

## From the Managing Director's Desk



**Naresh Kapoor**

Founder and Managing Director  
Sanar International Hospitals

The beginning of a new year is possibly the best time to start something significant. With this thought in mind, we are launching the first issue of our new newsletter 'Sanar Insights' to kickstart the year 2023.

Since our commencement, we have crossed many milestones and have been able to establish ourselves as a high-end tertiary care centre. We have been able to create one of the most talented and skillful team of clinicians and allied medical staff which resulted in successful rolling out of very complex and high-end surgical and medical programmes in a short span of time. We are proud to say that we have successfully launched high-end programmes like Bone Marrow Transplant, Kidney Transplant and Liver Transplant apart from other complex surgical and medical programmes.

During last one year, we have been successful in treating patients from different countries such as the Middle East, CIS region, Asia and African continent and have collaborated with many organisations and groups. Simultaneously, we have also created our footprints in countries like Ethiopia, Iraq, Uzbekistan and Tajikistan by tying up for opening representative offices / OPD centres. Believe me, this is just the beginning and we have many more milestones to achieve and take Sanar to different heights.

In this newsletter, we have featured two medical cases, that showcase our advanced surgical capabilities – a bilateral hip replacement surgery on an Iraqi national weighing 180 kgs with multiple co-morbidities, and that of an extremely underweight septuagenarian who underwent surgery for Esophageal Cancer.

We hope you find this issue of our Newsletter informative. We would be happy to hear your feedback.

You may write to us at: [marketing@sanarhospitals.com](mailto:marketing@sanarhospitals.com)

## Clinical Marvels

### GOODBYE PAIN

#### An Iraqi national weighing 180 kgs with multiple co-morbidities underwent successful Hip Replacement procedure

A 42-year-old Iraqi male with morbid obesity, weighing 180 kgs, reported with pain in both his hips. He was suffering from this condition for the last four years. The patient was wheelchair bound and could barely stand or walk in the last couple of years. He was also suffering from multiple co-morbidities.

Because of his heavy weight, the patient had respiratory difficulties and sleep apnea syndrome, which made him hypoxic in sleep. To make matters more complicated, he had diabetes with very high sugar-levels. He was diagnosed with avascular necrosis of both hips with severe arthritis, and was advised Hip Replacement Surgery.

After all the relevant investigations were performed, a coordinated plan of action was worked out by a team consisting of surgeons, diabetologists, pulmonologists, and anaesthetists.



Patient with Dr. Rohit Lamba, Head of the Department & Senior Consultant, Bone, Joint Replacement and Orthopaedics and team

Due to the patient's heavy weight, a special operating table was arranged to manage his body weight and position, for a safe surgery. His Total Hip Replacement Surgery was done in stages, over a span of two weeks.

The experienced team of surgeons and physicians at Sanar International Hospitals performed the surgery successfully, and the patient recovered well. He is presently able to walk with support.

After the surgery, he was nursed by the intensive care and physiotherapy team and was made to stand and walk the following day. On being discharged, the patient expressed utmost gratitude and satisfaction for his treatment and life-changing outcome.

## MINIMAL RISK. MAXIMUM GAIN.

### Rare case of Esophageal Cancer successfully treated

73 years old Geeta Rani was dealing with a rare case of Esophageal Cancer with multiple cardiac-related complexities. She was extremely underweight (35 kgs) with BMI at 14, chances of survival in such cases are very low.

When a patient is at high risk for surgery, then minimal invasive surgeries like laparoscopic and thoracoscopic surgery help reduce the risk of morbidity and mortality.

A successful Minimal Invasive Esophagectomy was performed in this case, under the supervision of Dr. Archit Pandit, Director, Surgical Oncology, which helped in minimising the risk to the patient.

Due to multiple complications, both lungs and heart of the patient were compromised, and old age added to prevailing risks. With the assistance of cardiologist and pulmonologist, both organs were brought to normal condition and the patient's weight was also increased for surgery.

After the successful surgery, the patient is now back to normal life.



The successful minimal invasive Esophagectomy carried out on the patient offered multiple benefits, which included:

- Reduced ICU support and decreased pain
- Lesser blood loss
- Lower risk of ventilator support
- Lesser chances of pneumonia
- Early discharge from hospital

## Growing Together

### Tie-up with Leela Hotel

Sanar International Hospitals is now the Official Healthcare Partner of The Leela Ambience, Gurugram. Our hospital will be managing the medical aid room in the hotel's premises 24x7, providing healthcare services to the hotel's guests and its staff



## Expanding Global Footprints

### The new Sanar Multi-speciality OPD Centre in Addis Ababa, Ethiopia

In line with the vision of global growth for Sanar International Hospitals, the first multi-speciality 'Out Patient Centre' was inaugurated in the capital city of Ethiopia. The centre is now fully functional with many patients availing consultation with our highly skilled specialists.

Agreements have been signed to open offices in Iraq, Uzbekistan and Tajikistan and will be commencing operations very soon.



## MoU for Healthier Community

Sanar International Hospitals has signed a Memorandum of Understanding with the Resident Welfare Association of DLF - 3 and Vipul Belmonte, Gurugram and will be extending healthcare services to the residents of the community. The MoU includes exclusive discounts on healthcare services such as treatment, consultation, out-patient services, and complimentary Ambulance services.



## Events & Activities



### Health Partner Meet 2022

'Rendezvous', the Annual Healthcare Partner Meet was organised in the month of October with overwhelming participation. Many of the healthcare partners were felicitated for their contribution and continued support.



### Sanar Cricket League 2022

In the month of September, our annual cricket tournament, "Sanar Cricket League", was organised for the Healthcare Partners. The tournament saw many thrilling matches over a span of 10 weeks. The Grand Finale of 'Sanar Cricket League' was played on 27th Nov. '22 at PGDAV College Cricket Ground, Lajpat Nagar.



### Blood Donation Camp & Health talk

Taking forward our continuing effort to spread the message of quality healthcare for everyone, Sanar International Hospitals organised a Blood Donation Camp, and a Health Talk on the Importance of Healthy Lifestyle for the employees of the Courtyard by Marriott, Gurugram Downtown. The event was well-attended with enthusiastic participation by the hotel employees.



### Riding for a Cause

Sanar International Hospitals took part in the Subhendu Banerjee Memorial Service Ride organised by Raahagiri Gurugram, on Sunday, 4th December '22, by providing Ambulance service, where, cyclists from Delhi & NCR rode from Gurugram to Mysore Café, Teen Murti Marg, to pay homage to the cyclist who passed away recently.

## Patient Experience

Rajiv Makhni, a noted Indian journalist, son of the patient who underwent angioplasty



Sanar International Hospitals is a unique hospital. It is where finally someone in India is doing something which is very important, and that is real service to the patients. Anyone who is looking towards getting really good treatment, then I think this is a great place. It is a unique organisation, I wish them all the very best.

Hadiya Hillan, Iraqi national, underwent successful revision knee replacement surgery



Sanar International Hospitals is an excellent hospital with advanced ICUs. From a long time, I was suffering from knee problem, but now I have undergone successful surgery at the hospital. Every service being offered at Sanar International Hospitals is exceptional.

## Sanar in News



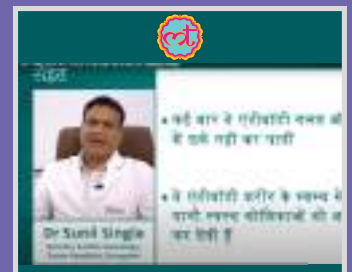
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