

Fervour Marks Indiana Hospital's 13th Annual Day Celebrations



MANGALURU -- Indiana Hospital and Heart Institute, Mangaluru, celebrated its 13th Annual Day with a variety of vibrant programmes. The celebration took place on May 18, 2024, at the Indiana Convention Centre, Mangaluru, in a glittering ceremony filled with festive spirit.

Chief guest Dr. Santosh Soans, Professor and Head of the Paediatrics Department at the AJ Institute of Medical Sciences and Research Centre, praised Dr. Yusuf Kumble and Dr. Ali Kumble for their instrumental roles in the hospital's success. He highlighted that Indiana Hospital was the first in the region to receive National Accreditation Board for Hospitals and Healthcare Providers (NABH) accreditation, marking a trailblazing journey over the past 13 years. "I wish them greater success in the years to come," he added.

In his welcome address, Dr. Ali Kumble, chairman of Indiana Hospital and Heart Institute, stated, "Today, we celebrate our 13th Annual Day, a testament to the commitment and hard work of our management, staff and the support from the community. This support has enabled us to expand to many other locations."

Dr. Yusuf Kumble, managing director of Indiana Hospital, delivered the keynote address to an audience of staff, their families, selected doctors and well-wishers. He announced the



hospital's plans for regional expansion. He said, "we have already opened a state-of-the-art cardiac care centre in Kerala's Thalassery in collaboration with TMH and recently opened a hospital in Bekal, in Kerala. Indiana Hospital also has branches in Hassan and Chitradurga, with future plans for a chain of hospitals in Kasaragod, Kannur and other cities in Karnataka."

Vignettes of cultural extravaganza

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Dr. Yusuf Kumble further outlined plans to establish a full-fledged heart and liver transplant centre and a trauma centre. "To accomplish all our upcoming plans, we are working out an investment model that will be viable and beneficial for all parties involved," he said.

Indiana Hospital also recognised the contributions of the medical fraternity to society by felicitating three eminent doctors in the region: Dr. Abdul Majid, Dr. Badekila Shyama, and Dr. Jayadev Kangila, each of whom received citations. Dr. Adhitya Bharadwaj, director, Medical Administration and consultant physician, diabetologist and Intensivist; Dr. Devanand Shetty, medical administrator, Indiana; and Dr. Sandhya Rani, consultant cardiologist, Indiana read out the citations.

Mohammed Naved Yusuf delivered the introductory speech and Dr. Apoorva Sriyayadeva, Medical Director and Senior Consultant Interventional Gastroenterologist

at Indiana Hospital, proposed the vote of thanks.

Earlier, Dr. Abhishek Phadke, Sr. Consultant, Department of Paediatrics and Neonatology, Indiana, gave a pen sketch of Dr. Soans

The event was also graced by Mrs Nifry Yusuf, director, Indiana; Mrs Rasiya BH, director, Indiana; Prasad Kaushal, independent Director, Indiana; Haneef Aramane and E. Vijay Chandra, Group CEO of Indiana Hospital.

The celebration also featured various programmes showcasing the collective efforts of the Indiana staff. The event highlighted impressive performances by the staff from the Nursing, Physiotherapy, and Pharmacy departments. Their collective effort and enthusiasm brought the evening to life, leaving the audience thoroughly impressed. Additionally, students from Indiana College of Nursing, Indiana College of Allied Health Sciences, and Indiana College of Physiotherapy also took the stage.



From Microscopes and Endoscopes to Flex Robots and Exoscopes

By Dr. Ahmed Jalwa

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Over the years, surgeries related to ENT, Head and Neck, etc., have been conducted with the aid of the Microscope and the Endoscope. And even now, for a majority of the hospitals across the country, these are still the best available options in the fields of magnification, illumination, 3D perception, low leaning curve, as well as the cost factor. However, of late, Robot assisted surgery (da Vinci robot) has come into vogue and is assisting doctors in conducting surgeries related to ENT, Head and Neck, its major advantage being surgical precision.

Magnification and illumination with the 3D perception held good for the da Vinci robot as well. Though they are considerably being used in distant access Head and Neck Surgeries, like Modified Facelift procedure for parotid gland, Transaxillary Approach(TA) and Bilateral Axillo-Breast Approach (BABA) for thyroid gland, the first documented TransOral Robotic Surgery (TORS) was done in 2005 for base of tongue neoplasm. These da Vinci robots being heavy at its built, the utility of the same for endolaryngeal and pharyngeal procedures had been difficult always. And thus came the idea of a Flex Robot in endolaryngeal and pharyngeal lesions. With the later's ability to manoeuvre at ease to these narrow spaces, they are swiftly getting popularized. The same was shown by Felix Boehm et al in their systemic review on Current advances in robotics for head and neck surgery, done in 2021. They could, however, conclude the lack of large scale randomized controlled trials on the use of robots in head and neck surgery. Most studies included only small case series or lack a control arm which would enable a healthy comparison with established standard procedures. The notable high learning curve to the surgeons and delays in reimbursements to the subjects is also, partly, unattended. Having discussed on Head and Neck, Otolaryngology and Rhinology also has continued its momentum in a new direction. The introduction of 3-dimensional Exoscopes could be one, or rather, the prime one. Exoscopes, most often equipped with high-definition, 3-dimensional

sensors, are the newest addition in terms of surgical field visualization and proved a solid tool in the fields of neurosurgery, neuro-otological surgery, and head and neck oncological surgery. The 3D digital image system allows the surgeon, wearing special glasses, to perform the procedure using a magnified image of the field on a 4K 3D monitor with significant comfort for assistants and nurses also, who are also granted magnified 3D vision. Umberto Milanese et al published their case series, in 2021, on three dimensional exoscope-assisted laser stapedotomy. They included seven subjects with otosclerosis who underwent single sided endaural laser stapedotomy with 4k 3D Exoscope. The results were compared to a group of Microscope assisted stapedotomy subjects and documented a comparable audiological outcome, operating time and complication rate. The major advantage of the Exoscope being the 4K 3D digital image on a frontal monitor, which is particularly ergonomic and comfortable for the surgeon and assistants, while the microscope forces the surgeon to a reclined posture. This would significantly reduce the postural surgeon fatigue. Also to be noted is the imperceptible learning curve to the surgeons trained in microsurgical instruments. The lack of large scale controlled trials, at this stage, though, restricts the application of 4K 3D Exoscope in Otorhinology, it may still holds a recommendable option in the future of ENT, Head and Neck Surgery.



CVAD workshop held

MANGALURU -- Indiana Cancer Centre (ICC) @ Indiana Hospital and Heart Institute, in association with BD India Pvt. Ltd, conducted a live CVAD workshop meant for the zonal levels hospitals on March 21, 2024. Fifty employees from different hospitals attended. The CVAD (central venous access devices) programme offered training about PICC insertion and management, chemoport maintenance and complications management, etc. A CVAD is a thin, flexible tube, also called a central line, used when a person needs to receive medicine, fluids, nutrients, or blood products for several weeks or more. It's often placed in the neck, chest, or arm. Oncology department at Indiana Cancer center(ICC), regularly uses these devices to administer chemotherapy in cancer patients in a painless manner. Dr. Ali Kumble, chairman and Dr. Yusuf Kumble, managing director, Indiana Hospital, inaugurated the workshop. Dr. Apoorva Sriyadeva, medical director, Indiana, was present on the occasion. Dr. Ajay Kumar, consultant surgical oncologist, who carry out insertion of such devices at Indiana Hospital was instrumental in organising this workshop. Dr Ramnath Shenoy, consultant medical oncologist, Indiana Hospital, delivered the introductory talk highlighting the purpose behind the workshop. It was an informative session aimed at enhancing knowledge and skills in this crucial area of cancer care. Viswanath Gowda, an integral member of the HIC team and a Clinical Instructor, was also present.



Cataract screening camp in Bekal

BEKAL – Indiana Hospital Bekal (Kerala) conducted a free cataract screening camp on April 21. 15 patients were examined by Dr. Smruthi, consultant ophthalmologist at Indiana Hospital. Screening of diabetics for diabetic retinopathy was also done.



Women's Day celebrated

MANGALURU -- In a gathering organised on March 8, 2024 by Indiana Hospital to mark the International Women's Day Dr. Sangeetha K., consultant gynaecological oncologist, spoke on "Breaking the Silence: Understanding and Confronting Gynaecologic Cancer". Dr. Zulfiya Shabnam, consultant gynaecologist, shared insightful thoughts on "Women's Health" focusing on important health issues affecting women.



Skill development training held

MANGALURU -- Indiana Hospital & Heart Institute Ltd., Mangalore, in association with Nestle India Ltd., conducted "KAUSHAL" Skill Development Training programme for the hospital's first/second-line team leaders (Incharges & Asst. Incharges). It was an enriching session aimed at enhancing leadership skills and fostering professional growth. Indiana extends its gratitude to Nestle India Ltd. for their collaboration and support for this programme.



Vaccinology workshop held

MANGALURU -- The vaccinology workshop conducted at Indiana Hospital, Mangalore on 14th April 2024 saw a good number of participants.

Dr. Abhishek K. Phadke, Consultant Neonatologist and President of Indian Academy of Pediatrics (IAP), Dakshina Kannada branch, served as the organising secretary of the event. Dr. Phadke has also taken charge as the treasurer for IAP, Karnataka state. Dr. Ali Kumble, Chairman of Indiana Hospital, Mangalore, graced the occasion as chief guest.

The impressively organised workshop featured talks by distinguished faculty members from across the state with over 60 delegates actively participating in the sessions. The star-studded faculty included Dr. Basavaraj (IAP National President), Dr. Singaravelu (IAP South Zone President), Dr. Yogish Parikh (Secretary - National IAP), Dr. Atanu Bhadra (Treasurer - CIAP) and Dr. Digant Shastri (Past President 2019) among many others.

Vaccines are an important area where paediatricians need to keep themselves updated so as to educate the public.

A recent UNICEF report said that India is 1 of 3 countries where confidence in children's vaccines has increased



Trauma care training for doctors and nurses

The inaugural Trauma & Emergency Care Training (TECT) at Indiana Hospital & Heart Institute, Mangaluru, saw young doctors from various institutions enriching the session with their expertise. Dr. Salfi, Dr. Sandhya Rani, Dr. Latha, and others conducted modules covering different aspects of Trauma & Emergency Care. Additionally, in collaboration with the district council meeting of the Kisan Service Society - Kasargod Committee, a basic life-saving training class was organised in Kasargod. Led by Senior Consultant Dr. Salfi PK and Consultant Dr. Muzamil, it was the second edition of TECT aimed at training doctors and the public for emergency life-saving missions. The training covered CPR, handling choking incidents, paralysis, burns, and other critical situations. Jose Tayil and Abbas Kallatra were presented with the first edition of the TECT booklet comprising of essential life-saving instructions.



Down Syndrome awareness programme held at Indiana

Early diagnosis, regular treatment, proper follow-up with the doctor and effective parental support could help children affected by Down Syndrome, a neuro-developmental disorder, assimilate easily with normal children, said a panel of experts at an awareness programme held on the occasion of World Down Syndrome Day (March 21) at Indiana Hospital & Heart Institute Ltd., Mangalore. In 2012, World Down Syndrome Day was officially announced by the United Nations to be celebrated on March 21 every year. The date was chosen keeping in mind the 21st chromosome that is responsible for causing Down Syndrome.

It was a heartfelt initiative aimed at spreading awareness, understanding, and acceptance of Down Syndrome. Prof. Dr. Ali Kumble, Sr. Consultant & HOD - Paediatrics and Chairman - IHHI Ltd.; Dr. Abhishek K. Phadke, Consultant Neonatologist; Dr. Vijaymahantesh S. Samalad, Consultant Paediatric & Neonatal Surgeon and Paediatric Urologist; Ms. Shraddha, Speech Therapist; and Ms. Jyothsna A., guest speaker, added brilliance to the occasion with their insightful speeches.



Blithe celebration of talent

MANGALURU – The series of fun activities, as part of 13th annual day celebrations of Indiana Hospital and Heart Institute, was filled with fun and frolic for the staff of the institution. A battle for excellence it was, with staff members competing against each other in an array of group and solo, cultural and quiz events. The events, held from April 1, 2024 to April 16, 2024 in the Indiana auditorium, were a display of talent and creativity. Activities ranged from pencil sketching, rangoli, quiz, solo singing, dumb charades, solo dance, group dance, henna sketching and fashion show.



LASER HAIR REDUCTION

-- A Painless Path To Smooth Skin

BY Dr. Shubha Dhanprakash

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Unwanted hair growth on certain body parts is a common aesthetic concern. Different options including shaving, waxing, and chemicals are used for hair removal. These options provide temporary results; hence, laser therapy has become a popular option for hair removal among people. One of the recent developments in this area is the introduction of triple wavelength diode laser for hair removal. Triple wavelength laser combines the synergy of three wavelengths 1064, 810 and 755 nm. This technology combines the benefits of three wavelengths in a single device. How Does A Diode Laser Work?

Diode lasers use the principle of selective photothermolysis to target specific chromophores in the skin, usually melanin or blood. The lasers damage the chromophores by selectively heating them while leaving surrounding tissue unharmed. When treating unwanted hair, for example, the melanin in the hair follicles is targeted and damaged which results in the disruption of hair growth and regeneration.

INDICATIONS

1. Hirsutism and hypertrichosis
2. Aesthetic purposes; removal of unwanted hair on the body for COSMETIC REASONS in a patient aged 15 years or older.
3. Medical indications like pseudofolliculitis barbae, pilonidal sinus, and acne keloidalis nuchae.

Contraindications

1. Less than 15 years of age.
2. An uncooperative patient.
3. Associated photo-aggravated skin diseases and medical illness, e.g., systemic lupus erythematosus (SLE).
4. Patient having keloid and keloidal tendencies.
5. Superficial cuts and injury in the treatment area.
6. Patient on long-term drugs that cause the skin to be more sensitive towards light, e.g., minocycline, isotretinoin.
7. Patient with unrealistic expectations.

Can all parts of the body be treated?

Yes - chin, upperlip, cheeks, legs, arms as well as sensitive areas like ears, nose, chest, bikini line, etc. can be treated. Dark and thick hair responds the best. Thin hairs need more number of sessions. However, it is invalid for white hairs.

Is laser treatment safer for hair removal?

Laser hair reduction is a very safe procedure. With current machine/technology the procedure is almost painless, some patients might feel sensation of warmth.

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How many treatment sessions are required?

The exact number will vary depending on where the hair is, what has been done to the hair in the past, and of course, on the precise response of the individual.

Hormonal circumstances will also have a significant bearing on how the treatment progresses.

A typical treatment protocol consists of 4 to 6 treatments spaced 4 to 8 weeks apart. Patients may expect at least 80% hair reduction after 5 sessions. This may vary upon individual skin type and treatment response.



Is laser reduction permanent?

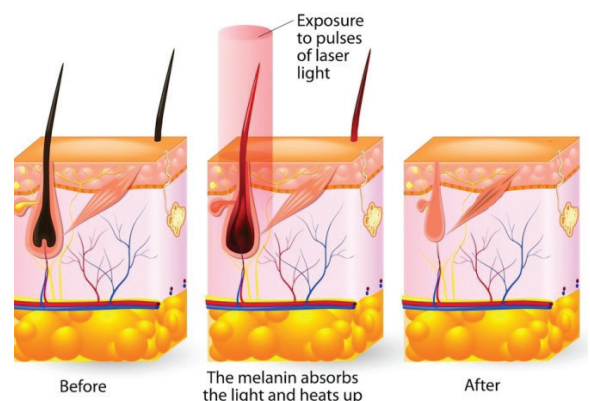
Laser hair reduction is more or less permanent. However as the laser only affects actively growing follicles and not dormant or resting hair follicles, it is always possible that new hair growth may take place in the future from the unaffected hair follicles. Very rarely, destroyed follicles may regenerate.

Benefits of Laser Hair removal:

Painless, suitable for all skin types, prevents ingrown hairs, long term solution, and long term saving.

The Department of Dermatology at Indiana hospital is equipped with triple wavelength diode laser (755nm, 810nm, 1064nm) which has a large spot size and high peak power, delivering short pulses to destroy hair follicle with lightening fast speed. It features 0 degree-5degree c sapphire touch cooling system which reduces the risk of skin burns while hair follicles are heated up.

LASER HAIR REMOVAL



OUR IN-HOUSE DOCTORS - 24x7

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