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SUCCESSFUL ANGIOPLASTY WITH ADVANCED ORBITAL ATHERECTOMY



Dr. Sameer Gupta

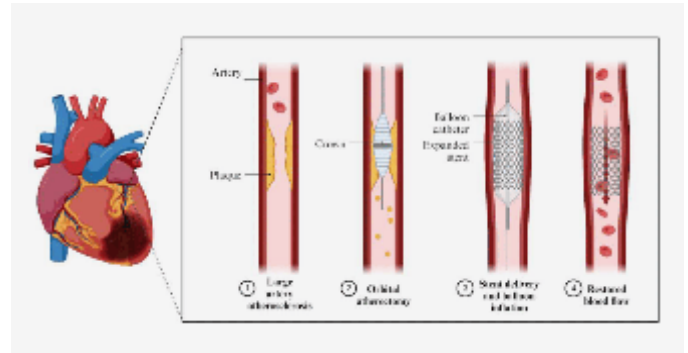
Sr. Interventional Cardiologist
Vascular Intervention Specialist
Group Head - Cardiac Cath Labs
Director - Metro Group of Hospitals

A 55 years old male patient, resident of Gautam Buddha Nagar, experienced sudden and severe chest pain. He was initially taken to a nearby hospital, where the doctors suggested to seek advanced care at Metro Hospital, Noida.

At Metro Hospital, Dr. Sameer Gupta, Senior Interventional Cardiologist, conducted extensive investigations, including coronary angiography. The results revealed severe blockages in the heart arteries with significant calcium deposits, making the case technically challenging.

Given the complexity of the disease, we discussed treatment options with the family, who chose to avoid cardiac surgery. We then decided to proceed with a complex angioplasty using a specialized calcium removal technique called **“Orbital Atherectomy”**.

After thorough discussion and planning, the family opted for angioplasty with this advanced technology. Using **Orbital Atherectomy**, a modern approach to remove calcium deposits, the medical team successfully treated the blockages. **Two stents** were placed in different arteries, ensuring optimal blood flow. Despite the complexity of the case, the procedure was completed smoothly, and the stents expanded perfectly.



Post-procedure, patient made a remarkable recovery. He regained his health and was discharged in a stable condition, expressing gratitude for the expert care and advanced technology used at Metro Hospital.

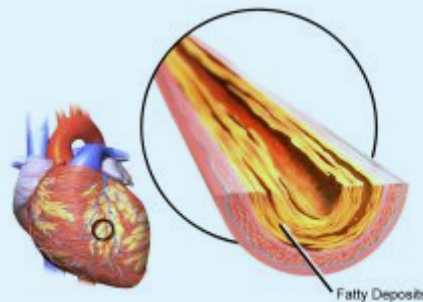
CORONARY ARTERY DISEASE: A SILENT EPIDEMIC DEMANDING IMMEDIATE ATTENTION

 **Knowledge
Series**

In India, heart disease has overtaken other ailments as the leading cause of death, annually claiming over 2.5 million lives. The prevalent culprit, **Coronary Artery Disease (CAD)**, is increasingly diagnosed in the young, setting a disturbing trend that deviates from global patterns. Research from The Lancet indicates that Indians face heart issues nearly a decade sooner than their Western peers due to genetic and lifestyle factors.

UNDERSTANDING CAD

CAD develops from the narrowing of coronary arteries due to plaque accumulation, disrupting blood flow to the heart. This often results in symptoms like chest pain, shortness of breath, and potentially heart attacks. Key contributors include



high cholesterol, hypertension, and lifestyle choices such as smoking, poor diet, and inactivity.

DIAGNOSIS AND TREATMENT

Early detection involves thorough medical examinations, blood tests, ECGs, and imaging like coronary CT angiography. Treatment ranges from lifestyle adjustments and medications to procedures like angioplasty or even coronary bypass surgery for severe cases.

Preventive Measures

- Effective prevention includes maintaining a healthy diet
- Regular exercise, quitting smoking, and managing stress.
- Regular health check-ups are crucial to catch any early signs of heart disease.

CAD is a severe challenge but can be managed with proper care and preventive strategies. you.

Dr. Sameer Gupta

Sr. Interventional Cardiologist
Vascular Intervention Specialist
Group Head - Cardiac Cath Labs
Director - Metro Group of Hospitals

Angioplasty with Diamond Drilling in Elderly 81-Year-Old Patient



Dr. (Prof.) Purshotam Lal

Director - Interventional Cardiology
Chairman, Metro Group of Hospitals
Padma Bhushan, Padma Vibhushan
Dr. B C Roy National Awardee

Dr. Lal introduced over 20 groundbreaking procedures for the 1st time in India.

On the basis of angiography, an expert will suggest the suitable treatment in the form of bypass surgery, angioplasty with stenting, or medical treatment. In certain groups of cases, particularly in elderly patients, due to heavy deposition of calcium in arteries, angioplasty is not possible. Even bypass surgery is either high risk, or the patient/family is not willing to go for it, knowing that bypass is the ideal treatment.

This is the subset of patients we come across periodically, having heavily calcified arteries, and we describe here one such patient where bypass could not be done due to advanced stage and other co-morbidities. Even simple angioplasty would not have been successful.

An 81-year-old male patient reached **Metro Hospital, Noida** with multiple blockages in his coronary arteries. Our cardiac team, led by **Dr. Purshotam Lal**, conducted a thorough evaluation and proceeded with Diamond Drilling procedure.



Dr. Lal utilized advanced interventional techniques for optimal outcomes, including: Diamond Drilling, a specialized technique to clear calcified blockages, then angioplasty treatment to restore adequate blood flow.

Did you know?

Diamond Drilling, an innovative procedure first introduced by Dr. Purshotam Lal for the first time in India in 1992, is an effective procedure to treat calcified arteries in older patients where ballooning is not that effective.

How to keep your Heart Healthy?



Eat Balanced Meals:

Include fruits, veggies, whole grains, lean proteins, and healthy fats.



Exercise Regularly:

Aim for 150 minutes of moderate or 75 minutes of vigorous activity weekly.



Schedule Checkups:

Regularly monitor blood pressure, cholesterol, and blood sugar.



Control Blood Pressure:

Use relaxation techniques like deep breathing or yoga.



Manage Stress:

Practice meditation, yoga, or spend time in nature.



Maintain Healthy Weight:

Combine a balanced diet with regular exercise.



Prioritize Sleep:

Get 7-8 hours nightly for better heart health.



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Prior appointment is mandatory.

WELCOME BOARD



Dr. Abhijit Kotabagi

Sr. Consultant - Surgical Oncology
MBBS, M.S. (General Surgery) & M.Ch (Surgical Oncology)
Metro Hospitals, Noida & Preet Vihar

Experience of over 10+ years

Dr. Abhijit Kotabagi is an experienced surgical oncologist at Metro Hospital, Noida & Preet Vihar, with prior roles at renowned institutions like Jaypee Hospital, Tata Memorial Centre and Apollo Hospital. He holds an M.Ch in Surgical Oncology and specializes in breast cancer surgeries, oncoplastic surgery, and treatments for oral, thyroid, gynecological, gastrointestinal, and urological cancers. Dr. Kotabagi is committed to providing expert, patient-focused care.



Dr. Amit Jain

Consultant - Surgical Gastroenterology
Bariatric Surgery, GI Surgery
Metro Hospitals, Noida

Experience of over 15+ years

Dr. Amit Jain, a distinguished Surgical Gastroenterologist with over a decade of experience, specializes in advanced laparoscopic and complex GI surgeries. Currently a Consultant at Metro Hospital, Noida, he excels in GI Onco Surgery, Hepato-Pancreatico-Biliary Surgery, and Bariatric Surgery, with a rich background in leading healthcare institutions.



Dr. Dhiraj Kumar Gaurav

Consultant - Interventional Cardiology
Metro Hospitals, Noida

Experience of over 10+ years

Dr. Dhiraj Kumar Gaurav, a highly skilled interventional cardiologist, has extensive experience managing complex cardiovascular conditions. He has performed over 1,500 PTCA's, 500 CIED implantations, and numerous interventions for endovascular, structural, and congenital heart diseases. Known for his expertise and compassionate care, he has contributed significantly to patient care and medical education at leading institutions.

ACTIVITIES

SNAPSHOTS FROM CORPORATE CONCLAVE 1.0



A transformative event where industry leaders joined hands with Metro Group of Hospitals to promote preventive healthcare and seamless treatment solutions.

BRINGING HEART HEALTH TO THE COMMUNITY



Over 500 residents benefited from our complimentary in-house cardiac health check camp, promoting heart health within the community.

IN MEDIA

THE WEEK MAGAZINE

Dr. Sonia Lal Gupta & Dr. Sameer Gupta covered as Power Couple for Transformers of Viksit Bharat by Week Magazine.



Scan QR code to read the full interview.

NATIONAL ROLLER SKATING GOLD MEDALIST AT METRO HOSPITAL, NOIDA



EFFECTIVE WEIGHT LOSS PROCEDURE USING GASTRIC BALLOON AT METRO HOSPITALS, NOIDA

Metro Hospital, Noida has introduced an innovative and effective procedure for weight loss: Gastric Balloon Method. This minimally invasive technique is suitable for patients with a BMI ranging from 22 to 35 and offers remarkable results in a short period.

PROCEDURE OVERVIEW

The Gastric Balloon Procedure involves inserting of a balloon into the patient's stomach via a simple endoscopic method. Once placed, the balloon is filled with a liquid and expanded to a size suitable for the patient's stomach. The balloon remains in the stomach for six months to one year, during which the patient follows a specific dietary plan provided by the medical team.

BENEFITS AND RESULTS

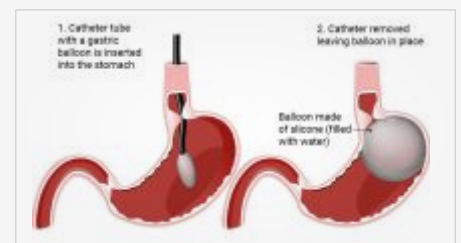
- Patients typically achieve weight loss of approximately 25 kg within six months.
- The procedure is safe and free from side effects, and no additional supplements like vitamins or protein shakes are required during this period.
- For diabetic patients, weight loss through this method significantly improves their condition and overall health.

BALLOON REMOVAL

After six months, the balloon is removed using specialized instruments.

ADDITIONAL

For individuals aiming to lose 25–40 kg, the gastric balloon method is



highly recommended. Some patients opt to repeat the procedure after 6–12 months to achieve further weight loss of an additional 20–25 kg.



Dr. Harsh Kapoor

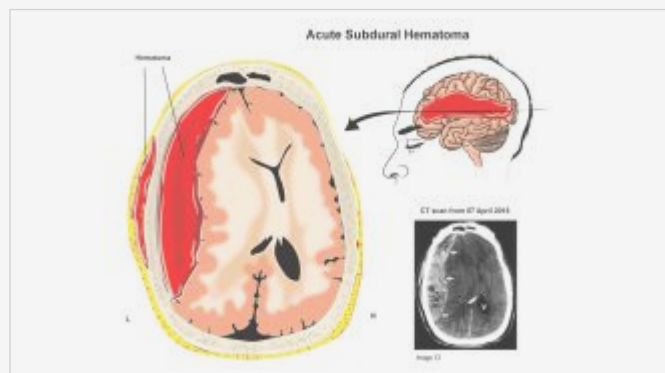
Chairman - Metro Institute of Gastroenterology, Hepatology
Metro Group of Hospitals.

EMERGENCY BRAIN SURGERY FOR SUBDURAL HEMATOMA IN A PATIENT

A 62 years old female patient reached Metro Hospital, Noida with sudden headache, black spots on her body, and a loss of consciousness. After consulting Dr. Kapil Singhal, Director & HOD, Anesthesia & Critical Care, she was immediately admitted to the ICU. A CT scan revealed a subdural hematoma (brain clot).

Dr. Anutosh Singh, Senior Brain & Spine Surgeon, after reviewing the scan, advised immediate brain surgery due to the size of the clot. One of the complications was that the patient was on blood thinners, which had caused her PT ratio to increase, making surgery riskier. To mitigate this, the medical team decided to administer plasma and blood transfusions to stabilize her condition.

Dr. Anutosh Singh performed the surgery with support of Dr. Kapil Singhal - Director & HOD, Anesthesia & Critical Care, successfully removing the clot. Post-operation patient regained consciousness, was able to recognize family members, and resumed normal functions like eating and walking. She was discharged after the successful brain surgery. This case highlights the importance of timely intervention and the expertise of the medical team in managing complex emergencies.



Dr. Anutosh Singh

Sr. Consultant - Brain & Spine Surgeon
Metro Hospitals, Noida



Dr. Kapil Singhal

Director & HOD, Anesthesia & Critical Care
Metro Hospitals, Noida

COMPLEX SURGICAL MANAGEMENT OF RENAL MASS AND THROMBOSIS

A 67-year-old patient from Rajasthan was admitted at Metro Hospital, Noida with a provisional diagnosis of a large renal mass with inferior vena cava thrombus extending to heart.



When admitted the patient was immediately treated with antibiotics, PPIs, antiemetics, and other supportive measures. Interventional radiology procedures, including renal angiography and embolization, were performed to assess kidney blood flow and manage abnormalities.

Following this, the patient underwent a right radical nephrectomy and IVC thrombectomy to remove a large renal mass and thrombus. Our skilled surgical team executed the

procedure with precision, addressing the renal mass, ligating Gerota's fascia and the right renal artery, and managing the IVC thrombus. Open-heart surgery was performed to remove a tumor thrombus in the right atrium. Despite challenges with a left renal vein thrombus, team managed the complications. Physiotherapy was initiated to aid recovery, showcasing a collaborative approach toward optimal outcomes.

Did you know?

Staying hydrated is key to kidney health! Drinking 8-10 glasses of water daily helps your kidneys flush out toxins, prevent kidney stones, and stay in top shape. Keep your kidneys happy—drink up!



Dr. Ashutosh Singh

Senior Consultant - Urology
Metro Hospital, Noida

QUALITY CERTIFICATIONS



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Metro Hospitals, Noida

📍 (Heart Wing) X-1, Sector - 12, Noida | 📍 (Multi Wing) L-94, Sector - 11, Noida



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