

Charnock



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**WE
DO CARE
ABOUT
YOU**



MERRY CHRISTMAS

From Cardiologist's Desk



Dear readers,

It gives me an immense pleasure to pen the editorial on behalf of the Interventional Cardiology team. Last month, we completed 300 cases in cath lab which was the highest ever in Charnock Hospital. More than 2 years ago, I had joined as interventional cardiologist at Charnock Hospital and was asked to lead the cardiology department. With help of management of SKM group especially MD sir and CEO madam, we could elevate the cardiac science department to a new level.

Charnock Hospital has been providing 24x7 quality cardiac care including both interventional cardiology and cardiothoracic surgery under the same roof and for cardiac sciences there is an integrated separate building.

We have been performing the highest number of cases compared to other hospitals in the area, which sets us apart, the highest success rate and lowest mortality rates.

In Interventional Cardiology, we are using advanced technology which are not been used in many Hospitals in Kolkata. We have started pediatric heart cases where Congenital Heart disease like large hole in heart can be closed without a single cut or a stitch in body.

Charnock Hospital Cardiology is like my extended family and we welcome you all on behalf of Cardiac Department. Whenever you have any doubt regarding cardiac problems we are there to help you with our team.

Dr. Tapobrata De

*MD, DM (Cardiology), MRCP (II) U.K., CCEBDM (Diabetes)
Consultant interventional cardiologist, Charnock Hospital*

HEART SURGERY WITHOUT STITCHES??

Dr Tapobrata De

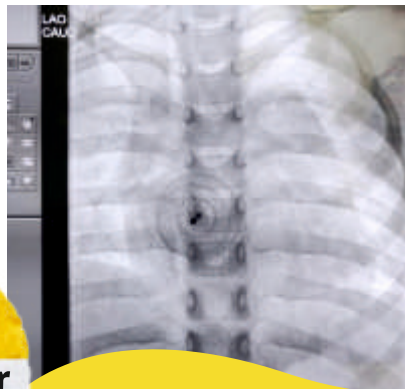
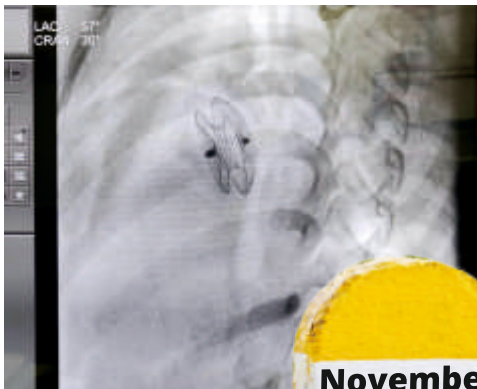
Consultant & In-charge, Department Of Interventional Cardiology, Charnock Hospital

A 5 year old girl came to OPD with worried parents. The girl was born after 10 years of IVF treatment, who have been diagnosed with a large hole in heart (atrial septal defect). Parents did not want an open heart surgery to avoid any scar mark in body of their child.

Device Closure was planned after careful Echocardiographic evaluation for the child. She was admitted for the procedure. A single needle puncture in the groin. The procedure was completed within 30 minutes under total intravenous anaesthesia. The Child regained full consciousness, was normally active within 4 hours of the procedure.

Thanks to advancements in interventional cardiology, hole in the heart was covered with the device. The child was successfully discharged within 2 days without a single scar or stitches.

The smile of the parents and the child during discharge was priceless.



**November
2021:300
cath lab
cases
Completed**

Another milestone achieved in cath lab (till date)
November 2021:300 cath lab cases completed
already Dr. Tapobrata De: 126+ cases



ACHIEVEMENT

A Filipino resident getting treated at Charnock Hospital

TOOK ILL ON PLANE TO RIYADH

Filipino carpenter stuck in city hospital

SNEHAL SENGUPTA

New Town: A Filipino national headed to Riyadh to join work as a carpenter who had started vomiting blood on-board a plane that made an emergency landing at the Calcutta airport, is admitted to a private hospital in Chinar Park, on the fringes of New Town, for the past several days.

It is uncertain when Ariel Geraldizo Ramos, 46, can return to his country as he hails from an extremely poor family and has not yet been able to arrange funds for his treatment.

"My family is not well off and my flight fare and visa cost were taken care of by the company I was to join. However, the doctors and nurses have been taking care of me," Ramos told Metro.

He was admitted to the hospital on November 17. Ramos said he had sud-



Ariel Geraldizo Ramos at Charnock Hospital

denly felt very dizzy before he was struck by a bout of vertigo while on the flight. "The next thing I knew, I was coughing up blood and felt extreme breathlessness. The flight crew tried their best to help me before the flight landed here," he said.

Ramos has travel insurance but the company has told the hospital that it is not a cashless policy. "The insurance company officials have told us that his policy is not cashless and the charges will get reimbursed once the pay-

ment has been made," said Ipshita Kundu, CEO, Charnock Hospital, where Ramos is admitted.

The hospital bill till now is around Rs 6 lakh.

The hospital authorities are in constant touch with Ramos's wife. "We are arranging regular video calls for him to speak with his wife and kids. Although he can speak English, his wife cannot. It is through him that we are conveying updates about his health," said Kundu.

"His wife said she is trying to arrange for the money by speaking to government officials in their country."

Ramos is responding well to treatment, Kundu said.

Officials from the Philippines embassy are in touch with him and the hospital. "We are aware of the problems that Ramos has been facing. We are trying to extend help in every way," said an embassy official.

Charnock Seminar in Residential Complex

Seminar was held by **Dr Nishant Agarwal** (HOD Emergency, Charnock Hospital) at **Regent Court 2** residential complex on Sunday 21st November, 2021 on Post-Covid issues & General Health Care treatments, tests & precautions.



Entertainment

SKM Group

FOUNDATION DAY & Talent Show

Lamp Lighting



Felicitation of SKM team for 10years of their **Dedicated Service**

Employees Performances



TIPS FOR HEALTHY *Hair* IN WINTERS

Avoid heat styling

Stay Hydrated

Massage your hair once daily

Use onion juice or mustard oil once a week

Rinse your hair with cold water

Avoid chemical product

Eat flaxseed and almonds for healthy hair



Benefits of **ALMOND & MUSTARD**

When you Apply 3 Drops of Almond Oil in a Belly Button before going to bed, it helps to make Skin Glow, Improves Complexion, Treat Under eye Circle and Increase Eyesight. It also Helps to treat Dry and Cracked Lips.

DID YOU KNOW ?





FOOD

Cauliflower Tikka Masala

INGREDIENTS

Quantity For Marination

Cauliflower cut into florets 1 no. (Medium)
Oil 1tbsp
Ajwain (carom seeds) ½ tsp
Gram Flour (Besan) 2 tbsp
Turmeric powder ½ tsp
Kashmiri Red Chilli powder 1tbsp
Coriander powder 1 tsp
Garam masala powder 1 tsp
Curd ¼ cup
Ginger and garlic paste 1 tbsp
Mustard oil 1tbsp
Kasoori methi ½ tsp
Lemon juice ½ no
Salt to taste

For gravy

Oil for cooking
Cumin seeds 1 tsp
Onion chopped 1 no
Ginger Garlic paste 1 tbsp
Tomatoes pureed 1 cup
Red chilli powder 1½ tsp
Coriander powder 1½ tbsp
Turmeric powder ½ tsp 1 tsp
Garam masala powder
Salt to taste
Cashew nut paste 2 tbsp
Capsicum cubes 1 no
Onion cube 2 no
Tomato cube (without seed) 1 no.
Cream ¼ cup
Kasoori methi 1½ tsp
Coriander chopped 2tbsp

Method



1. Blanch the cauliflower in hot water. Keep it aside.
2. Heat oil in a pan, add ajwain and gram flour mix it well and cook for medium flame about 2 Min.
3. Remove in a bowl, then add turmeric powder, red chilli powder, garam masala, coriander powder, curd, ginger garlic paste, salt, kasoori methi, mustard oil, and lemon juice, mix well.
4. Add cauliflower florets and mix well. Keep aside 20-25 min.
5. Preheat the oven to 180°C for 5-6 min.
6. Grease the baking tray with little oil and place the marinated cauliflower on it and bake for 10-15 min.
7. After 5 min. remove cauliflower from the oven brush some butter and cook again for 10 min. Remove and keep it aside.

For gravy

1. Heat 2 tbsp of oil in a pan; add the cumin seeds saute till cumin splutter.
2. Add chopped onions and saute till onion becomes brown.
3. Add ginger garlic paste, mix well and cook for 1 min.
4. Add Tomatoes puree, mix well and cook for 2 min.
5. Add the red chili powder, coriander powder, turmeric powder, garam masala powder and salt, mix well and Cook for 3-4 min.
6. Add cashew nut paste, mix well and saute for 1 min. keep it aside.
7. Heat 1 tbsp of oil in another pan, add onion cubes and capsicum cubes saute for 2 min. then add tomato cubes, mix well and cook for another 1 min. Transfer this into the gravy and mix well.
8. Add kasoori methi, cream and garam masala, chopped coriander and mix well.
9. Add cauliflower and mix well. 10. Remove it in a serving bowl and serve hot.

Please note for non-veg: You may replace cauliflower with boneless chicken pcs



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Lose Junk Food

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