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# INDUS ALIVE

Year 8 Vol.14, MARCH-APRIL 2025, CHANDIGARH

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

7 APRIL  
**WORLD  
HEALTH  
DAY**



*Wish you a Healthy Life*

# Social Activities

## 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](mailto:feedback@indushospital.in)

For sending in your articles,  
Queries and suggestions:  
Contact:  
**Dr. Navtej Singh 98760 82222**  
Email : [alive@indushospital.in](mailto:alive@indushospital.in)

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
Cardiology & Interventional Cardiology	Dr. Mahesh Garg	MBBS MD DM	Mon to Sat
Cardio Thoracic Vascular Surgery	Dr. Ashwani Bansal	MBBS MS MCh	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. Potluri Praneeth	MBBS MS	Mon to Sat
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
Gynaecology & Obstetrics	Dr. Sujata Bhardwaj	MBBS MD DNB	Mon to Sat
Internal Medicine	Dr. Kanwar Singh Bhinder	MBBS MD	Mon to Sat
Internal Medicine	Dr. Mayank Sharma	MBBS MD	Mon to Sat
Joint Replacement & Sports Medicine	Dr. B. Harna	MBBS, MS, DNB	Mon to Sat
Microbiology & Transfusion Medicine	Dr. Parminder Kaur Gill	MBBS MD	Mon to Sat
Nephrology & Dialysis	Dr. Narinder Sharma	MBBS MD DNB	Mon to Sat
Neurosurgery	Dr. Rajnish Kumar	MBBS MS MCh	Mon to Sat
Nutrition & Dietetics	Dt. Niyati Tejaswini	Msc	Mon to Sat
	Dt. Gauri	MSc.	Mon to Sat
Oncology (Orthopedics)	Dr. Rajat Gupta	MBBS MS DNB	On Call
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
Oncology (Surgical)	Dr. Ashwan Kallianpuri	MBBS MS MCh	Mon to Sat
	Dr. Ashwani K Sachdeva	MBBS MS MCh	Mon to Sat
Orthopedics & Joint Replacement	Dr. VPS Sandhu	MBBS MS	Mon to Sat
Pathology	Dr. Ankush Nayyar	MBBS MD	Mon to Sat
Pediatrics, Neonatology & Hematology	Dr. Kushagra Taneja	MBBS MD	Mon to Sat
Pediatrics Surgery	Dr. Abhishek Gupta	MBBS MS MCh	Mon to Sat
Pediatrics Cardiology	Dr. Amitoz Singh Baidwan	MBBS DNB FNB	Mon   Sat
Plastic & Reconstructive Surgery	Dr. Ritwik Kaushik	MBBS MS MCh	Tue   Thu   Sat
Psychiatry, Behavioral & Drugs Rehabilitation	Dr. Prannay Gulati	MBBS MD	Mon to Sat (1st & 3rd Thu Outside)
	Dr. Vikas Bhateja	PhD(Cognitive Psy.) M.phil (Cl. Psy)	Mon to Sat
Counseling Psychologist	Mrs. Sarnit Chopra	MA PGDFCG	Mon to Fri
Pulmonology & Sleep Medicine	Dr. Diksha Attri	MBBS MD	Mon   Wed   Fri
Radiology	Dr. Bhavneet Singh	MBBS MD, DNB	Mon to Sat
	Dr. Jaspreet Singh	MBBS MD, DNB	Mon to Sat
Urology	Dr. Rajan Sharma	MBBS MS MCh	Mon to Sat
Skin, Laser & Cosmetic Medicine	Dr. Ramandeep Kaur	MBBS MD	On Call
Urology	Dr. Prashant Bansal	MBBS MS DNB	Mon to Sat
Vascular Surgery	Dr. Vishal Attri	MBBS MS	Mon to Sat (Every Fri Outside)

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For more details contact : Mr. Inderdeep Singh - 09888110310

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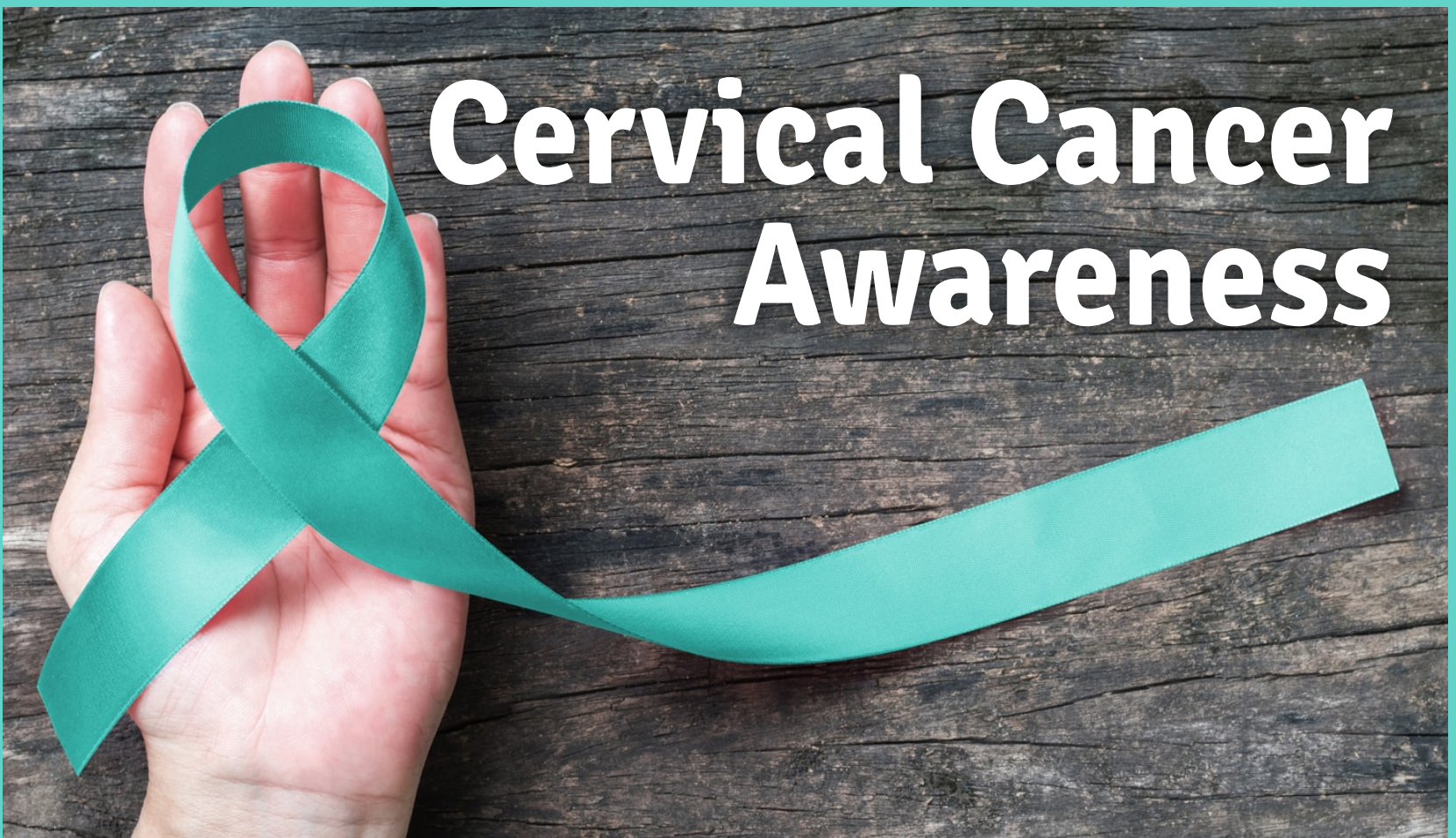
Designed By:

Rajat Pahwa (Digital Marketing)

Contact : 8699367738, 6280692412



# Cervical Cancer Awareness



Cervical Cancer is the leading cancer in Indian females. High prevalence is attributed to illiteracy and ignorance. Nearly all cervical cancers - over 99% - are caused by HPV infection. HPV is the most common sexually-transmitted infection that strikes both men and women.

Studies show HPV infection is more prevalent in men than women. But women are more likely to have persistent, high-risk HPV infection that may lead to cervical cancer. Currently, cervical cancer is the only HPV cancer with a recommended screening test to detect it at an early stage. Cervical cancer screening and HPV vaccination are the best ways to prevent this cancer.

After the introduction of the Papanicolaou (Pap) test, the incidence and mortality rates of cervical cancer decreased significantly. But not all women are getting regular Pap tests, and not all cervical cancer rates are declining. Moreover, screening alone does not protect against all types of cervical cancer. HPV vaccination provides the best protection against cervical and other HPV-associated cancers.

It is generally thought this vaccine is for women only." But HPV is a sexually transmitted infection. Both men and women can have it, and the vaccine works for both sexes. One reason for the misunderstanding is that the HPV vaccine is often advertised as "cervical cancer vaccine."

The HPV vaccine is a prophylactic vaccine. It works best when given before exposure to the virus. The HPV vaccination series is recommended for all boys and girls at age 11-12. It can be given as early as age 9. The number of doses needed depends on the age when starting the series:

First dose < age 15: two doses (0 and 6-12 months)

First dose ≥ age 15: three doses (0, 1-2, and 6 months)

Three doses are also needed for those with HIV or other immunocompromising conditions. Catch-up vaccination is recommended for all patients through age 26. In October 2018, the US Food and Drug Administration extended the upper age indication for HPV vaccine from 26 up to 45. But not everyone in this older age group needs it. It's time to create high awareness among ourselves and save ourselves and our daughters from this cancer.

**Dr. Kamalpreet Kaur**  
MBBS, DNB



**INDUS INTERNATIONAL HOSPITAL**  
Chandigarh- Ambala Road, NH-22,  
Dera Bassi, Mohali - 140507  
Tel : 01762-512600

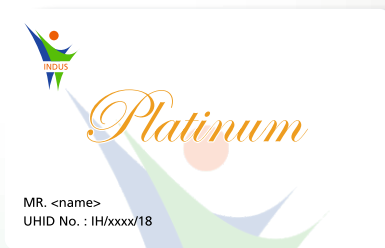


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SCF 21, Sector 56, Phase-6, Mohali

care@indushospital.in

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www.sukhsar.in

sukhsar@indushealthcare.in

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# DEMYSTIFYING MENTAL ILLNESS



## What is mental illness?

Mental illness is a disease that disrupts thoughts, feeling and behaviour, to the extent that their social integration becomes problematic, and their ability to function and their relationships become compromised. The key element of mental illness is the suffering that is often associated with it.

## How does mental illness manifest itself?

Mental illness has many faces. The term “mental illness” refers to a wide variety of disorders, each with its own distinctive features. Oftentimes, it is the affected person’s loved ones that first notice certain peculiar sign and behaviour. Common symptoms are lack of sleep, anxiety, depressed mood, lack of concentration, disturbed behaviour, taking too much alcohol, smoking, opioid use etc.

## How common is mental illness?

Statistics show that one in every five persons in world will experience a mental health problem at one point in their life! When all is well, we underestimate the importance of being mentally healthy. We often tell ourselves that mental illness only affects others. And yet, no person is immune to mental illness. We all likely know someone who has experienced a mental illness at some point. Yet there are still many hurtful attitudes around mental illness that fuel stigma and discrimination and make it harder to reach out for help. The prime reason for it is lack of knowledge of the facts and poor understanding.

## A few misconception regarding mental illnesses

Many people hesitate to get help because they fear being judged, misunderstood or labeled. Moreover, there are a great number of preconceived notions held by the general population regarding mental illness. Here are a few example:

**Myth :** Mental disorders are not true illnesses but are caused by a weakness in character.

**Fact :** Disorders of the brain are no less medical conditions than disorders of the heart or kidneys. Mental disorders are caused by biological, psychological and social factors. Research has shown genetic and biological factors are associated with various mental health disorders.

**Myth :** Recovery from mental illness is not possible.

**Fact :** Long-term research has shown that the majority of people with mental illness show genuine improvement over time and lead stable lives.

**Myth :** Mentally ill and mentally retarded individuals are dangerous or violent.

**Fact :** The vast majority of these individuals are not dangerous or violent. Statistics show the violence in people who have a brain disorders is not much higher than in the general population.

**Myth :** Children can't have a mental illness like depression. Those are adult problems.

**Fact :** Even children can experience mental illnesses. Mental illnesses may look different in children than in adults, but they are a real concern. Additionally, children suffer from problems that are specifically detected during childhood, like Autism, Attention Deficit & Hyperactivity Disorders (ADHD), Mental Retardation, etc.



## How to manage mental illness?

The first step is accurate diagnosis, for which a thorough evaluation must be carried out by a Psychiatrist. (Psychiatrists are the healthcare professionals best suited to identify and treat mental illness) Too often, mental illnesses are detected late. And yet, the sooner the problem is treated, the better the results ! Do not neglect or hesitate to consult a Psychiatrist as soon as possible if you or a loved one appears to be developing signs of a mental illness.

After diagnosis, treatment and ongoing medical monitoring is advisable in most cases. There are a number of different treatment options, like medication, Psychotherapy, rehabilitation, behavioral therapy, etc. The type of therapy and monitoring needed is determined on a case-by-case basis, according to the needs and situation of each person. Support from family and friends is must when trying to take control of a mental illness as it helps in faster recovery and prevent relapse in future.

People must obtain knowledge about the facts about their illness from their treating doctors as most of the existing conceptions and notions will be flawed. This way, they will ensure greater chances of recovery with least amount of suffering.

## Dr. Prannay Gulati

MBBS MD (Psychiatry)  
Ex-GMCH, Ex-PGI Chandigarh

INDUS INTERNATIONAL HOSPITAL  
Chandigarh- Ambala Road, NH-22,  
Dera Bassi, Mohali - 140507  
Tel : 01762-512600







# Some Myths about Spine Surgery

Having spinal surgery is truly a challenging time to deal with. Let's have a look at the list of some commonly said myths about spine surgery.

## 1. A Person Requires Lengthy Bed Rest

With advancements in technologies, the time has gone when a person has to keep on bed rest for multiple months after spine surgery. At present, the surgeon suggests the patient walk or stand right after some time of the surgical method. And yes, a lot of ways are there to promote a better healing and faster recovery so the person would resume his usual day-to-day affairs shortly.

## 2. There Can Be A Possibility of More Than One Spinal Surgery

Well, this myth can happen, but in the rarest of cases. Generally, a person doesn't require more than surgery to get the treatment of his problem. A need for more than one surgery will be there if the problem doesn't fix and the patient suffers from a disturbance to the spine..

## 3. More Pain Will Take Place After The Completion of Surgery

This is not true that you will get complete relief from pain as the surgery finishes. Surely, there can be a feeling of discomfort after the completion of the procedure. During the initial days, you'll have to manage the pain where the doctor will guide you with some medicines. As time passes, the level will decrease.

## 4. There Will Be A Decreased Taste of Life After Surgery

One of the major objectives of performing spine surgery is to lessen the impact of pain and promote a better quality of life. No doubt, surgery is a big term for many of us and we hope not to face it in any part of our life.

## 5. Every Spinal Surgery Is A Major One

The spine is considered one of the most imperative parts of the body whose health is crucial to live a joyous life. When its health turns out to be terrible and surgery is recommended, it is not necessary that a person will have a major operation. With new inventions and technologies, a lot of minimally invasive surgeries are available,

Additionally, they have a reduced risk of infections and involve less post-surgical pain. Apart from that, if a person is guided with a minimally invasive operation, he will be discharged from the hospital shortly as such procedures require short hospital stays.

## 6. An Uncomfortable Situation To The Back Will Always Lead To A Surgery

No. every back pain does not require surgery.

## 7. There Will Be A Need To Take Medicines For A Lifetime

Another myth that is related to spine surgery is that a person will have to continue taking medicines for a longer period or till the end of life. Medicines are given as neuro tonics and pain killers are obviously not needed.

## 8. Problems like Paralysis Can Occur Post Surgical Procedure

Some people have a fear of getting surgery. This may be due to the anticipation of some complications. Well, not only spine surgery, but almost every surgical operation can have some kinds of complications like infection, bleeding, or blood clots. Such happenings can occur in high risk case and complicated spine problems.

## 9. All the Physical Activities will be Stopped After Surgery

This can happen, but the talk is about a particular time. Right after the surgery, you will have a rehabilitation program in which you'll get in touch with a physical therapist. He will guide you with some exercises and therapies that will be beneficial for a better recovery.

### Dr. Rajnish Kumar

MBBS, MS, MCh (Neuro Surgery)  
Consultant Neuro Surgery



### INDUS INTERNATIONAL HOSPITAL

Plot No. 114, Chandigarh-Ambala Road,  
NH-22, Derabass, Mohali-140507  
Ph. No. 01762-512600





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