

25th Anniversary SPECIAL EDITION



Message from Director's Desk.

An eventful year has come to an end! This year has concluded with mixed emotions. We cannot deny the positives that COVID era has gifted the world while accepting the adversities still going through. We pay homage to those who have lost their lives to the pandemic.

'Thank You' seems too small a phrase to express the appreciation we have for our doctors, nurses, other staff members, and the community for their support during the COVID-19 pandemic. We equally bow our head to the Public authorities and government officials who came together in support of the community in extraordinary ways to support their needs. We have been so fortunate to witness the finest examples of kindness and courage from all of them.

We have received many appreciation feedback/letters from the recovered COVID patients who were contented with our services and the way we have dealt with the situation; while we are 'Happy to Care' always to continue providing world-class, compassionate care to our patients even in this most challenging circumstances. We have made great strides in pushing our new norm to our day to day affairs.

We are proud to announce that we have made it through 25 glorious years of



**Mr Yenepoya
Mohammed Kunhi**
Managing Director



**Mr Yenepoya
Abdulla Kunhi**
Chairman



**Mr Yenepoya
Abdulla Javeed**
Operations Director

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ethical care in the industry under the stable stewardship of our eminent Chairman Mr Yenepoya Abdulla Kunhi and the Managing Director Mr Yenepoya Mohammed Kunhi.

“Make sure that you always deliver more than the value of fee paid by our patients”... Right from the start this was our Chairman's advice, I recollect. Every decision we took in the development of our hospital and its services were based on our patient's feedback and this has helped us to develop a trusted clientele beyond the regional, social and religious barriers.

Way back in 1994, when our Chariman discussed about this health care project with me; at that time as a fresh post-graduate doctor, it was a dare for me to undertake the challenge of being an administrator of a hospital undergoing development phase, along with my regular medical practice. Time has flown surprisingly fast. The last 26 years had been a rollercoaster ride; at the same time, it has been extremely fulfilling. When I had an unflinching support from a person like our Chairman who makes the impossible possible, whose guidance had been tremendous, it reminds me of the proverb “success comes to those who dare to live their dreams”. It has always been a learning experience to be in every meeting with him and it is still the same.

In the past 25 years, we have advanced so well technically to cover almost every area in the hospital. The reach of technical innovation continues to grow. In the coming years, we intend to harness the full power of technological advancement in healthcare delivery and management.

I take this opportunity to thank our Chairman and Managing Director for the trust bestowed upon me.



Dr. Muhammad Thahir
MBBS, MS (ORL)
Medical Director

Message from Chairman

LOOKING BACK

As we complete 25 years this year, I recollect, Yenepoya Specialty Hospital has charted a very eventful journey of growth ever since the half constructed structure was acquired from Karnataka Hotels in 1994. With careful planning and meticulous execution, it was converted into a 40 bedded general hospital with two floors of 200 chairs in dental clinics, which was associated with Yenepoya Dental College. The team of Prof P.C.M Kunhi as Administrative Head, Dr Sujeer as Medical Superintendent and Mrs Tara Frank as Nursing Superintendent were instrumental in setting up the basic medical facilities inside the half completed structure. Work on the remaining floors continued and special rooms and operation theatres were soon added.



Thereafter in 1997, we formally inaugurated the facility at Kodialbail. At that point we were associated with a facility management and catering unit SHRM which is a subsidiary of Taj Group of Hotels. Work on the remaining floors gradually saw completion during this phase and we were simultaneously pursuing permission for a Medical College.

We prepared for the inspections by Medical Council of India and were granted permission for the same in 1999 with our hospital as clinical facility for the initial years. In the following years, all the Medical College related activities including dental clinics got shifted to the campus at Deralakatte and we, at Kodialbail, started functioning as a full-fledged private hospital.

After that, there was no looking back. In 2005 we inaugurated the NICU and Birth Centre. In 2006 we established a



nursing college with a B.Sc. program to strengthen nursing care at YSH. In 2007, we went in for expansion with CT Scan and Dialysis units, and soon after in 2008 we witnessed the opening of the Cathlab and Cardiac Centre. We also added a premium floor and expanded our Operation Theatres.

In 2011, we commissioned an additional elevator and upgraded our cafeteria. In 2013 we started a dedicated OP block, upgraded our Intensive care and Emergency services. Having completed the work on the infrastructure we embarked on the accreditation process and successfully obtained full NABH accreditation as early as 2018, the same year that we commissioned our MRI unit. Last year, 2020, we obtained accreditation from NBE to run Post Graduate Diploma (DNB) course for Doctors in Orthopaedics.

Currently, we are upgraded to a 234 bed-state-of-art with latest technology infrastructure.

The peak of our preparedness was put to the test in 2020 with our Corona Warriors at the forefront, battling the COVID-19 pandemic.

I remain in gratitude to all the people, the entire team of Yenepoya Speciality Hospital, under the leadership of Medical Director Dr Muhammad Thahir and Operations Director Yenepoya Javeed that have made all this possible.

The journey has been epic to say the least, but the saga of growth continues....



**Mr Yenepoya
Abdulla Kunhi**
Chairman

PERSPECTIVES OF PALLIATIVE CARE IN MODERN MEDICAL PRACTICE



It is indeed a panacea that Palliative Care is making its presence felt as a dynamic patient-centered system of Medical care. Palliative Care is an approach that improves the quality of life of patients and their families facing problems associated with life-threatening illnesses, through the prevention and relief of suffering by means of early identification, impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.

From the time of diagnosis of an incurable or life limiting disease Palliative care is applicable. A chronic and incurable disease need not be immediately life threatening, but can severely affect the quality of life and will benefit from Palliative care. In short, Palliative care is the care that heals physical, social, psychological & spiritual symptoms of an incurable disease to improve quality of life and addresses care giver distress. Palliative care considers dying as a normal process. End-of-life care is an integral part of Palliative care provided to those who are dying, but the intention is not to hasten or postpone death. Palliative care helps people with life threatening or life limiting conditions live as actively as possible till the end.

Providing supportive care in such complex situations requires a multi disciplinary approach and if required can rope in other healthcare workers like social workers- friends of the community, who can help improve quality of life of patients and their families.

Worldwide, about 40 million people need Palliative care. More than 75 % of them live in low and middle income countries. Only 14 % of them have access to Palliative care. About 70% of those needing Palliative care belong to above-60 age group. More than 2/3 of the countries in the world have either no Palliative care or isolated services. In India more than 6 million people need Palliative care but only 2 % of them have access to it. The need will further increase due to population ageing and increasing NCD burden.

The Conventional treatment practice, is a disease centered approach, with the Physician as the General. The intent is curing. Disease is considered as a problem to be solved. The Physician is required to do something. It improves quantity of life. It is required that death has to be prevented. On the other hand, in Palliative care it is symptom centered and the Patient is the Supreme. While the intent is healing, disease is considered as an experience to be lived. The Physician is always there to answer questions. Palliative care improves the quality of life and death is accepted. It is true that in Palliative care we cannot cure but can we not comfort? Can we not console? In palliative medicine, we cure rarely but we can Comfort often but Console always. Thus there are different perspectives to Palliative care which can be adopted for better care to the patients with incurable disease.



Prof (Dr) C V Raghuveer

MD Pathology

Palliative Care Consultant

Introduction of Doctors

Dr. Mariam Anjum Ifthikar

M. B. B. S., M. S. (Obg) FMAS, PGDER.

Fellow In Gynaecologic Oncology (KMIO)

Mch Gynaecologic Oncology



Visiting Consultant Gynaecological oncologist (First in Mangalore)

Dr. Mariam Anjum has joined us as a visiting consultant – Gynaecologist and gynaecological oncologist since December 1st 2019.

Dr. Anjum has obtained a bachelor's degree in medicine and surgery in 2007. She pursued her MS in Obstetrics and Gynaecology in 2011. Further Dr. Anjum pursued a post doctoral Fellowship in Gynaecology at Kidwai Memorial Institute of Oncology Bangalore in 2015 under Rajeev Gandhi University of health sciences. Trained in Chemotherapy for Gynaecological cancers, palliative oncology, preventive oncology, advanced Onco pelvic surgeries. Further pursued Mch Gynaecological oncology from Amrita institute of medical sciences, Ernakulum in the department of Breast, Robotic and Gynaecological Oncology in 2019.

Dr Mariam Anjum Ifthikar has over 6 years of experience in the comprehensive cancer care in Gynaecology and specialist in gynaecological services which includes :

Benign Gynaecological diseases like fibroids, adenomyosis, Endometriosis, menstrual disorders, pre invasive gynaecological conditions, ovarian cancer, uterine cancer, cervical cancer, vulva cancer, vaginal cancer, molar pregnancy, Colposcopy (Preventive oncology), Palliative oncology, Laparascopy.

Dr. Anjum, has done several National and International presentations in the stream of Gynaecology and is affiliated to several professional associations

Dr. Mariam Anjum Ifthikar is available from 5:00pm to 6:00pm from Monday to Saturday

to request appointment please call 9482171717 or 06364758855 (9:00am to 6:00pm)

Health Tips

Improve Your Brain Power, Energy, and Attain Longevity with this Molecule

Top Three Ways to Increase your Nitric Oxide Levels

Practice deep, slow, and controlled nasal breathing instead of mouth breathing

Sunlight exposure liberates nitric oxide from the skin and circulatory system

Add Nitrate rich foods to your diet

- 70% dark chocolate
- Beets
- Wild-caught salmon
- Raw nuts & seeds
- Pomegranates
- Spinach & other green veggies



We have around us enough tools to lead a long healthy life; we just need to listen to our body needs more often and recognize when to adapt and change.

Nitric oxide is one of those tools that can help you lower high blood pressure, starve off viral infections, and reduce the risk of erectile dysfunction, heart attack, stroke, brain diseases, and mental health disorders like anxiety and depression.

Nitric oxide also helps to improve circulation and stamina during high intensity exercises, reduce inflammation, improve sleep, and boost brain power and the immune system.

Staff Interview



Dhananjaya & Family

DHANANJAYA K 22 YEARS

Public Relations Officer

1. How would you introduce yourself and your family to our reader?

Myself, Dhananjaya K, am an accountant by profession. My family consist of 4 members; my loving wife Ashalatha, also a proud employee of YSH, working as a Pharmacy Assistant. We both are so fortunate to have two sons, Anush who is in 5th grade and Ayush who is in 1st grade.

2. We are in the 25th Year... serving in YSH for 22 years. How has your professional and personal life improved?

Life has improved financially, morally and mentally. I have developed my personality and improved my social etiquette. Professionally, YSH has helped me to grow build a career by introducing me to the YSH Community.

Today I am a confident and an independent individual and the whole credit goes to YSH.

3. One sentence to define YSH in your term?

"A home away from home".

4. What is your wish for YSH on its 25th Anniversary?

May YSH grow and attain more and more success. May these 25 years of success multiply in quantity and quality.

5. Going forward, where do you see yourself after 5 years?

Working for YSH with more enthusiasm and dedication.

6. Cherished moment in YSH which you will carry in your life chariot?

Receiving 20 years' service award, made my work life at YSH memorable; that is something I would carry in my life chariot.

7. Experience is the ladder to acquire knowledge, in your 22 years of experience what have you learnt from YSH?

Respect is essentially important for an individual to lead a contented life. So working here at YSH I have received recognition as well as respect from the department and the hospital in general. Coordination with team members, multitasking, time management, growing and helping others to grow, is what I have learnt after joining YSH.



Ramachandra & Family

RAMACHANDRA K 20 YEARS

Cathlab Technician

1. How would you introduce yourself and your family to our reader?

I am Ramachandra K, a Cath Lab Technician by profession serving YSH for the past 20 years. We are a small family of 4 members. My wife Revathi is a staff nurse at KMC hospital Mangalore. We are blessed with two daughters, Prapthi who is pursuing her bachelor's degree and Thrupthi who is in the 1st grade.

2. We are in the 25th Year... Serving at YSH for the 20 years, how has your professional and personal life improved?

Joining at YSH has been a turning point in my life as it was a great platform for my professional and financial growth. A steady earning has helped me

accomplish all my dreams. Today, I am a proud owner of a house, a car and a bike. It is my hard work, dedication and perseverance that helped me improve my skills in public speaking, social etiquette, and hospitality here. I am thankful to my colleagues and management for the unstinted support and guidance for the person I am today.

3. One sentence to define YSH in your term?

A place that guarantees your professional growth and satisfaction.

4. What is your wish for YSH on its 25th Anniversary?

My heartfelt congratulations and may YSH attain greater heights.

5. Going forward, where do you see yourself after 5 years?

Will be serving YSH as a dedicated staff.

6. Cherished moment in YSH which you will carry in your life chariot?

Receiving the recognition award for 20 years of dedicated service was one of my best cherished moments at YSH.

7. Experience is the ladder to acquire knowledge. In your 20 years of experience what have you learnt from YSH?

The only thing that overcomes hard luck is hard work. Working at YSH for the past 20 years has changed my life drastically. Joined as an OT Technician way back in 2000 and now serving YSH as the Cathlab Technician was a pure learning experience with the support of my superiors and colleagues. Worth mentioning is that I am an extremely optimistic, obedient and punctual person today.



Hareesh & Family

HAREESH M SHETTY 20 YEARS
Maintenance Co-ordinator

1. How would you introduce yourself and your family to our reader?

Hi, it is an immense pleasure to introduce myself, I am Harish. I see myself as a people oriented person. My strength is my attitude-I like to take challenges. I am a self-motivated and disciplined person. I am a good team player as well as can lead a team. I can adapt to any kind of environment. I am so glad to work with YSH. This organization has provided all the support required to enhance my skills.

2. We are in the 25th Year ... Serving at YSH for 20 years, how has your professional and personal life improved?

Professionally, I gained more knowledge, and personally, I have become more confident.

3. One sentence to define YSH in your term?

Very Organized.

4. What is your wish for YSH on its 25th Anniversary?

It takes only one to make a difference and YSH has displayed it every day since I have started working. Now YSH has achieved yet another milestone. Congratulations for completing 25 years and many more to go.

5. Going forward, where do you see yourself after 5 years?

Over the next few years, I want to explore and develop skills in maintenance. In five years, I will be looking for opportunities to expand my responsibilities within this role to work towards my goal.

6. Cherished moment in YSH which you will carry in your life chariot?

Cherished moment in YSH would be the moment I received the recognition award from the MD for 20 years of service. I am so thankful to YSH.



Savitha & Family

Savitha P Shetty 18 YEARS
Medical Superintendent

1. How would you introduce yourself and your family to our readers?

Myself, Dr Savitha Shetty, have been working for 18 years in this reputed organization. Joined as a Casualty Medical Officer and worked in the capacity of Casualty Incharge & Medical Registrar and now, it is a proud privilege to be serving in the role of a Medical Superintendent . I am blessed with two lovely daughters and a caring husband Mr Pushparaj, who is an Engineer and was working as a Customer Support Manager in an IT company abroad currently settled in Mangalore. Elder daughter is a Pathologist, married to a Cardiologist working at Yenepoya Medical

College. We are recently blessed with a lovely grand-son. And the younger daughter is an Engineer currently pursuing her Masters in the US.

3. We are in the 25th Year ... Serving at YSH for 18 years, how has your professional and personal life improved?

It has been a wonderful journey being a proud member of the team YSH. By working with YSH, I have become mentally and physically a stronger woman. Life is short, not just our own, but also the lives of those who surround us. YSH has helped me to do what I wished for. Serving people with compassion and care has always been my dream. I am continuing to live my dream at YSH.

4. One sentence to define YSH in your term?

"Most Ethical and Trusted Hospital in the region"

5. What is your wish for YSH on its 25th Anniversary?

May YSH achieve more Name, Fame, and Recognition Internationally to be one of the well-recognized hospitals worldwide.

6. Going forward, where do you see yourself after 5 years?

To continue with my passion of serving people and equally balancing a peaceful happy life with family. One cherished moment at YSH which you would carry in your life chariot?

That golden moment was when my photo was published in the daily newspaper on 01-07-2008 on the occasion of National Doctors Day in recognition of my services at YSH.

7. Experience is the ladder to acquire knowledge. In your 18 years of experience what have you learnt from YSH?

To be confident, remain positive and ever ready to serve people.



Reshma

RESHMA K 18 YEARS
Senior Accountant

1. How would you introduce yourself and your family to our reader?

My name is Reshma K, a Senior Accountant in YSH for 18 years. We are a family of 3 members. My husband Mr. Srikanth is working as a Turner in a private company and our son Kush is studying in 8th grade.

2. We are in the 25th Year ... serving at YSH for 18 years how has your professional and personal life improved?

Personally, I have strengthened my interpersonal communication with the ability to understand people. Mentally and emotionally, I have become strong which has helped me tackle my personal issues. Professionally, I

have improved my skills, moulded myself to fit in a rapid working environment.

3. One word to define YSH in your term?

"Lifeline"

4. What is your wish for YSH on its 25th Anniversary?

May YSH continue the journey of success with immense pride of serving more patients.

5. Going forward, where do you see yourself after 5 years?

Working full-fledged and serving YSH.

6. Cherished moment in YSH which you will carry in your life chariot?

I was recognized for my continuous service and was honoured. It was a proud moment to stand out from 400+ staff and receive the honour.

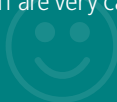
7. Experience is the ladder to acquire knowledge, in your 18 years of experience what have you learnt from YSH?

To face challenges without being prepared is one of the most important things that I have learnt by being associated with YSH.

A contented Mind is the greatest Blessing - Our patients speaks...

We had very good treatment here, doctors and nursing staff are very caring. Surrounding is clean and calm. In total, we had a very good experience here.

Mr. Abdul Hameed



”

Hospital News



#CLEANERYSH AWARDEE

#CLEANERYSH is a campaign launched at YSH for motivating the employees to clean up their workplace and improve the productivity. Employees welcome the movement very positively and empowered themselves to maintain the cleanliness in the respective department and organises their respective workspaces. The Winner of 4th Quarter 2020 #CleanerYSH Trophy is 3rd Floor Counter of Annex Building. The team of 3rd Floor is seen receiving the trophy from Core Managers.

Employee of Performance Excellence Award 4th Quarter 2020 (Insurance Department)

Performance Excellence Award is constituted to recognize those high performing employees who have outperformed in the past 3 months. Congratulations Ms Harinakshi Poojari and Ms Shruti on this well deserved Award. Keep doing the excellent job!!! The team of Insurance Department has performed their best in handling the department with highest professionalism and accuracy within the last 3 months and more.



Ms Harinakshi Poojari and Ms Shruti

Health Check up camp conducted at Ambuja Cements

At the medical camp conducted on December 26 for the staff of Ambuja cements at Panambur.



www.yenepoyahospital.com

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<https://bit.ly/38VgWkh>

Call us at **9008518855**
to book an appointment

Social News

YSH Celebrated a Colourful Diwali with a Rangolis

To boost the morale of the employees and to win over the darkness of Pandemic, employees created Rangolis at YSH.

Active participation of nurses, staff, Doctors and the festive enthusiasm of the Management graced the occasion.



500th COVID discharge

Yenepoya Specialty Hospital marks the discharge of 500th COVID-19 Survivor on 29 October; Mrs H. K Savithri, is been sent off by the Core Managers of YSH.

Christmas Celebration

Christmas, it is the Season to Sparkle. The season of joy...! To ease the workplace stress and to create harmony among everyone Santa marched into YSH with lots of surprises and gifts.



Baby joy of 2021...!

Meet the first baby born in 2021 at Yenepoya Specialty Hospital. Son of Mrs Zamia and Mr Zubair.

A contented Mind is the greatest Blessing - Our patients speaks...

We always recommended Yenepoya to all, as it has an excellent team and services. We love this hospital. Thanks to all.

Mr. Dinesh Rao M

Overall services were great and the doctor, nurses and other staff were very much co-operative.

Mr. Abbas Kotekar

I personally liked all staff members of the hospital who had shown lots of love and care; concern towards me and my baby.

Mrs. Vijitha Nayak Sujin

CRISIS AFTER A CRISIS

Post Covid Syndrome & its Late Sequelae

COVID-19 is a complex disease with a wide spectrum of clinical patterns. COVID-19 clinical spectrum does range from asymptomatic or pauci-symptomatic to severe clinical presentations with life threatening outcomes. However, early in the pandemic, many people believed that COVID-19 was a short-term restricted illness. Having suffered from a rather protracted acute COVID 19 illness, I still do endure after my COVID-19 illness as a COVID tunnel of bedevilling symptom complex to this very day that has prompted me to write this article.

Evidence is now emerging from multiple studies on such symptoms that persist in some COVID 19 survivors that potentially affect their quality of life and delay their return to usual health. This is now termed as Post COVID syndrome (PCS) where symptoms do extend beyond 3 weeks from the onset of first acute COVID-19 symptoms. For those survivors who continue to suffer from these symptoms beyond 12 weeks has been designated a Long COVID syndrome. What is perplexing is that these long lasting and debilitating Post COVID symptoms do occur in survivors of all ages, and in those who have had mild disease including those with pauci-symptomatic acute COVID-19 illness who did not require hospitalization. The UK COVID Symptom Study and other studies from United States, Italy, Belgium, and Netherlands do indeed endorse the presence of a PCS. The narrative of COVID survivorship real experiences of Long COVID is also evident from the members of the Long COVID Facebook group, a discussion and support group for patients with Long COVID. The panoply of PCS symptoms include malaise and exhaustion, diffuse myalgia, joint pains, physical fatigue, apathy, anhedonia, dry cough, smell and taste disturbances, anorexia, insomnia (COVID-somnia) with nonrestorative sleep, lethargy, and subtle neurocognitive difficulties

As the magnitude of COVID-19 pandemic is at an unprecedented scale, we can anticipate a far higher surge in the PCS, Long COVID syndrome and other late health consequences affecting the QoL. It is quintessential to take note that beyond the PCS and Long COVID syndrome is the Pandora box of potential long-term multiorgan sequelae of COVID-19. It is also noteworthy that the survivors of an ICU bound critically ill COVID 19 patient would possibly suffer from Post-Intensive Care Syndrome (PICS). There is also accumulating evidence for chronic multiorgan health effects such as cardiopulmonary/lung health in the form of pulmonary fibrosis, and myocardial/cardiac health causing multisystem inflammatory syndrome in children (MIS-C). Post COVID Neurological Syndrome and brain health, potential trigger of long term neurodegeneration in the brain such as cognitive impairment, dementia, Parkinsonism or Alzheimer's disease. A post-COVID long term neuropsychiatric sequelae affecting mental health is also another vexing issue in the aftermath of acute COVID-19. Liver health, glucometabolic complications, and kidney health are other facets of the long-term health consequences in patients who have recovered from COVID-19.

The clinical takeaways from this have a few pearls. Firstly, it has become clear that the SARS-CoV-2 causes not just respiratory disease, but does affect multiple organs and tissues, given the fact that SARS CoV-2 'gateway receptor' ACE2 and TMPRSS2 is invariably highly expressed in multiple human tissues. Secondly, the story does not end with the acute COVID-19 illness, as an aftermath of health consequences and potential long-term multiorgan damage is now being recognized and reported world across. Thirdly, it is absolutely mandatory to have a heightened interdisciplinary awareness of the Post acute COVID 19 health consequences, and it is paramount to have Post COVID Clinics for the systematic follow up of such COVID 19 survivors, and also establish a COVID-19 Survivor Registry. Multi disciplinary team based 'patient-centric' rehabilitation, and public health management all of which will go a long way forward to reduce morbidity, are absolutely essential to improve outcomes and restore a good health related quality of life. Needless to say, there should be thrust in research needs in basic sciences to further deliver insights into potential mechanistic relationships between viral infections and neuro-immune inflammation, inflammo-proteomics, inflamm-aging, immunogenetics, immunopsychiatry, and the genesis of potential long-term multi-organ complications. In conclusion, I would reiterate that PCS, Long-COVID syndrome and the rollercoaster multiorgan long-term health consequences indeed do represent a post-acute COVID-19 nightmare, indeed a crisis after a crisis.



Dr. B.P. Shelley

MBBS, MD (Med), DM (Neuro), FRCP Edin
Professor & Head, Department of Neurology
Fellowship in Behavioural Neurology (UK)
Fellowship in Cognitive Neurology
& Disorders of Movement & Cognition (UK)



Yenepoya Speciality Hospital is Proud to Announce the Installation of **DORNIER DELTA EXTRA-CORPOREAL SHOCK WAVE LITHOTRIPER**

Extra-Corporeal Shock Wave Lithotripsy (E.S.W.L) - commonly referred to as Lithotripsy, is used Worldwide, to treat 80% of Kidney stones.

Dornier is the pioneer in ESWL. Dornier Delta has the added advantage of being able to target Kidney stones with both X ray (C Arm Fluoroscopy) as well as by Ultrasound. The shockhead is Electromagnetic – hence state of the art, painless and not “ noisy”

ESWL is the preferred choice in Kidney stones upto 15 mm size, as the treatment is on Outpatient basis, Does not require admission (OP basis), Does not require Anaesthesia. Most patients come from their work place, finish treatment in about half hour and return to work !

Although the Equipment is expensive, ESWL is the most affordable of all modes of treatment of kidney stones.



High Lights

- ✓ Relatively painless
- ✓ No need for anaesthesia
- ✓ No need for admission
- ✓ Can go back home / work soon after treatment
- ✓ Dornier Delta ESWL can even target stones not seen on X ray (by ultrasound)
- ✓ Affordable



Dr Ashok Pandit,
MS, Mch
Senior Consultant - Urology

#stayhome #staysafe



Reduce your Risk of **COVID-19** Infection

PLEASE REMEMBER



Maintain 6ft Social Distancing



Wear Face Mask always covering your nose and mouth



Frequent Handwash