

# Whats up WOODLANDS

Vol. 11 | July 2025




## Fusing Hope with Innovation: A Complex Ankle Case Resolved at Woodlands

When 34-year-old Gauri Kundalia brought to the Woodlands OPD, she had not been able to walk for a long time. The pain in her left ankle was excruciating — the result of a prior injury that had left her joint beyond repair. But that wasn't the only challenge. Gauri was a chronic kidney disease patient, undergoing dialysis thrice a week.

Her underlying condition had triggered severe joint disruption, progressing into what is known as a Charcot joint — a rare, degenerative complication seen in neuropathic patients, especially those with diabetes or renal compromise.

Enter Dr Abhijit Bandopadhyay, Senior Consultant, Orthopaedics, Woodlands. "The entire ankle joint was destroyed. Reconstruction with conventional methods like plates and screws wasn't an option," he recalls. The solution lay in a relatively new orthopaedic innovation — the **TTC nail, or tibiototalcalcaneal nail**.

Three days after admission, the surgical team performed the procedure under spinal anaesthesia. Over two-and-a-half meticulous hours in the OT, the damaged ankle and subtalar joints were fused using the TTC nail — a device specifically designed for



**Walk into  
expert care**

**The Foot & Ankle clinic**

**Woodlands Hospital OPD**

Thursday: 6:00pm – 8:00pm  
Sunday: 12:00pm – 2:00pm

complex cases where both the ankle and hindfoot need stabilisation. This approach offered not just structural support, but a pathway to regain mobility.

What made the case particularly intricate was Gauri's ongoing dialysis regimen. Close coordination with **Dr Lalit Agarwal**, senior consultant, nephrology, ensured that all aspects of her care were synchronised.

The results were remarkable. Within two and a half months, Ms Kundalia was walking again — a milestone that once seemed distant.



"This is the kind of case that stays with you," says Dr Bandopadhyay. "We've since been using TTC nails regularly for patients with diabetic foot and Charcot joints. It's transforming lives where traditional methods fall short."

At Woodlands, when convention ends, innovation begins.

A tibiototalcalcaneal (TTC) nail is a specialised orthopaedic implant used in foot and ankle surgeries to fuse the ankle and subtalar joints. It's a type of intramedullary nail inserted retrograde (from the heel up through the ankle and into the tibia) to achieve tibiototalcalcaneal arthrodesis, which is the surgical fusion of these joints. This procedure is commonly performed to treat severe arthritis, fractures, deformities and other conditions affecting the ankle and hindfoot.

## DR WOOD'S CORNER

Hey Squad!

The rains are here and guess what usually tags along? Yep — dengue.

It's been chill so far, but this is exactly when it starts sneaking in. So, don't wait for the bite to remind you. Here's the deal:

**1 No bites, please** - Use repellent, wear full sleeves, and don't be a snack for mosquitoes.

**2 No puddles, no party** - Check flowerpots, AC trays, that forgotten bucket on the balcony... they love that stuff. These mozzies bite during the day and breed in clean water. No murky drains, just your neat little plant corner. Be warned.

On the bright side - there are vaccines in the works. Still on trial, but fingers crossed it shows up soon and makes life easier.

Till then - stay dry, stay smart, don't let dengue crash your monsoon vibe.

# Dengue Season?

# Don't Let It Bug You



## MD SPEAKS



**Mr Rupak Barua**  
Managing Director & CEO  
Woodlands Multispeciality  
Hospital Ltd

The times have been exciting at Woodlands, underscored by medical breakthroughs and celebrations that reflect our enduring commitment to healthcare excellence.

Our remarkable stories in this issue highlight pioneering innovations and patient triumphs. Whether it's the first AI-assisted hip replacement in Eastern India by Dr Sujoy Kundu, the complex coronary intervention successfully performed by Dr Saroj Mandal or Dr Abhijit Bandopadhyay's inspiring treatment of an intricate ankle injury using the advanced TTC nail, each story echoes our belief: "When convention ends, innovation begins."

I'm delighted to announce the opening of our specialised Foot and Ankle Clinic—a dedicated centre to address conditions often neglected yet critically important to mobility and quality of life. This clinic brings together expertise and advanced techniques under one roof, ensuring comprehensive care for our patients.

Amidst these clinical achievements, it was a joy to celebrate Doctor's Day with our vibrant Doctor's Carnival, reaffirming our gratitude towards the extraordinary individuals who heal, hope and hold us together.

Together, let's continue transforming lives through compassion, innovation and commitment.

## DOCTOR'S DAY

### Woodlands' Doctor's Carnival: Celebrating Healing, Harmony & Heart

Woodlands Hospital transformed gratitude into celebration at its vibrant **Doctor's Carnival**, held at P.C. Chandra Gardens, a special evening for the healers to unwind beyond clinical corridors.

The formal inauguration featured the lighting of the lamp by Mrs Preeti Goenka, Mr Rupak Barua, MD & CEO and Dr Priyanka Bahl, Medical Director. RPSG Group Chairman, Dr Sanjiv Goenka's video message, that followed, warmly acknowledged the doctors' invaluable contributions.

The evening was enriched by a musical performance by Dr Partha Ranjan Das and a fashion show that the doctors aced. The Woodlands Lifetime Contribution Award was presented posthumously to interventional cardiologist Dr Suresh Choraria.



*Ms Preeti Goenka lights the ceremonial lamp along with Mr Rupak Barua & Dr Priyanka Bahl*



*Dr Sanjeev Goenka delivers his message on the big screen*

## THE PULSE OF PROGRESS

### Life-Saving Precision: Complex Heart Procedure Restores Health After Multiple Surgeries

A 46-year-old man, who had undergone a Coronary Artery Bypass Grafting (CABG) in 2018 and an angioplasty in 2021, recently returned with severe symptoms. Tests revealed that multiple arteries — including earlier surgical grafts — were now critically blocked.

Dr Saroj Mandal, Senior Consultant, Interventional Cardiology, Woodlands Hospital, led a high-risk Complex Coronary Intervention to tackle the challenge. The team reopened blockages in the main artery (Left Main Coronary Artery), as well as the LAD and LCx arteries.

Specialised tools like cutting balloons (to slice through tough blockages) and drug-eluting balloons (to reduce future narrowing) were used, avoiding additional stents where possible.

Finally, a stent was placed in the blocked graft supplying the back of the heart (PDA). The result? Complete restoration of blood flow and major symptom relief.



This case highlights how cutting-edge cardiac care can restore hope, even in patients with complex, recurrent heart issues.

### Woodlands Hospital Performs Eastern India's First AI-Assisted Hip Replacement

In a groundbreaking achievement, Woodlands Hospital conducted Eastern India's first AI-assisted Total Hip Replacement (THR) on a 67-year-old woman. The patient faced complex challenges: advanced Avascular Necrosis (AVN)—bone deterioration caused by disrupted blood supply—and severe osteoarthritis aggravated by high-dose steroid use since 2015 for Systemic Lupus Erythematosus (SLE). By 2019, she was almost bedridden, severely affecting her quality of life.



Dr Sujoy Kundu, Senior Consultant Orthopaedics, leveraged Microsoft's AI platform and augmented-reality (Arthro 3D HoloLens) to meticulously plan and execute the hybrid surgery. Osteophytes (extra bone growths) complicated the procedure, requiring careful preparation of the hip socket (acetabulum) with precise reaming techniques. The AI-guided robotic approach significantly improved precision and safety.

Surgery on July 2, 2025, enabled the patient to walk within two days. Discharged on July 8, her rapid recovery underscores how AI-driven medical innovations can transform patient outcomes, restoring mobility in even the most challenging cases.

- 65K+ Orthopaedic & Replacement Surgeries
- 60K+ Total Cardiac Interventions

- 3 Lakh+ Surgeries
- 79 Years of Service

Woodlands Hospital boasts of the first and only Emergency Department in Bengal

For suggestions and queries, please write to: [corporate.communication@woodlandshospital.in](mailto:corporate.communication@woodlandshospital.in)



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