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INDUS ALIVE

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A Health & Wellness Magazine by INDUS HOSPITALS, Mohali, (Pb.) India

Committed to building better Healthcare

The latest techniques and treatments to
ensure an Active, Healthy & Independent Lifestyle

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Free Medical Checkup Camp organised by Indus Hospitals



From us to you

Throughout the year we generate awareness around specific conditions and diseases that people struggle with daily. Indus Healthcare is committed to bring today's most pressing health issues to the forefront for public awareness.

In this issue of Indus Alive you will find various topics related to health issues, their management and follow-up.

Looking forward for your feedback and suggestions.

feedback@indushospital.in

For sending in your articles,
Queries and suggestions:

Contact:

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Dr. Dimpay Gupta 62800 28464

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Specialities	Doctor Name	Qualifications	OPD Days
Anesthesia & Pain Management	Dr. SPS Bedi	MBBS MD	Mon to Sat
	Dr. Arjun Joshi	MBBS MD	Mon to Sat
	Dr. Devinder Grewal	MBBS MD	Mon to Sat
Cardio Thoracic Vascular Surgery	Dr. Ashwani Bansal	MBBS MS MCh	Mon to Sat
Cardiology & Interventional Cardiology	Dr. Sandeep Parekh	MBBS MD DNB	Mon to Sat
Colorectal Surgery	Dr. Pankaj Garg	MBBS MS	On Call
Critical Care & Emergency Medicine	Dr. Jogesh Aggarwal	MBBS MD	Mon to Sat
ENT Surgery	Dr. Eshaan Kaushik	MBBS MS	Mon Wed Fri
Family Medicine	Dr. Sakshi Grover	MBBS DNB	Mon to Sat
Gastroenterology Surgery	Dr. BS Bhalla	MBBS MS	Mon & Wed
Gastroenterology	Dr. Rajan Mittal	MBBS MD DM	Mon to Sat
General Surgery	Dr. Anil Kr Sharma	MBBS MS	Mon to Sat
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Internal Medicine	Dr. Kanwar Singh Bhinder	MBBS MD	Mon to Sat
Internal Medicine	Dr. Mayank Sharma	MBBS MD	Mon to Sat
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Neurosurgery	Dr. Rajnish Kumar	MBBS MS MCh	Mon to Sat
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	Dt. Gauri	MSc.	Mon to Sat
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Oncology (Radiation)	Dr. Vinod Nimbran	MBBS MD	Tue Thu Sat
	Dr. Kamalpreet Kaur	MBBS DNB	Mon to Sat
Medical Oncology	Dr. Deepak Singla	MBBS MD DM	Mon to Sat
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	Dr. Ashwani K Sachdeva	MBBS MS MCh	Mon to Sat
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	Dr. Vikas Bhateja	PhD(Cognitive Psy.) M.phil (Cl. Psy)	Mon to Sat
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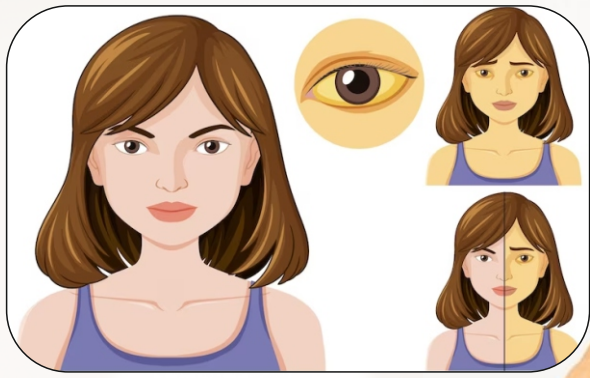
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JAUNDICE

1. What is jaundice

It is a medical condition characterized by yellowish discoloration of eyes and skin. It is not a disease but a SYMPTOM of many diseases. Yellowish colour is due to accumulation of bilirubin in sclera and the skin. The bilirubin is formed from natural destruction of RBC in our body. It goes to liver & excreted from there into intestine through biliary system

2. What are the causes

It could be due to excess production of bilirubin for exam. In Haemolytic Anaemia (Spherocytosis, Sickle Cell Anaemia & Thalassemia). Or due to inability of diseased liver to excrete i.e., Cirrhosis, Hepatitis Or drug effect on liver. Third reason could be due to obstruction in the flow of bile through biliary system from stone disease, stricture or bilio-pancreatic tumour (Surgical obstructive jaundice)

3. What can be other symptoms along with jaundice

- Fever, Dark Color of Urine and the Stool Color may turn greyish.
- Loss of Appetite & Loss of weight.
- Upper Gastrointestinal bleeding & altered consciousness may be there

4. Is it a medical or surgical illness

This is diagnosed by GI Specialist. Jaundice from haemolytic anaemia and liver diseases are considered as medical illness while diseases which obstruct the flow of bile in biliary system are surgical illness.

5. Can it become life threatening & require emg. Treatment

Yes, As mentioned above associated UGI bleed, rapid abdominal distension, altered consciousness, high grade fever and low urine output are life threatening symptoms and it is recommended to attend Emg. immediately

6. What are the tests required in jaundice.

It depends on the type of jaundice. In general CBC, LFT, RFT, Viral markers and imaging U/S, CECT Scan or MRCP. Treating physician shall decide which imaging & laboratory tests are required in a given case.

7. What is the treatment of jaundice

Medical jaundice requires antiviral injections, nutritious diet and supportive treatment. In case of UGI bleeding, an urgent endoscopy is mandatory. While surgical jaundice (Obstruction in bile flow) requires surgical treatment in stages or upfront surgery. If obstruction is due to stones, then Endoscopic removal is warranted

8. Recovery time of after jaundice treatment

It depends upon the type of jaundice, In general it takes 4-6 weeks to recover.

9. What is the diet for jaundice patient

- Plenty of Fluids such as water and juice should be a core part of your diet
- High carb & normal protein diet
- Fruits & green vegetable
- Lemon juice with warm water proves an effective home remedy
- Whole wheat products are easy to digest
- No fats, fried or spicy food to be taken

10. Can we prevent occurrence of jaundice

- Get vaccination against Viral Hepatitis
- Use RO filtered water
- Avoid alcohol, smoking
- Take vegetarian diet, lots of fresh fruits and vegetables
- Early surgery for gall stones

For any query, consult GI Surgeon or Gastroenterologist

Dr. GR Verma

MS, FRCS, FACS, FICS, MNAMS
Former Head, Surgery Gastroenterology (PGI Chd)
45 years experience in Surgery

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- Sciatica
- Prolapsed Intervertebral Disc (PIVD)
- Knee Pain
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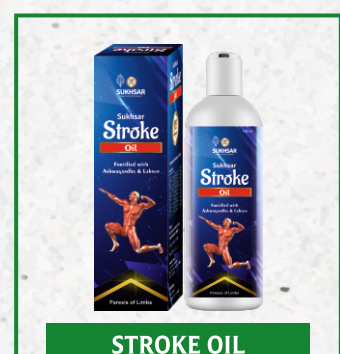
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Techniques to enhance

Emotional Intelligence

Emotional intelligence (EI) is of paramount importance in our personal and professional lives. It

enables us to understand and manage our emotions and connect empathetically with others. By developing emotional intelligence, we can foster better relationships, make sound decisions, and lead a more fulfilling life.

Techniques to enhance emotional intelligence and promote personal growth.

Self-Awareness:

The foundation of emotional intelligence lies in self-awareness. Take time to reflect on your emotions, thoughts, and behaviors. Notice patterns and triggers that influence your emotional responses. Regular journaling or meditation practices can help you gain insight into your emotions and thought processes.

Active Listening:

Developing strong listening skills is essential for improving emotional intelligence. Practice active listening by giving your full attention to others when they speak. Avoid interrupting or formulating responses in your mind while they are talking. Focus on understanding their perspective and emotions, and respond empathetically.

Empathy and Perspective-Taking:

Empathy is the ability to understand and share the feelings of another person. Cultivate empathy by putting yourself in others' shoes and considering their experiences and emotions. Practice perspective-taking by considering multiple viewpoints in different situations. This mindset encourages compassion and understanding.

Emotional Regulation:

Learn to recognize and regulate your emotions effectively. Take note of your triggers and learn healthy coping mechanisms to manage stress and negative emotions. Deep breathing exercises, mindfulness, and engaging in activities you enjoy can help restore emotional balance. Practice patience and avoid impulsive reactions, giving yourself time to process emotions before responding.



Nonverbal Communication:

Pay attention to nonverbal cues, such as body language and facial expressions. Nonverbal communication often conveys emotions more accurately than words alone. Practice reading these cues to gain a deeper understanding of others' feelings. Similarly, be mindful of your own nonverbal signals, ensuring they align with your intended message.

Conflict Resolution:

Developing conflict resolution skills is crucial for emotional intelligence. Focus on finding win-win solutions rather than imposing your own perspective. Actively listen to all parties involved, validate their emotions, and seek common ground. Practicing effective communication and negotiation skills will enable you to navigate conflicts with empathy and understanding.

Continuous Learning and Feedback:

Emotional intelligence is a lifelong journey. Seek opportunities for growth by engaging in self-improvement activities, such as workshops, therapy, or coaching. Be open to feedback from others and embrace constructive criticism as a means to enhance your emotional intelligence further.

Emotional intelligence is essential because it enhances self-awareness, strengthens relationships, improves communication, facilitates conflict resolution, fosters effective leadership and collaboration, builds emotional resilience, aids decision-making, and contributes to overall well-being. Developing emotional intelligence empowers us to navigate life's challenges with grace, empathy, and a deeper understanding of ourselves and others.



Mrs. Sarnit Chopra
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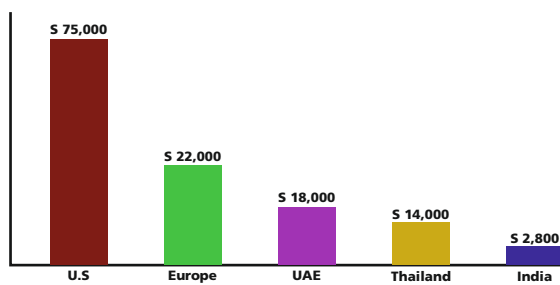
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MICS (Minimal Invasive Cardiac Surgery) Evolution from the convention

Cardiac surgery current scenario in INDIA :-

India has already become world capitol of heart diseases due to our life style changes and genetic makeup. Age related changes and infection damage heart valves which needs surgical repair or replacement in lot of cases. Cardiac surgery is also required for small children having birth defects in heart like Atrial septal defect (ASD), Ventricular septal defect or Tetralogy of Fallot (blue baby) etc. In a recent study it is estimated that heart diseases will cause 40% of all deaths in India by 2020, so demand of cardiac surgery will reach all time high. Over many decades cardiac surgery is done through larger midline incision by cutting breast bone (sternum). Although the exposure and ease of surgery was excellent with this approach but with advancements in technology and instruments now it's the time for EVOLUTION.

Coronary Artery Bypass Surgery Costs in USD



What is MICS

In Minimal Invasive Heart Surgery, surgeon doesn't cut the breastbone (sternum) rather he operates between ribs by using special instruments. For surgeries of heart valve and congenital defects, bypass machine is attached using small (2 cm) groin incision and heart surgery is performed through another 5 cm incision on right side of chest. A small echo probe in food pipe is used to monitor the heart function during surgery.

MIDCAB (Minimally Invasive Direct Coronary Artery Bypass) is small incision approach of performing surgery for coronary artery disease. Surgeon harvests mammary artery from chest wall using harmonic instrument and special retractors. This harvested artery is then stitched to coronary arteries.

Hybrid MIDCAB is newer approach used to completely revascularize in coronary disease using both mammary artery and stents. Mammary artery is most important graft with life of over 20 years in good target vessels. So revascularization of left anterior descending artery with mammary artery and using stents for non LAD targets achieves bests of both techniques.

TECAB (Totally endoscopic coronary artery bypass) is performed using robotic surgical system. After single lung ventilation and CO₂ insufflation inside chest cavity, mammary artery is harvested using robotic arms. Heart is stabilized with special endoscopic instruments and anastomosis to coronary arteries is done.



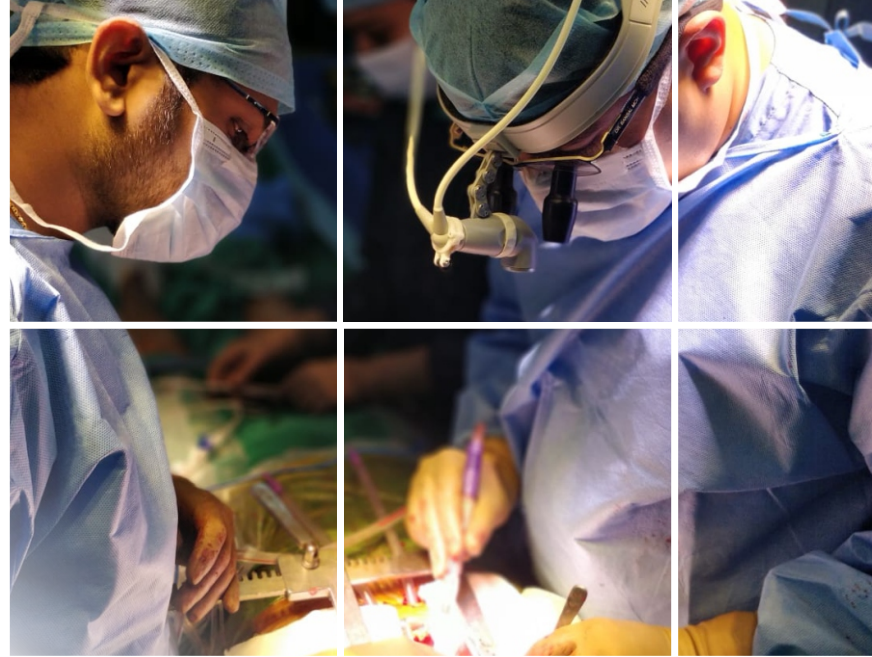
Conventional Surgery



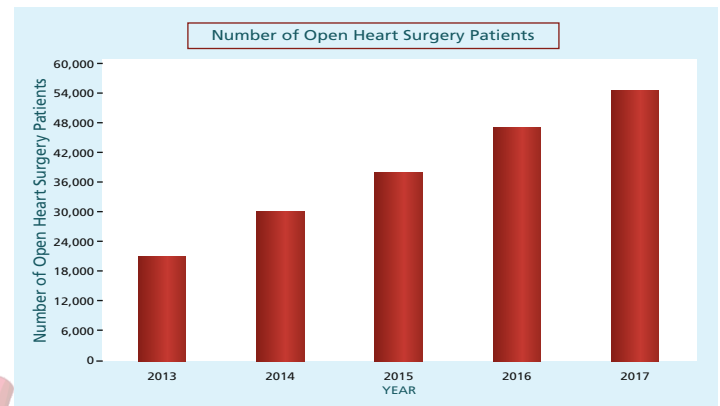
Mics

Benefits

Minimally invasive heart surgery has been proven to have outcomes similar to the conventional open heart surgery but many advantages can be achieved with this approach.



Due to smaller incision and less blood loss, patients recover faster and return to their work earlier. They generally spend less than 24 hrs in recovery area, are mobilized faster and so can be discharged earlier from the hospital. Just within 2-3 weeks these patients can start driving and can even lift mild-moderate weights.



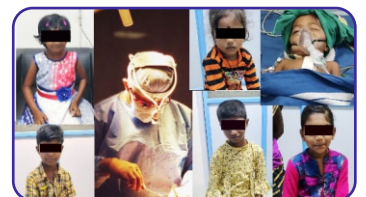
Candidates for MICS

Worldwide more and more centers are adopting minimally invasive approach as standard for majority of their heart surgeries. Initial programs were started with less complex diseases like ASD and single valve replacements. With gain in experience and advancements of technology more complex cases such as double valve replacements, complex congenital cases and even multivessel bypass is now possible with this approach.

Patient factors such as very bad lungs (single lung ventilation difficult), badly diseased abdominal aorta (femoral cannulation impossible) and co-existing medical issues are relative contraindications for the minimal invasive approach.

What is future

Minimally invasive approach will continue to grow and evolve with advancements in technologies and gain in experience of surgeons across the world. Patient's with believe in reduced surgical stress of MICS approaches, will choose more durable surgical options. In future patients are more likely to ask for MICS approaches for their cardiac problems due to obvious potential benefits of early return to normal activities and improved quality of life. Many centres will come up with hybrid operating rooms and heart teams will work together for best outcomes.



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