



MONTHLY NEWSLETTER

RG Hospitals[®] RG Urology & Laparoscopy Hospital[®]

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Delhi • Noida • Faridabad • Mumbai • Chennai •

Simplifying Surgeries

Kolkata •

MARCH

2024

WELCOME NOTE

😌 LUDHIANA, FEROZEPUR ROAD

RG Hospitals, Ludhiana, Ferozepur Road is pleased to welcome Dr. Rajinder Bansal to Team RG as Senior Consultant (Neurosciences) & Medical Superintendent.

Dr. Bansal has 25+ years of rich experience in Clinical, Academics, Admin, & Quality & was working as a full-time professor at the Department Of Neurology, Dayanand Medical College (DMC).

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RG Hospitals Welcome Renowned Specialist Dr. Rajinder Bansal to its Esteemed Team

RG Hospitals, a pioneer in Urology and Minimally Invasive Surgery, proudly announces the addition of distinguished medical professional to its esteemed team. Dr. Rajinder Bansal, an eminent Consultant Neurologist and former Professor at Dayanand Medical College and Hospitalhave joined RG Stone Hospital located on Ferozepur Road, Ludhiana. With a remarkable career spanning decade, Dr. Rajinder Bansal brings a wealth of experience and expertise in neurology to RG Hospitals. Holding esteemed qualifications including MBBS, MD in Medicine, and DM in Neurology, Dr. Bansal has been recognized for his exceptional contributions in the field of medicine. His tenure as a Professor at Dayanand Medical College and Hospital and his involvement in various medical bodies such as **BFUHS Faridkot and Physician** Research Forum API underscore his dedication to advancing healthcare. "At RG Hospitals, we are thrilled to welcome Dr. Bansal to our esteemed team of medical professionals," said Mr. Avinash Ojha, CEO and Managing Director at RG Hospitals. "Their expertise and dedication to excellence align perfectly with our mission to deliver exceptional healthcare



Dr. Rajinder Bansal through innovation and expertise." RG Hospitals, also known as RG Stone Urology and Laparoscopy Hospitals, has been at the forefront of pioneering work in Endo-Urology and Laparoscopic Surgeries for over 37 years. As India's largest chain in Urology and Minimally Invasive Surgery, RG Hospitals has consistently set benchmarks in surgical excellence, embracing advanced technologies and innovative approaches to healthcare delivery. The addition of Dr. Bansal to RG Stone Hospital marks another milestone in RG Hospitals' journey towards providing world-class healthcare services to the community. Patients can now benefit from their specialised care and expertise in neurology and CO surgical procedures at RG lat Stone Hospital, Ferozepur En Road, Ludhiana.













RG Hospitals achieved a significant milestone by successfully performing the state's first HIPEC (Hyperthermic Intraperitoneal Chemotherapy) surgical procedure. HIPEC is a highly specialized, cutting-edge surgical method used to treat tumors of the peritoneum, including advanced stages of ovarian cancer (stages 3 & 4), appendix cancer, mesothelioma, and certain stage 4 colon & stomach cancers. This complex technique has shown better patient survival rates and quality of life.

This pioneering surgery was performed on a 55-year-old female patient in the advanced stage of ovarian cancer by a dedicated surgical oncology Team led by Dr. Sachin Ambre (Consultant - Surgical Oncology), Dr. Hemant Parsekar (Consultant - Anaesthesia), and Dr. Nambiraj Konar (Sr. Consultant - Anaesthesia).



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HIPEC (Hyperthermic Intraperitoneal Chemotherapy)





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by Dr. Skennis release. Surgical Oncologyl, br. Hernant Parsekaz, Consultant Anaesthesia, and Dr. Nambiraj Anaesthesia, and Dr. Nambiraj Specialised cutting-edge surgical method used to twat humours of the peritoneum, including advanced stages of ovarian cancer, mesothelioma, and certain stage 4 (stages 3 and 4), appendix cancer, mesothelioma, and certain stage 4

RG Hospitals, Ludhiana-Ferozepur Road performed its first Re-Do Bariatric Surgery. Mr. Deepak Anand, a 55-year-old businessman from Ludhiana, started his weight loss journey 17 years ago at the age of 38 when he weighed 123kg. In 2011, he got In touch with Dr. Arindam Ghosh, Senior Consultant in Laparoscopic & General, Hepatobiliary, Laparoscopy & Metabolic Surgery, opting for Bariatric Surgery (Sleeve Gastrectomy). The results were remarkable, with his weight dropping to 76kg.

However, due to a recent ankle fracture & subsequent lifestyle changes, his mobility became restricted, leading to weight regain. Undeterred, Mr. Deepak approached Dr. Arindam Ghosh again at RG Hospitals, Ludhiana, Ferozepur Road, & on January 16, 2024, he underwent Mini Gastric Bypass Surgery. His journey was celebrated with the RG Ludhiana team, Dr. Arindam, & RG Hospital's MD & CEO, Mr. Avinash Ojha. He also graciously provided a written testimonial detailing his experience at RG Hospitals & his family also shared a video testimonial.

PATIENT TESTIMONIAL RG LUDHIANA, FEROZEPUR ROAD

I was technically obese and it was tough for me to move normally like healthy people do, My feet used to get swollen as they were not able to bear my body weight. The major concerns with my overweight were joint pain and swollen feet.

So, 13 Years back I heard about Dr. Arindam Ghosh and went through Bariatric Surgery (Sleeve Gastrectomy), and after that my weight was reduced to 76 Kg and after that, I started to control my diet, did regular exercises. I was so much satisfied with his surgery that I recommended around 20-40 people to get surgery from Dr Ghosh. I am very fond of music videos and my weight loss made me look good.

But 3 Months back, I had an Ankle fracture and was advised bed rest for 2 Months, so I was bedridden for 2 Months & due to lack of exercise I again started to gain weight, my weight increased to 94 Kg, so as my previous experience was good, this time I again approached Dr. Arindam Ghosh in a different Hospital and underwent through Mini Gastric Bypass Grafting on 16th of Jan 2024.

My Experience in RG Stone is good, The surgeon and his team did the surgery nicely, and I had no complications during the stay. The Hospital atmosphere was so comfortable, The staff, doctors, management & food facility were very good.

People here treated me professionally as well as personally. I feel that my decision of choosing Dr. Ghosh & RG Hospital was good, and I will recommend other people to get surgery from here.

DEEPAK ANAND $\star \star \star \star \star$

RG Hospitals | RGume



RG Hospitals proudly announces the launch of RG NexGen Prostate Treatment - NanoSlim MiPS (Minimally Invasive Prostate Surgery), powered by the cutting-edge 100W and 152W Holmium Lasers!

We are pleased to share that RG Hospitals once again leads the way in innovation, being the First Institute in North India to introduce the powerful 152W Holmium Laser.



The NanoSlim MiPS Launch was featured in The Tribune (Ludhiana), Times Of India (Ludhiana), & Hindustan Times (Ludhiana, Jalandhar, Amritsar, Malwa & Patiala).





The NanoSlim MiPS launch was featured in Hindustan Times (Delhi NCR)



The NanoSlim MiPS launch was featured in The Telegraph along with an article featuring our MD & CEO Mr. Avinash Ojha.





"We are pioneers in the field of urology and are committed to patient recovery through our expansive network of hospitals and extensive

medical services." - Mr. Avinash Ojha, MD & CEO, RG Hospitals Group

Dr. Punit Bansal, Sr. Consultant - Urology at RG Hospitals, Ludhiana shared his views regarding the launch of the Centre Of Excellence for Urology, featuring a 150W Quanta Laser Machine with a wide array of applications in urology-the first of its kind in North India. He operated on three cases with prostate sizes of 80 cc, 72 cc, & 92 cc in a single day. None of the three patients required urethral dilation or postoperative irrigation. Two patients were discharged on the same day after 6 to 8 hours, with one of them had CABG two months back. The catheter was removed 48 hours post-operation. Some of the advantages observed by him were:

- Cyber HO procedure resulted in almost bloodless operations.
- Performance was notably fast.
- Patients experienced no urethral irritation.
- It has simultaneous coagulation & precise cutting.



RG Hospitals, Chennai achieved a historic milestone by successfully performing NanoSlim MiPS-Minimally Invasive Prostate Surgery, the latest technique used in prostate gland removal surgery for the first time in the entire South Indian Region.

The procedure utilises a smaller 22 Fr. sheath with a smaller telescope & is best suited for the urethra of Indian Men. The groundbreaking procedure was successfully performed by Dr. Arun Kumar K. (Senior Consultant-Urology).





🔁 MUMBAI, KHAR

Dr. Amit Kolekar (Consultant- Urology), conducted a CME Program at the Medical Club of Vile Parle's Conference at Juhu.

The topic of discussion was "Recent Perspectives in the Management of Renal Calculi" and more than 70 esteemed doctors attended the program.



😌 MUMBAI, KHAR

A Round Table Meeting (RTM) was organized in Andheri East by Dr. Amol Kamble (Consultant- Urology) and Dr. Ritim Patel (Consultant-Laparoscopic Gen. Surgery) to discuss various urology and laparoscopic surgeries conducted at RG Hospitals. The meeting was attended by more than 15 esteemed Doctors.



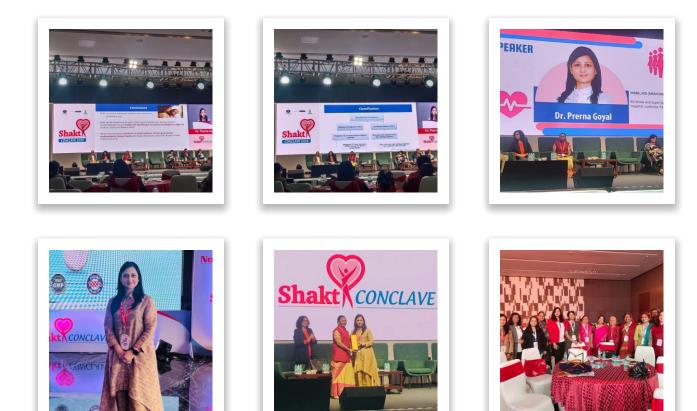
A CME session was conducted by Dr. Amit Kolekar (Consultant-Urology) on "Benign Prostatic Hyperplasia (BPH)" at the Medical Club of Vile Parle's VPCON-24 at the MCVP Hall, Juhu.



Dr. Arun Kumar K. (Sr. Consultant - Urology) delivered an awareness talk on "Over-Active Bladder" at the Aditya Birla Group, Anna Salai, Chennai. More than 40 engineers and executives attended the event.



Dr. Prerna Goyal - Senior Consultant Physician at RG Hospitals, Ludhiana delivered a presentation on the topic "Gestational Diabetes - A Temporary Sweetness or Permanent Scar" on the forum "Shakti Conclave 2.0" under the aegis of WINCARS & STEMI India at Bangalore. In her presentation, she described the long-term health consequences of gestational diabetes in mother - child duo and the evolving intergenerational cycle of cardiometabolic disease burden in current times.



OPERATIONAL EXCELLENCE

RG Hospitals, Goa officially launched the Skill Enhancement & Mind Conditioning Program by mind coach Ms. Shalini Vij.



OPERATIONAL EXCELLENCE OPERATIONAL EXCELLENCE

SKILL ENHANCEMENT: CRITICAL CARE EXCELLENCE

RG Hospitals is proud to present a Pan-India initiative to elevate clinical excellence & enhance patient safety, through our new program Skill Enhancement: Critical Care Excellence which focuses on values, processes, and protocols and aims to advance critical care.

The main objective of the campaign is to equip our branches with the required components i.e.

- Infrastructure set up for critical care
- Skilled healthcare professionals
- Advanced technology and equipment
- Comprehensive protocols and guidelines
- Continuous education and training

This is also supported by continuous training and development, which is in collaboration with the Astron Institute of International Studies.



COMMUNITY CONNECT

On the occasion of Shri Guru Gobind Singh Ji Jayanti, RG Hospitals, Ludhiana in association with Shri Ram Global School organized a multispeciality camp on their premises on January 21, 2024.

A team of 4 consultant doctors visited the school to participate in the event.

- 1. Dr. Chan Bir Singh-Chief Consultant Physician & Medical Director
- 2. Dr. Prerna Goyal- Sr. Consultant Physician
- 3. Dr. Anuj Jain- Consultant Urology
- 4. Dr. Saurabh Dhanda-Consultant Laparoscopy & General Surgery

The camp catered to the following events:

- 1. Panel Discussion on various health disorders
- 2. Free OPD consultations
- 3. Health Talks













COMMUNITY CONNECT

RG Hospitals partnered as the medical sponsor For Don Bosco School's War of the Bands Event.

The event aimed to provide a platform that amplifies the voices of those who remain unheard by promoting unity across diverse societal groups. The vision behind this initiative was to create a positive impact on the lives of the underprivileged, supporting their aspirations and dreams. A portion of the proceeds from the event served as a bridge to help fulfill their aspirations, nurturing their talents and encouraging them to turn their dreams into reality.



COMMUNITY CONNECT

RG Hospitals, Kolkata organised a medical camp at the DCB Bank, Gariahat Branch providing health check-ups, consultations, & providing accessibility to healthcare services.







RG CITY CLINIC LAUNCH

RG Hospitals recently inaugurated RG City Clinic, situated in the heart of the metropolitan city of Kolkata. Our multi-speciality clinic offers comprehensive services in Urology, General Surgery, & Gynecology, accompanied by State-Of-The-Art Diagnostic Facilities. We are honored to be recognized as a Centre of Excellence for Fetal Medicine and Woman & Child Ultrasonography, complemented by our pathology services. Additionally, we are excited to announce the forthcoming commencement of Pediatric Urology & Pediatric Nephrology Services.

The inauguration ceremony took place at the Tolly Club, a heritage institution in Kolkata. The lamp lighting ceremony, conducted by all our senior consultants of RG Hospitals, Kolkata along with Dr. Satadal Saha, marked the auspicious beginning of our journey. Dr. Grijia R Varier- Sr. Consultant in Radiology and Fetal Medicine & Dr. Satadal Saha, renowned founder of many hospitals & health care projects of govt & private organizations both briefed the audience on the objectives of RG City Clinic, amidst the esteemed presence of over 90 renowned consultants from Kolkata. It is indeed a promising start, & we envision RG City Clinic to emerge as one of the most reputable healthcare establishments in Kolkata. A puja ceremony was also conducted to bless our machines, symbolizing our commitment to promoting good health for all.



RG CITY CLINIC LAUNCH























PONGAL CELEBRATION CHENNAI

RG Hospitals celebrated Pongal, a festival marking the harvest season. Pongal is a vibrant South Indian festival that celebrates the harvest season with joy & gratitude. Families gather to cook traditional dishes like sweet pongal and offer prayers to the Sun God for abundant crops. Colorful decorations, folk music, and dances adorn the festivities, promoting a spirit of unity and prosperity.









OUR CENTRES

DELHI - EAST OF KAILASH

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DELHI - PITAMPURA

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NOIDA - ORC

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LUDHIANA - FEROZEPUR ROAD

OPP. GRAND WALK MALL, MAIN FEROZEPUR ROAD, LUDHIANA, PUNJAB-141012 PH.: 0161-5130000 HELPLINE: 9718778877

GOA

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DELHI - RAJOURI GARDEN

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DELHI - GAGAN VIHAR

18, Gagan Vihar Main, Delhi-110092 Ph.: 011-71011000 Helpline: +91-9810026456

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CHENNAI

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OUR SPECIALITIES

Urology

- Urinary / Kidney Stone
- Enlarged Prostate (BPH)
- Ureteric Stricture
- Urethral Stricture
- Erectile Dysfunction
- Male Infertility

Gynaecology

- Uterine Fibroids
- Uterus Prolapse
- Ovarian Cysts
- Endometriosis
- Ectopic Pregnancy
- Female Infertility
- Sterilization
- Cosmetic Gynaecology

Urological Malignancies

- Kidney Cancer
- Prostate Cancer
- Urinary Bladder Cancer

Bariatric Surgery

- Obesity/Metabolic Syndrome
- Uncontrolled Diabetes

Robotic & NexGen Surgery

- General Procedures
- Urology Procedures
- Gynaecology Procedures
- Colorectal & Upper GI Procedures
- Bariatric Procedures
- RAMS[™] (Robot Assisted Metabolic Surgery)

Minimally Invasive Surgery

- Gall Bladder Stone
- Hernia Repair
- Appendicitis
- Piles
- Varicose Veins

Female Urology

- Female Urinary Incontinence
- Vesico Vaginal Fistula
- Overactive Bladder
- Post Delivery Urinary Problems
- Interstitial Cystitis
- Voiding Difficulty
- Urinary Tract Infections
- Painful Bladder Syndrome
- Neurogenic Bladder

Irology & Laparoscopy Hospital[®]

• Female Sexual Dysfunction

-Simplifying Surgeries

RG Hospitals°

Short Stay • Smart Surgeries