



Dear friends

As we stand on the threshold of yet another new year, we look ahead with humility and gratitude at yet another dream taking shape - Meenakshi Multispecialty Hospital, Tanjore. This new 150-bed facility will help us make significant progress in our goal to provide world-class healthcare to the needy. While it will feature the finest professional skills and the latest technologies, we herein add a fresh perspective to the way healthcare is delivered. We get into the minds of our patients and try to fathom their pain, apprehensions, needs and doubts. We believe that this understanding will help us live our mission; **to empathize, to love, to heal.**

It is our endeavor to make sure that the people of our society need look no further than us for the best medical care that can be obtained anywhere on earth. This might require a lot of work, but our commitment is strong and unflinching. We thank all our stakeholders, doctors, staff and well-wishers who have always spurred us to dream big and to turn those big dreams real, not just for us but also for the people who place their trust in us.

For the New Year 2013 Meenakshi Multispecialty Hospital, Tanjore wishes you health, happiness and the grace of the divine.

Dr. S. Gurushankar
Chairman

It's in our nature to be healthy.

2 0 1 3

JANUARY 2013



A walnut, with its hard casing, deep folds and shape, looks uncannily like the human brain. Coincidence? Well, walnuts are rich in omega-3 fatty acids, thiamin, vitamin E and magnesium, all of which aid in strengthening brain function! Eating walnuts regularly helps prevent dementia and Alzheimer's.

Neurology: State-of-the-art Neuro ICU • Intravenous thrombolysis facility • Neuropathy Clinic
Neurosurgery: Over 350 brain tumor surgeries performed • Over 1,100 ventricular peritoneal shunt procedures performed • Over 3,000 neurosurgeries performed • Endoscopic neurosurgery • Stereotactic surgical facility

FEBRUARY 2013



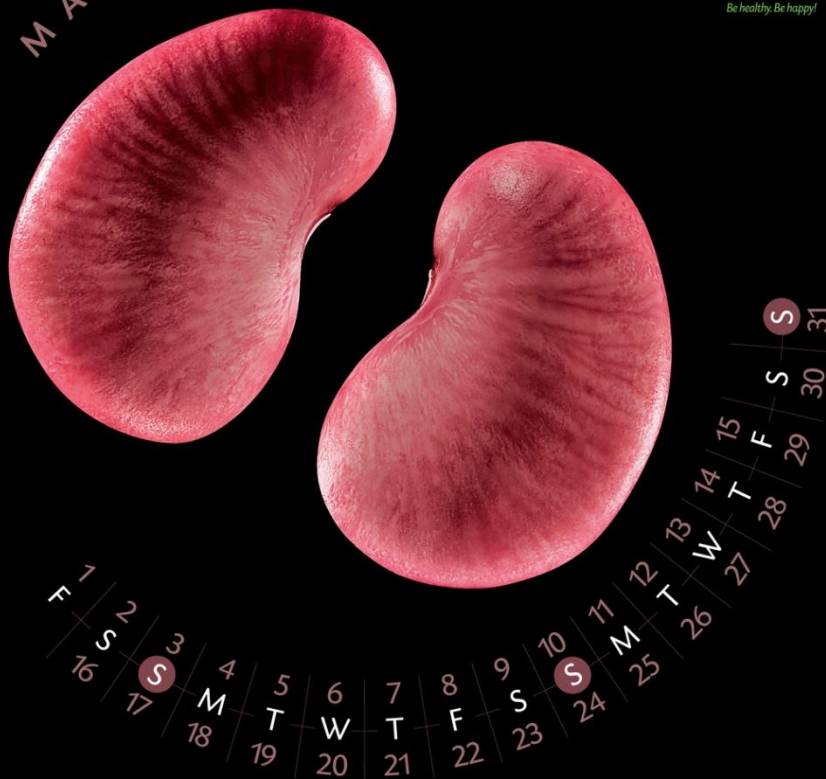
The avocado resembles the uterus, perhaps for a very good reason. It's a great source of folic acid. Research proves that folates reduce the risk of cervical dysplasia, a precancerous condition. Which means this beautiful light bulb-shaped fruit can actually protect you from uterine cancer.

Oncology - Medical Oncology: Immunotherapy facility • Daycare chemotherapy

Radiation Oncology: Radiotherapy with External Beam COBALT & LINAC

Surgical Oncology: Over 900 simple & revision mastectomy procedures performed • Over 300 lumpectomy procedures performed • Cosmetic reconstruction and conservative surgery

MARCH 2013



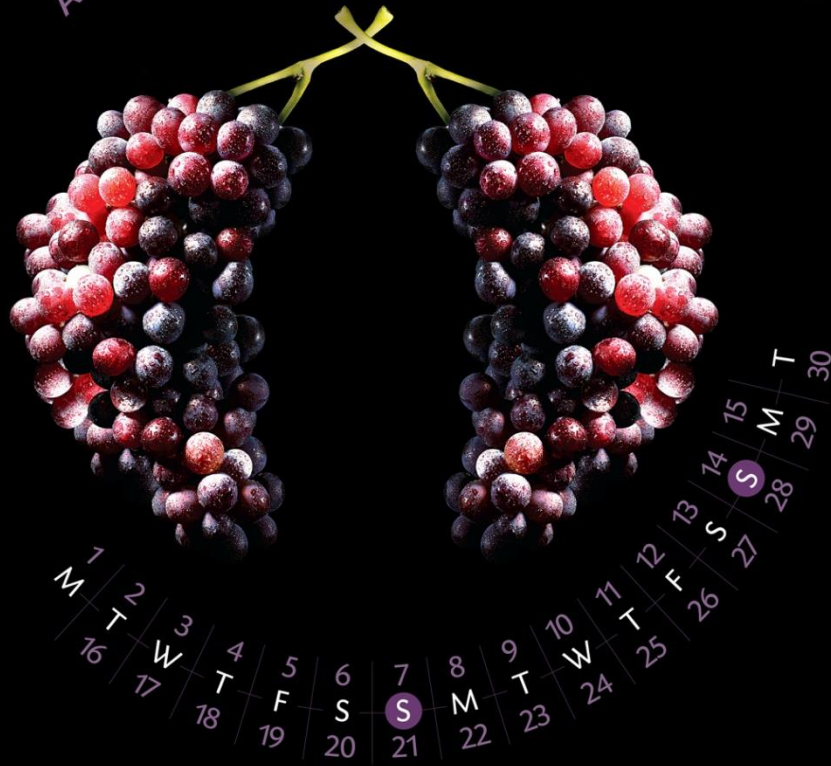
They're even called kidney beans. And through their color and shape Mother Nature is perhaps hinting that kidney beans actually reduce the risk of chronic kidney disease. They also indirectly help boost kidney health by stabilizing blood sugar and strengthening heart function.

Nephrology: Over 2.75 lakh dialysis procedures performed • Over 530 renal transplantations performed • Over 575 peritoneal dialysis procedures performed • State-of-the-art Renal ICU

APRIL 2013



Be healthy. Be happy!



The same hands that designed bunches of alveoli in our lungs have shaped the grape fruit. Grapes smoothen the passage of oxygen from lungs into the blood stream and reduce the risk of lung cancer and emphysema. Besides, a chemical called proanthocyanidin in grapes seems to reduce the severity of allergic asthma.

General Medicine: Over 3,100 bronchoscopy procedures performed • Hypertension Clinic • Geriatric Clinic • Asthma & Allergy Clinic

MAY 2013



Be healthy. Be happy!



About 2,000 years ago when the Chinese found out that ginger aids digestion, they probably didn't need laboratories and test tubes to go with. The shape of ginger, so much like the human stomach, is a none-too-subtle hint that this magnificent root cures stomach ailments, nausea and even motion sickness!

Gastroenterology: Over 32,000 endoscopic procedures performed • Endoscopy facility available • Diagnostic & therapeutic endoscopy • Surgical Gastroenterology

JUNE 2013



A pomegranate seed could have looked like any other seed. Except, no other seed resembles blood cells. Research proves that pomegranate enhances the physiological qualities of our blood, making it thinner and less likely to clot. It also promotes blood flow to the heart, making it a great diet during convalescence.

Accident & Emergency Medicine: Over 16,000 patients treated annually • State-of-the-art Accident & Emergency Care • 24-hour ambulance service • 'Golden Hour' Care

JULY 2013



The pear and the urinary bladder don't just share looks. Pears are high-alkaline foods that neutralize acidity in the body, preventing bladder disorders. It is also a good diuretic as it stimulates urine elimination, preventing inflammation of the urinary bladder and the prostate gland.

Urology: Over 1,100 laparoscopic urological procedures performed • Over 7,200 lithotripsy procedures performed • Over 10,000 keyhole surgeries for large kidney stones performed • Over 375 nephrectomy procedures performed • Over 2,100 TURP procedures performed

AUGUST 2013



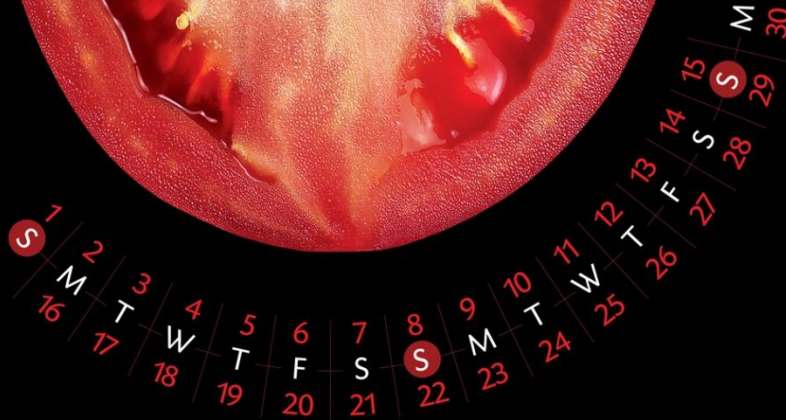
There is poetic justice in the design of an onion. The many layers seem to protect and shield the delicate inner bulb from external objects. Much in the same way as the onion, with its rich source of vitamin C, B6, iron, biotin and sodium actually boosts our immunity when consumed, and protects us from illness.

General Surgery: Over 200 single incision laparoscopic surgeries performed • Over 1,500 laparoscopic surgeries performed • Over 1,200 laparoscopic bariatric surgeries performed • Over 6,300 laparoscopic cholecystectomy procedures performed • Over 2,600 laparoscopic appendectomy procedures performed • Over 2,050 open haemorrhoidectomy procedures performed

SEPTEMBER 2013



Be healthy. Be happy!



They are red, pulpy, and have fleshy chambers when sliced. Not surprisingly (or is it, very?) tomatoes are excellent for heart health. The lycopene, folates and heme in tomatoes help in reducing the risk of heart disease, producing blood cells and transporting oxygen throughout the body.

Cardiology: Over 10,700 angioplasty procedures performed • Over 37,000 angiograms performed • Over 2,100 balloon mitral valvotomy procedures performed • Over 1,000 temporary pacemakers fitted • State-of-the-art Fixed Cathlab facility • State-of-the-art CICU facility • Daycare Angiogram facility

Cardio Thoracic Surgery: Over 3,850 bypass surgeries performed • Over 2,250 beating heart surgeries performed • Over 700 valve replacements performed • Valve repair surgery under transesophageal echocardiography performed

OCTOBER 2013



What's common between celery and your bones? Well, they look similar for one. But the beautiful truth is that celery specifically targets bone strength. While your bones are 23 percent sodium, celery, too, is 23 percent sodium! Almost as though it was created so that your bones would get back their sodium. And their strength.

Orthopaedics & Traumatology: Over 19,000 ortho & spinal cord surgeries performed • Over 1,050 total knee replacement surgeries performed • Over 1,050 total hip replacement surgeries performed • Spine Clinic • Arthritis Clinic • Paediatric Orthopaedic Clinic

NOVEMBER 2013



The oblong sweet potato strongly resembles the human pancreas. Nature has packed sweet potatoes with beta-carotene, a potent antioxidant that protects and enhances the functioning of the pancreas. Sweet potatoes actually help balance the glycemic index in diabetics.

Department of Preventive Medicine: Whole body health checkup • Executive health checkup • Pre-employment checkup • Executive diabetic checkup • Pre-marriage checkup • Comprehensive heart checkup • Comprehensive kidney checkup • Post-operative (CABG) bypass surgery checkup • Senior citizens' health checkup

DECEMBER 2013



The pleasant curve of a banana is like a smile. Bananas contain tryptophan, a protein that converts into a neurotransmitter called serotonin. Serotonin is a mood-regulating hormone in the brain that makes us happy. So smile and have a banana. Or conversely, have a banana and smile!

Radiology: Multi-slice CT Scan • Diagnostic angiography • Interventional radiology