

Laser Surgery in Pushya Hospital

Surgeries for Prostate and Urinary Stones more successful with Laser

Above: State of the art Laser Equipment in one of Pushya's Operation theatres

₹ 20.00

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Came in a Wheelchair Went back Walking!

After successful decompression surgery Hasmukh Korat stands tall with his Spine Surgeon Dr Viral Shah



Passion For Patient Care



Shaishvi Patel, Director

The name of Pushya Multi-Speciality Hospital is based on the word “Pushya”, which means “To Serve”. The motto of Pushya Hospital is “Passion for Care”, that is, we are committed to care for our patients.

Pushya Hospital is a 52 bed Multi-Speciality Hospital. It offers medical and surgical treatments in Spinal Surgery, Knee and other Joint Replacement Surgery, Dental Surgery, Trauma and Fracture Surgery, Arthroscopy, Urology and Gynaecology, Cancer surgery, Neurosurgery, Gastrointestinal and Laparoscopic Surgery, Internal Medicine, ENT Surgery and Ophthalmology.

Pushya has a team of Medical and Surgical specialist doctors, medical equipment with the latest technology, trained medical staff and management staff; all of whom are available 24 x 7. The technology we use is meant for giving the best results, and that gives 100% support to our doctors.

The infrastructure of Pushya Hospital has been constructed to be patient friendly. Patients who come for medical treatment are also supported in every way, especially psychological, physical and financial matters.

The hospital management monitors every system 24 x 7 and also gives personalised care on a one to one basis to every patient. Our mantra is: “The patient is our First Priority!”

At the time of discharge the satisfaction of our patients justifies our motto: “Passion for Care”.

Pushya Hospital offer different packages for Health Check Up which includes Corporate Health Check Up Plans as well. We also cater for cashless treatment to patients covered by private medical insurance companies.

Editor

Mrs Shaishvi Patel

Contributors

Dr C. P. Garg
Dr Viral 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.

info@pushya.org

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Pushya Multi Speciality Hospital

A unit of “Spine Clinic Ahmedabad Pvt. Lrd.”



Advanced Laser Tech in Urology @ Pushya

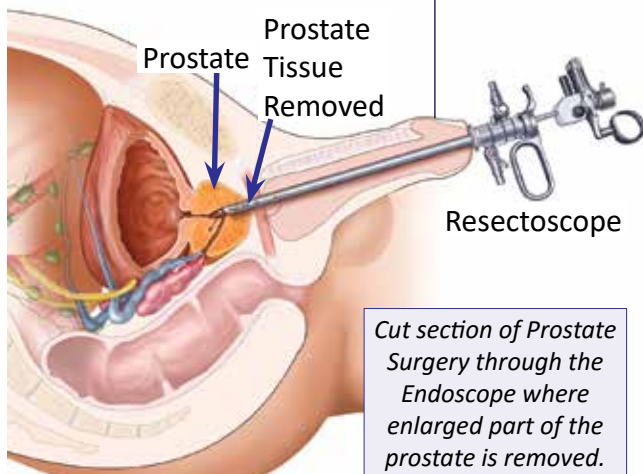
Lasers offer Fast, Safe and Accurate Surgeries of Prostate and Urinary Stone removals. Urologist Dr. C. P. Garg explains...

Lasers are used in urology surgeries for Lithotripsy, treatment of benign prostate hyperplasia, bladder tumours and repairing strictures. Lasers provide:

- More precise incisions
- More efficient laser lithotripsy
- More rapid prostate ablation.

Prostate Surgery

TURP or trans urethral resec-



tion of prostate is the most common type of surgery for enlarged prostate. It is done through an endoscope. But Laser surgery, as done in Pushya Hospital, is slowly replacing TURP.

High-powered laser light passes through fibre optic cables to vaporize the overgrowth of prostate cells quickly and accurately. The intense laser are absorbed

by the blood and within moments the temperature of the blood becomes so great that it causes the nearby cells to vaporize. Laser prostate surgery is equal to TURP in symptom relief.

Stone removal by laser

Biggest advantage in laser stone removal is that there is no incision. Stones are removed through the urethra via the endoscope.

Once the stone is seen in the endoscope, a fibre optic cable transmits laser energy to break urinary stones. After that, the surgeon may remove stone fragments through the urethra with a small basket. 'Stone dust' may pass out during urination.

A tube called a 'stent' is inserted between the kidney and urethra to keep the passage open and allow small stone fragments to pass out easily. Most importantly, the stent allows your kidney to drain well during the healing process. The stent is removed some time after surgery.

Uroflowmetry: Simple test to diagnose complex diseases

This is used to test the amount of urine and the speed of urination. It helps in diagnosing many diseases like...

It detects...

- Prostate enlargement
- Bladder cancer
- Prostate cancer
- Stricture of ureter or urethra
- Any urinary blockage
- Neurogenic bladder

- Frequent urinary infections

How is it done?

You just urinate into a special funnel like device with a full bladder, that is all. It's best to urinate as you normally would, without trying

more force.

An electronic uroflowmeter hooked up to the funnel or toilet measures the speed and quantity of urination. The data collected helps the surgeon determine your disease condition.



Ethiopian Patient Experience



The names of all patients are changed

Usually many patients visit Pushya Hospital, Ahmedabad, India, for treatment all the way from Ethiopia. This time five patients from *one* family came to Pushya Hospital from Ethiopia for different treatments, and two more are awaited!

Orthopaedics

It all began with 53 year old Mrs. Zala Zadzisai who had continuous pain in the left side of neck and shoulder since a long time. She was advised to consult a spine surgeon. So she met Dr Viral Shah during his OPD at Addis Ababa in late 2018. Dr Viral suggested further investigations in Pushya Hospital as he suspected Zala's problem was not in the spine but elsewhere. So Zala visited India with her sister Mrs. Nyala and Zala was investigated. It was found that she had a problem in the bone of her right arm and not the spine. She

needed surgery for her arm and she was duly operated.

General Surgery

During their stay in Pushya Hospital, Mrs. Nyala suggested to her daughter Mrs. Aida to visit Pushya Hospital to get treatment for her lymph node enlargement in her neck.

So Aida visited India for her treatment. After successful removal of her lymph nodes by the general surgeon of Pushya Hospital Aida went back home with Mrs. Nyala and Mrs. Zala.

ENT Surgery

After one month Mrs. Nyala accompanied her husband Mr Omari, her daughter Aida and her two grand children Barack and Negus to Pushya Hospital. Barack and Negus had tonsils and adenoids. Both children were operated by the ENT Surgeon of Pushya Hospital.

Urology Surgery

Nyala's husband 71 year old Mr Omari was admitted and operated for Trans Urethral Resection of the Prostate, a surgery called TURP. He recovered well after the surgery.

Thus, from December 2018 to February 2019, five patients from the same extended family were treated in Pushya Hospital for different diseases.

Neurology

What is more, Mrs. Nyala is going to suggest Pushya Hospital to a hemiplegia patient who lives in her own city, that is Addis Ababa; because Pushya Hospital has Neurologists, that is doctors who are specialists in treating brain conditions like hemiplegia, paraplegia and so on.

Health Check Up

Mrs. Nyala's son in law has decided to get his Health Check Up done in Pushya Hospital. With so many patients at home, he wants to be proactive and get his health checked up.

Specialists who treated the Ethiopian Patients

- Orthopaedic Surgeon
- Ortho Onco Surgeon
- Onco Surgeon
- General Surgeon
- Urology Surgeon
- Ear, Nose and Throat Surgeon
- Anaesthetist
- General Physician

Ethiopian Cerebral Palsy boy Walks!

Operated for Knee Release and femoral shortening in Pushya Hospital

Master Negasi [name changed] had suffered from Cerebral Palsy since birth. The condition had resulted in spasm [tightening] in his lower limb muscles. Also, his lower limb bones were not properly aligned. The thigh bones [femurs] of both legs were too long.

Life is very difficult for such patients. Negasi was unable to

walk. The future was bleak for the growing child.

Negasi was brought to Pushya hospital in July 2018 and he was assessed for surgery. CT scan and other images and other tests showed he could walk if his femurs were shortened and the muscles which had gone into a spasm were released. However, the surgery was a major one, in-

volving both lower limbs.

But Negasi parents wanted him to walk and they agreed for the surgery, which was done by a specialist Orthopaedic Surgeon at Pushya Hospital.

Now in March 2019, Negasi walks with the help of a walker. He is expected to be able to walk without support after some time. Then life will be far different for him!



The X Rays images tell the story better. Left: Pre operative images of Negasi's knees. The joint space between the knee bones is much reduced. Right: the Femurs on both sides are shortened by cutting away pieces from the area marked by the arrow. The screws and plate will support the femurs till the two ends fuse.



Walking: Each step is a tough task for Negasi. He practices walking every day. He was advised bed rest for three months after his major surgeries on his lower limbs. Gradually he will walk unsupported.

For details contact International Patient Service
Coordinator Dr Rupesh Patel on +919173288966

Came in a Wheelchair, Went back Walking!

Decompression Surgery: Surgical Treatment of Spinal Stenosis – Director, Department of Spinal Surgery: Dr Viral Shah



Hasmukh Korat



Dr Viral Shah removed parts of the vertebra compressing nerves and put a Pedicle Screw to stabilise the Hasmukh's spine.

45 year old Hasmukh Korat lives in Jamnagar. He suffered from continuous pain in his neck and upper back since ten years.

In early 2019 his old pain suddenly increased. He also suffered tingling and numbness in both his lower limbs. Slowly his limbs became weak and he could not even walk or stand. The best doctors of his city were consulted and treatment taken, but Hasmukh was not feeling better at all.

He was told that the nerves were being compressed. So Hasmukh was brought to Dr Viral Shah in Ahmedabad.

Dr Viral examined him and conducted many investigations and found that Hasmukh was suffering from spinal canal stenosis at the levels of second and

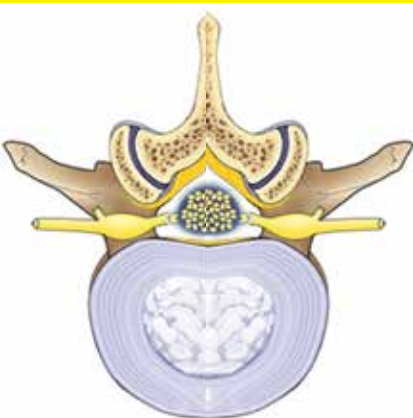
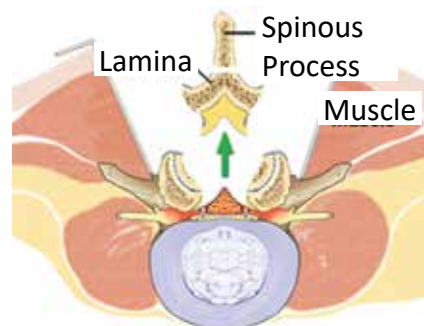
third thoracic vertebrae. It had increased greatly in past few months. He required immediate surgery.

This stenosis had compressed the spinal cord and the nerves at that level. That was the reason for muscular weakness, constant pain and numbness. He required 'decompression surgery' to treat his problems where Dr Viral would surgically removed all the tissue and bones putting pressure on the spinal cord and the nerves. So Hasmukh underwent decompression surgery.

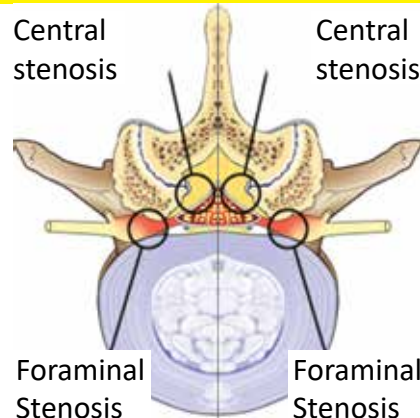
Hasmukh got immediate relief after the major surgery. His weakness vanished and he could stand up and walk with support.

However, it is noteworthy that decompression surgery must be done as soon as possible for good results.

High end equipment like 3D C Arm and Navigation and the skill of the surgical team lead to success in such complicated surgeries in Pushya Hospital.



Cross Section of a healthy spinal cord



Areas where spinal stenosis occurs

Above: Laminectomy is the surgery which relieves decompression by removing parts of the vertebral bones. When such small portions of bone are removed, the Spinal column is stabilized with implants like Pedicle Screws.

Why do a Health Check Up?

Regular Health Check Up helps in early diagnosis of many diseases. If unfortunately a disease is diagnosed during a health check up, then you are forewarned and you can take steps to prevent the disease or treat it. You can also change your lifestyle, reduce weight, BP and so on... Ms Amisha Patel, Coordinator, Health Check Up Department.

All are agreed upon the fact that you should get your health check up done regularly, but rarely do people follow this advice. Corporate employees undergo a health check up every year and they benefit greatly. After a health check up you can take the advice of your doctor and begin treatment and change your lifestyle as required.

- If your thyroid levels are abnormal, they can be treated.
- If your Haemoglobin is low, its cause can be found and treated.
- Your blood sugar must be between 80-140 at any time.
- Diabetics must get their HbA1C test done once in 3 months.
- If you are overweight, you must try to reduce your weight.
- Cancer screening is advisable every year.
- Ladies above 30 years should get PAP test done regularly.
- BMD shows bone strength.

The following table shows tests and what is to be done about them:

Test	What can happen	What to do
High LDL cholesterol	Heart attack, stroke	Reduce LDL with medicines
HDL cholesterol is low	Heart attack, stroke	Take exercise to increase HDL
Mammography - lump in breast	Breast cancer	Consult a surgeon immediately
Positive Pap Smear	Cervical Cancer	Consult a surgeon immediately
Low Haemoglobin	Constant weakness, tiredness	Take medicine, repeat HB test
PSA test positive in males	Possibility of Prostate Cancer	Consult a surgeon immediately
Enlarged prostate in males	Could be Benign Prostatomegaly	Consult a surgeon immediately
Positive Treadmill test [TMT]	Coronary Artery Disease	Consult a Cardiologist



**Cataract detected,
Surgery Done!**

Ms Carolin Muthumia came for a health check up from Africa. During her eye check up she was diagnosed with Cataract, the surgeon advised surgery with lens implant, which she did and returned happily to Africa.



Where do you want to be in the evening of your life? In the ICU or out in the open?

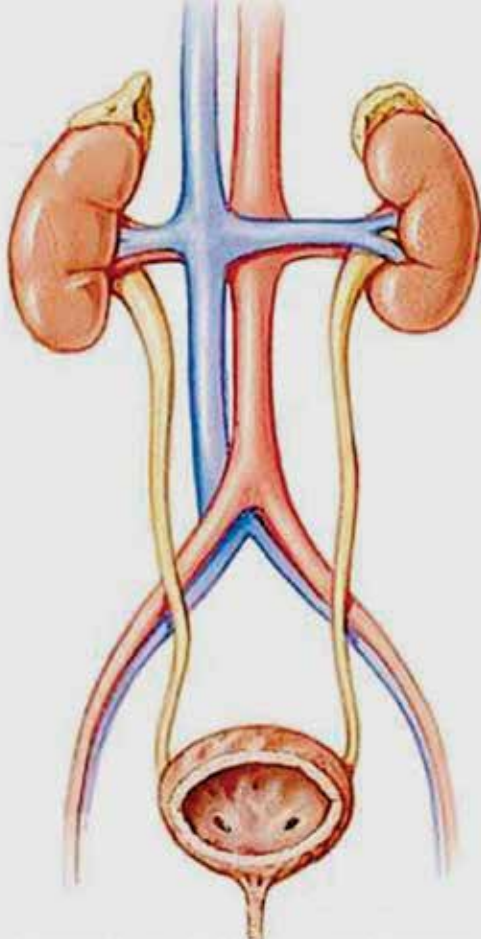


10% Special Discount

Show this coupon at Pushya Hospital & get 10% off for Health Check for one person



Get your health checked regularly. Take exercise regularly. If necessary, take medicine, remain healthy!



Pushya Hospital

Department of Urology

Latest Diagnostics

- Uroflowmetry
- Ultrasonography, CT Scan
- Pathology Laboratory

Treatment Modalities

- Laser Prostate Surgery
- Laser treatment for Urinary Stones
- Ultramodern Operation theatres
- Endoscopy & Laparoscopy

Urology Treatments

- All types of Urinary Stones in Kidney, Ureters or Bladder
- Prostate Diseases
- Urinary Tract Infections
- Incontinence of Urine
- Strictures of Ureter
- Strictures of Urethra
- Cancers of Kidney, Prostate and Urinary Bladder
- Congenital Defects in the Urinary Tract
- Counselling and treatment for Infertility in Males

PUSHYA HOSPITAL
passion for care

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Pushya Hospital OPD Centres

Africa OPD Centres

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

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Jodhpur	Rajasthan
Pali	

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