

Dr SURESH H ADVANI'S

SMITA MEMORIAL HOSPITAL AND RESEARCH CENTRE

THODUPUZHA

Care with a smile... that heals the soul

Smita Memorial Hospital and Research Centre, Thodupuzha is a multi-specialty hospital equipped with ultra-modern facilities for medical emergencies. The hospital is named after Dr Smita, daughter of the hospital's founder and chairman Dr Suresh H Advani. It was a dream of Dr Suresh H Advani's wife, a native of Thodupuzha, to build a hospital in her hometown. The dream was not to have just another hospital, but it had to be accessible and affordable to all, have world-class equipment and medical facilities, expert and experienced medical professionals and other staff. It was his daughter's philosophy to serve every patient with a smile and thus 'Care with a Smile' became the motto of the hospital.

Smita Memorial Hospital, providing compassionate healthcare and clinical services, which ensure the best possible medical care in the region. The infrastructure of the hospital is comparable to global standards. The highlight of this hospital is that there are no general wards; there are only individual rooms, so that every patient irrespective of financial or any other aspect will get maximum personal attention and can also check the spread of infections. The hospital is equipped with modern amenities. Including eight Operation Theatres, 84 Intensive Care Units and Interventional Cath Labs, Labour Suite, a 24x7 Emergency Unit, Endoscopy and ERCP Suites, PFT Labs, Daycare Centres, Radiology, Dialysis Unit and Pharmacy services.

Care, Compassion, safety and fast recovery of patients are accorded the top priority at Smita Memorial Hospital. The medical professionals, clinicians and surgeons are professionally trained, with neces-



There are no general wards, but only individual rooms. Hence, every patient receives maximum personal attention. No fear social or financial status not withstanding. Besides, it helps check transmission of infections.

DR. SURESH H ADVANI
SMITA MEMORIAL
HOSPITAL AND RESEARCH CENTRE



Prof. (Dr) Suresh H Advani

MBBS, MD (General Medicine), FICP, MNAMS, FNAAS
Padma Bhushan Laureate
Chairman, Smita Hospital and Research Centre, Thodupuzha
Pioneer of Bone Marrow Transplant in India

First Oncologist in India to have successfully done Bone marrow transplant. Being a differently-abled person, his achievements are a major inspiration to many doctors, patients and others who know him. His dedication, passion and unwavering commitment to fight cancer made him one of the best oncologists in the world. He is associated with many hospitals across India. Presently he is Chief of Medical Oncology at Sushrut Hospital, Jastek Hospital, Nanaoti Hospital, SL Raheja Hospital and HN Ramesh Hospital. Besides, he is Medical Oncologist at Hiranandani Hospital. Being a cancer healer, Dr Advani faced many challenges, but he managed to overcome them with a smile and positivity. He never fails to inspire patients, thus keeping their hopes alive.

**Only Hospital to have
Head and Neck
Oncology Department**

**First Successful
Tongue
Reconstructive
Surgery in Idukki**

sary expertise to provide medical assistance. Team Smita Hospital works with the aim of delivering quality healthcare with a smile.

The mission of Smita Hospital is to become the global healthcare provider for the enhancement of human society by increasing the efficiency of patient care and integrating the latest medical technologies at affordable cost.

Family Medicine

The family medicine department at Smita Hospital renders comprehensive medical care for the individual and family. Family medicine is a clinical specialty that provides patient-centric and cost-effective, quality healthcare.

General And Laparoscopic Surgery

At SMHRC General Surgery Unit, a team of medical professionals with top-notch training, skills and experience are committed to provide quality healthcare.

Gynaecology and Obstetrics

The department of Obstetrics and Gynaecology offers comprehensive diagnosis and management with advanced care. It deals with all aspects of pregnancy from prenatal care to postnatal care, along with common gynaecology issues.

Neonatology

Neonatology department at Smita Hospital provides specialist care to infants who are ill or require care for a wide range of issues which include premature birth, congenital defects and sepsis.

Nephrology

At SMHRC, the team is committed to delivering comprehensive and compassionate treatment to patients suffering from various kidney diseases, including chronic kidney disease, kidney stones, kidney infections and renal failure.

The department of Emergency Medicine and Trauma Centre

At SMHRC is a specialty department dealing with all kinds of illnesses that require immediate attention, whether medical, surgical or clinical presentation of any age group.

Orthopaedics

Smita Hospital is one of the best orthopaedic hospitals in Idukki, which offers specialised treatment for comprehensive management of musculoskeletal disorders in adults and children.

Paediatrics

The department of Paediatrics and Neonatology provides excellent medical care to the affected children. Children are cured by trained staff and effective treatment.



ment is provided for simple as well as complex diseases.

Dental & Maxillofacial Surgery

The department is a surgical specialty focusing on reconstructive facial surgery, facial trauma surgery, surgeries of the oral cavity, head and neck, mouth and jaws. Moreover, cosmetic surgery and facial plastic surgery, including cleft lip surgery, are carried out here.

General Medicine

The department is well equipped and supported by diagnostic services to manage patients with chronic conditions, including diabetes, asthma, allergy, infectious diseases etc.

LAURELS

- First case of Intracardiac defibrillator in Idukki
- First case of Rotablation in Idukki
- First case of Intracoronary Lithotripsy in Idukki
- First case of radiofrequency ablation for cardiac arrhythmias in Idukki
- First case of cerebral aneurysm coiling in Idukki
- First case of device closure for congenital heart disease in Idukki
- First case of transcatheter Aortic Valve Replacement in Idukki
- First case of 3D mapping in Idukki
- First case of FLOW DIVERTER in Idukki
- First and only cardiac surgery unit in Idukki

1 smitahospital
2 @smitahospital
3 smitahospital.com
4 +91 94862 208000
5 info@smitahospital.com
6 Vergalloor, Thodupuzha, Kerala 685608



Dr. Praveen Chacko
MBBS, DM (Cardio), APSC, FSCAI
Sr Consultant Cardiology

DEPARTMENT OF CARDIAC SCIENCES

Department of Cardiac Sciences manages all types of cardiac disorders ranging from coronary artery diseases, valvular heart diseases, congenital cardiac diseases, cardiac rhythm disorders and heart failure. We provide a broad range of services from exclusive cardiac health check up to various complex cardiac and vascular interventions. We have a dedicated 10 bedded coronary care unit with pre and post op areas. We are running a 24x7 Primary Angioplasty Programme for patients with acute myocardial infarction.

OUR FACILITIES INCLUDE

- State-of-the-art Cardiac Catheterisation Lab (Philips Azurion 7C20 with Flex vision - capable of performing most complex cardiac, neuro and vascular procedures)
- Philips Affinity Cx1 Ultrasound system
- Philips CX50 Portable Ultrasound system
- Philips ST80i Stress test system (TMT)
- Philips B60322 Digital KT boiler recorder



Dr. Simon Philipose
Sr Consultant - Cardiac Thoracic & Vascular Surgery
MBBS, MS (General Surgery), MCh (Cardiothoracic Surgery)
Fellowship in Cardiac Surgery Associate Professor/Adult cardiac surgery Department of Cardiothoracic Surgery
See Chitra Thiruvallur Institute for Medical Sciences and Technology, Thiruvananthapuram

The Department of Cardiac Surgery at Smita Hospital, which is the first one of its kind in Idukki and also in Kerala. It is fully equipped with state-of-the-art operation theatre, ICU and post-operative rooms and patient care. The theatre is equipped with sophisticated cardiac surgery equipment. The

department can handle complex cardiac surgeries. Coronary bypass operations, both on and off pumps, are being performed on a daily basis. Valve repair and replacement surgeries are also done here. The Cardiac Surgery Department can handle even complex aortic procedures including endovascular procedures. Now, the Department has set sights on cardiac transplantation.

What are the most common cases you see as an otolaryngologist?

ENT focuses on medical and surgical disorders of the ears, nose, throat, and basically anything above the clavicles except eyes and brains. I frequently treat children, mainly for common problems like obstructive sleep apnea, ear issues that often require ear tubes, as well as tonsil problems and similar concerns. I also attend to a significant number of adults who present issues such as chronic sore throats, many of which are linked to acid reflux, various allergies, sinus disorders, and ear ailments.

Can you provide an overview of the facilities and advanced technologies available in your department and hospital?

Our ENT, Head and Neck Oncosurgery Department at Smita Memorial Hospital is equipped with state-of-the-art facilities and cutting-edge technologies to provide the highest level of care. We have access to advanced diagnostic tools that aid in accurate and timely assessments.

Our operation theatres are outfitted with the latest surgical equipment, enabling precise and minimally invasive procedures. Furthermore, our hospital prides itself on a multidisciplinary approach, collaborating with experts from various fields to provide comprehensive care for our patients.

Attached to the parent unit, there is a fully functional Audiology, Speech, Swallowing and Language Pathology Department. The department's services go beyond diagnosis and treatment of hearing-related conditions. For head and neck oncology patients, the doctors understand the impact that cancer and its treatments can have on speech and swallowing abilities. Our speech-language pathologists are skilled in providing therapy techniques to help improve speech clarity, strengthen swallowing function, and enhance overall communication skills.

Could you shed light on the unique position of your centre as the only one providing specialised care in Head and Neck Oncosurgery and Paediatric ENT in Idukki?

Certainly. Our centre holds a distinctive and vital role in Idukki. As the sole provider of specialised care in both Head and Neck Oncosurgery and Paediatric ENT, we are entrusted with the responsibility of catering to the unique medical needs of our community.

Patients dealing with complex conditions now have a local option for expert care. Earlier, they had to travel long miles from the high ranges to nearby districts or to the state capital to avail themselves of advanced medical care. Now, they have easy access to quality healthcare at their own place. This minimises the physical and emotional stress that often accompanies long journeys for medical treatment.

How do you envisage the future of ENT, Head and Neck Oncosurgery and how do you plan to contribute to this advancement?

The future of Head and Neck Oncosurgery holds immense promise due to continuous advancements in technology and treatment options. Our department and myself are committed to staying at the forefront of these developments by participating in ongoing education, research and collaborations with fellow experts worldwide.



The Department of Neurosurgery provides highly specialised and innovative clinical services for patients with disorders that affect any portion of the nervous system including the brain, spinal cord, central and peripheral nervous system and cerebrovascular system. Smita Hospital handles all kinds of adult and paediatric neurosurgical conditions. There is a round-the-clock availability of neurosurgeons who are specialists in complex neurosurgical procedures.

The department is supported by state-of-the-art dedicated neurosurgical operation theatres equipped with Carl Zeiss Tivoli 700 Operating Microscope with Full HD recording Media Box M75 High-Speed Drill System Aesculap operating instruments. A dedicated neurosurgical operation theatre and Neurosurgical Intensive Care Unit, with ventilators and multi-channel invasive monitors.

Achievements

Smita Hospital successfully performed the first awake craniotomy in Idukki. This was done on a middle-aged woman, who was having a tumour which was located just beside the motor area in the brain which controls the movement of hand and leg. Awake during the surgery so that the real-time neurological functions can be assessed while performing brain surgery. This helps avoid major neurological deficits while removing tumour from critical areas inside the brain.

SMHRC is equipped with the latest neurosurgical microscope, brain and spine endoscopic systems and other state-of-the-art neurosurgical tools. The hospital introduced a few other techniques to the public which were then available only in major cities. A few months ago, the first endoscopic spine surgery was performed at Smita Hospital. The endoscopic and minimally invasive (Keyhole) spine surgeries make these kinds of complicated surgeries a daycare type of procedure.

The most advanced biplane cath lab makes SMHRC the only hospital in the district to have facilities for



neurointerventional procedures like aneurysm coiling and endovascular treatment of other vascular abnormalities. "We are again the first hospital to successfully coil an aneurysm in this part of Kerala."

We have also done a few other complex spine surgeries like Odontoid screw placement, Occipito-cervical fusions, 360 degree fusion etc," said Dr. Adarsh. "Intrathecal Baclofen pump placement was done in a middle-aged man whose legs were paralysed following an accident. A baclofen pump is a device that delivers a medication called baclofen to the spinal canal. There are only a few such cases done in entire Kerala," he added.

We offer the following services/experts at our department:

- CRANIAL SURGERIES:**
 - Neurotrauma - Head and spine injuries
 - Neuro-Oncology - Brain Tumours
 - Cerebrovascular Surgery
 - Open Surgery (Aneurysms, AVMs, Cerebral Revascularisation, Microvascular Decompression)
 - Comprehensive Stroke Care (Open Surgical / Endoscopic)
 - Decompressive Craniotomy
 - Endoscopic Evacuation Of Intracerebral Hematomas
- SPINE SURGERIES:** Spinal Injuries (Instrumentation And Reconstructive Surgeries)
- CRANIOFACIAL TRAUMA/DEFORMITY:** Reconstructive And Corrective Surgeries (By Multidisciplinary Surgical Team)
- PAEDIATRIC NEUROSURGERY:** Hydrocephalus (No Shunt Surgery, Endoscopic Third Ventriculostomy)
- Brain Tumors:** Congenital Malformations, Meningeal Tumors, Encephalocoele
- Peripheral Nerve Disorders:** Entrapment Neuropathies (Carpal Tunnel Syndrome)
- Spinal Cord Tumors:** Degenerative Disc Diseases, Minimal Invasive (Keyhole) Spine Surgery, Conus-Vertebral Junction Pathologies