

What's up WOODLANDS

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The 4AM Miracle: One Team, Two Lives Saved

A first-time expectant mother arrived at the Emergency Department of Woodlands Hospital in the wee hours of 4th June with severe abdominal pain. Her estimated date of delivery was 24th July.

On arrival, she was found to be in advanced labour with partial delivery already in progress. Examination revealed that the baby's head was already visible.

The Emergency Response Team acted promptly and with precision. The Obstetrics & Gynaecology as well as Paediatrics/Neonatology teams were alerted and immediate management protocols were initiated. The Emergency Department team successfully conducted a normal delivery of a preterm baby.

Following delivery, the newborn was found to be partially cyanotic (bluish skin due to lack of oxygen) and unresponsive, showing no immediate signs of life. Recognising the critical nature of the situation, the Emergency Department team immediately initiated neonatal resuscitation in accordance with established guidelines. Positive pressure ventilation using bag mask support was commenced and chest compressions were provided as indicated.

Following approximately 30 seconds of resuscitative efforts, the newborn began to show signs of life with improvement in cyanosis



Dr. Smita Moitra
Consultant - Emergency Medicine

and responsiveness. Following initial stabilisation, the case was handed over to the Obstetrics & Gynaecology and Paediatric teams for further management. The baby was subsequently shifted to the Neonatal Intensive Care Unit (NICU) for ongoing care and monitoring. At present, the baby is clinically stable and doing well.

Dr. Smita Moitra, Consultant & Head of Emergency Medicine at Woodlands Hospital, said "Emergency Medicine is about being prepared for the unexpected. In this case, our team's ability to act swiftly and decisively in a high-pressure situation ensured that both mother and child received life-saving care. It reflects the very essence of emergency medicine i.e. timely intervention, teamwork, and resilience under pressure and a shining example of successful teamwork".

LEAD STORY

A first-time expectant mother arrived at Woodlands Hospital in advanced preterm labour, requiring immediate emergency intervention. The multidisciplinary team swiftly conducted a normal delivery and successfully revived the newborn through timely neonatal resuscitation. The baby was stabilised and transferred to the NICU for specialised care, with both mother and child recovering well, reflecting the team's prompt response, clinical expertise, and coordinated multidisciplinary care.

Heart Attack, Heart Failure, and Sudden Cardiac Death: Understanding the Differences

Contrary to what many believe, heart attack, cardiac arrest and heart failure are not the same thing. These are three separate conditions with totally different triggers and treatments. Each of these critical conditions can be precipitated by often preventable factors such as high cholesterol, high blood pressure and uncontrolled diabetes.

Heart attacks are mostly caused by insufficient blood flow to the heart due to a blood clot or plaque buildup in the arteries. There could be other causes too, especially in women, such as constriction of the arteries (coronary spasm) or a tear in the artery wall (coronary dissection).

Cardiac arrest is a condition in which the heart stops beating and must be restarted. This is an electrical problem caused by a disruption of the heart's rhythm, unlike a heart attack, which is a circulation issue. A heart attack often triggers cardiac arrest.

Heart failure happens when the heart muscle fails to pump enough blood to meet the body's needs. Although usually a chronic condition, it can occur suddenly too. Systolic heart failure is caused by a weakened heart muscle while diastolic heart failure is marked by stiffness of the heart muscle.

The **Woodlands Arrhythmia and Heart Failure Clinic** offers comprehensive diagnostics and management of heart rhythm disorders (arrhythmias) and heart failure. It provides specialised care to regulate heartbeats, improve pumping function and prevent critical complications such as stroke or cardiac arrest.

Our Services:



Cutting-edge diagnostics including ECGs, 24-hour Holter Monitoring and stress tests to map the heart's rhythm and function accurately.



Medical management: Prescription and titration of medications to control heart rate, manage hypertension, and remove excess fluid.



Procedures and device implantation such as cardiac ablation (scarring of small areas of heart tissue to block irregular signals) or the insertion of pacemakers and Implantable Cardioverter Defibrillators (ICDs) to manage heart rhythm disorders.

DR WOOD'S CORNER

Yoga for a
Healthier Tomorrow

Let Every Pose
Bring You Closer to
Better Health



Mind at Ease

Calms fear and anxiety and boosts the brain's natural feel-good signals



Protects your Heart

Thins blood and reduces the risk of heart attack and stroke



Stronger Every Day

Builds strength and guards your joints, bones, and back



Balance with Strength

Increases muscle sense and improves balance



Strengthens Immunity

Generates balanced energy needed for the functioning of the immune system

MD SPEAKS



Rupak Barua
MD & CEO,
Woodlands Multispeciality
Hospital Ltd.

Advancing Healthcare Through Learning and Innovation

At Woodlands Multispeciality Hospital, we remain committed to advancing healthcare through innovation and continuous medical education. Our recent Robot-assisted Orthopaedic Joint Replacement Surgery Workshop, led by renowned orthopaedic expert Dr. Sameer Ali Paravath from Meitra Hospital in Kerala, brought together leading orthopaedic surgeons for live surgical demonstrations, scientific discussions, and a CME programme on the latest advancements in Robotic Joint Replacement Surgery.

We believe that true progress in healthcare is driven by the seamless integration of cutting-edge technology with continuous exchange of knowledge. Through initiatives such as these, we strive to empower clinicians, encourage collaborative learning, and accelerate the adoption of advanced robotic techniques, ensuring safer procedures, greater precision, and improved outcomes for our patients.

The Prostate Spectrum: From BPH to Prostate Cancer

Prostate problems usually emanate from three principal conditions – an enlarged prostate or Benign Prostatic Hyperplasia (BPH), inflammation or prostatitis, and prostate cancer. Of these, the two more vexing issues are BPH and prostate cancer. Common signs include a weak urine stream, frequent night-time urination and pain during urination.

Both BPH and prostate cancer affect the prostate gland, a walnut-sized gland located below a man's bladder. The prostate helps make semen and wraps around the urethra, the tube carrying urine from the bladder out of the body. In both BPH and prostate cancer, the prostate gland is enlarged. However, BPH is benign and hence can't spread, while prostate cancer can metastasise to other parts of the body.

At Woodlands Multispeciality Hospital, we provide comprehensive treatment solutions for both the conditions.

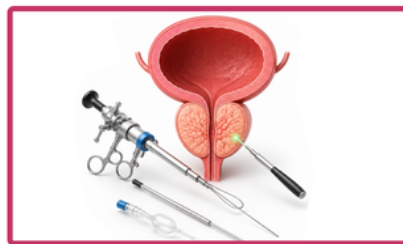
Treatment for BPH



For mild to moderate symptoms

Alpha-blockers to relax muscles in bladder and prostate.

5-alpha reductase inhibitors to shrink the prostate.



Surgical options for severe symptoms

TURP (transurethral resection of the prostate) to remove the inner part.

TUIP (transurethral incision of the prostate) to make small cuts that allow urine to pass through.

Transurethral needle ablation using radio waves to burn off extra prostate tissue.

Laser therapy, which uses laser energy to remove excess prostate tissue.

Open prostatectomy, performed only when the prostate is very large.



Treatments for prostate cancer

Active surveillance: The doctor closely monitors the condition through regular DRE and PSA tests to check for cancer growth.

Surgery: A radical prostatectomy to remove the prostate gland and some of the surrounding tissue.

Radiation therapy: This therapy uses high-energy X-rays to destroy prostate cancer.

Cryotherapy: Extreme cold is used to destroy prostate tissue.

Hormone therapy: Medicines are used to block male hormones that fuel prostate cancer growth.

Featured Events



Woodlands Hospital participated in SportsMed 2026, organised by the ICC in association with CAHO. Representing the Hospital, Dr. Simanta Sharma, Head of Growth & Transformation, highlighted Woodlands Hospital's healthcare excellence and its future vision.



Woodlands Hospital hosted a deferred live workshop on Robot-assisted Orthopaedic Joint Replacement Surgery, led by renowned expert Dr. Sameer Ali Paravath, advancing clinical learning and robotic orthopaedic excellence, attended by leading orthopaedic surgeons and healthcare professionals.



Doctor's Group Meeting

Led by Dr. R.K. Gopala Krishna and Dr. Poushali Sanyal, the session featured insightful discussions on Robot-assisted Surgery and was attended by medical practitioners from South Kolkata.



IMACON 2026 - Cardiology CME

Dr. Ritwik Ghosal shared expert insights during the Cardiology CME of IMACON 2026, organised in collaboration with Kalyani IMA. The session highlighted key advances in cardiac care and fostered meaningful exchange among participating doctors.



CME on Robot-assisted GI and Urology Surgery

Hosted at Tolly Club, the session was led by Dr. Sumantra Ray and Dr. Zeeshan Rahman, bringing together 26 corporate medical officers and HR professionals from leading organisations.



Basic Life Support (BLS) Training

Woodlands Hospital organised a BLS training session for Accenture employees and support staff. The programme, focused on equipping them with essential life-saving skills and emergency preparedness techniques.



Official Medical Partner of Bengal T20 League 2026

Woodlands Hospital ensured comprehensive on-field medical support with expert doctors, nurses, paramedics, and ambulance services throughout the Bengal T20 League 2026 tournament.



Excellence in Healthcare

Woodlands Hospital hosted Bengal's largest NABH Gunvatta Yatra, bringing together 113 healthcare professionals from 30 hospitals to advance patient safety, quality, and clinical excellence.



Calcutta Club Lifestyle & Health Fest 2026

Woodlands Wellness offered specialist consultations by Dr. Ritwik Ghosal (Cardiology), Dr. Zeeshan Rahman (Urology), and Dr. Soham Banik (Orthopaedics), along with on-site services at the Calcutta Club Annual Lifestyle & Health Fest 2026.



Doctor's Group Meeting at Howrah

Dr. Sumantra Ray, Consultant - GI, Laparoscopic & Robotic General Surgery, conducted a Doctor's Group Meeting on Robot-assisted surgery for leading practitioners from Howrah, fostering insightful discussions and knowledge sharing.



Heatstroke Awareness Session

Dr. Kundan Chaurasia, Consultant - Medicine, conducted a virtual awareness programme on heatstroke during summer for the employees of Vesuvius.



KIMACON Annual Conference

Woodlands Hospital participated in the KIMACON of IMA Khidderpore featuring expert sessions by Dr. Lahori Roy, Consultant - Gynaecological & Laparoscopic Surgery, and Dr. Sumantra Ray, Consultant - GI, Laparoscopic & Robot-assisted Surgery.

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