

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 step into another month, I am delighted to announce a significant achievement by our team that fills me with great pride. Our Department of Blood & Marrow Transplant has successfully accomplished 75 Blood & Marrow Transplants with one of the most remarkable success rates in this field. This momentous milestone is a testament to the dedication and resilience of our healthcare team led by Dr. Dharma Choudhary, Director & HOD, Blood & Marrow Transplant. Despite the ongoing challenges posed by the ever-evolving healthcare landscape, we remain unwavering in our mission to deliver compassionate and high-quality care.

In the past month, we achieved several milestones that underscore our commitment to excellence. Our dedicated staff worked tirelessly to ensure that we maintain the highest standards of patient safety and satisfaction. Our state-of-the-art facilities continue to evolve, enabling us to offer cutting-edge treatments and diagnostic capabilities.

Speaking of patient satisfaction, I would like to highlight a few remarkable clinical cases in this latest edition of our

newsletter, Sanar Insights. The first case is of a young and brave 5-year-old girl from Cameroon. She was diagnosed with severe Hydrocephalus caused by a large tumour in the third ventricle of her brain. Under the expert supervision of Dr. Harnarayan Singh, Director & HOD, Neurosurgery and Spine Surgery, she underwent the surgery, and the tumour was removed successfully. She has now regained her ability to speak clearly, and her once-fragile body has grown increasingly resilient.

The second case is of a male patient from Kyrgyzstan, who was suffering from chronic liver disease and liver cancer. He underwent a successful liver transplant procedure with his son as the donor by a team of experts led by Dr. Ankur Garg, HOD and Senior Consultant, HPB Surgery & Liver Transplant.

During the last one year, we have been successful in treating patients from different parts of the world such as the Middle East, CIS region, Asia and African continent and will continue to expand our services and reach in both international as well as domestic markets in the coming months as well.

To ensure our healthcare services remain accessible to the community members, we have been regularly organising several outreach activities, health education initiatives, collaborative engagements, as part of our community connect programme.

As always, your feedback is invaluable to us. We encourage you to share your thoughts, suggestions, and concerns with us. You may share your feedback at: marketing@sanarhospitals.com

Clinical Marvels

FIVE-YEAR-OLD'S FIGHT AGAINST SEVERE HYDROCEPHALUS

A life-changing surgery to remove tumour in brain

Five-year-old girl, Bright Enjei Noam, from Cameroon, in Central Africa had a physically challenging childhood. Her life took an even more painful turn eight months ago when she began to struggle with walking and experienced weakness in all four of her little limbs, decreasing vision in both eyes, and lack of speech. She was unable to stand and her legs would tremble uncontrollably, rendering her utterly helpless. Owing to her physical condition, interactions with her family became increasingly rare, and her once lively spirit appeared to wither away during those agonising months.

In her hometown, Bright's started her treatment for meningitis, a terrifying infection that affects the brain and spinal cord. Following that ordeal, she faced the daunting challenge of battling cerebral malaria, an aggressive form of the disease that attacked her very core. Throughout it all, Bright's innocent spirit endured unimaginable suffering as she braved it all.



Dr. Harnarayan Singh, Director & HOD, Neurosurgery and Spine Surgery and patient - Baby Bright Enjei Noam

Despite all the treatment she was subjected to, she was not able to recover and overcome her problems. Her parents got her admitted to Sanar International Hospitals, under Dr. Harnarayan Singh, Director & HOD, Neurosurgery and Spine Surgery. Upon her admission she underwent a comprehensive evaluation by the medical team to ascertain the root cause of her sufferings which was diagnosed as Severe Hydrocephalus caused by a large tumour in third ventricle of brain.

This condition is characterised by the dangerous accumulation of fluid deep within the brain's cavities, known as ventricles. In Bright's case, Monro's foramen, the delicate junction between her paired lateral ventricles and the third ventricle of her brain, had widened. Within her third ventricle, a large cystic tumour had taken hold, its contents bearing a greenish hue and tiny fat globules. The walls of the third ventricle had also not been spared, as they were shadowed by the relentless tumour, bearing small calcifications as scars.

Speaking about the treatment plan for Bright, Dr. Harnarayan said, "Bright's mother, a steadfast pillar of strength, was informed about her daughter's condition and the imperative need for surgical intervention. With a heavy heart, she attentively absorbed the medical team's explanations of the risks and potential complications. However, she also recognized that this surgical procedure was the sole opportunity for her child to reclaim her life. With unwavering determination, Bright underwent the surgery to remove the tumour."

Day by day, Bright's strength increased; the Ryles tube, which had been her lifeline, was removed as her oral intake improved. Her words became clearer, and her once-fragile body grew increasingly resilient. With each passing moment, her determination radiated even brighter, symbolizing the unwavering spirit of a child who had confronted the darkest of days and emerged as a winner.

THE IMPORTANCE OF ORGAN DONATION, IT CAN GIVE A NEW MEANING TO LIFE

A successful liver transplant procedure

Mr. Erkinbai from Kyrgyzstan was suffering from chronic liver disease and liver cancer. His liver function had already decompensated. He had been undergoing evaluation for liver transplant for quite some time. He underwent a successful liver transplant procedure with his son as the donor, under the expert supervision of Dr. Ankur Garg, HOD and Senior Consultant, HPB Surgery & liver transplant. He and the donor recovered completely after the surgery and went home fully satisfied.

Dr. Ankur Garg stated, "On evaluating Mr. Erkinbai, we found that not only was he suffering from chronic liver disease but he also had liver cancer. Fortunately, his liver cancer was limited only to the liver. We advised him that the disease was well in control, and is curable with a liver transplant procedure. He discussed the same with his family and his son decided to come forward as a donor.

Post all the test and assessments, the son was found to be a fit donor and Erkinbai underwent the liver transplant procedure. The surgery was successful and his recovery was quite uneventful. Here, I want to give a message that we should be cautious about liver disease- from timely diagnosis to consulting the specialist doctor, one should not be hesitant to reach out to a healthcare provider. If liver transplant is suggested as a possible cure. One shouldn't be reluctant to opt for the procedure as it is not only a life-saving surgery, in fact, it is a life-modifying surgery."



Dr. Ankur Garg, HOD & Sr. Consultant, HPB Surgery and Liver Transplant with the patient - Mr. Erkinbai

Mr Erkinbai expressed, "My liver transplant procedure went off smoothly. Now I feel really well. 15 days post my surgery, I was discharged from the hospital. I now have great confidence, and so does my son, who is the donor. Dr. Saurabh and Dr. Ankur Garg have my sincere gratitude."

Artificial Intelligence in Breast Cancer

Breast cancer is a significant public health concern worldwide, affecting millions of women and even some men. Early detection and accurate diagnosis are crucial for improving breast cancer cases' survival rates and treatment outcomes. In recent years, the healthcare sector has witnessed a significant transformation with the integration of artificial intelligence (AI) in breast cancer diagnosis, prognosis, and treatment. AI is proving to be a game-changer, revolutionizing how healthcare professionals approach breast cancer management.

Early Detection with AI:

One of the most critical aspects of breast cancer management is early detection. Mammography, a standard breast cancer screening tool, has been used for decades. However, AI has enhanced mammography's capabilities by providing more accurate and timely results. AI algorithms can analyze mammograms with incredible precision, flagging abnormalities that may not be apparent to the human eye. This early detection can lead to timely intervention and improved outcomes.

AI-powered mammography systems can analyze vast datasets of breast images, comparing them to a repository of known cases. This comparative analysis allows AI to identify subtle patterns and anomalies, making it more adept at recognizing potential tumours, even in their early stages.

Personalized Treatment Plans:

Once breast cancer is diagnosed, treatment planning becomes crucial. AI plays a significant role in tailoring treatment plans to individual patients. By analyzing a patient's medical history, genetic makeup, and the characteristics of their tumour, AI can assist oncologists in selecting the most suitable treatment regimen. This personalized approach can maximize the chances of successful treatment while minimizing side effects.

Moreover, AI can predict how a patient is likely to respond to various treatment options. By simulating different scenarios and treatment pathways, AI helps oncologists make informed decisions about the course of treatment. This improves patient outcomes and reduces the trial-and-error aspect of cancer treatment.

Radiomics and Pathomics:

AI is also making strides in radiomics and pathomics, which involve the analysis of medical images and pathology slides, respectively. Radiomics uses AI to extract quantitative data from medical images like CT scans, MRIs, and mammograms. This data can provide valuable insights into tumour characteristics, growth patterns, and response to treatment.

Similarly, in pathomics, AI algorithms can examine tissue samples at the cellular level, identifying abnormalities and helping pathologists make accurate diagnoses. By automating these processes, AI reduces the likelihood of human error and speeds up the diagnostic process, which is crucial in cases where timely decisions are critical.

Enhancing Research and Drug Development:

AI is also transforming the field of breast cancer research and drug development. AI-powered algorithms can analyze massive datasets from clinical trials, genomic studies, and scientific literature. This analysis can identify potential drug candidates and treatment strategies more efficiently than traditional methods. AI's ability to predict patient responses to specific drugs allows for more targeted and effective therapies.

AI-assisted surgery:

AI-assisted surgery is rapidly advancing the field of breast cancer treatment. Surgeons use artificial intelligence to enhance precision and outcomes in breast cancer surgeries. AI aids in several key areas:

Image Analysis: AI algorithms can analyze pre-operative images like MRIs and CT scans to provide a 3D visualization of the tumour's location, size, and proximity to critical structures.

Surgical Planning: AI helps plan the surgical approach, ensuring



Dr. Archit Pandit

Director and Head of the Department
Surgical Oncology

minimal tissue damage and maximum tumour removal. Surgeons can simulate the procedure before the actual operation.

Intraoperative Guidance: AI can provide real-time feedback to the surgeon during surgery. It assists in identifying tumour boundaries, guiding incisions, and avoiding damage to healthy tissue.

Robotics: AI-driven robotic systems allow for minimally invasive surgeries with smaller incisions, quicker recovery times, and reduced scarring.

Pathology Assessment: Post-surgery, AI can analyze pathology slides to verify the complete removal of cancerous tissue.

AI-assisted surgery is transforming breast cancer treatment, making procedures safer, more precise, and less invasive, ultimately improving the patient's quality of life and prognosis.

Challenges and Ethical Considerations:

While AI holds immense promise in breast cancer management, it is not without its challenges. Ensuring the privacy and security of patient data is paramount, as AI systems rely on vast amounts of sensitive medical information. Additionally, AI algorithms must be transparent and interpretable to gain the trust of healthcare professionals and patients.

Ethical considerations also come into play, especially in autonomous AI systems. Decisions regarding patient care should ultimately involve human oversight and judgement. The use of AI should augment, rather than replace, the expertise of healthcare professionals.

The Future of Breast Cancer Care:

The integration of AI in breast cancer diagnosis and treatment is still in its early stages, but the potential benefits are enormous. As AI algorithms continue to improve and become more accessible, breast cancer care is likely to become more precise, efficient, and patient-centred.

AI can help bridge the gap in healthcare disparities by providing accurate diagnoses and treatment recommendations, even in regions with limited access to specialized healthcare professionals. Telemedicine and AI-powered diagnostic tools can reach underserved populations, ensuring that everyone has a fair chance at early detection and effective treatment.

In conclusion, artificial intelligence is ushering in a new breast cancer diagnosis and treatment era. It empowers healthcare professionals with the tools and insights to improve early detection, personalized treatment plans, and accelerate research efforts. While challenges and ethical considerations remain, the potential for AI to enhance breast cancer care and outcomes is undeniably promising. With continued research and responsible implementation, AI can help reduce the burden of breast cancer on individuals and society as a whole.

ACHIEVEMENT

Accomplished

75

life-saving

Blood & Marrow Transplants

With one of the most remarkable success rates



**Congratulations to the team led by
Dr. Dharma Choudhary**

Director & Head of Department
Blood & Marrow Transplantation

EVENTS & ACTIVITIES

**INTERNAL MEDICINE AND DENTAL HEALTH
CAMP AT DLF SECOND INNINGS CENTRE**

Sanar International Hospitals, in collaboration with DLF Second Innings Centre, had organised a general health and dental screening camp. The event was a significant step towards promoting general and dental health among the participants. Our medical professionals provided free health screenings to all the attendees. These screenings included blood pressure check, blood sugar test, cholesterol assessment and oral health check. Participants had the opportunity to consult with our experienced doctors and nurses, who provided valuable guidance on managing various health concerns and answered questions about maintaining a healthy lifestyle.



**PULMONOLOGY HEALTH CAMP AT
MAPSKO MOUNT VILLE**

A health camp on lung health was organised by Sanar International Hospitals at Mapsko Mount Ville, with Dr. Bandana Mishra, HOD and Senior Consultant, Pulmonology, who provided expert consultation on 'how to maintain optimal lung health'. Pulmonary Function Test, Blood Pressure Check and Random Blood Sugar were some of the tests which were offered to the residents at the camp.





GENERAL HEALTH CAMP AT UNION BANK OF INDIA

Sanar International Hospitals had organised a general health camp in collaboration with Union Bank of India, New Delhi branch. Our dedicated medical team provided free health check-ups, including blood pressure, cholesterol, and blood sugar screenings. Our experts offered valuable advice on maintaining a healthy lifestyle, emphasising the importance of nutrition and exercise.



HEALTH SCREENING AT EMAAR MARBELLA VILLAS

A general health camp was organised by Sanar International Hospitals at Emaar Marbella Villas, Gurugram. Our dedicated medical team provided free health check-ups, consultations, and valuable health education to many residents. From blood pressure checks to dietary tips, the camp covered a spectrum of health concerns.

GENERAL HEALTH CAMP AT CANARA HSBC LIFE INSURANCE

A general health camp was organised by Sanar International Hospitals in collaboration with Canara HSBC Life Insurance. Our expert medical team provided comprehensive health check-ups, addressing concerns from blood pressure to cholesterol levels. Our team of experts also delved into stress management techniques and offered dietary advice for a balanced lifestyle.

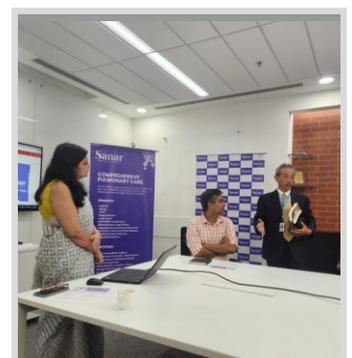


HEALTH AND WELLNESS WORKSHOP AT AKZONOBEL & CLAIRVOLEX

A general health check-up camp was organised by Sanar International Hospitals in association with Akzonobel and Clairvalex, exclusively for their employees. The event offered comprehensive health assessment, including vital signs, blood tests, and personalised consultations with experienced healthcare professionals. Our team of medical professionals emphasised on detecting potential issues early, gaining valuable insights into one's well-being, and making informed decisions about health and lifestyle.

EXPERT TALK ON LIFESTYLE DISEASES AND HEALTH LIVING AT MEIDEN INDIA LTD.

A general health talk was organised by Sanar International Hospitals at Meiden India Ltd. Participants learned about the significance of preventive care, stress management, and the importance of a balanced diet. Our guest speakers delved into the latest medical advancements, emphasizing the role of early detection in managing various health conditions. The event was a tremendous success, fostering a sense of living and promoting proactive health choices.





GENERAL HEALTH CAMP AT EMERALD FLOORS PREMIER

Sanar International Hospitals had organised a general health camp at Emerald Floors Premier, Gurugram. Residents of all ages benefited from free health screening, including blood pressure, blood sugar, and BMI check. Our team of skilled healthcare professionals provided valuable insights on maintaining a healthy lifestyle through informative sessions on nutrition, exercise, and stress management. The event was a resounding success, emphasizing the importance of holistic well-being.

WORLD HEART DAY CELEBRATIONS!

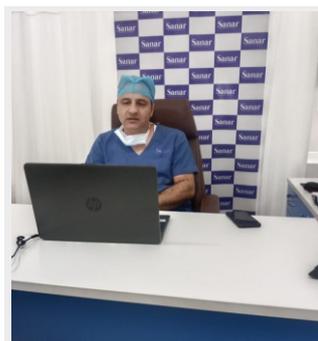
HELLO HEART! AN INTERACTIVE HEART HEALTH WORKSHOP IN COLLABORATION WITH FOLKS ON FORKS

Sanar International Hospitals, had hosted an interactive workshop with a group of 60 cyclists, aiming to raise awareness about heart and overall health in commemoration of World Heart Day on September 29th.

The programme commenced with a physiotherapy session which covered the significance of warming up, maintaining the correct posture, improving joint flexibility and preventing injuries while cycling.

Subsequently, a discussion was held featuring noted cardiac surgeon Dr. Akhil Govil, Director & HOD, Cardiac Surgery. During this discussion, attendees gained insights on the significance of regular exercise, a well-balanced diet, adopting a healthy and stress-free lifestyle, and ensuring adequate sleep for maintaining optimal heart health. Dr. Akhil stressed the importance of caring for heart health, emphasising that minor lifestyle mistakes can escalate into major issues down the road.

Cyclist Amit Daga, in response to the event, expressed, "Cycling is an excellent exercise for maintaining good health, and its popularity is on the rise among the general public. Therefore, the informative session aimed at educating cyclists on safe cycling practices was highly valuable. Additionally, imparting crucial tips for maintaining heart health was also greatly appreciated. By keeping these things in mind, anyone can take proactive steps toward enhancing their overall well-being. We extend our gratitude to Sanar International Hospitals for taking this initiative."

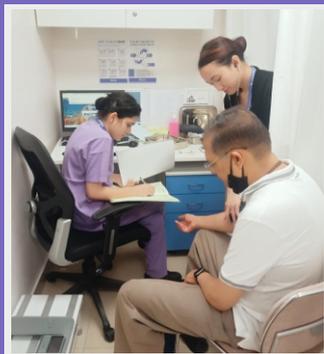


A WEBINAR ON HEALTHY HEART WITH SAATCHI & SAATCHI

A webinar on 'Healthy Living for a Healthy Heart' was organised by Sanar International Hospitals in collaboration with Saatchi & Saatchi, exclusively for its staff, with guest speaker, Dr. Bilal Ahmad Baba, Consultant, Interventional Cardiology. In the webinar, our cardiologist delved into the latest advancements in cardiology, sharing insights on cutting-edge treatments, prevention strategies, and emerging technologies.

HEALTH TALK ON HEART HEALTH AT CLOSE NORTH, NIRVANA COUNTRY

Sanar International Hospitals had organised a health talk on Heart Health at The Close North, Nirvana Country, Gurugram. Our team of doctors and healthcare professionals provided free check-ups, consultations, and valuable health advice to all the attendees. From blood pressure checks to nutritional guidance, we covered a wide spectrum of health concerns. It was heartwarming to see community members coming together to prioritize their well-being.



IN-HOUSE HEALTH CAMP ON UROLOGY AND GASTROENTEROLOGY

An in-house health camp on Urology and Gastroenterology was organised by Sanar International Hospitals at its premises. Our expert medical team consisting of Dr. Sumit Sharma, Director and HOD, Urology, Robotics & Renal Transplant, and Dr. Amil Mittal, HOD and Senior Consultant, Gastroenterology provided valuable insights on maintaining optimal urological and gastrointestinal health. Attendees learned about preventive measures, early detection, and lifestyle modifications to support overall well-being.

HEART HEALTH SCREENING CAMP AT CROWNE PLAZA

Sanar International Hospitals had organised a heart health screening camp at Crowne Plaza. Our team of expert cardiologists conducted comprehensive screenings and consultations, offering personalized advice on heart health. Attendees learned about risk factors, lifestyle modifications, and early detection. The event fostered community awareness, promoting healthier lifestyles to prevent cardiovascular issues.



PATIENT EXPERIENCES

Mrs. Afrah Ali
Iraq
Voice Preservation and Airway Patency Surgery



“

I had undergone Total Thyroid Surgery in Iraq. The surgery was not successful due to which I had breathing problems and speaking difficulties. I visited India where I met Dr. Kunal Nigam at Sanar International Hospitals who eventually did my surgery. Before I was not able to talk and breathe but by the grace of Allah and Dr. Kunal Nigam, I am now able to breathe and speak normally. Thank you very much.

”

Asma Begum
Bangladesh
Total Knee Replacement Surgery



“

“I am Asma Begum from Bangladesh. I had a severe knee problem for the past 18 - 19 years. We came to know about Sanar International Hospitals through one of my son's friends. Here, we met Dr. Rohit Lamba who suggested that I undergo Total Knee Replacement Surgery for both knees. It has been 14 days after the surgery, and now I am improving day-by-day. I received special care from this hospital, all the doctors, nurses, and other staff members are very careful and are good in their behaviour. I feel much better than before and I want to thank everyone in this hospital.”

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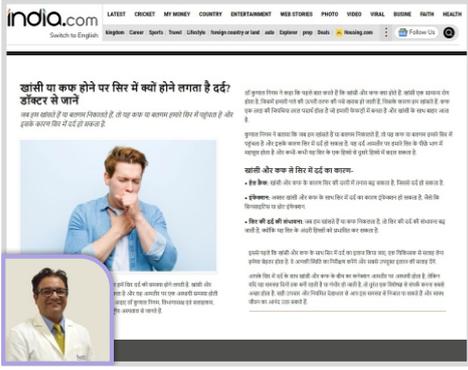
Dr. Bandana Mishra in The Daily Guardian on Vaping issue amongst youth



Dr. D. K. Jamb on Tv9 on Exercise for Heart patients



Dr. Rohit Lamba in Olymyhealth.com on Bone Infection



Dr. Kunal Nigam in India.com on Cough and Cold



Dr. Ankur Garg in Hindustan on Alcoholic Hepatitis



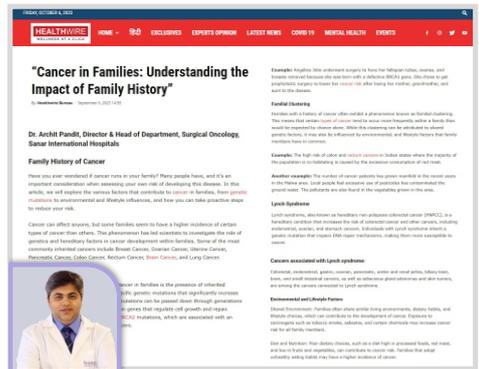
Ms. Diksha Dayal in Hindustan Times on Follicular Diet



Dr. Saurabh Chandra in Olymyhealth.com on Gap in Spinal Cord



Dr. Sunny Garg in Hindustan on Thyroid Cancer



Dr. Arshit Pandit in Healthwire.co on Cancer in Families



Dr. Bilal Ahmad Baba on Olymyhealth.com on LDL & HDL Cholesterol



Dr. Sumit Sharma in Amar Ujala on High Blood Pressure & Diabetes affecting Kidneys



Dr. Kapil Mago in Hindustan Times on Lymphatic Drainage

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