

Indiana Hospital expands to Bekal, *launches OPD services*

KASARGOD -- Indiana Hospital and Heart Institute, Mangalore's leading medical facility, opened a branch in Bekal, Kasargod district, Kerala on October 16, 2022. The hospital's outpatient services were formally inaugurated at a well-attended event.

Speaking on the occasion, Dr Aboobaker, who ran the centre before Indiana took it over, said: "I have been serving at Baker Hospital in Kotikulam for the last 35 years, and have received full support from the people. I appeal to you to extend similar support to Indiana Hospital's branch and assure you that the hospital will continue to provide excellent patient care. I offer my sincere thanks to Dr. Ali Kumble, Chairman, and Dr. Yusuf Kumble, Managing Director, and other members of the management for showing interest in opening a branch of Indiana Hospital at Kotikulam, Bekal."

Dr. Mithun Premraj, IAS, Assistant Collector, thanked Indiana Hospital for starting a branch in Bekal. He said: "I am confident that the Indiana Hospital branch here will offer excellent services to the people of Kasargod." Kasargod MLA N.A. Nellikkunnu hoped that the opening of the branch would reduce travel time to Mangalore. He also released a bird on the occasion to symbolize good health for the people.



Indiana opens OPD facility at Bekal

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Dr. Yusuf Kumble, Managing Director of Indiana Hospital, said: "It was a long-standing demand of the people of Kasargod that Indiana should open a branch in Bekal. We are delighted to fulfil it." Other dignitaries present on the occasion were **Dr. Ali Kumble**, Chairman, Indiana Hospital; Abdul Azeez Ashrafi, Imam, Uduma; Samba Aboobaker, Chairperson, Standing Committee, Uduma Gram Panchayat; and Haris Angakalari, Shinimol and Vinay Kumar, all members of Uduma Gram Panchayat.

Marathon (3-km, 5-km and 10-km) was held on the occasion to mark the launch of the hospital. Winners received exciting prizes including cash.

A free health check-up camp was also held at the newly opened hospital as part of a CSR initiative.



APPRECIATION

Indiana Hospital & Heart Institute presented the 'best performance' monthly awards to the following staff.

CONGRATULATIONS!



'HAND HYGIENE CHAMPION'
Dr. Vijay Mahantesh
from surgical team



'BEST PATIENT CARE'
Mr. Chandrasaha
from surgical team



'NURSING CHAMPION'
Ms. Shreya
from team Nursing MICU



'HAND HYGIENE CHAMPION'
Ms. Savitha
from MNA

LITTLE BLUE JAYS' CME FOCUSED ON CHILD DEVELOPMENT



MANGALURU - Indiana Hospital & Heart Institute, Mangaluru, in association with Little Blue Jays, organised a CME on September 9, 2022 at Hotel Ocean Pearl Inn, Bejai-Kapikad Road, Mangaluru. The Guest of Honour was Dr. V.C. Manoj, Professor and Head of Neonatology, Jubilee Mission Medical College, Thrissur, Kerala.

There were talks by eminent faculty on child development and therapies.

The program was attended by Dr. Ali Kumble, Chairman, Indiana Hospital & Dr. Abhishek K. Phadke, Consultant Neonatologist, along with nearly 50 paediatricians from Mangaluru.

The event also marked the official inauguration of Indiana Little Blue Jays Child Development Centre. The Centre is already functioning on the premises of Indiana Hospital.

Specialists available at the Centre include Rehabilitation & Child Psychologist, Paediatric Physiotherapist, Paediatric Speech Therapist and Paediatric Occupational Therapist.



JJM MEDICAL COLLEGE WINS NNF NURSING QUIZ



MANGALURU -- The National Neonatology Forum (NNF) Nursing Quiz Divisional Round SE- 5 Mangalore: Karnataka held on September 27, 2022 at Indiana Hospital evoked enthusiastic response. A total of six teams participated. Sr. Jyothi B., Sr. Chaya N.G. of, Davangere, emerged winner and thus qualified for the zonal round. Divisional Coordinator, **Dr. Abhishek K. Phadke**, Consultant Neonatologist at Indiana Hospital, was the quiz master.



FOCUS ON 'OSTEOARTHRITIS PREVENTION AND MANAGEMENT' ON WORLD PHYSIOTHERAPY DAY



MANGALURU - The vital role played by physiotherapists was the focus of a celebratory evening at the Indiana Hospitals' department of physiotherapy and rehabilitation on September 8, 2022. The event was held to observe World Physiotherapy Day with the theme, 'Osteoarthritis Prevention and Management'. The Day is observed to promote awareness about and recognition of the crucial contribution physiotherapists are making in the world by enabling people to be mobile, well, and independent.

Free eye camp held at DPS, MRPL



A free eye camp was organised at the Delhi Public school - MRPL. 317 students were examined at the eye camp.

Cancer patient successfully operated using video-assisted thoracic surgery at Indiana Hospital

MANGALURU - In a first in the city, onco specialist and his team at Indiana Hospital and Heart Institute, Mangaluru, performed a single keyhole surgery on a lung cancer patient recently. Surgery is still the fundamental modality of treatment for solid organ cancer. Most people with solid organ cancer will have to undergo surgery during their treatment; the main goal of surgery is to remove the cancerous tissue from the adjoining areas such as lymph nodes. Along with other aspects of cancer treatment, surgical techniques have changed enormously due to a better understanding of cancer.

The patient who underwent surgery is a resident of Mangalore and was a known case of carcinoma larynx (cancer affecting his voice box) for which he underwent curative chemoradiotherapy and was completely cured. On a follow-up scan (after 8 months) the patient was found to have a lesion in left lung. Biopsy proved it to be a cancer arising from lung tissue. He was planned for surgery. For his age, opening up the thorax was a risky procedure as the classic approach (the open thoracic surgery) of doing it, entails a big incision of 20cms and opening the chest with a manual retractors is the most aggressive and painful operation for the body of a patient, which means that the patient has to stay in the hospital for 10 - 15 days, with long recovery period and left with a large scar.

The patient was offered single keyhole surgery that is Uniportal video-assisted thoracic surgery (VATS). Says Dr. Yusuf Kumble, managing director, Indiana Hospital, "This procedure is done for the first time in Mangalore. Like many firsts to its credit, Indiana has always been at the forefront in offering cutting-edge technology for diagnostics and surgeries/procedures."

Says Dr. Ajay Kumar, consulting oncologist at Indiana, who performed this surgery, "For this new technique we use an incision of 4 to 5 cms on chest wall and work with an endoscopic camera to move instruments from outside while watching on the screen." The said patient was discharged within 5 days and is now recovering.

A novel procedure

Single keyhole surgery, though technically challenging, does not require prolonged post-surgery care. It is less costly, require less medication and the patient can go back to normal life in a period less than a week.

Lung cancer is a major public health concern in the country as over 70,000 people fall victims to it every year. This is now the leading cause of cancer deaths among men and women, according to Globocon by the World Health Organisation (WHO). The most common cause for lung cancer is smoking.

Harvested organs of brain-dead boy at Indiana Hospital give new lease of life to three patients

MANGALURU - The organs of a 16-year-old boy were retrieved and successfully sent by Indiana Hospital & Heart Institute to various recipients on September 14. The organs of boy, who was declared brain-dead, have been donated to several patients.

A PU student who was critically injured after falling from a city bus a week ago and under treatment at Indiana Hospital in Mangaluru was declared brain dead. His grieving parents had decided to donate his organs following the unfortunate incident.

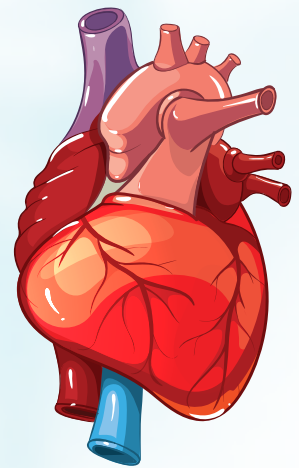
Yashraj, son of Tyagaraj and Mamatha resident of Mastikatte Ullal fell off a city bus on September 7 was a first year PUC student of computer science at St Aloysius PU College. He was travelling in the bus from Ullal Masthikatte NH66 when he got thrown out of it at Adam Kudru and suffered critical head injuries. He was admitted to the ICU of Indiana hospital for treatment. However, his condition had not improved even after a week's treatment and he was declared brain dead in the afternoon on Tuesday, September 13.

On September 14, his organs namely liver, kidney and cornea were transplanted. One kidney was sent to Indiana Hospital, another kidney and cornea to Kasturba Hospital, Manipal and the liver transported to Manipal Hospital, Whitefield which was sent via zero traffic to Mangaluru International Airport.

The procedure of organ transplantation was carried out by J State Government's Organ Transplant Authority Jeevasarthakathe that has been constituted by the government of Karnataka for a sustained deceased donor (Cadaver) transplantation programme in the state of Karnataka.

Managing director Dr. Yusuf Kumble, Dr. Adithya Bharadwaj, neurosurgeon Dr. Elvis Rodrigues and medical administrator Dr. Devanand Shetty were also present during the organ transplant process.

INDIANA CELEBRATES WORLD HEART DAY



MANGALURU - On the occasion of World Heart Day, Dr. Yusuf Kumble, chief interventional cardiologist and managing director of Indiana Hospital, called upon the public to keep doing simple things like changing lifestyles and being more physically active. He was speaking at the World Heart Day celebrations held on September 29 on the premises of Indiana Hospital.

As a run up to the World Heart Day, Indiana Hospital organised a free heart check-up as part of its corporate social responsibility. World Heart Day is a campaign established to spread awareness about the health of the heart among common people.



INDIANA HEART CLINIC OPENS IN CHITRADURGA

CHITRADURGA-- Indiana Heart Clinic, established by Indiana SJM Heart Centre, has opened on KSRTC Old Depot Road here. Speaking on the occasion, Chitradurga MLA G. H. Thippareddy said: "This district in central Karnataka did not have proper facilities for heart care. It's a matter of joy that a heart care centre has opened here."

People from this backward district had to travel to Manipal or Bengaluru for treatment. Three years ago, Indiana Hospital and Heart Institute, Mangalore, established a heart centre at Basaveshwara Hospital, Chitradurga. The opening of this centre would help people receive expert heart care, he added.

According to the MLA, this is the only heart care centre of its kind in the Chitradurga district and has three specialist doctors.

The legislator expressed concern about the increase in heart patients, especially youth. He suggested that rather than relying on treatment, it is better to seek specialist advice to prevent the disease.



Speaking on the occasion, Dr. Yusuf Kumble, Managing Director of Indiana Hospital and Heart Institute, said the clinic would help detect heart diseases. He added that while treatment becomes inevitable once the disease sets in, it's better to undergo preventive health check-ups.

Dr. R. Ranganath, District Health Officer; Dr. Chandrashekar Raju, District Coordinator, Ayushman Bharat-Arogya Karnataka; cardiologists Dr. Karthik, Dr. Sujay, Dr. Manjunath, and Roopesh Kumar Shetty, Chief Operating Officer of the Heart Centre, were present on the occasion.

According to the MLA, this is the only heart care centre of its kind in the Chitradurga district and has three specialist doctors

INDIANA ORGANISES CME IN CHIKKAMAGALURU

CHIKKAMAGALURU-- A Continuing Medical Education (CME) Programme on oncology and general interesting cases was held at Cikkamagaluru Club, Hosamane Road, Cikkamagaluru on November 5, 2022. Held under the aegis of Indiana Hospital and Heart Institute, Mangaluru, Dr. Ajay Kumar, Consultant Surgical oncologist, Indiana Hospital spoke on 'To Diagnose Early and Cure Cancer - What Is Expected from a Primary Clinician.'



Dr. Ramanath Shenoy, Consultant Medical Oncologist, Indiana Hospital focused on 'Medical Cancer Awareness.' Dr. Adithya Bharadwaj, Consultant Physician, Diabetologist & Intensivist at Indiana, shed light on 'Interesting case Discussion.'

WHY CARE FOR YOUR KIDNEYS

MANGALURU -- Prevention is everything when it comes to chronic kidney disease, stressed Dr. Pradeep K.J., consultant nephrologist and kidney transplant physician at Indiana Hospital & Heart Institute, Mangaluru. He was delivering a health talk on 'How to identify and prevent kidney disease' on November 02, 2022 at CISF campus, Mangaluru.

The event was co-ordinated by Naved Yusuf and attended by large gathering of CISF employees.

Chronic Kidney Disease (CKD) is a non-communicable disease that affects 1 in 10 people worldwide.



INDIANA OBSERVES HOSPITAL INFECTION PREVENTION WEEK

MANGALURU – An International infection control week ceremony was held on October 22, 2022 by Indiana Hospital. Speaking on the occasion Dr. Ashish Kumar, Medical Consultant from Schulke pvt ltd. observed, "In order to highlight infection control practices and to create awareness regarding various ways to stop the spread of infections and to give more awareness on global pandemic Covid-19 this week is observed. Indiana hospital is a good example on maintaining cleanliness."

Dr. Bhaskar UA, microbiologist and Infection control officer, at Indiana; Ms. Flevy Ida Periera, Nursing Superintendent at Indiana; and Vishwanath, infection control nurse, spoke on various aspects of infections and how to deal with them.

Various activities like poster competition, quiz competition, playing of hand washing video for employees and their kids, etc were held during the infection control week. Best hand hygiene practices of staff were recognised and appreciated.

OUR IN-HOUSE DOCTORS - 24x7

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