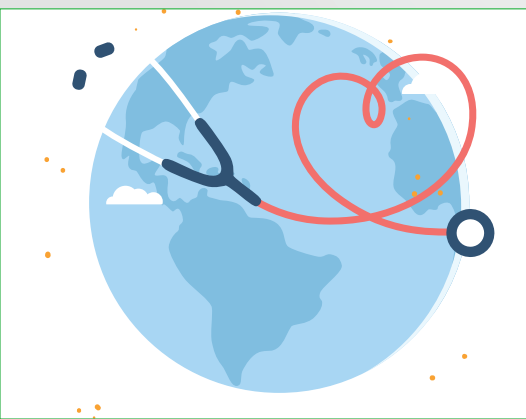




**INDIAN AT HEART | GLOBAL IN HEALTHCARE**

# **MEDICAL TOURISM** (Medical Value Travel) *Expert*

**Indiana Hospital, & Heart Institute Ltd.,** Mangalore, India, is an NABH-recognised, state-of-the-art 300-bedded multi-specialty hospital staffed with well qualified medical experts, paramedical staff, and equipped with new-age medical infrastructure.



# For an accessible, affordable & high-quality health-care system for all



**Dr. Ali Kumble**

MBBS, MD (Paediatrics)

Senior Consultant & HOD Paediatrics,  
**Chairman - IHHI Ltd.**



**Dr. Yusuf A. Kumble**

MBBS, MD, DM (Cardiology - AIIMS),  
(DNB Cardio), FSCAI, FESC, FACC  
Chief Interventional Cardiologist,

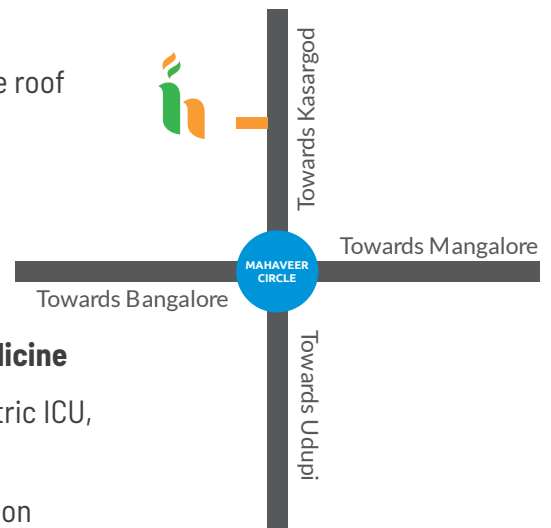
**Managing Director - IHHI Ltd.**

## CENTRES OF EXCELLENCE



## Why choose Indiana Hospital?

- ✚ **Easy and accessible location** – at the convergence of three NH at Mahaveera Circle (Pumpwell Circle).
- ✚ Offers the **best state - of - the - art health care technologies**
- ✚ More than **25 Super speciality & speciality departments** under one roof
- ✚ Best **infection control** practices
- ✚ **24x7** availability of Emergency Medicine consultants
- ✚ Fast track **OPD facilities**
- ✚ Empanelled with most of the **TPAs and insurance firms**
- ✚ Centres of excellence in **Cardiology, Paediatrics & Emergency Medicine**
- ✚ Well-equipped **ICUs** - Coronary Care Unit (CCU), Medical ICU, Paediatric ICU, **3A NNF** Neonatal ICU, Cardiothoracic ICU & Surgical ICU
- ✚ Accredited with **NABH, NNF, & NABH Nursing excellence** certification
- ✚ Preferred healthcare centre for **international patients**
- ✚ Credited with region's **1<sup>st</sup> Kidney transplant** for international patient
- ✚ **Best oncologic care** through multi-disciplinary management
- ✚ Equipped with **Neuro surgery ICU** for critical Neurological patients
- ✚ 24X7 Access to the **blood bank**
- ✚ **Mobile ICU** configured with latest medical equipment onboard
- ✚ **Dialysis, Endoscopy & Day Care** facilities
- ✚ Well ventilated and spacious rooms & **suite rooms**
- ✚ **Café & Restaurant** facilities





## ABOUT US

Welcome to Indiana Hospital & Heart Institute Ltd, Mangaluru, Karnataka. An Institution that focuses on a holistic approach to meet health challenges. It is an NABH-recognised, state-of-the-art 300-bedded multidisciplinary, super-specialty hospital equipped with over 25 departments and three centres of excellence in cardiology, paediatrics and neurology. It is staffed with a big pool of specialists, and equipped with new-age medical infrastructure.

It has risen admirably to the challenge of COVID-19 which further reinforces the people's trust in Indiana. Set in sylvan surroundings at the convergence of three National Highways at Pumpwell Circle, Indiana Hospital offers an unequalled range of healthcare services with a dose of compassion.

The hospital follows process-driven quality systems that adhere to international standards of clinical care in a safe, infection-free environment that respects patients' rights and privacy. Indiana has established three health centres outside Mangalore. Its Emergency Department, Cardiology, Neuro Interventions, Trauma, Neonatal Care, Radiology, Laboratory and Pharmacy offer round the clock services.

## Our Vision

*To be recognised as a global destination in healthcare*

## Our Mission

*To provide the global standard in healthcare to the public through professional expertise, quality service with special focus on patient safety*

## AWARDS & ACCOLADES



National Accreditation Board for Hospitals & Healthcare Providers (NABH)



National Accreditation Board for Hospitals & Healthcare Providers (NABH) - Nursing Excellence

NABH is a constituent board of quality Council of India, set up to establish and operate accreditation program for healthcare organisations. NABH is an institutional member as well as Board member of the International Society for Quality in Health Care (ISQua) and the hospitals accredited by NABH will have international recognition.

## Our Overseas Partner in Medical Value Travel

BADR AL SAMAA GROUP OF HOSPITALS & MEDICAL CENTRES  
(Oman – Bahrain – UAE – Qatar – Kuwait)

Tel: 00-968-24799760/1/2/3/4 Fax: 00-968-24799765

**Medical Tourism Co-ordinator :** AFTAB H. KOLA

00-91-9743411360

Relations@indianahospital.in  
aftabkola@gmail.com



### ABDUL LATHEEF UPPALA

Vice-President, IHHI Ltd, Mangaluru &  
Managing Director, Badr Al Sama Group of Hospitals

Do you require a high-quality care for your *heart?*

Indiana Hospital, Mangalore's INSTITUTE OF HEART SCIENCES, a name to reckon with in Heart Care, is the answer.

The Advanced Interventional Cardiology Centre, headed by Dr. Yusuf Kumble, a renowned cardiologist, is committed to providing world class services using state-of-the-art technology. First to perform the TAVI procedure in coastal Karnataka and First hospital in south Karnataka to get OCT, Indiana adopts Heart Team Approach to tackle heart problems that leads to healthy heart.



## Tending the Heart

### Dr. Yusuf A. Kumble

MBBS, MD, DNB (Cardio), DM-Cardio (AIIMS), FESC, FACC

**Chief Interventional Cardiologist & Managing Director**

Dr. Yusuf A. Kumble, who is a pioneer in complex coronary interventions including image-guided LMCA stenting, bifurcation and multi-vessel PCI, heads the Department of Cardiology at Indiana Hospital, Mangalore. He has performed over 22,000 procedures in coronary intervention such as image-guided (OCT-guided) LMCA stenting, bifurcation and primary and multi-vessel PCI. He is also a pioneer in heart failure device implant, CHD, SHD and paediatric interventions.

An acclaimed medical practitioner, Dr. Yusuf has, over the years, transformed the lives of thousands of patients, and has seen many accolades and laurels coming his way. Over the past two decades, he has given lectures in academic and professional forums around the world, and is a regular in CME circuits. Backed by impressive academic credentials and professional achievements, Dr. Yusuf A. Kumble now occupies the pride of place among cardiologists in Mangaluru.

## FACILITIES OFFERED

### CORONARY CARE UNIT

- Radial angiogram & angioplasty
- Complex coronary angioplasty
- Optical Coherence Tomography (OCT)
- Rotablation
- FFR & IVUS

### CARDIAC SURGERIES

- CABG (Beating Heart)
- Valve repair or replacement
- Heart transplant
- Aortic aneurysm repair
- Pediatric cardiac surgery

### HEART FAILURE CLINIC

- Heart failure clinic
- AICD implantation
- CRTD & CRTP implantation

### ELECTRO PHYSIOLOGY

- Pacemaker implantation
- EPS & RFA for arrhythmia
- 3D Mapping

### MINIMAL INVASIVE PROCEDURES

- Tavi
- Evar
- Tevar
- Peripheral Angio plasty & sten ting

### NON-INVASIVE

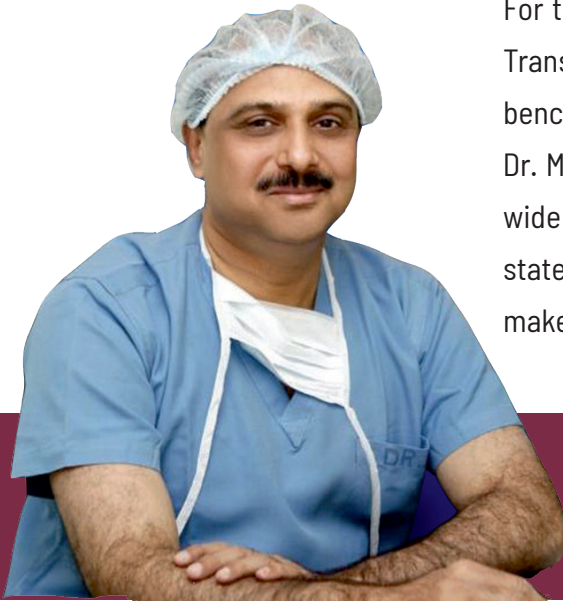
- 3D echo car diogram
- Intervention in CHD
- TMT
- Holter



**Indiana**  
Institute of  
Cardiac Sciences

Bringing Together Comprehensive Cardiac Care

# ADVANCED CARDIAC SURGERY & TRANSPLANT SURGERY CENTRE



For the first time in Mangalore, the Advanced Cardiac Surgery and Heart Transplant Centre, an Indiana Hospital & Heart Institute initiative has set a benchmark in medical services specializing in heart care. The centre, led by Dr. M.K. Moosa Kunhi, an eminent heart surgeon, offers heart patients a wide spectrum of treatment options with assured clinical outcome. With state-of-the-art infrastructure, technology and clinical expertise, it aims to make Mangalore one of the best heart surgery destinations in South India.

**Dr M. K. Moosa Kunhi,**

MBBS, MS, Mch, FIACS

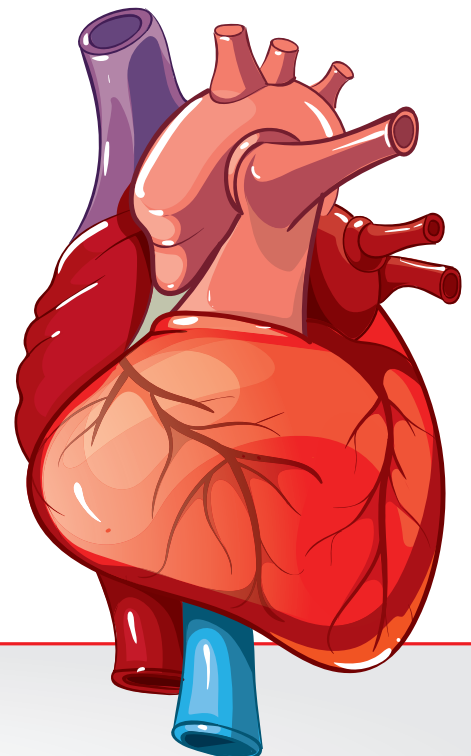
**Director - Cardiovascular Science &**

**Chief - Cardio thoracic heart transplant surgeon**

We perform all types of cardiac surgeries  
& our success rate so far has been phenomenal

## FACILITIES:

- Bypass heart surgery – conventional as well as beating heart surgery
- Heart valve replacement and repair
- High-risk and complex heart surgeries
- Thoracic lung & vascular surgeries
- Paediatric & neonatal cardiac surgery
- Mechanical Circulatory Support (MCS) and Artificial heart technology
- Aortic Aneurysm surgery
- Keyhole bypass surgery
- Redo Surgeries with a very high success rate in redo bypass Surgeries
- Valve Repair and Replacement
- Complex Aortic Aneurysms
- Aneurysm Surgery of Aorta and Blood vessels
- Maze Procedure for Atrial Fibrillation
- Off Pump (Beating Heart Surgery)
- Heart Transplant



**WORLD-CLASS HEART SURGERY AT AFFORDABLE COST**

The Indiana Children's Institute endeavours to provide the highest quality healthcare to your little ones with warmth in a loving environment. We offer treatment for common and complex childhood illnesses, and provide a variety of services including developmental assessment, nutritional guidance and immunization. Our Neonatology Unit offers a wide spectrum of neonatal services and support. We provide a complete range of healthcare services and facilities for children from their birth and are equipped to support them all through their childhood and growing-up years. Led by Dr. Ali Kumble, Chairman of Indiana and head of Paediatrics Department, and backed a pool of specialists, Indiana is where quality childcare matters ...



**Dr. Ali Kumble**

MBBS, MD (Paediatrics)

**Senior Consultant & HOD Paediatrics, Chairman - IHII Ltd.**

## RAISING THE BAR FOR CHILDCARE

- ❑ LEVEL 3A NNF ACCREDITED NICU
- ❑ ALL PAEDIATRIC EMERGENCY SERVICES
- ❑ ADVANCED PAEDIATRIC ICU
- ❑ SURGERY FOR KIDS & NEONATES
- ❑ ACCIDENT & TRAUMA CENTRE FOR KIDS

### YOUR BABY IN SAFE HANDS ...



#### Level 3A NNF - Accredited Neonatal ICU

16-bedded equipped with warmers, incubators, CPAP, Conventional ventilator & high frequency ventilator. Caring for extreme premature babies (< 1kg) from 26 weeks onwards, comprehensive care for all sick newborns, post-op care for Neonatal Surgical & Cardiac Intervention.

- ❑ Well-equipped facility for transporting sick neonates to Indiana Hospital.
- ❑ Backed by full-time Neonatologist.
- ❑ Facilities for advanced neonatal ventilation including high frequency oscillation.
- ❑ Total parental nutrition facilities.
- ❑ Whole body therapeutic cooling for babies with birth asphyxia if referred within 6 hours of being born.

#### SCOPE OF SERVICES

- ❑ Managing all kinds of sick new born & children.
- ❑ Fully equipped advanced Neonatal & Paediatric Intensive Care Unit & Emergency Medicine.
- ❑ Team of experienced Paediatric Surgeons.
- ❑ Backed by super specialties like Cardiology, Neurology, Paediatric Dentistry, Paediatric ENT, Endocrinology & Physiotherapy.
- ❑ Team of dedicated full-time specialist Paediatricians, Neonatologist & Paediatric Intensivist

#### Paediatric ICU (PICU)

6-bedded multidisciplinary PICU equipped with advanced hemodynamic & neuro-monitoring, organ support facilities like ventilators, provision for dialysis & quality post-operative care. Caring for all paediatric emergency in all sub-specialty – Cardiac, Nephrology, Neurology, Respiratory, Haematology, etc.

- ❑ Management of complicated paediatric emergencies like pneumonia, respiratory diseases, septic shock and epilepsy.
- ❑ Facility for ventilation, invasive BP monitoring.
- ❑ Facility for paediatric surgery backed by super specialties.
- ❑ Accidents and trauma care.
- ❑ Paediatric poisoning management.
- ❑ Burns care.

**We offer fellowship course in Neonatology for doctors & nurses.**

## Department of Neuro Sciences



The Department of Neuro Sciences, comprising Neurology & Neuro Surgery divisions, has stood out for its efficiency in diagnosing & treating neurological diseases.

### DEPARTMENT OF NEUROLOGY

The Department of Neurology at Indiana Hospital offers round the clock, comprehensive diagnostic and therapeutic services. Headed by Dr. Z.K. Misri, renowned Consultant Neurologist and director of Indiana Hospital, it is well equipped to treat all the neurological diseases affecting the brain, spinal cord, muscles and nerves. We are equipped with state-of-the-art Neurophysiology laboratory and equipment to monitor Acute Stroke, and have the facilities for intravenous and intra-arterial thrombolysis.

#### FEATURES

- Intensive Stroke Care Unit with facility for thrombolysis
- Endovascular Interventions for Stroke
- Botulinum Toxin Injection Therapy for movement disorders & Spasticity
- Plasmapheresis for Neuro-immunological disorders

#### SERVICES OFFERED

Outpatient, Inpatient, Follow-up clinic  
24 hours Emergency Medical Services  
Neurocritical Care  
Comprehensive Neuro Rehabilitation Services  
Cerebral Angiography  
Electroencephalogram (EEG)  
Nerve Conduction Studies (NCS)  
Electromyography (EMG)  
Evoked Potential (VDP, SSEP, BERA)  
Nerve and Muscle Biopsies

## Department of Neuro Surgery

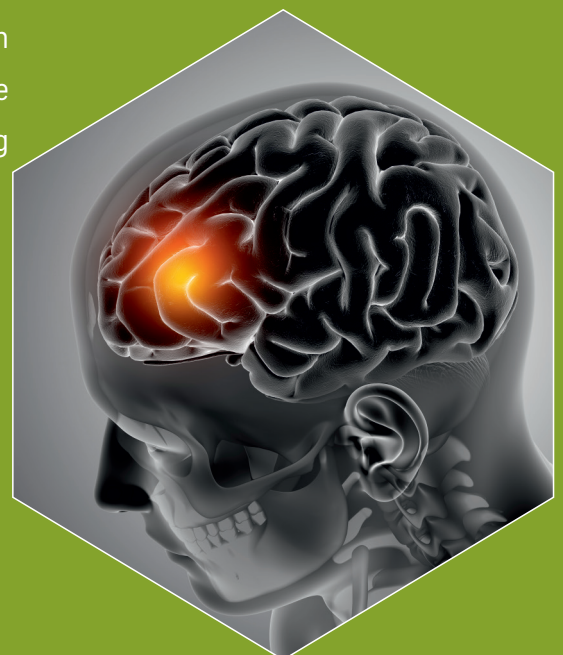
The Department of Neuro Surgery is the centre of excellence for prevention, diagnosis, treatment, and rehabilitation of disorders which affect any portion of the nervous system. This department plays a vital role in Emergency and Accident Care. It is equipped with neuro-surgery ICU for critical neurosurgical patients. Surgeons here use the latest management and surgical techniques, including minimally invasive options, to treat hundreds of patients.

#### FEATURES

- Microscope Leica M525F40, Electric Drill
- Modern Operating Theatre, Micro Surgical Instruments
- High Quality Cautery Machine and Craniotome

#### SERVICES OFFERED

Neuro Interventional Management  
Brain and Spine Trauma; Brain & Spine Tumours  
Developmental Defects of Brain & Spine  
Cerebrospinal Fluid Leaks, Aneurysms  
Degenerative Disorder of Spine  
Various Spine Fixation Procedures\Peripheral Nerve Surgery

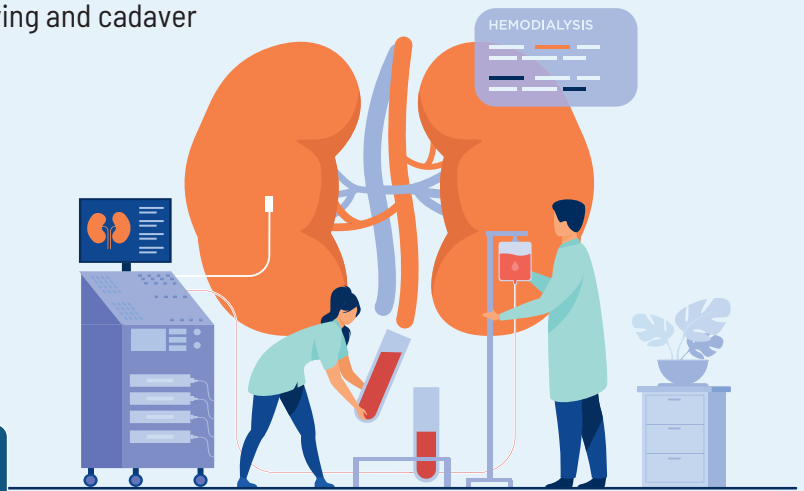


## Department of Nephrology

The department offers a 24-hour, full spectrum of services and caters to patients with different types of renal (kidney) diseases. It has a rich tradition of pioneering work in Nephrology in coastal Karnataka and north Kerala especially in peritoneal dialysis (PD), haemodialysis and renal transplantation and will continue to strive to provide the highest standards of care for patients with acute and chronic renal disease.

### FACILITIES OFFERED:

- Evaluation and treatments of various kidney diseases
- Acute peritoneal dialysis
- 24 hour haemodialysis for both chronic and acute kidney failure
- Kidney biopsy
- Renal transplantation
- CAPD
- Paediatric nephrology
- Haemodialysis
- Slow low-efficiency dialysis (SLED)
- Plasmapheresis
- Peritoneal Dialysis (CAPD/APD)
- Renal Transplantation
- Hypertension Clinic
- Ultrasound guided biopsy
- Kidney transplantation - both living and cadaver



## Department of Urology

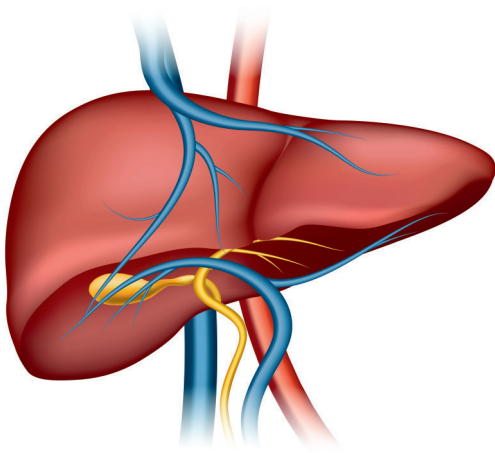
Urology is a surgical specialty which deals with diseases of the male and female urinary tract and the male reproductive organs. The department specialises in the treatment of Urological conditions and offers comprehensive care to the patients for all urologic condition.

### FACILITIES OFFERED:

- Evaluation and treatments of various urological diseases
- Paediatric Urology
- Male Infertility
- Female Urology
- Neurourology
- Urinary Tract infections & Cancers
- Urinary Incontinence
- Reconstructive urology
- PCNL (Percutaneous Nephrolithotomy Surgery)
- URS (Ureterorenoscopy)
- Transurethral crushing of the bladder stone
- Laser Prostatectomy: HoLEP - LASER - for nucleation of prostatic lobes
- Conventional and bipolar TURP (Trans Urethral Resection of the Prostate)
- Laparoscopic radical prostatectomy
- Trans Rectal Ultrasonography (TRUS)
- Extracorporeal Shock Wave Lithotripsy (ESWL)
- Onco-urology
- Laparoscopy urology
- Open and Endo urology

**Striving to make kidney health accessible for everyone**

# Department of Gastroenterology & Hepatology



## DIAGNOSTIC

GASTROSCOPY  
SIGMOIDSCOPY  
COLONOSCOPY  
DOUBLE BALLOON ENTEROSCOPY  
CAPSULE ENDOSCOPY  
LIVER BIOPSY, ABDOMINAL  
PANCREATITIS

The Department of Gastroenterology & Hepatology offers comprehensive care for prevention, diagnosis and treatment of diseases of the digestive tract, liver and pancreato-biliary system in children and adults. The centre offers state-of-the-art endoscopic procedures for gastrointestinal bleeding, gastrointestinal cancers, foreign body removal, etc. We are dedicated to the management of diseases of the digestive and hepatobiliary system, and our doctors in this segment comprises a highly qualified and skilful medical team.

## THERAPEUTIC

- ENDOSCOPIC BIOPSY
- POLYECTOMY
- ERCP
- ENDOSCOPIC VARICEAL LIGATION
- ENDOSCOPIC GLUE INJECTION
- SCLEROTHERAPY
- ARGON PLASMA COAGULATION
- DILATATION (BALLOON & BOUGIE)
- ENDOSCOPIC CYSTO-GASTROSTOMY
- ENDOSCOPIC CYSTO-DUODENOSTOMY
- PERCUTANEOUS ENDOSCOPIC GASTROSTOMY
- METALLIC STENTING-OESOPHAGEAL / GASTRIC / COLONIC
- ERCP – METALLIC BILIARY STENTING
- FECAL MICROBIOTA TRANSPLANTATION
- OBESITY – ENDOSCOPIC
- INTRA GASTRIC BALLON PLACEMENT
- ENDOSCOPIC FOREIGN BODY REMOVAL



## Department of Orthopaedics & Joint replacement & Plastic & Reconstructive surgery

The Department of Orthopaedics at Indiana Hospital offers advanced, end-to-end care for the entire spectrum of ailments and conditions of your joints and spine. Our ortho specialists understand bones and joints, and they work untiringly using the latest high-end tools to accurately diagnose and later treat all conditions and ailments of the bones and joints, and enable patients to lead, in quick time, a normal, active and comfortable life. The Department is ably backed up by Plastic and Reconstructive Surgery and Physiotherapy units.



## Department of Rheumatology

The department offers comprehensive diagnostic and therapeutic services to patients with a broad range of musculoskeletal problems, including scleroderma, systemic lupus erythematosus, rheumatoid arthritis, inflammatory myopathies and systemic vasculitis. The treatments of all kinds of rheumatology-related conditions are offered in this department including biologic medications that primarily affect the body's musculoskeletal system – joints, muscles, tendons and ligaments.

At Indiana, rheumatologists collaborate closely with physicians, Physiotherapists and other consultants depending on the nature of a patient's rheumatologic disorder.

**Live *normal life* instead of being home-bound**



## Department Of Oncology

The Department offers comprehensive oncologic care through multidisciplinary management manned by an efficient pool of professional oncologists & state-of-the-art diagnostic and treatment facilities under one roof. Different types of doctors work together to create a patient's overall treatment plan that combines different types of treatments. Fully equipped with all cancer treatment modalities, the NABH-accredited Indiana Hospital represents vast experience and expertise in cutting-edge oncology.

Indiana Cancer Centre is a one stop for all kinds of cancer care services & this department is fully equipped with all cancer treatment modalities.



### FACILITIES WE OFFER

#### DIAGNOSTICS FACILITIES

For diagnosis & staging of cancer

- ▶ PET Scans
- ▶ Bone Scans
- ▶ CT Scans
- ▶ MRIs
- ▶ Ultrasonography
- ▶ Mammography
- ▶ X-rays
- ▶ Biopsies
- ▶ FNAC

#### MEDICAL ONCOLOGY

A modality of treatment in cancer care by Chemotherapeutic Drugs

- ▶ Wide range of Chemotherapy treatments for various cancers
- ▶ Treatment facilities available for inpatients as well as for daycare patients

#### SURGICAL ONCOLOGY

Use of surgery to treat cancer

- ▶ Removal of cancerous lesion with wide margins
- ▶ Surgical treatment for most of the cancers by experts and skilled onco-surgeons trained at specialised centres

#### RADIATION ONCOLOGY

Use of ionising radiation to treat cancer

- ▶ We provide accessibility to all forms of Radiotherapy treatment
- ▶ Linac facility available

#### PREVENTIVE ONCOLOGY

A step forward in prevention of cancer

- ▶ For Screening of preventable cancers like breast, cervical, colorectal, oral cavity and lung

#### PALLIATIVE ONCOLOGY

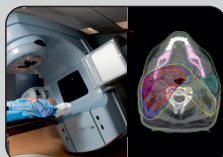
Care for patients with terminal staged cancers

- ▶ Supportive Care



### SURGICAL SPECIALTIES

- Head & Neck Cancer Surgery
- Thyroid Surgery
- Breast Surgery
- Oesophageal & Stomach Surgery
- Pancreatic & Biliary Surgery
- Colorectal Surgery
- Peritoneal Surface Surgery
- Cytoreductive surgery & HIPEC
- Soft Tissue Sarcoma Surgery
- Gynaecological Cancer Surgery
- Urological Cancer Surgery  
(Hyperthermic Intraperitoneal Chemotherapy)  
(Endometrial, Ovarian & Cervical Cancers)  
(Kidney, Testicular, Bladder & Penile Cancers)
- Orthopaedic Oncology



In association with  
Mangalore Institute of Oncology (MIO) | next to Indiana Hospital

Dr. Yusuf Kumble & Dr. Ali Kumble  
are directors of MIO.

## Department of Internal Medicine & Critical Care

The department, which focuses on preventive and specialized medical care, provides comprehensive care to patients ailing with general multisystem diseases. Here we evaluate a patient thoroughly, and coordinate diagnostic and therapeutic services of multiple departments. Thus providing patients requiring multiple specialist care, an ideal platform for early recovery. The department is led by an eminent consultant physician, and the team includes consultants who are skilled in management of prevention, diagnosis & treatment of adult diseases.

Critical Care, comprising a specialized Intensive Care Unit that functions round-the-clock, includes continuous monitoring for critically ill or injured patients; Life support measures for patients with multi-organ failure; Post-operative care to transplant patients, those critically ill, surgical patients; Non-invasive and invasive ventilation, etc.



### SERVICES

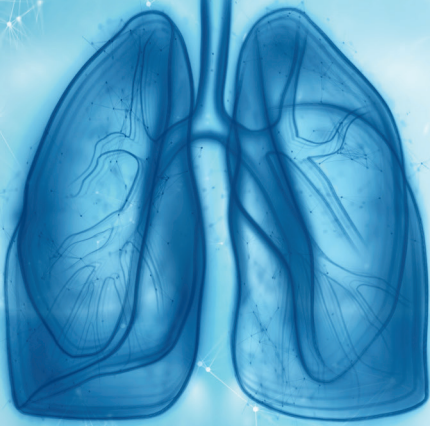
- Daily outpatient clinics by experienced physicians
- Well-equipped and well-manned ICU
- Diabetes clinic - nerve conduction & nephrology backup
- 24 hours emergency medical care in casualty/ ICU and in the ward

## Department of Pulmonology

The respiratory medicine specialists diagnose and treat various diseases of lungs. In connection with critical care department with the help of invasive and non-invasive ventilator, the department is able to manage chronic and acute respiratory illness, such as sepsis, asthma environmental and occupational pulmonary diseases, lung cancer, tuberculosis, interstitial lung diseases and COPD. Lung function test, allergy testing, stop smoking clinic, non-invasive ventilators, bronchial artery embolization for haemoptysis, adults video bronchoscopy and polysomnography are done here.

### FACILITIES

- Video Bronchoscopy
- Pulmonary function testing
- Allergy testing
- Sleep lab
- Stop smoking clinic
- Non-invasive ventilators
- Bronchial artery embolisation for haemoptysis



## Department of ENT, and Head & Neck Surgery

The ENT department aims to provide comprehensive solutions to patients with ear, nose, throat problems. The department works through close collaboration with other specialties. Our specialty services include: Diagnostic endoscopies, Endoscopic surgery, Microscopic surgery and Laser surgery.

### Diagnosis and treatment of

Allergic rhinitis (dust allergy)  
Sinusitis  
Voice change  
Hearing loss  
Speech disorders  
Swallowing disorders  
Headache  
Vertigo  
Thyroid disorders



### Commonly performed procedures include

Removal of foreign bodies in the ear and nose  
Management of epistaxis  
FESS (Functional Endoscopic Sinus Surgery)  
Septoplasty  
Rhinoplasty  
Cortical Mastoidectomy  
Tympanoplasty

Adenotonsillectomy  
Direct laryngoscopy  
Thyroidectomy  
Endoscopic DCR  
Myringotomy  
Submandibular gland excision  
Neck Dissection

## Department of Psychiatry



The department rolls out Comprehensive Mental Health Services, including psycho pharmacology, counselling, CBT and de-addiction to all age groups. We believe in not only providing evidence-based, clinically-proven treatment to our patients, but also taking a holistic approach in addressing the bio-psycho-social needs of the concerned family through education, stress management, meeting dietary needs and emphasizing on physical activity/exercise.

## Department of Obstetrics and Gynaecology

The Department of Obstetrics and Gynaecology offers the entire spectrum of Obstetric and Gynaecological care to offer optimal care for women in all phases of life. The maternity and child health care services offers specialized care for the mother and baby with state of the art diagnostic tests to determine the health of the unborn babies with compassionate care for the pregnant women and personalized birthing plans. In addition to the routine gynaecological care, we also provide comprehensive services in areas such as Urogynaecology, Minimal Invasive surgeries, Preventive Oncology and Infertility.

### FACILITIES

- 2 Fully equipped Labour Rooms
- 2 Fully equipped Labour Operation Theatres

### SERVICES

- Continuous Electronic Foetal Monitoring in Labour
- Painless labour
- Management of High Risk Pregnancy
- Infertility Management
- Laparoscopic Hysterectomy
- Other Gynaec, Laparoscopic Surgeries
- Diagnostic & Operative Hysteroscopy
- Colposcopy & directed procedures



## Department of Dentistry

The department offers comprehensive dental care from routine dental cleaning to advanced treatments such as orthodontics, endodontics, periodontics and prosthodontics, as well as oral surgery with special focus on paediatric dentistry. These services include: Preventive and Interceptive Orthodontics; Paediatric Endodontics, Aesthetic Restoration, Sports dentistry, Full mouth rehabilitation of special children under general anaesthesia; Preventive dentistry; Behaviour modifications; Diet counselling and management of children with cleft lip and palate and stainless steel and strip crowns for paediatric patients.

### SERVICES OFFERED

- Orthodontics** – Straight wire, Beggs, Dentofacial Orthopaedics
- Endodontics** – RCT, Cosmetic dentistry & Smile designing
- Periodontics** – Gingivectomy, Periodontal surgery, Bonegrafting
- Pedodontics** – Special dental care for children.
- Prosthodontics** – Dentures, crown & bridge
- Maxillofacial Surgery** – Impactions, dental cysts.



# DEPARTMENT OF EMERGENCY MEDICINE/TRAUMA CARE

Staffed with well trained qualified emergency physicians, nurses & paramedics, the department has carved a niche in the management of traumatic injuries. Aimed at ensuring emergency care with compassion and human touch, the department can be accessed 24X7. It is equipped to handle a range of crisis, from minor and major to polytrauma with access to imaging and diagnostics services, operation theatres and 24-hour pharmacy.

**EC 24/7**  
**Emergency Care**  
**0824 222 4444**

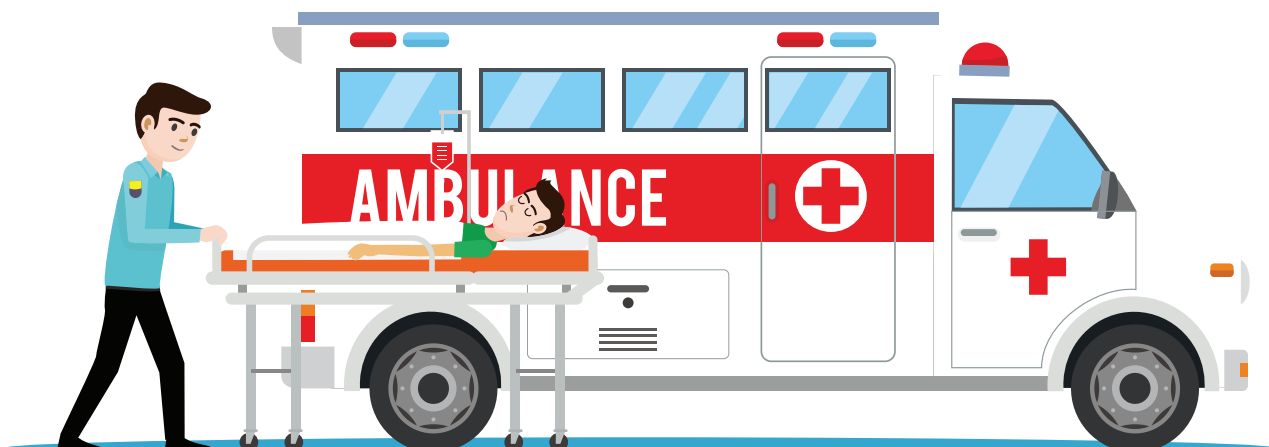
## **Our comprehensive trauma care & management offers:**

TRIAGE facility  
Resuscitation beds with advanced monitoring and defibrillation  
Acute care beds with advanced monitoring  
Trauma Care area  
Dedicated Paediatric care areas  
Short stay facilities on OP basis  
24/7 outpatient consultation with the doctor  
24/7 access to minor OT within the department  
24/7 Ambulatory care for minor injuries and complaints  
24/7 ECG & Point of Care Cardiac diagnostics  
Access to Radiology / Lab facilities  
Bedside Ultrasonography  
Ventilators  
Point-of-care testing

## **We are expert in**

Head Injury  
Ocular Care  
Chest Trauma  
Abdominal Trauma  
Pelvic Trauma  
Vascular Injury

*Hope Lives Here ...*



## Department of General & Laparoscopic Surgery



The department of General Surgery offers comprehensive, round-the-clock, state-of-the-art surgical care and support for patients with acute illness or injury, based on a multi-disciplinary approach. Advanced gastrointestinal surgeries, rectal and complex anal surgeries and laparoscopic procedures including advanced laparoscopic surgeries are the niche of this department. The general surgeons work closely with other specialists involved in each patient's case, to diagnose and provide timely surgical intervention in complex conditions.

### SERVICES OFFERED

- Laparoscopic inguinal hernia repair
- Laparoscopic umbilical hernia repair
- Laparoscopic incisional hernia repair (hernia following previous abdominal surgery)
- Laparoscopic perforation closure (stomach or duodenal perforation)
- Laparoscopic splenectomy
- Laparoscopic surgery for cancer of stomach and colon
- Laparoscopic surgery for hiatus hernia
- Laparoscopic surgery for achalasia cardia
- Laparoscopic surgery for undescended abdominal testis
- Laparoscopic surgery for ovarian and uterine disorders (hysterectomy)
- Single Incision laparoscopic surgery for gall bladder removal, appendicectomy, hysterectomy, umbilical hernia.

## Department of Anesthesiology

The department renders a wide range of anaesthetic, peri-operative and pain management services to all surgical specialties and sub-specialties, including neuro-anaesthesia and organ transplant anaesthesia. It looks after anaesthetic care in the operation theatres during all types of surgical, diagnostic and therapeutic procedures. It has a team specially dedicated to cardiology and ICU cases, as well as a dedicated team of many senior anaesthetists who along with their associates and other staff provide round-the-clock service.



## Department of Ophthalmology

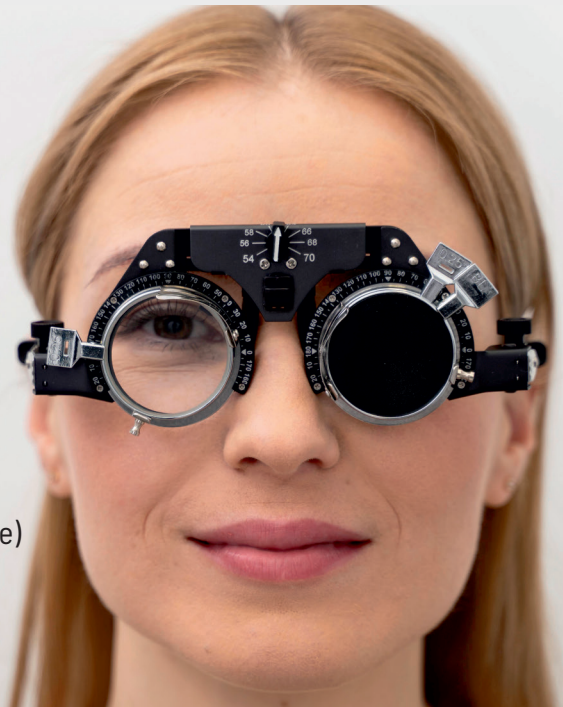
The Ophthalmology department provides comprehensive as well as specialized Eye Care Services. Consultants are armed with varied as well as specialized training experience. The department is equipped with latest equipments, facilities and procedures to treat eye problems.

### FACILITIES

- Cataract surgery
- Small Incision Cataract Surgery (SICS)
- Phacoemulsification (Keyhole surgery) with foldable Intra ocular lens
- Retinal Detachment
- Computerized Vision checking and correction
- Tension check up applanation tonometer
- Contact lens clinic

### SERVICES OFFERED

- Glaucoma Services (Gonioscopy, Trabeculectomy)
- Chalasion surgery (Lid tumor surgery)
- Sac Surgery
- Trauma surgery
- Probing for congenital Naso Lacrimal duct Obstruction
- Pterygium surgery with grafting (with suture and with glue)
- Evisceration
- Enucleation
- Diabetic Retinal Surgery



## Department of Dermatology

The department provides comprehensive care to people who seek relief for various ailments of the skin, hair and nails. Our specialists work closely with others to understand and address your dermatologic needs and give you the right solutions. Our services include: treatment of skin, hair, nail diseases, paediatric dermatology, sexually transmitted diseases, leprosy, etc. We also specialize in cosmetic care.



## Department of Physiotherapy & Rehabilitation

Physiotherapy and Rehabilitation Department offers services to inpatients and ambulatory care patients with a focus on restoring the health, functional abilities and quality of life of people of all age groups affected by acute illness, injury or disability such as stroke, cerebral palsy, spinal cord injuries, heart surgery, amputation, joint replacement, sports injuries or spinal disorders, cancer surgery & congenital disorders. The Department offers a comprehensive and well equipped rehabilitation programme.

### SERVICES OFFERED

- **Orthopaedic Cases** (Cervical spondylosis, ankylosing spondylitis, frozen shoulder, osteoarthritis, post fracture cases, etc)
- **Neurological Physiotherapy** (Stroke, Facial Paralysis, Peripheral Nerve Injury, Parkinsons, Multiple Sclerosis, etc)
- **Sports Physiotherapy** (Foot, Ankle, Knee, Thigh, Lower back & buttock, Shoulder, Elbow and wrist)
- **Gynaecology Physiotherapy** (Antenatal & Postnatal, Stress Urinary)
- **Paediatric Physiotherapy** (Cerebral Palsy, Delayed Milestones, Down's Syndrome, etc)
- **Post Surgical Physiotherapy** (Fractures, Replacement Surgeries, Amputations, etc)

The department offers nutritional services & counselling for inpatients & outpatients. The department has highly trained nutritionists with experience in management of diverse patient groups.

### Electrotherapy

SWD  
IFT  
TENS  
UST  
Muscle Stimulation  
Wax Bath  
Moist Heat  
Traction (Cervical / Lumbar)

### Exercise Therapy

Mobilization  
Manipulation  
Aerobic Exercise  
Therapeutic Exercise



## Department of Nutrition and Dietetics

- Assessment of patients' nutritional status
- Determining nutritional needs of patients
- Planning normal and therapeutic diets
- Taking ward rounds to meet in-patients
- Participation in interdisciplinary team rounds/meetings to discuss patient cases and determine nutrition risks
- Development, implementation and evaluation of nutrition intervention
- Diet counselling during hospitalization and on discharge, based on patient's condition
- Nutrition counselling, dietary recommendation, food selection and preparation of nutrition guidelines for out-patients both individuals and their families

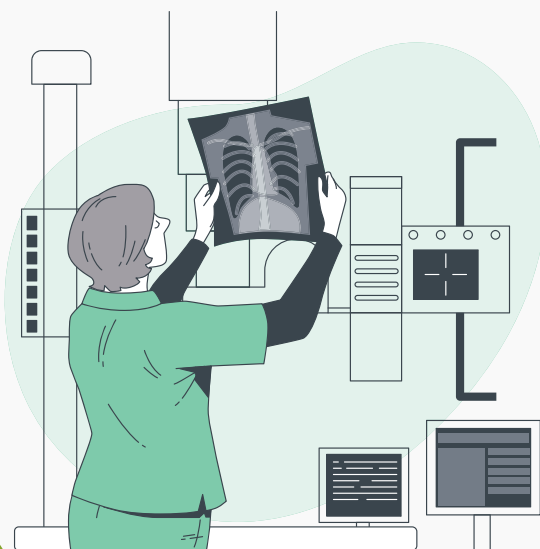
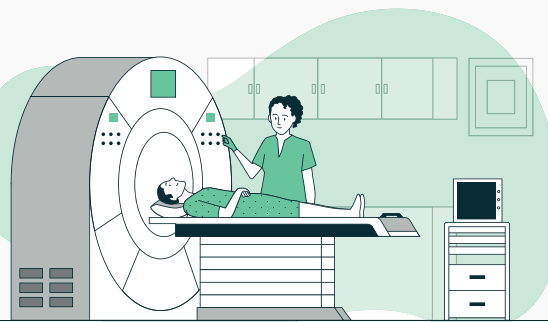


## Department of Radiology

The Department of Radiology & Imaging Sciences offer complete and comprehensive imaging solution to patients and take care of all their needs in the best possible manner. A skilled team of specialists using state-of-the-art equipment provide safe and efficient imaging services with a human touch that are fully coordinated with highly professional medical care. Open 24/7 providing emergency and routine diagnostic services round the clock. All modalities are under one roof including MRI, MDCT Scan (16 slice), CR System, 3D/4D ultrasound, Doppler and Interventional Radiology.

### FACILITIES

- 1.5 Tesla MRI- Magnetom Essenza
- MDCT Scan-Siemens Somatom Emoon
- CR System- Fuji Capsula
- 3D/4D ultrasound- GE voluson
- X-ray system- Siemens



## Department of Laboratory

Indiana Laboratory is committed to give excellent, timely report to IPD, OPD and health check up patients. The laboratory is committed in giving shortest turnaround time not only in Biochemistry tests but also in microbiological and pathology tests through its well trained staff and a strong IT support. It not only serves in-hospital patients but also of patients admitted in other hospitals without good laboratory services.

The laboratory is managed by a full time Pathologist and a Microbiologist. The laboratory is well equipped with Fully Automated Biochemistry Analyzers like COBAS c311 and COBAS e411. The laboratory also has Sysmex 5-cell Haematology analyzer, Roche Arterial Blood Gas analyzer and BACTEC 9050 Automated Blood culture systems. The laboratory reports malaria detection through Quick Buffy Coat Malarial Parasite Fluorescent Technique (MPFT).

All types of routine tests as well as special tests like Fine needle aspiration cytology, cervical cytology and bone marrow aspiration, are done in Indiana Laboratory. Services provided include areas like Haematology, Biochemistry, Cytopathology, Bone marrow pathology and Microbiology. Laboratory also entertains genetic, metabolic and histopathology tests through tie up with renowned National Level Referral Laboratories.

### FACILITIES

Haematology Biochemistry Hormonal Analysis Coagulation Microbiology  
Histopathology Genetics Hormonal assays In-born errors of metabolism Microbiology tests



## The Indiana Advantage .....

- Total health care solutions ● Top notch facilities
- Exclusive International desk ● Asian social milieu
- Competent specialists ● Availability of good banking facilities
- Easy air transport connectivity ● Facilitates travel arrangements
- Coordination with related service providers
- Interpreters to serve the needs of International patients
- Has been a major centre for treatment for patients from **Gulf Cooperation Council(GCC)** countries for the past 8 years.
- Accommodation arrangement for patient's party ● Wi-fi-enabled suites

Indiana Hospital & Heart Institute Ltd., Mangalore, India welcomes all our foreign patients with a degree of warmth. It is our endeavour to offer you the best of care, comfort & safety. True to our history, Indiana's healthcare remains one of the best in India. Our medical & healthcare services are as good as anywhere in the world & in some cases better. We now have the best of everything: Best technology & managers, best specialists, best nurses & best facilities. Accredited by international institutes, we offer premier treatment at an affordable medical fee.

Indiana offers personalized medical value travel packages for patients at affordable rates. Indiana MVT planner offers patients & their family members services like help in obtaining medical visa, preparing documents, airport pick-up & drop, treatment by in-house specialists; making arrangements for accommodation, sightseeing, local transportation & shopping. We look forward to serving our overseas patients with the care they deserve.

Welcome to India,  
welcome to Indiana....

