

# Pushya HEALTH

*A Passion for Patient Care*



## Dr Mukund Mehta at the Inauguration

Story P 2

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Uni-condylar  
Knee  
Replacement:  
Minimal  
Incision  
and Scar,  
Less Blood  
Loss, Less  
Medicines,  
Faster  
Recovery!

₹ 20.00

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## Dr Mukund Mehta at Inauguration



Dr Mukund Mehta is the convenor of the Laughing Club Movement of Gujarat. Everyone who likes physical fitness knows him. In his nineties, he still motivates people to keep fit. He had attended the inauguration of

Pushya Hospital a year ago, and blessed the young surgeons Dr Monali Shah [Dental Surgeon] and Dr Viral Shah [Spine Surgeon]. Dr Mukund Mehta was a practising pathologist before he dedicated his life to the Laughing Club Movement in Gujarat.

## Editorial: Dr Kartik Shukla



After doing MS [Ortho.] I had the opportunity to study and work as a joint replacement surgeon in many countries of the world like Germany, Austria, USA and South Korea. The experience of patient interaction in those countries is vastly different as compared to India.

In India patients treat us with great respect and honour. And

that is one of the reasons I decided to work in India.

Painful knees are a common complaint, and Total Knee Replacement [TKR] is a very popular surgical Treatment for it. Every year lakhs of people get their painful knees replaced with artificial joints.

Sometimes however, only half the knee is affected, and yet the whole knee is replaced.

There is an alternative surgery, called 'Uni-Condylar Knee Replacement' which is far more beneficial for such cases. Sadly, few people know about this surgery.

In this issue we give important information about 'Uni-Condylar Knee Replacement'.

### Editorial Board

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Mrs Shaishvi Patel

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Dr Kartik Shukla

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Dr Monali Shah

### 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.

[info@pushya.org](mailto:info@pushya.org)

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# Half or Partial Knee Replacement

## Total Knee Replacement

Wear and tear of knee joints due to arthritis and Increasing age is a very common problem. It is more common in women. In the beginning medicines and exercise help reduce the pain but after a few years the patient must find a permanent solution for the daily pain.

The permanent solution is Total Knee Replacement [TKR] Surgery. After TKR the constant severe pain in the knee is gone for ever in most patients.

TKR is a very popular surgery for the permanent relief of painful knees. Since 2000 AD, hundreds of thousands of patients have undergone TKR.

TKR is a major surgery. All the components of the painful and worn out knee joint are replaced with artificial joint components. The lower part of the thigh bone [femur], the upper part of the leg bone [tibia] and the inner portion of the knee cap [patella] and cut out and replaced with metal alloy, polymer or ceramic components.

## Half Knee Arthritis

The thigh bone [femur] has two protuberances called 'condyles' which come in contact with two depressions of the leg bone [tibia]. Thus the knee joint has two small articulating areas.

In some patients only one of these two areas is affected with arthritis or wear and tear. Such patients do not need 'to-

tal' knee replacement. They are best treated with partial knee replacement, also called 'Unicondylar' Knee Replacement.

When a person stands up erect, the parts of the knee touching each other are called the medial condyles. While the outer parts of the knee are called the lateral condyles. In most cases when a single condyle is affected, it is the medial or the inner condyle. Such pa-

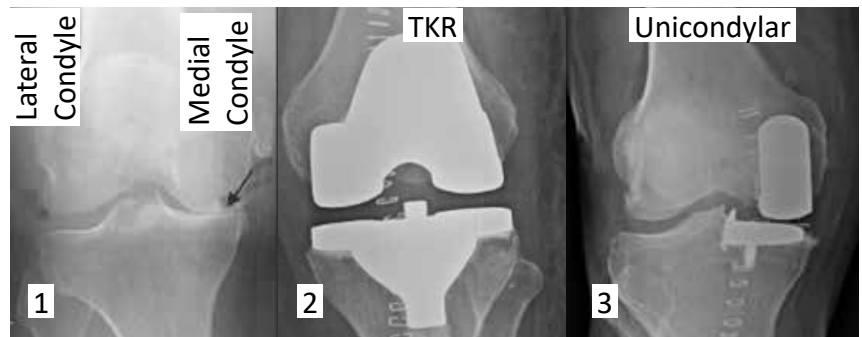
er operation

- Shorter stay in the hospital
- Less medicines required
- Faster recovery
- Early resumption of routine

## Disadvantages of TKR

Of all patients who undergo TKR surgeries, about 20% patients are not happy. They still suffer some pain after surgery.

While after unicondylar knee replacement, more than 99% patients enjoy total relief from



1. Knee joint worn out only on the medial side. 2. Both condyles replaced with TKR. 3. Only one condyle replaced with Unicondylar Knee Replacement.

tients benefit most with Unicondylar surgery.

## Advantages

Unicondylar or half knee replacement has many benefits:

- Less blood loss as it is a small-

pain. So if you are about to undergo TKR, check whether both of your knee condyles are worn out. If only one condyle is worn out, ask for Unicondylar Knee Replacement.



Dr Kartik Shukla specialises in Uni-condylar knee replacement. He is seen with his primary school teacher Naliniben. Dr Kartik felt honoured to treat her.



# Laser: The Cutting Edge in Urology

Special package  
for Laser BPH  
see page 7



Use of lasers in prostate laser surgery has revolutionised relief in cases of benign prostatic hyperplasia (BPH).

Pushya Hospital's department of Urology

has state of the art Holmium Yag Laser equipment by which prostate surgery is done quickly and efficiently.

During prostate laser surgery, the doctor in-

serts a scope through the tip of the penis into the urethra and removes excess prostate tissue that is obstructing urine flow. The urinary channel is also enlarged.

## Symptoms of BPH

- Difficulty starting urination, frequent, urgent urination
- Slow, prolonged urination
- Increased frequency of urination at night, feeling of incomplete bladder emptying
- Frequent urinary tract infections

## Laser Advantages

- Lower risk of bleeding
- Shorter or no hospital stay
- Quicker recovery
- Less need for a catheter
- More-immediate results

## Other Uses of Laser

- Treatment of recurring urinary tract infections
- Kidney or bladder damage
- Inability to control urination or an inability to urinate at all
- Bladder stones

# CT Scan for a Pulmonary Angiogram



Most people think about the CT Scanner as an equipment used to diagnose stroke, fractures, contrast studies, comparison of pre operative and post operative images and so on. However, few people know that the CT Scanner is also used for Pulmonary Angiography.

One of the complications of large bone fractures is Pulmonary Embolism, meaning a blood clot from the fractured bone blocks a pulmonary artery. This is a life threatening situation in a patient with broken bones and must be diagnosed and treated as soon as possible. CT Pulmonary Angiography can diagnose pulmonary embolism in minutes.

The patient receives an intravenous injection of an iodine-containing contrast agent fast through an injector pump. Images are acquired with the maximum intensity of radio-opaque contrast in the pulmonary arteries.

A normal CTPA scan will show the contrast filling the pulmonary vessels, appearing as bright white. Any mass filling defects due to emboli, will appear as a dark patch in place of the contrast. And rapid diagnosis helps in immediate treatment for pulmonary embolism, which if not treated in time, can be life threatening.

# The Magic of Teeth Restoration

A 61 year old lady came all the way from Africa with a full set of decayed teeth. She had pyorrhoea, a dental disease where pus literally comes of the patient's gums. Poor oral hygiene had led to this stage. She could not eat anything comfortably. Bad breath was another major problem. She could not smile or laugh freely as she had no teeth to show.

She came to Dr Monali Shah of Pushya Hospital in this poor state of Dental Hygiene.

After examining and getting her dental X-Rays done, Dr Monali found that only four upper teeth and five lower teeth could be salvaged. All the remaining teeth were in so poor a condition that they had to be removed.

Ideally dental implants could have been inserted in place of her missing teeth, but the weak condition of her jaw bones because of osteoporosis would not permit that.

So Dr Monali decided to put a 'bridge', that is artificial teeth between the remaining teeth both on the upper and the lower jaws. The natural teeth would have to take the weight of the bridge, and so they had to be sound.

The bridge would fail, if the teeth which took the weight of the bridge became infected.

To prevent that, Dr Monali did Root Canal Treatment [RCT] on the nine remaining teeth first.



*Dr Monali Shah after the treatment of full mouth teeth restoration.*

She was going to use those teeth to support the 'bridge'.

If these teeth should become painful later, the bridge would have to be removed for their Root Canal Treatment [RCT] and the bridge would have to be removed for that.

To make a bridge the four upper and five lower teeth had to have a certain height. Her old teeth were not tall enough to take the bridge.

So Dr Monali did what is known as the 'post and core' procedure. She put in small implants inside some of the natural teeth to increase their height. On those teeth, she created a bridge, which restored the lady's full denture. Now her teeth look like a healthy set of teeth. Most important, it restored her smile and confidence.



*Above: Broken teeth with pyorrhoea.  
Below: Fully restored set of teeth.*







## Celebrating Diwali

Every hospital's biggest strength is its manpower. A team united is a team successful. The Pushya team took time off during Diwali to celebrate the Festival of Lights with rangolis, fireworks and sweet-

meats.

The ladies bedecked in colourful clothes showed off their artistic skills in rangoli and flower decorations. The relatives of international patients also participated in the gala events.



## Catching the Christmas Spirit

The joy of cutting a cake at Christmas is something full of novelty and fun not only for children but for everyone. This year Pushya Hospital celebrated Christmas with all the patients together. With so many patients coming from African countries, there were many Christians who were missing their homes and the fun of Santa Claus and gifts and the Christmas tree... But all enjoyed the little celebration with cake cutting and food delights for all.



# Prostate/Hernia Surgery at Special Rates

Two diseases which can be treated only with surgery are Hernia and Prostate Enlargement.

**Hernia** is a small swelling and appears only on certain areas of the body. In the beginning it disappears when pressed. But with passage of time the swelling keeps on increasing and eventually it cannot be made to disappear by pressing. At

that stage surgery becomes necessary.

**Enlargement of the Prostate** usually occurs in men above 60. Patients suffer from frequent micturition, inability to completely empty the urinary bladder, and great difficulty in voiding urine if the patient holds urine for a long time. It is best treated by Prostectomy by Laser Surgery. There is minimal blood loss, and the catheter is removed in only 24 hours. Such surgeries are routinely done in Pushya Hospital.



**Free Consultation by Medical Specialists**

Prior registration mandatory. Please call or visit.

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## Free Medical Check Camp by Pushya in Pali



*Dr Sunil of Pali [Rajasthan State] and his young team worked hard to make the Free Check Up Camp a great success.*

On 25 November 2018, Pushya Hospital had organised a free medical check up camp at Gyan Aradhana Physiotherapy Clinic.

Dr Viral, Dr Asit, Dr Darshan and Dr Pragnesh from Pushya Hospital gave free consultation and advice to patients, who had

come in large numbers. They awaited their turn patiently. Dr Sunil & team had made excellent arrangements for the camp.



*Left: Spine Surgeon Dr Viral examines patients in the free camp. Right: Patients waited patiently for their turn.*





**Beautiful Teeth  
is your RIGHT**

**Pushya Hospital**

**DEPARTMENT OF DENTAL SURGERY**

- Scaling and Polishing, Filling
- Single Sitting Painless Root Canal Treatment
- Partial/Complete Dentures
- Crowns and Bridges
- Oral Surgery for Impactions & Fractures
- Tooth Jewellery, Tooth Whitening
- Dental Implants
- Orthodontics (Braces)

## **BLOOD DONATION CAMP IN PUSHYA HOSPITAL**

Sunday January 27, 2019

Venue: Pushya Hospital

Time: 9 am to 12 pm

Chief Guest: **Dr Mukund Mehta**, Convenor, Laughing Club  
Blessings by Saints of **Swaminarayan Mandir Vasna Sanstha** [SMVS]

## **HELP SOMEONE**

**ONE PINT DONATED BY YOU, HELPS THREE PATIENTS... DONATE BLOOD**



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