

From the Managing Director's Desk



Naresh Kapoor

Founder and Managing Director
Sanar International Hospitals

I hope this message finds you in good health and high spirits. It is my pleasure to address you once again through the pages of our monthly Newsletter - Insights. As we continue to forge ahead in our mission to provide quality healthcare services to our patients, I am delighted to share with you the latest news, updates as well as important medical milestones achieved by the team

With each passing month, we are achieving further advancements and growth in various areas of our hospital. Our dedicated team of healthcare professionals supported by state-of-the-art facilities, world-class infrastructure and cutting-edge technology, have propelled us forward, ensuring that we consistently deliver the highest quality of care to our patients.

Speaking of our patients, I would like to highlight two remarkable cases that were recently treated at Sanar International Hospitals. These cases had unique challenges and required an interdisciplinary approach to provide the best possible outcomes for our patients. Through the expertise and collaborative efforts of our experienced doctors, we were able to successfully diagnose and treat these rare conditions.

The first case is of a Ghana national who developed debilitating arthritis in both her hips due to a complex congenital blood disorder. Our team of doctors led by Dr. Rohit Lamba, Head of Department & Sr. Consultant, Bone, Joint Replacement & Orthopaedics made the successful intervention and carried out a Total Hip Replacement Procedure, taking care of the decade long issue of the patient. This case not only showcased our expertise in orthopaedics but also demonstrated the power of teamwork and perseverance in the face of medical challenges.

The second case is that of an Iraqi youth who had lost his ability to speak and breathe through his nose after a severe accident in his hometown. He underwent 7 unsuccessful surgeries in India and Iraq but finally regained his ability to speak and breathe after undergoing Coblation-assisted Subglottic Stenosis with Serial Balloon Dilatation performed by Dr. Kunal Nigam, Head of Department & Consultant, ENT, Cochlear Implant & Voice Disorders. The patient's remarkable journey serves as a testament to the power of resilience and the unwavering commitment of medical professionals.

We deeply value your readership and would love to hear your feedback on our newsletter. We aim to make this publication informative, engaging, and relevant to your interests. If you have any suggestions, ideas, or specific topics you would like us to cover in future editions, please do not hesitate to reach out to us on: marketing@sanarhospitals.com

Clinical Marvels

TIMELY INTERVENTION SAVES LIFE

Standing Tall, Again

An international patient from Ghana underwent a successful Total Hip Replacement procedure at Sanar International Hospitals and regained her ability to walk.

19 year old Isatou Barry from Ghana was admitted at Sanar International Hospitals with a typical issue. She had Sickle Cell disease, which caused her blood cells to become sickle-shaped due to lack of oxygen. This resulted in blockages in her arteries and damage to other organs of her body.

For the past decade, she had been dealing with this recurring issue. She had experienced numerous sickle cell crises that had caused blockages in her small blood vessels, resulting in severe arthritis in both hips. She was unable to walk due to the excruciating pain and was at times incapable to get up from the chair.



Ms. Isatou Barry after Successful Hip Replacement Surgery

Dr. Rohit Lamba, Head of Department & Senior Consultant of Bone, Joint Replacement & Orthopaedics, led a team of doctors in a carefully planned Hip Replacement Procedure. The process was split into two sessions, with a 15-day gap in between. This type of Hip Replacement Surgery is particularly challenging due to the patient's hard and brittle bones. The team used customised implants tailored to the patient's needs and drew from past experiences with similar cases to navigate patient management with ease.

The Total Hip Replacement procedure was successfully carried out and Isatou regained her ability to walk.

Isatou Barry's uncle shared their experience at Sanar International Hospitals, "My niece had been suffering from the hip issue for more than 10 years.



The Hip Replacement Surgery in progress by Dr. Rohit Lamba, HOD & Sr. Consultant - Bone, Joint Replacement and Orthopaedics

After we came to this hospital, the doctors carried out the surgery and now she is able to walk comfortably. We are very happy."

From Despair to Triumph: Sanar Provides Complete Cure to Iraqi Youth After 7 Surgeries

Ali, a 23-year-old from Iraq, had reached the point of despair after enduring multiple hospital visits and seven unsuccessful surgeries in Iraq and India. Abandoned and without hope, he found a glimmer of light at Sanar International Hospitals. With the expert care and innovative treatment, Ali's life was transformed as he regained the ability to speak and breathe normally. His remarkable journey serves as a testament to the power of resilience and the unwavering commitment of medical professionals.

Almost three and a half years ago, Ali met with a severe accident in his home country. He was immediately taken to the nearby hospital, but during his ICU stay and intubation, he additionally suffered from Intubation Trauma and Sepsis. This caused severe narrowing and eventual blockage of his subglottic airway, resulting in the loss of his ability to speak and breathe through his nose. In an effort to repair his blocked subglottic airway, Ali was taken to multiple hospitals one after another. He underwent seven surgeries over a span of more than three years, but his airway kept blocking even after these consecutive surgical repairs.

Finally, at Sanar International Hospitals, after undergoing certain tests and investigations, he was diagnosed with "Grade-4 Complete Subglottic Stenosis." Dr. Kunal Nigam, Head of Department and Consultant, ENT, Cochlear Implant and Voice Disorders, performed Coblation-assisted Subglottic Stenosis with Serial Balloon Dilatation, followed by T-Tube Montgomery Stent placement. The stenosis was opened using Coblation, and then a balloon catheter was inserted and inflated to widen the stenotic area. After achieving a satisfactory airway, a T-Tube stent was placed. The procedure successfully opened his narrowed subglottic airway. The surgery was a success with no complications, and from the very next day, Ali was able to speak and breathe effortlessly through his mouth and nose.



Ali with Dr. Kunal Nigam and his father Hazim Mohsin post surgery

Dr. Kunal Nigam stated, "Fortune favours the brave, hence one should never lose hope. Ali is a young and brave boy, who underwent seven surgeries at such a young age with no favourable results, which can actually break anybody's spirit. We should be thankful to Ali as well for his consistency and faith in the medical fraternity. It has been a very complex case, and Ali showed satisfactory improvement with his strong willpower. It was a complete team effort, as anaesthesia plays a crucial role during airway management."

"I extend my sincere regards to Dr. Sabih Ahmed, HOD and Senior Consultant of Anaesthesia, for the successful results. I would also like to thank Dr. Aditi Agrawal, HOD and Senior Consultant of Radiology and Imaging, for the proper planning, work-up, and diagnostic imaging. Every nursing and medical staff has played an essential role in this successful procedure. Seeing Ali speaking and breathing normally again gives us immense happiness. I wish him the very best for his future" Dr. Kunal Nigam added.

Conveying his regards to the hospital and doctor, Ali said, "I am thankful to God for blessing me with the ability to speak and breathe again. I have no words to express how grateful I am to Dr. Kunal Nigam and Sanar International Hospitals. I express my deepest regards to the hospital and nursing staff for providing me with the best care. Thank you so much."

Bariatric Surgery for remission of Diabetes - who would have thought?

Bariatric Surgery is a surgical solution to a weighty problem. Obesity is one of the leading causes of preventable lifestyle-related deaths in the world. A healthy lifestyle, balanced diet and exercise is the key to preventing obesity.

Obesity is a major contributor to preventable lifestyle-related deaths worldwide, and addressing this issue requires a significant effort. The prevalence of obesity and its associated metabolic conditions, such as diabetes, hypertension, and fatty liver, has reached endemic levels. This is just the beginning of a much larger problem, and raising public awareness is crucial in order to overcome this growing burden.

Did you know that 90% of type 2 diabetes patients are either obese or overweight?

This indicates a strong connection between obesity and diabetes, which scientists refer to as 'Diabesity'. Unfortunately, this modern epidemic has affected 25% of the industrialised world. However, the good news is that it is preventable, and the metabolic syndrome and its side effects can be reversed with the right measures.

Hazards of obesity:

1. Obesity is the condition where the body accumulates excessive amounts of fat, which can lead to various diseases such as high cholesterol (dyslipidaemia), type 2 diabetes, high blood pressure, heart disease with risks of stroke, and cancer.
2. Obese individuals are more likely to experience breathing disorders, such as sleep apnea, a serious sleep disorder that causes breathing to repeatedly stop and start.
3. Health conditions such as gallbladder disease, fatty liver disease, gynaecological issues like infertility and irregular periods, as well as sexual health problems such as erectile dysfunction, can significantly impact one's quality of life.
4. Osteoarthritis is also a common condition that often affects the knees, making it difficult to perform even simple tasks.

Fight against obesity:

India is considered to be the diabetic capital of the world, and it is crucial for us as a nation to take action to reverse this. The key to achieving this is maintaining a healthy lifestyle, following a balanced diet, and exercising regularly. By making lifestyle modifications early on in the course of obesity, medication may not be necessary. It's easier to reverse the harmful effects of obesity without medical supervision when we're just starting to gain weight, making it the best time to implement lifestyle changes and exercise.

When our BMI exceeds 30 kg/m², we are considered obese and may need medical help to achieve optimal results. However, with proper supervision, we can reverse the effects of obesity at this stage. If morbid obesity sets in, with a BMI over 40 kg/m², there is a high chance that medical and conventional therapies will fail. In this case, Bariatric Surgery becomes necessary and is the most beneficial option for our health. Therefore, it is better to prevent obesity than to cure it.

What is Bariatric Surgery?

Bariatric Surgery is a weight loss procedure that involves restricting the amount of food the stomach can hold, causing malabsorption of nutrients, or a combination of both. It also leads to positive hormonal changes that bring about various health benefits.

Nowadays, weight loss surgeries are generally done through minimally invasive laparoscopic techniques. Patients can often walk shortly after the surgery and typically stay in the hospital for 2-3 days. Popular procedures include Laparoscopic Sleeve Gastrectomy and Gastric Bypass Surgery, both of which can be done with minimally invasive keyhole surgery.



Dr. Vinay Shaw

HOD and Senior Consultant, GI, General Minimal Access and Bariatric Surgery

Current Recommendations for Bariatric Surgery

Indian Guidelines

1. BMI ≥ 37.5
2. BMI ≥ 32.5 and at least one or more obesity-related co-morbidities such as type 2 diabetes (T2DM), hypertension, sleep apnea and other respiratory disorders, non-alcoholic fatty liver disease, osteoarthritis, lipid abnormalities, gastrointestinal disorders, or heart disease.
3. Inability to achieve a healthy weight loss for a sustained period of time with prior weight loss efforts.

Benefits of Bariatric Surgery:

Bariatric Surgery can result in significant and sustained weight loss of 40 kgs or more, rather than just 10-15 kgs. This weight loss can last for years and can also improve or resolve associated diseases such as diabetes, hypertension, and osteoarthritis. Due to its metabolic benefits, it is sometimes referred to as metabolic surgery. The surgery not only improves quality of life, but also helps to increase longevity for high-risk obese patients. Additionally, the surgery can have positive effects on mental health by resolving issues such as depression, anxiety, lack of self-esteem, and singlehood, which are commonly experienced by severely obese patients.

Events & Activities

Dental Screening camp

Sanar International Hospitals had organised a Dental Screening camp at Pragyanaam School for children in the age group of 3-12 years. The team of dental experts screened the children for oral hygiene and advised them on how to maintain healthy teeth and gums. More than 300 children were screened over a span of 3 days.



Dental and Cardiac Health camp

Sanar International Hospitals had organised a highly successful Dental and Cardiac health camp at Time Residency, dedicated to improving community health. The event provided essential services, expert medical care to individuals of all ages. The health camp aimed to address a wide range of healthcare needs, offering free check-ups, consultations, and discount on diagnostic tests.

Health Screening Camp at Biodiversity Park

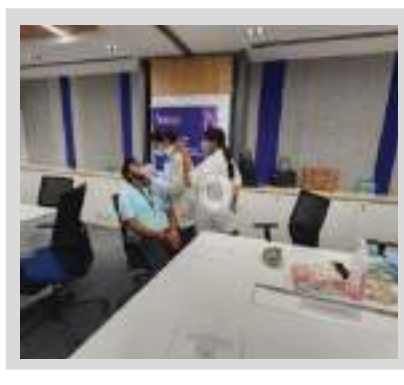
Sanar International Hospitals had organised a health check-up camp in Tau Devil Biodiversity Park, focussed on blood pressure, heart rate, temperature, and sugar levels checked by medical professionals. Personalised consultations were provided, guiding individuals on managing their health. The initiative reflected Sanar International Hospitals' commitment to preventive care, empowering individuals to prioritise their well-being.



Events & Activities

Cardiac Health talk

Sanar International Hospitals had organised a Cardiac Health talk in One Point Solution. Our Senior Cardiologist from the Department of Cardiac Sciences provided valuable insights on maintaining a healthy heart, discussing risk factors, preventive strategies, and the importance of regular check-ups. Participants gained knowledge to make informed decisions for their cardiac well-being.



Health Check-up workshop at Hotel Marriot

Sanar International Hospitals had organised a comprehensive health check-up workshop at Hotel Marriot Corporate Office. The event included General Physician consultations, Dental check-ups, and ENT (Ear, Nose, and Throat) examinations. Participants had the opportunity to receive expert medical advice, get their health concerns addressed, and undergo necessary diagnostic tests. The initiative aimed to promote preventive healthcare and ensure convenient access to quality medical services for individuals at the corporate office.

Events & Activities



Health Check-up Camp at VSH School

Sanar International Hospitals had organised a comprehensive health check-up camp at VSH School, in collaboration with CanWinn Foundation offering a range of services including blood pressure check, random blood sugar, and general physician consultations. Students, teachers, and staff had the opportunity to receive personalised medical attention, address any health concerns, and gain valuable health advice. The initiative was aimed to promote a holistic approach to well-being within the school community, emphasising the importance of preventive care and timely medical interventions.



Health Talk on Bone & Joint Health

Sanar International Hospitals had organised a health talk focussed on Orthopaedics and Physiotherapy. Dr. Saurabh Chandra, Consultant, Bone, Joint Replacement & Orthopaedic and Dr. Kapil Mago, HOD, Physiotherapy and Rehabilitation provided valuable insights on bone and joint health, common orthopaedic problems, and the benefits of physiotherapy. Additionally, we launched an 'Elderly First' Privilege Card for citizens above 50 years. This initiative aims to provide special healthcare benefits and discounts for elderly individuals, emphasising Sanar International Hospitals' commitment to the well-being and specialised care for the senior residents of our community.



Uttarakhand State Conference

Sanar International Hospitals had recently participated in Uttarakhand State Conference held in Kashipur in collaboration with Indian Medical Association. The conference titled 'Oncology Update' was attended by prominent Medical Experts, Cancer Surgeons and Bone Marrow Transplant specialists from North India. Dr. Dharma Choudhary, Director & Head of Department, Blood and Marrow Transplant was one of the key note speakers at the event.

Sanar Empanelment

As a trusted healthcare provider, we are committed to delivering high-quality medical services and personalised care to our patients. We are empanelled with various Corporates and TPAs so as to ensure seamless medical care delivery.

Employees who are empanelled with Sanar International Hospitals can avail from a wide range of services and facilities including: OPD, IPD, Emergency Care, Pharmacy etc.

Sanar International Hospitals is proud to be the healthcare partner of choice for thousands and is dedicated to serving them with compassion, expertise, and unwavering commitment.



Patient Experience

Mr. Hilal, 48
Iraq
Open Heart Surgery for a Rare Cardiac Condition



Master Ismoil Pultove, 16
Uzbekistan
Bone Marrow Transplant Treatment



“ I am overwhelmed to see such a big country with commendable medical facilities. I am falling short of words to describe the level of humanity here. People in the hospital are experts to look after the patients and are proficient in diagnosing the exact disease their patients are suffering from. For the last 4 months I was literally tired of the condition I was facing. Finally, we came here and did every required investigation. In 3 to 4 days' time, everything was resolved by the respected heart surgeon, Dr. Akhil Govil. He performed the surgery successfully. I am thankful to the doctors and nursing staff here. They are top class experts. I wish all the very best to the hospital for serving the people. I am pretty sure that I will go back to my home country fully recovered.”

“ A year ago in Tashkent City, they had diagnosed me with Anaemia. I underwent treatment in Uzbekistan so many times but it wasn't helping me. After some time, my family and close friends decided to send me to India. And so we came to Delhi. We came to India and met experienced doctors Dr. Dharma Choudhary and Dr. Divya Doval. They gave me chemotherapy and the BMT treatment took 18 days. After the treatment, I felt much better. Everything is normal. My family and me, we are all thankful to the team and hope for my full recovery.”



Dr. Bandana Mishra on The Quint - World Asthma Day



Dr. Dharma Choudhary on The Quint - World Thalassaemia Day



Dr. Sumit Sharma on The Health Site - Urine Colour and Different Symptoms



Dr. Sfurti Mann on The Quint - Diabetes Reversal



Dr. Archit Pandit in Medgate Today on Surgical Oncology



Dr. D. K. Jhamb and Dr. Akhil Govil in HT City



Dr. Akhil Govil featured on The Health Site for performing a successful cardiac surgery



Dr. Harnarayan Singh on Times XP - Muscle Spasms



Dr. Rohit Lamba on Health Site - Rheumatoid Arthritis



Dr. Sumit Sharma on Times XP - Role of Testosterone in men



Dr. Kunal Nigam on News9Live - How Common Cold Affects Eyes

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