



# MGM POST

MEDICAL NEWSLETTER

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# CONTENTS

P3-4

Message from the Director  
Awards

P5-20

Healthcaring Chronicles

P21-23

Healthcaring Stories  
Health Quiz  
Do's & Don'ts

P24-29

Initiatives

P30-31

MGM Gallery

## MESSAGE FROM THE DIRECTOR



**Dr Prashanth Rajagopalan**  
Director

"Transforming lives starts with transforming care."

When we began this journey six years ago, our mission was ambitious yet clear: to redefine healthcare delivery by placing clinical excellence, cutting-edge infrastructure, and obsession over patient care at the heart of everything we do. Today, that vision is not just alive it is thriving. It fills me with immense pride to witness MGM Healthcare evolving into a symbol of world-class care. Our MGM SevenHills Hospital in Visakhapatnam and MGM Malar in Adyar are providing honest, caring and best-in-class medical treatment to our patients making our dedication to cutting-edge care, cutting-edge facilities, and putting patients first always unwavering. This edition of MGM Post captures that spirit highlighting some truly awe-inspiring moments: renal re-transplant for a child born without abdominal veins, Eagle's Syndrome, and neuralgia treatment performed by the dedicated team at MGM Healthcare. Behind every achievement stands our extraordinary team our doctors, nurses, technicians, and support staff whose relentless commitment to the "healthcaring" movement fuels our momentum every day. They are the reason MGM Healthcare continues to raise the bar and touch lives in profound ways. As we look to the future, our promise remains the same: to care better, to do more, and to never stop striving for excellence in everything we do. Together, let's continue this journey of extraordinary care.

# AWARDS



- MGM Healthcare recognized as an Eat Right campus by FSSAI - 2025
- Dr K.R Balakrishnan awarded as the most popular Cardiac Surgeon by Incredible India - 2025
- Abdominal wall reconstruction surgeon's community - Centre of Excellence in Hernia AWR Surgery - 2025
- Mahindra RiseWell Awards - Health and Wellness, Commitment to excellence in healthcare - 2025
- Tata Consultancy Services (TCS) - 'Aarokiyam 2025' workplace wellness - MGM Healthcare and MGM Malar - Adyar - 2025
- Times Network India Health Awards. The awards include: All India Best in Organ Transplants - All India Best in Emerging Neurology Hospital - Best Orthopaedic Hospital - Chennai - 2024
- Center of Excellence - Abdominal Wall Reconstruction & Hernia Surgery (COE-AWR) - 2024
- ET Healthcare Awards 2024 - recognized as the Multi-Specialty Hospital of the Year, South, and Hospital of the Year - Orthopaedics, South - 2024
- Outlook Best Hospital - 2024  
MGM Healthcare has been awarded 20 Speciality Awards and is ranked No. 1 in Chennai



## A New Chapter Begins: Triumph Over Spinal Pain with Expert Care at MGM Healthcare

Every patient's path at MGM Healthcare reminds us of the reason we work at what we do. Every diagnosis is accompanied by a human being with hopes, obligations, and dreams; when pain disturbs those, our work becomes not only in treating but also in restoring dignity, movement, and confidence.

Today we are privileged to share the brave journey of 56-year-old Kolkata resident Mrs. Seema Shah, who turned to MGM Healthcare not once but twice, trusting us with her care through two quite different phases of her life.

Mrs. Shah arrived at MGM Healthcare initially for a minor surgical operation. Her encounter on that visit, which was characterized by attentive care, effective treatment, and sympathetic staff, stayed with her. She thus decided to go back to the place she most trusted when life unexpectedly changed and she started having extreme lower back pain that extended to both legs.

Over time, her symptoms got worse. Daily life had grown challenging; sitting, standing, even walking for more than five minutes was a challenge. The suffering affected her emotional well-being, independence, and capacity to engage in her daily activities in addition to her physical ones. Her diagnosis was L4-L5 lumbar canal stenosis, a disorder in which the spinal canal narrows and compresses the nerves, so causing great pain and limited mobility.

Mrs. Shah was advised to see Senior Consultant at the Department of Spine Surgery, Mr. G. Vijayaraghavan, known for his knowledge in treating difficult spinal conditions using minimally invasive techniques, as her quality of life was fast declining. Following extensive evaluation, the medical team decided on a left L4-L5 interlaminar endoscopic decompression and discectomy in addition to over-the-top decompression on the right side, a surgery meant to relieve the pressure on her spinal nerves and enable her to restore her freedom of movement.

Mrs. Shah had the advanced surgical operation in the modern spine surgery suite at MGM Healthcare on April 21, 2025. Using a minimally invasive endoscopic technique, the surgery guaranteed less pain, less disturbance of the tissue, and a faster recovery time than more conventional techniques. Perfect results came



from the surgical and anaesthetic teams' flawless coordination as well as from the procedure's accuracy.

What followed was absolutely amazing. Mrs. Shah was pain-free, walking comfortably, and smiling once more—her mobility restored, her confidence rebuilt—two days later. She was released and could go back to Kolkata, her body free from the suffering that had kept her back captive for so long and her heart full of hope.

Mr. Priyashman Shah, her son, expressed great thanks to the surgical team, every staff member who helped his mother heal, and all other aspect of the hospital. He praised the world-class facilities, open communication, and compassionate treatment that helped to make a difficult trip seem less daunting and more hopeful.

At MGM Healthcare, we see compassion, clinical excellence, and creativity as means of transforming lives. Every recovery narrative is a shared triumph, one belonging to the patient, their family, and the committed caregivers at their side.

To Mrs. Seema Shah, we say thank you for your trust, tenacity, and bravery. We wish you ongoing good health, happiness, and the freedom to welcome each moment as you start this new, pain-free chapter of life.



## A Second Chance at Life: Historic Renal Re-Transplant for a Child Born Without Abdominal Veins

Every life we touch at MGM Healthcare tells a story of hope, fortitude, and bravery. Every patient challenges us to go beyond limitations and reassess what is feasible in terms of both humanity and medicine.

We are immensely honored to present today the amazing journey of a 12-year-old child from Rajasthan whose story shows not just survival but also medical success, compassion, and ground-breaking therapy. The youngster was born with a rare V4 venous abnormality that kept them from having the main abdominal veins required for regular blood flow. Most people felt a kidney transplant was not a possibility due to this rare and complex disorder. Early on, he bravely underwent his first kidney transplant, but sadly it did not go as planned. Almost no options existed, and optimism seemed far off.

But MGM Healthcare recognized a mission where others would find impossibility.

Under the guidance of Dr. Anil Vaidya, the chair and head of the Institute of Multi-Visceral and Abdominal Organ Transplant, with the support of a remarkable team including interventional radiologist Dr. Ram Gurajala, a new route was literally created. Dr. Ram performed dialysis using the unusual trans-lumbar approach as there was no standard venous access, therefore ensuring the youngster could be dialyzed safely for several months.

This discovery enabled a child whose anatomy defied traditional treatment to undergo a successful renal re-transplant. Reusing venous paths from the prior transplant with surgical creativity and meticulous preparation, the team transformed an almost unthinkable problem into a life-saving reality.

The treatment proceeded smoothly. Free from difficulties and with fresh vitality, this strong young boy is playing, smiling, and fantasizing as he recovers today—as any 12-year-old should.

Overwhelmed with gratitude and emotion, his parents commend MGM Healthcare for providing their son not only a second kidney but also a second shot at life. Saying, "Where others turned us away, MGM gave us hope," they conveyed their real appreciation.

MGM Healthcare believes that medicine is about the heart just as much as it is about the science. It's about having the guts to risk and doing it with conviction and compassion.

We want to thank you for your faith in us, your strength, and your trust—that of a courageous young child and his devoted family. We wish your next chapter is one of health, happiness, and endless possibilities.

# A Global First in Healing: One Man's Journey from Pain to Possibility at MGM Healthcare



Every day at MGM Healthcare, we see the power of the human spirit—in the eyes of our patients, in the quiet determination of their families, and in the unrelenting dedication of our medical teams. Every now and then, though, a narrative emerges that redefines what is feasible for medicine itself as well as for any one patient

This is the narrative of a thirty-two-year-old man who arrived at us with a rare and life-altering illness called diffuse primary intestine lymphangioma. He had struggled with terrible blood diarrhea, malnutrition, frequent infections, and agonizing stomach swelling for years. Eating turned out challenging. Life was draining. Not one hospital had been able to provide a workable answer either.

He had almost given up hope until he got to the Institute of Multi-Visceral and Abdominal Organ Transplant at MGM Healthcare.

Under the direction of Dr. Anil Vaidya, Chair and Director of the Institute, a team here perceived a task worth confronting rather than a hopeless one. Experts comprising Prof. Dr. Ramakrishna, surgeons Dr. Senthil Muthuraman, Dr. Sivakumar Mahalingam, Dr. Dinesh Babu, and Dr. Nivash Chandrasekaran supported a daring choice to try the first Modified Multi-Visceral Transplant (MMVT).

There was no regular surgery here. The team replaced the patient's stomach, pancreatico-duodenal complex, small intestine, large

intestine, all organs badly impacted by the disease in one single, remarkable procedure. But they innovated, not only replaced. In order to lower the possibility of rejection and enhance the performance of the replacement organs, surgical changes were implemented.

The leadership of TRANSTAN, the kindness of an organ donor, and the committed help of Dr. N. Gopalakrishnan helped the impossible to become real.

The patient's metamorphosis is amazing. From being unable to eat or walk without pain, he is now on the road to recovery, building strength daily, having his life and dignity rebuilt.

Emotionally, he said, "this surgery gave it back to me; it did not only save my life."

Every patient, in our opinion at MGM Healthcare, needs not only treatment but also an opportunity to live totally. Not only is this historic accomplishment a medical first for India and the globe, but it also tells a tale of bravery, teamwork, and the infinite possibilities of treatment motivated by goal.

To the courageous young man handing his life to us—thanks. Our greatest thank you is your recovery. Your path motivates us to keep stretching limits for every patient that passes through our front door.

# A Life Without Pain: Rewriting the Story of Throat and Neck Agony with Robotic Precision at MGM Healthcare

Every life we come into contact with at MGM Healthcare reveals bravery, resiliency, and the relentless human yearning to live without pain. Some travels start in solitude, with suffering concealed under daily grins. But breakthroughs occur when that suffering is intolerable and all the paths seem to be closed.

Today, we are humbled to tell the amazing tale of a 52-year-old Chennai woman who lived with almost a year of extreme, stabbing agony in her throat and neck. Eating became difficult, swallowing a daily battle, and the weight of suffering made every motion slow. Her condition did not change even with many visits and drugs.

The diagnosis was bilateral glossopharyngeal neuralgia, a rare disorder made more difficult by Eagle's Syndrome, in which enlarged bones deep in the neck were pressing on delicate nerves producing continuous, radiating pain. Conventional operations presented little comfort, and the hazards were rather great.

But at MGM Healthcare, we saw a woman deserving of her life back, not only a diagnosis.

Under the capable hands of Senior Consultant and Head of the Department of ENT, Head & Neck Surgery Prof. Dr. Sanjeev Mohanty, a trail was pioneered. Transoral Robotic Surgery (TORS) was selected instead of traditional open operations requiring external incisions and pose greater risks—done through the mouth utilizing robotic arms with extraordinary accuracy.

In what is now India's first successful TORS for Bilateral Glossopharyngeal Neuralgia, the surgical team accessed the deep neck areas and gently removed the elongated styloid processes — the very bones causing her relentless suffering — without upsetting surrounding vital structures like the tonsils and blood vessels.

Consequently Not even mildly transforming.

She noticed a sharp decrease in pain hours after the procedure. She could swallow once more, and the constant neck discomfort that had tormented her vanished. Two days later she left MGM Healthcare not just pain-free but also with her quality of life restored.

Dr. Mohanty thought back on this medical first: "Accessing such narrow, delicate places through the mouth without exterior wounds was a great



difficulty. With TORS, however, we were able to move delicately and under great control well into the parapharyngeal space. Once unthinkable, this operation is now a reality providing patients with fast recovery, little scarring, and long-lasting relief.

Although TORS has long been utilized for throat malignancies and tumors, at MGM Healthcare it represents a new chapter in advanced care for Eagle's Syndrome and neuralgia. With just a small number of such cases ever documented globally, it also marks India on the map of surgical innovation internationally.

To this brave woman who endured so much with quiet strength your healing inspires us. Your journey is not just one of medical innovation, but of hope reclaimed.

At MGM Healthcare, we remain committed to pushing the frontiers of what medicine can do with compassion, precision, and a belief that every patient deserves to live free from pain.

# Robotic Partial Nephrectomy using the MGM Healthcare SSI Mantra Platform

**Dr Shivraj Barathkumar** - Senior Consultant,  
Urology, Uro-oncology & Robotic Surgery, MGM Healthcare.

A New Frontier in Management of Complicated Renal Masses

## What is partial Nephrectomy?

During a partial nephrectomy, a tumor or damaged section of the kidney is removed surgically with as much healthy tissue left as feasible. Particularly when the tumor is tiny or positioned so that kidney function can be preserved, it is the recommended treatment for localized renal cell carcinoma (RCC).

Using the first indigenously designed robotic platform in India, the SSI Mantra Robotic Surgical System, we successfully completed a robotic partial nephrectomy at MGM Healthcare.

## The Patient Case

The woman, 64, showed up with hematuria—that is, blood in urine—along with a history of hypertension.



## Diagnostic Imaging:

- Ultrasound revealed a right kidney mass.
- CT scan revealed a 6.2 x 5.6 cm complex tumor near the renal sinus, with possible calyceal involvement

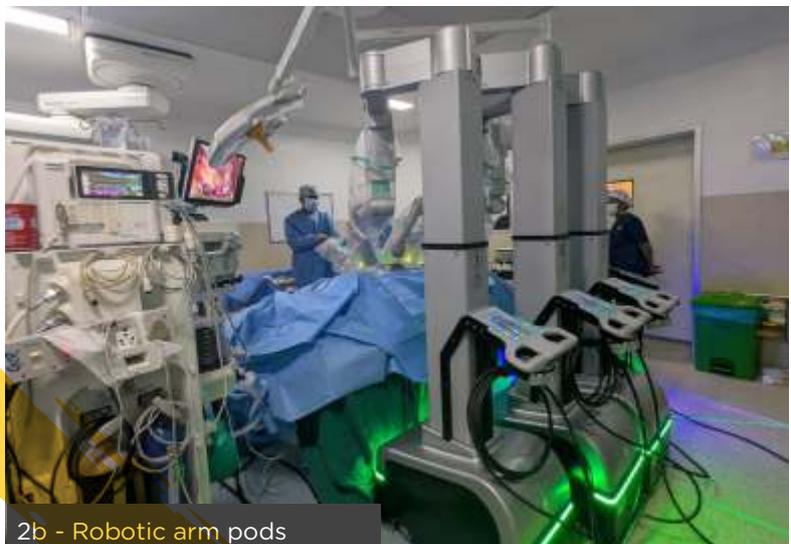
Given its 10X complexity score, the tumor presented a difficult surgical scenario. After careful review and counseling, our multidisciplinary team—led by Dr Shivraj Barathkumar—selected a robotic partial nephrectomy.

## Procedure:

The SSI Mantra Surgical Robot provides four independent robotic arms for increased accuracy; an open console for enhanced ergonomics; seamless docking for more seamless surgical operations.



2a - surgeon console



2b - Robotic arm pods

By allowing a precise and safe tumor removal, this improved technique preserved important kidney tissue.

Tumor removed totally; healthy kidney preserved; less blood loss (<200 ml) compared to conventional open surgery; discharged on Day 3 post-surgery; no serious complications and patient remains under regular follow-up.

### Why Robotic Surgery for Kidney Tumors?

Partial nephrectomy with robotic assistance offers major benefits:

- Faster healing; less blood loss
- Reduced complication rates
- Improved functional results
- Exact management of difficult cancers

### Professional Views from Dr Shivraj Barathkumar

Robotic technologies such as the SSI Mantra enable us to tackle difficult kidney malignancies with more safety and accuracy, therefore preserving organs and improving patient outcomes.

### When Should You Consider Evaluation?

If you have

- Blood in your urine
- Flank pain
- Unexplained weight loss
- A known kidney mass

Don't wait to diagnose. Early identification and action can change a life.

### Conclusion

Using the SSI Mantra platform effectively at MGM Healthcare shows our dedication to innovative urological oncology treatment. We keep redefining what is feasible in organ-preserving cancer treatment by use of modern robots.

# Revealing a Hidden Tumor: Appreciating Retroperitoneal Paraganglioma in a Young Woman

**Dr Patta Radhakrishna**, Director,

Dept of Surgical Gastroenterology and Minimal Access Surgery, Malar-MGM Hospital.

**Dr Vidya Mohanram**, Head, Dept of Anaesthesiology, Malar-MGM Hospital

**Ms Swarnalakshmi Dhanasekar**, Physician Associate,

Dept. of Surgical Gastroenterology, Malar -MGM Hospital.

## What is it Retroperitoneal Paraganglioma?

Rare neuroendocrine tumors arising from chromaffin cells outside the adrenal glands are called retroperitoneal paragangliomas. Usually forming in the retroperitoneal region, a deep section of the abdomen, these tumors may or may not generate hormones.

Though rare, these tumors should be taken into account in young patients with hypertension or inexplicable stomach pain.

## Things to Look Out for Symptoms

In this instance, a thirty-year-old woman came in exhibiting the following:

- Right lower abdominal discomfort extending backward
- Two to three kilogramme unexplainable weight loss
- Background of systematic hypertension—that is, elevated blood pressure

Diagnosing a hormone-producing tumor was more difficult without the traditional symptoms—such as palpitations, sweating, or headaches.

## Identification and Imaging

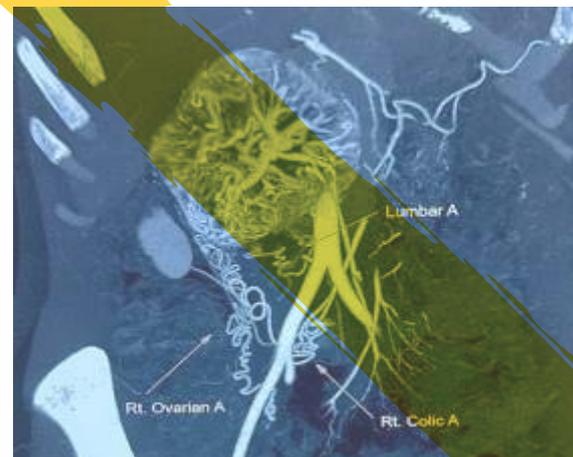
Located in front of the inferior vena cava (IVC); below the head of the pancreas; a clearly defined retroperitoneal mass measuring roughly 7.6 x 6.5 x 9.3 cm; abutting adjacent tissues including the duodenum and gallbladder on a CT scan

## CECT abdomen -showing the tumour

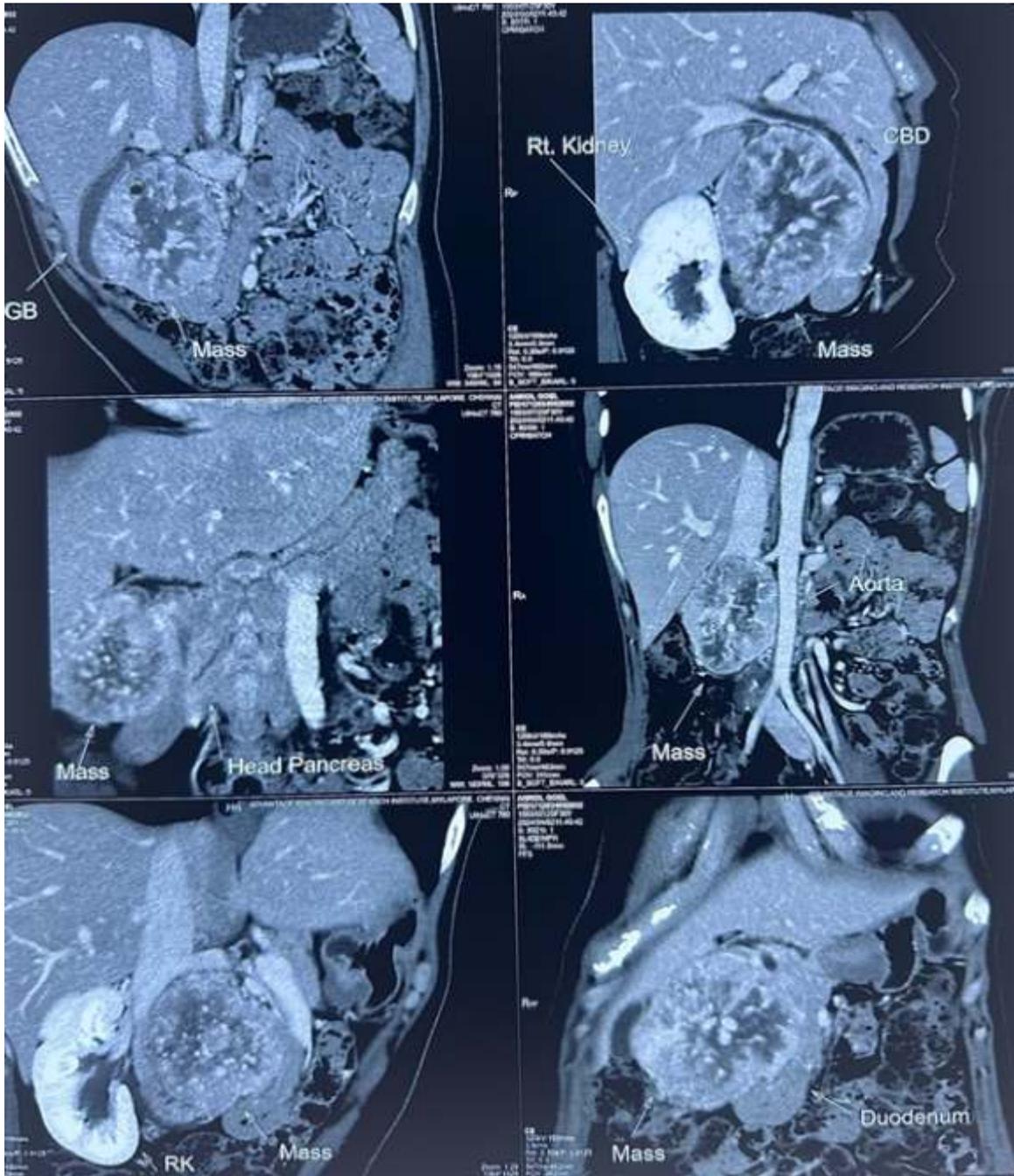


The imaging pointed to a non-functional neuroendocrine tumor most likely a paraganglioma.

A follow-up CECT on April 2, 2024, confirmed a well-circumscribed mass with features suggestive of a neuroendocrine tumor, most likely a retroperitoneal paraganglioma.



## CT Reconstruction



### Preparatory Evaluation

Although these tumors can induce blood pressure rises during surgery, this patient:

- Had well-controlled blood pressure on medication
- Showed no symptoms of catecholamine excess
- Was optimized with IV fluids and thoroughly monitored.

### Test not Performed:

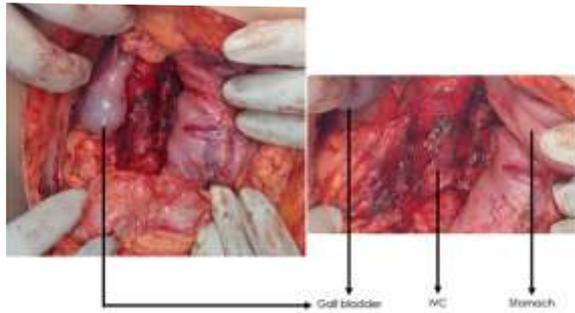
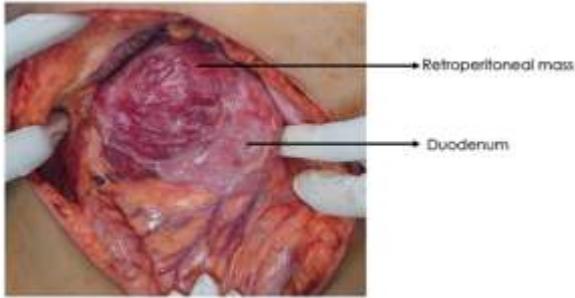
The absence of symptoms and practical considerations caused skipping of the 24-hour urine metanephrines and MIBG scan.

### Anesthetic Management and Surgical Technique

On April 11, 2024, laparotomy saw the tumor surgically removed. Important surgical conclusions included:

- Complete tumor excision free of problems
- Mass squeezing the IVC and portal vein
- No penetration into the pancreas or major veins

### Intraoperative Picture (1)



### Intraoperative Picture (3) showing the associated structures

Epithelioid with necrosis; capsular invasion observed but no lymphovascular spread; negative nodes; final diagnosis: extra-adrenal paraganglioma, unifocal, pT2N0

#### Recovery and Outcome:

Patient was asymptomatic; discharged on postoperative day 4; at 3-month follow-up: no recurrence; no antihypertensive medication was needed.

#### The Value of This Case

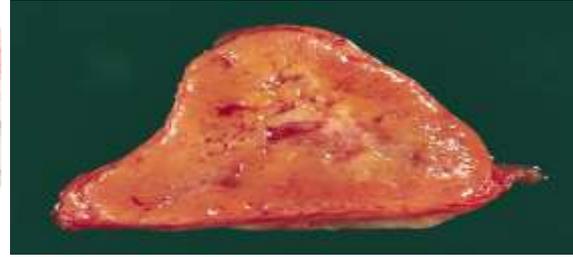
This case emphasizes important teachings:

### Highlights of Anesthesia

The patient was extubated successfully and had an uneventful recovery. Magnesium Sulfate infusion helped regulate possible catecholamine release; IV medicines helped manage intraoperative hypertension crisis; fluid and vasopressors helped control post-tumor removal hypotension.

### Results of Histomorphology

With a weight of 100 grams, the tumor dimensions is 9 x 7 x 5 cm; the pattern is zellballen architecture, common for paraganglioma.



Although they can show without traditional symptoms, thorough imaging and surgical preparation are absolutely essential; team-based therapy involving pathologists, anesthesiologists, and gastroenterologists guarantees superior outcomes.

Possible hereditary syndromes (e.g., SDHB, VHL, RET) need for long-term genetic screening and follow-up.

#### Conclusion

Even if modest, young patients with stomach pain and hypertension should be checked for unusual causes like retroperitoneal paraganglioma. Excellent recovery might result from early discovery and appropriate surgical treatment.

# Robotic Surgery: A Boon for Prostate Cancer Patients

Dr Vasantharaja Ramasamy & Dr Rasik Fareed

Department of Urology, Uro-Oncology & Robotic Surgery  
MGM Healthcare Malar, Adyar, Chennai

## What is Prostate Cancer?

Among the most often occurring malignancies afflicting males, particularly those over the age of 50, is prostate cancer. Often growing slowly, it can not present symptoms in the early phases. On the other hand, untreated it might spread and turn fatal.

Effective treatment of prostate cancer depends much on early diagnosis. Targeted biopsies, MRI scans, and Prostate-Specific Antigen (PSA) tests enable clinicians to identify the disease in an early, treatable stage.

## Why Is Robotic Surgery Crucially Important for Prostate Cancer?

Modern treatment of prostate cancer has been revolutionized by robotic-assisted surgery. Robotic operations provide more accuracy than conventional open or laparoscopic surgery and better view of the operating site.

- Little cuts and little bleeding
- Faster recuperation and shorter hospital stays
- Enhanced urine and sexual functions maintenance as well as cancer control

## A Case Study from Real Life

A 69-year-old male arrived complaining of urinary difficulties. Upon investigations, it was found that he had an 80 ml enlarged prostate, and medication were not helping. The PSA test conducted regularly revealed a somewhat high value—8.2 ng/ml. MRI turned up a dubious prostatic region.

Doctors carried a focused prostate biopsy to verify whether cancer existed. Early cancerous indications revealed on the biopsies. Low-grade prostate cancer was verified by immunohistochemical tests.

The patient decided on robotic radical prostatectomy as his preferred choice of treatment. Vas deferens, seminal vesicles, and the prostate gland were executed during surgery. The patient started walking in twelve hours; had his surgical drain removed at twenty-four hours; was released after

thirty-six hours; had his catheter removed at seventh day and passed a trial without it.

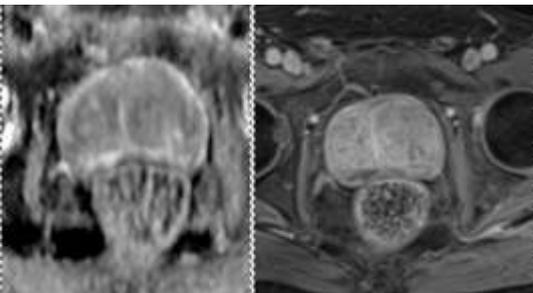


figure 1

**FIGURE 1:** MRI Prostate of volume 98ml with PIRADS 3 lesions in transitional and peripheral zones. Though only a small portion (<3mm) reached the margin, the final report revealed a somewhat more aggressive cancer (Gleason 3+4). Medical standards state that no more therapy was required right away. Right now, the patient visits for monitoring PSA regularly.

## Robotic surgery has several main advantages:

- Using 3D cameras and robotic arms, clearer eyesight and exact movement
- Minimal problems and faster return to regular life
- Nerve-sparing methods helping to retain urine control and sexual function

Crucially for planning additional therapy, it also enables clinicians to have a realistic view of the degree of cancer development following surgery.

## Why Does Cancer Grade Change?

In this instance, following surgery the cancer was upgraded. This is frequent as biopsies just cover a tiny portion of the prostate. Complete image is given by final surgical analysis. Should the upgrading be little and other indicators be positive, doctors may advise:

- No immediate treatment
- Regular PSA checks
- Future therapy only should PSA levels increase.

## Conclusion:

A important development in the treatment of prostate cancer is robotic-assisted prostate surgery. It preserves the patient's quality of life and aids in safe cancer removal for doctors. This example demonstrates how early identification and the appropriate surgical approach can produce outstanding results.

Consult our urologist if you are over fifty or have urinary problems. Early screening and contemporary surgical choices like robotic surgery can really change things.

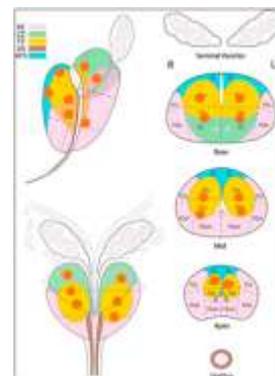


figure 2

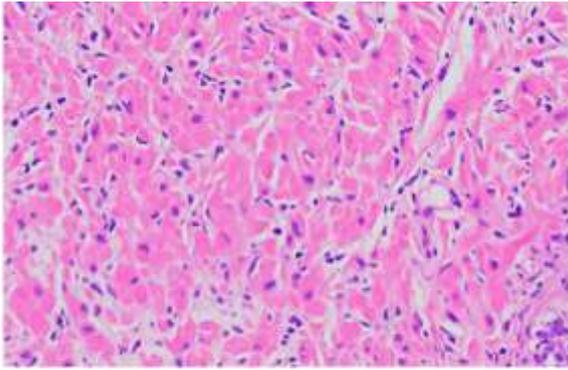


figure 3

**FIGURE 2:** Pictorial representation of different zones of prostate with suspicious areas marked as RED dots

**FIGURE 3:** TRUS guided prostatic biopsy specimen showing proliferating and irregular prostatic acini lined by bilayered epithelium with a foci showing small acinar structures lined by epithelial cells with surrounding fibrous stroma

**FIGURE 4:** Immunohistochemistry (IHC) of suspicious area in prostatic biopsy showed p63 marker lost in small crowded glands favouring low grade prostatic adenocarcinoma.

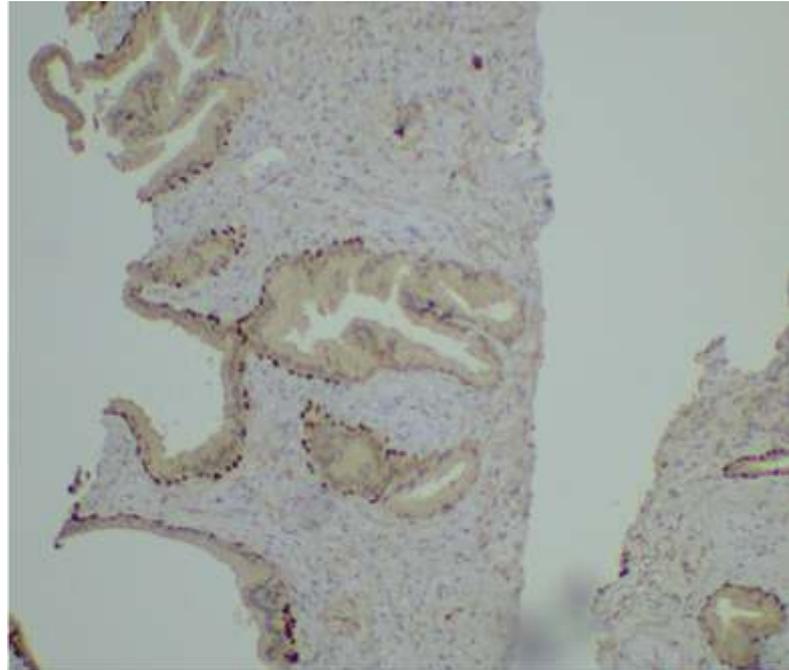


figure 4



figure 5

**FIGURE 5:** Robotic radical prostatectomy specimen showing large gland along with seminal vesicles and bilateral vas deferens.

# Dealing with language obstacles in rehabilitation: a technologically driven approach

Patients frequently transcend boundaries in quest of specialist treatment in the increasingly worldwide society of today. However, for many the road to improved health is blocked by something unanticipated: linguistic hurdles. In rehabilitation environments where patient recovery depends on communication, this difficulty can be extremely intimidating.

Investigate a real-life case study showing how Google Lens and WhatsApp translating helped close the language barrier, therefore facilitating good rehabilitation and enhancing patient outcomes.

## The Case: International Patient Having Translation Difficulties

Following thorough evaluation by Dr. K R Balakrishnan, Dr. Suresh Rao and team, an international patient was recommended to our rehabilitation team. Under the direction of Dr. A J Rajendran, our group created a tailored rehabilitation program to satisfy the particular demands of the patient.

One big obstacle, nevertheless, soon became clear: the patient's limited command of the local tongue seriously hampered their understanding of treatment directions and exercises.

The Solution: Taking advantage of Google Lens and WhatsApp Translation

We looked to technology to close the communication gap:

- Google Lens translated exercise charts and medical diagrams into the patient's native tongue.
- The translation tool in WhatsApp helped us to effectively and in real time describe rehabilitative processes.

These instruments guaranteed the patient understood every stage of their treatment, thereby improving cooperation and confidence.

## The Communication Challenge

Any rehabilitation program depends critically on communication.

- Language barrier made treatment plan explanation challenging.
- Slowed the patient's development
- Designed annoyance for the patient as well as the medical staff.

In one encounter, the patient received information from the interpreter in their mother tongue.

Nevertheless, we noticed that some terms were misinterpreted, distorting the original meaning. In the end, this affected the standard of patient care provided.



**The Result:** Enhanced Involvement and Healing

The outcomes were outstanding:

- The patient could today boldly follow directions.
- On both sides, frustration was lessened.
- The rehabilitative staff could work more effectively.
- All over, recuperation made great improvement.

Better knowledge resulted in better performance, which benefits practitioner as well as patient.

**A Platform Towards Intelligent Rehabilitation**

In particular in multilingual, cosmopolitan settings, this scenario highlights the influence of technology on healthcare. Using powerful technologies like Google Lens and Whatsapp translation, Healthcare Practitioners can,

- Deliver more inclusive and patient-centered treatment
- Clear communication blockages.
- Improve results in global patient treatment.

**Key Learning Points**

1. With quite remarkable efficiency, technology can remove linguistic barriers in healthcare.

2. Simple but effective instruments for patient communication include Google Lens and WhatsApp translating.

3. Good rehabilitation results follow from good communication.

4. Innovation in the delivery of care does not always equate to costly technology; even regular apps have great influence.

**Acknowledgment**

We owe a special thanks to Shabana - physiotherapist, who played a vital role in rolling out these tools and keeping the rehabilitation process centered on the patients while ensuring inclusivity. Her dedication has significantly enhanced the care for patients from all walks of life, and she definitely deserves acknowledgment for her outstanding efforts.

Finally, the direction of inclusive healthcare

The effective rehabilitation of our foreign patient is evidence that technology can transform healthcare communication. Accepting such instruments guarantees we provide great treatment regardless of language in a society where patient diversity is increasing.

# Knowing Euglycemic Diabetic Ketoacidosis (EDKA): A Diabetes Hidden Danger

Dr V Chandrasekaran, Dr R Vairakkani, Dr M Arivarasan, Ms M Lidiya

Division of Nephrology, Institute of Renal Sciences & Kidney Transplant - MGM Healthcare

## What is euglycemic DKA?

A major consequence of diabetes, euglycemic diabetic ketogenic acidosis (EDKA) causes a person to have high ketone and acid levels in their blood even with normal or somewhat raised blood glucose levels.

Unlike usual DKA, which shows quite high blood sugars, EDKA might be missed with apparently normal glucose tests.

**Case Summary:** In Real Life: An Example  
Type 2 diabetic 44-year-old woman arrived at the hospital carrying:

- Stomach soreness
- Nausea
- Quick, heavy breathing

Her blood glucose, within normal range, was 108 mg/dL; this delayed diagnosis.

She had been fasting because of illness and religious beliefs while also taking empagliflozin, an SGLT2 inhibitor.

## Lab results shown:

1. pH 7.17: Acidosis
2. Bicarbonate: 10 mmol/L
3. Rising ketones (β-hydroxybutyrate 4.6 mmol/L)
4. Anion gap: 22 mmol/L.
5. Urine positive ketones: euglycemic diagnosis DKA set off by SGLT2 inhibitor usage, fasting, and viral infection.

## Typical EDKA Signs

Though their nature is ambiguous, symptoms include:

- Nausea or vomiting
- Pain in the abdomen
- Quick or laborious breathing
- Perplexity or tiredness
- Many times there is no fever.

## What leads to EDKA?

Usually, EDKA is brought on by a confluence of elements:

- Using SGLT2 inhibitors—such as empagliflozin—dapagliflozin
- Fasting or inadequate oral consumption
- Drying out
- Illness or infection
- Physical effort or surgical stress

## Why Could EDKA Be Dangerous?

- Simply missed because of normal glucose
- May result in ICU hospitalization should treatment be delayed early on.

- Of DKA instances in SGLT2 inhibitor users, around 20–30% could be euglycemic.

## EDKA Diagnosis:

1. Low pH, low bicarbonate: metabolic acidosis
2. Large anion gap
3. Raised ketones in serum
4. Positive urinal ketones
5. Regular or slightly elevated glucose
6. Complications can be avoided mostly by early identification.

## Management and Treatment

1. First stop the trigger.
  - Cancel SGLT2 inhibitors right away.

## 2. Second Step: Start Emergency Treatment

- IV fluids are standard Saline will help to restore volume.
- Insulin injection: Even in case blood glucose is normal
- Check your potassium: Change before insulin, if necessary
- Change to dextrose fluids once glucose falls below 200 mg/dL.

## 3. Third step: Stop recurrence

- Teach patients sick-day handling techniques.
- Steer clear of SGLT2 blockers before surgery, illness, or fasting.

## Strategies for Preventing Problems for Patients

- Check ketones always whether you are sick or not eating.
- Keep hydrated and try including some carbohydrates in your diet while unwell.

## For those in the medical field:

- With SGLT2 inhibitors, be careful in: fasting states
- Low-carb regimens
- While sick or under surgery
- Instruct patients to momentarily cease SGLT2i if needed.

## Why This Case Matters?

- Under recognized Threat:
  - 20–30% of DKA cases in SGLT2 users are euglycemic.
- Morbidity/Mortality Risk:
  - Delayed diagnosis
  - Higher ICU admission rates.

- Systemic Impact:
  - Requires coordination between physician-diabetology, endocrinology, nephrology and emergency teams.

**Learning Points:**

- Euglycemic DKA occurs with normal sugars but high ketones and acidosis
- SGLT2 inhibitors are a common trigger, especially with fasting or illness
- Always check serum ketones and anion gap in such presentations
- Patients should be educated about holding SGLT2i during sick days or surgery

**Conclusion**

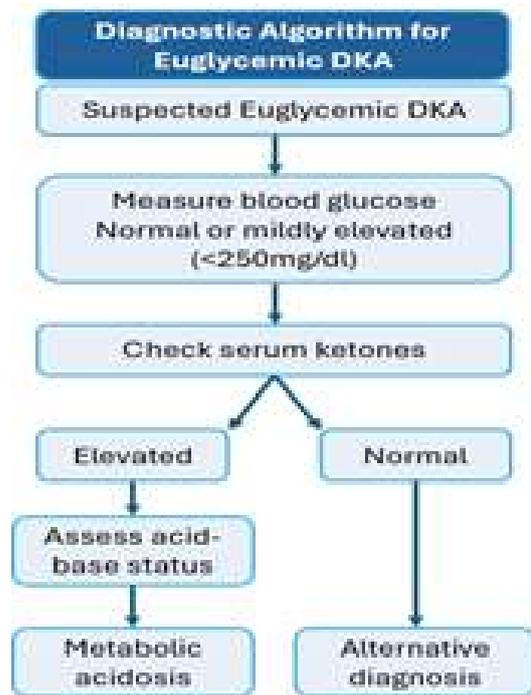
In contemporary diabetic treatment, EDKA is a quiet but major hazard particularly in relation to increasing SGLT2 inhibitor use. Early identification of symptoms and knowledge of causes can literally save lives.

**Remember:** "Normal glucose - No DKA"  
 "Ketones are the new glucose in the SGLT2 inhibitor age."

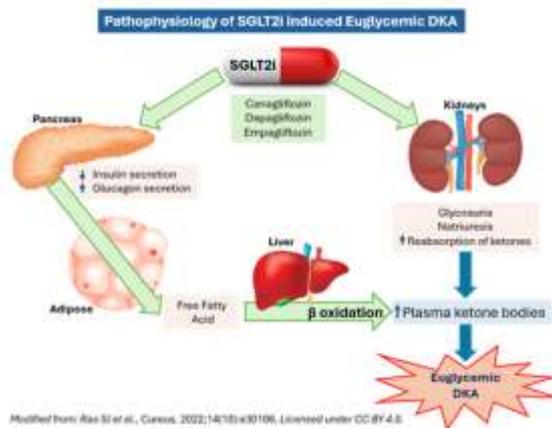
**Table 1. Diagnostic Criteria**

Parameter	Classic DKA	Euglycemic DKA
Glucose	>250 mg/dL	<250 mg/dL
	pH <7.3	<7.3
Anion Gap	>12	>12
Ketones	Elevated	Elevated

**Figure 1. Diagnosis of Euglycemic DKA**



**Figure 2. Role of SGLT2i in Euglycemic DKA**



# Giving Hope and Preserving Breasts: The Revolutionary Impact of Advanced Surgery on the Battle Against Breast Cancer

## Battling Breast Cancer: A Revolutionary Age

Loss of breast tissue is a terrifying prospect for many women who receive a breast cancer diagnosis, and for some, it can be just as traumatic as the disease itself. On the other hand, optimism is gradually supplanting dread due to new surgical methods, including Oncoplastic Breast Surgery (OPBS). Thanks to this groundbreaking method, which combines surgical excision of cancer with cosmetic rebuilding, many women are able to keep their breast appearance even after having huge tumors removed.

### Oncoplastic breast surgery: how does it work?

When it comes to breast cancer surgery, oncoplastic breast reconstruction combines the two main approaches. Integrating plastic and reconstructive procedures with cancer treatment concepts, it is a unique field. Modern surgical techniques have made it possible to reshape the breast while removing cancer, eliminating the need for mastectomy in cases of big tumors.

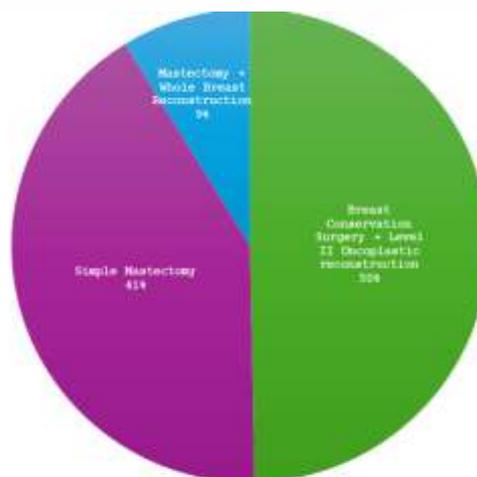
To alleviate the physical and emotional effects of breast loss, many women choose to have their volume and contour restored using tissue harvested from the belly or back. In addition to curing the illness, this method also helps patients regain their self-esteem and sense of belonging.

### Evaluating the Clinical Impact at the MGM Cancer Institute

Research at the MGM Cancer Institute's Clinic B tracked 308 breast surgery patients from February 2023 through December 2024. A total of 179 of them were found to have breast cancer. Of these, 102 women had tumors that were deemed enormous in comparison to their breast size, which is usually a strong indicator that mastectomy is necessary.

Nevertheless, 51 out of 102 women were successful in preserving their breasts as a result of OPBS. Basically, half of the ladies who would have lost a breast due to a mastectomy decided against it. In addition, nine other ladies had instantaneous entire breast reconstruction done during their mastectomy, which allowed them to keep their breast shape and symmetry.

Impact of OPBS on Mastectomy Rates - Clinic B



■ Breast Conservation Surgery + Level II Oncoplastic reconstruction  
■ Simple Mastectomy  
■ Mastectomy + Whole Breast Reconstruction

### An Evidence-Based Alternative to Breast Conserving Therapy

Surgery to remove the tumor and then radiation to the entire breast is known as Breast Conserving Therapy (BCT), and it has been used for more than 20 years around the world. When compared to full mastectomy, BCT delivers similar (and in some instances better) results in terms of disease-free and overall survival, according to clinical trials.

However, there are substantial psychological and social advantages to preserving the natural breast that go beyond survival rates. After breast-conserving surgery, many women feel better about themselves, have less despair, and have a higher quality of life overall.

### A Promising Future

Although further extensive research with longer time frames are necessary, the initial findings from the MGM Cancer Institute are quite promising. These surgical advancements not only alleviate cancer symptoms but also help patients regain their dignity and sense of normalcy.

Restoring a sense of wholeness to women is the ultimate aim; as the saying goes, "This is more than just surgery."

By prioritizing both survival and self-preservation equally, oncoplastic surgery is more than just a medical breakthrough; it represents a sea change in cancer care.

# HEALTHCARING STORIES

*Tales of Hope*



Ms Lucy Majikumananu from Kenya, expressed deep gratitude to Dr Balaji Ramani Senior Consultant & Director, Surgical Oncology and Dr M A Raja, Senior Consultant & Director, Medical Oncology, for not only treating her but also lifting her spirits, recalling how she walked into their office with Breast cancer in tears and left with laughter.



*Scan the QR Code  
to watch*



After decades of battling chronic sinusitis, multiple surgeries across five countries, and the challenges of living without a sense of smell, Mr Hameed finally found hope at MGM Healthcare with Prof Dr Sanjeev Mohanty



*Scan the QR Code  
to watch*



# Health Quiz

“Tickle the Doctor in You”



**1. What is Body Mass Index (BMI) used for?**

- A) Measuring blood pressure
- B) Measuring heart rate
- C) Measuring body fat based on height and weight
- D) Measuring cholesterol levels

**2. Which nutrient is essential for muscle building?**

- A) Carbohydrates
- B) Protein
- C) Fats
- D) Fiber

**3. What is the best way to prevent the spread of infections?**

- A) Taking antibiotics
- B) Drinking hot water
- C) Frequent handwashing
- D) Wearing sunglasses

**4. What is the main cause of cavities in teeth?**

- A) Brushing too much
- B) Lack of calcium
- C) Bacteria from sugary foods
- D) Drinking too much water

**5. How much water should an average adult drink daily?**

- A) 1-2 glasses
- B) 2-3 litres
- C) 5 litres
- D) Only when thirsty

**6. What is considered normal blood pressure for a healthy adult?**

- A) 140/90 mmHg
- B) 130/85 mmHg
- C) 120/80 mmHg
- D) 100/60 mmHg

**7. Which lifestyle habit most helps in controlling high blood pressure?**

- A) Skipping breakfast
- B) Regular exercise
- C) High salt intake
- D) Drinking sugary drinks

**8. Which organ is mainly responsible for detoxifying the body?**

- A) Heart
- B) Liver
- C) Stomach
- D) Lungs

**9. How many hours of sleep does an average adult need per night?**

- A) 4-5 hours
- B) 6-8 hours
- C) 9-10 hours
- D) More than 10 hours

**10. Which vitamin is mainly obtained from sunlight?**

- A) Vitamin A
- B) Vitamin B12
- C) Vitamin C
- D) Vitamin D

1 **C** 2 **B** 3 **C** 4 **C** 5 **B** 6 **C** 7 **B** 8 **B** 9 **B** 10 **D**

Answers

# Do's and Dont's

## Introduction

Bleeding control is a crucial first aid skill that is used to stop excessive blood loss and control external bleeding, which can result in shock or even death if left untreated. The primary goal is to stop the bleeding as soon as possible while keeping the patient calm and safe until help arrives.



## Do's

Use a clean cloth or bandage to provide direct, firm pressure to the wound.

To prevent blood borne diseases, wear gloves if at all possible.

To help stop the bleeding, raise the damaged region above the level of the heart if at all possible.

Only apply a tourniquet when applying pressure is insufficient to halt severe bleeding.

To lessen blood flow and avoid shock, keep the patient still and relaxed.

If there is significant bleeding, if there are huge cuts, or if the bleeding continues, call emergency assistance.

Keep an eye out for symptoms of shock, such as weakness, pale complexion, and fast breathing, and administer the proper care.

## Don't's

After applying the dressing, don't take it off; if blood gets through, apply another one.

Unless it is absolutely necessary, avoid touching the wound with your bare hands.

Refrain from lifting a limb that hurts a lot or seems injured.

Careless application of tourniquets can result in permanent harm.

The bleeding may worsen if you allow the patient to move or walk

If the bleeding is heavy or spurting, don't expect it to stop on its own.

Don't ignore shock symptoms; doing so could be fatal.

## INITIATIVES

# MGM Healthcare Celebrates 6 Years with 'Namma Health' Card & Free Ambulance Service



Six years ago, MGM Healthcare began as a vision — to bring heart into healthcare. We've healed, comforted, and stood strong through life's most powerful moments. More than milestones, we've built memories rooted in compassion and trust. From high-risk recoveries to everyday care, every life we have had the privilege to treat, has shaped our journey.

This year, our journey took a positive step forward as we introduced the **Namma**

**Health Card** a symbol of care and gratitude from our end. Free health check-ups for all women, benefits on pharmacy and diagnostics is our way of saying: your health matters, always. We also launched a free ambulance service for nearby communities, because help should never be out of reach. Thus we continue our motto of "Doing more better"

# Mother's day



## “Amma thana ellamae” — MGM Healthcare's Line of Fun Indoor Mother's Day Activities

“She's been your strength through every stage of life — now it's time to care for hers.”

This May, MGM Healthcare opened its doors and its heart in recognition of the women who have impacted generations with their love, bravery, and selfless efforts. It was not just a single Mother's Day celebration that took place. It was a series of thoughtfully organized indoor events designed to emphasize her narrative, her contentment, and her well-being.

### At Varam Women's Superspecialty Center, thoughtful conversations

The trip began at Varam, our dedicated women's superspecialty center on Nelson Manickam Road. It was a day that unfolded in the fifth-floor atrium with a

dialogue between moms and the doctors who care for them.

In addition to health measurements, doctors and participants gathered for heartfelt conversations about perseverance, womanhood, aging gracefully, the importance of self-prioritization in midlife, and other issues. It was an intimate, empowering, and highly emotional environment.

This important connection allowed us to launch our Ultimate Mom Health Package, which includes vitamin, hormone, and blood testing for women 40 to 60 years of age.

- Liver and kidney function tests
- Standard Exams and Diagnostics
- Expert consultations

### Reviving the Inner Child with Wonder Moments

As the conversations came to a close, Wonder took over. A magic show was then presented for both the mothers and the children. The audience gasped and laughed as illusions gave way to joy and imagination.

The mothers weren't caregivers; they were just women who let themselves be amazed, joyful, and young again for a few seconds.

### Art as Legacy: The Handprints of Love

The “Handprints of Love” art zone was our next stop; it was a serene space that soon burst into laughter and color.

Here, mothers and their children pressed their hands into colored sand on canvas to create collaborative artwork. From crafts, they developed into tangible mementos of the invisible ties that bind us, archival memories, and signs of community.



## MGM Healthcare Malar's Children's Carnival: A Family Celebration

The joy spilled over into the Children's Carnival, a vibrant celebration of parents and kids in MGM Malar, Adyar. While children engaged in activities such as mascot meet-and-greets, balloon sculpture, quiz challenges, and hand painting, parents attended interactive lectures with pediatric professionals.

Following discussions on topics such as mental health, childhood falls, and picky eating, there was a Q&A session that answered questions from parents and offered expert guidance. It was healthcare at its most accessible level—fun, educational, and interactive.

### Promote Her Health — A Duty Focused on Wellness

The celebration in Malar concluded with a special wellness

program focused on women's health.

Dr. Sanjay Theodore offered crucial guidance on maintaining heart health after the age of forty, while Dr. Prashanth underlined the need of women's vaccinations and preventive screenings. Their speeches resonated deeply with the crowd, many of whom had come to celebrate and get a true understanding of their own well-being.

Live caricature sketching and nail art were welcomed by attendees, which honored their distinct artistic and humorous characteristics while adding a playful and creative touch.

This ceremony also marked the unveiling of our All



Women's complete Health Package, which provides complete, preventive care to women at every stage of life.

Many memories, one celebration, and one message that penetrates everything

Every occasion, from passionate conversations to colorful handprints, from medical advancements to magical memories, was united by the heartfelt expression “Amma thana ellamae.”

At MGM Healthcare, we appreciate not just health but also the people that enable it. This Mother's Day, we celebrated mothers with acts, artwork, love, compassion, and more than just words.

Let's continue this journey not just in May but every day.

# Healing Hands 2025: A Breath of Love Under Open Skies

“Amma Dhaane Ellame”



Because at the heart of every breath, every bond, and every beginning... is a mother.

This Mother's Day, MGM Healthcare took a step outside — into light, into stillness — and created something beautiful.

Healing Hands 2025, hosted by Varam - Women's Super Speciality Centre, was not just an outdoor event. It was a soulful tribute to motherhood, a moment carved out of life's rush to honour the women who give us everything — silently, selflessly, and completely.

## Open Wellness: A Healing and Heartfelt Day

In an outdoor setting with soft sunlight, mothers and their Children gathered to reconnect with themselves.

They were able to stretch, take deep breaths, and focus on the present moment through mindful yoga session which was instructed by the experienced instructors. For many, it was a rare moment of peace — time given back to themselves.

This was followed by interactive nutrition sessions, where our specialists offered simple, practical guidance on eating for energy, hormonal balance, and long-term wellness — all tailored for women, especially moms navigating midlife health.

And then came the joy — the art & creativity corner where children and moms created together, laughed together, and expressed themselves in vibrant colour and playful form. It was a celebration not of perfection, but of presence.

## More Than an Event — A Space to Simply Be

Healing Hands was intentionally designed to go beyond activity. It was a space for connection — between body and mind, mother and child, self and community.



It was a place where moms didn't need to do anything to be valued — they simply needed to be.

Through yoga mats, shared laughter, and coloured canvases, the event became a moving reminder that healing doesn't just happen in clinics. It happens in moments. In breath. In togetherness.

## Thank You for Making It Magical

To every mother and every child who joined us — thank you.

You filled the space with warmth, wisdom, laughter, and life.

You reminded us all of why we do what we do.

Healing Hands by Varam - Women's Super Speciality Centre at MGM Healthcare

Healing Hands is part of MGM Healthcare's continued mission to nurture holistic wellbeing through compassionate care and mindful experiences. From clinical excellence to emotional connection, we believe in caring for women as whole beings — not just patients.

# EVENING CLINIC

## MGM Healthcare Evening Clinics: A Conscientious Step – Because Your Health Shouldn't Wait

### Hours of the Clinic: 5PM to 8PM

#### Specialties that are available:

- Orthopaedics
- Cardiology
- Gynecology
- Neurology
- Nephrology
- Pediatrics

We are aware of how busy you can get with work, school, household duties, and everything else. In the middle of all this, finding time for your health, or that of your loved ones, often ends up being pushed to the side.

To help make things a little easier, MGM Healthcare has introduced a Special Evening Clinic – a simple way to make expert medical care more available, especially when daytime hours just don't work.

#### What is the Evening Clinic About?

The Evening Clinic runs from 5 PM to 8 PM, Monday through Saturday, giving you the option to see a doctor once the day slows down. You'll find experienced specialists across key departments:

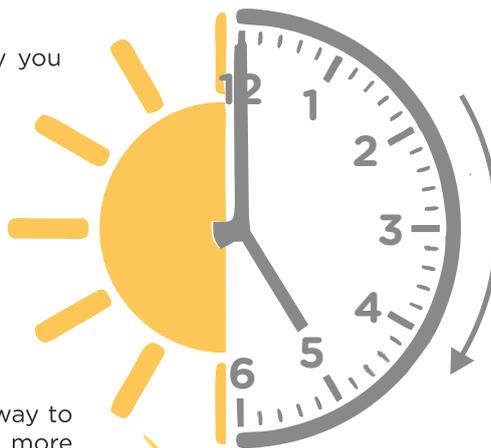
- Paediatrics – Great for after-school visits or routine check-ups
- Neurology – Ideal for regular follow-ups or neurological concerns
- Nephrology – Easy access for ongoing kidney care

- Orthopaedics – Take care of bone and joint issues after your workday
- Cardiology – Get timely heart health advice without rescheduling your day
- Gynaecology – Women's health care that fits your schedule

#### Why We Started This

This isn't just about offering more hours – it's about being there when you actually need us. We've listened to the concerns of our patients and families

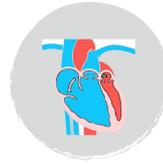
who've said that weekday appointments can be hard to manage. That's why this clinic was created – to offer a more practical option without compromising on the quality of care.



# MGM Fact File



750+ Heart, Lung  
and Heart - Lung  
Transplants



54+ Left Ventricular  
Assist Device



800+  
Successful  
Oncology  
Surgeries



10,000+ Surgical  
interventions



6000+ Cathlab  
Procedures



900+ Head & Neck Surgeries  
(including skull base)  
2000+ ENT Surgeries  
(including Cochlear Implantation)



10,000+ Surgeries -  
Minial Access (GI)  
& Bariatric Surgery



1600+ Maternity  
Deliveries



25,000+  
Emergencies  
attended



5,00,000+  
OP Consultations



12,000+ Surgeries -  
Orthopaedics

# EVENTS

“  
16  
March 2025  
Sleep Summit 2025 -  
A transformative gathering  
on sleep medicine  
at MGM Healthcare  
”

“  
2  
April 2025  
Cardiac and  
Cardiothoracic  
Emergencies CME  
at Raintree Hotel  
”

“  
12  
April 2025  
C-Section Deliveries  
Hosted informative and  
interactive session on  
myths and facts with  
Expert panel  
”

“  
19, 20  
April 2025  
MAS 2.0 -  
MGM Anaesthesia Symposium  
MGM Cancer Institute - conducted  
2 days workshop on POCUS and  
Hemodynamic monitoring  
”

“  
21  
April 2025  
Spine Trauma  
MGM Healthcare hosted an  
insightful symposium about  
Spine Trauma: A 360° View  
”

“  
22  
April 2025  
World Earth Day  
MGM Malar - A step towards  
marine conservation.  
Participated in turtle  
release by SSTCN  
”

“  
10  
May 2025  
MGM Cancer Institute -  
Conducted fitness activity and  
Health talk for Mothers in  
Neighbourhood community  
”

“  
11  
May 2025  
International Mother's Day  
MGM Healthcare -  
Celebration with Doctors  
talk, art session and  
magic show  
”

“  
16  
May 2025  
Stroke awareness  
MGM Malar - Conducted a  
meaningful program to  
fight and combat stroke  
under a theme named  
Go Purple  
”

“  
17  
May 2025  
World Hypertension Day  
MGM Healthcare - conducted an event to get a free  
BP Check and Doctor Consultation for a better heart health  
”

# Gallery



Events conducted at MGM Healthcare Group







  
MGM  
HEALTHCARE  
Nelson Manickam Rd

MGM HEALTHCARE  
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CHENNAI - 600029.

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