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**DEPARTMENT OF
NEPHROLOGY, UROLOGY AND KIDNEY TRANSPLANT**



The Department of Nephrology, Kidney Transplant, and Urology at Sanar International Hospitals is dedicated to providing comprehensive and advanced patient services in three specialised fields: Nephrology, Kidney Transplant, and Urology. Our multidisciplinary team comprises of Urologists, Physicians, Nephrologists, Transplant Surgeons, Anaesthesiologists, Specialised Nurses and Medical Technicians, collaborating seamlessly to deliver holistic patient care of global quality. With vast experience in handling patients from around-the-world with the most complex cases requiring challenging procedures, our seasoned clinical experts are unwaveringly committed to delivering unparalleled medical care.

What sets the Department of Nephrology, Kidney Transplant, and Urology at Sanar International Hospitals apart is the combination of state-of-the-art facilities and advanced medical equipment such as the Haemodialysis and Peritoneal Dialysis machines, Urodynamic Machine, Nephroscope, Ureteroscope as well as Cystoscope that complement the exceptional expertise of our healthcare professionals. The Nephrology Department specialises in diagnosing and treating myriad kidney conditions, offering services such as Kidney Disease Management, Dialysis Services and Hypertension Management. The Kidney Transplant Unit focusses on life-saving procedures, ensuring the success of each transplant surgery. The Urology Department addresses a broad spectrum of urological conditions in both males and females, providing specialised care for Paediatric Urological Ailments, Reconstruction Surgery, Uro-Oncology, Uro-Robotics and Andrology.

Department of Nephrology:

The Department of Nephrology at Sanar International Hospitals brings together the finest interventions from across the globe to offer comprehensive care to patients suffering from a wide range of diseases, disorders and malignancies involving the



kidneys. The Department is equipped with all the necessary equipments and an in-house diagnostic centre, all committed to providing a better patient experience. We have a specialised team of Urologists, Physicians, Nephrologists, Healthcare Professionals and Critical Care Nurses who are dedicated to providing the best Medical Care Service to patients round-the-clock. 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.

Services:

The Department of Nephrology specialises in the diagnosis and treatment of kidney diseases. We offer a wide range of services, including the following:

Kidney Disease Management: Our Nephrologists are experts in managing various kidney conditions, such as Chronic Kidney Disease (CKD), Acute Kidney Injury (AKI), Glomerulonephritis, Polycystic Kidney Disease, and Kidney Stones.

Dialysis Services: We provide comprehensive dialysis care, including Haemodialysis and Peritoneal Dialysis, to support patients with advanced kidney failure. Our Dialysis Units are equipped with advanced technology and staffed by certified Haemodialysis technician.

Hypertension Management: Our team specialises in the diagnosis and management of high blood pressure (Hypertension), a common condition that can significantly impact kidney health. We offer customised treatment plans to control and monitor blood pressure effectively.



Department of Kidney Transplant:

The Kidney Transplant Unit at Sanar International Hospitals is a state-of-the-art facility backed by unparalleled expertise of our team, consisting of expert Nephrologists, Transplant Surgeons, Anaesthesiologists, specialised nurses and medical technicians, all having years of experience in the field. We use innovative techniques and leading-edge technology to offer the finest treatments to our patients while adhering to strict benchmarks of quality and safety.

Kidney Transplant Procedure

Kidney Transplant is a surgical intervention that involves the surgical removal of one kidney from living or deceased donor and engrafting into ESRD patient. The procedure has proved to be a ray of hope for terminally ill patients suffering from End -Stage Renal Disease (ESRD).

The surgery aims to restore normal renal function. This helps to increase lifespan, alleviate need for maintaining dialysis, relieve pain and other symptoms, as well as add good quality years to the patient's life. The procedure is safe for adults & children and generally takes around 3 to 4 hours. After the procedure, the patient requires expert care to help them recover quickly. Anti-rejection medicines (Immunosuppressant) are prescribed to decrease the risk of organ rejection.



Types of Kidney Transplant Procedure

Kidney Transplant is broadly classified into the following types:

- **Deceased-Donor Kidney Transplants** - It is a type of Kidney Transplant in which the healthy kidney is taken from the body of a person who has recently passed away, provided they have a donor card or their family's consent for the donation. In this case, the doctors can remove both the kidneys of the deceased person and use them to save the lives of two different people.
- **Living-Donor Kidney Transplants** - It is a type of Kidney Transplant in which a healthy kidney is taken from the body of a healthy, living person willing to donate. In this case, only one kidney can be removed and used to save the life of a single recipient.

Types of Kidney Transplant Procedure

Kidneys help to remove unwanted fluids and wastes from the body, but are also involved in other vital functions; however, there are many more functions that the kidneys are involved in. These tiny, bean-shaped organs play a crucial role in regulating the healthy balance of salts and minerals in our blood. It also plays a role in the production of the active form of Vitamin D and monitors the production of red blood cells. If somehow, the kidneys are not able to carry out these functions, it can lead to life-threatening complications. Such conditions can give rise to the need for a Kidney Transplant.

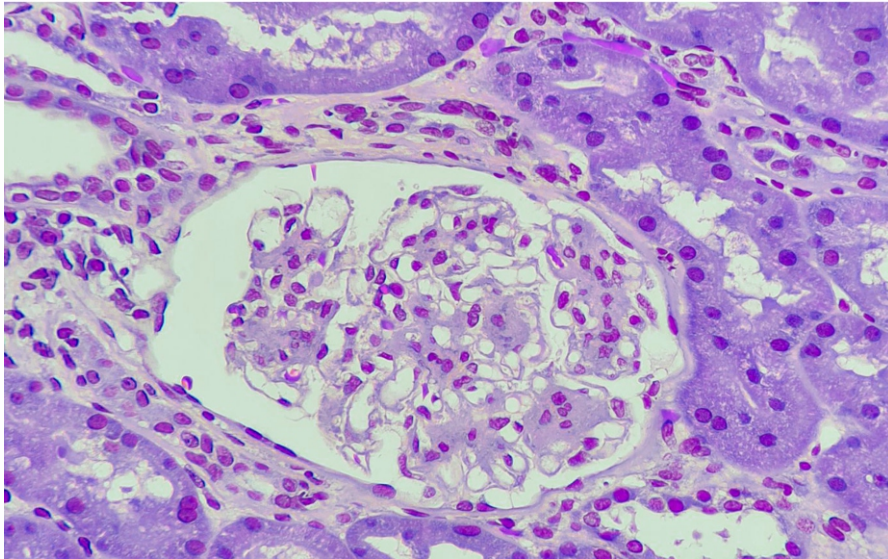


A Kidney Transplant is an option for patients who have been diagnosed with complete renal failure, which can be due to a variety of conditions, such as:

- **Diabetes** - Diabetes is marked by the excessive build-up of glucose in the blood, which can be due to insufficient production of insulin by the pancreas or the inability of the produced insulin to convert glucose into energy
- **Glomerulonephritis**- It is an autoimmune disease marked by severe damage to the Glomeruli, i.e. the cleaning units of the kidney. Glomerulonephritis can result from an underlying disease or ailment and carries potential risks, such as irreversible kidney damage
- **Pyelonephritis** - It is a term used for an infection of the kidney which usually starts within the urethra. The condition can spread to both the kidneys and requires immediate medical care. If left untreated, it can lead to irreversible renal damage, and the bacteria can enter the blood stream, resulting in life-threatening complications. Pyelonephritis can affect both kidneys at the same time.
- **Polycystic Kidney Disease** - Polycystic Kidney Disease is a type of genetic / inherited disorder marked by the development of a cluster of cysts in the kidneys, leading to an abnormal increase in their size. Over a period of time, this results in the gradual loss of kidney function, giving rise to severe complications, including kidney failure.

Unlike tumours, which are solid masses or lumps, these are tiny fluid-filled sacs that tend to grow very large.

- **Obstructive Uropathy** - Obstructive Uropathy is a structural / functional disorder marked by an obstruction in the urinary tract that disrupts the flow of urine through it. Instead of flowing out of the body, the urine starts to flow back towards the kidneys and gets accumulated there. Obstructive uropathy can affect people of any age group and may even be congenital.
- **Congenital Urinary Tract Abnormalities** - Congenital Urinary Tract Abnormalities or CAKUT is an umbrella term used for a wide range of developmental abnormalities that affect any part of the urinary tract. These problems are present since birth, i.e. a baby is born with them. Congenital urinary tract abnormalities can be both structural and functional. The severity of the condition varies from one child to another, often leading to an increased susceptibility to urinary tract infections. In extreme cases, it can also lead to kidney failure.
- **Alport's Disease** - Alport Syndrome is an inherited disease marked by severe inflammation of the kidneys, which also affects a child's hearing and vision. The condition damages the tiny blood vessels that are present in the kidneys and leads to the gradual loss of renal function, eventually resulting in End-Stage Renal Disease or ESRD. Alport Syndrome affects approximately 1 in 50,000 babies.
- **Hypertension** - Also known as High Blood Pressure, Hypertension is marked by an abnormal increase in blood pressure that puts an additional strain on the blood vessels and gradually damages them. A person is said to have high blood pressure if his BP is greater than or equal to 140 / 90 mmHg. The condition can drastically affect the blood vessels that are responsible for supplying oxygenated blood to the kidneys. The renal cells are deprived of oxygen and nutrients, which leads to the gradual loss of kidney function.
- **Interstitial Nephritis** - Interstitial Nephritis is a condition marked by swelling in the tubules, i.e. the kidneys' filtering units. The condition drastically affects normal renal function, preventing the kidneys from purifying blood and producing urine.
- **IgA Nephropathy** - IgA Nephropathy is also referred to as Berger's disease. It is marked by the build-up of IgA or immunoglobulin A in the kidneys, leading to severe inflammation. IgA is a type of protein produced by the immune system that helps fight infections. In patients with IgA nephropathy, the protein accumulates in the kidneys and damages their filtering units, i.e. the glomeruli. Gradually, it leads to scarring and progresses to complete renal failure.
- **Goodpasture's Syndrome** - Goodpasture's syndrome, also known as Anti-GBM disease, is a rare autoimmune disorder in which the body starts to attack two of the most vital organs, i.e. the lungs and the kidneys. A patient suffering from this condition usually



experience pulmonary haemorrhage and glomerulonephritis. It is most commonly seen in people who are in their 20s or those who are above 60 years. Men are more susceptible to Goodpasture's syndrome as compared to women. The condition can prove to be potentially life-threatening without timely medical intervention.

Department of Urology:

The Department of Urology at Sanar International Hospitals is a hub of excellence, dealing with the entire spectrum of diseases, ailments, disorders, malignancies, and other conditions related to the urological system in males and females, along with the male reproductive problems. The team is committed to offering the highest quality care to patients, even in the case of an emergency. Every treatment plan is curated by the team as per the stringent safety benchmarks while ensuring the highest precision and accuracy.

Our areas of expertise include:

Urology - It focuses on addressing the diseases, ailments, and conditions related to the organs of the urinary tract, which involves the bladder, ureters, urethra and kidneys. The department has a specialised unit that is specially dedicated to addressing paediatric urological ailments. Sanar experts offer medicinal, therapeutic as well as surgical modalities for the effective management of such problems in people of all age groups. The surgical interventions include conventional techniques as well as new minimally invasive interventions. Our areas of expertise include:



- Pylonephritis** - It is an inflammatory kidney infection triggered by bacteria and is broadly classified into two different types based on the onset of symptoms. Acute Pyelonephritis is abrupt and severe whereas Chronic Pyelonephritis progresses gradually and at a slow pace. Common symptoms include fever, cloudy urine, painful urination, pus or blood in urine, frequent urge to urinate, and pungent-smelling urine.
- Kidney Stones** - Also known as Nephrolithiasis, these are solid deposits of unwanted minerals that build up in the urinary tract. The size of the stones may vary and while some are so small that they can easily pass through the urinary tract, others are large enough to get stuck in between, leading to obstruction. We offer treatments like Mini PCNL, Ultra Mini PCNL, PCNL, and Laser Surgeries (RIRS, URSL) for the effective removal of the most complex stones.
- Bladder Problems** - There is a wide spectrum of diseases and ailments that can affect the Urinary Bladder. The most common of these are Bladder Stones, Urinary Incontinence, Bladder Tumour, Cystitis and Overactive Bladder. Our experts offer procedures like TURBT, Bladder Stone Removal, Intravesical Botox Injection and Lap/Open Cystectomy with Urinary Diversion, to address such problems.
- Urinary Tract Infections** - Commonly referred to as UTI, the problem is more common in women as compared to men. It can spread to any part of the urinary tract and can prove to be fatal if it spreads to the kidneys.



- **Kidney Failure** - Kidney failure is a condition marked by the inability of the kidneys to carry out their functions efficiently. Kidney failure is usually caused by a chronic disease, malignancy, or traumatic injury. In such cases, the patient may be recommended procedures like Laparoscopic Simple Nephrectomy / Radical Nephrectomy / Partial Nephrectomy, Pyeloplasty, and other complex reconstructive procedures.
- **Reconstruction Surgery** - This involves procedures like Urethroplasty, which refers to the surgical reconstruction of the urethra. Reconstructive surgery may be recommended for patients with congenital or acquired deformities of the organs of the urinary tract.
- **Paediatric Urology** - It specifically focuses on the diagnosis, treatment, and management of urological problems in small children and infants. This requires a specialised approach with added precision and accuracy. We specialise in addressing all kinds of ailments ranging from mild to complex and offer comprehensive care backed by the latest techniques and innovations.



- **Uro-Oncology** - It is dedicated to offering advanced cancer care for malignancies related to the kidneys, bladder, prostate, penis, and testis. We offer various treatment modalities like Surgery, Chemotherapy, Radiation Therapy, and Immunotherapy.
- **Andrology** - It is a specialised branch of urology that primarily focuses on the diseases, disorders, and ailments involving the organs of the male reproductive tract, including male infertility issues. We offer procedures like TURP (Mono-polar / Bipolar) and Lap / Open Prostate Surgery for the management of various prostate problems and also specialise in Penile Implant Surgery for Erectile Dysfunction. We also address other problems related to sexual dysfunction like reduced sperm count, premature ejaculation, decreased sex drive, etc.

At Sanar International Hospitals, we prioritise patient-centered care, ensuring that each individual receives personalised attention and comprehensive support throughout their treatment journey. Our dedicated healthcare professionals are committed to delivering compassionate care and fostering a comfortable and supportive environment.