

# CARE BANJARA TIMES

ISSUE 07  
AUGUST 2025

Exclusive Updates | Inspiring Stories | Healthcare Innovations



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We are an NABH Stroke Accredited Hospital

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## Beyond Numbers: Building Trust, Touching Lives

At CARE Hospitals, Banjara Hills success is not measured in numbers alone—it is defined by the trust we earn, the lives we touch, and the hope we inspire. Over the past month, our collective efforts have brought this philosophy to life, while also laying the foundation for what lies ahead.

Healthcare extends far beyond hospital walls, and our Community Connect programmes reflect this belief. From the Kothagudem health camps reaching remote areas to a medical booth at the Khairtabad Ganesh Pandal—interacting with nearly 2 Lakh visitors daily & 5-6 Lakh devotees on the weekend—our team ensured timely consultations and care for lakhs of people.

This month also marked exciting new beginnings. We started an association with Emoha Elder Care services, launched our dedicated Heart Rhythm Clinic, and performed the first Robotic Total Knee Replacement at CARE Hospitals, Banjara Hills. Each milestone demonstrates our commitment to combining cutting-edge technology with compassionate care, ensuring patients experience the very best of both science and humanity.

Learning and knowledge-sharing remain at the heart of our work. The Pulmonary Function Test (PFT) Workshop empowered clinicians to refine skills that directly improve patient outcomes, while our doctors' recognition in Outlook's Best Doctors list reaffirmed the excellence and credibility of our medical community.

None of this would be possible without the extensive reach and dedication of our Sales and Marketing team. Over 50 professionals across India support referral networks, emergency



**JP Kharbanda**

Unit Head – Sales & Marketing  
CARE Hospitals, Banjara Hills,  
Hyderabad

services, international business, PSUs, TPAs, nursing home partnerships, corporates, and Sangam card registrations. Together, they ensure that CARE's name—and care—touches patients and partners across the country.

Every achievement carries a deeper message: progress in healthcare is not only about innovation, but also about accessibility, inclusivity, and continuous growth. As the custodian of Sales and Marketing at CARE Hospitals, Banjara Hills, I see our role as far more than outreach—it is about building trust, sharing stories of healing, and inspiring hope.

The past month has been full of milestones. The months ahead will be about momentum—sustaining innovation, expanding impact, and setting new standards for what CARE truly means. Together, we can ensure our growth is not just in scale, but in significance.

The month of August was packed with vibrant festivals and ceremonies which enabled multiple opportunities to celebrate our cultural heritage and enhance our happiness index. The divinity of Ganesh Chaturthi enabled a sense of creativity and camaraderie. Despite the multiple religious and other ceremonies, our diligent staff, with our customary passion in keeping with our motto – Patient care comes first for us, and we prioritise the needs of our patients toiled beyond their working hours under the aegis of our ethos of providing care with compassion.

The editorial team is delighted to introduce three new features. The first is an article detailing a day in the life of our support staff, and we begin the series by bringing forth an average day of our wonderful security personnel. The second article is the myriad benefits of music and how the melodious musical notes reverberate within our institute. The last one an abridged treatise on one of the commonest consumed beverages – coffee!

As always, the issue also reflects the excellent teamwork of our entire staff in providing evidence-based medicine, and also our shared commitment to advancing clinical knowledge. In association with academic society – Telangana Tuberculosis and Chest Association, our institute conducted a clinical workshop on Pulmonary Function Test. Dr TLN Swamy (Pulmonologist) was the chairman of this

three-day conference. Dr A Jayachandra, Dr Bhavani Prasad and Dr B Ravinder Reddy were invited to deliver faculty lectures.

On the World Senior Citizens Day, our institute announced a landmark partnership with Emoha Eldercare to provide a comprehensive care for the elderly.

Advanced Heart Rhythm Clinic was launched as a dedicated means to diagnose and manage cardiac arrhythmias and advanced heart failure. The clinic is the first-of-its kind and is led by Dr Ramakrishna SVK.

We are delighted to share yet another stupendous teamwork led Dr Vittal, cardiologist and Dr Manjula Anagani in successfully managing a precious pregnancy with extremely preterm twin girls with severe Respiratory Distress Syndrome. Another case report is by Dr Prashant Patil, who efficaciously performed a Transcatheter Pulmonary Valve Replacement using was a unique Myval in a 37-year old patient who previously underwent a TOF repair.

First Robotic Total Knee Replacement was done by the team led by Dr Chandra Sekhar Dannana, Senior Orthopedic Surgeon. The issue also highlights the academic publications of Dr PC Gupta and his team from the division of Vascular Surgery, and by Dr Shweta Ram Chandankhede, from the Critical Care Division.



**Dr. B. Ravinder Reddy**  
Editor-in-Chief

It gives great pleasure to notify yet another highlight achieved by our exceptional consultants who featured in the Outlook Best Doctors South 2025 – Dr. Surya Prakash Rao Vithala, Dr. Manjula Angani, Dr. P C Gupta, Dr. N Vishnu Swaroop Reddy, Dr. H Guru Prasad, and Dr. Johann Christopher.

And it was a wonderful to welcome back two distinguished consultants, Dr. P Vikranth Reddy, Nephrologist and Dr. K C Mishra, Intensivist.

We also bring updates on our health camps, Care Samvaad, in addition to the certain interesting and insightful features.

We hope that this August issue, which depicts a collective effort of our passion for care, will be an enriching experience.

**Wherever the art of medicine is loved, there is also a love of humanity – Hippocrates**

## Strengthening Excellence: Two Distinguished Specialists Rejoin CARE Hospitals, Banjara Hills

CARE Hospitals, Banjara Hills, proudly welcomes back two of its most respected clinicians – Dr. P. Vikranth Reddy, Clinical Director & Senior Consultant – Nephrology, and Dr. K. C. Misra, Senior Consultant & Head of Department – Critical Care. Their return marks a significant milestone in strengthening CARE's expertise in two vital specialties – Nephrology and Critical Care.

### A Homecoming for Dr. P. Vikranth Reddy

With over two decades of clinical experience, Dr. Vikranth Reddy is a distinguished Nephrologist with expertise in Chronic Kidney Disease, Kidney Transplantation, Dialysis Therapies, Glomerular Diseases, Interventional Nephrology, And Critical Care Nephrology.

He played a pivotal role in establishing the foundation of CARE's

Nephrology department during his earlier tenure. His return further enhances the hospital's ability to deliver integrated renal care, strengthen transplant and dialysis programs, and provide advanced treatment protocols to patients across all stages of Kidney Disease.

Dr. Reddy now joins the renowned Nephrology team of Dr. Ratan Jha and Dr. Bharadwaj Batchu, collectively reinforcing CARE Hospitals, Banjara Hills as a leading destination for Kidney care.



### The Return of Dr. K. C. Misra

CARE Hospitals, Banjara also welcomes back Dr. K. C. Misra, who has rejoined as Senior Consultant & Head of Department – Critical Care. With over 15 years of experience, he brings advanced expertise in Neuro Critical Care, Critical Care Nutrition, And Extracorporeal Membrane Oxygenation (ecmo).

Dr. Misra now rejoins the accomplished team of Dr. Bhavani

Prasad Gudavalli, Dr. Srinivas GPNV, and Dr. Sagar Sunka, further strengthening CARE Hospitals, Banjara Hills's Critical Care Department.



### Elevating Care, Together

The rejoining of Dr. Vikranth Reddy and Dr. K. C. Misra reflects CARE Hospitals, Banjara Hills' commitment to building centres of excellence led by clinicians of great repute. Their expertise, combined with CARE's patient-first philosophy, reinforces the hospital's position as a trusted destination for comprehensive nephrology and critical care services in the region.

# Transcatheter Pulmonary Valve Replacement Using Myval in a Post-TOF Repair Patient

## Background

A 37-year-old woman, known case of Tetralogy of Fallot (TOF), underwent a BT shunt in 1996, reoperation for blocked shunt in 1997, and complete repair in 1999. She presented with Dyspnoea on Exertion and Palpitations.

Clinical evaluation revealed a single heart sound with no murmur.

- X-ray: Cardiomegaly with RV apex, normal vascularity
- ECG: Normal sinus rhythm, wide QRS (168 ms)
- ECHO: Intact VSD patch, no residual VSD, dilated right heart, free pulmonary regurgitation, RV dysfunction (TAPSE 11 mm), fair LV function

Given the severe pulmonary regurgitation with RV dysfunction and high surgical risk due to multiple prior surgeries, Transcatheter Pulmonary Valve Replacement (TPVR) was considered.

## Anatomical Challenges

- Dilated RVOT (39.5 mm)
- Aneurysmally dilated left pulmonary artery (28 mm)
- No focal narrowing or defined landing zone

## Intervention

In view of the anatomy, a Myval (Meril Life Sciences) transcatheter valve was chosen.

- Access: 8F RFV, 7F LRV, 5F RIJ, 5F RFA
- Hardware: 5F pigtail, 6F MPA, 5F JR, 5F JL, 0.035 Terumo wire, Landerquest wire, temporary TPI lead

- Technique:
  - RVOT crossed with MPA and Terumo wire; Landerquest wire placed in LPA
  - RVOT balloon occlusion and angiogram performed to rule out coronary compression
  - Python sheath advanced into LPA; Myval 30.5 mm valve deployed under fluoroscopic guidance
  - Post-deployment angiography showed no pulmonary regurgitation and mild RV dysfunction

## Post-Procedure Course

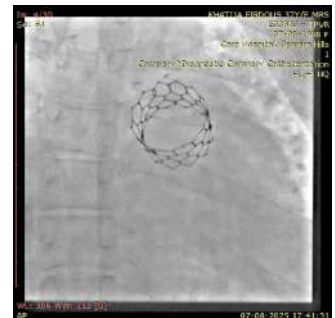
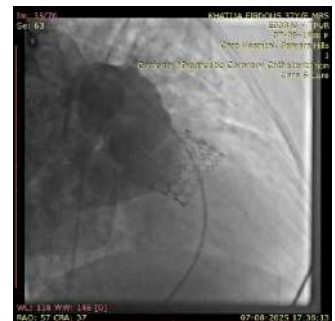
- Managed with IV milrinone and diuretics for 3 days
- Uneventful recovery
- Discharged on Day 7

## Significance

This case highlights the role of Transcatheter Pulmonary Valve Replacement (TPVR) as a safe and effective alternative to repeat surgery in complex post-TOF repair patients. With careful anatomical assessment, use of indigenous valve technology, and a multidisciplinary approach, durable outcomes can be achieved even in high-risk, surgically challenging scenarios.



**Dr. Prashant Prakash Rao Patil**  
Sr. Consultant – Paediatric Cardiology





# Survival of Extremely Preterm DCDA Twin Girls with Severe Sepsis and Respiratory Distress Syndrome

## Background

This case details the survival and recovery of Dichorionic Diamniotic (DCDA) twin girls born at 27 weeks of gestation with extremely low birth weight, severe respiratory distress, and neonatal sepsis. The case demonstrates how a coordinated multidisciplinary approach at CARE Hospitals, Banjara Hills, ensured favourable outcomes for both infants and the mother.

## Maternal Course

The mother, a 30-year-old woman with grade IV Endometriosis, conceived through IVF and carried a high-risk DCDA twin pregnancy. Despite cerclage placement for borderline cervical length, she developed abdominal pain and preterm contractions at 26+2 weeks.

Initial management with tocolytics and antenatal steroids failed to arrest labour. On admission to CARE Hospitals, Banjara Hills, worsening contractions, non-reactive NST, fetal distress, and signs of maternal sepsis necessitated an emergency Lower Segment Caesarean Section (LSCS) at 27 weeks. The procedure was successfully performed by Dr. Manjula Anagani, Padma Shri Awardee, Clinical Director and HOD – CARE Vatsalya, Woman and Child Institute, Robotic Gynaecology, ensuring safe delivery of both preterm infants.

## Neonatal Profile

- **Gestational Age at Birth:** 27 weeks

- **Birth Weights:** Twin 1 – 943 g; Twin 2 – 974 g
- **Apgar:** Both cried but required immediate resuscitation and NICU admission

## NICU Management

### 1. Initial Stabilisation

- Intubated and placed on mechanical ventilation
- Umbilical venous and arterial catheters secured
- CXR: Grade IV hyaline membrane disease in both neonates
- Early rescue surfactant therapy ( $\leq 6$  hrs of life)

### 2. Sepsis Management

- Initial blood counts showed severe neonatal sepsis (TLC  $\rightarrow$  92,000 in both)
- Blood cultures sent; broad-spectrum IV antibiotics initiated for 14 days
- Close clinical and laboratory monitoring throughout NICU stay



**Dr. Vittal Kumar Kesireddy**

Consultant & In charge  
Department of Paediatrics

### 3. Respiratory Support

- Prolonged invasive ventilation followed by gradual weaning to high-flow oxygen
- Transition to room air after ~1 month with stable oxygenation and no desaturations

### 4. Nutrition

- Minimal enteral feeding started on Day 2 of life
- Gradual escalation under close NEC surveillance
- Oral feeds initiated at ~32 weeks corrected GA once

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sucking and swallowing reflexes were established

- Transitioned to full direct breastfeeding prior to discharge

### 5. Cardiac Monitoring

- Serial echocardiograms revealed moderate PDA in both twins
- Managed successfully with pharmacological therapy; no surgical closure required

### 6. Neurological Monitoring

- Serial cranial ultrasounds showed no intraventricular haemorrhage or significant abnormalities
- Neurodevelopmental milestones appropriate for corrected age

### Outcome

- **NICU Stay:** 70 days
- **Discharge Weight:** ~1.98 kg each
- **Current Status:** Both infants exclusively breastfed, gaining weight (~2.2 kg), on regular vaccination and neurodevelopmental follow-up

### Multidisciplinary Team Involvement

This complex case required seamless collaboration between:

- **Gynaecology & Obstetrics:** High-risk maternal care, antenatal management, and emergency LSCS
- **Anaesthesiology & Critical Care:** Intraoperative and perioperative maternal stabilisation
- **Neonatology & Paediatric ICU:** Immediate resuscitation, advanced NICU care,

- ventilatory support, infection control, and nutritional rehabilitation
- **Nursing & Allied Health Teams:** Round-the-clock monitoring, family counselling, and feeding support

### Key Takeaways

The survival of these extremely preterm, extremely low birth weight twins with severe RDS, sepsis, and PDA underscores the importance of early diagnosis, evidence-based interventions, and multidisciplinary collaboration. By integrating obstetric vigilance, advanced neonatal intensive care, and continuous teamwork across specialties, CARE Hospitals, Banjara Hills, ensured not only survival but also healthy neurodevelopmental outcomes for both infants.

### Conclusion

The survival and thriving of these DCDA preterm twin girls reflect not just medical expertise but also the resilience of the family and the compassionate ecosystem at CARE Hospitals, Banjara Hills. Despite being born at the edge of viability, facing severe sepsis and advanced respiratory distress, both infants achieved recovery through timely interventions, meticulous monitoring, and evidence-based NICU practices. Importantly, their outcome mirrors global standards of extreme preterm care, reaffirming the hospital's capability to deliver world-class neonatal survival rates. This case demonstrates how advanced clinical excellence, multidisciplinary collaboration, and family-centred care can together transform what appears to be a near-impossible challenge into a story of hope, survival, and healthy futures.





## Medical Negligence

Having completed six consecutive columns addressing various issues related to Brought Dead Patients, I now turn to one of the most topical subjects:

### **Medical Negligence Liability.**

Within the broader domain of **Medical Litigation**, medical negligence commands a lion's share. More than **85–90% of cases** filed in courts, commissions, and forums like State Medical Councils pertain to medical negligence or deficiency in service.

Most complaints are filed before **Consumer Commissions** under the **Consumer Protection Act, 2019**, and its predecessor, the **Consumer Protection Act, 1986**.

Depending on certain conditions and parameters, medical negligence liability invokes civil law, consumer law, criminal law, regulations enforced by state medical councils, and, in select cases, constitutional law.

With a primary focus on medical negligence, I aim to explore a wide spectrum of principles, practices, challenges, and reforms in this area.

Let me share a foundational principle that I hold in the realm of medical negligence liability:

**Accountability as to any 'professional conduct' is a quintessential necessity, but the adjudication process leading to accountability must be fair, objective, and transparent, adhering to the acclaimed principles of natural justice.**

This principle should serve as the only guiding force for any Court, Commission, or Council when adjudicating matters of medical negligence liability. Unlike other branches of law, medical negligence claims present highly complex and intricate issues at the interface of law and medicine.

Drawing from experiential learning and my academic and professional experience spanning more than three decades, I propose to cover the following topics in the next twelve issues of this Newsletter:

1. Medical Negligence or Deficiency of Service
2. Doctrine of Causa Causans
3. COPRA 1986 & 2019: Nature of Changes
4. Proceedings before Consumer Commission: A Glimpse
5. Expert Evidence: Challenges
6. Cross-Examination: Challenges
7. Criminal Prosecution of Doctors
8. Proceedings before State Medical Council
9. Expeditious Consumer Justice: A Myth?
10. Parallel Proceedings: A Conundrum
11. Medical Negligence: Mediation
12. Medical Negligence: Reform and Way Forward



**Prof. (Dr) S.V. Joga Rao**

M.L. M.Phil., Ph.D., Advocate and  
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Formerly Professor of Law, NLSIU, Bangalore.  
Max-Plank Fellowship, MPI, Germany

## Nursing Leadership Tracks: Designing Career Pathways That Keep Talent at Home

I had a conversation last week with a brilliant charge nurse who confessed she was considering leaving for better growth opportunities elsewhere. This is not an isolated incident. I believe one major reason we are losing talented nurses is because we do not offer clear leadership pathways. How do you explain to a dedicated professional that we value their expertise while simultaneously providing no structured route for advancement?

Maybe we should take a more strategic approach to this crisis—one that recognizes nursing leadership development as not just retention strategy, but as investment in organizational transformation.

American Nurses' Credentialing Center (ANCC) Magnet Recognition Program demonstrates how structured leadership development through five core components: transformational leadership, structural empowerment, exemplary professional practice, innovation, and measurable outcomes creates environments where nurses thrive. Successful programs like Corewell Health's Clinical Ladder System Reward nurses financially for professional growth, while their mentoring and succession planning initiatives create clear advancement pathways.

Leadership development is no longer a luxury – It is a necessity. Watching talented nurses migrate to hospitals with robust career tracks

reminds me how much work remains. We have to develop clinical nurse managers cadre in our hospitals through role transition support, competency building, and ongoing mentorship.

Perhaps the most powerful realisation is that leadership development is not about creating hierarchies - it's about cultivating expertise at every level. When we establish structured pathways that include clinical advancement, education tracks, quality improvement leadership, and administrative preparation, we are essentially saying: "You are important and your growth matters to us."

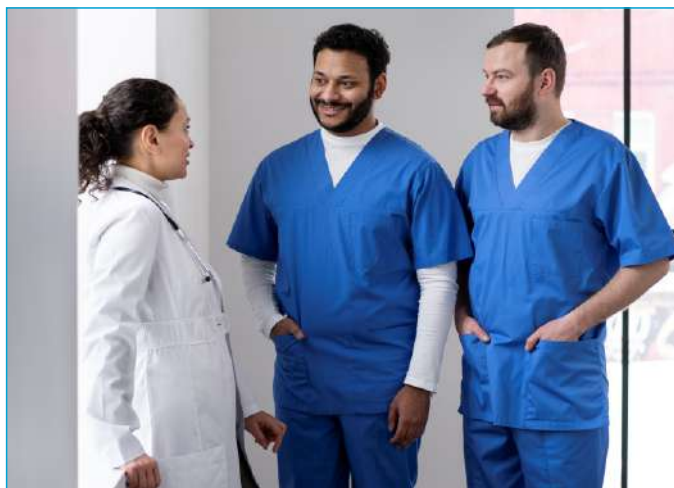
In the journey to retain our brightest nurses, we must move beyond the passive hope that talented nurses will simply choose loyalty over opportunity. Instead, we need

to actively create environments where their professional aspirations can be fulfilled through mentorship, advancement opportunities, and meaningful recognition.



**Dr Parivalavan Rajavelu**

MS, DNB, FRCS  
Consultant Surgeon,  
Founder - SkillsforMed



## Many Aspects of Coffee

According to the popular folktale, coffee beans were discovered by a goat herder in the forests of Ethiopian plateau, when he noticed unusual energy amongst his goats, after eating coffee beans.

Subsequently, the coffee plants were cultivated and brewed in Yemen, which then spread, initially to the Arabian Peninsula, and subsequently to the rest of the world. The English word “coffee” is derived from the Arabic word qahwah, probably to denote the name of its origin from the southwestern Ethiopia, the Kaffa region.

Coffee is now the second most consumed beverage in the world, after tea. It can be consumed in a variety of ways. Apart from the caffeine content, coffee contains over 136 bioactive molecules, especially antioxidants, flavonoids and chlorogenic acids. It also contains organic acids, natural sugars and bitter compounds. A standard cup (180 mls) contains 95 to 100 mg caffeine, and about 355 mg polyphenols and antioxidants. However, the amount of caffeine varies, depending on the brewing methods, and can range from less than 50 mg to over 200 mg. Also, unfiltered coffees like percolated coffee, espresso, French press, Moka pot coffee have higher amounts of compound called diterpenes (like cafestol & kahweol), which inhibit cholesterol breakdown and have the potential to increase LDL cholesterol. The safe amount of caffeine consumption is less than 400

mg per day. Instant coffee has between 30 to 90 mg caffeine.

Antioxidants and flavonoids reduce oxidative stress and inflammation, and roasting the coffee beans proportionally enhances these effects. The compounds also improve insulin sensitivity, glucose metabolism and oxidation of fats. Coffee also has a positive impact on gut microbiome, due to its prebiotic effect, as well its effects on gut mucosa. Some of the benefits of coffee consumption, based on scientific studies are as follows:

### Cardiovascular Health:

Multiple meta-analysis has shown significant reduction in cardiovascular diseases, with a moderate consumption of 3 to 4 cups daily. A more recent 2025 research showed that morning consumption had a lower overall mortality risk compared to all-day coffee drinkers (European Society of Cardiology January 2025).

### Type 2 Diabetes Prevention:

Meta-analysis of 30 prospective studies involving 1.2 million



**Dr. B. Ravinder Reddy**

Sr. Consultant - Gastroenterology –  
Surgical, General Surgery

participants showed a 29% reduction in Type 2 Diabetes, with both caffeinated and decaffeinated coffee. Furthermore, the risk reduced by about 6% for every additional cup consumed per day.

**Liver Health:** Coffee consumption is associated with hepatoprotective effects – reduced risk of developing fatty liver and a 35% reduction in fibrosis in people with established Non-Alcoholic Fatty Liver Diseases.

### Cognitive & Mental Health:

Caffeine and other bioactive compounds enhance attention, alertness and certain types of memory. They also protect from cognitive decline and other

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neurodegenerative diseases (Alzheimer's disease, Parkinson's disease, depression, dementia and even stroke).

### Physical Performance &

**Longevity:** Coffee enhances physical performance and exercise capacity especially if consumed 30 to 60 minutes before the event. Apart from increasing the likelihood of meeting the daily recommended physical activity levels, exercise when coupled with coffee also reduces all-cause mortality by 17%.

**Cancer Prevention:** Coffee consumption was associated with protective effects against certain types of cancers – liver, colorectal, prostate, endometrial and skin.

Various studies have shown a dose-dependent relationship. For example, consuming more than 4 cups a day was associated with a 32% reduced risk as well as recurrence rates.

Lung cancer deserves a word of caution! As per the systemic review and meta-analysis published in the prestigious journal Nature (July 2024), coffee consumption was found to have a significant positive association with risk of developing lung cancer. Each cup increases the risk by 6%!

**Some of the published health-risks and side-effects are as follows:**

#### Sleep Disturbances:

Consumption of coffee within 6 to 8 hours of bedtime disturbs the sleep quality, sleep cycles and duration. It reduces the duration by about 45 minutes



and sleep efficiency by 7%. Hence, for a standard sleeping time of 10 pm, it is ideal to have the last cup before 4 pm.

#### Anxiety & Mental Health Issues:

High dose caffeine (defined as more than 400 mg or 5 standard cups) increases risk of anxiety in vulnerable individuals. Excessively large quantities are associated with severe agitation and depression.

#### Pregnancy & Fertility:

Current guidelines recommend limiting caffeine to less than 200 mg per day. Consuming more than 300 mg are associated with fetal-growth restriction, low birth weight and preterm birth, increase risk of miscarriage and stillbirth (an increase of every 100 mg over the recommended dose increases risks of stillbirth). In addition, excessive caffeine consumption reduces fertility by 27%.

#### Other Effects of Excessive Consumption:

Consuming more than 4 standard cups of coffee are associated with adverse effects – heartburn, diarrhea, increased urination, elevated blood pressure, irregular heartbeat, muscle tremors, headaches, and nervousness. In

addition, caffeine has been reported to induce a physical dependency, withdrawal symptoms and rebound fatigue.

**Summing-Up:** Coffee, when consumed as per the standard recommendations, provides multiple health benefits. It provides a robust protection against many metabolic diseases and cancers and also acts as a therapeutic supplement in various diseases. The healthiest way to consume coffee is from using freshly ground beans, and preferably black (as addition of milk reduces the efficacy of antioxidant potential) and without sugar, sweeteners, jaggery nor honey. One must be mindful of the cup size (not more than 180 mls per cup) and limit the number to 4 or less cups per day. A proven way to have a healthy cup is either by using an AeroPress® or making coffee by using the Pour-Over method - both of these use a filter paper to prevent diterpenes and reduce the bitterness, and make the more delicious and enjoyable, which is a proven way to usher in good health and happiness! “Where coffee is served there is grace and splendour; friendship and happiness!” – Sheik Ansari Abd al-Kadir, The Saint of Coffee.

## The Healing Power of Music: CARE Banjara's Unique Touch

At CARE Hospitals, Banjara Hills, healing goes beyond medical interventions. We believe recovery is most effective when advanced science is paired with human-centred care — and music plays an integral role in this holistic approach.

### Music and Medicine: Evidence Meets Practice

Research has consistently shown that music is more than art — it is a therapeutic tool with measurable clinical benefits:

**Stress and Anxiety Reduction:** Soothing melodies lower cortisol levels, reduce pre-operative anxiety, and promote relaxation.

**Pain Modulation:** Music activates neural pathways that influence pain perception, often reducing the need for higher analgesic doses.

**Cardiovascular Benefits:** Slow, rhythmic tunes are associated with reduced heart rate and blood pressure.

**Neurocognitive Recovery:** In stroke and neurological patients, structured music interventions aid speech, memory, and motor coordination.

### In the Operating Room

Scientific studies highlight the role of music not only for patients but also for surgical teams:

- A systematic review of 18 studies found that music significantly improves surgeons' task performance—enhancing both speed and accuracy with minimal negative effects.



- Another comprehensive review noted that music reduced mental workload, improved precision, and shortened task completion times, though occasional distraction was reported.
- A survey of operating room staff revealed that 63% regularly listen to music, and nearly 79% felt it made them calmer and more efficient.

At CARE Banjara, many of our surgeons echo these findings, sharing that music helps them maintain focus, steadiness, and composure—especially during complex procedures.

### Music at CARE Banjara

Bringing these benefits to life, CARE Banjara integrates music into the daily rhythm of the hospital:

- **Morning Flute Recitals:** Gentle flute melodies set a calm tone for patients and families as they begin consultations or procedures.
- **Evening Piano Performances:** Piano harmonies at day's end provide comfort, offering a moment of peace to patients, caregivers, and staff alike.

- **Cafeteria Ambience:** Even in our cafeteria, calming instrumental music blended with light nature sounds creates a soothing environment, allowing patients, families, and staff to relax and enjoy their meals in a restorative setting.

### Healing Beyond the Prescription

These experiences, simple yet profound, provide emotional and psychological support alongside medical care. Patients undergoing prolonged treatments find comfort in familiar melodies; caregivers experience relief from stress; and staff benefit from an environment infused with calm amidst demanding schedules.

At CARE Hospitals, Banjara Hills, every note—whether played live in our lobbies, gently filling our cafeteria, or quietly accompanying a surgeon's concentration—is a reminder that true healing is not only about curing disease but also about restoring balance in mind, body, and spirit.



## Beyond the Uniform: A Day with Our Security Team

### Compassion, courage, and commitment behind every shift

At CARE Hospitals, Banjara Hills, the role of security goes far beyond standing guard. They are the calm in chaos, the quiet organisers in crowded spaces, and the reassuring presence for patients, families, and staff alike.

### Guardians of the Lifts

The lifts are among the busiest points in the hospital. Security staff here regulate visitor passes, prioritise patients, and intervene when tensions rise. “Sometimes attendants get upset when only one pass per patient is allowed. If things escalate, we announce a Code Grey, and supervisors step in,” explained one officer.

Amidst these challenges are small moments of humanity. “One patient simply thanked me for helping her reach her ward on time. That little ‘thank you’ made my whole day,” he added.

### Parking with Patience

Outside, parking staff manage limited space under constant pressure. Ramesh Babu, who has worked here for two years, recalls, “Sometimes people get angry, even grab our collars, but we stay calm. We know they’re stressed about their loved ones inside.”

Recognition keeps them motivated. “Once a family appreciated me in front of everyone, and I even got a small award. That made me proud,” he smiled.

### First Responders in Emergencies

During emergencies, seconds



matter. Security staff are often the first to act – clearing pathways, managing lifts, and calming worried relatives. “If a patient is critical, we clear the lift immediately and explain to others. Most people cooperate once they understand,” said one guard.

### The Heart Behind the Duty

What stands out most is their empathy. Many come to this job to support their families, yet they treat every patient and visitor like their own.

“I remind myself – people may shout at me, but it’s their worry speaking. My job is to help, not to fight back,” said one softly.

Another summed it up: “Our job is not just security. It is service – to patients, doctors, and families. When people feel safe, we know we’ve done our duty.”

### A Message from Our Security Team

“To everyone who enters CARE Banjara: please be patient, respect the rules, and trust that we are here to help. Your cooperation makes our job easier – and helps us care for you better.”

At CARE Banjara, our security staff may not wear stethoscopes, but they are healers in their own way – protecting, guiding, and reassuring. Beyond the uniform, they embody CARE’s values of compassion, courage, and calm, making them an indispensable part of our hospital family.





## Advancing Vascular and Critical Care Science: Research Contributions from CARE Hospitals, Banjara Hills

At CARE Hospitals, Banjara Hills, the pursuit of excellence extends beyond patient care into impactful research. Two specialties—Department of Vascular & Endovascular Surgery and Department of Critical Care Medicine—are setting benchmarks in academic leadership, shaping practice and policy at national and international levels.

### Department of Vascular & Endovascular Surgery: Global Collaborations and Innovations

Led by Dr. Prem C. Gupta, Clinical Director & HOD, with contributions from Dr. B. Pradeep (Director – Interventional Radiology), Dr. Mustafa Razi, Dr. Vamsi Krishna Yerramsetty, Dr. Rahul Agarwal, Dr. Santosh Reddy K, and Dr. Rohit Reddy, the department has advanced research across multiple fronts:

- **Global Collaboration:** British Journal of Surgery (2025, Vol. 112(8), Article: znanf150, ISSN: 0007-1323) — landmark BEST-CLI collaborative on chronic limb-threatening ischaemia (CLTI).
- **Rare and Challenging Cases:** Accepted in Journal of Vascular Surgery – Vascular Insights (ISSN: 2949-9127) — tuberculous abdominal aortic aneurysms, paediatric arterial aneurysms, and arterial thoracic outlet syndrome.
- **Innovation with AI & Outcomes Research:** Accepted in Indian Journal of Vascular and Endovascular Surgery (ISSN: 0972-0820) — pedal modifiers predicting limb salvage and AI-based carotid plaque analysis.

These contributions underscore the department's global leadership in vascular science.

### Department of Critical Care Medicine: Evidence that Transforms Practice

With active contributions from Dr. Shweta Ram Chandankhede, Consultant Intensivist, the department has enriched literature on patient safety, multidrug-resistant infections, haemodynamic monitoring, nutrition after ICU discharge, sepsis biomarkers, and the balance between personalisation and equity in critical care.

Her work across guideline development, multicentric studies, and textbook authorship reinforces evidence-based and patient-centred approaches that directly impact outcomes within and beyond the ICU.

Shaping the Future of Science and Care

Through pioneering vascular research and critical care thought leadership, CARE Hospitals, Banjara Hills, continues to drive clinical excellence and academic impact.

By combining multidisciplinary expertise with research-driven innovation, CARE remains at the forefront of advancing science and improving patient outcomes in India and worldwide.

## CARE SAMVAAD – Conversations That Heal

Turning Expertise into Everyday Guidance

CARE Samvaad continues to bring the voices of our leading specialists to the forefront, turning complex medical expertise into simple, actionable conversations for patients, families, and caregivers. This month, our episodes shine a light on heart, lung, brain, and overall wellness — reminding us that health is about prevention, timely action, and compassionate care.



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for full video



### Ep. 26 – Breath & Precision: When Lungs Need Surgery

**Dr. A. Jayachandra, Clinical Director & Sr. Interventional Pulmonologist, and Dr. Nageswara Rao Nagireddi, Clinical Director & Sr. Consultant – CTVS, MICS & Heart Transplant Surgery,** discuss when lung conditions need surgery, the role of robotics, and how pulmonologists and surgeons work together to save lives.

### Ep. 27 – Tiny Hearts, Big Hope

**Dr. Prashant Prakashrao Patil, Senior Consultant – Paediatric Cardiology,** explains congenital heart defects — from fetal diagnosis to catheter-based interventions — bringing clarity and hope to parents and caregivers.



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### Ep. 28 – Healing the Heart, One Beat at a Time

**Dr. G. Rama Subramanyam, Clinical Director & Senior Consultant – Cardiothoracic Surgery,** shares insights on bypass surgery, valve repair, and aortic conditions, while stressing timely intervention, patient education, and rehabilitation.

**Dr. S. K. Jaiswal, Clinical Director & HOD – Neurology,** addresses early Parkinson's signs, brain tumours, headaches, strokes, and epilepsy management — a vital guide for neurological health.



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for full video



Scan or Click  
for full video

**Dr. H. Guru Prasad, Clinical Director & HOD – Internal Medicine,** offers practical advice on preventing chronic disease, gut health myths, and adopting habits that secure long-term wellness.

With each episode, CARE Samvaad transforms specialised knowledge into conversations that heal, empower, and inspire.

## Speed Meets Safety: Faster Recovery Times with Robotic Surgery

One of the most transformative benefits of robotic surgery at CARE Hospitals, Banjara Hills, is how quickly patients bounce back.

Thanks to smaller, more precise incisions and minimal tissue disruption, robotic-assisted procedures lead to:

- Less pain and reduced need for medication
- Lower risk of infection and complications
- Shorter hospital stays
- Quicker return to daily life and work

From urology and gynaecology to gastrointestinal and Oncology Surgeries, patients who undergo robotic procedures often walk within hours and recover in days—not weeks.

By combining surgical expertise with robotic precision, we're not only enhancing outcomes—we're giving patients the gift of time, comfort, and confidence on their journey back to health.



## First Robotic Total Knee Replacement at CARE Hospitals, Banjara Hills with VELYS™ Robotic-Assisted Solution

CARE Hospitals, Banjara Hills has successfully performed its first Robotic Total Knee Replacement using the VELYS™ Robotic-Assisted Solution, marking a new chapter in advanced orthopaedic care at the hospital.



**Dr. Chandra Sekhar Dannana**  
Sr. Consultant - Orthopaedics

The procedure was carried out by Dr. Chandra Sekhar Dannana, Senior Consultant – Orthopaedics, on a 56-year-old female patient with severe osteoarthritis affecting both knees. The patient had endured persistent pain and restricted mobility for years.

- The first knee replacement was performed on 29th August 2025, followed by the second knee on 1st September 2025.
- Remarkably, the patient was able to walk on the same day of surgery, underscoring the benefits of precision and minimally invasive techniques enabled by robotic assistance.

The VELYS™ Robotic-Assisted Solution is an advanced platform that enhances surgical accuracy, optimises implant positioning, and improves long-term functional outcomes. By integrating real-time data and imaging, it allows orthopaedic surgeons to perform highly personalised knee replacements with greater consistency and reduced recovery time.

This achievement highlights CARE Hospitals, Banjara Hills' commitment to embracing cutting-edge technology and providing world-class care in joint replacement surgery.



## Outlook Best Doctors South 2025 – Celebrating CARE's Excellence

CARE Hospitals, Banjara Hills, has once again set a benchmark for clinical excellence with multiple doctors recognised in the Outlook Best Doctors South 2025 list. This prestigious recognition honours specialists who embody the highest standards of medical expertise, innovation, and patient care.

Representing diverse specialties, the following doctors from CARE Hospitals, Banjara Hills were featured this year:



**Dr. Surya Prakasa  
Rao Vithala**

Clinical Director & Head of  
Department – Cardiology



**Dr. Manjula Anagani**

Padma Shri Awardee, Clinical Director,  
HOD – CARE Vatsalya, Woman and  
Child Institute, Robotic Gynaecology



**Dr. P. C. Gupta**

Clinical Director & Head  
of Department – Vascular  
and Endovascular  
Surgery & Vascular IR



**Dr. N. Vishnu Swaroop  
Reddy**

Clinical Director, Head of  
Department & Chief Consultant –  
ENT and Facial Plastic Surgery



**Dr. H. Guru Prasad**

Clinical Director & Head  
of Department – Internal  
Medicine



**Dr. Johann Christopher**

Senior Consultant – Interventional  
Cardiology and Cardiac Imaging

Their recognition not only highlights individual brilliance but also reflects the collective strength of CARE's multidisciplinary expertise. Each of them has significantly contributed to advancing medical practice, shaping protocols, and delivering outcomes that transform patient lives.

At CARE Hospitals, we take pride in our doctors whose dedication to science and compassion for patients continue to define the essence of our healthcare mission.

## Taking Healthcare Closer to the People

As part of its continued commitment to community well-being, CARE Hospitals, Banjara Hills, organised a series of health camps across Hyderabad. The initiative covered residential societies, colleges, schools, banks, and community centres, bringing quality healthcare directly to people's doorsteps.

At these camps, participants benefited from free health screenings, doctor consultations, and personalised advice, helping raise awareness about preventive healthcare and early diagnosis. Additionally, Sangam Card registrations were carried out, offering families access to exclusive healthcare benefits at CARE Hospitals.

The outreach also extended to the iconic Khairatabad Ganesh Pandal, where a medical stall was set up to serve devotees. Over 10 days, nearly 2 lakh people visited daily, creating a vital touchpoint for offering medical guidance and support during one of the city's most celebrated events.



Together, these initiatives reached participants across health camps and lakhs more through the Ganesh Pandal stall—spanning apartments in Banjara Hills, Begumpet, schools and colleges in Yellareddyguda, Vijayanagar Colony, Mehdiapatnam, ICICI Bank, Punjagutta, Varun Motors, and Punjagutta Community Centre. This widespread participation reflects the strong community trust in CARE's outreach programmes.

CARE Hospitals remains dedicated to building healthier communities by extending healthcare beyond hospital walls and making expert care accessible to all.



## CARE Hospitals, Banjara Hills, Brings Free Mega Cardiac Camp to Kothagudem

CARE Hospitals, Banjara Hills, in association with the Indian Medical Association (IMA), Kothagudem, successfully conducted a Free Mega Cardiac Camp at the KCOA Club, Kothagudem. The initiative was led by Dr. V. Surya Prakash Rao, Head of Department Cardiology, Sr. Interventional Cardiologist, CARE Hospitals, Banjara Hills, Hyderabad and witnessed an overwhelming response, with over 500 people benefiting in a single day. The camp offered a wide range of cardiac consultations, health screenings - ECG, 2D Echo, Lipid Profile, GRBS, and personalised care services, ensuring timely evaluation and guidance for individuals at risk of heart health or living with heart disease.



Through this outreach initiative, CARE Hospitals, Banjara Hills reaffirmed its commitment to early detection, prevention, and management of cardiovascular conditions, while making expert healthcare accessible to the community.

The remarkable turnout and positive impact of the camp highlight the growing need for cardiac awareness and the importance of preventive heart health programmes in tier-2 cities like Kothagudem.

## Together We Care: CARE Hospital, Banjara Hills and Emoha Eldercare Lead the Way in Putting #EldersFirst

On World Senior Citizens Day, CARE Hospitals, Banjara Hills and Emoha Eldercare announced a landmark partnership to transform senior care in Hyderabad. This initiative goes beyond medical needs to embrace emotional and social wellbeing, creating a holistic ecosystem for elders.



### Key Highlights of the Partnership

- First-of-its-Kind Geriatric Facility**  
 Launching October 1, 2025, at CARE Hospitals, Banjara Hills Hyderabad, this specialised unit will offer comprehensive assessments, advanced interventions, and tailored treatments for elders with complex health needs.
- Seamless Continuity of Care**  
 Post-discharge, Emoha's trained carers and nurses will support seniors at home with medication management, vital checks, and daily health needs — reducing relapse, readmissions, and stress.
- Emotional & Social Wellbeing**  
 The Emoha App keeps seniors connected through interactive sessions, events, and shows, fostering joy, engagement, and dignity in ageing.
- Holistic Elder Care Ecosystem**  
 CARE's clinical excellence paired with Emoha's elder-first approach ensures seniors feel safe, supported, and cared for — in hospital and at home.

This collaboration is set to build Hyderabad's most comprehensive elder care ecosystem. By combining medical expertise with emotional and social support, CARE Hospitals, Banjara Hills and Emoha are helping seniors live healthier, safer, and more fulfilling lives.

## CARE Hospitals, Banjara Hills, Launches Advanced Heart Rhythm Clinic

CARE Hospitals, Banjara Hills, has launched its Advanced Heart Rhythm Clinic, a first-of-its-kind dedicated centre in Hyderabad for the diagnosis and management of cardiac arrhythmias and advanced heart failure. The clinic is led by Dr. Ramakrishna SVK, Clinical Director – Cardiac Electrophysiology, CARE Hospitals, Banjara Hills, and was officially inaugurated by Dr. Nikhil Mathur, Group Chief of Medical Services, CARE Hospitals, in the presence of senior doctors and dignitaries.

This dedicated facility is designed to benefit patients experiencing rhythm disturbances such as atrial fibrillation (AF), bradycardia, tachycardia, and those at risk for sudden cardiac death (SCD). It will also serve individuals with a history of heart attack, heart failure, valve disorders, and genetic arrhythmia syndromes, offering them structured evaluation and advanced treatment pathways.

The Advanced Heart Rhythm Clinic brings together a multidisciplinary and protocol-driven approach that integrates:

- **Diagnostics:** ECG, Holter monitoring, TMT, Electrophysiology (EP) studies, and 3D electroanatomical mapping
- **Device Therapies:** Pacemaker (PPI), Implantable Cardioverter Defibrillator (ICD), Cardiac Resynchronization Therapy (CRT), and Conduction System Pacing
- **Interventional Treatments:** Radiofrequency Ablation (RFA) and Cryoablation
- **Long-Term Care:** Risk factor modification, anticoagulation management, and follow-up for implanted devices

By combining diagnosis, treatment, monitoring, and long-term care under one roof, the clinic ensures that patients receive a comprehensive continuum of care.

The launch of the Advanced Heart Rhythm Clinic represents a major advancement in cardiac care for Hyderabad, positioning CARE Hospitals, Banjara Hills, as a leader in arrhythmia and heart failure management. This initiative sets a new benchmark in cardiac care delivery—bringing global standards of electrophysiology and heart rhythm management closer to patients in the region.





## PFT Workshop at CARE Hospitals, Banjara Hills

CARE Hospitals, Banjara Hills, in association with TGTCCON – 2025, successfully conducted a Pulmonary Function Test (PFT) Workshop on 15th August 2025 as part of the 3rd Telangana State TB & Chest Disease Conference. The workshop brought together leading pulmonologists, postgraduate students, and healthcare professionals for a full day of intensive learning, hands-on practice, and knowledge-sharing in respiratory diagnostics.

The day began with theory sessions, where experts covered essential topics such as PFT/Spirometry, DLCO, Oscillometry, and FeNO. These sessions gave participants a deeper understanding of lung function testing and its role in diagnosis, monitoring, and treatment planning for respiratory diseases.

Post-lunch, the workshop shifted to practical training, with participants rotating through dedicated workstations under the guidance of senior faculty. This hands-on exposure allowed them to gain confidence in performing and interpreting various pulmonary function tests, bridging the gap between theory and clinical application.

The event concluded with an assessment session, ensuring participants could apply their learning effectively, followed by the distribution of mementoes to the distinguished faculty and participants in recognition of their contributions and enthusiastic involvement.

By combining academic depth with practical exposure, the PFT Workshop proved to be a valuable platform for advancing skills in respiratory care. With active participation and expert mentorship, the workshop not only enhanced knowledge but also strengthened the shared commitment to improving patient outcomes in pulmonology.



### Key Highlights:

- Comprehensive sessions on PFT, Spirometry, DLCO, Oscillometry, and FeNO
- Hands-on training at multiple workstations
- Expert faculty from leading hospitals and institutions
- Assessments to reinforce applied learning
- Mementoes presented as a token of appreciation

CARE Hospitals continues to take pride in facilitating such academic initiatives, empowering healthcare professionals with the tools and knowledge to deliver world-class respiratory care.

## Medical Serendipity – The Accidental Discovery of Heparin

In 1916, Jay McLean, a medical student, was working in a laboratory at Johns Hopkins while studying clotting factors. He wasn't looking for a blood thinner at all. Instead, while experimenting with extracts from canine liver, he stumbled upon a compound that paradoxically prevented clotting instead of promoting it. That accidental discovery led to heparin, one of the most widely used anticoagulants in the world. Today, heparin is a cornerstone in preventing and treating blood clots during surgeries, dialysis, cardiac interventions, and critical care. This story reminds us that some of the most revolutionary advances in medicine come not from what we are looking for, but from what we unexpectedly find.

## Murphy's Law in Medicine: Expecting the Unexpected

Murphy's Law reminds us: "Anything that can go wrong, will go wrong." In medicine, this isn't pessimism—it's preparedness.

Take this example from the OR:

A surgical team had carefully prepped for a complex surgery. All specialised instruments were double-checked—except one rarely used drill bit. Naturally, midway through, that was the one that broke. Because the team had anticipated contingencies, a backup was sourced immediately, and the surgery continued without delay.

Or in the ICU:

A patient stable for hours will often decide to desaturate the moment the resident steps out for a quick tea break. Every intensivist has lived through that moment!

These stories may sound like bad luck, but in reality, they are lessons: always prepare for the rare, because the rare is what tests our systems.

At CARE Hospitals, Banjara Hills, clinicians turn Murphy's Law into a guiding principle—anticipate, plan, and always be ready for the unexpected. That's how "what can go wrong" still ends in the right outcome.

## Fantastic Facts

Pulmonary alveoli collectively cover an area of ~70 m<sup>2</sup> — roughly the size of a tennis court. This vast surface area is key to efficient gas exchange.

## Innovation

AI-Powered Stethoscope for Rapid Heart Diagnosis

An AI-infused stethoscope from Imperial College London can detect heart failure, atrial fibrillation, and valve disease in just 15 seconds. In a study of ~12,000 symptomatic patients, this tool doubled accurate diagnoses for heart failure and tripled detection of atrial fibrillation compared to traditional methods.



## Medical Jokes

Why don't anaesthetists ever get into arguments?

Because they just put everything to sleep.

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Cardiologist's motto:

"If at first you don't succeed... try, try a stent."

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Surgeon: "Don't worry, this is a very simple procedure."

Patient: "Then why do you look so excited?"

# ABOUT CARE HOSPITALS

CARE Hospitals, one of India's leading healthcare providers, is committed to delivering world-class medical services across a range of specialties. With a strong focus on patient centered care, innovation, and community health initiatives, CARE Hospitals continues to play a pivotal role in advancing healthcare standards in India. CARE Hospitals Group operates 17 healthcare facilities serving 7 cities across 6 states in India. The network has its presence in Hyderabad, Bhubaneswar, Vishakhapatnam, Raipur, Nagpur, Indore & Aurangabad. A regional leader in South and Central India and counted among the top 5 pan-Indian hospital chains, CARE Hospitals delivers comprehensive care in over 30 clinical specialties, with over 3000+ beds.

## TESTIMONIALS

### MOSES BURRA

Care Hospital overall healthcare system is exceptional. I sincerely recommend the patients to choose this hospital over other hospitals. Starting from the initial helpdesk as you enter the hospital, OPD services, laboratory services, simplified admission and discharge procedures, etc are all exceptional.

### NOEL D

All services are very good. Particularly the care given by Dr Vittal & team, treatment & counseling wise was excellent, nursing staff at PICU & 323, house keeping, security are good & Ms Trisha helped us in all manners, So nice of her. Overall, we're heartfully satisfied with CARE Hospitals, Banjara Hills.

### SYDHANIBEE SYED

All Services is Excellent  
CABG Surgery Done by Dr.Nagireddy  
Nageswara rao CTVS Given Excellent Service  
Pre and Post Operative Care is Good  
Nursing care is Excellent  
Hospitality is Good  
Administration Is Good And Smooth Process

## AWARDS



## ACCREDITATIONS



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