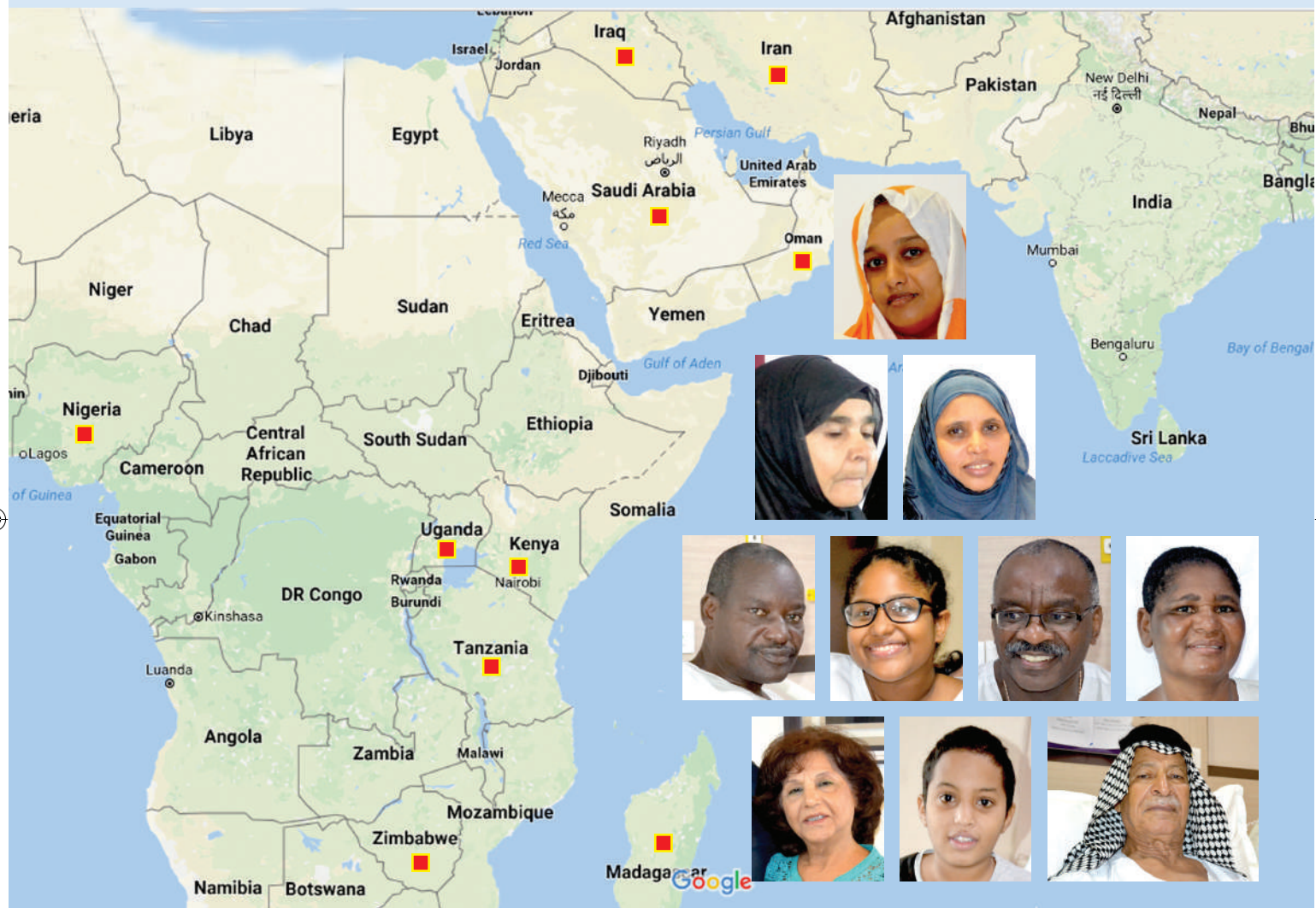


Welcare TODAY

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



WELCARE - Preferred Medical Destination

Ten overseas patients from Ten countries in a month...

... and the number is growing. Welcare Hospital of Vadodara is an acclaimed Healthcare Destination for Overseas Patients

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Invited as 'Honoured Guest Lecturer'

The Asia Pacific Arthroplasty Society invited Dr Bharat Mody for a special address

A small group of twenty leading orthopaedic arthroplasty surgeons from the Asia Pacific Region met on the Gold Coast of Queensland, Australia in 1997 to discuss the need for a scientific body to foster and represent the academic and professional needs of the region and the 'Asia Pacific Arthroplasty Society' was formed.

Recently Asia Pacific Arthroplasty Society (APAS) conducted their annual meeting in India. More than 600 surgeons from countries such as Australia, UK, USA, China, Thailand and other countries took part in this conference. A chairman of the scientific committee was Dr. Rami Sorial from Australia. He had visited Welcare Hospital a year back and was highly impressed by the quality of infrastructure,

The Inside Scoop on Building a Hospital which ensures

Quality Patient Outcomes

which had made him observe: 'Welcare Hospital has a higher quality platform than most hospitals even in developed countries like Australia!'

The memory remained in his mind and perhaps that made him invite Dr Bharat Mody to share his

knowledge and experience on 'How to Create a World Class Hospital'. Dr Mody was invited to deliver the 'Honored Guest Lecture' at this year's APAS annual meeting. The title of Dr Mody's lecture was: 'The Inside Scoop on Building a Hospital'.



Dr Mody [R] with other speakers of the APAS after the meet.

Which Ensures Quality Patient Outcomes'.

APAS meeting is a surgeons' forum focussed on sharing and learning about the latest techniques and inventions in orthopaedic surgery. It is a very high level scientific meeting. Senior most surgeons are typically given 8 minutes to speak, but Dr Mody was given a 20 minutes time slot to deliver his keynote lecture. The audience was so impressed with many of the design features of Welcare Hospital that many surgeons from Australia asked Dr Mody if they could visit Welcare Hospital along with their design team to implement some of the innovative ideas integrated in the design of Welcare Hospital building.

In the past three years hospital designers from many countries including the USA have visited Welcare to study its functional design.

Welcare has been bestowed with many awards for its design.

Welcare TODAY

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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.

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Appointments

Doctors' appointments at
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Cutting Edge Technology

Being at the leading and cutting edge of the latest Medical and Surgical Technologies has always been the unique feature of Welcare Hospital. Regenerative Medicine is one area where Welcare Hospital has been at the forefront.

Welcare Hospital has tied up with an American company for the use of Regenerative Medicine Technology. Already successfully treated more than 200 patients with this technique for different types of problems like knee, shoulder, elbow and heel pain.



Albiya & Huda Omar - Mombasa, Kenya

The main advantage of Regenerative Medicine is possibility of avoiding or delaying super major surgery.

This is especially very important in young patients. For example, if a 25 year old had advanced damage of the knee, conducting a total knee replacement [TKR] surgery was the only treatment. It compromised that person's life. To make the artificial joint last long, such people cannot participate in sports activities. After 20-25 years the artificial joint is worn out and needs a second TKR.

But Regenerative Therapy helps prevent or postpone joint replacement surgery. The lead article on page 4 explains the magic of Regenerative Medicine.

Changing Times

There was a time when patients came to Welcare Hospital only for joint replacement surgeries.

Now Welcare is doing a high number of Hernia surgeries because it has the latest equipment and the best surgeons.

A few decades ago Hernia Repair was done with open surgery and the incisions were much longer.

The hernia repair often failed, sometimes because of poor surgery but mostly because techniques of hernia surgery had not developed as well as today.

Today the success rate of Hernia Repair has improved tremendously. Now hernia repair is done through tiny holes using high end laparoscopy equipment and video systems.

Technology

Welcare Hospital has invested heavily in cutting edge technology which helps the surgeon to do a high quality repair. Many patients from Vadodara have been operated for hernia in Welcare by the best surgeons with the best infrastructure.

But what is surprising is that patients are coming for hernia repair from abroad. Two ladies from Africa were recently operated in Welcare for umbilical hernias.

Al-Baih was treated with the minimally invasive lapro-

scopic method using a synthetic mesh to reinforce the hole in her abdominal wall.

While Hudah Omar was treated with open surgery because her hernia was too large and the major defect in her abdominal wall had to be treated more strongly.

Helping the Needy

As a part of Corporate Social Responsibility, Welcare Hospital has been offering free super specialists' consultation and investigations like X Ray, blood tests and dental check up since the past year in the form of 'SWASTHYA ADHIKAR DIWAS'.

From now onwards an additional 'Free Physician Consultation' will be offered every Wednesday from 9 AM to 12 PM. X-Rays if required will also be done free of cost. However, blood tests and medicines are chargeable. A prior appointment is necessary as only a limited number of patients can be examined.

Ten patients needing 'Regenerative Medicine' therapy for orthopaedic problems will be treated at 50% discount*.

[*T & C Apply]

When tissue doesn't heal..... Regenerative Medicine

What is Regenerative Medicine and how it is used in Orthopaedic Medicine and Surgery

Regenerative medicine is an expanding area of healthcare that we leverage in our orthopaedic and sports medicine practice at Welcare Hospital. It is appealing to patients because it is a minimally invasive alternative to surgery, although it is also used in conjunction



Shoulder pain is usually caused by rotator cuff tears, arthritis & injuries



Painful elbows are a result of sports injuries like tennis elbow/golfer elbow



Being a weight bearing joint, the knees are very often painful...



Heels are painful because of many reasons, flat feet is one of them...

with surgery to enhance its benefits.

When the body fails to heal its own tissues – such as muscle, tendon, ligament or cartilage – through its repair mechanisms, regenerative medicine can be used to augment the body's healing to “grow back” and partially and sometimes fully heal damaged tissue. This is good news for people who may have conditions that more traditional approaches are unable to treat or, as mentioned, when the body fails to heal itself.

While regenerative medicine itself is not new, advances in developmental and cell biology, immunology and other fields, have opened up new possibilities to refine regenerative therapies and develop new uses. These advances have made regenerative medicine an important way to keep up with patients' healthcare needs, especially in an aging population.

Stem Cells

Stem cells play an important role in regenerative medicine. Through a process called differentiation, stem cells have the ability to develop into many different types of cells. In regenerative therapy, often the patient's own stem cells are used. Stem cell therapy is an ever-expanding area with immense potential.

What can be treated

In orthopaedics, regenerative medicine has shown to be useful in treating a number of conditions, including:

- Arthritis of the knee, hip, shoulder or ankle
- Meniscal tears and labral tears.
- Ligament injuries (AC sprains, MCL tears, etc.)
- Muscle strains and tears.
- Articular cartilage injuries and defects.
- Tendinopathies and tendon tears such as rotator cuff, patellar tendon, Achilles tendon injuries as well as tennis and Golfer's elbow.

Platelet-Rich Plasma

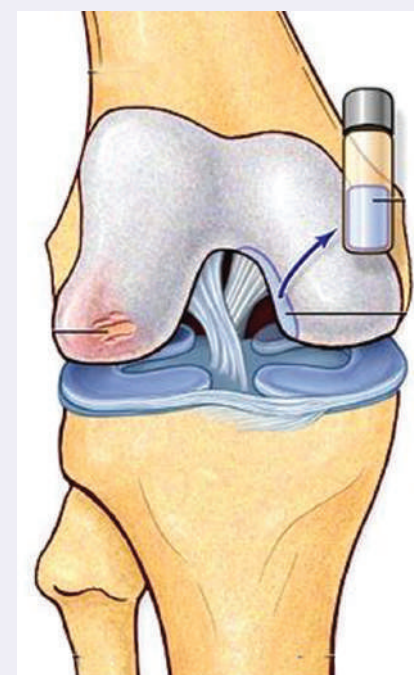
A cutting-edge tool of regenerative medicine is platelet-rich plasma therapy,

or PRP. It has been used to treat tendon, ligament, cartilage and bone injuries – notably in areas where the body is slow to regenerate or heal due to limited or lack of blood flow.

The Future

Regenerative medicine holds great promise specifically for orthopaedic medicine and surgery and overall in healthcare. As the population ages, regenerative therapies can repair and/or extend the function and health in many areas of the body to keep people mobile and moving pain-free. Its potential for promoting quality of life makes it one of the most useful therapies that the medical world can offer.

One of our goals at Welcare Hospital is to stay current on the most advanced therapies in orthopaedic and sports medicine and offer these cutting-edge approaches to our patients. Regenerative medicine is one such area that we look forward to expand. Apart from orthopaedics, regenerative medicine is useful in other medical fields as well.



Small sections of cartilage are removed, regrown and put back into the joint to repair the cartilage. PRP is also used. All the above prevent a Total Knee Replacement Surgery.

Frequently Asked Questions

Is Regenerative Medicine [RM] becoming an important part of medical and surgical treatment in general and specially in orthopaedics?

RM is rapidly gaining importance in the medical world because of the tremendous advantages it offers in areas where it has been possible to apply it successfully. In the near future the RM approach will be used for the treatment of many diseases. The use of RM in orthopaedics is especially successful in certain areas.

The main advantage of this technology is avoiding or delaying major surgery. This is important for young patients. Major surgery like joint replacement can be avoided at a younger age.

How is RM different from the traditional approach to treating diseases?

The traditional approach for diseases such as arthritis, broken or injured muscles and ligaments and similar problems was to subject the patient to major surgery and replace the degenerate body part. In RM the approach is to try and regrow or revitalize the degenerated body part. In other words, the approach is to preserve the natural tissues and reverse the effect of aging.

What RM services does Welcare Hospital provide?

Welcare Hospital is always at the forefront of cutting edge developments! We have tied up with an American company for the use of this technology and successfully treated over 200 patients with this technique.

Hernia: Treated only with surgery

But modern hospitals and skilled surgeons completely 'cure' hernias

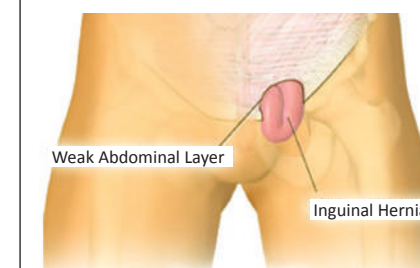
What is a hernia?

A hernia occurs when an organ pushes through an opening in the muscle or tissue that holds it in place. For example, the intestines may break through a weakened area in the abdominal wall.

Types of Hernias

Inguinal hernia

Inguinal hernias are the most common type of hernia, about 70 percent of all hernias, according to the British



Hernia Centre (BHC). These hernias occur when the intestines push through a weak spot or tear in the lower abdominal wall, often into the inguinal canal.

This type of hernia is more common in men than women. This is because a man's testicles descend through the inguinal canal shortly after birth, and the canal is supposed to close almost completely behind them. Sometimes, the canal doesn't close properly and leaves a weakened area prone to hernias.

Incisional hernia

Incisional hernias occur through improperly healed incisions after abdominal surgery. Intestines may push through the incision scar or the surrounding, weakened tissue.

This type of hernia is most common in people over 50 years old. If a child has the condition, it's typically caused by a congenital birth defect. Hiatal hernias almost always cause reflux from stomach. Such patients suffer burning sensation just below the centre of chest.



Umbilical hernia

Umbilical hernias can occur in children

and babies under 6 months old. This happens when their intestines bulge through their abdominal wall near their bellybutton. You may notice a bulge in little babies umbilicus, especially when

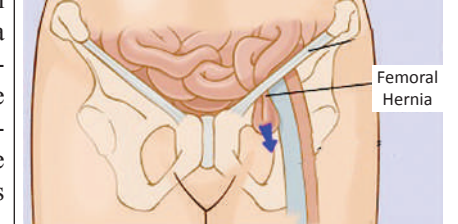


they're crying.

But most umbilical hernias vanish as the baby grows and the abdominal wall muscles get stronger, typically by the time the child is 1 years old. If the hernia hasn't gone away by this point, surgery may be used to correct it.

Femoral hernia

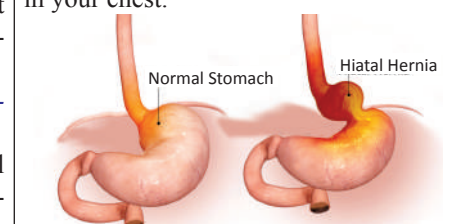
A femoral hernia is an uncommon type of hernia. It's estimated that only about 1 in every 20 groin hernias are femoral hernias, and the rest are in-



guinal hernias. Femoral hernias sometimes appear as a painful lump in the inner upper part of the thigh or groin.

Hiatal hernia

A hiatal hernia occurs when part of your stomach protrudes up through the diaphragm into your chest cavity. The diaphragm is a sheet of muscle that helps you breathe by contracting and drawing air into the lungs. It separates the organs in your abdomen from those in your chest.



દમની બીમારી અસ્થમા : ખોટી માન્યતાઓ અને સત્ય હકીકત ભાગ - ૧

ફેફસાના રોગના નિષ્ણાત ડૉ આશિષ છત્રાવલા અસ્થમા અને તેની સારવાર વિશે અગત્યની માહિતી આપે છે

ખોટી માન્યતા - ૧

અસ્થમાની સારવારમાં ઈન્હેલર્સના નિયમિત ઉપયોગથી તેની આદત પડે છે.

હકીકત

ઈન્હેલર્સની આદત પડતી નથી. અસ્થમા માટે ઈન્હેલર્સનો ઉપયોગ એ સૌથી સારો ઉપચાર છે. અસ્થમાથી અવારનવાર શ્વાસ ચડતો હોય તો તેમા રાહત મેળવવા ઈન્હેલર્સ ઓછા ડોઝમાં વધું અસરકારક રાહત આપે છે.

જો તમને લાગતું હોય કે તમે ઈન્હેલર્સનો વધું પ્રમાણમાં વપરાશ કરી રહ્યા છો તો તમારે તમારા ડૉક્ટરની સલાહ લેવી.

ખોટી માન્યતા - ૨

કેપ્સ્યુલ ગોળી અથવા સિરપ જેવી મોઢા વાટે ગળવાની દવા ઈન્હેલેશન કરતાં વધુ સારી છે.

હકીકત

વૈજ્ઞાનિક અભ્યાસ બતાવે છે કે અસ્થમાની સારવાર માટે સૌથી શ્રેષ્ઠ રીત છે શ્વાસ દ્વારા દવા લેવી, જેને ઈન્હેલેશન કહેવાય છે. એનાથી મો વાટે દવા સિરપ કરતા જલ્દી રાહત મળે છે કારણ ઈન્હેલેશન થેરેપી દ્વારા દવા સીધી બીમારીના સ્થાને પહોંચે છે.

ખોટી માન્યતા - ૩

ઈન્હેલર્સ ગોળીઓ/સિરપ કરતાં વધુ મોંઘા હોય છે.

હકીકત

ઈન્હેલેશન થેરેપી ગોળીઓ અને સિરપ કરતાં મોંઘી નથી. ગોળીઓથી થતું નુકસાન ઈન્હેલેશન થેરેપીથી થતું નથી. લાંબા સમય પછી ગોળી-સિરપ આરોગ્ય માટે હાનિકારક રહેશે.

ખોટી માન્યતા - ૪

ઈન્હેલર્સમાં સ્ટિરોઈડ્સ હોય છે અટલે

અસ્થમા

અસ્થમા બધી ઉંમરમા થઈ શકે છે. આ બીમારી ખૂબ તકલીફ વાળી છે અને ક્યારેક ઘાતક નિવડી શકે છે. પણ યોગ્ય ઉપચારથી મોટાભાગના દર્દી અસ્થમા હોવાં છતાં સામાન્ય લોકો જેવી જિંદગી વિતાવી શકે છે. અસ્થમાથી થતા મોટાભાગના મૃત્યુ સારી સારસંભાળથી ટાળી શકાય છે. અસ્થમાની સારવારના નિષ્ણાંત ડૉ છત્રાવલા આ રોગ વિશે અગત્યની માહિતી આપે છે.



તેમનો ઉપયોગ ફક્ત ગંભીર અસ્થમા માટે જ કરવો જોઈએ.

હકીકત

અસ્થમામાં શ્વાસનળીઓનું સંકોચન થાય છે તેમજ શ્વાસનળીઓની અંદર સોજો આવી શકે છે. તે માટેની સૌથી સારી સારવાર સ્ટિરોઈડ્સ છે અને તેને લેવાની સૌથી અસરકારક રીત ઈન્હેલેશન થેરેપી છે. ઈન્હેલર્સ ફક્ત તે લોકો માટે જ નથી જેમને ગંભીર અસ્થમા છે. તે સામાન્ય અસ્થમા થયો હોય તેવા લોકોને પણ આપવામાં આવે છે.

ખોટી માન્યતા - ૫

અસ્થમા આવતો-જતો રહે છે. તે હંમેશાં રહેતો નથી.

હકીકત

છાતીમાં અકળામણ, શ્વાસ ચઢવો, ઉધરસ અને છાતીમાં સસણી વગેરે ઓછા કે વધુ પ્રમાણમાં થઈ શકે છે, પણ

ડાબે : ઈન્હેલર બધી ઉંમરના દર્દી વાપરી શકે છે. નાના બાળકો માટે 'સ્પેસર્સ' નો ઉપયોગ કરવામાં આવે છે.

અસ્થમા કાયમ માટે મટી જતો નથી. તે હંમેશ માટે રહે છે. અસ્થમાનું મૂળ કારણ છે ફેફસાંની ઝીણી શ્વાસનળીઓનું સંકોચન અને તેમના અંદરનો સોજો. જો તકલીફ ના હોય તો દવા લેવાનું બંધ કરી દો તો તમે પોતાનું ખૂબજ નુકસાન કરાવી શકો છો. નિયમિત દવા ના લેવાથી દમનો હુમલો ઓછો થવા વધું સમય લાગશે.

ડૉ આશિષ
છત્રાવલા
એપોઇન્ટમેન્ટ
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ટુંક સમયમાં વેલકેર હોસ્પિટલની નવી બિલ્ડિંગ શરૂ થયાને ત્રણ વર્ષ પુરા થશે. વડોદરાના લોકોની સામાન્ય માન્યતા એવી છે કે વેલકેરમાં સાંધા પ્રત્યારોપણ શલ્યક્રિયા સિવાય બીજી કોઈ સર્જરી થતી નથી. પણ જાણવા લાયક છે કે અહીં મગજ, કિડની, જઠર, આંતરડા, ફેફસર, પ્રોસ્ટેટ, કાન-નાક-ગળા તેમજ પ્લાસ્ટીક સર્જરી જેવી જટીલ સર્જરી પણ નિયમિત પણ થાય છે.



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ડૉ ભરતભાઈ મોદી સાહેબે વેલકેર હોસ્પિટલને મલ્ટી સ્પેશ્યાલીટી હોસ્પિટલ તરીકે વિકસાવી છે...

હોસ્પિટલ બની ત્યારથી વેલકેર હોસ્પિટલમાં અનેક પ્રકારની સારવાર અને સર્જરી કરવા અનેક નિષ્ણાત આવે છે. તે વિશે ડૉ ભરતભાઈ મજબૂત સુલ્તાપુરીની પંક્તી યાદ કરે છે...

મૈ અકેલા હી ચલા થા જાનિબ-અ-મંજિલ, મગર લોગ સાથ માટે ગયે और कारवां बनता गया...

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, બીએમડી તપાસ અને જનરલ મેડિસીન રોગોની તપાસ. વહેલા તે પહેલા ધોરણે રજીસ્ટ્રેશન. એપોઇન્ટમેન્ટ વગર વિનામુલ્યે તપાસ થઈ શકશે નહીં. ફોન -૦૨૬૫ ૨૩૩૭૧૭૨ સરનામું : વેલકેર હોસ્પિટલ, અટલાદરા વડસર રોડ, વડોદરા.

આગળના સ્વાસ્થ્ય અધિકાર દિવસો

૭ ઓક્ટોબર
૨૦૧૭

૪ નવેમ્બર
૨૦૧૭

વેલકેર માં દર બુધવારે ફિઝિશિયન દ્વારા નિ:શુલ્ક તપાસ



ડૉ આશિષ છત્રાવલા

MD [Pulm. Medicine]

IDCCM - Critical Care Medicine

કયા દર્દી ઓ કેમ્પમાં કન્સલટેશન લઈ શકે છે...

- | | | |
|-----------------|-------------------------------|---------------------------------|
| • અસ્થમા | • લાંબા સમયની ખાંસી | મલેરિયા, ડેન્ગી |
| • હાઈ બીપી | • કમળો, લીવર, પીતની બીમારી | • ફેફસાંની બીમારીઓ જેમ કે ટીબી, |
| • ડાયાબિટીસ | • જુની હઠીલી બીમારીઓ હોય તેવા | છાતીમાં પાણી |
| • એસિડિટી, એડકી | • લાંબા સમયથી ન મટતો તાવ - | • એપોઇન્ટમેન્ટ લઈનેજ આવવું. |

નોંધ - ઉપરોક્ત કેમ્પમાં એક્સ-રે તેમજ માર્ગદર્શન વિનામુલ્ય છે. લોહીની તપાસ તેમજ દવાનો ચાર્જ લાગશે.

રિજનરેટીવ થેરપી અને ફ્રેક્ચર સારવારના ૧૦ જરૂરીયાતમંદ દર્દીઓને ૫૦% રાહત

રિજનરેટીવ મેડિસીન - ન સંધાતી ઇજાઓમાટે હાલનો સૌથી ઉત્કૃષ્ટ ઇલાજ હોય છે. બધા વર્ગના લોકોને સહાયતા કરવાના વેલકેર હોસ્પિટલના નાનકડા પ્રયાસ તરીકે ઉપરોક્ત સારવારની આવશ્યકતા હોય તેવા ૧૦ દર્દીઓને ૫૦ % ટકા રાહત દરે સારવાર કરી આપવામાં આવશે. વધું માહિતી માટે નિમ્નલિખિત ફોન નંબર ઉપર ફોન કરવો.

આ દર્દીની સારવાર મળશે - નાની ઉંમરમાં સાંધાની મોટી ઈજા અથવા ન મટતો દુઃખાવો, સ્નાયુની ઈજા વગેરે*

*શરતોને આધીન

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