

What's up **WOODLANDS**

Vol. 23 | August 2026



From Fall to Recovery: **Managing a Complex Shoulder Injury with Vascular Complications**

This female patient was brought to the emergency department of Woodlands Multispeciality Hospital following a fall at home, with injuries to both shoulders. Initial investigations revealed a proximal humerus fracture on the left side and a dislocation of the right shoulder.

On clinical examination, the radial and brachial pulses were not clearly palpable in the left upper limb, which was the side of the fracture. However, the patient was able to move all her fingers, indicating preserved distal motor function. The pulses were palpable on the right side.

A thorough evaluation was carried out, including CT Angiography of the left upper limb, which revealed a suspected thrombus (a stationary blood clot) in the axillary artery. Considering the vascular compromise, the patient was taken up for surgery the following morning, within approximately 6 to 7 hours of presentation.

During the procedure, the left proximal humerus fracture was fixed, and the right shoulder was reduced. At the same time, Dr. Anupam Golash, Consultant - Plastic Surgery, performed the vascular procedure (treatment to manage diseases of the blood



Dr. Sudipta Ghosh
Consultant
Orthopaedics & Joint Replacement

vessels). A thrombus was identified in the axillary artery and successfully removed, followed by repair of the artery.

A few days later, the patient experienced a recurrent dislocation of the right shoulder. Importantly, the left shoulder, where the vascular repair and fracture fixation had been performed, remained stable.

"The right shoulder was successfully reduced, following which the patient was discharged approximately 3 to 4 days after surgery. She is currently doing well and continues to recover satisfactorily. The procedure was performed approximately 6 to 8 weeks ago, and she is progressing well on follow-up," says Dr. Sudipta Ghosh, Consultant - Orthopaedics & Joint Replacement, Woodlands Multispeciality Hospital.

LEAD STORY

Following a fall at home, a woman was admitted to Woodlands Multispeciality Hospital with injuries to both shoulders, including a left proximal humerus fracture and right shoulder dislocation. Further evaluation revealed a thrombus in the left axillary artery, requiring urgent surgery. The fracture was fixed, the right shoulder reduced, and the clot removed with arterial repair. Although the right shoulder later dislocated again, it was successfully reduced. The patient was discharged within days and continues to recover well on follow-up, under close multidisciplinary clinical supervision.

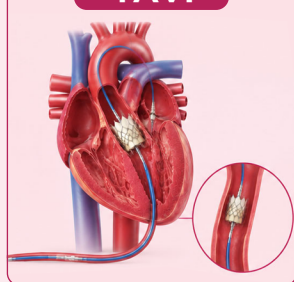
Aortic Stenosis in Older Adults: Finding the Right Treatment Path

Aortic valve stenosis is a heart valve disease precipitated by the degeneration of the aortic valve. If the valve has become hardened or thick, it can't open and close properly, which means the heart has to work harder to pump blood to our body properly. This persistent pressure on the heart can lead to serious complications going forward, like acute breathlessness, heart failure or syncope.

Treatment Options for Aortic Stenosis (AS)

When someone requires a valve replacement, doctors usually consider two options: Transcatheter Aortic Valve Implantation/Replacement (TAVI/TAVR) and Surgical Aortic Valve Replacement (SAVR). While the objective of both these treatments is the same, the method, the recovery process, and appropriate patient groups can vary widely. Understanding these differences can help doctors make an informed choice.

TAVI



- ✓ In this procedure, a new valve is placed in the heart through a small tube (catheter), inserted typically through the leg.
- ✓ The procedure entails a small incision in the groin area through which a catheter is inserted to reach the heart and replace the diseased valve.
- ✓ Patients eligible are those whose blood vessels permit the catheter to pass through safely,

and those who prefer a quicker turnaround.

- ✓ TAVI usually involves a hospital stay of one to two days.
- ✓ Recovery time ranges between one and two weeks.

Main benefits of TAVI/TAVR



Minimally invasive procedure with no need for a cut in the breastbone.



Often suitable for older and high-risk patients.

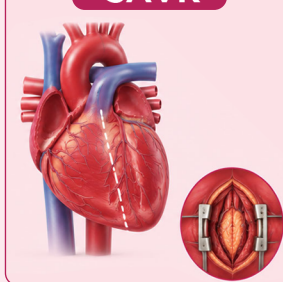


Shorter hospital stay.



Quicker recovery.

SAVR



- ✓ This is an open-heart surgical procedure in which a new valve is placed in the heart directly, replacing the old and diseased one.
- ✓ This major surgery usually uses a cut along the breastbone to reach the heart and replace the valve.
- ✓ Those eligible include patients who need open-heart surgery for another reason, people who want to be more assured of long-term outcomes,

or those who prefer a mechanical valve.

- ✓ SAVR involves a week's hospital stay on an average.
- ✓ Recovery time for the procedure is usually between six and eight weeks.

Main benefits of SAVR



Long history of proven track record.



Long-lasting valve options, particularly mechanical valves.



Often the choice for younger or low-risk patients.

DR. WOOD'S CORNER

Timely Care Starts
with Awareness

5 Health Signs
Seniors Should
Never Ignore



Low Oxygen Warning Sign

Sudden breathlessness may indicate reduced oxygen levels.



Heart Warning Sign

Chest discomfort may signal an underlying heart issue.



Balance Warning Sign

Unexplained dizziness may affect balance and mobility.



Neurological Warning Sign

Sudden weakness or confusion may reflect a neurological problem.



Kidney Warning Sign

Swelling in the legs can be linked to reduced kidney function.

MD SPEAKS



Rupak Barua

MD & CEO,
Woodlands Multispeciality
Hospital Ltd.



Supporting Healthy Ageing with **Compassion & Expertise**

On World Senior Citizens Day, we recognise the invaluable contributions of our senior citizens and reaffirm our commitment to their wellbeing. At Woodlands Multispeciality Hospital, Our doctors play an important role in supporting healthy ageing through timely diagnosis, preventive care and personalised treatment. We believe that senior healthcare requires not only clinical expertise but also patience, empathy and understanding. Through our multidisciplinary team, we remain committed to helping seniors manage health concerns with confidence while supporting their independence, dignity and quality of life.

Is Frequent Urination A Sign Of Ageing Or An Enlarged Prostate?

Frequent urination can often be an indication of an enlarged prostate gland, and not just normal ageing, even though there is a close association between the two. A persistent urge to use the bathroom usually points to Benign Prostatic Hyperplasia (BPH), a very treatable medical condition, or other underlying health issues.

Symptoms of enlarged prostate



Frequent or immediate need to urinate.



Peeing more often at night.



Difficulty starting the flow.



A weak or stop-start stream.



Dribbling at the end of urination.



Not able to evacuate fully.

Less common symptoms include urinary tract infection and blood in the urine.

When Should You See a Doctor?

It is important to see a doctor if you have any of these symptoms, even if you are not hugely inconvenienced. The outcomes are best when a problem is identified early. When left untreated,

the risk of a dangerous blockage of the urinary tract can go up. In case you cannot pass urine at all, it's time to rush for medical help, without delay.

Robot-assisted Surgery in Urology

This approach is a form of Minimally-invasive Surgery where the surgeon uses a robotic system to perform procedures through small, keyhole incisions. Robot-assisted Urological Surgery can manage complex conditions of the prostate by offering superior 3D visualisation, advanced instrument function and precise tremor filtration. This technique is used in procedures like Robot-assisted Radical Prostatectomy (RARP) for cancer and Robot-assisted simple Prostatectomy for large BPH.

Key features of Robot-assisted Urology Surgery:



High-magnification 3D vision.



Wrist-guided instruments that provide a greater range of motion than the surgeon's hands.



Tremor filtration for precise movements.



Better access to tight and hard-to-reach spaces.

"Robot-assisted surgery is tailor-made for urology since many urological organs are located deep inside the body and surrounded by delicate nerves and blood vessels, making traditional open surgery challenging. The robot-assisted approach helps reduce surgical trauma, blood loss, pain and recovery time, while improving functional outcomes," according to Dr. Jawaid Rahman, Consultant - Urology at Woodlands Hospital.

Celebrating Legacy, Advancing Healthcare Excellence



Wellness at Your Doorstep: Taking Wellness Beyond Healthcare
Woodlands Wellness Centre conducted an RWA health checkup at Mecon Tower, Jadavpur, strengthening community engagement and promoting preventive healthcare through health screenings, doctor consultation and an interactive health awareness session by Dr. Saptarshi Basu.



Infection Control Link Nurse (ICLN) Programme: Strengthening Infection Prevention

Under the expert guidance of Dr. Dip Narayan Mukherjee and Dr. Soumyadeep Seal, an in-house certification programme was organised for the nurses, empowering them to strengthen infection prevention practices and enhance patient safety at the bedside.



SEMI-Woodlands TOXCODE 2026

The Department of Emergency at Woodlands Hospital, led by Dr. Smita Moitra, successfully hosted TOXCODE 2026 – "TOX in 60", the Pre-conference Workshop of EZECON 2026, bringing together healthcare professionals for an engaging academic exchange in Emergency Toxicology.



Quality without Compromise: Surveillance Assessment Achieved
Woodlands Hospital successfully completed ISO 22000:2018 Surveillance Assessment while remaining committed to maintain the highest standards of food safety, quality, and operational excellence.



Celebrating a Legacy that Grew with the Nation

Woodlands Hospital celebrated India's 80th Independence Day on 15th August, a milestone that coincides with the hospital's own 80th year of service. The celebration began with the National Flag hoisting by Mr. Rupak Barua, MD & CEO, in the presence of doctors, nurses, staff, and patients, followed by cultural performances.



Preserving Young Talent: A collaboration with South City International School

Woodlands Hospital collaborated with South City International School as the official medical partner for its Annual School Fest, attended by over 1,500 participants from 17 schools.

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