



A Bulletin of Omega Hospital, Mangalore

A quarterly newsletter with all the latest news and information from OMEGA

Omega Newslet

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Committed to Enhancing Health Information for the Profession

From the Editors Desk



Dr. A.G. Jayakrishnan MS, FRCSI, FRCS(CTh)
Chief Editor

There is no lift to success. You have to take the stairs

Greetings from Omega Hospital. This newsletter comes to you on the occasion of the 7th anniversary of Omega Hospital. In this short span Omega hospital has positioned itself as a center of excellence in Mangalore. Many innovative and state of the art treatments hitherto not available for the patients from in and around Mangalore are now readily available under one roof, especially in cardiology and cardiac Surgery.

In Cardiology, Omega Hospital, has in a short span achieved many firsts! The first radial artery angioplasty, the first coil closure of a PDA and the first ablation for arrhythmias. Achievements in Cardiac surgery are also many. The first beating heart bypass surgery, Open heart surgery without any blood transfusion and "awake" bypass surgery to mention a few

Departments of Gastroenterology and Urology and Nephrology are also leaders in their field. Omega Hospital was established "by doctors" "for patients" and this philosophy is the backbone of its existence.

The Omega Heart foundation and charitable trust has so far helped several patients from poor backgrounds undergo expensive treatments free of cost with the help of philanthropic organizations and donations from well wishers.

We are very grateful to all the doctors in and around Mangalore who have supported us in our endeavor to deliver quality healthcare at affordable costs. The Omega Newslet will be regular feature and your feedback and valuable suggestions for its improvement is always welcome.

HAPPY NEW YEAR!

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"To be a centre of excellence in healthcare to increase the longevity and improve quality of life"



Dr. Suresh Suratkal
Managing Director

Message from Managing Director:

My hearty congratulations to the editorial team on bringing out this newsletter. Any institution's success rests on team work. I sincerely seek the support of all in our endeavor.

HOSPITAL

SERVICES:



- | | |
|--|---------------------------------|
| Cardiac Catheterisation Lab | Nephrology and Dialysis |
| Cardiothoracic & Coronary Bypass Surgery | Obstetrics & Gynaecology |
| Video Endoscopy | Neuro Surgery |
| Arthroscopic Surgery | Plastic Surgery |
| Laposcopic Surgery | Whole Body Spiral CT Scan |
| Medical Gastro-Enterology | Fully Automated Lab |
| Surgical Gastro-Enterology | Specialist Consultation |
| Intensive Coronary Care Unit | 24 Hour Pharmacy |
| Modern Surgical Operating Complex | Dietician Supervised Canteen |
| Traumatology & Joint Replacement Unit | Mobile Intensive Care Ambulance |



The pursuit for excellence never ends....

The Hospital is Equipped with state-of-art diagnostic & treatment facilities

Website: www.omegahospital.org

The Omega Heart Foundation & Charitable Trust

"It is better to light a candle than curse the darkness"

Omega Charitable Trust and Heart Foundation is a humble offering from the promoters of Omega Hospital to the economically deprived cardiac patients, who are in dire need of life saving procedures and yet cannot afford the same.

Omega Charitable Trust and Heart Foundation was registered in 2003. Donations made to the Heart Foundation are eligible for exemption from income tax (50%) under Section 80G. The Heart Foundation seeks the generosity of the public for its on going charitable works. Heart Foundation was able to help Karthik and Sushmita two children with heart defects, due to the benevolent donation by Malayalam Film Star Mr. Suresh Gopi, and Lions Club of Mangalore and other associations and individuals.

Baby Amina, a three year old girl was operated for Atrial Septal Defect and the cost was shared by NANMA Charitable Trust, Kuttadyadi. Kozhikode. Kumari Deeshma, 14 year old Dalith girl, underwent open-heart surgery with the help of funds collected by the public of Perambra, Calicut district. A prominent industrialist of Mangalore gave a donation which enabled the Heart Foundation to arrange a surgery on Master Sanjay, a 5-year old boy who had ASD (hole in his heart). So far 25 children have been helped by the Trust. All the children are doing well and the parents are smiling Chiranjivi (Regd.) Kumbala, Kasargod, shared the expenses of surgery of Mr. Ravichandran. He underwent Multiple Valve Replacement of his heart. The Heart Foundation wishes to help many more such deserving patients. There are already several children on the waiting list, who cannot afford the cost involved. We request your esteemed Self/ Institution/ Company to be benevolent enough to contribute generously towards this noble cause. Your generosity will enable us to make the lives of these children healthy, bright and happy. Your family will be blessed for your kind and noble act. Please make your donations payable to "Omega Heart Foundation & Charitable Trust", Mangalore, in tear sheet attached.



Dr. K. Mukund M.D., D.M. Chairman

ADVANCED CARDIOLOGY RESEARCH CENTRE

In view of the global progress in clinical research & global demand of clinical research we have started "Advanced cardiology research centre" a research centre working under the department of Cardiology & Cardiac surgery. In the long run we are not limiting this research centre to cardiology & cardiac surgery alone, extending to all other departments as well. This centre aims at conducting workshops, CMEs, etc in the field of medicine. This centre is governed by a Governing body named as Mangalore Independent Ethics committee. All the ethical part of the research is taken care by this committee. Research centre works according to the Good Clinical Practice & ICH guidelines. Research centre is working according to the standards of US-FDA & Drug control general of India. This centre is guided by Dr Mukund .K. Stem Cell Therapy is also to be a part of Advanced Cardiology Research Centre, which we have launched on 5th February 2008.



Dr. A.K. Kasim, Project Manager

OMEGA HOSPITAL CARDIAC CENTER LAUNCHES STEM CELL THERAPY UNIT

Omega Hospital Mangalore in association with Nichi In Center for regenerative medicine, Japan announced the / launch of their stem cell therapy unit. This is the first of its kind in Karnataka and will be immensely beneficial to a wide range of patients suffering from chronic diseases, not suitable for other forms of treatment.

Stem cell research and therapy is fast gaining momentum all over the world. It is especially beneficial in patients with Parkinsons disease, Kidney failure and patients with severe heart failure in which other forms of treatment has failed. In this kind of treatment blood from the bone marrow of the patient is removed and the stem cells are isolated and processed and injected back into the diseased organ. The cultured stem cells are injected through the arteries of the heart. The cells settle and gradually grow inside, there by strengthening the function of the heart or other targeted organ.

Currently the cells have to be sent to the Nichi In laborotary in Chennai for processing. This facility is available only in a few hospitals in India. Stem cell therapy Unit is a part of the cardiology research center opened in Omega Hospital. Dr. Samuel Abraham of Nichi in center has selected cardiac center of Omega Hospital for this purpose. Patients admitted in Omega Hospital with such ailments as failed and damaged hearts will be able to obtain such modern and advanced treatments at reasonable cost.



Press Meet: S.L.Bharadvaj, Dr. K. Mukund, Dr. A.G.Jayakrishnan & Dr. Samuel Abraham



Stem Cell Therapy Launch Programme: Dr. K. Mukund, Dr. A.V. Shetty, Dr. Rajshekhar Warriar, Dr. Samuel Abraham & Dr. A.G.Jayakrishnan

IGNOU CONDUCTS DIPLOMA IN CLINICAL CARDIOLOGY (PGDCC COURSE) IN OMEGA HOSPITAL



Chairman Programme Centre

Omega Hospital is recognised by IGNOU (Indira Gandhi National Open university) for post graduate course in Cardiology (PGDCC) According to Dr. K. Mukund, Senior Cardiologist and Chairman of the Programme centre, in India most of the trained cardiologists are concentrated in the sophisticated territory care hospitals, which are situated in urban area. High tech hospitals are inaccessible for most of the people of the country, A new course PG Diploma in clinical cardiology programme has been developed by IGNOU to create essential knowledge and skills regarding non - invasive cardiology and equips the learner to manage common cardiovascular disease effectively and safely in urban, semi - urban and rural areas. The prime objective is to establish a core programme dedicated to train medical graduates in clinical cardiology to deal effectively with the early recognition, management of cardiac diseases and prevention of common cardio vascular disease and associated diseases, particularly diabetes mellitus. The Course is guided in Omega Hospital by a team of leading Cardiologists consisting of: Dr. K. Mukund, MD.,D.M., and Chief Cardiothoracic Surgeon Dr. A.G. Jayakrishnan MS., FRCS, FRCS (CTH), Dr. H. Prabhakar MD, DM., Dr. Achar M.S., M Ch, Cardiac Surgeon, The Eligibility for this course is MBBS Degree and the duration is 2 years. The Course fee of Rs.30,000/- for the 1st. year & the 2nd year is to be paid to the University. Omega Hospital provides monthly stipend of Rs.9,000/- for the 1st year and Rs. 10,000 for the 2nd year. All the expenses towards the course will be borne by the center (Omega Hospital).

The doctors will be specially trained in non invasive cardiac procedures like ECG, ECHO, TMT (Treadmill) emergency care in ICCU. In addition stress is given to Preventive Cardiology. This will provide the necessary expertise to manage patients independently. The Course also consists of counselling for cardiac patients and development of the skills, (Hands on Training), Interaction with fellow students and Tele conference and Tele Medicine technology. After the completion of this course the Doctors will be able to open their own cardiac centres in the distinct and Taluk and rural areas. It will help all the rural cardiac patients to get emergency treatment in their own areas. 1st Batch has completed one year and Second Batch is also completing one year. Third Batch is going to commence from June 2008. Admission will start from March 2008. The availability of seats has been increased to six per year by the University. For further details and Applications Please contact Administrative Officer Mr. S.L. Bhardvaj - 9243303333, 9845082811

HEART VALVE REPLACED IN AN AWAKE PATIENT



Cardiac Surgeon A.G. Jayakrishnan with Isac, who underwent Awake Aortic Valve Replacement Surgery

A 24 year old patient from Kumta suffering from severe breathlessness and chest pains underwent replacement of the heart valve leading to the main artery of the body (Aortic Valve) while fully awake. His condition was diagnosed as severe leakage in the aortic valve after undergoing a CT Angiogram at Mangalore Heart Scan foundation. The diseased valve was replaced with an artificial valve in an operation lasting 3 hours at Omega Hospital, Mangalore. During the surgery the patient was connected to a heart lung machine and the heart stopped while the patient was awake and talking.

The patient recovers very well from well from the operation. There was no blood transfused and the patient did not require artificial ventilation The team of Doctors conducting the operation was headed by Cardiac Surgeons Dr. A. G. Jayakrishnan and Dr.Ramachandra Dixit, Anaesthetist Dr. Manjunath and Cardiologist Dr. K. Mukund. The Hospital authorities informed that this is the first time in coastal Kamataka that such an operation has been carried out. Dr. A.G. Jayakrishnan informed that this type of surgery though difficult to perform is very beneficial to the patient as recovery is smooth and all complications of artificial ventilation are avoided.

In lighter Vein

“ DOCTORS BUILD HOSPITAL”

A panel of Doctors were asked suggestions for building a new Hospital in the city. The allergists voted to scratch it and the dermatologists advised not to make any rash moves. The Gastroenterologists had a sort of gut feeling about it, but the Neurologists thought the administrators had a lot of nerve, and the Obstetricians felt they were all laboring under a misconception!

The Ophthalmologists considered the idea shortsighted; the Pathologists yelled "over my dead body", while the Pediatricians said, "Oh, grow up!" The Psychiatrist thought the whole idea was madness, the Radiologists could see right through it, and the surgeons decided to wash their hands off the whole thing!

The Physicians thought it was a bitter pill to swallow, and the Plastic surgeons said "this puts a whole new face on the matter". The Podiatrists thought it was a step forward, but the Urologists felt the scheme wouldn't hold water!

The Anaesthesiologists thought the whole idea was a gas and the Cardiologists didn't have the heart to say no. In the end the Proctologists left the decision up to some asshole in administration!!

SURGERY FOR HYPERTROPHIC OBSTRUCTIVE CARDIOMYOPATHY (HOCM)

A 42 yr old woman underwent successful surgical correction of HOCM at Omega Hospital. The patient had been suffering from breathlessness and exercise intolerance for the past several years. She was diagnosed as HOCM at another Hospital in the city and referred elsewhere for surgery, but came to Omega Hospital for surgical correction. Septal myomectomy was carried out under cardiopulmonary bypass and the patient made a smooth recovery. At follow up at 1 Year she was asymptomatic and able to carry on her normal household activities

HOCM is a rare disorder, caused by gene mutation, often familial, transmitted as an Autosomal Dominant trait. Sporadic cases can also occur. This disorder is characterized by irregular thickening of the interventricular septum, with a small ventricular cavity, normal systolic function and diastolic dysfunction. The hypertrophy of the septum is more towards the base (beneath the aortic valve). Abnormal systolic anterior motion of the Mitral valve (SAM) is often associated, thereby increasing the obstruction to ventricular ejection. Symptoms are mainly breathlessness and exercise intolerance. Definitive diagnosis can be made by echocardiography and angiography.

Initial treatment is by medications including beta blockers and calcium channel blockers. In more severe cases surgical correction is indicated and good relief can be obtained. At surgery the portion of the hypertrophied muscle is resected (Morrow procedure)



Normal Heart

HOCM

there by relieving the obstruction. Complications of surgery include heart block and creation of VSD by overenthusiastic resection. Successful operation dramatically improves symptoms in over 90% of patients.

The other treatment now available is septal ablation. In this alcohol is injected into the hypertrophied septum thereby causing a localized "heart attack" of the hypertrophied septum and shrinking it. The technique requires selective cannulation of the artery supplying the hypertrophied septum and is technically demanding and not all patients have anatomy suitable for this procedure.

Other treatment modalities are implantation of AICD or pacemakers and Mitral valve replacement.

STAFF'S CORNER

1. Miss. Seethamma V. Shetty, Staff Nurse engaged to Mr. Devanand Shetty, B.A. on 3rd Feb 2008.
2. 22nd Nov 2007 was a sweet memorable day for Miss Prathiba, Nurse. She entered into the Wedlock with Mr. Urban Crasta.
3. Mrs. Bindu Stanly, Staff Nurse, Cardiac OT delivered her child a Baby Boy on 22nd Nov 2007 at our Hospital. Dr. Vijaya Revankar conducted the delivery.
4. Mr. Sylvian V.D'Silva, Stores Incharge has participated as a team member of the Bejai Parish, in the Kokanni Nirathari Marathon Singing - 40hours on 26th and 27th Jan 2008 organised by Mandd Shoban, at Kalangan, Mangalore, which achieved the Guinness World Record.
5. Master Aneesh Crasta, son of Mrs. Anitha Crasta, Nurse, won the 1st Prize in the memory Test held by the Paduva Primary School on the occasion of Independence Day 2007 Celebration.
6. Miss. Roshni Jose, daughter of Mrs. Eliamma Jose, Staff Nurse, Cathlab, was awarded the First Prize in the Drawing Competition held on the occasion of Republic Day 2008 function by Hindustan Liver Ltd, at Mangalore.

MEDICAL ART



Flower vase from plastic IV bottle made by a patient in Omega Hospital

NEONATAL HEART DEFECT CLOSED BY DEVICE WITHOUT SURGERY FIRST TIME IN REGION

Baby under 1 year, was referred from Honnavar to the Cardiac surgeon Dr. A. G Jayakrishnan in Mangalore Heartscan Foundation. He did a MDCT Angiogram to assess the defect. After going through the report he gave the parents the option of surgical closure or device closure. The baby being a girl child the parents were keen to avoid the operation and the scar. Accordingly our Cardiac Surgeon referred the baby to Dr. K. Mukund, chief Cardiologist. After carefully studying the MDCT Angiogram he came to the decision to close the defect by coil, which is more difficult than the device closure but cheaper procedure. The patient was admitted in Omega Hospital, taken up in the Cathlab for closure of the defect by coil. The defect was successfully closed after 1 hour long procedure. The baby is normal and was discharged the next day. The procedure is safe and involves no blood loss and no anesthesia. In this case the baby is completely normal after closure of the defect and requires no medication. The Pediatric Cardiology Department will be conducting these



procedures regularly, in future, says the Chief Cardiologist Dr. K. Mukund. The Team of Cardiologists, headed by Dr. K. Mukund, included Dr. H. Prabhakar Senior Cardiologist, Dr. Keerthi Naik, Dr. Harshavardhan and Mr. Manoj.

With best compliments from

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