

## Isha Hospital...where HOPE lives...



Isha hospital has a vision to strengthen healthcare by empowering patients to make informed choices. We at Isha Hospital are committed to your well-being in all aspects of existence. Conforming to the best practices worldwide backed by expert team of super specialist doctors, we strive to provide more options, better choices and greater flexibility of treatment.

Isha Hospital is Multispeciality hospital with a difference.

This is the only hospital in state of Gujarat to offer multi specialty care for women & children. It also boasts to have the best of the minimal access surgery department. This has facilities for minimal access Gynaecological Laparoscopic surgeries, minimal access GI & Urologic surgeries and the Best facility of Obesity & Bariatric surgeries.

Unique feature in private setting is having a developmental centre for pediatric patients (differently abled) which has no profit way of working given by array of dedicated therapists trained for various supportive care, includes autism.

Isha hospital carries out many preventive & diagnostic services for urban population & school children which includes free health checkups & public talks.

Isha hospital is a training centre to train Gynaecologists in Gynaecological laparoscopy and hysteroscopy, ultrasound, and infertility IVF treatment. The hospital also trains surgeons in GI & Bariatric surgeries.

The hospital is functioning according to NABH guidelines & is in the process of getting accreditation soon. The Hospital plans to get recognize by National Board for DNB in Obst / Gyneac, Paediatrics & Reproductive medicine soon.

### 3D Laparoscopy

1<sup>st</sup> 3 D Laparoscopic surgery system in the state was installed at Isha hospital more than 1 year back. General opinion overwhelmingly is in favour of a 3D Laparoscopic surgery as compared to Robotics in majority of Gynaecological Laparoscopic surgery. The cost is one tenth as compared to Robotics. Advantage of 3 D laparoscopy over conventional laparoscopy is surgeon feels less distracted by movement in the operating room, because their visual field is largely filled with the operative view. The better perception of depth helps meticulous dissection & reduces complication.

3D system seems to be an excellent tool for performing complex laparoscopic surgeries and may be every minimally invasive surgeon considers this in terms of patient's management.

### Infertility & In vitro fertilisation (IVF) treatment

Isha Hospital has successfully performed IVF treatment to various couples locally as well as globally since last 20 years. Our successful IVF treatment helped many couples to overcome infertility issue and lead them to reach their dream of parenthood. The goal of our doctors and IVF laboratory experts is to provide couple with the latest and innovative healthcare services to address infertility. In vitro fertilisation is especially required in cases of polycystic ovaries, endometriosis, tubal disease, chronic PID, uterine malformations, uterine pathology, ovarian failure or malignancies etc. The IVF department is fully equipped with the latest equipments for IVF / ICSI. Operation theatre & Andrology lab is well equipped to treat all male infertility problems.

### Obstetric Care

Isha hospital provides antenatal care for low & high risk pregnancy. 4D ultrasound, color dopplers & interventional ultrasound help in prenatal diagnosis. HDU & SICU setup backed up by in house component storage facility (Blood bank) aids critical care of women during pregnancy & labour along with experts in critical care specialists. This ultimate care is within reach for all social strata of population.

### Paediatric care

Paediatric department has best of NICU (**NNF accredited**) & PICU of State of Gujarat with expert team. Department has all super specialist paediatric care & facility of paediatric surgeries. Development centre support all special children who would require support at all stages of development.

## Centre For Obesity & Bariatric Surgery

Isha Hospital is the only hospital in south & central Gujarat to have successfully performed obesity surgery with desired results.

Obesity is measured in terms of both height and weight. One of the universally acknowledged measure of obesity is Body Mass Index (BMI). A BMI between 18 and 23 is normal. Between 23-28, it is considered as overweight or Grade I obesity. Beyond a BMI of 28 lies the dangerous zone of morbid obesity.

Obesity happens when the amount of energy we consume (the food we eat) exceeds the amount of energy that we spend (our physical activity). However, there are several pre-disposing conditions which can lead to such a positive energy balance, viz., genetic factors, environmental factor, eating disorders, metabolic factors and certain medical conditions. Of these, the commonest are environmental and genetic factors.

- Obesity can make you ill-- It has been now conclusively proven that obesity causes several diseases like hypertension, diabetes mellitus, sleep apnea (decreased oxygen intake on sleeping), increase in blood lipids and cholesterol, joint pains, back pains, venous ulcers, menstrual disorders, infertility, and increased risk for several cancers. These people are also at a higher risk for heart diseases, heart attacks, strokes and paralysis.
- Overweight people have shorter lifespans. Worldwide, obesity is the second highest risk factor (after smoking) for premature death. The risk of death increases in direct proportion to the excess weight.
- Carrying the extra weight around can prove to be really tiresome. Even the smallest physical effort like climbing a flight of stairs can leave one breathless. Movements are restricted. Excessive sweating is common. All this can lead to decreased self-esteem and even, depression.

Thus, it is imperative that those extra weights have to be shed.

A healthy lifestyle, restricted diet (around 1200-1300 calories) with graded exercises, (under supervision) over a prolonged period of time leads to weight loss. This regime of diet control and exercise has to be continued indefinitely to maintain this weight loss.

Market is flooded with various products claiming to have 'weight loss properties'. Many are unscientific and can cause harm to the body. Others may have some active ingredient that has been shown in animal experiments to help weight reduction but does not have any role in human patients.

Bariatric or obesity surgery is an option to help lose weight. The two commonest procedures performed are sleeve gastrectomy and gastric bypass. The choice of procedure depends on the patient's characteristics and the other associated obesity related complications. The weight loss that can be achieved is 60-70% of the excess body weight. This weight is lost gradually over 1 year

(sudden weight loss is dangerous and not desirable). Patient is on a diet plan with exercise in subsequent life. Additional benefits are reverse or improve existing medical conditions like diabetes, hypertension, high cholesterol, knee joint pain and back pain.

### **Minimal access laparoscopic surgeries**

Isha hospital has three specialized minimal access surgery departments Gastrointestinal, Gynaecology & Urology.

Current evidence support use of minimal access surgeries in these specialities for better results.

Most complicated benign pathology & certain oncology pathology are successfully treated giving good results by expert laparoscopic surgeons of the hospital since many years.

Minimal access surgery department has most sophisticated equipment for surgery & anaesthesia work station with advance patient monitoring during surgery for patients safety, in the most modern modular operation theatres with clean air.

