

## From the Managing Director's Desk



**Naresh Kapoor**

Founder and Managing Director  
Sanar International Hospitals

I am pleased to share with you the latest developments at our hospital in this month's newsletter – Sanar Insights. As always, our dedicated team of healthcare professionals has been working tirelessly to provide the best possible care to our patients.

In the month of April, we had successfully performed our 12th Liver Transplant surgery in a short span of time, thanks to the expertise of our skilled surgeons and the support of our allied medical staff. Our team continues to demonstrate their commitment to excellence and compassionate care, which is the cornerstone of our hospital's mission

In this 4th edition of Sanar Insights, we have featured few heart-warming successful cases. One such case is of Mr. Hilal from Iraq who was suffering from congenital heart disease which was undiagnosed for over 45 years. After proper evaluation, he was treated successfully by a team led by Dr. Akhil Govil, Director and HOD, Cardiac Surgery.

Another inspirational case featured here is of Ms. Akhtamova from Tajikistan, who was unable to walk due to spine problems, and was morbidly obese. She was able to walk again normally through a multidisciplinary care approach led by Dr. Harnarayan Singh, Director and HOD – Neurosurgery and Spine Surgery, and Dr. Vinay Shaw, HOD and Senior Consultant GI, Minimal Access and Bariatric Surgery

In our continued effort to extend our healthcare services, we are delighted to announce that Sanar International Hospitals has launched "Elderly First" – a programme specially curated for the citizens above the age of 50. We have also partnered with many renowned organisations, with some of them highlighted in this month's edition. We would also like to take this opportunity to thank all our stakeholders for their continued trust and support.

I hope that you find our Newsletter informative and I look forward to sharing more exciting news in the following issues. We would be glad to hear your feedback, which can be sent at: [marketing@sanarhospitals.com](mailto:marketing@sanarhospitals.com)

## Clinical Marvels

### ONE OF THE RARE CONGENITAL HEART DISEASE, SUCCESSFULLY TREATED

#### Patient with Partial Anomalous Pulmonary Venous Connection (PAPVC) treated successfully at Sanar International Hospitals

Delay in the treatment of congenital heart disease results in restricted growth and multiple health issues in adult age, but in one of the rare cardiac cases treated, it was found that the patient's congenital heart disease was undiagnosed for more than 45 years until at the age of 48 years when he started experiencing severe breathlessness.

48-years-old Mr. Hilal from Iraq visited Sanar International Hospitals with complaints of severe 'Breathlessness on Exertion' (BOE). After evaluation, the reports suggested that he had a rare birth defect of heart called Partial Anomalous



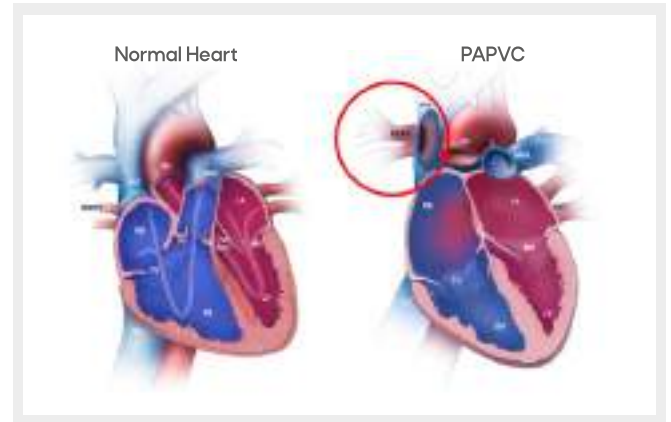
Dr. Akhil Govil, Director and HOD, Cardiac Surgery, with the patient

Pulmonary Venous Connection (PAPVC). His condition was rarest of rare and is found in less than one in a million new born children, surprisingly, it went undiagnosed during his childhood and a large part of his adult life.

The usual Concomitant ASD found in the heart with this anomaly, was missing in his heart. Adding to the rarity of the case, he was also suffering from Bronchial Asthma, and the Right Superior Pulmonary Vein (RSPV) which connects lungs to the left heart could have affected his respiratory system as well. His condition was worsening with every passing day and immediate surgery was the only solution to improve his health.

Under the experienced supervision of Dr. Akhil Govil, Director and HOD, Cardiac Surgery, a surgery was planned with all the necessary precautions considering his health condition and other associated co-morbidities. The Atrial Septal Defect (ASD) was manually created by surgeons and cow pericardium was used to create the tunnel from RSPV to ASD. The entire procedure was performed in 5 long hours with an uneventful post-operative recovery of the patient.

Dr. Govil said, "Our heart is one of the most delicate and vital organs of our body and any minor defect can turn out to be life threatening, if not treated and managed in time. Mr. Hilal's condition was discovered at a very late stage and could have proved to be fatal at any point of his life. The day Mr. Hilal reported in our hospital, his condition was very severe, and if the procedure was not done timely, the breathlessness could have created unbearable pressure on his heart with



every passing day, which could have led to further worsening of his condition. Now Mr. Hilal can continue with his daily routine work with timely follow-ups and healthy lifestyle. It is indeed very satisfying to see a patient regain his normal life after a successful surgery."

Sharing his happiness Mr. Hilal said, "We had complete faith in the medical and surgical team of Sanar International Hospitals, Gurugram. A big thank you to all the doctors and staff at the hospital for giving me a new lease of life."

## A MULTIDISCIPLINARY CARE APPROACH WORKED WONDERS

### Neurosurgery and Bariatric Surgery helped Ms. Akhtamova walk again

Ms. Tursunkhon Akhtamova from Tajikistan could not get her condition diagnosed appropriately in her native country, and was almost wheelchair bound. She arrived at Sanar International Hospitals morbidly obese with diabetes, and hypertension. When evaluated thoroughly, she had severe spine issues with her BMI twice the normal, and weakness in both her knees.

Under the expert guidance of Dr. Harnarayan Singh, Director and HOD - Neurosurgery and Spine Surgery, Ms. Akhtamova underwent a spine surgery that went on for four hours, where her spine was successfully decompressed at two levels.

She also underwent a successful Minimal Invasive Laparoscopic Bariatric Surgery to help her with the diabetes and obesity issue, by a team of specialists led by Dr. Vinay Shaw, HOD and Senior Consultant GI, Minimal Access and Bariatric Surgery.

Ms. Akhtamova started showing signs of improvement and was discharged from the hospital in four days' time. In the post-surgery treatment plan, she started on physiotherapy and rehabilitation programme, and was able to walk very well by the end of two weeks.

With teary eyes, Ms. Akhtamova stated, " For the last five years, I was not able to walk properly, I had to take the



Ms. Akhtamova with Dr. Vinay Kumar Shaw, HOD and Senior Consultant, GI, Minimal Access & Bariatric Surgery and Dr. Harnarayan Singh, Director and HOD, Neurosurgery & Spine

support of a walker even in my room. I had multiple disc herniation and myelopathy. My legs were extremely cold and I was not able to sense them. When I arrived at Sanar International Hospitals and after Dr. Harnarayan Singh had performed one of the surgeries, I actually felt my legs and started walking the very next day.

I am very thankful to Dr. Vinay Shaw as well, as he advised me for a bariatric surgery, that helped with my obesity and diabetes, and bringing down my sugar level to normal. I am very grateful to Sanar International Hospitals for taking such good care, and helping me walk again normally."

# The Heart of The Matter

As the world is developing at an extraordinary pace and accelerating into the future, an invisible threat stands to undermine their progress and stability.

Today, Cardiovascular disease is a global health concern. The causes that underlie heart disease are many. As economies boom, widespread urbanisation and advanced use of technology in the workplace lead many to live more sedentary lifestyles. At the same time, convenience culture benchmarks like fast food and tobacco use can be linked to increased rates of hypertension, diabetes and ischemic heart disease. These diseases put populations at higher risk of fatal heart attacks and strokes.

To address these alarming numbers, comprehensive cardiac care provided by a team of highly experienced medical experts is the need of the hour.

## Cardiac Care at Sanar



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

The Department of Cardiac Sciences at Sanar International Hospitals, Gurugram, is well-equipped with the latest cardiac equipments. The Department is led by proficient medical professionals with extensive experience in managing heart disease with an advanced Interventional Cardiac approach.

The department offers a range of services, including diagnostic testing, interventional procedures, and surgical interventions. Our state-of-

the-art facilities and advanced technology enable us to provide accurate and timely diagnosis, as well as minimally invasive treatment options for our patients.

We understand that a cardiac condition can be a life-changing experience for both the patient and their family and hence, we plan the management of patients in a way to deliver the best of care. The 'Heart Team' comprising of Cardiac Surgeons, Cardiologists, Intensivists, Physicians, Cardiac Anaesthesiologists and Intensive Care Experts work in synergy, offering the best possible outcomes.

The Department of Cardiac Sciences follows a **multi-pronged** treatment approach in line with international medical protocols resulting in outcomes at par with the best in the world. The hospital constantly invests in state-of-the-art technologies and techniques proven to improve Cardiac related diagnosis and treatment which include:

- Complete Cardiology Assessment
- Detailed Investigation and Evaluation
- Cardiology Intervention
- Thorough Cardiac Surgery Evaluation
- Cardiac Surgical Management

Our team always strives to improve patient outcomes through evidence-based practices, innovative treatment modalities and comprehensive rehabilitation programmes.

The department is equipped with an advanced 3D Echocardiography, TMT, Holter, ELR, in the non-invasive cardiology lab, with state-of-the-art, naturally well-lit CCU with a high level of maintenance of asepsis, and 'one-nurse-for-one-patient' nursing care.

The Cath Lab at the Department of Cardiac Sciences is



**Dr. D.K. Jhamb**  
Director and HOD  
Interventional Cardiology

equipped with latest machines with advanced technology and accessory equipment for Rotablation, RF ablation, Laser Ablation, Intravascular Lithotripsy, Intravascular Ultrasound and Fractional Flow Ratio.

The team of internationally trained medical experts, highly proficient and experienced OT and ICU nursing care and competent support staff, are equipped to handle complex cases and perform life-saving procedures, such as – Percutaneous Transluminal Coronary Angioplasty (PTCA), Rotablation Structural Heart Disease Procedures, Valvular Replacement (TAVR, TMVR), Device Closure, Pacemaker and Heart Failure (CRT) Device Implants, AAA and Endograft Aortic Stenting, Peripheral Angioplasties, Venoplasties, Atherectomy.

In addition, Cardiovascular Surgeries, such as, Bypass Surgeries, Valve Replacements, Repair of holes in heart, Vascular Operations, Repeat Surgeries and Minimal Invasive Surgeries, are also being performed by the experienced team of Cardiac Surgeons.

The Department provides a comprehensive range of diagnostic and therapeutic services all under one roof, supported by a dedicated team of heart specialists, internationally recognised for their pioneering work in a wide range of cardiac procedures with a distinct success rate.



## Events & Activities



**गुरुग्राम के सनर इंटरनेशनल हॉस्पिटल्स ने एल्डरली फर्स्ट कार्ड लॉन्च किया**

सोशल म्यूट ऑफ इंडिया, गुरुग्राम।  
 युवा समाज का महत्वपूर्ण अंग है। परिवर्ण की  
 शक्ति को सुदृढ़ रखते हैं यह समाज के पों राणा  
 विद्यमान हैं निचले समाज में देस अगे बढ़ते हैं  
 आज बहुत जल्दी ही कि समय समय पर युवा  
 वर्ग के लिए एल्डरली फर्स्ट कार्ड लॉन्च किया  
 करे। (पुष्पके ने गने गानक व नाय कर भाग  
 स्मरंजन किया।  
 इसी उद्देश्य को अगे बढ़ाने हुए हाल ही में  
 वरुद्धा मित्रता सनर इंटरनेशनल हॉस्पिटल्स  
 में एल्डरली फर्स्ट कार्ड लॉन्च किया, जिसमें

### 'Elderly First Privilege Card Launch'

Sanar International Hospitals, had recently launched Elderly First Privilege Card for community members in the age group of 50+. The card members can avail host of privileges and benefits on services and facilities available at the hospital. BJP District Vice President, Mr. Rakesh Yadav (Gurugram) and Medical Superintendent of Sanar International Hospitals, Dr. Sanjay Durani were the guest of honour at the event which was attended by close to 100 members from the close-knit community of Senior Citizen Council, Senior Citizen Welfare Forums, elected members of neighbouring RWAs from Golf Course Road, Golf Course Extension, Sohna Road etc.

Speaking at the Launch, Medical Superintendent of the Hospital, Dr. Sanjay Durani said, "At Sanar International Hospitals, we are committed to serve the community and always strive to provide access to quality healthcare services to our community members. With this commitment, Sanar International Hospitals has launched 'Elderly First', a programme specially curated for the citizens above the age of 50. Under this programme, senior citizens can enrol themselves as members to avail exclusive discounts and benefits with assured special facilities."



### Facebook Live Session on Women and Liver Health

Sanar International Hospitals had organised a Facebook Live Session on "Women and Liver Health" in collaboration with "Gurgaon Connect". Dr. Ankur Garg, HOD and Senior Consultant, HPB Surgery & Liver Transplant shared important information on "How to keep our Liver Healthy". He talked about several myths and facts and also answered frequently asked questions with regard to women's liver health.

The live discussion was viewed by more than 1000 community members of Gurgaon Moms and Gurgaon Connect.

## Events & Activities



### Health Talk at Nirvana Club Patio

Sanar International Hospitals had organised a Health Talk at Nirvana Club Patio, with Dr. Vineet Goel, Consultant, Surgical Oncology, Head and Neck Cancer Surgeon. The event was attended by over 50 club members. Dr. Vineet shared information on the importance of regular health check-ups for early detection, early signs and symptoms of cancer and preventive measures.

### Cancer Screening Camp

Sanar International Hospitals in association with Canwinn Foundation had organised a Free Cancer Screening Camp in Gurugram. More than 200 visitors were benefitted with the valuable consultation provided by our experienced Oncologists.

Complimentary services such as, Mammography, ECG, Blood Pressure check and Random Blood Sugar tests were also offered at the camp.



### Health Check-up Camp at Bio Diversity Park

Sanar International Hospitals had organised a basic health check-up camp at Tau Devilal Bio Diversity Park, Gurugram. People from all age groups benefitted from this activity.



## Events & Activities



### Ze've Football League Partnership

Sanar International Hospitals is the official Medical Partner for Ze've Football League. Children from neighbouring communities and sports academies participated in the Football League which was spread over a period of 2 months.

### Decathlon Partnership

Sanar International Hospitals was the official Medical Partner for the recently held Marathon, organised by Decathlon India. More than 300 people from various walks of life ran for 'Better and Healthy Life'.



### Heart Health Talk at Airtel

Sanar International Hospitals had recently organised a health talk in collaboration with Airtel. Dr. Dixit Garg, Consultant, Interventional Cardiology, delivered a talk on 'Healthy Heart' and shared some valuable preventive measures to keep our heart healthy. More than 40 employees attended the event.



### Health Screening Camps

A health screening camp was organised in collaboration with SBI General Insurance at Travel Unravel corporate. Apart from basic health check-up, consultation with Cardiologist was also offered to the employees at the camp.

An Orthopaedics and Physiotherapy Health camp was also organised for the members of Sector 10, Senior Citizen Club, Gurugram.

### TPA Empanelment

We are delighted to announce that Sanar International Hospitals is now empanelled for cashless facility with Go Digit, HDFC ERGO and SBI General Insurance.

With these collaborations, we ensure that all possible healthcare benefits are extended to our patients.



## Patient Experience

Faten Mohsin, 63  
Iraq  
Computer Navigated Bilateral  
Total Knee Replacement  
Surgery



“ I had severe Osteoarthritis in my right knee and I suffered a lot. Thanks to Allah, I have lots of friends who advised me to go to India. I came to India and I didn't face any hardship. At Sanar International Hospitals, after all the evaluation the surgery was done. The name "Sanar" justifies itself with its specialisations and services which are excellent. I started walking the very next day. ”

Endalkachew Tache  
Ethiopia  
Kidney Transplant Surgery



“ It has been three years I have been diagnosed with Kidney problem. I underwent dialysis for a year and three months in my native country, but could not see any improvements. When I arrived at Sanar International Hospitals, I was evaluated thoroughly and was advised for a kidney transplant. My sister came forward as the donor, and I underwent a successful Kidney Transplant Surgery and everything went well. I would like to give my greatest thanks to the team at Sanar International Hospitals. ”

## Sanar in News



Dr. Sfurti Mann in Dainik Bhaskar



Dr. Rohit Lamba in NBT life



Dr. Ankur Garg in The Quint



Dr. Manju Dagar in HT



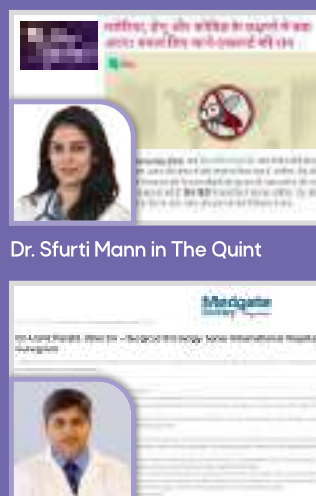
Dr. Harnarayan in NBT life



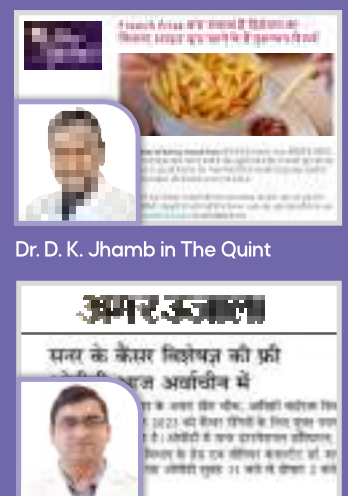
Dr. Ankur Garg in News9live



Dr. Saurabh Chandra in HT



Dr. Sfurti Mann in The Quint



Dr. D. K. Jhamb in The Quint

Dr. Archit Pandit in Medgate Today

Dr. Ankur Garg in Amar Ujjala, Varanasi