



# TIMES HEALTH EXCELLENCE 2020

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An Advertorial, Health Promotional Feature



**Dr. Ramesh Makam**  
Key note Speaker



**Dr. Swagatesh Bastin**  
Alleviate Pain Management Clinic  
Service Excellence in Pain Management



**Dr. Faraz Ahmed Syed**



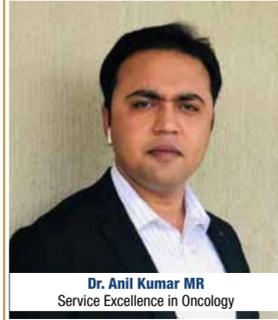
**Dr. Viveka Udupa**  
Sarvah Kshema Hospital and Research Foundation  
Excellence In Spiritual Yoga And Holistic Wellness



**Dr. Sunita Maheshwari**  
Rx Dx Healthcare  
Excellence in Phygital (Physical + Digital) Healthcare Services



**Dr. Shantala HP**  
Service Excellence in Homeopathy



**Dr. Anil Kumar MR**  
Service Excellence in Oncology



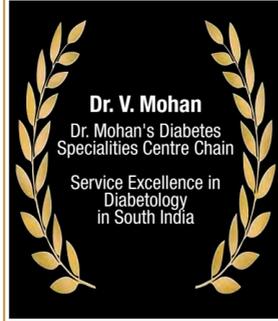
**Dr. Yamuna B S**  
Service Excellence in Ayurveda Infertility Care



**Dr. Prashanth R**  
Specialist Hospital  
Excellence in Robotic Ortho Knee Replacement Surgery in Karnataka



**Dr. Ashwini S.**  
Service Excellence in Reproductive Medicine



**Dr. V. Mohan**  
Dr. Mohan's Diabetes Specialities Centre Chain  
Service Excellence in Diabetology in South India



**Dr. Kotii Reddy Sariaipalli**  
Kotii Group of Ventures Pvt. Ltd.  
Legendary Innovation and Achievements in Healthtech, Wellnesstech in South India

## THE NEXT "BIG THING" IN HEALTHCARE

Reminiscing about developments in healthcare over the last 3 decades Dr. Ramesh Makam says, "Video laparoscopic surgery started in 1991 in India, allowing major operations, through small holes of half to one centimeter. Quality of life improved tremendously with negligible pain, bleeding, infection, faster healing and recovery with short hospital stay and early return to work, without large ugly scars. Soon every field of medicine adopted endoscopic surgery, and undertook challenges procedures including cancer surgeries, obesity and diabetes surgeries and more."

tional sciences to achieve cures for most chronic diseases is going to be the next big evolution in healthcare. He is certain that India will lead the world in this field.

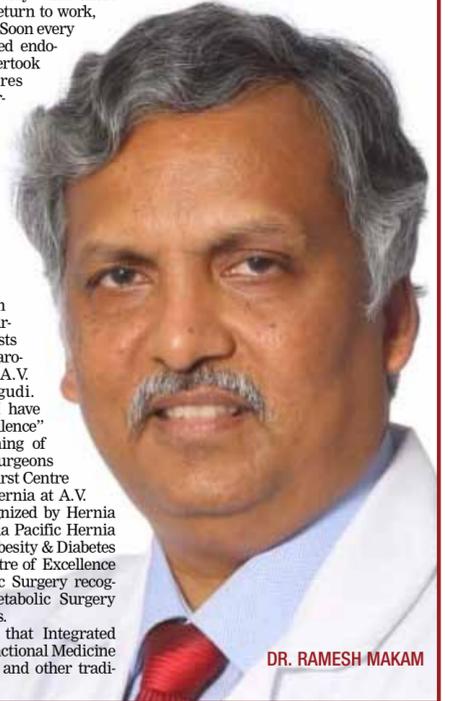
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**A.V. HOSPITAL**  
ಅನನ್ಯ ಚರ್ಮ ಆಸ್ಪತ್ರೆ

Over 25 years, Dr. Ramesh has trained over 2000 surgeons and gynaecologists from 5 continents, in laparoscopic surgery at A.V. Hospital, Basavanagudi. "Over the last decade I have created "Centres of Excellence" for treatment and training of the next generation surgeons including South India's first Centre of Excellence for Endohernia at A.V. Hospital, which is recognized by Hernia Society of India and Asia Pacific Hernia Society and Dr. Tulip's Obesity & Diabetes Surgery Centre as a Centre of Excellence in Bariatric & Metabolic Surgery recognized by Obesity & Metabolic Surgery Society of India," he adds.

Dr. Ramesh believes that Integrated Medicine combining Functional Medicine with Yoga, Naturopathy and other tradi-



**DR. RAMESH MAKAM**

## FREEDOM FROM CHRONIC PAIN!

Alleviate - Center for Interventional Pain Management, Regenerative Medicine and Spine Care, deals with the third most common problem in the society after Hypertension and Diabetes i.e. chronic pain. Chronic pain is extremely

neglected and improperly managed, especially in India. While approximately 2 out of 10 patients with chronic pain are recommended surgery, the others continue to suffer despite pain medications, alternative treatments, physiotherapy and doctor visits. Alleviate presents solutions to these chronic problems with injections, regenerative and radio frequency treatments to prevent unindicated surgeries or an almost daily dependence on pain relief medication. They further emphasise on a multidisciplinary post procedure rehabilitation protocol with electrical, manual modalities and an appropriate exercise regime. They also involve a Clinical Nutritionist and Clinical Psychologist to boost overall wellness. Alleviate treats knee pain,

back pain, neck pain, shoulder pain and other joint pains, fibromyalgia, tendonitis, headaches, trigeminal neuralgia, chronic ligament injuries, trigger points and more. The diagnosis is given after assessing history, detailed clinical examination and relevant investigations. The treatment is customised depending on the patient's condition and severity of pain. Regenerative treatments include Platelet Rich Plasma, Stem Cell Therapy and Comprehensive Prolotherapy. Conventional Radio-frequency Ablation and US FDA approved Cooled Radiofrequency Treatment are used for more severe cases of facet joint pain, disabling arthritic pain and trigeminal neuralgia, where it can give excellent pain relief.

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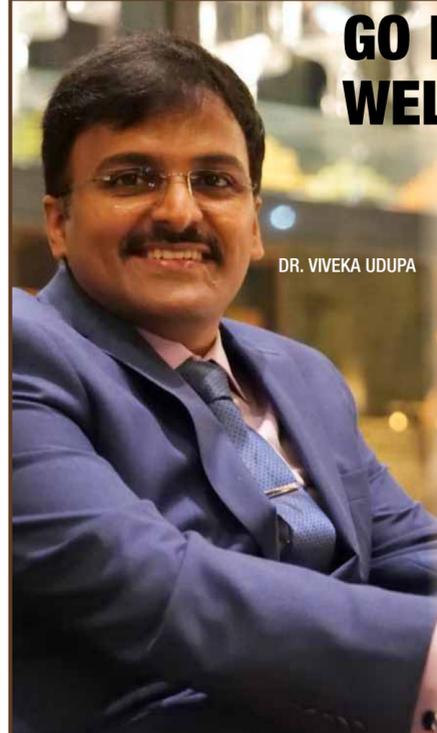


**DR. SWAGATESH BASTIN**



**DR. FARAZ AHMED SYED**

## GO FROM ILLNESS TO WELLNESS AT SHRF



**DR. VIVEKA UDUPA**

Envisioned by Dr. Viveka Udupa, Sarvah Kshema Hospital & Research Foundation (SHRF) is a one of a kind, advanced Yoga and Naturopathy Centre.

The divine, serene, pollution free, tree filled campus is dotted with shrubs and 1.35 lakh medicinal plants. SHRF also features an international standard circular walking and cycling track, amphitheatre, walk-in kitchen, expansive yoga hall and more.

SHRF is open to all for residential programs, day visits or even regular walks and exercise. Residents can choose from a range of accommodation options and prepare for a holistic experience, as they practice yoga, meditation and benefit from naturopathy, counselling, recreational trips and fitness activities amidst nature.

The centre adopts a scientific evidence based approach to offers remedies for those with non-communicable diseases like hypertension, diabetes mellitus, degenerative arthritis, obesity, depression, phobia, anxiety, neurosis, bronchial asthma etc. by following holistic treatment methodologies.

While the centre Dr. A Viveka Udupa is one of the pioneer in the field of Naturopathy and Yoga. He was one of the first individuals to pursue an M.D. in Yoga & Rehabilitation at S-VYASA Yoga University, Jigani, Bengaluru. In 2009, he joined his father at the Divine Park Trust, Saligrama run under the auspices of Sri Gururji, Swami Vivekananda.

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## EXCELLENCE IN PHYGITAL HEALTHCARE SERVICES

RxDx Healthcare, an NABH accredited multi-speciality chain of 30 pre-hospital primary care centres across Bengaluru, was co-founded by Dr Sunita Maheshwari and Dr Arjun Kalyanpur in 2007. RxDx provides primary care to the community via 5 flagship centres and 25 onsite occupational health clinics which cater to manufacturing facilities and corporates in a hub and spoke fashion.

Anticipating the future necessity of telehealth far ahead of its time, Dr Sunita Maheshwari steered RxDx towards the 'Phygital' (physical + digital) model of healthcare service delivery. When the pandemic struck India early this year, RxDx was well prepared to migrate its entire OPD consultation to the online platform. This enabled it to help patients outside of Bengaluru as well, for instance it now runs 33 nurse-assisted telemedicine nodes across 19 states in India.

### PHYGITAL MAKES A DIFFERENCE

During the pandemic RxDx has seen a high increase in teleconsultations, high rise in home healthcare visits, conducted over 20,000 COVID tests and helped over 1000 patients via its Covid care@home program. Via its e-pharmacy, medicines reached patients' doorsteps, including vaccine

administration by well-trained nurses. Via tele-cardiology, RxDx covers hospitals for paediatric echo services as well.

Even though patients hesitated to visit, RxDx stayed physically open during the lockdown while many other downed their shutters. It rapidly pivoted from being a pure brick and mortar chain of primary care clinics to being a phygital healthcare provider of physical clinics plus tele-consultations, home healthcare including covidcare@home and home/corporate pharmacy drop offs and lab testing.

RxDx adds value to the communities it serves. People have appreciated the attention level from RxDx doctors and staff in its clinics, online or at their homes. Its tag line reflects what RxDx is: "Taking care of your Health. Everywhere." RxDx continuously adapts to the ever-evolving digital technology in medicine and healthcare to provide the best solutions for its patients.

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**DR SUNITA MAHESHWARI**

## What makes Dr. Mohan's Diabetes Specialities Centre different?

Dr. V. Mohan, one of the pioneers of diabetes in India answers in very simple words - because diabetes treatment is specialized and this is known as 'Precision Diabetes'. Diabetologists endeavour not just to treat glucose levels but adopt a holistic treatment and thus help the person with diabetes prevent the complications of diabetes. Across Dr. Mohan's Diabetes Centres in India, several hundred patients have lived beyond the age of 90 years without any complications of diabetes and some have even crossed 100 years of age. Most of them have been living with diabetes for more than 30 and some even for 60 years.

During the past 30 years, Dr. Mohan's centres have evolved tests (backed by their own world class research) to monitor certain key parameters in the body to understand the type and nature of the diabetes in every patient and thus, tailor-make the treatment for them. This is what is called "Precision Diabetes" care. The complications of diabetes which affect eye, kidney, heart, nerve and foot, do not occur overnight but they develop slowly and stealthily. It is therefore necessary to detect subtle changes in the clinical and biochemical parameters in the body early and thereby reverse them. Dr. Mohan's Diabetes Centres are equipped to do just that. Good control of diabetes can help prevent a person with diabetes from developing blindness, kidney failure, heart attacks and strokes or amputations. Dr. Mohan's Diabetes Centres are equipped with state-of-the-art laboratories, doppler, biothesiometry, eye screening equipments etc. They also have trained doctors, dietitians, nurses and educators to provide the best services for their patients.

Indeed, their doctors are constantly updated based on the intensive research done at the centre to hone their skills in diagnosis, and treatment and thus provide world class care at the best possible cost.



Dr. Mohan's Diabetes Specialities Centres currently have 50 branches across India with 5 in Bengaluru. The Centre has been recognised as an IDF centre of Excellence in Diabetes Care by the International Diabetes Federation.



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