

What's up WOODLANDS

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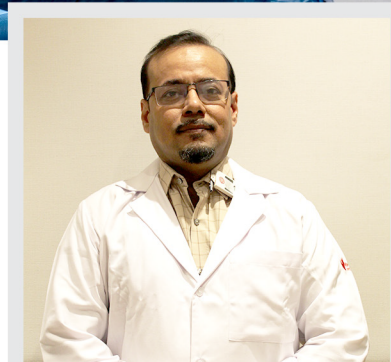


Advancing Cardiac Care: A Breakthrough in CT Coronary Imaging at Woodlands Hospital

Woodlands Hospital continues to strengthen its legacy as a centre of excellence in advanced diagnostics and patient care. A recent milestone achieved by the Department of Radiology, under the expert leadership of Dr Soumitra Bhattacharya, marks a significant advancement in cardiac imaging, enabling the early detection of conditions that are often difficult to identify through routine cardiac evaluation.

One such case involved a 39-year-old executive who came with persistent chest pain. While the coronary arteries appeared normal with no calcium deposits, advanced CT imaging revealed a myocardial perfusion defect suggestive of microvascular disease. Early detection enabled timely clinical intervention and helped prevent possible long term cardiac complications.

In another instance, a 50-year-old patient underwent evaluation for chest discomfort. While findings showed only mild, age-appropriate calcium deposition, CT Coronary Angiography uncovered a long segment of myocardial bridging, a congenital condition where a coronary artery gets compressed during the heart's pumping cycle. Frequently overlooked in patients with unexplained chest pain, the condition highlighted the importance of specialist cardiac assessment and long-term monitoring.



Dr Soumitra Bhattacharya
Radiologist

A third case highlighted the life-saving potential of early detection. A physically active 38-year-old individual was experiencing chest pain during exertion. Advanced cardiac CT revealed an anomalous course of the right coronary artery running between the aorta and pulmonary artery, a rare but potentially dangerous condition. During intense physical activity, the artery can become compressed, increasing the risk of abnormal heart rhythms and sudden cardiac events. Timely diagnosis ensured proper counselling, lifestyle guidance, and preventive management to reduce future risk.

These cases underscore the growing importance of advanced cardiac CT imaging in identifying hidden cardiovascular abnormalities that may otherwise remain undetected. By enabling accurate diagnosis and early intervention, Woodlands Hospital continues to reinforce its commitment to precision-led healthcare.

LEAD STORY

The future of cardiac care at Woodlands Hospital lies in seeing beyond the obvious, where advanced imaging meets clinical excellence to uncover what routine tests may miss. A 39-year-old patient with chest pain showed no blockages, yet advanced precision imaging revealed a hidden microvascular disorder, enabling early, life-protecting intervention. In another case, what appeared to be mild, age-related changes in a 50-year-old patient concealed myocardial bridging, a subtle yet significant cause of persistent discomfort that was accurately diagnosed and managed.

Unmasking a Silent Threat: A Rare Case of Emphysematous Pyelonephritis

At Woodlands Hospital, a patient presented to the emergency department with acute left-sided abdominal pain and poorly controlled diabetes. Initial ultrasonography showed no clear abnormality. However, Dr Jawaid Rahman, Consultant - Urology, suspected a renal issue. A subsequent CT scan revealed a swollen kidney with air pockets,



Dr Jawaid Rahman
MS, MCh., Consultant - Urology

leading to the diagnosis of emphysematous pyelonephritis, a serious, life-threatening infection. Aggressive intravenous antibiotics (meropenem) were initiated, but the patient showed minimal improvement after 24 hours. Recognizing a possible hidden obstruction, a decision was made to proceed with ureteroscopy.

Intraoperatively, the ureter was found to be obstructed, not by stones, but by multiple necrosed papillae (8-10 in number), a condition often associated with uncontrolled diabetes and rarely visible on standard imaging. Those were carefully removed, and a stent was placed to restore urinary flow. The result was remarkable, the patient showed dramatic improvement within a day and was discharged in stable condition after a short hospital stay.

DR WOOD'S CORNER

Care for Your Kidneys Before
They Ask for Help

Your body's silent filters deserve everyday care.

Hydrate to Feel Great

Water is your kidneys' favorite detox partner. It helps flush out toxins, not your health.



Be Berry Smart for Your Kidneys

Fresh fruits, leafy greens, whole grains, and, of course, berries keep inflammation out and wellness in.



Don't Let Salt Assault Your Kidneys

Too much sodium puts your kidneys under pressure. Choose fresh over processed.



Sweet Choices Today, Stronger Kidneys Tomorrow

Keeping diabetes under control helps your kidneys stay in the clear.



Quit smoking. Let the filter do its job.

Smoking and excess alcohol make your kidneys work overtime. Treat them with kindness.



MD SPEAKS



Rupak Barua
MD & CEO,
Woodlands Multispecialty
Hospital Ltd

Women & Wellness: Inspiring Journeys, Empowering Lives

On the occasion of Women's Day, we hosted an inspiring panel discussion, "Women & Wellness", featuring distinguished women from diverse walks of life. They shared their journeys of resilience, achievement, and determination, along with their experiences, which served as a reminder of the strength women bring to every sphere of life.

The discussion also highlighted that true wellness lies in the balance of both physical and mental well-being, the cornerstone of every woman's empowerment and progress. At Woodlands Hospital, we remain committed to advancing women's health through care, awareness, and meaningful initiatives.

Women & Wellness: A Celebration of Strength and Health at Woodlands Hospital



Women's Day at Woodlands Hospital was more than a celebration; it was a meaningful awareness initiative focused on women's health, wellness, and empowerment. The thoughtfully curated event brought together women from diverse backgrounds for an engaging panel discussion on their realities, challenges, achievements, and aspirations.

Gracefully hosted by Roopsha Dasgupta, the session highlighted the deep connection between women's physical health, mental well-being, and their ability to thrive in every aspect of life. A key takeaway from the discussion was the need for women to prioritize self-care, regular health check-ups, emotional resilience, and strong support systems while balancing multiple responsibilities.

The panelists shared valuable perspectives on women, emphasizing their rightful acceptance as an integral part of society. They also highlighted that beyond physical health, psychological well-being remains a cornerstone of true wellness. Aptly titled "Women and Wellness", the discussion brought several important issues concerning women to light.

The conversation also stressed the value of emotional resilience and mental well-being, encouraging women to manage stress, seek support when needed, and make time for rest and renewal. Equally important was the role of strong support systems at home, at work, and within the community, helping women grow, succeed, and face challenges with confidence. Together, these insights reinforced that when women invest in their health, they strengthen every aspect of their lives.

Mesmerising March: A Series of Awareness Events for Women's Day Month



A women's health awareness session led by Dr Basab Mukherjee, Consultant – Obstetrics & Gynaecology, engaged 180 TCS employees in meaningful conversations on women's well-being.



A special consultation session was conducted for the female employees of TCS, led by Dr Nirupama Paul.



Woodlands Hospital organized a special consultation session for the female employees of Bandhan Bank, with 35 employees actively participating in the session.



A total of 82 female employees of SBI AO S 24 PGNS participated in a women's health awareness session led by Dr Lahori Roy, Consultant – Obstetrics & Gynaecology.



A gynaecological consultation session was conducted for the female employees of TCS Candor and the Camac Street Unit, led respectively by Dr Aditi Biswas Banerjee and Dr Priyas Roy.



A complimentary HB and HbA1c test for the female employees of ONGC was conducted to promote awareness and prevention of healthcare.



An exclusive women's health talk session was organized for the female employees of ONGC. The session was led by Dr Basab Mukherjee, Consultant – Obstetrics & Gynaecology, and was attended by 28 employees.



Woodlands Hospital hosted "Women & Wellness" at Calcutta Club – an inspiring panel discussion featuring accomplished women from diverse fields. The session highlighted the importance of physical and mental well-being in empowering women.

Care Beyond Walls: Bringing Health & Safety to Every Workplace



A Basic Life Support (BLS) instructional session, organized by Woodlands Hospital was held for the staff at LTI Mindtree, Newtown. The session was demonstrated by Dr Shib Sankar Bhadra. Total 45 employees attended the session.



Woodlands Hospital held a health check-up camp for retired RBI employees at their AGM. Total 57 employees attended the camp.



Woodlands Hospital organized consultation sessions for TCS employees, led by Dr Saptarshi Basu (Medicine) and Dr Ujjwal Bhakat (Gastroenterology). Total 53 employees attended the session.

For suggestions and queries, please write to: corporate.communication@woodlandshospital.in