

JANUARY 2024

# PULSE

BY JASLOK HOSPITAL



## All India Lifestyle Hospital Survey 2023

Specialities	National	West	Mumbai
IVF & Fertility	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>
Dermatology	4 <sup>th</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>
Bariatric	5 <sup>th</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>
Orthopedics	6 <sup>th</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>
Hair & Trichology	6 <sup>th</sup>	4 <sup>th</sup>	4 <sup>th</sup>



## National Healthcare Quality Conference

## Project AASHIRWAD-Raigad

In association with Maharashtra Government's  
Women & Child Development Department



## Health Partners for WNC IndianOil Navy Half Marathon

with ZERO CASUALTIES





## OUR MISSION

- ◆ To make Jaslok Hospital the most respected medical institution of India.
- ◆ Providing the highest quality patient care.
- ◆ Nurturing and delivering clinical excellence and research.
- ◆ Doing charity to humanity irrespective of caste, race or denominations.



## OUR VISION

To be the hospital of choice for patients, physicians and employees by providing state-of-the-art medical care with compassion and dignity.

## LIFETIME OF CARE

A lifetime of care is as much about our 50 years history as it is about the next 50 and many more years. At its core it is the power of providing the highest quality patient care delivered through well-trained team, cutting-edge technology, research, all with a human touch. To summarise it is a lifelong commitment from each and every 'Jaslokian' hence a Jaslokian's work is never finished.

## **EXECUTIVE SUMMARY**

### **MEDICAL ACHIEVEMENTS**

Exceptional Cases

Scientific Programs

### **QUALITY MANAGEMENT SYSTEM**

National Healthcare Quality Conclave

### **HEALTH AWARENESS PROGRAMS**

### **AWARDS & RECOGNITIONS**

### **NEWER INFRASTRUCTURE FACILITIES**

### **CSR PROGRAMS**

### **MAJOR EVENTS**

### **JASLOK IN NEWS**



# 1ST IN INDIA, JASLOK HOSPITAL ACHIEVES MEDICAL MILESTONE WITH SUCCESSFUL 5TH REPEAT OPEN HEART SURGERY WITH HOMOGRAFTS

A 24-year-old **Mr Khattab Omar Rashid** from Oman was admitted to Jaslok Hospital & Research Centre in Mumbai on 9th October 2023 for the management of a complex heart problem. He had previously undergone four open heart surgeries, the most recent one being about two months ago in another hospital in India. The patient was in critical condition, experiencing heart failure and an active infection.

The sequence of surgeries began with the first operation addressing a birth defect of the heart (subaortic membrane removal). Subsequently, he required another operation to correct the aortic valve, which was replaced. However, a leak developed beside the valve, leading to two more surgeries in Oman. Despite a surgery in India for the infected valve, the patient continued to experience complications, ultimately being diagnosed with an ascending aortic aneurysm, a condition where the main blood vessel from the heart becomes dilated like a balloon, carrying a risk of rupture.

Managing an aortic aneurysm, particularly when it has eroded the back of the breastbone, and undergoing repeat open heart surgery is an exceedingly high-risk procedure. Such cases are typically handled in specialized quaternary care centres like Jaslok Hospital & Research Centre. These procedures pose significant risks, including excessive bleeding and potential damage to vital organs such as the brain, kidneys, and liver, especially when there is an active infection.

The patient's treatment at Jaslok Hospital involved a 'Heart Team Approach', a collaborative effort comprising experienced Cardiac Surgeons, Cardiologists, Anaesthetists, Intensivists, Infection Specialists, and Technologists. This complex surgery was successfully carried out by the team headed by Dr Suresh Joshi, Director Cardiovascular & Thoracic Surgery and assisted by Dr Upendra Bhalerao, Consultant Cardiovascular & Thoracic Surgery,



L-R Mr Kiran Ambre, Mr Walid (Patient's brother), Dr Rajashri Agasakar, Dr Suresh Joshi, Mr Khattab Omar Rashid (Patient), Dr Upendra Bhalerao, Dr Rahul Chabbria, Dr Anurag Jain, Dr Mala Kaneria

Dr Rajashri Agasakar, Consultant Anaesthesia, Dr Anurag Jain, Consultant Cardiac Anaesthesia and Mr Kiran Ambre, Heart & Lung Machine Technologist (special expertise for such complex cases). The post-operative care was looked after by Dr Indraneel Raut, Additional Director Critical Care Medicine, Dr Rahul Chabbria, Consultant Cardiology, Dr Mala Kaneria, Consultant Infectious Disease, and Dr Samir Shah, Consultant Haematology, at Jaslok Hospital & Research Centre.

During the surgery, the aneurysm was removed along with the infected aortic heart valve, and the aortic root was replaced with an aortic homograft—a tissue graft obtained from a cadaveric donor. Procuring the homograft from the valve bank in Chennai posed logistical challenges. The use of a homograft, is a preferred option in the presence of infection, and is uncommon due to the scarcity of organ donations and valve banks.

**Dr Suresh Joshi, Director Cardiovascular & Thoracic Surgery, Jaslok Hospital & Research Centre** highlighted the Hospital's status as a referral centre for complex aortic surgeries and re-operative heart surgeries across the world. He emphasized, "5th Repeat Open heart surgery is rare and poses extreme



technical challenges. Considering the inherent risks associated with such multiple open-heart surgeries and the intricate nature of the recent procedure. It speaks to the hospital's commitment to excellence in cardiac care, as well as the patient's resilience and the effectiveness of the 'Heart Team Approach' employed in managing such complex cases. We were confident that we could handle this case successfully. Jaslok Hospital continues to be a Centre of Excellence for heart valve surgery and minimally invasive heart surgery, attracting patients from across India and around the world”.

“This is the first-time homograft successfully used in recent times in Maharashtra and perhaps in the whole of India in case of a 5th repeat heart surgery. This is a testament to the precision, expertise, and comprehensive care provided by the medical team at Jaslok Hospital” added **Dr Upendra Bhalerao, Cardiovascular & Thoracic Surgery, Jaslok Hospital & Research Centre who assisted the surgery.**

**Dr Indraneel Raut, Additional Director of Critical Care Medicine, Jaslok Hospital & Research Centre** who looked after the post-operative care of the patient mentioned, “Khattab was a challenging case as he had already undergone multiple surgeries on the heart which was complicated further by endocarditis. However, our surgeons did a fantastic job, and the post-operative course was uneventful unlike what one would expect after such surgery. And with a team effort we could ensure a good recovery. We wish the patient a speedy recovery!”

The patient, **Mr Khattab Omar Rashid**, and his brother Walid expressed their delight and gratitude to the Jaslok Hospital team for his survival and restored health. He expressed gratitude for surviving his life-threatening heart issue, commending the meticulous planning and execution of the high-risk procedure by the Jaslok team. He was discharged on 8th November 2023 hale and hearty.

## JASLOK HOSPITAL ACHIEVES REMARKABLE SUCCESS IN DUAL SURGERY

Mumbai's Jaslok Hospital and Research Centre, recently in a remarkable display of medical expertise and team-work carried out a complex and rare surgical procedure on a 61-year-old Omani patient, Mrs Fawziya Issa Jarok, who presented with a massive ovarian tumour and a severe cardiovascular disease. The surgery, which lasted 12-13 hours was performed on two critical organs of the body on the same day by a team of Onco Surgeons and Cardiac Surgeon.

When the patient, Mrs Fawziya, met Dr Vishnu Agarwal, Consultant Surgical Oncology at Jaslok hospital – she presented with severe shortness of breath, intermittent chest pain, and a massive abdominal lump measuring a staggering 40 cm x 27 cm with an additional 4 litres of fluid in the abdomen. CT Scan confirmed that the abdominal lump was an ovarian tumour, adding complexity to her already critical health condition.

She was further evaluated for shortness of breath. Upon investigations by Dr Rahul Chhabria, a renowned Cardiologist at Jaslok Hospital, it was noted that Mrs Fawziya's heart was pumping at only 20-25% capacity, coupled with increased lung pressures. Further investigations through coronary angiography



L-R Dr Rajashri Agasakar, Dr Sachin Nair, Dr Rahul Chhabria, Dr Pravin Agrawal, Dr Vishu Agarwal, Dr Upendra Bhalerao, Aiman Jatter Al-Raisi, patient's relative & Mrs Fawziya Jarok, patient (centre)

revealed severe triple-vessel coronary artery disease. Given this condition, it was ruled that Mrs Fawziya was a high-risk candidate for surgery to remove the tumour as it might result in the death of the patient. She was guided to see Dr Reetu Jain, Director Bone Marrow Transplant & Medical Oncologist, who opined that chemotherapy may not be the solution for her. In this situation, Mrs Fawziya and her family were counselled on the implications and risks involved in

the surgery. The patient's family decided to return to Oman and not take the risk.

However, Mrs Fawziya and her family were in continuous touch with Dr Vishnu Agarwal, and finally when the condition started worsening, she returned to India after four months, determined to get the surgery done even if it was high risk as the tumour kept on growing and causing more discomfort. The team of doctors at Jaslok Hospital held a high-level meeting where it was decided that Mrs Fawziya would be operated on for the tumour and cardiac issues on the same day. This unique combination of cancer and cardiac ailments posed significant challenges for her medical team.

Mrs Fawziya successfully underwent a high-risk coronary artery bypass surgery, including three coronary endarterectomies (a procedure to remove calcific cholesterol plaques from coronary arteries), followed by cytoreductive surgery for her ovarian malignancy, all under the same anaesthesia, which was monitored by anaesthetist Dr Rajashri Agaskar.

Dr Upendra Bhalerao Consultant Cardiovascular & Thoracic Surgery and Heart Transplantation, performed the cardiac bypass surgery uneventfully, and then, Dr Vishnu Agarwal, Consultant Surgical Oncology, along with Dr Pravin Agrawal, Consultant Liver Transplantation & HPB Surgery conducted the ovarian tumour surgery. The tumour, which had displaced all surrounding organs, was removed intact, along with other relevant structures, during the 12 to 13-hour procedure. Her remarkable recovery allowed her to be discharged on the 5th post-operative day. Dr Upendra Bhalerao, reported significant improvement in her heart function post-bypass surgery, relieving her of heart failure symptoms.

Post-operative care was very critical in this patient, which was impeccably managed by Dr Rahul Chabbria, Consultant Cardiology and Dr Shruti Tandan, Consultant Critical Care.

Dr Vishnu Agarwal, Consultant Surgical Oncology at Jaslok Hospital, said, "The tumour, measuring 40 cm x 27 cm in size, had caused her immense pain and difficulty carrying out daily activities. Biopsy results indicated a low-grade Mucinous neoplasm of the ovary. However, her compromised heart function, with an ejection fraction of only 25%, deemed her at very high risk for surgery. After returning to Oman, Mrs Fawziya and her family revisited the possibility of surgery, acknowledging the growing size of the tumour and the unbearable discomfort it brought. They accepted the risks involved, including the potential for a heart attack during surgery."

Post-surgery, Mrs Fawziya experienced a remarkable transformation. Her distended abdomen, which had made breathing difficult, was significantly reduced in size, and she was able to sit and smile.

Dr Upendra Bhalerao, Consultant Cardiovascular & Thoracic Surgery and Heart Transplantation at Jaslok Hospital and Research Centre remarked, "In the realm of medicine, we often encounter challenges that push the boundaries of what's possible. The successful outcome of Mrs Fawziya's case at Jaslok Hospital and Research Centre exemplifies the power of medical expertise and teamwork. We believe in turning the impossible into miracles, and her journey from a complex and dire condition to a near-normal life is a testament to the dedication of our exceptional team. We remain committed to pushing the boundaries of medical science to offer hope, healing, and a new lease on life to patients from around the world."

Mrs Fawziya herself shared her experience, saying, "Life with this tumour was unbearable. Smallest act like breathing was difficult. Post-surgery, I can breathe normally and I am thrilled about leading my life ahead. My heartfelt gratitude to all the doctors who have worked on my case and the entire Jaslok Hospital for the meticulous planning and execution of these high-risk procedures that gave me this new lease of life."

Mrs Fawziya has fully recovered and has returned to Oman, where she is leading a near-normal life.

## **RARE 1 IN A LAKH CASE SHEDS LIGHT ON COMPLEX STATIN-INDUCED MUSCLE DISORDER**

Jaslok Hospital and Research Centre in Mumbai, recently unveiled a medically intriguing case that has far-reaching implications for the field of neuromuscular disorders. In a startling medical revelation, they diagnosed and successfully managed a rare immune-mediated necrotizing myopathy in a 62-year-old woman

from Bihar, India. Her complex medical history, including hypertension, diabetes, and hypothyroidism, intersected with the initiation of statin therapy after a percutaneous transluminal coronary angioplasty (PTCA) procedure for ischemic heart disease, leading to a unique medical journey.

The patient presented with an enigmatic combination of symptoms, including muscle pain, severe arm, leg and neck weakness along with difficulty swallowing, swelling in the legs, kidney dysfunction, and colitis. On the initial assessment, she was noted to have quadriparesis (thinning and weakness in both arms and both legs) and significant trunk weakness with bulbar weakness (difficulty swallowing, difficulty in pronunciation of words). Following an extensive clinical evaluation, incorporating electrodiagnostic testing and muscle biopsy, the diagnosis of immune-mediated necrotizing myopathy was confirmed.

Swift intervention with intravenous immunoglobulin therapy and immunosuppressive treatment yielded significant improvements in the patient's neurological status. This case serves as a testament to the intricate nature of immune-mediated necrotizing myopathy and its potential association with statin therapy. It underscores the paramount importance of a multidisciplinary approach in managing such complex cases. Above all, this case report contributes to the ever-expanding body of knowledge concerning immune-mediated muscle disorders, providing invaluable insights into their diagnostic intricacies and potential for recovery through timely intervention. Dr Vinaya Bhandari, a renowned neurologist at Jaslok Hospital specializing in neuromuscular disorders, emphasized the significance of this case, stating, "This case is a testament to the diagnostic challenges and therapeutic opportunities in immune mediated necrotizing myopathy cases, enriching our understanding of immune-mediated muscle pathologies. The interplay between statin therapy, inflammatory myopathy, and multiple comorbidities paints a unique portrait of the disease. It highlights the critical role of a multidisciplinary care approach, requiring a collaborative approach involving different medical specialties. Moreover, this case report further augments our knowledge of immune-mediated muscle disorders, deepening our comprehension of their diagnostic complexities and potential treatments."



Dr Vinaya Bhandari

Dr Joy Desai, Director of Neurology, mentioned, "This case illustrates the tenet that unusual manifestations can occur when the intricate balance between immunity of a patient and administration of medication is disturbed. Clinical skills, objective evaluation, and judicious therapy can be rewarding for both patient and treating specialists in this scenario." Statin therapy has undoubtedly revolutionized the field of medicine by effectively lowering cholesterol levels and reducing the risk of cardiovascular and cerebrovascular events. Commonly prescribed statins like atorvastatin, simvastatin, and rosuvastatin have proven to be invaluable in managing vascular events. However, statins, like any medication, are not without potential risks and side effects. One such rare but serious complication is statin-induced necrotizing autoimmune myopathy a type of inflammatory myopathy characterized by proximal muscle weakness, elevated creatine kinase levels, and evidence of muscle damage. The disease can have a substantial impact on an individual's quality of life and is a debilitating condition.

While the incidence of statin-induced necrotizing autoimmune myopathy is rare, occurring in approximately 1 in 100,000 patients under statin therapy, healthcare providers must remain vigilant. It is crucial to monitor patients for symptoms such as unexplained muscle weakness, pain, or elevated CPK (Creatine phosphokinase) levels, as timely evaluation and potential adjustments in statin therapy can make a substantial difference in managing this condition. Speaking with happiness Manju Singh said, "My husband and I have suffered a lot as my basic movements were adversely affected and now when I am back on my feet, it really feels like a new life."



## CME IN ASSOCIATION WITH THE BOMBAY D WARD MEDICAL ASSOCIATION

Minimal Invasive Cardiac Surgery By Dr Upendra Bhalerao

Hotel Krishna Palace, Grant Road

Attendees: 43



## CME OF DR VISHNU AGARWAL & DR UPENDRA BHALERAO WITH GP'S OF SOUTH MUMBAI.

Robotic Cancer Surgeries By Dr Vishnu Agarwal.

Minimal Invasive Cardiac Surgeries & surgical treatment of Heart Failure by

Dr Upendra Bhalerao Comfort INN Heritage,

Byculla

Attendees: 30





# CPR TRAINING SESSION IN VIDYALANKAR TECHNICAL INSTITUTE BY DR SACHNA SHETTY

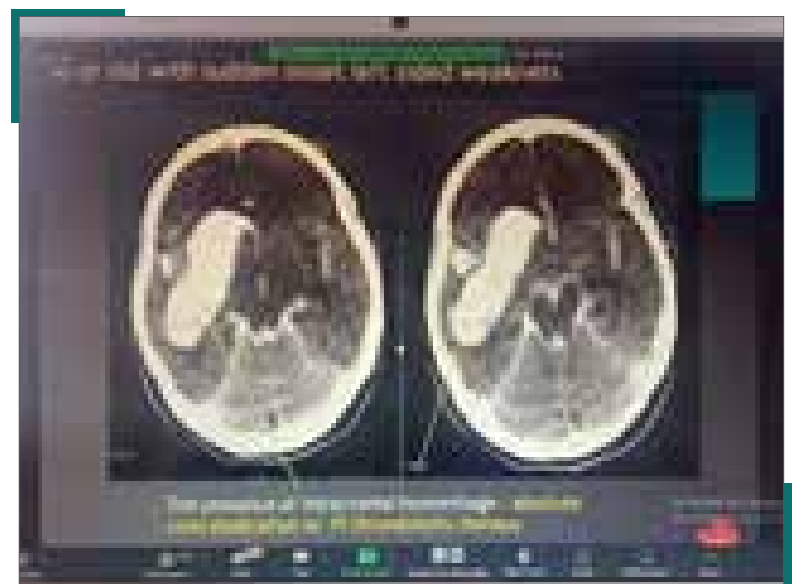
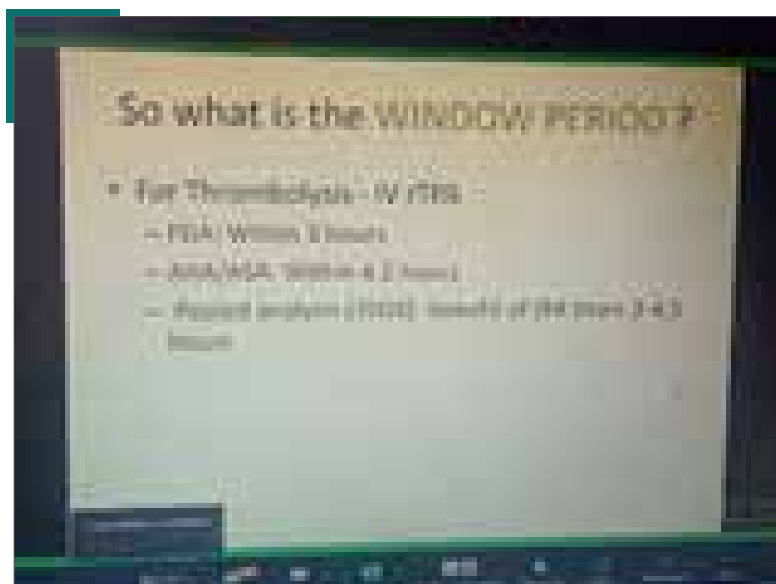
Wadala

Attendees: 130



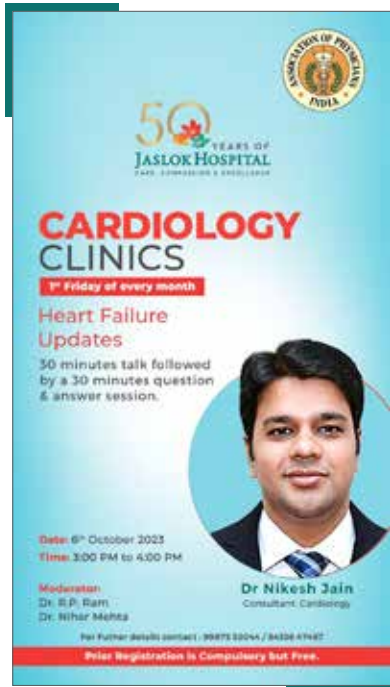
# WEBINAR FOR WORLD STROKE DAY

Attendees: 530

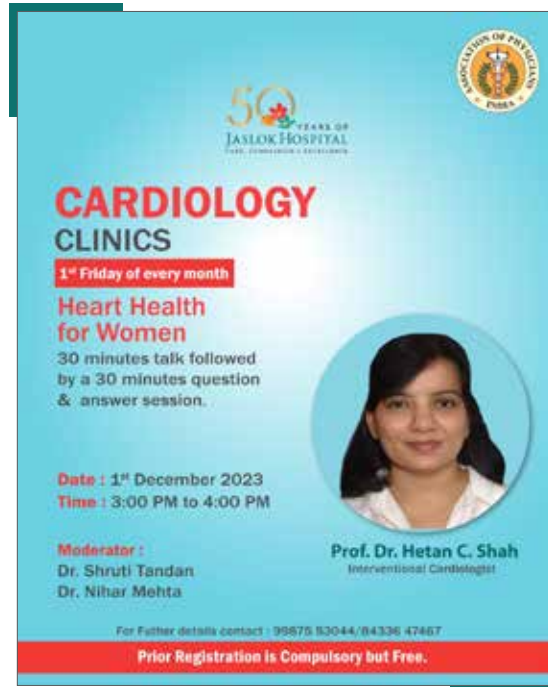


# CARDIOLOGY CLINIC WEBINAR IN ASSOCIATION WITH API

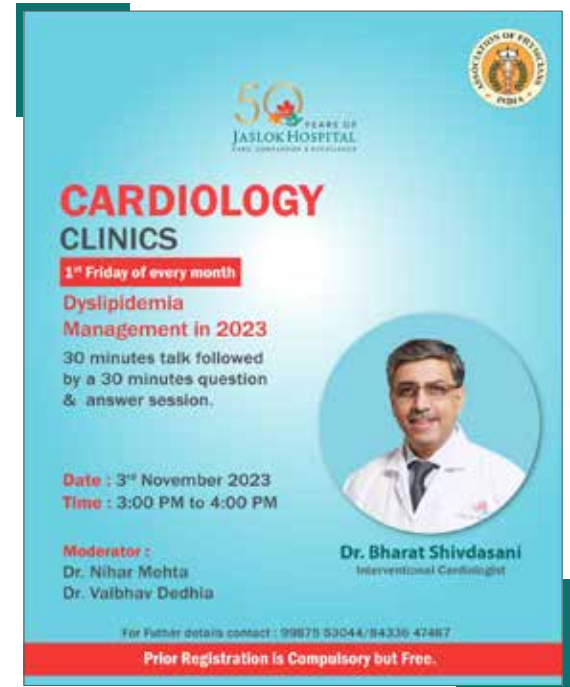
Attendees: 95



50 YEARS OF JASLOK HOSPITAL  
CARDIOLOGY CLINICS  
1<sup>st</sup> Friday of every month  
Heart Failure Updates  
30 minutes talk followed by a 30 minutes question & answer session.  
Date: 6<sup>th</sup> October 2023  
Time: 3:00 PM to 4:00 PM  
Moderator:  
Dr. R. P. Tam  
Dr. Nihar Mehta  
Dr. Nikesh Jain  
Consultant Cardiologist  
For Further details contact : 99875 53044 / 84336 47467  
Prior Registration is Compulsory but Free.



50 YEARS OF JASLOK HOSPITAL  
CARDIOLOGY CLINICS  
1<sup>st</sup> Friday of every month  
Heart Health for Women  
30 minutes talk followed by a 30 minutes question & answer session.  
Date : 1<sup>st</sup> December 2023  
Time : 3:00 PM to 4:00 PM  
Moderator :  
Dr. Shruti Tandan  
Dr. Nihar Mehta  
Prof. Dr. Hetan C. Shah  
Interventional Cardiologist  
For Further details contact : 99875 53044 / 84336 47467  
Prior Registration is Compulsory but Free.



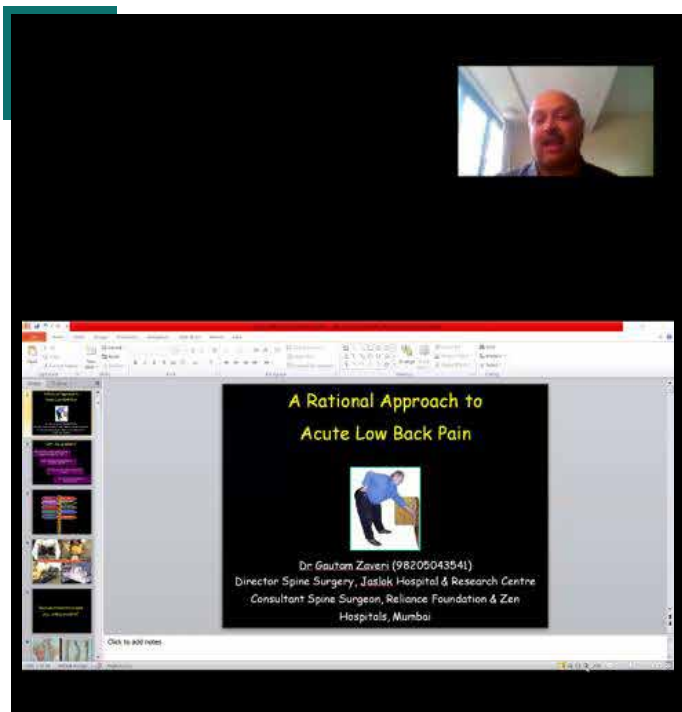
50 YEARS OF JASLOK HOSPITAL  
CARDIOLOGY CLINICS  
1<sup>st</sup> Friday of every month  
Dyslipidemia Management in 2023  
30 minutes talk followed by a 30 minutes question & answer session.  
Date : 3<sup>rd</sup> November 2023  
Time : 3:00 PM to 4:00 PM  
Moderator :  
Dr. Nihar Mehta  
Dr. Vaibhav Dedhia  
Dr. Bharat Shivdasani  
Interventional Cardiologist  
For Further details contact : 99875 53044 / 84336 47467  
Prior Registration is Compulsory but Free.

## THURSDAY CLASSES

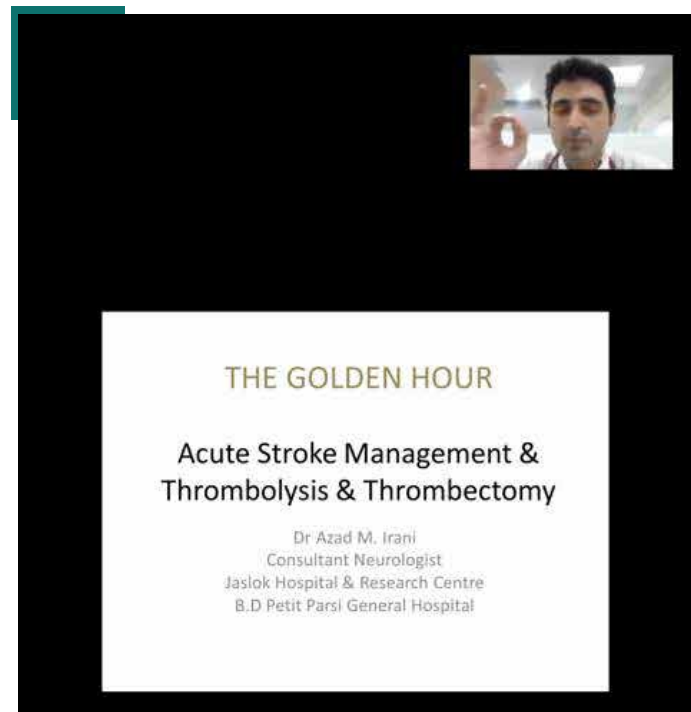
October to December, 12 classes

Speakers: Dr Vinaya Bhandari, Dr D G Sable, Dr Deepti Ghia, Dr Azad Irani, Dr Chintan Desai, Dr Gautam Zaveri, Dr Devesh Dholakia, Dr Sunil Chopade, Dr S S Mohanty, Dr Sudeshna Ray, Dr Shankar Sawant

Total Attendees: 744



A Rational Approach to Acute Low Back Pain  
Dr. Gautam Zaveri (98205043541)  
Director Spine Surgery, Jaslok Hospital & Research Centre  
Consultant Spine Surgeon, Reliance Foundation & Zen Hospitals, Mumbai



THE GOLDEN HOUR  
Acute Stroke Management & Thrombolysis & Thrombectomy  
Dr. Azad M. Irani  
Consultant Neurologist  
Jaslok Hospital & Research Centre  
B.D Petit Parsi General Hospital

# DIFFICULT AIRWAY WORKSHOP

Anaesthesia Department of Jaslok Hospital & Research Centre, in association with Teleflex, organised a hands-on workshop on difficult airway management on Saturday, 25th November from 2-5 pm for in-house residents of all specialties, especially ICU, EMS, medical and surgical residents, and OT staff. Almost 30 participants attended the workshop. There were scientific talks on various airway gadgets and national and international difficult airway guidelines. Later on, participants also engaged in a practical session.





# TWIN PREGNANCY CARE CLINIC LAUNCH

CME for Twin Pregnancy & Fetal Medicine in association with MOGS  
Jaslok Hospital  
Attendees: 58





## NATIONAL HEALTHCARE QUALITY CONCLAVE



Jaslok Hospital & Research Centre, Mumbai, hosted a transformative Healthcare Conclave in collaboration with CAHO: Committed to Safer Healthcare, underscoring its commitment to patient safety and the pursuit of quality healthcare practices. The event witnessed eminent personalities in healthcare; **Dr Atul Kocchar, CEO-NABH**, and **Dr Daksha Shah, Executive Health Officer – MCGM** as the Chief Guests and Keynote speakers and a gathering of approximately 300 individuals eager to explore the frontiers of quality management and delve into the latest advancements shaping the healthcare landscape.

A gathering of industry leaders, innovators, and quality enthusiasts, this conclave was an opportunity to bring together the convergence of ideas, best practices, and the latest trends in quality. The conclave, provided a platform for participants to be inspired, connected, and empowered, fostering a collective journey towards remarkable healthcare solutions.

The conclave shed light on recent advancements and technologies dedicated to mapping and analyzing patient journeys, with a keen focus on improving patient safety. Participants were encouraged to learn from industry best practices, fostering a culture of continuous improvement in healthcare delivery in India. With an emphasis on providing value-based healthcare, the conclave aimed to inspire participants to adopt strategies that enhance the overall healthcare experience. The event showcased how embracing quality paradigms can provide valuable insights for improving organizational competitiveness and problem-solving techniques under the guidance of Event Chairperson – **Ms Roselind Mathews** (Head Quality/ Director Nursing Services –Jaslok Hospital, Mumbai). **Dr Lallu Joseph, National Secretary General of CAHO**, released a white paper on the 'Indian Clinical Chemistry Benchmarking survey' In collaboration with Roche Diagnostics, India. As a speaker, she spoke on the patient advisory council and was a panelist in one of the panel discussions for 'Voice of Customers'.



**Dr Atul Kochar, CEO- NABH**, who was the chief guest for the event shared, “Quality when elevated beyond compliance, becomes the catalyst for transformation – a journey from meeting standards to setting new benchmarks.”

**Dr Daksha Shah, Executive Health Officer – MCGM**, in her special address mentioned government programs towards universal health, she said “In the realm of municipal governance, we envision healthcare not just as a service but as a commitment. Our aim is to pioneer quality healthcare solutions that transcend boundaries, ensuring a healthier and more resilient community for all.”

**Mr Jitendra Haryan, CEO of Jaslok Hospital & Research Centre, Mumbai** displayed his views and said – “In a rapidly evolving business landscape, quality remains our compass for success. At this conclave, we aim to not only explore the current quality paradigms but also set the course for the future. We hope that these meaningful discussions, networking opportunities, and a shared commitment to excellence initiate a pathway to a better future for the healthcare industry”.





## EWA TPA & ODIEN BROKER (HEALTH TALK)

Attendees: 150



## EXPERIENCE COMMERCE (CPR TRAINING SESSION)

Attendees: 60



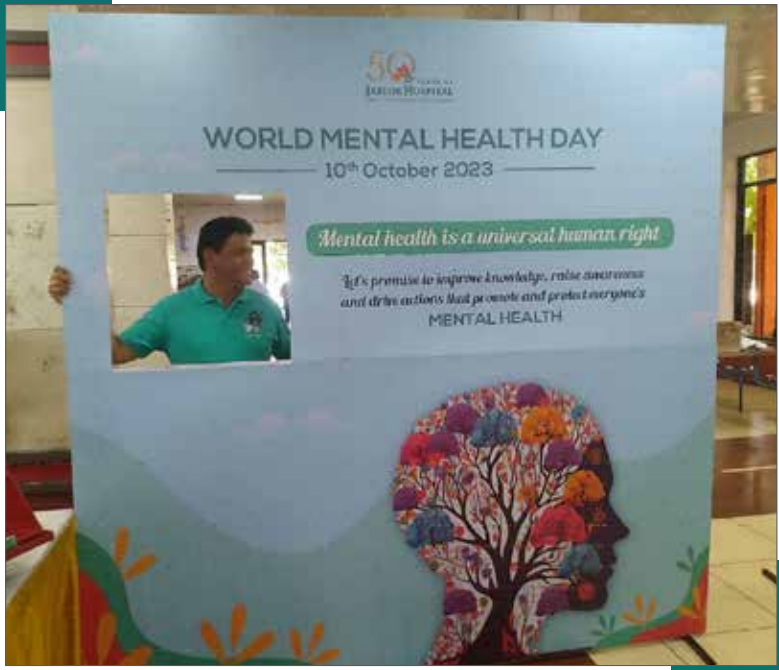
# LAXMI ORGANIC INDUSTRIES (HEALTH TALK)

Attendees: 47



# MAHINDRA & MAHINDRA (FUN ACTIVITY-WORLD MENTAL HEALTH DAY)

Attendees: 171





# SBI (HEALTH TALK)

Attendees: 110



# NPCIL (HEALTH TALK)

Attendees: 71



# TAJ PRESIDENT (HEALTH CHECKUP CAMP)

Attendees: 59



# COMMUNITY HEALTH CAMP

Mahalaxmi Mandir Compound

Attendees: 77





An esteemed moment for Jaslok Hospital & Research Centre! Soha Ali Khan at The Times Healthcare 2023 felicitates us for our excellence in various healthcare realms



**HEALTHCARE SERVICES**



**CARDIOVASCULAR & THORACIC SURGERY**



**MEDICAL ONCOLOGY**



**NEPHROLOGY**

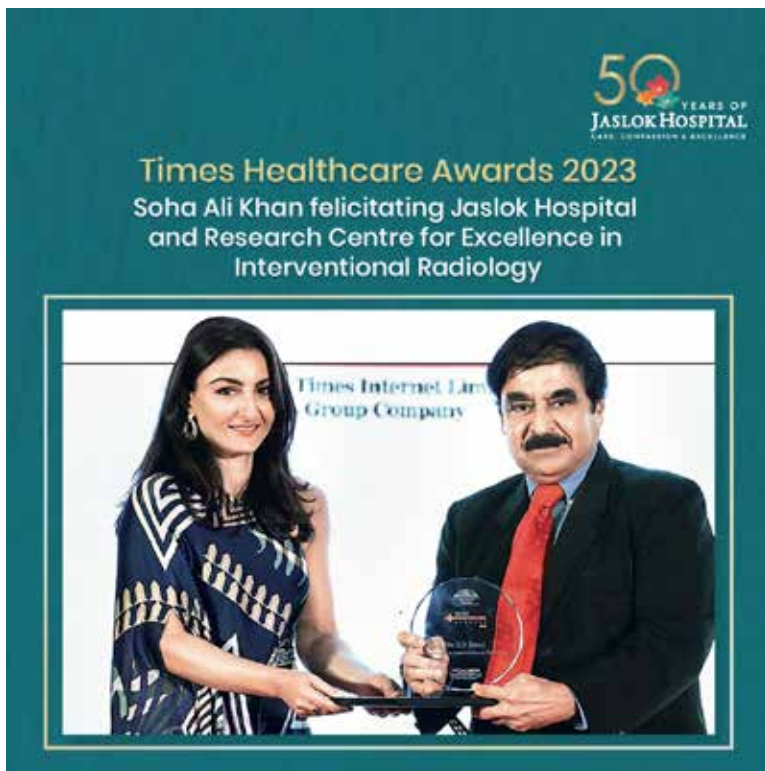




**NEURO SURGERY**



**NUCLEAR MEDICINE**



**INTERVENTIONAL RADIOLOGY**

**HEARTFELT GRATITUDE FOR THE RECOGNITION!**

Specialities	National	West	Mumbai
IVF & Fertility	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>
Dermatology	4 <sup>th</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>
Bariatric	5 <sup>th</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>
Orthopedics	6 <sup>th</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>
Hair & Trichology	6 <sup>th</sup>	4 <sup>th</sup>	4 <sup>th</sup>

Jaslok Hospital, has been recognized as a leading facility in the All-India Lifestyle Hospital Survey 2023. With a focus on compassionate care and medical excellence, Jaslok Hospital offers specialized treatments delivered by a team of expert professionals. Equipped with advanced technology and a commitment to patient well-being, Jaslok Hospital continues to prioritize the health and recovery of every individual, emphasizing a holistic approach to healthcare.





## INAUGURATION OF 2ND & 3RD FLOOR OPD SOUTHSIDE

Jaslok Health proudly celebrates the successful inauguration of our new 2nd and 3rd Floor OPD Southside, featuring New OPD facilities, Ultrasonography and Cardiac Diagnostic units! A contemporary marvel, seamlessly blending aesthetics with state-of-the-art facilities, this marks a significant addition to Jaslok's legacy of excellence. Here's to a new era in healthcare at Jaslok!



# JASLOK PHYSIOTHERAPY DEPARTMENT

We have upgraded our department to the 7th floor on the south side of Jaslok hospital, in which we have installed new technology that will benefit the patients as well as the physiotherapist for assessment and treatment.



## **Shockwave therapy**

It is one of the best in class to treat chronic painful conditions.

## **Balance and proprioception trainer (bobopro 2.0)**

We are using this software for balance training in neurological and geriatric population. Also, we are using it for patients who have undergone knee alignment surgeries.

## **Laser therapy**

It is a class 4 high-power laser mainly used to treat acute and chronic painful conditions.

## **Multi-station therapeutic gym**

We are using this for stage 4 of rehab, where we can focus more on strength and endurance training.

## **Gait, posture and running analysis (gait on system)**

It is a system software-based report generated with accurate analysis of posture, walking pattern and running in athletes.

## **Gait trainer with body weight suspension system**

We are using this for patients who are wheelchair bound, to train them for weight bearing and walking.

## PROJECT AASHIRWAD- A UNIQUE INITIATIVE BY JASLOK HOSPITAL IN ASSOCIATION WITH STATE GOVERNMENT OF MAHARASHTRA (WOMEN & CHILD DEVELOPMENT DEPARTMENT) FOR ORPHANED KIDS OF IRSHALWADI (RAIGAD)

***Aashirwad is a unique healthcare support initiative for orphaned kids in the landslide disaster at Irshalwadi, (Raigad)***

**Mumbai, India:** Mumbai's Jaslok Hospital & Research Centre today announced 'Project Aashirwad' in association with the Government of Maharashtra that aims at providing healthcare support to 23 children, who were orphaned due to a landslide in Irshalwadi, Raigad, Maharashtra. The camp was hosted at Irshalwadi (Raigad) and was attended by Ms Aditi Tatkare, Hon'ble Minister, Women & Child Development; Mr Jitendra Haryan, CEO, Jaslok Hospital & Research Centre along with his medical team, Mrs Suvarna Pawar, Deputy Commissioner; Mr Ajit Nairale, District Officer Karjat; Mr Ayub Tamboli, Tehsildar; Mrs Sasikala Ahirrao, Project Officer, Tribal Development Department; Mr Vineet Mhatre, District Women and Child Development Officer; Mr Ashok Patil, District Probation Officer; Mr Yogiraj Jadhav Probation Officer; Mrs Deepti Ram Rame, Defence Officer; Smt. Mundhe Madam, former Zilla Parishad member; Smt. Ritu Thombare, Chowk Sarpanch; Smt. Umtai Mundhe, Vasambe Sarpanch.

The camp hosted healthcare screening sessions where a detailed health check-up of the children was held. Basis the results, an in-depth management plan was

put in place for each child to improve their health indicators. The children were additionally provided with UHID (unique health identification number) cards, to help them with easy hospitalization should any need arise.

Speaking on the occasion, **Mr Jitendra Haryan, CEO, Jaslok Hospital & Research Centre** said, "We are privileged to collaborate with the state government of Maharashtra to provide healthcare services to these 23 children. At the heart of our institute, we truly believe in delivering quality service to humankind irrespective of their social standing. We hold this project close to our hearts, and our team will diligently work towards providing the best possible care to these children should the need arise."

Additionally, **Ms Aditi Varda Sunil Tatkare, Hon'ble Minister, Women & Child Development, Government of Maharashtra** said, "The Irshalwadi tragedy is a most unique and harrowing experience. After the occurrence of a natural calamity, its repercussions are felt everywhere. Rehabilitation of victims of natural calamities and provision of necessary facilities are important responsibilities of public representatives. All these children will undergo a health check-up and treatment till they reach the age of 21 years.

He instructed the concerned department that a





liaison officer should be appointed to coordinate with this hospital. Jaslok Hospital will provide health cards for these children to provide health facilities. Special thanks for taking the initiative. Mr Eknath Shinde, Chief Minister of Maharashtra, has expressed his intention to complete the rehabilitation of Irshalwadi within one year, and he said that it will be inaugurated soon. Efforts are being made to bring up children without parents through the initiative of the government.”



## WNC INDIANOIL NAVY HALF MARATHON

Jaslok Hospital was honoured to be the Medical Partner in the IndianOil WNC Navy Half Marathon held on 19th November 2023! Jaslok Hospital's team of 62 volunteers worked tirelessly at 1 Base Camp, 1 Recovery Unit, and 6 First Aid booths, ensuring the well-being of 16,000+ participants. We aimed for ZERO CASUALTIES AND achieved the same. We are proud to say, MISSION ACCOMPLISHED!





## SALUTING THE FUTURE – DRNB DOCTORS

Jaslok Hospital over the past 5 decades has been not only a hospital that introduced international standards of healthcare in the country, but has been an incredible teaching institute that harnessed the finest talent who are today across the globe providing the highest quality care to the patients.

This event is the 1st of its kind in hospitals and was celebrated to salute the shining future of our DrNB doctors.



# FEMALE BOX CRICKET TOURNAMENT

Pitching for empowerment on the cricket field, Jaslok Hospital proudly presented its first Female Box Cricket tournament. Teams like Jaslok Warriors, Jaslok Royals, Jaslok Superkings, Jaslok New Stars, Jaslok Fighters, Jaslok Strikers, Jaslok Defenders, Jaslok Challengers, Jaslok Blasters, and Jaslok Rising Stars showcased not just skill but also the true spirit of sportsmanship. A standing ovation to all the winners of the tournament.





MidDay

Woman diagnosed with extremely rare autoimmune illness, recovering

Statin-induced muscle weakness and tissue damage detected in 62-year-old seeking medical treatment in Mumbai

ESHAN KALYANIKAR

AT the age of 62, Manju Singh from Bihar became a rare case when she was diagnosed with statin-induced muscle disorder at Mumbai's Jaslok Hospital. In January, Manju had visited a hospital in Patna where she underwent angioplasty for ischaemic heart disease.

"The procedure went fine and she was discharged with a few medications for her to recover soon," said Lalji Singh, her husband.

The medications belonged to a group called statins, which are commonly used to lower cholesterol levels. Within a month after the procedure, Manju started developing pain in her muscles and knees.

"We rushed to an orthopaedic soon after these symptoms first appeared. We only saw her condition worsen after a few days of treatment there," Singh said. Her health had started to deteriorate, so much so that even maintaining adequate food intake became a tough battle as she would vomit immediately.

By about April, her renal function was severely impacted. After consulting more doctors and hospitals in Patna, in July the couple's daughter who

resides in Mumbai suggested a visit to a specialist in the city. It was here that the family finally had the answer to what was happening to Manju. "Her body was slowly giving up on her, in medical terms it was necrotising autoimmune myopathy," said Dr Vinaya Bhandari, a neurologist at Jaslok Hospital.

NAM is a rare autoimmune disease that causes severe muscle weakness and muscle tissue damage due to the body's immune system mistakenly attacking its own muscle cells. This was the rarest of the rare cases where statins had caused this buckfiring, Dr Bhandari said.

"Statin is not the cause of muscle symptoms in more than 90 per cent of individuals who report such symptoms," concluded a comprehensive analysis published in Lancet that looked at the risks due to statins.

'Her body was slowly giving up on her, in medical terms it was necrotising autoimmune myopathy'

Dr Vinaya Bhandari, neurologist, Jaslok Hospital



Within a month of taking statins, the patient started developing pain in her muscles and knees. REPRESENTATION PIC

Hindustan Times

Omani man undergoes '5th repeat open heart surgery in Mumbai'

November 22, 2023



Mumbai, Nov 22 (IANS) In a medical feat, doctors here successfully performed a fifth repeat open heart surgery on a 24-year-old man from Oman.

The patient Khattab Omar Rashid was admitted to Jaslok Hospital and Research Centre in Mumbai on

Dainik Bhaskar

ओमान की महिला को मिली नई जिंदगी, एक ही दिन दो सर्जरी

हृदय रोग से पीड़ित, सांस लेने में थी तकलीफ



ओमान की 24 वर्षीय महिला को मुंबई में नई जिंदगी मिली है। फैंसियस इमरस (61) कैसर और हृदय रोग से पीड़ित थीं। इसके चलते वह पा रीक से संभ नहीं ले पा रही थीं। उनका दिल भी ठीक से काम नहीं कर रहा था। कबीर इमरस में चर्चा इस महिला को बचाने के लिए दो महत्वपूर्ण अंगों की सर्जरी एक ही दिन में करके अस्पताल में बने पेश। परिवार अतिशय दुःख में पड़े थे। काठिलोकेयुक्त समग्र पेश थीं। अस्पताल के सर्वोच्च आम्कोर्लजी कंसल्टेंट डॉ. विष्णु अग्रवाल ने बताया कि मिटी सैमन की जांच में 40 सेमी आकार का बड़ा ट्यूमर और हृदय की धमनियों में असमानता पाई गई। इसके लिए सर्जरी बहुत जटिल धरती थी। परिजनों को साहसाई से हप्ते में आीरेशन किया।

Mid-Day Gujrati

13 sundayaંભવ

Grid of portraits and text for a Sunday special section, featuring various individuals and their stories.

Text block containing a list of items or news snippets, possibly a menu or a list of services.

Large text block containing detailed information, likely an advertisement or a long-form article, with multiple columns of text.





### Mid Day

Mumbai News Entertainment Sports  
Crime News Bigg Boss Bollywood News City News

**Subrata Roy, head of the Sahara India Pariwar, died at the age of 75 due to a cardiorespiratory arrest at Kokilaben Hospital in Mumbai on Tuesday.** While the hospital declined to comment on the condition of Roy—who had been suffering from metastatic malignancy, hypertension and diabetes—at the time of his demise, oncologist Dr. Sunil Chopade from Jaslok Hospital explained to mid-day what exactly is metastatic malignancy.



"It is when cancer spreads from the original site to other organs," he said, adding that comorbidities like diabetes and hypertension hamper the course of treatment for most cancer patients. "While comorbidities do not affect the

mid-day.com

### AajTak FitTak



**IT IS SILENT BECAUSE MAIN SYMPTOMS LIKE CHEST PAIN & ARE MISSING**  
Diagnose Heart Attacks (MCH) Diagonosis Attack #fitak #heartattack #health #hearthealth

### ABP Live

21:02  
HOME RAJASTHAN ELECTION MADHYA

#### The Link Between Diabetes And Stroke:

Talking about diabetes, Dr. Shaival Chandalla- who is the Consultant, Diabetologist & Endocrinologist at Jaslok Hospital & Research Centre, Mumbai said, "Diabetes is a multisystem disease. It affects the circulatory system ie the blood vessels in the body. Thus the complications of diabetes are divided into two categories- microvascular and macrovascular complications. Microvascular complications are those affecting small blood vessels in the body as in the eyes (retina), the kidney and the nerves. Macrovascular complications are those affecting large blood vessels in the body as in the heart, the brain and the arteries (peripheral arterial disease)."

"Thus having diabetes increases the risk of stroke, which is due to blockages

### Economic Times



Mental health is crucial for overall well-being, as it affects our emotions, thoughts, and actions.

- Talking about mental health doesn't increase its stigma, but helps in seeking care
- When mental health issues go untreated, they have an effect on day-to-day life
- Everyone should receive the best mental health care available & be treated with humanity
- Mental health professionals who can show empathy towards their patients are required

By Dr. Ruchi Jain, Jaslok Hospital  
ET CONTRIBUTORS  
Last updated Oct 10, 2023  
ET 24 APP

### Only My Health

Dabur Vedic Tea Sugar-Free Life Crushed by career

An intense pain behind our eyes is not something we haven't experienced. From prolonged use of phones, watching TV, or reading in poor lighting to conditions like sinusitis, many factors can lead to pain behind the eye, also known as retro-orbital headache. Those who suffer from migraine can also be subject to discomfort behind their eyes. But how do we know what's causing the condition? What are the things that we need to consider? What are the characteristics of a migraine that can help confirm the diagnosis? Speaking with the OnlyMyHealth team, **Dr. Natasha Tipnis, Consultant Neurologist, Jaslok Hospital and Research Centre, Mumbai,** helps answer all these queries.

### AajTak FitTak

#### Foods Items That Keep Lung Healthy:

Dr. Mala Kaneria- who is the Consultant of Infectious Diseases at Jaslok Hospital & Research Centre, Mumbai said, "We are constantly exposed to many substances, including the air that we breathe, which is detrimental to our lung health. Also, with age, there is a physiological decline in lung function, which puts our lungs in jeopardy. Many times, all these insults are additive and the decline in lung functions renders us susceptible to many infections too."

While exposure to pollutants, passive smoking, hereditary asthma and occupational exposures may be unavoidable, one definitely has the power to choose the right kind of food to improve lung health. Eating healthy food is overall important for your well being, but

### Hindustan Times

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News / Lifestyle / Health / Kidney-friendly diet to lower...

#### Kidney-friendly diet to lower your creatinine levels, promote overall kidney health

By Zarafshan Shiraz, New Delhi

Oct 13, 2023 02:13 PM IST

The best way to lower creatinine level is to treat the underlying kidney disease. Here are foods to lower your creatinine levels

### Only My Health

Dabur Vedic Tea Sugar-Free Life Crushed by career

#### Understanding Oral Cancer And Its Symptoms



Dr. Agarwal defines oral cancer as any cancerous tissue growth in the oral cavity, including the lips, tongue, cheeks, throat, and gums. According to him, it is a severe concern that can lead to various complications if not detected and treated early.