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asian IN NEWS

CM of Jharkhand Inaugurated Asian Dwarkadas Jalan Hospital in Dhanbad



Asian Dwarkadas Jalan Super Specialty Hospital was inaugurated by Hon'ble Chief Minister of Jharkhand, Shri Raghubar Das. The hospital will provide comprehensive health care services within radius of 150 kms.

Asian wins ET Best Healthcare Brand Award second time in row



The felicitation ceremony was organized in Dubai by The Economic Times.

Asian Institute of Medical Sciences gets 138 Cr funding from UK's CDC Group



Asian Institute of Medical Sciences, a leading tertiary Healthcare Service Provider in North India attracts investment from CDC Group, the UK's development finance institution, a leading investor operating in growth markets. As part of the next phase of expansion, the Group intends to add 1,000 more beds over the next 3 years with new hospitals being planned across states of Delhi-NCR, Haryana, UP, Bihar & Jharkhand.

FARA - 2017 a two day Anesthesia workshop organized at the Asian Hospital



Anesthesia Dept of Asian Institute of Medical Sciences organized a two day anesthesia workshop in collaboration with The Anesthetist Society.

Asian launched its second Cath Lab



Seeking an increase in number of heart patients, Second flat panel cath lab is installed in Asian Hospital.

"Cancer Ko Detect Karo Khud Ko Protect Karo" A Cancer Awareness Walkathon



A Cancer Awareness Rally was organized on the occasion of Cancer Day by Asian Hospital, with a slogan "Cancer Ko Detect Karo Khud Ko Protect Karo". About 300 people attended this rally.

Asian Fidelis Construction in full Swing



Asian Fidelis is a forthcoming 175 bedded hospital in RPS City in Sector 88, Greater Faridabad. Spread over a wide expanse area of 1.25 acre. The Hospital construction is in full swing and is expected to be complete by year end 2018.

Asian Sports Symposium and Workshop inaugurated



Asian Hospital organised Sports Symposium and Workshop which was attended by 150 Doctors from Delhi/NCR. Cricketer Mohit Sharma was also present on this occasion.

From the Chairman's Desk



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

Being the best is difficult, our aim is to achieve excellence and continuously strive to become better. The Asian Group has had an exciting journey over the last 8 years and today we stand strong in North India with our presence in tertiary, secondary and primary healthcare.

Through our flagship hospital Asian Institute of Medical Sciences, Faridabad we have achieved several milestones that make us extremely proud. We continue to set new benchmarks through our

performance in various super specialties and patient care initiatives to meet international standards.

Asian Institute of Medical Sciences has several accolades to its credit including being rated as one of the Top 5 facilities in Delhi, NCR by The Week Magazine, Nielsen Survey (2017), and the Best Healthcare Brand in India by Economic Times in 2017. The year 2017 saw Asian Group spread its wings in Eastern India. Our Hospital in Dhanbad is ready to

serve the people of Jharkhand, a 250 Bedded super specialty hospital is offering services in Neuro, Cardio, Gynae, Ortho, Advance Surgery, Critical Care etc.

The Group has received the Funding of INR138Cr from CDC Group for the expansion of business and creation of new hospitals across Haryana, Uttar Pradesh, Jharkhand & Bihar. At Asian, we firmly believe that quality Healthcare is a basic need and needs to be delivered closer to where the need is and

not only in big metros.

We owe our success to our fabulous team of skilled Doctors, Nurses, Paramedics and other professionals. At the same time, we owe it to the patients who have reposed their trust in us, we are humbled by their love and support.

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

Haryana CM Inaugurates Mobile Cancer Screening Van



The Asian Hospital launched Cancer Detection Mobile Van to detect cancers at their early stages. Mobile van was inaugurated by the Hon'ble Chief Minister of Haryana, Shri Manohar Lal Khattar.

The Asian Hospital has equipped a cancer mobile van equipped with modern diagnostic techniques to ease the detection of cancer in patients. This cancer van curated by Asian is aimed to be going from door to door to the identified villages and other backward rural areas to act as initial cancer detection point for the needy populations where the investigations will be free of cost for the patients.

of full body X-ray, mammography, blood, stool test and pap smear through modern equipment and it will as well educate the masses and create awareness amongst people about the importance of early detection of this disease. Fully qualified team of lady doctors, technicians and radiologists will be stationed in this van. This van will go to the villages of Haryana, especially Faridabad, Ballabgarh, Palwal and Rajasthan, to enable initial screening of cancer amongst rural population. We, at Asian are happy that we are taking an important step in the prevention of this rapidly spreading disease in the country.

Breast and cervical cancers are the most common cancers in women in our country, while in males the lung, mouth and throat cancers are prevalent due to gutkha, bidi and tobacco consumption. Treatment is possible and available if these diseases are detected in time, but due to ignorance, hesitancy & misconceptions prevailing in people, they don't go to the hospital for initial screening, and this is one of the major reasons that the cancer is detected at a later stage & at that point

treatment given is not so effective.

This mobile van has the facility



Mysterious Pin Man saved through Miraculous Surgery

In one of the most baffling, mysterious and challenging surgeries in medical history, the team of our doctors successfully retrieved 91 pins from the body of a 56 year old man hailing from Rajasthan and gave him a new lease of life.

Badrial, a resident of Kota of Rajasthan, an employee of Indian Railways was declined surgery by a number of specialty hospitals across India keeping in view the challenges it posed in retrieving the pins from his body. He was referred to Asian Institute of Medical Sciences where a multi disciplinary team comprising of ENT, Vascular Surgeon, General Surgery & Anesthesia was able to successfully retrieve the pins from the sensitive and vital body parts of the patient to keep him alive.

When Badrial came to hospital, he was in a very serious condition. Fragile, unable to talk or eat, the chances of his survival were bleak. But we decided to go ahead and accept this unique challenging case. At first we carried out a CT scan besides an endoscopic procedure for proper diagnosis and we were astonished to discover that he had more than 150 pins pierced in different parts of his body. Majority of the pins were pricked in the neck. The most challenging task was to remove those pins which were pierced in the vital nerves, arteries and organs like respiratory, food pipe, esophagus and the carotid artery (which supplies blood to our brain).

The entire surgical procedure took around 6 hours and we were able to retrieve 91 pins



from the neck of the patient which posed one of the greatest threats to his life. The medical team was extra cautious while removing the pins from the carotid artery and vocal cord as a small error would have led him to coma.

Another major challenge that this surgical procedure produced was the use of

anesthesia in Badrial's case. In this case, Tracheostomy procedure was used which ensured that the pins being removed with great precision because neck happens to be very complex as vital nerves pass through it. These nerves continuously supply blood to our brain and oxygen to other parts of the body. If the flow is disrupted it can be fatal.



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EMERGENCY ☎ 1067

Creating Benchmarks of Excellence in Cancer Care

Asian Cancer Centre is a state-of-the-art cancer facility providing excellent cancer care to patients in this part of the sub-continent. Asian Cancer Centre provides comprehensive care dealing with even complicated and unusual tumours with ease and delivering excellent results.

The Department of Surgical Oncology has been performing complex cancer surgeries including Head & Neck, Breast, Thoracic, Gastro-intestinal as well as Gynaecological - cancers. An example of excellent quality outcome is the case of young 21 year old male suffering from cancer of root of nose extending inside brain resulting in the loss of vision in one eye and impending loss in another. He had received two cycles of chemotherapy with no relief and the progression of disease continued.

It was a challenge as it was a large tumour involving the nasal cavity as well as significant amount of intracranial extension. A team of Neuro, Cancer, Eye and Plastic surgeons operated on this patient & successfully removed the tumour with minimal sequelae. Post surgery the patient was treated with radiotherapy after the removal of tumour & regained complete vision in one eye and partial in another. After one year of his operation, the patient is doing fine and has rejoined college. Another such case is of a 77 year old patient, presented with Pseudomyxoma Peritonei with



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tumour spread all over the abdomen, this patient was a challenge to treat as he was old & frail. Still the oncologists successfully operated upon him & entire tumour in his abdomen was removed with Cytoreductive surgery & later on treated with HIPEC (Hyperthermic Intraperitoneal Chemotherapy), a therapy used in an elderly patient for the first time in this part of the world. The patient is absolutely fine and disease free six months down the line.

Many such success stories are created at Asian Cancer Centre on a regular basis. The results & surgical outcomes of the Centre are comparable with the best

centres in the world. No cancer treatment is complete without the cooperation from the entire staff & patients' relatives, it is



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ONE OF THE MOST COMPREHENSIVE CANCER CENTRE



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this team which helps patient to overcome problems which they face in the journey of life.

Saving lives with Bone Marrow Transplant

A Possible Cure For Life Threatening Diseases

Bone Marrow Transplant or Stem Cell Transplant is a procedure that involves re-population of damaged or cancerous bone marrow of a patient with healthy marrow of a donor. Contrary to popular belief, this does not involve a surgical procedure and is better described as a staged medical procedure.

With the modern supportive care significantly improved, and for diseases like aplastic anemia, cancerous bone marrow of a patient with healthy marrow of a donor. Autologous (self donor) transplants are done for some diseases like myeloma and lymphoma where these have been shown to improve survival and cure rates.

Importantly, Bone Marrow Transplant is a standard treatment and possibly the only curative treatment for high risk and relapsed blood cancers (Leukemia, lymphoma), and the only world class BMT facility in the region, follows strict international protocols for care of such patients and is one of the few BMT units in INCR, reporting outcomes to CIBMTI. At Asian Cancer Centre of Excellence For Bone Marrow Transplant, we have successfully done more than 200 Bone Marrow Transplants, including half matched and unrelated donor transplants. The Centre is the only world class BMT facility in the region, follows strict international protocols for care of such patients and is one of the few BMT units in INCR, reporting outcomes to CIBMTI.



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Bentall's Procedure for leakage in Heart Valves

A 53 years old gentleman came to cardiac surgery OPD with complaints of breathlessness on exertion for 3 months. He was found to be suffering from Aortic valve regurgitation (severe leakage in one of the heart valves, along with this his largest artery (Aorta) was severely dilated. After complete investigations, he was planned for surgery which is called Bentall's Procedure or Aortic Root Replacement.



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This procedure is performed under general anaesthesia, and for the heart that temporarily stops using cardiopulmonary bypass.

Recovery period Patients usually stay in the intensive care unit for 2-3 days for monitoring, and then in the nursing unit for 4-5 days. Two to three tubes stay in the chest to drain fluid from around the heart, which are usually removed 1-3 days after the surgery. Full recovery usually takes about 4-6 weeks. Most patients are able to drive in about 3 to 8 weeks after surgery. Your surgeon will provide specific guidelines for your recovery and return to work.

Risks of the surgery As with all surgery, aortic root replacement with a composite valve-graft is associated with some risks. In the short term after the operation, these may include wound infection, bleeding, kidney injury, stroke, heart attack, arrhythmias and pacemaker implantation, and possibly death. In the long term, the artificial valve may fail or dysfunction.

Treating the World: A Preferred Destination for patients from 47 Countries



Asia is a preferred destination for those looking for quality healthcare at affordable costs. India leads the way in orthopaedic, cancer treatment, cardiac surgeries, neurological disorders and various other cosmetic procedures. International patients have been

streaming in the country over the past decade seeking medical assistance. India offers cost effective treatments without compromising the quality of clinical outcomes. There is an increasing thrust among Indian hospitals to go for national and international quality assurance

has 68 independent clinics with a capacity to handle over 1000 outpatients every day across specialities. Asian provides comprehensive multi-specialty tertiary care facilities through its Centres of Excellence in Cancer, Heart, Bone & Joints, Advanced Surgery, Neurology & Neurosurgery, Urology & Kidney Transplant, Renal Diseases, Mother and Child, Gastroenterology, IVF, Bariatric & Metabolic Surgery and Aesthetic Surgery & Medicine. Healthcare costs in India are approximately one-tenth lower as compared to US and 50-60% cheaper than Singapore and Thailand. We create a safe patient centric healthcare experience, which is affordable and of the highest quality. This is the reason we are fast becoming a preferred destination for patients from overseas.



The hospital provides preventive, diagnostic, therapeutic, rehabilitative, palliative and support services. The installed capacity of this Hospital is 350 beds including 80 beds in Intensive Care Units (ICU). Latest equipments in the hospital include 11 modular Operation Theatres, LDR Facility, 4-D ultrasound & flat panel Catheterization lab. The Hospital



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Heart failure, prevention & its treatment



ASIAN ADVANCED HEART CENTRE

Your body depends on the heart's pumping action to deliver oxygen & nutrient rich blood to the body cells. When the cells are nourished properly, the body can function normally.

With heart failure, the weakened heart can't supply the cells with enough blood. This results in fatigue and shortness of breath and some people contract coughing besides. Everyday activities such as walking, climbing stairs etc. can become very difficult.

Heart failure signs and symptoms may include:

- Shortness of breath (dyspnea) when you exert yourself or when you lie down
- Fatigue and weakness
- Swelling (edema) in your legs, ankles and feet
- Rapid or irregular heartbeat
- Reduced ability to exercise
- Persistent cough or wheezing with white or pink blood-tinged phlegm
- Increased need to urinate at night
- Abdomen swelling (ascites)
- Very rapid weight gain from fluid retention
- Lack of appetite and nausea

• Decreased Alertness. Any of the following conditions can damage or weaken your heart and can cause heart failure. Some of these can be present without your knowing it:

- Coronary Artery Disease and Heart Attack.** Coronary artery disease is the most common form of heart disease and the most common cause of heart failure. The disease results from the buildup of fatty deposits (plaque) in your arteries, which reduce blood flow and can lead to heart attack.
- High BP (Hypertension).** If your blood pressure is high, your heart has to work harder than it should to circulate blood through your body. Over time, this extra exertion can make your heart muscle too stiff or too weak to effectively pump blood.
- Faulty Heart Valves.** The valves of your heart keep blood flowing in the proper direction through the heart. A damaged valve - due to a heart defect, coronary artery disease or heart infection - forces your heart to work harder, which can weaken it over time.
- Damage to the heart muscle (Cardiomyopathy).** Damage to heart muscle can have many causes, including several diseases, infections, alcohol abuse and toxic effect of drugs, such as cocaine or some drugs used for chemotherapy. Genetic factors also can play a role.
- Myocarditis.** Myocarditis is an inflammation of the heart muscle. It's most commonly caused by a virus and can lead to left-sided heart failure.
- Heart defects by Birth (Congenital Heart Defects).** If your heart and its chambers or valves haven't formed correctly, the healthy parts of your heart have to work harder to pump blood through your heart, which, in turn, may lead to heart failure.
- Abnormal Heart Rhythms (heart arrhythmias).** Abnormal heart rhythms may cause your heart to beat too fast, creating extra work for your heart. A slow heartbeat also may lead to heart failure.
- Other diseases.** Chronic diseases - such as diabetes, HIV, hyperthyroidism, hypothyroidism, or a build up of iron or proteins - also may contribute to heart failure.

Prevention

The key to preventing heart failure is to reduce your risk factors. You can control or eliminate many of the risk

factors for heart diseases - high blood pressure and coronary artery diseases, for example - by making lifestyle changes along with the help of any needed medications.

- Lifestyle changes you can make to help prevent heart failure:
- Not smoking
 - Controlling conditions, such as high BP and diabetes
 - Staying physically active
 - Eating healthy foods
 - Maintaining a healthy weight
 - Reducing & managing stress.

Treatment

Heart failure is a chronic disease needing lifelong management. However, with treatment, the signs and symptoms of heart failure can improve, and the heart sometimes becomes stronger. Treatment may help you live longer and reduces your chance of dying suddenly.

Doctors sometimes can correct heart failure by treating the underlying cause. For example, repairing a heart valve or controlling a fast heart rhythm may reverse heart failure. But for most people, the treatment of heart failure involves a balance of the right medications and, in some cases, use of devices that help the heart, beat and contract properly.



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Dangers of Neglecting Your Oral Health



ASIAN DENTAL CENTRE

Our mouth is one of the most prone to germs areas of the body. It hosts an abundance of bacteria. Not that all bacteria are bad but when they have time to cultivate in the mouth, they lead to problems like decayed teeth, gum diseases, tooth loss, mouth sores etc.

Poor oral health also affects our entire body and can result in serious medical conditions such as:

Respiratory Infections: Patients with deep caries and gum diseases constantly breathe bacteria and over time this can lead to Respiratory tract Infection, Pneumonia, COPD.

Diabetes: It is a two way street with diabetics having increased risk of gum diseases. At the same time, patients having severe gum diseases have a strong chance of developing diabetes.

Dementia: Poor oral health can affect the brain, there is a correlation between tooth loss in elderly and poor performance in the memory and walking speed.

Heart Diseases: Bacteria associated gum disease can enter blood stream and colonize the inner linings of the heart and valves which in turn create growth pockets of Bacteria.

Pregnancy and Birth: Any infection in the mother's body increases her risk of experiencing pregnancy complications. Gum Diseases are linked to premature birth and low-birth weight babies.

Digestive Disorder: Problems in gums and teeth lead to intestinal failure, irritable bowel syndrome and other digestive disorders.

Cancers: Poor oral health practices such as smoking or using tobacco products can

obviously lead to oral and throat cancers but other types of cancers have also been linked to gum diseases. Risk for kidney cancer, pancreatic cancer and blood cancers are much higher for people who have poor oral health.

The risks presented by poor oral health make it imperative to maintain healthy oral habits.

You must brush and floss daily to maintain a healthy mouth. Moreover, it's crucial to see your dentist regularly for your checkups.

This way you can reap long term benefits in the form of a pain free mouth and whole body health.



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Doctors successfully remove a giant size cyst weighing 200 grams from Brain



The old adage 'Doctor is next to God' holds true for a 41 year old lady Shanti Devi from Ballabgarh who has recently undergone a brain surgery successfully. In a rare and one of the most challenging brain surgery, our team of Neurosurgeons successfully removed an 'egg shaped' foreign object weighing 200 grams from the brain of Shanti Devi which is considered to be largest of its kind ever found in India and it was removed successfully without breaking it or damaging the soft tissues of the brain.

It was a challenging surgery as we had to remove this egg shaped Cyst completely and in one piece without causing any damage to the brain. The tumor was about 200gms in weight and measured 8cm X 8cm in size. The surgery had lots of risks as the foreign object was on the left side of the frontal brain which controls our speech

and activities. Shanti Devi came to hospital with complaints of severe headache and weakness on the right side of her body. She was unable to stand or walk without support. Doctors advised MRI of her head and she was diagnosed to be having a large hollow stone like tumour / cyst inside her head. It had taken the shape of an egg whose external structure was hard and surrounded by the brain all over.

We tested the foreign matter and discovered that it was caused by some parasite. Such parasites in the brain are known to cause soft balloon like cysts in some patients, but this type of hard structure and size has never been reported in medical literature.

We had to be extra careful in removing it as it contained thousands of parasites and toxic fluids. Had the fluid leaked out

into the brain, it could have caused severe reactions or may have resulted in forming more cysts finally killing the patient. The surgery took about four hours.

Post her surgery, Shanti Devi carries out her daily chores smoothly and has no problems with her speech too. She could not stop thanking the team of doctors from Asian Institute of Medical Sciences for giving her a new lease of life.



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A young man with severe pneumonia gets a new life by ECMO technique



19-year-old Yash was suffering from severe pneumonia, a critical condition, which serves as an artificial lung. Infusing the blood with oxygen and removing carbon dioxide and returning it to the patient. This process is used in a situation when the patient does not show any improvement in the condition even after being put on the ventilator.

With severe pneumonia, this process is continued until the patient's lungs are able to breathe normally. This process can take up to 4 weeks. ECMO is a life saving device and only available in Asian Hospital, any improvement even after being put on the ventilator.

Keeping his condition in mind, we advised the family to shift the patient to ECMO (a type of dialysis for respiratory patients).

ECMO stands for Extracorporeal means outside of the body. ECMO is a life-saving technique that mimics the natural function of the heart and lungs. ECMO procedure involves channeling the patient's blood into a roller pump, the pump sends the blood through an



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Fatty Liver?? Go For Fibroscan

The liver is a vital organ whose main job is to filter the blood coming from the digestive tract, before passing it to the rest of the body. Excessive alcohol intake, infection caused by hepatitis B and C viruses, diabetes, certain drugs and biliary diseases, may cause liver fibrosis. Our faulty lifestyle also leads to deposition of fat in liver.

Normally, most liver disease patients would require undergoing a liver biopsy to look for liver fibrosis. Liver biopsy involves putting a needle into the liver to take a small piece of the liver for evaluation, it is an invasive test, and associated with certain risks such as pain and internal bleeding. Asian Institute of Medical Sciences has introduced Fibroscan, through



which we can assess for liver fibrosis non-invasively. Fibroscan is a new technology that utilizes a form of ultrasonography to measure the

extent of liver disease without entering it. This makes assessment of severity of liver disease very simple and non-invasive. In the same session, Fibrosis & steatosis quantification can also be done.

In Fibroscan, an ultrasound like probe is placed on the skin over the liver area, and just by pressing a button, the ultrasound probe sends a shear wave in to the liver and detects the stiffness of the liver. Fibroscan will be useful for all patients suffering from a chronic liver disease such as hepatitis B, hepatitis C, non-alcoholic fatty liver disease, chronic hepatitis and cirrhosis.

The test takes only 5-7 minutes to perform, it is significantly less expensive than liver biopsy, and it has not been associated with

any known side effects. After the diagnosis, patient can immediately go back home as there are no surgical cuts made, no anesthesia given and patient doesn't feel any kind of pain.



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'It's Business as Usual' after a Total Knee Replacement Surgery

Knee replacement can be a life changing experience from being dependent on someone or suffering from debilitating knee pain to an independent person who walks pain free, enjoys his life, plays with his grand children and goes out for morning walks with his friends. Thus, getting a total knee replacement can be a paradigm shift.

Patients can stand up the same evening after surgery and can start walking with a walking aid the same evening or the next day after surgery. They can start using toilet from the second day onwards. The patients need to use a commode chair with an extension. At first patients can

walk with a walker or stick, then start using stairs as soon as they feel confident. International patients can fly back home as early as 7 days post surgery. Stitches removal is usually done 2 weeks after surgery. Physiotherapy should be continued upto 4-6 weeks after the surgery under supervision of a trained physiotherapist.

Return to work can be as early as 2 weeks. If you got your left knee replaced, you can drive an automatic car as soon as 2 weeks after surgery. If you got right knee replaced or both knees replaced, you may have to delay driving till 4-6 weeks post surgery.

Knee replacement surgery requires an average 3 months before your muscles and bones heal completely and you regain normal motion and strength. You can return to sports such as swimming, golf, bowling, dancing and bicycling three months after surgery. Although patient after a high flexion total knee replacement can sit cross legged, it is not recommended to sit on the floor and do so frequently as it decreases the life of the implant. You have to avoid high impact activities such as running and jumping and contact sports such as football.

Total knee replacement is a boon for the elderly who want to live an active and pain free life.

surgeon initially - 1 month, 3 months and thereafter once every year.



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You should be under the regular follow ups of your operating

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Asian Healthcare Group is one of the fastest growing healthcare chains in the country. In a short span of 8 years, it has created a niche for itself in the states of Delhi, Haryana, UP, Bihar and Jharkhand through its philosophy of affordable, accessible and best available healthcare for people close to where they live. Through its hub-and-spoke model, Asian Healthcare is establishing hubs of tertiary care hospitals surrounded by a cluster of smaller secondary care hospitals. To meet the healthcare needs of people residing in Tier 2 and Tier 3 countries. The group's flagship hospital, Asian Institute of Medical Sciences, Faridabad continues to be India's premier healthcare destination at par with the best in the world.

Asian Dwarkadas Jagan Hospital, Dhanbad

Asian Vivekanand Hospital, Moradabad

Asian Hasoona Begum Hospital, Sambhal

Asian Yamuna Vihar Hospital, Delhi

Asian Clinic, GK, Delhi & Palwal

Asian Fidelis Hospital, Faridabad

NEW DELHI ■ FARIDABAD ■ PALWAL ■ MORADABAD ■ SAMBHAL ■ DHANBAD

