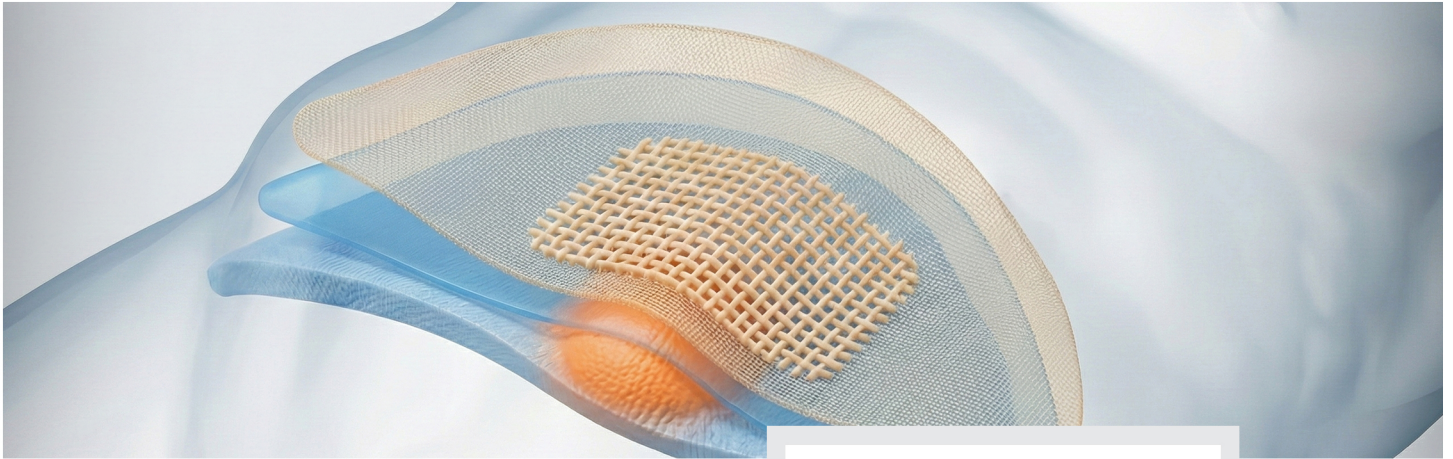


# Whats up WOODLANDS

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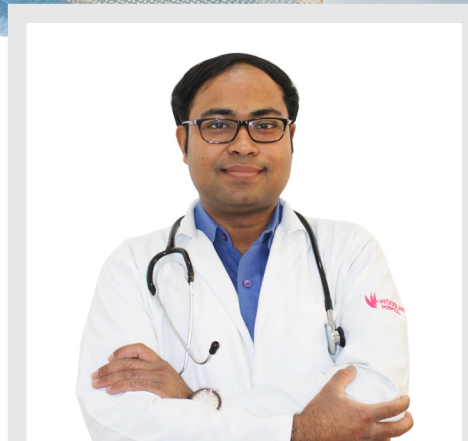


## Woodlands introduces Velcro-like, bioabsorbable hernia mesh in India

Woodlands Multispeciality Hospital has successfully used Transorb™, a self-gripping, fully resorbable hernia mesh from Medtronic, in a hernia repair on a 34-year-old woman, who recovered well after surgery on December 22, 2025. This was the first time the mesh was used outside The US.

Unlike conventional meshes that remain in the body permanently, Transorb™ is designed to act as a reinforcing scaffold during the critical healing period and then gradually resorb—with remaining fibres essentially absorbed within 36–60 months (three to five years). Earlier-generation resorbable meshes have also been used in India, typically designed to resorb over two to three years; Transorb™ extends this window to three to five years, allowing more time for the repair site to remodel and strengthen while the scaffold support continues. What makes the mesh particularly distinctive is its self-gripping technology—a Velcro-like surface that helps the mesh adhere to tissue without routine tacking or fixation devices, simplifying placement in suitable open extraperitoneal ventral hernia repairs. Officials of Medtronic confirmed that this was the first use of Transorb™ in India, and the earliest use outside the United States.

“Many hernia patients—especially younger individuals who may plan pregnancy later—are understandably uncomfortable with the idea of a permanent foreign material remaining in the body for life,” said Dr Sumantra Ray, consultant – general & laparoscopic surgery, Woodlands Multispeciality Hospital.



**Dr Sumantra Ray**  
Consultant – General & Laparoscopic Surgery

“A bioresorbable mesh offers reinforcement when it’s needed most, and then slowly integrates and resorbs over three to five years. Transorb’s self-gripping design also reduces the need for additional fixation.”

The mesh received US FDA clearance via the 510(k) pathway in February 2024, following which it began clinical use in the US.

With this milestone, Woodlands reinforces its focus on bringing globally advanced surgical technologies to patients in eastern India—where innovation isn’t a buzzword, but a better outcome in the making.

### LEAD STORY

- Woodlands used Medtronic’s Transorb™ resorbable hernia mesh in a patient surgery on Dec 22, 2025, with good recovery.
- It supports healing, then resorbs in 36–60 months (3–5 years).
- Earlier resorbable meshes typically resorbed in 2–3 years; this longer window aids stronger remodelling.
- Its Velcro-like surface grips tissue without routine tacking/fixation.
- US FDA 510(k) clearance: Feb 2024—another step in bringing advanced surgery to eastern India.

## Nipah virus Stay alert, not alarmed

A few recent headlines on the Nipah virus have stirred understandable anxiety—some even asking the question we all dread after 2020: Could this become another COVID-19? The short answer is: Nipah is serious, but it is not COVID-19 in how it behaves or spreads.

To begin with, Nipah and COVID-19 come from entirely different viral families. Nipah belongs to the Paramyxoviridae family (which includes illnesses like mumps and measles), while COVID-19 is a coronavirus. Comparing the two is like comparing a thunderstorm to a cyclone—both can be dangerous, but they don't move the same way.



**Dr Soutik Panda**  
In-charge, Critical Care

What makes Nipah concerning is its high fatality rate, reported to range from 40% to 75%. The illness may begin with common symptoms such as fever, body ache and headache, but in some cases it can progress rapidly, leading to confusion, altered sensorium, seizures, coma, and inflammation of the brain (encephalitis). Early medical attention is vital—especially if there is a history of exposure or contact with a suspected/confirmed case.

At present, there is no vaccine and no proven antiviral “magic bullet” for Nipah. Treatment is largely supportive, sometimes requiring intensive care and multi-organ support in severe cases. Some drugs like Ribavirin have been used in parts of the world, but evidence of clear benefit remains limited.

Prevention, therefore, is our strongest shield. Avoid exposure in areas with bat colonies, treat sudden illness/death in domestic animals (especially pigs) seriously, follow isolation and testing advice when needed, wear masks when caring for suspected cases, and practise rigorous hand hygiene.

***Stay informed, stay cautious—but don't panic. Calm, timely action is always more powerful than fear.***



## DR WOOD'S CORNER PCOS: It's Not “Just Periods”—It's Your Body Talking

Let's clear the air first.

PCOS—Polycystic Ovary Syndrome—is not a monthly inconvenience you can shrug off with a calendar reminder. It's a whole-body condition, and your hormones, skin, weight, metabolism, and future health are all part of the conversation.

Yes, irregular periods are often the first red flag. But PCOS doesn't stop there. Acne that refuses to leave, unexpected facial hair, thinning hair on the scalp, stubborn weight gain, rising sugar levels, even high blood pressure—PCOS can quietly connect the dots behind the scenes.

### So why does it happen?

There isn't one single cause doctors can point to yet. But what we do know is that a sedentary lifestyle, frequent fast food, and high-oil, high-refined-carb diets make PCOS far more likely to show up—and stay.

### One of the biggest concerns around PCOS is fertility.

Ovulation can become irregular, making conception challenging for many women. The good news? PCOS is manageable. With timely medical care and lifestyle changes, many women go on to conceive naturally and have healthy pregnancies.

### The real game-changer lies in everyday choices.

Regular physical activity improves insulin resistance and hormone balance. Thoughtful eating—less refined flour and sugar, more whole grains, vegetables, and protein—helps the body reset. And medical guidance matters. PCOS isn't a “Google and guess” condition; it needs structured care.

Planning a family someday? Don't wait for “later.” Early intervention not only improves fertility outcomes but also reduces pregnancy-related risks.

PCOS doesn't demand panic—but it does demand attention. Listen to your body. Act early. Stay informed.

*Because managing PCOS isn't about restriction—it's about regaining control.*

***keeping health real, relevant, and right on time.***

## MD SPEAKS



**Rupak Barua**  
MD & CEO,  
Woodlands Multispeciality  
Hospital Ltd

### A New Year, A Steadier Promise.

Eighty years is not a pause; it is a promise renewed. At our 80th Foundation Day celebration—held in an open, shared space that felt fittingly community-first—we looked back with gratitude and ahead with intent. Woodlands has always stood for trust, service and purpose; technology will keep evolving, but compassion and patient trust will remain our constant. In the same spirit, we have also announced a month-long, subsidised comprehensive health check-up initiative, because prevention deserves centre stage, not fine print.

This edition captures how that promise translates into practice. Clinically, we take a meaningful step forward in hernia care with the successful use of Transorb™, a self-gripping, fully resorbable mesh that supports healing and then gradually resorbs over 36–60 months, expanding options for select patients who prefer to avoid permanent implants.

Equally, we stay alert to public health concerns without feeding fear. Nipah is serious, yet it is not COVID-19 in how it spreads; informed caution, timely medical attention and disciplined prevention remain the best safeguards.

And because modern healthcare must speak to modern lives, Dr Wood's Corner reminds us that PCOS is not "just periods"—it is a whole-body condition where early, structured care and lifestyle choices can change the trajectory.

Beyond our campus, our teams have been active with workplace engagements and community outreach—taking care closer to where people live and work.

**Care doesn't always happen inside the hospital. Over the past weeks, our teams have been out and about—engaging, connecting, and reaching closer to the community. A snapshot of those moments follows.**



### Woodlands conducts knee joint screening camp at SBI Chandannagar

We recently organised a Knee Joint Screening Camp along with a bone mineral density (BMD) test for the retired employees of the SBI Chandannagar Composite Unit. featuring an engaging and informative talk by Dr Sujoy Kundu, consultant, orthopaedics and joint replacement.



### Woodlands Participates in NTPC Farakka Employees' Annual Get-Together

Woodlands participated in the Annual Get-Together of the NTPC Employees' Union at Farakka, extending preventive healthcare and engagement beyond the hospital setting, with vitals checks and distribution of calendars.



### Scientific session on oncology and breast health

Woodlands recently hosted a Scientific Session at the Ordnance Club, Hastings, Kolkata, bringing together clinicians for an evening of academic exchange and clinical updates. The session featured expert presentations by Dr Shazia Gulshan, Consultant Haematologist, on Multiple Myeloma: Diagnosis and Management, and Dr Rituparna Chaturvedi, Consultant Surgeon, who spoke on Breast Diseases and Recent Advances in Breast Surgery.

# 80 years of trust, care and purpose: Woodlands marks a historic milestone



Mr Rupak Barua (second from right) lights the inaugural lamp in the company of senior consultants and members of the hospital management

Woodlands Multispecialty Hospital's 80th Foundation Day was celebrated with warmth, pride and quiet emotion—an occasion that blended reverence for the past with confidence in the future.

The programme opened with a traditional lamp-lighting ceremony, graced by doctors spanning generations, Managing Director & CEO Mr Rupak Barua, and members of the top management, as strains of Ganesh Vandana set a serene tone. This was followed by a soulful rendition of the Woodlands Anthem by the nursing team, setting the celebration firmly in motion.

In a visionary address, Mr Barua underlined that completing eight decades of service was “not just a celebration,” but a reaffirmation of Woodlands' core values. “These 80 years are about trust, service and purpose,” he said. “Technology will keep transforming healthcare, but one thing will not change at Woodlands—care, compassion and the trust of our patients.”

A specially curated video montage played on the LED backdrop brought together heartfelt messages from senior consultants including Dr Karambir Chakravarti, Dr Soumitra Bhattacharya and Dr Dip Narayan Mukherjee, all of whom highlighted teamwork and technological advancement as hallmarks of the Woodlands experience. Equally moving were voices from within the Woodlands family—Ms Banasree Roy, assistant director of nursing, reminisced about caring for Mother Teresa during her early years as a nurse; Nursing Director Ms Tinku Adhikary and several long-serving administrative colleagues shared memories of dedication and service.



The football champions with their trophy



A patient enjoys the special exotic lunch



The packed audience at the event

One of the loudest cheers was reserved for a video message from Ms Tejinder Kaur, whose children were born at Woodlands in the early 1980s and who continues her treatment journey at the hospital today—a living testament to generations of trust.

The celebrations continued with felicitation of winners from the annual Woodlands Sports Fest, spanning cricket, football, badminton, carrom, musical chairs and sit-and-draw competitions for employees' children, turning the auditorium into a chorus of applause.

Marking the day in true Woodlands spirit, patients and employees were treated to a specially curated lunch. Reinforcing its commitment to preventive healthcare, the hospital also launched a month-long, heavily subsidised comprehensive health check-up initiative—encouraging early detection and timely action against non-communicable diseases.

**Eighty years on, Woodlands stood tall—not just as a hospital, but as a family bound by care.**

For suggestions and queries, please write to: [corporate.communication@woodlandshospital.in](mailto:corporate.communication@woodlandshospital.in)