

THE ASIAN AGE (10-02-07)

Hospital beams into record books

By DENNIS SELVAN

Mumbai, Feb. 9: The Bombay Endoscopy Academy and Centre for Minimally Invasive Surgery or Beams hospital has done it again.

The ISO 9000 certified hospital's managing director Dr Rakesh Sinha along with Dr Neeta Warty got a mention in the Guinness Book of World Records for laparoscopically removing the world's heaviest fibroid weighing 3.4 kg from the uterus of a woman. It was removed through the high-precision, key-hole surgery with incisions no more than half an inch.

Now, the American Jour-

nal of *Minimally Invasive Gynecology* in its January-February issue of 2007 has carried a cover piece on a "a rare surgery," to remove a parasitic myoma (fibroid) under the diaphragm of a woman. Fibroids or benign tumours normally grow inside the soft walls of the uterus. Besides the discomfort and pain associated with fibroids, the greatest trauma of having a fibroid is that it can hamper pregnancy and child birth.

Fibroids do not respond to medical drugs, and as of now there is no preventive cure available.

The surgery details of which are carried in the



Dr Rakesh Sinha

American journal, which in the words of Dr Rakesh Sinha is equivalent to *TIME* magazine in the mainstream section, is considered rare because the patient had five

myomas ranging from five to nine in diameter found under the right dome of the diaphragm.

In layman's terms, it is between the chest and the abdomen. "As such, even a minute error during the operation would have damaged the lung of the woman. Moreover, the laudable surgery is more related to the skills of the surgeon than for the procedures involved," said Dr Rakesh Sinha on Friday.

Dr Rakesh Sinha, who has so far laparoscopically removed 11,000 fibroids over a period of five-and-a-half years in the first "fibroid clinic," in the coun-

try said, "It is a matter of great pride that we could perform this surgery here and it is a clear signal to the world that medical expertise is of the highest standards in India. This is a good recognition to the medical fraternity and Indian surgeons."

The patients' names and details however are being kept confidential in respect of patient privacy, he added.

In India an estimated 25 million women are suffering from fibroids, and it affects the women between the ages of 18 and 50. And, since fibroids are dependent on hormones for growth, it is not found in women after menopause, the doctor said.

THE INDIAN EXPRESS (10-02-07)

Indian doctor featured in American medical journal

EXPRESS NEWS SERVICE

FEBRUARY 9



Dr Rakesh Sinha

LITTLE did Dr Rakesh Sinha know when he operated Meena Sharma (name changed to protect identity), with fibroids in her diaphragm in 2003, that the surgery was the first of its kind in the world.

Meena (40) was found to have fibroids in her diaphragm, which are usually found in the uterus. It was only after the American journal, *The Journal of Minimally Invasive Gynaecology*, featured him on its cover page of its February edition, that Dr Sinha and his team realised the complication involved in the surgery.

“We first removed a fibroid from Meena’s uterus, later we found a fibroid under the right dome of the diaphragm, five cm in diameter, and removed through a minute hole of 5-10 mm,” said Dr Sinha an endoscopic surgeon at Bombay Endoscopy Academy and Centre for Minimally Invasive Surgery.

Dr Sinha is the first Indian doctor to be featured on the cover page of the journal and his two unique findings have also being published in the same edition.

“Once hysterectomy (removal of uterus) is performed, it’s very rare to find fibroids. However, we have witnessed only two cases of fibroids being found post-surgery,” said Dr Sinha.

In December 2000, Dr Sinha removed the heaviest fibroid (3.4-kg), which earned him a place in the *Guinness Book of World Records*.

Khar doctors in Guinness



25 million women at risk

According to a study conducted by BEAMS, there are around 25 million women between 18 and 50 who are at risk of developing fibroids. Besides the discomfort and pain associated with the condition, its greatest trauma is that it can hamper pregnancy and child-birth. Also, it does not respond to medical drugs, and requires surgical intervention.

Removed 3.4 kg fibroid with minimal incision via laparoscopy

Westcoast Correspondent

The staff at Khar-based Bombay Endoscopy Academy and Centre for Minimally Invasive Surgery (BEAMS) is brimming with joy. The reason? Their super-speciality clinic for women has made its way into the Guinness Book of World Records, for laparoscopically removing the world's heaviest fibroid (weighing 3.4 kg), with a minimal incision of half an inch.

The award has been conferred to the team of doctors which performed the surgery — Dr Rakesh Sinha, Dr Neeta Warty and Dr Manju Sinha. Says Dr Sinha, who is also listed in the Limca Book of Records, "It's a matter of great pride that we could perform this surgery here, and it is clear to the world that medical expertise is of the highest standard in India. This is a good recognition to the medical fraternity, and to Indian surgeons. We have several patients from various countries coming to us to get their fibroids removed."

THE TIMES OF INDIA (10-02-07)

US journal studies city tumour removal

TIMES NEWS NETWORK

Mumbai: When 40-year-old



R Sinha

Kirti Parab (name changed) walked into a Khar nursing home with multiple fibroids, she would not have imagined that her case study would

make it to the cover of a prestigious international journal.

But three years later, Parab's case features on the cover of the latest US Journal of Minimally Invasive Gynaecology. One of her fibroids (tumour of the muscle) was unusually lodged in her abdominal cavity and, for the first time in the world, was removed through laparoscopic surgery.

Incidentally, Khar-based gynaecological endoscopic surgeon Rakesh Sinha, who removed her fibroid, had earlier entered the Guinness Book for removing the heaviest fibroid, weighing 3.5 kg. Unlike most fibroids, which occur in the uterine cavity, Parab's mass was trapped behind the di-

aphragm (a muscle membrane separating the abdominal and chest cavities).

The January-February issue explains how Parab returned home a day after undergoing a two-hour surgery. Doctors removed the fibroid by inserting a laparoscope through small incisions.

It is estimated that fibroids occur in 25% of women, usually in the 15 to 50 age group, and may cause heavy bleeding during periods, though not all fibroids need surgery.

Fibroids can alternately be removed through open surgery. "A fibroid being lodged behind the diaphragm would be an unusual manifestation. That's where the minimally invasive surgery helps," said head of general surgery at Hinduja Hospital Vinod Chandiramani.

But gynaecologist Duru Shah issued a caveat. "Laparoscopic procedures, if not performed by a trained specialist, may be injurious for women who still want to get pregnant. There are fears of the punctures giving way during labour," she said.

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WESTSIDE PLUS-BANDRA-KHAR (14-09-06)



“Fibroids are basically tumours that grow on the walls of the uterus and can cause a lot of bleeding and pain, and also infertility in some cases.”

Seeing better life through a ‘keyhole’

Rajiv Sharma
Khar

The use of ‘keyhole technique’ at the Bombay Endoscopy Academy and Centre for Minimally Invasive Surgery (BEAMS), Khar for carrying out procedures on women for removal of fibroids and for hysterectomy, has resulted in major benefits for the patients. Giving details, Dr Rakesh Sinha, consultant gynecologist, said, “Fibroids are basically tumours that grow on the walls of the uterus and can cause a lot of bleeding and pain, and also infertility in some cases. Around 25 per cent of the women between the age group of 18-50 years are likely to get fibroids, and this makes it important to have early detection and treatment of this condition.”

“As a result, these fibroids have to be removed and in the conventional technique, the entire abdomen of the patient had to be opened up. This resulted in a longer hospital stay for the patient, and it took several weeks for the recovery process,” Dr Sinha further adds. In the modern technique of endoscopic surgery, a small incision is made on the abdomen of about half centimeter, and an endoscope is inserted through it. “This helps to get a clear picture of the entire region around the uterus, and it becomes possible to diagnose the condi-

tion of the patient,” Dr Sinha said.

Two similar incisions are made after this, and these are used for passing through various instruments that are used for doing the procedure.

Since the incisions are very small, there is less pain and bleeding for the patient and this reduces the hospital stay to only one day, the consultant said.

“This is specially important for the working women, who can resume their normal duties in four to five days,” he added. The surgeon recalled that he had used the same technique for removal of a fibroid of 3.4 kilograms, and this was registered in the Guinness Book of World Records.

This method is also used for removal of the uterus, which can be either due to heavy bleeding, and in a few cases it can also cause cancer.

The surgeon said that the BEAMS Hospital, which is located at Khar (W), has been developed as a super specialty centre for women and also has facilities for infertility treatment, maternity centre and breast clinic.

“This is a 32-bedded hospital and has two operation theatres, which is linked to the auditorium,” Dr Sinha revealed. This facility is used for the training of gynecologists from all over the country in these techniques, so that patients can benefit from this.

Q&A DR RAKESH SINHA, Guinness record holder

'One in four Indian women has fibroids'

HT Correspondent
Mumbai, February 9

AFTER BEING included in the *Guinness Book of Records* in August 2006 for laparoscopic removal of a 3.4-kg fibroid from 40-year-old woman's uterus, Dr Rakesh Sinha of the BEAMS Hospital in Khar is in the news again.

He was recently on the cover of *American Journal of Gynaecological Laparoscopy* for removing a fibroid from under the diaphragm — a rare operation. Sinha tells *HT* one in a thousand fibroids can become cancerous.

Why was the surgery considered rare?

Fibroids usually grow in the uterus. But in this case, it grew under the diaphragm — between the chest and abdomen. More than the unusual location of the fibroid, the challenge here was to successfully remove it using the laparoscopic technique.

Is there a rise in the number of women developing fibroids in India?

Slightly, yes, the number is on the higher side. Currently, 25 per cent of Indian women are suspect-

ed to have fibroids. At the same time, more women are becoming aware about the problem and are getting treated.

What causes the growth of fibroids? Can it be avoided?

The specific reason behind the growth of fibroids is still unknown — they can be hormonal or genetic.

Hence, it is difficult to suggest ways to avoid its growth. But as far as diet is concerned, high fibre food can increase the chances of developing fibroids.

Why is laparoscopic surgery better than the conventional way for treating fibroids?

In conventional surgery, the abdomen has to be cut open. Some surgeons even choose to remove the uterus. As the laparoscopic method is minimally invasive, the healing time is much shorter and the patient can return to normal routine within a week.

How much does it cost?

It depends on the kind of fibroid and the hospital concerned. The more the complexity of the fibroid, higher the cost. At BEAMS, it starts from Rs 40,000.



DR RAKESH SINHA

THE INDIAN EXPRESS (11-08-06)

Khar hospital makes it to Guinness book

Woman operated upon in December 2000, had 3.4 kg fibroid

EXPRESS NEWS SERVICE

AUGUST 10

AKHAR hospital has made it to the Guinness World Records for surgically removing the heaviest fibroid.

Six years ago, a team of four surgeons from the Bombay Endoscopy Academy and Centre For Minimally Invasive Surgery (BEAMS) Hospital had laproscopically removed the 3.4-kg fibroid from the uterus of a 38-year-old woman.

"The actual weight of the uterus is 70 grams and the weight

of the fibroid was 3.4 kg," said Dr Rakesh Sinha, managing director of the hospital.

Fibroids are growths in, on, or within the walls of the uterus and develop from muscle cells in the wall of the uterus. They are hardly ever malignant and surgery—normally costs between Rs 50,000 and Rs 1 lakh—is usually painless.

The surgeons removed the fibroid, which measured 20 cm x 12 cm, through minimally invasive surgery in a four-hour operation in December 2000.

"I have heard about the surgery. There are several sur-

geons who have done such high-weight fibroid surgeries and they will be a norm now," said Dr Roy Patankar, endoscopist and laparoscopic surgeon from Wockhardt Hospital.

BEAMS Hospital is the first hospital in India to start a specialised fibroid clinic and this operation found a mention in the *Limca Book of Records'* 2003 edition.

"It's a matter of great pride that we could perform this surgery here and it's a clear signal to the world that medical expertise is of the highest standards in India," said Dr Sinha.



Dr Manju Sinha, Dr Rakesh Sinha and Dr Neeta Warty performed the four-hour surgery on a 38-year-old woman six years ago

MIDDAY (11-08-06)

Bloody hell!

Chandigarh woman gets a colourful life after being restricted to black clothes for six years due to heavy menstrual bleeding; got her uterus removed on Monday

Vrushali Lad

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AMARJEET Sidhu (50), a businesswoman from Chandigarh, is ready for a wardrobe makeover. After wearing only black for the last six years due to unnatural menstrual bleeding, Amarjeet is waiting to sport all the clothes she'd stashed in suitcases. Weighing 118 kg, Amarjeet underwent a surgery on Monday for the removal of a dilated uterus at a clinic in Khar. The surgery, which cost a lakh, will put an end to menstrual bleeding — 20 days every month.

A former resident of Navi Mumbai, Amarjeet's woes began more than six years ago after her visit to a doctor in Chandigarh for menstrual problems.

"The doctor put me on hormone tablets. Those pills eased my menstrual pains, but I had no clue of the side-effects. My uterus ballooned to five times its original size," Amarjeet recalls with horror.

"As my uterus grew, I started bleeding very heavily. When I started using three sanitary napkins every two hours, I knew something was terribly wrong. I wore black

to hide the stains," she continues.

More problems

Two years ago, Amarjeet went for a scan that revealed a dilated uterus with a fibroid (a benign tumour). Doctors in Chandigarh advised against a laparoscopic removal of her uterus.

"I saw many doctors there and they all recommended open surgery. But I didn't want a big incision on my abdomen... I was scared that the excess fat would complicate matters. So I started looking around for a laparoscopic surgeon," she says.

She soon read about Dr Rakesh Sinha from Khar and his laparoscopic surgeries. "I visited him last year, but decided only 10 months later that I would undergo surgery," Amarjeet says. She is now waiting to return to her home in Chandigarh, shed weight, and wear the colour she never wore — white.

ON CLOUD NINE: Amarjeet Sidhu is now waiting to return to her home in Chandigarh, shed weight and enjoy life



MUMBAI MIRROR (11-08-06)

City doctors make it to the Guinness Book

Dr Sinha, Dr Warty removed a 3.4 kg fibroid in an operation that lasted for 4 hrs, 47 mins

SANTOSH ANDHALE

Dr Rakesh Sinha and Dr Neeta Warty have made it to the Guinness Book of World Records for removing the heaviest fibroid through laproscopy.

Dr Sinha and Dr Warty are from Bandra-based Beams Hospital and have been recognised for successfully removing a 3.4 kilogramme fibroid measuring 20 by 12 cms through laproscopy.

Sunita Patel (name changed), 35, used to experience severe pain in her stomach and noticed sudden swelling. She approached the Beams Hospital on December 25, 2000, and explained her situation to Dr Sinha and Dr Warty. The tests ascertained that she had fibroid which needed to be immediately op-



Dr Rakesh Sinha (left) and Dr Neeta Warty of Beams Hospital

erated upon and removed.

Dr Sinha and Dr Warty started the operation only to realise that it was no ordinary fibroid and successfully removed it in an operation that lasted for 4 hours and 47 minutes. This was the first time that the doctors had seen such a large fi-

broid. They checked and found out that no doctor had ever removed such a large fibroid before. They wrote an article about the surgery and it was published in the American Journal of Gynaecological Laproscopy in November 2003. Their achievement was

recognised by the Limca Book of Records in 2003. The doctors decided to send this case to the Guinness Book of World Records. The Guinness records committee took time to check all facts and has now recognised their endeavour. Dr Sinha received a mail from the Guinness committee on August 2, 2006 finally acknowledging their achievement.

Dr Sinha, gynaecological endoscopic surgeon says, "Normally the fibroids weigh 70 gm but this was an exception and hence I decided to send it to the Guinness Book of World Records. Most of the women have the misunderstanding over a fibroid and are scared of surgery. There is the no pill to avoid the fibroid. Some injections are available but these donot offer a permanent solution."