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# expressO

The Monthly Newsletter from  
SSO Hospitals and Clinics



**SSO**  
**SPECIALTY**  
**SURGICAL ONCOLOGY**  
Precise and Personalized Care



## From The Editor's Desk

It gives me great pleasure to present to you, the first newsletter of SSO Hospitals & Clinics - expressO. The month of April brings us hope that spring has arrived (even if it is just a romantic concept in Mumbai). More importantly, exams are over, yearly income and advance tax are paid, all the difficult times are behind us and we look forward to a breather from the stress and bring a fresh focus back to life and work.

April is **Cancer Control Month**, and it's time to raise awareness about this disease and the importance of screening and timely detection. At SSO, we constantly endeavour to educate patients and help treat cancers to the best of our abilities. Unfortunately, several patients cannot get timely treatment due to financial constraints. In our effort to help these deprived patients, for February and March, we ran a campaign to treat deserving patients at the cost of actuals only (only cost of medicines and consumables, no charges for hospitals and doctors). For patients who could not afford that much, we got aid from several trusts, including our very own **Asha Oncocare Foundation** and **Cancer Charity Trust**. Several patients were treated under this campaign, and we are thankful to our donors for having confidence in us and helping us deliver this service to the patients.

During this period, we had organized the **Ghatkopar Walkathon** with the help of **Ghatkopar Gujarati Samaj** - it was heart warming to see so many people turn up at 5.30 AM in support of the cause. See pics.

April brought another feather to the cap of SSO. The Robot arrived!! We proudly announce that we will be the first non-corporate doctors' owned private hospital in Mumbai to have the Robot. This is also the first installation in Maharashtra of the **SSI MANTRA robot**, the indigenous Made in India Robotic system that has received rave reviews across the globe. Since we are committed to bringing the best quality care at affordable cost, surgeries by the Robot will be highly subsidized to ensure that a large number of patients can get the benefits of precision surgery.

*Hope to make this expressO newsletter a monthly coming together of minds. Do let us have your feedback, so we can collaboratively improve what we present here. Write to at [feedback@ssohospitals.com](mailto:feedback@ssohospitals.com)*



### Dr. Sanket Mehta

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## Robotic Surgery Simplified



Robotic surgery has revolutionized the field of medicine and has become increasingly popular in recent years. It is a minimally invasive surgery that involves the use of robotic systems to perform procedures with greater precision and accuracy. The latest addition to SSO Hospitals is the SSI Mantra System, the latest in surgical robotic technology. Let us have a look at how SSI Mantra System simplifies robotic surgery.

### SSI Mantra Technology

*In this technology, a surgeon sits at the console and operates by managing robotic arms. It translates the surgeon's hand movement into precisely replicated movements of the articulated instruments inside the patient's body. This makes complex surgical procedures within narrow spaces easier and safer. The 3D high-definition vision system and wide range of movement help surgeons perform procedures with more efficacy and better outcomes.*

### Components of the SSI Mantra Robotic System

- **Patient Side Arm Carts** - Robots with the endoscope and robotic instruments control.
- **Surgeon Command Center** - Open 3D Console for an unparalleled vision for the surgeon and ergonomic console to control the Patient Side Arm Carts.
- **Vision Cart** - Open 3D tower for table side assistants with the necessary surgical equipment.
- **SSI Mudra Endo-surgical Instruments** - Special articulating robotic instruments to perform surgical functions like shearing, cauterization, and suturing of tissues in a precise, robotically assisted, minimally invasive surgery.

### Advantages of the SSI Mantra Robotic System

- Improved depth perception, giving surgeons a three-dimensional view.
- Magnified 3-dimensional vision for greater surgical precision. This is especially important when precise surgical steps need to be performed in a confined space with a limited margin for error, like surgery in the pelvis and thoracic cavity.
- Tremor filtration, natural tremors which are magnified in laparoscopy are completely eliminated in Robotics.
- Motion scaling, surgeon's gross hand movement can be reduced to finer movements providing accuracy in tight spaces while operating.

### Benefits to Patients

- Hospital stay is significantly reduced in almost all surgeries performed robotically.
- Less pain and quicker recovery. This is because the remote centre technology ensures that even the robotic arm movements are minimum at the level of the abdominal wall and only the endowrists are used for most of the dissection.
- Minimizes tissue trauma, ensures lesser pain, reduced infection rate and facilitates early recovery.
- Leads to a better surgical scar, due to reduced trauma to tissue.



I am pleased to introduce **Dr. Niharika Garach**, a talented surgical oncologist with a keen interest in Breast and Gynaec oncology. She has done her MCh. Surgical Oncology from Adyar Cancer Institute, following which she has trained in Cytoreductive surgery, minimal invasive Gynaec cancer surgery as well as breast oncology. A mother of a 2 year old daughter, a daughter-in-law in a doctor's family and wife to a busy Plastic surgeon, Dr. Niharika wears several hats and does justice to all of them. Most importantly, she aspires to deliver precise and personalized care to her patients with a lot of empathy, as she understands at a personal level the struggles and trials of women suffering from these diseases. She is extremely passionate about breast and Gynaec cancer awareness because they are often diagnosed and does several talks and camps to promote screening and early detection.

*"Every woman has a right to preserve her breast, an important component of her femininity and body*

*image. Wherever possible, minimally invasive surgery for Gynaec cancer ensures minimal scarring, early recovery and minimal disfigurement. The battle against cancer can be won without losing your confidence. When fear comes knocking, let faith answer the door."*

## Cancer Awareness Walkathon

During this period, we had organized the Ghatkopar Walkathon with the help of Ghatkopar Gujarati Samaj - it was heart warming to see 1000+ people turn up at 5.30 AM to spread awareness about cancer. What an inspiring day!



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## SSO Gives Back



Financial constraint is the biggest hindrance in our fight against cancer. Several patients cannot get timely treatment because of financial problems. In our effort to help these deprived patients, for the months of February and March, we ran a campaign to treat deserving patients only at the cost of actuals (only cost of medicines and consumables, no charges for hospitals and doctors).



For patients who could not afford the basics, we got aid from several trusts, including our Asha Oncocare Foundation and Cancer Charity Trust. Several patients were treated under this campaign, and we are thankful to our donors for having confidence in us and helping us deliver this service to the patients.



Your feedback and comments are welcome at <emailID>, so that we can continue improving and raising the bar for cancer care. - Team expreSSO.

For more information check out -

[www.ssohospitals.com](http://www.ssohospitals.com)



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## SSO's Continued Commitment to Cancer Research

At SSO, we believe that surgical audit and research are an integral part of quality cancer care. It helps get new insight into our own work and add to the overall quantum of knowledge in the field; the ultimate goal being better patient care. In this regard, we relentlessly pursue collaborative studies and research. Here are some research articles and presentations that have been accepted and published in peer reviewed journals in 2023.

- 1 Laparoscopic low anterior resection in a case of locally advanced rectal cancer after neo adjuvant short course radiation: A surgical perspective - A video vignette -  
<https://pubmed.ncbi.nlm.nih.gov/36300693/>
- 2 Laparoscopic Anterior Resection With Suprarectal Cystectomy in a Case of Locally Advanced Sigmoid Cancer -  
<https://pubmed.ncbi.nlm.nih.gov/36382843/>
- 3 Learning curve analysis for lateral pelvic lymph node dissection in rectal cancers - Outcomes improve with experience -  
<https://pubmed.ncbi.nlm.nih.gov/34893365/>
- 4 Laparoscopic management of small bowel obstruction after abdominoperineal resection and a unique method to prevent it - A video vignette -  
<https://pubmed.ncbi.nlm.nih.gov/34787951/>
- 5 Robotic intersphincteric resection with bilateral seminal vesicle excision in a case of locally advanced rectal cancer - A video vignette -  
<https://pubmed.ncbi.nlm.nih.gov/34536259/>
- 6 Optimal neoadjuvant strategy for signet ring cell carcinoma of the rectum - Is TNT the solution?

**Conclusions:** SRCC is a very aggressive disease and none of the treatment strategies could show superiority over the other with very high peritoneal progression rates and relapses.

  
<https://pubmed.ncbi.nlm.nih.gov/34351625/>
- 7 Systematic approach to laparoscopic lateral pelvic lymph node dissection in rectal cancers - A video vignette -  
<https://pubmed.ncbi.nlm.nih.gov/34265148/>
- 8 Laparoscopic lateral pelvic lymph node dissection for anorectal melanoma - A video vignette -  
<https://pubmed.ncbi.nlm.nih.gov/34216088/>