

Welcare TODAY

LIVE RIGHT, LIVE HEALTHY



પૂ. ધિરજમુની મ.સા.એ વેલકેર હોસ્પિટલમાં પગલાં પાડ્યાં

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Small Surgeries, Small Incisions
Small Instruments
Major Benefits



Dr. Mody lighting the lamp of Knowledge along with other world famous surgeons at the Heritage Meeting.

Recognition Amongst Equals

Dr Bharat Mody, an invited faculty at a TKR conference, swayed opinion to his views

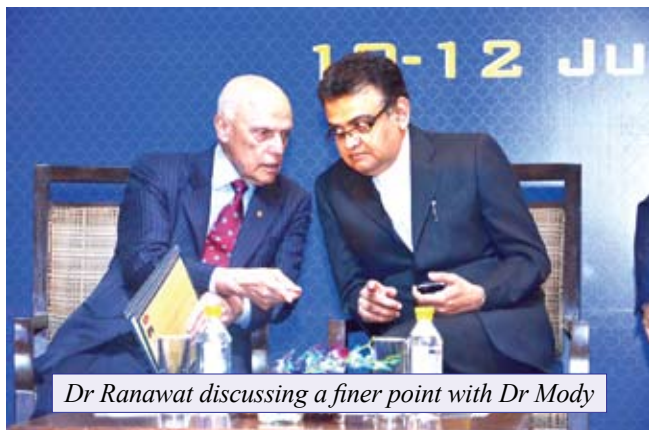
The question in front of the learned gathering was: Is a fixed bearing artificial knee joint better or is a mobile bearing artificial knee joint better?

There are many types of artificial knee joints, each with its merits. 'Fixed' and 'Mobile' bearings refer to whether a prosthetic knee joint after being implanted in the human knee can rotate around a vertical axis. Joints which permit a little rotation around the vertical axis are called mobile

bearing joints and those which don't, are called fixed bearing joints.

Mobile bearing joints [aka Rotating Platform or RP] are more expensive. They are said to replicate the movements of the human knee more accurately. Dr Ranawat, knee replacement surgeon extraordinaire and an inventor from New York, was in favour of the RP joint, while Dr Bharat Mody, with his decades of Indian experience, pitched in for the fixed bearing joint. Both highly

experienced proponents put in tremendous academic efforts to sway the audience in favour of their ideology. The result was rather surprising. The audience voted by show of hands in favour of Dr Bharat Mody's view that fixed bearing joints offer greater long term success in joint replacement surgery! Such debates are the foundation on which future research is based. Artificial Joint designers and manufacturers note these opinions for future development.



Dr Ranawat discussing a finer point with Dr Mody



The august audience was in rapt attention all through

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Do you have any query about any medical illness? Are you in two minds about getting a medical treatment?

Please write to us, Welcare Hospital's Medical Specialists will help solve your dilemma. Please send your queries and questions to:

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Not Costly, but Cost Effective

Such ultra modern operation theatres ensure 'Zero Infection', skilled doctors conduct precise, minimally invasive surgeries that heal fast and give optimum functional recovery

Value for Money

Cost is a very complex thing: what seems high priced turns out to be the best solution many a times. And the tendency to save money sometimes leads to more expenditure later on.

An example is building a house. Using poor quality material and poor workmanship may not give a stable structure. Poor plumbing, ill fitting doors and windows, poorly finished walls and so on will not only not last long but also need constant repairs and maintenance.

The same applies to medical or surgical treatment. The best hospital, qualified, trained and experienced doctors, nurses and other paramedical staff, attentive public relation staff, precise billing process and a quick and seamless treatment experience make contact with a hospital pleasant.

While careless and negligent staff working reluctantly in dirty surroundings, difficult approach roads, a rude doctor or nurse who injects medicine while talking on the mobile... such experiences might make the patient and relatives feel reluctant to visit the hospital again.

Most important, if the patient and their relatives are stressed during the treatment process, the recovery of the patient is affected.

Only One Chance

A house if poorly built can be broken down and built properly again. But a surgery improperly done cannot be corrected even with five more surgeries. Also, additional surgeries make functional recovery very difficult, sometimes, nearly impossible.

So if a surgery has to be done, it must be done at the best hospital by the most reputed surgeon. Same rules apply for a medical disease, a well qualified and experienced physician working

in state of the art infrastructure will definitely lead to better recovery.

Competitive Rates

Although Welcare Hospital is beautifully built with the most modern hospital amenities, it offers treatment at competitive rates because it is the vision of its founder to make treatment available to all who need it. These are some of the fees and surgery package rates for a few of the most common procedures at Welcare Hospital:

Registration	₹	50
Consultation	₹	500
TKR Surgery	₹	1,25,000
THR Surgery	₹	1,25,000



Good interiors does not mean high cost... Total Knee Replacement [TKR] starts at only Rs 1,25,000...

Arthroscopic Surgery: Minimally invasive yet effective

Few people know that Dr Bharat Mody does Arthroscopy; he answers a few questions

What is arthroscopy?

Arthroscopy is a minimally invasive alternative to standard diagnostic and therapeutic methods. It can be said to be one of the greatest advances in orthopaedic surgery of the 20th century.

Why is it preferred over open surgery?

Minimally invasive surgeries result in less postoperative swelling than open techniques and reduce pain, risk of complications, and recovery times. Besides, arthroscopy helps in both, diagnosis and treatment. Many injuries, particularly those that at one time would have been career ending for athletes, can now be addressed with arthroscopy allowing a quicker return to full function.

So arthroscopy is a much safer surgery?

While arthroscopy has resulted in an overall decrease in morbidity compared with open techniques.

How many days does a patient need to be admitted for arthroscopy?

Only a day at the most!

On which joints is arthroscopy done?

In nearly all joints like ankle, knee, hip, wrist, elbow and shoulder. Knee and shoulder joints benefit most while surgery is preferred over arthroscopy in the hip joint.

Common conditions where arthroscopy is most effective?

Injuries to the anterior cruciate ligament [ACL] in the knee in sportspersons who have to run a lot, like in cricket, football, basketball, rugby, tennis etc. and injury inside the shoulder joints of sportsperson who have to 'throw' things, in games like cricket, badminton, tennis, volleyball etc benefit the most as they can return to their games much earlier compared with

open surgery. In some diseases of the knee joint, early detection and arthroscopy lead to permanent cure.

What type of anaesthesia is used?

Depends on the nature of the procedure.

What complications can occur in arthroscopy?

As with any invasive procedure, they are infection and injury. But in 'zero infection' operation theatres like in Welcare Hospital and in the hands of skilled surgeons, the complications are minimal.

Are special instruments required in arthroscopy?

Yes, a camera and monitor, small sized special surgical equipment, pump, tourniquet etc. The cost of instruments and 'zero infection' operating theatres are high. The surgeon's skill is of course, priceless.

Does arthroscopy benefit only sportspersons?

Yes and no. Sportspersons undergo arthroscopy more often because they need to get back to their sports as soon as possible and arthroscopy leads to quick recovery. But arthroscopy is useful in many disease conditions too.

Is Arthroscopy done in Welcare?

Yes. We have some of the best arthroscopy equipment at Welcare. Also our Class 100 operating rooms are specially designed for arthroscopy. Our success rates are among the highest.



Dr Bharat Mody, MS, MCh [Orthopaedics]

One of the pioneers of joint replacement in India, he took advanced training in Arthroscopy in UK & USA.



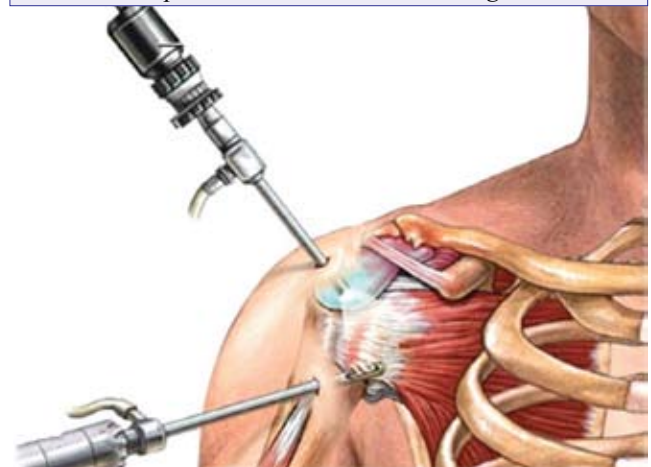
State of the art Operation Theatre for Arthroscopy



This is how the knee joint looks through an arthroscope



The arthroscope is inserted into the knee through small nicks



In shoulder arthroscopy, the patient may be in a sitting position

Spine Surgery Needs Modern Equipment & Skills

Spine Surgeon Dr Nimesh Patel writes about newer treatments in Spine Surgery

The spinal cord is a cylindrical bundle of nerve fibres extending downwards from the brain till nearly the waist. It is enclosed in the spine. It connects all parts of the body to the brain. Together with the brain it forms the central nervous system, the most vital system of the human body.

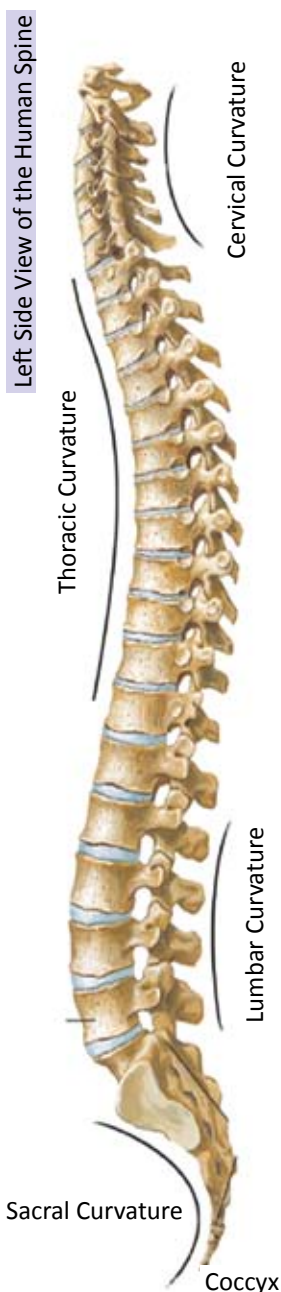
The spine, also known as the vertebral column or spinal column, is a column of vertebrae interspaced with cartilage and the sacrum and coccyx. While adjoining vertebrae are structurally similar a vertebra of the neck is far different from a vertebra of the lumbar region.

Each vertebra has a body, a hole to hold the spinal cord, and smaller holes to let the nerves branching out of the spinal cord. Each vertebra has small areas which connect with the vertebra above and below.

The spine plays an extremely important role in our body as it supports the upper body's weight, provides posture and allows movement and flexibility; and most importantly, protects the spinal cord.

The complex structure of the spine and the spinal cord has a few inbuilt problems. Human beings have evolved from four legged creatures, which had excellent spines which lasted all their lives. When human beings gradually stopped using their forelimbs while walking, they also created problems of spine. Our upright posture causes most of the pains in the spine.

One out of two persons have



experienced moderate to severe backache at least once by the age of forty. Backache is a very common symptom. While if we remain erect and take care of our backs all the while, we may prevent backache but we tend to stoop, lift heavy weights wrongly, try to excel in sports and so on all of which leads to pain due to damage to the vertebrae, the discs in between them or the nerves coming out of small openings.

It is this damage to the nerves coming out of the spinal cord

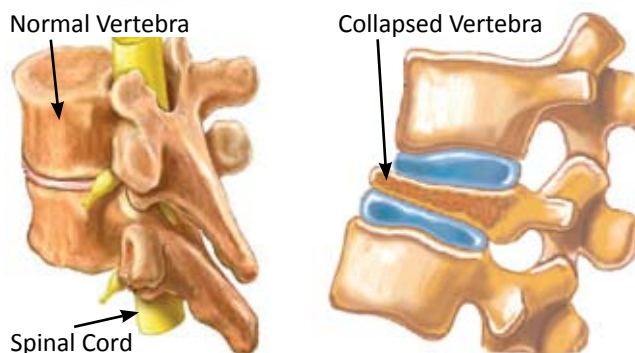
and controlling our movements and sensations which causes most of the symptoms in spine disorders and diseases.

Surgery to repair the spine used to be very risky till a few years ago. Many complications used to occur. But with the advent of MRI scanning and CT scanning, highly sophisticated operation theatres, post operative care and of course, skilled surgeons; spine surgery has become a safer procedure like TKR surgery.

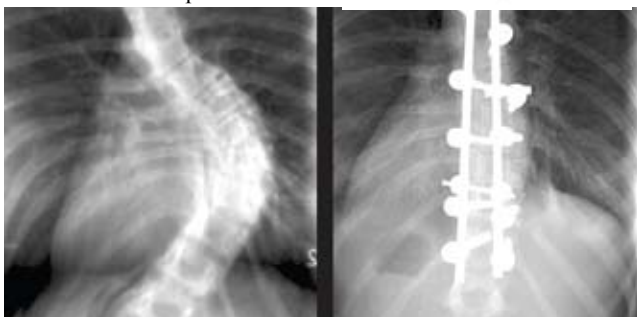
Common spine problems are deformities like kyphosis or scoliosis, tumours, injuries, displacement of the disc between vertebrae and so on. Spine surgery helps treat many of these diseases successfully. Adequate physiotherapy after the surgery brings functional recovery.



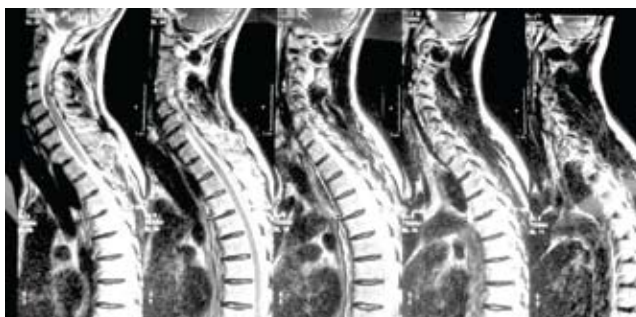
Dr Nimesh Patel, MS [Orthopaedics], DNB [Neurosurgery] After completing his masters in Orthopaedics from MSU, Baroda, he took advanced training in Neurosurgery, Neuro-Oncology and Endoscopic Neurosurgery.



Normal [left] and collapsed vertebra [right] due to osteoporosis or infection. It can be restored with cement.



A severe case of kypho-scoliosis [bent spine] corrected with surgery. All cases of bent spine are not correctable.



MRI-Spine shows images of slices of spine at 2 mm intervals. Such detailed studies help spine surgeons operate better.



પૂ. ધિરજમુની મ.સા.એ વેલકેર હોસ્પિટલમાં પગલાં પાડ્યાં

દર્દી સેવા એજ પ્રભુ સેવા: પ.પૂ. ધિરજમુની મ. સા.



પૂ. ધિરજમુની મ.સા.એ વેલકેર હોસ્પિટલની મુલાકાત લીધી હતી



ડૉ ભરતભાઈ મ.સા.ને ઓપરેશન થિએટરની લાઈટ વિશે કહેતા હતા



મ.સા.એ વેલકેર હોસ્પિટલના આઈ.સી.યુ.ની મુલાકાત લીધી હતી

માતા-પિતાના ઋણ બાદ જે ધિરજમુની મ.સા.એ ડો. ભરત ઋણનું મનુષ્યના જીવનમાં સૌથી મોટી સંચાલિત વેલકેર હોસ્પિટલ વધુ મહાત્મ છે, તે છે ગુરુવરનું ખાતે પધરામણી કરી હતી અને ઋણ. ગુરુનું માર્ગદર્શન વ્યક્તિના હોસ્પિટલ સ્ટાફ સહિત તમામને જીવનમાં અનોખો ભાગ ભજવે દર્શન અને સત્સંગનો લાભ આપ્યો છે અને દરેક પરિસ્થિતિમાં પ હતો.

થ ચિંતકનું કાર્ય કરે છે. જિન પૂ. ધિરજમુની મ. સાની અમૃ શાસનમાં આવા અનેક પથચિંતક તવાણીની ખ્યાતી દેશ વિદેશમાં છે, જે પૈકી ગુરુવર પ.પૂ.શ્રી વ્યાપેલી છે. તેમના અમૃતવચન ધિરજમુની મ.સા.ની ખ્યાતી અને તેની સામાન્ય વ્યક્તિને અનેરી છે. આવા સિદ્ધહસ્ત સમજાય તેવા ભાષા પ્રયોગ માટે ગુરુવર પૂ. ધિરજમુની મ.સા.ના તેઓ જીન સમાજ જ નહિ પ પરમ શિષ્ય એવા ડો. ભરત રંતુ તેમના સંપર્કમાં આવતા મોટીને તાજેતરમાં પૂ. ગુરુજીનું દરેક વ્યક્તિ પર એક ઊંડી છાપ અદભૂત સાનિધ્ય પ્રાપ્ત થયું હતું. છોડી જાય છે. આવા સિદ્ધ વડોદરા ખાતે બિરાજેલા પ. પૂ. ગુરુવરે તાજેતરમાં વડોદરા ખાતે



પૂ. ધિરજમુની મ.સા. સાથે તલસ્પર્શી ચર્ચા કરતા ડો ભરતભાઈ



ભરુચ સ્થાનકવાસી જૈન સંઘ તરફથી ડો ભરત મોદીને ઉપાશ્રયના ઉદ્ઘાટન સમારોહમાં પ્રમુખ પદે નિમંત્રણ મળ્યું હતું.

પધરામણી કરી હતી, અને તેના દર્શને તેમના પરમ શિષ્ય એવા ડો. ભરત મોદી ગયા હતા, જ્યાં તેમણે પોતાના ગુરુવરને વેલકેર હોસ્પિટલ, કે જે આજે ગુજરાતની સૌથી અત્યાધુનિક હોસ્પિટલ તરીકે જાણીતી છે, ત્યાં પગલાં પડવાની વિનંતી કરી હતી. પોતાના શિષ્યની વાતને અનુમોદન આપતાં પૂ. ધીરજમુની મ.સા. એ તેમની પ્રાર્થના સ્વીકારીને એક દિવસનું રોકાણ કરવાની ખાતરી આપી હતી.

પ.પૂ. ધિરજમુની મ. સા.ની પધરામણીની ઘડી આવી પહોંચતાં જાણે વેલકેર હોસ્પિટલમાં ઉત્સવનો માહોલ છવાઈ ગયો હતો. વહેલી સવારે પૂ. ધિરજમુની મહારાજ

જેવા સુત્રો પર વિસ્તૃત ચર્ચા કરી હતી. આ ઉપરાંત તેમણે દર્દીની સેવાને પ્રભુ સેવા સાથે સરખાવી હતી અને વેલકેર હોસ્પિટલની દર્દીસેવાના મૂલ્યોને બિરદાવ્યાં હતાં. તેમણે આરોગ્ય માટે મંત્ર પણ આપ્યો હતો, જે દર મંગળવારે નવ વાર ભણવાથી આરોગ્યની સુખાકારી રહે છે તેવાં આશીર્વાચન આપ્યાં હતાં. આમ વેલકેર હોસ્પિટલ માં પૂ. ધિરજમુની મ.સા.એ પગલાં પાડી વેલકેર પરિવારને ભાવવિભોર કરી દીધું હતું. જયારે પૂ. ધિરજમુની મ.સા. એ ડો ભરતભાઈને જીન ધર્મનું દસવૈકલીક નામક પુસ્તકશ્રીના વિમોચનનો અનેરો લાભ પણ આપ્યો હતો.

આરોગ્ય પ્રધાન જૈન ધર્મ

- અચેતપાણી-ઉકાળેલું પાણી ગ્રહણ કરવાથી શુક્ષ્મ જીવાણું (બેક્ટેરિયા) નડતા નથી.
- ચોવીયાર-સુચસ્તિ પહેલા જમી લેવાની પ્રણાલિકા. જાણીતા ડાયેટ તજજ્ઞ પણ સ્વીકારે છે.
- ઉપવાસ-ઉપવાસ કરવાથી સંતુલન જળવાઈ રહે સ્ફૂર્તિમાં વધારો થાય છે.
- મુમતી એટલે માસ્ક, જે પ હેરવાથી શ્વાસોશ્વાસમાં કીટાણું જતાં અટકે છે.
- નવકારશી-સવારે પૌષ્ટિક નાસ્તો, રાત્રી દરમિયાન શરીરમાં જે તત્વોની ઉણપ સર્જઈ હોય તે પૂરી થાય છે.



પૂ. ધિરજમુની મ.સા.એ સ્વાસ્થ્ય તપાસની અનુમતી આપી હતી



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