

Sanar INSIGHTS

From the Managing Director's Desk



Naresh Kapoor
Founder and Managing Director
Sanar International Hospitals

I hope this message finds you in good health and spirits. As we approach the second half of the year, I wanted to take a moment to reflect on some of the recent developments at our hospital and thank you for your ongoing support.

It is with great pleasure I would like to share that Dr. Dharma Choudhary, Director & Head of Department, Blood and Marrow Transplant, was honoured as one of the Inspiring Oncologists of India at the recently held Doctors' Day Conclave organised by The Economic Times. This recognition is a testimony to his exemplary contributions—selfless and untiring efforts in the service of humanity in general and his contribution in the field of Cancer and Bone Marrow Transplant treatment in particular.

We also had the privilege of hosting Ambassador Bizunesh Meseret, Deputy Head Of Mission, Embassy of the Federal Democratic Republic of Ethiopia and her family to our hospital. The delegation met the hospital representatives during the visit and expressed their appreciation for the facilities and services we provide to our patients from all across the globe.

Our hospital continues to provide the highest quality of care to patients with our multi-speciality team working tirelessly to ensure that each one of them receives the best possible treatment. We understand that being in the hospital can be a stressful time, and we are committed to making our patients as comfortable as possible. Our team members are always available to answer questions, provide support, and ensure that each patient feels cared for and valued.

In this 6th edition of our Newsletter, Sanar Insights, we have featured few remarkable clinical cases. The first case is of a patient from Iraq who was suffering from Parathyroid Adenoma. He underwent a successful and advanced surgical procedure called Para Thyroidectomy performed by a team of doctors led by Dr. Archit Pandit, Director & Head of Department, Surgical Oncology. The second case is that of a 61-year-old patient, incidentally from Iraq again who underwent a successful minimally invasive treatment that removed a tumour from his right kidney, under the supervision of Dr. Sumit Sharma, Director & HOD, Urology, Robotics and Renal Transplant.

I would like to take this opportunity to express my gratitude to our entire hospital community. Your hard work, dedication, and commitment to our patients are truly inspiring, and I am honoured to be a part of such an incredible team. We would be glad to hear your feedback at: marketing@sanarhospitals.com

Clinical Marvels

AN ADVANCED SURGICAL PROCEDURE LEAVES PATIENT WITH A PAIN-FREE LIFE

A successful Para Thyroidectomy procedure to remove parathyroid gland.

Mr. Jawad Khadim Tweli from Iraq had been experiencing severe bone pain for a long time. After proper and thorough evaluation, it was found that he was suffering from Parathyroid Adenoma and had also developed kidney stones. Under the expert supervision of Dr. Archit Pandit, Director and HOD - Surgical Oncology, a team of well experienced surgical experts performed a successful and advanced procedure called Para Thyroidectomy to remove the parathyroid gland. Mr. Tweli had a swift recovery and was able to fly back to his home country completely recovered and without any pain.



Dr. Archit Pandit, Director & HOD, Surgical Oncology with the patient—Mr. Jawad Khadim

Mr. Jawad Khadim Tweli met Dr. Archit Pandit at Sanar International Hospitals through a translator when he came to India. A team of Doctors thoroughly evaluated him through several tests and diagnosed him with Parathyroid Adenoma. He was recommended to undergo surgery to remove the Parathyroid gland. The surgery was performed meticulously and the tumour was removed along with three other lymph nodes, successfully.

The patient was happy that he had to stay in the Hospital for just one full-day for the complete treatment. He was quite appreciative of the services and infrastructure of the hospital. He particularly appreciated how compassionate the doctors and the caregivers were, and how they served the patients with humanity.

Dr. Archit Pandit stated, "Mr. Tweli returned to his home after couple of days of the surgery, and this was made possible due to the advanced techniques used in the surgery. Our surgeries are now done through small



incisions, and the patients can resume their routine work within two days. Most importantly, the whole team of surgical oncology, ICU, medical oncology, and anaesthesia collaborated together to send the patient back home post-surgery."

TIMELY DETECTION HELPED AVOID LIFE-THREATENING CONDITION

Tumour successfully removed with an advanced and minimally invasive treatment procedure.

61-year-old Ali Jaber from Iraq had been experiencing pain and burning sensation while urinating for quite some time. He was unaware that this condition was due to a tumour in his right kidney. At Sanar International Hospitals, his tumour was successfully removed with an advanced and minimally invasive treatment procedure.

Mr. Jaber said, "I was in Iraq undergoing chemotherapy sessions, and this situation led me to India. I came to Sanar International Hospitals and met Dr. Sumit Sharma; after all the investigations it was found that my right kidney's functioning was only 17%. I am very thankful to Dr. Sumit Sharma and the entire team of the Hospital for removing the infected part of the kidney successfully, I am now getting better with every passing day."

Dr. Sumit Sharma added, "Mr. Jaber underwent a successful laparoscopic removal of the right kidney, which is a key hole surgery. It involves minimal cut on the body, and the patient recovers in a painless manner. Subsequent to removal of the tumour completely from his body, the patient's symptoms have improved, which is apparent based on his feedback. The patient has now gone back to his country fully recovered and satisfied."



Dr. Sumit Sharma, Director and HOD, Urology, Robotics & Renal Transplant and Dr. Deepak Sharma, Consultant, Urology with the patient-Mr. Ali Jaber



Mr. Ali Jaber (sitting) sharing his experience with Dr. Sumit Sharma and his attendants after the successful procedure.

Brain Tumour: Symptoms, Signs, Diagnosis and Treatment

Brain Tumours are complex due to their diversity, as well as their effects on motor & cognitive function, and overall quality of life.

Brain Tumour

The extraordinary organ that controls our thoughts, emotions, and behaviour is the human brain. The delicate balance is upset when a tumour appears in this region, and the results can be life-altering. Brain tumours are abnormal growths that can form within the brain or spread from elsewhere in the body. They can be non-cancerous or cancerous, with varying implications on the brain depending on their size, location, and type. In this article, Dr. Harnarayan Singh, Director and HOD, Neurosurgery and Spine Surgery discusses brain tumour at length.



Dr. Harnarayan Singh
Director and Head of the Department
Neurosurgery and Spine Surgery

Signs and Symptoms

Recognising brain tumour signs and symptoms is crucial for early detection and intervention. While symptoms vary depending on the location of the tumour, some typical markers include persistent headaches, seizures, memory problems, mood or personality changes, difficulties with speech, coordination, and visual or hearing abnormalities. It is crucial to remember that these symptoms can potentially be related to other disorders, therefore seeking medical advice is critical for an accurate diagnosis.

Treatment and Diagnosis

A brain tumour is diagnosed using a variety of diagnostics, including neurological tests. Examinations, imaging scans (such as MRI or CT scans), and, in certain cases, a biopsy, are all performed. When a tumour is diagnosed, treatment options are decided by a number of criteria, including the type, size, and location of the tumour, as well as the individual's overall health.

Surgery, radiation therapy, and chemotherapy are all common treatment options for brain tumours. Surgery is intended to remove as much of the tumour as feasible, whilst radiation therapy and chemotherapy are intended to target any residual tumour cells. Precision radiation therapy and targeted medication therapies, for example, have greatly improved treatment outcomes and minimised side effects.

Research Challenges

Despite significant advancements, brain tumour research confronts various hurdles due to the tumour's complexity and heterogeneity. The development of effective medicines is hampered by the blood-brain barrier, or BBB which is a protective system that inhibits the flow of chemicals into the brain. Brain tumours have complex genetic and molecular characteristics that necessitate a thorough knowledge of personalised therapeutic methods.

New techniques, such as immunotherapy, are transforming cancer treatment by leveraging the immune system's ability to recognise and target tumour cells. Clinical studies investigating novel medicines are giving hope to individuals affected by brain tumours and presenting potential breakthroughs in the near future.

Hope On The Horizon

Living with a brain tumour is a difficult journey for not just the person who has been diagnosed, but also for the family and loved ones. Support groups, such as patient advocacy organisations, are a significant source of information, emotional support, and resources for navigating the intricacies of diagnosis, treatment, and survivorship. Individuals and families can be empowered by connecting with others who have had similar experiences, creating resilience and improving their quality of life.

Increased awareness, research, and education may continue to unravel the mysteries of brain tumours and foster hope for a future in which effective treatments and improved quality of life are available to all those affected.

Remember that managing the problems of brain tumours requires early discovery, prompt medical action, and continued support.

DELEGATE VISIT

We recently had the privilege of hosting Ambassador Bizunesh Meseret, Deputy Head Of Mission, Embassy of the Federal Democratic Republic of Ethiopia and her family to our hospital. The delegation met the hospital representatives during the visit and expressed their appreciation for the facilities and services we provide to our patients from all across the globe.



AWARD & RECOGNITION

We are delighted to announce that Dr. Dharma Choudhary, Director & Head of Department, Blood and Marrow Transplant at Sanar International Hospitals, was honoured as one of the Inspiring Oncologists of India at the recently held Doctors' Day Conclave organised by The Economic Times. Dr. Dharma is a highly acclaimed clinician in the field of Haematology & Marrow Transplant and is widely acknowledged for his patient-centric approach.



CREATING MORE ACCESSIBILITY THROUGH PARTNERSHIP

Sanar International Hospitals recently collaborated with Reliance General Insurance, with an aim at enhancing healthcare services and improving patient experiences. Through this collaboration, Sanar International Hospitals and Reliance General Insurance will work closely together to streamline processes, enhance communication, and optimise healthcare outcomes. Our shared goal is to create a seamless healthcare journey for patients, making it easier for them to access the care they need while maximising the benefits offered by their insurance coverage.

Events & Activities



GENERAL HEALTH CHECK-UP AT SEB INDIA

Sanar International Hospitals recently held a Health Camp at SEB India. The event witnessed an overwhelming response, with more than 30 employees actively participating in the health camp. During the camp, employees were provided with a range of healthcare services, including medical check-ups, preventive screenings, and expert consultations.

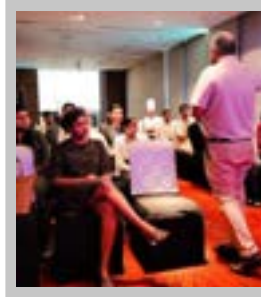
MEDICAL PARTNER FOR DECATHLON CYCLING DAY EVENT

On the eve of 'World Bicycle Day', Sanar International Hospitals had collaborated with Decathlon Sports for their cycling event at Cyber Hub as the official medical partner. Thousands of cyclists from all across Gurugram cycled together for better health and well-being.

Events & Activities

INFORMATIVE SESSION ON VARIOUS ASPECTS OF BLOOD DONATION AT TAJ CITY CENTRE, GURUGRAM

As a part of its ongoing general health awareness campaign in collaboration with various organisations and institutions, Sanar International Hospitals organised a Health Talk at the Taj City Centre, Gurugram. The Talk was conducted by Dr. Dinesh Arora, Head of Department and Consultant, Transfusion Medicine. He spoke at length about various aspects of Blood Donation, common practices, myths, emergency tips and several do's and don'ts. The Health Talk was well-received by the team members of Taj City Centre who attended the event.



WEBINAR ON MENTAL HEALTH & STRESS MANAGEMENT AT PERT TELECOM

Sanar International Hospitals, in association with Kotak Mahindra Bank, had organised a Health Talk on Mental Health and Stress Management at Pert Telecom Solutions with Dr. Sunil Singla, Director and Head of Department, Neurology. The event was attended by more than 40 employees, with interactive sessions covering many important aspects associated with mental health.



YOGA DAY CELEBRATION

Sanar International Hospitals in collaboration with Travel Unravel celebrated International Yoga Day. The event aimed at promoting the importance of physical and mental well-being through the practice of yoga.



'OFFICE ERGONOMICS' - AN INFORMATIVE SESSION AT MEIDEN INDIA

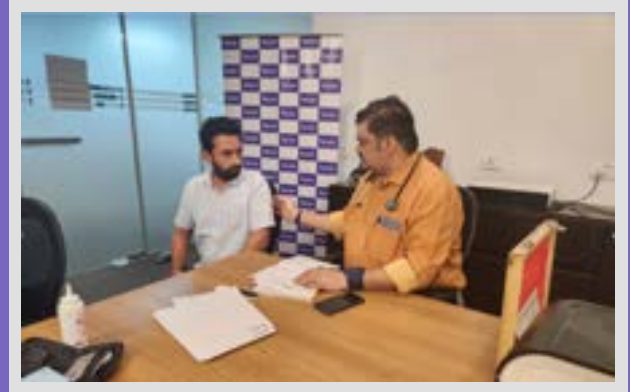
Health Talk is a part of our ongoing outreach campaign to spread awareness about health, diseases and disorders, latest technologies and techniques available to address a variety of health conditions and dispel common myths around them. A session of Health Talk was organised recently where Dr. Rohit Lamba, HOD & Senior Consultant, Bone, Joint Replacement and Orthopaedics, spoke to the team members of Meiden India Limited in Gurugram.



Events & Activities

HEALTH SCREENING CAMP AT REVOLT INDIA

Sanar International Hospitals recently organised a Health Camp exclusively for the employees of Revolt. The camp focussed on fostering a culture of 'healthy mind, healthy body,' equipping employees with the knowledge and resources they need to lead healthier lives both at work and home. The Health Camp encompassed a range of activities designed to address various aspects of health and wellness. Our medical professionals provided on-site medical check-ups, including blood pressure check and blood sugar screening, to assess individual health condition.



COMMUNITY OUTREACH



'ELDERLY FIRST' PROGRAMME LAUNCH AT DLF CITY CLUB, GURUGRAM

Sanar International Hospitals recently organised a launch event of its 'Elderly First' programme at DLF City Club, Gurugram. The main feature of the event was the highly informative Health Talk exclusively for senior members. The event featured senior experts of the Hospital, Dr. Rohit Lamba, HOD & Senior Consultant, Bone, Joint Replacement and Orthopaedics, and Dr. Kunal Nigam, HOD & Consultant, ENT & Cochlear Implant, along with Dr. Kapil Mago, HOD, Physiotherapy and Rehabilitation, who shared their extensive knowledge and insights with the attendees. Apart from the health talk, the club members were also empanelled under the Elderly First programme, entitling them to avail a host of healthcare benefits at the hospital.



BLOOD DONATION CAMP

Continuing with its citizen engagement programme and spreading awareness about blood donation, Sanar International Hospitals organised a Blood Donation Camp at 1Point 1Solution Corporate. The camp was organised in association with CanWin Foundation. The turnout of donors was impressive as they voluntarily donated blood for a noble cause. It is the enthusiasm and participation of the general public that makes camps like this a huge success.



COMMUNITY OUTREACH

MULTI-SPECIALITY CAMP AT SAGAVI APARTMENTS GURUGRAM.

We have recently signed an MOU with Sagavi Apartments for providing healthcare services to the residents of the society. As part of the agreement, several healthcare benefits would be offered to the committee members and residents all through the year. In line with our collaboration, we had organised a multi-speciality health camp at the society wherein we had provided complimentary health check-ups, consultation with our specialised doctors and individual health evaluation.



HEALTH SCREENING FOR 'MORNING WALKERS' AT TAU DEVI LAL BIODIVERSITY PARK

In our constant effort to reach and provide healthcare services to the community members, Sanar International Hospitals had organised a Health Check Camp at Tau Devi Lal Biodiversity Park. People from all walks of life came forward, and were provided with comprehensive health check-ups.



HEALTH AND WELLNESS CAMP AT DIPLOMATIC GREENS AND MAYFIELD GARDEN, GURUGRAM

A health check-up camp was organised at Diplomatic Greens and Mayfield Garden for the resident members. In the camp, many residents came forward to get their health checked up by medical professionals and were provided thorough assessment and health consultations, apart from complimentary tests and investigations.



Patient Experiences

Ali, 23
Iraq
Tracheostomy
Procedure



“

I would like to appreciate the team of Sanar International Hospitals for my surgery under Dr. Kunal Nigam, HOD and Consultant, ENT, Cochlear Implant and Voice Disorders who helped me immensely with his advanced technique of surgery. Finally, I am able to breathe and speak normally and can go home freely.

”

Umidjon, 36
Uzbekistan
Total Hip Replacement
Surgery



“

One of my friends recommended Sanar International Hospitals in India. I want to thank the top management and the entire team of Sanar International Hospitals. I am thankful to each & every person who was part of my operation, and I am especially thankful to Dr. Rohit Lamba.

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Dr. Rohit Lamba in Healthwire on Vitamin D and Calcium intake



Dr. Sfurti Mann on Dehydration in Amar Ujala



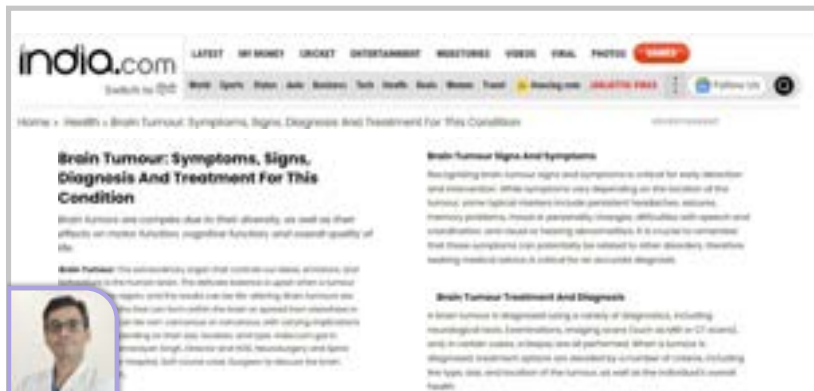
Dr. Kunal Nigam in TV9Bharatvarsh featuring a successful case of Tracheotomy Surgery.



Dr. Vinay Kumar Shaw in News 18 on Bariatric Surgery



Dr. Sumit Sharma on Kidney Disease in Pioneer Hindi



Dr. Harnarayan in India.com on Brain Tumour



Dr. D. K. Jhamb in The Daily Guardian on Healthy Heart Practices

+91-124-3528444

info@sanarhospitals.com | www.sanarhospitals.com

Sanar International Hospitals, Golf Course Road, DLF Phase 5, Sector-53, Gurugram, Haryana - 122002

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