

Welcare TODAY

LIVE RIGHT, LIVE HEALTHY



Paediatric Orthopaedics
Celebrating Birthdays also a part of the
treatment :)

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NEW EQUIPMENT IN WELCARE WILL ENABLE 'KEY-HOLE' SURGERY

Dr Mody Lectures about 'Revision Knee Surgery'

Dr. Mody Educates Orthopaedic Surgeons from India & Abroad at the Meril Academy



Meril Life Science and Maxx Orthopaedics are evolving giants in the field of medical device manufacturing in India. It has aspirations and ability to become an Indian multinational in this area of healthcare industry. It is headquartered in Vapi and has established a world class educational academy called the Meril Academy.

The Meril Academy had organised a lecture program

on Feb. 11, 2017 where they had invited joint replacement experts from all over India and abroad as faculty.

Over 200 orthopaedic surgeon from India, Russia, Turkey, South Africa, Poland etc attended the lecture program as delegates.

Dr Bharat Mody, an internationally acclaimed joint replacement expert was the obvious choice as the Course Director. Dr. Mody delivered



the keynote lecture on "How to transition from a Primary Knee Surgeon to a Revision Knee Surgeon".

With rising numbers of knee replacements over the past 20 years, cases of artificial knee joints getting worn out are increasing. Such patients need a 'Re-Do Surgery'. Redo surgeries are far more complex than primary knee surgeries and require higher skill sets in staff and

high end operation theatres. The implants for Re-Do are different.

As Welcare Hospital is one of the top 10 Revision Knee Surgery Centres of India, the experience and knowledge about revision surgeries from Welcare's founder Dr. Bharat Mody was highly appreciated. Dr Mody has performed hundreds of Re-Do cases referred from across India and the world.

હાથની સર્જરી હવે વેલકેર હોસ્પિટલમાં ઉપલબ્ધ



ડૉ દિનેશ ભુલુચુ, MS [Ortho]
હાથની સારવારમાટે સંપર્ક ૦૨૬૫ ૨૩૩૭૧૭૨

માનવજાતીનો હાથ એક કુદરતી અજાયબી છે. માનવીનો હાથ એટલે એક ઉત્કૃષ્ટ સાધન- તેનાથી સુંદર કલા પણ નિર્માણ થાય અને

સ્વાદિષ્ટ રસોઈ પણ થાય, તેનાથી યુદ્ધ પણ થાય અને શલ્યક્રિયાવડે જીવનદાન પણ મળે, અંધજન અથવા બહેરામુંગા હાથથી બોલી શકે

છે. માનવીના હાથની કોઈ સરખામણી નથી.

માનવના આ અજાયબી અવયવને ઈજા થાય તો તે માટે નિષ્ણાત સર્જન પાસે જ સારવાર લેવી હિતાવહ હોય છે કારણ હાથનો નાનોમોટો ધા મટી પણ જાય પણ હાથની કાર્યક્ષમતા પરત મેળવવા કુશળ સર્જનની જરુર પડે.

હાથની તકલીફો

૧. કાર્પલ ટનલ સિન્ડ્રોમ- કોમ્પ્યુટર પર કામ કરતા લોકોને થતો કાંડામાં સખત દુઃખાવો.
૨. હાથના હાડકા ફેકચર થયા

હોય તો ક્લોઝડ રિડક્શન અને ફિક્સેશન, કાપકૂપ વગર જોડી શકાય છે. હાડકા સ્થીર રહે તે માટે વાયર, સળીયા અથવા પ્લાસ્ટરનો ઉપયોગ કરવામાં આવે છે.

૩. કપાએલા રજજુ ની સારવાર- રજજુ એટલે હાડકા અને સ્નાયુ વચ્ચેનો જોડ.

૪. હાથના ચેતાતંતુઓની (નર્વ) સારવાર- હાથમાં ત્રણ મુખ્ય ચેતા હોય છે, તેને ઈજા થાય તો હાથની સંવેદનશીલતા ઘટી જાય છે. શલ્યક્રિયાથી તેમાં સુધારો થઈ શકે છે.

Editorial Board**Patron**

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Shri Ajitbhai Kapadia

Dr Bibhas Shah

Contact Us

Do you have any query about any medical illness? Are you in two minds about getting a medical treatment? Please email to us. Welcare Hospital's Medical Specialists will help solve your dilemma.

તબીબી સલાહ માટે

અમારો સંપર્ક જરૂર કરો
શું કોઈ બીમારી માટે કઈ
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Appointments

Doctors' appointments at
Welcare Hospital
[9:00 AM to 6:00 PM]

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૯:૦૦ થી સાંજે ૬:૦૦ સુધી

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Every hospital founded by a doctor will have a stamp of the founder's mind set and thought process, and also his or her clinical speciality.

Welcare Hospital, the multi speciality tertiary care hospital for special surgeries was founded by Dr Bharat Mody, who is primarily an orthopaedic and joint replacement surgeon. So it is no wonder that Welcare Hospital provides all types of orthopaedic surgery services.

Geriatric Orthopaedics

The February issue of **Welcare TODAY** covered surgeries done on patients between 85 to 107 years.

In this issue we focus on surgeries done on children below the age of 14. [Paediatric Orthopaedic Surgery].

Bones of Little Ones

Is treating children's bones different from treating older people's bones? The answer is a big YES, because...

- The bone qualities and structure of babies, little children, adults and old aged people are different.
- Babies' bones are soft and growing.
- At many places instead of bone, there is only a membrane or cartilage in babies and children.
- In case children's bones fracture, the fracture may not extend across a bone. Only half the bone may fracture. This is known as a green stick fracture. While if adult bones fracture, the crack will usually extend to cover the whole width of the bone.
- While treating children's bones, it must be kept in mind that the bone is going to grow and the size and



This birth deformity called Clubfoot is routinely treated at Welcare. [Story P. 5]

shape of the bone is going to change.

Sub-Specialities

Other subspeciality treatments available at Welcare Hospital are:

- Trauma [fractures] surgery
- Joint reconstruction
- Sports & Arthroscopy
- Spine surgery
- Hand surgery

Arthroscopy

It is surgery inside joints through small nicks. It is most useful for shoulder joint and knee joint diseases. Dr Bharat Mody is skilled in Arthroscopy and on many occasions he has saved knee pain patients from total knee replacement surgery by treating them with 'KEY HOLE' Arthroscopy surgery instead of total knee replacement.

Spine Surgery

Fear of spine surgery is widespread in our society because of misconceptions about poor results seen after

spine surgery a decade ago. However, now a days huge advances have been made in this field and spine surgery is usually successful. Thousands of patients suffering from symptoms like pain going down their legs can now get permanent relief.

Trauma, Fractures

Trauma means 'injury' and 'fracture' means cracked or broken bones and joints. Surgeries to treat these conditions are the most commonly done surgeries in orthopaedics. Many innovations have benefited this branch. High-tech instruments offer extremely good results. Unfortunately, such instruments are very expensive and may not be available in smaller hospitals. Welcare Hospital has invested in the best instruments and there is a regular up-gradation program. .

Hand Surgery

Please view page 2 for details about hand injuries and the treatment for the same.

KEY HOLE SURGERIES
*Arthroscopic surgery of
shoulders and knees are the
most common arthroscopy
surgeries performed in
Welcare Hospital.*



Paediatric Orthopaedics: A Separate Sub Speciality

Welcare has a dedicated department to treat the bones and joints of young children

The speciality of orthopaedics branched out from general surgery about 80 to 100 years back. It was only in the last 30 to 40 years that separate sub specialities developed within orthopaedics including geriatric orthopaedics, joint replacement, arthroscopy, hand surgery, etc. However, it is interesting to note that the word “Orthopaedics” means “Orth = straight and Paed = child”. About 50 years back society was afflicted with spinal tuberculosis and thousands of children had started devel-

oping deformed spines. The effort to make these children appear straight again led to the word “orthopaedics” (straight child) associated with the treatment of bones and joints. Thus, paediatric orthopaedics is an extremely important branch of orthopaedics, and has been credited to have given the name orthopaedics to the science of bone and joint treatment.

Paediatric Orthopaedics is the field where patients below 14 years of age are treated for bone and joint problems. The skeletal system

below this age is very different from that of the adults and more importantly the range of diseases affecting this age group is very different from the adult age group. Diseases such as Perthes disease of the hip, chronic dislocation of the patella (knee cap), etc. are found only in children, along with a range of diseases associated with birth defects like club foot. The treatment of these diseases require a completely different type of knowledge, skillset and instruments.

More importantly, the han-

dling of children in a hospital requires a different level of empathy and team training. Welcare Hospital has set up a separate unit for Paediatric Orthopaedics work keeping in mind all the above factors. Also, it is in consonance with the mission statement of Welcare Hospital: ‘To progress as a Hospital for Special Surgeries’.

Welcare’s Paediatric Orthopaedic Surgery department offers a comprehensive range of treatments for babies and children ranging from 4 months to 14 years.

Swaleh the Simba [Lion] treated for Perthes Disease

Twayi Sufiyan is the happy and proud father of 6 kids! A man with a large heart, he simply dotes on the youngest of his children – 11 years old Swaleh! Swaleh is a bundle of joy and energy. He loves

sports and he is an extremely confident kid. 2 years back he started developing a small limp while walking. Initially the local doctors in Mombasa felt that it was just a temporary problem. However, the

limp increased and a worried Twayi Sufiyan decided to seek outside help for his youngest kid. He got the reference of Welcare Hospital from Walid, another 14 years old boy who had been treated for a severe hip problem at Welcare Hospital a year earlier. They came over to India and the paediatric orthopaedic surgeon at Welcare Hospital diagnosed the young boy to be suffering from Perthes disease. This is a condition where the blood supply to the ball of the hip joint undergoes temporary blockade resulting in the shape of the entire ball getting deformed. It requires a complex hip operation to control this change in shape. It was done successfully at Welcare Hospital in the Paediatric Orthopaedics unit. Swaleh is happily recovering.

His courage has won the hearts of the entire Welcare Team who calls him the Simba (meaning lion in Swahili).

Birth defects don't deter the determined...



One CTEV baby, Kristi Yamaguchi, who was correctly treated grew up to become the world figures skating champion. Kristi Yamaguchi was born in Hayward, California, in 1971 with club feet. She was treated and inducted into skating at the age of 6 as a therapy.

She won her first US championship as a pairs skater in 1986. She won a gold medal in the 1992 Olympics. Since then she's founded the Always Dream Foundation, published four books and won 'Dancing with the Stars'.



Swaleh shares his cake with dad. Below: Welcare Medical Director Dr Harshida Mody also shares the joy..



Cerebral Palsy

Cerebral Palsy occurs because of injury to the child's brain during a difficult child birth. It is an extremely distressing condition. The severity of injury decides the child's disabilities. Often the child's intelligence is normal but some such children lose limb control and cannot walk or stand properly.

Hanifa was one such girl from Kenya. Happy and intelligent, cerebral palsy did not allow her to stand straight. Her father, Mr Juma Boy had heard about Welcare Hospital and its Paediatric Orthopaedic Unit. So he brought Hanifa to Welcare. Hanifa was operated for muscle re-balancing surgery. Now she has an improved walking pattern and has gained self confidence.



Hanifa can now stand almost like a normal young girl of her age.

Effects of cerebral palsy cannot be reversed but the disabilities can certainly be treated with the right expertise at the right hospital.

Clubfoot or Congenital Talipes Equinovarus [CTEV]



The baby before and after surgery, her smile shows her comfort after surgery

This is one of the most common birth defects seen in India. At birth, the foot and ankle of the affected child is deformed and twisted inwards. This deformity must be treated soon after birth, as if left untreated, it leads to severe disability during growth and adulthood.

But if CTEV is treated early, preferably in the first year of life, the child can grow like any other normal child

with normally functioning feet.

For some reason not clearly understood, CTEV or Clubfoot afflicts babies born in the lower socio economic class. This usually results in failure to obtain early treatment due to financial limitations and such children may be malformed.

Welcare Hospital treats such children at reduced rates.

Habitual Dislocation of Patella

Two girls, Ayushi and Nishtha, were born with a rare condition called Habitual Dislocation of Patella. In this condition, the knee cap [the bone on the knee joint, called patella, which slides up and down in front of the knee while bending and straightening the knee] slips out of position and dislocates on the outer side of the knee joint. This makes it impossible for the patient to walk, run, sit down or get up from a chair. Climbing stairs is also not possible. Habitual Dislocation of Patella should best be treated in the first three years of life.

However unfortunately the families

of Nishtha and Ayushi did not have the means to get the girls operated at the right age. It was only when they were 7 to 8 years old that Nishtha and Ayushi were examined free of cost at Welcare Hospital through the 'Swasthya Adhikar Divas' program and operated.

But the girls were 7-8 years old and the shape of the bones and muscles forming the knee joint had changed. This made the corrective surgical procedure much more complex. Yet the Paediatric Orthopaedic Unit of Welcare Hospital gave normally functioning knees to the girls for a normal and productive life.



Left: The arrow shows Nishtha's dislocated knee cap before surgery. Right: After surgery the knee cap stays in position, she can walk or sit or climb stairs

જકડાઈ ગયેલા પગ જટિલ સર્જરી દ્વારા સીધા કર્યા !

ઓપરેશન પહેલા સંધિવા (Rheumatoid Arthritis) ની પીડાથી નુર મહમ્મદના પગ સીધા પણ નહોતા થતા



ડાબે-નુર મહમ્મદ-થાપાની શલ્યક્રિયા પછી અને ઘૂંટણની શલ્યક્રિયા પહેલા. જમણે-બંને ઓપરેશન પછી

વડોદરાના નુર મહમ્મદ ભાઈને ૩૩ વર્ષની વયે સાંધાના 'વા' એટલી હદે વધી ગયો હતો કે તેમના બંને પગ અને થાપા જકડાઈને પોટલું બની ગયા હતા. આ રોગ હવે દિવસે દિવસે વિરાટ રૂપ ધારણ કરી રહ્યો હતો. નુરભાઈની પીડા અસહ્ય બની હતી, આ પીડા સાથે તેઓ પોતાનો આત્મવિશ્વાસ પણ ગુમાવી રહ્યા હતા.

અનેક જગ્યાએ તપાસ

નુરભાઈ અને તેમના પરિવાજનોએ તેમની આ બીમારી વિષે ઘણા શહેરોમાં ઘણા તબીબોને બતાવ્યું પણ વધું પ્રમાણમાં તબીબોએ તેમની સારવાર 'થાય જ

નહી' એમ કહીને તેમનો કેસ લેવાનીજ ના પાડી. ઘણા તબીબોએ તેમને આનો કોઈ ઈલાજ શક્ય નથી તેમ પણ જણાવ્યું. નુરભાઈ તથા તેમનો પરિવાર હતાશ હતા. આ દુઃખના પહાડને કેવીરીતે પાર કરવો તેના વિષે મથામણ કરી રહ્યા હતા.

વ્યવસાયમાં મુશ્કેલી

૩૩ વર્ષના નુરભાઈનો વ્યવસાય છે બગી તથા ઘોડા-ગાડી ભાડે આપવાનો. આ વ્યવસાય તેમના ઘરમાં અનેક પેઢીઓથી ચાલતો આવ્યો છે. પણ સાંધાના 'વા' ના આ બિહામણા દર્દના કારણે નુરભાઈને તેમનો વ્યવસાય

પણ ચલાવી શકતા નહોતા.

સ્વાસ્થ્ય અધિકાર દિવસ

તે મુશ્કેલીના સમયે નુરભાઈને વેલકેર હોસ્પિટલના સ્વાસ્થ્ય અધિકાર દિવસ વિશે જાણ થઈ અને તેઓએ તેમની નિશુલ્ક તપાસ કરાવી લીધી.

વેલકેર હોસ્પિટલ દર મહિનાના પ્રથમ શનિવારે સ્વાસ્થ્ય અધિકાર દિવસ ઉજવી કોર્પોરેટ સોશિયલ જવાબદારીનો ભાવ પ્રગટ કરી રહ્યું છે. સ્વાસ્થ્ય અધિકાર દિવસ નિમિત્તે દર્દીઓની નિશુલ્ક તપાસ કરવામાં આવે છે.

(જુઓ પાનું ૮)

વેલકેરમાં તપાસ

નુરભાઈની નિ:શુલ્ક પ્રાથમિક તપાસ પછી ડૉ ભરત મોદીએ જણાવ્યું કે આ રીતના રોગને જટિલ સર્જરી દ્વારા દૂર કરી શકાય છે. આ પ્રકારની સર્જરી માટે એક અનુભવી નિષ્ણાત સર્જનની જરૂરીયાત પડતી હોય છે. આ પ્રકારની જટિલ સર્જરી

માટે નિષ્ણાત સર્જનની સાથે સાથે અત્યાધુનિક ટેકનોલોજી ધરાવતા સાધનોની પણ જરૂરીયાત સર્જાય છે. અને વેલકેર હોસ્પિટલમાં બધુંજ ઉપલબ્ધ છે.

સર્જરી

ડૉ મોદીની સલાહ પ્રમાણે નુરભાઈએ વેલકેર હોસ્પિટલમાં સારવાર કરાવી લીધી. સર્જરી બાદ તેમના જકડાયેલા પગ તથા થાપા સીધા થઈ ગયા છે.

હાલમાં વેલકેરના ફિઝિયો-થેરાપીસ્ટ નુરભાઈને કસરત કરાવી રહ્યા છે અને તેનાથી તેમના પગ અને થાપામાં હજું પણ વધારે સુધારો થશે.

ડૉ ભરત મોદી કહે છે..

આવા કેસ પેચીદા હોય છે, તેના નિવારણ માટે અનુભવી સર્જન, તાલીમ પ્રાપ્ત ટીમ, અત્યાધુનિક ટેકનોલોજીયુક્ત સાધન સામગ્રી અને ઓપરેશન પછી ઉત્કૃષ્ટ નર્સિંગ કેર અનિવાર્ય હોય છે.



(ઉપર) Rheumatoid Arthritis ના કારણે ઓપરેશન પહેલા નુર મહમ્મદના પગ સીધા થતાજ નહોતા. (નીચે) ઓપરેશન પછી પગ સીધા થાય છે અને નુર મહમ્મદ ટટ્ટાર ચાલી શકે છે.



State of the Art Equipment in Welcare Hospital

Welcare Hospital Procures the World's Best Videoscopy Equipment

Key Hole Surgery

The past 25 years have seen phenomenal changes in surgical techniques in different specialities like Orthopaedics, General Surgery, Urology, Gynaecology and so on.

In the distant past, incisions were large. With the parallel development of thin, flexible cables which can transmit images, small cameras, very small surgical instruments and high resolution video screens and recording, most surgeries can be performed through very small incisions. Complex surgical corrections are made without major cuts on skin or through tissue or organs. This type of surgery is popularly known as KEY HOLE Surgery.

Stryker Inc., USA is considered the world's leading manufacturer of such equipment. Their equipment is expensive, but offers unparalleled high definition images to the operating surgeon.

Being a committed Hospital for Special Surgeries [HSS], Welcare has acquired Stryker Inc. equipment for MIS. With this advancement, from now on all MIS will be done on the Stryker Equipment at Welcare.

Thus now onwards, along with the Orthopaedic Surgery department, all

major surgical departments will benefit because of the availability of the high end equipment.

Dr Bharat Mody does many surgeries called Arthroscopy through this type of equipment. Now most other surgeons can also use the equipment for their respective surgeries.

For details please see below.



The main unit, the shaver hand piece. The surgeon can control suction in the surgical area. The tip of the instrument can rotate at 12,000 RPM for clearing tissue.



The handle through which the surgeon controls movement of the camera and instruments inside the body. It may be a joint, the stomach or the gall bladder



This is the connector through which cameras and instruments can be quickly inserted into the body by only one hand.



Laparoscopy-Endoscopy equipment in the operation theatre. The boxes in the stack help process the images, the screen on top displays images.

Applications

The new equipment will be used in...

Orthopaedics

- Arthroscopy for knee, shoulder and elbow
- Sports Medicine

Laparoscopic surgeries for

- Urinary bladder [Cystoscopy]
- Uterus [Hysteroscopy],
- Intestines [Gastroscopy, Colonoscopy, Rectoscopy etc]

Will be regularly performed with the new equipment at Welcare.

Advantages of MIS

MIS means 'Minimally Invasive Surgery'. It offers tremendous advantages in terms of...

- Lower blood loss
- Much less pain
- Quicker recovery because of smaller incisions
- Lower infection rates.

However, for successful MIS, best equipment and the highest surgical skills are a must. Welcare Hospital has both and hence success rate is higher.

વેલકેર હોસ્પિટલ ઘોષણા કરી રહ્યું છે કે

દર મહિનાના પહેલા શનિવારને સ્વાસ્થ્ય અધિકાર દિવસ તરીકે ઉજવાશે



યજ્ઞ નહીં, મહાયજ્ઞ

ફી આપતા દર્દીઓનું જેટલું ધ્યાન રાખવામાં આવે છે તેટલુંજ ધ્યાન નિઃશુલ્ક તપાસનો લાભ લેતા દર્દીઓનું રાખવામાં આવે છે.

ડૉ ભરત મોદી

સ્વાસ્થ્ય અધિકાર દિવસનો એમનો અનુભવ કહે છે વાપીના રહેવાસી શ્રી સતીશભાઈ...

ગયા સ્વાસ્થ્ય અધિકાર દિવસે પણ હું નામ નોંધાવીને વડોદરા આવ્યો હતો પરંતુ વડોદરા સ્ટેશને પહોંચ્યા પછી મને વેલકેર હોસ્પિટલમાંથી ફોન આવ્યો હતો કે ડૉ. ભરતભાઈ મોદીને ઈમરજન્સી કોલ આવ્યો છે અને તેમને તાત્કાલીક ઓપરેશન થિયેટરમાં જવું પડશે. તે કારણે તેમને મળી શકાશે નહીં. તેથી હું તે દિવસે આ સેવાનો લાભ લઈ શક્યો નહોતો. પણ આજે એક મહિના પછી ૧૧મી ફેબ્રુઆરીએ હું વાપીથી વડોદરા ફરી એપોઈન્ટમેન્ટ લઈને આ નિસ્વાર્થ સેવાનો લાભ લેવા આવ્યો છું.



વહેલા તે પહેલા ઘોરણે હાડકાના રોગોના ફક્ત ૧૫૦ અને જનરલ સર્જરીના ફક્ત ૫૦ દર્દીઓનાજ નામ નોંધવામાં આવશે. એપોઈન્ટમેન્ટ વગર વિનામુલ્યે તપાશ થઈ શકશે નહીં.

એપોઈન્ટમેન્ટ માટે ફોન કરો સવારે ૯ થી સાંજે ૫ સુધી

0265 2337172

સરનામું

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આગળના સ્વાસ્થ્ય અધિકાર દિવસો

તારીખોમાં ફેરફાર છે જેની કૃપા કરી નોંધ લેશો

૧૧ માર્ચ ૨૦૧૭

૧ એપ્રિલ ૨૦૧૭

૬ મે ૨૦૧૭

૩ જૂન ૨૦૧૭

Welcare Hospital



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