

Indiana Hospital performs Coastal Karnataka's first TAVI



Mangaluru's premier healthcare provider, Indiana Hospital and Heart Institute Ltd., achieved yet another milestone in its meritorious journey by performing coastal Karnataka's first Trans-catheter Aortic Valve Replacement/Implantation (TAVI/TAVR), a new technologically advanced procedure in cardiology. Thus reaffirming its position as the leading specialty hospital in this part of the country, bringing it on par with some of the top hospitals in India.

SUCCESSFUL: Samuel Daniel, who was treated of heart complications using the latest technique, TAVI, is now discharged.

The successful TAVI procedure was performed on an elderly patient, Samuel Daniel, 71 years, of Madikere in the first week of December by Dr. Yusuf Kumble, the Chief Interventional Cardiologist and managing director of Indiana Hospital, along with the hospital's cardiology team. Dr. Abdul Mansoor, Consultant Interventional Cardiologist and HOD; Dr. Jenu James Chakola, Consultant Interventional Cardiologist, Dr. K. Madhan,

Consultant Cardiac Anaesthetologist, formed part of the team.

Indiana is known for its Heart Team Approach concept in tackling heart problems. Speaking to the media at the press conference held at the auditorium of Indiana Hospital on December 6, Dr. Yusuf Kumble said, "TAVI has revolutionised the way elderly heart patients are treated the world over. It has not been more than two years since this procedure was adopted by

some top hospitals in India. And we at Indiana Hospital, keeping pace with the emerging technologies in the healthcare sector, were the first to carry out this procedure in coastal Karnataka, showing the way for others in the region to follow suit."

The patient, Samuel Daniel, who was advised open heart surgery by a hospital for his heart condition, approached Indiana Hospital for a second opinion. When the

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From the Desk of
Chairman

Greetings
from
Indiana Hospital



We thank you all for your positive response to Pulse, Indiana Hospital's bi-monthly newsletter. This channel has certainly helped us to share Indiana's

development, activities and future plans with our valued readers.

Indiana Hospital, from its humble beginnings, has been able to cater to patients with the care and trust they deserve. We have been able to keep pace with the times by adding new facilities and tools in healthcare by leveraging state-of-the-art technology.

We are keen to develop the hospital further keeping in mind the demands of the people who have reposed their trust in us. In fact, we are now expanding our activities to peripheral areas where there is lack of proper secondary and tertiary

care facilities. We achieved yet another milestone in our meritorious journey by performing coastal Karnataka's first Trans-catheter Aortic Valve Replacement/Implantation (TAVI/TAVR), a new technologically advanced procedure in cardiology. We look forward to hearing from you on the newsletter as well as your experience in Indiana Hospital. Do share with us your suggestions and comments.

Enjoy reading this edition of Pulse.

Dr. Ali Kumble
Chairman, Indian Hospital & Heart Institute Ltd.,
Mangaluru

Indiana credited with Coastal Karnataka's first TAVI

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procedure, TAVI, was explained to Samuel and the members of his family, they agreed to it taking into account the patient's fear of open surgery and the high risks involved in it. Indiana's Heart Team then took up the challenge and successfully implanted the new valve through TAVI. The patient is now leading a healthy life.

Explains Dr. Yusuf Kumble, "Conventionally, an open-heart surgery is performed for replacing the aortic valve for treating aortic stenosis. But a majority of the elderly

patients are not fit enough to undergo an open-heart surgery. This is where TAVI becomes a boon to such patients, as in this minimally-invasive procedure, the damaged valve is replaced by a new 26mm valve through a keyhole procedure using a catheter as is done for angiogram. The valve remains folded during insertion and opens up when warm blood flows through it. The procedure takes about 2 hours, and the patient is taken out of the ICU in six hours' time."

Elaborating further, Dr Yusuf said, "Another advantage is that if after ten years the replaced valve degenerates, it can be replaced with a new valve. By incorporating this new technology, it has once again been

confirmed that Indiana Hospital is in the vanguard in the field of cardiology and interventional procedures. Though for the time being the cost is a bit prohibitive, we expect it to come down as it is an evolving technology. I appeal to the government of India to waive or reduce considerably the high GST levied on TAVI procedure so that the society in general gets benefited."

At the press meet, Dr. Abdul Mansoor, Consultant Interventional Cardiologist and HOD; Dr. K. Madhan, Consultant Cardiac Anaesthetologist; and Dr. Shuhaib Kader, COO, Indiana Hospital, spoke on the occasion. Dr. Ali Kumble, chairman, IHHI Ltd, was present on the dais.

ANNOUNCEMENT

New Consultant-Paediatic Intensivist joins Indiana

Dr. Arun Varghese has joined Indiana Hospital & Heart Institute as Consultant-Paediatic Intensivist. The young and dynamic doctor did his MBBS at the Govt Medical College, Thrissur (Kerala) and his MD in Paediatrics at K.S. Hegde Medical Academy (Nitte Deemed to be University). He then added another feather to his academic cap by doing his Fellowship in Paediatric Critical Care at St John's National Academy of Health Sciences, Bengaluru. His eighteen-month stint as Senior Resident in Paediatric ICU at St John's National Academy of Medical Sciences, Bengaluru provided him the needed exposure. His special interests include Paediatric Intensive Care, Neonatology, Paediatric Nephrology and Paediatric Haemato-oncology.



Dr. Arun Varghese

Dr. Hazeena Haneefa, our new Consultant in OBG

Indiana's department of gynaecology has got a new Consultant in Obstetrics and Gynaecology, Dr. Hazeena Haneefa, joined Indiana a few months ago. An MBBS graduate from Government Medical College, Kozhikode and an MD in OBG from Kerala Institute of Medical Sciences, Dr Hazeena served in private hospitals in Kasargod and in the GCC before joining Indiana.



Dr. Hazeena Haneefa

SNAPSHOTS OF SMILES

Indiana Family celebrated Christmas and New Year on Dec 31, 2019



Children's Day celebrated with Drawing Contest



Mangaluru: Children gave expression to their imagination through a burst of colours and forms at a drawing-cum-painting competition hosted by the Indiana Hospital to mark the Children's Day (November 14). About 20 children, drawn into two categories, participated in the event held at the Basement OPD, Indiana Hospital. Dr Ali Kumble, chairman, Indiana, gave away the prizes.

Call for awareness on organ donation



Mangaluru, Nov 27: Indiana Hospital marked the Organ Donation Day here today with a live program to increase public awareness. Held under the aegis of Organ Donation India Foundation in association with News Karnataka, V4News, Global TV, Malanadu TV and Indiana Hospital and Heart Institute, Mangaluru, the program was aimed at creating awareness on organ donation. The event was graced by His Holiness Parama Poojya Bharathabhushana Swasthishree Bhattaraka Charukeerthi Pandithachayavarya Mahaswamiji of Jain Mutt Moodbidri; Lal Goel Chairman Organ Donation India Foundation; Dr. Yusuf Kumble, Managing Director,

Indiana Hospital; Dr. Ali Kumble, Chairman, Indiana Hospital, and officials of the Indian Coast Guard Karnataka, CISF, Airport Authority of India, Mangaluru among others. The program was conducted by Brian Fernandes, CEO & Managing Editor, News Karnataka, and was telecast live on V4News, Malanadu TV, Global TV and News Karnataka. N.V. Paulose, Chairman, Global TV, and Nagarjun K.G., manager, Corporate Business, Indiana coordinated the event. The awareness message was conveyed to the participants who included students from Sahyadri College, Mangaluru. Nearly 5 lakh people die in India every year for want of organs.

INDIANA SOAKS IN THE SPIRIT OF CELEBRATIONS



In pursuit of excellence in healthcare: Indiana Hospital and Heart Institute Ltd., Mangaluru has completed eight years of its existence and entered the ninth year. To celebrate its success in providing excellent healthcare, a cake was cut on November 11, on which date the hospital was established.

Indiana plans to set up Emergency Medicine Units in peripheral Hospitals/Day Care centres

Mangaluru: Indiana Hospital is stitching up a plan to become a hub hospital for emergency cases in the region to attend to cases of heart attacks, strokes and accidents (trauma) from peripheral hospitals and poly clinics/Day Care centres, or spoke medical centres as they are known.

Aimed at reducing the mortality rate in emergency cases, the hub-and- spoke model would ensure treatment at the hands of emergency medicine specialists at these units and ensure quick transfer of such patients from the spoke hospitals to Indiana using its ambulance network for further treatment, if required, by specialists.

Indiana Hospital is in discussion with many such centres in Puttur, Sulia, BC Road, Bhatkal and at other places to set up the emergency medical care hubs.



CME on medical updates held



Bhatkal: A CME Programme on Advanced Medical Updates was held at RNS Murdeshwara, Bhatkal Taluk on November 30, 2019. Dr. Yusuf Kumble, chief interventional cardiologist and managing director, Indiana Hospital, highlighted on OCT and angioplasty, while Dr. Adithya Bharadwaj, consultant physician, diabetologist and intensivist at Indiana, dwelt on how to handle emergencies. An overview of Kidney Transplantation was given by Dr. Pradeep K.J., Sr. Consultant Nephrologist and Kidney Transplant Physician while the topic of 'Awareness on Common Cancers' was the focus of talk by Dr. Dharma Kumar K.G., Consultant Surgical Oncologist. The event was patronised by Indiana Hospital and organised by IMA Chapters of Bhatkal and Honnavar. About 30 doctors participated. Umesh Gowda, manager, Marketing, Indiana, co-ordinated the event.

CME organised at Bantwal



Bantwal : A continuing medical education (CME) programme on 'Approach to a child with respiratory distress' by Dr. Arun Varghese, consultant paediatric Intensivist and 'Interesting Cases' by Dr. Apoorva Srijayadeva, consultant Interventional Gastroenterologist and Hepatologist, was held on Dec.18 at Rangoli Hotel, Bantwal. Organised by IMA Bantwal and patronised by Indiana Hospital, the CME was attended by 20 doctors. Dr. Pradeep Kumar Shetty and Dr. Chandrasekar, president and secretary respectively, IMA Bantwal chapter, were present on the occasion.

CME meet focuses on BIG C and OCT

Kanhangad: A CME Programme on topics, 'Fighting against the big C' and OCT was held on December 19, 2019 at Rotary Auditorium, Kanhangad, Kerala. Dr. Abdul Mansoor, Consultant Interventional Cardiologist and HOD, Indiana Hospital shed light on latest updates in cardiology, including OCT, while Dr. Dharma Kumar K.G., Consultant Surgical Oncologist, Indiana, spoke on 'Fighting against the Blg C'. The event, organised by IMA, Kanhangad, was patronised by Indiana Hospital, Mangaluru.



Therapeutic Hypothermia for neonates

Dr. Abhishek K. Phadke
Consultant Neonatologist at Indiana Hospital



Perinatal asphyxia causes significant morbidity and mortality in newborns. Therapeutic Hypothermia (TH) for newborns has emerged in the last few years as one of the most promising new treatment modalities in neonatology. *Pulse* talks to Dr. Abhishek K. Phadke, Consultant Neonatologist at Indiana Hospital, who is also the current Executive Committee member of National Neonatology Forum, Karnataka chapter, about Therapeutic Hypothermia and its effectiveness.

1. What is Therapeutic Hypothermia (TH) or cooling therapy in neonates?

Therapeutic hypothermia or cooling therapy is a treatment to help reduce the effects of brain injury in a baby with hypoxic ischemic encephalopathy (HIE). HIE is a type of brain injury that happens when a baby's brain and body do not receive enough blood and oxygen at some point before or after birth. The effects of HIE can be mild, moderate or severe. Mild HIE may cause a few or no lasting effects, while moderate or severe HIE can cause death or permanent brain injury. Cooling therapy can help reduce the effects of this type of brain injury.

2. When was cooling therapy introduced at Indiana Children's Institute?

We introduced this novel method of treatment at Indiana Children's Institute about 3 years ago. Ours is the first unit in this part of the world that offers cooling therapy to neonates. It's a skilled procedure requiring trained manpower and multidisciplinary team.

3. How does cooling therapy help?

In cooling therapy, we carefully lower the baby's temperature for 72 hours (3 days). The low temperature slows the baby's metabolism and can interrupt the damaging processes caused by HIE. Cooling may not help all affected babies. However, studies have shown the following:

- Babies born 36 weeks after pregnancy or later with HIE, who receive this therapy have a better chance of surviving than those who don't undergo cooling.
- When they are examined at 2 years of age it can be found that generally babies who have undergone this therapy have less brain injury than those who haven't undergone cooling.

4. Who can provide cooling therapy?

It is usually provided in the

Neonatal ICU by a Neonatologist and his team who are trained in this skill. It is important to have other requisites in place like facility for neonatal ventilation, bedside X-ray and Echo support, laboratory back up and trained nursing staff.

5. How is cooling therapy performed?

Normally, the temperature of a baby is around 98.6°F. When whole body cooling is performed, the baby's body temperature is cooled to 92.3°F (33.5 C) for 72 hour. Then it is slowly increased and brought back to normal over the next 6 to 7 hours. We use a Servo controlled fully automatic device (Tecotherm™) imported from Germany.

6. What else happens during cooling?

- Feeding. Your baby will be nourished with fluids in an IV (a small tube in a vein) set.
- Monitoring and support. Your baby's temperature and vital signs will be closely monitored.
- Medications, as required.

7. What kind of follow-up care will the baby need?

After receiving the cooling therapy, it is important for the baby to have regular check-ups. These include: Appointments

with the baby's neonatologist; hearing and vision screening; neuro-developmental assessment. These visits will be scheduled for the baby before leaving the hospital.

8. Who is eligible for neonatal TH at Indiana Children's Institute?

Infants of gestational age (≥ 36 weeks) with features of intrapartum hypoxia and abnormal neurological signs. The baby should be brought to the centre at least within 6 hours of birth to initiate cooling therapy.

9. Please share with us your TH treatment carried out in Indiana Children's Institute so far?

We have performed around 90+ hypothermia procedures at Indiana Hospital so far, and the results have been very promising. At least 70% of those babies who have undergone the therapy have survived with normal neurological outcome, who otherwise would have ended up with serious problems without this treatment. This treatment is the only proven modality of treatment for babies who suffer birth asphyxia and has saved the lives of many newborns. The focus should always be on prevention of HIE. Prevention is always better than cool!

10. What other facilities are provided for newborns at Indiana Hospital?

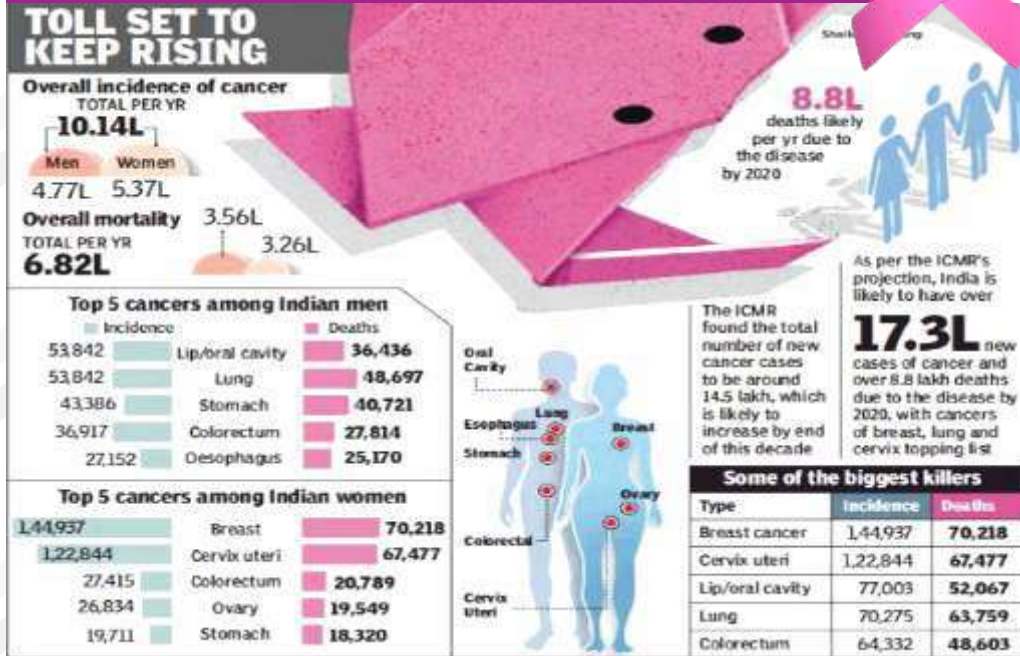
We have a Level 3 A NNF (National Neonatology Forum) accredited NICU with the state-of-the-art infrastructure backed by full time Neonatologist, Senior Pediatricians and well-trained nurses to provide quality care to newborns. We have facilities for neonatal ventilation, TPN, surgical care, care for premature babies, etc. We always believe in providing quality care to the tiny babies.



One of the biggest tools with which we can fight ill health is the power of human connection. That's why awareness months, weeks and days are so important: they rally us together to spread awareness and show support. Every issue, through this column, we will keep track of a particular subject on health and put the spotlight on it

'I AM AND I WILL'

INDIAN SCENARIO - 2018



Every year 9.6 million die of cancer across the world. It is matter of great concern. Cancer is a disease which occurs when changes in a group of normal cells within the body lead to uncontrolled, abnormal growth forming a lump called a tumour; this is true of all cancers except leukaemia (cancer of the blood).

At the start of the millennium, February 4 was declared World Cancer Day. It began with six cancer experts who convened in Paris in 1999. With the year 2000 imminent, the group was determined that the global challenge of cancer would not be forgotten in the new century. Together they drafted a Charter that outlined a vision for addressing the impact of cancer on "human life, human suffering and on the productivity of nations".

The Charter has been adopted by International cancer organisations around the world. Under the guardianship of the Union for International Cancer Control since 2006, World Cancer Day has grown into a positive movement for everyone, everywhere to unite under one voice, building an alliance against "fear, ignorance and complacency."

2020 marks the 20th anniversary of World Cancer Day and serves as the midway point of the 3-year 'I Am and I Will' campaign. 'I Am and I Will' is an empowering call-to-action urging for personal commitment and represents the power of individual action taken now to impact the future. 2020 will be a year to ignite action to accelerate the reduction of unnecessary cancer deaths and to achieve equal access to cancer care for all.

CANCER CARE INDIANA EDGE!

The Department of Oncology at Indiana Hospital, Mangalore offers comprehensive oncologic care through multidisciplinary management manned by an efficient pool of professional oncologists and state-of-the-art diagnostic and treatment facilities under one roof. Different specialists work together to make a patient's overall treatment plan that involves cancer screening tests, different modalities of treatments including medical, radiation, preventive, surgical and palliative oncology. According to Dr. Dharma Kumar K.G., a pioneering cancer specialist, and Consultant Surgical Oncologist at In Diana Hospital Hospital, "Recent years have witnessed significant progress in the diagnosis of various types of cancer, as well as important breakthroughs in treatment. Indiana Hospital and Heart Institute, Mangaluru stands poised today on the threshold of a future with an endless potential and promise in the service of cancer patients. The measurable success that the hospital has achieved in cancer care attracts hundreds of patients who come from all over India and Middle East countries." Indiana Hospital stands poised today on the threshold of a future with an endless potential and promise in the service of cancer patients.

KEY CANCER FACTS

- 9.6 million people die from cancer every year.
- At least one third of common cancers are preventable.
- Cancer is the second-leading cause of death worldwide.
- 70% of cancer deaths occur in low-to-middle income countries.
- Up to 3.7 million lives could be saved each year by implementing resource appropriate strategies for prevention, early detection and treatment.
- The total annual economic cost of cancer is estimated at US\$1.16 trillion.

MOOD disorders



By

Dr. Siva Sivakantha
Consultant Psychiatrist at
Indiana Hospital, Mangaluru



Anxiety disorders and depression are the major health issues

Mood disorders are the commonest mental health issues seen among the general public.

Such patients are usually referred to primary care general medicine doctors, who treat them and, if required, direct them to the psychiatry department. Among mood disorders the commonest are anxiety disorders and depression.

Mood disorders are among the first ten global public health issues. Hence the impact of such disorders on morbidity, mortality, public health services, finance and manpower are significantly high. It is widely prevalent among people of all age groups, gender, race and economic status. Consulting a doctor and adequately addressing the issue will help in alleviating the problem and help the individual return to normal life. If not, the condition could worsen and significantly impact his or her personal life, social life, occupation, education and so on.

In India mood disorders are, in general, under-diagnosed, and patients do not get appropriate treatment. Other than stigma, social, ignorance and being in denial are the reasons for not seeking help.

Public awareness is the key. Educating teachers, students, health service providers as well as other public service providers will help in early diagnosis, treatment and recovery. Also, if patients who have received treatment and recovered share their experience with others, that will help to a great extent in getting rid of the social stigma related to men.

An individual's quality of life would depend on his or her physical as well as mental health. Just addressing one and not the other could jeopardize both.

Concerns about social media

There are concerns about the excessive use of social media causing mental health issues. Though there is no conclusive

evidence, the general consensus is that this would affect health in general. There are case reports on behavioural issues occurring among/children and adolescents, decline in academic standard, and mood changes because of excessive exposure to social media. However, we have to keep in mind that social media can also be used as a therapeutic tool to build social and family support network, especially for the elderly and the home bound. It can also be used effectively to create public awareness, health education and also create support network for the mentally ill.

Medication and psychological help

The primary modality in treating mood disorders comprises medications and psychological therapy. The outcome of this combination seems to be better than resorting to only one of the two. There



Among the different modalities of therapy, Cognitive Behavioural Therapy (CBT) has been found to be the most effective in treating mood disorders.

have been immense advances made in the past two to three decades in the field of medications, and now many new medicines are available that can effectively alleviate mood disorders with minimal or negligible adverse effects. Medications are highly effective in majority of the cases, and when combined with therapy, long term recovery seems to be possible. It has been found that owing to their robust effect, any of these newer medicines, can effectively treat patients in a short period of time, usually within 2 to 3 months' time, patients report significant improvement in their mood and daily function.

Among the different modalities of therapy, Cognitive Behavioural Therapy (CBT) has been found most effective in treating mood disorders. Through CBT, patients are trained to recognise their negative thoughts, and by changing them to positive thoughts, patients are able to regulate their mood, behaviour and actions. CBT comprises a holistic approach in which maintaining physical health, exercise, yoga/meditation, taking up hobbies and a positive lifestyle are stressed. Here at Indiana Hospital, we provide all modalities of treatment including medication, CBT, and when appropriate, other forms of therapies as well. These include educating the patient as well his or her family, which involves care givers and family in treatment. The hospital also addresses co-morbid medical related issues (many adults tend to have medical issues along with depression), and substance/alcohol/drugs issues which significantly impact the treatment and outcome. We also undertake grief counselling, marital or couple Counseling, address personality disorders, identify stressors, and help patients to improve their self-esteem, self-assertiveness, as well as identify their role in inter-personal relationships.-

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