

D+CTORS' DAY SPECIAL



Taking care of all your dental needs

Global Smiles is a leading dental institution located in the heart of South Mumbai. High medical and professional standards, chic and relaxed atmosphere, couple with competent, compassionate staff make this the ideal dental destination of choice for people from across the globe. Dr Sarina Shah, the founder and proprietor of Global Smiles, has been practicing since the past 20 years, and kept herself abreast with

the latest development in the field of dentistry both in India and abroad.

Insight, experience and dedication to the highest quality of patient care are just some of the qualities that has earned the clinic a number of awards. Dr Sarina heads a proficient team of doctors, who are highly qualified with professional demeanours and experts in every field of dentistry.

She says, "Dentistry is our profession



Dr Sarina Shah

but people are our focus! Besides caring for all your families' dental needs, we specialise in dental implants and smile designing, so that you can enjoy the beauty of a healthy smile."

Sterilisation procedures are important to any distinguished dental practice. At the clinic, strictest and highest standards of sterilisation are followed, which meets the European EN 13060 Standard and every month it is monitored by an international university so as to ensure that an extremely hygienic service is provided to patients. World-class dental care has helped them build long-lasting relationships with patients from around the world, many of them coming from eminent backgrounds.

Where: Global Smiles, 19, Peddar Road.

Call: 23513799, 1-800-3000-4220.

E-mail: info@globalsmiles.in

www.globalsmiles.in

(*Procedures given are based on the expert's understanding of the said field)

SOME OF THE TESTIMONIALS THE CLINIC HAS RECEIVED

"The ambience is so soothing. Dr Sarina and her team are the epitome of professionalism with compassion. This clinic is the best!"

— Nishi Vasudeva, Chairman and MD of a renowned company.

"It is with pleasure that I am writing my experience, which has been without doubt quite an excellent one. Dr Sarina Shah and her team are very professional in their field and have concern for each patient's specific requirement. The clinic is at par with the best in the world in terms of equipment and hygiene."

— Binod Khemka, owner of an export company

"I have been privileged to have been introduced to this practice. The services offered are impressive and most of all affordable. The doctors are highly qualified and considerate. I refer everyone from my country to Global Smiles."

— Abiola Adebayo, Nigeria, operations director of a healthcare company

"I have been to several dental clinics in India and abroad and they are not even on par with Dr Sarina's clinic. The highly trained doctors are gentle and considerate of their patients. The relaxing atmosphere and high level of hygiene are also what keeps me going back to the best."

— Raell Padamsee, CEO and MD of a production company

A multispecialty physiotherapy and research centre

Dr Nilesh Makwana holds a Masters Degree in cardio-pulmonary disorders as well as courses in manual fitness, taping, rehabilitation and so on. He is an authorised fitness trainer in Mumbai from Indian Academy of Fitness Training (Mangalore) and has also undergone a sports physiotherapy course. Apart from publishing and presenting several research articles at national and international journals, he is also a director at a national institute of certified professionals and has published a book on personal training. Dr Makwana also holds the director's post at Muscle n Mind Multispecialty Physiotherapy and Research Centre. In a quick chat, he talks about the importance of physiotherapy, clears some myths and more...

What are the various treatments available at MnM?

Physiotherapy is a treatment that helps encourage development and facilitate recovery, enabling people to remain independent for as long as possible. At MnM, we have a range of treatments that are helpful for every kind of injury. We specialise in musculoskeletal treatments, which basically focus on muscle and joint pains. We also focus on women's health, sports injuries and testing, cardiovascular, respiratory and neurological rehabilitation. We also offer home treatments for patients suffering from ailments where movement is not possible. With state-of-the-art facilities, we make sure our patients get the best of what we have to offer.

Why is physiotherapy important?

Physiotherapy is recognised as an essential part of the modern healthcare system, and has become a leading method in optimising your recovery and healing process. Physiotherapy is a branch, which works in three stages — preventive, curative and rehabilitative. Physiotherapy aims to improve health

through education and exercises based on an individual's need. It also helps improving mobility and motion, and pain-free movement, which are crucial for your quality of daily life, ability to earn a living, pursue your favourite leisure activities and much more.

What would you suggest to people who are skeptical about physiotherapy?

You have the freedom to choose your own physiotherapist. All over India, there is a direct approach available. Your physician may refer you to physiotherapy. Remember to approach an appropriate and qualified physiotherapist. You should feel comfortable asking him any question regarding your course of care, including specifics regarding interventions and expectations.

A patient often wants to know what happens physiotherapy. Can they continue exercising? What do you recommend?

I have come across this issue for a long time now. After many discussions, we designed a program that resembles a yearly membership for those who have undergone physiotherapy treatment, and for patients who have only a specific disease and want to maintain their health. These exercises are conducted under an expert physiotherapist's supervision, and therefore doing exercises becomes far easier and effective.

Where: Muscle n Mind Multispecialty Physiotherapy and Research Centre.

Call: 022-23062097, 8767432994.

www.musclenmind.physio

(*Procedures given are based on the expert's understanding of the said field)



Dr Nilesh Makwana

CANCER TREATMENT HAS BECOME LESS PAINFUL WITH ADVANCED TECHNOLOGY



As we know that cancer is a horrifying word for any person. This is because treatment, especially surgery for cancer, is long and a postoperative patient experiences lot of pain because of big cuts. Consultant oncologist, laparoscopic and robotic surgeon Dr Vishnu Agarwal says, "Earlier all surgeries were done by making big cuts on the body. This used to be very painful with stitches, etc. But now these problems have been solved by minimal invasive surgery either laparoscopic and robotic surgery. The concept of both of the above is the same — operating through small holes — but there are some limitations in laparoscopic surgery in some cancers, which have now

been overcome by robotic surgery."

There are many advantages of robotic surgery, namely no big incision, only small holes are made through which cancer is removed from the body. This leads to minimal postoperative pain, recovery is much faster and a patient can be discharged within two to five days unlike before where one had to stay in the hospital for seven to 15 days.

"Due to high intra operative magnification, there is more accuracy in performing the surgery, which gives excellent results with the least complication rates. Blood loss is comparatively less with robotic technique and one can do more complex surgeries than what the human hand can do because of high-

er degree of movement than human hand. In robotic surgery, a surgeon gives direction to the robot, who performs the surgery," says Dr Agarwal.

In India, there are few hospitals where this technology is available and Dr Agarwal is a cancer surgeon with special interest in laparoscopic and robotic surgery. He believes that if we can achieve the same results as far as treatment of cancer is concerned by giving least pain to patients, there is nothing better which you can do for the patient.

Call: 9969509226.

(*Procedures given are based on the expert's understanding of the said field)

Monsoon calls for enhanced pet care

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Come monsoon and many of us suffer from a number of water, air as well as food borne ailments, due to fluctuation in temperature, the humidity, etc. While we take utmost care to see to it that we are not eating the wrong kind of food or drinking unhygienic water, our pets too are prone to a host of infections during the monsoon and this season might not be very pleasant for them. Pet owners must take care in order to help their pets stay disease-free this season.

AVOID THEM FROM VENTURING OUT

While we all love to walk our pets every morning or evenings, monsoon is a bad time to do so. pet owner Rohan Nikumbh who has two dogs at home believes that

great care needs to be taken as far as pets are concerned during monsoon. He says, "My dogs are 2.5 and 5 years old respectively. One of the biggest problems which we face during monsoon is taking them out for a walk. We literally have to wait for hours while it is raining for taking them out on a stroll. The dogs also start feeling uneasy when you do not allow them to move out. But, one must avoid frequent outdoor walks as they are usually prone to a lot of air and



water borne infections." Besides, in some cases, pets tend to get skin rashes and hence one should use medicated shampoos. Make sure to keep the dogs as dry as possible, also all the necessary vaccinations are to be given to them prior to monsoon so that they do not get any kind of infection.

MAINTAIN HYGIENE

Veterinarian Dr Nagesh Pothule says, "Ticks and fleas are the most common problems that most pets face during monsoon. Pets are prone to get tick fever during the monsoon which in some cases could even lead to kidney failure.

Besides, they can also get jaundice if they have consumed the wrong kind of water. Rainy season is usually the breeding ground for water-borne diseases and other intestinal and stomach infections. Hence, one must take care that your pet is drinking clean water and ensure that he/she has been given all the required vaccines. Keep his/her sleeping area free of mosquitoes, fleas, ticks and bugs as these can be quite menacing especially during the monsoon months." While another veterinarian Dr Prakash Shukla, says, "Just like we do, try giving your pet boiled or filtered water. Besides, when taking your pet out for a walk cover their mouth so that they do not chew anything which is not good for them. Especially in case of dogs they have a high sense of

smell and hence easily go and eat something which is not good for their health."

GET THEM A BOOSTER DOSE

Vets also suggest that pets should take their booster dose so that they do not get any kind of infection and any recurrent infections can also be avoided. Pothule also suggests, "Try not to feed your pet non-vegetarian food during the rains mainly because they might face some kind of digestion problem. Give as much vegetarian and moisture-free food to your pet as possible."

Pets blessed with owners having lavish apartments are lucky as they have enough place to move around the home easily during the monsoon. Dogs with really long hair and need to be scrubbed well, remember, not to allow your dog to chew grass.

Doctors need to take care of their health as well

Doctors play an important role in society. They are those with whom we place our complete faith, often counting on them in our most miserable moments. Health care providers, physicians and doctors may have some of the most demanding, enervating jobs out there. This is aggravated by long hours of work, emotional stress and staying on the feet for longer durations. Along with all the disease healing and serving humanity, doctors have another round the clock job — keeping themselves healthiest. But do they?

"We need to dismiss the belief of never ill doctors who place the needs of their patients before their own to the detriment of their own health. Most doctors have been consistently neglecting their own health in favour of many professional and personal commitments. Doctors, like the general population, also need to work on improving their diets and self-care," says celeb nutritionist Kashish Alimchandani.

Inadequate nutrition and irregular eating habits can result in fatigue, irritability, dizziness, nausea and decrease in metabolic rate leading to obesity. "Doctors who eat healthy themselves are more likely to counsel their patients about the importance of proper nutrition," she further explains.

Some guidelines for doctors

● Eat a variety of different foods. No single

food provides all the nutrients required for the body to stay healthy.

- Fuel up for the day in the morning. Don't skip breakfast. Instead have a power packed one comprising eggs, toast, high fibre food, oats, cereals, yogurt, fruits, etc.
- Have homemade food preferably and maintain regular food timings.
- Increase your fibre intake. Eat plenty of fruits, veggies and pulses.
- Stay hydrated and drink no or low calorie beverages like water, green tea, coffee (slim) but make sure you guzzle water post every caffeinated beverage.
- To fight in between cravings, have a few soaked walnuts or almonds or roasted channa.
- To fight sugar cravings have a small piece of jaggery sometimes or one small boiled potato with the skin or one sweet potato.
- Be active and maintain a healthy weight. Do 45 minutes of cardio daily.
- Recharge with naps and get enough sleep.
- Meditate or practice yoga daily.

Personalised diet for ladies only.

Call: 022-26114949, 9167718321.

E-mail: kashishdiet@hotmail.com

www.Kashishalimchandani.com

(*Procedures given are based on the expert's understanding of the said field)



Kashish Alimchandani

Don't take gastrointestinal disorders lightly

Lost in the chaos of the fast paced city life, we live and eat erratically, which can often lead to inevitable chronic illnesses. In this process and due to our inherent competitive nature, we often ignore health and what we eat, which is ironic because an urbane lifestyle demands that we take our fitness and health even more seriously. Every time you eat or drink, you are either feeding disease or fighting it, and it is true we don't value health till sickness comes knocking.

Gastroenterologist Dr Vipulroy Rathod says, "One should not ignore acidity symptoms if they persist beyond a period of two weeks of taking home remedies or over-the-counter medication. Often, we take symptoms like bloating, gas, acid reflux, nausea, constipation, diarrhea and so on for granted, giving way to more acute gastrointestinal disorders."

Dr Rathod has been practicing as a consultant gastroenterologist and endoscopist in Mumbai since 1998 at some of the city's best hospitals. He specialises in the treatment of various digestive disorders and is a highly qualified endoscopist who completed his M.B.B.S., M.S. from India and advanced training in Endoscopy and Endoscopic Ultrasound in Germany. Dr Rathod is the founder and director of the newly launched World Gastroenterology Institute (WGI) — Mumbai's first hospital dedicated to digestive diseases and Endoscopy Asia (EA) — a daycare gastroenterology and endoscopy centre, which was inaugurated in 2008 by visionary humanitarian Sadhguru.

With his vast experience and knowledge of advanced interventional endoscopy and gastroenterology, he has

pioneered and popularised Diagnostic & Interventional Endoscopic Ultrasound (EUS) in India. Having performed more than 18,000 EUS procedures, including more than 8,500 interventional EUS procedures, has earned him the distinction of being India's highest individually experienced practitioner of EUS aside from 35,000 diagnostic and therapeutic endoscopic procedures over the last two decades. He is the first Indian Endoscopist to be awarded the Fellowship of American Society of Gastrointestinal Endoscopy — FASGE for his outstanding contribution to the field of advanced endoscopy. He has also been serving as the Secretary of Society of Gastrointestinal Endoscopy of India (SGEI-2015-2018).

WGI Hospital and Endoscopy Asia (EA) have been developed with the single objective of providing a one-stop solution for all your digestive problems. Considering what's best for the patient, both the centres stand for clinical excellence, commitment, compassion, respect and integrity, and every treatment provided is through these ideals. Both institutions provide world class excellence in terms of cutting edge gastroenterology, hepatology, endoscopy and minimal access surgery for the entire spectrum of digestive disorders. Thousands of patients are currently seeking safe, easy, painless and cost effective solutions for diagnosis and treatment of all digestive problems at both WGI Hospital and Endoscopy Asia.

In addition to this, Dr Rathod is also the managing trustee of the Dr Rathod Medical Foundation, which has successfully achieved and continues to carry out ground-breaking procedures and research in the treatment of digestive



Dr Vipulroy Rathod

disorders, gastro intestinal and pancreatic cancers in particular. For over a decade now, he has helped spread awareness about the importance of early detection of terminal and chronic digestive diseases. The next time you suffer from a relatively trivial bout of acidity or bloating, consider getting yourself checked for being at risk of a potentially dangerous gastrointestinal disorder. There's no need to panic however, the best possible care and diagnosis is available in Mumbai today for digestive diseases.

Where: World Gastroenterology Institute (WGI), Amboli Naka Signal, Andheri (W), 022-61099888.

www.ugi.000

Endoscopy Asia (EA), Sion (W), 022-24043522.

www.endoscopyasia.com

Toll free: 1800 267 0141.

(*Procedures given are based on the expert's understanding of the said field)

Giving hope to those who have suffered early pregnancy loss

When the Joshis had a baby girl after eight miscarriages, they were naturally in seventh heaven. They couldn't thank their doctor enough, who in a very systematic and compassionate way, guided them to achieve a healthy pregnancy and a normal delivery.

The doctor in question — Dr Gandhali Deorukhkar Pillai, a consultant gynaecologist and obstetrician practicing in Mumbai — has dealt with several patients like the Joshis. She says that Early Pregnancy Loss (EPL) is an involuntary termination of pregnancy before 20 weeks or with a foetal weight below 500 gms.

"Detailed history of the

couple and lending a sympathetic ear is essential. Common causes are abnormal karyotype of the embryo, autoimmune factor, anatomic causes like uterine septum, fibroids, TORCH infections, endocrine causes (thyroid, diabetes), advanced maternal age, defective placentation, smoking, excess alcohol, stress etc. EPL is a frustrating and heart wrenching experience for both the patient and the doctor," says Dr Gandhali, who specialises in high risk pregnancy cases.

Many times, a couple cannot find any answers for their problem. To them Dr Gandhali brings a ray of hope. Her approach is multi-



Dr Gandhali Deorukhkar Pillai

pronged and in a scientific way, she treats one right from the pre-pregnancy stage till the evidence of the heart beat in an embryo so as to

achieve a healthy baby. Counselling, ovarian reserve tests, parental karyotyping, autoimmune therapy, Hysterolaparoscopy and tubal block check, correction of uterine defects all together can fulfil the dream of a full term baby.

"Treatment is comprehensive and individualised based upon mutual respect and the needs and preferences of the couple. My motto is, 'When the world says give up, hope whispers, try one more time,'" she ends.

Call: 9821536739.

(*Procedures given are based on the expert's understanding of the said field)