

Whats up WOODLANDS

Vol. 15 | December 2025



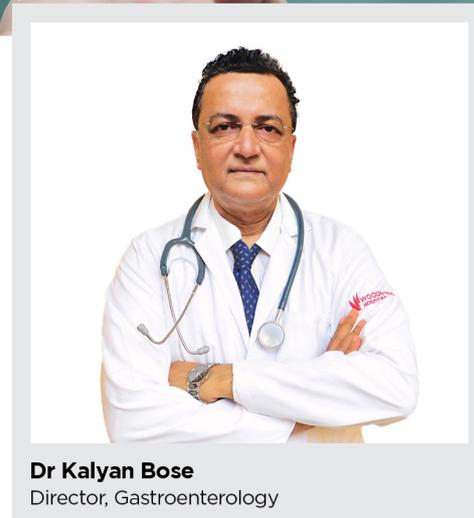
From the Jaws of Death: Woodlands Team Saves 70-year-old with Rare Bleeding Crohn's Colitis

Seventy-year-old homemaker, Rama Bhattacharya, from Serampore arrived at Woodlands in a desperate state. She had been passing black stool and fresh blood, and her haemoglobin had fallen to around 5 g/dL. Frail, tachycardic and with very low blood pressure, she was quite literally on the brink.

An urgent colonoscopy was performed, which showed active bleeding from the midgut, with blood pouring through the ileo-caecal region. Upper GI endoscopy was normal; so attention turned to the lower bowel. Despite difficult visibility, the team managed to reach the caecum, confirming that the problem lay higher up in the small intestine. A stool test came back positive for colitis, and contrast imaging of the abdomen suggested two separate diseased segments in the small bowel, both supporting the diagnosis of inflammatory bowel disease.

“At one stage we were dealing with two possible bleeding sites in the small bowel and a very sick, elderly patient,” recalled Dr Kalyan Bose, Director - Gastroenterology, Woodlands. “Once other causes were excluded, bleeding Crohn's colitis emerged as the most likely diagnosis, even though such a torrential bleed as the first presentation is uncommon.”

Initial conservative measures, including intravenous steroids and octreotide infusion, could not fully control the haemorrhage.



Dr Kalyan Bose
Director, Gastroenterology

The team then administered Adalimumab, an injectable immunomodulator that targets the underlying inflammation. Gradually the bleeding slowed and then stopped. An enteroscopy performed four to five days before discharge showed that the previously noted proximal lesion had almost completely resolved. Over a stormy three-week hospital stay, Mrs Bhattacharya required 14 units of blood before finally stabilising. With her haemoglobin holding steady and injections switched to oral medication, she was discharged home — a powerful testament to teamwork, persistence and advanced Gastroenterology care at Woodlands in Kolkata today.

LEAD STORY

70-year-old patient arrived in shock with black stool and fresh bleeding; haemoglobin had fallen to ~5 g/dL.

Urgent colonoscopy revealed active midgut bleeding with blood pouring through the ileo-caecal region; Upper GI endoscopy was unremarkable.

Diagnosis pointed to rare first-presentation bleeding Crohn's colitis, with two suspected small-bowel sites.

After initial measures, the team used Adalimumab to target inflammation; bleeding gradually stopped and enteroscopy showed significant healing.

Following a stormy 3-week stay and 14 units of blood, she stabilised and was discharged on oral medication.

Joint Pain in Winter Why It Happens, & What Helps?

Winter is cosy in all the right ways—until the joints start sending reminders. Many people notice their knees & other joints feel stiffer, more achy, or simply

“heavier” when temperature dips. While winter doesn’t cause arthritis, it can certainly make existing joint discomfort feel louder.



Dr Suday Mukhopadhyay
Consultant, Orthopedic &
Joint Replacement Surgery

What winter does to joints?

Cold weather can reduce blood circulation, and muscles tend to tighten in lower temperatures. The result: stiffness, reduced flexibility, and pain that feels more pronounced—especially in people who already have arthritis or other joint conditions.

Why pain feels worse?

- Muscle spasms and joint stiffness triggered by low temperatures
- Heightened pain sensitivity—the body can feel more reactive to low-threshold pain
- Less sunlight exposure, leading to Vitamin D deficiency, which may worsen joint pain
- Sudden pressure changes that may cause ligament swelling and joint tension

People with old injuries, fractures, or ligament surgeries often report greater pain sensitivity in colder months, likely due to reduced circulation and inflammation.

A simple winter joint-care checklist

- Stay active: Regular movement helps preserve flexibility and reduce stiffness.
- Keep warm: Dress in layers and protect joints from cold to support blood flow.
- Stay hydrated: Lower water intake in winter can reduce joint lubrication and increase stiffness.

A little warmth, a little movement, and a little water—sometimes that’s the best winter medicine your joints can buy



DR WOOD’S CORNER

Winter Mode On — Stay Cozy, Stay Cautious

Winter’s got main-character energy: chai, quilts, and that sneaky scratchy throat that shows up uninvited. Here’s your GenNext-friendly playbook to finish the year strong—without letting germs, stress, or sugar run the show.

Cold & Flu: Don’t “Power Through”

- Wash hands like you mean it.
- Sleep is not laziness—it’s immunity’s recharge.
- If you’re sick: mask up, stay home, hydrate, and don’t self-medicate blindly.

Vaccines: The Real Winter Upgrade

Vaccinations aren’t “extra”—they’re prevention with a plan. Ask your doctor what’s right for you (flu, pneumonia vaccines for eligible age groups/comorbidities).

Holiday Stress: Boundaries Are Self-Care

Big gatherings, bigger expectations.

- Keep a “no guilt” exit plan.
- Move daily (even 15 minutes).
- If your mind feels noisy: breathe in 4, hold 4, out 6—repeat.

Festive Food: Enjoy... Don’t Overdo

Rule of thumb: taste everything, finish nothing.

- Add protein + fibre first (dal, paneer, eggs, salads).
- Swap “seconds of sweets” for “one perfect bite.”

Winter Allergies: Plot Twist, It’s Indoors

Dust mites and mould love closed rooms. Ventilate, sun-dry bedding when possible, and keep damp corners in check.

Skin Care: Glow, Don’t Flake

Moisturise right after bathing, lukewarm showers, hydrate, and yes—sunscreen still counts in winter.

Stay warm, stay aware, and remember: winter is a season—your health is the headline.

MD SPEAKS



Rupak Barua
MD & CEO,
Woodlands Multispeciality
Hospital Ltd

A New Year, A Steadier Promise.

As we step into 2026, I extend my warmest wishes to you and your families for a year of good health, peace of mind, and renewed purpose. May the months ahead bring wellbeing to your homes, and steady progress to all that you set out to achieve.

At Woodlands, every new year begins with the same compass: clinical excellence, compassionate care, and the discipline to keep getting better. This December issue captures that spirit—on the floor, in the lab, and out in the community.

One story stays with you: a 70-year-old patient arriving in a critical state, with severe bleeding and dangerously low haemoglobin. It took swift diagnosis, persistence, and coordinated care—along with advanced gastroenterology interventions to stabilise her and send her home safely.

Progress, however, is not only dramatic—it is also deliberate. We have upgraded the operating system of our Cath Lab (Philips Allura Xper FD10C) to the latest platform, adding capabilities such as StentBoost LIVE for real-time visualisation during interventions, with IVAS and Rotablator to be introduced shortly to strengthen precision in complex coronary cases.

Beyond the hospital walls, preventive care remains a priority—whether through check-ups for senior citizens at the SBI Pensioners' meet or by reminding everyone, in winter, to stay active, stay protected, and stay sensible.

Here's to a year where science stays sharp—and our humanity, sharper still.

Cath Lab Upgrade at Woodlands: Sharper Imaging, Smarter Interventions

Woodlands has upgraded the operating system of its Cath Lab – Philips Allura Xper FD10C (commissioned on 12 December 2014) – to the latest platform, and is also set to introduce new advanced tools shortly, further strengthening precision-led cardiac care.

The software upgrade delivers multiple clinical and operational enhancements: new X-ray protocols, the ability to customise run-cycle review settings, and improved DICOM transfer and tagging for cleaner, more accurate data handling. It also adds enhanced dose report images, an option to subtract images during review, and improved annotation features—all aimed at smoother workflows and clearer interpretation.

StentBoost LIVE: Real-time Advantage

A key addition is StentBoost LIVE applications. The earlier StentBoost (conventional) enhanced stent visualisation and helped interventional cardiologists see the stent in relation to the vessel wall, but it was not real-time. With StentBoost LIVE, clinicians now receive instant, live visualisation of stents and other devices, enabling quick verification of positioning and deployment before, during and after balloon and stent placement—without waiting for new processed images.

In practical terms, this can contribute to reduced procedure time, enhanced patient safety, and the potential for better clinical outcomes.

What's coming next

Woodlands will shortly add IVAS (Intravascular Imaging /Assessment to Guide Sizing and Optimisation) and Rotablator (Rotational Atherectomy to modify Calcified Plaque in Complex Coronary Lesions), expanding capability for challenging interventions.

In Pictures: Woodlands in the Community

From industry forums to on-ground outreach, the past few weeks have seen Woodlands showing up where it matters—championing smarter healthcare conversations, strengthening preventive care, and building meaningful community connect. Whether it was voicing key priorities for Bengal's healthcare future, engaging with brand leadership on the role of AI, taking basic screening to senior citizens, hosting academic exchange with doctors, or simply proving that “team spirit” can travel from Cath Lab to cricket pitch—these moments capture Woodlands beyond its walls. Here's a quick look at the highlights.



Thumbs to Swasthya Sathi, call to tap medical-tourism potential

Mr Rupak Barua, vice-chair, West Bengal State Council, CII and managing director & CEO, Woodlands Multispeciality Hospital, called attention to the priorities shaping Bengal's healthcare future while speaking at the inaugural session of the CII Healthcare East on December 5, 2025. He lauded the state health insurance scheme Swasthya Sathi as a standout example of excellent planning and seamless execution and urged healthcare leaders to unlock the region's untapped medical-tourism potential. Woodlands was a key sponsor at the event.



Scans by day, sixes by night: Woodlanders March to NCL semis

Woodlands, the Cricket Association of Bengal's go to healthcare partner for all major games at the iconic Eden Gardens, can wield the willow too. In the 3rd edition of the Nayma Cricket League 2025 at Turf XL, Alipore on December 13 and 14, 2025, “Woodlands Warriors” a squad comprising 12 players from across departments, including two female players, lit up the 15 team-league stage with thumping sixes, astute bowling and electrifying fielding to enter the quarter finals. The team's journey, however, got over in semis as they failed to reach a stiff target.



Woodlands reaches out to seniors at SBI pensioners' meet

Woodlands Multispeciality Hospital Limited participated in the 43rd AGM of the SBI Pensioners' Association (Bengal Circle) at Sarat Sadan, Howrah, on December 8, 2025. With over 2,000 retirees in attendance, Woodlands conducted basic health check-ups for more than 150 senior citizens. Several abnormal blood sugar readings prompted timely advice for further medical evaluation, reinforcing the hospital's focus on preventive care.



AI integration in branding

At the 24th CII Brand Conclave, Mr Rupak Barua (extreme right), vice-chair, MD & CEO, Woodlands Hospital, reflected on how the platform—since its inception in 2002—has evolved from a bold idea into a defining movement in Indian branding. In his address at the event on December 17, 2025, he spoke about looking beyond products and promotions, urging marketers to anchor brand strategy in human insight, long-term value, and sustainable advantage.



Scientific session on Nephrology for North Howrah doctors

Woodlands Hospital organised a “scientific session” for North Howrah doctors at Hotel Kiaan, Dobson Road, on November 21, 2025. Dr Lalit Kumar Agarwal, director, Nephrology, Woodlands, presented An Overview of Nephrology, highlighting the role of appropriate dietary interventions in improving clinical outcomes for patients with chronic kidney disease. The session was attended by ten leading doctors from the area and encouraged academic exchange.

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

