

# TIMES HEALTH ICONS AHMEDABAD 2021

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## RECOGNISING TOP HEALTHCARE PROFESSIONALS AND INSTITUTIONS OF AHMEDABAD

The objective of this research was to arrive at Health Icons of Ahmedabad in their respective categories for their contribution.

<b>DR. SANJAY PATEL</b> OBSTETRICS & GYNAECOLOGY	<b>APOLLO HOSPITAL</b> MULTISPECIALTY	<b>DR. KRUNAL TAMAKUWALA</b> CARDIOLOGY	<b>DR. TARANG PATEL</b> CONSULTANT BREAST & CANCER SURGEON
<b>DR. MANISH AGARWAL</b> DIABETOLOGY	<b>APOLLO HOSPITAL</b> CARDIOLOGY AND CARDIOTHORACIC SURGERY	<b>STAVYA DENTAL HOSPITAL</b> DENTISTRY	<b>DR. RAJESH VISHWAKARMA</b> ENT-NEURO-OTOLOGY-SKULL BASE & HEARING IMPLANTS SURGERY
<b>DR. TEJAL DALAL (TEJ EYE CENTER)</b> EYE CARE & RETINA	<b>DR. RUPESH SHAH</b> URO-ONCOLOGY	<b>APOLLO HOSPITAL</b> EMERGENCY AND TRAUMA	<b>DR. SANJAY LALCHANDSINGH RAJPUT</b> GASTRO & HEPATOLOGY
<b>DR. RAMESH GOYAL</b> ENDOCRINOLOGY	<b>DR. HRUTVIJ BHATT</b> DEFORMITY CORRECTION SURGEON	<b>DR. DUSHYANT BHATT</b> BARIATRIC SURGERY	<b>DR. MANOJ AGARWAL</b> LAPAROSCOPIC SURGEON
<b>DR. PRAVEEN SAXENA</b> SPINE SURGEON	<b>NIMBA NATUROPATHY AND HOLISTIC</b> HEALTHCARE CENTER NATUROPATHY TREATMENT	<b>CHAITALI RAO</b> EXCELLENCE IN SKIN, BODY & COSMETOLOGY TREATMENTS	<b>DR. JAYESH AMIN</b> IVF
<b>DR ASHVIN SARDHARA</b> ADVANCE ORTHOPEDICS & JOINT REPLACEMENT SURGEON	<b>DR. MANOJ K SINGH</b> CHEST MEDICINE	<b>DR. JAY NARENDRA KOTHARI</b> CRITICAL CARE MEDICINE	<b>DR ALPESH PATEL</b> EXCELLENCE IN ROBOTIC KNEE REPLACEMENT SURGERY

**Note:** Present survey has been exclusively conducted by an independent Research Agency named Aim Research & Consultancy using stated methodology for arriving at given rankings. The publication house and its affiliates/ employees/ authorized representatives/ group companies are not responsible/ liable for the above rankings. Readers are advised to take an informed decision before acting upon the survey rankings.



### A PIONEER IN GYNAEC-ENDOSCOPIC SURGERY

Ahmedabad is known for its state-of-the-art medical services and well-experienced doctors. One such doctor is Dr. Sanjay Patel who is one of the pioneer in Gynaec-Endoscopic surgery and has performed more than 50,000 endoscopic surgeries to date. Director of Mayflower Women's Hospital, Dr. Patel is one of the first gynecologists in Asia to perform Laparoscopic Wertheim's Hysterectomy in 1997-98. With thorough research in Endometriosis, Salpingoscopy, and Laparoscopic surgery for genital tuberculosis, Dr. Patel has accomplished the world's largest series of Laparoscopic Tubal Recanalisation and Adenoma resection.

Honoured as a professor by European Gynaecology Endoscopy School at Negrar, Italy in October 2007, he is also an ex-course director of the Asia Pacific Association of Gynaec-Endoscopy. He has also performed and delivered numerous live workshop lectures at the national and international levels. Dr. Patel is revered for successfully conducting various batches of basic and advanced gynecological laparoscopic training programs from 1998 till date and has trained more than a thousand doctors in Gynaec-Endoscopic surgeries till date.

- Recipient of many prestigious awards in the field of medicine like:**
- Junior FOGSI 'Corion Award'
  - Senior FOGSI 'Corion Award'
  - Dr. Sulli Rudra Sinha Award for best research work in Laparoscopy
  - Award for microsurgery during the National Conference of AICOG
  - Damyanti Ganatra Award, twice
  - Asculap Golden Telescope Award
  - Asculap Platinum Telescope Award
  - Excellence in Medical Field Award



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Dr Sanjay Patel

### Chest Specialist – Helping You Breathe Fresh Air in Life!

Have you ever imagined that we eat so many types of liquids and solids to stay healthy but the air/oxygen we breathe is the same on this Planet! Lung structure and functional dynamics are helping us live since human evolution. The oxygen we breathe goes in our blood in a reverse absorption/excretion membrane of alveoli which ejects carbon dioxide back to atmosphere. This is a similar mechanism how kidneys remove liquid waste. Our overall health is so much dependent on such excretion system that inhaling less fresh air (Oxygen) or poor excretion of waste (CO2) can be life disabling/threatening.

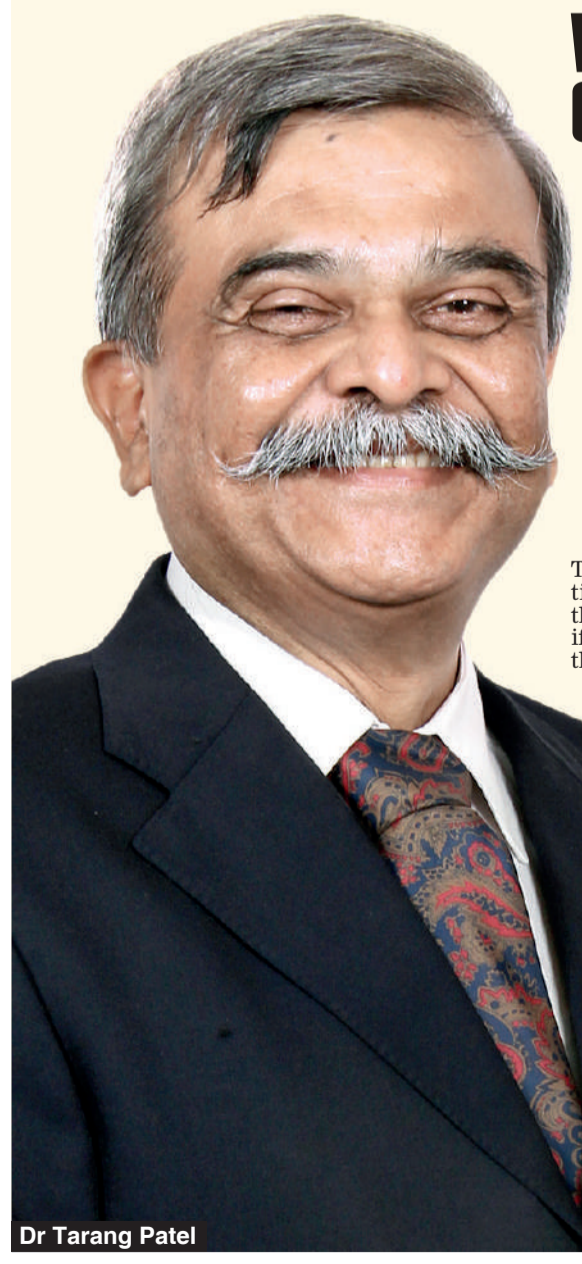


Dr Manoj Singh

Lung Diseases can be triggered by environmental factors (smoke, pollution, dust, cold, industrial chemicals), Genetic (Asthma, Interstitial Lung Disease, Connective Tissue Disorders), Infections (Tuberculosis, COVID 19, Flu, Pneumonia, Pleural Effusion), Trauma (Air accumulation, Bleeding in Pleura/Lung Damage), Stress (Asthma, Breathlessness) or Mixed (Cancer; Chronic Obstructive Pulmonary Disease, Allergy, ILD). Modern lifestyle & eating habits are also harbinger of Lung Disease.

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Dr Manoj Singh is working in Apollo Hospital, Ahmedabad as a Senior Consultant Respiratory, Critical Care & Sleep Medicine Department. Test your lung health in 3 steps: Clinical evaluation, PFT & Chest Xray. He also runs Gujarat's first Comprehensive Lung Rehabilitation Centre Shaivam, at Thaltej, Ahmedabad. Patients with Chronic Lung Disease get better quality of life with help of medicine, oxygen support, physical training, sleep & dietary advice along with meditation. Visit us to improve your first line of defense. Ahmedabad.apollohospitals.com or www.shaivam.world.



### WIN THE BATTLE OF BREAST CANCER WITH DR. TARANG

With almost four decades of experience, Dr. Tarang Patel, Onco Surgeon has been successfully saving the lives of cancer patients. Recipient of Dr. Jayant Haribhakti Travelling Fellowship award from the Association of Surgeons of India, he is one of the first qualified cancer surgeons from Gujarat. Dr. Patel has a special interest in the commonest cancer of Indian women- Breast Cancer. Talking about Breast Cancer Dr. Patel talks about identification, treatment, and results of various procedures.

"Treatment of breast cancer has evolved and changed as we understand breast cancer much better now. Breast cancer is diagnosed by biopsy. If armpit lymph nodes are involved, a biopsy from lymph nodes is also taken. ER, PR, Her2, and Ki67 tests are usually done with biopsy. These tests give an idea of aggressiveness and medicines that will be effective on cancer", says Dr. Patel.

Dr. Patel adds, "Now is the era of personalised treatment. This personalised treatment gives better results than conventional old treatment. If the disease is Triple Negative, Chemotherapy as the first treatment will give better results. Similarly, if Her2 is positive and lymph nodes show metastasis, chemotherapy before surgery will be better. Conventionally, breast cancer means loss of a breast. But, not anymore now. Specialised surgery like Oncoplastic/ LD flap reconstruction with radiation can save the breast with no additional risk of death. When armpit lymph nodes look like they are not involved, Sentinel lymph node excision will reduce the chance of arm edema, loss of sensation, loss of muscle power which happen with radical axillary clearance."

"So, modern breast cancer treatment by expert breast cancer specialist will preserve cosmetically acceptable breast and give excellent functional ability with better cancer control and outcome. Let's be informed, aware and proactive about it and win the fight against breast cancer," Dr. Patel concludes.

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Dr Tarang Patel

### AN OVERVIEW OF DIABETES MANAGEMENT AT MEDILINK

Diabetes is a condition that impairs the body's ability to process blood glucose, otherwise known as blood sugar. It currently affects more than 79.2 million Indians, which is more than 12.3% of the adult population. The average age of onset is 33.5 years. "Without ongoing, careful management, diabetes can lead to a build-up of sugars in the blood, which can increase the risk of dangerous complications, including stroke and heart disease," shares Dr. Shilpa Agarwal.

Dr. Manish Agarwal, Diabetologist and Metabolic Physician opines, "Like other diseases management of diabetes is not only taking medicines; but it requires a 360-degree care of patient where patient is to be engaged with doctor and other medical staff continuously for the management of sugar level and to screen all the complication of diabetes and Medilink Advanced Diabetes Clinic specializes in that."

The uncanny team at Medilink has been helping the patients to improve the status of diabetes care & prevention of diabetes in the city. These centers have full-fledged facilities for diabetes care under one roof i.e. Diabetologist consultation, Diet/Nutrition counseling, diabetes educator counseling, eye (fundus) clinic, foot clinic, obesity clinic, wellness studio, dental clinic, laboratory, health shop, insulin pump and CGM clinic, pharmacy, telemedicine facility for expert opinion, and a lot more.



Dr Manish Agarwal

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# THINK YOU'RE TOO YOUNG FOR A HEART ATTACK? THINK TWICE

Researchers have found that the rate of heart attacks in patients aged 35 to 54 has increased from 27 percent to 32 percent. Taking care of heart in young age not only protects heart now, it also helps ensure a healthier life. Dr. Krunal Tamakuwala, Interventional Cardiologist shares, "A few lifestyle changes can help you reduce the risk of early heart attacks. Dr. Krunal Tamakuwala MBBS, MD, DM, Interventional Cardiologist is serving as senior consultant Cardiologist in KD hospital. Having 15 years of experience in medical field to treat patients.

Here is what you can do to lower your risk of having a heart attack at a young age:

- 1) Lower Your Blood Pressure** - Young adults with above-normal blood pressure may be more likely to develop heart problems in future so it's important to get your blood pressure checked once or twice in a year.
- 2) Lower Your Cholesterol** - Lack of physical exercise and too much sugar in a diet and too many processed foods can often elevate your cholesterol levels. Try and lower your cholesterol levels by altering certain habits.
- 3) Stop Smoking** - A cigarette has 4300 chemical substances that can damage your heart and produce heart attack. This is the main causative face for heart attack in young people. If you are a young adult who smokes, make a commitment to quit before it's too late.
- 4) Reduce Your Stress** - Stress is an unavoidable part of life even if you are young. But, how you deal with it matters. Exercising, no smoking, enjoying a healthy life with family and maintaining a positive attitude are good ways to deal with stress and keep your heart healthy.

Dr. Krunal Tamakuwala at KD Hospital has received nearly 150 young adults (age < 40 years) with massive heart attack. About 50-60% of them recovered with only Blood thinners (Antiplatelets), Anticoagulants and Statins.



**Dr Krunal Tamakuwala**

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# BRINGING HEALTHCARE TO YOUR DOORSTEP

Airmed Pathology Labs is a first of its kind, NABL accredited, technology driven, diagnostic test service startup. Pathology Industry in India is highly fragmented and large number of unorganized players in the segment are able to provide only transactional diagnostic services, both to doctors and patients, leaving the industry prone to lot of customer pain points. To address this, Airmed has built and deployed a technology infrastructure boasting of dedicated apps for patients, doctors, phlebotomists, logistics and lab processing house, integrating the whole value chain on a single platform and providing end to end stakeholder service.

This fully integrated platform addresses two major customer pain points directly: First being the doctor's concern of "fast and accurate diagnostic test results" and second being "delivering high quality and premium services to patients".

Today, Airmed has grown tremendously to process approx. 2 lakh samples in 17 months from its inception, with operations spanning across Gujarat and Delhi NCR and generates higher than industry average operating profit margins on each sample processed.

The team is headed by Dr. Amit Gupta, who has entrepreneurial experience of over 10 years and has done his MBA from ISB Hyderabad.

Dr. Aradhana Gupta, Pathologist & Co-Founder, leads laboratory operations and has championed in establishing processes and protocols for ensuring highest quality in sample processing.



**Dr Aradhana Gupta**

# BARIATRIC SURGERY CAN HELP YOU PREVENT OTHER CHRONIC DISEASES



**Dr Dushyant Bhatt**

India is among the top ten countries in number of people fallen prey to diabetes. There is a strong connection between diabetes and obesity. Advanced laparoscopic and Bariatric Surgeon Dr. Dushyant Bhatt shares, "Bariatric surgery majorly reduces the fat from the body. The metabolism in the body also changes after bariatric surgery and that's why it is called Metabolic Surgery. Once the metabolism changes, the insulin regulatory system also tends to change and that is how it has more effect on sugar control hence, it helps cure diabetes."

Trained by Dr. Luc Lemmens from Belgium in Bariatric surgery and many other stalwarts of the laparoscopic field, Dr. Bhatt till date has performed more than 5000 advanced laparoscopic procedures including Bariatric surgery. Talking about the Bariatric Surgery he adds, "It reduces fat from the body in a way indirectly bringing down the cholesterol levels from the body. Once the cholesterol level drops the body automatically safeguards kidney, heart, and brain. Since the surgery's direct effect is weight loss, it also shows tremendous effects in providing relief from joint and back pain and patients often don't even need joint replacement surgeries."

Dr. Bhatt has also been invited as faculty in various national and international conferences to shed some light on Bariatric Surgery. "Once diabetes is cured your kidneys are safe, renal functions are normal and diabetes related complications like diabetic retinopathy, diabetic nephropathy, and other infections are not going to happen. The surgery also prevents liver failure in long run as once the fat from the body goes down fatty liver reverse," concluded Dr. Bhatt.

# CAN THERE BE A BETTER HEALER THAN NATURE?

Over the years, naturopathy has gained popularity around the globe because of its effective and safe healing natural techniques. The present-day lifestyle has brought in a number of diseases among individuals like stress, anxiety, blood pressure, diabetes, hyper-



tension etc. As a result, more and more people have started opting for naturopathic treatments. One such place in the city is Nimba Nature Cure. Offering health enthusiasts experience the goodness of the best naturopathy programs, Nimba has been built with the vision to transform the over dependence on perpetual suppression of symptoms, facilities that hone one of active promotions, restoration, and wellness on physical, mental, emotional and spiritual level through Naturopathy. It basically helps people harness the

power of healing amidst nature.

Nimba offers a combination of holistic therapies like Ayurveda, Naturopathy, Yogic Kriyas, Colon therapy, Energy Healing etc. These therapies are intended to treat diseases and detoxify the body and improve general health. It is focused on a combination of lifestyle changes by Detox and natural diets. "Naturopathy is a preventive treatment. The treatment of any health disorder will purely be with or through nature as no drug (natural or man-made) is used. According to Naturopathy when we use any drug for healing it rather suppresses the immune system and not work on the root cause which can have adverse effects in future. But Naturopathic practice, on the other hand, is based on a faith in the body's ability to heal itself by the natural, internal healing process of the body," shares Jayant Bokadia, CEO, Nimba Nature Cure.

"Present day lifestyle changes lead to a lot of health disorders.

Hence, we believe people must go for a preventive wellness once in a while where they can naturally detox and heal, and improve immunity. At Nimba people can benefit from the distinctive synergism between modern science, traditional practices and ancient wisdom; with professional guidance. One need not to go to different places as Nimba has all lifestyle holistic solutions available here under one umbrella", shares Jayant Bokadia.



For further details visit:  
[www.nimba.in](http://www.nimba.in)  
Call 8347313333

# FOUR DECADES OF HIGH-QUALITY DENTAL CARE

Taking care of your oral health is equally important as taking care of any other body part. And simply brushing your teeth every morning and night is just not enough. Sometimes all we need is to see an expert and get one of the best treatment and advice. One such clinic in the city is Stavva-Multispecialty Dental Hospital. Founded in the year 1977 by Dr. J.P. Ranpura, this place has provided patients with the finest dental care treatments in Gujarat. Their team of highly skilled specialists, consisting of dentists and hygienists is committed to excellence.

Presently the hospital is established in Ahmedabad with an uncanny team led by Dr. Krishna Ranpura, Orthodontist ( Braces and Invisalign) , with state-of-the-art facilities. This hospital provides a complete range of treatments; including general dentistry, orthodontics, cosmetic dentistry, dental implants, prosthetics, children's dentistry and veneer placements with latest technologies and ultramodern infrastructure. The hospital provides complete patient care with Individual attention while believing in innovation, research, and further progress.



**Dr Krishna Ranpura**

Dr. Krishna shares, "We like creating perfect smiles that's why for the past four decades we have been

constantly working hard towards redefining the oral health standards for common people. Here at Stavva Dental Clinic, we are dedicated to providing you with the care that you deserve. Our team is committed to giving you individualised attention and explain the various options so you can make informed decisions about your oral health needs."

For more details contact:  
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# "JOINT REPLACEMENT IS POSSIBLE WITH SEVEREST COMPLICATIONS TOO"

Dr. Ashvin Sardhara is among the finest Orthopaedic doctors in the city. He is known for offering excellent patient care, holds experience of more than 15 years, and has extensive knowledge in the respective field of medicine. Dr. Sardhara is one of the very few doctors who specialises in the smallest incision hip and knee joint replacement surgeries and solving the most complicated and challenging cases with utmost best results. Discussing about this Dr. Sardhara shares, "While performing hip replacement surgeries, I don't cut any muscle and preserve them. The replacement is done through a small working window which gives natural and normal function. Basically, hip replacement is mostly done in younger patients and their demands are higher than older patients that's why we preserve bone and muscles."

"Similarly, in knee replacement surgeries also I don't cut any muscle and perform knee replacement with minimal incision wherein there is no or low post-operative blood loss. As we don't cut any muscle the function becomes normal with self exercises like minor physiotherapy and even the patient does not have to remain admitted for a longer duration at the hospital," he adds.

Dr. Sardhara single-handedly takes the responsibility of all his patients. One can directly call and take appointments from him and he is even available for on-call medical assistance. He is available at Sterling Hospital and BAPS Yogiji Maharaj Hospital, for consultation. He also gives his services at HCG, SGVP, CIMS, SAL, DHS, and Rajasthan Hospitals Ahmedabad.

"Given the present-day lifestyle changes, hip and joint replacement surgeries can be required at any age. One of my specialities is I replace both the hips and knees in a single operation, one anesthesia, and in single hospitalisation with utmost personal attention and care. This increases the rate of recovery. I have also been performing 25-30% revision surgeries for patients who are unhappy with primary surgeries or have complications post few years of surgery. My oldest patient for a



**Dr Ashvin Sardhara**

hip replacement was 107 years old and for knee replacement was 94 years old. I have operated patients with the highest weight remaining 150kgs for hip and 135 kgs for the knee. I even operated both the knees of a 87 year old patient with poor heart and lung compliance. So, hip and knee replacement surgery is possible even with the severest complications," Dr. Sardhara concludes.

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## AWARENESS FOR URO - CANCER IS IMPORTANT

Uro-oncology sub-speciality of Urology deals with cancer of urinary tract. It includes kidney, adrenal glands, ureter, urinary bladder, urethra and male reproductive organs (Prostate, Testis, epididymis, penis). Dr Rupesh Shah, Consultant Uro-oncologist shares, "Incidence of urinary tract cancer are rising these days especially in prostate, kidney, and bladder. Blood in urine (haematuria) could be alarming sign mostly in elderly individual. But early diagnosis and staging evaluation is possible with the help of advice by an expert in this field. Treatment as per international standard can provide cure to such deadly cancer too."

Dr Rupesh Shah is an expert in keyhole technique for removal of bladder (Radical Cystectomy) and preparing new bladder (Neo Bladder), supramajor surgery takes around 7 hours. Dedicated, and highly experienced Uro-oncologist of Gujarat, Dr. Shah has saved many lives during pandemic and has been with patients in their battle against cancer. He has been providing one of the best quality of life to patients of bladder cancer post-surgery as well. With his expertise and excellence kidney can be preserved in kidney tumour if diagnosed at an early stage. For prostate cancer surgery he gives excellent outcomes in terms of cancer cure and urinary incontinence.

Dr. Shah adds, "As most of the urological organs are intra-abdominal, majority of these cancers are diagnosed in advanced stage. With increasing awareness, regular health check-ups and ultrasonography now the diagnosis of chronic diseases are possible at an early stage too".

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Dr Rupesh Shah

## CRITICAL CARE SPECIALIST — YOUR NEW FAMILY DOCTOR!

Critical Care is a medical specialty that deals with seriously or critically ill patients. It has established itself as a specialty in its own. The approach to patient care has gradually evolved from a rather paternalistic, physician-directed process to a comprehensive multi-disciplinary team approach with Intensivist as a team leader. Regular presence and continuous management by Intensivist have demonstrated improved outcomes.

Dr Jay Kothari, Director of Department, Critical Care, Apollo Hospital International Limited, Ahmedabad is a teacher for Critical Care. His current area of interests are Sepsis, Invasive fungal infection, Pancreatitis, Nutrition, and Infection Control in Intensive Care Unit. He is also one of the Directors of Spectrum

Critical Care, one of the largest Critical Care group of State. He has played a pivotal role in designing and development of many Critical Care units across state

An intensivist has been the backbone of patient management in the ICU. The COVID 19 Pandemic had redefined the role of intensivist as one of the most important part of health care provider chain. During this pandemic, people and government recognized the role of Intensivist and intensive care units. The common belief that a patient on ventilator is unlikely to survive has changed completely. Hence the young specialty of intensive care specialist, commonly referred to as intensivist, is now highly sought after. It took a pandemic to bring about this change that was long overdue. Our country needs more professionally trained critical care physician task force to handle any such pandemic in future.

Critical Care has been now well recognized as a Super-specialty. They are first responder in all emergencies coming to the hospital. They recognize that 'time is tissue' and that early effective management is crucial to maximize patient outcomes. In case of any emergency for your near and dear ones viz accident, heart attack, severe infections, severe bleeding, stroke, unconsciousness, poisoning and breathing difficulty, you should inform your new family physician (Critical Care Specialist). They are just a call away to tackle any of your medical/surgical emergencies in any area of city.

For more details contact:  
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9081818883

Dr Jay Kothari

## SPINAL DEFORMITY CORRECTION SURGERY — MAKING LIVES BETTER

Spinal deformity correction is an important procedure that can straighten and heal a deformed spine. Spinal deformities are caused by myriad conditions, including fractures, scoliosis and kyphosis. Spinal deformities not only have significant cosmetic affect but also cause back pain, difficulty in breathing and performing daily activities in severe cases.

Dr. Hrutvij Bhatt at Holistic Spine Clinic has a keen interest in doing complex deformity correction surgeries and offer patients relief from pain, greater stability and mobility, and a better life.

### The Causes of Spinal Deformity

Causes include kyphosis, scoliosis and fracturing of the vertebra. Kyphosis and Scoliosis usually is seen in adolescent age group. Sometimes there can be early onset due to congenital deformity or early onset disease.

**Kyphosis** - Kyphosis is a condition generally referred as "hunched" or hunched back causing the patient to bend forward abnormally. Patient presents with a rounded back, tenderness or stiffness in the spine, and difficulty breathing in severe deformity.

**Scoliosis** - Patients with scoliosis abnormal spine curvature which resemble the letter "s" or the letter "c". There is visible sideways curving of the spine and

asymmetry in shoulder height.

**Fracturing** - Fractures of the thoracic spine are serious, but not uncommon. Typical causes include falls from heights, violent impacts.

### Treatment and Challenges

Spinal deformity with milder or smaller curves and those who present at an early age can be treated by Spinal Brace. Severe cases or progressive cases needs surgical correction.

Spinal deformity correction is challenging due to presence of vital structure Spinal cord and abnormal anatomy of spine.

In the past spinal deformity surgeries were considered to be associated with high complication rates but not anymore. With usage of advance technologies like Intra operative neuro monitoring and navigation, risk can be reduced significantly and safe and successful solution can be offered to the patients.

With good team approach and use of technology, Holistic Spine clinic has treated complex spinal deformity cases successfully to make their life better.

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Dr. Hrutvij Bhatt

## Back Pain Gift of Modern-day Life

While most of us have got accustomed to the new norm of 'work from home' while enjoying the comfort and luxury that it brings with it, this is also resulting in some serious issues of severe and disturbing back and neck pains. Dr. Praveen Saxena, Director, Holistic Spine Clinic shares, "All these problems were earlier seen in people who were 60+ and above but now, even youngsters, who are 30+, have these pain issues. Usually, long working hours with bad postures and inappropriate work setup can be the reason behind this pain. Not just back pain, but there are several other adverse effects of working in an over-friendly environment which includes bingeing on food, lack of physical activity, putting on weight, stress to meet deadlines, etc. We at Holistic Spine Clinic LLP(HSCL) give tailor-made treatment to patients depending upon the severity of symptoms and their work needs. True to its name, HSCL concentrates on following a holistic approach to back problems. In short, at HSCL we aim at putting the person back to his/her activities at the earliest and with minimal intervention."

Dr. Saxena adds, "Prevention of these issues is also possible with minimal and no surgery in most of the cases. To keep the spinal pain at bay, one must take regular breaks in between, keep a check on posture, avoid overeating, should do frequent body stretching and exercises, and try not to take undue stress."

Talking about the role of Artificial Intelligence in treating spine pain Dr Praveen Saxena shares, "AI in back surgeries helps to negotiate metallic implants safely into the right place by providing safe corridor to correct the deformities. Use of this AI gives reproducible and predictable good results."

### DIFFERENT WAYS OF TREATING BACK PROBLEMS

- Posture correction
- Proper physiotherapy sessions
- Pain management procedures including radio-frequency ablation
- Minimally invasive procedures
- Awake endoscopic surgeries (avoids anesthesia and related complications ideally suited to older patients)



Dr Praveen Saxena

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## Customised luxury your skin demands

Providing one of the best innovative and revolutionary treatments, Chaitali Rao's Skin Vanity MediSpa is a luxury range of skincare treatments. Chaitali is extremely passionate about beauty, health, and skincare, and hence believes in customising every procedure that suits the client's need. When asked about her passion, she said, "Skincare, in General, is my absolute passion. The chemistry of two products and ingredients in a particular product has always piqued my interest. I reckon, fixing skin-related issues and making a person feel confident and beautiful about themselves is something that gives me the utmost satisfaction."

Skin Vanity is a leading force in the beauty industry as they offer an array of non-invasive modalities that yield maximum results with minimal to almost no downtime. The dedicated team of trained aestheticians here provides a variety of customised skincare solutions with attention to detail and care. Chaitali Rao, founder, Skin Vanity adds "Keeping up with a fast-paced industry, ever-changing trends, and growing competition establishing ourselves among the top players was quite a task. Despite all these challenges, quality of services has always been my primary focus and I believe our work speaks for itself. My vision is to give our clients a luxurious place where our main focus is their skin health and to give you your better, rested self. We keep our consultation very casual and personal as we want our clients to feel that they have entered a no-judgment zone. Keeping our clients' skin healthy is what we breathe in and out."

For more details contact:  
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You can also have a look at the page:  
https://www.instagram.com/skinvanitymedispa/  
http://www.skinvanitymedispa.com



Chaitali Rao

## THYROID DISORDERS CAN BE SUBTLE AND DECEPTIVE

Thyroid hormone plays a significant role in the pace of many processes in the body. These processes are called your metabolism. Thyroid hormone helps the body use energy, stay warm & keep the brain, heart, muscles and other organs in body working as they should.

Hypothyroidism - when thyroid hormone levels are too low, the body's cells can't get enough thyroid hormone and the body's processes starts slowing down leading to weight gain, swelling over body, cold intolerance, tiredness, dry skin, forgetfulness, depression, constipation, vague pain in body, swelling in front of neck etc. Because the symptoms are so variable and non specific, the only way to know for sure whether you have hypothyroidism is with a simple blood test for "tsh". If thyroid disease runs in your family, you should encourage your close blood relatives to get periodic tsh test done. Hypothyroidism is treated by replacing the amount of hormone that your own thyroid can no longer make to bring your t4 and tsh level back to normal levels. Synthetic thyroxine pills contain hormone exactly like the t4 that the thyroid gland itself makes.

All hypothyroid patients except those with severe myxedema (life threatening hypothyroidism) can be treated as out patients. You will need to have your tsh checked 6 - 10 weeks after a thyroxine dose change. You may need test more often if you are pregnant. Babies with hypothyroidism must get all their daily treatments and have their tsh levels checked as they grow to prevent mental retardation and stunted growth.

Hyperthyroidism if there is too much thyroid hormone, every function of the body tends to speed up. It is not surprising then that some of the symptoms of hyperthyroidism are nervousness, irritability, increased sweating, heart racing, hand tremors, anxiety, difficulty sleeping, thinning of your skin, fine brittle hair and weakness in your muscles—especially in the upper arms and thighs. You may have more frequent bowel movements, but diarrhea is uncommon. You may lose weight despite a good appetite. Since hyperthyroidism increases your metabolism, many individuals initially have a lot of energy. However, as the hyperthyroidism continues, the body tends to break down, so being tired is very common. Hyperthyroidism can be managed with



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radioiodine or surgery depending on cause. Your doctor is right person to guide you regarding treatment which suits you best.

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