

1st
In Gujarat

3D C Arm and Navigation The Game Changers

Operations Theatre in Pushya Hospital showing the 3D C Arm and Navigation.

InSide

Editorial: Dr Jayant Jhala	2
Hernia: Where are the Scars? Real life case of a young banker.	3
Despondent with Three Pains	4
Ms Anne Writes...	4
Unicondylar Knee Replacement in both Knees	4
Ms Anne's Dental Treatment	5
Surgery to treat Herniated or Slipped Disks	6
Blood Donation Camp in Pushya: 75 patients to benefit	7
Free Check Up Camp in Khoraj	7
Pushya Hospital OPD Centres	8

Minimally Invasive Surgery with 3D C Arm and Navigation lead to far higher success in surgery in Pushya Hospital. [Real Patient Stories P 4 & 6]

What is a C-arm? A device which shows high-resolution X-ray images during surgery. This allows surgeons to monitor progress.

What is 3D C-arm- An innovative 3D imaging technique which uses 2D X-ray projections to generate CT Scan like images. The 3D C-arm sweeps around the patient and acquires several hundred 2D views, which are inputs for 3D reconstruction.

Navigation- Device which precisely localizes specific structures within the human body on the computer screen. It shows exactly where the surgeon is operating at any moment and where he needs to place an implant. Consists of a stereoscopic camera, special markers, computer and navigation software. During surgery, special markers are attached to the patient and surgical instruments. This helps exact localization in space and hence navigation in the operating theatre.

Editorial: Dr Jayant Jhala



The General and Laparoscopic Surgery Department of Pushya Hospital is one of the most active and dynamic departments.

Last month I operated on an African lady to remove her gall bladder and stones. At that time my OPD patients who had come for consultation were quite amazed. They many questions:

'How could you operate on an African lady?' 'Aren't African people different from us?' 'Aren't stones supposed to be in the kidney!' 'How could that African lady walk in only two days after such a major surgery?' 'After such a major surgery, I suppose she will go back to Uganda in about 5 - 6 months?'

I was quite amused at the questions. African ladies may dress differently, their stature and diet may be different from Indian women but God has made everyone's body identical.

I did my masters in surgery [M.S.] From Mumbai. There all the patients were Marathi. After that I took three degrees in Laparoscopic Surgery in Coimbatore in southern India. There all my patients were Tamil. Later I took

advanced training in Liver Transplant in Gurugram, near New Delhi, where all my patients were Hindi, Punjabi or Hariyanvi. Now I practice in Gujarat where all the patients are Gujarati... Yet I can treat them. It is worth knowing that the surgical treatments of patients from all over the world are the same.

Coming back to the patient whom I treated for gall bladder and gall stones removal, I remembered how during my college days we used to remember the typical characteristics of a patient of Gall Stones. We had a mnemonic this: 'Fat Flatulent Fertile Female of Forty..' 43 years old Ms Kirobo [name changed] of Uganda fitted the description perfectly. She is a school teacher, bit overweight and suffered from pain in the right side of her abdomen and belched often due to 'gas' in her stomach, as she described it. She visited the Nairobi branch of Pushya Hospital. There the doctor examined her and advised surgery in the Ahmedabad branch of Pushya Hospital.

In Swahili, they greet by saying 'Jambo!' Whenever I visited Ms Kirobo for dressing her wounds, she used to greet me with 'Jambo!' A healing patient after surgery is the happiest moment for me as a surgeon. Ms Kirobo was permitted to return to Uganda in a week. This is not surprising, modern surgical skills and techniques enable early recovery and patients are also satisfied.

Editorial Board

Editor

Mrs Shaishvi Patel

Contributors

Dr Viral Shah

Dr Kartik Shukla

Dr Jayant Jhala

Dr Monali Shah

Dr Rupesh Patel

Contact Us

Do you have any query about any medical illness? Are you in two minds about getting a medical treatment? Please email us. Pushya Hospital's Medical Specialists will help to solve your dilemma.

Write your complaints in simple language, scan and attach medical reports and we will get in touch with you soon.

info@pushya.org

Address

PUSHYA HOSPITAL

32, Sardar Patel Nagar

Opp. ABC-1,

Near. Wagh Bakri Tea Lounge

Navrangpura

Ahmedabad - 380009

Gujarat [INDIA]

Appointments

9:00 AM to 6:00 PM

] +91 79 71234567

] +91 99049 89966

Hernia Surgery: Where are the Scars?

Surgical scars after an abdominal surgery are now becoming rare, thanks to the advent of Laparoscopic Surgery. Once upon a time surgeons approached the diseased organ via a 4 to 8 inch incision. Now with a Laparoscopic Surgery set-up they do the same surgery through five nicks, each of which is about 5 mm in length. Thus after surgery there is hardly any scar, only a few barely noticeable nicks.

Major surgeries like gall stone removal, Liver and pancreas surgeries and intestinal surgeries are routinely done by Laparoscopy. Now hernias are also done by Laparoscopy.

Why do surgeons prefer the small incisions surgery? Lots of reasons like:

- Quicker mobilization
- Less post operative Pain
- Reduced need for medication
- Faster recovery
- Reduced possibility of infection

And most important these days, patients want a scar less surgery. Not exactly scar less, but rather with very small scars.

Over and above the big advantage of faster healing, smaller abdominal scars are very much less prone to herniation. Yes, large surgical scars sometimes themselves lead to hernias...

A real life case

Mr Manish Choudhary is a young banker. Physically fit, he regularly takes exercise. Unfortunately, he found he had an odd swelling on his abdomen, and he consulted Dr Jayant Jhala in Pushya Hospital and was advised surgery.

It is worth stating again and again, that Hernia cannot be treated with medicines or physiotherapy. Only surgery will cure hernia.

Mr Choudhary was prepared for surgery, but he had one condition. He wanted a near scar less surgery. He was aware of Laparoscopic Hernia repair and all. Dr Jhala happily obliged and Mr Choudhary is back to his routine banking work again only after a week!



Laparoscopic Surgeon Dr Jayant Jhala [L] with Mr Manish Choudhary, who was very happy after his near scar less hernia surgery and quick recovery.

Expert Speak: Says Dr Jayant Jhala...

'Hernias are fairly common conditions, the Inguinal Hernias are the most frequent. The key point in hernia - get a surgeon's opinion as soon as possible, because as time passes, the hernia becomes larger and a simple surgery becomes a complex and risky surgery. Most hernias can be pushed back, if you cannot push your hernia back, that is a serious sign. If your hernia has stuck outside, it is a surgical emergency and may need immediate intervention.

Hernia may be congenital or acquired because of reasons like untreated constipation or cough, heavy weight lifting work or weight lifting in gym or playing musical instruments like saxophone. Increased abdominal pressure may cause hernia.

Laparoscopic hernia surgery needs only three small nicks which are barely visible...



A hernia is the abnormal exit of tissue or an organ [such as the intestines] through the wall of the cavity in which it normally resides. Most commonly hernias involve the abdomen or the groin. Common types of hernias are inguinal, femoral, hiatus, incisional and umbilical.

Ms Anne Writes

After treatment in Pushya Hospital, Ms Anne shares her experiences...

I stayed in Pushya Hospital for over 75 days. But all the while I felt as if I was living in my own country, in my home with my family. The reason is, the staff of Pushya Hospital used to take so much care. Everyone smiled when they came to my room. They respected me and took every care to ensure that I was comfortable. If you want to take medical treatment, I would strongly advise you to do so in Pushya Hospital, Ahmedabad, India.

I first met spine surgeon Dr Viral Shah in 2004 in Nairobi. I had backache, a friend advised me to consult Dr Viral and introduced us. Dr Viral treated me and I felt better. But, my backache was not so severe in those days.

Now in 2018 my backache had increased considerably. So I went to consult spine surgeon Dr Viral Shah again in his hospital located in Parklands in Nairobi.

Even in 2018 Dr Viral Shah looked so young that it was difficult to believe that he is a well known and renowned spine surgeon. He examined me and advised medicines and exercise.

“If you don’t get better with this,” he told me, “We will have to operate.”

I felt better with his medicines and exercise. But the pain recurred. And now I was also suffering pain in both my knees. So I consulted Dr Viral’s colleague Dr Ritesh in Parklands. He advised an MRI examination and immediately told me that I would have to go to India for surgery.

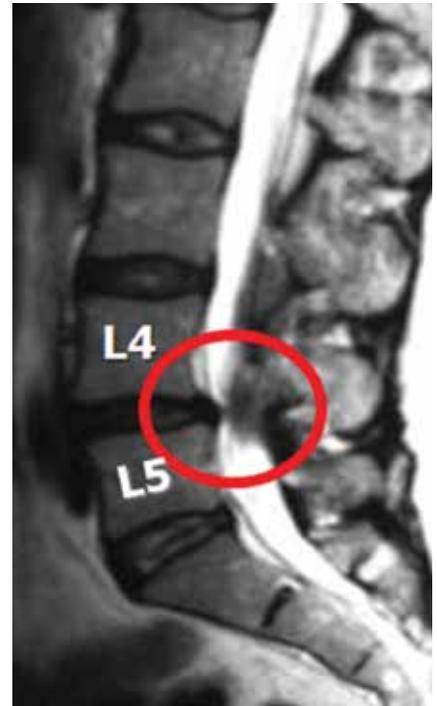
So we came to India to Pushya Hospital in Ahmedabad, and I got operated both for my painful back and my painful knee joints.

I had a few broken teeth. So I got them treated as well.

Now I can walk without pain. My teeth look wonderful. I am going back to Nairobi.

Pushya Hospital is very good. Here they aim to help patients in every way. They care for patients right till discharge. Pushya Hospital staff is also very caring.

Despondent with Three Pains



Ms Anne was suffering from Spinal Canal Stenosis. The nerves coming out from the area near the stenosis were compressed and that resulted in continuous back pain for Ms Anne. Dr Viral operated on the area shown above and relieved the compression and cured her pain permanently.

Unicondylar Knee Replacements in both Knees

Ms Anne also had arthritis in both knees which caused continuous pain. In the 72nd year of her life, activities like sitting, standing and ascending stairs was very painful for her. After her spine surgery she felt so good that she decided to get rid of her knee pain too.

Anne runs her Nursing Home

in Nairobi. There she needs to walk a lot and painful knees hamper her movements.

So after the successful spine surgery she decided to undergo knee surgery. She consulted joint replacement surgeon Dr Kartik Shukla. Anne wanted to know whether she could undergo knee replacements so soon

after her major spine surgery. Dr Kartik opined that as Anne had damage only in one part of each knee, she required unicondylar knee replacement, which is a relatively smaller procedure and could be done.

So Anne also underwent both knee joint replacements and now she is truly pain free.



Ms Anne is a citizen of Kenya. She is a nurse and she runs her nursing home in Nairobi. She came with two major problems, back pain and knee pain. But with successful surgeries for both, she also took dental treatment for a new look on her face

Magic of 3D C-arm & Navigation



Says Spine Surgeon Dr Viral...

We could operate so accurately on Ms Anne only because of 3D C-arm and Navigation.

Before surgery, we know things like which vertebra to cut and which area to leave alone. But we need to pinpoint the exact locations of vital organs during surgery. To do that, we

put markers the patient's back and on some instruments. Navigation system senses the position of the markers and analyses the distances between them and guides us about how deep can we cut safely or where exactly should we put an implant or screw. In spine surgery if we cut even a few millimetre away from the diseased condition, or place a plate or screw off its correct position, the surgery may fail. The Navigation system is a great help for accurate guidance. By using Navigation with 3D C-arm we can manipulate or cut vertebrae without even touching the nerves.

Ms Anne's Dental Treatment

Ms Anne once fell in the bathroom and fractured two upper teeth. Many teeth of her lower jaw had carries and many teeth had fallen off.

After her spine and unicondylar joint surgeries, she had to stay on in Pushya Hospital for dressing and follow-up. So she used that time to take dental treatment.

We must care for our teeth daily. You must brush your teeth in the morning as soon as you wake up and in the evening before going to sleep. Rinse your mouth after eating sweet foods like chocolates.

The main reason for dental carries and infection is eating sticky sweet foods. The sugar in the

sweet foods nourishes bacteria, which multiply into millions and produce acid, which gradually destroys the hardest shell of the teeth, called the enamel. The damage to the enamel is called dental caries. Once carries occur the teeth gradually get perma-

nently damaged.

Dental surgeon Dr Monali Shah treated all Anne's infected teeth with root canal, put in 'post and core' where teeth were absent and changed her denture totally and gave her face a totally new and pleasant look.



Surgery to treat Herniated or Slipped Disks

I suffered from backache since a long time. I used to suffer continuous back pain. My doctor's treatment did not work.

I tried physiotherapy but even



29 year old Yogesh from Karamsad

that did not relieve my pain. Then I was taken to a surgeon in Nadiad.

MRI scanning was done on my back. I was told that I had a problem in the disc between two of my lumbar vertebrae. I was referred to spine surgeon Dr Viral Shah of Pushya Hospital in Ahmedabad for further investigations and treatment.

In Pushya, Dr Viral and his staff explained to me and my family the exact nature of my problem. After that we checked on the internet about 'herniated' or 'slipped' discs. My family and I were convinced that Pushya Hospital was the right place for my treatment. So I travelled again to Ahmedabad and took

treatment in Pushya Hospital. I was operated on my backside.

On the very second day of surgery, nearly 90% of my pain was reduced.

Then the team of physiotherapists helped me exercise and walk in only three days! In the beginning I used to walk with the help of a walker, but the physios convinced me that I could walk without a walker and now I walk freely without a walker!

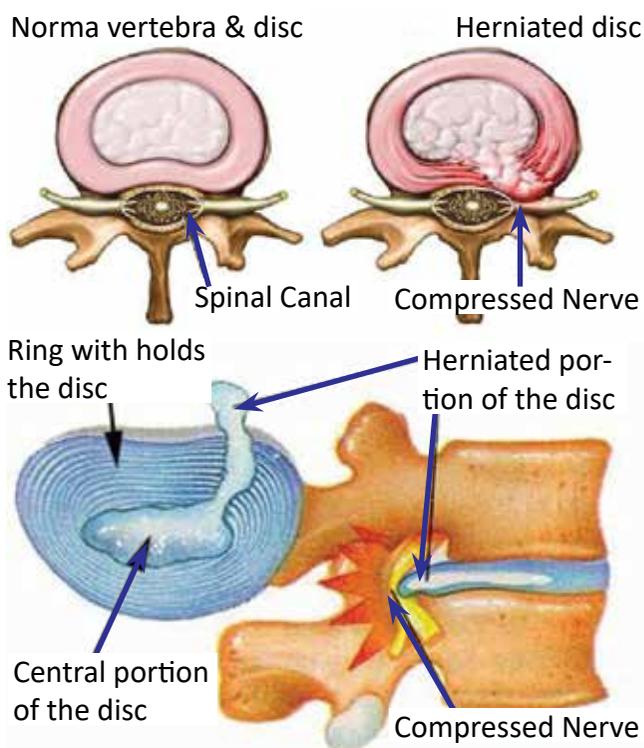
I am very thankful to Dr Viral and his staff. Each staff member was very helpful. They used to ask about my health every time they came to my room. During dressing they used to ask if I was comfortable. I would recommend Pushya Hospital.

My surgery in Pushya Hospital is a big milestone of progress in my life

About the surgery...

29 year old Yogesh had suffered two 'slipped or herniated discs' in the lumbar region of his spinal cord. The facet joints of his spinal column had fused. The slipped discs were compressing nerves - and Yogesh suffered continuous pain.

We removed those regions of the vertebra which were pressing the nerves. We corrected the positions of slipped discs and the vertebrae and fixated them, so that they would not move or slip and compress the nerves again. As soon as the pressure over his compressed nerves was reduced, Yogesh was pain free. He'll have to take care of his back for three months, after which he can resume his routine. The above surgery is very complex, but the 3D C-arm and Navigation in Pushya Hospital along with the surgical skills of Dr Viral Shah and team make such complex surgeries successful.





Blood Donation Camp in Pushya, 75 patients to benefit



Blood donation is a great social service. Pushya Hospital and Prathma Blood bank had organised a blood donation camp where a large number of socially active people had gathered to donate blood. Pushya staff also donated blood in large numbers. Dr Mukund Mehta and

Saints from Swaminarayan Temple had attended to bless the function. A large number of ladies also donated blood. It is noteworthy that ladies can safely donate blood without any harmful effects.

Free Check Up Camp in Khoraj Gam

Native of Khoraj Gam, Dr Viral says: 'SERVING MY VILLAGE IS AN HONOUR'



The founder of Pushya Hospital Dr Viral Shah is a native of Khoraj Gam [Village]. So he had organised a free medical check up camp for the people of his village. An orthopaedic surgeon, spine surgeon and an eye surgeon worked free of cost to examine the needy villagers and advise treatment. Blood Group and Blood Calcium tests were also done free. The Village Chief of Khoraj Gam presented a Shawl of Honour to Dr Viral in recognition of his efforts to help villagers.



Health Check

Forewarned IS Forearmed

The earlier you know about a disease condition,
The better is the outcome
Be Pro Active
Get a Health Check Done
Be safe, prevent major Disease Events
Get Early Treatment

Health Check Up Plans

- Basic Plus
- Diabetes Care
- Teen Wellness
- Comprehensive
- Advance
- Advance Plus
- Executive
- Well Women
- Well Women Plus

Choose a Health Check Plan today and call for an appointment

 +91 79 71234567

PUSHYA HOSPITAL
passion for care

Corporate Health Check Up Plans Available

Pushya Hospital OPD Centres

India Hospital
32, Sardar Patel Nagar,
Opp. ABC-1, Near.
Wagh Bakri Tea Lounge,
Navrangpura,
Ahmedabad - 380009.
Gujarat, INDIA.
info@pushya.org

India OPD Centres

LOCATION	STATE
Ahmedabad	Gujarat
Ratlam	MP
Mandsaur	
Jodhpur	Rajasthan
Pali	

PUSHYA HOSPITAL
passion for care

 +91 79 71234567
+91 99049 89966

Kenya Hospital
Spine Clinic Africa Ltd.,
2nd Floor, B-Wing, Doc-
tors Park, Park Land 3rd
Avenue,
Nairobi, KENYA.
africa@thespineclinic.in
info@thespineclinic.in

 +254 7375 88676
+254 7920 04670
+91 91732 88966

Africa OPD Centres

LOCATION	COUNTRY
Nairobi	Kenya
Kisii	
Mombasa	
Muranga	Ethiopia
Addis Ababa	Rwanda
Kigali	Uganda
Kampala	Zambia
Lusaka	Tanzania
Dar es Salaam	
Arusha	
Mwanza	

Book Post

To

If undeliverable, please return to...
The Editor, Pushya HEALTH
Pushya Hospital, 32 Sardar Patel Col-
ony, Near Wagh Bakri Tea Lounge,
Off C G Road, Navrangpura,
Ahmedabad - 380009 [Gujarat]
] - 079 71234567 | +91 9904989966
www.pushya.org