificial tooth can to replace one-two or all teeth periodontist. During surgery, also be done. With proper care bone is added to the upper jaw dental implants can last a between the jaw and the lifetime.

Dr. Smriti Pandey

Director, Patient Care Services

& Dental Centre

the molars and premolars. Implants are usually more expensive than other methods of tooth replacement. Implant placement Chairside surgery.

physiodispenser is required to make optimum space in the receive dental to implants. Procedure is done local anaesthesia. Hence, the procedure is not at painful. After surgical 3 months is allotted. After that period, an impression is taken



Dr. Hamid Raihan Sr Consultant. **Dental Services**



Neuro Navigation

Surgery, also called Awake there is no pain during the Craniotomy, a type of procedure performed on the brain while the patient is awake and alert. throughout the surgery, doctor Awake Brain Surgery is used to treat few brain (neurological) conditions, including some brain

With the help of Neuro navigation machine at Asian Awake brain surgery requires the Institute of Medical Sciences, surgeon to know exactly which

tumours or epileptic seizures.

tumour was positioned just damage to functional areas of of life. above the part of his brain brain that could affect your controlling his hand movements. vision, movement or speech. In After discussing with Chandan, this surgery, the Anaesthetist Dr. Kamal Verma and his team gives few small injections to decided to do his Awake Brain keep the head pain free so that

> Chandan was wide awake asked him to make movements, count numbers and raise his hands, his responses helped surgeon to identify and avoid the functional areas of the brain.

the technology which is available areas of your brain control the

Chandan Thakur had a small with very few hospitals in Delhi functions and to avoid them epilepsy attack after which his NCR, a doctor can navigate the while this surgery may help left hand became numb, MRI tumour and treat the precise area safely reduce the size of growing confirmed that he had a small of the brain needing surgery. The brain tumours, which may tumour in his right brain. The procedure also lowers the risk of prolong life and improve quality

> Neuro Navigation is thus a boon to support the surgeon while performing these kind of complex surgical procedures.



Dr. Kamal Verma Director, Department of Neurosurgery kamal.verma@aimsindia.com

Effective Management of Asthma

ASTHMA affects nearly 10% of asthma symptoms and are safe Indians, yet under-diagnosed undertreated. The alarming increase in severe asthma cases suggest that currently available therapy is not being used optimally. With its respiratory Asthma is caused by the body's flare-ups (attacks) requires urgent health care.

Most patients can achieve good productive life if they receive treatable, its troublesome managing your can be avoided.

Uncontrolled Viral infections, allergens, tobacco smoke, exercises and stress trigger or worsen asthma. Some drugs too aspirin or other NSAIDs. SPT(skin prick test) is the gold standard modality for the diagnosis & further prevention of

asthma is uncontrolled, or in avoid long-term problems. some high-risk patients. Seasonal & environmental factors precipitate the triggers while the repeated flare ups can lead to remodelling of the airway causing further worsening of its symptoms and quality of life.

Treatment with Inhaled Corticosteroid (ICS) containing medications markedly reduces the frequency and severity of

is for long term use.

Delhi Times, The Times of India

Asthma is a common condition. affecting all levels of society. Olympic athletes, famous leaders and celebrities, and ordinary people live successful and active lives with asthma.

symptoms, limitation of activity, natural response to triggers asthma Inflammation in the airways is the sole cause of the most of the symptoms. As inflammation car be treated and triggers when control over asthma and lead identified and hence avoided, so asthma can be managed.

Fortunately asthma is effectively Taking an active role in asthma symptoms , serious flare ups treatment will help you maintain better long-term asthma control prevent asthma attacks and avoid long-term problems. Meet with your doctor regularly to review your treatment. Make sure you know how to use your can induce it e.g. beta-blockers, asthma medications properly. They will only keep your asthma under control if you use them correctly. Taking an active role in managing your asthma treatment will help you maintain Fatal Asthma flare-ups are more better long-term asthma control, common and severe when prevent asthma attacks and



Dr. Manav Manchanda Sr. Consultant & HoD, Respiratory Medicine

Innovations in Joint Replacement Surgery



model. One day technology

help in generating biological joints that would be an exact replica of patient's own. Robotic assisted

K n e е Arthroplasty:

reconstructions, especially those cutting edge technology being Reverse Total Shoulder has needed in a revision scenario have used for hip and knee replacement proved to be a boon for those who now been made easy using the surgeries. Robot helps the have had arthritic shoulder joints 3D printing technology which surgeon to implant the prosthesis

model minimal soft tissue damage at the The implant has a ball using the patient same time mimicking the implanted in the glenoid CT scans. The kinematics of the normal joint. All (shoulder blade) and a cup in final implant is this results in less blood loss, reverse of what is used in a customised early rehab and longevity of the total shoulder, hence the name. replaced joint.

> Total Knee Replacement prostheses deficient rotator cuff. The are now available where the cruciates may be retained. This helps in mimicking normal knee kinematics, proprioception, increased flexion and a better functional outcome. All this in the long run decrease stress on the implant and they last

3D with accuracy, precision and and rotator cuff arthropathy. biomechanical advantage is that it allows complete range of motion and a painless joint.



Dr. Mrinal Sharma Senior Consultant & Head Orthopedics (Unit II)

The reverse joint allows the Bicruciate Retaining Prosthesis: deltoid to function for a

Fast Track Joint Replacement

testament to the phenomenal

success of this surgery in Under function in patients suffering patient screening, these patients as peri-articular infiltration Institute of Medical Sciences, from debilitating hip and knee may actually stand and walk the analgesia), and patient-specific Faridabad for joint arthritis.

Traditionally, patients (especially those undergoing both hip and/or both knee surgery simultaneously) have had to spend 7-8 days in the hospital, with slow (lasting 3-6 months) and many-a-times painful Detailed team and patient Specific criterion (pain, catheter healing) rehabilitation

physiotherapy for 3-4 months). "Fast-track" joint replacement surgery debunks these

undergoing hip and knee recover faster, and also anaesthetic replacement surgery today is a experience less pain during the (minimally invasive muscle joint replacement department recovery period.

the alleviating pain and restoring programme, after appropriate nerve block anaesthesia as well successfully running at the Asian very day of (or the day after) post-operative surgery, with minimal pain (due programme (patient-specific to enhanced pain management pain, DVT and antibiotic techniques), early discharge prophylaxis and rehabilitation (averaging 3-4 days of programmes) are essential for hospitalization), and minimal successful implementation of physiotherapy (2-3 weeks).

(attributed to damaged muscle education, selective patient and IV line-free, oral medication and identification (and preparation, only, walker/stick-supported (supervised including pre-operative, pre-anaesthetic met before patient is discharged and medical evaluation (all done (usually over a 3-4 day before admission), use of hospitalisation).

sparing surgical approaches, offers this fast-track programme. "fast-track" computer-assisted surgical techniques, regional and local

recovery candidates. this programme.

pre-rehabilitation), walking and toilet training) are

The huge number of patients traditions, enabling patients to ultra-modern surgical and A great deal of preparation and techniques training is important before any This programme is currently appropriate



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Asian Cancer Centre

Asian Cancer Centre is North India's Most Comprehensive Cancer Centre fitted with the latest equipments such as the Rapid Arc, PET/CT, Gamma Camera, Brachytherapy, Modular OTs and provides diagnostic & comprehensive treatment across multi-modal treatment protocols.

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Delhi Times, The Times of India

economical benefits to the

destination countries it supports

mutual exchange of technology

and skills amongst medical

professionals. That results in

close collaborations, medical

exchange programmes and partnerships between the

countries benefitting patients.

Improves infrastructure of the

The key selling points of the

Indian medical tourism industry

are the combination of high

quality facilities, competent,

English-speaking medical professionals, "cost effective-

ness" and the attractions of

tourism. The cost differential is

huge. Dental, eve and cosmetic

surgeries in western countries

cost three to four times as much

as in India. Medical tourists

usually get a package deal that

treatment and, often, a post-op-

Blood group Incompatible Kidney

Transplantation: Now a reality!

hotels,

developing countries.



care.

"Medical Tourism" refers to the liness.

to add more

healthcare industry in which

people across the globe travel to

other countries to get medical,

and surgical

Simultaneously visiting local

attractions of that country. A

school of thought feels term

should be replaced with "Medi-

creditability to this industry

since patients are hardly

interested in tourism. Neverthe-

less, it is a multi-billion dollar

Korea, India, Singapore are the

preferred hubs for medical

travelers. Patients from develop-

ing countries-Iraq, Afghanistan,

countries etc seek Advanced

technology, Quality care, Quicker

treatments with add ons of easy

Visa , Tourism sites, Safety

Board exams after 15 days of Kidney Transplant

Traditionally

Bangladesh,

Low cost medical

countries such as

Malaysia, South

cal Travel"

industry.

Asian

Thailand,

developed countries (USA,Cancost-friend-

quicker healthcare

erative vacation.

Medical Travel offers global Still, huge scope exists to make perspective to healthcare India the preferred medical beyond boundaries of culture, health destination. This can be language, distance. Apart from achieved provided we keep pace with our competitors in Thailand, Malaysia , South Korea, etc.



Neha Pandey Director International Marketing



Dr. Viresh Mahajan Director of Paediatric Cardiology Medical Advisor - International Services

Medical Tourism: Indian Scenario Paediatric Cardiac Surgery: Helping Sick Events @ Asian **Kids become Productive Adults**

has undergone a paradigm shift

in the management protocol in

the last decade. Whereas earlier

it was a common practice to "let

days safe and effective repair

can be achieved even during

infancy, saving the child from

successfully operated upon a

TOF at 6 months of age and the

kid went home all pink and

C. Obstructed Supracardiac

month old boy weighing barely

3.5 kg and had been breathing

fast and was therefore not

gaining weight. He underwent a

happy in a week's time.

TAPVC

Congenital Heart Disease (CHD) The newborn baby was referred successful correction and is thousand children born in India. cations. After stabilization, kid. Most of these conditions are ECHO revealed a large Ductus D. 50 year old lady with a either imminently fatal or Arteriosus which should have severely restrict the normal life closed after birth. The patency birth" span. Although many newborns of this blood channel was with heart defects are identified leading to increased oxygen This patient had a heart soon after birth, some are not demand and fast breathing. condition called "Ebstein diagnosed until months to years Despite the challenges posed by anomaly" wherein one of the afterwards.On the other hand, his age and low birth weight, we right heart valve was abnormal treatment for most of these were able to close the ductus and leaky and this had severely conditions, by either surgery or successfully. The baby was restricted the quality of life. The catheter procedures, have discharged subsequently. excellent success rate provided B. 6 month old "Blue Baby" babies are diagnosed early enough and reach the hospital One of the most commonly To emphasise, at Asian Healthrecognised clinical entity, TOF

Paediatric Cardiac Surgery is a branch dedicated to the expert care of patients suffering from heart defects since birth; the particular patient may be a newborn or a fully grown up adult where the condition was not diagnosed earlier due to various reasons. The patient is evaluated by a specialist "Paediatric Cardiologist" and investigated typically with an Echocardiography and/or a catheterization study of the heart. Treatment plan is developed thereafter.

Some of our representative cases are discussed here to This condition represents an describe the scope of our emergency. Our case was a 3 services

A. 26 day old newborn with **Patent Ductus Arteriosus**

impacts six to eight in every one to NICU for respiratory compli- expected to grow as a normal

"leaking heart valve since

valve was successfully tackled and quality of life was dramatically improved.

care in Faridabad, experts of Paediatric Cardiology and Cardiac Intensive Care work in collaboration with Paediatric Cardiac Surgeons to evaluate the child grow" to a vague and treat numerous heart weight and age criteria, now a diseases and heart related disorders in neonates, children and adults.

unnecessary cyanosis and Because when a child lives, a restricted life style. Recently, we hope lives!



Dr. Himanshu Pratap Sr. Consultant, Paediatric Cardiac Surgeon Asian Heart Centre



Asian Drawing Competition

Ninth Asian Drawing competition was organised on the hospital premise. Children from Faridabad, Delhi, Palwal, Ballabhgarh, Hodal and Ghaziabad participated. Simultaneously, Canvas Painting Competition too was organised for participants above 17 years in which the people from Delhi NCR and Aligarh participated



Asian Talent Hunt

Over 220 children from Faridabad & Gurugram participated in the Talent Hunt organised by Asian Hospital on the hospital



Asian Duathlon Asian organised the Duathlon event, in which more than 500



Vidya Jagat Cancer Foundation Organising Cancer Camps for Women in Villages & RWAs

Vidya Jagat Cancer Foundation (Mobile Cancer Bus) in association with Asian Hospital is organising free Cancer Check up camps every month in villages and RWA societies.



Faridabad Half Marathon

With the aim of promoting "Run for Healthy Life" Asian Hospital organised Faridabad Half Marathon powered by Faridabad



'Asian Cyclothon 2019' supporting World Heart Day Asian Hospital organised a 21 & 10 km ride along with health talk and Rahagiri for over 800 people to promote heart health.



World Kidney Day Celebrations in Asian Hospital World Kidney Day was organised for Kidney Patients and neighbourhood people. RJ Kisna and Ashish from 93.5 Red FM attended the programme and anchored the show.



Asian Healthcare organised Asian Premier League-2 Asian Healthcare organised the second Asian Premier League in which 4 teams of Asian Hospitals from Moradabad, Dhanbad, Delhi & Faridabad took part. The Match was won by Asian Institute of Medical Sciences, Faridabad team.

Bariatric Surgery: Last Option or Best Choice?



Asian Centre for Kidney Diseases & Transplant Medicine For the patients suffering **Two key components in** are able to deplete B cells with with kidney disease, we such transplants are:

would like to share some important information on 1. Removal of anti blood Kidney Transplant. Kidney group antibodies: Either Transplantation offers the through:

best therapy to patients • Plasma exchange: where suffering from end stage kidney disease. It not only patient's plasma is removed offers the best quality of with help of a filter or health, quality of life, and life centrifugation and replaced in such complicated kidney expectancy but is also the with fresh plasma. most cost effective treatment

• Immunoadsorption: allows

kidney selective removal of anti-A or B transplants were performed antibody with help of in blood group compatible ABO-immunoadsorbent pairs since pre-existing column, offering the safest and blood group antibodies led to most effective method of hyper-acute rejections in incompatible transplants.

However, with availability of 2. B cell depletion: Plasma advanced technology and cells, responsible for antibody newer drugs we are able to perform blood group incompatible transplants their removal (rebound) results almost their removal (rebound).

comparable to compatible This was dealt traditionally with splenectomy, but now we

monoclonal anti-CD20 antibody, Rituximab.

We, at Asian Institute of **Medical Sciences** have these advanced facilities under one roof in state of the art kidney transplant ICU, allowing us to achieve excellent results even transplants. ABO incompatible transplants are helping us expand the kidney donor pool offering hope to those with unmatched donors.



Dr. Reetesh Sharma Director & Head - Nephrology & Kidney Transplant Medicine

limit to take action," advises Dr earlier. Pankaj Hans. Bariatric surgery has emerged as a successful mode of

pressure and cancers.

It's much easier to tackle a

managing the menace of obesity, particularly for the people who have lost hope of getting rid of their extra kilos by performed the other traditional methods of weight loss.

There are many types of and profile.

Let us get acquainted with the outcome. Patient experiences facts against the prevailing minimal pain and usually is

Obesity has become a globally myths regarding bariatric discharged from the hospital growing health menace. It surgery.

increases the risk of a number Myth 1: Bariatric surgery is like of the patients are able to of diseases including diabetes, liposuction surgery (cosmetic resume their work after 2 breathing problems, joint pain, surgery) and it makes you weeks of surgery. infertility, high cholesterol more beautiful. levels in blood, high blood

Fact: Bariatric surgery is done be offered only to critically ill by laparoscopic technique in obese patients. which either the capacity of Fact: Bariatric surgery is the weight problem in the early stomach is reduced or an most effective treatment for stages, but people are largely intestinal bypass is created by long term weight management indifferent when they put on cutting and stapling it with of obesity. In Indian obese one or two kgs. These minor advanced equipments.Patient patients, it is recommended for gains are a crucial turning usually loses 70-80% of their patients with BMI more than point. "The idea is to take quick excess weight gradually and 37.5Kg/m² measures to stop the weight resolution of many other A healthy body is a right of gain and not wait to cross a diseases occur as mentioned every individual and bariatric

> Myth 2: Bariatric surgery is a bet in ditching those too many very dangerous surgery with extra kilos. many complications.

Fact: Bariatric surgery is as safe as other routinely laparoscopic surgeries done. Before surgery, the patient is evaluated and completely optimised by a team of Bariatric surgery procedures bariatric surgeon, physicians, depending upon patient's dietician, endocrinologists and needs, associated diseases anaesthetist to minimise the surgical risk and to improve the

Dear Readers,

surgery is definitely your best

after 3-4 days of surgery. Most

Myth 3: Bariatric surgery is to

Dr. Pankaj Kumar Hans Sr. Consultant & HoD Unit - II pankaj.kumar@aimsindia.com

Editors' Note:

Endoscopic Ultrasound (EUS):Saves Surgery Saves Life

A 60 yrs old female was the collection & put a metal small and difficult to pick in CT surgery. On detailed working, Metal stent removed. Patient is patient was found to have now fully recovered and severe Necrotising pancreatitis surgery was avoided. with large infected collection in EUS is basically a small

a small hole to place a wire into vicinity. Lesions which are very

drainage of collection.

admitted to Asian Hospital with stent through which whole pus Scan/ MRI or Ultrasound can complaints of fever & pain in from the collection site be easily picked through EUS. Patient was drains. Explaining all the pros & EUS helps getting tissues diagnosed with Cholecystitis cons to patient, EUS drainage (FNAC/ Biopsy) from difficult and Pancreatitis (swelling in with metal stent placement sites, for placing metal stent in pancreas due to gall bladder was done successfully. Patient bilio pancreatic region, fiducial stone).One year back she was was sent home in stable placement in cancer patients, advised gall bladder removal condition. After few weeks, her celiac plexus block in pain but patient did not undergo collection drained completely. management in pancreatitis.

pancreas called walled off ultrasound probe mounted on pancreatic collection. We an endoscope to enable us to contemplated EUS guided perform ultrasound from within the esophagus, stomach, small In this technique, we place EUS intestine & rectum to see scope into stomach and make structures which lie in their



Sr. Consultant & HoD Gastroenterology



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Dr. P S Ahuja Isha Verma Deputy Manager - Public Relations & Corporate Communications



isha.verma@aimsindia.com

or call us.

motivates us to still work harder.

to share further on this newsletter with us. You can mail

Welcome to the ninth edition of Asian HealthPRO- the

yearly newsletter of Asian Institute of Medical Sciences

that reflects the effort behind our accomplishments and it

We would love to hear from you if anything you would like

Dr. P S Ahuja

Director - Preventive Health ps.ahuja@aimsindia.com