

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 spirits. As we step into another month, I find myself reflecting on the tireless efforts and dedication demonstrated by our incredible healthcare team. The challenges of the past months have not deterred our mission to provide exceptional care and support to our community, and for that, I am truly grateful and humbled.

It brings me immense pride to witness the unwavering commitment of our medical professionals, who continuously go above and beyond to ensure the well-being of our patients. Our collective spirit of compassion and resilience remains the cornerstone of our hospital's identity, and it is this spirit that continues to inspire us to strive for excellence while delivering compassionate and quality care to our patients.

In this latest edition of our newsletter, Sanar Insights, I would like to highlight a few exceptional clinical cases. The first case is of a 73-year-old lady from Iraq, who was suffering from pancreatic cancer and required a high-risk surgery.

Under the expert supervision of Dr. Archit Pandit, Director and HOD - Surgical Oncology, she underwent a successful Laparoscopic Whipple surgery along with sleeve resection of portal vein. The second case is of a 32-year-old gentleman from Iraq, who had been suffering from bronchitis caused by a bullet injury eight years ago. He had undergone eight surgeries in his home country, unfortunately none of them were successful. At Sanar International Hospitals, a team of medical professionals led by Dr. Kunal Nigam, HOD & Consultant, ENT, Voice Disorders & Cochlear Implant, performed a life-changing Microlaryngeal LASER excision of subglottic stenosis on him. He showed an uneventful recovery post-surgery and regained his normal life.

As we continue to move forward, we remain steadfast in broadening our range of services and influence, guaranteeing the accessibility of healthcare for every member of our community. Our outreach initiatives, health education programmes, and collaborations with the community exemplify some of the methods through which we aim to create a beneficial impact that extends beyond our hospital premises.

I would also like to extend my heartfelt gratitude to our patients and their families for placing their trust in us during their moments of vulnerability. Your unwavering support encourages us to push boundaries and explore new horizons in healthcare delivery, ensuring that our services remain at the forefront of innovation and compassion.

As always, we would be glad to hear your feedback at: marketing@sanarhospitals.com

Clinical Marvels

A LIFE-SAVING SURGERY ON A 73-YEAR-OLD LADY

A successful Laparoscopic Whipple surgery along with sleeve resection of the portal vein

In the realm of medical miracles, the story of 73-year-old Mrs. Nejoor from Iraq stands as a testament to the power of modern surgical techniques and dedicated medical expertise. Mrs. Nejoor's battle with Pancreatic Cancer took a positive turn when she arrived at Sanar International Hospitals. Facing the complexities of a high-risk surgery, her journey of recovery was led by a team of proficient medical professionals, spearheaded by the esteemed Dr. Archit Pandit, Director and HOD - Surgical Oncology.

Pancreatic Cancer, known for its aggressive nature and often dire prognosis, presented a daunting challenge for Mrs. Nejoor. Reflecting on her case, Dr. Pandit emphasised the intricate nature of the ailment, noting, "Pancreatic cancer is a formidable adversary with low chances of a cure.



*Dr. Archit Pandit, Director & HOD, Surgical Oncology
with the patient - Mrs. Nejoor*

The surgery itself posed substantial risks, especially considering Mrs. Nejoood's age and health condition. However, we were determined to explore every possibility for her recovery."

Understanding the criticality of the situation, the medical team meticulously planned a comprehensive approach. In preparation for the surgery, Mrs. Nejoood underwent a series of chest physiotherapy exercises, accompanied by a carefully curated high-protein nutritional diet. These measures were instrumental in improving her lung function and enhancing her overall resilience.

The core of Mrs. Nejoood's treatment journey revolved around the groundbreaking Laparoscopic Whipple surgery, a highly advanced procedure which is not widely performed across the globe. Dr. Pandit sheds light on the significance of this technique, stating, "With the Laparoscopic Whipple surgery, we were able to minimize the adverse effects typically associated with such procedures. This approach facilitated a smoother recovery process, reducing the need for prolonged ventilation support and minimizing the risk of post-operative complications like Pneumonia."

Undoubtedly, the challenges during the surgery were substantial, primarily due to the tumour's involvement with a section of the portal vein. Given the complex nature of

Neuroendocrine Tumours of the pancreas, aggressive management was imperative, and surgery emerged as the sole viable option for a potential cure.

The successful culmination of the intricate surgical interventions marked a turning point in Mrs. Nejoood's journey towards recovery. Within a remarkably short span of six days, she was discharged from the hospital, spending only one day in the Intensive Care Unit. Dr. Pandit expressed his satisfaction with the outcome, highlighting the significance of his extensive experience in performing such delicate surgeries over the years

Reflecting on their decision to seek treatment in India, Mrs. Nejoood's son, Muthanna Nayef Farhan, expressed his gratitude, emphasising the pivotal role played by translator Forat. "We were in despair in Iraq, unsure about the prospects of the surgery. However, with the guidance and assurance from Dr. Pandit and the team at Sanar International Hospitals, we found hope. The successful surgery has significantly improved my mother's health, and we are deeply thankful for the exemplary care and expertise provided."

Mrs. Nejoood's journey stands as a testament to the transformative impact of advanced medical interventions and the dedication of skilled medical professionals. With each successful surgery, the beacon of hope shines a little brighter for those battling the challenges of Pancreatic Cancer.

EIGHT YEARS OF SUFFERING COMES TO AN END

A successful Microlaryngeal LASER excision

In a remarkable turn of events, Mr. Tahseen, a 32-year-old man from Iraq, experienced a successful recovery from the persistent effects of Bronchitis stemming from a bullet injury he sustained eight years ago.

Despite undergoing eight unsuccessful surgeries for his condition, a ray of hope shone through when he sought medical assistance at Sanar International Hospitals. Under the expert guidance of Dr. Kunal Nigam, HOD & Consultant, ENT, Cochlear Implant & Voice Disorders, Mr. Tahseen underwent a groundbreaking Microlaryngeal LASER excision of the subglottic stenosis. The surgery proved to be a turning point in his health journey, facilitating an uneventful recovery that eventually allowed him to resume his normal life.

Reflecting on the case, Dr. Nigam highlighted the complexity of Mr. Tahseen's medical history, citing a previous gunshot injury to his chest and neck that had brought him to the hospital. Emphasizing the importance of decisive treatment, Dr. Nigam and his team successfully removed a long-term tracheal stent and dilated the subglottic stenosis, ultimately restoring Mr. Tahseen's health to its natural state.

In a heartfelt expression of gratitude, Mr. Tahseen credited the successful surgery to Dr. Nigam for his instrumental role in the transformative process. Following more than a month of diligent follow-up,



Dr. Kunal Nigam, HOD & Consultant, ENT, Cochlear Implant and Voice Disorders with the patient - Mr. Tahseen

Mr. Tahseen is now set to return home, content with the outcome and results of the procedure. Dr. Nigam also expressed his satisfaction with the success of the surgery and the positive impact it has had on Mr. Tahseen's quality of life.

The story of Mr. Tahseen's recovery serves as a testament to the exceptional medical expertise and advanced treatment methodologies available at Sanar International Hospitals. With the unwavering commitment of medical professionals patients like Mr. Tahseen are provided with renewed hope and a chance to regain their health and vitality.

Unlocking the Secrets of the Mind:

Sanar International Hospitals' Department of Neurosciences - 'unparalleled clinical excellence and expertise'

The human brain is a fascinating and complex subject that continues to intrigue scientists and researchers over the years. Every day, they explore the intricate web of neurons, uncovering the mysteries of memory and consciousness. The realm of neuroscience deals in this frontier of limitless possibilities, offering exciting opportunities for discovery and exploration. At Sanar International Hospitals, the Department of Neurosciences keeps pushing the boundaries of neurological innovation and patient care through our highly skilled experts, leading-edge technologies and state-of-the-art facilities.

Pioneering Excellence in Neurological Care

Led by a team of distinguished Neurologists, Neurosurgeons and Spine Surgeons, Sanar International Hospitals' Department of Neurosciences is at the forefront of pioneering medical breakthroughs. Through detailed diagnostics, customised treatment plans, advanced surgical interventions, and comprehensive post-treatment support, we aim to provide the best solutions and outcomes for the most complex of neurological challenges.

State-of-the-art Facilities and Expertise of the Department

Advanced Diagnostic Tools: Harnessing the power of cutting-edge diagnostic imaging techniques, such as MRI, CT scans, EEG, NCV, MCV and PET scans, to precisely assess neurological conditions and recommend treatment plans, accordingly

Innovative Surgical Techniques: Accomplished neurosurgeons perform intricate procedures with unmatched precision, utilizing the latest in minimally invasive and computer guided surgical techniques

Comprehensive Care: From diagnosis to neuro rehabilitation, offering a seamless continuum of care, ensuring patients receive the support they need at every stage of their journey

Neurology: Navigating the Complexity of the Brain and Nervous System

Neurological conditions often necessitate a multidisciplinary approach, catering to the needs of patients with a wide gamut of diseases and ailments affecting the organs and structures of the nervous system. At Sanar International Hospitals, the neurology team combines cutting-edge diagnostics with compassionate care to address a vast spectrum of neurological conditions, including, Stroke Management, Epilepsy, Cerebral Palsy, Parkinson's Disease, Multiple Sclerosis and Migraine headaches. Our experts work collaboratively with patients to develop customised treatment plans that enhance their quality of life and promote long-term well-being.

Neuro-spine surgery: Precision at its Pinnacle

Precision is crucial when it comes to brain and spine surgery. Our Neuro-spine Surgery Unit comprises of well-accomplished neuro & spine surgeons with decades of expertise, adept in handling complex and critical cases, and



Dr. Harnarayan Singh

Director and Head of the Department
Neurosurgery & Spine Surgery



Dr. Sunil Singla

Director and Head of the Department
Neurology

excel in performing intricate procedures with utmost accuracy. We offer world-class facilities and services to ensure unparalleled surgical management of patients with the most complex and rare neurological and spine condition. Our areas of expertise include, brain haemorrhage management, deep brain stimulation, neurovascular surgery, neuroendocopy, awake craniotomy, treatment for spinal cord injury, tumour and deformities. The Unit is equipped with state-of-the-art operating rooms, dedicated neuro-spine surgical intensive care and an established neuro & spine rehabilitation programme for post-operative patient care.

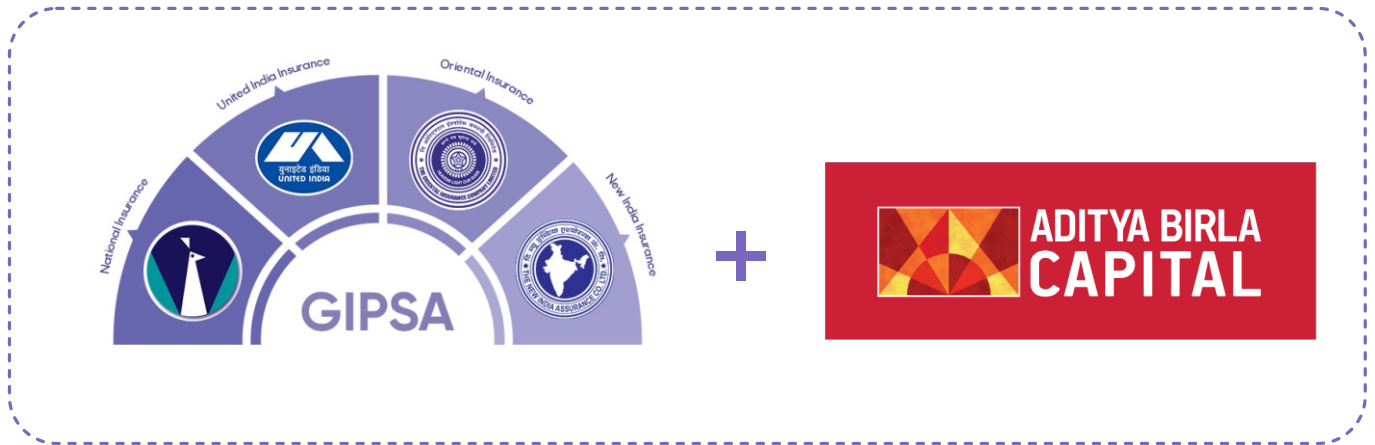
Patient-Centred Care

We understand that a neurological diagnosis can be overwhelming for patients and their families. To help them cope with this situation, the Department focusses on offering personalised treatment plans that are curated after detailed evaluation and assessment of the patients, as well as their medical history.

Giving More Than Hope

The Department is manned by a highly specialised team of Neurologists, Neurosurgeons, and Spine Surgeons, all committed to offering the finest care to patients with comprehensive treatment plans that adhere to stringent quality benchmarks. With dedicated laboratories, operation theatres, and intensive care units fully equipped to handle complex cases, we provide solutions for the most intriguing neurological challenges, one breakthrough at a time.

NEW EMPANELMENTS



CREATING MORE ACCESSIBILITY THROUGH PARTNERSHIP

Sanar International Hospitals recently collaborated with Aditya Birla Capital Health Insurance and GIPSA Insurance thereby increasing the network of insurance companies and TPAs, 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

EVENTS & ACTIVITIES

A HEALTH CHECK-UP CAMP AT TIMES GROUP PRIVATE LIMITED

Sanar International Hospitals had organised a Health check-up camp at Times Group Private Limited. The camp mainly emphasised on blood pressure, blood sugar, and dental check-ups. The camp aimed to foster a culture of wellness and proactive care for health within the workplace. Our team of experienced medical professionals provided comprehensive health assessments, including vital screenings and personalized consultations, leaving participants empowered with valuable insights into their well-being.



A HEALTH TALK ON CARDIOLOGY AT NORTH CAP UNIVERSITY, GURUGRAM

Sanar International Hospitals, in collaboration with North Cap University, organised a Health Talk on Cardiology with guest speaker, Dr. Bilal Ahmad Baba, Consultant, Interventional Cardiology. The event delved into the latest advancements in heart health. With a strong emphasis on preventive measures, the talk highlighted the significance of lifestyle choices in maintaining a healthy heart. Engaging discussions and interactive sessions illuminated the importance of regular check-ups and early intervention.



A HEALTH CHECK-UP CAMP AT GLOBALLOGIC

A screening camp was organised by Sanar International Hospitals, in collaboration with Globallogic on general health and well being. Over the course of the event, our dedicated medical team conducted comprehensive health assessments, including random blood sugar, blood pressure, dental check-ups. Personalised consultations were also offered to all the participants. This activity made a positive impact on the health of employees, creating awareness about preventive care.

A HEALTH TALK ON CANCER AT ASHIANA HOUSING LIMITED, BHIWADI

A Health Talk on Cancer Awareness was organised by Sanar International Hospitals at Ashiana Housing Limited. With an aim to raise awareness and promote preventive measures, the event witnessed an insightful discussion led by our esteemed Oncologist, Dr. Archit Pandit, Director and HOD - Surgical Oncology, shedding light on early detection techniques and the latest advancements in cancer treatment. The interactive session saw active participation from the community members, creating a deeper understanding of this critical health concern.

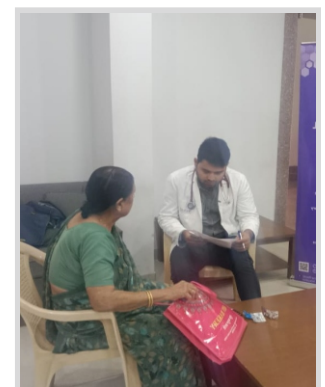


A GENERAL HEALTH CHECK-UP WORKSHOP AT GOOD EARTH

Sanar International Hospitals in collaboration with Good Earth had recently organised a general health check-up workshop for its employees. Our dedicated medical team provided comprehensive healthcare assessments and valuable insights on preventive healthcare measures. The event underscored the importance of regular check-ups and early detection of health concerns amongst the community members.

A GENERAL HEALTH CHECK-UP CAMP AT EMAAR PALM GARDEN, GURUGRAM

With an aim to promote community wellness, Sanar International Hospitals had recently organised a health check-up camp at Emaar Palm Garden, Gurugram. The event, teeming with enthusiasm and participation, witnessed an impressive turnout. Residents availed themselves of comprehensive health screenings, consultations, and informative sessions. Esteemed doctors and healthcare professionals provided personalised guidance, emphasising the significance of early detection and proactive health management.

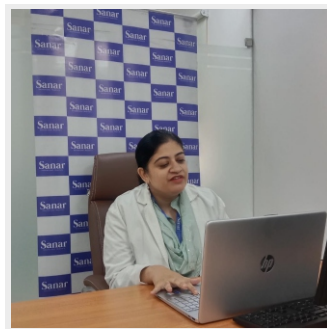
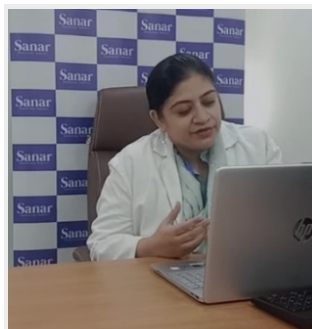


A HEALTH SCREENING CAMP AT MEIDEN INDIA PRIVATE LIMITED

Sanar International Hospitals had recently conducted a highly successful general health check-up camp at Meiden India Private Limited. The event aimed to prioritise employee well-being, fostering a proactive approach to health. With a dedicated team of specialists, we provided comprehensive check-ups, such as, blood pressure monitoring, blood sugar, dental and eye check-ups, emphasising the importance of early detection and preventive measures.

A HEALTH CHECK-UP CAMP AT HSBC CANARA BANK, NEW DELHI

Sanar International Hospitals had recently spearheaded a health check-up camp at HSBC Canara Bank, New Delhi. Our expert medical team diligently conducted comprehensive health assessments, offering employees insights into their well-being. From blood pressure screenings to cholesterol assessments, with BMI and blood sugar monitoring, the camp emphasised the significance of preventive care and early detection.

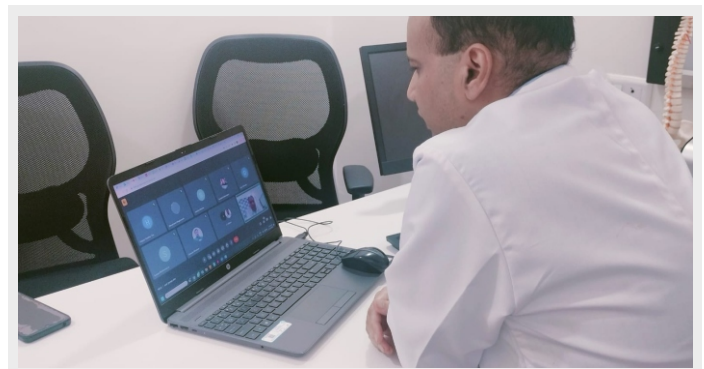
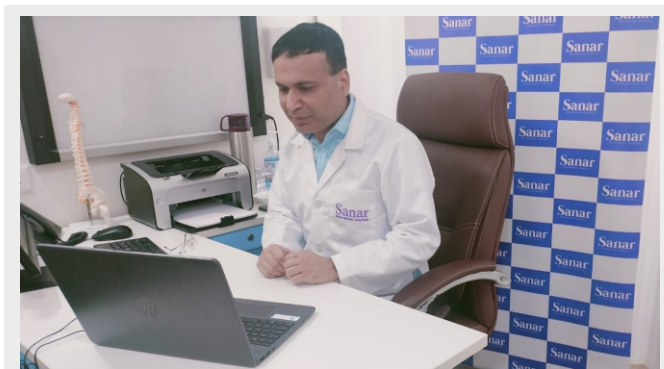


A WEBINAR ON EYE HEALTH WITH M & V

Sanar International Hospitals had recently organised a webinar on eye health with M & V, exclusively for its employees. The virtual event, led by our esteemed Ophthalmologist, Dr. Niketa Rakheja, Consultant, Ophthalmology delved into latest techniques for maintaining optimal eye health. From insightful discussions on preventive measures to revolutionary treatment options, participants gained a comprehensive understanding on preserving their vision.

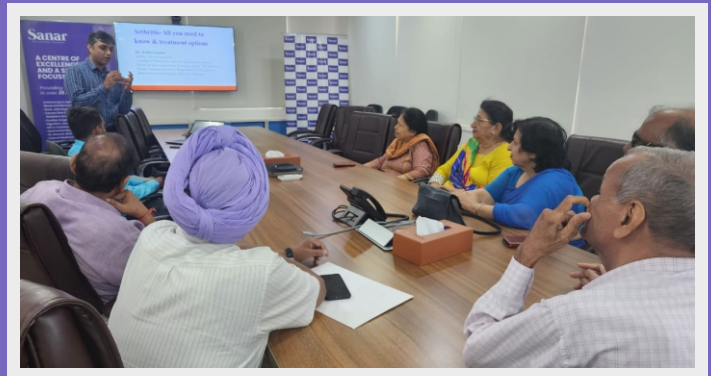
A WEBINAR ON STRESS MANAGEMENT WITH EMEDLIFE

Sanar International Hospitals in collaboration with EmedLife had organised a webinar on stress management, exclusively for its employees. The webinar delved into practical strategies for stress reduction, resilience and balance. Our esteemed speaker, Dr. Sunil Singla, Director and Head of Department, Neurology shared insights on mindfulness techniques, healthy lifestyle adjustments, and effective coping mechanisms.



A HEALTH TALK ON BONE AND JOINT HEALTH FOR SENIOR CITIZEN MEMBERS

A Health Talk on Bone and Joint Health, dedicated to our esteemed Senior Citizens, was recently organised by Sanar International Hospitals. The engaging event shed light on the importance of advanced orthopaedic treatments and tailored physiotherapy programmes for the senior members of our community. Our Expert speakers, Dr. Rohit Lamba, Head of Department and Sr. Consultant, Bone, Joint Replacement and Orthopaedics and Dr. Kapil Mago, Head of Department, Physiotherapy and Rehabilitation emphasised the pivotal role of exercise and rehabilitation in promoting mobility and reducing pain, fostering a holistic approach to eldercare.



A GENERAL HEALTH CHECK-UP CAMP AT ITI COLLEGE

Sanar International Hospitals had recently brought its expertise to the doorstep of ITI College, hosting an invigorating health check-up camp. Encouraging students and faculty alike to prioritise their well-being, the event offered comprehensive health assessments, including BMI checks, blood pressure, and blood sugar monitoring. Attendees actively engaged in informative sessions led by our seasoned medical professionals, delving into the importance of preventive healthcare practices.



AN IN-HOUSE CAMP ON ORTHOPAEDICS, PHYSIOTHERAPY, DENTAL AND EYE CARE

Recently, Sanar International Hospitals hosted a highly successful in-house camp focussed on Orthopaedics, Physiotherapy, Dental, and Eye care. This engaging event was specifically designed to promote holistic well-being within our community. Patients and visitors had the opportunity to interact with our esteemed specialists, gaining valuable insights into the latest advancements in these fields. From informative workshops to interactive sessions, the camp emphasised the importance of preventive care and early intervention.



Breast Cancer Awareness Month

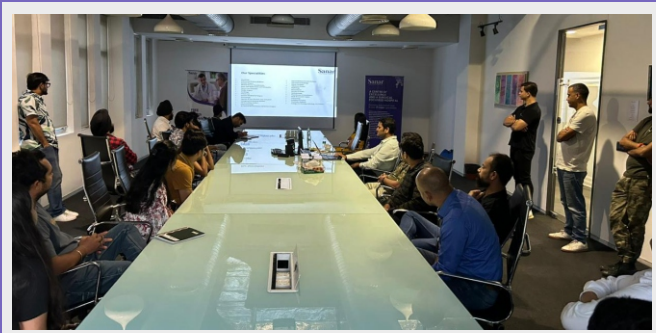
MEDICAL PARTNERSHIP FOR DECATHLON CYCLING EVENT ON BREAST CANCER AWARENESS

Sanar International Hospitals and Decathlon extended their support to a cycling event organised by Decathlon at Ambience Mall, Vasant Kunj. The event aimed to raise awareness about breast cancer, a cause that resonates deeply with both organisations. Sanar Hospitals provided an ambulance on standby, ensuring the safety and well-being of the participants. This gesture demonstrated the hospital's commitment to community welfare, aligning with their mission of providing accessible healthcare services. Additionally, a health check-up camp was organised at the store for all the walk-in customers.



A HEALTH TALK ON BREAST CANCER AWARENESS AT TRAVEL UNRAVEL

A health talk on Breast Cancer Awareness was organised by Sanar International Hospitals in collaboration with Travel Unravel. The event, held at the company's premises, brought together experts and individuals passionate about spreading awareness on Breast Cancer. Discussions centred on early detection, prevention, and support systems for those affected. Driven by our commitment to community health, we extend our gratitude to all the participants for their engagement and support.



A HEALTH TALK ON BREAST CANCER AWARENESS AT INSTITUTE OF HOTEL MANAGEMENT

In a bid to promote Breast Cancer Awareness, Sanar International Hospitals orchestrated a compelling health talk at Institute of Hotel Management, resonating with students and faculty alike. Renowned Oncologist, Dr. Archit Pandit, Director and HOD - Surgical Oncology, shed light on prevention, early detection, and treatment options, emphasising the critical role of education and vigilance in combating this prevalent disease. Attendees were empowered with knowledge, encouraged to prioritise regular screenings, and motivated to spread awareness in their communities.



#Sanarhealthscholar is our latest outreach initiative programme planned to create a culture of holistic well-being - cultivating positive mental habits, building resilience and self-empowerment among students. Tailored specifically for schools, our initiative involves a series of wellness workshops, health talks, and motivational sessions conducted by experienced healthcare professionals. Through these sessions, students are exposed to a diverse range of topics spanning physical health, mental wellness, and personal development, equipping them with valuable insights and skills that are essential for navigating the challenges of adolescence and young adulthood.

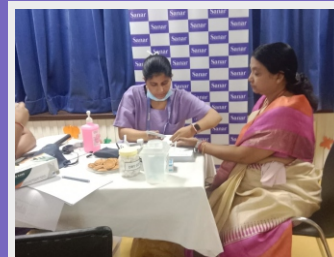
A HEALTH CAMP AT PRAGYANAM SCHOOL, GURUGRAM

In a bid to promote holistic wellness, Sanar International Hospitals recently orchestrated an impactful health camp at Pragyanam School. Focussing on Ear, Nose, and Throat (ENT) services alongside dental and hand hygiene sessions, the event catered specifically to students. With a keen emphasis on preventive care, the camp aimed to educate and empower young minds about the significance of comprehensive health practices.



A HEALTH SCREENING CAMP AT AJANTA PUBLIC SCHOOL, GURUGRAM

A general health check-up camp was organised by Sanar International Hospitals at Ajanta Public School. At the camp, our experienced medical team offered comprehensive health assessments, including blood pressure, cholesterol, blood sugar for the staff members; height and weight check, dental and eye exam for the students.



A HEALTH TALK ON CANCER AWARENESS AT RYAN INTERNATIONAL SCHOOL, GURUGRAM

A health talk on Cancer Awareness was organised by Sanar International Hospitals in collaboration with Ryan International School. Our esteemed guest speaker, Dr. Archit Pandit, Director and HOD - Surgical Oncology, orchestrated an engaging session with the employees about cancer prevention and early detection. The event emphasised the importance of preventive check-ups for early detection and improved treatment outcomes.



A HEALTH CHECK-UP CAMP AT VIVEK MODEL SCHOOL

Sanar International Hospitals had organised a general health check-up camp at Vivek Model School. The event witnessed an overwhelming response from both students and faculty, emphasising the significance of proactive healthcare management. With a dedicated team of medical experts, we conducted comprehensive check-ups, promoting awareness about preventive measures and healthy living.

Community Outreach



A GENERAL HEALTH CHECK-UP CAMP AT COMMUNITY HEALTH CENTRE, KHOH, MANESAR

Sanar International Hospitals had recently organised a general health check-up camp at the community health centre of Khoh. Our dedicated medical team diligently conducted comprehensive health screenings, promoting wellness and preventive care. From blood pressure assessments to blood sugar monitoring, we prioritised every aspect of the participant's well-being. Witnessing the enthusiastic participation and the community's commitment to good health was truly heartening.

PATIENT EXPERIENCES

Mrs. Vijay Luxmi
India
Bilateral Total Knee Replacement Surgery



“

I had been suffering from knee pain from the past 10 to 12 years. I had previously received treatment for my knee pain but none of them were successful. Then I heard of Dr. Rohit Lamba, I was informed that he is a very good and able Orthopaedician. After the surgery, I am now able to walk properly, climb stairs and do not have any pain in my knees anymore. I am very thankful to Dr. Rohit Lamba, and the entire staff of Sanar International Hospitals.”

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Mrs. Gulista
Uzbekistan
Liver Transplant Surgery



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“I had been suffering from liver disease for the past six years. I had undergone many treatments but my health didn't improve, so we came to Sanar International Hospitals. Dr. Ankur Garg did my surgery which was successful, I am very grateful to him and happy about the services offered here. I want to thank all the nurses and the people who helped us.”

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World Cerebral Palsy Day 2023: What is Cerebral Palsy? Know Causes, Forms And How it Affects Infants

World Cerebral Palsy Day is a meaningful occasion to observe the lives and achievements of those who are affected by this disorder.

What is Cerebral Palsy?
Cerebral palsy (CP) is a permanent physical disability. It is an umbrella term used for a spectrum of disorders. The term encompasses a range of disorders of development of movement and posture, arising either before, during or after birth. It is not a disease, but a group of conditions that occur in the developing brain or spinal cord. According to Dr. Sunil Singla, senior orthopedic surgeon at Sanjay Gandhi Institute of Postgraduate Medical Sciences, CP is often accompanied by disabilities of sensation, cognition, communication, personality, behaviour or vision disorders.

Causes of Cerebral Palsy
Dr. Sunil Singla explains that the causes of cerebral palsy are diverse and are very different to our country, where congenital CP is the dominant form.

Forms of Cerebral Palsy
The CP can be categorized into three main types based on the part of the brain affected: spastic CP, ataxic CP, and dyspraxic CP.

Dr. Sunil Singla in ABP live on World Cerebral Palsy Day 2023

ARTIFICIAL INTELLIGENCE IN BREAST CANCER

Challenges and Opportunities
The integration of AI in breast cancer diagnosis and treatment offers significant challenges and opportunities. Challenges include data privacy, algorithm bias, and the need for large datasets. Opportunities include improved diagnostic accuracy, personalized treatment plans, and early detection.

Dr. Archit Pandit in The Daily Guardian on Artificial Intelligence in Breast Cancer

Breast Cancer Awareness Month: ब्रेस्ट कैंसर होना पर जबरन आतं हें 5 दुधआती लक्षण, न कर्ट नजरअंदाज

Early Symptoms in Hindi
1. लस में रंटी होना
2. लस में रक्त होना
3. लस में रंटी होना
4. लस में रक्त होना
5. लस में रंटी होना

Dr. Sunny Garg in Onmyhealth.com on Breast Cancer Awareness Month

Hydrocephalus: बच्चों में लक्षण हाइड्रोसेफलस बीमारी का संकेत, जानलेवा होती है ये डिजीज

Hydrocephalus Disease Symptoms: हाइड्रोसेफलस बीमारी एक बच्चे के दिमाग में तरल का अत्यधिक जमाव है, जो उसका दिमाग को धक्का देती है और उसे नुकसान पहुंचा सकती है।

Dr. Harnarayan Singh in tv9.com on Hydrocephalus case study

World Arthritis Day 2023: कम उम्र में रातिया के बन्ने से बचने के लिए आनखूँ उजाग, ये ऐक्वार्ट के सुझाव

Dr. Rohit Lamba in livehindustan.com on World Arthritis Day 2023

MIND OVER MEAL: THE POWER OF FASTING

Experts say fasting has several health benefits, including weight loss, improved blood sugar control and brain function.

Ms Diksha Dayal's inputs in HT City on The Power of Fasting

युवा महिलाओं में स्तन कैंसर पर चुप्पी तोड़ने की जरूरत

भारत समाचार सेवा
गुरुग्राम: आज की तेज जीवनशैली ने स्तन कैंसर को एक गंभीर और चुनौतीपूर्ण स्वास्थ्य समस्या बना दिया है, जिसका असर न केवल व्यक्तिगत स्वास्थ्य पर होता है, बल्कि परिवार और समुदायों पर भी।

Dr. Sunny Garg in Dainik Bhaskar on Breast Cancer

Fighting Severe Hydrocephalus: A 5-Year-Old Girl's Journey to Recovery

Dr. Harnarayan Singh in Thehealthsite.com on Fighting Severe Hydrocephalus

How to Delay the Early Onset of Arthritis: A Comprehensive Guide

Dr. Rohit Lamba in Healthwire.co on How to Delay the Early Onset of Arthritis

कार्डियक हाइपरट्रोफी क्या है? डॉक्टर ये जानें इसके लक्षण, कारण और इलाज

Dr. D.K. Jhambh in Onmyhealth - Cardiac Hypertrophy - Symptoms, Causes and Treatment

HT HEALTH on Thursday

YOUNG AND AT RISK: DECODING THE EARLY ONSET OF BREAST CANCER

Dr. Sunny Garg in HT City on Decoding The Early Onset of Breast Cancer