

What's up **WOODLANDS**

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From Respiratory Failure to Recovery: **A Case That Began with One Crucial Clue**

An elderly male patient with long-standing Rheumatoid Arthritis, was admitted to the Critical Care Department of Woodlands Hospital under Dr. Shantanu Ghosh, Consultant, Critical Care Medicine, with acute breathlessness and respiratory failure. He had already been experiencing cough, fever and chest infection. Despite receiving antibiotics and cough medicines elsewhere, his condition had not improved.

On examination, widespread crackles were heard across both lung fields. A detailed clinical history then revealed an important clue. The patient had been feeding pigeons regularly for nearly 25 to 30 years.

This history raised suspicion of Interstitial Lung Disease, or ILD. A high-resolution CT scan of the chest confirmed the diagnosis. Treatment was started with steroids and antifibrotic medication. After seven days of intravenous steroids, followed by oral steroid therapy, his condition improved significantly and he was discharged.



Dr. Shantanu Ghosh

Consultant
Critical Care Medicine

The case highlights the value of careful history-taking in respiratory medicine. Environmental exposure, including prolonged contact with pigeons and their surroundings, can sometimes contribute to serious lung disease in susceptible individuals.

"Persistent respiratory symptoms that do not respond to routine treatment deserve a closer look," said Dr. Shantanu Ghosh.

At Woodlands Hospital, timely clinical suspicion, appropriate imaging and focused treatment helped turn a potentially serious respiratory crisis into a successful recovery.

LEAD STORY

An elderly man with long-standing Rheumatoid Arthritis was admitted to Woodlands Hospital with acute breathlessness and respiratory failure after persistent cough, fever and chest infection failed to respond to routine treatment. Detailed history-taking revealed a crucial clue: he had been feeding pigeons regularly for 25–30 years. This raised suspicion of Interstitial Lung Disease (ILD), confirmed by HRCT. Treatment with steroids and antifibrotic medication led to significant improvement and recovery. The case highlights how careful history-taking and identifying environmental exposure can be critical to diagnosing serious lung disease.

TAVI: Benefits far outweigh risks

TAVI, or Transcatheter Aortic Valve Implantation, also known as TAVR or Transcatheter Aortic Valve Replacement, is a cutting-edge, minimally invasive treatment for severe aortic stenosis, where thickening and calcification of the aortic valve restrict blood flow.

Dr. Ritwik Ghosal, Consultant – Interventional Cardiology, Woodlands Multispecialty Hospital, says, “TAVI has transformed the treatment of severe aortic stenosis, offering a minimally invasive alternative to open-heart valve replacement for appropriately selected patients. Previously, valvular disease in an elderly patient with a multiple comorbidities was nearly a death sentence. By relieving the obstruction and restoring normal blood flow, TAVI can significantly improve symptoms, functional capacity and quality of life. However, the decision should always be individualised after a thorough assessment by the cardiologist, weighing the potential benefits against the patient’s specific risks. We must not only consider the patient’s age but also recognise that a procedure like TAVI can provide a vital ray of hope.”

During the procedure, a replacement valve is guided through a blood vessel into the heart via a catheter, usually through a small incision in the groin. The new valve is positioned within the damaged valve, restoring blood flow without the need for conventional open-heart surgery.



Dr. Ritwik Ghosal

MBBS (Hons), MD (Medicine),
DNB (Medicine), MRCP (UK), DM (Cardiology)
Consultant - Interventional Cardiologist,
Lead - Structural Heart Disease Programme
& Incharge of Cardiac Catheterization Lab
Cardiology

Some established benefits of TAVI:



Minimally invasive — The replacement valve is delivered via a catheter, usually through the femoral artery in the groin, without open-heart surgery.



Less procedural trauma — Generally involves less blood loss and postoperative pain than surgical valve replacement.



Faster recovery — Many patients regain mobility and return to daily activities sooner.



Shorter hospital stay — Patients can often go home within a few days, depending on recovery and medical.



Rapid symptom relief — Can improve breathlessness, fatigue, dizziness, chest discomfort and exercise tolerance.



Improved quality of life — Helps patients regain mobility, independence and everyday functioning.



Effective valve replacement — Offers established clinical benefits for appropriately selected patients with severe aortic stenosis.



An option for higher-risk patients — Particularly older patients or those for whom open-heart surgery may be less suitable.

Some common complications can include:



Temporary or irregular heartbeat.



Mild risk of infection, bleeding, bruising or discomfort at insertion site.



Temporary kidney issues, usually manageable with care.

DR. WOOD'S CORNER

Protect your liver.
Protect your future.

SMALL STEPS TODAY
CAN PROTECT YOUR
LIVER TOMORROW



On Hepatitis Day,
we're reminded that a healthy
liver is essential to a healthy life.

Start with small,
simple steps today to protect it better.



Know the Warning Signs

Watch for yellowing of the eyes or skin,
dark urine and unusual tiredness.



Vaccination Matters

Vaccines can help protect against
Hepatitis A and B.



Keep Food & Water Safe

Clean drinking water and good food hygiene
help reduce infection risk.



Avoid Blood-borne Risks

Never share needles, razors or other items that
may come into contact with blood.



Test Early, Treat Early

Timely testing can detect Hepatitis before serious
liver damage develops.

MD SPEAKS



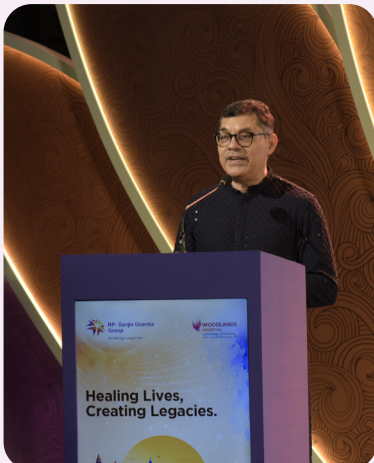
Rupak Barua
MD & CEO,
Woodlands Multispeciality
Hospital Ltd.



Honouring a Legacy of Healing

Doctors' Day is an opportunity to pause and recognise the extraordinary dedication that defines the medical profession. At Woodlands Multispeciality Hospital, we were proud to honour Dr. Saroj Mondal and Dr. Sudipta Kumar Sen, two distinguished doctors whose lifelong commitment to patient care has inspired colleagues and touched countless lives.

Their journeys remind us that medicine is built not only on knowledge and skill, but also on compassion, resilience and trust. As we celebrate our medical fraternity, we extend our deepest gratitude to every doctor whose commitment continues to strengthen the values and legacy of Woodlands Hospital.



A Celebration of Service, Legacy and the People Behind Medicine



Some journeys in medicine do more than build distinguished careers. They leave behind values, memories and examples that inspire generations to follow.

This Doctors' Day, Woodlands Multispeciality Hospital celebrated the dedication, compassion and lifelong contribution of doctors who have devoted their lives to caring for others. At the heart of the celebration was a special felicitation of **Dr. Sudipta Kumar Sen** and **Padma Shri Prof. (Dr.) Saroj Mondal**, two veteran doctors whose commitment to medicine has touched countless lives and contributed meaningfully to the legacy of

clinical excellence at Woodlands Hospital. The occasion was also a celebration of the wider medical fraternity. Doctors came together beyond consultation rooms and operating theatres for an evening of vibrant performances, engaging activities and warm moments of camaraderie. It was a fitting reminder that behind every clinical decision is a person who carries the responsibility of another person's health, often through long hours, difficult choices and moments that demand both skill and compassion.

Doctors' Day at Woodlands Hospital was therefore more than a commemoration. It was an expression of gratitude to those who have dedicated their lives to healing, and a celebration of the values that continue to define the medical profession.

To every doctor who chooses care, compassion and commitment every day, Woodlands Hospital extends its deepest respect and gratitude.

Connecting, Caring & Creating a Healthier Tomorrow



15th Foundation Day of RPSG Group

Woodlands Hospital joined in celebrating the 15th Foundation Day of RPSG Group, honouring its remarkable journey, enduring legacy and continued pursuit of excellence. The occasion reflected on the Group's achievements while looking ahead to a future of sustained growth and success.



Cardiac Checkup at Zurich Kotak GIC Ltd

A cardiac checkup camp for employees of Zurich Kotak GIC Ltd. was conducted with a focus on promoting heart health and preventive care.



Health & Wellness Initiatives at TCS

Woodlands Multispeciality Hospital organised a series of health checkup camps across TCS's Camac Street, Salt Lake and Candor locations, focusing on preventive healthcare, early detection and employee wellness.



Advancing Surgical Knowledge

As part of Doctors' Day, a CME programme organised in association with IMA Behala featured Dr. Sumantra Ray, who spoke on "Robot-assisted Surgery." The session, hosted by Woodlands Multispeciality Hospital, brought together 80 doctors for an engaging exchange on advancements in modern surgical care.



Cardiac Checkup at Aviva Life Insurance

Woodlands Hospital organised a cardiac checkup camp for employees of Aviva Life Insurance, promoting preventive heart care, early detection and wellness. The initiative encouraged employees to prioritise their cardiovascular health through timely health screenings and greater awareness of heart health.



Celebrating Our Medical Partners

On National Doctors' Day, Woodlands Multispeciality Hospital honoured its valued medical partners, including Corporate Medical Officers, referral doctors and trade doctors. The celebration recognised their continued support, collaboration and invaluable contribution towards advancing healthcare and serving the community.

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