

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 – Sanar Insights. As we step into another month, I am delighted to extend my warmest greetings to each and every one of you. Your unwavering trust and support in our hospital is what propels us forward. With the festival season just around the corner, let's pledge to keep our health as a priority and spread awareness on the advantages of preventive healthcare for our overall well-being.

In this edition of our newsletter, Sanar Insights, we have highlighted a few exceptional clinical cases. The first case is of a patient from Iraq who arrived at Sanar International Hospitals with a 30 cm large tumour in her pelvic area. A team led by Dr. Archit Pandit, Director of Surgical Oncology, was able to successfully remove the tumour completely, with no complications and associated risks.

The second case is of a Bangladeshi patient who was suffering from Angina pectoris, where all three main arteries

in his heart were completely blocked. Dr. Akhil Govil, Director and HOD of Cardiac Surgery (CTVS), and his team of medical professionals performed a successful four-artery bypass graft surgery on a beating heart without the use of a Cardiopulmonary bypass machine. Both patients had an uneventful recovery and went back to their home countries fully satisfied with the treatment.

Community engagement is one of our key initiatives focused on promoting health awareness, disease prevention, and comprehensive well-being. In this issue, we have covered our various healthcare outreach initiatives organised in collaboration with nearby communities, educational institutions, and corporations, with an aim to promote holistic wellness and highlight the importance of regular health check-ups.

As we navigate the challenges posed by the ever-changing landscape of healthcare, your feedback remains invaluable. Please do not hesitate to share your thoughts and suggestions with us at: marketing@sanarhospitals.com

Clinical Marvels

IRAQI WOMAN GETS A NEW LEASE OF LIFE AFTER REMOVAL OF A LARGE OVARIAN TUMOUR

Successful removal of a 30-cm-long sex cord stromal tumour

5 4-year-old Ms. Jinan Abdullah from Iraq was experiencing consistent abdominal pain, and after multiple investigations, a tumour-like mass was found in her uterus and ovary area, which is called a **sex cord stromal tumour**. The tumour was 30 x 30 centimetres in size, due to which a sudden fear of multiple organ removal and the risks associated with it crept in. She visited multiple hospitals in Iraq and later in India, and was suggested to undergo HIPEC Surgery and Intestinal stoma removal. During one of her hospital visits she was even recommended to undergo kidney removal. She had almost lost hope, until the time she visited **Sanar International Hospitals in Gurugram**.



Dr. Archit Pandit, Director & HOD, Surgical Oncology
with the patient - Ms. Jinan Abdullah

Under the expert guidance of Dr. Archit Pandit, Director and HOD, Surgical Oncology, a Cytoreductive Surgery was planned, wherein the tumour was removed completely. The procedure was successful without any complications. Lymph nodes and abdominal fat (omentum) surrounding the tumour area were also taken out during the procedure. Ms. Jinan Abdullah showed an uneventful recovery and returned to her normal, routine life.

Dr. Archit Pandit, Director and HOD, Surgical Oncology, Sanar International Hospitals, said, "We appreciate Ms. Jinan's patience and perseverance, which led her to navigate through this challenging journey. It was a 30-centimetre-sized tumour, and it is human tendency to

be apprehensive about the treatment. We are grateful to help her and with the right set of treatments her journey was devoid of any complications. The tumour that once threatened her vitality was also safely removed. At Sanar International Hospitals, we believe in helping our patients with the right evaluation and treatment. I am thankful to our skilled nurses and medical staff for assisting in this procedure. We wish Ms. Jinan Abdullah good health."

Sharing her immense happiness post the surgery, Ms. Jinan Abdullah said, "I have no words to express how grateful I am to Dr. Archit Pandit and Sanar International Hospitals. They have gifted me a new lease of life. May god bless all the doctors and staff here who serve their patients with great humanity."

A BYPASS SURGERY ON A BEATING HEART LEAVES PATIENT FROM BANGLADESH WITH A HEALTHY AND AN UNCOMPLICATED LIFE

A successful four-artery bypass graft surgery without the use of Cardiopulmonary bypass machine

57-year-old Mohammad Maynuddin Talukdar from Bangladesh came to Sanar International Hospitals with pain in the chest when walking. After thorough evaluation, it was found that he was suffering from Angina pectoris, all the three main arteries in his heart were severely blocked. A team of medical experts led by Dr. Akhil Govil, Director and HOD, Cardiac Surgery (CTVS), decided to perform a bypass surgery with the consent of the patient. A successful four-artery bypass graft surgery was performed on a beating heart without the use of Cardiopulmonary bypass machine, in which all four blocked arteries were bypassed.

Speak about the surgery, Dr. Akhil Govil said, "The surgery of Mr. Talukdar was challenging as he had diabetes and was taking blood thinner medicines too. There was a high chance of infection and excessive bleeding during and after his operation. But we took extra precautions and finally, his bypass operation was performed smoothly and was a great success.

The patient was kept under observation in the ICU for a couple of days, and then in the post-operative ward for 4-5 days. His recovery was quick and remarkable, and after about 10 days, Mr. Talukdar was hale and hearty, and was ready to go back to his home country, Bangladesh. We wish him all the very best for his future."

Mr. Mohammad Jiya, the Patient's attendant, expressed, "We came to Sanar International Hospitals for the treatment of my brother as he had a Cardiac problem. A friend had suggested the name of Dr. Akhil Govil as one of the veterans in the field of Cardiac Surgery. Post



Dr. Akhil Govil, Director and HOD, Cardiac Surgery (CTVS) with the patient-Mr. Mohammad Maynuddin Talukdar

consulting Dr. Govil, my brother was advised to undergo Angiography. After the Angiogram procedure, we got to know that he had 95 % blockage in his heart and was advised to undergo Open Heart Bypass Surgery. We are very much satisfied with the service and the treatment offered at the hospital. Dr. Akhil Govil is just incomparable as a doctor."

Mr. Mohammad Maynuddin Talukdar remarked, "After two days of my surgery I was shifted to general ward. During my stay at the hospital, the service and behaviour of the staff attending to us was exceptional. Post surgery, I feel much better now and would be returning to my home country full satisfied with the treatment."

Unlocking Hope: The Pinnacle of Excellence in Nephrology, Urology and Kidney Transplant at Sanar International Hospitals

In the ever-evolving landscape of medical science, few fields stand as tall and as transformative as Nephrology, Urology, and Kidney Transplantation. These disciplines, while distinct, share a common goal: to restore the gift of life and well-being in patients grappling with kidney-related challenges. Nestled within the heart of Gurugram, Sanar International Hospitals offers comprehensive and compassionate care to patients with urinary and kidney related issues.

Unveiling the Nephrology and Urology Marvels

At Sanar International Hospitals, we believe in the power of understanding and treating the intricate network of organs responsible for maintaining a delicate balance within the human body. Our expert team of Nephrologists and Urologists are driven by a passion for unravelling the complexities of renal and urological disorders. From early detection to advanced treatment strategies, we stand committed to enhancing the quality of life for our patients.

With cutting-edge diagnostic technologies at our disposal, we delve into the very core of kidney-related ailments. The interventional Nephrology unit at Sanar International Hospitals provides leading-edge facilities for HD catheter insertion, permacath insertion, AV fistula creation, and kidney biopsy. In addition, our expert Nephrologists provide personalised care for the most complex kidney diseases like CKD, AKI, Glomerulonephritis, Nephrotic syndrome, etc. In the realm of Urology, we address disorders of the urinary tract, urinary incontinence, kidney stones, pyelonephritis, bladder problems, and other urological concerns.

Pioneering Kidney Transplants: A Lifeline of Hope

Akin to modern-day miracles, kidney transplants have transformed countless lives by offering a renewed lease on life. Sanar International Hospitals stands proudly at the forefront of Kidney Transplantation, supported by an exceptional team of surgeons, medical experts and allied support staff.

From the meticulous screening of donors and recipients; to the intricate surgical procedures and post-transplant care, our Kidney Transplantation team embodies steadfast dedication and commitment to excellence in patient care. Our state-of-the-art facilities, equipped with advanced technologies, ensure the highest level of precision and safety throughout the transplant journey.



Dr. Sumit Sharma

Director and Head of the Department
Urology, Robotics and Renal Transplant



Dr. Amit Kumar

Director and Head of the Department
Nephrology and Kidney Transplant

Empathy and Innovation: Our Promise to You

Beyond our expertise and advanced technologies, what truly sets Sanar International Hospitals apart is our unwavering commitment to compassionate care. We understand the emotional and physical challenges that kidney-related conditions can bring, and our multidisciplinary team is here to provide untiring support during the entire healthcare journey within the hospital. Our patient-centered approach places the patient at the heart of the treatment program, empowering them to make informed decisions about their health, right from the first evaluation to every step of their personalised care plan.

Discover the pinnacle of care at Sanar International Hospitals - where expertise, compassion, and innovation converge to provide comprehensive and advanced medical service to patients with kidney and urinary system disorders, offering the latest and most effective treatment options.

EVENTS & ACTIVITIES

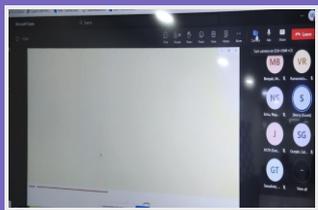


GENERAL HEALTH CHECK-UP CAMP AT TAAL ACADEMY

Sanar International Hospitals, in collaboration with Taal Academy, organised a general health check-up camp at the academy, to bring healthcare to the heart of the artistic community. This unique collaboration aimed to promote holistic well-being and highlight the importance of regular health check-ups. Our team of dedicated healthcare professionals provided a wide range of health screenings, including blood pressure, cholesterol level, BMI measurements, and more. Attendees received personalised reports and advice for a healthier lifestyle.

HEALTH TALK ON GOOD LUNG HEALTH AT UNICHARM INDIA PVT. LTD.

Sanar International Hospitals had organised an exclusive health talk on optimal lung health by Dr. Bandana Mishra, HOD and Sr. Consultant, Pulmonology. Dr. Mishra, gave invaluable insights into nurturing the lungs, including lifestyle adjustments and preventive measures. Employees were apprised on various measures to protect their respiratory well-being in today's environment, empower themselves with knowledge, and prioritise their health.



EXPERT TALK ON LIVER HEALTH WITH C-STEPS CORPORATE

Sanar International Hospitals, in collaboration with C-Steps Corporate Office, recently hosted an illuminating webinar tackling the pressing issue of liver health. This event was a significant step towards enhancing awareness and understanding liver related health issues. Dr. Amit Mittal, Head of the Department and Sr. Consultant, delved deep into the intricacies of liver health. He shared invaluable insights on prevention strategies, early detection methods, and the latest advancements in treatment options. The talk emphasized the significance of proactive measures in maintaining a healthy liver effectively.



HEALTH CHECK-UP CAMP AT SPORTSLANE BADMINTON ACADEMY

Sanar International Hospitals was the official medical partner for Corporate Badminton Tournament organised by Sportslane Badminton Academy for the corporates in Gurugram and nearby areas. Our ambulance equipped with life support medical equipment and staffed by trained healthcare professionals was stationed at the academy to offer immediate medical assistance to the participants during the matches.

COMMUNITY OUTREACH



ENT AND DENTAL HEALTH CHECK-UP CAMP AT RYAN INTERNATIONAL SCHOOL

Sanar International Hospitals collaborated with Ryan International School to organise an ENT and Dental Health Check-up Camp at the school's premises, that left a significant impact on the students and their families. The event began with an informative session, wherein our medical professionals shared invaluable insights on the importance of regular check-ups for ear, nose, throat, and dental health.

HEALTH TALK AT PRAGYANAM SCHOOL

Sanar International Hospitals had the privilege of partnering with Pragyanam School to organise an informative and engaging Health Talk. The event aimed to educate and empower the students with essential knowledge about health and well-being. Students had the opportunity to participate in interactive workshops, where they learned about importance of nutrition, exercise, mental well-being while actively engaging with our medical professionals, asking questions and seeking guidance on their health concerns.



GASTROENTEROLOGY, ORTHOPAEDIC & BLOOD DONATION CAMP AT ARYA SAMAJ MANDIR, BADSHAHPUR

Sanar International Hospitals, in association with the members of Arya Samaj Mandir, Badshahpur, organised a health screening camp for Gastroenterology, Orthopaedic, and Blood Donation at the premises of the mandir. The Blood Donation Camp was a huge success that saw an incredible turnout of community members eager to donate blood and contribute to saving lives. In addition to the Blood Donation Camp, our medical professionals provided free Gastroenterology and Orthopaedic consultations to attendees facing digestive, bone and joint health concerns.

GENERAL HEALTH CHECK-UP CAMP AT DLF PARK PLACE, GURUGRAM

Sanar International Hospitals recently organised a general health check-up camp at DLF Park Place. The event was a significant step towards promoting health and wellness among the residents. Our medical professionals provided free health screenings to all the attendees. These screenings included blood pressure checks, blood sugar tests, cholesterol assessments, and BMI measurements. Participants had the opportunity to consult with our experienced doctors and nurses, who provided valuable guidance on managing various health concerns and answered questions about maintaining a healthy lifestyle.



COMMUNITY OUTREACH

IN-HOUSE CAMP ON NEPHROLOGY AND PULMONARY HEALTH CHECK-UP

In our ongoing commitment to promoting health and well-being, Sanar International Hospitals organised a comprehensive Nephrology and Pulmonary Health Check-up Camp within its premises. The camp aimed to provide our neighbouring community members with easy access to essential health screenings and consultations in the fields of Nephrology (kidney health) and Pulmonology (lung health).

Our medical team provided informative sessions on kidney and lung health, educating participants about preventive measures and lifestyle choices to maintain optimal health. The camp received overwhelmingly positive feedback from participants who appreciated the convenience of in-house screenings and consultations.



PATIENT EXPERIENCES

Mr. Erkinbai
Kyrgyzstan
Liver Transplant Procedure



“

My Liver Transplant procedure went very well, now I feel great. 15 days post my surgery, I was discharged from the hospital. I now have great confidence, and so does my son who is the donor. Dr. Ankur Garg and Dr. Saurabh have my sincere gratitude. I am very much thankful to the entire team at Sanar International Hospitals

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Ms. Anshu Kumari
India
Laparoscopic Sleeve Gastrectomy surgery and Laparoscopic Primary Repair of Umbilical Hernia with Lap Plication of Recti



“

I had a Hernia problem and was referred to Sanar International Hospitals by other doctors. I met Dr. Vinay Shaw here. He stated that I had problems with Hernia and obesity, for which I would have to undergo surgery. I trusted his advice and agreed to undergo the surgery, for both Hernia and Obesity. I feel really great after the surgery, I have lost around 6-7 Kgs of weight. All the staff of Sanar International Hospitals were really nice to me, they kept checking on me whether I was facing any difficulty or problem with anything. I would highly recommend Sanar International Hospitals.

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Dr. Rohit Lamba in The Daily Guardian on Frozen Shoulder

Dr. D. K. Jambon on Tv9 on Exercise for Heart patients

Dr. Sfurti Mann in Only My Health on Dengue

Dr. Amit Kumar Yadav on India.com on Kidney Donation

Dr. Harnarayan Singh on India.com on Slip Disc

Dr. Vinay Kumar Shaw in The Daily Guardian on Bariatric Surgery for Diabetes

Dr. Archit Pandit in The Times of India on Health-Related Misinformation

Dr. Sumit Sharma on Only My Health on Kidney Infection

Dr. Archit Pandit on Tv9 on Ovarian Cancer Case Study

Dr. Amit Mittal in HT City on Gastric Issues in Monsoon

Dr. Kunal Nigam on Only My Health on Nose Bleeding

Dr. Ankur Garg in HT City on Fatty Liver

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