

June 2023

expressO

The Monthly Newsletter from
SSO Hospitals and Clinics



SSO
SPECIALTY
SURGICAL ONCOLOGY
Precision and Personalized Care



From The Editor's Desk

It gives me great pleasure to present the third edition of **expressO**. We have added one more feather to Team SSO's hat in the past month. We launched **a new centre of SSO in suburban Thane**, taking the total number of centres to three and the total number of beds to 55! This, combined with the extensive use of **Robotic Surgery at SSO** in Head and Neck Cancer cases, makes us among the nation's fastest-growing cancer treatment and care providers.

Hailing from Nagpur, I have always felt the need to give back, and the month of June was all about giving back to society. On **International Yoga Day**, Team SSO imparted knowledge on cancer awareness post a good yoga session. We have been organising **FREE cancer camps** for the community for the past five years, and this year too, we continued the tradition.

Sharing knowledge is always a pleasure. As part of CME, we organized sessions and workshops in association with **IMA Navi Mumbai and ENT association**. I was also invited by the prestigious London Business School to give a talk to executive MBA students.

All this and more. Hope you enjoy reading the June Edition of expressO. Don't forget to send us suggestions for improvement on feedback@ssohospitals.com.

What's inside?

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Dr. Amit Chakraborty

Consultant Cancer Surgeon
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Brand New Thane Centre!

Congratulations to Team SSO on opening its third centre at suburban Thane in collaboration with Infinity Medisurge Centre. It's been just 2.5 years since SSO opened its first centre to treat cancer across the community and the journey has been gratifying and satisfying.

The new Thane Centre adds another 20 beds for treating cancer patients and giving them much-needed care!



Robotic Surgery for Head and Neck Cancer Need of the Hour

Tumours present in the throat, the base of the tongue and tonsils are hotspots for Human Papilloma Virus (HPV)- positive tumours. The head and neck can be difficult to reach surgically. Traditionally, their surgical removal entailed cutting the jaw, a large incision in the neck, prolonged hospital stays and extensive rehabilitation of swallowing and speech. **Transoral Robotic Surgery (TORS)** now permits us to reach these tumours through the mouth via minimally invasive surgeries. This is primarily because **robotic surgery allows a surgeon to have a high-resolution, 3-D image for precise cuts around the tumour**. This advancement in technology allows multiple robotically-guided instruments to be under the complete control of our expert head and neck surgeons, allowing the safe removal of tumours from surrounding tissue.



Benefits of Robotic Surgery:

Robotic surgical technology and TORS applications continue to advance and expand for use on tumours in other parts of the head and neck and in treating sleep apnea and other conditions.

In addition to avoiding the scars left by traditional, invasive surgical methods, studies show that patients who undergo transoral robotic surgery have similar or better post-surgery speech and swallowing functions. In fact, the final pathology evaluation may demonstrate no need for additional treatment after TORS for some early-stage cancers.

SSO Hospital is the proud owner of Maharashtra's first made-in- India state-of-the-art Robot for precise and effective Robotic Surgeries. Surgeons are also using this cutting-edge technology to explore other possible applications like surgeries on thyroid, parathyroid and submandibular glands.



"From what we get, we can make a living; what we give, however, makes a life."

- Winston Churchill.

Nagpur FREE cancer checkup camp



*For the last five years, we have been organising a FREE Cancer camp at Nagpur to help financially challenged patients and have had the privilege of successfully treating 600+ cancer patients. The recently organised cancer camp at Nagpur was well-attended, with 75+ patients who came in for various forms of treatment and 10+ successful surgeries performed by a team of exceptionally talented doctors - **Dr. Amit Chakraborty, Dr. Gaurav Dhanavat, Dr. Dhara Sirodaria and Dr. Shivam.***

A big thank you to everyone involved who make this camp possible year after year.



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London Business School


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Recently, **Dr. Amit Chakraborty** was invited to give a talk at the prestigious **London Business School (LBS)**, Dubai Centre on '**Leadership In Healthcare**'. The session was attended by 80+ executive MBAs followed by an interesting interactive Q&A round. A big thank you to LBS for giving me this opportunity.

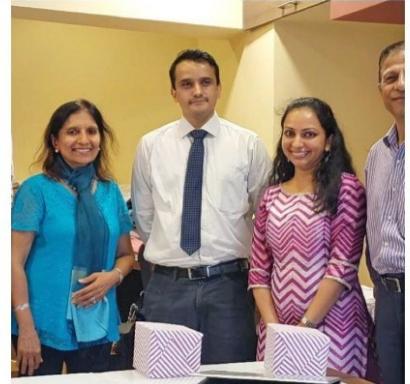


Empowering Health


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Dr. Bhavna Patel, Dr. Manoj Patel and Dr. Ram Chavan of the Vile Parle Medical Club, in collaboration with MOC (Mumbai Oncocare Centre) and SSO (Specialty Surgical Oncology), put together a remarkable event focused on **breast cancer awareness** and screening. Part of the event was a mammography screening van for its esteemed members.

Distinguished medical professionals, **Dr. Kshitij Joshi** from MOC and **Dr. Niharika Garach** from team SSO, delivered captivating talks on breast cancer awareness. Their expertise and insights shed light on the importance of early detection and preventive measures. An excellent initiative and an important aspect of every woman's health.



International Yoga Day



Yoga is a world-acclaimed ancient form of exercise for the body and mind. It aims to improve strength, flexibility and breathing. It is a natural and healthy way to help you relax and cope with stress, anxiety, and depression during cancer. Team SSO celebrated the recent International Yoga Day and coupled it with a **Cancer Awareness session by Dr. Vivek Suumar and Dr. Jay Anam** at Mahatdi Hospital Vashi. The purpose was to promote physical and mental well-being through Yoga, while spreading awareness on cancer, a crucial need of our time! The talk started with a relaxing Yoga session followed by an interesting interactive session on cancer awareness to an audience of staff and patients.



Myth BUSTER

Cancer is a disease surrounded by myths despite advancements in medicine and technology. Although Google has made everyone's life easier, it complicates a doctor's life, especially regarding cancer. Here are three myths and their breakdown for you:

01 Hair Loss during Chemotherapy

Chemotherapy has always been synonymous with hair loss. Due to this, often, patients think that since they did not lose hair, the chemo has not been effective. Fortunately, that is not the case. Not all chemo leads to hair loss; chemo is working even if you do not have hair loss.

02 Sugar aids the spread of cancer

Contrary to popular belief taking oral sugars does not increase cancer growth. Neither does cancer decrease by depriving the body of oral sugar. Every form of carbohydrate that is taken orally is broken down to simple sugar like glucose which then absorbed by GI track. So even if you do not take simple sugar and take only complex carbohydrate, it will be first broken down to sugar and then absorbed by the body. Hence, it is untrue that taking oral sugar increases the growth of cancer. Please enjoy your sweets but in limited portion not due to cancer but other health hazards.

03 Cancer cannot be treated

This is the biggest myth of them all. With advancements in medicine and technology, it is now possible to treat even many 4th stage cancers. It is important to contact a doctor immediately when you spot any abnormality in your body or your health. Also, having regular health check-ups and not waiting to turn a particular age for health check-ups is essential to catching the deadly disease early when it is in its most curable stage.



Dr. Vivek Sukumar

Dr. Vivek Sukumar is a Consultant Surgical Oncologist, who specialises in G.I., Gynaec and Peritoneal surface oncology. He completed his training in Surgical Oncology at the Tata Memorial Hospital, following which he pursued a fellowship in Minimally invasive G.I. Oncology and Peritoneal surface oncology at the Tata Memorial Hospital.

With the motive to providing world class care and outcomes for his patients he pursued a fellowship in Laparoscopic and Robotic Hepato-Pancreatico-Biliary surgery under the mentorship of Prof. Gi Hong Choi at Yonsei University in South Korea.

He performs hundreds of laparoscopic surgeries every year, with a special interest in sphincter preserving surgery and surgery for advanced cancers such as posterior exenteration. He has participated in International Research projects and has been part of projects such as CORSICA, MRC-Add aspirin colorectal cohort and the PelvEX collaborative group. He has over 30 international peer-reviewed articles published in indexed journals. He has received multiple awards for scientific presentations at international conferences, including the best video award at the Korean Society of Endoscopic and Robotic surgeons conference 2021.

Celebration of International Nurses Day

Heroes are those who save lives, but true superheroes are the nurses who dedicate themselves to saving countless lives every day.

As we celebrate International Nurses Day, we honor our remarkable team of nurses who tirelessly care for post-operative patients, guiding them toward a path of healing. Words alone cannot express our gratitude for their unwavering commitment, selflessness, integrity, dependability, empathy, and boundless compassion toward patients, providing the necessary support and encouragement for their recovery.

Today, we proudly salute and extend our heartfelt 'Thank You' to our exceptional OT nurses, ICU nurses, and general staff, who willingly and wholeheartedly care for cancer patients with utmost dedication and compassion!



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Your feedback and comments are welcome at
feedback@ssohospitals.com, so that we can continue improving and
raising the bar for cancer care. - Team expressO.

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