

From the Managing Director's Desk



Naresh Kapoor

Founder and Managing Director
Sanar International Hospitals

It is with immense pride that I present to you the third edition of our Newsletter - Sanar Insights. I am pleased to share with you the latest news and updates, as well as important milestones achieved by the team.

This edition highlights an uplifting story of 22-year-old Diana from Kyrgyzstan, suffering from autoimmune related liver failure, who was treated with a successful Liver Transplant Procedure. Also featured in this edition is the story of baby Tabitha, a 6-year-old from Kenya, who was suffering from

profound hearing loss, regained her hearing ability after undergoing successful Cochlear Implant at the Hospital.

With our aim to reach and provide healthcare services across geographies, we are proud to announce that Sanar International Hospitals is now the official medical partner for Sportyzo Academy, Gurugram. With two OPDs operating efficiently at Srinagar and Varanasi, we have inaugurated another OPD in Anantnag, and an Information Centre at Bishkek, Kyrgyzstan. As part of our community outreach initiatives, we have been regularly organising health camps, basic life support trainings, talks by leading experts of the hospital at various residential societies, offering them healthcare benefits at their doorsteps.

I look forward to sharing more exciting news with you in the subsequent issues and hope you find this edition of our Newsletter informative. We would be happy to hear your feedback.

You may write to us at: marketing@sanarhospitals.com

Clinical Marvels

TIMELY INTERVENTION SAVES LIFE

A Successful Liver Transplant Procedure

Diana, a 22-year-old from Kyrgyzstan was suffering from autoimmune related liver failure for the past 3 to 4 years. She received regular medical treatment in Kyrgyzstan for 8 months, but it was not successful. She arrived at Sanar International Hospitals thin and frail with very little muscle mass.

After thorough investigation and planning, her family members were consulted and she underwent a successful Liver Transplant Procedure, with her uncle as the donor, by a team of experts led by Dr. Ankur Garg, HOD and Senior Consultant, HPB Surgery & Liver Transplant. She was shifted from ICU within 3 days and discharged from the hospital in a fortnight.

Diana expressed her appreciation to Dr. Ankur Garg for the successful procedure. Finally, after three weeks, she was pain free, healthy and happy.



Dr. Ankur Garg, HOD and Senior Consultant, HPB Surgery & Liver Transplant with the patient

Dr. Ankur Garg stated, "Anybody who is suffering from any stage of liver failure, should have timely consultation with specialised centres. If Liver Transplant procedure is planned timely, then they can live an absolutely normal and healthy life."

EARLY DETECTION IS THE KEY

Cochlear Implant restores hearing ability

Mother of 6-year-old girl Tabitha from Kenya realised that her child was suffering from profound hearing loss when she was just 3 years old. She was advised to wear hearing aids in both the ears, but was not satisfied with the results. She consulted Dr. Kunal Nigam, HOD & Consultant, ENT, Cochlear Implant & Voice Disorders at Sanar International Hospitals.

Dr. Kunal Nigam, after proper assessment and tests, advised her for Cochlear Implant, explained about the device, the procedure, and the follow up therapy sessions. Tabitha underwent a successful Cochlear Implant Surgery, and now has the ability to hear and listen as a normal child.

The mother expressed, "The fair treatment that Sanar International Hospitals has provided me with, including the management, who have been extremely supportive to me, gave me hope and inspired me to stay focussed until all was done."



Dr. Kunal Nigam added, "Here at Sanar International Hospitals, our whole ideology is to provide personalised care, explain every detail of the treatment plan to the patients and their relatives."

HEALTHCARE IN SPORTS

Sanar International Hospitals joins hands with Sportyzo Academy, Gurugram



To help active sportspersons recover from physical injuries and support them in every possible way, Sanar International Hospitals is proud to announce that it is now the official medical partner for Sportyzo Academy, Gurugram.

Fighting Cancer With a Comprehensive Plan: From Diagnosis to Recovery



Dr. Archit Pandit

Director & Head of Department
Surgical Oncology



Dr. Sunny Garg

Head of Department &
Senior Consultant
Medical Oncology

Cancer is a global health concern affecting millions of people worldwide. It is estimated that by 2030, the number of Cancer cases will double due to more people being exposed to risk factors for Cancer, such as food habits, smoking and environmental pollution. Access to comprehensive oncology care services is essential to address the rapid rise of Cancer cases.

Technological advancements have made it possible to diagnose and treat Cancer more effectively than ever before. From precision medicine to immunotherapy, a wide range of treatment options available today can help improve patient outcomes and quality of life.

Providing Cancer Care with an Innovative Tri-Fold Approach

The Cancer Care Unit at Sanar International Hospitals, Gurugram has an all-inclusive tri-fold cancer prevention and treatment programme based on the principle of 'Precision Oncology', providing patient-focussed treatment aligned with standard medical protocols. The hospital constantly invests in state-of-the-art technologies and techniques proven to improve Cancer diagnosis and treatment, ensuring patients can receive the best possible care.

- Pioneers in Laparoscopic Cancer Surgery
- Performed more than 20000 Cancer Surgeries and Procedures as a team
- Total team experience of more than 30 years

The hospital strictly adheres to International treatment guidelines while offering unrivalled and result-oriented medical care plans for treating Cancer. A multidisciplinary tumour board consisting of specialist doctors and healthcare experts thoroughly evaluate each case and recommend an evidence-based treatment plan.

The team of specialists at the Unit work with precision – customising Cancer treatment strategy based on a thorough understanding of the patient's case. Cancer patients present different symptoms, so personalised treatment approaches are exercised as per the patients' need. Before administering any treatment, the

cancer patient is assessed for physical, nutritional, financial, psychosocial ability, and performance status – based on these parameters, the team of Cancer specialists (Surgical / Medical / Radiation) at the hospital work in synergy to plan and provide a holistic treatment plan for the patient.

To ensure that Cancer patients recover speedily with negligible side effects, surgeries and treatments are directed accurately to the affected area with minimum damage to the surrounding areas, through ultra-modern procedures, such as,

- Minimally Invasive Cancer Surgery
- Immunotherapy
- Targeted Therapy
- Novel Chemotherapy

The team of specialists at the Cancer Care Unit has an extensive experience of two decades, with certified robotic surgeons performing complex procedures with accuracy. With many successful surgeries to their credit, the team of experts specialise in Thoracic VATS Surgery, HIPEC, Organ Conservation Surgery, Scarless Cancer Surgery, Oncoplasty Reconstructive Surgery, Advanced HPB Surgery, complicated Gynae-onco Surgery, complex Multi-organ Resections, Key-hole Cancer Surgery, Surgery for high-risk individuals – old age, obese and co-morbid.

As a care provider, the Unit completely understands its patients' needs and offers comprehensive care with a personalised touch using leading-edge, innovative approaches for accurate and precise treatment of Cancer.

New Appointments

Dr. Sumit Sharma joins Sanar International Hospitals as Director and HOD, Urology, Robotics & Renal Transplant



Dr. Sumit Sharma
Director and HOD
Urology, Robotics &
Renal Transplant

Dr. Sumit Sharma has successfully performed over 1500 Kidney Transplant Surgeries and 500 Retroperitoneoscopic Donor Nephrectomies, in his career span of 15 years.

Specialised in –

- Key hole surgery for Non-functioning Kidney, PUJ Obstruction or Kidney Cancers
- Laser Surgery for Prostate (Green Light Laser / HOLEP)
- Laser Surgery for Urinary Stones (PCNL, URS, RIRS)
- Endoscopic Treatment for Enlarged Prostate and Bladder Cancer (TURP/TURBT)
- Treatment for ED / PME (Male Sexual Dysfunction)
- Kidney Transplant
- Laparoscopic Reconstructive Surgeries

Dr. Akhil Govil joins Sanar International Hospitals as Director and HOD, Cardiac Surgery (CTVS)



Dr. Akhil Govil
Director and HOD
Cardiac Surgery (CTVS)

In a career span of more than 24 years, Dr. Akhil Govil has performed over 5000 successful Cardiac Surgeries; his work is widely acknowledged for his experience of performing open heart procedures with less than 1% mortality.

Specialised in –

- Acute Aortic Dissection Treatment
- Aortic Dissection Repair Surgery
- ASD (Atrial Septal Defect) Closure
- Blue Baby Surgery
- Cardiac Tumour Treatment
- Coronary Bypass Surgery
- Minimal Access Surgery for Valves
- Mitral/Heart Valve Replacement
- Paediatric Heart Surgical Procedure
- Peripheral Vascular Disease Surgery

Events & Activities



Continuing Medical Education Programme

Sanar International Hospitals in collaboration with Association of Otolaryngologists of India, Gurugram, organised a Continuing Medical Education programme on "ENT - Onco Meet: Filling the Gaps", at Radisson Hotel, Gurugram. The event was moderated by Dr. Kunal Nigam, HOD & Consultant, ENT,



Cochlear Implant & Voice Disorders and Dr. Vineet Goel, Consultant, Surgical Oncology. The CME was a successful event with productive Q&As, in the company of Dr. Archit Pandit, Director & HOD, Surgical Oncology, and Dr. Sunny Garg, HOD & Sr. Consultant, Medical Oncology, as panelists.

Liver Transplant (Who, When & Why)

Sanar International Hospitals organised a Continuing Medical Education programme on - Liver Transplant (Who, When & Why), on 18th March 2023, in Varanasi. The programme was graced by many medical experts from the local fraternity.



Events & Activities



Breast Cancer Awareness Health Talk

On the occasion of International Women's Day, Sanar International Hospitals had organised Breast Cancer Awareness Health Talks at Marriott Corporate Office and Marriott Hotel with Dr. Sunny Garg, HOD and Senior Consultant, Medical Oncology, and Dr. Vineet Goel,

Consultant, Surgical Oncology, respectively. The session was attended by more than 100 employees who avidly listened to the facts and preventive measures of breast cancer, elaborated by the doctor.



Information Centre at Bishkek

Sanar International Hospitals has inaugurated a newly opened Information Centre at Bishkek, Kyrgyzstan. Through this centre, we aim to reach and provide advanced medical solutions and guidance for quality treatment to the people of Kyrgyzstan, and neighbouring regions.



Health Screening Camp

On 19th March, 2023, Sanar International Hospitals organised a Free Cardiac and Dental Health Screening Camp at its premises. At the camp, people from nearby communities came to the hospital to avail multiple healthcare benefits offered at the camp which included: heart-health check-up, oral hygiene screening and expert consultation.

Orthopaedics and Physiotherapy Health Camp

Sanar International Hospitals in collaboration with Orchid Island, organised a Free Orthopaedics and Physiotherapy Health Screening Camp. The health camp was productive, with many residents from all age groups consulted Dr. Rohit Lamba, Head of Department & Senior Consultant, Bone and Joint Replacement & Orthopaedics, as well as the physiotherapist for post-surgery exercises and treatments.

Events & Activities



Newly Launched OPD

In our continued effort to reach and provide quality healthcare across towns and cities, Sanar International Hospitals has launched a new OPD in Anantnag. With another OPD running efficiently in Srinagar, people of Jammu and Kashmir can now avail quality health care and consultation with internationally recognised medical specialists in Anantnag as well.



Health Talk on Healthy Living and Conscious Choices

Sanar International Hospitals in association with Courtyard by Marriott organised a Health Talk on Healthy Living and Conscious Choices with Ms. Diksha Dayal, HOD, Nutrition and Dietetics, Sanar International Hospitals. The event focused on healthy eating and nutritive food choices to stay fit.

Patient Experience

Geeta Rani, 73
India
Esophageal Cancer Surgery



I had a complex Cancer surgery as I was extremely under-weight but I am fine now. At Sanar International Hospitals I was treated very well; I am thankful to everyone in the team.

Anthony Lagat
Kenya
Bone Marrow Transplant



Thanks to Sanar International Hospitals. They have taken care of me since the day I was admitted. I was discharged successfully and now I am on my road to recovery.

Sanar in News



Dr. Bandana Mishra in Hindustan Times



Dr. Sunil Singla in News9 live



Dr. D. K. Jhamb in HealthSite.com



Dr. Archit Pandit in Express Healthcare



Dr. Dharma Choudhary in Financial Express