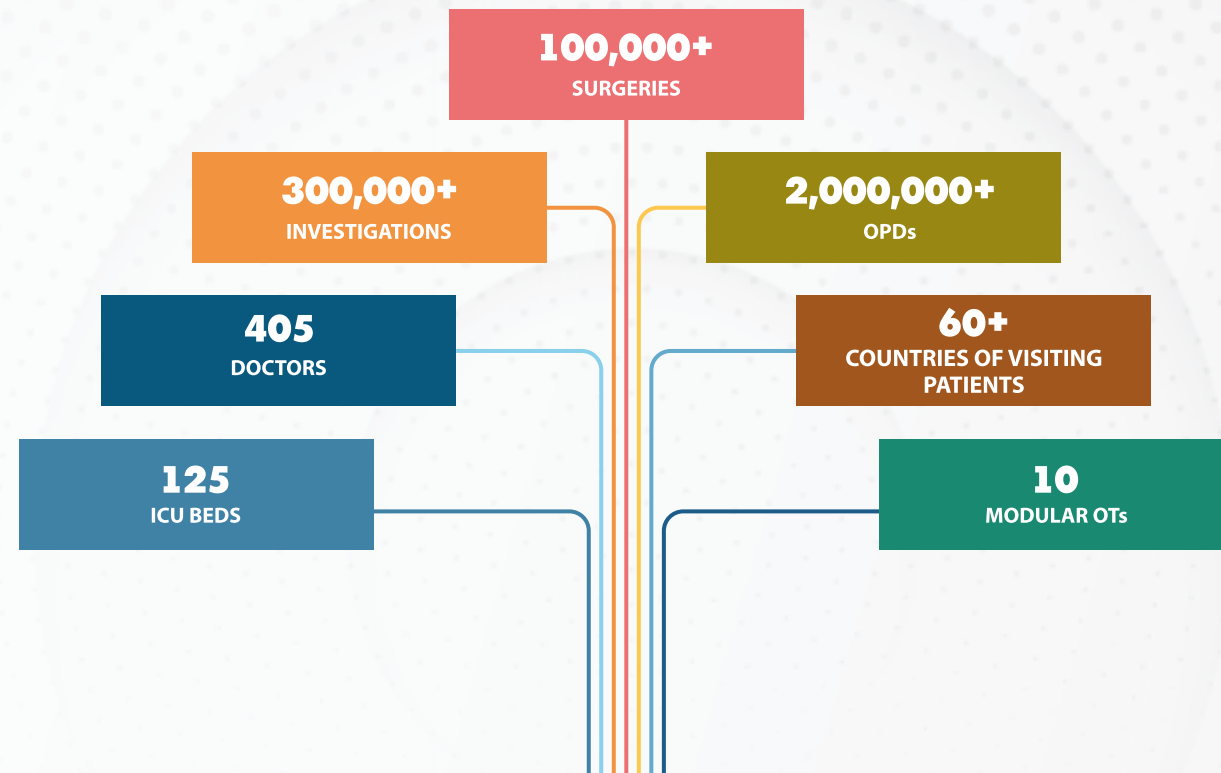




**SHARDA  
HOSPITAL**

# 1200+ BEDDED SUPER SPECIALITY HOSPITAL



## #SHARDAHEALS

Newsletter of Sharda Super Speciality Hospital

APRIL 2023

### SHARDA HOSPITAL - WINNER OF BEST EMERGING HOSPITAL IN "MEDICAL VALUE TRAVEL 2023"



#### THE MANY FACES OF CANCER

Fighting multiple forms of the dreaded disease

#### EYES OPEN TO THROMBOSIS

Thrombosis : Early diagnosis and appropriate treatment can help save lives

#### RAREST OF THE RARE

Breast Cancer : Lack of early detection killing thousands of women every year

#### A SUDDEN HEART ATTACK

Expert shares risk factors amid rising prevalence of heart diseases among young adults in India



**SHARDA HEALTH CITY**

UPCOMING ULTRAMODERN 700+ BEDDED SUPER SPECIALITY HOSPITAL, KNOWLEDGE PARK III, GREATER NOIDA.

Plot No. 32 & 34, Knowledge Park III,  
Greater Noida, Delhi-NCR (INDIA)

[www.shardahospital.org](http://www.shardahospital.org)

24x7 HELPLINE

**8447 333 999**



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Comprehensive Care & Advanced Technology.



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### ALL ABOUT ENDOMETRIOSIS, ITS RISK FACTORS, SYMPTOMS & TREATMENT

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### TO SERVE. TO EXCEL.

Upcoming Ultramodern 700+ Bedded Super Speciality Hospital in Knowledge Park III, Greater Noida.



### INTERNATIONAL DIGNITARIES AT SHARDA HOSPITAL

Providing World-Class Healthcare to patients from more than 60+ Countries.



### THROMBOSIS IN LOWER LIMBS CONSISTS OF DVT (DEEP VEIN THROMBOSIS)

**Eyes open to Thrombosis** - Early diagnosis & treatment can help save the lives.



### REASONS FOR RISING HEART DISEASE IN YOUNGSTERS

Dr. Subhendu Mohanty, Head & Senior Consultant, Department Of Cardiology, Sharda Hospital.



### WINNER OF BEST EMERGING HOSPITAL IN "MEDICAL VALUE TRAVEL 2023"



### PATIENTS TESTIMONIAL & REVIEWS

Patients testimonials on Google, Facebook, Instagram & Mouthshut.com about our Clinicians, Care and Treatment at Sharda Hospital.



### SHARDA HOSPITAL IN NEWS

Snippets of Sharda Hospital's coverage in Print & Digital media.



### EVENTS AT SHARDA HOSPITAL

We love coming together and celebrating, here are a few snippets from different events held at Sharda Hospital.



### FACEBOOK LIVE INITIATIVES

Providing a platform for patients to connect with their Doctors for health tips.



## CHAIRMAN'S MESSAGE

“

**WE ARE COMMITTED TO OFFER WORLD-CLASS MEDICAL CARE AT AN AFFORDABLE COST.**

”

**Sharda Hospital**, is a state-of-the-art super speciality hospital that provides healthcare at par with international tertiary care centers. **Sharda Hospital** is a preferred healthcare destination for people, which offers comprehensive treatment options, across different specialties. Our clinicians are extremely qualified, who offer the best treatment possible for patients, leaving no stone unturned in their treatment journey. Our goal is to give our patients modern, affordable healthcare, encourage research, provide training to our medical students, and keep evolving our medical and healthcare facility.

**Sharda Hospital** offers tertiary care, super specialties, general specialties, advanced diagnostics, imaging services, and critical care.

**Mr. Pradeep Kumar Gupta**  
Founder, Sharda Group  
Chairman, Sharda Hospital  
Chancellor, Sharda University



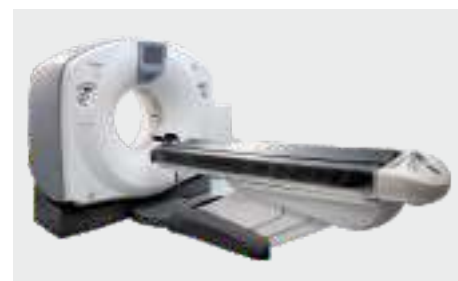
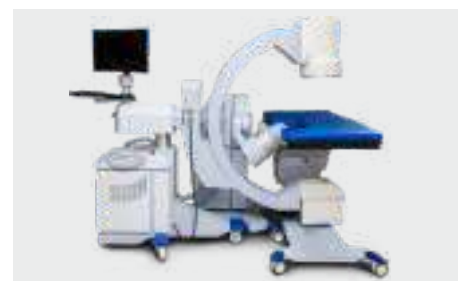


## CENTRE OF EXCELLENCE

- |                                  |                                  |
|----------------------------------|----------------------------------|
| NEUROSCIENCES                    | GASTROENTEROLOGY                 |
| DENTAL                           | CRITICAL CARE & ANESTHESIOLOGY   |
| CARDIOLOGY                       | GENERAL & MINIMAL ACCESS SURGERY |
| ORTHOPAEDICS & JOINT REPLACEMENT | OPHTHALMOLOGY & PHACO SURGERY    |
| ONCOLOGY & ONCO-SURGERY          | INTERNAL MEDICINE                |
| NEPHROLOGY                       | ENT (EAR, NOSE, THROAT)          |
| UROLOGY                          | RESPIRATORY MEDICINE             |
| OBSTETRICS & GYNAECOLOGY         | PEDIATRICS                       |
| IN VITRO FERTILIZATION (IVF)     | PLASTIC & AESTHETIC SURGERY      |

## HI-TECH EQUIPMENT FOR HI-TECH CARE

- |                   |                        |     |                |
|-------------------|------------------------|-----|----------------|
| 3 Tesla MRI       | PHACO SURGERY          | OPG | DIGITAL X-RAY  |
| 128 SLICE CT SCAN | BRONCHOSCOPY           | OCT | HOLTER         |
| 3D ULTRASOUND     | SLEEP LAB              | EMG | ARTHROSCOPY    |
| MAMMOGRAPHY       | PHACO SURGERY          | EEG | SPEECH THERAPY |
| LITHOTRIPSY       | NEWBORN PHOTOTHERAPY   | NCV | DIALYSIS       |
| DEXA SCAN         | 2D ECHOCARDIOGRAPHY    | PFT | CBCT           |
| CATH LAB          | AUDIOMETRY & BERA TEST | TMT |                |



**SHARDA  
HOSPITAL**

## WHERE COMPREHENSIVE CARE MEETS ADVANCED TECHNOLOGY



3 TESLA MRI



ENDOSCOPY



DIGITAL SUBTRACTION  
ANGIOGRAPHY



CT SCAN



LITHOTRIPSY



DIALYSIS

## STATE-OF-THE-ART EQUIPMENTS

## EARLY DETECTION IS KEY, SELF-EXAMINE AND IDENTIFY THE SYMPTOMS OF BREAST CANCER!

**DR. ANIL THAKWANI****Director & Senior Consultant , Department of Oncology**MBBS, MD (Radiation Therapy), FCCS (California, USA),  
NUTAS (Beijing, China)**Specialization:** Chemotherapy | Targeted Therapy |  
Immunotherapy | Hormonal Therapy | Chemoport Insertion & Cure  
| Tumor Board Discussions | Cancer Screening | Bone Marrow  
Biopsy | Palliative & Supportive Care | Cancer Vaccination |  
Radiotherapy - 3DCRT, IMRT, IGRT, SBRT & SRT

Breast Cancer is a disorder in which breast cells develop uncontrollably. There are various types of breast cancer. The type of breast cancer depends on which breast cells become malignant.

Breast Cancer can begin in several breast locations. A breast consists primarily of lobules, ducts, and connective tissue. The lobules are the milk-producing glands. The ducts are tubes that transport milk to the mammary gland. Connective tissue (comprised of fibrous and fatty tissue) encompasses and binds everything together. The majority of breast cancers start in the ducts or lobules.

Blood vessels and lymph vessels, breast cancer can spread outside the breast. The process by which breast cancer spreads to other parts of the body is known as metastasis.

**Some warning signs of Breast Cancer are:**

- New lump in the breast or underarm (armpit)
- Thickening or enlargement of a portion of the breast
- Breast skin irritation or dimple formation
- Redness or flaky skin in the neck or breast region
- Pulling or soreness in the vicinity of the nipple
- Nipple discharge other than breast milk, including blood
- Any alteration in the size or contour of the breast
- Pain in any area of the breast

**5-Step Breast Self-Examination****Step 1**

Observe your breasts in front of a mirror and ensure your shoulders are straight and your arms are on your hips.

**This is what you need to search for:**

- Do your breasts have their usual color, size, and shape?
- Are your breasts shaped uniformly, with no discernible deformity or enlargement?

**Please contact your doctor if any of the following changes occur:**

- Skin that is dimpled, puckered, or bulging
- A nipple that has moved position or is inverted
- Redness, discomfort, rash, or inflammation

**Step 2**

In this step raise your arms above your head and see the change that we have seen in step 1.

**Step 3**

Now while standing in front of the mirror just see the secretion of the fluid from any of the nipples (watery, yellow fluid, milky, or blood).

**Step 4**

In step 4, lie down on the couch and with the help of 4 fingers of your left hand examine your right breast & make a circular motion to feel any lump in the breast from above, below & from the midline to the lateral side. Follow the same from the right side to the left breast.

**Step 5**

Examine your breasts in a standing or sitting position as the final stage. Incorporate your entire breast using the same hand movements described in step 4.

These steps should be performed every month and should be done a few days after the end of the menstruation cycle.

**DEPARTMENT OF****ONCOLOGY**

## ALL ABOUT ENDOMETRIOSIS, ITS RISK FACTORS, SYMPTOMS AND TREATMENT

**DR. RUCHI SRIVASTAVA****Unit Head & Professor,****Department of Obstetrics & Gynaecology**

MBBS (Gold Medalist), MS (Obstetrics &amp; Gynaecology), FICOG

**Specialization:** Gynaecologist | Obstetrician & Laparoscopy

Endometriosis is defined as the presence of endometrial tissue containing both gland and stroma at a location outside the uterine cavity, including a chronic inflammation reaction, predominant in women of reproductive age.

In simple words, it is a complicated disease that affects women around the time they get their first period (menarche) until they stop having periods (menopause), no matter where they are from or how well off they are.

Endometriosis is thought to have many different causes, or "factors."

**What are the risk factors?**

- Never given birth
- Period started at an early age
- Going through menopause at an older age
- Short menstrual cycles for instance, less than 24 days
- Heavy menstrual periods that last longer than seven days
- Having higher levels of estrogen in the body or greater lifetime exposure to estrogen produced in the body
- Low body mass index
- One or more relatives (mother, aunt, or sister) with endometriosis
- Any medical condition that prevents the passage of blood from the body during menstrual periods
- Disorders of the reproductive tract

Endometriosis usually happens a few years after a woman starts having periods (menarche). Endometriosis symptoms may get better temporarily during pregnancy, and they may go away completely during menopause if estrogen is not taken by the woman.

**How common is the condition & Is there any treatment for endometriosis**

It is estimated that ten percent of reproductive-age women are affected by it, but that number jumps to thirty to fifty percent in women who also suffer from infertility and pain. It is estimated that over 100 million women around the world may experience this condition at some point in their lives.

This disease is surrounded by taboos, myths, delayed diagnosis, and a lack of awareness. When a woman's fertility has to cope with the effects of it on a daily basis, the situation becomes that much more difficult to manage.

The problem extends to the physician, who may have difficulty helping a woman get her symptoms under control and restoring her quality of life from the same problems owing to a lack of appropriate medications. This problem is due to a lack of effective treatments.

**Diagnosis**

It is not easy to diagnose endometriosis. It needs physical examination, imaging & limited value except in ovarian endometrioma which can be diagnosed through transvaginal ultrasound.

MRI is helpful in the evaluation of widespread endometriosis since it can identify more than one rectovaginal lesion and can also detect rectovaginal nodules. Visual inspection of the pelvis or laparoscopy is the gold standard for the diagnosis of endometriosis.

**Treatment**

In women with symptoms suggesting endometriosis when fertility is not active, empirical treatment with progesterone or a combination of oral contraceptive pills can be tried. A patient who is exhibiting symptoms that are consistent with endometriosis. Counseling in its correct form is very important. As a form of pain treatment, analgesics are utilized. GnRH analog is another option that can be used. Treatment can be combined for up to six months. Surgical treatment is advised for the alleviation of pain in women when medicinal management is not helpful and for enhancing fertility.

Look out for the aforementioned symptoms and consult a specialist.

**DEPARTMENT OF****OBSTETRICS & GYNAECOLOGY**



## INTERNATIONAL PATIENT DEPARTMENT

"We are committed to patient satisfaction by offering the most individualized services. We will be with you at every step to illuminate your path to recovery. As soon as you decide to join us for your treatment journey, it becomes our onus to provide you with the highest quality services."



## SERVICES FOR INTERNATIONAL PATIENTS



**COMPLIMENTARY  
AIRPORT TRANSFERS**



**CURRENCY EXCHANGE  
FACILITIES**



**INTERNATIONAL CUISINE FOR  
PATIENTS & THEIR ATTENDANTS**



**LANGUAGE  
ASSISTANCE**



**LOCAL SIGHTSEEING  
(ON-DEMAND)**



**HOTEL & GUEST  
HOUSE ARRANGEMENTS**



**QUICK QUERY  
RESPONSE**



**DEDICATED RELATIONSHIP  
MANAGER**



**INTERNATIONAL PATIENTS  
LOUNGE**

## INTERNATIONAL PATIENT DEPARTMENT



## INTERNATIONAL DIGNITARIES AT SHARDA HOSPITAL







**VIP ROOMS**



**RECEPTION  
AREA**



**MODULAR OTs**



**CT SCAN**

**Upcoming  
700+  
Bedded Hospital**



**THE WORLD  
OF ENDLESS  
POSSIBILITIES IN  
HEALTHCARE...  
COMING SOON!**



**DIALYSIS  
ROOM**



**DIALYSIS  
AREA**



**LINAC**



**PRIVATE WARD**



**HDR BRACHYTHERAPY  
MACHINE**



**DIGITAL PET  
CT SCAN**





**SAFEST & HIGH PRECISION  
RADIATION THERAPY**



**INNOVATION THAT UNLOCKS  
INFINITE POSSIBILITIES.  
COMING SOON**

Knowledge Park III,  
Greater Noida, Delhi-NCR (INDIA)



**DIGITAL PET CT SCAN**

**ENSURING ACCURATE DIAGNOSIS**

**BETTER IMAGE  
QUALITY**

**FASTER  
SCANS**

**PRECISION  
IMAGING**



**PRECISION IMAGING FOR  
ACCURATE RESULTS  
COMING SOON**

Knowledge Park III,  
Greater Noida, Delhi-NCR (INDIA)

## KNOW ALL ABOUT DEEP VEIN THROMBOSIS



### Prevention:

Anyone can take preventive measures to prevent thrombosis by keeping oneself mobile, basic foot raising exercises or moving limbs up and down during long air flights. Wearing special DVT stockings in long journeys and keeping air mattresses at home, if caring for old or immobile people. All these simple steps can prevent DVT.

### Diagnosis:

Doctors use basic blood tests like D-dimer and APTT, Protein C and S to ECG, 2D-ECHO, Venous Doppler and various CT scans like CT Pulmonary Angiography to identify and confirm this disease.

### Treatment:

Medically doctors give various anti-thrombotic drugs which help dissolving clots or even use surgical methods to break the clots. These medicines are to be continued regularly and routine follow ups are required in OPDs.

In regards to stopping or changing the treatment that must only be done after proper medical advice.

**By: Dr. Mayank Goyal**

Assistant Professor, Dept. of General Medicine  
Sharda Hospital, Greater Noida

## INTRODUCTION

Thrombosis in lower limbs consists of DVT (Deep Vein Thrombosis), which causes Cardiovascular death, disability as well as emotional distress. In common terms it is formation of clots in the veins of lower limbs due to variety of reasons.

### Risk factors:

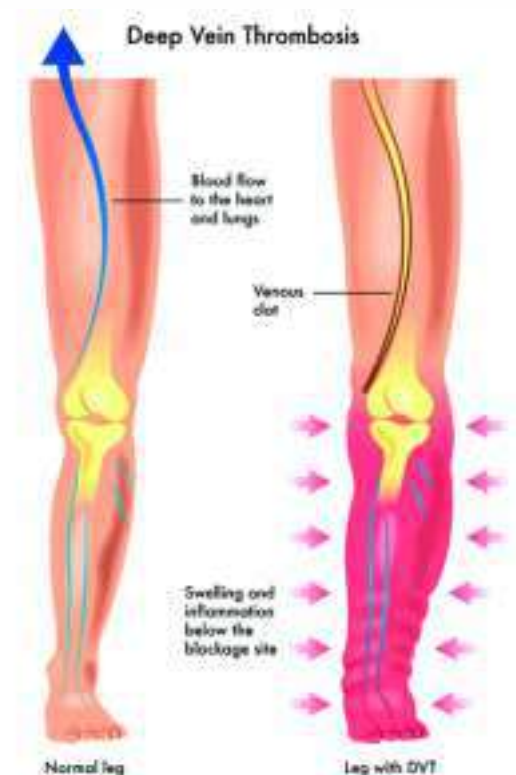
Anyone can suffer from this condition. There are certain groups who are extra vulnerable and need to be watchful for this including pregnant women, old people or anyone being bed ridden for prolonged periods, frequent international travelers and anyone who has undergone a major surgery, Cancer patients, women having history of recurrent abortions, young women taking oral contraceptive pills, recent patients of severe COVID 19 infections also had associated DVT.

These clots can form because of myriad of reasons including pre-existing cardiac conditions, cancers or any condition leading to hypercoagulable i.e. different conditions promoting clot formation.

### Signs:

Any sudden, painful swelling of lower limbs or foot should not be ignored and urgent medical help should be sought, there can be reddish or bluish discoloration of the skin. on the legs or sudden fever along with these symptoms.

Sometimes these clots if not paid attention to can break in pieces and travel to lungs causing sudden breathlessness, chest pain and even sudden death. Anyone having sudden breathlessness or chest pain should go to the hospital at once.



**DEPARTMENT OF**  
**GENERAL MEDICINE**

## REASONS FOR RISING HEART DISEASE IN YOUNGSTERS



### DR. SUBHENDU MOHANTY

**Head & Senior Consultant, Department of Cardiology**

MBBS, MD - Internal Medicine, DM - Cardiology

**Specialization:** Invasive And Noninvasive Cardiac Procedures | Coronary Interventions | Pacemaker Implantation | Valvular Interventions | Pediatric Interventions | Coronary Angioplasty | PDA Device Closure | Coronary Angiogram | PTCA-Percutaneous Transluminal | Aortic Stent Grafting | PPI - Permanent Pacemaker Implant - Single Chamber | Biventricular Pacing | AICD | PTMC - Percutaneous Transvenous Mitral Commissurotomy | ASD (Atrial Septal Defect) Closure | VSD Closure (Adult) Surgery | Cardiac OPD Procedures | Echocardiography with Color Doppler | Stress Echocardiography | Peripheral Angiogram

Heart attack, cardiac arrest, and other cardiovascular disorders have remained major global health concerns mainly in the elderly but lately, it has been seen occurring more commonly among the younger population in India. People have been shocked and concerned.

Dr. Subhendu Mohanty, Senior Consultant, Department of Cardiology, Sharda Hospital, Noida, throws some light on the issues related to the rising number of heart attacks and cardiovascular diseases and resulting deaths in the younger and seemingly healthy people and its causes like incorrect lifestyle, post covid after-effects and tips on prevention.

### What causes heart attacks in youngsters?

Although there is no certain age when a heart attack will occur, your likelihood can be affected by the type of lifestyle decisions you make, your food and exercise habits, and how you handle stress. Nowadays, there are no prior cardiac checkups for young individuals. People who have not had a pre-cardiac checkup before going to the gym start lifting weights, which thickens the heart, working out on the treadmill, and doing cross-training. Some people even take supplements that are detrimental and harm the heart, resulting in heart problems.

Due to elevated cholesterol or other genetic reasons, people start to gradually acquire minor blockages in their twenties. The exertion on the heart, however, causes clots to form close to the already present blockages, leading to clots and even a heart attack when the person experiences an acutely stressful event, engages in significant physical exertion without adequate preparation, or experiences severe biological stressors like an infection.

### Do regular exercise and a balanced diet suffice?

#### Or do hereditary influences come into play?

There is no denying that leading a healthy lifestyle can prevent cardiovascular diseases as well as diabetes, high blood pressure, high cholesterol, and hyperglycemia. A healthy diet and regular exercise are undoubtedly essential for preventing illnesses. There is more to it than what first appears, though, given the rising number of young cardiac patients who are more knowledgeable and aware.

A significant portion of the Indian population has a hereditary predisposition to these issues, which might result in cardiovascular disease. He also emphasizes that the younger generation is influenced by this genetic transmission around 5 to 10 years before their parents were.

### Does mental stress play a role?

Stress and anxiety have frequently been connected to cardiovascular illnesses. According to several studies, having high cortisol levels over an extended period of time may raise a person's chance of developing high blood pressure, triglycerides, blood sugar, and cholesterol.

Young people experience a lot of stress, including stress related to academic or professional achievements, rapid urbanization, and other issues that result in forming unhealthy habits like smoking, drinking, and bad eating practices. This results in developing health issues like becoming overweight, diabetes, hypertension, etc. that put the heart under stress, which can result in a heart attack, cardiac arrest, or arrhythmia.

### Is there a Post-COVID spike due to after-effects?

Heart patients have had to deal with COVID symptoms as well as post-COVID problems while also managing a constant fear of deadly infections and unexpected demises. COVID has undoubtedly made people more susceptible to heart attacks, which has increased the number of people who are running to hospitals for treatment.

### What are the ways of prevention?

The most crucial step is to have your heart checked through regular health checkups. If a person has a significant family history of heart conditions, they should, if necessary, see a cardiologist or cardiac electrophysiologist. Altering one's sedentary behavior, reducing excessive sugar intake, monitoring lipids, reducing fat intake, and quitting smoking and alcohol use.

**DEPARTMENT OF**  
**CARDIOLOGY**





**WINNER OF  
BEST EMERGING  
HOSPITAL IN  
"MEDICAL VALUE TRAVEL 2023"**





## PATIENT TESTIMONIALS



**Dr. Godfrey Gandawa**  
Deputy Education Minister, Zimbabwe

"The doctors in the hospital were friendly and clarified all my doubts even though I asked too many questions. The team is supportive and patient. The services were of international stature with good cleanliness and hygiene."

**Dr. Rabi Musa Kwankwaso**  
Governor, Nigeria

"The staff of doctors and nurses guided me properly through my entire visit. The hospital building is impressive just like a good hospital of international standards."



**H.E. Sirajuddin Hamid Yousif**  
Ambassador of Sudan

"Everyone at Sharda is very reassuring. I would like to express my gratitude and commend all the doctors who were responsible for my excellent care and treatment."

**HE. Shaida Mohammad Abdal**  
Ambassador to India, Afghanistan

"Sharda's clinical care is outstanding but what really sets them apart is that they truly care about the well-being of their patients."



**Mr. Paul Guimezap**  
President - IUC & PDMD, Douala, Cameroon

"My surgeon and primary care doctor worked together for my recovery. I'm now feeling terrific."

**Mr. Tijjani Majlafiya**  
Nigeria

"I got a new lease of life at Sharda Hospital after being diagnosed with a rare heart ailment. I can say that the doctors at Sharda are comparable to the best in the world."



**Mrs. Divya Rastogi**  
Greater Noida, UP.

I went to Sharda Hospital after being diagnosed with dermatitis and received outstanding care from the nursing staff. I was pleased with the care and appreciated Sharda Hospital.

**Ms. Shipra**  
Greater Noida, UP.

The care I received at Sharda Hospital was amazing; both the staff and the doctors were incredibly friendly and sympathetic.



**Mr. Akram**  
Jewar, UP.

Recently visited Sharda Hospital for kidney stones treatment. The doctors at Sharda Hospital are extremely helpful and understanding.

**Mrs. Sarla Bhatt**  
Jammu

My experience at Sharda Hospital in Greater Noida has been excellent. I had knee replacement surgery a few days ago. Doctors are compassionate, professional, and well-mannered. Senior citizens are given special attention.



**Mr. Himanshu Narayan**  
Greater Noida, UP.

I'm a student living near Sharda Hospital. I recently went to Sharda Hospital after being diagnosed with typhoid. Doctors are quite humble and experienced. In case of an emergency, I advised all nearby students to go to Sharda Hospital.

**Mrs. Neelam Devi**  
Bihar

When my mother was diagnosed with Ovarian Cancer, a friend recommended Sharda Hospital. The doctors at Sharda Hospital are very nice and friendly. I was pleased with the treatment and thanked the Sharda hospital staff.





## SHARDA HOSPITAL IN NEWS





## EVENTS AT SHARDA HOSPITAL



### SHARDA SMRITI HEALTH CAMP

On the death anniversary of Late Smt. Sharda Devi, Sharda Hospital Greater Noida organized a free health checkup camp at Sharda Hospital. More than 200 people were benefited from the different services that were available at this camp, such as eye checkups, health checkups, gynecology checks, and other checkups. The goal of this camp was to provide the services to those in need.



### PATIENT SAFETY WEEK

Sharda Hospital initiated a week long special camp on the significance of patient rights and safety from World Patient Safety Day on September 17. The camp included various activities with doctors, medical staff, and students of affiliated Sharda Medical Students on patient rights and medication safety including poster making, consultations, and a special oath-taking ceremony.



### INTERNATIONAL INFECTION PREVENTION WEEK

Sharda Hospital initiated a week long special camp on the significance of Infection prevention during International Infection Prevention Week from October 16th to October 22nd. The camp included various activities that showcased threats and prevention methods for infection in a hospital. The doctors, medical and non-medical staff along with the students of Sharda Medical college participated in activities including a poster-making competition, a workshop on standard precautions and disinfection policies for the staff, and a special hygiene workshop.



### INAUGURATION OF DRUG-RESISTANT TB WARD

Shri P.K. Gupta - Hon'ble Chairman Sharda Hospital & Chancellor Sharda University inaugurated the Drug-resistant TB Ward at Sharda Hospital. The Respiratory Medicine Department organized activities to support the Hon'ble PM's NTEP initiative. A thematic Poster Competition was also organized by undergraduate interns and P.G. Students.

## FACEBOOK LIVE HIGHLIGHTS

Facebook Live at Sharda Hospital was launched in the month of July 2022. The aim was to create awareness, provide health tips, and talk about services that are offered at **Sharda Hospital**.



### ABOUT POLYCYSTIC OVARY SYNDROME (PCOS)

Dr. Ruchi Srivastava, Senior Consultant & Unit Head - Department of Obstetrics & Gynaecology, Sharda Hospital, Greater Noida

Awareness to help improve the lives of those affected by PCOS and help them to overcome their symptoms as well as prevent and reduce risks of life-threatening diseases.

### KNOW ALL ABOUT ARTHRITIS

Dr. V. K. Gautam, Senior Consultant & Professor - Department of Orthopaedics, Sharda Hospital, Greater Noida.

Live session about arthritis, a condition that can affect one or more joints, causing pain, swelling, and inflammation at treatments prevention.



### WORLD BRAIN DAY - 'UNDERSTAND BRAIN STROKE'

Dr. S.H Mittal, Head & Senior Consultant - Department of Neurology, Sharda Hospital, Greater Noida.

We encourage health care, education, and research into neurological disorders to make people aware of brain related issues, especially STROKE.

### WORLD IVF DAY, 'GET ANSWERS TO ALL YOUR QUESTIONS RELATED TO IVF PROCEDURE'

Dr. Vikas Yadav, Gynae Laparoscopic Surgeon & IVF Specialist, Sharda Hospital, Greater Noida

At Sharda Hospital, we educate parents about the most advanced IVF technologies and assisted reproductive treatments, fulfill their dreams of parenthood.



### AWARENESS TO SPINE PROBLEMS

Dr. Vikas Bharadwaj, Head & Senior Consultant - Department of Neurosurgery, Sharda Hospital, Greater Noida

The live session focused the significance of spine health, educating people about the seriousness of spine health, which is one of the leading causes of disability.