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Sri Ramakrishna
Hospital (Multi-Speciality)

pulse

Happenings at Sri Ramakrishna...

49 Years of Excellence

ARE YOUR KIDNEYS OK?
Detect early, protect kidney health

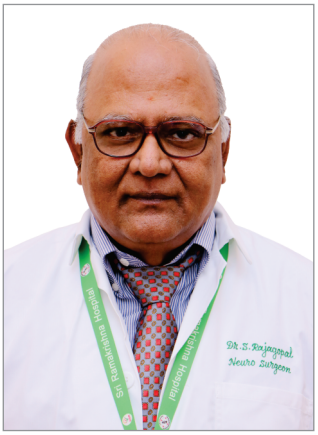
World Kidney Day
13TH MARCH 2025

Shri.R.Sundar
Managing Trustee

I am filled with immense pride and gratitude for the growth and innovation we have achieved together. I am delighted to be a part of the team that has made remarkable progress over the years. Our commitment to providing exceptional healthcare and serving our community has always been stronger, and I am proud of the strides we have taken together.

As we step into March, we continue our unwavering commitment to providing quality healthcare and raising awareness on crucial health issues. This month marks several important observances, including World Kidney Day (March 13) and International Women's Day (March 8)—both of which highlight the importance of preventive care and gender equality in healthcare.

Our hospital remains dedicated to kidney health awareness, advocating early detection, lifestyle modifications. As we celebrate the achievements of women worldwide, we reaffirm our commitment to providing women-centric healthcare and empowering female healthcare professionals.



Dr.S.Rajagopal
Medical Director

Sri Ramakrishna Hospital has consistently been at the forefront in conducting diverse academic programs, complementing its clinical achievements. The focus on Clinical Club meetings, where we engage in discussions on intriguing cases, significantly enriches the professional development of our team.

March is an important time for health awareness, particularly with **World Kidney Day** emphasizing the significance of kidney health and preventive Nephrology. Kidney disease is often called a "Silent Killer" because it progresses without noticeable symptoms until it reaches an advanced stage.

However, adopting a healthy lifestyle and taking preventive measures can help protect your kidneys and maintain overall well-being. Preventive healthcare is the foundation of a healthier future, and we urge everyone to be proactive in their health journey.

Sri Ramakrishna Hospital - WORLD CANCER DAY - 04.02.2025

Sri Ramakrishna Hospital – Sri Ramakrishna Institute of Oncology & Research (SRIOR) marked World Cancer Day 2025 on Tuesday (4.2.25) by launching an innovative Digital Flipbook on common cancers in English and Tamil. The event also saw the inauguration of a free month-long prostate cancer screening program.

K. Karthikeyan, Superintendent of Police, Coimbatore District, presided as the Chief Guest and unveiled the flipbook along with R. Sundar, Managing Trustee, SNR Sons Charitable Trust, in the presence of Narendran, Joint Managing Trustee, SNR Sons Charitable Trust; Dr. P. Guhan, Director, SRIOR; Dr. Rajagopal, Dean, Sri Ramakrishna Hospital; Dr. K. Karthikesh, Surgical Oncologist, SRIOR; C. V. Ramkumar, CEO, SNR Sons Charitable Trust, and other dignitaries. Welcoming the gathering to this 22nd World Cancer Day event of SRIOR, Dr. P. Guhan shared that the newly launched Digital Flipbook offers comprehensive, easy-to-access information on common cancers such as breast, lymphoma, lung, testicular, prostate, leukemia, head & neck, stomach, ovarian, multiple myeloma, brain, cervical, pancreatic, and colorectal cancer.

Sri Ramakrishna Hospital - Advanced Pulmonary Physiology Lab - 26.02.25

We are pleased to announce the launch of Pulmonary Function Testing (PFT) at our Hospital, a significant step in enhancing our respiratory care services. This advanced diagnostic tool enables precise assessment of lung function, helping in the early detection, monitoring, and management of respiratory conditions. This initiative aligns with our commitment to comprehensive healthcare, offering early intervention and personalized treatment plans for better patient outcomes.

Tomotherapy - Horizons and Beyond

Helical Tomotherapy (HT) is a novel treatment approach that combines Intensity-Modulated Radiation Therapy (IMRT) delivery with in-built image guidance using megavoltage (MV) CT scanning. The technique utilises a 6 MV linear accelerator mounted on a CT type ring gantry. The beam is collimated to a fan beam, which is intensity modulated using a binary Multileaf collimator (MLC). As the patient advances slowly through the ring gantry, the Linac rotates around the patient with a leaf-opening pattern optimised to deliver a highly conformal dose distribution to the target in the helical beam trajectory. The unit also allows the acquisition of MVCT images using the same radiation source detuned to reduce its effective energy to 3.5 MV, making the dose required for imaging less than 3 cGy.

Imaging has always been a necessary prerequisite for radiation therapy. Presently, an intense interaction between these two fields of technology is observed.

The introduction of computed tomography (CT) in clinical practice resulted in high quality 3D images, which allowed precise definition of tumour shape and location. This information motivated technology development, which would allow planning and delivery of radiation in a more conformal way aiming to give enough dose for disease elimination while sparing healthy tissues.

Technological advances in radiation oncology such as three-dimensional conformal radiation therapy (3DCRT) and intensity-modulated radiation therapy (IMRT) allow the shaping of the dose distributions in patients, with a very high degree of conformity and precision. The application of high-dose gradients provides opportunities for escalating tumour doses resulting in a better chance of the elimination of cancerous cells while still sparing healthy, sensitive organs. At the same time, if changes in the patient's anatomy and changes in treatment set up are not detected, the treatment could be compromised.

Several solutions to correct the position of the target immediately before (or during) treatment have been developed and clinically implemented including fiducial marker implants , optical positional guidance , MRI , ultrasound and daily CT imaging . Each of these techniques has some positive (better targeting, smaller margins) and negative (increased labor and cost, longer treatment times) features and their detailed clinical assessments with respect to specific disease sites are underway.

The term 'image-guided radiation therapy' (IGRT) or IG-IMRT refers to newly emerging radiation planning, patient setup and delivery procedures that integrate image-based tumour definition methods, patient positioning devices and/or radiation delivery guidance tools. IGRT is a necessary companion of improved treatment planning and better radiation delivery.

Helical Tomotherapy is a novel radiotherapy concept that combines elements from a helical CT scanner with a megavoltage (MV) linear accelerator. It allows daily patient setup verification & repositioning and also quick replanning if needed and real time image collection during treatment delivery.

Why does motion matter?

Some tumors may be located in areas of the body that move regularly, such as the lungs. Also, filling of the bladder, gas in the bowel or even slight patient movements can shift the tumor target by a millimetre or more. Tracking target movement and synchronizing precise treatment delivery with that movement helps to maximize treatment effectiveness, while helping minimize dose to surrounding tissues to reduce the most common side effects.

Why does precision matter?

To effectively treat cancer with radiation therapy, the radiation oncology team needs to carefully sculpt the delivery of radiation to the target (the tumor) while minimizing irradiation of the healthy, non-cancerous tissues that surround the target. Greater delivery precision helps achieve this goal, which improves clinical outcomes, while minimizing the side effects and protecting patients' quality of life both during and after treatment.

Tomotherapy delivers a number of unique benefits to patients

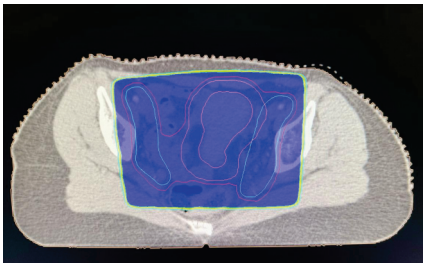
Real-time Personalized Adaptive Treatment Delivery: The Radixact Synchrony technology actively tracks and adapts for motion — automatically, continuously and in real-time, helping to improve clinical outcomes and reduce side effects, while potentially shortening treatment times.

Superior Precision: Unique helical treatment delivery allows the treatment team to administer the optimal dose of radiation directly to the tumor with high precision.

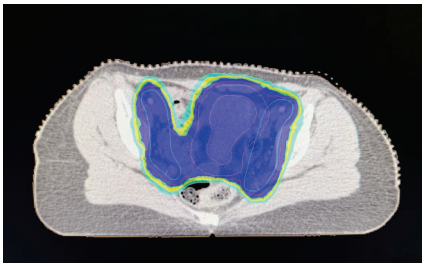
Treatment Results: Precise dose delivery is designed to provide excellent long-term cancer control.

Minimized Side Effects: High precision minimizes dose to surrounding healthy tissues, which can significantly reduce the most common side effects of radiation therapy

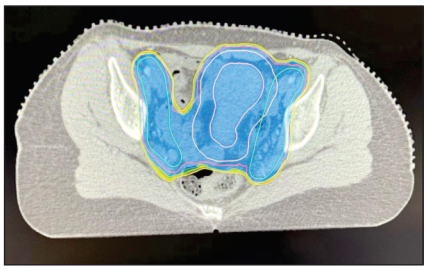
Planned dose distributions for carcinoma cervix. Note the conformal avoidance of small bowel in tomotherapy plan compared to 3DCRT and IMRT plans.



3DCRT Treatment Plan

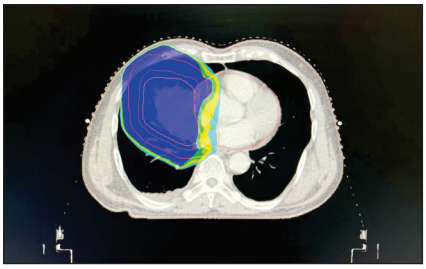


IMRT Treatment Plan

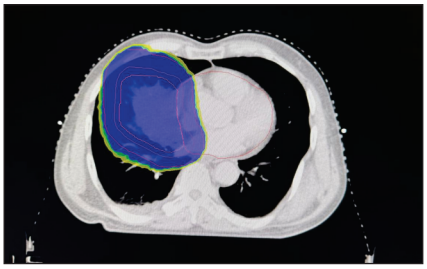


Tomotherapy Treatment Plan

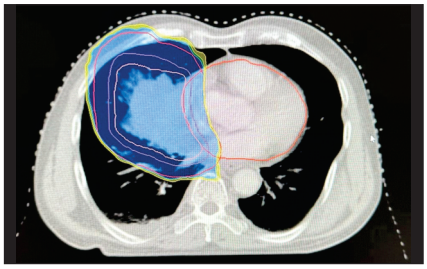
Similar conformal avoidance of the heart in NHL treatment



3DCRT Treatment Plan



IMRT Treatment Plan



Tomotherapy Treatment Plan

An Effective, Less Disruptive Treatment Option

Tomotherapy technology maximises radiation delivered to the target while minimising radiation dose to surrounding healthy tissues. The result is highly personalised treatment designed to significantly reduce the risk of the side effects that often disrupt the lives of patients during and after treatment.

Dr.N.KRISHNA PRIYA
Radiation Oncologist

MBBS, DMRT, DNB (RT)

Surgical Oncology

Greetings from the Department of Surgical Oncology. With your steady support the department & services have grown ever since its inception since 2002. With more than two decades of experience & expertise we have rendered relentless service & care to a significant number of cancer patients of this region through which we have gained the confidence of both the patients & referring physicians.

As all of you and our patients are aware we provide our services to the people belonging to all strata of society. We are happy and proud to inform you that we are one of the institutes which provide tertiary oncology care and operate **a large number of major surgical oncology procedures patients through the Tamil Nadu Governments Chief Minister Health Insurance Scheme,** We as a team strongly believe that cost should not be a barrier for a necessary treatment to needy cancer patients.

As a department we have grown ever since its inception and now include **three full time surgical oncology consultants supported by two DrNB (National board of Examination) post graduates per year.** As we work as a team, we are able to offer round the clock emergency / elective surgical oncology procedures for the needy patients.

Our surgical oncology procedures range from paediatric to geriatic age groups with strict adherence to oncologic principles and individualisation. Minimally invasive oncologic surgeries are performed an appropriate patients with out compromising cure. Our scope of surgical oncological procedures include every organ of body from head to foot, To mention a few

a) Head & neck Oncology - Composite (cheek) resections, infratemporal skull, base resections, maxillectomy, mandibulectomy, laryngectomy, pharyngectomy, complex thyroidectomies, neck dissections with pedicled & free flap (microvascular) reconstruction, emergency tracheostomies for airway obstruction

b) Thoracic Oncology - Lobectomies, pneumonectiomies, sleeve resections, oesopheagectomies and mediastinal dissections

c) Gastro intestinal - Radical gastrectomy with D2 dissections, Total colectomies, Hepatectomies, complex rectal resections

d) Hepato pancreatic biliary - Whipple's procedure, Hepatectomies, Radical Cholecystectomy pancreatico splenectomies

e) Genito urinary - Radical & partial nephrectomies with IVC thrombectomy, Radical cystectomy with conduit / neo bladder, adrenalectomies, orchidectomies for testicular tumor, Retroperitonal lymph node dissections, penectomies, inguinal block dissections

f) Gynaec Oncology - Radical hysterectomies, cyto reducture surgeries with HIPEC staging laparotomies

g) Breast Oncology - Mastectomies, Breast consevation surgeries, sentinel lymph node biopsy, Breast reconstruction.

h) Musculo skeletal - Limb salvage surgery for bone tumour, with cryotherapy / extra corporeal radiotherapy / prosthesis reconstruction, complex pelvic resections (internal & external hemipelvectomies) , soft tissue sacoma resction (extremely andretroperitoneal sarcomas)

I) Skin - melanomas, basal cell carcinoma, squamous cell carcinoma etc

j) Miscellaneous - Chemoport, Pigtail insertion, emergency tracheostomies, upper & lower GI endoscopies, Bronchoscopies, direct laryngoscopy, direct Pharyngoscopy and biopsies (diagnostic & therapeutic)

We thank everyone for your continuous support & request you to provide us the opportunity to expand the scope of our services & serve upto your expectations.

Our Team of Experts

Left to Right

Dr.N.MOHANARAJ
Consultant Surgical Oncologist

Dr.N.KRISHNA PRIYA
Radiation Oncologist

Dr.S.BHARGAVI
Consultant Surgical Oncologist

Dr.K.KARTHIKESH
Consultant Surgical Oncologist

Dr.P.GUHAN
Director/Consultant Medical Oncologist

Dr.KARTHIKA
Radiation Oncologist

Dr.B.NAGESWARARAJ
Consultant Nuclear Medicine

Dr.VIVEK JAYARAJ
Radiation Oncologist

SNR SONS CHARITABLE TRUST CELEBRATES 41st FOUNDER'S DAY - 2025


Shri.S.N.Rangasamy Naidu


Smt.Rangammal

The S.N.R. Sons Charitable Trust was established in 1970 by the late S.N. Rangasamy Naidu. Under this trust, 18 institutions, including medical and educational establishments, are currently operating. The trust celebrates its Founder's Day annually. Accordingly, the Founder's Day celebration took place on 27.02.2025 in S.N.R. Auditorium, in the college premises. The prestigious event was graced by the esteemed presence of Thiru. R. Sundar, Managing Trustee and Thiru. S. Narendran, Joint Managing Trustee, Thiru. V. Ramakrishna, Trustee, Thiru. D. Lakshminarayanaswamy, Trustee of the S.N.R. Sons Charitable Trust, who presided over the occasion with great honor and delivered an inspiring welcome address, setting the tone for a meaningful and impactful gathering. The chief guest of the event was Mr. C. Gopinath, a well-known television show host and delivered a special address. Following this, Mr. K.P. Ramasamy, Chairman of the Coimbatore K.P.R. Group of Companies, the special guest delivered his congratulatory message. Subsequently, 14 individuals—including doctors, professors, staff, and other employees—who completed 25 years of service at Sri Ramakrishna Hospital and educational institutions were honored with awards. Finally, Dr.A.Soundararajan, Principal of Sri Ramakrishna Engineering College, delivered the vote of thanks.