

CARE BANJARA TIMES

ISSUE 08
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Wet-Lab Workshop



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Facial Plastic Surgery
Workshop & Indian Facial
Plastic Surgery Summit 2025

We are an NABH Stroke Accredited Hospital

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FROM REFLECTION TO RENEWAL A JOURNEY OF COLLECTIVE FAITH

A year of rediscovery at CARE Hospitals,
Banjara Hills

REBUILDING THE CORE - PEOPLE, PURPOSE, AND POSSIBILITY

Every transformation begins with conviction, not the kind that shouts, but the kind that quietly persists. Our teams believed that CARE Banjara could once again set the benchmark for care, compassion, and credibility. Over the past year, we have realigned systems, strengthened medical programmes, and most importantly, fostered a

culture where clinicians, nurses, and staff feel empowered to serve with empathy and excellence.

The greatest revival has not been of infrastructure or numbers, but of spirit. We have witnessed an institution finding its rhythm again, steady, confident, and deeply human.



Biju Nair

Zonal COO, CARE Hospitals

A Year That Changed Everything

A year ago, I joined hands with the CARE Banjara family at a time when the institution stood poised for reflection, not reinvention. For decades, CARE Banjara had been a name people trusted, a place that combined medical brilliance with human warmth. The challenge before us was never about regaining belief; it was about rediscovering our rhythm and re-anchoring ourselves to the values that built that belief in the first place.

Today, as I look back on these twelve months, I do so with humility and gratitude. Together, we have journeyed from reflection to renewal, reaffirming our purpose and the confidence that patients, doctors, and partners always had in CARE Banjara.

SIGNATURES OF PROGRESS

Our renewal is best reflected in the many programmes that embody our philosophy of advancing healthcare with empathy:



Comprehensive
STROKE CARE PROGRAMME -
delivering evidence-based, NABH-aligned care with precision and urgency.



Robotic Surgery Hub
Pioneering next-generation surgical excellence with Medtronic's Hugo™ RAS and J&J MedTech's VELYST™ Systems.

JOGO Neuro-Rehabilitation

The first in Telangana & Andhra Pradesh, offering AI-powered therapy for complex neuro, urological, and gastro conditions through real-time bio feedback.



Emoha-Elders First
among the first structured geriatric care collaborations in Hyderabad, offering dignity and holistic support to senior citizens.

Healthcare Communication Workshops

Led by Dr Indu Arneja, nurturing empathy and trust in every conversation of care.



CARE Samvaad
Our clinician podcast series, connecting medical expertise to community awareness.

CARE Banjara Times
our monthly chronicle celebrating stories of innovation, compassion, and teamwork.



Medical Clowning
a joyful, healing initiative bringing laughter and mindfulness to the corridors of recovery.

Each of these initiatives carries a single message - CARE Banjara does not chase trends; it quietly sets new standards of what compassionate excellence can mean.

SPACES THAT HEAL

Healing is not confined to ICUs and operating rooms; it happens in every corner that inspires hope. Over the past year, we have re-imagined our spaces to reflect comfort, culture, and care:

THE FLORENCE CENTRE

A sanctuary for nurses to rest, recharge, and reconnect.



MANTHANA - THE LEARNING CENTRE

A space for continuous reflection, dialogue, and learning.

ART & MURALS ACROSS THE CAMPUS

Storytelling in colour, inspired by the culture and spirit of the Telugu states.



DOCTOR LOUNGES & STREET ONE CAFÉ

Environments designed for collaboration, conversation, and community.

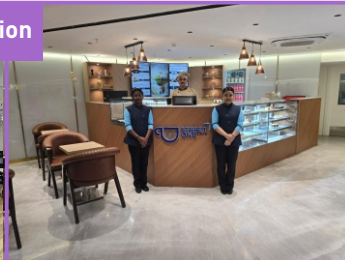
Doctors' Lounge - COPC Banjara



Doctors' Lounge - IP Banjara



Street One Café & Food Junction



Each space reminds us that hospitals must heal not only patients but also the people who serve them.

RECOGNITION AND RENEWAL OF CULTURE

The year has been one of gratitude, as several national platforms acknowledged our collective effort:

- AHPI Leadership Award 2025 - Excellence in Holistic Staff Engagement & Recognition
- ICC National Healthcare Excellence Awards 2025 - Best Hospital (→300 beds) - Runner-Up, Patient Safety & Quality Controls - Winner, CEO of the Year - Winner
- The Economic Times Healthcare Awards 2025 - Hospital of the Year - Cardiology (South) and Multi-Speciality Hospital of the Year (South)
- Certified Great Place to Work®

These recognitions humble us. They remind us that while excellence is measured in outcomes, leadership is earned in trust.



THE HEART OF OUR JOURNEY

What truly defines CARE Banjara today is not a list of achievements, but a renewal of purpose. From the soothing notes of a flute in the lobby to the smiles of medical clowns in our wards, from the "Wall of Pride" celebrating our people to murals that narrate hope, CARE Banjara is rediscovering its soul.

This is not an organisation chasing milestones; it is a community reclaiming its meaning.



LOOKING AHEAD FROM RENEWAL TO RESPONSIBILITY

As we look to the future, our calling is clear: to preserve the trust that others have so generously placed in us. Our journey will continue, not driven by scale, but by soul; not by competition, but by compassion.

For everyone who believed in CARE Banjara - thank you. You never stopped trusting us, and we strive every day to remain worthy of that faith.

The month of September was as melodious as the all-time hit instrumental theme 'Come September'! Just like this wonderful melody, the month of September too evoked a sense of joyful elegance, enhancing our passion for shared learning, and boosted our resilience for compassionate care across our hospital community.

September is globally recognized for cardiovascular health awareness and observes September 29 as World Heart Day. We dedicate this issue to the discipline of cardiac sciences. Being an established leader in managing cardiovascular diseases, the Department of Cardiac Sciences reiterated its pledge to provide quality care, aptly labelled as "Heart Care for All Ages" providing world-class comprehensive care for cardiac-related ailments in all age groups. It is an absolute delight to inform that Dr. Surya Prakasa Rao Vithala has been nominated as one of the top 75 interventional cardiologists in India in the Heal Foundations Coffee Table Book.

In keeping with awareness, the month started on a high note - conducting a wet-lab workshop on aortic surgery led by Dr G. Rama Subramanyam, Director of Cardio-thoracic Surgery. Along with Dr Mohammed Idhrees, the session enabled the delegates a hands-on experience as well as provided a comprehensive insight into the science and art of Bentall's Surgery.

Lifestyle and diets play a crucial role, both in primary prevention and secondary interventions in

cardiovascular diseases. Dr Krishnam Sriram, a surgeon and an intensivist shares his personal experiences in managing his own health, following a cardiac event. The importance of diet is detailed in a separate article, familiarizing one to the nuances of a healthy diet.

The much-acclaimed 2-day workshop on rhinoplasty was conducted under the guidance of Dr. Vishnu Swaroop Reddy, in association with Facial Reconstructive & Cosmetic Surgery India Trust

Given our commitment to providing compassionate care under the tutelage of evidence-based clinical practices, it was no surprise that CARE Hospital, Banjara Hills was honored yet again with two prestigious awards, bestowed by Economic Times Healthcare Awards 2025: Multi-Specialty Hospital of the Year (South) and Hospital of the Year - Cardiology (South).

In addition, at the 4th ICC National Healthcare Excellence Awards 2025, our center was conferred with the following awards:

- CEO of the Year – Winner
- Patient Safety & Quality Controls – Winner
- Best Hospital (>300 beds) – First Runner Up

The commitment of our health-care staff to patient ownership, empathy and purpose is well echoed by our non-clinical colleagues, day in and day out, and moment by moment. These compassionate practices were recognised by the AHPI and rewarded by the AHPI Leadership Awards 2025 for Holistic Engagement.



Dr. B. Ravinder Reddy
Editor-in-Chief

On the academic front, it was an honor, privilege and a pleasure to be part of the world-renowned European Society of Parenteral and Enteral Nutrition - ESPEN Guidelines in Surgery 2025.

The issue also gives a ring-side view of the nuances of Robotic Surgery. It also features the daily schedule of our amazing nursing staff from the surgical department.

We bring in a wonderful feature on the pivotal power of the mindfulness. The article describes the calming power of mindful meditation, which is a non-secular, scientifically proven method to develop equanimity, reduce stress, anxiety, improving sleep and boosting the robustness of immune responses. A daily practice for 10 minutes of mindful meditation harmonizes the body, mind and spirit.

It was a pleasure to bring in this September issue and we would like to echo the apt quote by Mark Halperin: "Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries!"

Awake Off-Pump Coronary Artery Bypass Grafting (OPCABG) with Four Grafts: A Landmark Achievement in High-Risk Cardiac Surgery

Introduction

Coronary Artery Bypass Grafting (CABG) remains the cornerstone of surgical management for advanced coronary artery disease. Traditionally performed under general anaesthesia with endotracheal intubation and mechanical ventilation, CABG poses considerable perioperative risks in patients with compromised pulmonary function. To address these challenges, the use of regional anaesthesia and awake techniques in selected high-risk individuals has emerged as a promising alternative-reducing postoperative pulmonary complications and enhancing recovery outcomes.

At CARE Hospitals, Banjara Hills, Hyderabad, our Cardiothoracic Surgery and Cardiac Anaesthesia teams recently achieved a rare and remarkable milestone-performing a quadruple Awake Off-Pump Coronary Artery Bypass Grafting (OPCABG) on a patient with severe pulmonary comorbidities. This case exemplifies multidisciplinary excellence, precise surgical planning, and innovation in patient-centric cardiac care.

Case Presentation

A 71-year-old male presented with acute coronary syndrome characterised by chest pain, dyspnoea, and profuse sweating. He had a recent history of Non-ST Elevation Myocardial Infarction (NSTEMI) and was classified as NYHA Class III for dyspnoea. His

medical history was significant for:

- Severe Triple Vessel Coronary Artery Disease (TVD) with complete occlusion of the Left Anterior Descending (LAD) and Left Circumflex (LCX) arteries,
- In-stent restenosis (ISR) in the LAD,
- Prior PTCA with four drug-eluting stents (DES) in 2012,
- Interstitial Lung Disease (Fibrotic Non-Specific Interstitial Pneumonitis) and Chronic Obstructive Pulmonary Disease (COPD) secondary to COVID-19 sequelae,
- Long-term dependence on home oxygen therapy and CPAP, and Peripheral vascular disease with lower limb ulcers, limiting conduit options for grafting.

On admission, he was on 4 L/min of oxygen, maintaining a saturation of 94%, with bilateral basal crepitations and accessory muscle use. HRCT imaging revealed extensive interstitial and fibrotic changes, confirming advanced pulmonary pathology.

Given the high anaesthetic risk associated with general anaesthesia and mechanical ventilation, the team opted for an Awake Off-Pump CABG (OPCABG) under combined high thoracic and lumbar epidural anaesthesia.

Preoperative Optimisation

The patient's comorbidities necessitated meticulous preoperative preparation.

Dr. T.L.N. Swamy (Pulmonology) optimised the patient's respiratory status with bronchodilators and anti-fibrotic therapy. After detailed counselling, the patient consented to undergo CABG under regional anaesthesia with the possibility of conversion to general anaesthesia if required.

Anaesthetic Management

The anaesthesia plan was led by the Department of Cardiac Anaesthesia — Dr. Sudhakar Koneru, Dr. Priyanka T.N., and Dr. Sunil Pulla.

- Clopidogrel was discontinued a week prior to surgery and bridged with low-molecular-weight heparin, stopped 48 hours before epidural insertion.
- Ecosprin was withheld 24 hours preoperatively.
- Routine coagulation parameters, including APTT, were normal.

Under the guidance of Dr. T.V.S. Gopal, two epidural catheters were placed a day before surgery using the loss-of-resistance technique with Tuohy needles, ensuring negative test doses:

- Thoracic epidural at T4–T5
- Lumbar epidural at L3–L4

On the day of surgery, standard ASA monitoring was established. Supplemental oxygen was delivered via face mask, and conscious sedation was maintained with Dexmedetomidine infusion (0.4–0.7 mcg/kg/hr), chosen

for its anxiolytic and sedative properties without respiratory depression.

- Lumbar epidural was activated for endoscopic saphenous vein harvesting, achieving sensory blockade upto T12 level.
- Thoracic epidural was then activated to achieve a T1 sensory level for the cardiac procedure.
- Airway equipment and emergency support were kept ready throughout.

Surgical Technique

The surgery was performed by Dr. Nagireddi Nageshwara Rao and Dr. Sadath Ahmed from the Department of Cardiothoracic Surgery, with perioperative support from Dr. Alluri Srinivas Raju (Cardiology).

The saphenous vein was harvested endoscopically under lumbar epidural anaesthesia and femoral block. A median sternotomy was performed using an oscillator to prevent pleural injury. The procedure was conducted off-pump, on a beating heart, using an Octopus stabiliser.

Four grafts were placed as follows:

- Left Internal Mammary Artery (LIMA) → LAD
- Saphenous Vein Graft (SVG) → Obtuse Marginal (Om1)
- SVG → Om2
- SVG → Posterior Descending Artery (PDA)

Postoperative Care

In the postoperative period, the patient remained awake, coherent, and pain-free, breathing spontaneously without any ventilatory support.

Discussion

This case underscores the clinical value and feasibility of awake cardiac surgery in high-risk patients with severe pulmonary disease. Traditional CABG under general anaesthesia can lead to postoperative respiratory complications, ventilator dependence, and prolonged ICU stay, particularly in those with compromised lung function.

Awake Off-Pump CABG offers multiple advantages:

- Avoids airway instrumentation and mechanical ventilation, reducing pulmonary morbidity.
- Preserves spontaneous respiration and gas exchange.
- Facilitates early mobilisation and recovery.
- Provides excellent intra- and postoperative analgesia through continuous epidural infusion.

Conclusion

The successful execution of Awake Off-Pump Coronary Artery Bypass Grafting (OPCABG) with four grafts in a patient with severe COPD and interstitial lung disease marks a significant milestone in cardiac surgery at CARE Hospitals, Banjara Hills.

By integrating regional anaesthesia, advanced off-pump techniques, and coordinated multidisciplinary care, the team demonstrated that even the most complex, high-risk cases can achieve optimal outcomes with minimal morbidity and enhanced patient comfort. This achievement reinforces CARE Hospitals' commitment to innovation, precision, and compassionate cardiac care — pushing the boundaries of what is possible in high-risk surgical management.



Dr. Nagireddi Nageshwara Rao
Clinical Director &
Sr. Consultant – CTVS, MICS &
Heart Transplant Surgeon



Dr. Alluri Srinivas Raju
Consultant Cardiologist



Dr. Sadath Ahmed
Associate Consultant - CTVS MICS



Dr. TVS Gopal
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Medical Negligence or Deficiency of Service

In the broader contours of Civil Law, Tort Law (Law relating to Civil Wrongs) occupies a significant place. Medical Negligence originated from 'Negligence' as a concept in the ambit of Tort Law.

In the domain of medical litigation, the distinction between Medical Negligence and deficiency of service is often blurred, yet it holds significant importance in adjudication and compensation claims. Understanding these terms with precision is crucial for medical professionals, legal practitioners, and patients alike.

What is Medical Negligence?

Medical Negligence refers to a breach of duty of care by a healthcare provider—whether a doctor, nurse, any service provider, hospital, or other healthcare entity—that causes harm, injury, or loss to a patient. It involves acts of omission or commission where the healthcare provider fails to meet the expected standard of care that a reasonably competent professional would offer in similar circumstances. Key elements that establish medical negligence include:

- **Duty of Care** – A professional relationship between the healthcare provider and the patient must exist.
- **Breach of Duty** – There must be a deviation from accepted medical protocols, procedures, or judgment.
- **Causation** – The breach must directly result in injury, illness, or aggravation of a condition.

- **Damage** – Actual harm must be proven, whether physical, financial, or psychological.

Essentially, Medical Negligence relates to professional conduct or any service pertaining to care and/or treatment. It could be preventive, diagnostic, curative, reformatory and rehabilitative.

What is Deficiency of Service?

Deficiency of service, as defined under consumer law, refers to any fault, imperfection, shortcoming, or inadequacy in the quality, nature, and manner of service provided. In healthcare, this encompasses a wide spectrum including:

- Failure to provide treatment within reasonable time.
- Poor infrastructure or unhygienic conditions.
- Incorrect or incomplete information given to patients.
- Lack of proper documentation or informed consent.
- Miscommunication between staff and patients.

While all acts of medical negligence may constitute deficiency of service, not every deficiency amounts to negligence. For example, administrative delays, absence of certain facilities, or billing errors, unless causing harm, may be deficiency but not negligence.



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- Essentially, Deficiency of Service entails much wider amplitude when compared to medical negligence.

Under Consumer Protection Law, law recognizes remedy in the form of monetary compensation. However, if there is a default as to compliance as to the Order, prescribed penal consequences may ensue.

Summation

Understanding the fine line between medical negligence and deficiency of service is essential for all stakeholders. It ensures that accountability is enforced where warranted while also promoting systemic improvements whenever such need arises. In the next article, we shall explore the Doctrine of Causa Causans, which plays a pivotal role in establishing the link between breach and harm.

Overlap and Differences

Aspect	Medical Negligence	Deficiency of Service
Nature	Professional misconduct or lapse	Fault in service delivery
Proof	Requires evidence of breach and causation	Requires evidence of service failure
Law applied	Civil, criminal, consumer protection laws	Mainly consumer protection law
Outcome	Injury, death, or loss	Inconvenience, discomfort, or harm

Laughing All the Way to Healing: The Story of Medical Clowning

Imagine a child in a hospital room suddenly breaking into a smile as a clown in bright red nose and a painted face dances in. That's medical clowning- the quirky art of mixing laughs with healing.

Jesters, the colorful fools of medieval courts, were the original master entertainers. Decked out in motley clothes and jingling hats, they entertained kings and queens with jokes, music, and juggling. But they weren't just silly, jesters had the rare freedom to use humor to speak truth to power, lighten heavy moods, and even influence rulers - all while keeping the court laughing.

While clowns and jesters have been cracking up audiences for centuries, medical clowning is a fresh twist on an old art. Enter Dr. Hunter "Patch" Adams, the real-life doctor and clown who inspired the Robin Williams film Patch Adams (1998). In the 1970s, Patch shook up medicine by proving laughter could be the best medicine.



Dr Patch Adams

Father of medical clowning

He founded the Gesundheit! Institute, blending traditional care with clowning, creativity, and community. His message?

Healing is more than pills, it's joy, connection, and a dash of silliness.

After Patch's groundbreaking work, hospital clowning blossomed globally. Today, medical clowns bring comfort not just to children but to adults and healthcare teams, reducing stress and brightening tough days.

The movement rapidly spread across continents. Today, medical clowns, also known as "clown doctors" work in hospitals throughout Europe, America, Asia, Africa and Australia, helping children and adults cope with the stress of illness. They use playful antics, magic, music, and gentle humor to demystify hospital routines, reduce fear, foster hope, and even support clinical outcomes.

The movement has also found its footing in India, where organizations like Clownselors amongst others are adding humor and empathy to hospitals in cities like Delhi, Mumbai, Hyderabad, Kashmir and Bengaluru. These medical clowns connect with patients through storytelling, magic, music and play, humanizing hospital spaces. We strongly believe medical clowning isn't just entertainment, it's a methodical therapy that supports patients, caregivers and staff alike.

Backed by science, medical clowning eases pain and fear while lighting up hospital wards with smiles. From royal jesters to hospital clown doctors, this timeless tradition



Sheetal Agarwal

Founder of Clownselors

shows that sometimes, the best medicine really is a smile. This artful tradition continues to evolve, bringing laughter and healing hand in hand.



Dietary Recommendations in Cardiovascular Diseases

A predominantly plant-based dietary patterns such as Mediterranean Diet (MD) and DASH diets, when consumed with consistent regularity have the potential to prevent the onset of cardiovascular diseases - primary prevention, and also in reducing complications in patients with established Cardiovascular Diseases(CVD) to reduce the complications -secondary prevention.

Primary Prevention:

MD and DASH diets have the potential to prevent the onset of CVD in healthy individuals, and in those with risk factors (hypertension, dyslipidemia, metabolic syndrome).

Recommended dietary patterns include:

MD & DASH emphasize on vegetables, fruits, whole grains, nuts, legumes, and healthy fats (mainly olive oil). Limiting saturated and trans fats, red and processed meats, refined sugars, and high-sodium foods. Moderate consumption of low-fat dairy and seafood or poultry. Restricting alcohol and added sugars, while encouraging fiber-rich foods and phytochemicals for vascular health.

Benefits:

A 20% reduction in the incidence of myocardial infarction, stroke, and other CVD events; also has beneficial effects in reducing hypertension, hyperglycemia, and lipid abnormalities.

Secondary Prevention:

Diet, which also plays a significant role in reducing

complications and other acute events in people living with CVD is similar to that of primary prevention, but requires a very strict adherence to the dietary guidance. Various meta-analyses involving large-scale interventions, systemic reviews and large RCTs on Mediterranean diet has shown significant reductions in total and cardiovascular mortality, non-fatal myocardial infarctions, and major adverse events. Both Mediterranean and low-fat diets reduce blood pressure and BMI, but Mediterranean-style diets may yield superior benefits for clinical cardiovascular



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endpoints. Attention to sodium reduction (less than 2.3 g/day), increased omega-3 intake (from fatty fish or enriched foods), and higher intake of fiber (from plants, whole grains, legumes) are essential.

Key Points:

Here are the practical tips for Mediterranean diet

Mediterranean Diet	Goal
Recommended	Serving*
Olive oil	≥4 tbsp/day
Tree nuts & peanuts	≥ 3 servings/day
Fresh fruits	≥ 3 servings/day
Vegetables	≥2 servings/day
Fish, seafood	≥ 3 servings/week
Legumes	≥3 servings/week
White meat (chicken)	Instead of red meat
Wine (only for habitual drinkers)	≤ 7 glasses/week
Discouraged	
Soft drinks (Coke, Pepsi, Sprite, etc.)	≤1 drink/day
Sweets, cakes, biscuits, pastries, etc.	≤ servings/week
Spread fats – butter, cheese, etc.	≤1 serving a day
Red and processed meats	≤ 1 serving /day

Fruits	One medium fruit
Vegetables	Half cup of cooked vegetables
Legumes	100 to 150 grams
Nuts	25 to 30 grams
Fish/meat	80 to 90 grams
Wine	150 MLs

**Serving size vary
as per the food.
Here are the amounts
for one serving:*

A Physician's Personal Perspective on Lifestyle Changes with Cardiovascular Disease

The “changes” suggested in this brief write-up, common knowledge not only amongst clinicians but for most folks, do not totally prevent development of Cardiovascular Disease (CVD). Genetic factors cannot be controlled. However, lifestyle changes starting in early childhood, and especially adolescence, will at least help to delay occurrence and progression of not only CVD but also diabetes and other chronic conditions such as hypertension.

I have maintained a healthy lifestyle since a young age but still developed major cardiac problems in the mid-30s, which I still believe were beyond my control. With newer information, perhaps the onset could have been delayed. My chronological age is now 75 but I am hoping that biological age would be at least a decade less! We often hear about primary prevention (measures in people with no clinical evidence of a specific disease) versus secondary prevention (measure shown to be of benefit in folks already diagnosed). With the strong genetic influences, and almost every Indian family with a history of CVD, I submit that all of us should assume that we are prone to CVD and diabetes and should therefore strictly follow primary prevention measures, which will be discussed further.

DIET: The role of diet in preventing or at least delaying onset of CVD is being given more importance in recent

years. The Internet abounds in misinformation. Many of the nutritional products being advertised are just money-making rackets with no scientific evidence to support their use. I never believed or followed them.

I have been a non-vegetarian since childhood. There continues to be discussions about vegetarian versus non-vegetarian diets, each side with vehement arguments. Vegetarian diets can also be unhealthy, if the specific components are not ideal. The type of starch is important. Various sources of proteins from non-animal sources exist. Evidence does exist that animal-based protein sources have a better composition of essential aminoacids, but it is unclear if this makes a difference towards longevity. Fish is my preferred source of animal protein. I use protein powder supplements to try to decrease muscle loss, or sarcopenia with the additional benefit of better glucose control.



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Vegetables, especially the more colorful ones, contain beneficial flavonoids. Nuts form a good source of snacks. Fiber is important for not only control of cholesterol, but also in the management of diabetes. Most natural fiber sources are a combination of soluble fibers and insoluble fibers. I find it beneficial to consume fiber supplements.

I do not follow, and encourage others not to do so, the multitude of fad-diets publicized in the lay press and by celebrities.



None of them are sustainable in the long run, although general principles can be adapted to suit our own lifestyles.

Fasting, or time-restricted eating, has never been part of my lifestyle. I have not believed in religion since early childhood so this reason for timing diets or fasting does not come into the picture! An early dinner by 6:30 PM, and breakfast around 7 AM in fact results in a 12-hour fasting period anyway.

EXERCISE: Physical exercise has always been a part of my life. Unlike many people, I have not participated in group sports but have limited to fast walking, running at moderate speed and especially swimming. I do not need to keep a log on a Watch or Apps! Moderate resistance exercises seem to maintain muscle strength or at least decreases age-related loss of muscle mass and function. It is important to walk in a natural environment, amongst trees and plants, which is sometimes not easy to do in a big city.

STRESS REDUCTION: Although we have been told that professional help is required for life-style changes, I do not believe that it is always necessary. I have never smoked or used tobacco or other recreational drugs. Alcohol has been a “no no”. Reading books, watching good movies, discussion with good friends, etc. can all result in a better attitude towards life, acceptance of setbacks, and efforts to change. One must have interests other than one’s profession, collecting stamps and admiring cats being my own private passions. Good



sleep patterns are important, and one should get at least 8 hours of restful sleep.

PREVENTIVE SCREENING TESTS & ROUTINE LABORATORY TESTS:

A good physical examination by a clinically oriented physician at least every year has been my practice. This is supplemented by self-checking blood pressure measurements every week or more frequently, the aim being systolic pressures of 120-125 mm Hg. I have obtained screening colonoscopies since age 50. Laboratory tests every 6 – 12 months are crucial. In addition to glucose monitoring, maintenance of a good lipid profile is crucial. HDL or “good” cholesterol levels cannot be increased (a not uncommon occurrence in India for genetic reasons), so I have managed to decrease LDL or “bad” cholesterol levels using a

multitude of medications to levels of 32, less than half of the ≤ 70 recommendation.

Conclusions:

One can only do so much to maintain a good lifestyle to delay complications of cardiovascular diseases, and other chronic illnesses such as diabetes mellitus and hypertension. The rest is up to our genes. Phrases such as “it is written” or “it’s in my fate” have never existed in my vocabulary. The cardiologist who said I would not live beyond age 45 is no longer alive. I plan to live to an age twice his prediction or even more. There is a difference between lifespan and health-span. Delaying death, or delaying ageing alone, is not sufficient if advanced age results in a poor quality of life. My own quality of life is excellent, and I hope to keep it that way!

The Calming Power of Meditation and Mindfulness

Healing is not only about advanced medicine and technology — it is also about nurturing the mind and spirit. Among the many holistic practices that support recovery and well-being, meditation and mindfulness stand out as powerful tools that bring calm, clarity, and balance to patients, caregivers, and healthcare teams alike.

The Science of Stillness

Meditation and mindfulness are no longer seen as spiritual practices alone. Decades of neuroscience research validate their transformative effects on the brain and body:

- **Stress Reduction:** Regular mindfulness practice lowers cortisol levels, easing stress and anxiety.
- **Pain Management:** Meditation enhances pain tolerance and helps patients cope better with chronic conditions.
- **Cardiovascular Benefits:** Mindfulness-Based Stress Reduction (MBSR) improves heart rate variability and blood pressure control.
- **Brain Health:** MRI studies show increased grey matter density in the prefrontal cortex (focus and decision-making) and hippocampus (memory and learning), with reduced activity in the amygdala, the brain's stress and fear centre.
- **Cognitive Clarity & Emotional Balance:** Regular practice enhances attention, emotional regulation, and mental resilience.
- **Resilience in Healing:** Patients undergoing long-term treatments report

improved coping, mental strength, and emotional stability.

Mindfulness in Everyday Care

Quiet, reflective spaces allow patients and families to pause amidst the stress of medical care. Simple breathing and grounding techniques can prepare individuals for surgeries, help manage hospital stays, and approach recovery with calm confidence.

stillness, health truly flourishes.

Getting Started with Mindful Meditation

Beginning a mindfulness practice can be simple and approachable:

- **Find a Quiet Spot:** Sit comfortably with your back supported.
- **Focus on Your Breath:** Inhale slowly through the nose, exhale gently through the mouth.



Beyond Patients: A Culture of Calm

For caregivers and healthcare professionals, mindfulness offers a vital pause in the pace of hospital life. Even a few minutes of mindful breathing between consultations or shifts can restore focus, compassion, and clarity — ensuring that every interaction remains rooted in empathy.

A Gentle Reminder

Meditation and mindfulness do not require hours of practice or special settings. Just a few moments of conscious breathing, gratitude, or stillness each day can make a significant difference. True healing begins when the body, mind, and spirit move in harmony — and from that

- **Notice, Don't Control:** Let thoughts come and go without judgement, gently bringing your attention back to the breath.
- **Start Small:** Begin with 2–5 minutes daily and gradually increase.
- **Consistency Over Duration:** A few mindful minutes every day is more effective than long, irregular sessions.

Even short, intentional pauses can reset the nervous system, build emotional resilience, and support healing — both for those who receive care and those who provide it.

Beyond the Scrubs: A Day in the Life of Our Nursing Team

At CARE Hospitals, Banjara Hills, nursing is more than a profession — it's a calling. Behind every healed patient and every calm moment in a crisis, there's a Nurse whose quiet strength keeps the system flowing. From dawn's first rounds to the stillness of late nights, their hands and hearts shape the rhythm of care.

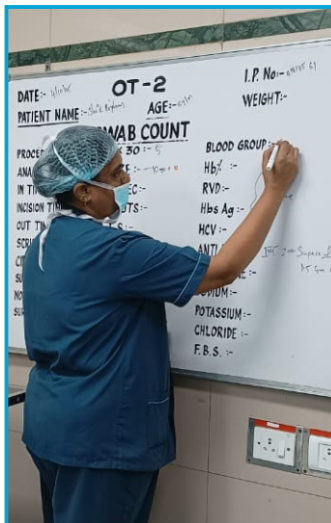
Holding Steady in Emergencies

Seventeen years in, ER Incharge Nurse Kanaka still starts her day before sunrise, ready for whatever the Emergency Department brings. With calm confidence, she moves swiftly between beds — checking vitals, updating charts, and delivering care when every second counts. “When patients rush in, there's no time to think twice — you just act,” she reflects. “You work with doctors, supervisors, and families, ensuring no one feels left behind.”

Behind the Scenes in the OT and OPD

Jalaja, the OT Incharge Nurse, knows that inside the Operation Theatre, every second counts. “Before the first case begins, everything must be ready — equipment, staff, schedules,” she explains. “One delay can affect the entire day. It's not just about assisting in surgery; it's about managing people, systems, and emotions.”

Kusuma moves seamlessly through her day — handling rounds with doctors, assisting in the OPD, managing appointments, counseling families, and stepping into the role of scrub nurse during surgeries — and she enjoys



every moment of it. “Each day is different, but seeing patients recover and supporting doctors in the OT makes it all worthwhile,” she says.

Quiet Strength in Critical Care

In the ICU and MICU, where lives hang in delicate balance, nurses like Iris manage multiple ventilator patients, monitor alarms, and comfort anxious families — all at once. “When an attendant shouts, I remind myself — it's not anger, it's fear. My job is to stay calm so they can too,” she says.

Praveen Kumar still remembers the day a patient who had been unconscious for weeks finally opened his eyes. “That moment — it's why we keep going,” he recalls. “All the fatigue disappears when someone recovers.”

Empathy in Every Interaction

In Neurology, Grace spends as much time talking to families as she does tending to patients. “Many come scared or



confused. Sometimes, all they need is someone to listen. That's part of healing too,” she says.

The Heart Behind the Duty

For our nurses, each shift is a blend of science and soul. Their work demands precision, patience, and resilience. But what truly defines them is their compassion — the reassuring smile in a hallway, the gentle hand on a shoulder, the strength when hope feels fragile.

“Nursing is not just about medicines and machines. It's about people, their pain, their hope, and their trust in us.”

At CARE Banjara, our nurses are not just caregivers — they are the pulse of the hospital, ensuring every patient receives not just treatment, but dignity, empathy, and care.

To our nursing team — thank you for being the heartbeat behind every healing story.

Heart Care for All Ages: Comprehensive Cardiac Sciences at CARE Hospitals, Banjara Hills

At CARE Hospitals, Banjara Hills, we believe heart care should be accessible, advanced, and compassionate — no matter your age. Our Cardiac Sciences Department brings together highly skilled specialists across multiple disciplines in cardiology, offering a full spectrum of heart care under one roof.

From preventive screenings and non-invasive diagnostics to advanced interventions and complex surgeries, our team ensures that every patient — whether paediatric, pregnant, adult, or geriatric — receives world-class, personalised care.

Disciplines Across Cardiac Specialties

Our strength lies in the seamless collaboration of expert teams, including:

- **Interventional Cardiology** – complex angioplasty, high-risk angioplasty with mechanical circulatory support, chronic total occlusion, stenting, device closures, and catheter-based interventions.
- **Electrophysiology** – diagnosis and management of arrhythmias with advanced ablation, device therapies, cartography, pacemakers, CRT-D and more.
- **Heart Failure & Transplant** – specialised care for advanced heart failure, including LVAD and heart transplantation.
- **Diagnostic Cardiac Imaging** – precise diagnosis with echocardiography, CT, MRI, Holter monitoring, and nuclear techniques.

- **Paediatric Cardiology** – compassionate, specialised care for congenital and acquired heart conditions in children and adults.
- **Cardiothoracic & Vascular Surgery (CTVS)** – complex bypass surgeries, valve repairs, congenital heart surgeries, aortic and vascular procedures, and thoracic interventions performed with excellence and precision.
- **Cardiac Critical Care** – advanced cardiac intensive care with state-of-the-art mechanical support systems (MSC, Impella, IABP) and expert cardiac nursing for post-structural and advanced heart care.

Heart Care Across Every Stage of Life

- **Children:** From congenital defect correction to advanced paediatric interventions.
- **Adults:** Comprehensive management of lifestyle-driven cardiac diseases.

- **Seniors:** Tailored surgical and non-surgical solutions for complex age-related heart conditions.
- **Pregnancy:** Specialised care for expectant mothers with pre-existing or newly diagnosed cardiac complications, ensuring the safety of both mother and baby.

A Commitment to Excellence — With a Heart

With cutting-edge infrastructure, internationally trained specialists, and a patient-first approach, CARE Banjara Hills stands as a trusted centre for comprehensive cardiac care across all ages.

At CARE, heart health isn't just about treatment — it's about listening, supporting, and healing with empathy. We're committed to building healthier lives, one heartbeat at a time.



CARE SAMVAAD – Conversations That Heal

Heart, Lungs & Lifelines: Expert Voices, Real Answers

This month, CARE Samvaad explores the science of life — the heart, lungs, and the precision that connects them. Through insightful conversations with our leading specialists, we turn complex medicine into clear, actionable guidance for better living.



Scan or Click
for full video



Ep. 31 – Beyond the Beat: The Future of Cardiac Surgery

Dr. Nagireddi Nageswara Rao, Clinical Director & Sr. Consultant – CTVS, MICS & Heart Transplant Surgery, CARE Hospitals, Banjara Hills, shares recovery insights, breaks common myths, and discusses what lies ahead for heart care in this special World Heart Day episode.

Ep. 32 – Inside the Lungs: Breathing Made Simple

Dr. A. Jayachandra, Clinical Director & Sr. Interventional Pulmonologist, CARE Hospitals, Banjara Hills, explains asthma, inhalers, bronchoscopy, and early lung cancer signs — helping viewers understand when and how to act.



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Ep. 33 – The Power of Precision: Interventional Radiology Uncovered

Dr. P. C. Gupta and Dr. B. Pradeep, reveal how Interventional Radiology is transforming patient care — from life-saving vascular procedures to imaging-guided cancer treatments.

Ep. 34 – Don't Miss a Beat: Inside Cardiology Today

Dr. V. Surya Prakasa Rao, Clinical Director & HOD – Cardiology, CARE Hospitals, Banjara Hills, discusses why younger patients face more heart attacks, how to choose the right treatments, and shares practical heart-health habits in a quick Rapid CARE Round.



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for full video



Each episode brings you closer to better health — through conversations that heal, inform, and inspire.

The Surgeon's Extended Hand: How Robotics Enhances Human Skill

The operating theatre is witnessing a quiet revolution — one where precision, dexterity, and control are being elevated through robotic-assisted surgery. Far from replacing surgeons, these advanced platforms serve as powerful extensions of human skill, enabling safer procedures, faster recovery, and better patient outcomes.

Precision Meets Performance: Hugo™ RAS System

Robotic platforms such as the Hugo™ RAS System are redefining minimally invasive surgery. Equipped with 3D-HD visualisation, enhanced instrument articulation, and intuitive controls, Hugo™ empowers surgeons to operate with unmatched accuracy and flexibility.

Key Advantages:

- Superior visual clarity with magnified, high-definition 3D views
- Wristed instruments that mimic — and exceed — natural hand movement
- Improved precision, reduced blood loss, and quicker patient recovery
- Seamless integration of data and technology for intraoperative decision-making

By enhancing what the surgeon can already do well, Hugo™ ensures complex procedures can be performed with greater confidence and consistency.

Redefining Joint Replacement: Velys™ Robotic System

In orthopaedics, innovation is equally transformative. The VELYS™ Robotic-Assisted Solution is revolutionising knee replacement by combining real-time insights with personalised surgical planning. Unlike traditional approaches, the system adapts to the patient's unique anatomy, ensuring optimal alignment, balance, and implant positioning.

Clinical Benefits:

- Real-time intraoperative data for tailored bone cuts

Clinical Benefits:

- Real-time intraoperative data for tailored bone cuts
- Enhanced accuracy, leading to improved joint function
- Reduced soft tissue trauma and faster rehabilitation
- Consistent outcomes, even in complex cases

For patients, this translates to faster recovery and more natural movement post-surgery.

A Future Where Skill Meets Technology

Robotics in surgery isn't about replacing the human touch — it's about amplifying it. These advanced systems allow surgeons to perform with greater precision and control, while patients benefit from minimally invasive procedures, fewer complications, and shorter hospital stays.

As technology continues to evolve, the surgeon's extended hand becomes not just steadier, but smarter — paving the way for a future where innovation and human expertise work seamlessly together.



Groundbreaking Indigenous TEER Procedure at CARE Hospitals, Banjara Hills

First-of-its-kind at CARE Hospitals Group and among the rare cases in Hyderabad CARE Hospitals, Banjara Hills, a pioneer in advanced cardiac care, has achieved another milestone by successfully performing a Transcatheter Edge-to-Edge Repair (TEER) using the indigenous MyClip (Meril) device on a critically ill 76-year-old patient with multiple comorbidities. This marks the first such case at the CARE Hospitals Group and among the rare TEER procedures performed in Hyderabad, reaffirming the hospital's leadership in innovation and excellence.

The patient, Mr. RR (name changed), had a complex medical history including diabetes, hypertension, COPD, chronic renal disease, atrial fibrillation, and multiple prior cardiac interventions. With severe mitral regurgitation and declining left ventricular function, conventional surgical options such as mitral valve replacement were ruled out due to extremely high risk.

Under the leadership of Dr. V. Surya Prakasa Rao, Clinical Director & Head of Cardiology, CARE Hospitals, Banjara Hills, the cardiac team successfully performed the TEER procedure. Two clips were precisely deployed under echocardiographic guidance, significantly reducing mitral regurgitation. The patient was mobilised the very next day and has since shown steady recovery with marked improvement in symptoms and quality of life. The successful use of an indigenous device in such a high-risk case highlights CARE Hospitals' vision of combining clinical expertise with innovation to deliver world-class yet affordable healthcare.

For decades, CARE Hospitals, Banjara Hills, has been at the forefront of pioneering cardiac care, offering advanced treatments such as high-risk PCI, structural heart interventions, and electrophysiology solutions. With this achievement, the hospital has further strengthened its reputation as a trusted destination for complex cardiac cases in India and South Asia.



CARE Hospitals, Banjara Hills Recognized for Holistic Staff Engagement at AHPI Leadership Awards 2025

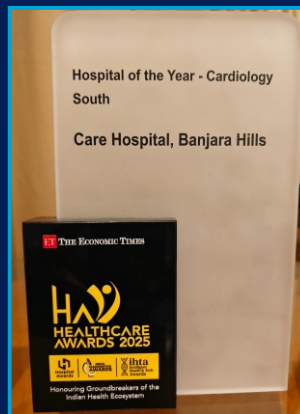
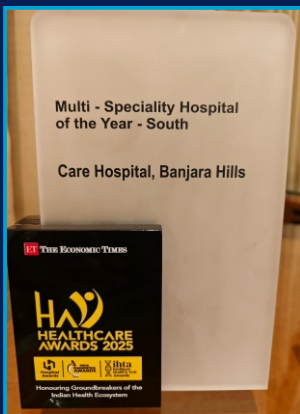
At the AHPI Leadership Awards 2025, CARE Hospitals, Banjara Hills was honoured for Excellence in Holistic Staff Engagement & Recognition.

This accolade celebrates the collective leadership that arises when corporate management and hospital teams collaborate seamlessly. It recognises the dedication of every doctor, nurse, and clinical and non-clinical colleague who brings ownership, empathy, and purpose into their daily work.

While awards mark important milestones, the true achievement lies in the culture CARE Banjara Hills is fostering—a place where people feel valued, respected, and inspired to deliver their best.



CARE Hospitals, Banjara Hills Shines at The Economic Times Healthcare Awards 2025



CARE Hospitals, Banjara Hills has been honoured with two prestigious awards at The Economic Times Healthcare Awards 2025: Multi-Speciality Hospital of the Year (South) and Hospital of the Year – Cardiology (South).

These accolades highlight the hospital's commitment to delivering high-quality, patient-centric care across multiple specialties, while setting new benchmarks in clinical innovation and service excellence.

The recognition reinforces CARE Hospitals, Banjara Hills' position as a leading healthcare provider in South India, demonstrating consistent dedication to clinical expertise, advanced technology, and compassionate care that transforms lives.

Dr. B. Ravinder Reddy Represents India on the Prestigious ESPEN Guidelines Panel

The ESPEN (European Society for Clinical Nutrition and Metabolism) Guidelines are globally recognised as the most authoritative and widely practised standards in advanced clinical nutrition. Developed by an international panel of experts, they shape nutritional and metabolic care in hospitals and surgical settings across the world.

In a proud milestone for CARE Hospitals, Banjara Hills, Dr. B. Ravinder Reddy, Senior Consultant – Surgical Gastroenterology & General Surgery, has been selected as the only practising surgeon from India to serve on the ESPEN Guidelines Panel.

His inclusion in this prestigious international body highlights his deep expertise, academic excellence, and commitment to advancing evidence-based nutritional care in surgical practice. It also reflects CARE Hospitals' vision of fostering global collaboration and clinical innovation to improve patient outcomes.

Dr. Reddy's achievement reinforces CARE Hospitals, Banjara Hills, as a centre of excellence that continues to contribute meaningfully to the global healthcare landscape.

CARE Hospitals, Banjara Hills Celebrated at 4th ICC National Healthcare Excellence Awards 2025



At the 4th ICC National Healthcare Excellence Awards 2025, a prestigious national platform, CARE Hospitals, Banjara Hills was recognized in the South Zone with three major honours:

- **Best Hospital (>300 beds) – 1st Runner Up**
- **Patient Safety & Quality Controls – Winner**
- **CEO of the Year – Winner**

These accolades reflect CARE Banjara's unwavering commitment to clinical excellence, patient-centric care, and organisational leadership. The recognition highlights the hospital's dedication to maintaining the highest standards in healthcare delivery while fostering a culture of safety, quality, and innovation.

Honouring Excellence in Cardiac Care

Dr. Surya Prakasa Rao Vithala among India's Top 75 Cardiologists

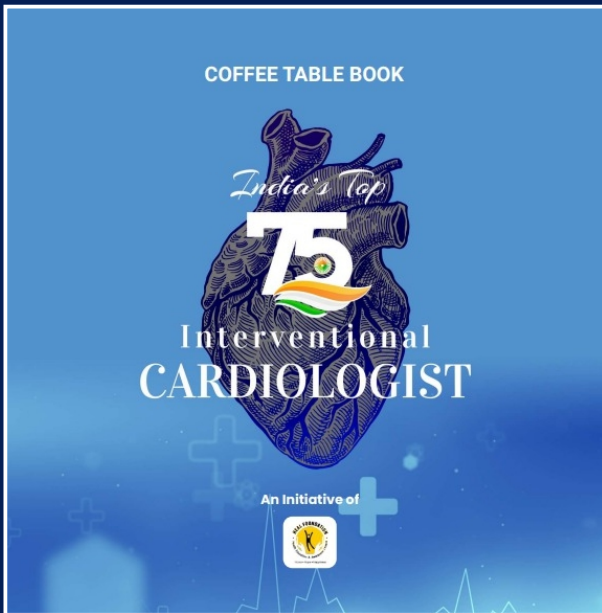
We are proud to share that Surya Prakasa Rao Vithala, Clinical Director & HOD – Cardiology at CARE Hospitals, Banjara Hills, has been featured in a prestigious national Coffee Table Book recognising the Top 75 Cardiologists in India.

The Heal Foundation's Coffee Table Book is a special initiative that highlights eminent leaders in the field of cardiology who have significantly advanced cardiovascular care in India through clinical excellence, research, innovation, and public health impact. This recognition places Dr. Vithala among a distinguished group of experts shaping the future of cardiac care in the country.



Dr. Surya Prakasa Rao Vithala

Clinical Director &
Head of Department - Cardiology
CARE Hospitals, Banjara Hills, Hyderabad
MBBS, MD, DM, FACC, FSCAI, FCSI, FICC



With extensive experience in interventional cardiology, he has been instrumental in treating complex cardiac cases and advancing the department's clinical capabilities. His leadership reflects CARE Hospitals' strong commitment to delivering high-quality, patient-centric cardiac care.

This milestone is a proud moment for CARE Hospitals, reaffirming its position as a centre of excellence in cardiovascular medicine.

Congratulations to Dr. Vithala for this well-deserved national recognition.

Aortic Surgery Wet-Lab Workshop on Bentall's Procedure at CARE Hospitals, Banjara Hills

CARE Hospitals, Banjara Hills, in association with Ethicon, successfully conducted an intensive Aortic Surgery Wet-Lab Workshop focused on the Bentall's Procedure, bringing together young surgeons and expert faculty for hands-on learning.

The workshop featured academic sessions on Cerebral Protection in Aortic Surgery and Tips & Tricks in Bentall's surgery, providing participants with in-depth insights into advanced cardiothoracic techniques. Dr. Mohammed Idhrees served as the senior faculty, sharing his extensive expertise, while the workshop was organised and led on-site by Dr. G Rama Subramanyam, Clinical Director & Sr. Consultant - Cardiothoracic Surgery. The hands-on Wet-Lab sessions allowed participants to practice the procedure under expert guidance, gaining valuable technical skills and clinical confidence.

The workshop concluded successfully, combining knowledge, practical training, and innovation, reflecting CARE Hospitals, Banjara Hills commitment to advancing surgical education and fostering excellence in cardiothoracic surgery.



9th International Rhinoplasty & Facial Plastic Surgery Workshop & Indian Facial Plastic Surgery Summit 2025 CARE Hospitals Successfully Hosts Landmark Facial Plastic Surgery Summit

CARE Hospitals, Banjara Hills, in association with the Facial Reconstructive & Cosmetic Surgery India Trust (FRCSIT), successfully hosted the 9th International Rhinoplasty & Facial Plastic Surgery Workshop & Indian Facial Plastic Surgery Summit 2025 on September 13–14, 2025, at Taj Deccan, Hyderabad.

The event was organised under the leadership of N. Vishnu Swaroop Reddy, Clinical Director, Head of the Department and Chief Consultant – ENT, Facial Plastic Surgeon & Cochlear Implant Surgeon, who served as the Organising Chairman. The two-day summit brought together leading national and international experts to share knowledge, demonstrate advanced surgical techniques, and explore innovations in facial plastic and reconstructive surgery.

"We are proud to host one of the largest gatherings of Facial Plastic Surgeons, featuring eight eminent international faculty and 30 leading national faculty, including experts from ENT, Plastic Surgery, and Oculoplastic Surgery specialties," said Dr. Vishnu Swaroop Reddy. The inauguration was attended by Mr. Varun Khanna, Group Managing Director, QCIL, Dr. Nikhil Mathur, Group Chief of Medical Services, CARE Hospitals, and Mr. Biju Nair, Zonal COO, CARE Hospitals, along with distinguished faculty and delegates from across India and abroad.

Day One Highlights

The first day featured live surgical demonstrations and keynote lectures from globally renowned experts, including Prof. Yong Ju Jang (South Korea), Dr. Chuan-Hsiang Kao (Taiwan), Dr. Ullas Raghavan (UK), Dr. Sandeep Uppal (Singapore), and Prof. Nar Maya Thapa (Nepal). Panel discussions and interactive sessions focused on advances in rhinoplasty, reconstructive surgery, and cosmetic innovations, offering participants invaluable exposure to the latest international practices.



Day Two Highlights

The second day continued with intensive live surgical workshops, hands-on sessions, and advanced academic discussions. Participants explored cutting-edge techniques in functional and aesthetic facial surgery, with a special emphasis on patient safety, innovative technologies, and evidence-based practices. Delegates also engaged in Q&A sessions and case study discussions, fostering collaborative learning between Indian and international experts.



The summit successfully concluded on September 14, cementing its position as one of India's most significant gatherings of facial plastic and reconstructive surgeons, inspiring the next generation of practitioners to pursue excellence in this specialised field.

Medical Serendipity – The Accidental Discovery of Beta-Blockers

In the 1960s, Dr. James Black, while studying ways to manage heart rhythm problems and angina, was exploring compounds that could block adrenaline's effects on the heart. He wasn't initially aiming to create a medication that would revolutionize cardiovascular care. However, through systematic experimentation, he discovered propranolol—the first successful beta-blocker.

This accidental breakthrough transformed cardiology. Beta-blockers are now a mainstay in treating hypertension, heart failure, arrhythmias, and preventing recurrent heart attacks. What began as an experimental curiosity became a therapy that has saved millions of lives worldwide.

This story is a reminder that in medicine, curiosity, observation, and open-mindedness often lead to breakthroughs that change the course of patient care—sometimes in ways we never expected.

Murphy's Law of Cardiology

"The day you forget to check cholesterol, that's when it will spike."

Even when you feel healthy, your cholesterol levels can fluctuate silently, increasing your risk for heart disease over time. Regular monitoring isn't just a routine—it's a crucial step in preventive cardiology. Missing a check-up might seem harmless, but as this "law" humorously reminds us, your heart doesn't always wait for a convenient time to act. Staying vigilant with tests, lifestyle choices, and diet ensures that you catch potential risks early, keeping your heart strong and healthy for the long run.

Fantastic Facts

Left Atrial Appendage's Evolutionary Puzzle

The LAA is embryologically distinct and may act as a reservoir for atrial natriuretic peptides. It is also the primary source of thrombi in AF — turning a once "vestigial-looking" structure into a therapeutic target.



Innovation

3D-Printed Heart Valves – A Leap in Cardiac Surgery

Researchers are now using advanced 3D printing technology to create patient-specific heart valves that mimic the natural structure and function of human tissue. Unlike traditional mechanical or bioprosthetic valves, these personalised implants are designed using the patient's own imaging scans, ensuring a precise fit. Early studies suggest they may reduce the risk of complications, improve durability, and transform the way valve replacement surgeries are performed.



Medical Jokes

HEARTFELT HUMOR

Why did the cardiologist break up with the heart?

Because it was too **EMOTIONAL!**

PACEMAKER PUN

I asked my heart why it's always stressed...

It said, "I'm just **BEATING AROUND THE PROBLEM.**"

CORONARY COMEDY

Why did the artery break up with the vein?

Because it **NEEDED SOME SPACE TO BREATHE.**

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

RAJESH

I went to Banjara Hills CARE for my father's sudden chest pain. The team quickly ran tests and caught an early heart issue — one that could have been serious.

SYEDA RAZVI

I like the hospital patient feel very good now he is well everything is very nice maintained hospital I like the staff and doctors

VISWANATHAN DORAISWAMY

Proper Diagnosis based on Scientific methods and appropriate treatment for speedy recovery

AWARDS



ACCREDITATIONS



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