

Global News Line

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Medical Tourism

Tourism indicates; generally visit to a place of historical interest, natural beauty and possibly tourist friendly. It could be both internal and international. India is a widely acknowledged destination, in view of its multiplicity in culture, historical content, and spiritual heritage. World's best environs are cultured and synthesized in this country. Man's physical, psychological and spiritual dimensions are well addressed in India from times immemorial. In modern times the India's emergence as a seat of modernity with ancient ideology, advancement with affordability, equal opportunities with equanimity, is well recognized. These hallmarks are undoubtedly the assets which the administrators and the professional of various disciplines are harnessing. In this endeavor, the HEALTH sector is a notable segment to attract the tourists especially the International. From Ayurveda to astute Transplantation are not only mastered but also made available to all irrespective of caste, creed, or race, cross the oceans. The art of technology coupled with heart of compassion makes India second to none in its delivery of Health care.

It is estimated that over 750,000 individuals from USA traveled abroad for medical tourism in 2007 alone; the figures are likely to reach 1.6 million by 2010 itself. This is the figure cited for CELL THERAPY alone, with only Organ Transplantation ahead of this.

This not to be viewed as a revenue generating system but India as a place where people from all corners of the world have confidence in technical excellence and the costs which are easily affordable by an individual belonging to average income group. At Global Hospital, the mission is to provide all the state of the art procedures at the easily accessible centers, Hyderabad, Bengaluru, Chennai and Mumbai. Same expertise of unequivocal competence is made available from Laparoscopic surgeries to minimally invasive cardiac surgery, from Organ Transplantation to Cell therapy. The Global Hospitals assure quality, excellence and humane care. The current success rate of any procedure is parallel to any Hospital of similar stature any where in the world...

TOP 10 PROVIDER COUNTRIES IN 2012

No.	Country	Number in thousands	No.	Country	Number in thousands
1.	Thailand	2000	6.	Poland	500
2.	Hungary	1500	7.	Philippines	400
3.	India	1000	8.	USA	250
4.	Singapore	1000	9.	Costa Rica	250
5.	Malaysia	550	10.	Brazil	150

Report based on International Medical Travel Journal

We hope to refine and redefine the medical care in India.

Dr. K. Ravindranath

CMD - Global Hospitals Group

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ALCOHOL AND YOUR HEART: Friend Or foe



A meta-analysis done by the Centre for Addiction and Mental Health (CAMH), Toronto into the relationship between alcohol consumption and heart disease provides new insight into the long-held belief that drinking a glass of red wine a day can

help protect against heart disease. "It's complicated," says Dr. Juergen Rehm, director of social and epidemiological research at CAMH. Dr. Rehm's paper, co-authored by Michael Roerecke, was recently published in the journal *Addiction*. "While a cardioprotective association between alcohol use and ischaemic heart disease exists, it cannot be assumed for all drinkers, even at low levels of intake," says Dr. Rehm. Ischaemic heart disease is a common cause of illness and death in the Western world. Symptoms are angina, heart pain, and heart failure. Based on 44 studies, the analyses used 38,627 ischaemic heart disease events (including deaths) among 957,684 people. "We see substantial variation across studies, in particular for an average consumption of one to two drinks a day," says Dr. Rehm. The protective association may vary by gender, drinking patterns, and the specific health effects of interest. Differential risk curves were found by sex, with higher risk of morbidity and mortality in women.

Moreover, for any particular individual, the relationship between alcohol consumption and ischemic heart disease should not be isolated from other disease outcomes. Even at low levels, alcohol intake can have a detrimental effect on many other disease outcomes, including several cancers. "Even one drink a day increases risk of breast cancer, for example," says Dr. Rehm. "However, with as little as one drink a day, the net effect on mortality is still beneficial. After this, the net risk increases with every drink." "If someone binge drinks even once a month, any health benefits from light to moderate drinking disappear." Binge drinking is defined more than four drinks on one occasion for women, and more than five for men.

Given the complex, potentially beneficial or detrimental effects of alcohol on ischemic heart disease in addition to the detrimental effects on other disease categories, any advice by physicians on drinking has to take the individual risk constellation (such as familial predisposition for certain diseases and behavior with respect to other risk factors) into consideration.

"More evidence on the overall benefit-risk ratio of average alcohol consumption in relation to ischemic heart disease and other diseases is needed in order to inform the general public or physicians about safe or low-risk drinking levels," the study concludes. "Findings from this study support current low-risk drinking guidelines, if these recognize lower drinking limits for women."

- Article adapted by Medical News Today from original press release

Lemon (Citrus) is a miraculous product to kill cancer cells. It is 10,000 times stronger than chemotherapy.



Why do we not know about that? Because there are laboratories interested in making a synthetic version that will bring them huge profits. You can now help a

friend in need by letting him/her know that lemon juice is beneficial in preventing the disease. Its taste is pleasant and it does not produce the horrific effects of chemotherapy. How many people will die while this closely guarded secret is kept, so as not to jeopardize the benefits which the already rich large corporations will reap? As you know, the lemon tree is known for its varieties of lemons and limes. You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc... It is credited with many virtues, but the most interesting is the effect it produces on cysts and tumors. This plant is a proven remedy against cancers of all types. Some say it is very useful in all variants of cancer. It is considered also as an anti microbial against a spectrum infections like bacterial, fungal and parasitic. It regulates blood pressure which is too high and it is an antidepressant, combats stress and nervous disorders.

The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, says that after more than 20 laboratory tests since 1970, the extracts revealed that: It destroys the malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreas. The compounds of this tree showed 10,000 times better than the product Adriamycin, a normally used chemotherapeutic in the world, slowing the growth of cancer cells. And what is even more astonishing: this type of therapy with lemon extract only destroys malignant cancer cells and it does not affect healthy cells.

Effective Nursing Management - Issues and Challenges

A two day National Conference on Effective Nursing Management - Issues and Challenges was conducted at Global Health City, Chennai on 25th and 26th of February, 2012.

The conference was jointly organized by AMEN group and Global Health City, Chennai.



The conference was inaugurated by Dr. A V Raman, Director of Nursing Education & Research, Westfort Academy in the presence of Dr.K.Ravindranath, CMD-Global Hospitals Group.

Over 200 delegates from across the nation, have enthusiastically took part in the conference.

Endoscopic Ultrasound

Endoscopic Ultrasound (EUS) is a rapidly developing subspecialty of Gastroenterology and technically combines an endoscope with an ultrasound probe. As opposed to the conventional endoscope, this gives extra luminal details i.e. outside the gastrointestinal lumen.

There are two probes – Radial and Linear. Radial is used for diagnosis and cancer staging and Linear is used for diagnosis and interventions. At Global Hospitals Lakdi-ka-pul, we have installed the latest Olympus EU ME1 system.

The main indications are:

- ◆ Cancer staging – Oesophageal, gastric, rectal and pancreatic
- ◆ Evaluation of Pancreatic cysts and masses
- ◆ Etiology of recurrent acute Pancreatitis
- ◆ Diagnosis and surveillance in chronic Pancreatitis
- ◆ Diagnosis of mediastinal lymphadenopathy (by FNAC)
- ◆ Abdominal pain of uncertain origin
- ◆ Biliary microlithiasis
- ◆ Surveillance in high risk group (Eg: Pancreatic ca)
- ◆ Pseudocyst drainage



Anger Conflict and Stress Management Workshop for Police Officials

One day workshop conducted at Aware Global Hospitals, LB Nagar.



Police Officials from LB Nagar Police Station region actively took part in the One Day interactive workshop where the Psychologist enlightened the audience on the health hazards of anger & stress and educated them on the various techniques of managing anger and stress.

This was followed with interactive session with staff on Importance of Health Management by Mr. Sridhar Reddy (Circle Inspector of Police), Mr.Lingaiah (Sub Inspector of Police), Mr. Jahangir (Sub Inspector of Police)

Workshop attended by Mr. Sridhar Reddy (Circle Inspector of Police), Mr.Lingaiah (Sub Inspector of Police), Mr. Jahangir (Sub Inspector of Police) and other staff members of LB Nagar police station.

Simvastatin

Increased risk of muscle injury with high doses

The US FDA warned health-care professionals and patients that there is an increased risk of myopathy in patients taking the highest approved 80 mg dose of simvastatin (cholesterol-lowering medicine), compared to patients taking lower doses of simvastatin and possibly other statin medications. The most serious form of myopathy is rhabdomyolysis. Rhabdomyolysis is a rare adverse event reported with all statins. The risk of myopathy is also increased when simvastatin, especially at the higher doses, is used with certain drugs. The Agency recommends dose limitations of simvastatin as follows, due to the potential drug-drug interactions.

Do not use simvastatin with these medications: Itraconazole, Ketoconazole, Erythromycin, Clarithromycin, Telithromycin, HIV protease inhibitors and Nefazodone. Do not use more than 10mg of Simvastatin with these medications: Gemfibrozil, Cyclosporine and Danazol. Do not use more than 20 mg of simvastatin with these medications: Amiodarone and Verapamil. Do not use more than 40 mg of simvastatin with this medication: Diltiazem

Myopathy and rhabdomyolysis are listed as possible side effects in the simvastatin and other statin drug labels. Known risk factors for developing rhabdomyolysis include age 65 years), low thyroid hormone levels (hypothyroidism), and poor kidney function. The above notification has come from the US FDA's review of data from the clinical trial called the Study of the Effectiveness of Additional Reductions in Cholesterol and Homocysteine (SEARCH) trial, and other sources. The SEARCH trial evaluated over 6.7 years the major cardiovascular events (heart attack, revascularization, and cardiovascular death)

An International Symposium on Oncology (18 Feb'12.) organized by BGS Global Hospitals.



International faculty of repute shared their knowledge and experiences on 'Newer frontiers in Radiation Oncology'.

◆ Dr. Carlo Greco, Head of Radiation Oncology, University of Pisa, Italy and Dr. Luca Cozzi, Head of Research, Oncology Institute of Southern Switzerland made presentations on High Dose Single Fraction IGRT with Trubeam STx and 'From leading technology to Better Outcomes. ◆ Dr. Shyam Kishore Shrivatsava, Dr. Nisar Syed, Dr Gurnath Kilara and Dr. Nirmala S, Chief Radiation Oncologist, BGS Global Hospitals chaired the sessions. The Symposium was well attended by many of the well known Oncologists and Radio-Oncologists in the country.

Global Reach – Free Health Camp at NMDC, Jagdalpur

Global Hospitals, Lakdi-ka-pul in association with NMDC organized a Multi Specialty - Free Health Camp for employees of National Mineral Development Corporation, Jagdalpur on 19th January, 2012....

- ◆ The employees were screened by Super Specialists of the following disciplines Cardiology, Gastro, Orthopedics, and General Medicine
- ◆ Over 200 employees enthusiastically took part in the Health Camp



Global News Line - Launch Event.

Global Hospitals, Hyderabad launched its First edition of Global News Line on the occasion of our Chairman Dr. K. Ravindranath's birthday



CME Programme

Topic: Scope of Plastic Surgery in Modern Times

By: Dr. Sasikanth Maddu,

M.S, M.Ch (Plastic Surgery), FCPRAS (Paris)
Consultant – Plastic Surgery

Venue: Auditorium, 5th Floor, Global Hospitals, Hyderabad

Date: 7th April 2012, Time: 12 noon -1:00 pm.

Followed by lunch

**For free registration please contact
Ph: 040 3064 4444 / 2324 4444, Ext: 505**

Management of Weight & Metabolic Disorders Workshop for Hyderabad Management Association

One day workshop conducted at Global Hospitals, Lakdi-ka-pul.

Members of Hyderabad Management Association took part in the One day interactive workshop, where Dr.K.Lakshmi, Sr. Consultant-Bariatric & Laparoscopic Surgery educated the audience on the various techniques of Management of Weight & Metabolic Disorders. Followed with interactive session with HMA members on importance of Health Management by Mr. Balarama Varanasi, Convener of lecture - HMA in the presence of Mr. Ramesh Vemuganti, President - HMA

Over 150 members of HMA enthusiastically took part in the Health Talk

From the desk of HR

GLOBAL HOSPITALS – ANNUAL DAY CELEBRATIONS 2012 Talent Hunt Competitions – EXPLORE YOUR TALENT

On the occasion of our Annual Day celebrations, we empower our employees by giving them an exciting opportunity creating a platform to showcase their talents by organizing talent hunt competitions every year. It's proposed to organize following events this year..

- Cricket
- Carroms - Singles and Doubles
- Chess
- Table Tennis -Singles and doubles
- Solo Singing
- Solo dancing
- Rangoli for Ladies only
- Lawn tennis for Ladies only
- Badminton - Singles and Doubles
- Antakshari

All the staff members who are interested in participating in the above said events are requested to submit their names to HR Department, Lakdi-ka-pul. Looking forward for whole hearted support from everyone to make this Annual Day event a grand success!

Contact: **HR Department,**
Ph:040-30644444, Ext. 518, E-mail: hr@globalhospitalsindia.com

*All the winners will be awarded on our Annual Day Event.

For any queries contact Global News Line Editorial Desk: newsline@globalhospitalsindia.com

Global Hospitals Group



Global Hospitals,
Lakdi-ka-pul, Hyderabad



Global Hospitals, L.B.
Nagar, Hyderabad



Global Hospitals &
Health city Chennai



BGS Global Hospitals,
Bengaluru



Global Hospitals,
Mumbai (coming soon)