#### ANUGRAHA VITTALA HOSPITAL

& Bangalore Endoscopic Surgery Training Institute & Research Centre



September 2019 Issue no- 002



**NEWS LETTER** 

## **Director's Message**

Dr. R.S.K Murthy & Dr. M.Arundhathi

#### **Greetings from A.V. Hospital!**



Dr. M. Ramesh

It gives me great pleasure to come out with the second newsletter of this year. In the last quarter, we have contributed a lot in terms of public education, doctors education and have been invited to perform drills to doctors.

Our achievement has been published in the

news paper Vishwavani about multiple surgeries that we conducted. We have been pioneers in performing multiple surgeries conducted simultaneously by laparoscopic surgery. For the last 20 years we have done more than 500 such surgeries and for the first time we could do 4 major operations on a patient on single instance.

We were also invited by Doordarshan Chandana TV to demonstrate Yoga for pregnant ladies in a special session that was telecasted on the International Yoga Day.

It is heartening to know that BLDE Medical University Bijapur has selected me as the mentor for the department of surgery for their university. We conducted a live workshop and delivered quest lectures there.

Our specialists have been invited faculty in the prestigious Cutting edge 2019 conference.

We successfully completed 2 of our popular courses of skills training through BEST Institute & Research Centre, one of Certificate course lasting for 15 days and another an Advanced Laparoscopic Training for Hernia Surgery which lasted for 3 days.

Our faculty was also invited by Garbhagudi fertility centre.

We also have established a Free Camp in Uma Maheshwari Temple in Banashankari which will be a continuing event every month

# **A Special & Unique Surgery**

Dr. M. Ramesh, Dr. Ganesh Shenoy & team at A.V. Hospital performed a unique surgery for a patient through 6 tiny holes and 4 different types of surgeries were accomplished on the same patient successfully.

This was featured in the "Vishwavani" News paper being the first of its kind.

The surgeies performed were laparoscopic bilateral mesh repair(both left & right ) Inguinal Hernia, Umbilical hernia and Laparoscopic Cholecystectomy. All this was done through two 1cm incisions and four ½ cm incisions. The patient was discharged the next day after surgery.



#### ಆರು ರಂಧ್ರಗಳಿಂದ ನಾಲ್ಕು ಯಶಸ್ವಿ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ

ಎಷ್ಟೋ ವೇಳೆ ರೋಗದ ಗುರುತು ಸರಿಯಾಗಿ

(65) ಇವರಿಗೆ 5 ತಿಂಗಳನಿಂದ ಹೊಚ್ಚೆ ನೋವು, ಎಪರೀಕ ಬೆಳೆಯಗಳಲ್ಲಿ, ಬಳಕ ಅವರು ಕಾರ್ತ್ನಿಕೆ ಪಡೆದ ನಂಡರ ಭಲಕಾರಿಯಾಗಲಿಲ್ಲ, ಬಳಕ ಅಮಗ್ರಹ ವಿಟ್ಟರ್ ಆಪ್ರಕ್ಷೆಗೆ ಜೊರೆ ಹೋದರು. ಬಳಕ ವೈದ್ಯರು ವೃದ್ಯಕೀಯ ತಪಾಸಣೆ ಮಾಡಿದ ನಂತರ ಅರ್ನಿಯ ಮತ್ತು ಪತ್ತಿಕೋಶದ ಸಮಸ್ಯೆ ನಯಪ್ಪದು ಕಂಡು ಬಂತು. ಬಳಕ ಪ್ರ್ಯ ಚಿಕಿತ್ತೆ ಕೈಗೊಳ್ಳ ಬಳುವು ರಾಗುತ್ತದೆ ಎಂದು ರೋಗಿಯ ಸಂಬಂಧಕರಿಗೆ ಮಾಹಿತಿ ನೀಡಿದರು. ಆಮಗ್ರಹ ವಿಟ್ಟರ್ ಆಸತ್ತೆ ನಿರ್ದೇಶಕ ಎಂ. ರಮಶ್, ವೈದ್ಯ ಗಣಿಕರ್ ಶೆಣ್ಣೆ ನೇತೃತ್ವದ ತಂಡ ಚಿಕಿತ್ತೆಗೆ ಮುಂದಾಯಿತು. ಒಂದು ಸಂ.ಮೀ ಎರಡು ರಂತ್ರಗಳನ್ನು ಅರ್ಥ ಎಂದರು ರಂತ್ರಗಳನ್ನು ಅರ್ಥ ಎಂದರು ರಂತ್ರಗಳನ್ನು ಅರ್ಥ

ಎರಡು ರಂಧ್ರಗಳು, ನಾಲ್ಕು ರಂಧ್ರಗಳನ್ನು ಅರ್ಧ ಸೆಂ.ಮೀ ಕೊಯ್ಯಲಾಗಿತ್ತು. ಒಟ್ಟಾರೆ ಆರು



ಚಿಕಿತೆ ನಡೆಸಬೇಕಾಗುತ್ತದೆ

# ರೋಗಿಗೆ ಅಲ್ಫ್ರಾಸ್ಕ್ಯಾನಿಂಗ್ ಮತ್ತು ರೇಡಿಯೋ ಪ್ರೀಕ್ಷೆನ್ಸಿ ಎನೆರ್ಜಿ ವೈದ್ಯ ತಪಾಸಣೆ ನಡೆಸಲಾಯಿತು. ಆ ರೋಗಿ

ಅಳವಡಿಸಿ ಆಪರೇಷನ್

ಉದರ ಸಮಸ್ಯೆ ಕಂಡು ಬಂದಲ್ಲಿ ವೈದ್ಯಕೀಯ ತಪಾಸಣೆ ಬಳಿಕ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ ಮಾಡಲಾಗಿತ್ತು.

ಉದರ ದರ್ಶಕ

ತಶಾಸಣೆ ನಡೆಸಲಾಯಿತು. ಆ ಶೋಗಿ ಮೊಟ್ಟೆಯ ಒಂದು ಸೇ.ಮೀ ದೂರದಲ್ಲಿ ಉದರ ದರ್ಶಕ ಅಳವಡಿಸಲಾಗಿತ್ತು. ಶಸ್ತ್ರ ಚಿಕಿತ್ತೆ ಭೂಡುವ ಕುರಿತು ಸಿಸಿ ಕ್ರಾಮೆರಾವ ಮಾಹಿತಿ ಪಡೆಯಲಾಯಿತು. ಸಮಸ್ಯೆ ಇ ಭಾಗದಲ್ಲಿ ರಂದ್ರ ಮಾಡಿ ಶಸ್ತ್ರ ಚಿಕಿತ್ತೆ ಕೈಗೊಳ್ಳಲಾಗಿತ್ತು. ಕರ್ನಾಟದಲ್ಲಿ ರಂದ್ರ ಮಾಡಿ ಶಸ್ತ್ರ ಚಿಕಿತ್ತೆ ಕೈಗೊಳ್ಳಲಾಗಿತ್ತು. ಕರ್ನಾಟದಲ್ಲಿ ರಂದ್ಯ ಮಾಡಿ ಶಸ್ತ್ರ ಚಿಕಿತ್ತ ಸಮ್ಯಚಿತ್ರ ನಡೆಸಿದ ಖಾಸಗಿ ಆಸಕ್ತ್ರೆಗಳ ಪೈ.ಎ.ಬಳ್ಳತ್ತೆ ಮೊದಲಾಗಿಯಲ್ಲ, ಇಂತಹ ಸಂಕರ್ಣನ ಪರ್ಸತಿಕ್ಕೆ ಮಾಡಿಕೆಯಾಗಿಯಲ್ಲ, ಇಂತಹ ಸಂಕರ್ಣನ ಪರ್ಸತಿಕ್ಕೆ ಮಾಡಿಕೆಯಾಗಿಯಲ್ಲ, ಸಂತಿಕ್ಕೆ ಮಾಡಿಕೆಯಾಗಿಯಲ್ಲಿ ಸಂಕರ್ಣನ ಪರ್ಸತಿಕ್ಕೆ ಮಾಡಿಕೆಯಾಗಿದೆಗೆ ಸಂಕರ್ಣನ ಪರ್ಸತಿಕ್ಕೆ ಮಾಡಿಕೆಯಾಗಿದೆಗೆ ಸಂಕರ್ಣನ ಪರ್ಸತಿಕ್ಕೆ ಮಾಡಿಕೆಯಾಗಿದೆಗೆ ಸಂಕರ್ಣನ ಪರ್ಸತಿಕ್ಕೆ ಸಂಕರ್ಣನ ಪರ್ಸತಿಕ್ಕೆ ಸಂಕರ್ಣನ ಪರ್ಸತಿಕ್ಕೆ ಸಂಕರ್ಣನ ಪರ್ಸತಿಕ್ಕೆ ಸಂಕರ್ಣನ ಪರ್ಸತಿಕ್ಕೆ ಸಂಕರ್ಣನ ಪರಸ್ತನೆಗೆ ಸಂಕರ್ಣನ ಪರಸ್ತಿಕ್ಕೆ ಸಂಕರ್ಣಿಸುವ ಸಂಕರ್ಣನ ಪರಸ್ತಿಕ್ಕೆ ಸಂಕರ್ಣನ ಸಂಕರ್ಣನ ಪರಸ್ತಿಕ್ಕೆ ಸಂಕರ್ಣನ ಸಂಕರಣ ಸಂಕರ್ಣನ ಸಂಕರ್ಣನ ಸಂಕರ್ಣನ ಸಂಕರ್ಣನ ಸಂಕರ್ಣನ ಸಂಕರ್ಣನ ಸಂಕರ

ಚಿಕಿತ್ಸೆ ನಡೆಸಲಾಯಿತು. ಅರ್ನಿಯಾ ಭಾಗು ಮೂರು ಸಮಸ್ಯೆಗಳು ಇತ್ತು. ಪಿತ್ರಕೋಶ: ಕಲ್ಪುಗಳು ಇದ್ದವು. ಲೆಪ್ರೋಸ್ಯಪಿ ಮುಖಾಂ ಯಶಸ್ತಿ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ ನಡೆಸಲಾಯಿತು.

#### **Our contribution for Public Education**

Obesity is a wide spread lifestyle disease that ails people in today's society. Dr.M.Ramesh spoke about this disease and gave viewers important tips, described the problems arising by this disease and provided solutions to counter it in a show on Chandana TV on 24/05/19

**Topic: Bariatric Surgery for Obesity** 

This can be viewed at <a href="https://youtu.be/5DpuyM96h-c">https://youtu.be/5DpuyM96h-c</a>



India is know to be the diabetes capital of the world. So far, people manage diabetes through medication & insulin shots. Dr.M.Ramesh spoke about a new surgical method called Metabolic Surgery, where a patient is able to stop his diabetic medication and insulin immediately post surgery. He emphasised that apart from stopping all medicines for diabetes, one can live without fear of developing complications that affect the eyes, heart, kidney, nerves and other organs. This was aired live on Chandana TV on 17/05/19

**Topic: Metabolic Surgery for Remission of Type2 Diabetes.** 

This can be viewed at <a href="https://youtu.be/eUxQSR6UKYE">https://youtu.be/eUxQSR6UKYE</a>

Fibroids are growths on the utreus which can cause several problems. Unfortunately, many women are unaware if they have fibroids. Dr.Saraswathi Ramesh spoke about the fallacies it can cause in Chandana TV on 16/05/19 & again on 21/05/19 on Ayush TV. She gave information and provided solutions for people suffering from Fibroids.

Topic: Fibroids on 16/05/19 on Chandana TV
This can be viewed at https://youtu.be/4zyJ8-aSa6M

Topic: Fibroids on 21/05/19 on Ayush TV

This can be viewed at <a href="https://youtu.be/QmWeyfVvhHs">https://youtu.be/QmWeyfVvhHs</a>



Many women suffer from problems due to menstruation. Menstruation is a natural process which is controlled by hormones like estrogen and progesterone. Dr. Saraswathi Ramesh spoke about menstruation, problems associated and solutions for these problems on Chandana TV on 13/06/19

Topic: Menstrual Problems. This can be viewed at https://youtu.be/puvmrwkpbLs

Gallbladder stones are small particles that form the bile cholesterol and bilirubin in the gallbladder. Ayush TV interviewed Dr. M.Ramesh on the topic of gall bladder stones, treatment and surgeries. He also cleared some myths pertaining the gall bladder.

Topic: Gall Bladder Stones on 25/06/19



## **Cutting Edge 2019**

A national conference was organized at Hotel ITC Gardenia, Bangalore on 11th 12th May 2019. Dr. Saraswathi Ramesh and Dr. Harinath K S were invited as distinguished faculty for the Panel discussion on 'Hysteroscopy in the management of Infertility What is the evidence?'. They elaborated on the latest evidence based medicine for better pregnancy outcomes using hysteroscopy in the management of infertile women.



### **CME at BM Patil Medical College, Bijapur**

We are happy to inform that Dr. M Ramesh has been appointed as the Mentor for the the department of surgery to improve the standards of surgical education for the BLDE Medical University Bijapur. He is pleased to impart his knowledge for the young budding surgeons and guide them in the Laparoscopic surgeries. As part of this mentor ship, a CME & workshop was organised by Dept. of General Surgery and Gynecology at BM Patil Medical college,



Bijapur. Live demonstration of surgeries were performed on 21st April 2019. Many surgeries like Ventral hernia, Laparoscopic IPOM Plus repair for ventral hernia. Lap Nissen's Fundoplication for Hiatus Hernia, Total Laparoscopic Hysterectomy, Myomectomy for Fibroid uterus was demonstrated by Dr.Ramesh & Dr Harinath

#### **BSOG Drill**

BSOG had organized a CME for the postgraduate students in Obs & Gynec at API Bhavan, Bangalore on 16th June 2019. Under the leadership of Dr.Saraswathi Ramesh, laparoscopy drill was conducted to impart the basics of laparoscopy with video presentation and instruments demonstration. Students had the opportunity to get 'hands on training' on pelvitrainer to learn hand to eye coordination.







## **Laparoscopic Hernia Training Course 2019**

A.V. Hospital & BEST Institute were the first to perform a single theme conference and workshop on Hernia in the country 22 years ago.

The 2nd Laparoscopic Hernia Training
Course of this year was conducted from
June 21-23rd 2019. AV Hospital is
recognized as Center of Excellence in
Hernia Surgery by Hernia Society of India
and Asia Pacific Hernia Society. This training
course of 3 days was endorsed by Hernia
Society of India.

This training course included live operative demonstration, Endotrainer sessions on different modules on BEST Endotrainers and Didactic sessions. Internationally renowned faculties were part of the Didactic sessions. Teleconferencing technology was used for

this purpose.

The faculty for the course were

Dr. Ajay Kriplani

Dr. Anil Sharma

Dr. Ramesh Agarwalla

Dr. Sandeep Dave

Dr Deepraj Bhandarkar

Dr. Ramesh Punjani

Dr Manish Baijal

Dr Sarfaraz Baig

Dr. T. Sivakumar

Ten surgeons from across the country were trained during this course.



Standing from left to right : Dr.Manonmani MH , Dr.Sanjeev Rathod , Dr. Suryakanth D Mandolkar, Dr. Pradeep Chandra Sharma, Dr. KVS
Prasad, Dr. Ravi Kumar, Dr. Siddaraju, Dr. Avnish Kumar Gill, Dr. Kiran Kumar

Sitting from left to right: Dr. M. Ramesh, (Director, A.V.Hospital, Bangalore),
Dr. Ganesh Shenoy (Consultant Lap Surgeon, AVH, Bangalore)
Dr. Harinath KS (Consultant Lap Gynac Surgeon, AVH, Bangalore)



Knotting & Suturing being demonstrated by Dr.M.Ramesh



Hands-on training on BEST Endotrainers



Live operative demonstration



**Didactic Session** 





## **Laparoscopic Training Schedule for 2019**

Bangalore Endoscopic Surgery Training Institute & Research Centre, A.V. Hospital Basavanagudi conducts Laparoscopic Surgery Training Courses for upcoming Gynecologists & Surgeons. Also available are Fellowship courses. We are also newly introducing Hernia Training programes. Interested candidates can take note of the scheduling for this year and apply accordingly.

#### **Comprehensive Laparoscopic Skills Course**

(Surgery & Gyanecology) Endorsed by FOGSI & IAGES

20<sup>th</sup> Jan - 5<sup>th</sup> Feb 2019 1<sup>st</sup> May - 15<sup>th</sup> May 2019 22<sup>st</sup> Jul - 5<sup>th</sup> Aug 2019

1<sup>st</sup> Nov - 15<sup>th</sup> Nov 2019

#### **Laparoscopic Hernia Courses**

Endorsed by Hernia Society of India

March 15<sup>th</sup> - 17<sup>th</sup> 2019

June 21st - 23nd 2019

Sept 20<sup>th</sup> - 22<sup>st</sup> 2019

#### **Fellowship Courses**

Fellowship in Minimal Invasive Surgery (for Gyanecologists)

Fellowship in Bariatric & Metabolic Surgery (for General Surgeons)

Affiliated to Rajiv Gandhi University of Health Sciences, Karnataka

Duration of Course- 18 months

Starts on: 1st August 2019

Last date for Application: 15th May 2019

(please contact us for confirmation)

# Free Camp in Uma Maheshwari Temple

Sri Uma Maheshwari Temple, Banashankari, had organized free health checkup with free consultation by Dr.Saraswathi Ramesh on every Thursday. Free consultation, treatment & counselling is provided to the poor and needy sections of the community.



# Talk on Doctor's Day at RV Public School

Dr. Ganesh Shenoy was invited as Chief guest during Doctor's day celebration on 1st July at R. V. Public School, Lalbhag West gate. He spoke about "His journey as a doctor and hygiene tips for children"



#### **International Yoga Day**

On the occasion of International Yoga Day on 21/06/19 Dr. Saraswathi Ramesh went live on Chandana TV demonstrating yoga practice for pregnant women. She encourages her patients to learn yoga and practice it regularly for the prevention & treatment of various ailments. She conducts Yoga training batches at AV Hospital on Saturdays. She also conducts 'Yoga training for pregnant women' to improve health of pregnant lady & increase the chance of natural birth and also to be able to bear the pains of labour. She shared her experience of the last 20 years of Yoga Courses for pregnant ladies.

This can be viewed at <a href="https://youtu.be/N\_1uR1ApNBs">https://youtu.be/N\_1uR1ApNBs</a>





#### **Talk at Fortis**

Dr. M Ramesh & Dr. Ganesh Shenoy from AV Hospital, delivered a talk on Recent trends that increases results of Bariatric Surgery on 8th June 2019. Organized by Fortis Hospital, in association with IMA-CHS, Bangalore. This was attended by 80 doctors and was held at Green Path Forgotten Food Restaurant



# **Guest Speaker at Garbhagudi Fertility Centre**

Dr. Harinath K S, was invited as a guest speaker on 16/05/19 to deliver a lecture to trainees from various parts of the state on 'Role of Laparoscopy in the era of ART'. He presented the latest evidences available today for management of infertile couple with the help of laparoscopy. Various surgical videos were demonstrated & discussed with the training doctors about the principles of surgery for better fertility outcomes. He shared the rich experience of 27 years of Laparoscopy in A.V. Hospital.





#### **Certificate Course for Laparoscopic Training Course**

BEST Institute's popular certificate course for Laparoscopic training conducted from 1st to 15th May 2019 was a grand success. This course was started almost 2 decades ago by Dr.M.Ramesh and is very successful in training young surgeons throughout the world.

This batch of training was attended by 8 Gynecologists and 2 Surgeons from various parts of India. All the trainees were given hands on experience in assisting and performing surgical procedures from basic diagnostic to operative procedures. They witnessed a variety of cases like Diagnostic Hysteroscopy, Hysteroscopic Myomectomy, Total Laparoscopic Hysterectomy, Lap Myomectomy, Lap Ovarian Cystectomy, Lap Ectopic surgery, Lap Cholecystectomy, TEP and TAPP for Inguinal hernia, Lap IPOM Plus for Ventral hernia, Adhesiolysis, Lap orchidopexy for Undescended testis, Lap Appendicectomy. A total of 54 cases were demonstrated during training.

Trainees had a hands on training around 30 hours in the skills lab and performed various tasks on the Institute developed Pelvitrainer. Endoscopic suturing sessions were also included. Weekly assessment of improvement in laparoscopy skills were assessed by pelvitrainer tests.

Trainees interacted in didactic sessions from various senior and highly experienced doctors from top institutes of Bangalore. It was a wonderful opportunity for these doctors to have got the opportunity to get trained from an expert faculty led by Dr. M Ramesh and Dr. Saraswathi Ramesh and learn the skills of laparoscopy and hysteroscopy from the pioneers itself.

On the last day, quiz was conducted and certificates were distributed. Trainees opined that they had a great learning experience and confident to establish laparoscopy in their hospitals.



Standing from left to right: Dr. Aparna Kaulavkar from Kolhapur, Dr. Poornima from Chennai, Dr. Shanti G, Chennai Dr. Sindu from Bangalore, Dr. Smitha Prasad from Chattisghar. Sitting from left to right: Dr Parvathi Bai from Gadinglagaj, Dr. Harinath KS (Consultant Lap Gynac Surgeon, AVH, Bangalore), Dr. Vasuda from Andra Pradesh, Dr. Kavyashree from Bangalore, Dr. Saraswathi Ramesh (Director, Senior Laparoscopic surgeon & Gynacologist, AVH, Bangalore), Dr. Rathi Priya from Bangalore, Dr. Bharathi Rajanna (Consultant Manipal Fertility Centre), Dr. Rashmi from Mysore