

« TODAY »

Minimally invasive spine surgery helps woman get back on feet post operation instantly

By A Staff Reporter

In mid-December, 27-year-old Gautami's world turned topsy-turvy when the newly-wed was in New Zealand for her honeymoon. The young bride fell off a horse and fractured her spinal vertebrae. While she was in excruciating pain, the doctors in New Zealand did not advise a Magnetic Resonance Imaging (MRI) scan and an incomplete prognosis led to a fractured spine, at a time when her happiness knew no bounds. Today, Gautami is well on her way to recovery and is all set to enjoy her new life post marriage, all thanks to Dr. Sambhav Shah's path-breaking surgery on the young woman that expedited her recovery and left no unwanted scars behind to tell the story of an unpleasant time.

When the doctors in New Zealand did not help, Gautami's

family contacted Dr. Shah, a Spine Surgeon, at Mumbai's Bhatia Hospital and sent him the X-rays. The X-rays looked grave and Gautami was flown to Mumbai and admitted to the hospital immediately. A MRI scan confirmed Dr. Shah's suspicions that the ligaments in the patient's back were torn and she would have to undergo a surgery. Gautami was brought to the Operation Theatre on December 22 for a surgery and on December 23, the young woman had already walked on her own with little assistance and was happily celebrating her birthday with her family. This was possible only after the minimally invasive surgery.

In a normal case, Gautami would have undergone an open spine surgery where the surgeon would have inserted screws and rods in the affected area of her back through a huge cut. The open surgery would have meant a higher



damage to her muscles and soft tissues and could have even led to severe bleeding. In Gautami's case, the cut would have even left a considerable scar of almost 10 cm on the young woman's back for life.

Fortunately for Gautami, Dr. Shah took the call to save her the trauma of a slow recovery by conducting a very successful minimally invasive spine surgery upon her. He took four small incisions and put the screws and rods through those small cuts. The surgery was over in an hour, the patient was wheeled into the recovery room and, in the next few hours, she was able to walk with some assistance.

Had it been an open surgery, she would have taken a much longer time for recovery with her back muscles experiencing a lot of trauma and damage. She would have also had to lie in bed secondary to severe pain, could have suffered a heavy blood loss and may not have been able to move for a long time. The minimally invasive spine surgery meant that Gautami experienced a minimal blood loss of just 10 ml, considerably less pain because of tiny incisions on her body and could walk within two hours.

A day after the surgery, a happy Gautami was discharged and could celebrate her birthday at home with her family.

The case is a good example of comparison between open spine surgery and minimally invasive spine surgery. The differences are that the recovery rate of the Open spine surgery is slow whereas with the Minimally invasive spine surgery, the recovery is faster. The pain levels are less and the blood loss is minimal. The incisions are tiny, hence there are almost negligible scars on the body. Minimal chances of infection. The scars left on the body are big since the cuts are big. With the open spine surgery, pain and blood loss is too much. There could be severe pain since the cut is big and injury in the muscles. The blood loss could be severe. The wound has to be monitored carefully and takes time to heal with higher chances of infection. The incisions are tiny, hence there are almost negligible scars on the body, with minimal chances of infection.

How soon can patient walk? A patient may have to be in bed for at least 24 hours and may not be able to move secondary to pain. The patient can walk within two hours of the surgery as soon as the effect of the anaesthesia wears off.

When can a patient get back to the normal routine?

In 3 to 4 months generally. A patient could even get to work in a week's time.

Old beauties set to shine on Sunday

Over 200 classic vintage cars to drive down Mumbai streets

It's once again the time of the year, when the grand old beauties will come out in all elegance and grace the streets of Mumbai. Over 200 classic old cars will drive down during the Annual Vintage Car Fiesta 'Motul VCCI Vintage Car Fiesta', which is scheduled to be flagged off from the Horniman Circle, Fort at 9.00 a.m. tomorrow. The vintage cars will move in a motorcade from Horniman Circle and wind up at Sofitel Hotel in Bandra Kurla Complex.

Around 15 rare cars, including one owned by Press Baron-Vivek Goenka of Indian Express, a Cord, the only one running car in India and four rare Rolls Royce's will line up the heritage value, to-

morrow morning.

Hormusji Cama of Bombay Samachar will be on view with his 1937 Buick Convertible and will be riding along with his 1947 Rolls Royce Wraith. Three rare cars from Jasdanwalas 1903 including the only running oldest car in the country and a Mercedes 300 Of 1956 Pillarless beauty will add the nostalgia en route in addition to the 1919 Citroen which is 99 years old.

Hiral Dossa will be leading the 'All Ladies Team' seated behind the wheels in a 1933 Hudson 7 Sweater Phaeton, the only surviving body style in the world which will definitely strike onlookers and participants eyeballs.

Raymonds will be offering gift hampers to participants who are dressed up in period costumes. The prize distribution will be held at Sofitel, BKC.

Meterdown closes curtains

By A Staff Reporter

The Annual Management event of RD National College's BMS (Bachelor of Management Studies) and BAF (Bachelor of Accounts & Finance) departments known as Meterdown successfully completed its fifth year of glory. The various cultural, academics and sports events was witnessed by a huge audience who enjoyed and praised the efforts of the team.

The highlight of the event were the fest's title sponsor 'AKreations Hair and Beyond luxury salon' and their media and marketing sponsor. The salon, located in the heart of Bandra, offers a luxurious experience with their range of services from hair styling to complete skin and beauty services.



The footfalls observed were commendable which gave the fest a verbal appreciation amongst others. Participation from various colleges was observed. The celebrities appreciated the co-ordination and management of the team Meterdown and hence the event was a huge success.

The media coverage, which

was quite strong turned out to be better and bigger.

The faculty of RD National College supported their students in their success. The buzz created about Meterdown gave the team and the event positive vibes as they managed to create the event with a lot of enthusiasm and hard work.



The Mumbai Fire Brigade team conducted a live demonstration of their firefighting activities, yesterday, at the Kalina fire station.

« MUMBAI »

Vikas Sabnis



No, they are not fighting!
The ruling and opposition party members have come together to solve farmers' problems in the state.

Indian Physics Association, Bombay Chapter in association with Kishinchand Chellaram College, Mumbai: The Department of Atomic Energy - C. V. Raman Lecture on "Black Holes and Quantum Stars: An Observer's Paradise", to be delivered by Prof. Pankaj S. Joshi (Dept. of Astronomy and Astrophysics at the Tata Institute of Fundamental Research, Homi Bhabha Road, Colaba, Rama and Sundri Watumull Auditorium, Churchgate at 11 am.

Spectrum: Celebrating Dances from around the world presents Latin Ballroom Dances by Sandeep Soparkar and troupe, Urban Hip-Hop and Jazz by Ashley Lobo's The Danceworx at the Experimental Theatre at 7 pm.

The clock strikes to the most exciting time of the year, as Shiamak Davar announces auditions for the Junior One Year Program course. Kids who like prancing around the house and know how to move it, here is an opportunity for them to showcase their dancing skills in front of the Dance Guru himself. Be a part of the audition today or send in your videos and stand a chance to learn from the best in the field of performing arts. Age Group: 7 - 14 years. Venue: St. Columbia School, Nana Chowk, near Gamdevi police station, Grant Road. 022 6154 3000

Cultural Centre Anushakti Nagar presents Mohiniyattam by Jayaprabha Menon and group at the Terna Auditorium in Nerul. Time: 7 pm.

Chhatrapati Shivaji Maharaj Vastu Sangrahalaya presents Art360° Series- InstaMeet at 8 pm.

Kumar Gandharva Foundation: Kumar Gandharva Memorial Award on Prahlad Tipania, a renowned folk singer from Madhya Pradesh. On this occasion, there will be a Bharatnatyam recital by Chandrakanta Roy, Hindustani Khyal by Paramanand Yadav and Kabir bhajans by Prahlad Tipania. There will also be a symposium on the topic of 'The need for fresh bandishes in changing times' in which Shyamrang Shukla, Omprakash Bharati and Gopa Chakravarty will participate in the P. L. Deshpande Mini Theatre at the Ravindra Natya Mandir, Prabhadevi, 7.30 pm.

Indian Classical Music 'Sursagar' feature by Swapnil Bhise, tabla and Siddesh Bicholkar-harmonium, at Shanmukhananda Padma Ranga Chamber Music Hall, Sion, at 7.30 pm.

Jehangir Art Gallery presents 'Reflections'; one man show of paintings by Dr. Suhans Sarawade, Kala Ghoda, today and tomorrow, between 11 am and 7 pm.

The Fine Arts Society presents a Vocal concert by Aditya Madhavan, Aditya Sreeman on violin, Vishwaprasanna on Mridangam at FAS RCF Academy Hall, 6 pm.