

Welcare TODAY

LIVE RIGHT, LIVE HEALTHY
A Patient Education Initiative by 'Arthritis Foundation'



Saudi Minister visits Welcare Hospital

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Dr Bharat Mody invited to teach in Europe Conference

Dr. Mody was invited as a keynote speaker to Europe's most prestigious Revision Surgery conference



Right: Mr Helmut Link, the billionaire owner of Link Industries, welcomes Dr Mody at the Revision Joint Surgery Conference supported by an educational grant from his company: LINK. It was in Berlin from 21-23 Jan. 18.

All joint replacement surgeons begin their journey by getting training in doing primary surgery which means putting in artificial joints for the first time in the human body. Typically they will continue to do this for around 10 years to become competent and confident in this first level of joint replacement surgery.

Revision Knee Surgery

However, primary joint replacement may eventually become loose or may have complications. In such cases, the patient may need one more surgery, such a second surgery is called Revision Knee Surgery or Re-Do Surgery.

Revision is an extremely complex operation because unlike the primary surgery, the quality of bone and surrounding tissues at this stage are extremely poor and deficient in terms of being easily cut and repaired.

Whenever a surgeon makes an incision, it is sewn with sutures or staples to bring the cut tissues together. The cut tissue 'heals' when the tissue fuses. In Revision surgeries, the healing power of tissues is reduced.

Higher Skill Levels

It therefore requires the surgeon to be exception-

ally skilful and experienced to do Re-Do Surgeries. Re-Dos also require special instruments and advanced operation theatres. They are long and stressful surgeries. Hence only about 10% of all the primary joint replacement surgeons choose to learn and conduct revision surgery. Most joint replacement surgeons refer their patients to a higher centre known for its expertise in Revision Surgery.

Acknowledged Expert

Dr Mody has been acknowledged internationally as being an extremely skilled and experienced Revision Joint Replacement Surgeon. His knowledge and experience is considered so high that the organizers of Europe's largest and most prestigious Revision Surgery Conference invited him as a keynote speaker. Dr Mody lectured on the subject of 'Management of the unstable Primary Knee Replacement'.

Truly International

The conference was attended by more than 400 experienced surgeons from around 15 countries of Europe, USA, China and Vietnam.

Dr Mody was the only faculty member from the Indian sub continent & South Asia.

Saudi Minister visits Welcare Hospital

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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.

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In recent times, the winds of change are sweeping through the entire world including the Middle East. The Oil Economies of the world are rapidly changing their priorities. This was obvious at the Vibrant Gujarat Summit held in 2017, when an entire delegation of Senior Ministers from the Kingdom of Saudi Arabia (KSA) had come to network with Indian entrepreneurs of different fields including healthcare.

Dr. Mody was invited by the Gujarat Government to interact with the delegation from KSA.

Dr Gasem Fallatah, who holds a doctorate in Corrosion Science and is a scientist in that field, has been entrusted with high responsibilities by the incoming king of Saudi Arabia.

Dr Gasem recently visited Welcare Hospital to explore possibilities of a tie up for mutual benefits, as a follow up of the initial interactions at the Vibrant Gujarat Summit of 2017.

For over 2 hours, he viewed



the infrastructure and technology which Welcare Hospital has as part of its infrastructure. He was extremely pleased and impressed. He said: "We find this hospital at par with any American or European facility. I will rec-

ommend to the Ministry of Health, Kingdom of Saudi Arabia, to reach out to examine possible synergy with Welcare Hospital." Dr Mody had met Dr Gasem at the Gujarat Government's Vibrant Gujarat Summit 2017.

Treatment of Fractures at Welcare

Welcare Hospital now has a full time Accident & Trauma Surgeon

Is round the clock treatment for fractures available at Welcare Hospital?

Yes, Welcare provides 24x7 emergency services for accident victims. Early treatment is important because it leads to better recovery.

What role does Technology play in delivering good results in fracture treatment?

Modern equipment like X-ray image intensifier (C-arm machine) in the Operation Theatre has drastically increased the success rate

of fracture treatment. Now it is possible to fix fractured bones without opening the fracture site. Advantages are,

- Chances of union increase.
- Less blood loss on table.
- Less chances of infection.
- Early and speedy recovery.

Welcare has high quality technological infrastructure.

How important is hospital infrastructure in delivering high quality results in fracture treatment?

Hospital Infrastructure is of prime importance. Easy

transfer of accident victims from the ambulance to the Emergency Room [ER] is crucial. In Welcare Hospital any ambulance can drive right next to the ER.

Welcare's infrastructure meets international standards. The high quality OT standards and the working protocols go a long way in maintaining zero infection rate. Welcare's serene environment is conducive to early recovery of patients.

STORIES Pages 5 & 6.

OT Lights - Far more Sophisticated than mere lighting

Operation Theatre [OT] lights need to be 'cool', bright, focussed, aerodynamic and operable on UPS



It is important that the society at large understands the impact which infrastructure equipment such as OT Lights have on the final result of a complex operation. The quality of fine tissue dissection that any surgeon can do with the help of such advanced OT infrastructure is the key to consistent high quality results.

It would not be surprising if no one knew the role of high quality OT Lights in the final result of the surgical operation. Perhaps, artisans like jewellery makers or watch repairers will understand the importance of good quality light on the area of their work contributing to their performance in fine workmanship! Operation Theatre [OT] lights are not mere lights, they are specialised medical devices which assist surgeons and paramedical staff during a surgical procedure by illuminating the exact surgical area. Usually several OT lights are used simultaneously.

Historically...

When surgical processes were begun about 170 years ago, surgeons of those times depended on natural light

through windows, which needless to say was inadequate. Mirrors were used to enhance light, but all such lighting caused shadows.

Electric lights were introduced in around 1880 but lighting was poor and too much of heat was generated.

Heat

Previously lights were tungsten or halogen bulbs. They consumed huge amount of electricity and emitted heat which made air conditioning consume more energy. Heat also 'dried up' the tissues in the open wound during surgery. This resulted in death of many cells at the microscopic level and delayed wound healing and increased the post-operative pain.

LED

OT lights have evolved to the modern Light Emitting

Diodes [LED] systems. They give bright cool light which can be concentrated at a place for the best visualization.

Modular OTs

With the advent of modular OTs where filtered air is forced to the operating zone, OT lights were aerodynamically shaped. This results in a laminar flow without any turbulence. Turbulence free air flowing over the operative field ensures that surrounding air does not get cooled in the operative field and therefore the risk of infection from wound contamination drops dramatically.

'Shadowless'

Opaque objects will block any type of light and cast shadows.

However, the most advanced of OT Lights are 'Smart Lights' and they ac-

tually provide 'shadowless' light! They have an 'Intelligent Eye' [sensor] built into their frame which continuously monitors the various parts of the wound area and calculates the amount of light falling. If it detects a drop in the light intensity in any part of the field, it automatically brightens the appropriate LED bulbs to ensure uniform 1,60,000 lux light level, which is the recommended light level.

Colour

The colour of the light (technically known as the temperature) is also very important for fine tissue dissection. Whilst most surgeries require 6000K colour temperature, certain types of vascular surgery require lower temperatures. This type of colour modulation is also now a feature of modern OT Lights.

Operable on UPS

OT lights work on Uninterruptible Power Supply [UPS] during power failure till alternative power supply from the diesel generator restores power. At such times, along with other OT equipment, OT lights work on UPS.

Fractures: Prevention is better than cure !

Says Welcare Hospital's Trauma Specialist Dr Rameez Pathan

Which fractures occur commonly?

Age decides types of fractures, for example...

- Children fall while playing and may suffer forearm and elbow fractures.
- Young adults develop leg & thigh fractures, mostly due to two wheeler accidents.
- In elderly patients, fractures around the wrist and the hip bones are common.

Can fractures be prevented?

They can definitely be prevented. The best advice is AVOID FRACTURES. I would like to bring general awareness amongst the population that as far as fractures are concerned, 'Prevention is better than cure'.

How can we prevent fracture occurrence?

Life style modification play a key role in fracture prevention. These are the guidelines

for different age groups:

- Elderly people: Avoid slippery surface in and around bathroom areas. Get handles fixes in toilet walls for support while getting up.
- Young Adults: Always wear a helmet while riding two wheelers.
- Always leave for work or college early.
- Leaving 5-10 minutes early will not cost more.
- But it will go a long way to prevent haste and possibility of accidents.

Do all type of fractures require surgery?

No. All type of fractures don't require surgery. Only these types need surgery:

- Open fractures [when fractured bones are protruding out and there is bleeding]
- Highly displaced fractures [when both ends of the broken bone/s are far apart]



• Fractures involving the joints [Fractures around or through the hip, knee, shoulder, wrist or elbow joints need surgery].

But it must be noted that only the attending orthopaedic surgeon is in the best position to decide the treatment [Surgical Vs Non- Surgical] based on the type and sever-

ity of injury.

Do all bone fractures heal in same time?

No, different bones takes different times to heal. Many factors play a role in fracture healing. Age of the patient and blood supply to fractured bones are major factors. Other factors are the location of the fractures.

Cutting Edge Tech in Fracture Healing

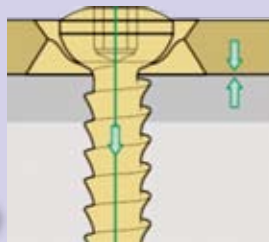
Broken bones join when the two ends are joined together and immobilised with either a plaster cast or surgical treatment with plates which hold bones together with screws.

Conventional plates obtain maximum stability with a rigid plate and compression of the fracture fragments.

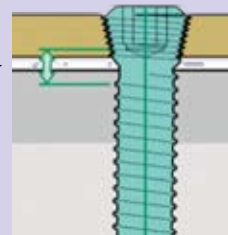
Locking plate fixation, on the other hand, seeks to maintain a certain elasticity to stimulate bone healing. Locking plates are generally less rigid than conventional plates



Above: These types of plates are used to fix broken bones together. the holes have threads in locking plate fixation, which is the latest technique.



Conventional Screw fits plate to bone without any space.



Locking Plate Screw leaves space between bone and plate.

Dr Pathan is an expert in treating bone fractures and trauma. He was trained in Manipal University and has worked for many years as Senior Resident in one of the largest hospitals of New Delhi Municipal Corporation, Hindu Rao Hospital & NDMC Medical College. He adds his wide experience and skills as a new member of Welcare Hospital team.



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Wonder Drugs: Be cautious in using them

Misuse & Overuse of Antibiotics leads to major problems of bacterial resistance

Antibiotics

They are useful medicines which kill bacteria infecting our body, either directly or by preventing bacterial reproduction.

Antibiotics are wonder drugs. Since the time they were invented in the 1940s the treatment of infectious dis-



eases has radically improved. Antibiotics have brought about a massive reduction in deaths due to infections. It may be said that life expectancy of the human population has greatly increased because of antibiotics. But overuse or improper use of antibiotics sometimes makes them ineffective in life threatening situations.

Antibiotic Resistance

It means many of the antibiotics are not effective in treating bacterial infections.

Antibiotic resistance is a very serious concern in modern health care because the more common strains of bacteria are developing broad bases of resistance to multiple antibiotics. A few strains have mutated to resist all available antibiotics, presenting a great challenge for fighting the infections they cause.

Bacteria

Bacteria are single-cell micro organisms. Each type of bacteria can cause specific infections.

Most bacteria that cause Infection in people are known as Pathogenic Bacteria and are normally present in the body and the environment.

Ordinarily these bacteria are harmless or even beneficial to body, eg... the bacteria in the gastrointestinal tract aid in digestion.

But they cause disease when there is a breach, such as a wound, in the body's protective mechanisms, or when something goes wrong with the body's defence mechanism.

Improper Use

Antibiotics are effective for treating only bacterial infections; they cannot treat viral infections. Infections which last for a long time such as Bronchi-



tis and middle ear infection are often caused by viruses. Yet sometimes doctors prescribe antibiotics because it is not possible to know whether an infection is caused by bacteria or viruses merely by listening to symptoms and examining the patient.

Only a laboratory culture of cells from the infection can identify the cause of an infection as bacterial or viral.

How Resistance is Acquired

As bacteria reproduce rapidly, it gives them the opportunity to change rapidly. Over multiple generations the bacteria's DNA [its genetic code] mutates [changes] for the better to ensure the bacteria's survival.

One of the changes is increased resistance to the antibiotics that people take often to fight infections that the bacteria

causes.

Why Resistance is Acquired

- Using an antibiotic itself is one of the reasons for changes that occur in bacteria which result in antibiotic resistance. These changes represent natural survival efforts.
- Inappropriate prescribing of antibiotics for infections that are viral or of uncertain cause.

The US Centre for Disease Control and Prevention (CDC) believes about half of the 100 million antibiotic prescriptions US doctors write each year are unnecessary because the conditions they are treating are not bacterial.

- Failing to complete the full course of antibiotic therapy. It is important to take a therapeutic antibiotic long enough to kill all the bacteria that are causing infection.
- Bacteria that are exposed to the antibiotic but do not die have the opportunity to undergo mutation, and antibiotic resistance.

Reducing Resistance

The most effective measure for reducing antibiotic resistance is to decrease the use of antibiotics.

- Take antibiotics only for infections that laboratory tests prove are bacterial.
- Take all doses of the antibiotic for the full course of prescribed treatment.
- Wash hands frequently with soap and warm water to prevent the spread of infection-causing bacteria and other pathogens.
- Limit your exposure to other people who are ill.

Antimicrobial Stewardship

Welcare Hospital encourages a policy of using antibiotics appropriately. This is done by using the most optimal antimicrobial drug or drugs for the right duration and suitable route of administration, eg by oral, by injections or other routes. Our patients will not be given antibiotics unnecessarily.

નાનપણમાં પણ હિપ જોઇન્ટમાં દુઃખાવો થઈ શકે છે

બીજી બધી બીમારીઓ સાથે બાળપણમાં હાડકાની ઘણી તકલીફો થાય છે. તેમાં થાપાના સાંધાને (હિપ જોઇન્ટને) લગતી બીમારીઓ વિશે જાણવું જરૂરી છે કારણ તેમાં જો સમયસર સારવાર કરવામાં આવે તો ભાવિ જિંદગીમાં બાળકને કંઈપણ તકલીફ થતી નથી.

પણ જો થાપામાં દુઃખાવો થતો હોય અને તેના પ્રત્યે ધ્યાન આપવામાં ન આવે તો બાળક મોટું થઈને લંગડાતું ચાલી શકે છે.

થાપાના ના સાંધાના લક્ષણ

સામાન્ય રીતે બાળક સાથળ પર દુઃખે છે તેવી ફરિયાદ કરે. ક્યારેક થાપાનો દુઃખાવો જાંઘની અંદરની બાજુ અથવા નીચે ઢિંચણની અંદરની બાજુ પાશ થઈ શકે છે. બાળક લંગડાઈને ચાલે છે અને તેના દુઃખતા પગ પર શરીરનું વજન લેવાનું ટાળે છે. સાથે તાવ, વજન ઘટવું, ભૂખ ન લાગવી વગેરે પણ હોઈ શકે છે.

થાપામાં દુઃખાવાના કારણ

બાળકના થાપાના સાંધામાં દુઃખતું હોય તો પહેલા એ નક્કી કરવું જરૂરી છે કે દુઃખાવાનું કારણ ગંભીર છે કે નથી. થાપામાં સૌથી વધારે દુઃખાવાનું કારણ 'ગ્રોઇન્ગ પેઇન્સ' હોય છે. તેનો મતલબ બાળકની થતી સતત વૃદ્ધિને કારણે રાત્રે સુતી વખતે બંને પગની સાથળમાં

દુઃખાવો થાય છે. બીજે દિવસે સવારે દુઃખાવો જતો રહે છે. તાવ હોતો નથી અને બાળક લંગડાઈને ચાલતું નથી.

'ઈરીટેબર હીપ' અથવા તો 'ટૉક્સિક સાયનોવાયટીસ'ના કારણે શરદી અથવા વાઈરસ જેવા તાવ પછી સાથળમાં દુઃખી શકે છે અને સામાન્ય રીતે એક જ બાજુ દુઃખે છે. દુઃખાવો બહુ વધારે હોતો નથી, પણ તેના કારણે બાળક દુઃખતી બાજુ પર વજન ન મુકે અને બાળક લંગડાતું ચાલે. સાથે તાવ પણ આવી શકે છે. આ બિમારી લગભગ આપોઆપ ૧૫ દિવસમાં મટે છે.

ગંભીર બીમારીઓ

નીચેની બીમારી ગંભીર હોઈ શકે છે. તેમનું પૂરતું ધ્યાન આપવું જોઈએ.

- Septic arthritis of hip
- Tubercular arthritis of hip
- Developmental dysplasia of hip (DDH) *
- Perthes disease
- Slipped femoral epiphysis
- Juvenile spondyloarthritis
- Rheumatoid arthritis
- Bone malignancy
- Traumatic injuries

* નાની બાળકીના DDH ના કેસની સારવાર બતાવતા એક્સ-રે

જો તમારા ડૉક્ટર ઉપરમાથી કોઈ પણ બીમારી છે એમ કહે તો બાળકોના ઓર્થોપેડિક સર્જનને બતાવી બીજો અભિપ્રાય લેવો જ જોઈએ.

સારવાર

ઉપર લખેલી બધી જ બીમારીઓની સારવાર શક્ય

છે પણ તેનું નિદાન યોગ્ય સમયે થવું જરૂરી હોય છે. પૂરી સારવાર થાય તો બાળક સામાન્ય રીતે જીવન જીવી શકે છે. પછી જિંદગીમાં તેને કોઈ ખોડ ખાંપણ રહેતી નથી.

નિદાન કરવા માટે એક્સ-રે, લોહીનું પરીક્ષણ, સોનોગ્રાફી અને એમ.આર.આઈ. વગેરે કરવામાં આવે છે.

જે તે બીમારી પ્રમાણે સારવાર નક્કી કરવામાં આવે છે. તેમાં આરામ, દવા, ટ્રેક્શન, ફિઝિયોથેરાપી આપવામાં આવે છે. અમુક બીમારીઓમાં ઓપરેશન કરવું પડે છે.

નિષ્ણાતને ક્યારે બતાવવું

- જો સાથળમાં ૭ દિવસથી વધારે દુઃખાવો હોય
- સાથળ, ઢીંચણમાં દુઃખાવો હોય અને તાવ આવતો હોય, વજન ઘટતું હોય
- સાથળ સાથે બીજા સાંધામાં

તમારા બાળકને થાપામાં દુઃખતું હોય તો તેનું ધ્યાન રાખજો, ક્યારેક તકલીફ ગંભીર હોઈ શકે છે.

બાળપણનો સમય ખૂબ તોફાન-મસ્તીનો હોય છે. ટાબરીયાઓ રમે, કૂદે, હરીફાઈમાં હિસ્સો લે વગેરે બધું બાળપણનું એક આવશ્યક અંગ હોય છે. ખેલકૂદમાં ક્યારેક વાગે પણ ખરું પરંતુ બાળપણમાં સામાન્ય ઘા અને ઇજા તરત મટી જતાં હોય છે. છતાં અમુક પ્રકારના દુઃખાવા પર ધ્યાન રાખવું જોઈએ.

વેલકેર હોસ્પિટલના નાના બાળકોના હાડકાની સારવારના વિભાગમાં બાળકોના હાડકાની બધી બીમારીઓનો ઇલાજ થાય છે

પણ દુઃખાવો હોય
• બાળક પડી ગયું હોય અને તેને વાગ્યું હોય



ઓપરેશન પહેલા ડાબા ઓપરેશન પછી ડાબા થાપાનો થાપાનો ઉતરી ગયેલો ગોળો ગોળો તેની સાચી જગ્યા પર

ડાબે-૧૩ મહિનાની બેબીના ડાબા થાપાનો સાંધો જન્મથીજ ઉતરી ગયો હતો. તેની મમ્મી તેનો ડાયપર બદલતી વખતે વિચાર કરતી કે તેના બંને પગ અલગ કેમ લાગે છે. એટલે તેમણે ડૉક્ટરને બતાવ્યું અને ડી.ડી.એચ. નું નિદાન થયું. જમણે-સારવાર બાદ બે વર્ષ પછી થાપાનો ગોળો કટોરામાં છે, અને બેબી ચાલી શકે છે.

વેલકેર હોસ્પિટલ ઘોષણા કરી રહ્યું છે કે

દર મહિનાના ઘોષિત શનિવારને સ્વાસ્થ્ય અધિકાર દિવસ તરીકે ઉજવાશે

Welcare Hospital



વિનામુલ્યે સેવાઓ: હાડકા અને સાંધાના રોગોનું ચેકઅપ, એક્સ-રે તપાસ અને જનરલ મેડિસીન રોગોની તપાસ. વહેલા તે પહેલા ઘોરણે રજીસ્ટ્રેશન. એપોઇન્ટમેન્ટ વગર વિનામુલ્યે તપાસ થઈ શકશે નહીં. ફોન -૦૨૬૫ ૨૩૩૭૧૭૨ સરનામું : વેલકેર હોસ્પિટલ, અટલાદરા વડસર રોડ, વડોદરા.

આગળના સ્વાસ્થ્ય અધિકાર દિવસો

૧૦ માર્ચ
૨૦૧૮

૭ એપ્રિલ
૨૦૧૮

જુના, ન સંધાતા, ચેપ લાગેલા ફેક્ટરના દર્દીઓ માટે વિનામુલ્યે તપાસ કેમ્પ

- ફેક્ટરની સારવાર પછી ૨-૩ મહિના સુધી હાડકા ન સંધાયા હોય
- ઓપરેશનના ઘા માં ચેપ લાગ્યો હોય અને રસી નિકળતી હોય
- લાંબી સારવાર પછી પણ દુઃખાવો મટતો ના હોય

વધુ માહિતી માટે સંપર્ક

☎ ૦૨૬૫ ૨૩૩૭૧૭૨

The Welcare Philosophy: Regular Staff Training



A knowledgeable & committed team is the reason why patients at Welcare Hospital heal so well. The key to create such skills in staff and encourage work ownership is continuous training of medical staff, para medical staff and technicians, which are regularly held.

Welcare's rigorous training program ranges from simple tasks like proper way to wear gloves to using advanced life saving equipment during Cardio Pulmonary Resuscitation [CPR], which is done if a patient's heart stops [cardiac arrest]



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