



- Early Detection of Cancer
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- Preventive Health Checks @ Asian Clinic
- No Need to Worry About Hair Loss Anymore
- Taking Care of Your Little Angel's Teeth
- World & Indian Leaders at AIMS
- Pre-conceptual Counseling
- Combating Renal Failure

asian IN NEWS

Four year old boy gets Cochlear Implant for the first time



Khalid from Iraq was born deaf & mute & cochlear implant was the only hope for him. Head & Sr. Consultant of ENT department, Dr. Lalit Parashar performed the procedure on Khalid. After the implant was activated Khalid started responding to sounds making the whole operation successful. Asian hospital is among the very few hospitals in India where this delicate procedure has been carried out & the success has added another feather in the list of achievements of Asian hospital.

New lease of life for kidney patient



Abu Tahir, a Bangladesh national lost his kidney due to diabetes & weak heart function, he required immediate renal transplant. Further it was discovered that the donor, his brother had multiple vessels which was a rare anomaly & required a meticulous microsurgery to join the blood vessels. **Asian centre of Renal Diseases** successfully operated upon Abu Tahir & saved his life.

Rare birth defect corrected



Before



After

Micheal from Nigeria was born with a rare birth defect called Aplasia of sphenoid bone. The bones which form the socket for the eye and separate the eyes from the brain were not developed normally due to which, his brain was pushing inside the eye socket and the eye was protruding outwards. An intricate surgery was successfully performed on Micheal by Dr. Kamal Verma, Neuro surgeon, **Asian Centre of Neurosurgery** and Dr. Kaveshwar Ghura, Plastic Surgeon, **Asian Centre of Aesthetic Surgery & Medicine**.

Rope of hair removed from girl's intestine



In one of the most bizarre cases ever treated in India, 1.5 meter rope of hair was extracted from the intestines of a 14 year old girl by Dr. Prabal Roy, Director, **Asian Centre for Advance Surgery**. The girl was suffering from Rapunzel Syndrome, a condition in which children pluck their hair and swallow it. Less than 30 cases have been reported all over the world & only three have been reported in India.

From the Chairman's Desk



Dear Readers,

Wishing you a happy and healthy New Year.

This is the second time that I've been presented an opportunity to interact with you through the pages of this magazine & before going any further I would like to congratulate everyone of you for the inauguration of Asian Clinic at Greater Kailash in Delhi. The clinic which can be described as a luxury healthcare experience brings a completely new perspective to healthcare. As you walk through the reception you are not greeted by the familiar stench of antiseptic but instead by beautiful hostesses with their warm and welcoming smiles, a waft of fresh cut flowers and the faith that you are among the best medical professionals in the country.

Great ideologies have greater responsibilities and the goals in healthcare are to safeguard, encourage and at times cultivate the social fabric of society as a whole. We at Asian Hospital, are committed to make available to the public the benefits of the most modern and technological developments while keeping focus on quality, affordability and accessibility.

Asian Hospital today has one of the most advanced & state of the art Cancer centre in the whole of north India. The hospital is certainly among the best in the world when it comes to innovative & challenging surgeries being undertaken. With the fourth year successfully running, the Department of Nephrology was the first center to provide Kidney Transplantation and Dialysis. The hospital has an unblemished transplant record be it 25 kidney transplants in a year and more than 1750 dialysis conducted per month with a cent per cent success rate.

Apart from these, the multi specialty facilities being offered by the hospital are setting new benchmarks for the industry as Asian Hospital creates a name for itself not just in India but abroad too. We perhaps are among the few hospitals that have conducted the surgery of Rapunzel Syndrome, Bental and Aplasia of sphenoid bone.

We at Asian Hospital cherish every moment spent in making your life healthier. We have a dream of delivering world-class medical care in Delhi and NCR and the whole of India with the best medical talent... and we aim to achieve it at all times!

Till next time,



सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभाग् भवेत् ॥



Dr. N. K. Pandey
FRCS (EDIN & GLASGOW), FACS, FICS
Chairman & Managing Director

Help in time can SAVE LIFE



SAVING LIVES
Over 500 cardiac procedures every year

India has the highest incidence of heart related diseases in the world & the number of those affected is likely to double in the coming years.

Q1 Which symptoms can indicate heart attack?

Ans: Symptoms of heart attack vary from heaviness and tightness in the chest to severe chest pain. The pain can radiate to jaw, arm or shoulders and upper abdomen. This is frequently associated with sweating and shortness of breath. There might also be feeling of dizziness or indigestion like symptoms. Diabetics frequently suffer with silent heart attacks.

Q2 What are the first steps, a patient should do?

Ans: If a patient has above symptoms lasting five minutes or so, he should call for urgent help. Best is to call a cardiac ambulance from nearest hospital with well equipped cardiac center and facilities of emergency angioplasty and bypass surgery. If patient is more than half an hour away from such facilities, he should call for nearest emergency center where an ECG can be done and he can be given primary treatment with Aspirin and Heparin (clexane).

Q3 Why patients delay in calling for help?

Ans: Many patients feel that they can never have it. Many

diabetics, women and elderly have typical symptoms which they ignore. Some just ignore it mistaking it for indigestion.

Q4 What is Angioplasty and how does it help in heart attack?

Ans: The main purpose of the treatment is to save the affected heart muscle from permanent damage. Heart attack happens when one of the arteries supplying heart muscle gets completely blocked suddenly with blood clot. The portion of the heart muscle being supplied by the concerned artery stops receiving blood supply and stops working. If the blood supply is not restored early, the muscle suffers permanent damage. The best option to restore the blood supply is an urgent angiography followed by angioplasty with stent implantation. If done within two hours of onset of symptoms, the affected muscle can be saved. The procedure still helps if done within six hours; failing which the heart muscle suffers permanent damage.



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Give your heart a second chance

Life came to a standstill for Govind, a software professional in Dubai, when he visited India after 7 years to meet his family. Govind complained of severe breathlessness and was rushed to the hospital where he was immediately put on a ventilator.

constant flow of international patients for such treatment. Concerned about the follow up of such patients has prompted the hospital to use new defibrillator that can communicate directly with the doctor by sending signals about its

fail, the patient can simply go near a small box, which is attached to a phone jack near their bed. Once a week, patient can measure their weight and blood pressure — key indicators of heart failure — and that information is automatically



Another important development in the field of heart implant devices is that one can now opt for MRI safe devices.

AT THE HEART OF THE MATTER

Over 3300 cath lab procedures per year and over 25000 non-invasive cardiac procedures per year

Having gone through his medical records, doctors came to know that his heart muscles were weak and required immediate intervention. A combo device (defibrillator) was implanted in Govind's heart & within a few days he was a completely transformed man.

Govind is not an exception but a norm in the fast evolving world of heart implant devices which have helped people suffering from heart diseases. Heart devices such as pacemakers and defibrillators have extended and improved the lives of millions of people worldwide. Combo devices of the heart are being implanted at the Asian Hospital and there has been a

functions and setting off alarms if things go wrong. Another important development in the field of heart implant devices is that one can now opt for MRI safe devices. Also, on the horizon is a smart heart device, which detects deterioration in various heart functions and tells the patient how to adjust medications. The implantation of these modern devices is very easy & takes about an hour, and sometimes can be done on an outpatient basis.

Patients, who often are frail or live far from their doctors, can be spared frequent office visits. Doctors can learn immediately if devices are malfunctioning or if patient's heart is starting to

transmitted to their doctors. The hope is that the devices will save lives, reduce medical expenses and nudge heart patients towards managing their symptoms.



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Best Multi-specialty
Hospitals in Delhi NCR

Asian Institute of Medical Sciences

THEWEEK NIELSEN BEST HOSPITALS SURVEY 2013

THEWEEK

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EMERGENCY 1067

A Hope for Cancer Patients



NEVER LOSE HOPE

- Has cough or hoarseness that does not improve
- Observes unintentional excessive weight loss

Cancer was once considered incurable but not any longer with the recent technological advancement in treatment. Today cancer is being cured without compromising on the quality of the patient's life. Conventional chemotherapy has lot of side-effects like loss of hair, vomiting, loose motions, and pneumonia but as in most advanced cancer centres, we at Asian hospital have targeted therapy which specifically hit cancer cells, thereby reducing the side effects with excellent response rates. Hope lies in vaccination for Cancers which will open a completely new avenue for the future.

cancer. Early detection of cancers is particularly effective for breast, cervix, colon and rectum, and skin cancers.

See a doctor if one:

- Develops sores that don't heal or bleed persistently
- Notice a new lump in the breast or other parts of the body
- Has blood tinged phlegm, blood in urine/stools or blood discharge from nipples or vagina.
- Experiences a change in bowel or bladder functions
- Notices differences in a wart or mole
- Has constant indigestion or swallowing difficulties

Ongoing research is underway to understand cancer better, to diagnose it in early stage, to treat without major toxicity and to maintain quality of life and prevent recurrence. There'll be a time when cancer will no longer be the killer that we generally associate it to be.



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SAVING LIVES

Medical Oncology 1500 patient per year
Radiation Oncology 700 patient per year

Satyanarayan Sharma, suffered for nine months with symptoms that resembled Tuberculosis. He went from doctor to doctor, got all investigative tests done & took treatment of tuberculosis but still there was no relief. As his condition deteriorated he was referred to Asian hospital where finally he was diagnosed with late stage lung cancer and the disease had already spread throughout his body. The question we need to ask is why it

took so long in this case for the disease to be identified & what would have changed if cancer had been diagnosed earlier in this case.

Early diagnosis of Cancer or screening can dramatically improve the chances of beating it. All too often, cancers grow in silence without causing any major symptoms. Screening is especially important for people with high risk which includes anyone with a family history of

Early Detection of Cancer

Department of Nuclear Medicine



PET/CT



Gamma Camera

Human beings are paying the price for advancement in the form of an ever increasing incidence of cancer. In fact, cancer is the most dreaded disease even today, despite major breakthroughs in the understanding of its causes and treatment options, currently available to us.

Early detection is the key to a possible cure of any type of cancer. Therefore, major part of cancer research has been focused on the diagnostic modalities. Scientists have tirelessly worked, all over the globe, to achieve this goal. As a result, we have at our disposal today, the imaging modalities like ultrasound, CT, MRI, Mammography etc, which are able to detect very small lesions. However, presence or absence of cancer in a lesion is not possible to know, by these tests. To overcome this limitation, the problem of early detection was tackled through a different approach. Use was made of the fact, that in any disease, first the function of an organ becomes abnormal long before abnormality of structure becomes visible. A

diseased organ produces abnormal chemical substances. So tests were devised to detect even minute amounts of these chemical substances in the blood or other body fluids, like urine, CSF etc. Thus we have the tests like tumor markers for cancer, blood urea and creatinine for kidney diseases, liver function tests for diseases of liver and so on.

On the flipside - with these tests, we could only have indirect proof of a diseased organ. Moreover, it was realized that in function of an organ and is able to generate its image as well. This led to advent of Nuclear Medicine. This is called functional imaging, wherein a specialist can assess the functional abnormality of an organ by looking at its image and can even quantify its function. Renal scan, bone scan, thyroid scan, brain scan, cardiac scan etc, are some of these tests. Most advanced of such functional imaging technique is PET/CT. It can detect cancer in the body at a stage when CT, MRI etc may still be normal. Similarly a tumor may remain same in size, long after the successful treatment. CT and MRI depend on the reduction of the size, to detect response to treatment. PET/CT on the other hand, detects the viability of cancer cells in a tumor and is therefore able to detect response at the earliest.

So, in a nut shell, though our fight against the Cancer is far from over, we have definitely made significant inroads in the management of cancer with the help of imaging modalities like, Nuclear medicine and PET/CT.

DISCOVERING TO MAKE YOU BELIEVE
Over 3000 Nuclear Scans per year and 5000 PET/CT in a year



Similarly a tumor may remain same in size, long after the successful treatment. CT and MRI depend on the reduction of the size, to detect response to treatment. PET/CT on the other hand, detects the viability of cancer cells in a tumor and is therefore able to detect response at the earliest.

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Osteoporosis - The Silent Disease



Asian Centre for Bone & Joints

Osteoporosis is a disease that weakens bones to the point where they break easily-most often bones in the hip, backbone (spine), and wrist. Osteoporosis is called the "silent disease" because you may not notice any changes until a bone breaks. All the while, though, your bones had been losing strength for many years.

Bone is a living tissue. As people enter their 40s and 50s, more bones may be broken down than is replaced.

THE ROCK SOLID TRUTH
More than 75 Joint Replacements every year

How to prevent Osteoporosis:
Intake of Calcium & Vitamin D - Eating foods that are rich in Calcium and Vitamin D is important. Women over age 50 need 1,200 mg (milligrams) of calcium every day. Men need 1,000 mg between ages 51 and 70 and 1,200 mg after age 70.

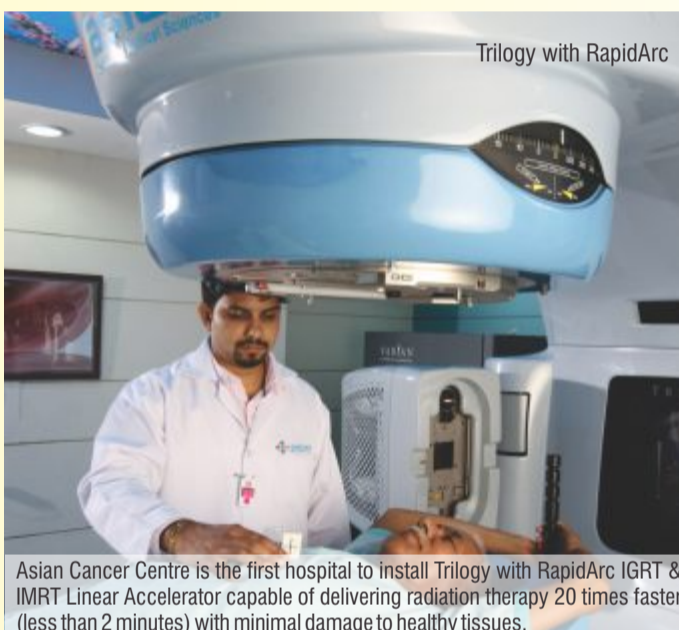
Foods that are high in calcium and Vitamin D are the best source. For example, eat low-fat dairy foods, Eggs and cereals, canned fish with soft bones such as salmon, and some dark-green leafy vegetables. Most human

bodies are able to make enough vitamin D if they are out in the sun for 30 minutes in a week. **Lifestyle Modifications** - Your bones and muscles will be stronger if you are physically active. Weight-bearing exercises like walking, jogging, playing

outdoor games done three to four times a week are best for preventing osteoporosis. People who smoke have an increased chance of breaking a bone. For this and many other health reasons, stop smoking. Limit how much alcohol you drink. Too much alcohol can put you at risk for falling and breaking a bone.



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Asian Cancer Centre is the first hospital to install Trilogy with RapidArc IGRT & IMRT Linear Accelerator capable of delivering radiation therapy 20 times faster (less than 2 minutes) with minimal damage to healthy tissues.

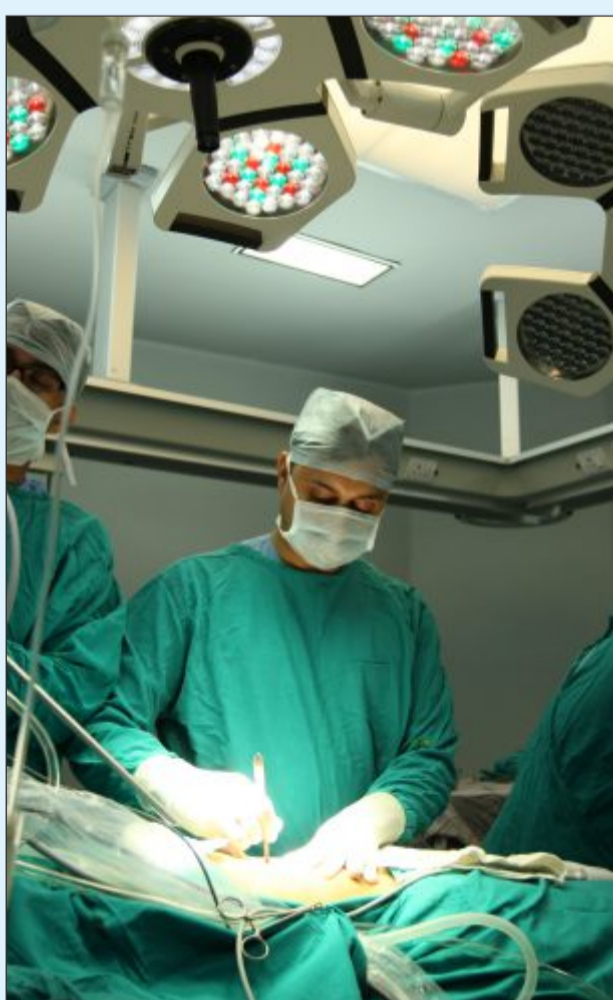
“Early detection is the key to a possible cure of any type of cancer. Therefore, major part of cancer research has been focused on the diagnostic modalities. Scientists have tirelessly worked, all over the globe, to achieve this goal.”



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VATS: A New Dimension in Lung Surgery

Asian Centre for Advanced Surgery



The department of Minimal Access Surgery at Asian has pioneered in changing many lives for the better, of those suffering from diseases of the lungs. In a short period of just over four years, Asian stands tall amongst a few centres nationwide that have performed such a wide variety of lung and chest surgeries.

Our lungs, are amongst the very few organs in our body

VATS procedure is carried out with the help of a camera and operating instruments placed inside the chest through small (5 to 10mm) holes allowing the surgeon to perform the operation while watching on a high definition screen.

essential ingredient that supports life.

Although environmental pollution and smoking are the prime enemies of this wonderfully efficient organ, however neglect is probably the single most serious issue. Since our lungs have a significant reserve before our body feels the pinch of its malfunction, most diseases of the lungs are left either untreated or partially treated.

Many of the diseases of the lungs requiring surgical intervention are not attended to, due to a general level of inhibition about lung surgery. The reasons are not difficult to understand. Lung surgery requires significantly higher skills and traditionally there has been a lack of surgeons experienced in operating on the lungs. Lung operations require large 12 inch incisions resulting in very long and painful recovery and very few centres have the expertise to deal with such patients.

Video Assisted Surgery (VATS) has changed the outlook for lung surgery. The procedure is carried out with the help of a camera and

operating instruments placed inside the chest through small (5 to 10mm) holes allowing the surgeon to perform the operation while watching on a high definition screen.

Collection of air, water or pus around the lungs frequently require this form of surgery for a definitive cure. Bullae (air pockets) and tumours can also be successfully removed by this form of surgery. The biggest advantage of VATS is that the patient is assured of a speedy and comfortable recovery.

Operations on the lungs are a major undertaking and at Asian, the support of a highly experienced anaesthesia and intensive care team has contributed to the success of this program.



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Select a hospital that checks all the boxes from prevention to early detection to comprehensive treatment to complete cure.



Asian Cancer Centre offers complete management of cancer - right from early detection to comprehensive treatment, covering all modalities. The first Hospital in North India to offer these revolutionary services for effective cancer cure & care under one roof.

- Best-in-class infrastructure
- All state-of-the-art equipments
- Highly experienced super specialists
- NABH Quality Assurance

Cancer Checklist

- Prevention
- Early Detection & Diagnosis
 - PET/ CT
 - CT/ MRI
 - Gamma Camera
 - Mammography & Elastography
- Comprehensive Treatment
 - Surgical Oncology
 - Highly Trained Onco-Surgeons
 - State-of-the-art OT's
 - Medical Oncology
 - Best Doctors
 - Chemo & Hormonal therapy
 - Hemato-Oncology
 - Radiation Oncology
 - Rapid Arc-treatment in 2 min.
 - Brachytherapy
 - Palliative Care & Rehabilitation



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Preventive Health Checks @ Asian Clinic For a Better Tomorrow



"We commit the fastest Preventive Health Check-up in the city and if you are not free in 3 hours, we backup our commitment with a money back guarantee!"

The disease profile in our country, with the rapid pace of modernization and urbanization in the past two decades, is fast changing from the era of infectious diseases to a host of constitutional disorders. The prevalence of obesity, diabetes, hypertension, heart disease and cancer have increased manifold consequent to the daily stresses on our faces and changes in our life style and dietary habits.

Most of these constitutional diseases start off very silently and the patient is unaware of their presence until it is too late or a catastrophic event occurs. This has prompted many Corporate Institutions and Multi Nationals to ensure that their staff is checked periodically, to keep their experienced workers healthy and to circumvent loss of effective man hours due to illness.

The vision at Asian Clinic is an expansion on this, with a view to

make these facilities available to the common men, senior citizens & women who look after the home, children and those who are at risk for such disorders.

PREVENTIVE HEALTH CHECKS (PHC) These are specially designed keeping various factors in mind like age, sex, family history, occupational and

- To offer a comprehensive and thorough health check package tailor made for the corporate sector and for specific common ailments (Diabetes Mellitus, Hypertension, Obesity, Cardiac problems & Cancer).

The packages at Asian Clinic, are all encompassing health checks for early detection of disease. The Diabetes screening package

offered in time. The Cardiac or Hypertensive package conduct a complete non invasive cardiovascular check. Finally a cancer screening PHC has been specially devised to prevent or detect early breast and cervical cancer, in female patients and includes mammography and PAP smear. Cancer markers tests for cancer of prostate, ovary and gastro intestinal cancer have also been included.

The prevalence of obesity, diabetes, hypertension, heart disease and cancer have increased manifold consequent to the daily stresses on our faces and changes in our life style and dietary habits.

other known risk factors.

The aim of conducting a PHC is

- To prevent disease or detect diseases at a very early stage and institute appropriate life style changes with minimum medication.

aids in early detection of diabetes, while the Comprehensive Diabetic PHC package is tailor made to assess sugar profile control and to look for target organ involvement so that appropriate treatment can be

Wishing you a happy and healthy New Year



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No need to worry about hairloss anymore

Asian Centre for Aesthetic Surgery & Medicine

Hair loss is something we all encounter every day. By the age of 35, forty percent of men and thirty five per cent of women have significant baldness. Hair loss robs us of our confidence and self-esteem, and changes the way we perceive our own self.

With scientific breakthroughs, modern technology and advances in micro-surgical techniques, hair restoration is now an option for everyone. However, since hair is so important the last thing you want to do is to go in for a hair transplant and end up with a bad transplant. Hair transplant is not only limited to male or female pattern baldness but is also being increasingly done in burn scars, surgical scars, alopecia due to inflammatory diseases.

There are various types of hair transplant methods. Both procedures have advantages and disadvantages and only an expert can help in choosing the right method for you.

1. The F.U.E. or Follicular-Unit Extraction - is an advanced, minimally-invasive hair transplant



MAKING YOU LOOK BETTER
Over 500 cosmetic surgical procedures per year

method which allows for the harvesting of individual follicles from the donor area without a scalpel or stitches. Each session of treatment can last from two to eight hours depending on the number of hairs that are

transplanted. A session can take several hours and many people choose to have two or three separate sessions.

Robotic Hair Transplant - is the logical advancement in the technology of FUE method. There

is an increased accuracy of harvesting grafts as compared to traditional method of FUE. Moreover, there is reduced harvesting time and chances of graft survival are more than traditional FUE method.

2. The STRIP Method - in this method skin along with follicles are harvested from back and sides of scalp. Major advantages with this method are that less number of hair follicles is lost due to damage and mega transplants can be done in one session.

Hair can make you a different person & now there is no need to try hiding your bald patches. If you have begun to lose your hair then rest assured that there is a solution which is affordable and easy.



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Taking care of your little angel's teeth...



From the crankiness of teething to the shock of a knocked out permanent tooth, tooth problems have a way of making themselves known loud and clear! The good news is, most are common, many are not serious, and all have a solution. Listen to what your children's teeth are telling you, and they'll reward you with a healthy smile. The most common form of tooth decay in infants is called nursing bottle caries. In nursing bottle caries it is reported that "putting

a child to bed with a milk bottle in mouth especially at night is most important cause for the formation of caries". The milk may pool around the teeth for hours. Bacteria grow on the tooth surface which is covered by milk & forms caries.

Signs & Symptoms of Tooth decay in infants-

- The first sign which usually remains undetected by parents is a dull white band on the tooth surface closest to the gum line.
- A yellow, brown or bland band on the tooth surface closest to the gum line indicates the progression to decay.

INVESTING IN YOUR SMILES
More than 10,000 consults per year

Teeth that look like brownish black stumps indicate that the infant has advanced caries. The upper front teeth are usually involved, while the lower front teeth remain relatively unaffected.

How to protect your child's teeth-

- Infants should not be put to sleep with a bottle containing liquid other than water.
- After each feeding, wipe your child's gums with a clean, damp gauze pad or washcloth. When your child's teeth come in, brush them gently with a child-size toothbrush and water.
- Infants should be encouraged to drink from a cup prior to their first birthday
- Always dilute fruit juice with

water: 1 part juice to 10 parts water.

- Restrict carbonated drinks and fruit juices to mealtimes. Between meals, give them milk or water.
- Don't brush teeth immediately after your children have had an acidic drink.

Children need strong, healthy teeth to chew their food, speak and have a good-looking smile.



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Thank you South Delhi for an over whelming response



Asian Clinic the most preferred clinic in South Delhi

Asian Clinic is your doorway to good health. With the backing of a super specialty hospital, Asian Institute of Medical Sciences, Asian Clinic offers best-in-class healthcare services in a convenient and luxurious setting. Operated by highly qualified super specialists, this Centre offers services such as Preventive Health Check-ups, Super Specialty Consultations and Diagnostic Services.



Introducing the Fastest Preventive Health Check (PHC) in town. Keeping your busy schedule in mind, our quick PHC are designed to fit into it effortlessly. Essential health care is now available in the comfort of your neighbourhood, so that you don't have to queue up in over crowded hospital. We promise you an express PHC with a 3 hour guarantee

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World & Indian Leaders at AIMS



Shri Rajiv Shukla at National conference in AIMS

The first national conference on cancers of young and teen adults (TYACON) was organized at AIMS. The conference was attended by eminent doctors and the chief guest was Shri Rajiv Shukla, Member of Parliament (MP) India has among the largest youth population in the world & the conference was an exercise in identifying the mortal danger to this vast population.



Shri Raj Babbar Inaugurates Asian Clinic

On popular demand of our patients in South Delhi, AIMS extended its world class medical amenities to Delhi through its super specialty Health Clinic in Greater Kailash. The clinic was inaugurated by Shri Raj Babbar, Member of Parliament.



Nigerian Ambassador visits ASIAN HOSPITAL

AIMS is among the most preferred destinations for International Patients coming to India & the fact was underlined when the ambassador of Nigeria, Mr. Nubisi Amaka paid a visit to the hospital to meet the staff & patients from his country. The consulate was impressed by the unmatched infrastructure & the experienced staff of the hospital.

Events@Asian

Paint the World - Third Asian Drawing Competition

Inter school debate and drawing competition was held at Asian auditorium and amphitheatre. The competition was open to school



children from Delhi/NCR. Both the competitions drew a tremendous response where nearly 20 schools participated and hundreds of children attended the competition. The competition was an effort to

instill confidence & self motivation in children. The winners were awarded with cash prizes.

Asian Baby Show: An event for loved ones

A special baby show was held on the occasion of Christmas at AIMS. More than 200 children from Delhi/NCR participated in the show. Cash prizes of 2 lakhs were distributed among the winners.



Mothers were advised about baby care & all participants received goody bags.

Combating Renal Failure



Hardly two decades back kidney failure meant death. Most of the patients suffering from the disease were doomed to die a slow & torturous death because of the chronic lack of infrastructure. Slowly Technology made it possible to replace kidney function by alternative methods collectively known as Renal Replacement Therapy but at an exorbitant cost which was out of reach for the most. Asian Institute of medical sciences with its motto of quality

care, has world class renal facilities. The dialysis centre is comparable with the best in the world & state of the art machines which are constantly upgraded. The conveniently located hospital with its round the clock dialysis services allows the patients to work & look after their family as any normal person would do. Every month more than 1700 dialysis sessions are conducted at the hospital. (i.e. about 20,000 sessions per year). The dialysis

FRESH STARTS

Over 30 Successful Kidney Transplantation in a year.

unit also offers innovative procedural facilities like Nocturnal Dialysis, SLED Dialysis, Private Room Dialysis and Isolation Dialysis. In spite of these facilities the cost of the procedure has been kept low so that people from all walks of lives can benefit from it. Asian Hospital also has a dedicated program for Home Dialysis technique of Peritoneal Dialysis in which a soft catheter is put surgically inside the abdominal cavity of the patient. Through this, dialysis can be done at home either manually (CAPD) or mechanically (APD). Asian was the first center to bring Kidney Transplant to Faridabad & the hospital has not looked back since then. Kidney transplant is the best option for patients of kidney failure. Patient is fully rehabilitated after the surgery. Any family member between the age of 20- 65 can

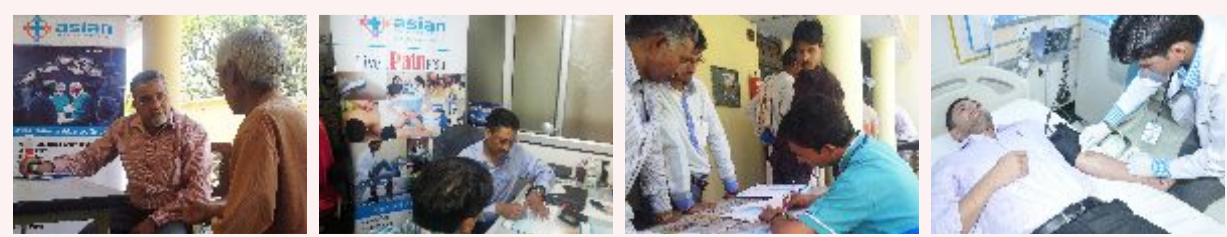
donate Kidney, if they are found to be healthy. There is no harm in the act of Kidney donation and donor is not even required to take any medicine. In a short span of a year more than 25 kidney transplants have been performed successfully. Patients with Kidney weakness are followed meticulously in outpatient so that their kidneys could be saved and progression of disease could be retarded. Not long ago, a decade back, people of Faridabad went to Delhi for even basic health care. Today a large number of patients all over the world are referred to AIMS.



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LIFE BEYOND DISABILITIES
Landmark achievement of more than 15000 dialysis in a year

We Care... 52 free Health Camps in a Year



Pre Conceptual Counseling



DELIVERING JOY

More than 2000 deliveries per year

improve the outcome. To begin with a detailed history, medical diseases like asthma, diabetes and heart disease, needs to be controlled to an optimum level before planning pregnancy. Any kind of allergies need to be documented and thyroid status should be checked. If there is history of epilepsy, risk to the baby should be understood. If the couple has had a previous pregnancy then any complications experienced also need to be looked into. Genetic counseling and age-related problems in pregnancy have to be detailed where necessary. Other than these there are certain lifestyle changes which should be incorporated. Drug and alcohol use has to be stopped, smoking both active and passive to be avoided, radiation exposure at work place to be stopped. There should be

reduction in stress, and weight and caffeine intake to be controlled. Certain screening tests for Anemia, Blood group, Thalassemia screening, Toxoplasma screening (car handlers), rubella status, blood sugar should be conducted with advice from your gynecologist. Folic acid supplementation should also be started which reduces the risk of Neural tube defect by 50-70%. These are just certain steps in the long & arduous but eventually rewarding journey of parenthood. Pre-conceptual counseling is very important to ensure a good beginning for the new arrival.



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What changes when you have a baby? A better question may be: What doesn't change? Children will change your life - absolutely, definitely, positively. Are the changes worth it? Do the rewards of parenthood outweigh the costs and sacrifices? Here again we have to respond in the affirmative. Kids will change you, your spouse, and your marriage - that's inevitable. But they're also capable of adding a whole new dimension of joy and level of fulfillment you can't find anywhere else. Before you embark on the journey of

parenthood there are things which you need to take care of, so that your bundle of joy is born healthy. A healthy couple should have a pre-conception counseling as meeting with a physician while planning conception goes a long way to avoid potential complications of pregnancy and will give the new born the best start in life. The basic aim of the doctor is to look for existing or emerging illness or disease in the woman so that the risk to the mother or her baby can be explained to the couple and wherever possible, situation can be optimized to

checked. If there is history of epilepsy, risk to the baby should be understood. If the couple has had a previous pregnancy then any complications experienced also need to be looked into. Genetic counseling and age-related problems in pregnancy have to be detailed where necessary. Other than these there are certain lifestyle changes which should be incorporated. Drug and alcohol use has to be stopped, smoking both active and passive to be avoided, radiation exposure at work place to be stopped. There should be

Dear Readers,



Since this issue cannot touch all of the amazing work being done at the Asian Hospital, we've highlighted, instead, a few efforts that focus on improving the lives of our patients & bring them renewed hope. As the editor I would like to thank everyone for their contribution without which this news letter would not have materialised.

As we put this issue together, I learnt a lot about health while interacting with the doctors & I hope you learn as much from it as I did. Also, we would love to hear from you about this newsletter or anything else you wish to share. You can mail us or call us.

Happy Reading!

Sincerely,
Preeti Sharma
Manager - Public Relations & Corporate Communications
preeti.sharma@aimsindia.co.in

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Editor's Note

Welcome to the second edition of Asian Health Pro- the newsletter of Asian Hospital. Putting together this magazine was a challenge as everyone at Asian Hospital feels the responsibility to produce a newsletter worthy of the work that is being done at the hospital. A lot of effort and interest has gone into this newsletter & the fruit of our labour is in your hands.

www.aimsindia.com

Vidya Jagat Cancer Foundation



A supporting hand from you... can mean life for cancer patients

Of all the diseases that plague mankind, none of them has caused more panic than cancer. The number of myths and stigmas attached to this disease are mind-boggling.

Cancer patients are often subject to fears arising out of: ignorance, incomplete or incorrect information, trauma caused by the disease, fear of fatality. Cancer puts great strain on personal health, finances, and family life of the patient. This is where a helping hand can be of immense value, which led to the formation of Vidya Jagat Cancer Foundation in 2013, a non-profit organization dedicated to the cause of empowering those who are fighting this deadly disease. The Vidya Jagat Cancer Foundation aims to build hope, dignity and life for cancer patients and their families.

BPL benefits.
• The foundation provides financial assistance (a lump sum amount of Rs.50,000/-) to patients below poverty line with the belief that a patient's financial

condition should not stand between him and the choices he makes or the treatments he needs.

- Going a step further, the foundation also provides free radiation sessions in hospitals to people from economically poor background.
- Additionally, health camps & cancer awareness camps are regularly held in different cities & villages all over India.

The vision of the foundation is grand, to help patients of all ages and walks of life, with all forms of cancer, but the foundation cannot do this alone. It requires help from people across the world to come out and join hands so that it can put all efforts in supporting patients and families, struggling with the deadly disease.

YOUR CONTRIBUTION COUNTS

Bank Details :

- Bank Name : Bank of India
- Branch Address : Sector 11, Faridabad
- Account No : 670820110000030
- Account Name : Vidya Jagat Cancer Foundation
- MICR Code : 110013104
- RTGS Code : BKID0006708
- Swift Code : BKIDINBBFMC
- IFSC Code : BKID0006708

Giving selflessly... is the real joy of life!

"All donations and contributions will be exempted from Income Tax under section 80G of the Income Tax Act"

You can donate directly through bank or call: +91 96500 99005



Mr. Anupam Pandey
Secretary