

A COMPLETE HEALTH JOURNAL



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## *Celebrating Excellence in Healthcare*

State Health Awards 2016, Rajasthan



Double Helical organised an immaculate award show in the city of Jaipur, honouring and felicitating doctors, hospitals and institutions for their professional achievements and tireless services for the betterment of patients



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# Basking in the Glory of Success

**D**ear readers, Thank you for your continuous support to Double Helical in the dissemination of knowledge and awareness about issues confronting the health and well-being of people and the challenges before the healthcare sector. Thanks to your unstinted patronage, we have not only been able to regularly update you about the latest health news and expert views, but also fulfil our avowed commitment to honour and award the extraordinary contribution of the medical professionals in wiping the tears of the suffering humanity with their remarkable expertise and ceaseless research and development efforts. In continuation with our glorious tradition of awarding excellence in the medical field, we have successfully organized 'Double Helical State Health Awards 2016 - Rajasthan Chapter' in Jaipur, recently.

Indeed, it was an immaculate award show in the Pink City, honouring and felicitating doctors, hospitals and institutions for their professional achievements and tireless services to the aid, comfort and ease of patients.

The State Health Awards acknowledged the extraordinary contribution of doctors and allied professionals hailing from the state of Rajasthan. The winners were announced at a gala function held at Hotel Clarks Amer, Jaipur on November 26, 2016. More than 400

doctors from Rajasthan and Delhi and eminent persons from social and political fields took a keen part in the night long definitive event of the Indian healthcare sector.

The award show honoured and felicitated doctors, hospitals and institutions for their tireless efforts in the service of society. The winners on the award night were extremely happy and joyous at the recognition of their hard work at such a prestigious level.

The awardees were chosen after a rigorous selection amongst the medical community of the entire state of Rajasthan. The different award categories acknowledged the efforts of the who's who of the Indian healthcare sector for their outstanding achievements in providing the best medical care with a healing touch.

This was the second time when the awards were conducted by the magazine after we held the 'Double Helical National Health Awards 2016' at Hotel Ashoka in New Delhi in March, 2016. Next we are going to organize the National Health Awards in Delhi in May, 2017. The Jaipur event will also be replicated by similar gala events to be held in other states.

In addition this unforgettable award event, you will also read in this issue, a variety of well-researched and report-based stories. As part of a special story on prostate cancer, you will know about a new procedure called

Prostatic Artery Embolization, which does not produce side effects as is the case with open surgery. Done under local anaesthesia, it leaves no surgical scar, and makes for faster recovery.

Diabetic patients require utmost care. They should inspect their feet daily and seek care early if they get a foot injury. As our story points out, people with diabetes can develop different foot problems. Even ordinary problems can get worse and lead to serious complications. Foot problems in diabetics most often happen when there is a nerve damage, which is also termed as neuropathy. Neuropathy can cause a tingling, burning or stinging sensation or weakness in the foot. It can also cause loss of sensation in the foot, so that the diabetic patient does not feel any pain during injury, which further aggravates the injury.

There are more such interesting and thought-provoking stories in the current issue of your favourite magazine Double Helical which comes to you at time when 2016 is drawing to a close, ushering in the Christmas season and the dawn of a new year.

Our best wishes to you for a Merry Christmas and a rewarding, productive and successful New Year 2017!.

Warm regards,  
Amresh K Tiwary  
Editor-in-Chief

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# ICMR and ICAR sign MoU for co-operation in healthcare and agriculture

BY DR MANISHA YADAV



Dr Manisha yadav

J P Nadda, Union Minister of Health and Family Welfare and Radha Mohan Singh, Union Minister of Agriculture and Farmers Welfare presided over the MoU signing ceremony between Indian Council of Medical Research (ICMR) and Indian Council of Agricultural Research (ICAR) here today. Also seen in the photo are Faggan Singh Kulaste, MoS (Health and Family Welfare), Dr. Soumya Swaminathan, Secretary (DHR) & Director General (ICMR) and Dr. Trilochan Mohapatra, Secretary (DARE) & Director General and Dr. Rakesh Kumar, Sr. Deputy Director General (Admin.)



Indian Council of Medical Research (ICMR) has signed an MoU with Indian Council of Agricultural Research (ICAR) for cooperation in the area of zoonoses, anti-microbial resistance, nutrition and pesticide residues. The MoU signing ceremony was presided over by J P Nadda, Union Minister of Health and Family Welfare and Radha Mohan Singh, Union Minister of Agriculture and Farmers Welfare. Faggan Singh Kulaste, MoS (Health and Family Welfare) also graced the occasion.

This MoU, which was signed by Dr Soumya Swaminathan, Secretary (DHR) & Director General (ICMR), and Dr Trilochan Mohapatra, Secretary (DARE) & Director General (ICAR), will strengthen the ties between the two organizations and energize environment of mutual cooperation and collaboration.

Union health minister Nadda said that in line with the vision of the Prime Minister Narendra Modi, the MoU gives all concerned an opportunity to work beyond the silos. "There is paucity of data regarding occurrence of zoonotic diseases, their modes of transmission to humans, sensitive and specific clinical and laboratory diagnostic tools. Suitable strategies to prevent them would be of utmost important especially in India," Nadda, said.

Radha Mohan Singh, Union Minister of Agriculture and Farmers Welfare said that there is an urgent need to enhance scientific knowledge that promotes economic growth and social

development of the country. "Healthcare along with agriculture are of vital importance for us," Radha Mohan Singh added.

The Memorandum of understanding between ICMR and ICAR is an important step and will help to bridge the gap between human health and agriculture/veterinary research and will make India address high priority issues in a coordinated manner. Some of the significant outcomes of the MoU are as under:


- A. Exchange of scientific literature, information and methodology;
- B. Utilization of facilities and expertise in programmes of common interest as may be mutually agreed upon.
- C. Exchange of pertinent research material
- D. Development and implementation of collaborative research projects, the areas and methodology to be as mutually agreed upon in areas of mutual interest like zoonotic diseases, anti-microbial resistance, nutrition, pesticides and any other aspect acceptable to both parties which will be subjected to IPR clause in Article IV.

**Such cooperation shall be implemented by the following means:**

1. Establishment of mutual relation between the scientific and technical divisions of the organizations of the respective parties.
2. Creation of facilities for exchange of scientific technologies with experts and their proper placement for data sharing and sample sharing for

providing control strategies for better public health.

Zoonoses have been defined as diseases and infections that are naturally transmitted between vertebrate animals and humans. The effects of zoonoses are accentuated among marginalized groups since the poor tend to have closer interactions with animals and are further removed from accessible health services. The second largest human population and one of the world's greatest densities of livestock, coupled with socio-cultural characteristics particular to Indian populace, present formidable challenges. Co-habitation of farm animals in the same living space increases the opportunities of transmission of diseases in both directions. Some zoonotic diseases have pandemic potential, such as highly pathogenic avian influenza, Zika, Ebola, severe acute respiratory syndrome coronavirus (SARS-CoV). Around 60% of all human diseases and around 75% of emerging infectious diseases are zoonotic. However; these are not recognized or understood properly in developing countries like India.

Also present at the function were C K Mishra, Secretary (Health and Family Welfare), Dr. Soumya Swaminathan, Secretary (DHR) & Director General (ICMR), Dr. Trilochan Mohapatra, Secretary (DARE) & Director General, Dr. Rakesh Kumar, Sr. Deputy Director General (Admin.) and other senior officers of the Ministry; ICMR and ICAR. 



# Health Ministry aims to end HIV/AIDS by 2030




**T**he National AIDS Control Organisation (NACO), and the Ministry of Health and Family Welfare organised a function to mark the “World AIDS Day”, 2016 in the Capital. J P Nadda, Union Minister of Health and Family Welfare, Fagga Singh Kulaste, Minister of State for Health & Family Welfare, Smt. Anupriya Patel, Minister of State for Health & Family Welfare, and C.K. Mishra, Secretary (Health and Family Welfare), also graced the occasion with their presence.

“Our concerted efforts and

strategies have been able to see a success story of India. We can now safely say that we can end the HIV/AIDS epidemic by 2030,” said Nadda. He also released the NACO My Stamp, HIV Counselling and Testing Services Guidelines, NACO Mobile Application having a risk calculator on HIV/AIDS, a link for a National Toll Free AIDS Helpline, a Social Protection scheme, and a Booklet on Assessment of Blood Banks in India, during the function.

Fagga Singh Kulaste said that there was a need to work hard and with full zeal to eliminate the HIV infection by

2030. He added, “We need to put our resources and energies in states where we see new infections or more deaths of inadequate responses so that gains made in better performing states do not get diluted in the overall national picture. We have to increase pace of our march towards our commitment of ending AIDS by 2030.”

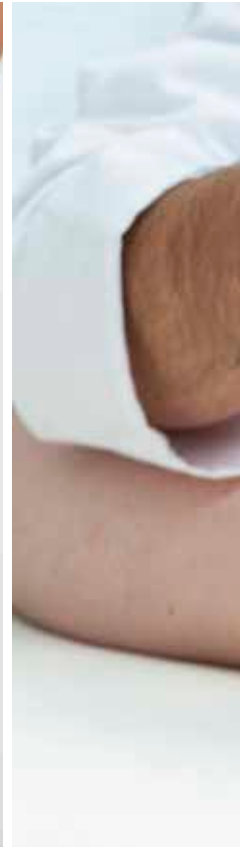
Smt Anupriya Patel stressed on the need of removing the stigma associated with AIDS so that people can live in dignity, do not face discrimination and not lose out on economic front. 



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# Put your Best Foot Forward



Foot-related complications in diabetic patients require utmost care. The patient should inspect his feet daily and seek care early if he gets a foot injury

**BY DR VIPRA MANGLA/DR M. MEGHACHANDRA SINGH/ DR SUNEELA GARG**



**P**eople with diabetes can develop many different foot problems. Even ordinary problems can get worse and lead to serious complications. Foot problems in diabetics most often happen when there is nerve damage, which is also termed as neuropathy.

Neuropathy can cause tingling, pain burning or stinging sensation or weakness in the foot. It can also cause loss of sensation in the foot, so that the diabetic patient does not feel any pain during injury, which further aggravates the injury. Poor blood flow or changes in the shape of feet or toes may also cause problems.

The foot complications in diabetic patients include neuropathy, skin changes, calluses, foot ulcers, intermittent claudication and can finally result in amputation.

#### **NEUROPATHY**

Diabetic nerve damage lessens the ability in the patient to feel pain, heat

and cold. Loss of feeling means that the patient may not feel the sensation. For instance, the patient may have a tack or stone in his shoe and walk on it all day without knowing; or the patient can get a blister and not feel it. Also, the patient may not notice a foot injury until the skin breaks down and becomes infected.

Nerve damage can also lead to changes in the shape of feet and toes. The diabetic patient should be provided with special therapeutic shoes and should not force deformed feet and toes into regular and tight shoes.

#### **SKIN CHANGES**

Diabetes can cause changes in the skin of foot. The foot may become very dry and the skin may peel and crack. This happens because the nerves that control the oil and moisture in foot get damaged. After bathing, the feet should be dried and the remaining moisture should be sealed with a thin coat of plain petroleum jelly or an

unscented hand cream. Oils or creams should not be put between toes as the extra moisture can lead to infection.

#### **CALLUSES**

Calluses occur more often and build up faster on the feet of people with diabetes. This is because of high-pressure areas under the foot. For callus, therapeutic shoes and soft pad inserts are required.

Calluses, if not trimmed get very thick, break down and turn into ulcers or open sores. The diabetic patient should not try to cut calluses or corns on their own with sharp materials such as razor blade as this can lead to ulcers and infection. The calluses should be cut by the health care provider only. The calluses and corns should not be removed with chemical agents as these products can burn the skin of the diabetic patients.

Using a pumice stone every day helps keep calluses under control. It is best to use the pumice stone on wet skin. Lotion should be used immediately after using the pumice stone.

#### **FOOT ULCERS**

Ulcers occur most often on the ball of the foot or on the bottom of the big toe. Ulcers on the sides of the foot are usually due to poorly fitting shoes. Though some ulcers do not hurt, but every ulcer should be seen by healthcare provider immediately since neglecting ulcers can result in infections which in turn can lead to loss of a limb.

The healthcare provider should take X-rays of foot to make sure that the bone is not infected or clean out the dead and infected tissue around the ulcer. The culture of the wound should be taken to find out the type of infection and to find out the antibiotic which works best.

Walking on the ulcer can make it get larger and force the infection deeper into the foot. To protect the ulcer, special shoe, brace or cast on foot is required.

Good diabetes control is important



as high blood glucose levels make it difficult to fight infection. After the foot ulcer heals, the foot should be treated carefully as the scarred tissue under the healed wound breaks down easily. Special shoes should be worn after the ulcer is healed to protect the affected area and to prevent the ulcer from recurrence.

### **INTERMITTENT CLAUDICATION**

Some people feel pain in their calves when walking fast up a hill or on a hard surface. This condition is called intermittent claudication. Stopping to rest for a few moments ends the pain. The diabetic patient with intermittent claudication should stop smoking, work with healthcare provider to get started on a walking program and use medication to improve circulation to the foot. Exercise is good for poor circulation. It stimulates blood flow in the legs and feet. Walking in sturdy, good-fitting, comfortable shoes is helpful but the patient should not walk

with open sores.

### **AMPUTATION**

People with diabetes are more likely to have a foot or leg amputated than other people. This occurs because many diabetics have peripheral arterial disease (PAD), which reduces blood flow to the feet. Also, many diabetics have nerve disease, which reduces sensation of the foot. These problems in combination, predisposes the diabetic patient to ulcers and infections of the foot that may lead to amputation. Most amputations are preventable with regular care and proper footwear.

### **FOOT CARE IN DIABETES**

The healthcare provider should check the feet of the diabetic patient at least once a year and more often if the patient has foot problems.

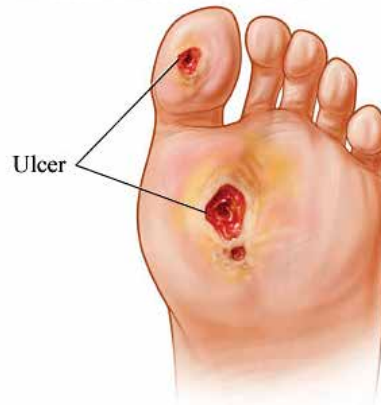
The foot care in diabetes includes the following steps which should be followed for keeping the feet in the

patients healthy.

- 1: The healthcare provider should be contacted if the diabetic patient has cuts or breaks in the skin or has an ingrown nail. The health care provider should also be contacted if the diabetic patient develops foot changes such as change in colour, shape or just feels different i.e. foot becomes less sensitive or hurts.
- 2: The trimming of corns, calluses and also toenails should be done by the healthcare provider if the diabetic patient is not able to do so safely himself.
- 3: The patient should take care of diabetes and blood glucose level should be kept in the target range.
- 4: The patient should check the feet every day and set a time every day to check them. The bare feet of the patient should be looked for red spots, cuts, swelling and blisters. If the



## DIABETIC FOOT



Diabetic Foot



- patient cannot see the bottoms of his feet, then he should use a mirror or ask someone for help.
- 5: The patient should be more active and plan out a physical activity programme. The patient should wash his feet every day and dry them carefully especially between the toes. The skin should be kept soft and smooth. A thin coat of skin lotion should be rubbed over the tops and bottoms of patient's feet but not between the toes. If the patient can see and reach his toenails, then he should trim them when needed. The toenails of the patient should be trimmed straight across and the edges should be filed with a nail file.
  - 6: The diabetic patient should wear shoes and socks at all times and should never walk barefoot. The patient should wear comfortable shoes that fit well and protect his feet. The patient should

People with diabetes are more likely to have a foot or leg amputated than other people. This occurs because many diabetics have peripheral arterial disease (PAD), which reduces blood flow to the feet. Also, many diabetics have nerve disease


check inside his shoes before wearing them and make sure that the lining inside the shoes is smooth and there are no objects inside.

- 7: The patient should protect his feet from hot and cold and should wear shoes while walking at the beach or on hot pavement. He should wear socks in winter

even while sleeping. The patient should not put his feet into hot water and test water temperature before putting his feet in water. Diabetic patients should never use hot water bottles, heating pads or electric blankets as they can burn their feet without their realizing it.

- 8: The patient should keep the blood flowing to his feet and should put up his feet while sitting. The patient should wiggle his toes and move his ankles up and down for 5 minutes, two to three times a day and should not cross his legs for long periods of time. Also, diabetic patients should not smoke.
- 9: If the feet of the patient are cold, then they should not be warmed because the feet in diabetics cannot feel heat and they can easily be burned with hot water, hot water bottles or heating pads. The best way to help cold feet in the patient is to wear warm socks.

### PREVENTION OF FOOT RELATED COMPLICATIONS IN DIABETICS

- A) Poor circulation in the foot of the diabetic patient can make the foot less able to fight infection and to heal properly. Diabetes cause narrowing and hardening of blood vessels of the foot and leg. As a result, poor blood flow should be controlled.
- B) Smoking should be avoided as it makes arteries harden faster. Smoking affects small blood vessels, causes decreased blood flow to the feet and makes wounds heal slowly.
- C) Also, blood pressure and cholesterol should be kept under control by the patient. 

(The authors are PhD Scholar; Director Professor; Director Professor & Head, Department of Community Medicine, Maulana Azad Medical College, New Delhi)



# Easier to Avert **than Treat**

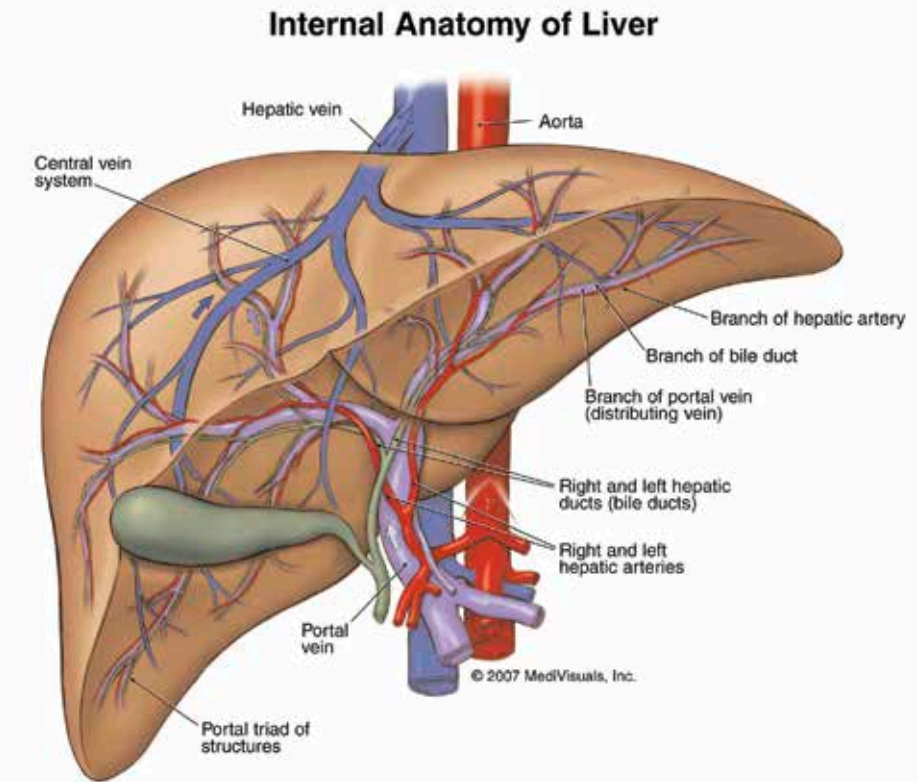
Take effective steps to prevent liver disease as it's all in your hands

**BY DR PIYUSH RANJAN**



**L**iver is a solid organ, located in the right upper part of the abdomen just below the rib cage. It is a complex organ both structurally and functionally. Liver is a pivotal organ for metabolic functions of our body. The function of liver can be categorized into two major groups: excretory function and synthetic function.

Most foreign substances and waste product made in body are metabolized within the liver before being excreted via bile or kidney. Excretion of bilirubin from liver is important as defect in bilirubin excretion leads to jaundice.



Liver is the site of synthesis of all major proteins in body. These proteins are building blocks for all important functions in body. Bile is synthesized in liver and which helps in digestion of fat in body. Liver also plays an important role in fat and carbohydrate metabolism.

#### **SYMPTOMS OF LIVER DISEASE**

Early or mild form of liver diseases may give rise to non-specific symptoms like fatigue or weakness. Significant liver injury can cause jaundice, which means yellow discoloration of sclera of eye ball and is associated with dark yellow urine. Liver cirrhosis results from persistent damage to liver due to any cause (alcohol, hepatitis B & C). Common manifestations of liver cirrhosis are ascites (accumulation of fluid in the abdomen), loss of consciousness (coma) and bleeding from gastrointestinal tract in form of vomiting of blood.

Contrary to popular belief, liver diseases are not associated with problems of digestion. Many people

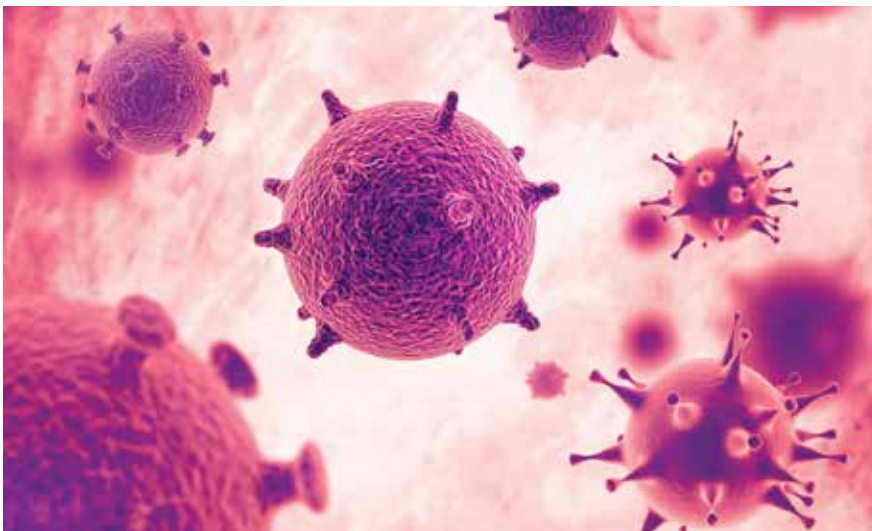
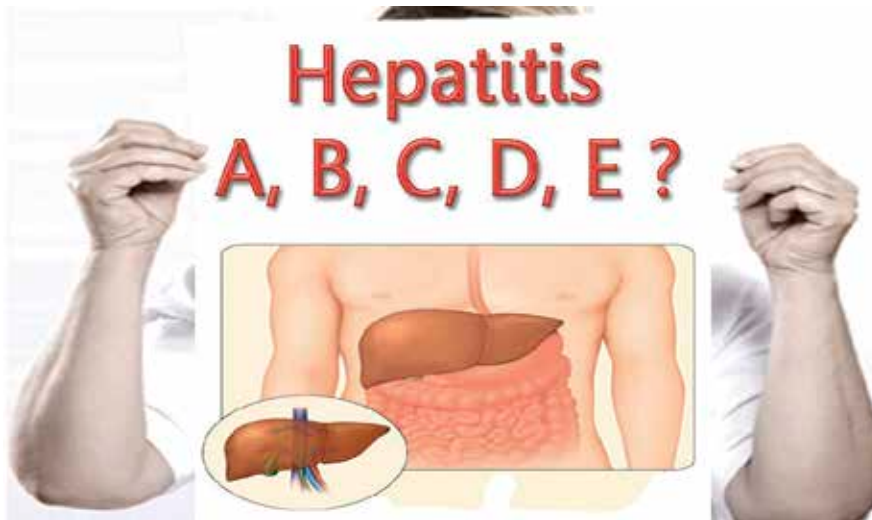
attribute any upper abdominal discomfort to liver related problem, which is fallacious.

#### **CAUSES OF LIVER DISEASES AND THEIR PREVENTION**

Liver diseases are of two types: (a) Short lasting and self limiting which resolves completely without causing any permanent damage or functional impairment and (b) Smoldering slow diseases which cause a permanent damage to liver which is manifest as "liver cirrhosis".

The major causes of liver diseases are viral hepatitis (A, B C, D & E), alcohol intake, fatty liver disease, inherited and metabolic diseases and drugs. Liver can in addition be involved in any generalized disease process like infection (eg: typhoid, malaria, dengue) or various malignancies.

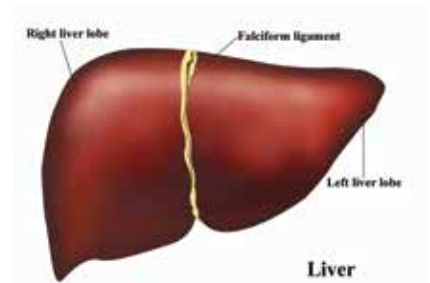
Among the hepatitis viruses, Hepatitis A and E causes jaundice, which is self-limiting. Hepatitis A and E are spread by contaminated food and water. Thus if we have safe drinking water supply and pay



attention to hygiene, these diseases can be prevented. There is vaccine available for hepatitis A and can be used safely at any age. There is no vaccine available for hepatitis E at present but safe drinking water could be the most effective measure to control hepatitis.

Hepatitis B and C cause chronic infection of liver, which can lead to cirrhosis of liver. Hepatitis C is the leading cause of cirrhosis worldwide. In our country hepatitis B is a major challenge. Both hepatitis B and C are spread by blood transfusion, needle sharing, sexual contact and from mother to child. Thus to a large extent, these things are preventable by simple measures like improving testing in blood bank, increasing awareness for voluntary blood donation, educating






disease.

### MEASURES FOR KEEPING LIVER HEALTHY

The concept of prevention of liver diseases has still not caught up. The fact remains that most liver diseases can be avoided by simple interventions such as the following:

1. Keeping alcohol intake in moderation
2. Hepatitis B vaccination
3. Avoiding reuse of needles, sharing needles.
4. Promoting voluntary blood donation and improving surveillance of blood products
5. Control of obesity
6. Safe drinking water
7. Avoiding unprescribed medications 

(The author is DM, Gastroenterology, Sr. Consultant, Sir Ganga Ram Hospital, New Delhi)

people against reuse or needle sharing and safe sex practices. In addition we have a very effective vaccine against hepatitis B. There is no vaccine against hepatitis C as yet. Hepatitis C has a very high prevalence in parts of India where intravenous drug abuse is rampant. Public awareness is the most important tool in preventing the spread of this disease.

Alcohol is very important cause of liver disease. Alcohol consumption has increased across all social, age and gender groups. Awareness about alcohol consumption is of paramount importance in preventing liver disease. Lack of self help groups and social stigma in approaching them prevents people in need of help from coming out in open. We need a massive public awareness campaign to educate

people about safe and responsible alcohol consumption.

Fatty liver is a condition usually picked up incidentally on routine ultrasound and investigation for deranged liver function tests. It is a slowly progressive disease but in a significant number of subjects can lead to liver cirrhosis over years to decades. The most common causes for fatty liver are obesity and diabetes. The epidemic of fatty liver has grown with rise in these lifestyle diseases. In western world, it is already the second most common cause of liver cirrhosis after hepatitis C. Prevention remains the cornerstone of treatment of treatment of fatty liver. Adopting a healthy lifestyle with dietary precautions are more effective than medication in early course of this

# Surgery Sans Scars



A new procedure called Prostatic Artery Embolization has been evolved which does not produce side effects as is the case in open surgery. Done under local anaesthesia, it leaves no surgical scar, and makes for faster recovery

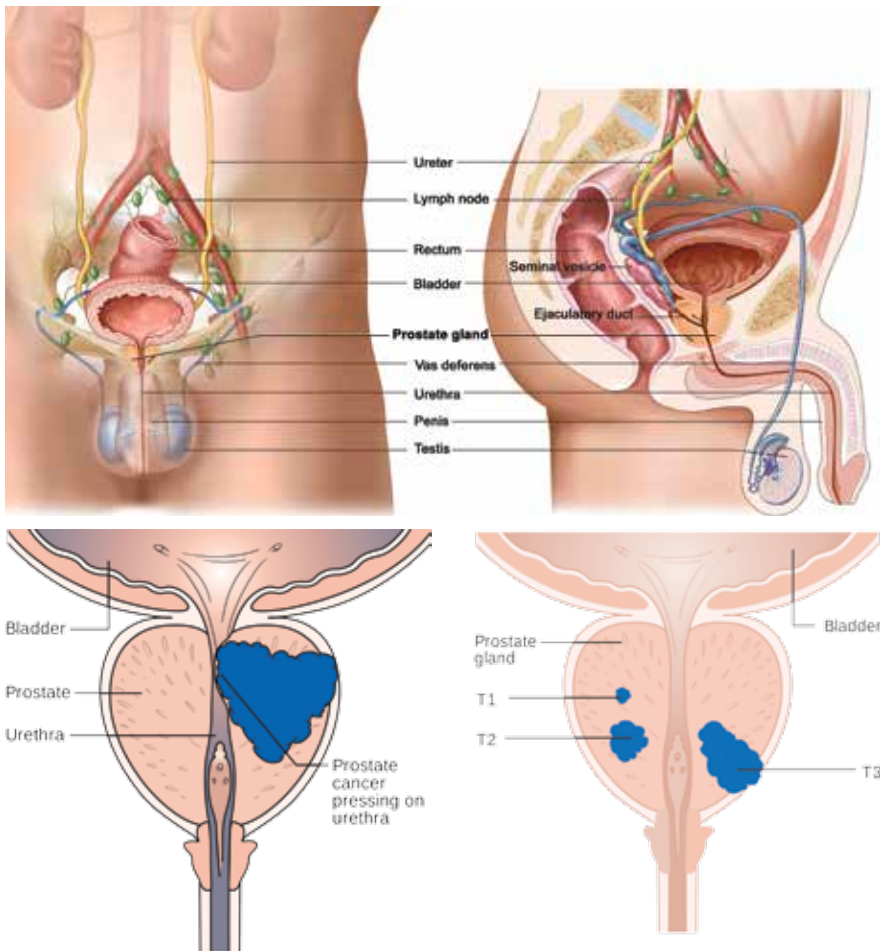
**BY DR ATUL GOSWAMI**

**P**rostate cancer starts in the prostate gland. Cancer causes cells in the body to change and grow out of control. Most types of cancer form a lump or a growth called a tumour. Patient may not know that there is a cancerous tumour in the prostate. Most cases of prostate cancer develop very slowly. However, in some men, it can grow quickly and spread to other parts of the body.

Men aged 50 and older should be screened during their annual physical exam with a discussion regarding prostate cancer risk. A routine blood test can measure a biomarker called prostate-specific antigen or PSA, which can identify a man's risk of prostate cancer along with a digital rectal exam. Concern based on the PSA blood test level or digital rectal exam can prompt a biopsy of the prostate gland, which can be further evaluated to determine the presence of prostate cancer and, if found, the aggressiveness of the cancer.

Symptoms of advanced prostate cancer may include dull, deep pain or stiffness in the pelvis, lower back, ribs, or upper thighs; pain in the bones of those areas; loss of weight and appetite; tiredness, nausea, or vomiting; swelling of the lower extremities; weakness or paralysis in the lower limbs, often with constipation.

Symptoms of prostate cancer are rare, and many men show no symptoms before being diagnosed. Once a blood test shows signs of higher PSA levels, a tissue biopsy is required to help determine the grade and stage of the prostate cancer. The presence of prostate cancer may be indicated by symptoms, physical examination, prostate-specific antigen (PSA), or biopsy. Treatment generally involves surgery, various forms of



Symptoms of prostate cancer are rare, and many men show no symptoms before being diagnosed. Once a blood test shows signs of higher PSA levels, a tissue biopsy is required to help determine the grade and stage of the prostate cancer.

radiation therapy, proton therapy or, cryosurgery. Hormonal therapy and chemotherapy are generally reserved for advanced disease cases.

New research on gene changes linked to prostate cancer is helping

scientists better understand how prostate cancer develops. This could make it possible to design medicines to target those changes. Tests to find abnormal prostate cancer genes could also help identify men at high risk who might benefit from screening or from chemoprevention trials, which use drugs to try to keep them from getting cancer.

The prostate is a reproductive gland in men located between the bladder and the penis. The fluid from the prostate is discharged into the urethra at the time of ejaculation as part of the semen to nourish and stabilize sperm for reproductive purposes. One in 5 men gets diagnosed with prostate cancer during their lifetime. While the exact causes of prostate cancer are not known, certain risk factors have been linked to prostate cancer.

A risk factor is something that



increases a person's chance of getting a disease. Aging is the greatest risk factor for prostate cancer. Family history also plays a role. If a man's father or brother has a history of prostate cancer, his risk is two to three times greater than average. Diet may also be a factor. Men who eat large amounts of animal fat, particularly fats from red meat, may face a greater risk of prostate cancer than men who eat less animal fat.

In prostate cancer, there is a 10% chance of the disease to pass from one generation to other. This means that it's a hereditary disease and every person with family history of prostate cancer should undergo prostate screening.

Some dietary changes can help maintain good prostate health and may help ward off cancer. Lycopene and selenium reduces the danger of prostate cancer very fast. Vegetables such as broccoli, cabbage and cauliflower contain isothiocyanates,

which are phytochemicals and antioxidants that are protective for prostate cancer. Fish and vegetable oils high in omega-3 fats are also very effective. Vitamin E is known to reduce prostate inflammation. Its sources include vegetable oils, nuts and seeds, whole grains, etc.

A study of nearly 50,000 men found that Lycopene, found in foods as tomatoes, tomato products, and watermelons appears to reduce the risk of prostate cancer drastically. Selenium is another mineral that offers great protection. This antioxidant is found in nuts, seafood, meat, fish, wheat bran, oats, and brown rice. Soy products can also help prevent prostate enlargement and may slow tumour growth. This effect is attributed to isoflavones, plant chemicals that help lower dihydrotestosterone (DHT), a male hormone that stimulates the overgrowth of prostate tissue.

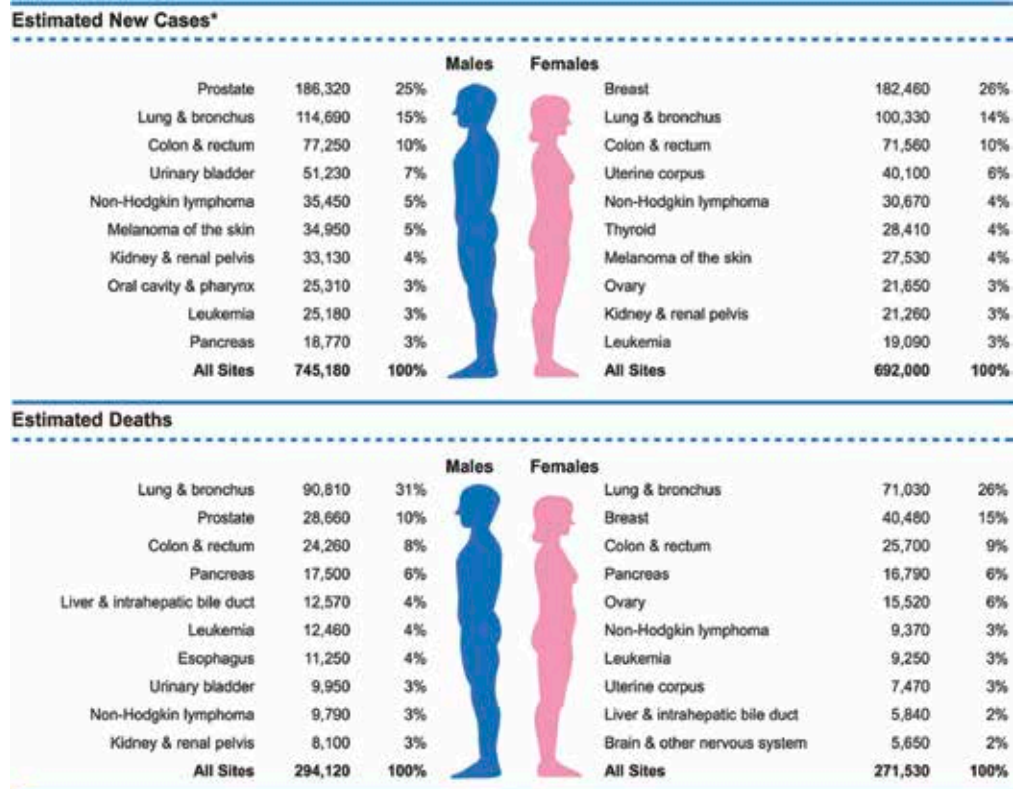
Red meat on the other hand is high

in saturated animal fats and has been linked to an increased incidence of prostate problems. Excessive weight has also been linked to prostate troubles. Anyone with an enlarged prostate should drink plenty of water and other non-alcoholic fluids to flush the bladder. Caffeine and beer should be reduced to a minimum as they irritate the urinary tract.

If there is something suspicious, more tests are required. Often, the problem may be just an enlarged prostate or a simple infection. Further tests, including urinalysis, blood tests, x rays, ultrasound or a biopsy, may help diagnose your problem. The experts (urologist) may refer you to other specialists for some of these tests and for any needed treatments.

Not all treatments work for everyone. However, you have the right to know all the choices you have so that you play an active part in treatment decision.

The earlier prostate cancer is



detected, the more options are available for its treatment. Surgery, radiation therapy (either external beam or internal seed implants), hormone therapy or some combination of these are all commonly used. Depending on age and condition, and your wishes, your health care provider may recommend only that you be watched and tested several times a year. Some urologists feel that, for men over 70, the risks of surgery or radiation treatment outweigh any benefits. Therefore, they recommend watchful waiting.


If you are younger and in good health, your health care provider will be more likely to recommend how the cancer be treated. Any treatment may have side effects. Talk with your doctors about your treatment options. Make sure you understand the risks, benefits and chances of success.

As a man ages, there is a good chance that he will develop an enlarged prostate or benign prostatic

A study of nearly 50,000 men found that Lycopene, found in foods as tomatoes, tomato products, and watermelons appears to reduce the risk of prostate cancer drastically. Selenium is another mineral that offers great protection

hyperplasia (BPH). About 30% of man may need surgery to correct symptoms from this enlarged prostate. The symptoms may include: weak urine stream, difficulty in urination, increased frequency of urination at night, urgent need to urinate and not being able to completely empty the

bladder and urine infection. Most of the man may go for traditional open surgeries. But there are complications such as blood loss even few days after surgery, urinary incontinence, retrograde ejaculation, loss of bladder control and erectile dysfunction.

Now a new procedure has been developed that is comparable to TURP in recovery symptoms. It is called Prostatic Artery Embolization or PAE. In terms of advantages, Prostatic Artery Embolization can be performed on any size of prostate; it does not produce the side effects like in open surgery. Done under local anaesthesia, it leaves no surgical scar, requires only one-day hospitalization, leads to no sexual dysfunction after procedure, no blood loss or risk of blood transfusion and makes for faster recovery. Its success rate is about 98 percent. 

(The author is Chief of Uro Oncology, Sri Balaji Action Medical Institute, New Delhi)



# Towards **Better** Hearing

A more effective hearing solution, available in a range of product offerings, one can choose from Cochlear Implant devices and solutions that best fits one's needs and lifestyle

**BY DR (MAJOR) VIPIN KAKAR (RETD) / DR JAISWAL**

**T**he Child is the father of Man” remarked William Wordsworth in a poem ‘My heart Leaps Up.’ Since 1802, this phrase has appeared in many references and indicates an adult is the product of his habits, manners and behavior that he inculcated during his childhood.

A Cochlear Implant is an established, effective and long-term hearing solution for people with moderate to profound hearing loss. The world's best Cochlear Implant technology is now available in India. The success rate of Cochlear Implant is amazingly good if it is done at the right age followed by speech therapy for 2-3 years.

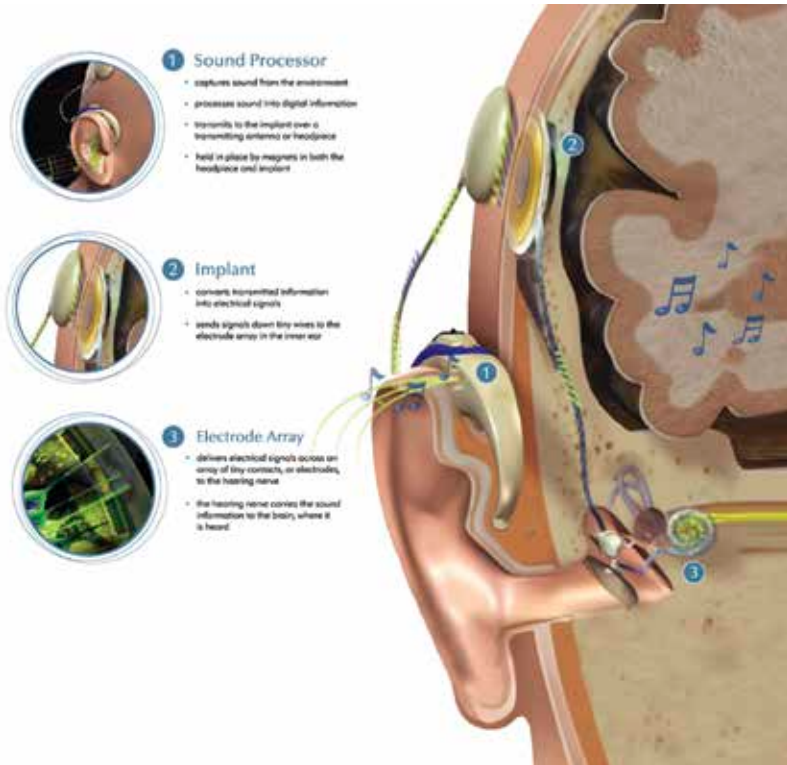
Cochlear Implant's technology now knows all over the world and it has been included into National Programme for Deafness. It is a well-known practice for patients who are deaf from birth or become deaf after acquiring knowledge. Available in a range of product offerings, one can



choose from devices and solutions that best fits one's needs and lifestyle. Available through a multitude of clinics across the country, it's backed by the unmatched Cochlear advantage and excellent service and support.

Cochlear Implant is capable of

directly stimulating the cochlear hearing nerve, bypassing the damaged area of the hearing pathway. Unlike traditional hearing aids that amplify, or make sounds louder, a cochlear Implant system can be a more effective hearing solution for certain people.



And when it comes to effectively managing hearing loss, among other factors, the brand of ear Implants has been shown to make a significant difference in the speech performance outcomes of post-linguistically deafened adults<sup>1</sup>.

In recent past, Cochlear Implant has been at the forefront of developing technologically advanced solutions that offer superior hearing performance. In its endeavor to create cutting-edge hearing solutions, Cochlear has helped bring the gift of sound to more than quarter of a million people across the world.

Deafness is broadly divided into pre-lingual and post-lingual.

Pre-lingual means who become deaf before acquiring language or deaf from birth; in this case Cochlear Implant should be done as early as possible preferably before age of 5 years. Post-lingual means who become deaf (due to some ear disease or use of auto toxin drugs) after acquiring knowledge; in these patients Cochlear Implant is most beneficial at any age.

Incidence of deafness in India is at present 250 to 400 among one lakh

birth. The main cause of such deafness may be congenital or hereditary, consanguineous marriage and certain infectious diseases like Rubella during pregnancy. The amount of hearing loss someone maybe experiencing can be ranked as mild, moderate, severe or profound. Hearing tests measure how much sound we can hear. There are many different types of tests and a clinic or health professional will carry out the best tests to assess you or your child's hearing. The results of hearing tests can be shown on a chart called an audiogram.

Measuring one's hearing helps to find the type of hearing problem you or your child might have and help your health professional suggest the best treatment options.

Hearing loss is measured in decibels hearing level (or dBHL). This number represents the softest level you or your child can hear. Hearing level can be measured for pure tone sounds, as well as for speech sounds, and can be reported for both ears (bilateral) or for each ear individually (unilateral).

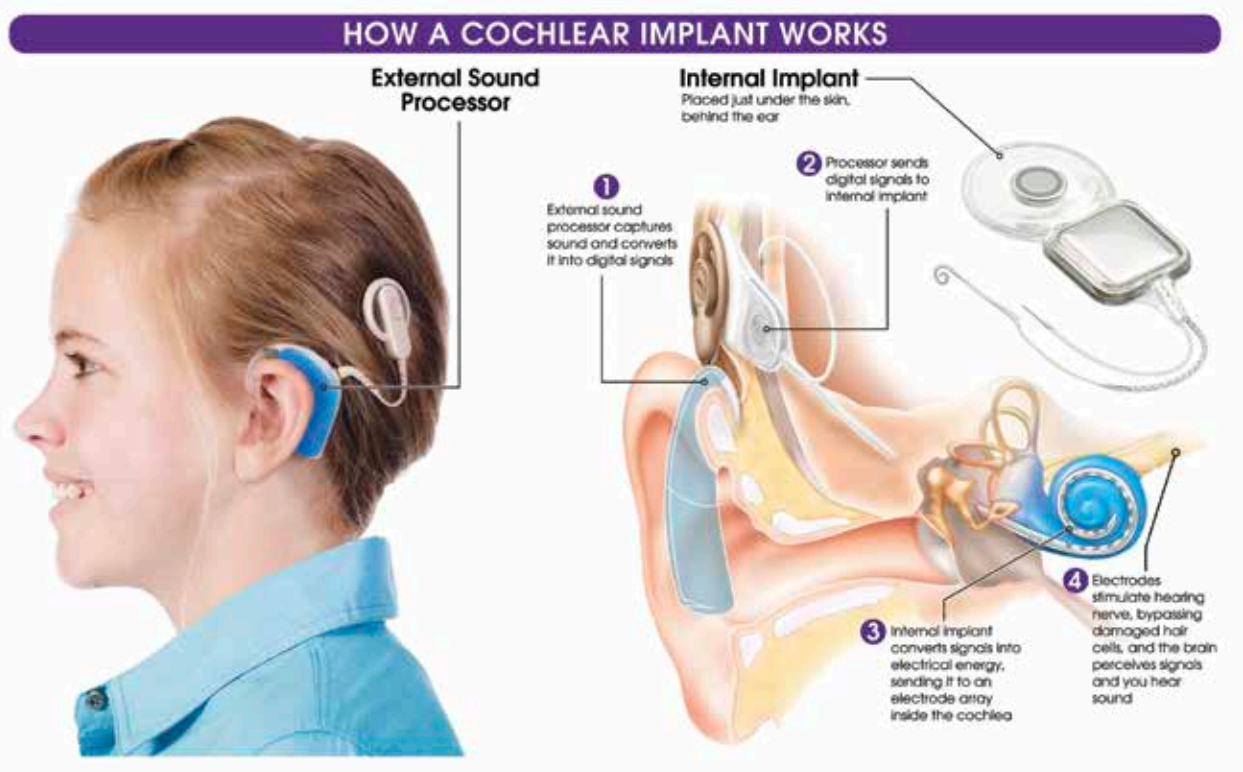
In normal hearing, you can hear quiet sounds down to 20 dBHL. In mild

hearing loss, you can hear between 25 - 39 dBHL. You have difficulty following speech in noisy situations. Moderate hearing loss occurs in your better ear between 40 - 69 dBHL; you have difficulty following speech without a hearing aid.

The government under its National Scheme gives free implant to the poor. The base of Implant programme is new born hearing screen programme where deafness can be detected at day one. We follow 1-3-6 programme, means detection of hearing loss should be before one month of age. Confirmed diagnosis, hearing and fitting should be for three months of age. Treatment should be completed by 6 months. If child is not getting enough benefit with hearing aid, then Cochlear Implant should be done by one and half years of age. The crucial age of language acquisition is 2-5 years. With this, we expect he/she should become new normal hearing and speaking child who goes to normal mainstream schooling.

Once we miss this age, the child will be devoid of becoming a normal hearing and speaking child. Normally, the Cochlear Implant costs around Rs





6 lakh. The success rate of Cochlear Implant is amazingly good if it is done at the right age being followed by speech therapy for 2-3 years. At present, no Indian company manufactures Cochlear Implant. A silent revolution is on to help speech-impaired children. The government is planning to put the high-cost Cochlear Implant surgery within the reach of most citizens, with talk of experimental trials of an indigenous version estimated to cost as less as Rs one lakh.

The price of a Cochlear Implant till recently was Rs 11 lakh per unit but crashed to Rs 6 lakh after the Centre invited competitive bids for its scheme supporting disabled persons with aids and appliances. The Centre has begun to support 500 children annually for Cochlear Implants.

Defence Research and Development Organisation (DRDO), recently made a presentation to Artificial Limbs Manufacturing Corporation of India under social justice ministry (MSJ) on the Implant it has developed. While it is a much more affordable version of available cures for hearing-speech

handicaps, it has been languishing without clinical trials for some time now. "We are committed to making Cochlear Implants cheap and are looking at clinical trials for what the DRDO has developed.

The main roadblock in clinical trials is the risk of failure at the experiment stage. Sources said the Centre may look at giving risk guarantees to the person who agrees to undergo the trial surgery. "Bold steps are needed for a surgery that is so expensive for a common disability," a senior official said. Cochlear Implant can be a magic cure for children who are deaf and, as a consequence, speechless. This operation can only be done on children of up to six years.

An estimate shows that around 10,000 children need Implants annually and only Tamil Nadu, Kerala, MP, Chhattisgarh and Maharashtra provide it in small numbers.

How child listen from cochlear Implant?

Sunita Kakar, Director Swar Clinic and Senior Therapist, said, "Cochlear Implant is a device which converts sound energy into electrical impulses

and delivers it to auditory nerves. With this device, child immediately starts perceiving sound as electrical sparks which are initially meaningless to child. To give meaning to these is the work of Auditory Verbal Therapist. Child slowly starts learning different kinds of sounds e.g. for dog – bhow bhow, cat – meow meow, snake – ssssss, train – chuk chuk etc. Then comes the words, two words and later on three-word sentences are added in training. Gradually, child's language is expanded in a natural tone. Therapists also train the mother and empower her to work with child at home towards common goal.

As child grows and acquire basic language, group sessions are added to prepare child to integrate him into mainstream schooling. This whole process from starting takes 2-3 yrs of hard work of therapist and mother. The outcomes are so good that many times you cannot make out that child is having hearing loss. 🇮🇳

(The authors are Senior ENT and Cochlear Implant Consultants, Sri Balaji Action Medical Institute, New Delhi)



"We focus on  
Purity and Quality  
of our products"



One of the reputed manufacturers and exporters of milk and milk products under the brand name "Param Premium," Param Dairy Limited has been serving the nation for decades. Rajeev Kumar, CMD, Param Dairy Ltd spoke to Double Helical. Excerpts...



**M**ilk is an important source of generating energy by the body's metabolic function. It provides substantial nutrition in the purest, most natural form.

One of the country's leading milk dairy firms, Param Dairy Ltd endeavors to provide customer satisfaction by ensuring highest quality in their products. The company fosters and nourishes the health of their consumers with the goodness of their dairy products.

Param Dairy Ltd was established in 1965 and since then it has grown and expanded steadily. Its milk plant is

situated in Bulandshahr, Uttar Pradesh and the head office is in Pusa Road, Delhi with one more office in Greater Noida. It produces a wide range of products which include skimmed milk powder, butter milk, flavored milk, dairy milk, paneer, full cream milk, dairy whitener, etc.

Says Rajeev Kumar, CMD, Param Dairy Ltd, "We are proud to state that we focus on ensure purity and quality of our products with hassle free services. We are keen to provide our consumer all the health benefits of milk and its products. So, we take all steps to maintain the quality of milk."

According to Rajeev Kumar, the company's main focus is to ensure wholesomeness of their products so that their consumers can bank on them for safeguarding their health. The Param Group of companies believes in consumer satisfaction. No wonder, there is a continuous demand for their products from various parts of the world.

The company is ISO 22000-2005 certified and has also acquired FSSAI, APEDA, HACCP, HALAL, FDA, CODEX certifications for maintaining Total Quality Management (TQM) standards.

Adds Rajeev Kumar, "The company has been exporting its products worldwide for the last 15 years. We believe that milk is a very essential commodity and adulteration of milk is an unpardonable crime. Though it's a perishable commodity but it has high nutrition value. Right now the production capacity of our milk plant is 10 lakh liters per day."

Rajeev Kumar asserts that the company's sole motto is to serve the nation through quality. As the group is a trusted brand and enjoys credibility of people since so many years, their products go through various stages and tests before they are finally available in the market for public consumption. This is the reason why Param Dairy is now an internationally known brand with its supply to various countries like Jordan, Nepal, UAE, Switzerland, etc.

Recently, the company exhibited its products in Gulfood 2016, which was

held in Dubai. It also won the most trusted brand in India award there. Apart from this, the company also participated in the International Trade Fair 2016, held in Pragati Maidan, Delhi.


Today, Param Dairy Ltd is a renowned brand and is known for its quality, maintenance, hygiene, purity, SOPs and GMPs, which all go to ensure that its consumers get the best from its products. The company believes that the best way to popularize the product is to maintain the quality, which will lead to automatic increase in the consumer demand.

The Param Group of companies select only deserving candidates as their employees. Since R&D (Research and Development) team plays a crucial part, its recruitment is always been done in a systematic manner by the company's HR department under the supervision of directors. The major consideration while recruiting R&D personnel is to check their education, work experience, confidence, personality and skill sets.

Rajeev Kumar is not just a successful businessman but he is also engaged in various social service activities. He is associated with many institutions such as Om Yog Sansthan (Pali), Patanjali Yogpeeth (Haridwar), etc. He is a firm believer in the Vedic wisdom and asserts that only by following the Vedic path of truth; one can achieve true happiness and success.

The Param Group has always taken care of the taste of Indians and accordingly they have launched their products. Be it the delectable taste of their flavoured milk, ambrosial Chhach variety or desi ghee, their products are preferred by top chefs as they are made from cow milk with a delicious aroma.

Says Heena Nigam, one of the consumers of Param Dairy, "I tried the flavoured milk of Param Dairy for the first time and since then I have bought their all other products as they too are unmatched in taste."

Param Dairy Ltd is serving the nation for decades and has won the heart of millions of consumers who look forward to the purity and unbeatable quality of milk. 



A COMPLETE HEALTH JOURNAL

**Double Helical**



A Leading Health Magazine Presents

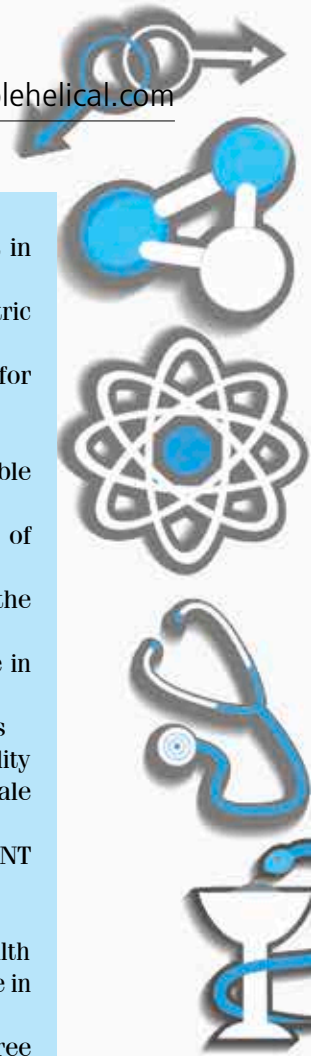
**State Health Awards 2016, Rajasthan**

# *Celebrating Excellence in Healthcare*

**Double Helical organised** an immaculate award show in the city of **Jaipur**, honouring and felicitating doctors, hospitals and institutions for their professional achievements and tireless services for the betterment of patients

**BY AMRESH KUMAR TIWARY**






**T**o acknowledge the extraordinary contribution of doctors and allied professionals hailing from the state of Rajasthan, Double Helical, India's leading health magazine, announced the winners of 'Double Helical State Health Awards 2016' on November 26, 2016 at a gala function held at Hotel Clarks Amer, Jaipur. More than 400 doctors from Rajasthan and Delhi and eminent persons from other fields witnessed the glittering Awards ceremony in the Pink City.

This is the second time when the awards were conducted by the magazine after it held the 'Double Helical National Health Awards 2016' at Hotel Ashoka in New Delhi in March this year. The Jaipur event will be followed by similar gala events to be held in other states. By organizing the state awards event, the magazine took the capital of Rajasthan by storm. Eminent professionals from the medical, social and political fields took a keen part in the night long definitive event of the Indian healthcare sector.

The evening began with the lighting of the lamp by chief guest Shri Onkar Singh Lakhawat, Chairman, Heritage Conservation and Promotion Authority of Rajasthan, who has also got the status of a cabinet minister in the Govt of Rajasthan; Dr S S Agarwal, noted physician and currently the National President, Indian Medical Association (IMA), New Delhi; Dr Neelam Mohan, pioneer surgeon in Paediatric liver transplant, a B C Roy national awardee, and Director, Department of Paediatric Gastroenterology Hepatology & Liver transplantation, Medanta Medicity Hospital, Gurgaon; Dr S P Yadav, Chairman and Managing Director, Pushpanjali Hospital, Gurgaon. It was followed by inspiring speeches made by stalwarts of medical field and in between the audience was entertained with delightful dance and song performances.

Double Helical is pleased to place on record its gratitude to Dr Shiv Raj Singh, Chairman, Hospital Board of India and Dr Sarvesh Joshi, Secretary General, Hospital Board of India for their great support and encouragement. It was an immaculate award show that honoured and felicitated doctors, hospitals and institutions for their tireless efforts for society. The winners on the award night were extremely happy and joyous at the recognition of their efforts and hard work at such a prestigious level.

The awardees were chosen after a rigorous selection amongst the medical community of the entire state of Rajasthan. The different award categories acknowledged the efforts of the who's who of the Indian healthcare sector for their outstanding achievements in providing the best

medical care with a healing touch 

#### **CATEGORIES AND RECIPIENTS OF AWARDS**

- Dr S S Agarwal Best Doctor: Achievement in Respective Field and Social Work
- Dr Neelam Mohan: Specialization in Paediatric Liver Transplant
- Dr S P Yadav: Best Personality Award for Specialization/Respective Field
- Dr. Kamal Goyal: Excellence in Neuroscience
- Dr. Gopal Singh Bhati: Award for Affordable Diagnostic Healthcare.
- Dr Renu Jain: Life Member of Federation of Obstetricians & Gynaecologist
- Dr. Sarvesh S Joshi: Transformation of the Medical Landscape in Rajasthan.
- Dr. Ajeet Bana: Best in Innovative Technique in Surgery
- Dr Satish Jain: Most Advanced ENT Surgeries
- Dr Gunjan Jain: Best Achiever in Free Infertility
- Dr. M. N. Thareja: Best Andrology & Male Infertility Practitioner
- Dr Karan Singh Yadav: Best Practising ENT surgeon
- Dr G.L Sharma: Best Innovative Treatment
- Dr. Moti Lal Jain: Best Achiever in Public Health
- Dr Mahesh Sharma: Outstanding Performance in Pulse Polio Programme
- Rakesh Kumar Jain: Best Contribution in Free Medical Care
- Dr Prakash Chandwani: Pioneer in the Development of Cardiology
- Dr M L Swarankar: Best achiever in Reproductive Medicine and IVF
- Dr Shivraj Singh Rathore: Most Rapid Development and Advancement in Medical Field
- Dr Anil Kumar Gupta: Best Consultant in Medical Field
- Dr Rajiv Bansal: Best Contribution in Child Speciality Hospital

#### **BEST HOSPITAL AWARD**

- Shekhawati Hospital and Research Centre, Vidhyadhar Nagar, Jaipur: Best Multispecialty Hospital
- Kailash Hospital, Behror, Rajasthan: Award for Best Hospital for Trauma Care and Life Support

#### **AWARD FOR DEVELOPERS FOR PROMOTING WELL-BEING THROUGH HOUSING**

- Exotica Homes: Best Green Group Housing Quality Development
- Fairwealth Group: Best Green Building for Healthy Life Style
- SARE Homes: Best Quality Townships; CSR Initiative
- Ashiana Housing: Best Health Quality Developer

#### **PR PROFESSIONAL**

- PR Professional: Award for Best PR consultancy



The evening began with the lighting of the lamp by chief guest Shri Onkar Singh Lakhawat, Chairman, Heritage Conservation and Promotion Authority of Rajasthan, Dr S S Agarwal, National President, Indian Medical Association (IMA), New Delhi; Dr U S Agarwal , Senior Professor, Deptt. of Skin & VD, and Additional Principal, SMS Medical College, Jaipur, Rajasthan. Dr Neelam Mohan, pioneer surgeon in Paediatric liver transplant, a B C Roy national awardee, Dr S P Yadav, Member Medical council of India, Dr Mahesh Sharma, President, IMA, Rajasthan, Dr Gopal Bhati, Secretary General, IMA Rajasthan, Dr Shivraj Singh, Chairman, Hospital Board of India, Dr Sarversh S Joshi, Secretary, Hospital Board of India, Jaipur and Amresh K Tiwary, Editor-in-chief, Double Helical.







Amresh Kumar Tiwary editor in chief, Double Helical and Dr Neelam Mohan, Specialist Paediatric Liver Transplant adderred event.





Dr Kamal Goyal and Ajeet Bana



Dr Mahesh Sharma and Dr. Sukumar Kashyap



Dr. S. S. Agarwal, National President, IMA

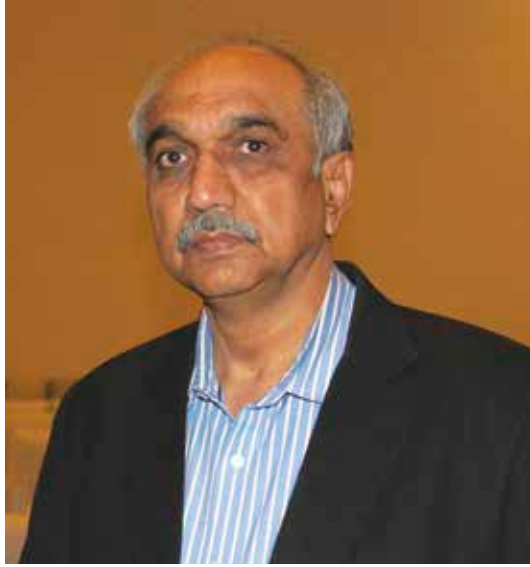
The ceremony of State Health Awards 2016\*, Rajasthan, in Jaipur was addressed by Dr Neelam Mohan, Dr Neelam Mohan, pioneer surgeon in Paediatric liver transplant, a B C Roy national awardee, and Director, Department of Paediatric Gastroenterology Hepatology & Liver transplantation, Medanta Medicity Hospital; Gurgaon and Amresh K Tiwary, Editor-in-chief, Double Helical.





The Awarded Ceremony was followed by inspiring speeches made by stalwarts of medical field and in between the audience was entertained with delightful dance and song performances.









Dhirendra Gaba, CMD, Fairwealth Group receives award for Best Green Building for Healthy Life Style



Ashiana Housing receives Award for Best Health Quality Developer





Ashudeep Batra, Head Marketing and Corporate Communication Exotica Homes, receives Award for Best Green Group Housing Quality Development,



Delhi NCR based developers SARE Homes receives Best Quality Townships; CSR Initiative award,




# Dr S S Agarwal

Award for Achievement in respective field and social work



**N**oted physician and currently the National President, Indian Medical Association (IMA), New Delhi, Dr S S Agarwal is a doctor with a healing touch. His life-long mission has been to make healthcare accessible for the masses, and bring a qualitative difference in their lives. An MBBS and MD in internal medicine from SMS Medical College and Hospital, Jaipur, he is credited with ensuring the delivery of affordable healthcare services in the far-flung rural areas of Rajasthan.

A doctor par excellence, Dr S S Agarwal is a multi-faced personality – a well-known crusader for social causes, an eminent educationist, philanthropist, dedicated representatives of the concerns and issues vital for the medical fraternity, and above all a man with an amazing zest for life. 




# Dr Neelam Mohan

Award for Specialization in Paediatric Liver Transplant



**C**redited with the maximum paediatric liver transplants, Dr Neelam Mohan has also achieved several firsts in the world such as the world's first liver transplant in an infant with factor VII deficiency in 2010, the world's youngest domino liver transplants in 2009 and the world's

first interlinked three paediatric living related transplants with two donors in 2011.

As part of her social responsibility, she runs regular free clinics, health camps for children and organises health awareness seminars. 

# Dr Kamal Goyal


Award for Excellence in Neuroscience



**D**irector and Senior Neurosurgeon Dr Kamal Goyal, had the privilege to be trained in two internationally acclaimed neurosurgical departments i.e. Institute of Neurological Sciences, Glasgow & Wessex Neurological Centre, Southampton. He made a conscientious decision to return to his native land with the noble intention of dedicating his

expertise to the betterment of the masses. His areas of special interest include complex spine surgery, neurovascular surgery and neuro-oncology.

Neurosurgeon and philanthropist Dr Kamal Goyal established IndoWestern Brain & Spine Hospital (IBSH) at Jaipur in 2007 to bring excellence in neuroscience to the state of Rajasthan


and the neighbouring states of North India. IBSH is the first super speciality hospital in neurosciences in the state. This represents the culmination of his dream of creating a world-renowned centre dedicated to providing international standard of neurocare at affordable price to the people of his homeland. 

# Dr Gopal Singh Bhati

Award for Affordable Diagnostic Tests




**D**r. Gopal Singh Bhati, received Award for Affordable Diagnostic Tests. Dr Bhati is presently State General Secretary IMA Rajasthan and Ex Convenor Kota Divisional – National Medicos Organisation. He has established first diagnostic lab Parivar Sevi in Kota, Rajasthan. He is Pionear in Affordable Diagnostic Tests & USG in Hadoti

Region. **Dr** Bhati is presently State General Secretary of IMA, Rajasthan and Ex Convenor Kota Divisional National Medicos Organisation. He has established first diagnostic lab Parivar Sevi in Kota, Rajasthan. He is a pioneer in Affordable Diagnostic Tests & USG in Hadoti Region. 

# Dr Renu Jain



**D**r. Renu Jain is the Medical Director of multispecialty Ganadhipati Purushottam Shekhawati Hospital & Research Centre (GPSHRC), which was inaugurated by the then Governor of Rajasthan, Smt. Pratibha Patil on 11th March, 2006. Dr. Renu Jain is a life member of the Federation of Obstetricians & Gynaecologists of India. She is the Head, Department of Obst. & Gyne. at Shekhawati Hospital, Vidhyadhar Nagar, Jaipur, from September 2005 to till date.


It is often said that nothing happens unless there is a dream first. At the genesis of the GPSHRC, there was a dream. A dream so powerful that it helped transform the medical landscape in Rajasthan. 

# Dr Shivraj Singh Rathore

Award for the Most Rapid Development and Advancement in the Medical Field



**D**r Shivraj Singh Rathore is presently holding the responsibilities as Director, Marudhar Hospital, Jaipur; Marudhar Implant and Laser Dentistry Centre; Secretary, Indian Academy of Paediatrics, Rajasthan Branch and Chairperson, IMA, Rajasthan Branch. He has introduced DPL (Doctors Premiere League), the first professional cricket tournament of doctors which is now in its sixth season. It is the most popular annual event of doctors in Jaipur. He along with his wife Dr. Rimmi Shekhawat is running two dental centres in Vaishali Nagar and Jhotwara area with excellent networking and relationships with the community.

He has travelled to each and every village, dhani, mohalla in this constituency to provide medical service and found that there is lot of scope for development and advancement of healthcare. 

# Dr Sarvesh S Joshi

Transformation of the Medical Landscape in Rajasthan



**D**r. Sarvesh S Joshi is the Hon. Secretary of Indian Medical Association, (Jaipur Branch) & Association of healthcare. Sarvesh was associated with J K Lone. Hospital, SMS Medical College, Jaipur as consultant Pediatrician & Neonatologist. Providers. It is Often Said That


Nothing Happens; Unless There is a Dream First. At The Genesis of the Shekhawati Hospital & Research centre Story there was a Dream

A Dream So Powerful, That it helped Transform the Medical Landscape in Rajasthan. 

# Dr Ajeet Bana

Innovative Technique in Surgery



**A**ssociated with Eternal Heart Care Centre & Research Institute, Jaipur, Dr Ajeet Bana is a renowned CTVS surgeon with experience of over 10,000 surgeries including beating heart CABG, Valve Surgery, Minimally Invasive Cardiac Surgery, Congenital Heart Surgery and Aneurysm Surgery. Dr Bana has 28 national and 14 international publications to his credit. 

# Dr Gunjan Jain


Best Achiever in Free Infertility



**D**r Gunjan Jain, Medical Director, Jain Fertility & Mother Care Hospital, Jaipur, is in the field of infertility and IVF for the last 26 years.

Dr Gunjan Jain started her career in the field of infertility in 1990, hitherto unknown and upcoming super-specialty field in gynaecology. She got trained in USA and Germany and became the first female infertility expert to open her own IVF centre in the northern India by the name “Jain Fertility &

Mother Care Hospital”, a State of the Art and an ISO 9001:2008 certified hospital at Jaipur.


She was credited with the first case in the world in 1999 wherein a grandmother delivered her own grand-daughter. She pioneered the free IVF scheme ‘Jain Fertility Muskaan Abhiyaan’ for the poor in 2008. It is the first such initiative of this kind in the private sector in the world. 

# Dr M N Thareja

Award for Best Andrology & Male Infertility Practitioner



**D**r M N Thareja is running a hospital in Alwar, practicing as a family physician for the last 38 years. He has a special interest in Andrology & Male Infertility. He is currently Hon. Secretary of the Council of Sex Education & Parenthood International and Vice President of National Association of Sexology, India


He has prepared pre & post marital counselling CD for first time in India to educate the people. He has written a book named "SEX.COM" and published the directory of sex education in 2010 in Chennai. 



# Dr G.L Sharma

Award for Best Innovative Treatment




**D**r G.L Sharma is presently working as director and chief interventional cardiologist at Jaipur Heart Institute, Jaipur. He has performed more than 25000 coronary angiographies and more than 6000 angioplasties predominantly by transradial approach. He has been honoured with prestigious fellowship of Asian Pacific Society of Interventional Cardiology. 

# Dr Mahesh Sharma

Award for Outstanding Performance in Pulse Polio Programme




**D**r Mahesh Sharma is President of the Rajasthan chapter of the Indian Medical Association. He is a Founder President of the IMA branch at Bikaner. He is also President of the Bikaner branch of All Rajasthan In-service Doctors' Association.

He was honoured for outstanding performance in the Pulse Polio programme, District administration on 15 August, 1998 at Karni Singh Stadium. 

# Dr Prakash Chandwani

Award for being a Pioneer in the Development of Cardiology




**A**t present, Dr Prakash Chandwani is Director and Chief Interventional Cardiologist at Heart and General Hospital in Jaipur. He has done more than 55,000 angiography and angioplasty operations. He is a pioneer in the development of cardiology in Rajasthan. 

# Dr U S Agarwal

Award for Standards in Medical Education



**S**enior Professor, Deptt. of Skin & VD, and Additional Principal, SMS Medical College & attached Hospital, Dr U S Agarwal has worked meticulously to improve the standards of medical education. Both UG & PG classes are now being held regularly and the academic environment of the institute has become more interactive and competitive under his leadership.

Dr Agarwal has wide experience in dealing with almost all disciplines, e.g. Academic Dean, Warden (Resident Doctors Hostel), Chief Election Commissioner, Incharge, Robert Helling Library, Chairman, Disciplinary Action Committee, Chairman, Clinical Trial Screening Committee, and Organizing Secretary, 6th Decades Celebrations, SMS Medical College, Jaipur etc. 

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# Dr Jitendra Singh Makkar

Award for Specialization/Respective Field



**D**r Jitendra Singh Makkar is a Senior Consultant Interventional Cardiologist, Electro physiologist and Director Cardiology at Eternal Hospital, Jaipur (A Unit of Eternal Heart Care Centre & Research Institute Pvt Ltd)

Since September 2013, he has been performing diagnostic electrophysiology studies, radio-frequency ablations for


various cardiac arrhythmias e.g. Atrial tachycardia and Atrial flutter regularly. Doing ablation procedures at other affiliated centres of Escorts, he has also done ablations & E.P. studies in neighbouring countries like Punjab Institute of Cardiology, Lahore (Pakistan), Labaid hospital, Dhaka (Bangladesh), and Norwick Escorts Hospital, Kathmandu (Nepal). 

# Kailash Hospital

Award for Best Hospital for Trauma Care and Life Support,  
Behror, Rajasthan



**K**ailash Hospital, Behror, Rajasthan situated on main Delhi-Jaipur National Highway, 135 kms from Delhi, started functioning in December 2007. The hospital aims at setting higher standards in the field of healthcare and medical services. This hospital has also been planned as a multi-specialty hospital with a capacity of 250 beds and

special tertiary care units. The hospital has all the basic facilities necessary to provide quality treatments to both OPD as well as admitted patients. The hospital's location was strategically chosen to cater to both rural and urban population primarily from Rajasthan and nearby areas of Haryana. 




# Ganadhipati Purushottam Shekhawati Hospital And Research Centre

Award for the Best Multispecialty Hospital

**G**anadhipati Purushottam Shekhawati Hospital is a speciality hospital in Jaipur. Equipped with Arthroscopy, Neurosurgery, Orthopaedic Surgery,

Dialysis, Orthopaedics etc the hospital is well known for various specialities and treatments. It is equipped with the best infrastructure for providing quality treatment, and known for experienced

professionals who specialize in different areas like cardiology, paediatrics, orthopaedics, cardiology, gynaecology, neurology and so on. 





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का  
हार्दिक आभार


## Rakesh Kumar Jain

Award for Best Contribution to  
the Free Medical Care

**D**r R K Jain is a Senior Professor, Dept of Plastic Surgery, SMS Medical College & its attached hospital at Jaipur. He has made great contribution in free medical, social and blood donation camps organized with the help of Rotary Club and other social groups. The first ever initiative against female foeticide was taken up by JMA (Jaipur medical association) during his presidential tenure. He has always strived for the betterment of society, dealing each patient with utmost care. 

## Dr Moti Lal Jain


Award for Best Achiever  
Public Health

**D**r M L Jain has just retired as Director, State Institute of Health and Family Welfare, Rajasthan, Jaipur. He also held charge of the Director IEC, Director Public Health and contributed to the rationalization of resources for poor. He built strong teams and launched many new initiatives within the state with special emphasis on promoting health for women and children in the state. He successfully contributed in the reduction in IMR by 4 points in one year, which is a landmark in the history of Rajasthan. 

## Dr Anil Kumar Gupta


### Award for the Best Consultant in Medical Field

**D**r Anil Kumar Gupta is a Senior Consultant, Bhagwan Mahaveer Cancer Hospital & Research Centre, JLN Marg, Jaipur. He is also associated with the Association of Surgeons of India, Indian Association of Surgical Oncology and Rajasthan Cancer Society, Jaipur. He has done analysis of surgical treatment & five years follow

up of 165 cases of Oesophageal Carcinoma. He had organized the first workshop on International Interaction and Communication Skills for the medical and paramedical personnel in Cancer Patient Management at BMCHRC, an International Conference on Advances in the Management of Breast & Gynaecological Cancers in 2006 at Jaipur. 

## Dr Mukesh Kalla


**D**r Mukesh Kalla is a young entrepreneur with specialisation in Gastroenterology and Therapeutic Endoscopy. He has clinical work experience of more than two decades. Dr Kalla started his career as consultant gastroenterologist and started a super speciality gastroenterology hospital in the year 2002.

His hard work, result oriented approach to treatment along with the latest technology, which he brought from Mumbai, has revolutionized the concept of treatment in gastroenterology and his hospital has become very popular in society. SR Kalla Hospital grew in leaps and bounds from a 15-bedded single speciality hospital to the present 100-bedded multispecialty hospital, prepared to deal with any kind of surgical and medical problems 24x7. He is also actively involved in charity work through SR Kalla Memorial Charitable Trust. He is also a member of ISKON and the Art of Living. 

## Dr Satish Jain

### Award for Most Advanced ENT Surgeries

**D**r Satish Jain owns the largest ENT centre in the private sector in the country. He has a vast experience of ENT, Head & Neck and Skull base surgery and has done over 70,000 surgeries in this field. He has been deeply involved in social service for the people of poor socio- economic segment living in far-flung rural areas by organizing free awareness & surgical camps through his team of doctors. He has so far done over 10,000 free surgeries for the poor people and treated over 5 lakh patients absolutely free of cost.


He started Cochlear Implant surgery for the first time in Rajasthan in year 2004 and since then he has done over 100 Cochlear Implants so far and trained many ENT surgeons for Cochlear Implant surgery worldwide. He introduced Endoscopic Skull base surgery for the first time in Rajasthan in which brain tumours are operated through nose and ear. 

## M L Swarankar

### Award for the Best Achiever in Reproductive Medicine and IVF

**D**r M L Swarankar is Chairman and Managing Trustee, India Education Trust, Sponsoring Body of Mahatma Gandhi University of Medical Sciences and Technology, Jaipur. He is also Chairperson Mahatma Gandhi University of Medical Sciences and Technology Jaipur, which is the first


and only residential medical university in the state of Rajasthan.

Dr Swarankar is Professor of Obstetrics and Gynaecology, a Physician of International Physiology and specialist in Reproductive Medicine and IVF. 

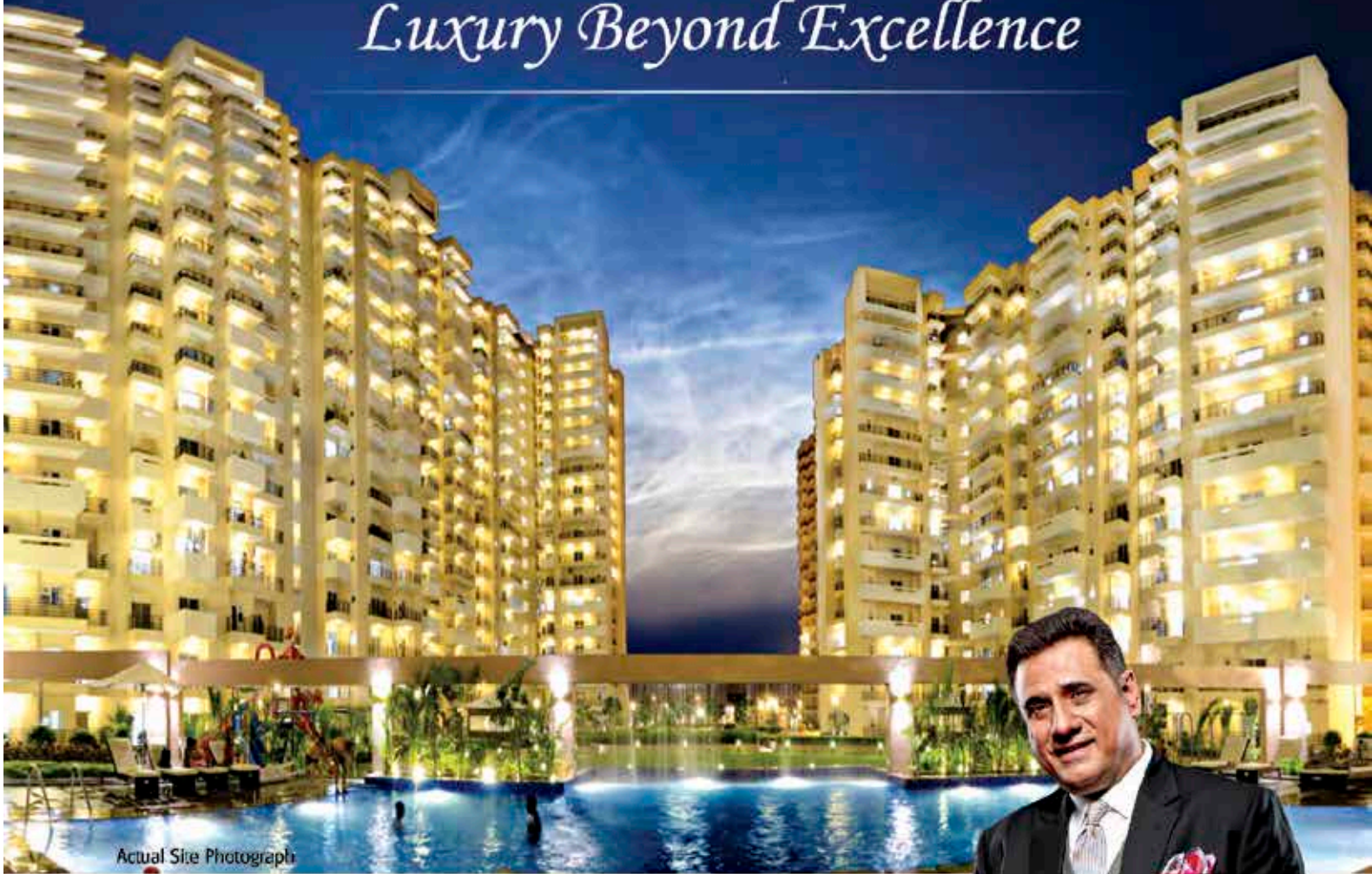
## Dr Karan Singh Yadav

### Award for Best Practising ENT Surgeon

**D**r Karan Singh Yadav is a practising ENT surgeon at Bhiwadi town. He has done his MBBS from Mysore, DLO from Hubli, fellowship in Laryngology from Pune, DNB in ENT and senior residency at Mumbai. After that he

has been serving the people in and around Bhiwadi. He has several articles in national & international journals to his credit. 

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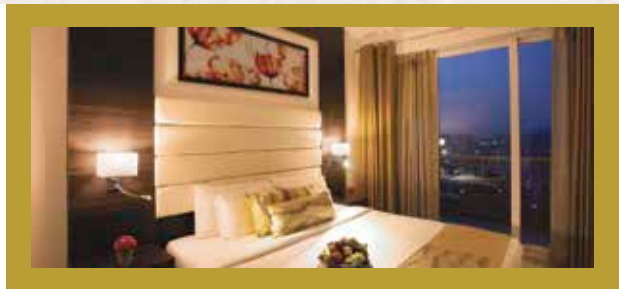
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