



SEPTEMBER  
**2024**

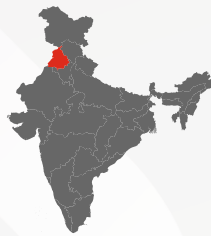
MONTHLY  
**NEWSLETTER**

**RG Hospitals®**  
Short Stay • Smart Surgeries

**RG** Urology & Laparoscopy Hospital®  
**Stone** — Simplifying Surgeries

*EI (Emotional Intelligence) Enabled Healthcare.™*

**FEROZEPUR ROAD, LUDHIANA**



RG Hospitals is pleased to welcome Dr. Sandeep Singh Sidhu as Senior Consultant and Head of the Department of Gastroenterology, Hepatology & Liver Diseases at RG Hospitals, Ludhiana.

Dr. Sidhu brings over 30 years of Rich Clinical & Academic experience and was previously working as a Professor in the Department of Gastroenterology at Dayanand Medical College (DMC), Ludhiana.

He completed his DM in Gastroenterology at AIIMS, Delhi, in 1989, his MD in Internal Medicine from Christian Medical College & Hospital, Ludhiana, in 1984, and his MBBS from the same institution.

We are excited to have Dr. Sidhu on board and look forward to the expertise and leadership he will bring to our team.

ADVANCED  
**GASTROENTEROLOGY  
CARE**  
WITH  
**EXPERTISE  
& COMPASSION**

RG HOSPITALS, LUDHIANA  
EXTENDS A WARM  
WELCOME TO  
**DR. SANDEEP SINGH SIDHU**



**DR. SANDEEP SINGH SIDHU**

MBBS, MD (IM), DM (GASTRO)

SENIOR CONSULTANT & HEAD  
GASTROENTEROLOGY, HEPATOLOGY & LIVER DISEASES  
RG HOSPITALS, LUDHIANA



CALL FOR APPOINTMENT

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**RG Hospitals**  
Short Stay • Smart Surgeries

**RG Stone** Urology & Laparoscopy Hospital  
Minimally Invasive Surgeries

Delhi | Noida | Faridabad | Mumbai | Chennai | Kolkata | Goa | Ludhiana | Dehradun

**FEROZEPUR ROAD, LUDHIANA**

**FEROZEPUR ROAD, LUDHIANA**



RG Hospitals is pleased to Welcome Dr. Suman Sethi to Team RG as Director and Head of the Institute of Nephrology-Ludhiana.

Dr. Suman brings over 15 years of Rich Clinical & Academic Experience and was previously working as a Consultant-Nephrology and Associate Professor in the Department of Nephrology at Dayanand Medical College (DMC), Ludhiana, since 2013.

We are excited to have Dr. Sethi on board and look forward to the expertise and leadership she will add to our team.

ADVANCED  
**KIDNEY CARE**  
WITH  
**EXPERTISE  
& COMPASSION**

RG HOSPITALS, LUDHIANA  
EXTENDS A WARM  
WELCOME TO  
**DR. SUMAN SETHI**



**DR. SUMAN SETHI**

MD ( MEDICINE ), DM ( NEPHROLOGY )

DIRECTOR & HEAD

INSTITUTE OF NEPHROLOGY,  
RG HOSPITALS, LUDHIANA



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Stone — Urology Surgeries

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**FOR MORE**



**FEROZEPUR ROAD, LUDHIANA**



RG Hospitals is pleased to Welcome Dr. Shirin Garg to Team RG as  
Sr. Consultant- Gynaecology at Ludhiana.

ADVANCED  
**GYNAECOLOGY  
CARE**  
WITH  
**EXPERTISE  
& COMPASSION**

RG HOSPITALS, LUDHIANA  
EXTENDS A WARM  
WELCOME TO  
**DR. SHIRIN GARG**



**DR. SHIRIN GARG**

MBBS, MS (OB/GYN), DNB (OBG), MRCOG

SENIOR CONSULTANT

GYNAECOLOGY

RG HOSPITALS, LUDHIANA



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Minimally Invasive Surgeries

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**FEROZEPUR ROAD**

DEHRADUN



RG Hospitals is pleased to Welcome Dr. Gaurav Shekhar Sharma to Team RG as Consultant- Nephrology at Dehradun.

ADVANCED  
**KIDNEY CARE**  
WITH  
**EXPERTISE  
& COMPASSION**

RG HOSPITALS, DEHRADUN  
EXTENDS A WARM  
WELCOME TO  
**DR. GAURAV SHEKHAR  
SHARMA**



**DR. GAURAV SHEKHAR SHARMA**

MBBS, DNB (MEDICINE), DM (NEPHROLOGY)  
CONSULTANT- NEPHROLOGY



CALL FOR APPOINTMENT

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**RG Hospitals**  
Short Stay • Smart Surgeries

**RG Stone** Urology & Laparoscopy Hospital  
Minimising Surgeries

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FOR MORE

**DEHRADUN**



RG Hospitals is pleased to Welcome Dr. Tushar Agarwal to Team RG as Consultant- Laparoscopic Gynaecology at Dehradun.

ADVANCED  
**GYNECOLOGY  
CARE**  
WITH  
**EXPERTISE  
& COMPASSION**

RG HOSPITALS, DEHRADUN  
EXTENDS A WARM  
WELCOME TO  
**DR. TUSHAR AGARWAL**



**DR. TUSHAR AGARWAL**

MBBS, MS (OB/GYN), DNB (OB/GYN)  
CONSULTANT- LAPAROSCOPIC GYNAECOLOGY



CALL FOR APPOINTMENT

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**RG Hospitals**  
Short Stay • Smart Surgeries

**RG Stone** Urology & Laparoscopy Hospital  
Minimally Invasive Surgeries

Delhi | Noida | Faridabad | Mumbai | Chennai | Kolkata | Goa | Ludhiana | Dehradun

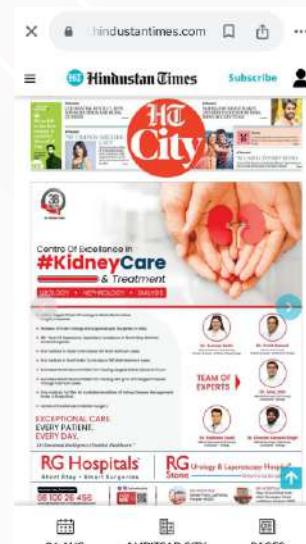
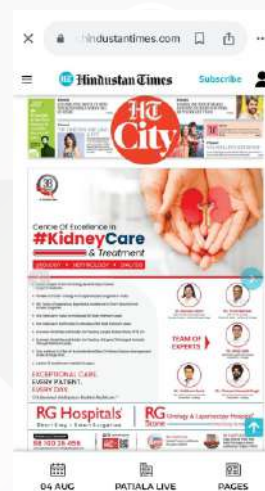
**FOR MORE**



# FEROZEPUR ROAD, LUDHIANA



The Centre of Excellence in Kidney Care with Comprehensive Urology, Nephrology, and Dialysis Treatment Available at RG Ludhiana was featured in The Times of India- Ludhiana & Hindustan Times- Ludhiana, Jalandhar, Amritsar, Malwa and Patiala.



Ludhiana



**Bariatric Surgery (Laparoscopic Sleeve Gastrectomy) + Large Incisional Hernia (4 x 5 cm) Repair & Laparoscopic Cholecystectomy performed on a Morbidly Obese Patient, BMI Measuring-53 (kg/m<sup>2</sup>)- Resulting in 20 kgs Weight Loss in 2 months (Post Surgery) - RG Hospitals, Ludhiana.**

#### **Faculty:**

1. Dr. Rohtash Luthra - (Consultant General, Laparoscopic and Bariatric Surgery)
2. Dr. Yugam - (Sr. Consultant- Anesthesia)

#### **Presenting/Chief Complaints:**

A 41-year-old female presented with pain in the lower abdomen. She had a history of 2 pelvic surgeries with Pfannenstiel incision.

On examination, she had an incisional hernia of size approximately 4 x 5 cm. She was Morbidly Obese with a BMI of 53 (kg/m<sup>2</sup>) (Weight 120 kgs, Height 5 '1) and was recently diagnosed with diabetes. She also had symptoms of Obstructive Sleep Apnoea.

The patient was counselled for Bariatric Surgery and also about the recurrence of hernia with this BMI. NCCT abdomen was done to exactly see the hernia and incidental gallstones were also detected.

#### **Diagnosis:**

Morbid Obesity BMI- 53 (kg/m<sup>2</sup>) with a Large Incisional Hernia (4x5cm) and Multiple Gallbladder Stones.

#### **Treatment/Procedure/Surgery:**

Laparoscopic sleeve gastrectomy with Incisional Hernia Repair + Laparoscopic Cholecystectomy was done.

#### **Operative Findings:**

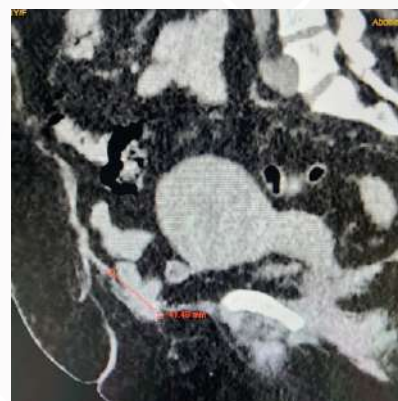
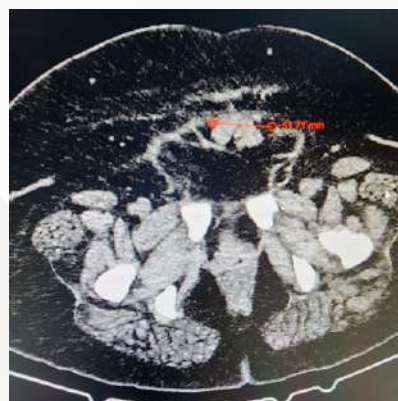
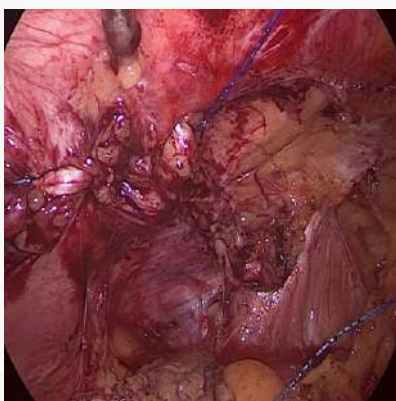
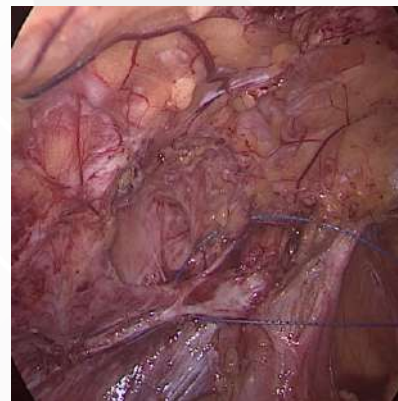
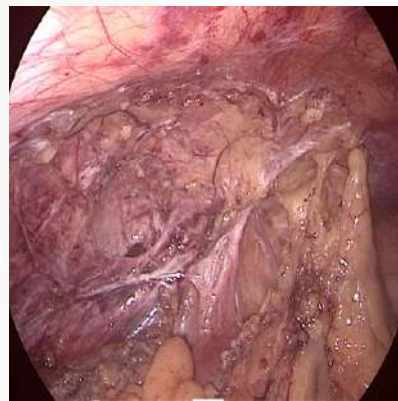
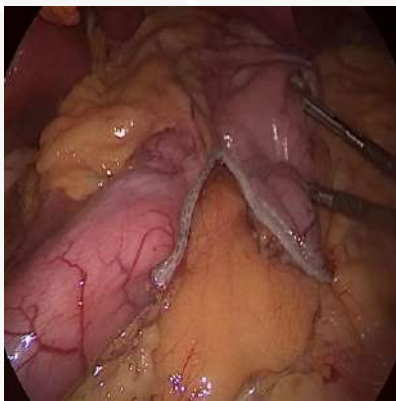
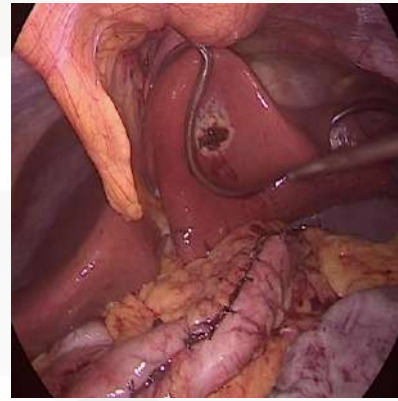
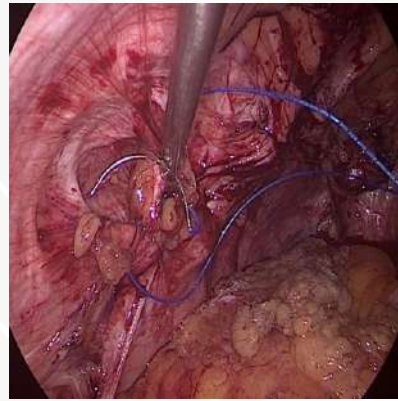
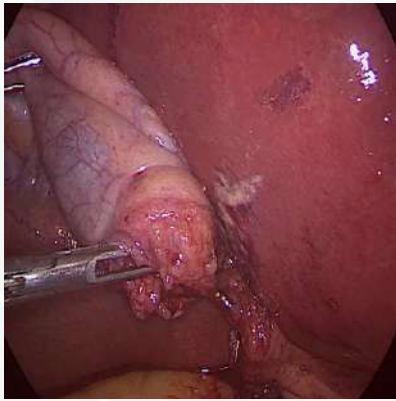
Laparoscopic Sleeve Gastrectomy was not the procedure of choice with this BMI but because of the large incisional hernia\_ and dense small bowel and omental adhesions in the pelvis bypass procedure was not done and it was informed to the patient preoperatively.

#### **Course of Hospitalisation and Condition of Patient at the Time of Discharge:**

Patient is very compliant and is doing really well. She has lost 20 kgs in 2 months post-surgery.



**FEROZEPUR ROAD, LUDHIANA**



**LAPAROSCOPIC**



## Laparoscopic Choledochoduodenostomy- RG Hospitals, Ludhiana

### Faculty:

1. Dr. Rohtash Luthra – (Consultant General, Laparoscopic and Bariatric Surgery)
2. Dr. Yugam – (Sr. Consultant- Anaesthesia)

### Presenting/Chief Complaints:

A 65-year-old female underwent open cholecystectomy 15 years back, now presented with obstructive jaundice and was diagnosed with 3 large stones present in the common bile duct for which ERCP was attempted twice (outside) and was failed. Two stents were placed in the bile duct. Patient then came to RG Ludhiana for further management.

### Diagnosis:

Primary CBD Stones (Considering H/O Cholecystectomy 15 years back)

### Treatment/Procedure/Surgery:

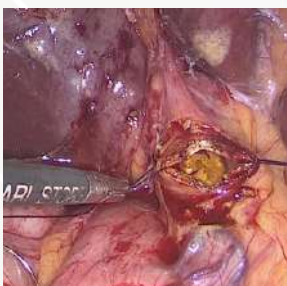
Laparoscopic CBD Exploration + Laparoscopic Choledochoduodenostomy

### Operative Findings:

Laparoscopic CBD exploration was done. After removing all the stones and confirming CBD clearance with a Cholangioscope, Laparoscopic Choledochoduodenostomy was done.

### Course of Hospitalisation and Condition of Patient at the Time of Discharge:

Patient was discharged on day 2 and the postoperative period was uneventful. CBD stents were removed after 2 weeks and CBD clearance was again confirmed with cholangiogram.







**RG Ludhiana organised a CME Program.**

**The keynote speakers and their topics were: -**

Dr. Rohtash Luthra (Consultant - Advanced Laparoscopic & Bariatric Surgery) and Dr. Harsimran Singh (Associate Consultant - General & Laparoscopic Surgery) - Advanced Laparoscopy in Today's Surgical Practice.

Dr. Anuj Jain (Consultant- Urology & Andrology) - Optimal Management of Lower Urinary Tract Symptoms (LUTS)

The event was attended by more than 80 esteemed doctors.





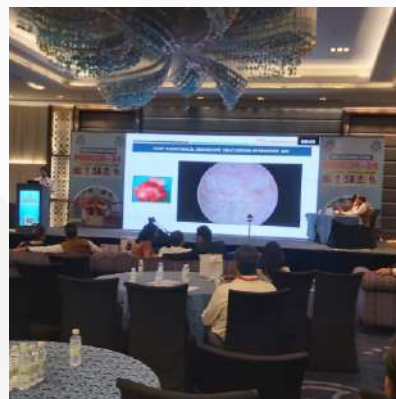
**NEW DELHI, PITAMPURA**



**RG Hospitals, Pitampura, in association with IMA Rohini Zone, organised the MIDCON '24.**

Dr. Harbans Singh (Medical Director & Chief Urologist), addressed the audience on the topic "Surgical Treatment of BPH- A Journey from TURP to Mini-HoLEP & Other Minimally Invasive Procedures".

The event was attended by more than 400 Esteemed Doctors of North Delhi.



FOR MORE INFORMATION  
CONTACT  
Dr. Harbans Singh  
Medical Director & Chief Urologist  
RG Hospitals, Pitampura  
New Delhi



RG Hospitals, Khar, in association with Bhayander Medical Association, organised a CME Program. The keynote speaker, Dr. Parth Barot (Associate Consultant- Urology) addressed the audience on the topic "Urethral Stricture & Its Management."





# CHENNAI



RG Hospitals, Chennai, organised a CME Program. The keynote speaker, Dr. Arun Kumar K. (Sr. Consultant- Urology) addressed the audience on the topic "Maximising benefits of ADT in Prostate Cancer Management: Focus on First Oral GnRH Antagonist.

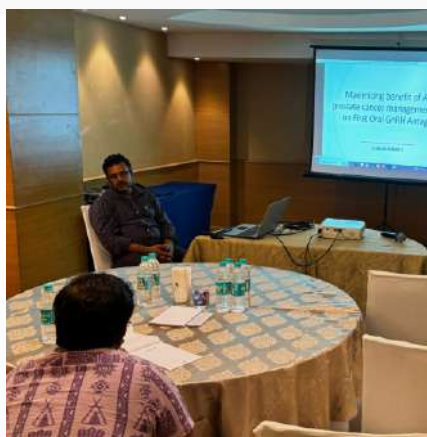
TIME	TOPIC & SPEAKER
07:30pm - 07:45pm	Welcome Address
07:45pm - 08:00pm	Treating them Right : Next Generation ARI in Prostate Cancer Management by Dr. Srivatsan
08:00pm - 08:15pm	Maximizing benefits of ADT in Prostate Cancer Management: Focus on First Oral GnRH Antagonist by Dr. K Arun Kumar
08:15pm - 08:30pm	Role of BTA's in Prostate Cancer by Dr. Sudharsan Balaji
08:30 onwards	Discussion followed by Dinner

**23rd Aug'24**

**7:30 PM Onwards**

**Radisson Blu City Centre, Egmore**

Disclaimer: An initiative by Cipla for knowledge upgradation only. Participation in this session is strictly restricted to registered medical practitioners (doctors) under the authority, responsibility and supervision of the participants. Cipla is not responsible for any consequences or liabilities arising from or in connection with the use of the information expressed by the speakers. The information expressed by the speakers is not intended to be used for any purpose other than for educational purposes. Cipla Limited (Cipla) does not endorse the same and disclaims any liability arising from relying on such information. Copying, reproduction, circulation of the information is prohibited by any means, print or electronic without Cipla's prior consent is strictly prohibited.



# Maximizing benefits of ADT in Prostate Cancer Management: Focus on First Oral GnRH Antagonist



CHENNAI



We are pleased to share that Dr. Arun Kumar K, Sr. Consultant- Urology at RG Chennai was a panelist in Andrology at the TAPASUCON (Tamil Nadu and Pondicherry Association of Urologists Annual Conference) where he discussed about Male Infertility.



TAPASUCON 2024		
Date: 21st & 22nd September, 2024   Venue: ITC Grand Chola, Guindy, Chennai.		
Scientific Program-22nd September, 2024		
11:30-12:00	Panel Discussion: Male Infertility	Dr. Gurus Ravi C Dr. Arun Kumar K Dr. Manoj Prasad J Dr. Shashoua Prasad A.H
12:00-12:30	Black Pearls in Urology	Dr. Ganesan S Dr. Manoj Prasad Dr. Manjaganathan Dr. Vengalil KJ Dr. Senthil G Dr. Arun Kumar E
12:30-13:30	Pondicherry Urology Prize Session (6+2mins)	Dr. Manoj Prasad Dr. Arun Kumar K Dr. Bobby Velayappan
13:30-14:00	Valedictory Function	
HALL-B		
Time	Topic	Chairpersons
08:00-08:45	Free Paper Session: (6+2mins)	Prof. T. Ganesan Dr. Laxi Dr. Narayanaswamy N
08:45-09:30	Free Paper Session: (6+2mins)	Prof. T. Ganesan Dr. M.G.Sekar Dr. K.V.Arav
10:30-11:30	Free Paper Session: (6+2mins)	Prof. R. Kanthaswamy Prof. P.Priyazamy Dr. Manjaganathan
11:30-12:30	Free Paper Session: (6+2mins)	Dr. G. Senthil Dr. Arun Kumar Pranjith Dr. S. Ashwin Marudan
13:00	Lunch	
HALL-C		
Honorarium & Posters		

# KOLKATA



#ProstateCancerAwarenessMonth

#RGCenterofExcellenceforProstateCare&Treatment

RG Hospitals, Kolkata, organised a CME Program.

The keynote speaker, Dr. Anurag Chatterjee (Consultant - Urology) talked about "Prostate Cancer".

More than 30 esteemed doctors attended the event.



# RG HOSPITALS



RG Hospitals organised a Physical Wellness Workshop at National Victor Public School, Vaishali, Ghaziabad to promote physical and mental wellness among children.

The theme for the workshop was "Physical Wellness – Groundwork Towards Good Mental Health" and featured Aerobics, Yoga sessions, and a Health talk by Dr. Neerja Gupta (Sr. Consultant- Breast Surgical Oncology) during the Morning Assembly.





## CHENNAI



Dr. Arun Kumar K. (Sr. Consultant- Urology) at RG Hospitals, Chennai talked about the complications that can arise from untreated BPH (Benign Prostatic Hyperplasia) and its impact on the overall health on Radio City 91.1 FM, Chennai.

Dr. Arun Kumar K. (Sr. Consultant- Urology) at RG Hospitals, Chennai talked about the complications that can arise from untreated BPH (Benign Prostatic Hyperplasia) and its impact on the overall health on Radio City 91.1 FM, Chennai.



RG Hospitals, Kolkata, organised a medical camp at Bharat Petroleum Corporation Ltd. (BPCL), providing health check-ups, consultations, & accessibility to healthcare services.

He also presided as the Chair for the Prize Video Session.



## KOLKATA



RG Hospitals, Kolkata, organised a medical camp at Siddha Group, providing medical consultations, health check-ups, and accessibility to healthcare services.



Delhi Noida Faridabad Mumbai Chennai Kolkata Goa Ludhiana Dehli



## KHAR, MUMBAI



Preserving our traditions and culture, and staying connected to our roots, RG Hospitals, Khar organised Dahi Handi celebrations, commemorating Lord Krishna's childhood act of reaching for the Dahi hung high above.



RG  
HOSPITALS  
KAR  
WAG



RG Hospitals, Noida organised a health check-up camp at Sumi Motherson Ltd, Noida. A total of 200 employees were screened during the camp.







Honouring Excellence: RG Hospitals Awarded with "Excellence in the Field of Urology and Laparoscopic Surgery" at The Tribune Lifestyle Awards, 2024, Punjab.

Dr. Rajinder K. Bansal (Medical Director) and Dr. Chan Bir Singh (Medical Director)–RG Ludhiana, accepted the award on behalf of RG Hospitals.

The event was also featured in The Tribune.



Noida  
Faridabad  
Mumbai  
Chennai  
Kolkata  
Goa  
Ludhiana  
Dehradun

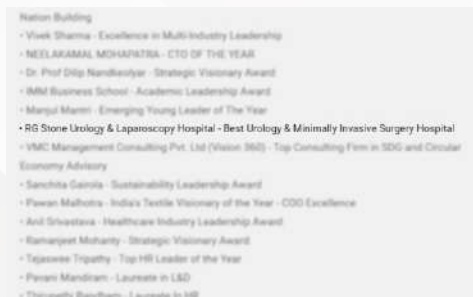




Another Accomplishment: RG Hospitals has been awarded with "Best Urology & Minimally Invasive Surgery Hospital" at the Bharat Leadership Excellence Awards, 2024.

Ms. Vandana Sharma (Human Resources Department) and Mr. Bhaskar Rath (Information Technology Department) from RG Head Office accepted the award on behalf of RG Hospitals.

The event was featured in AP News, UAE Business Daily, Mumbai Daily Post, Delhi Daily Times, Asia Business Gazette, Asia Pacific News Journal, Small Businesses in the News, Innovation & Entrepreneurs News, Asean News Today, India Business Daily, Economic Policy Times, India Morning Times, The Government Digest, Investor News Updates, The Business Gazette Online, Asia Pacific Herald, The World News Wire, Nasdaq News Today, London Stock Exchange News Today, Small Business News Watch, and WTO News Today.





#### ANOTHER FEATHER IN OUR CAP:

RG Hospitals has been awarded once again as the "Best Urology & Minimally Invasive Surgery Hospital" at the Times Health Conclave & Awards- 2024 an initiative by The Times of India.

This prestigious award was presented by renowned Bollywood actor and film producer, Suniel Shetty.

Mr. Amit Vig and Mr. Ankur Saxena from RG Head Office, accepted the award on behalf of RG Hospitals.



KHAR, MUMBAI



RG Stone Urology & Laparoscopy



## OUR CENTRES

### DELHI - EAST OF KAILASH

F-12, East of Kailash,  
New Delhi-110065  
Ph.: 011-71056000  
Helpline: +91-9810026456

### DELHI - PITAMPURA

194-195, Deepali Chowk,  
Pitampura, New Delhi-110034  
Ph.: 011-71057000  
Helpline: +91-9810026456

### NOIDA - ORC

D-82A, D-Block, Sector-26,  
Maharaja Agrasen Marg,  
Noida-201301  
Ph.: 8595923938  
Helpline: +91-9810026456

### LUDHIANA - FEROZEPUR ROAD

Opposite Grand Walk Mall,  
Main Ferozepur Road,  
Ludhiana, Punjab-141012  
Ph.: 0161-5130000  
Helpline: 9718778877

### MUMBAI - MULUND

C/O Hira Mongi Navneet Hospital,  
Valiji Ladha Road, Mulund (West),  
Mumbai-400080  
Ph.: 022-25675012/14  
Helpline: +91-8657914852/53

### KOLKATA-ORC

44A, S P Mukherjee Road, Beside  
Bhowanipore Police Station,  
Kolkata, West Bengal-700026  
Ph.: 033-24550045  
Helpline: +91-70634 83569

### DELHI - RAJOURI GARDEN

B-1, Vishal Enclave, Opp. Police  
Station, Rajouri Garden,  
New Delhi-110027  
Ph.: 011-71058000  
Helpline: +91-9810026456

### DELHI - MODEL TOWN - ORC

B-12, Derawal Nagar,  
Model Town II, New Delhi-110009  
Ph.: 011-42430300  
Helpline: +91-9810026456

### FARIDABAD

A-6, Nehru Ground, Neelam  
Bata Road, N.I.T Faridabad-121001  
Ph.: 0129-4184000  
Helpline: +91-9810026456

### DEHRADUN

8, Convent Rd, Near SBI Main  
Branch, Race Course, Dehradun,  
Uttarakhand-248001  
Ph.: 0135-3520555  
Helpline: 9810026456

### GOA

CVC Centre, Plot No. 217-218,  
PDA Colony, Alto  
Porvorim, Bardez, Goa-403521  
Helpline: +91-9552558899  
+91-9689778899

### CHENNAI

391- 392, Anna Salai, Saidapet,  
Near Saidapet Metro Station,  
Chennai-600015  
Ph.: 044-43993600  
Helpline: +91-9962860000

### DELHI - GAGAN VIHAR

18, Gagan Vihar Main,  
New Delhi-110092  
Ph.: 011-71011000  
Helpline: +91-9810026456

### DELHI - JANAKPURI - ORC

92A, Major P. Srikumar Marg,  
Block C2B, Janakpuri-110058  
Ph.: 011-49865868  
Helpline: +91-9810026456

### LUDHIANA-MODEL TOWN

510-L, Model Town,  
Ludhiana-141002  
Ph.: 0161-4618585  
Helpline: +91-9876910000

### MUMBAI - KHAR

Ahimsa Marg, 14-A Road,  
Khar (West), Mumbai-400052  
Ph.: 022-61463500  
Helpline: +91-9322653838

### KOLKATA

33, Orbit Heights, Gariahat  
Road South, Opp. Jodhpur Park,  
Kolkata 700031  
Ph.: 033-40271000  
Helpline: +91-8697000002

## OUR SPECIALITIES

### Urology

- Urinary / Kidney Stone
- Enlarged Prostate (BPH)
- Ureteric Stricture
- Urethral Stricture
- Erectile Dysfunction
- Male Infertility
- Male Sterilization

### Gynaecology

- Uterine Fibroids
- Uterus Prolapse
- Ovarian Cysts
- Endometriosis
- Ectopic Pregnancy
- Female Infertility
- Sterilization
- Cosmetic Gynaecology

### Urological Malignancies

- Kidney Cancer
- Prostate Cancer
- Urinary Bladder Cancer

### Bariatric Surgery

- Obesity/Metabolic Syndrome
- Uncontrolled Diabetes

### Robotic & NexGen Surgery

- General Procedures
- Urology Procedures
- Gynaecology Procedures
- Colorectal & Upper GI Procedures
- Bariatric Procedures
- RAMS™  
(Robot Assisted Metabolic Surgery)
- NanoSlim MiPS  
(Minimally Invasive Prostate Surgery)

### Minimally Invasive Surgery

- Gallbladder Stone
- Hernia Repair
- Appendicitis
- Piles, Fissures & Fistula

### Female Urology

- Female Urinary Incontinence
- Vesico Vaginal Fistula
- Overactive Bladder
- Post Delivery Urinary Problems
- Interstitial Cystitis
- Voiding Difficulty
- Urinary Tract Infections
- Painful Bladder Syndrome
- Neurogenic Bladder
- Female Sexual Dysfunction