

Pushya HEALTH

A Passion for Patient Care



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Pushya Hospital
World Class Tertiary Care
Surgeries right in the heart
of Ahmedabad!

Editorial: Dr Viral Shah



Time flies so fast... one hardly notices the passage of time! When some patient says, Doctor Viral, you had operated on me 13 years ago in that hospital, I realise that my colleagues, both surgeons and para medical staff, and I have been working together for over 15 years! And our own Pushya Hospital will also complete a year soon!

When I qualified as an Orthopaedic surgeon I had decided to specialize in the treatment of the Spine, which consists of small bones called vertebrae. My field of work includes all types of back problems: pain, injuries, bone infections and back deformities. The reasons I chose Spine Surgery were: It requires high surgical skill and highly sophisticated surgical equipment. Spine surgeries succeed only with state of the art instruments and highly skilled surgical team. Besides, spine surgery demands minimally invasive techniques. I liked the challenge.

Spine Surgery requires highly

specialized equipment like 3-D-C-Arm, Navigation, Operating Microscope, Endoscope and so on. Over and above that post operative care is crucial. After spine surgery the patients are very vulnerable. Taking extreme care of such patients and helping them move and walk as early as possible requires a highly skilled team of health care professionals like nurses, patient care assistants, physiotherapists and other paramedical staff.

Most corporate hospitals of international repute try their best to provide ideal post surgical care, but patients do not get the care we demand. Our patients were not getting the level of personalized care we expected. So I had decided many years ago to establish our own hospital some day and give ideal patient care. We have fulfilled our dream through the new Pushya Hospital.

To maintain sophisticated operation theatres with high end equipment only for spine surgery is not cost effective. So we included other specialties like Orthopaedics, Joint Replacement, Trauma, Urology and Dentistry In Pushya Hospital.

In the past year hundreds of patients with complicated spine problems came on stretchers in pain and with disabilities, and walked out after treatment. Successful treatment is our greatest motivation. That is why our mission statement is:

'A Passion for Patient Care'

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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.

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Admitted on a Stretcher; Discharged Walking!

For a healthy person, the act of walking erect is simple and taken for granted. But for a patient with an injured & displaced vertebra pressing on the spinal cord and nerves, the excruciating pain and lack of sensation and partial paralysis, even standing is not possible, walking is impossible.

The good news is, such patients can be surgically treated. And with proper post operative care they can walk!

However, such surgeries are very risky. Only a highly skilled Spine Surgery Team with the best surgical instruments and equipment can make such surgeries successful.

A former Member of the Legislative Assembly of Gujarat Mr Kamabhai Rathod suffered an injury on his neck in 2014. He was in extreme pain. He could not even stand up. His body below the neck had lost sensation, he could barely move his limbs. He was brought to Spine Surgeon Dr Viral Shah in such a poor state.

C. T. Scan and M.R.I. studies showed that Kamabhai's seventh cervical vertebra had moved from its place. It was pressing on the spinal cord and the adjoining nerves. As a result he had suffered 'Quadriplegia', a condition where he had partially lost sensation and movement in both his arms and legs and most of his body. He also suffered severe pain around his neck. At that time



L to R: Dr Viral Shah, Mr Kamabhai Rathod [MLA] & Dr Rupesh Patel, Pushya Hospital Inauguration in 2018.

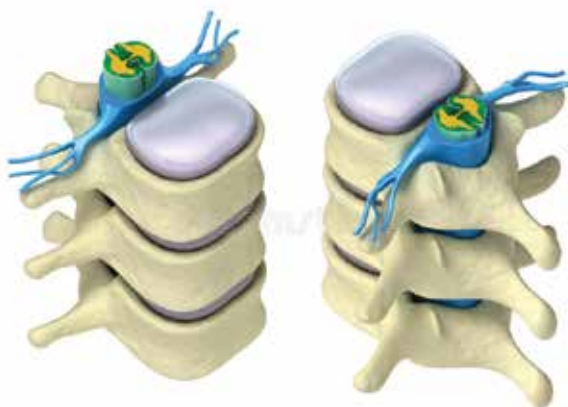
his life was in danger. If the displaced vertebra moved further, he might have been permanently paralysed.

At that stage, spine surgeon Dr Viral Shah operated on Kamabhai and restored the displaced vertebra in its proper position. Dr Viral then fixed

the vertebra so that it would not move from its position.

Four years have passed since that high risk surgery. Now Kamabhai can easily walk erect.

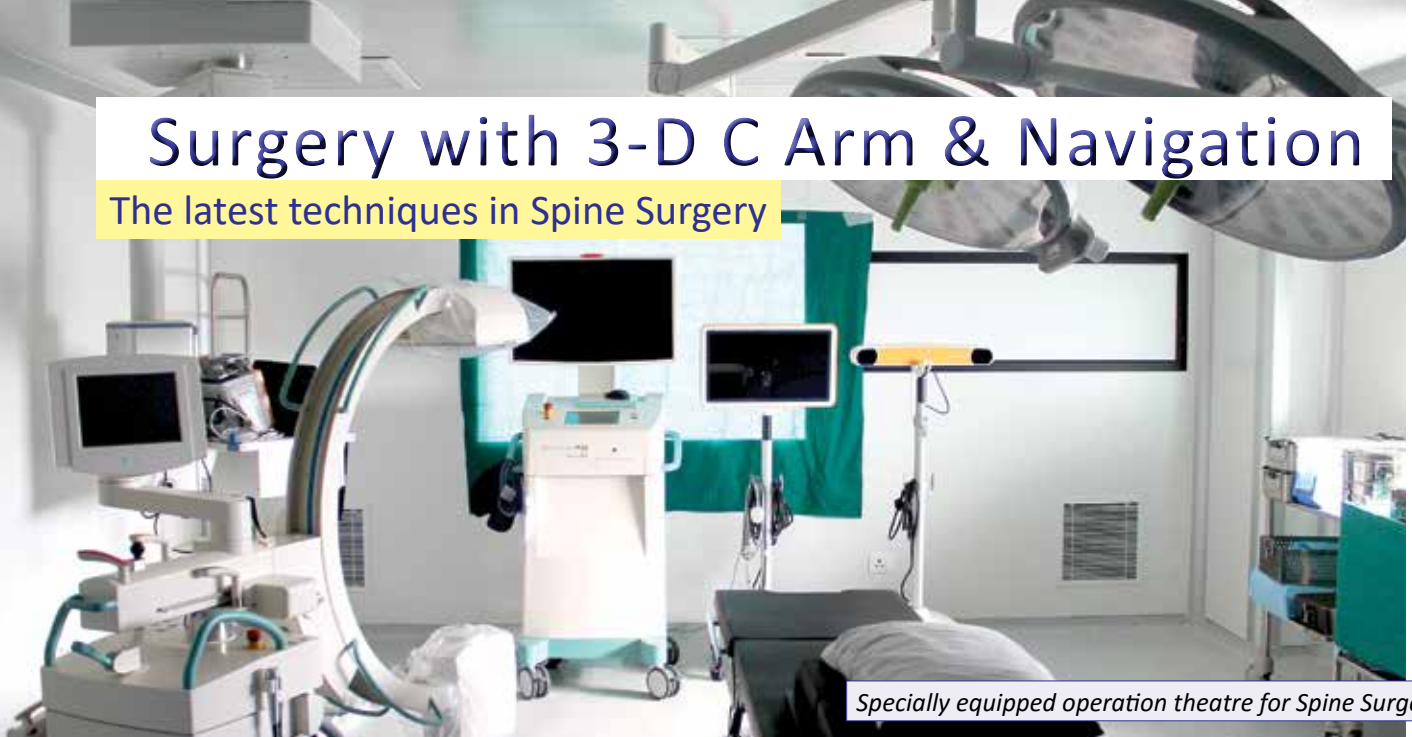
If you meet him, you would feel as if Kamabhai never had suffered any injury at all! ■



Left: One vertebra of the Cervical Vertebrae has moved due to injury. Such patients suffer paralysis. Right: A vertebra, spinal cord, the nerves surrounding it. Every nerve is important.

Surgery with 3-D C Arm & Navigation

The latest techniques in Spine Surgery



Specially equipped operation theatre for Spine Surgery

Any Hospital is only as good as its skilled pool of doctors and equipment. As a centre of excellence in Spine Surgery, Pushya Hospital has some of the best in the world equipment for Spine Surgery. That cutting edge gives the patients treated in Pushya Hospital the best possible results after complicated spine surgery.

The Challenges

Spine surgery is often compared to a goldsmith's work, very fine and intricate. Even a small error may result in non relief of pain or worse, loss of function. Besides,

- Spine surgeons have to operate in very small areas.
- Nerves and soft tissue, which can be easily cut, lie very close to vertebrae, which are as hard as wood.
- It is very easy to damage nerves while cutting bones or cartilages.

Till a decade ago, Spine Surgery was not considered to be a safe

form of surgery as many surgeries resulted in unsatisfactory outcomes.

The Cutting Edge

However, in current times especially with the help of state of the art techniques like 3-D C Arm and Spine Navigation, the treatment of Spine injuries and Diseases has become very accurate and safe in Pushya Hospital.

3-D C Arm + Navigation

C Arm is a basic equipment used in most operation theatres since many years. It shows the operating surgeon the exact location of the organ to be operated and the exact location of the instruments of the surgeons. The older types of C Arms are cumbersome instruments which a technician has to manipulate so that the operating surgeons can ensure that the screws and plates are fixed in the exact location. Repeated use of C Arms exposes the surgeons and

the staff to radiation.

The 3-D C Arm + Navigation in Pushya Hospital on the other hand are computer controlled. The 3-D C Arm moves on its own to take scans and displays cut sections of the spine in three dimensions, front to back, side to side and a cut section as shown above.

That helps the spine surgeons to place the screws and plates exactly at the right location. A few mm deviation in screw placement may *not* move an errant vertebra away from a nerve, and the patient will continue to have pain due to pressure on nerves.

Exact Location

To view the surgeon's equipment on Navigation display, Infra Red markers are placed on instruments, screws and vertebrae. It is the skill of placing and fitting artificial prostheses in the exact location that gives the best outcomes. ■



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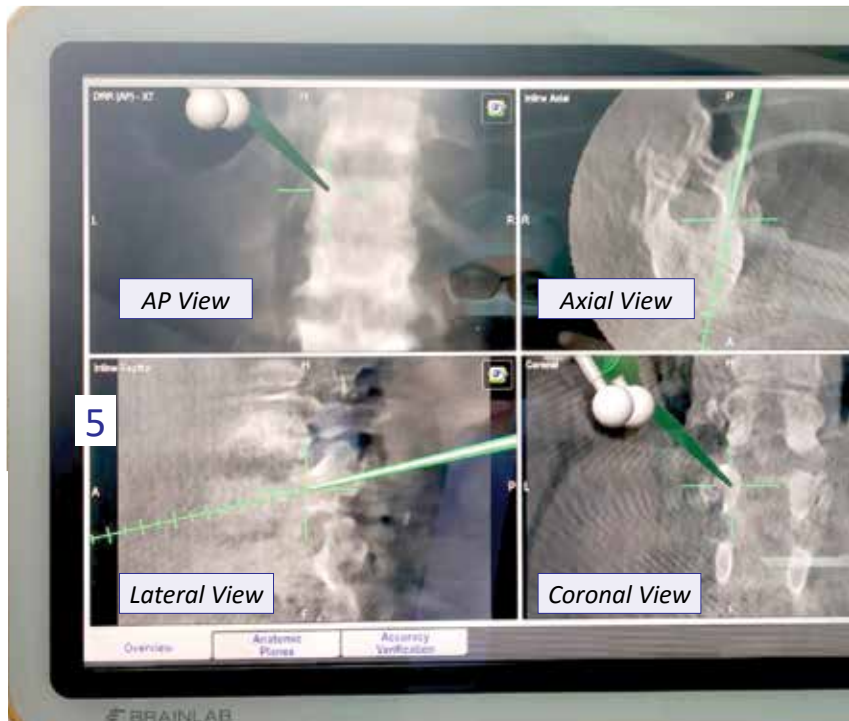
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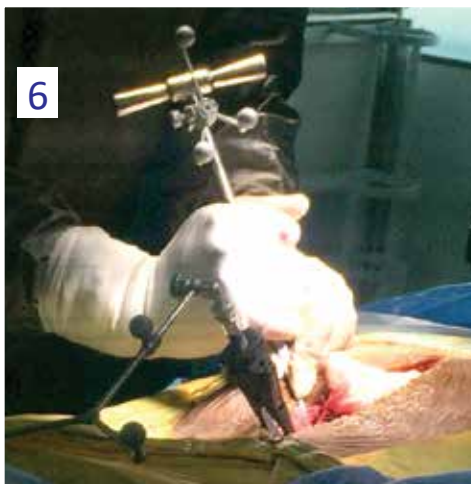
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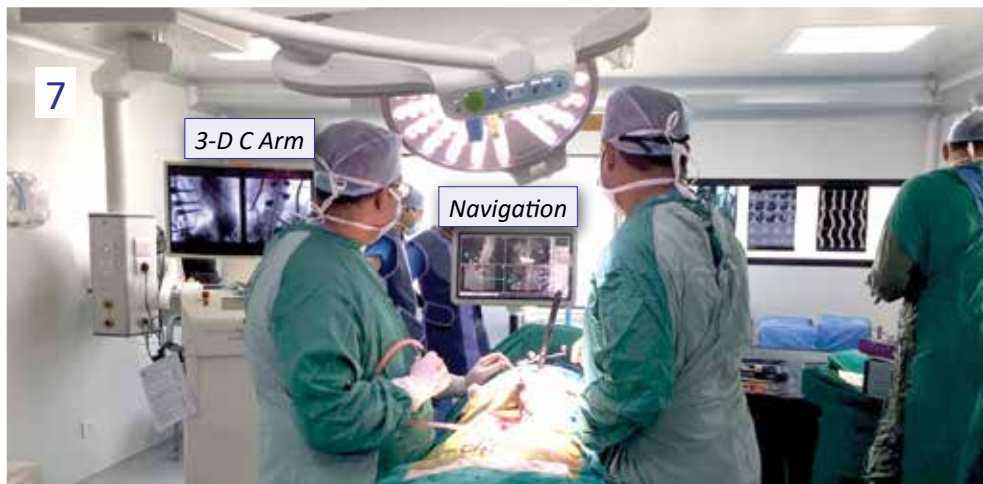
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Dr Viral Shah and Dr Asit performing NAVIGATION SURGERY UNDER 3-D C ARM GUIDANCE



6



7

3-D C Arm

Navigation

10,000 Patients, 20,000 stories



The Pushya Team has treated over ten thousand patients till date and the number keeps growing every day. These are some happy clicks that the patients happily shared with PUSHYA HEALTH before their discharge... Although Pushya Hospital is well known for high end Spine Surgeries, it also offers the latest treatments in the form of Joint Replacement Surgery, All types of Orthopaedic Surgeries, Arthroscopy Surgeries, Kidney and Urology Surgeries, Cosmetic Surgeries, Dental Surgeries and so on. A state of the art ICU supports high risk, complex surgical treatments.

Award for a Decade of Skilled Work

Fifteen years is just a beginning for a super specialist spine surgeon, says founder of Pushya Hospital and recipient of the HEROES OF 2018 award Dr Viral Shah. The award, bestowed on great achievers of different fields by the Hon. Mayor of Ahmedabad Ms Bijal Patel at a grand ceremony.

After completing his Masters in Orthopaedic Surgery in 2001, Dr Viral decided to specialise in Spine Surgery, one of the most difficult branches of Orthopaedics. Dr Viral's skills in Orthopaedics were honed by legendary teacher in Orthopaedics Professor Dr Dinubhai Patel, who encouraged Dr Viral's decision.

Dr Viral did various spine surgery fellowships in India. After a short stint of Private Practice, he went to South Korea for an advanced Spine Surgery Fellowship. That was the year 2006.

Since that time, he has worked as a consultant spine surgeon at leading hospitals in Ahmedabad. He continued serving patients among domestic and international society from 2008 to 2018, treated more than 10,000 patients with various spinal and orthopaedic elements. With a motive of giving something back to society, in 2018 he founded a centre of medical excellence, named Pushya hospital.



Some of Dr Viral Shah's Key Achievements are:

- First surgeon to do Intervertebral Disk Replacement Surgery in Ahmedabad in the year 2007
- First surgeon to do KYPHOLASTY, a procedure which restores the shape of a collapsed vertebra as a result of Osteoporosis. This revolutionary procedure enables a patient walk pain free a few hours after surgery.
- In a patient who had suffered neck injury and who had suffered near paralysis in his whole body from the neck downwards, Dr Viral corrected the position of the displaced cervical vertebra with surgery and the patient who was given up as incurable walked.

Without Dr Viral's surgery the patient would have been confined to bed for the rest of his life.

Something Different

Spine surgery is not about cutting and suturing. The patient must be pain free and should be able to walk and work after spine Surgery. One of the common reasons patients need spine surgery is tuberculosis of the vertebra leading to the collapse of the spine, severe pain and paralysis. It also results in kyphosis and scoliosis. Dr Viral had treated many such young patients and made it possible for them to walk. He used to visit some such patients who could not afford follow up visits in their homes to check they were capable of work. ■



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 DENTAL SURGERY

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 Inpatient Treatments*

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- Pathology



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