

**ADVANCED CARE**

Shree Dental Speciality Hospital in Kalyan is well-equipped with state-of-the-art equipment **PAGE 02**

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ADVERTORIAL, HEALTH PROMOTIONAL FEATURE DOMBIVALI - KALYAN

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# Times Health

**A HEALTHCARE BOON**

A new dialysis centre, which is situated at the heart of Ulhasnagar and is easily accessible, will be inaugurated today

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## HELPING TO REGAIN LIFE

BY USING THE STATE-OF-THE-ART MEDICAL FACILITY AND EMPLOYING CUTTING-EDGE LIFE SCIENCE METHODOLOGY IN TREATING PATIENTS, FORTIS HOSPITAL IN KALYAN IS SETTING A NEW BENCHMARK IN HEALTHCARE

With a team of dedicated specialists from the medical fraternity on its panel, Fortis Hospital in Kalyan is setting a new benchmark in healthcare by offering relief to tens and thousands



of patients from debilitating diseases such as arthritis, osteoporosis, joint-pain, flat foot, among others.

Diseases such as arthritis, osteoporosis, joint-pain can be controlled and cured through pro-

fessional medical help. Using the state-of-the-art medical facility and cutting-edge life science methodology, experts from this hospital have helped many patients regain their normal life.

Fortis Hospital in Kalyan con-

tinues to make a difference by offering proper medical guidance and helping in improving the quality of life.

Here's a primer on various ailments compiled by medical experts from Fortis Hospital in Kalyan.

**Joint Pain**

Knee-joint pain is due to the deterioration of the knee joint when the smooth surface on the knee called cartilage gets damaged due to wear and tear. This can impact a person's daily activity like walking, climbing etc. Some of the factors responsible for joint pain are hereditary, abnormalities of knee formation, injury and obesity.

The symptoms of advanced end-stage knee arthritis include pain, crepitation, stiffness, limping, muscle weakness, imitation of motion and swelling. These can be rectified by a consulting a knee-replacement surgeon who is trained to manage the same.

*"A knee replacement surgery aids in a patient enjoying a normal lifestyle, which otherwise is limited due to the pain and restricted movement."*

-Dr Aashish Arbat

**Arthritis**

Arthritis can be defined as 'joint inflammation,' and it's used to describe more than 100 different diseases and conditions that affect joints, the tissues that surround joints, and other connective tissue.

Two of the most common forms of arthritis are osteoarthritis (OA) and rheumatoid arthritis (RA). Osteoarthritis and rheumatoid arthritis have different causes, risk factors, and effects on the body: Osteoarthritis pain, stiffness, or inflammation most frequently appears in the hips, knees, and hands.

RA commonly affects the hands and wrists but can also affect areas of the body other than the joints.

Even though they have these differences, osteoarthritis and rheumatoid arthritis often share common symptoms: Joint pain, stiffness, inflammation or swelling.

Often called 'wear and tear' arthritis, OA is most commonly found in the: Knees, hips, hands and fingers and spine, wrists, elbows, shoulders, and ankles can also be affected by OA, but this occurs less frequently.

RA is an autoimmune disease where the body's immune system attacks normal joint tissues, causing inflammation of the joint lining.

*"Lack of exposure to sunlight results in low Vitamin D. This is evident in most people today and is the chief reason for soft bones, osteomalacia, chronic diseases, rickets, among others."*

-Dr Sachin Bhonsle

**Flatfoot**

Fallen arches, mostly commonly known as flatfoot, refers to a medical development where the sole of the foot comes in complete contact with the ground due to the collapse of the arch of the foot. And there are cases when the arch doesn't develop in one foot or both the feet. Flatfoot is usually developed due to obesity, hypertension, diabetes, prolonged stress to the foot and any old injury are most common in women who are over 40 years. This tendency can occur during pregnancy due to increased elastin, due to the temporary changes.

There are two types of flatfoot-paediatric flatfoot, seen in a toddler and the adult acquired. In children, there is the flexible flatfoot where the arch develops when no weight is applied on the foot and the rigid flatfoot where the arch is absent all throughout. Based on the deformity, there are procedures like bone cuts, joint fusions and soft tissue procedures that can be performed to correct this.

It's a common misconception that very little can be done to treat flatfoot but proper medical procedures can rectify this condition.

*"Flatfoot can be identified by the 'too many toes' sign where even the big toe will be visible from the back of the person's foot, when normally only the fourth and the fifth should be seen."*

-Dr Manoj R Kandoi

**OUR TEAM ORTHOPAEDICS AT FORTIS HOSPITAL, KALYAN.**



Dr Aashish Arbat



Dr Sachin Bhonsle



Dr Prashant Sonavane



Dr Manoj R Kandoi



Dr Omvijay Choudhary



**Opp. APMC Market, Bail Bazaar, Kalyan Shill Road, Kalyan (W) - 421 301**

For an appointment with our specialist, call: 0251 6694100/ 98200 94400 and for Ambulance, call: 105010



### A DECADE OF EXCELLENCE IN HEALTHCARE SERVICES JEEVANSHREE HOSPITAL

### PLAYS A MAJOR ROLE IN PROVIDING HEALTH SOLUTIONS TO DOMBIVALIKARS

Mega-hospitals with hundreds of beds and as many parking slots are not the only ones growing in popularity and revenues. Now, mid-sized entities or mini-hospitals with 10 to 30 beds each are mushrooming across the city's suburbs and satellite towns. From eye-care to laparoscopic surgery to orthopedic procedures, these smaller hospitals offer families the option to seek healthcare right next-door.

So, there is an **Advanced Specialty Hospital** in Dombivali and Kalyan area as well.

Healthcare providers can be divided into three sections: Primary healthcare centers (which are essentially doctor-based clinics), Secondary centers that offer care and operations (like a nursing home or small hospitals) and Tertiary healthcare centers (which give high-end special surgeries and intensive care). Today, it is possible for some procedures to be done in a day or on short-stay basis. Jeevanshree Hospital, which is located in Dombivali, provides world-class surgical care at very affordable rates with emphasis on personalized care in pleasant ambience. Jeevanshree Hospital has completed 10 years of successful healthcare services by helping the Dombivalikars relief from various health problems. The team of qualified staff of the hospital is spearheaded by the experienced Dr Rahul Mahadar, Surgical Gastroenterologist

& Laproscopic surgeon and Dr Dhanashree Mahadar, an ENT Surgeon & Sinoscopic Surgeon, they have been instantly concentrating on providing better healthcare



DR RAHUL MAHADAR

services to the patients, this is a 16-bedded hospital with fully-equipped modern state-of-the-art operation theatres. This hospital is ISO 9000:2008 certified, besides it is also Quality control of India certified for the last nine consecutive years. Dr Rahul Mahadar says, "We aim that all surgeries are car-



ried out with the greatest accuracy and through small incision (Minimal Invasive Surgery) using Laproscopes, endoscopes, sinoscopes, ultimately ensuring minimal blood loss, less operative time, less chance of infection

resulting in faster recovery, shorter hospital stay and early return to the day-to-day activities.

**Laparoscopic surgery**, also referred to as **minimally invasive surgery**, describes the performance of surgical procedures with the assistance of a video camera and several thin instruments. During the surgical procedure, small incisions of up to half an inch are made and plastic tubes called ports are placed through these incisions. The camera and the instruments are then introduced through the ports which allow access to the inside of the patient.

The camera transmits an image of the organs inside the abdomen onto a television monitor. The surgeon is now able to see directly into the patient without the traditional large incision. The video camera becomes a surgeon's eyes in laparoscopy surgery, since the surgeon uses the image from the video camera positioned inside the patient's body to perform the procedure.

The 16-bedded mid-size hospital is ISO 9000:2008 certified, besides it is also Quality Control Certified for the last nine consecutive years

**BENEFITS OF MINIMALLY INVASIVE OR LAPAROSCOPIC PROCEDURES:**

- Less post-operative discomfort since the incisions are much smaller.



DR MRS. DHANASHREE MAHADAR

- Quicker recovery times, early get back to work.
- Shorter hospital stays.
- Earlier return to full activities.
- Much smaller scars, cosmetically better.
- There may be less internal scarring when the procedures are performed in a minimally invasive fashion compared to standard open surgery.

At Jeevanshree Hospital all kinds of major surgeries are operated with Minimal Invasive Technique, namely Gastrointestinal Surgeries, Hernia Surgery, Piles care, Gynecological Surgery (removal of uterus, Ovarian surgery, Gynecological Cancer surgery), among others. Jeevanshree Hospital is also equipped with all high-end state-of-the-art equipment required for cancer surgeries. All Gastrointestinal cancer

surgeries, namely cancer of esophagus, small intestine, stomach, colon are done with Laparoscopic technique with emphasis on oncological principles. Dr Rahul Mahadar is known for his skills and experience in Obesity Surgery and Metabolic Surgery (reduction of diabetes, hypertension, weight reduction).

Jeevanshree Hospital also provides hospitalisation to medically insured patients. The hospital is a preferred provider for medical services with almost 20 TPAs to provide cashless medical services for insured patients. Current efforts to improve health care focus on reduction of hospital readmission rates as a marker of quality and on the effectiveness of transitions in care during the period after acute care is received.

Many patients admitted to hospitals for routine surgeries or other procedures end up contracting infections from dirty environment, equipment or from hospital staff that fail to maintain proper hygiene. However, Jeevanshree Hospital through its panel of expert and experienced doctors, clean and hygienic environment, latest in medical equipment aims to offer the best in healthcare.

For further details, contact: Jeevanshree Hospital, ENT & Minimal Access Surgery Ctr, Gurumilan Co-op Hsg Society, Gr floor, Opp Tilak Nagar Post Office, Tilak nagar, Dombivali (E) Ph: 0251- 2453489/ 2453513/ 2436365/ 2440619



ADVANCED CATARACT SURGERY

### FOR YOUR EYES ONLY

Sanjeevani Eye Hospital & Laser Vision Centre offers specialised care with the latest technology

Eyes are one of the vital organs of human body. They help us to do our tasks with coordination. We would be unable to see the beauty of this wonderful world without them. Therefore, every one wishes to have clear, healthy, beautiful and flawless eye sight. Sanjeevani Eye Hospital & Laser Vision Centre in Ulhasnagar and Kalyan aims at providing healthy wellbeing of the eyes.

Sanjeevani Eye Hospital specialises in the most advanced Lasik Treatments like, wave front guided Lasik, Topography guided Lasik, SBK (Lepto Lasik) and Laser blended vision for presbyopia (correction of near vision)

Sanjeevani Eye Hospital offers all services from special eye check-up with computer to therapies using the state-of-the-art Lasers. While talking about the latest in eye treatment and technology to cure problems, Eye Surgeon Dr Sanjeev Balani says, "During our youth, the natural lens has the ability to change shape and power. This allows us to focus on close objects through a process of lens power change called accommodation. As we age, the natural lens becomes stiffer and loses the ability to change shape. This is termed presbyopia, which is the



loss of accommodation, and the need for reading glasses, bifocals, or other visual aids to facilitate near work. LASIK cannot directly "fix" accommodation, but there are a variety of strategies that can be successful, including Laser blended vision."

**WHAT ARE THE ADVANTAGES OF LASIK SURGERY?**

LASIK has been proven to be safe and effective for most people. With careful patient screening and selection, reasonable expectations, and in the care of an experienced surgeon, most patients will be very pleased with their results. These are some of the other advantages of LASIK:

- LASIK is able to accurately correct most levels of myopia (nearsightedness), hyperopia (farsightedness), and astigmatism.
- The procedure is fast, usually lasting only five to 10 minutes, and is generally painless.
- Because the laser is guided by a computer, it is very precise and results are very accurate.
- In most cases, a single treatment will achieve the desired outcome; however, enhancements are possible if needed, even many years after the initial surgery.

For further queries, contact: Sanjeevani Eye Hospital & Laser vision Centre, Ailsinghani Chambers, 2nd floor, Near SBI Bank, Sector 17, Kalyan, Ambernath Rd, Ulhasnagar Ph: 844 6710202 / 0251 - 2710202

Laser Vision Jivarshi Apartment, 2nd floor, Jamunabag Shivaji chowk, Kalyan(W) Ph-0251-2329666/67