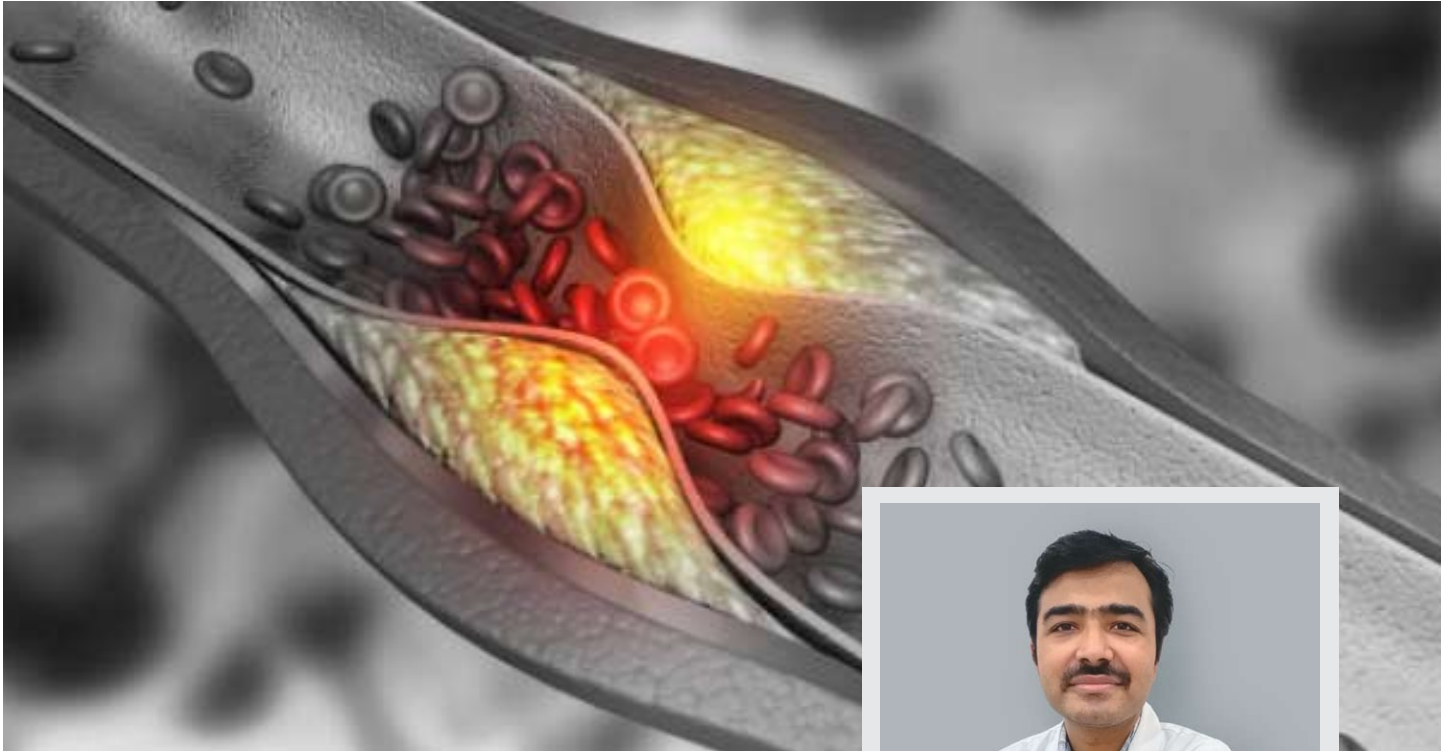


Whats up WOODLANDS

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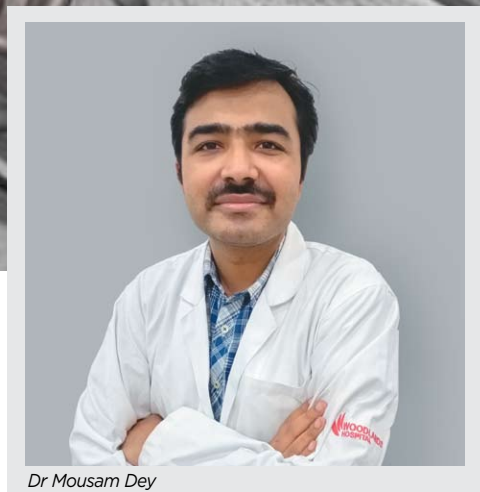
Averted: Ischaemic Gangrene

Rapid Teamwork at Woodlands Saves 76-Year-Old

A 76-year-old lady, presented with acute and severe pain due to extensive deep vein thrombosis (DVT) in her left lower limb, extending dangerously into the pelvic area. Immediate multidisciplinary intervention was critical, involving interventional radiologists, haematologists, vascular surgeons, clinical microbiologists, and an extraordinary nursing team, as the clot was severely compressing the arterial system, risking ischemic gangrene, amputation, or even death.

An emergency procedure was conducted urgently in the evening by interventional radiologist Dr Mousam Dey, who skilfully extracted the clot through a catheter-guided minimally invasive procedure, quickly alleviating her pain. However, postoperative complications arose swiftly – a significant bleeding episode occurred at the intervention site, aggravated by essential anticoagulant therapy, causing severe anaemia and blood pressure drops.

A subsequent intervention Dr Dey successfully halted the bleeding, though a large clot remained, and was a complicated by a hospital-acquired infection. Tackling this new threat required



Dr Mousam Dey

precise anticoagulation management involving haematologists and vascular surgeons, combined with diligent nursing, not to mention skilful management by the critical care doctors.

The nursing team displayed extraordinary dedication, providing meticulous, round-the-clock mechanical therapy, including regular limb elevation, ice application, and dynamic bandaging every one to two hours for several days. This labour-intensive care was pivotal in preserving limb circulation and preventing further complications.

Through coordinated multidisciplinary effort, meticulous monitoring, and exceptional nursing dedication, the patient gradually overcame infection and stabilized. Her remarkable recovery underscores the importance of timely, skilled intervention and outstanding nursing support. Ultimately, after nearly 45 days of intensive care, the elderly lady returned home safely – a testament to medical teamwork, innovative treatment, and compassionate, relentless care at Woodlands.

DR WOOD'S CORNER

Yo Squad!

Guess what? I've got our super-chill bug-buster, **Dip Narayan Mukherjee** (yep, the microbiologist & infection-control wizard at Woodlands) dropping by this issue. He's here to spill the tea on the different mosquito gangs — who they are, when they strike, and what nasty surprises they carry.

So tune in, stay curious, and remember: knowledge is your best repellent.

Let's beat the buzz, beat the bite!



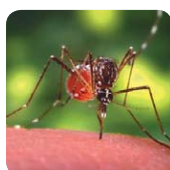
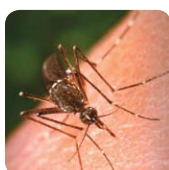
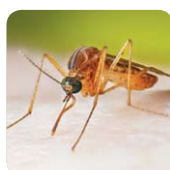
Same buzz, different risks: which mosquito spreads what

Mosquito basics (in one breath): Only female mosquitoes bite – drawing blood for egg-making – guided by our CO₂, body odour, and heat. Different species prefer different times of day, which matters for the diseases they spread.



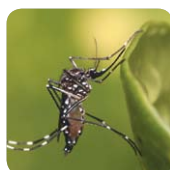
Anopheles → malaria (mainly)

- Primary vector of malaria; can also transmit lymphatic filariasis (less commonly).
- Biting window: mostly dusk to dawn.
- Where: indoors and outdoors; feeds on humans and animals.



Culex → viral encephalitis (Japanese encephalitis & West Nile virus)

- Vectors for Japanese encephalitis and West Nile fever; can transmit lymphatic filariasis in some regions.
- Biting window: chiefly night-time.
- Where: indoors/outdoors; often breeds in stagnant, polluted water.



Aedes (black-and-white stripes) → dengue, chikungunya, Zika, yellow fever

- Key carrier of dengue, chikungunya, Zika, and yellow fever.
- Biting window: daytime, peaking early morning and late afternoon.
- Notables: Aedes aegypti and Aedes albopictus; thrives in clean water containers/urban settings.

Note: Females lay eggs in batches through life; each cycle is triggered by a blood meal – another reason timing and species matter.

At a glance

- Night protection (nets/coils/indoor control) targets Anopheles and Culex risks.
- Day protection (repellent/covered clothing, dry containers) cuts Aedes-borne illnesses.

Same hum in the ear, very different outcomes – know the biter, beat the disease.

MD SPEAKS



Mr Rupak Barua
Managing Director & CEO,
Woodlands Multispeciality
Hospital Ltd.

I am struck by how varied and uplifting our journeys have been – within hospital walls and far beyond them. We lead with a story that defines us: the rapid, multidisciplinary rescue of a 76-year-old with extensive deep-vein thrombosis. From swift catheter-guided intervention to precise anticoagulation management and tireless, hands-on nursing, the team moved as one – and turned a limb-threatening emergency into a safe homecoming. Reliability, agility and compassion: that is our brand of care.

Inspiration takes many forms. Few are as stirring as the vistas of Mount Kilimanjaro, where our colleague, neurosurgeon **Dr Ajay Agarwal**, proved that passion has no age limit – summiting and then returning to the theatre with the same steady heartbeat of discipline and wonder.

Community remains our compass. Beyond our beloved **Khudedder Pujo Safar**, this Puja season we patrolled Howrah with a free ACLS ambulance, stood watch as medical partner at Ballygunge Cultural Association through peak hours and brought Puja indoors for patients and on-duty teams – care in motion amid high footfall days.

As festive lights glow and the season turns, I extend warm greetings to you and your families. With cooler conditions likely in parts of northern India if La Niña strengthens, let's stay vigilant with layers, hydration and timely health checks.

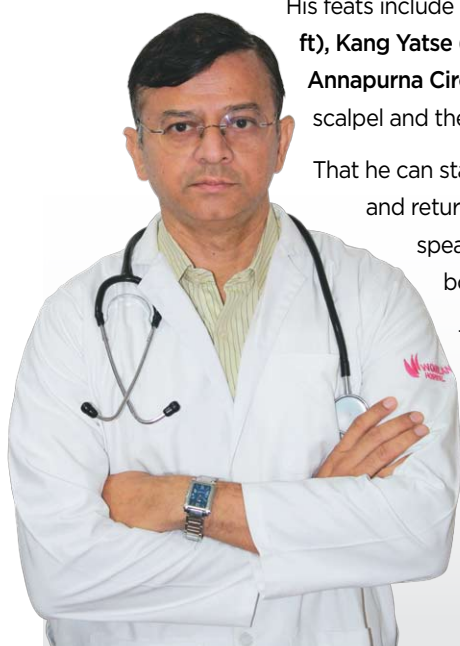
Scaling Heights, Healing Minds

It's never too late to chase new summits – ask **Dr Ajay Agarwal**, senior neurosurgeon at Woodlands, who recently conquered **Mount Kilimanjaro**, Africa's highest peak – the legendary *Chander Pahar* to Bengalis.

Discovering mountaineering after turning 50, Dr Agarwal turned midlife into an ascent. Kilimanjaro's near-20,000-foot climb is a battle of breath and will, but he met it with a surgeon's discipline and an adventurer's resolve.

His feats include scaling **Stok Kangri (20,180 ft)**, **Kang Yatse (21,000 ft)**, and trekking the **Annapurna Circuit** – all while balancing the scalpel and the summit.

That he can stand atop Africa one week and return to neurosurgery the next speaks of rare balance between body, mind, and spirit. His journey reminds us that while doctors heal others, they must also nurture their own passions. For him, every climb is a meditation – proving age isn't a ceiling, but a new starting point.



View on the route later



Conquering the summit

Community-Care, High-Footfall Days

This Durga Puja, while Kolkata thronged pandals, Woodlands kept a steady pulse – taking care of little revellers, late-night crowds and on-duty teams, and bringing festive warmth indoors for those under our care. From a patrolling ACLS ambulance in Howrah to a round-the-clock kiosk at a landmark puja, and from a joyful busload of young guests to our leadership championing safer celebrations – this was community-care in motion.

Khudeder Pujo Safar: A Day of Joy and Togetherness

For the second year, Woodlands hosted thirty spirited girls (6–13 years) from Hope Kolkata Foundation for 'Khudeder Pujo Safar'. They lit the ceremonial lamp with our doctors, nurses and administrators to inaugurate the Woodlands Durga idol, then set off on a day-long parikrama across south and north Kolkata. Rain and traffic couldn't dim the smiles-songs, dances and selfies filled the decorated AC bus, with Tala Prottoy emerging as their favourite stop.



Puja Patrol in Howrah: Free ACLS Ambulance Service

To support citizens during peak crowds, a free ACLS ambulance patrolled Howrah Municipal Corporation (HMC) zones throughout the Puja days. Launched at the HMC office by Dr Sujoy Chakraborty, Chairperson – Board of Administrators, HMC, alongside Mr Rupak Barua, MD & CEO, Woodlands Multispeciality Hospital, the service was staffed by trained paramedics and coordinated with HMC and Howrah City Police. The unit enabled rapid on-site triage and swift transport to the nearest appropriate hospital.



Medical Partner at Ballygunge Cultural Association

At the 75th year of Ballygunge Cultural Association – styled in a 'bonedibari' mood – Woodlands served as medical partner. Our air-conditioned kiosk, placed beside the pandal entrance, was equipped with a bed, oxygen cylinder, nebuliser and essential medicines. Staffed from 12 noon till 4 am, the team managed minor injuries, dehydration and episodes of discomfort among visitors navigating heat, humidity and long queues – quiet assurance amid a blockbuster footfall.



Bringing Puja Indoors for Patients & Teams

Idols of Durga and her children graced the hospital's lift lobby through the festive days, carrying a gentle breeze of celebration to patients and their families. The décor also lifted the spirits of clinicians, nurses and support staff who were on duty while the city celebrated—creating a small corner of Puja within the hospital's walls.



Championing Safe & Caring Pujas: True Spirit Jury

Woodlands MD & CEO, Mr Rupak Barua, joined a star-studded jury for the iconic CESC The Telegraph True Spirit Puja awards—an initiative credited with elevating Kolkata's pujas on safety, crowd management, first-aid readiness and aesthetics. The panel featured leading diplomats and film personalities, underscoring the city's commitment to creativity with conscience—and celebrations that are joyful, inclusive and safe.



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