



REMARKABLE MEDICAL MILESTONE ACHIEVED AT PSG HOSPITALS

We are thrilled to share a recent medical achievement at PSG Hospitals, exemplifying our commitment to excellence in healthcare. Our dedicated team successfully performed a complex limb salvage surgery - **Extra articular Proximal Humerus resection** (Type V B) on a 14-year-old girl diagnosed with Osteosarcoma of the Humerus.

This extraordinary achievement was made possible through the collaborative efforts of our highly skilled teams. The Oncology Team Led By our Senior Consultant & Surgical Oncologist **Dr. K.S.Rajkumar** MS, MCh (Surg Onco), FRCS Ed, MFSTEd, FACS and The orthopedic team under the leadership of Major **Dr. KAMALANATHAN** MBBS, MS General

Surgery D. Ortho, DNB Ortho MNAMS (Ortho) played a pivotal role, showcasing their expertise. Additionally, the anesthesia team, led by **Dr. M.S. PRASANTH KUMAR** M.B.B.S , DA, DNB, MNAMS, ensured the patient's comfort and safety throughout the 12-hour marathon surgery.

We express our sincere gratitude to **Dr. ANANTHANARAYANAN** MBBS, MS (General Surgery), MCh (CTVS) for his invaluable contribution to vascular reconstruction. The collective efforts of the nursing and OT staff were indispensable, providing immense support during this challenging surgical endeavor.

*Transforming
Lives through*

PATRONS

Dr. J.S.Bhuvananeswaran
Dr. T.M.Subba Rao

Editorial Board:

Dr. Vimal Kumar Govindan
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▶ ADVANCED

LIMB

SALVAGE

SURGERY

Innovative Technology in Healthcare

In line with our commitment to embracing cutting-edge technology, a custom-made prosthesis was created for the patient using 3D printing technology. This not only demonstrates our dedication to innovation but also highlights our ability to tailor solutions to meet the unique needs of our patients.



Witness the Triumph

This achievement holds particular significance as it enables the patient to pursue her goal of writing her SSLC board exams, a testament to our commitment to not only treating ailments but also restoring the normalcy of life for our patients.



The Journey Towards Healing Continues

The success of this surgery reaffirms PSG Hospitals' commitment to excellence in healthcare. We take pride in our dedicated teams, advanced technologies, and the positive impact we have on our patients' lives.

As we continue to push boundaries in medical care, we invite you to join us in celebrating this remarkable achievement. Together, we strengthen the foundation of knowledge, promote excellence, and exhibit the PSG Hospitals as a beacon of innovation in healthcare.

PSG HOSPITALS MAKES COUNTRY PROUD BY PERFORMING WORLD'S FIRST ROBOTIC COMPLEX CONGENITAL HEART SURGERY

In a groundbreaking achievement **Dr. C. Ananthanarayanan** a renowned senior consultant cardiac surgeon of PSG Hospital has successfully performed the world's first ever robotic congenital heart surgery, a significant milestone in the field of cardiac care in the country. In an exclusive interview, Dr. Ananthanarayanan shed light on the immense potential of robotic surgery, its advantages over traditional methods and the promising future it holds for patients of all ages.

BREAKING THE BOUNDRIES:

Dr. Ananthanarayanan highlighted that Robotic Heart Surgery has already demonstrated exceptional outcomes in some of the commonly performed cardiac procedures. Till now surgical Robots were used in treating adult patients and their diseases. Using surgical robot to treat complex congenital heart diseases is unheard of till now. We are happy that we could achieve this feat with the excellent precision of Robotic vision and could give results comparable to the traditional sternotomy approach. We see this as a significant step not only for our hospital, but also for the entire cardiac surgical society and the country as well.



EMBRACING TECHNOLOGICAL ADVANCEMENTS:

Traditionally, open-heart surgery necessitates a sternotomy, cutting of the sternum [chest bone]. However, with the rapid advancements in technology and surgical techniques, surgeons transitioned towards minimally invasive procedure, preventing the need for sternotomy. Dr. Ananthanarayanan emphasized that Robotic Heart Surgery represents the next evolutionary step in cardiac surgery. By harnessing the power of advanced robotics, surgeons can now perform intricate procedures with enhanced precision and minimal invasiveness.

ADVANTAGES OF ROBOTIC HEART SURGERY:

Robotic Heart Surgery presents a multitude of advantages that significantly benefit patients' post-operative experience. One notable advantage is the substantial reduction in post-operative pain, enabling individuals to return to their normal

lives sooner than ever before. While typical heart surgeries required patient s to rest for a month or more, those undergoing Robotic Heart Surgery can resume their regular activities within two weeks. The accelerated recovery not only enhances the overall recovery time but also minimizes the impact on their daily routines and responsibilities.



MINIMIZING BLOOD USAGE:

Another noteworthy advantage of Robotic Heart Surgery is the minimal utilization of blood products. In conventional heart surgeries, patients often require transfusions of one or two units of blood and blood products. However, Robotic Heart Surgery significantly reduces or even eliminates the need for blood transfusion. This breakthrough not only benefits patients but also contributes to more efficient healthcare practices, conserving valuable resources and reducing the risks of complications associated with blood transfusion.

A LIFE-ALTERING SUCCESS STORY:

Our success story is about a 15-year-old girl who developed breathlessness even while doing routine household activities. She was diagnosed to have a complex birth defect in her heart named as "Partial Atrio-Ventricular Canal Defect (P-AVCD)". The defect leaves a big hole between the upper chambers of her heart and under development of an important valve of her left heart (Mitral Valve) leading to leakage of blood from her heart in backward direction with every heartbeat. The correction of this defect involves two components, repairing the underdeveloped valve and closing the hole between the two upper

heart chambers. Incidentally, during surgery, her right heart's valve (Tricuspid valve) was also malformed and required repair. Excitingly, Dr. Ananthanarayanan and his team with the able assistance of Dr. Saravana Rajamanickam [renowned robotic thoracic surgeon] could successfully correct all three defects inside her heart using a Surgical Robot. Astonishingly, the patient was discharged in just three days and is now on track to resume her studies within a week. The versatility of Robotic Heart Surgery paves the way for expanded treatment options, providing patients with safer and more effective alternatives.

THE FUTURE BEHOLDS MORE SURPRISES:

Dr. Ananthanarayan expressed with confidence that in future, even more complex procedures might be feasible through Robotic Heart Surgery. PSG Hospital's advanced robotic systems provide a solid foundation for further advancements in this cutting-edge field.



Dr. C. Ananthanarayanan

Robotic Heart Surgery has ushered in a new era of cardiac care, offering enhanced outcomes, reduced pain, and quicker recovery times. PSG Hospitals, under the guidance of Dr. Ananthanarayanan, have emerged as pioneers in this revolutionary approach, poised to shape the future of cardiovascular surgery. As the medical community continues to embrace robotic technology, we can anticipate a time when even the most intricate cardiac procedures will be routinely performed using the remarkable precision and efficiency of robotic-assisted surgery.

REVOLUTIONIZING COSMETIC CARE

Advances in Gynecomastia Management at PSG Super Speciality Hospitals

PSG Super Speciality Hospitals, known for their commitment to education, promotion, and exhibition of cutting-edge medical practices, boast a dedicated Department of Aesthetic / Cosmetic Surgery. Led by the experienced **Dr. Radhakrishnan.V** M.B.,B.S., M.S., (General Surgery), M.Ch., (Plastic Surgery), this department is equipped with state-of-the-art technology aimed at enhancing external beauty and boosting self-confidence.

Recent Advances in Gynecomastia Management

Gynecomastia, the non-cancerous enlargement of male breasts, is now better understood and managed at PSG Hospitals. It can result from hormonal imbalances during various life stages or be linked to underlying health conditions. The hospital's approach involves a thorough diagnosis and evaluation process, including advanced techniques like ultrasound, mammogram, and MRI scans.

Diagnosis and Evaluation

To accurately diagnose gynecomastia, PSG Hospitals employ a comprehensive approach, combining a detailed medical history, physical examinations, and state-of-the-art radiological investigations. The differential diagnosis rules out other conditions, ensuring precise identification.


Grading of Gynecomastia

The severity of gynecomastia is categorized

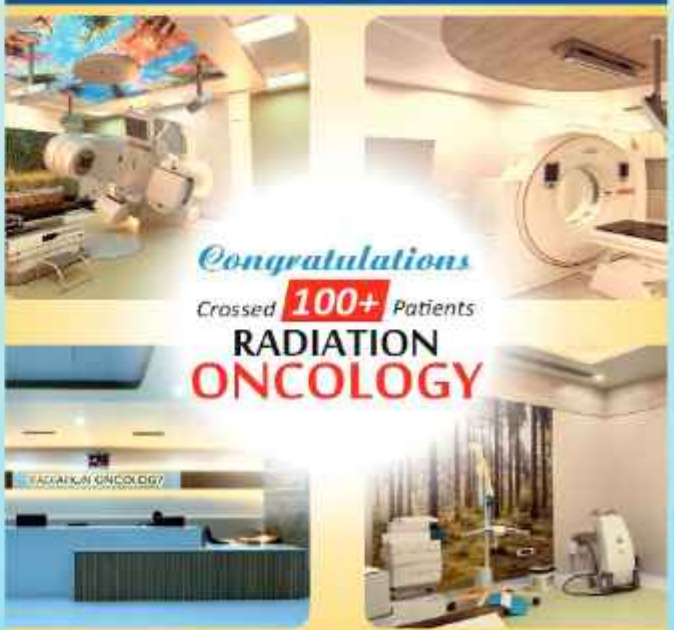
into various grades, aiding in the formulation of appropriate treatment plans. PSG Hospitals follow the latest classifications, such as Punia & Gupta, for accurate assessment.

Treatment Options

Medical and surgical interventions are tailored based on the grade, size of breasts, tissue involvement, and patient needs. Medical treatments, including selective estrogen receptor modulators (SERMs) and aromatase inhibitors (AIs), are employed effectively within the first two years of breast enlargement. Surgical options, ranging from liposuction to excision, address cases not responding to medical treatment or presenting psychological distress.



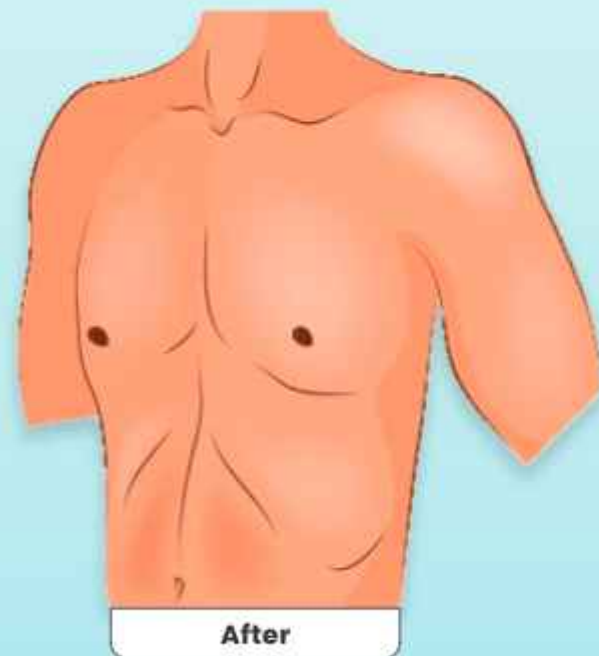
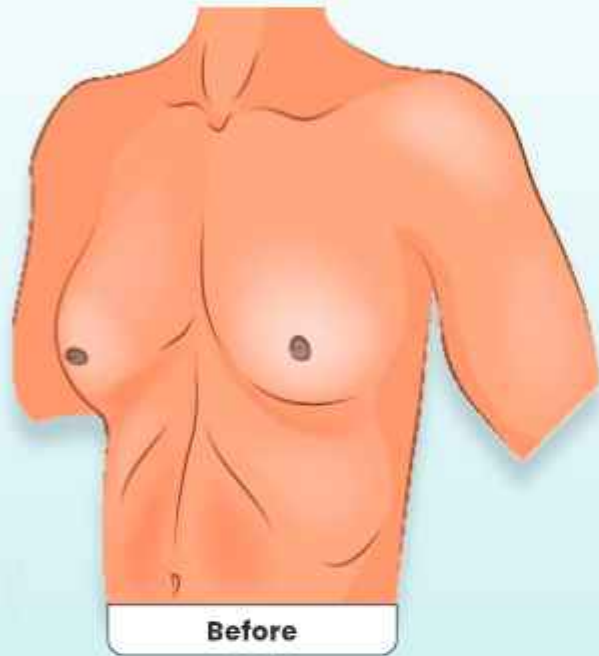
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Surgical Modalities :



PSG Hospitals' surgical management aligns with the latest classifications, ensuring a patient-centric approach. The procedures are chosen based on the grade of gynecomastia, size of breasts, and the presence of excess skin.

While surgical interventions are generally safe, PSG Hospitals acknowledge potential complications like seroma, hematoma, infection, and scarring. Postoperative care, including the use of gynecomastia vests for three months, ensures optimal recovery.

Gynecomastia, a prevalent cosmetic concern for many, finds expert attention at PSG Super Speciality Hospitals. The hospital emphasizes proper counseling, thorough evaluation, and precise surgical techniques to deliver results that meet or exceed patient expectations. With a focus on education, PSG Hospitals continue to lead the way in revolutionizing cosmetic care.



ADVANCED CERVICAL AND UTERINE CANCER TREATMENT

Multi-Channel Flexitron (Elekta) High Dose Rate (HDR) remote after loading Brachytherapy Machine with Iridium-192 radioactive source.

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HEALTHY MIND, HEALTHY BODY : PROMOTING POSITIVE MENTAL HEALTH

Dr. Anuja S. Panicker

Mental health is more than just the mere absence of mental disorders. It is a state of mental well-being that enables people to cope with life stressors, make appropriate decisions, build healthy relationships and effectively carry out responsibilities. Mental health is a basic human right which is crucial for personal, community and socio-economic development.

Positive mental states (such as happiness, contentment, optimism) help build our self confidence and a proactive outlook towards life and life situations. Gratitude is one such positive emotional response, which we perceive on giving or receiving a benefit from someone. Expressions of gratitude help in building and sustaining long term relationships, deal with adversities and bounce back from them with strength and motivation.

How can we promote positive mental health in our daily lives?

- Maintain a regular physical fitness routine, eat healthy, sleep adequately
- Be self efficacious - Identify and work proactively towards your goals
- Take ownership of your life experiences and avoid blaming your situation on events beyond your control
- Remain active – education/ work/ home/ hobbies
- Maintain a positive outlook in life- appreciate the small pleasures in life,

practice gratitude towards things you feel grateful for

- Accept changes in your environment (workplace/school/family)
- Connect with others- cultivate healthy relationships

In order to spread the awareness of the importance of mental health to staff and health care professionals of PSG Hospitals, the Hospital Counselling Center (HCC) observed World Mental Health Day through 'IGNITE 2023'. The Chief Guest was Mrs. Swarnalatha J, Managing Trustee, Swarga Foundation who spoke on 'Embracing positive mental health in our life journey'. The additional activities included mental health exhibition, skit 'MatrameMunetram' by the Hospital Counsellors and psychoeducative poster session.

We invite applications for the following Specialities

The world's best Oncology equipments @ PSG
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- ▶ Preventive and Community Oncology
- ▶ Medical Oncology
- ▶ Paediatric Hemato-Oncology
- ▶ Radiation Oncology
- ▶ Surgical Oncology
- ▶ Palliative Care Professionals



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Care Built on Trust and Expertise





'IGNITE 2023' - Program conducted for Health Care Professionals and Staff



Chief Guest - Mrs.Swarnalatha J, Managing Trustee, Swarga Foundation



Guests of Honor - Dr.J.S.Bhuvaneshwaran, Director, PSG SSH



Guests of Honor - Dr. T.M. Subba Rao Principal, PSGIMSR



'Matrame Munetram'- Skit by Hospital Counsellors



Display of Mental Health Exhibition in front of A- Block, PSG Hospitals



Distribution of Prizes for the Poetry Competition conducted for students



Poetry Competition conducted for Students of PSGIMSR

