

Sanar INSIGHTS

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 step into another month, I am delighted to share with you the latest developments as well as important milestones achieved by the team.

First and foremost, I want to express my heartfelt gratitude to our entire medical team for their unwavering dedication and commitment to providing exceptional care to our patients. From the frontline staff to the administrative team, every individual plays a vital role in making our hospital a beacon of hope for those in need.

I am pleased to announce that we have made significant progress during last one year of our operations and have been able to successfully use technology and techniques for the benefit of our patients.

Speaking of our patients, I would like to highlight two remarkable cases that were recently treated at Sanar International Hospitals.

The first case is of a patient from India, who was suffering from Chronic Liver Disease for more than three years. The patient's sister-in-law came forward as a donor, and he underwent a successful Liver Transplant Procedure, under the expert supervision of Dr. Ankur Garg, HOD & Sr. Consultant, HPB Surgery & Liver Transplant.

The second case is of a patient from Iraq, who was wheelchair bound for a long time and was suffering from numbness of the face, limb imbalance, coupled with weakness.

He came to Sanar International Hospitals and underwent a successful surgery using high-end technology and special technique called Intraoperative Neuro Monitoring, by a team of experts led by Dr. Harnayaran Singh, Director & HoD, Neurosurgery & Spine Surgery

These cases not only showcase our surgical expertise but also demonstrate the power of resilience and the relentless commitment of our medical professionals.

In this past month, we also had the opportunity to organise numerous informative health talks and workshops in nearby communities, schools and corporates. Such initiatives are a part of our ongoing community outreach initiatives to provide expert healthcare services that are easily accessible.

I hope you find this edition of our newsletter informative. We would be glad to hear your feedback at: marketing@sanarhospitals.com.

Clinical Marvels

A LIFE-SAVING COMBINATION OF TIMELY INTERVENTION WITH A GENEROUS DONOR

A successful Liver Transplant Procedure

5 3-years-old Mr. Manoj Kumar from India had been suffering from Chronic Liver Disease for almost 3 to 4 years. He visited various hospitals in India, but failed to find the right treatment for his illness. After thorough investigations and tests at Sanar International Hospitals, he underwent a successful Liver Transplant Surgery with his sister-in-law as the donor. The successful transplant was carried out by a team of healthcare experts, under the guidance of Dr. Ankur Garg, HOD & Sr. Consultant, HPB Surgery & Liver Transplant. Both the donor and recipient had an uneventful recovery within a few days of the procedure.

Speaking about the surgery, Mr. Kumar said, "I met with Dr. Ankur and he suggested that I would have to undergo a Liver Transplant Procedure.



Dr. Ankur Garg, HOD & Senior Consultant, HPB Surgery & Liver Transplant with the patient - Mr. Manoj Kumar

I discussed what was suggested with my family members and relatives. My sister-in-law, Ranjana Rani, came forward as the donor, I am very thankful to her and my family members. After a week of the transplant, my health improved significantly. Now, I'm living a normal life, eating normal food, and I am very happy with the result."

Dr. Ankur Garg stated, "When Mr. Kumar came to Sanar International Hospitals, he didn't have the strength to walk, he was practically on a wheelchair. Finally, when we counselled him, he agreed to undergo Liver Transplant procedure, and it was fortunate enough that his sister-in-law came forward as the donor.

After all the preparations were done, he underwent the surgery, it was an uneventful procedure, and he had a tremendous and quick recovery post operation. He was discharged after seventeen days of admission in the

hospital. Within the next two weeks, he was able to join his office and lead a fit and healthy life thereafter.

The message I want to give here is that Liver Transplant, if timely performed, has a very good success rate. It is a life-transforming surgery and helps patient to lead an absolutely normal and healthy life. So, don't keep your myths and doubts about Liver Transplant, there's a lot of progress that has happened in the field, the results are very positive, and patients can lead a normal and healthy life after the transplant."

FROM WHEELCHAIR BOUND TO WALKING NORMALLY

A successful surgery using high-end technology and special technique called Intraoperative Neuro Monitoring

46-years-old, Mr. Hasan, from Iraq was suffering from numbness of the face, limb imbalance coupled with weakness. He was wheelchair-bound for a long time. Two months ago, he had undergone a surgery of Cerebellopontine Angle Tumour, but the result was not satisfactory. He came to Sanar International Hospitals where Dr. Harnarayan Singh, Director & HOD, Neurosurgery and Spine Surgery, and his team of experts performed a successful surgery using high-end technology and special technique called Intraoperative Neuro Monitoring. Mr. Hasan recovered completely after the surgery and flew back to his home country a happier man.

Mr. Hasan added, "I had my surgery in Iraq, but it was not successful. Then I came to India where we checked multiple brain specialists, but were not confident about the surgeon. I came to Sanar International Hospitals and there I met Dr. Harnarayan Singh, whom we consulted and were confident about his expertise. I stayed three days in the hospital, and then I got discharged. Before I was not able to move or walk, I was in a wheelchair, and was not able to eat. After the surgery, I was able to eat, walk, and sit, now I do not have any problems."

Dr. Harnarayan said, "Mr. Hasan from Iraq came to Sanar International Hospitals with problems of numbness on the right side of the face, imbalance,



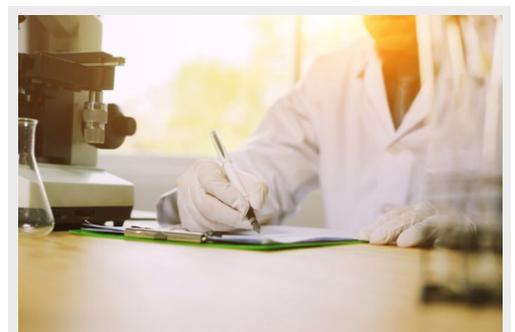
Dr. Harnarayan Singh, Director and HOD, Neurosurgery & Spine Surgery with the patient-Mr. Hasan

progressively worsening weakness in all the four limbs, difficulty in speaking and had become practically wheelchair bound. Two months back, he was operated for Cerebellopontine Angle Tumour, but the tumour could not be removed. After a week or so of the surgery, his symptoms progressively worsened and he came to us in a very bad condition.

We had to re-operate again as the tumour was very large, and it was compressing the vital structures of the brain. After proper evaluation, we performed this surgery with a special technique called Intraoperative Neuro Monitoring, wherein we can monitor the nerves which are around the tumour. The surgery went on smoothly for around seven to eight hours, and a large portion of the tumour was removed. We hope that he is going to have a good life ahead as this is a benign tumour. I would like to give a message here that not all brain tumours are bad, in case of benign tumours, the tumours can be safely removed without much problems, and one can lead a normal life thereafter.

PUBLICATION OF RESEARCH PAPER IN INTERNATIONAL JOURNAL OF SCIENCE AND RESEARCH (IJSR)

It is with immense pride we would like to share that a research paper by Dr. Sabih Ahmed, HOD and Senior Consultant, Dr. Akash Agarwal, Consultant, and Dr. Krishan Yogesh Sawhney, Consultant, Department of Anaesthesiology was published in **International Journal of Science and Research (IJSR)** related to Anaesthetic. Management of a Morbidly Obese Patient Posted for Lumbar Spine Surgery and Total Knee Replacement in Succession.



Advanced Orthopaedic Care with Multidisciplinary team approach

In our fast-paced world, it's crucial to prioritise good bone health for an active lifestyle, regardless of age. According to the National Commission on Population, the share of the elderly in India's population is growing fast and subsequently this has led to a significant increase in bone diseases and deformities. This underscores the importance of offering comprehensive orthopaedic services, tailored individually for patients of all ages.

Orthopaedic Care at Sanar

Sanar International Hospitals has established itself as one of the leading forerunners in the field of orthopaedic care, providing a wide range of specialised services for diverse patient needs.

The Department of Bone, Joint Replacement and Orthopaedics at Sanar International Hospitals provides patients with top-of-the-line facilities with focus on the latest techniques in Joint Replacement, Spine Surgery, Sports Injury and Trauma Care. Additionally, the Department offers a highly advanced Physiotherapy & Rehabilitation programme to support patients' post-surgical care needs.

The comprehensive range of world-class treatments and services offered by the Department includes, Minimally Invasive and Bloodless Surgery with Modern Techniques of Pain Management, Revision Surgery of the Hip and Knee, Minimal Access Surgery in the Spine such as Spine Fixation (MILIF), Computer-Aided Joint Replacement Surgery, Limb Salvage Surgery for Malignant Tumours, Ultra-modern Sports Injury Management and Management of the whole spectrum of Trauma.

Computer Navigation for Joint Replacement:

The most advanced computer navigation systems are leveraged to enhance the precision and outcomes of joint replacement surgeries. By integrating real-time imaging and tracking technology, orthopaedic surgeons can achieve optimal alignment and positioning of the prosthetic joint components. This advanced approach improves implant longevity, reduces the risk of complications, and promotes faster recovery for patients undergoing joint replacement procedures, thus ensuring superior results and patient satisfaction.

Sports Injury Management:

Recognising the unique requirements of athletes and sports enthusiasts, the Department offers specialised sports injury management services. A team of orthopaedic specialists, sports medicine physicians, physiotherapists, and rehabilitation experts collaborate to provide comprehensive care for sports-related injuries. From acute trauma to chronic overuse conditions, the Department employs advanced diagnostic techniques, minimally invasive procedures with the help of a precise imaging modality known as an arthroscope, and tailored rehabilitation protocols to facilitate swift recovery and safe return to sports activities.

Deformity Correction:

Through a multidisciplinary approach involving orthopaedic surgeons, rehabilitation specialists, and physical therapists, the Department has developed customised treatment plans to correct and manage deformities, addressing conditions such as scoliosis, kyphosis, limb length discrepancies, and skeletal dysplasia.



Dr. Rohit Lamba

Head of the Department & Senior Consultant
Bone, Joint Replacement & Orthopaedics



Dr. Saurabh Chandra

Consultant

Bone, Joint Replacement & Orthopaedics

Utilising cutting-edge surgical techniques, such as osteotomies and computer-assisted external fixation devices, the department strives to improve patients' quality of life and functional outcomes, particularly for those with complex musculoskeletal deformities.

Paediatric Orthopaedics:

The department prioritises family-centred care and provides tailored treatments and rehabilitation services for congenital disorders, growth plate injuries, developmental hip dysplasia, and related orthopaedic conditions in children.

Orthopaedic Oncosurgeries:

The department has also developed a firm foothold in the field of orthopaedic oncosurgeries, delivering advanced treatments for bone and soft tissue tumours. A team of experts consisting of orthopaedic oncologists, surgical oncologists and pathologists collaborate to provide the best possible care, including tumour staging, limb-sparing surgeries, reconstructive procedures, and post-operative rehabilitation.

Multidisciplinary Team-Based Approach:

Sanar International Hospitals follows a team-based approach, recognising the importance of collaboration in delivering comprehensive orthopaedic care. The multidisciplinary team consisting of orthopaedic surgeons, anaesthesiologists, physiotherapists, rehabilitation specialists, surgeons, clinical specialists and allied healthcare departments, work in synergy to offer holistic treatment plans for acute, chronic and complex orthopaedic conditions for the best patient outcomes.



CREATING MORE ACCESSIBILITY THROUGH PARTNERSHIP

Sanar International Hospitals recently collaborated with Manipal Cigna Health Insurance and IFFCO-TOKIO General Insurance, with an aim to enhance healthcare services and improve patient experiences. Through these collaborations, we plan to work cohesively to streamline processes, enhance communication, and optimise healthcare outcomes. Our shared goal is to create a seamless healthcare journey for patients, making it easier for them to access the care they need while maximising the benefits offered by their insurance coverage.

EVENTS & ACTIVITIES



HEALTH TALK AT SPHAERA PHARMA

A health talk by Dr. Kushal, Consultant, HPB Surgery & Liver Transplant on 'Liver Health, Risks and Prevention' was organised by Sanar International Hospitals at Sphaera Pharma. The event was specially curated to focus on the significance of liver health and its impact on overall well-being. The health talk was concluded with a Q & A session, ensuring each of the employees had the opportunity to seek personalised advice on health related issues.

HEALTH TALK AT I POINT 1 SOLUTION

Ms. Diksha Dayal, HOD, Department of Nutrition and Dietetics, conducted a Health Talk on the importance of 'Healthy Diet' in association with 1Point 1 Solution, Gurugram. The health talk had informative sessions that covered topics, such as nutrition, and preventive healthcare measures. Participants were encouraged to ask questions and seek advice on overall health and well-being.



HEALTH TALK AT SURAJ SCHOOL

Sanar International Hospitals recently organised a health talk on 'Healthy & Balanced Diet' at Suraj School, Gurugram. The health talk mainly focused on the importance of nutrition and balanced diet. The event covered many important topics, and interactive sessions with the students and staff of the school.

GENERAL HEALTH CAMP AT TATA AIA

Sanar International Hospitals had organised a comprehensive general health camp at TATA AIA for its employees. Apart from expert consultation, several tests and investigations were offered at the Camp.

Events & Activities

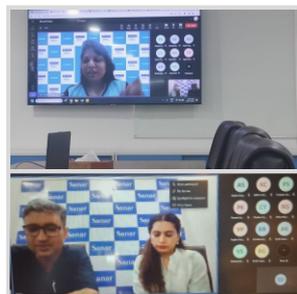
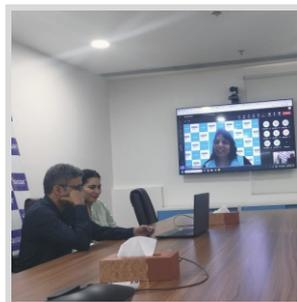
HEALTH CAMP AT MAIDEN INDIA

A general health screening camp for Gastric and Stomach related issues was organised by Sanar International Hospitals at Maiden India. Our team of experienced medical professionals were on-site and provided a range of health services and assessments tailored for each individual. Employees were also given customised diet plan on the basis of their healthcare needs.



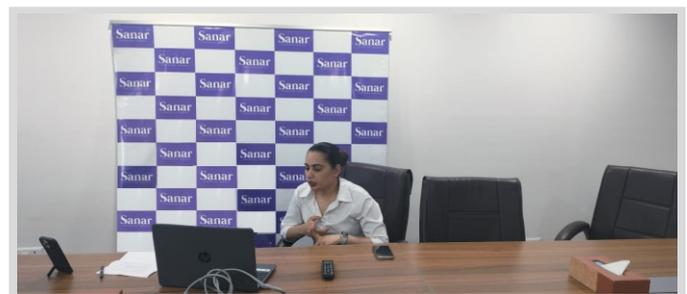
HEALTH TALK ON IMPORTANCE OF HYDRATION AT CUBE SOLUTION

An informative and engaging health talk by Dr. Sumit Sharma, Director and HOD, Urology, Robotics and Renal Transplant, and Ms. Diksha Dayal, HOD, Department of Nutrition and Dietetics, was organised by Sanar International Hospitals at Cube Solution, exclusively for the employees. The online session was aimed to create awareness on the importance of hydration in our daily lifestyle.



WEBINAR WITH DEEP LOGITECH

In our constant effort to promote awareness on the benefits of healthy living, a webinar on diet and nutrition was organised by Sanar International Hospitals in association with Deep Logitech. The webinar focused on the significant impact that a balanced and healthy diet has on overall well-being. The webinar aimed to cut through the conflicting information about diet and nutrition, and provided evidence-based facts, practical tips, and sustainable strategies to improve diet and achieve health goals.



COMMUNITY OUTREACH

IN HOUSE HEALTH CHECK-UP CAMP ON GASTROENTEROLOGY AND DIET

Sanar International Hospitals held an In-house health check-up camp on Gastroenterology and Diet, at its premises. The camp was led by Dr. Amit Mittal, Head of the Department and Senior Consultant, Gastroenterology, and Ms. Diksha Dayal, HOD, Department of Nutrition and Dietetics. During the camp, a team of skilled medical professionals offered comprehensive range of health screenings and consultations.



COMMUNITY OUTREACH

GENERAL HEALTH CAMP AT TAU DEVI LAL BIO-DIVERSITY PARK

A general health camp was recently organised by Sanar International Hospitals at Tau Devi Lal Bio-Diversity Park. People from various age groups availed the services offered at the camp. Many individuals and families received comprehensive medical health check-up and consultation from our team of experts and healthcare professionals.



Patient Experiences

Mr. Gerhard
Germany
Comprehensive Care for
Urinary Tract Infection



“

I was very surprised to find a doctor who was open-minded, it means, he was smiling, and was asking questions which were very important, and he listened very carefully to what I had to say in detail. He prescribed me some medications, and requested me to visit again after two days if the condition did not improve, and discussed that I should stay in the hospital for 2 or 3 days. I was discharged from the hospital within 3 days after receiving comprehensive treatment. At home, I was visited by a medical professional from the hospital for 5 days to administer the complete course of the medications. Me and my wife are completely satisfied with the treatment provided, Now, I have no more pain and can walk around normally.

”

Mrs. Asha Osman
Kenya
Minimally Invasive Thoracoscopic
Laparoscopic Total Esophagectomy



“

I was diagnosed with Esophageal Cancer, and was facing difficulty in swallowing food. I came to Sanar International Hospitals, and was introduced to Dr. Archit Pandit, Director & HOD, Surgical Oncology. Dr. Archit prescribed me with physiotherapy first as I was very weak and thin, my body needed to be ready for the procedure. The surgery was successful, I was discharged from the hospital after 8 days post-surgery. I am very thankful to Dr. Archit Pandit and the entire team at Sanar International Hospitals.

”

क्या है स्लीप एपिया?
स्लीप एपिया एक प्रकार की श्वास विफलता है जो सोते समय होता है। इससे सोते समय श्वास रुक जाता है। यह एक गंभीर रोग है जो अक्सर अनजाने में होता है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है।

स्लीप एपिया के लक्षण
- सोते समय श्वास रुकना
- सोते समय श्वास रुकना
- सोते समय श्वास रुकना

स्लीप एपिया के कारण
- सोते समय श्वास रुकना
- सोते समय श्वास रुकना
- सोते समय श्वास रुकना

Dr. Bandana Mishra in India.com on Sleep Apnea

बुजुर्गों को परेशान कर सकता है फिकल इनकॉन्टिनेंस?
July 14, 2023

डॉ. अमित मिश्रा
फिकल इनकॉन्टिनेंस एक ऐसी स्थिति है जिसमें व्यक्ति को अनजाने में श्वास नली में रुकावट आती है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है।

डॉ. अमित मिश्रा
फिकल इनकॉन्टिनेंस एक ऐसी स्थिति है जिसमें व्यक्ति को अनजाने में श्वास नली में रुकावट आती है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है।

Dr. Amit Mittal in City Headlines on Faecal Incontinence

रुके हुए बाढ़ के पानी से कौन-कौन सी बीमारियां हो सकती हैं? डॉक्टर से जानें इसके दुष्प्रभाव
Health Problems Caused by Stagnant Flood Water: मानसून में बाढ़ से बचाव के लिए जल सफाई प्रणालियों का उपयोग करना चाहिए।

डॉ. स्फूर्ति मान
रुके हुए बाढ़ के पानी से कौन-कौन सी बीमारियां हो सकती हैं? डॉक्टर से जानें इसके दुष्प्रभाव।

Dr. Sfurti Mann in Only My Health on Water borne diseases

फेटी लिवर के कारण हुआ लिवर फेलियर, सनर इंटरनेशनल हॉस्पिटल्स में हुआ सफल लिवर ट्रांसप्लांट
लिवर ट्रांसप्लांट के सबसे अग्रणी कारकों में फेटी लिवर सबसे आगे

डॉ. अंकुर गर्ग
लिवर ट्रांसप्लांट एक गंभीर रोग है जो अक्सर अनजाने में होता है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है।

Dr. Ankur Garg with successful Liver Transplant Case in Human India, Gurugram

नवभारत टाइम्स
रहें सतर्क, हेपेटाइटिस को अपने जीवन पर हावी न होने दें

डॉ. अंकुर गर्ग
हेपेटाइटिस एक गंभीर रोग है जो अक्सर अनजाने में होता है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है।

Dr. Ankur Garg in NBT on Hepatitis: Types, Symptoms, and Causes

The Daily Guardian
WHY ARE WOMEN MORE AT RISK OF DEVELOPING LIVER DISEASES?

डॉ. अंकुर गर्ग
लिवर रोगों से महिलाओं को अधिक जोखिम है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है।

Dr. Ankur Garg in The Daily Guardian on "Why are women more at risk of liver diseases"

हिन्दुस्तान
जानें क्या होता है 'Alcoholic Hepatitis', लिवर से जुड़ी इस बीमारी के दो हेराल्ड और बचाव के उपाय

डॉ. अंकुर गर्ग
अल्कोहॉलिक हेपेटाइटिस एक गंभीर रोग है जो अक्सर अनजाने में होता है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है।

Dr. Ankur Garg on Alcoholic Hepatitis in Hindustan

क्या ज्यादा पेशाब आना खराब किडनी का संकेत है? जानें इस पर डॉक्टर की राय
Frequent Urination A Sign Of Damage Kidney: खराब पेशाब आना खराब किडनी का संकेत है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है।

डॉ. सुमित शर्मा
खराब पेशाब आना खराब किडनी का संकेत है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है। इससे सोते समय श्वास रुकने से श्वास नली में रुकावट आती है।

Dr. Sumit Sharma in Only My Health on Frequent Urination

Should Heart Patients Go On Amarnath Yatra Or Not? Learn From The Doctor
Should Heart patients go on Amarnath Yatra or not? According to Dr. D.K. Jhamb, it is definitely necessary to go on Amarnath to the health condition of yourself and your family members going on any kind of yatra.

डॉ. डी.के. जंभ
Should Heart patients go on Amarnath Yatra or not? According to Dr. D.K. Jhamb, it is definitely necessary to go on Amarnath to the health condition of yourself and your family members going on any kind of yatra.

Dr. D. K. Jhamb discussing about Hypoxemia in India.com during Amarnath Yatra

Sanar International Hospitals Provides Complete Cure to 23-Year-Old Iraqi Youth After 7 Surgeries

By Healthwire Bureau - July 3, 2023 10:12

Inspiring Recovery: Sanar International Hospitals Gives New Lease of Life to Iraqi Youth with Lost Ability to Speak and Breathe

Ali, a 23-year-old from Iraq, had almost given up hope after enduring seven unsuccessful surgeries and being abandoned by a number of hospitals in both Iraq and India. His ordeal began when he suffered a severe accident in his home country, resulting in the loss of his ability to speak and breathe normally. Despite undergoing multiple surgeries over a span of more than three years, Ali's airway continued to block, leaving him desperate for a solution.

Sanar International Hospitals Provides Lasting Cure

Fortunately, Ali's path crossed with Sanar International Hospitals, a beacon of hope in his journey to recovery. After undergoing thorough tests and investigations, he was diagnosed with "Grade-4 Complete Subglottic Stenosis," a condition that severely obstructed his airway. Dr. Kunal Nigam, Head of Department & Consultant, ENT, Cochlear Implant and Voice Disorders, performed a groundbreaking surgery utilizing Coblation-assisted Subglottic Stenosis with Serial Balloon Dilatation, followed by T-Tube Montgomery Stent placement.

The procedure successfully opened his narrowed subglottic airway, allowing Ali to speak and breathe effortlessly through his mouth and nose.

Triumph of Resilience and Collaboration

Dr. Kunal Nigam praised Ali's bravery and perseverance throughout his arduous journey. The successful outcome of the surgery was a testament to the combined efforts of the medical team, including Dr. Sabih Ahmed, HOD and Senior Consultant of Anaesthesia, and Dr. Aditi Agrawal, HOD and Senior Consultant of Radiology and Imaging. The advanced technologies and expertise available at Sanar International Hospitals played a crucial role in Ali's remarkable recovery.

Ali's transformation from despair to triumph serves as an inspiration seemingly insurmountable challenges. Sanar International Hospitals providing innovative and effective medical care has not only restore and breathe but also instilled hope for a brighter future. This remark showcases the power of resilience, collaboration, and the unwavering medical professionals at Sanar International Hospitals.

Dr. Kunal Nigam in Health Wire with successful case study

Sanar | International Hospitals

+91-124-3528444

info@sanarhospitals.com | www.sanarhospitals.com

Golf Course Road, DLF Phase 5, Sector - 53, Haryana - 122002

Follow us on:

