

CARE CHRONICLE

Monthly Newsletter by ShardaCare - Healthcity





Dear Readers,

As we continue to expand our clinical capabilities and reach, this landmark issue highlights the transformational steps we are taking to set new benchmarks in patient care. The achievements featured within these pages reflect our relentless pursuit of medical excellence, cutting-edge technology and compassionate healing.

RISHABH GUPTA

Managing Director

ShardaCare - Healthcity & Sharda Hospital

Dear Readers,

The fifth edition of Care Chronicle stands as a testament to our evolving healthcare ecosystem and shared vision for the future. From expanding our specialized care networks to fostering patient trust, this issue showcases the continuous progress driving our clinical outcomes and patient experiences forward.

DR KOUSAR SHAH

Group Chief Executive Officer

ShardaCare - Healthcity & Sharda Hospital



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The Healing Hands

Successful Kidney Transplant Helps 40-Year-Old Patient Move Beyond Long-Term Dialysis

A 40-year-old man, Jitendra Singh Gangwar, suffering from Chronic Kidney Disease (CKD), had been dependent on dialysis three times a week for more than two years. With his kidney function continuing to deteriorate, he was evaluated for kidney transplantation as a definitive treatment option.

Following comprehensive assessment and medical optimisation, Jitendra was found suitable for transplantation. His sister, Beena Kumari Gangwar, 45, was identified as a compatible living kidney donor. The transplant was ABO-compatible, allowing the team to proceed with kidney donation after detailed evaluation of both the donor and recipient.

The right kidney from the donor was successfully transplanted into Jitendra at ShardaCare - Healthcity under the care of Dr. Anil Sharma, Director - Kidney Transplant & Urology, Dr. Ahmed Kamaal, Director - Kidney Transplant & Urology and Dr. Kunal Raj Gandhi - Director, Nephrology.

The transplant was successfully completed and both the donor and recipient recovered well following the procedure. For Jitendra, the successful transplant offered an opportunity to move beyond the challenges of long-term dialysis and work towards a better quality of life.

The case highlights the role of living-donor kidney transplantation in suitable patients with advanced kidney disease and demonstrates the importance of thorough donor-recipient evaluation, careful pre-transplant optimisation, surgical expertise and coordinated post-transplant care in achieving successful outcomes.



Dr. Anil Sharma, Director - Kidney Transplant & Urology

"The successful kidney transplantation has given the patient an opportunity to move beyond more than two years of dialysis and look forward to a better quality of life. Both donor and recipient have recovered well."



Dr. Ahmed Kamaal, Director - Kidney Transplant & Urology

"For patients with advanced kidney disease, transplantation can offer a life beyond the limitations of regular dialysis. In this case, careful evaluation and a compatible living donor made the transplant possible."



Dr. Kunal Raj Gandhi, Director - Nephrology

"Kidney transplantation is an important treatment option for patients with end-stage kidney disease. Thorough evaluation and optimisation of the recipient before transplant are essential for achieving a successful outcome."

The Healing Hands

35-Year-Old Beats Complex Heart Condition with Rare Two-Valve Minimally Invasive Surgery

Rifaqat, a 35-year-old male patient, experiencing severe breathlessness and dizziness while walking was diagnosed with severe mitral stenosis, severe tricuspid regurgitation & pulmonary arterial hypertension due to rheumatic heart disease.

Considering the complexity of his condition, the cardiac team at ShardaCare - Healthcity performed a two-valve Minimally Invasive Cardiac Surgery (MICS) through an approximately 6-cm transaxillary incision, avoiding the need for a conventional large chest incision. The procedure involved mitral valve replacement and tricuspid valve repair using an artificial ring. The surgery was performed by Dr. Akhil Kumar Rustagi, Senior Director & Head - Department of Cardiothoracic and Vascular Surgery, following detailed evaluation and surgical planning.

Importantly, the advanced cardiac procedure was performed free of cost under the Ayushman Bharat scheme, enabling the eligible patient to access specialised cardiac treatment without the financial burden of surgery.

Following the procedure, Rifaqat showed encouraging recovery and was able to walk comfortably within days, with his breathlessness and walking difficulty significantly improved. His recovery is progressing well, with discharge planned shortly.

The case highlights the role of minimally invasive cardiac surgery in managing complex multi-valve heart conditions, while offering the advantages of a smaller surgical incision and potentially more comfortable recovery. It also demonstrates how government healthcare schemes such as Ayushman Bharat can help eligible patients access advanced cardiac care.



Rifaqat's case was particularly challenging as he had severe disease involving two heart valves along with pulmonary hypertension, requiring a carefully planned surgical approach. We were able to perform both mitral valve replacement and tricuspid valve repair through a small transaxillary incision of around 6 cm, avoiding a conventional large chest incision. The minimally invasive approach allowed us to address his complex heart condition while supporting a smoother recovery. Seeing him walk comfortably within a few days of surgery has been very encouraging. Providing this advanced treatment free of cost under the Ayushman Bharat scheme also reflects our commitment to making specialised cardiac care accessible to eligible patients.



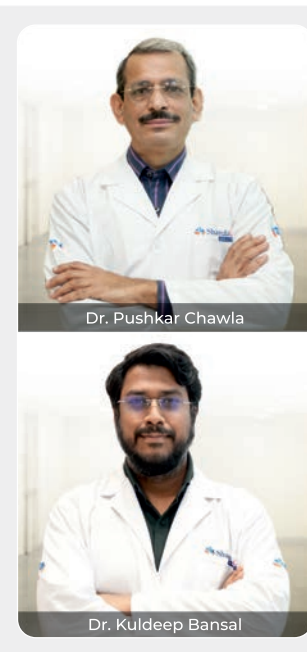
Dr. Akhil Kumar Rustagi

Senior Director & HOD

Department of Cardiothoracic and Vascular Surgery

The Healing Hands

A New Lease on Walking: Advanced Spine Surgery Restores Mobility



A 60-year-old woman, Fofana, presented at ShardaCare - Healthcity with severe difficulty in walking and was brought here in a wheelchair. She had been experiencing progressive weakness and heaviness in both legs, significantly affecting her mobility and ability to perform routine activities.

Clinical evaluation and investigations revealed multilevel lumbar canal stenosis with significant nerve compression. The prolonged compression had affected her lower-limb function, resulting in difficulty in walking and a forward-stooped posture. Considering the severity of her condition, the medical team planned surgery to relieve the nerve compression and restore stability to the spine.

She underwent advanced lumbar spine surgery involving nerve decompression and spinal stabilisation using modern spinal implants under the care of Dr. Pushkar Chawla, Director & Unit Head - Orthopaedics and Dr. Kuldeep Bansal, Consultant - Orthopaedics at ShardaCare - Healthcity. The procedure was successfully completed, followed by a structured rehabilitation programme to improve her strength, balance and mobility.

The patient showed encouraging improvement soon after surgery. Initially, she was able to stand and walk with the support of a walker. With continued rehabilitation, her mobility improved progressively. By the time of suture removal, she was walking independently without a wheelchair or walker.

The case highlights how advanced spine surgery combined with focused rehabilitation can help patients with severe nerve compression regain mobility and independence. Fofana's recovery demonstrates the potential of comprehensive spinal care to improve everyday movement and quality of life.

"Fofana's condition had progressed to a stage where even basic mobility had become difficult and she was dependent on a wheelchair. Multilevel lumbar canal stenosis can significantly affect a patient's independence when nerve compression is prolonged. In such cases, the focus is not only on addressing the spinal problem but also on helping the patient return to everyday activities. Her remarkable improvement in mobility after treatment has been very encouraging."

Dr. Pushkar Chawla, Director & Unit Head - Orthopaedics

"The surgical approach in Fofana's case was aimed at relieving the pressure on the compressed nerves while providing stability to the spine. Post-surgery rehabilitation played an important role in helping her regain strength, balance and confidence while walking. Her progression from walking with a walker in the early postoperative period to walking independently by the time of suture removal was a significant milestone in her recovery."

Dr. Kuldeep Bansal, Consultant - Orthopaedics

The Healing Hands



Redo brain tumour surgery is particularly challenging because previous surgeries can result in scar tissue and changes in the normal brain anatomy. In this case, our priority was to remove the recurrent tumour while preserving the patient's speech and right-sided motor functions. Functional MRI played an important role in identifying the speech-related areas of the brain and helped us plan the surgical approach with greater precision. The patient's improvement in speech and right upper-limb strength following surgery is encouraging and reflects the importance of careful functional mapping in complex neurosurgical cases.



Dr. Ravindra Srivastava

Director
Department of Neurosurgery

A Second Chance: Recurrent Brain Tumour Removed, Speech And Movement Preserved

A 22-year-old man with a history of low-grade glioma underwent successful redo brain tumour surgery at ShardaCare - Healthcity after presenting with recurrent/progressive disease and neurological symptoms several years after his initial surgery.

The patient had undergone surgery for a low-grade glioma in 2014. Following a prolonged gap, he presented with recurrence of the tumour along with difficulty in speaking and weakness on the right side of his body.

The redo surgery presented a significant challenge, as the tumour was located in an area affected by the previous operation, with scar tissue and altered anatomy making the surgical approach more complex. The key objective was to achieve meaningful tumour removal while preserving the patient's speech and right-sided motor functions.

To support precise surgical planning, a functional MRI (fMRI) of the brain was performed to map the areas associated with speech. The findings helped identify critical functional regions before surgery. Dr. Ravindra Srivastava, Director - Neurosurgery also undertook detailed planning and discussion in interpreting the functional mapping for the surgical approach.

Following comprehensive planning, microscope-assisted neurosurgery was successfully performed at ShardaCare - Healthcity. The patient showed encouraging improvement after surgery, with his speech and right upper-limb power improving during recovery. The case highlights how functional brain mapping can support complex redo brain tumour surgery, helping surgeons balance tumour removal with preservation of essential functions such as speech and movement.

The Healing Hands

From Diagnosis To Disease-free: Successful Cervical Cancer Treatment

A 65-year-old woman, Onwati, was diagnosed with cervical cancer following biopsies and detailed investigations, including a PET scan. Based on the extent of the disease, the medical team planned a comprehensive treatment approach involving chemotherapy and radiation therapy.

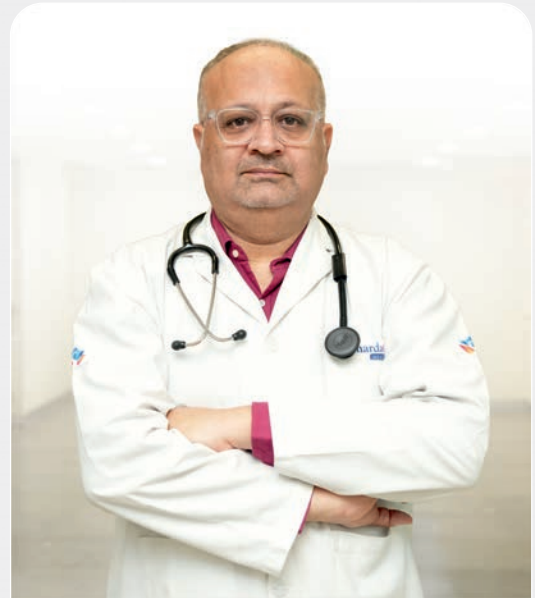
She received weekly chemotherapy alongside radiation therapy, with treatment continuing as planned. During the course of treatment, she experienced symptoms including infective discharge, burning sensation during urination, abdominal cramps and loss of appetite. These treatment-related symptoms were managed with appropriate supportive and symptomatic care.

Over the following two to two-and-a-half months, her symptoms gradually improved. She subsequently completed five sessions of brachytherapy, an important component of treatment for cervical cancer that delivers radiation directly to the tumour site.

Following completion of treatment and recovery from the associated side effects, a follow-up PET scan showed no evidence of disease, marking an encouraging response to the comprehensive treatment.

The case highlights the importance of a coordinated approach to cervical cancer management, combining external radiation, chemotherapy and brachytherapy when clinically indicated. It also underlines the need for greater awareness and early evaluation of cervical cancer, which remains one of the important cancers affecting women in India.

With appropriate diagnosis, treatment and follow-up, patients with cervical cancer can achieve positive treatment outcomes and move towards recovery and improved quality of life.



Cervical cancer requires a structured treatment approach, particularly when the disease requires a combination of chemotherapy and radiation. In Onwati's case, we followed a planned course of weekly chemotherapy along with radiation, followed by brachytherapy. Despite experiencing some treatment-related side effects, she responded well to supportive care and completed her treatment. The absence of disease on her follow-up PET scan is an encouraging outcome and highlights the importance of completing the recommended treatment and maintaining regular follow-ups.



Dr. Anil Thakwani

Director & Head

Department of Radiation Oncology

The Healing Hands



A baby born at 27 weeks and weighing just 900 grams is extremely vulnerable, with significant risks related to breathing, infection, feeding, apnoea and eye development. Such cases require meticulous neonatal care and continuous monitoring throughout the hospital stay. In this baby's case, progressive improvement in respiratory function, successful advancement to full feeds and consistent weight gain were encouraging milestones. The baby's discharge breathing independently and weighing around 2.5 kg is a positive outcome. However, for extremely premature infants, follow-up after discharge is equally important to monitor vision, hearing, growth and neurodevelopment.



Prof. (Dr.) Brig. Ashok Saxena
Director
Department of Paediatrics & Neonatology

900-Gram Preterm Baby Overcomes Critical Start to Life, Discharged in Stable Condition

A male baby born at just 27 weeks of gestation and weighing 900 grams overcame several critical complications of extreme prematurity following specialised neonatal care at ShardaCare - Healthcity.

After birth, the baby developed severe respiratory distress and required intubation, manual ventilation and surfactant therapy. He was also started on antibiotics for suspected infection. Following transfer, his respiratory condition gradually improved, allowing him to transition from mechanical ventilation to non-invasive nasal CPAP, which was successfully discontinued by around two weeks of age.

Feeds were initiated and progressively advanced to full feeds within days. With continued nutritional support, his weight increased from 900 grams to approximately 2.45-2.5 kg by discharge. Episodes of apnoea of prematurity were treated with caffeine, while brain ultrasound remained normal.

During routine screening, the baby was found to have early Stage 1 retinopathy of prematurity (ROP), which was expected to regress naturally and did not require active treatment. A hearing screening was also completed before discharge. A small left-sided inguinal hernia was identified, with paediatric surgical evaluation planned at an appropriate time.

At the time of discharge, the baby was breathing independently, taking full oral feeds and had received his vaccinations. The case highlights how specialised neonatal care, close monitoring and multidisciplinary management can support recovery even in extremely premature, very-low-birth-weight infants.

ShardaCare in Motion

World Sepsis Day (13 September 2026): Strengthening Skills for Critical Care



ShardaCare - Healthcity marked World Sepsis Day 2026 by organising the Sepsis Life Savers Skills Course, bringing together over 50 nurses and faculty from across Delhi-NCR for skill-based learning in sepsis and critical care. Conducted under the guidance of Dr. Anil Kumar, Director & Head - Medical ICU, the programme featured expert sessions, case-based learning and practical demonstrations focused on sepsis recognition and critical care management.

The hospital also organised a patient engagement programme for attendants and visitors, featuring mannequin-based demonstrations of CPR, intubation, oxygen therapy, central line care, shock management and dialysis, promoting greater awareness of critical care practices.

ShardaCare - Healthcity Conducts Free Cardiac & Varicose Vein Screening Camp

Ahead of World Heart Day, ShardaCare - Healthcity's Institute of Cardiac Sciences organised a Free Cardiac and Varicose Vein Screening Camp, witnessing participation from 100+ people from Greater Noida and surrounding areas. The camp offered free specialist consultations and ECG screening, while ECHO and Colour Doppler investigations were available at a 50% discount.

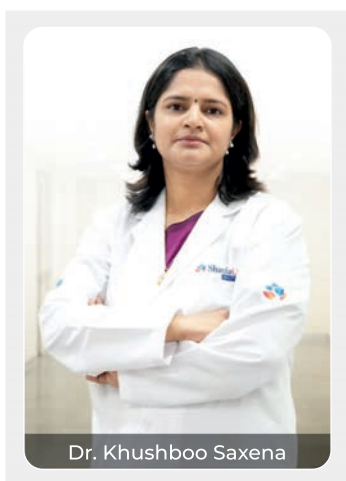
The initiative focused on encouraging preventive screening and awareness of symptoms such as chest discomfort, breathlessness, palpitations, leg swelling, heaviness, pain and prominent veins. Cardiology experts also interacted with participants on cardiovascular risk factors, early evaluation and the difference between heart attack and cardiac arrest.



ShardaCare in Motion

Coffee with Doctor: An Interactive Health Session

ShardaCare - Healthcity organised an engaging "Coffee with Doctor" session at Greater Noida World School and Delhi World Public School, featuring Dr. Khushboo Saxena, Senior Consultant - Obstetrics & Gynaecology. The initiative was designed to create an open and comfortable platform where participants could interact directly with an experienced specialist and discuss important aspects of women's health.



During the session, Dr. Khushboo Saxena addressed a wide range of questions related to women's health, preventive care and overall well-being. She offered personalised guidance, clarified common concerns and shared practical insights that participants could understand and apply in their everyday lives. The interactive format encouraged attendees to speak openly about health issues that are often ignored or delayed due to hesitation or lack of awareness.

The session also highlighted the importance of timely consultation, regular health check-ups and seeking expert medical advice whenever required. By encouraging meaningful conversations around preventive healthcare, the programme aimed to promote greater awareness and empower participants to make informed decisions about their health.

Through such community engagement initiatives, ShardaCare - Healthcity continues to strengthen health awareness and encourage proactive approaches towards women's health and well-being. The initiative reflected a continued commitment to accessible healthcare education within communities.



125 Plants, One Message: A Greener Environment for a Healthier Society

ShardaCare - Healthcity, in association with Bharat Vikas Parishad Vivekanand Branch & DIYA (Divine India Youth Association) Greater Noida, organised a tree plantation and health awareness programme at the Sharda University campus. Around 125 fruit-bearing, flowering and shade-giving plants were planted to promote environmental conservation.

The event also featured health consultations and awareness sessions by ShardaCare - Healthcity doctors. Dr. Khushboo Saxena, Senior Consultant - Obstetrics & Gynaecology shared insights on women's health, while Dr. Kunal Raj Gandhi, Director - Nephrology addressed kidney health and prevention. Other experts discussed healthy ageing, neurological concerns and cancer awareness, reinforcing the message that a greener environment and healthier lifestyle go hand in hand.



ShardaCare in Motion

Promoting Healthy Smiles: Oral Hygiene Workshop at Ramagya School



ShardaCare - Healthcity organised an offline workshop on oral hygiene at Ramagya School, Sector 50, Noida, led by Dr. Tanu Gupta - Senior Consultant, Department of Dental Sciences. The interactive session focused on helping students understand the importance of maintaining good oral health and adopting healthy dental care practices from an early age.

Dr. Tanu Gupta addressed common oral health concerns, shared practical tips for daily dental care and highlighted the importance of regular dental check-ups. The workshop provided students with an engaging platform to learn about oral hygiene and encouraged them to make dental health a regular part of their overall well-being.

Mega Free Health Check-up Camp Organised in Morena, Madhya Pradesh

ShardaCare - Healthcity organised a Mega Free Health check-up camp in Morena, Madhya Pradesh, bringing together a team of 7 Doctors to provide expert consultations and promote preventive healthcare.

The specialist team included Dr. Kunal Raj Gandhi, Director - Nephrology; Dr. Anil Thakwani, Director & Unit Head - Radiation Oncology; Dr. Ahmed Kamaal, Director - Urology and Kidney Transplant; Dr. Anil Sharma, Director - Urology and Kidney Transplant; Dr. Praveen Raman Mishra, Associate Consultant - Cardiology; Dr. Vijay Kumar, Senior Consultant - Geriatric Medicine and Dr. Hemkant Verma, Senior Consultant & Unit Head - Surgical Oncology. The camp enabled residents to seek medical advice, discuss health concerns and access specialist care closer to home.



The Press Gallery

Dr. Akhil Kumar Rustagi

Senior Director & HOD
Cardiothoracic & Vascular Surgery (CTVS)



Publication - The Indian Express

Dr. Akhil Kumar Rustagi explains why no amount of alcohol is completely risk-free, advising moderation and warning against binge drinking, especially for people with heart conditions.



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Dr. Dharam Pandey

Director, Physiotherapy
& Rehabilitation Sciences



Publication - NDTV

Dr. Dharam Pandey highlights the growing number of Millennials and Gen Z turning to physiotherapy for screen-related neck and back pain, sedentary lifestyles and workout-related injuries.



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Dr. Vivek Tandon

Director & Head
Cardiology



Publication - NDTV

Dr. Vivek Tandon highlights how severe infections such as H1N1 can affect the heart, potentially increasing the risk of heart attacks, abnormal heart rhythms and other cardiac complications, particularly among vulnerable patients.



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The Press Gallery

Dr. Pushkar Chawla

Director & Unit Head
Orthopaedics



Publication - Hindustan Times

Dr. Pushkar Chawla highlights how prolonged sitting and poor posture can contribute to back, neck and shoulder pain, especially among desk workers. He shares practical ways to protect spine health, including maintaining proper posture, taking regular movement breaks and incorporating appropriate exercises and stretches into the daily routine.



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Dr. Avinash Kumar

Senior Consultant
ENT, Head & Neck Surgery



Publication - Hindustan Times

Dr. Avinash Kumar highlights how mould growing on damp walls can irritate the nasal lining and trigger allergies, congestion, sneezing and recurring sinus symptoms. He also shares practical measures to reduce mould exposure, including improving ventilation, fixing dampness and avoiding prolonged exposure during mould removal.

Dr. Chirag Tandon

Director
Internal Medicine



Publication - WION

Dr. Chirag Tandon highlights the growing popularity of Ozempic and other weight-loss medications, stressing that these medicines should only be used under medical supervision. He explains the importance of appropriate patient selection, understanding potential side effects and combining medication with sustainable diet and lifestyle changes.



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The Press Gallery

Dr. Atampreet Singh

Senior Director & Head
Neurology

Publication - NDTV

Dr. Atampreet Singh highlights how diet can influence brain health, memory and focus, explaining how a balanced diet with the right nutrients can support cognitive function. He shares simple dietary habits that can help maintain brain health and reduce the impact of poor eating choices on memory and concentration.



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Dr. Malay Nandy

Senior Director & Head
Medical Oncology



Publication - Vanita

Dr. Malay Nandy highlights common myths surrounding cancer treatment and explains the facts behind them, helping patients better understand their treatment options. He emphasises the importance of relying on medical advice and evidence-based information rather than misconceptions when making cancer treatment decisions.



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Dr. Anindya Mukherjee

Senior Consultant
Medical Oncology

Publication - Firstpost

Dr. Anindya Mukherjee highlights that persistent fever, night sweats and unexplained weight loss can be important warning signs of lymphoma that are often overlooked or mistaken for minor illnesses. He emphasises the importance of recognising persistent symptoms and seeking timely medical evaluation, as early diagnosis can significantly improve treatment outcomes.



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Welcome On Board

Dr. Pallav Mishra, Director

Department of Internal Medicine

Dr. Pallav Mishra joins ShardaCare - Healthcity as Director - Internal Medicine, bringing over 20 years of experience in Internal Medicine, critical care and the management of complex medical conditions. He has extensive expertise in the diagnosis and treatment of infectious diseases, diabetes and thyroid disorders, cardiovascular and respiratory conditions, neurological and gastrointestinal illnesses, genito-urinary and renal conditions, as well as shock and sepsis. He is also experienced in Echocardiography, TMT reporting, Ultrasonography and Color Doppler. Dr. Mishra has independently managed approximately 700 COVID-19 patients during the first wave and around 450 during the second wave, with significant experience in critical-care management, including severe pneumonia, shock, sepsis and ventilatory support. His patient-centred, evidence-based approach and experience in multidisciplinary care further strengthen ShardaCare - Healthcity's commitment to comprehensive medical care.



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