



# One Day Surgery Times

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**From the Editors Desk:**

Greetings and welcome to the very First edition of this newsletter.

A small endeavor, in the effort to increase awareness of a concept, which minimizes hospital stay, in fact, completely doing away with overnight hospitalisation!

I will be writing, gathering and publishing articles and snippets from around the world, including India, on a monthly basis.

There is tremendous potential for this concept. My belief is that, we come across Day Surgery in one way or the other, may be for our own self, may be a close family member or friend. I would say, every other person, if not everyone, would require some form of One Day surgery, in their lifetime. May it be in the form of a Cataract surgery, or an I & D for an abscess, or a Hernia surgery. This would mean Half a billion patients as of today!

There are upto 10 surgical specialities and some non-surgical treatments like Chemotherapy, blood transfusion, Angiography, Interventional Radiological procedures, etc., Which also can benefit from One Day Surgery. Almost 250 minor, as well as major surgical procedures are possible as Day Case.

One Day Surgery has evolved out of conventional surgery thanks to technological advancements, better drugs and a more knowledgeable patient. Making it possible for its rapid development and acceptance in the westerns world. Slowly, but surely, we are following the same way. More so, as we need economical yet high quality surgical care.

Insurance companies have included more and more procedures as Day Case, over the years. These surgeries do not require 24 hours hospitalisation. The scope is tremendous. Insurance payment for medical care is an urban phenomenon. With just small percentage of patient population registered with insurance companies offering 'medicare', but, the trend is increasing and so is the list of 'inclusions', in the list of surgical cases offered by these policies. It is logical, is it not, that the companies, would look at

economical care for their clients without compromising on the quality and after care.

The Indian Association of Day Surgery was founded in the year 2003 by a group of like minded surgeons, experts and seniors in their respective specialty, with the sole purpose of increasing the awareness and spreading the concept of Ambulatory or Day Care Surgery, to every corner of India.

There is a constant effort being made, by hosting National Conferences and Lectures, regularly, so as to enable doctors to share their experiences and learn from each other.

Metropolitan cities, followed by, State capitals, large towns, district headquarters and then to our villages, would be the trend of our progress in establishing One Day Surgery Centers.

This is the first step towards a revolutions in surgery. A process which will evolve with our combined effort.

**- Dr. T. Naresh Row**



## Music Trivia:

Did you know?-That, Lata Mangeshkar began her career in the mid 40's as a young girl of 11 yrs. As a play back singer for films.

She has received several awards and distinctions, but, there is a flip side too, she is the only artist whose name has been struck off from the Guinness Book of World record as contrary to her claim of having rendered over 25,000 songs, it was established that the number was less than 8,000 songs!

- Kushal Gopalka  
Swaraalap@gmail.com

## Anaesthesia:

Pluto, in the 4th Century BC, was credited with describing the effects of anaesthesia as a condition in which an impulse is not transmitted to or announced to the brain. The term anaesthesia is said to be a rough derivative of the effect of ether.

- Dr. Paras Jain  
Anaesthesiologist

## Nutrition:

Fruits, like Papaya, Banana, Apple, Pear, Mellon for breakfast is ideal. It provides instant energy, which lasts for a long time, tidying you over till lunch, even if it is late.

The fruit fiber is good for the absorption of the gastric acid and colonic gases, therefore reducing acidity and gasses. It helps in clear bowel movement.

Salads during lunch and dinner, have similar effects, keeping constipation and acidity problems at bay.

In addition, fruits and salads provide vitamins and minerals, naturally.

- Dr. T. Seema Row  
Paediatrician & Nutritionist

## Etiquette:

Why is it important?

Etiquette' is French for 'label' and in English it refers to socially acceptable behavior. Your behavior is one of the ways people see you like a label.

First impressions are important. The first twelve words you speak should include some form of thanks if appropriate. If you are meeting someone for the first time, express your gratitude.

Rules of introduction:

- Stand up.
- Smile.
- Always shake hands, firmly.
- Make eye contact.

Opening Shortly

## One Day Surgery Center

at  
Babulnath Hospital  
is

**First of its kind in India.**

A stand alone, multi-specialty center, which will be specially designed, with trained staff to cater to your patients needs, who can avail of the vast benefits of

**Day Care surgery.**

Fully equipped OT, Separate Ophthalmic unit, 24 hrs. Nursing care facilities,  
Hassle free Admission and Discharge procedure,  
In the process of **ISO** certification.

For more than 200 economically priced, surgical procedures.  
Doctors interested, please visit &/or contact:

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