



A Bulletin of Omega Hospital, Mangalore

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

Omega Newslet

VOL. II December, 2010

Committed to Enhancing Health Information for the Profession

From the Editors Desk



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

If someone feels that they have never made a mistake in their life then it means that they have never tried a new thing in their life

- Einstien

Greetings from **Omega Hospital!** The last issue of our newsletter was very well received and we received many positive (and some negative) feedbacks. We are very pleased with the response and this has encouraged us to bring out the second issue. We are very thankful to all who encouraged us. The criticisms have also been taken in the right spirit and we will endeavor to achieve perfection with each passing issue.

Omega Hospital has now completed 9 years of service to the patients around the region, whom we believe have benefited immensely from the high end services being available at their doorstep. The ninth anniversary of the Hospital was celebrated in the Hospital premises with the active participation of all staff, a colorful variety entertainment and a sumptuous meal followed! Staff who have served the institution since inception received mementos and cash awards.

The stem cell therapy unit that was established in collaboration with NCRM-Japan is now fully functional and already six patients have received this therapy. Four were patients with paraplegia following accidents with varying degree of neurological deficits. The therapy was delivered successfully in all cases. Any improvement takes up to six months to be apparent and we are carefully following up these patients. This new form of therapy, though in its early stages, is a ray of hope for many patients suffering from debilitating conditions like paraplegia, severe cardiac failure, Liver failure etc.

Two patients received cardiac stem cell therapy for end stage cardiac failure. One patient has improved dramatically and the other is showing improvement.

Device closure of ASD, in a child was carried out successfully at Omega recently under the leadership of Dr.K.Mukund, again for the first time in the region.

The cardiac surgery team carried out the rare operation of combined coronary artery bypass surgery and aorto-bifemoral grafting in the same sitting without an additional laprotomy, thereby reducing the morbidity in this patient to a very large extent. This type of surgery is performed only in very few centers worldwide.

We are very grateful to all the doctors in and around Mangalore who have supported us in our endeavor to deliver quality health-care at affordable costs. Please continue to give us your feedbacks regarding all our services to help us improve.

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WE EDUCATE

Collaboration with Indira Gandhi University started Post Graduate Diploma In Clinical Cardiology from May-2006 to meet the need of cardiologists in India.

WE CONQUERED

'Stem cell therapy'- A new development in medical field, the second centre in Karnataka, collaboration with NICHI IN (Indo Japanese co.) which gave ray of hope to 6 lives.

WE SERVED FREE

More than 450 cardiac camps treated more than 55,000 patients with free ECG, Echo & Blood test. Those patients received treatment at subsidized rates.

WE CONTRIBUTED TO THE COUNTRY

By Rural & Remote Health Care Program adopted a school to give computer education & comprehensive health care.

WE DID CHARITY

With the help of "Omega Charitable Trust & heart Foundation" helped more than 25 poor patients to undergo Cardiac Surgery. More than 45 school children are undergone free Cardiac Surgery

Message from the Chairman



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

Omega Hospital is entering 10 yrs of service to the patients of this region. As a Hospital set up "by Doctors for patients" we are proud of the many achievements in the filed of Medical therapy and grateful that we were able to deliver these modern therapies to the patients at their doorstep, at very affordable cost. This was only possible due to the faith that the patients have reposed in us and the full hearted co operation of our dedicated staff.

Medical Wisdom

Never administer a laxative and a sleeping pill the same night

IN LIGHTER VEIN

For those of you who watch what you eat, here's the final word on nutrition and health.

1. The Japanese eat very little fat and suffer fewer heart attacks than the English.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than the English..
3. The Chinese drink very little red wine and suffer fewer heart attacks than the English.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than the English.
5. The Germans drink a lot of beers and eat lots of sausages and fats and suffer fewer heart attacks than the English.
6. The French eat foie-Gras, full fat cheese and drink red wine and suffer fewer heart attacks than the English.



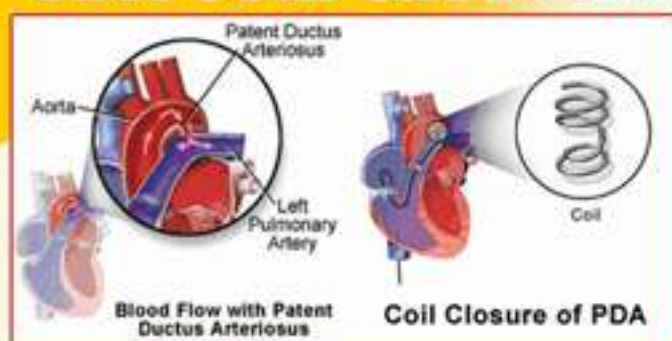
CONCLUSION.....

Eat and drink what you like.

Speaking English is apparently what kills you!!!!!!!!!!!!!!!!!!!!!!

Website: www.omegahospital.org

PDA COIL CLOSURE



It is also called "PDA coil occlusion. Patent Ductus Arteriosus is a channel or path that connects 2 large arteries that come out of the top of the heart, in utero. Unborn babies need this channel., as the lungs are not functional and this channel bypasses the lungs. Following birth the Lungs start functioning and this channel is no longer required. In some cases it persists and because of this the heart has to work harder. Blood that should be pumped out to the body leaks back into the lungs and heart. In time, this "circling" of blood may cause congestive heart failure and lung damage.

PDA coil closure is done during a heart catheterization or "heart cath". One or more tiny metal coils are inserted through a catheter and placed directly in the PDA. If the PDA coil closes the child's PDA, he may not need surgery. The child may go home same day after the PDA is closed. OMEGA achieved another first on 5th Dec 2007, being first to close PDA by coil in coastal Karnataka. Till the date we have 10 success stories by the team headed by Dr.K.Mukund. We have done coil closure on children varying from 11 months to 11yrs. It helped people to undergo procedure for cheaper price & early discharge. This technology costs less than half the price of device closure.

STAFFS CORNER

- Mr. Arvind, Radiographers solemnised his wedding to Ms. Pavithra on 29th August, 2010.
- Ms. Roshni Jose, daughter of Mrs. Eliamma Jose, Cath Lab Nurse won 1st Prize in hand ball in the DK district level sports competition held on 30th August, 2010
- Master Akilesh, Son of Mrs. Asha, Medical Laboratory won 1st prize in science model exhibition conducted by KMC, Mangalore
- Master Raghavendra Sharma son of Mrs. Mangala Sharma (OPD) won second prize in group song during cluster level CCA competition held by Kendriya Vidyalaya cluster schools
- Ms. Kavitha OPD receptionist has passed first year BBM examination of Mangalore University
- Promoted: Mr. A.J.D'Souza, has been assigned larger responsibilities and designated as Senior Manager (Institutional Support and development) from 1st September 2010

Congratulations! to all of them

Appointments

Dr M.M Chetana Anand MBBS, DNB, PDCC (CVT & Neuro) has been appointed as Consultant Cardiac Anaesthetist. She has been trained in Sree Chithra Thirunal Institute at Trivandrum in Cardiac Anaesthesia and has worked in Sri Sathya Sai Institute for Higher Medical Sciences, Whitefield, Bangalore, before joining Omega hospital as consultant cardiac anaesthetist.



ARYAN AJAY MBA (HR), MBA (OPERATION), MBA (MARKETING), D.M.E (MECH), WCNE, BBCNE, MCP, MCP (INVT), HRMCSE, CCNA, CRA, CPCD, CTF, CLDM, CCBM, CREP, CPTA, CSP, CACA, CHRCA, COD, CPEL, CPSA, CSP, CPEL LEAD AUDITOR ISO has been appointed as Senior Manager for HR Operations presently pursuing PhD in Business Management along with MBA in Project & Finance Management. He is Certified analyst and specialist in various management in Human Resource, Project, Risk, Health & Safety, Six Sigma etc...



He comes with years of experience in India & Arabian Gulf. He is an experienced Corporate Trainer imparting training to corporate like Wipro, IBM, IDBI, Larsen & Toubro etc... & author of more than 16 books on various subjects and his first publication was published on year 2006. He is also a HR consultant and his hobbies include Management Research, Tarot Reading, Astrology.

Appointments

Dr. Anand Kalyan T. MBBS, MS (Gen.Sur), MCh (CVTS) As Consultant Cardiothoracic Surgeon



Prior to joining Omega Hospital he has worked as Senior Registrar and Junior Consultant at Sri Sathya Sai Institute for Higher Medical Sciences, Puttaparthi for more than 8 years. Assisted more than 10,000 open hearts and closed heart surgeries and independently performed more than 3,500 open heart and closed heart surgeries, paediatric & adult.

Also Worked as Assistant Professor at Amrita Institute of Medical Sciences, Kochi, in the department of Cardiac Surgery. Associated with and started the Department of Cardio-thoracic and Vascular surgery at Apollo-BGS Hospitals, Mysore. Has performed Open/Beating Heart, Closed Heart, Vascular and Thoracic Surgeries for more than 3 years and trained nurses in managing Cardio-Thoracic & Vascular ICU patients.

Presented scientific papers at various national and state level conferences.

Dr. J. N. BHAT. MBBS, FRSH, FACA, AFIH as Medical Superintendent, Who hails from Kotekar a place a little away from the hub of active Mangalore had his medical graduation from Govt. Medical college Mysore.



He has worked at the Ministry of Health, Muscat, in various capacities rising from Medical Officer to the Head of Hospitals & Health Centers' affairs, administering major Hospitals and Health Centers, dealing with different nationals.

He has been closely associated with Research Society diabetic Indian association after his return from abroad. He has served as Chief Medical Officer, at MRPL, Mangalore just before joining us as Medical superintendent recently.

Besides the Work-shops on industrial topics for factories Dr. Bhat is presently keen again on health activities with good experience in Healing arts and Meditation.

OBITUARY

Jerin Mary Paul who worked as staff Nurse in Cardiac Surgery intensive Care unit from April 2008 to April 2010 passed away recently in Saudi Arabia after a sudden illness. Jerin was a very hard working and efficient staff. Our heartfelt condolences to her family



OUR EFFORTS TO REACH HIGH WILL NEVER END..... OMEGA – Mile stones

5th April is a golden day for OMEGA as it is stepping into 10th year of its excellence leaving behind all, taking the lead as a pioneer in health care in Mangalore city. From day one (4th April, 2001) it has Provided best quality of health care at ground price. Taking care of the health needs of the people of Coastal Karnataka & Northern Kerala. Along with Cardiology & Cardiothoracic Surgeons as main stream of facilities. It has also grown in Gastro enterology, General Medicine, Orthopedic, Emergency & Trauma, Intensive Care, Dialysis, Gynaecology, Paediatrics, Diabetology, Physiotherapy, Nutrition etc. Made history in Cardiology & Cardiothoracic Surgery • 1st Cath lab in Mangalore • Success of more than 15,000

CAG, 4,500 MDCT Angiography & 4,000 major procedures like PTCA,PTMC, Device Closure of ASD/PDA • 1st in PDA coil closure, ICD implantation • ASD device from 3-40yrs • Coil closure intracranial aneurysm first time out side Bangalore • Aortic arch vessel angioplasty • 1st Heart Surgery on 31st Dec 2001 (ASD) • 1st CABG on 1st Jan. 02 • More than 2,500 cases including ASD, VSD, TOF From 3mths- 89yrs old pts • Awake by-pass : 8 • HOCM resection • Aortic dissection with AVR • Awake AVR • TOF with absent PV • CABG + Aorto-bifemoral graft in same sitting Contribution from Other departments • B/L Knee replacement in same sitting • More than 30 hip & knee replacement • Anterior decompression spine • Fracture in IKR in situ • Multiple fractures • More than 1200 GI-scopy per year • More than 100 dialysis per month • All varieties of neuro surgeries • Renal care Both medically & surgically • Cosmetic surgeries

Aneurysms of dialytic A-V fistulae

A-V fistulae are often created for haemodialysis in patients with chronic renal failure due to a variety of reasons, Diabetes and hypertension being the most common. They need to function for a very long period as they have to be used regularly for cannulation for performing haemodialysis. They are not without complications of their own. Complications include infection, early failure due to poor anastomosis or poor flow in small caliber vessels, aneurysm formation (both true and false and) thrombosis etc.

Two cases of venous aneurysm formation in dialytic A-V fistulae underwent successful treatment at Omega Hospital recently. Both were true aneurysms on the venous limb of the fistula Patient 1 had as infective aneurysm at the site of repeated puncture (distant from the fistula) for dialysis .



He underwent excision of the aneurysm, ligation of the fistula and creation of a second new fistula in the opposite hand.

Patient two had a venous aneurysm formation at the site of the fistula itself. He underwent excision of the aneurysm, ligation of the fistula, end to end anastomosis of the radial artery and creation of a new fistula in the same limb proximal to the original fistula. Both patients recovered well and are undergoing regular dialysis .

Lecture on Transcatheter Aortic Valve Replacement

Dr.Jatin Desai , Senior Consultant cardiac surgeon gave a lecture on " Transcatheter Aortic valve implantation". He



highlighted the latest development in mangement of aortic valve diseases as practised in the UK. The meeting was attended by a large gathering of Physicians, Cardiologists and

cardiac Surgeons of Mangalore. Dr.A.V.Shetty, Senior Cardilogist was the guest of Honour, Dr. Mukund Chairman, Omega Hospitals chaired the session . Dr.A.G.Jayakrishnan Chief cardiac surgeon and director, Omega Hospital welcomed the gathering and introduced the chief guest and Mr. S.L.Bharadvaj, administrator proposed the vote of thanks

CME in Paediatrics

Omega Hospital in conjunction with Association of Paediatrics conducted a CME in Paediatric interventional cardiology and paediatric cardiac surgery and health economics. Prof. B.N Krishnamoorthy the doyen of paediatrics in Dakshina kannada inaugurated the meeting. Dr.K.Mukund ,chairman of Omega Hospitals gave an overview of the progress of interventional Cardiology in paediatrics from its early beginning at Wenlock Hospital ,Mangalore. Dr.H.Prabhakar and Dr.Sayyid gave an excellent presentation of interventions in paediatric cardiology and the progress that has been made in this field. Dr. A.G.Jayakrishnan spoke on the various surgical aspects of paediatric cardiac surgery and presented some of the rare and interesting cases. Prof. Baliga gave a thought provoking lecture on health economics . The meeting was extremely well attended



Omega Laboratories Quality Control



Omega has tied up with biorad laboratories for quality control of its investigations. This will enhance the services being currently provided by Omega

laboratories and ensure top quality in its services

Cardiac Care Nursing Course

Omega has started a post basic specialisation in cardiac care nursing (Cardiology and Cardiothoracic Surgery) of one year duration under its "earn while you learn" scheme. The first batch of 20 Qualified nurses have been enrolled. They will receive special training in all aspects of cardiac care.



Omega Hospital is the only authorized centre in D K District for conducting the 2 yr post graduate diploma in clinical cardiology, of the Indira Gandhi Open University, New Delhi

POST GRADUATE DIPLOMA IN CLINICAL CARDIOLOGY

We are happy to announce that the following doctors have completed the course and passed the examination conducted by IGNOU, New Delhi during 2009

Dr.M.R.Vishwanath
Dr.Sanchitha Shettigar
Dr.T Bhavya



Nine more MBBS graduates are undergoing the 2 year study, currently. Our Best wishes to all the Doctors in their future career

Omega Day 2009



VANAMAHOTSAVA

Omega Hospital celebrated Vanamahotsava by planting more sapling in the campus.



Dr.K.Mukund, Chairman and Dr.A.G.Jayakrishnan, Director along with Doctors and staff participated in the planting.

Pulmonary thromboendarterectomy



The Cardiac surgery team at Omega Hospital has recently carried out the rare operation of pulmonary thromboendarterectomy successfully. This is the first time in the district that such an operation has been carried out.

A 31 yr old male patient presented with sudden onset breathlessness and epigastric pain. He gave a history of dull aching pain in both calf muscles for which he had been getting ayurvedic massage to the calf. A clinical diagnosis of right heart failure due to pulmonary embolism was made and he was admitted to the intensive care unit and stabilized with supportive measures.

Chest X-ray showed decreased pulmonary blood flow and slight cardiomegaly. ECG showed RV strain pattern and 2-D echo showed dilated right ventricle with pulmonary hypertension with dilated main pulmonary arteries. Venous Doppler study of both the lower limbs showed varicosity of long saphenous venous system with filling defects suggestive of thrombus in the superficial femoral veins.

A 64 slice MDCT was performed, which showed filling defect in the left and the right pulmonary arteries, confirming the diagnosis of Acute cor pulmonale due to Pulmonary thromboembolism

Pulmonary thromboembolism was carried out after placing the patient on cardiopulmonary bypass. A Pulmonary thromboembolism is a high risk procedure, and involves extracting all the clot and thrombotic materials from both pulmonary arteries in their entirety. The presence of long standing pulmonary hypertension increases the risk. The procedure involves a full Cardiopulmonary Bypass (CPB), deep hypothermia and full cardiac arrest, with the critical procedure carried out in a standstill heart. He made an uneventful recovery and was discharged home. At one year follow up, he is symptom free.



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