

# *A Story of Gentle Care*

## *From a Sudden Fall to a Hopeful Recovery*

At **82**, a simple fall can change everything.

An elder man was brought to us in severe pain, **unable to move after a sudden fall**. It seemed like a moment's accident had led to a serious hip fracture, leaving him frightened, fragile, and completely dependent.

With timely **diagnosis confirming an intertrochanteric femur fracture**, our orthopedic team acted effectively. Under the expert care of Dr. Anantha Kumar, he underwent Proximal Femoral Nailing (PFN) surgery under spinal anesthesia to stabilize the fracture and help him move again.

**Recovery was taken one step at a time.**

With constant care, medications, and gentle support, along with **chest physiotherapy and daily hip and knee exercises**, he slowly began to regain strength and take his first movements again.

***Every day, he improved. . . Every step gives confidence. . .***

Within a few days, he went from being unable to move to becoming stable and confident enough to return home. Today, he feels much better and returning to her normal life with more comfort and confidence.

**Age is just a number when care is right.**

***Caring Beyond Treatment.***  
***Healing Beyond Medicine. All at One Step***



# From Pain to Recovery A Story of Strength & Care

A middle-aged woman came to us with severe abdominal pain, persistent vomiting, and loose stools that had been troubling her for several days. Her condition had worsened with continuous **vomiting for past 10 days and fever, leaving her weak and exhausted.**

After **Careful clinical evaluation and a CECT Abdomen scan**, she was **diagnosed with a small bowel obstruction** caused by **narrowing in the intestinal loop.**

Our **General Surgeon Dr. Ananthasamy and his team** performed a **Laparotomy** with Adhesion Release, Omentectomy, and Appendicectomy to relieve the obstruction and **restore normal bowel function.**

Following the surgery, she received intensive **post-operative care**, including **IV fluids, antibiotics, blood transfusion, nutritional support, and physiotherapy** to help her regain strength.

Within a few days, **she regained her strength** and was discharged in stable condition — **relieved from pain** and on the path to a healthy recovery.

The patient showed steady improvement and is being **discharged in stable condition**, relieved of symptoms and ready to return to normal life.

Today, she is **feeling much better and returning to her normal life** with comfort and confidence.



## Healing Lives. Restoring Hope.



# Success Story



Successfully Performed

## Total Knee Replacement



A 76-year-old woman visited Deepam Hospitals with complaints of **Knee pain** and **Swelling** for the past 3 months. She had a long history of **Osteoarthritis** in her knee for over 10 years, along with **Diabetes** for 20 years and **Hypertension** for 1 year, which made her condition more challenging.



After an evaluation, she was advised for surgery. Our orthopaedic surgeons, **Dr. Anantha Kumar** and **Dr. Palanivel**, successfully performed a **Total Knee Replacement** under spinal and epidural anesthesia.



After a surgery, she was closely monitored and treated with **IV fluids**, **Antibiotics**, and supportive care. With guided **Physiotherapy** and regular **Spirometry** exercises, her recovery progressed **Steadily**.



**From struggling to walk . . . to walking with confidence. From constant pain . . . to complete relief.**

“ From struggling steps to strong strides, this is the power of the right care at the right time. ”



Today, she was discharged with **pain-free** and getting back to her daily routine with **renewed confidence and comfort**.

She responded well to treatment, regained mobility, and was discharged in a stable condition—now **walking pain-free** and getting back to her daily routine with **renewed confidence and comfort**.





# Came with Pain... Walked with Hope.

DISCHARGE  
WITH A SMILE



A 58-year-old woman came to our hospital with severe stomach pain and frequent vomiting. Along with the pain, she was also feeling worried and unsure about her health.



She already had Type 2 Diabetes and acid reflux (GERD), so her condition needed quick and careful treatment.

## OUR TEAM TOOK IMMEDIATE ACTION



A CT scan showed a problem in her intestine



since her pain continued, a colonoscopy was done. This revealed an inflamed mass in her intestine



Biopsies were taken, and it became clear that surgery was needed.



At this critical point, our expert surgeon **Dr. Sugaprakash** and his team performed a laparoscopic partial hemicolectomy with great care.



With close monitoring, proper nutrition, antibiotics, and supportive care, she started recovering steadily.



she began walking from the very first day after surgery and slowly moved from a liquid diet to normal food.

*Not just healed... she found her strength again!*



Today, she came out with pain-free, healthy, and back to her normal life with confidence, and a beautiful smile.



# SUCCESSFUL Surgical Management of ADVANCED SIGMOID COLON CARCINOMA

## From Silent Symptoms to Strengthened Hope

A **63-year-old man** visited **Deepam Hospitals** with intermittent lower abdominal pain - a symptom that quietly disrupted his daily life. Detailed evaluation revealed an **advanced cancer of the sigmoid colon**, requiring timely and expert care.

After comprehensive investigations and multidisciplinary planning, the patient was admitted under the care of **Dr. Ananthasamy**. The surgical team successfully performed a **Left Hemicolectomy with complete oncological clearance**, addressing the disease with precision and safety.

### Recovery & Outcome

- ✓ Surgery was successful
- ✓ Pain was well controlled
- ✓ Nutritional support and early mobilization aided healing
- ✓ Bowel function returned gradually
- ✓ Recovery was smooth and uneventful

The patient was discharged in stable condition, ready to return to everyday life with renewed confidence.

### A Message of Hope

Serious illnesses often begin with subtle symptoms. **Early evaluation, expert surgical care, and a coordinated team approach can transform fear into recovery.**



# **SUCCESSFUL** *Surgical Fixation of* **GERIATRIC INTERTROCHANTERIC FEMUR FRACTURE**



## **99 Years Strong - Age Is Not a Barrier to Recovery**

A **99-year-old man** was brought to **Deepam Hospitals** after a fall at home, suffering from severe left hip pain and inability to stand or walk. Imaging confirmed a **left intertrochanteric fracture of the femur** — a serious, high-risk injury in the very elderly.

For the patient and family, the concern was not just the fracture, but whether surgery was even possible at this age.

After careful assessment and peri-operative optimization, the patient was admitted under the care of **Dr. Sugumar**. With precision and experience, the surgical team successfully performed **Closed Reduction and Internal Fixation (CRIF) with Proximal Femoral Nailing (PFN)** under spinal anesthesia, achieving stable fixation.

### **Recovery & Outcome**

- ✓ Surgery completed safely without complications
- ✓ Pain was well controlled
- ✓ Chest physiotherapy reduced respiratory risk
- ✓ Early rehabilitation restored confidence and movement
- ✓ Assisted mobilization began within days
- ✓ Gradual improvement in mobility and strength

The patient recovered steadily and was discharged in stable condition with rehabilitation guidance and follow-up care.

### **A Message of Hope**

Advanced age alone should never define treatment limits. With **expert surgical care, careful planning, and structured rehabilitation**, even high-risk geriatric fractures can have successful outcomes.



# A Success Story of Relief, Strength & Recovery

A **44-year-old woman** visited **Deepam Hospitals** with complaints of abdominal bloating and discomfort that had been troubling her intermittently for nearly two weeks. Further evaluation revealed a **very large fibroid uterus**, significantly affecting her comfort and daily life. After careful assessment, the patient was admitted under the care of **Dr. Ananthasamy**. Given the size of the fibroid and associated symptoms, definitive surgical management was planned.

## Surgical Management

- ◀ The surgical team successfully performed:
- ◀ **Total Abdominal Hysterectomy with Bilateral Salpingo-Oophorectomy (TAH with BSO)**
- ◀ Procedure conducted safely under spinal anaesthesia
- ◀ A **4-kg fibroid uterus** was removed successfully

## Recovery & Outcome

- ◀ Surgery completed safely without complications
  - ◀ Pain was well controlled
  - ◀ Chest physiotherapy reduced respiratory risk
  - ◀ Early rehabilitation restored confidence and movement
  - ◀ Assisted mobilization began within days
  - ◀ Gradual improvement in mobility and strength
- The patient showed steady improvement and is being **discharged in stable condition**, relieved of symptoms and ready to return to normal life.

## A Message of Hope

Persistent abdominal symptoms should never be ignored. **Early evaluation, expert surgical care, and attentive post-operative management** can lead to safe recovery, even in complex cases.



# A Success Story of PERSISTENT PAIN TO A PATH OF RECOVERY

A **67-year-old man** was admitted to **Deepam Hospitals** with ongoing abdominal pain that had persisted for over a month. Initial evaluation revealed **gallbladder stones (cholelithiasis) with bile duct stones (choledocholithiasis)**.

The patient had earlier undergone a laparoscopic procedure that was converted to an open cholecystectomy, during which tissue samples were sent for detailed analysis. Pathology results later confirmed **adenocarcinoma**, requiring further definitive surgical care. After careful assessment and planning, the patient was taken up for advanced surgery under the care of **Dr. Sugaprakash**.

## Surgical Management

The surgical team successfully performed:

- ✓ **Completion Extended Cholecystectomy**
- ✓ Procedure carried out safely under general anaesthesia

## Recovery & Outcome

- ✓ Post-operative care included IV fluids, IV antibiotics, and pain management
- ✓ Chest physiotherapy and spirometry supported respiratory recovery
- ✓ Early mobilization encouraged twice daily
- ✓ Pain reduced steadily, and strength improved
- ✓ Overall condition remained stable

The patient recovered smoothly and was **discharged in stable condition** and ready to continue recovery with follow-up care.

## A Message of Hope

When abdominal symptoms persist, timely evaluation can be life-changing. **Early diagnosis, expert surgical intervention, and structured post-operative care** play a vital role in managing complex conditions, including cancer.

