

2026
MARCH



MONTHLY NEWSLETTER

RG Hospitals®
Short Stay • Smart Surgeries

RG Urology & Laparoscopy Hospital®
Stone — Simplifying Surgeries

EI (Emotional Intelligence) Enabled Healthcare.™

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WELCOME NOTE

ADVANCED

**WOMEN'S
HEALTH
SPECIALIST**

WITH EXPERTISE &
COMPASSION

RG HOSPITALS
WELCOMES
DR. PALAK DEWAAN

40 YEARS
OF PATIENT CARE

TO BOOK APPOINTMENT
72 0200 0200

DR. PALAK DEWAAN
MBBS, MS (OBS AND GYNAE), FMAS
PCOS SPECIALIST
CONSULTANT - GYNAECOLOGY & OBSTETRICS
RG HOSPITALS, FARIDABAD

RG Hospitals
Short Stay • Smart Surgeries

RG Urology & Laparoscopy Hospital
Stone • Smoothing Surgeries

DELHI • NOIDA • FARIDABAD • MUMBAI • CHENNAI • KOLKATA • GOA • LUDHIANA • DEHRADUN

RG Hospitals is pleased to Welcome **Dr. Palak Dewaan** to Team RG
As Consultant – Gynaecology, at RG Hospitals, Faridabad

Dr. Suman Sethi

(Director & Head - Institute Of Nephrology)

RG Hospitals, Ludhiana, was featured in the Health Talk section by Hindustan Times.

Hindustan Times FIRST VOICE. LAST WORD.

Hindustan Times PRESENTS

HEALTH TALK
JAN. 17 - JAN. 19

Health Talk is a unique initiative by Hindustan Times to help its readers lead healthy and happy lives. Experts of various specialities will write daily for the next three days about the nuances of preventive interventions that can keep you in ship shape...

HEALTH TALK WITH DR. MOHIT GUPTA, ORTHOPAEDICS
CONDUCTOR: GURPREET SINGH, LUDHIANA
ON SUNDAY, JANUARY 19TH, 2020

Bringing Global Robotic Joint Replacement Standards to North India, Dr. Mohit Gupta

HEALTH TALK WITH DR. SUMAN SETHI, DIRECTOR & HEAD OF THE DEPARTMENT OF NEPHROLOGY, RG HOSPITALS, FEROZEPUR ROAD, LUDHIANA
ON MONDAY, JANUARY 20TH, 2020

Dr. Suman Sethi: Shaping the Future of Nephrology Through Care and Research

HEALTH TALK WITH DR. ANAMPREET SINGH ARORA, GYN AND MS SURGERY, FEROZ HOSPITAL, & SURGICAL CENTRE, AND HEMLOCK HOSPITAL, LUDHIANA
ON TUESDAY, JANUARY 21ST, 2020

From Complex Cases to Compassionate Care: Dr. Anampreet Singh Arora

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HINDUSTAN TIMES MEDIA MARKETING INITIATIVE

Chronic Kidney Disease: Symptoms, Stages and Treatment Pathways by Dr. Suman Sethi

Chronic Kidney Disease (CKD) is a condition in which the kidneys slowly lose their ability to function over time. Healthy kidneys filter waste, regulate fluids and maintain balance in the body. When kidney function declines, waste builds up in the blood, causing serious health problems. Early diagnosis and timely treatment can slow disease progression and improve quality of life.

TREATMENT IN EARLY STAGES
In the early stages of CKD, treatment aims to protect kidney function and prevent further damage. Doctors focus on managing underlying conditions such as diabetes and high blood pressure, the leading causes of kidney disease. Key steps include controlling blood sugar and blood pressure, following a kidney-friendly diet with reduced salt and protein, taking prescribed medicines regularly, avoiding smoking and alcohol, and undergoing routine blood and urine tests. With proper care and lifestyle changes, many patients

DR. SUMAN SETHI
DIRECTOR & HEAD OF THE DEPARTMENT OF NEPHROLOGY, RG HOSPITALS, FEROZEPUR ROAD, LUDHIANA

can live well for years without needing dialysis.

TREATMENT IN ADVANCED STAGES
When CKD reaches an advanced stage and the kidneys can no longer function effectively, renal replacement therapies are required to remove waste and excess fluid from the body.

DIALYSIS
Dialysis helps perform the function of the kidneys by cleaning the blood. Hemodialysis

uses a machine to filter blood and is usually done two to three times a week at a dialysis centre or at home. Peritoneal dialysis uses a special fluid in the abdomen to clean the blood and can be done at home, offering more flexibility. Although dialysis is life-saving, it requires regular sessions and lifestyle adjustments.

ANOTHER EFFECTIVE OPTION FOR ADVANCED KIDNEY FAILURE IS A KIDNEY TRANSPLANT.
A kidney transplant is the best long-term treatment for complete kidney failure and involves placing a healthy kidney into the patient's body. The kidney may come from a living donor, often a family member, or a deceased donor. After transplantation, lifelong medicines are required to protect the new kidney.

OTHER SUPPORTIVE TREATMENTS
Supportive care helps manage CKD-related complications such as anaemia, weak bones, fluid retention, and emotional stress through appropriate medicines and counselling.

CONCLUSION
CKD is a serious but manageable condition. With early detection, proper treatment and regular follow-up, patients can lead healthier and longer lives. At RG Hospitals, Ferozpur Road, Ludhiana, Dr. Suman Sethi, Director - Nephrology and Dialysis, provides expert and compassionate care for patients with kidney disease.

Disclaimer: The veracity of the claims made in the article is the responsibility of the doctor/hospital concerned.

She also contributed an article on **“Chronic Kidney Disease – Symptoms, Stages and Treatment Pathways,”** sharing important information to help people better understand kidney health.

Dr. Rohtash Luthra

(Consultant – General, Laparoscopic & Bariatric Surgery)

RG Hospitals, Ludhiana, was featured in media coverage for his article titled "RG Hospitals Ludhiana Performs High-Risk Weight Loss Surgery on 170-Kg Morbidly Obese Patient," published across leading media platforms.

Devbhoomi Mirror

मोटापा सिर्फ वजन नहीं, एक गंभीर बीमारी है, समय पर इलाज से जीवन बचाया जा सकता है : डॉ. रोहताश लूथरा

अमूल्या/देवभूमि मिरर

लुधियाना : आरजी हॉस्पिटल्स लुधियाना ने 170 किलो वजन की एक मरीज पर हाई-रिस्क वेट लॉस (बेरिएट्रिक) सर्जरी को सफलतापूर्वक अंजाम देकर चिकित्सा क्षेत्र में एक महत्वपूर्ण उपलब्धि हासिल की है। यह जटिल सर्जरी बेरिएट्रिक एवं जनरल लेप्रोस्कोपिक सर्जरी के कंसल्टेंट डॉ. रोहताश लूथरा के नेतृत्व में एडवांस्ड लेप्रोस्कोपिक तकनीकों की मदद से की गई। अत्यधिक मोटापे के कारण मरीज कई गंभीर बीमारियों से पीड़ित था, जिनका इलाज सामान्य मेडिकल थेरेपी से संभव नहीं हो पा रहा था। मरीज को अनियंत्रित डायबिटीज, गंभीर हाइपरटेंशन, ऑब्स्ट्रक्टिव स्लीप एपनिया, क्रोनिक कमर दर्द और डिप्रेशन जैसी



समस्याएं थीं। डॉक्टरों ने विस्तृत जांच और जोखिम मूल्यांकन के बाद मिनिमली इनवेसिव तकनीक से मिनी गैस्ट्रिक बाईपास सर्जरी करने का निर्णय लिया। कई सह-बीमारियों के बावजूद सर्जरी सफल रही और मरीज की

रिकवरी संतोषजनक रही। सर्जरी वाले दिन ही मरीज को चलने-फिरने दिया गया और अगले दिन स्थिर अवस्था में डिस्चार्ज कर दिया गया। डॉ. रोहताश लूथरा ने बताया कि मोटापा अब केवल सौंदर्य से जुड़ी समस्या नहीं, बल्कि एक गंभीर और क्रोनिक बीमारी मानी जाती है, जो शरीर के लगभग हर अंग को प्रभावित करती है। मोटापे के कारण डायबिटीज, हाई ब्लड प्रेशर, हृदय रोग, स्ट्रोक, स्लीप एपनिया, जोड़ों और रीढ़ की बीमारियां, फेटी लिवर, बाइपास और मानसिक स्वास्थ्य समस्याओं का खतरा बढ़ जाता है। ऐसे मामलों में बेरिएट्रिक या मेटाबोलिक सर्जरी न सिर्फ वजन कम करती है, बल्कि शरीर की मेटाबोलिक गड़बड़ियों को भी सुधारती है।

Desh Sewak

मोटापा सिर्फ वजन नहीं, एक गंभीर बीमारी है, समय पर इलाज से जीवन बचाया जा सकता है : डॉ. रोहताश लूथरा

लुधियाना : देवभूमि मिरर ने 170 किलो वजन की एक मरीज पर हाई-रिस्क वेट लॉस (बेरिएट्रिक) सर्जरी को सफलतापूर्वक अंजाम देकर चिकित्सा क्षेत्र में एक महत्वपूर्ण उपलब्धि हासिल की है। यह जटिल सर्जरी बेरिएट्रिक एवं जनरल लेप्रोस्कोपिक सर्जरी के कंसल्टेंट डॉ. रोहताश लूथरा के नेतृत्व में एडवांस्ड लेप्रोस्कोपिक तकनीकों की मदद से की गई। अत्यधिक मोटापे के कारण मरीज कई गंभीर बीमारियों से पीड़ित था, जिनका इलाज सामान्य मेडिकल थेरेपी से संभव नहीं हो पा रहा था। मरीज को अनियंत्रित डायबिटीज, गंभीर हाइपरटेंशन, ऑब्स्ट्रक्टिव स्लीप एपनिया, क्रोनिक कमर दर्द और डिप्रेशन जैसी



Dainik Savera

170 किलो वजन की मरीज की हाई रिस्क वेट लॉस सर्जरी की

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Haq Di Awaz

मोटापा सिर्फ वजन नहीं, एक गंभीर बीमारी है, समय पर इलाज से जीवन बचाया जा सकता है : डॉ. रोहताश लूथरा

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The feature highlighted the **successful high-risk weight-loss surgery** performed at RG Hospitals, emphasizing that **obesity is a serious health condition** and that **timely surgical treatment can significantly improve health and quality of life.**

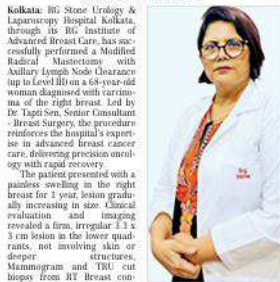
Dr. Tapti Sen

(Sr. Consultant – Breast Surgery)

RG Hospitals, Kolkata, was featured across leading media platforms for her authored article titled "RG Stone Urology & Laparoscopy Hospital, Kolkata Achieves Clinical Milestone: Successful Modified Radical Mastectomy for Breast Cancer Patient."

Morning India_Kolkata

**RG Stone Urology & Laparoscopy
Hospital Kolkata Achieves Clinical
Milestone: Successful Modified
Radical Mastectomy for Breast
Cancer Patient**



node involvement. Timely diagnosis, appropriate surgical intervention, and structured postoperative care are key to achieving the best possible outcome and improving patient quality of life.¹⁰ About RG Stone Urology & Laparoscopy Hospitals.

Dr. Rajesh Gopal is a leading healthcare provider in India, renowned for his expertise in urology, nephrology, minimally invasive urology, and robotic and critical care. Established in 1986 with a single lithotripsy clinic, the group has expanded to become a premier multi-specialty centers across the country, delivering world-class medical care to diverse communities. With over 30 years of clinical excellence, RG Hospitals has successfully performed more than 750,000 procedures, combining state-of-the-art technology with compassionate patient care. The hospital offers comprehensive treatment options in urology, nephrology, endocrinology, and kidney transplant, supported by state-of-the-art infrastructure and a dedicated multidisciplinary team.

Samagya_Kolkata

स्तन कैंसर के इलाज में
बेहतर हो रहा शहर;
मरीज की सफल सर्जरी

कोलकाता : आरजी स्टोन यूरोलॉजी एंड लैप्रोस्कोपी हॉस्पिटल, कोलकाता ने अपने आरजी इंस्टिट्यूट ऑफ एडवांस्ड ब्रेस्ट केयर के ज़रिए 68 वर्षीय महिला की दाहिने स्तन के कैंसर की सफल सर्जरी की। वरिष्ठ ब्रेस्ट सर्जन डॉ. तामी सेन के नेतृत्व में मरीज की मांडिफाइड रेडिकल मास्टेक्टॉमी की गई, जिसमें बगल की लिम्फ नोड्स को लेवल-थ्री तक साफ किया गया। डॉ. तामी सेन ने बताया कि लिम्फ नोड्स से जुड़े मामलों में यह सर्जरी आज भी बेहद कारगर इलाज है। सही जाँच, सटीक सर्जरी और सर्जरी के बाद की देखभाल से मरीज जल्दी संभल पाता है और जीवन की गुणवत्ता बेहतर होती है।

Dainik Statesman_Kolkata

স্তন ক্যান্সার চিকিৎসায় সাফল্য



বিশেষজ্ঞরা বলেন, অনেক সময় বাঘা না থাকায় স্তন ক্যান্সারের ঝুঁকি প্রথম দশকে পর্যায়। ঝুঁকি এমনই এক রোগীর স্তন ক্যান্সারের সফল অস্ত্রোপচার করে নাভির সুঁচ দরুন কলকাতার আরজি স্ট্রিং ইউরোলজি অ্যান্ড ন্যাপারোস্কোপি হাসপাতাল। হাসপাতালের বিশেষ বিভাগ 'আরজি ইনস্টিটিউট অফ অ্যান্ড ভান্ড ব্রেস্ট কেয়ার' -এর তত্ত্বাবধানে এক জ্বরিত অপোচারের মাধ্যমে ৬৮ বছর বয়সী এক স্তন ক্যান্সার অগ্রস্তু রোগীর সফল চিকিৎসা সম্ভব হয়েছিল।

হাসপাতালের ব্রেস্ট সার্জারি টিম
ডান স্তনের ক্যান্সিনামায় আক্রান্ত
এই রোগীর উপর সফলভাবে
মডিফাইড রায়ডাকাল
মাসটেকটমি এবং আক্সিলারি লিম্ফ
নোড ক্লিয়ারেন্স (সেলেক্সি থ্রি পর্যন্ত)
সম্পন্ন করেন। পোস্টপচারে নেভুজ
দেন সিনিয়র কনসাল্টেন্ট (ব্রেস্ট
সার্জারি) ডা. তাপসী সেন। আরজি
স্টোপ ইন্ডোরালিড অ্যান্ড
ল্যাপারোস্কোপি হাসপাতালে
কনসাল্টেন্ট ব্রেস্ট সার্জারি ডা.
তাপসী সেন বলেন: "লিম্ফ নেভুজ
আজ্ঞাত ক্ত ক্যান্সারের বেসীলিয়ার

চিকিৎসার ক্ষেত্রে “মডিফাইড
বায়োলজিক্যাল মাস্টেকটমি”
অত্যন্ত গুরুত্বপূর্ণ এবং কার্যকর
পদ্ধতি। ব্যথা না থাকা সত্ত্বেও সঠিক
সময়ে রোগ নির্ণয়, যথাযথ
অস্ত্রোপচার এবং অস্ত্রোপচার পরবর্তী
সুশৃঙ্খল পরিচর্যা হলো রোগীর
সেরা ওঠার চাবিকাঠি।
চিকিৎসকদের মধ্যে, রোগী থাকা এক-
বছর ধরে ডান স্তনে ব্যথাহীন একটি
ফোবোডা বন্ধক কাঁচহিলনে, যা ধীরে
ধীরে আকারে বৃদ্ধি পায়। পরবর্তীতে
ক্রিনিকাল পরীক্ষা, ম্যামোগ্রাম ও টু-
কাটা বায়োপসির মাধ্যমে স্তন-
ক্যান্সার নিশ্চিত হয়। পেট নির্ণয়
স্বাভাবিক দেখা যায়, ক্যান্সারটি শুধুমাত্র
ওমা ও আশপাশের লিম্ফ নোডেই
সীমাবদ্ধ ছিল।

Tue, 20 : 
https://e

Dainik Vishwamitra Kolkata

स्तन कैंसर के मरीज की सफल सर्जरी

कोलकाता, 13 जनवरी (नि.प्र.)। आज के समय में स्तन कैंसर का नाम सुनते ही मरीज और परिवार दोनों घबरा जाते हैं। लेकिन, सही समय पर जाँच, अनुभवी डॉक्टर और आधुनिक इलाज मिल जाए, तो इस बीमारी से लड़ना आसान हो जाता है। कोलकाता में ऐसा ही एक भरोसेमंद उदाहरण सामने आया है, जहाँ एक बुजुर्ग महिला का सफल इलाज कर नई उम्मीद दी गई। आरजी स्टोन यूरोलॉजी एंड लैप्रोस्कोपी हॉस्पिटल, कोलकाता ने अपने आरजी इंस्टिट्यूट ऑफ एडवांस्ड ब्रेस्ट केयर के ज़रिए 68 वर्षीय महिला की दाहिने स्तन के कैंसर की सफल सर्जरी की। वरिष्ठ ब्रेस्ट सर्जन डॉ. ताप्ती सेन के नेतृत्व में मरीज की मॉडिफाईड रेडिकल मास्टेक्टोमी की गई, जिसमें बगल की लिम्फ नोड्स को लेवल-थ्री तक साफ किया गया। डॉ. ताप्ती सेन ने बताया कि लिम्फ नोड्स से जुड़े मामलों में यह सर्जरी आज भी बेहद कारगर इलाज है। सही जाँच, सटीक सर्जरी और सर्जरी के बाद की देखभाल से मरीज जल्दी संभल पाता है और जीवन की गुणवत्ता बेहतर होती है।

Atmashudhir Sandhane Kolkata

स्तन कैंसर के इलाज में बेहतर हो रहा शहर: मरीज की सफल सर्जरी

कोलकाता, जनवरी 2028: सिर्फ स्तन तक सीमित है और शरीर के अन्य हिस्सों में नहीं फैला है।

परिवार दोनों बचप्रा जावे ही।
सेलिज, मदी ममम पर जौन,
अनुभव डॉक्टर और आधुनिक
इलाज मिले जाय, तो येय
बीमारी के लज्जा असात हो
जाता है। कोलकाता में ऐसा ही
एक अरोमिड ड्राइगुम सामने
आया है, जहाँ एक बुजुर्ग महिला
का मफान इलाज कर रहे
हैं। (उम्मीद ही मई)।

आर्मी स्टोन पुरालोकी एंड
लैप्रोस्कोपी
हॉस्पिटल,
कोणकाणा में अपने आर्मी
इंफ्ल्यूएट ऑफ एडवांस्ड ट्रेन्स
केयर के ज़रिए 68 वर्षीय
महिला की दाहिने स्तन के बैस्न
की सफल सर्जरी की। बरिष्ठ ट्रेन्स
मर्नेड डॉ. वामी मेन के नेतृत्व में

मरीज की बाहिजादर रैडिकल
मास्केक्टोमी की गई, जिसमें
बगल की लिम्फ नोड्स को
नेविल-श्री तम काट दिया गया।
मरीज छिल्ले एक साल में
दाहिने स्तन में बिना दर्द की
गुब्बत महसूस कर रही थी, जो
धीरे-धीरे बढ़ रही थी। जाँच में
3.3 x 3 सेमी की सख्त गाँठ
पाई गई। मैमोग्राम, ट्यूब
वायोप्सी और पीएचटी-मोटी
स्नान में यह माफ हुआ कि कैन्सर

The feature highlighted the importance of **early diagnosis, advanced surgical care, and proper post-operative management** in improving recovery and enhancing patients' quality of life.

 KOLKATA

সার্জারি সফলভাবে করেন। এই অপারেশনের নেতৃত্ব দেন ডাঃ তাপসী সেন। তিনি বলেন, লিম্পোনোড আক্রান্ত স্তন ক্যান্সারের রোগীদের চিকিৎসার ক্ষেত্রে ‘মডিফায়েড ব্যাডিক্যাল ম্যাসেকটমি’ একটি গুরুত্বপূর্ণ ও কার্যকর পদ্ধতি।

A screenshot of a Zoom meeting interface. At the top, it says "By Farah Khatoon On 16 Jan 2020". On the right, there are icons for chat, video, and a link. The main area shows a video feed of a woman with dark hair and glasses, wearing a light blue shirt and a patterned scarf. A small white arrow icon is visible at the bottom center of the video feed.

RG In The News

KOLKATA

Business News This Week

Business News This Week

RG Stone Urology & Laparoscopy Hospital Kolkata Achieves Clinical Milestone: Successful Modified Radical Mastectomy for Breast Cancer Patient

Kolkata, Jan 16 – RG Stone Urology & Laparoscopy Hospital Kolkata, through its RG Institute of Advanced Breast Care, has successfully performed a Modified Radical Mastectomy with Axillary Lymph Node Clearance (up to Level III) on a 66-year-old woman diagnosed with carcinoma of the right breast. Led by Dr. Tashi Sen, Senior Consultant – Breast Surgery, the procedure reinforces the hospital's expertise in advanced breast cancer care, delivering precision oncology with rapid recovery.



Kolkata News

KOLKATAHINDIN

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हेल्थ

स्तन कैंसर पर जीत: कोलकाता में आरजी स्टोन अस्पताल ने 68 साल की महिला को दी नई जिंदगी

POSTED ON JANUARY 14, 2026 BY KOLKATA NEWS DESK

कोलकाता | 14 जनवरी 2026: आरजी स्टोन यूरोलॉजी एंड लैप्रोस्कोपी हॉस्पिटल, कोलकाता ने @ प्रिकित्सा क्षेत्र में एक महत्वपूर्ण उपलब्धि दर्ज की है। अस्पताल के आरजी इंस्टिट्यूट ऑफ एडvanced ब्रेस्ट केयर के माध्यम से दाहिने स्तन के कैंसर से पीड़ित 68 वर्षीय महिला की मोडिफाइड रेडिकल मास्टेक्टॉमी की सफल सर्जरी की गई।

यह जटिल सर्जरी वरिष्ठ ब्रेस्ट सर्जन डॉ. ताप्ती सेन के नेतृत्व में की गई, जिसमें मरीज के दाहिने स्तन के साथ-साथ बगल की लिम्फ नोड्स की लेवल-थ्री तक सफाई भी की गई। यह सफलता अस्पताल की उन्नत ब्रेस्ट कैंसर सर्जरी और मल्टीडिसिप्लिनरी टीमों के अग्रिम को दर्शाती है।

डॉक्टरों की राय



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आरजी स्टोन यूरोलॉजी एंड लैप्रोस्कोपी हॉस्पिटल, कोलकाता ने रचा अहम चिकित्सकीय मुकाम, स्तन कैंसर मरीज की सफल सर्जरी!



By News Desk
JAN 21, 2026



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Sunday, April 12, 2026

Home / health / RG Stone Hospitals Appoints Dr. Zeeshan Rahman as Consultant Urology in Kolkata

health

RG Stone Hospitals Appoints Dr. Zeeshan Rahman as Consultant Urology in Kolkata

January 1, 2026

Kolkata, Jan 1:- RG Stone Urology & Laparoscopy Hospitals has further strengthened its clinical leadership with the appointment of Dr. Zeeshan Rahman, MBBS, MS, MCh, as Consultant Urology at its Dhakuria centre. His addition significantly enhances the hospital's ability to deliver advanced, minimally invasive and robotic urology care in the region, reducing the need for patients to travel to other metropolitan cities for complex procedures.

Dr. Zeeshan Rahman

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HEALTH

RG Stone Hospitals Appoints Dr. Zeeshan Rahman as Consultant Urology in Kolkata



By admin
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Business Micro

health

RG Stone Hospitals Appoints Dr. Zeeshan Rahman as Consultant Urology in Kolkata

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Jan 1, 2026 — by admin in health

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BY ADMIN JANUARY 1, 2026

HEALTH

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Dr. Jahnavi Chandrasekar (Consultant – Gynaecology)

RG Hospitals, Chennai, was featured in media coverage for her authored article titled “Fibroids, Cysts, and Fertility: What Women Should Know Before Choosing Surgery.”

Samagya Kolkata

நார்த் திக்கட்டிகள், திக்கட்டிகள் மற்றும் கருவுறுதல்: வன்கள் அறிய வேண்டியவை

சென்னை சைதாப்பேட்டை ஆர்ஜி மருத்துவமனை கள் மகளிர் நல மருத்துவ நிபுணர் மருத்துவர் ஜான்வி சந்திரசேகர் எழுதியுள்ள கட்டுரை வருமாறு: - கருப்பை நார்த்திக்கட்டிகள் என்பவை, கருப்பையில் தசை மற்றும் நார்த்திக்கட்டிகள் வளரும் பற்று நோய்வாத கட்டிகளாகும். 50 வயதிற்குள் 70-80% பெண்களுக்கு நார்த்திக்கட்டிகள் உருவாகலாம். கோழை கீழ்ப்படை நார்த்திக் கட்டிகள் என்பதும் கருப்பையின் உட்புற வடிவத்தை மாற்றக்கூடிய கட்டிகள் உள்ள பெண்களுக்கு, கட்டிகள் இல்லாதவர்களுடன் ஒப்பிடும்போது கருப்பிதில் விகிதம் 28% குறைவாகவும், கருத்தரிக்கும் விகிதம் 36% குறைவாகவும் உள்ளது. சினைப்பை நார்த்திக்கட்டிகள் என்பவை சினைப்பைக்கு உள்ளே அல்லது அதன் மேற்புறப்பில் தோன்றும் திரவம் நிரப்பிய கைகளாகும். இது கரு முட்டை இருப்பு மற்றும் கருவுறுதலை பாதிக்கலாம். சிக்கலான நார்த்திக்கட்டிகள் கருவுறுதலில் சிக்கலை உண்டாக்கின்றன அல்லவ சிகிச்சை தேவையுடையவை. நார்த்திக்கட்டியின் வகை, அளவு மற்றும் குழந்தையின்மை சிகிச்சை இலக்குகளின் அடிப்படையில் நோயாளிகளுக்கு ஆலோசனை வழங்குவதை மருத்துவ நிபுணர்கள் அவசியம் செய்ய வேண்டும். இவ்வாறு அவர் கூறியுள்ளார்.



Trinity Mirror

Fibroids, cysts & fertility: What women should know before choosing surgery

Gynaecological conditions like uterine fibroids and ovarian cysts affect a significant proportion of women during their reproductive years. The health challenges associated with these conditions might be manageable for some and overwhelming for others; along with the medical complications, they also impact women's physical, emotional, and socio-economic well-being. The stigma attached to these conditions further complicates the issue, necessitating a deeper understanding of their cause and impact to make informed medical decisions and manage them more effectively.

Fibroids and Cysts: Impact on Fertility

Fibroids, non-cancerous growths of muscle and fibrous tissue found in the uterus, most commonly affect

women in their 30s and 40s, but can occur at younger ages as well. Uterine fibroids are among the most common but under-discussed health conditions affecting women worldwide. Studies estimate that up to 70-80% of women will develop fibroids by age 50, though many remain unaware due to the often silent or misunderstood nature of symptoms. A meta-analysis found that women with submucosal fibroids, fibroids distorting the uterine cavity, had a 28% lower implantation rate and a 36% lower clinical pregnancy rate compared to those without fibroids.

On ovarian cysts, fluid-filled sacs within or on the ovary, vary widely in type and impact. Functional cysts related to the menstrual cycle often resolve spontaneously without affecting fertility, while cysts like

endometriomas may adversely affect ovarian reserve and fertility by damaging ovarian tissue and creating a harmful inflammatory environment. Persistent or complex cysts, such as large dermoid cysts or cystadenomas, may require surgical intervention if symptomatic or if they pose fertility concerns, though surgery itself can sometimes reduce ovarian reserve. The size of the cyst also matters; larger cysts tend to have a greater negative impact on ovarian function. It is essential for healthcare providers to tailor management strategies based on cyst type, size, and fertility goals, and to counsel patients about fertility preservation options when necessary. Dr. Jahnavi Chandrasekar, Consultant – Gynaecology, RG Hospitals – Saidapet, Chennai

Dinakural

நார்த் திக்கட்டிகள், திக்கட்டிகள் மற்றும் கருவுறுதல்: அறுவை சிகிச்சை செய்ய முடிவு செய்வதற்கு முன்பு பெண்கள் தெரிந்துகொள்ள வேண்டியவை

கட்டுரை எழுதியவர்: ஜான்வி சந்திரசேகர், டாக்டர், கருப்பை நல மருத்துவ நிபுணர், ஆர்ஜி மருத்துவமனை - சைதாப்பேட்டை, சென்னை.

கருப்பை நார்த்திக்கட்டிகள் (Uterine fibroids) மற்றும் சினைப்பை திக்கட்டிகள் (Ovarian cysts) பெண் மகளிர் நலப் பிரச்சனைகள். இவை பெண்களில் மிகவும் பொதுவானவை. 50 வயதிற்குள் 70-80% பெண்களுக்கு நார்த்திக்கட்டிகள் உருவாகலாம். கோழை கீழ்ப்படை நார்த்திக்கட்டிகள் என்பதும் கருப்பையின் உட்புற வடிவத்தை மாற்றக்கூடிய கட்டிகள் உள்ள பெண்களுக்கு, கட்டிகள் இல்லாதவர்களுடன் ஒப்பிடும்போது கருப்பிதில் விகிதம் 28% குறைவாகவும், கருத்தரிக்கும் விகிதம் 36% குறைவாகவும் உள்ளது. சினைப்பை நார்த்திக்கட்டிகள் என்பவை சினைப்பைக்கு உள்ளே அல்லது அதன் மேற்புறப்பில் தோன்றும் திரவம் நிரப்பிய கைகளாகும். இது கரு முட்டை இருப்பு மற்றும் கருவுறுதலை பாதிக்கலாம். சிக்கலான நார்த்திக்கட்டிகள் கருவுறுதலில் சிக்கலை உண்டாக்கின்றன அல்லவ சிகிச்சை தேவையுடையவை. நார்த்திக்கட்டியின் வகை, அளவு மற்றும் குழந்தையின்மை சிகிச்சை இலக்குகளின் அடிப்படையில் நோயாளிகளுக்கு ஆலோசனை வழங்குவதை மருத்துவ நிபுணர்கள் அவசியம் செய்ய வேண்டும். இவ்வாறு அவர் கூறியுள்ளார்.



Tamil Sudar

நார்த் திக்கட்டிகள், திக்கட்டிகள் மற்றும் கருவுறுதல்: அறுவை சிகிச்சை செய்ய முடிவு செய்வதற்கு முன்பு பெண்கள் தெரிந்துகொள்ள வேண்டியவை - மருத்துவர் ஜான்வி சந்திரசேகர்

சென்னை சைதாப்பேட்டை ஆர்ஜி மருத்துவமனை கள் மகளிர் நல மருத்துவ நிபுணர் மருத்துவர் ஜான்வி சந்திரசேகர் எழுதியுள்ள கட்டுரை வருமாறு: - கருப்பை நார்த்திக்கட்டிகள் என்பவை, கருப்பையில் தசை மற்றும் நார்த்திக்கட்டிகள் வளரும் பற்று நோய்வாத கட்டிகளாகும். 50 வயதிற்குள் 70-80% பெண்களுக்கு நார்த்திக்கட்டிகள் உருவாகலாம். கோழை கீழ்ப்படை நார்த்திக்கட்டிகள் என்பதும் கருப்பையின் உட்புற வடிவத்தை மாற்றக்கூடிய கட்டிகள் உள்ள பெண்களுக்கு, கட்டிகள் இல்லாதவர்களுடன் ஒப்பிடும்போது கருப்பிதில் விகிதம் 28% குறைவாகவும், கருத்தரிக்கும் விகிதம் 36% குறைவாகவும் உள்ளது. சினைப்பை நார்த்திக்கட்டிகள் என்பவை சினைப்பைக்கு உள்ளே அல்லது அதன் மேற்புறப்பில் தோன்றும் திரவம் நிரப்பிய கைகளாகும். இது கரு முட்டை இருப்பு மற்றும் கருவுறுதலை பாதிக்கலாம். சிக்கலான நார்த்திக்கட்டிகள் கருவுறுதலில் சிக்கலை உண்டாக்கின்றன அல்லவ சிகிச்சை தேவையுடையவை. நார்த்திக்கட்டியின் வகை, அளவு மற்றும் குழந்தையின்மை சிகிச்சை இலக்குகளின் அடிப்படையில் நோயாளிகளுக்கு ஆலோசனை வழங்குவதை மருத்துவ நிபுணர்கள் அவசியம் செய்ய வேண்டும். இவ்வாறு அவர் கூறியுள்ளார்.



Dina Kathir

கருப்பை நார்த் திக்கட்டிகள் (Uterine fibroids) மற்றும் சினைப்பை திக்கட்டிகள் (Ovarian cysts) பெண் மகளிர் நலப் பிரச்சனைகள், கருத்தரிக்கும் வாய்ப்பை வலுப்படுத்தும் கைவகை வித்தியை வழங்கினாள்

சென்னை, ஜனவரி 20: கருப்பை நார்த் திக்கட்டிகள் (Uterine fibroids) மற்றும் சினைப்பை திக்கட்டிகள் (Ovarian cysts) பெண் மகளிர் நலப் பிரச்சனைகள். இவை பெண்களில் மிகவும் பொதுவானவை. 50 வயதிற்குள் 70-80% பெண்களுக்கு நார்த்திக்கட்டிகள் உருவாகலாம். கோழை கீழ்ப்படை நார்த்திக்கட்டிகள் என்பதும் கருப்பையின் உட்புற வடிவத்தை மாற்றக்கூடிய கட்டிகள் உள்ள பெண்களுக்கு, கட்டிகள் இல்லாதவர்களுடன் ஒப்பிடும்போது கருப்பிதில் விகிதம் 28% குறைவாகவும், கருத்தரிக்கும் விகிதம் 36% குறைவாகவும் உள்ளது. சினைப்பை நார்த்திக்கட்டிகள் என்பவை சினைப்பைக்கு உள்ளே அல்லது அதன் மேற்புறப்பில் தோன்றும் திரவம் நிரப்பிய கைகளாகும். இது கரு முட்டை இருப்பு மற்றும் கருவுறுதலை பாதிக்கலாம். சிக்கலான நார்த்திக்கட்டிகள் கருவுறுதலில் சிக்கலை உண்டாக்கின்றன அல்லவ சிகிச்சை தேவையுடையவை. நார்த்திக்கட்டியின் வகை, அளவு மற்றும் குழந்தையின்மை சிகிச்சை இலக்குகளின் அடிப்படையில் நோயாளிகளுக்கு ஆலோசனை வழங்குவதை மருத்துவ நிபுணர்கள் அவசியம் செய்ய வேண்டும். இவ்வாறு அவர் கூறியுள்ளார்.

சென்னை, ஜனவரி 20: கருப்பை நார்த் திக்கட்டிகள் (Uterine fibroids) மற்றும் சினைப்பை திக்கட்டிகள் (Ovarian cysts) பெண் மகளிர் நலப் பிரச்சனைகள். இவை பெண்களில் மிகவும் பொதுவானவை. 50 வயதிற்குள் 70-80% பெண்களுக்கு நார்த்திக்கட்டிகள் உருவாகலாம். கோழை கீழ்ப்படை நார்த்திக்கட்டிகள் என்பதும் கருப்பையின் உட்புற வடிவத்தை மாற்றக்கூடிய கட்டிகள் உள்ள பெண்களுக்கு, கட்டிகள் இல்லாதவர்களுடன் ஒப்பிடும்போது கருப்பிதில் விகிதம் 28% குறைவாகவும், கருத்தரிக்கும் விகிதம் 36% குறைவாகவும் உள்ளது. சினைப்பை நார்த்திக்கட்டிகள் என்பவை சினைப்பைக்கு உள்ளே அல்லது அதன் மேற்புறப்பில் தோன்றும் திரவம் நிரப்பிய கைகளாகும். இது கரு முட்டை இருப்பு மற்றும் கருவுறுதலை பாதிக்கலாம். சிக்கலான நார்த்திக்கட்டிகள் கருவுறுதலில் சிக்கலை உண்டாக்கின்றன அல்லவ சிகிச்சை தேவையுடையவை. நார்த்திக்கட்டியின் வகை, அளவு மற்றும் குழந்தையின்மை சிகிச்சை இலக்குகளின் அடிப்படையில் நோயாளிகளுக்கு ஆலோசனை வழங்குவதை மருத்துவ நிபுணர்கள் அவசியம் செய்ய வேண்டும். இவ்வாறு அவர் கூறியுள்ளார்.



கருப்பை நார்த் திக்கட்டிகள் (Uterine fibroids) மற்றும் சினைப்பை திக்கட்டிகள் (Ovarian cysts) பெண் மகளிர் நலப் பிரச்சனைகள். இவை பெண்களில் மிகவும் பொதுவானவை. 50 வயதிற்குள் 70-80% பெண்களுக்கு நார்த்திக்கட்டிகள் உருவாகலாம். கோழை கீழ்ப்படை நார்த்திக்கட்டிகள் என்பதும் கருப்பையின் உட்புற வடிவத்தை மாற்றக்கூடிய கட்டிகள் உள்ள பெண்களுக்கு, கட்டிகள் இல்லாதவர்களுடன் ஒப்பிடும்போது கருப்பிதில் விகிதம் 28% குறைவாகவும், கருத்தரிக்கும் விகிதம் 36% குறைவாகவும் உள்ளது. சினைப்பை நார்த்திக்கட்டிகள் என்பவை சினைப்பைக்கு உள்ளே அல்லது அதன் மேற்புறப்பில் தோன்றும் திரவம் நிரப்பிய கைகளாகும். இது கரு முட்டை இருப்பு மற்றும் கருவுறுதலை பாதிக்கலாம். சிக்கலான நார்த்திக்கட்டிகள் கருவுறுதலில் சிக்கலை உண்டாக்கின்றன அல்லவ சிகிச்சை தேவையுடையவை. நார்த்திக்கட்டியின் வகை, அளவு மற்றும் குழந்தையின்மை சிகிச்சை இலக்குகளின் அடிப்படையில் நோயாளிகளுக்கு ஆலோசனை வழங்குவதை மருத்துவ நிபுணர்கள் அவசியம் செய்ய வேண்டும். இவ்வாறு அவர் கூறியுள்ளார்.

In the article, she explained how **fibroids and ovarian cysts can affect fertility depending on their type and size**, and highlighted the importance of **careful evaluation and the right treatment approach before opting for surgery**.

RG Media Spotlight

Mr. Avinash Ojha

(Managing Director & CEO – RG Hospitals)

was featured in News18 as part of the expert article “2026 Predictions: These 5 Healthcare Trends Will Be Key In 2026 According To Experts.”

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2026 Predictions: These 5 Healthcare Trends Will Be Key In 2026 According To Experts

Curated By : [Abigail Banerji](#) [News18.com](#)

Last Updated: December 31, 2025, 17:27 IST



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These predictions signal optimism: healthcare evolves from reactive to proactive, blending cutting-edge tools with human-centered values.



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Indian healthcare stands at a transformative crossroads as 2025 ends. While it is important to build on the progress made during the previous year, it is imperative to address emerging lifestyle-related health challenges, including chronic diseases fuelled by urbanisation and sedentary behaviours.

In the feature, he shared insights on the growing role of **AI-driven diagnostics, remote monitoring, preventive healthcare, and digital innovation**, highlighting the future of **patient-centric and technology-enabled healthcare**.

RG Media Spotlight

Mr. Avinash Ojha

(Managing Director & CEO – RG Hospitals)

was featured in **VCCircle** for his article “How Morgan Stanley PE-Backed RG Hospitals Plans to Expand in Urology & Beyond.”

VCCircle

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How Morgan Stanley PE-Backed RG Hospitals Plans To Expand In Urology And Beyond

By • Roshan Abraham

06 Jan 2026



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In the feature, he shared insights on **RG Hospitals’ expansion plans across India**, highlighting the organization’s **strong growth momentum following the investment by Morgan Stanley Private Equity Asia**.

RG Media Spotlight

Mr. Avinash Ojha

(Managing Director & CEO – RG Hospitals)

was featured in media coverage for his **Budget Quote Reaction on “Pre-Budget 2026 Expectations,”** published across leading media platforms.

Good Returns

"The conversations are more about whether digital care works or how many seconds it takes to beam an ICU-grade decision into a village clinic without losing a heartbeat. The need for easier access to long-term, lower-cost financing for hospital infrastructure, along with incentives tied to quality accreditation, would support sustainable expansion. Greater clarity and consistency around reimbursement timelines under public insurance schemes is equally important for maintaining financial discipline across the system," said Avinash Ojha, Managing Director- RG Hospitals.

"At the same time, a more structured approach to digital health, covering interoperability, electronic records, and reimbursement for teleconsultations, can improve efficiency if backed by clear implementation support. Encouraging domestic manufacturing of medical devices and diagnostics would help stabilise input costs. Finally, targeted investment in clinical and allied health skill development, particularly in non-metro markets, along with simpler approval processes for hospital upgrades, can translate policy intent into real capacity on the ground." Ojha Further added.

Outlook Business

Budget Expectations 2026 Live: RG Hospitals MD Calls for Lower Financing Costs and Digital Health Interoperability

"As the Union Budget 2026-27 approaches, healthcare providers are hoping to see practical measures that strengthen capacity without adding to operational strain. The year can become the inflection point where India's healthcare promise turns into a measurable impact. The conversations are more about whether digital care works or how many seconds it takes to beam an ICU-grade decision into a village clinic without losing a heartbeat."

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The Hans India:

Avinash Ojha, Managing Director- RG Hospitals

"As the Union Budget 2026-27 approaches, healthcare providers are hoping to see practical measures that strengthen capacity without adding to operational strain. The year can become the inflection point where India's healthcare promise turns into a measurable impact. The conversations are more about whether digital care works or how many seconds it takes to beam an ICU-grade decision into a village clinic without losing a heartbeat."

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Medical Buyer:

The screenshot shows a webpage titled 'MEDICAL BUYER' with a navigation bar including links for HEALTH, DRUGS, LIFE SCIENCES, BLOOD BANKS, DRUG NEWS, EDITOR'S DESK, PERSPECTIVE, and REPORTS. The main headline is 'Recommendations-Pre-Union Budget FY27, RG Hospitals' dated January 17, 2026. Below the headline is a portrait of Avinash Ojha. A quote from him is visible at the bottom: 'As the Union Budget 2026-27 approaches, healthcare providers are hoping to see practical measures that strengthen capacity without adding to operational strain. The year can become the inflection point where India's healthcare promise turns into a measurable impact. The conversations are more about whether digital care works or how many seconds it takes to beam an ICU-grade decision into a village clinic without losing a heartbeat.'

The Hindu Business line:

January 19, 2026 09:24

Stock market live updates today: Avinash Ojha, Managing Director- RG Hospitals

"As the Union Budget 2026-27 approaches, healthcare providers are hoping to see practical measures that strengthen capacity without adding to operational strain. The year can become the inflection point where India's healthcare promise turns into a measurable impact. The conversations are more about whether digital care works or how many seconds it takes to beam an ICU-grade decision into a village clinic without losing a heartbeat."

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In the feature, he shared key expectations for the **Union Budget 2026-27**, highlighting the need for **stronger healthcare financing, digital health support, and workforce development** to further strengthen India's healthcare system.

Dr. Piyush Vishwakarma

(Consultant – Gastroenterology, Hepatology & Liver Transplant)

was featured in **Moneycontrol** for his expert article "Causes of Fatty Liver Despite Healthy Diet and Daily Exercise."

Moneycontrol



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Causes of fatty liver despite healthy diet and daily exercises, top expert explains reasons

Fatty liver disease is no longer limited to obesity or inactivity. Doctors are seeing a growing number of fit, lean adults with disciplined diets and intense workout routines developing a silent but serious liver condition. Known as lean MASLD, here's why it calls for a more balanced approach to fitness and nutrition:

NAMITA S KALLA | JANUARY 05, 2026 / 10:09 IST

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In the article, he explained that **fatty liver can also affect fit and lean individuals**, and emphasized the importance of a **balanced diet, healthy lifestyle, and regular liver screening** for better metabolic health.

RG Media Spotlight

📍 LUDHIANA

Dr. Prerna Goyal

(Senior Consultant – Physician)

was featured on **The Lallantop**, where she discussed a common concern: “Dieting के बाद घटा वज़न दोबारा क्यों बढ़ जाता है?”

The Lallantop

Dieting के बाद घटा वज़न, दोबारा क्यों बढ़ने लग जाता है? | Weight Loss | Sehat ep. 1291



Dr. Prerna Goyal
Senior Consultant
RG Hospitals, Ludhiana

■ जब हम वज़न कम करते हैं,
तब वेट लॉस को शरीर एक
गिरावट के रूप में देखता है

मन में लगे से पहले अपने डॉक्टर से जरूर पूछ लें. सेहत प्रोग्राम आपको अपने आप दिखाइयां लेने की सलाह नहीं देता है.

Here are the insights on **why weight regain happens after dieting** and emphasized the importance of **healthy, sustainable lifestyle changes**.

RG Media Spotlight

📍 EAST OF KAILASH

Dt. Payal

(Clinical Dietician & Nutritionist)

RG Hospitals – East of Kailash, was featured on **The Lallantop**, sharing insights on the topic “Why You Should Drink Water Early in the Morning on an Empty Stomach.”

The Lallantop



Youtube



Instagram



She highlighted how **drinking water in the morning helps rehydrate the body, improve digestion, support weight management, and promote healthy skin**, making it a simple habit for better overall health.

Dr. Vaibhav Sood (Consultant – Urology)

RG Hospitals, Ferozepur, Ludhiana, was featured in **Business Standard** for the article “Urological Health Across Ages: What to Watch for in Your 30s, 40s, and Beyond.”

BS HOME HEALTH

E-PAPER DECODED OPINIO

Home / Health / Urological health across ages: What to watch for in your 30s, 40s, and beyond

Urological health across ages: What to watch for in your 30s, 40s, and beyond

From frequent urination to kidney stones and prostate issues, urological problems change as we age as experts explain age-wise warning signs, lifestyle risks and why early attention matters

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From bladder to kidneys, subtle changes in urinary habits can be early signals of urological issues across ages, say doctors.
(Photo: AdobeStock)

In the article, he highlighted that **many urological conditions progress silently**, and symptoms like **frequent urination, pain, recurrent infections, or blood in urine should not be ignored**. He also emphasized the importance of **early evaluation and healthy lifestyle choices to prevent long-term kidney, bladder, and prostate complications**.

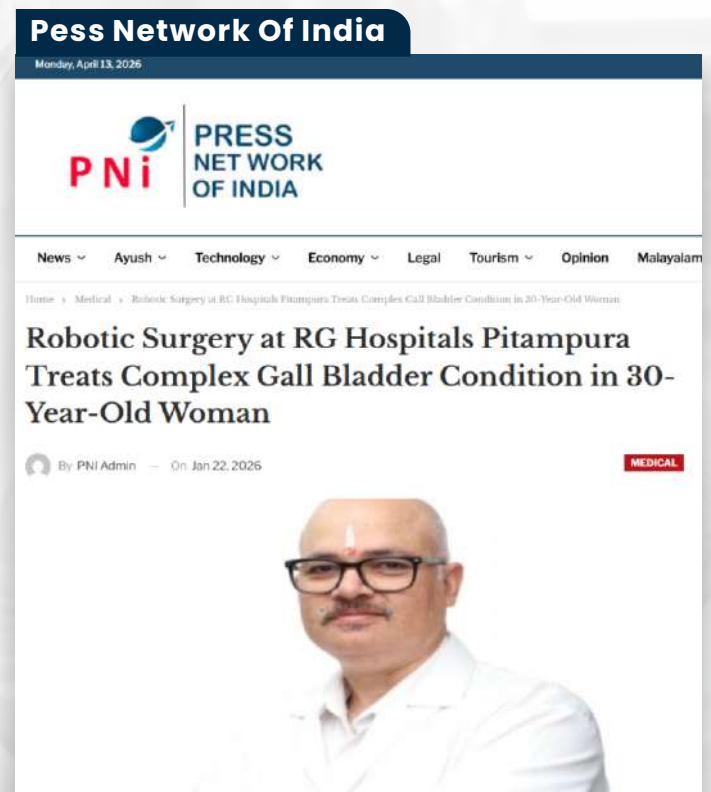
RG Media Spotlight

PITAMPURA

Dr. Manish D. Sharma

(HOD – Minimal Access, General, Robotic & Bariatric Surgery)

RG Hospitals, Pitampura, was featured for successfully performing a **complex robotic surgery on a 30-year-old female patient** to treat a gallbladder condition involving a 12 mm stone impacted in the cystic duct.



The timely intervention helped manage gallbladder swelling and ensured a **safe recovery**, highlighting advanced **robotic surgery expertise and minimally invasive care**.

Dr. Suman Sethi

(Director & Head – Institute of Nephrology)

RG Hospitals, Ludhiana, was featured in The Times of India in an article titled **“The Diabetes Myths Millions of Indians Believe and Their Kidneys Pay the Price.”**

Times Of India

News / Health News / The Diabetes Myths Millions Of Indians Believe, And Their K...

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The diabetes myths millions of Indians believe, and their kidneys pay the price

Maitree Baral / TIMESOFINDIA.COM / Updated: Feb 05, 2026, 07:56 IST

Preferred on

2 Comments

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AA



Diabetes in India isn't just common, it's become one of the biggest silent health crises. More than 11 per cent of [Indians](#) today have diabetes, meaning roughly 101 million people are living with it, and another large chunk, about 15 per cent, are in the pre-diabetes zone, where blood sugar is high but not yet full-blown diabetes. These numbers come from major health surveys and research published in The Lancet, showing the scale of the issue across the country.

“Diabetes has become one of India’s most widespread lifestyle diseases, yet confusion around it remains surprisingly common. From food phobias to the way it is treated, there are a number of firmly entrenched beliefs that affect the management of the health condition, albeit in a damaging way. What is worse is that the damage that diabetes causes is silent damage, especially in the kidneys,” Dr. Suman Sethi, Director; Head – Institute of Nephrology, RG Hospitals – Ludhiana told TOI Health.

In the feature, she highlighted how **common myths about diabetes can delay proper care**, emphasizing the importance of **awareness, timely management, and protecting kidney health**.

Advanced Robotic Management Of Cholelithiasis With Cholecystitis

Faculty:

Dr. Manish D Sharma

HOD (Minimal Access, General, Robotic & Bariatric- Surgery)

Presenting / Chief Complaints:

The Patient, A 72-year-old Female, Presented With Pain In The Epigastric Region, Heaviness After Meals, Dyspepsia, And Acidity For The Past One Week.

Clinical Findings:

- Right Hypochondrial Tenderness
- Thick-Walled, Distended Gall Bladder
- Cholelithiasis With Cholecystitis
- Grade 1 Fatty Liver

Diagnosis:

Cholelithiasis With Cholecystitis In An Elderly Patient With Comorbidity Of Hypothyroidism.

Treatment Performed:

The Patient Underwent Robot Assisted Cholecystectomy Under General Anaesthesia For Definitive Surgical Management.

Special Note:

This Case Highlights The Safe And Effective Use Of Robot-assisted Surgery In Managing Gall Bladder Stones In An Elderly Patient With Complex Adhesions At Rg Pitampura. Robotic Precision Enabled Meticulous Dissection Of Calot's Triangle, Minimized Tissue Trauma, And Ensured A Smooth And Uneventful Postoperative Recovery, Reinforcing Rg Pitampura's Expertise In Advanced Minimally Invasive And Robotic Surgery.

Advantages Of Robotic Cholecystectomy At RG Hospitals:

- Enhanced Precision In Difficult Gall Bladder Dissections.
- Better Visualization In Adhesiolysis.
- Reduced Postoperative Pain & Faster Recovery.
- Improved Safety In Elderly & High-risk Patients.
- Demonstrates Rg Hospitals Commitment To Advanced Minimally Invasive Surgery.

Advanced Robotic Management Of Acute Calculus Cholecystitis With Empyema & Mirizzi Syndrome

Faculty:

Dr. Manish D Sharma

HOD (Minimal Access, General, Robotic & Bariatric- Surgery)

Presenting / Chief Complaints:

The Patient, A 28-year-old Female, Presented With Recurrent Right Upper Quadrant Abdominal Pain, Nausea, Vomiting, And Post-meal Heaviness, With A History Of Similar Episodes Since November 2025.

Clinical Findings:

- Thick-walled, Distended Gall Bladder With Empyema.
- Multiple Gallstones With Sludge.
- Dense Adhesions (Complex Biliary Anatomy – Mirizzi Syndrome).
- The Common Bile Duct Is Normal.

Diagnosis:

Acute Calculus Cholecystitis With Empyema Complicated By Mirizzi Syndrome.

Treatment Performed:

The Patient Underwent Robotic Assisted Cholecystectomy With Adhesiolysis And Peritoneal Lavage Under General Anaesthesia For Definitive Management Of This Complex Biliary Pathology.

Intra-Operative Key Highlights:

- Severely Inflamed, Empyematous Gall Bladder.
- Dense Adhesions Requiring Meticulous Robotic Dissection.
- Successful Identification And Preservation Of Biliary Anatomy.
- Normal Cystic Duct And Cystic Artery.

Special Note:

This Case Represents A Complex Biliary Emergency Involving Acute Cholecystitis With Empyema And Mirizzi Syndrome, Successfully Managed Using Robot-assisted Surgery. Robotic Precision Enabled Safe Adhesiolysis, Meticulous Dissection Of Calot's Triangle, Reduced Tissue Trauma, And Ensured A Smooth Postoperative Recovery At RG Pitampura.

Highlights Of Robotic Biliary Surgery At RG Pitampura:

- Enhanced precision in complex biliary anatomy (Mirizzi syndrome).
- Safe management of empyematous and inflamed gall bladder.
- Reduced conversion rates and tissue trauma.
- Faster recovery with excellent postoperative outcomes.
- Showcases Dr. Manish D Sharma and RG Pitampura's expertise in Advanced Robotic and Minimally Invasive Biliary Surgery.

Advanced Robotic Management Of Calculus Cholecystitis With Impacted Cystic Duct Stone

Faculty:

Dr. Manish D Sharma

HOD (Minimal Access, General, Robotic & Bariatric- Surgery)

Presenting / Chief Complaints:

The Patient, A 30-year-old Female, Presented With Intermittent Right Upper Quadrant Abdominal Pain, Vomiting Sensations, And Post-meal Heaviness.

Clinical Findings:

- Thick-walled, distended gall bladder.
- Two gallstones (3–12 mm) with sludge.
- Impacted stone at cystic duct neck.
- Adhesions with omentum.
- Normal CBD

Diagnosis:

Calculus Cholecystitis With Impacted Stone At The Cystic Duct Neck.

Treatment Performed:

The Patient Underwent Robotic Assisted Cholecystectomy Under General Anaesthesia For Definitive Surgical Management.

Intra-Operative Key Highlights:

- Impacted stone at cystic duct neck posing technical difficulty.
- Wide cystic duct requiring careful robotic dissection.
- Dense adhesions managed safely with robotic precision.
- Normal cystic artery and CBD preserved.
- Successful completion without complications.

Special Note:

This Case Highlights The Safe And Effective Use Of Robotic-assisted Surgery In Managing Calculous Cholecystitis With An Impacted Cystic Duct Stone. Robotic Precision Enabled Meticulous Dissection Of Calot's Triangle, Minimized Tissue Trauma, And Ensured A Smooth Postoperative Recovery At RG Pitampura.

Highlights Of Robotic Biliary Surgery At RG Pitampura:

- Enhanced safety in cases with impacted cystic duct stones.
- Superior visualization for precise Calot's triangle dissection.
- Reduced tissue trauma and faster recovery.
- Effective management even in patients with prior abdominal surgery (LSCS).
- Showcases Dr. Manish D Sharma and RG Pitampura's expertise in Advanced Robotic Biliary Surgery.

Clinical Excellence

📍 LUDHIANA

Obesity Clinic Initiative | Every Saturday

Dr. Rohtash Luthra

(Consultant – General, Laparoscopic & Bariatric Surgery)

RG Hospitals, Ludhiana (Ferozepur Road) successfully launched its Dedicated Obesity Clinic on **31st January 2026**, aimed at promoting preventive care and comprehensive obesity management. The clinic will now be held **every Saturday**, offering services such as **risk assessment, medical evaluation, dietary guidance, and body composition analysis**.

On the occasion, **Dr. Rajinder K. Bansal (Medical Director & Head – Institute of Neurosciences)** addressed the gathering on the growing burden of lifestyle disorders, followed by an insightful health talk by Dr. Rohtash Luthra on obesity risks and treatment options. The launch concluded with a cake-cutting ceremony and healthy refreshments.



Academic Excellence

📍 LUDHIANA

RG Hospitals, Ludhiana organised a **CME Programme in association with Diabetes Free World at Hotel Onn, Ludhiana**, with the participation of **50+ esteemed doctors** from the medical community.

Key Speakers & Topics:

-Dr. Suman Sethi

(Director & Head – Institute of Nephrology) – RG NexGen

-Dr. Charan Kanwal Singh

(Consultant – Urology) – Latest Innovations in Urology

-Dr. Jagpreet Singh

(Consultant – General Laparoscopic & Minimal Access Surgery) – Gallstones & their Management

The programme served as a valuable platform for **knowledge sharing and clinical updates among healthcare professionals.**



Academic Excellence

📍 DEHRADUN

RG Hospitals, Dehradun successfully organised a **CME Programme in January at Hotel Madhuban, Dehradun**, which witnessed the participation of **over 235 esteemed doctors**. The session served as an engaging platform for knowledge sharing and discussions on important medical topics.

Key Speakers & Topics:

-Dr. Ajay Kumar Gupta

(Consultant – General & Advanced Laparoscopic Surgery) – Anorectal Disease

-Dr. Bhavin Brahmbhatt

(Consultant – Nephrology & Renal Transplant) – Prevention of Acute Kidney Injury

-Dr. Nitish Dev

(Consultant – Urology, Andrology & Renal Transplant) – Urinary Tract Infection (UTI)

-Dr. Tushar Agarwal

(Consultant – Laparoscopic Gynaecology & Obstetrics) – Endometriosis: Causes, Symptoms, Diagnosis & Treatment



Academic Excellence

📍 LUDHIANA

RG Hospitals, Ludhiana (Ferozepur Road) successfully organised a **Workshop on Continuous Renal Replacement Therapy (CRRT) in January**, where **over 20 participants** attended the session and actively engaged in discussions, gaining valuable clinical insights.

Key Speakers & Topics:

-Dr. Suman Sethi

(Director & Head – Institute of Nephrology) – Continuous Renal Replacement Therapy (CRRT)

The workshop served as an interactive learning platform, strengthening knowledge and awareness around **advanced renal care practices**.



Academic Excellence

📍 LUDHIANA

RG Hospitals, Ludhiana organised a **Health Talk in January at Rockman Industries Limited**, where more than **50 female employees** attended the session and actively participated in discussions, gaining valuable health insights.

Key Speakers & Topics:

-Dr. Prerna Goyal

(Senior Consultant – Physician) – Women's Health Awareness

The session focused on promoting **health awareness, preventive care, and overall well-being.**



Academic Excellence

📍 LUDHIANA

RG Hospitals, Ludhiana organised a **Health Talk & Health Camp** at Master Tara Singh Memorial College in January, with participation from over **100 students** and **faculty members**. The session encouraged active discussions and helped attendees gain valuable insights into maintaining better health.

Key Speakers & Topics:

–Dr. Suman Sethi

(Director & Head – Institute of Nephrology) – How to Keep Kidneys Healthy & the Importance of Organ Donation.

More than **80 students** also availed services at the Health Check-up Camp, making the initiative highly engaging and impactful.



Community Connect

📍 KOLKATA

The **Flag Hoisting Ceremony** was held on **26th January 2026 at RG Hospital, Kolkata**, in the presence of hospital authorities, faculty, and staff. The occasion celebrated the spirit of **Republic Day** and reflected RG Hospitals' commitment to **national values and public service**.



Community Connect

📍 LUDHIANA

RG Hospitals organised a **Sukhmani Sahib Paath** in January at RG Stone Hospital, bringing together doctors, hospital staff, and team members in a moment of faith and gratitude.

The gathering reflected a spirit of **unity, positivity, and collective prayers for well-being and success in the year ahead.**



Community Connect

📍 FARIDABAD

RG Hospitals, Faridabad participated as the **Health Partner at Phulkari 4.0**, hosted by the **Greater Faridabad Women's Club** in January, celebrating health and wellness alongside the Sankranti festivities.

The camp saw **40+ gynaecology consultations, 30+ dietitian consultations, and distribution of 250+ health coupons**. **Dr. Palak Dewan (Consultant – Gynaecology)** also delivered a short awareness talk on Cervical Cancer Prevention, highlighting the importance of early screening and timely prevention.



Community Connect

📍 LUDHIANA

RG Hospitals, Ludhiana conducted a **Health Camp at Lions Club, Ludhiana in January**, aimed at promoting preventive health awareness in the community.

More than **50 members availed the services at the Health Check-Up Camp**, benefiting from health screenings and medical guidance provided by the RG team.



Community Connect

📍 NOIDA

RG Hospitals, Noida conducted a **Health Check-up Camp at Zodiac Amrapali, Sector-120, Noida in January**, promoting preventive healthcare and community well-being.

More than **50 residents participated and availed the health check-up services**, making the initiative a successful step towards spreading health awareness in the community.



Community Connect

📍 MUMBAI

Bollywood Mega Health Check-up Camp

RG Hospitals, Mumbai organised the **5th Bollywood Mega Health Check-up Camp in January at Chitrakoot Ground, Andheri West**, bringing together the community for a large-scale healthcare initiative. The event witnessed participation from **over 365 doctors**, making it a remarkable gathering focused on health awareness and preventive care.

The initiative aimed to make quality healthcare more accessible, with the support of renowned medical professionals and special guests.

Key Topics Covered

- Urology Cases
- General Surgery

The camp reflected RG Hospitals' continued commitment to community outreach and better healthcare access.



Community Connect

📍 LUDHIANA

RG Hospitals, Ludhiana (Model Town) organised a **Prostate Cancer Awareness Session in January at the Indian Overseas Bank (Regional Office), Ludhiana**, led by Dr. Punit Bansal (Director & Head – Institute of Urology).

The session focused on **early detection, risk factors, and the importance of timely screening**, with active participation and engagement from the attendees.



Community Connect

📍 EAST OF KAILASH

RG Hospitals, East of Kailash conducted a **Health Check-up Camp** in January at Sant Nagar, Delhi.

The camp saw encouraging participation, with **50+ community members availing the health check-up services**, reflecting RG Hospitals' commitment to community health and preventive care.



Community Connect

📍 LUDHIANA

RG Hospitals, Ludhiana (Ferozepur Road) organised a workshop on **Sexual Harassment of Women at Workplace in January**, aimed at creating awareness and promoting a safe and respectful work environment.

More than **25 female employees** attended the session, actively participated in discussions, and gained valuable insights on workplace safety and rights.



Community Connect

📍 KOLKATA

RG Hospitals, Kolkata conducted a Community Health Camp at ITC Factory, Uluberia in January.

The camp saw encouraging participation, with **over 106 employees availing the health check-up services**, promoting awareness and preventive healthcare among the workforce.



Community Connect

RAJOURI GARDEN

RG Hospitals, Rajouri Garden conducted a **Health Camp at Cambridge School, Delhi in January**, where students and teachers actively participated and availed the healthcare services provided during the camp.

The initiative aimed to promote health awareness and preventive care within the school community.



Community Connect

📍 EAST OF KAILASH

RG Hospitals, East of Kailash conducted a **Free Health Camp** in association with **BOSA** (Birla Old School Association) at **Birla Vidya Niketan School**, New Delhi in January, led by **Dr. Ankit Grover (Consultant - Nephrology & Renal Transplant)**.

The camp witnessed an overwhelming response, with **8000+ students** and parents availing the healthcare services. The initiative reflected RG Hospitals' continued commitment to **community health and preventive care**.



Achievements

GREAT PLACE TO WORK® CERTIFICATION | RG HOSPITALS

RG Hospitals proudly earned the **Great Place To Work®** Certification for the period **January 2026 – January 2027**, marking another significant milestone for the organization.

This recognition reflected the **trust, commitment, and collaboration of the entire RG team**, who participated enthusiastically in the survey and continue to make RG a workplace where people feel **valued, supported, and inspired to grow**.

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compassion, commitment & care.

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Navy Duathlon 2026

GOA

FROM GRIT TO GREATNESS | RG HOSPITALS x INDIAN NAVY

RG Hospitals, in collaboration with the **Indian Navy**, proudly supported the Goa Navy Duathlon 2026, a dynamic event that celebrated endurance, fitness, and determination.

The event brought together participants for an exciting challenge of running and cycling, reflecting the true spirit of strength and perseverance.

Held in **January**, the duathlon created an inspiring atmosphere of energy, discipline, and sportsmanship, encouraging everyone to Run. Ride. Conquer.



Celebrations

📍 LUDHIANA

DIETETICS DAY

RG Hospitals, Ludhiana celebrated **Dietetics Day in January**, highlighting the importance of healthy nutrition and balanced eating habits.

Highlights Of The Celebration

- Nutrition Skit:** An engaging performance spreading awareness about healthy eating.
- Soup Distribution:** Promoting nutritious and balanced diets.
- Felicitation Ceremony:** Honouring dietitians & staff for their valuable contributions.



The celebration reflected the vital role of **nutrition** in maintaining a healthy lifestyle.

Celebrations

GOA

DIETETICS DAY



Celebrations

📍 EAST OF KAILASH

DIETETICS DAY



Celebrations

📍 LUDHIANA

LOHRI



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

Gynaecology Malignancies

- Uterine Cancer
- Cervical Cancer
- Ovarian Cancer

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
- Breast Health

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

Other Departments

- Gastroenterology
- Nephrology
- Dialysis
- Internal Medicine
- Intensive Care Unit (ICU)
- Emergency Services

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OUR CENTRES



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GOA

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