

What's up WOODLANDS

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A Challenging Case of Kidney Stone Removal in a Patient with History of Cardiac Disease

A 70-year-old male patient was admitted under Dr. Jawaid Rahman, Consultant – Urology, Woodlands Hospital, with a history of one **URSL (Ureteroscopic Lithotripsy)**, a minimally invasive procedure to treat kidney stones lodged in the ureters, performed 10 to 15 years ago. At that time, complications had necessitated open surgery and ureteric reimplantation.

Since then, he has had severe cardiac co-morbidities, undergoing first a **PTCA (Percutaneous Transluminal Coronary Angioplasty)** and then a **CABG (Coronary Artery Bypass Grafting)**. He remains on heavy medication. These conditions together made him a difficult candidate for both anaesthesia and surgery.

Following recent episodes of abdominal and flank pain, investigations at Woodlands Hospital revealed a large (2 cm) stone in the mid-ureter on the left side and another stone (1-1.2 cm) in the kidney's lower calyx. Both stones were on the same side where the earlier ureteric reimplantation had been performed, creating anatomical challenges for access.

Because of the altered alignment of the ureter, access to the stone was difficult. Given the obstruction caused by the larger stone, a URSL with



Dr. Jawaid Rahman
Consultant – Urology

laser was planned. The mid-ureter stone was successfully treated with Ureteroscopic Laser Lithotripsy, and the patient was discharged after two days.

After three weeks, the second procedure was undertaken to remove the kidney stone. Despite the difficulty of accessing the pelvic caliceal system, the surgical team successfully reached the lower calyx using an access sheath. The procedure was uneventful, and the patient was discharged two days later.

This case was a technical challenge for both the anaesthesia and surgical teams, owing to the patient's cardiac condition and altered anatomy. Both procedures were completed successfully, and the patient is now stone-free, with the stent removed two weeks after surgery.

LEAD STORY

A 70-year-old patient with altered urinary anatomy and significant cardiac disease underwent two carefully planned minimally invasive procedures under the care of Dr Jawaid Rahman and the multidisciplinary team at Woodlands Hospital. Through advanced surgical expertise and coordinated teamwork, both stones were successfully removed, resulting in an excellent recovery.

Total Knee Replacement (TKR)

Total Knee Replacement (TKR), also referred to as Total Knee Arthroplasty, replaces damaged knee cartilage and bone with metal and plastic implants to relieve chronic pain and enhance mobility. With a success rate of over 90%, it is commonly used to treat severe arthritis damage. Patients usually resume most daily activities within 3 to 6 weeks.

TKR is the most common type of knee replacement in which your surgeon will replace all three areas of your knee joint – the inside (medial), outside (lateral) and under your kneecap (patellofemoral).

When to consider TKR ?

TKR is considered when all other conservative options have failed to provide relief. Some of the pivotal factors are:

-  Pain: Affecting your daily activities like walking, climbing stairs or even sleep.
-  Inflammation: Doesn't improve with rest or medicines.
-  Stiffness: Unable to straighten or bend the knee.
-  Doesn't get better with medications, therapy or knee injections.
-  A degree of deformity.

The TKR Procedure

The surgery, taking 1 to 2 hours, involves:

-  Making an incision over the knee.
-  Removing diseased bone and cartilage, leaving healthy bone intact.
-  Implanting the replacement parts into the thigh bone, shin bone and kneecap.
-  Patella resurfacing: The undersurface of the kneecap (patella) may be cut and resurfaced with a plastic button.
-  Spacer insertion: A medical-grade plastic spacer is placed between the metal components to create a smooth surface.
-  For most people, TKR provides pain relief and improved mobility, while lasting for at least 15 to 20 years.
-  Post-recovery, one can engage in low-impact activities like walking, swimming or cycling.

Typical goals of a TKR procedure

-  To make sure that the implants are in correct alignment and position.
-  To ensure that the residual soft tissues are balanced.
-  To alleviate pain.
-  To restore function.
-  To make the implant last long.

DR WOOD'S CORNER

Protect Your Heart
Say No to Tobacco

Tobacco use and high blood pressure are a dangerous combination



Quit Tobacco

Nicotine narrows blood vessels and can raise blood pressure



Give Your Heart a Break

Quitting tobacco reduces strain on the heart and improves circulation



Support Your Treatment

Tobacco may interfere with the effectiveness of certain blood pressure medicines



Protect Your Arteries

Smoking damages blood vessel walls and increases cardiovascular risk



Choose a Healthier Future

Giving up tobacco lowers the risk of heart attack, stroke and other serious complications

MD SPEAKS



Rupak Barua
MD & CEO,
Woodlands Multispeciality
Hospital Ltd.

The Strength Behind Every Healing Journey

At Woodlands Hospital, nurses are at the heart of exceptional patient care. They bring clinical knowledge, sound judgement and compassion to every stage of treatment and recovery. Often the first to notice a change in a patient's condition, they also reassure families, coordinate care and provide comfort during difficult moments.

As we marked Nurses Day, we celebrated the dedication, resilience and professionalism our nursing team demonstrates every day. Their contribution extends far beyond routine caregiving and plays a vital role in patient safety and recovery.

Woodlands Hospital remains committed to strengthening nursing education, professional development and leadership. By investing in our nurses, we strengthen the quality of care delivered to every patient. Their work is central to our legacy of healing and to the future of healthcare at Woodlands Hospital.

Nurses' role in patients' healing journey

For most patients, the heroes of their hospital stay are the nurses who cared for them during their treatment cycle, rather than the procedures they went through or the myriad tests done on them. From reassuring a patient before surgery to explaining medication schedules to simply lending an empathetic ear, nurses are the defining human connection within the healthcare ecosystem.

Absolutely central to the patient's healing journey, nurses are compassionate caregivers, stand-in clinicians, educators and patient advocates – all rolled into one. They are committed to providing holistic care to address physical, emotional and mental needs of the patients, ensuring quicker recovery and handholding them toward self-reliance and better health outcomes.

- **Clinical knowledge and monitoring:** Nurses evaluate and monitor vital signs, administer medicines, focus on pain management and preventing complications to speed up recovery.
- **Holistic care and support:** They also provide emotional support to patients, helping them cope with anxiety through active listening and reassurance.
- **Patient education and empowerment:** Before discharge, nurses orient patients and their families on self-care, medication management and rehab routines, assisting in a smooth transition from hospital to home.
- **Advocacy and coordination:** Nurses act as the conduit between doctors and patients, making sure that care is properly coordinated and customized, and nothing gets lost in translation.
- **Preventive care:** Not just acute care, nurses educate the patients on disease prevention through lifestyle modifications for long-term wellness.

So, at the end of the day, nurses are caregivers, learners, problem-solvers, champions, motivators and counsellors – all rolled into one.

Nurses' Day Celebration

For the Hands That Heal and the Hearts That Care



Miss Universe Bengal 2026

As the official Health & Wellness Partner of Miss Universe Bengal 2026, Woodlands Hospital conducted health check-ups for 27 contestants and a wellness session by Dr. Anupam Golash. Mr. Rupak Barua, MD & CEO, presented the Best in Health & Wellness Award and felicitated the winner.



Advancing Healthcare through Collaboration & Care: Moments That Made an Impact



A Doctors' Group Meeting organised by WMHL at Hotel Kiann, North Howrah, featuring Dr. Siddharth Gupta, Consultant Orthopaedic & Sports Injury Specialist with eight doctors participating in the knowledge-sharing session.



World Hypertension Day was observed through a collaborative health camp by Woodlands Hospital and Calcutta Club, featuring health screenings, consultations, and expert awareness sessions.



WMHL hosted an RTM at MarcoPolo with Dr. Soumitra Ray and Dr. Indrani Guha, fostering insightful discussions.



An interactive Robotic Consultants Meet was organised by WMHL at the Tolly Club, featuring thirteen eminent consultants in the presence of MD & CEO Mr. Rupak Barua.



A DGM at Royal Height organised by WMHL brought Dr. Chanchal Kundu and four other doctors attending the session.



WMHL participated as the Medical Partner at the TCS Maitree Children's Camp, providing ambulance services, doctor, nurse, paramedic, and first aid support for the attendees.



A CME organised by WMHL for the doctors of IOCL Haldia Refinery in progress with Dr. Kundan Chaurasia (Consultant - Internal Medicine) leading the session on "Approach to an Emergency Patient".



WMHL organised a TPA Corporate Meet at Club Fenicia, Salt Lake, bringing together 28 Corporate MOs and HR/Admin professionals with consultants Dr. Kalyan Guha and Dr. Kundan Chaurasia.



An awareness session on Common Health Problems, organised by WMHL saw the participation of 38 retired IOCL Haldia employees along with consultation sessions by Dr. Kundan Chaurasia (Consultant - Internal Medicine).



Woodlands Hospital participated in the RPSG Annual Group Conference, highlighting its legacy of trusted healthcare through an interactive stall.

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