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Dear Sir/s or Madam/s,

Greetings from Vikram Hospital and Heart Care!

Conceived to reach out to those in need, and provide the world's best in medical care, Vikram Hospital and Heart Care today stands tall with an over five-decade heritage and the latest infrastructure which is as recent as 2002. As a consequence it has grown to become one of the leading Hospitals in South India, equipped with technology that's on par with the world's best, touching the lives of millions all over the country and abroad. With many awards and accolades for achievements in the field of medical sciences, the journey has been more than just fruitful. Because there are smiles everywhere. And the knowledge that the smiles are contagious, this unending journey, has made our striving towards a better and joyous world all the more focused.

Compiled herewith is an overview of Mysore, which has become the choicest place for tourism in India with its year round pleasant weather conditions, extremely low pollution levels and breathtaking flora and fauna. This compilation also gives the 'vital statistics' of Vikram Hospital and Heart Care which will readily guide you through the range of services that you may expect of us, brought to you with the commitment above which has resulted in patient care outcomes and results which are on par or surpass the best western international hospitals.

We now take pleasure in extending our healthcare services to you.

Rest assured, at Vikram Hospital and Heart Care, we will consistently strive to bring the world of quality medical care closer to you, affordable and readily available, and quietly yet surely go about our vision of revolutionizing healthcare.

Dr SB Vikram
Managing Director
Vikram Hospital & Heart Care, Mysore



Table of Contents

Executive Summary	1
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I) Overview of Mysore city 2-6

A. Weather	2
b. Places to stay	3
c. Travel to Mysore	3
d. Places of interest	4
E. Ayurveda & Yoga	6

II) Vikram Hospital and Heart Care 7-19

A. Genesis	7
b. Management Team	7
c. Infrastructure	8
d. Medical Infrastructure & Equipment	8-13
i. Department of Cardiology	8
ii. Department of Cardiovascular Surgery	9
iii. Department of Anaesthesiology & Critical Care	10
iv. Department of Gastroenterology & Hepatology	10
v. Department of Radiology	11
vi. Department of Minimal Invasive Surgery & Urology	12
vii. Department of Pathology	13
viii. Department of Pulmonary / Critical Care Medicine	13
ix. Department of Neurosurgery	13
X Department of Hematology	14
Xi Department of Orthopaedics	14
e. Outcomes and Results	14
f. Our Doctors	15
g. Our range of Health Checks	17-18
i. Comprehensive Health & Cardiac Evaluation	17
ii. Travel itinerary for Comprehensive Health & Cardiac Evaluation along with tourism	18
h. Costs	19

III) Why Mysore? 21

IV) Why Vikram Hospital & Heart Care? 21



Executive Summary

Just two hours away from the famed Silicon Valley, Bangalore, which is the capital of the South Indian state of Karnataka, lies the idyllic city of Mysore. Home to silk, sandalwood and the Royal family of Karnataka, Mysore remains as one of the least polluted cities in India. With a world famous Ayurvedic and Yoga centre, Mysore is often the favourite choice of the passionate traveler. Mysore being closer to the beautiful jungles than any other place in India, it doesn't come as a surprise to see tourists making a beeline here. Today, Mysore blends tradition with modernity with various international 3- and 5-star accommodations in and around the city. Not to mention, international amenities available for any of your needs.

Located in such an ideal situation is the Vikram Hospital and Heart Care - a Centre of Excellence in international healthcare. World-class infrastructure with clean climate controlled patient rooms, abiding to Infection control as per IDSA (Infectious diseases Society of America) standards, the hospital is at the cutting edge when it comes to international health care standards.

Promoted by doctors for the wellness of society, this hospital has numerous internationally trained consultants working in a world-class infrastructure. It boasts of having the finest Operation Theatres that have stainless steel walls, fibreglass floor & laminar airflow through 0.5 micron hepa filters, making the infection rate almost zero. Equipped with the finest technology equipments, like the Harmonic Scalpel which cuts & coagulates resulting in bloodless surgery, patient outcomes and results are on par with or surpassing international Western standards.

At Vikram Hospital and Heart Care, Comprehensive health checks and Cardiac evaluation by the world's finest CT scanner, the Somatom Sensation Cardiac from Siemens and other such equipment enable accurate, non-invasive diagnoses that are truly world-class. Our team of internationally acclaimed consultants evaluates and recommends the best western Allopathic care. This combined with various rehabilitation packages of native Indian Ayurveda, Yoga therapy and meditation leads one to "wellness" from illness as a holistic approach to health care.

Thus, you can combine a holiday, health check, Ayurvedic massage and to top it all, a visit to a wild life sanctuary. Customized packages including air tickets, concierge services right from the time you land at Bangalore International airport are available on request.

So, if you are a healthcare seeker or simply a tourist who wants a health package, Vikram Hospital and Heart Care offers the best. Mysore or Vikram Hospital and Heart Care, it's your choice. Go ahead, make it.

Mysore - The City of Palaces

Just two hours away from the famed Silicon Valley, Bangalore, lies the idyllic city of Mysore. Also known as the City of Palaces, Mysore retains a quaint charm that never fails to enchant. Mysore was the political capital of the Wodeyar dynasty and Tipu Sultan, who ruled the state of Karnataka for some 150 years till the independence of the country from the British. These kings were great patrons of art and culture and Mysore was the cultural capital of the south.

Weather:

Mysore enjoys a wonderful climate all year round because of its altitude. The highest temperatures are from May to June (23-30°C, much cooler than a Greek island!). The climate is like a wonderful, hot, English summer from September to March. There may be heavy showers in October. The rainy season is June to August. Even in the rainy season, it rarely rains all day.

The following table gives the average maximum temperature (degrees Celcius), average minimum temperature (degrees Celcius) and average rainfall days per month in Mysore.

Month	Temperature		Rain
	Maximum	Minimum	
January	27	19	2
February	29	19	4
March	31	21	3
April	32	23	10
May	32	23	14
June	28	20	9
July	27	20	11
August	27	20	11
September	28	20	13
October	27	20	16
November	26	19	11
December	25	18	8

To add to this fine weather conditions, Mysore remains as the one of the least polluted cities in India.



Places to stay:

Mysore being closer to the beautiful jungles, royal tigers, elephants and other wildlife than any other place in India, it doesn't come as a surprise to see tourists making a beeline here. Today, Mysore blends tradition with modernity with various international 3- and 5-star accommodations in and around the city. Not to mention, international amenities available for any of your needs. With a world famous Ayurvedic and Yoga centre and various spas and resorts, Mysore is often the favourite choice of the passionate traveler. The room rents range from USD 45 to USD 150.

A list of some prominent properties is mentioned below:

Hotel	Category	Property Type
Indus Valley Ayurvedic Centre	5 Star	Ayurveda Spa Resort
Lalitha Mahal Palace Hotel	5 Star	Heritage Hotel
Sandesh The Prince	5 Star	Business & Leisure
Quality Inn Southern Star	4 Star	Business & Leisure
Best Western Ramanashree	3 Star	Business & Leisure
Orange County Resort, Coorg	5 Star	Resort
Kabini River Lodge		Jungle Resort
Kings Kourt	3 Star	Business & Leisure
Maurya Palace	3 Star	Business & Leisure
The Viceroy	3 Star	Business & Leisure
The Olive Garden Health Spa	5 Star	Health Spa Resort

Travel to Mysore:

Air - The nearest International Airport is Bangalore (140 Kms).

By Train - Mysore is connected with many trains from Bangalore. The fastest luxury train, Shatabdi Express, takes 2 hrs to reach Mysore.

By Road - The state highway that connects the two cities could provide a pleasant ride through rustic country side and would take approximately 2 hours by car.

Concierge Services

- Travel and stay arrangement as per request and specified budgets. We will also plan your entire itinerary (including tourism, if desired for you and your accompanying family or friends)
- Reception at International airport, Bangalore by an executive of Vikram Hospital & Heart Care, who will accompany you and your family till your departure from Bangalore
- Pick up from the airport in Bangalore and transfer to hotel
- From the hotel to the Hospital/Hotel in Mysore (You could choose to drive down directly from the international airport, Bangalore to your hotel in Mysore)
- Escort through the organized itinerary, from reception to departure by an executive of Vikram Hospital & Heart Care

Scheduling of appointments can be done with our representative, Ms. Rajni, through mail@vhpl.com or calling on +91 821 241 2121. We require your previous health records, if any, in advance to plan your treatment regimen.

Patient Rights & Privileges:

At Vikram Hospital & Heart Care, the rights and privileges of patients are maintained as per Western standards including informed consent, total confidentiality and sophisticated medical records storage and retrieval system. After the surgery and your departure from India, our consultants can be contacted through phone or e-mail.

Places of Interest:



Mysore Palace

Mysore Palace or the Maharajah's Palace, the most attractive monument in Mysore and one of the largest palaces in India, was the residence of the Wodeyar Mahararaja's of the Mysore state. Designed in Indo-Saracenic style by the well-known British architect, Henry Irwin, the palace is a treasure house of exquisite carvings and works of art from all over the world.

Lalitha Mahal Palace

Built in 1921 by Maharaja Krishna Raja Wodeyar Bahaddur IV, this palace initially housed royal guests. Designed by E W Fritchley, an English architect, the palace is today a five-star hotel.



Brindavan Garden

Laid on the banks of Krishnarajasagar Dam and spread over vast area, the terraced lawns and fountains make these gardens one of the best in South India. The dancing fountains here called as musical fountains are a major attraction among the tourists.



GRS Fantasy Park

Spread over a sprawling 30 acres is this amusement park with an enduring ambience. With the latest leisure technology and games on display, you can choose from a wide variety of things to do.

Chamundi Hill temple

One of the main attractions in Mysore - Chamundi Hills, situated 3km southeast of the city, is topped with a temple to the chosen deity of the Mysore Rajas; the goddess Chamundi, or Durga, who slew the demon buffalo Mahishasura. The idol of goddess Chamundi inside sanctorum sanctuary is solid gold. The magnificent five-metre Nandi, carved from a single piece of black-granite in 1659, is an object of worship himself, adorned with bells and garlands and tended by his own priest.



Bandipur Game Sanctuary

Situated at a distance of about 80 km from south of Mysore, at an altitude of about 1025 metres above sea level, it has a rich variety of wild life, such as elephant, Indian Gaur, sambhar, spotted deer, panthers, tigers, bears, peacocks, leopards, etc. Elephant back and safaris in trucks for use of visitors to go round the sanctuary has been stationed here by the government.

Belur and Halebid

155 km from Mysore, Belur is famous for the Hoysala temples of the 12th Century. Sri Channakeshava temple, built in 117 AD with fine bracket figures carved in stone, attracts a large number of visitors.



Gomatagiri

Gomatagiri, popularly known as Shravanagutta, is a small hillock at a distance of about 18 km from Mysore. There stands a beautiful statue of Gomateswara, 5 metres high, carved out of a single granite rock.

Kakanakote

At a distance of 73 km from Mysore, in the thick of the luxuriant forest, is this famous spot, where a large number of wild elephants can be found. There is a forest lodge, besides a traveler's bungalow. The Jungle Lodges and Resorts Ltd., provide luxurious accommodation in tented camps with food. They also provide facilities for wild life viewing by coracle, watch tower, open jeep and on elephants, escorted by experienced naturalists.



Sravanabelagola

Sravanabelagola, situated 98 km from Mysore is a famous Jain pilgrim centre. The colossal monolithic statue of Gomateswara, standing erect 57 feet high, attracts tourists from far and near.

Ranganathittu Bird Sanctuary

Just 18 Kms away from Mysore, a delightful place for bird watchers is the Ranganathittu bird sanctuary. Birds from round the world can be seen together during the months of July, August and September.





Ayurveda and Yoga:

Yoga and Ayurveda are sister sciences for healing, integration and transformation on all levels of our being. And Vikram Hospital provides you with the best of both sciences to help you grow physically, mentally and spiritually.

What is Yoga?

Yoga is a complete science of life that originated in India many thousands of years ago. It is the oldest system of personal development in the world encompassing the entire body, mind and spirit.

The system of Yoga

The system of Yoga is neither complex nor mysterious. The interconnection between Yoga, Exercise, Breathing and Meditation is the key to the system. Yoga employs Asanas, Pranayama (breathing exercises) and meditation and/or visualization.



Yoga in your life

You would want to practice Yoga to keep your body fit and supple or to seek relief for a specific ailment like stress or backache. Whatever your reason, at Vikram Hospital we make sure that through Yoga you get both what you came for, and more.

What is Ayurveda?

Ayurveda (pronounced eye-yur-vay-duh) is the art of healthy living that enables you to create harmony in daily life by applying self- knowledge and self-care.



Therapies in Ayurveda

The different therapies in Ayurveda include Abhyanga, Shirodhara, Navarakhizi(SSPS), Patra Pinda Sweda, Sarvangadhara, Kashayasekha, Udvartana, Padabhyanga, Shiroabhyanga, Padaghata, Netra Tarpana, Shiro Basti, Talapodhichil, Talam, Shiropichu, Kati Basti, Greeva Basti, Janu Basti, Chakra Basti, Hrid Basti, Mukhabyanga Nasya, Soundaryavardhini, Keshini, Padashubhakari and Karashubhakari.

These therapies help you to rejuvenate your body, reduce stress, remove toxins, and improve tissue strength and blood circulation amongst others to bring you in the perfect state of wellbeing.

Ayurveda in your life

Vikram Hospital and Heart Care will devise a proper Ayurveda course, the principles of which you could apply to live a fully balanced life.

Vikram Hospital and Heart Care - Centre of Excellence in International Healthcare

Genesis:

Almost half a century ago, a man had a vision to serve the community in and around Mysore... None other than Dr. S. Narayana Setty, he was qualified as a Chest Physician and had just returned from the UK to make a humble beginning as the head of a Chest & Tuberculosis Hospital in Mysore. His unconditional love for the people and professional excellence made him a visionary of his times. His vision for thoracic surgery is now being carried out in the form of most advanced cardio thoracic surgeries at Vikram Hospital & Heart Care.



Working with a missionary zeal in the realm of healthcare, he even motivated his sons Dr. S. Bhaskar and Dr. S.N. Rajeshwar to take up Medicine and worked for more than four decades along with them to build up a good out patient service with most diagnostic facilities. His grand son Dr. S.B. Vikram joined them later on to infuse fresh enthusiasm with modern ideas. He spearheaded the planning and execution of Vikram Hospital & Heart Care, thus fulfilling a long-cherished desire of the family to setup a truly world-class hospital in Mysore.

Management Team

Vikram Hospital & Heart Care is managed by the following professionals:



Dr. S. Bhaskar, MD
Chairman and Physician



Dr. S.B. Vikram, MD
Managing Director and Physician



Dr. S.N. Rajeshwar, DMRD
Director and Radiologist

NRI Promoters:

- Mr. K.C. Mohan Rao MS, France
- Mr. Sudhir Setty MS, USA
- Mr. Kowdle Prasad MS, USA
- Mr. Ganesh Prasad MS, USA
- Mr. Vishwa Hassan MS, USA

Infrastructure:

The hospital is built over 8 floors with 80,000 sq ft of built area, having 100 patient beds. It is centrally air conditioned with fresh air resulting in clean climate controlled odourless interiors, giving an ambience resembling more of a five star hotel and less of a hospital.



The patient rooms are spacious which permits for an additional relative to sleep in similar comfort. The rooms have attached bathroom and are equipped with all modern western amenities which include central fresh air conditioning, internet access, telephone with direct dialing, central oxygen, suction and with central monitoring. To add to these amenities, the rooms can be at any time converted into intensive critical care room.

The support services include in-house laundry and kitchen with international vegetarian cuisine of patient's choice and as advised by the dietary team. The entire hospital has a back up generator (150%), resulting in an uninterrupted power supply. The patients are also benefited with a centralized water treatment plant, to ensure clean potable water at all times. The interiors are clad with fine granite and marble which are maintained spotless clean all the time.

Medical Infrastructure and Equipment

Department of Cardiology

The Department of Cardiology at Vikram Hospital is not only one of the most advanced in terms of facilities but also our cardiologists diagnose and actively intervene to change the course of a disease. The department has to its credit evolved into providing high-end diagnostic & therapeutic treatments in Interventional Cardiology. We also have the Mobile ICU, which has many life saving devices like the temporary Pace-maker, defibrillator, oxygen and a ventilator - all manned by trained medical and paramedical personnel.

Our non-invasive facilities

- Computerized ECG
- Sensation Cardiac
- Colour Doppler Echocardiography
- Stress Test (Treadmill Test)
- 24 hr Holter Monitor
- Stress Echocardiography
- Cardiac Enzymes Studies

Interventional Cardiology

Cardiac Catheterization Laboratory

Our Department of Cardiology is equipped with the Axiom artis cardiac catheterization laboratory, which ranks among the world's finest. Apart from diagnostic coronary angiograms, therapeutic procedures like Angioplasties, Drug Eluting Stents, Valvuloplasties, Pace maker implantation, dilation of coarctation of aorta, coil closure of PDA and arteriovenous anomalies are undertaken.



Intensive Care Unit

For Cardiac ICU, we have a 25 bed Critical Care Unit, each of which is equipped with the finest multiparameter monitors, infusion pumps, central oxygen and suction, access to ventilator support. Many life saving devices like temporary pace-maker (both single and dual chamber), intra aortic balloon pumps (IABP), defibrillators are available for use.



Department of Cardiovascular Surgery

The Department of Cardiovascular Surgery has performed innumerable Open-Heart surgeries and is a symbol of our relentless pursuit towards lowering the burden of cardiac related ailments of the society.

Operation Theatres: In concurrence to world-class standards, the operation theatres have been equipped with:

- Stainless steel walls and fiber glass flooring
- Laminar air flow through 0.5 micron hepa filters providing 32 air changes every hour
- Custom built Computerized Heart Lung machines from Stockert, Germany Advanced Astiva Anesthesia machines aid in cardiac anesthesia
- Suspended surgical pendants to accommodate high-end Diathermy machines, defibrillators, etc.
- Complete Endoscopic equipment including Sony 1000 lines monitor and 3 chip camera from Richard Wolf
- Clearglide Accel Endoscopic vessel harvesting system including precision bipolar Harmonic Scalpel from Ethicon (J&J)
- KAAT 2+ Intra Aortic Balloon Pump machine from Arrow International Inc. USA



The spectrum of all adult open-heart surgeries (CABG) is performed at a survival rate of more than 99%.

Harmonic Scalpel : A cutting and coagulating device used by surgeons worldwide resulting in bloodless surgery and quicker recovery. This is an ultrasonically activated instrument, which vibrates at 50,000 revolutions per second. It is remarkable in its ability to coagulate small and medium-sized vessels without any collateral damage, thus, minimizing post-operative swelling and damage to surrounding tissues. The reduction in bleeding and swelling leads to pain reduction.



Cardiovascular Surgeries Performed

- Open Heart Surgery
- Coronary Bypass Surgery
- On-pump with Retrograde Cardioplegia
- Valve Replacement and Repair
- ASD & VSD Closure and Congenital intra-cardiac Repair
- Closed Heart Surgery
- Beating Heart Surgery
- Aortic & Peripheral Vascular Surgeries
- Carotid Artery Surgery

Suggested itinerary for an Open Heart Surgery

- Pick up at Bangalore International Airport by our escort and drive down to Mysore (2-hour drive from Bangalore)
- Check in to a room of your choice at Vikram Hospital and Heart Care (Planned prior to leaving your country)
- 8 days of hospital convalescence
- Check out after 8 days and check into an Ayurvedic resort, 8 Kms away
- 10 days of post-operative convalescence and heart disease reversal programme
- Review health check by our consultant after 10 days of resort stay
- Drop to Bangalore International Airport with an escort
- Review of patient through telephone or tele-medical link up at your local GP

Department of Anaesthesiology & Critical Care

The department of Anaesthesiology and Critical Care is an essential part of any super speciality hospital. Emergency care in the form of resuscitation is provided for sick patients and includes respiratory and ventilator therapies. Anaesthesia is provided for pain control for various surgeries, including cardiac and Open-Heart surgeries.

Facilities

- Cardiac Anaesthesia for all open-heart surgeries
- Anaesthesia for minimal invasive surgeries
- 24hrs coverage provided for medical and surgical intensive care units
- Sedation anaesthesia is provided for CT Scan, MRI, Catheterisation & other diagnostic processes
- Catheterisation of central veins is also done when required

Department of Gastroenterology & Hepatology

Gastroenterology, in last three decades has seen tremendous technological innovations. And due to this, the management of GI related illnesses have witnessed a sea change with more and more minimally invasive techniques being utilised for lesser pain and faster recovery. Hepatology on the other hand has witnessed a change in our understanding of pathophysiology and treatment of viral and autoimmune diseases. We at Vikram hospital believe in the principle of keeping ourselves updated and utilising these innovations and newer techniques judiciously to achieve maximum benefits at affordable cost. In fact, in the whole of Karnataka, a facility for foreign body removal from small intestine without surgical intervention is now possible only at Vikram Hospital, Mysore.

Diseases of the Stomach, Intestine, Liver and Pancreas rank amongst the common causes of illnesses. Managing such illnesses with dexterity so as to lead to the best possible outcomes requires the best medical professionals, good intensive care management along with the best technological assistance.

Our top-of-the-line Endoscopes from Fujinon Inc., Japan, allow the best possible resolution in the world. They not only allow us to perform Endoscopy of the food pipe, stomach, and intestine (small and large), digestive fluid secreting organ (pancreas), gall bladder and bile ducts but also allow for Esophagogastroduodenoscopy, Colonoscopy and ERCP. This gives us the edge when we treat jaundice by removing stones without operation, and treat cancers without surgery and create openings in stomach for feeding or removing foreign bodies from intestine.

Double Balloon Total Enteroscopy System (DBS)

Introduced for only the second time in India, this gives us the opportunity to conquer the 'Dark Continent' i.e., the small bowel. The only non-invasive method to see and operate anywhere in the gastrointestinal tract right from the stomach through the intestines and the colons. This instrument offers significant advantages over 'Wireless Capsule Endoscopy (WCE)' by giving us the option of obtaining tissue samples and performing therapy in one sitting, which is not possible with WCE, significantly reducing costs when compared to WCE. In view of the limitations of the other methods, Double Balloon Enteroscopy can be looked at to overcome most limitations and provide us a simple, safe and effective method for evaluation of small bowel.



Endoscopic Ultrasound

Although conventional Endoscopy provides excellent visualisation of the gastrointestinal mucosa, it provides little information about intramural or nearby extramural lesions. The provision of an ultrasound probe on a flexible gastrointestinal Endoscope, to form an echoendoscope, provides excellent imaging of the gastrointestinal wall and of extramural structures.



Department of Radiology

Mysore's only facility of this kind, we offer most of the diagnostic modalities under one roof. The department is equipped with world-class equipment from Siemens, many of them first time in India. To provide world-class facilities, Vikram Hospital has procured the "Sensation Cardiac", which is the world's best high-speed CT Scanner. It is installed only in a few places worldwide and is the first in Southern India.

Procedures & Facilities:

- Open type MRI
- CT Scan
- Ultrasonography
- Siemens G 50 Ultrasound
- Colour Doppler
- Interventional Radiology
- Conventional Radiology

Sensation Cardiac

The ultra-modern CT scanner "Sensation Cardiac" is one of its kind. With the ability to capture over 64 slices (images)/second in three dimension and real motion it emerges supreme amongst all other CT Scanners. The three dimensional facet in fact helps observe even the diminutive details with great accuracy. 20 seconds of actual scan time are all it takes to not only detect any block in the coronary arteries but also visualize the type of collection that is causing the block in your heart. The Sensation Cardiac with its ultra-modern and super-fast techniques can also help in detecting even the smallest of the cancerous cells which can be treated far earlier than any other non- invasive investigation. This is of great help for high-risk individuals (smokers for over ten years, family history of cancer, etc.) The 'Sensation Cardiac', is one of the many world-class facilities offered by us to make your life easier and better!



Computerised Radiography

The Radiology department is also equipped with KODAK CR 500, which is integrated to a Laser camera as well as the Hospital LAN. KODAK DIRECTVIEW CR 500 System is a Premium CR quality, performance, and features in a fast tabletop system. Fast and feature-rich, the robust Kodak DirectView CR 500 system brings reliable high performance to imaging applications. This enables the X-Ray examinations be captured in a digital format using a photo-simulable phosphor imaging plate. This creates a film less situation, it is very easy to store, transfer as well as retrieve the images as and when required. These investments substantiate our commitment to providing world-class treatment to the community.



Department of Minimal Invasive Surgery & Urology

The hospital has a well-equipped Urology Department, which has in the first two years successfully treated over 400 patients with zero mortality and a near 100% stone-free state at the end of the treatments, matching the best results anywhere in the world. The department's strength is in the field of Endo-urology and Urological Laparoscopy. However we have also successfully undertaken complex organ reconstruction procedures for advanced Genitourinary TB and Cancer. The Government of Karnataka recognition for the provision of Kidney transplantation has provided a further fillip to the facilities we offer.

Procedures & Facilities

Minimally Invasive procedures

- Percutaneous Kidney stone removal (PCNL)
- Ureteroscopy (URS)
- Trans Urethral Resection of Prostrate (TURP)

Laparoscopic procedures

- Laparoscopic cholecystectomy
- Laparoscopic Nephrectomy
- Laparoscopic Appendicectomy

Urological cancers

- Radical Cystectomy
- Radical Nephrectomy

Gastroenterological cancer

- Radical Gastrectomy
- Pancreato Duodenectomy
- Hemicolectomy
- Abdomino-Perineal Resection

Renal Transplantation

Continuous Renal Replacement Therapy

The latest life saving device in our armamentarium is the CRRT. The continuous Renal Replacement Therapy is of profound use when a patient presents with shock and peripheral circulatory failure with consequent low urine output or pre-renal ARF.



Department of Pathology

The very best equipment and the finest practices provide for credible lab reports, making for a sound basis in patient treatment. Here, high quality control standards are adhered to, with the help of high-end equipment like fully automated Biochemical Analysers, Electrochemiluminescence for hormone analysis and Elisa techniques. Our quality control programme is designed to eliminate errors and is followed rigorously and documented sincerely. We have processed the ISO and NABL (National Accreditation Board for Laboratories) accreditation applications simultaneously.

Facilities

- The Pathology laboratory is equipped with Automated Cell Counter, Random Access Biochemistry Analyser, Blood Gas Analyser and Electrochemiluminescence system from Roche diagnostics
- The Elcsys 1010 is used for hormone assays, tumour marker studies and cardiac markers with its sensitivity and specificity being comparable to RIA
- At the lab we run quality control sera from Roche diagnostics for all parameters, with regular statistical analyses and calibration in case of calibration drift
- All our analysers are interfaced with computers in order to nullify chances of typographical errors. Reports are made available on the net or faxed to the patient or the consulting doctor
- For the first time in Mysore, Immunohistochemistry (a special staining technique to diagnose cancer) is being done at our laboratories



Blood Bank

With the advent of blood component separation into packed Red Blood Cells, Fresh Frozen Plasma, Platelets and Cryoprecipitate, the Physician can select the specific component and transfuse it without overloading the circulation. Mysore's first Component Blood Bank at Vikram Hospital provides these blood components on demand round-the-clock ensuring prompt and adequate patient care.

Department of Pulmonary / Critical Care Medicine

Vikram Hospital is one of the few hospitals in South India to have a specialist Pulmonologist. This department mainly takes care of the following:

- Management of patients with severe respiratory compromise in the setting of an ICU
- Pre-operative pulmonary evaluation and post-operative follow-up of patients undergoing cardiac surgery
- Out-patient treatment of chest diseases mainly COPD (Chronic Optimal Pulmonary Disease), Bronchial Asthma and various forms of lung diseases
- Pulmonary function testing and exercise programmes for patients with lung dysfunction and rehabilitation
- Management of severely ill patients on mechanical ventilators after cardiac surgery
- Evaluation of patients for air-worthiness

Department of Neurosurgery

Vikram Hospital offers the entire gamut of Neurosurgeries which include amongst others:

- Elective Neuro and Spine surgeries
- Surgeries for brain tumors, Aneurysm ligation, clipping, Vascular Anomaly repair, pituitary adenomas
- Functional Neurosurgery - treatment for patients with tremor and Parkinson's disease
- Radiofrequency ablation of trigeminal neuralgia (intractable facial pain)



Department of Hematology

Vikram Hospital offers **Bone Marrow Transplant** at the lowest cost in India. It has the facilities and expertise to treat any type of blood disorders like:

- Anaemia, bleeding disorders like Hemophilia, Bone Marrow diseases, Hodgkins disease, Multiple Myeloma, Autoimmune disorders, Anaplastic anaemia and Myelodysplasia.

Department of Orthopaedics

The various orthopaedic procedures offered at Vikram Hospital include:

Joint Replacement Surgery:

- Total Knee Replacement package
- Total Knee replacement MIS, High flex knee
- Half knee Replacement (Oxford Unicompartmental knee)
- Total Hip replacement
- Birmingham Hip resurfacing
- Copeland Shoulder Resurfacing
- Elbow replacement

Arthroscopic Procedures:

- Menisectomy
- ACL Reconstruction
- Knee washouts
- Shoulder Arthroscopic Subacromial decompression
- Shoulder Arthroscopic Capsular release
- Shoulder Arthroscopic stabilisation

Outcomes and Results

- Emergency readmissions due to any cause after discharge 4.5%
- Patients successfully weaned off ventilators: 89%
- Deaths within 1 year of surgery: 1.68% in Cardiac & 0.23% in Uro
- Minimally Invasive surgeries converted to open: 4.6%
- Post-operative infection rate of less than 1% (As per IDSA Standards)
- Average length of stay in the hospital: 4.1%
- Net death rate of 1.6%
- Patient satisfaction index of 96.7%
- Reached occupancy levels of over 90% in 2 years. Daily Out Patients of over 100

Our Doctors

Dr. Murali B Mohan M.D., FCCP (Chief Medical Intensivist)

- Diplomate, American Board of Internal Medicine (1992)
- Diplomate, American Board of Internal Medicine - Pulmonary Diseases (1994)
- Fellow, American College of Chest Physicians (FCCP)
- Licensed Physician - New York State, USA & Karnataka, India



Dr. Arun Srinivas M.D., DM (Chief Cardiologist)

- Fellowship in Paediatric Cardiology at Royal Children's Hospital, Melbourne, Australia
- Fellowship in Coronary Intervention at Royal Melbourne Hospital, Australia
- Fellowship in Peripheral Vascular Intervention at Miami Vascular Institute and Arizona Heart Institute, USA

Dr. S. Nagendra Prakash M.S., FIACS (Chief Cardiothoracic Surgeon)

- Fellowship training at Royal Prince Alfred Hospital, Sydney, Australia
- Senior partner of Cardiac Surgery Associates
- Associated with more than 10,000 adult Cardiac Surgeries



Dr. Upendra Shenoy MS, DNB, MCh, FIACS (Cardiovascular Surgeon)

- Fellow Royal Prince Alfred Hospital, Sydney, Australia
- 12 years of experience in Cardiac Surgery

Dr. K. Krishna Rao M.S., FRACS (Chief Urologist)

- FRACS from Royal Australasian College of Surgeons, Melbourne, Australia
- Lecturer in Surgery at University of Science, Penang, Malaysia and Consultant Surgeon At Penang General Hospital from 1981 to 1984
- Consultant in Urology in Holdsworth Memorial Hospital, Mysore from 1986 to 2001
- Consultant Urologist at Leicester General Hospital, UK, from 2001 to 2002



Dr. Rajkumar P Wadhwa MD, DM (Chief Gastroenterologist)

- Degree from KEM Hospital in Mumbai
- Extensive experience in complicated therapeutic endoscopic procedures in India and abroad
- Fellowship in Pancreatic Endotherapy from Seattle, USA

Dr. Anjali Arun M.D. (Chief Pathologist)

- Trained in Cytology, Histopathology and Haematology from Royal Melbourne Hospital, Melbourne, Australia



Dr. Charudutt Apte MS, MCh (Neurosurgeon)

- One of India's leading Neurosurgeon from Pune's Sahyadri Specialty Hospital
- Has performed over 7000 surgeries

Dr Sashikant Apte FRCPA, MD (Hematologist)

- India's leading Hematologist from Pune's Sahyadri Specialty Hospital
- Has performed the largest number of Bone Marrow Transplants in private hospitals in India

Dr. B.R.Prashanth MS, MCh, MRCS Ed, FACS (Consultant Orthopaedic Surgeon)

- MCh (Orthopaedics) from University of Dundee, Scotland, UK
- MRCS Ed from Royal college of Surgeons Edinburgh



Department of Cardiology

Dr. Arun Srinivas M.D., DM (Chief Cardiologist)
Dr. C.B. Keshavamurthy D.M. (Consultant Cardiologist)
Dr. H. P. Guruprasad M.D., DNB (Consultant Cardiologist)

Department of Cardiovascular Surgery

Dr. S. Nagendra Prakash M.S., FIACS (Chief Cardiothoracic Surgeon)
Dr. Upendra Shenoy MS, DNB, MCh, FIACS (Cardiovascular Surgeon)
Dr. K.M.Srinivasmurthy M.S. (Associate Consultant Cardiovascular Surgery)

Department of Nephrology

Dr. K. C. Gurudev M.D., DNB (Consultant Nephrologist)
Dr. Narahari M.D. (Consultant Nephrologist)

Department of Urology & Minimal Invasive Surgery

Dr. K. Krishna Rao M.S., FRACS (Chief Urologist)
Dr. M.S. Ranganath M.S. (Consultant Urologist & Minimal Invasive Surgeon)

Department of Internal Medicine

Dr. S. Bhaskar M.D. (Chairman & Physician)
Dr. S. B. Vikram M.D. (Managing Director & Physician)
Dr. Manjunath M.D. (Physician)

Department of Anesthesiology

Dr. Nandakumar M.D.(Anesthesiologist)
Dr. Seethalakshmi M.D.(Anesthesiologist)
Dr. Chintana Phadkar M.D.(Anesthesiologist)
Dr. Madhu M.D.(Anesthesiologist)

Department of Radiology & Imaging

Dr. S.N. Rajeshwar D.M.R.D. (Director & Radiologist)
Dr. K.P. Raichurkar D.M.R.D., D.N.B. (Chief Radiologist)
Dr. B.M. Mahesh D.M.R.D., D.N.B. (Consultant Radiologist)
Dr. R.G. Srinivasa D.M.R.D. (Consultant Radiologist)
Dr. Sanmathi N M.S. (Ultrasonologist)

Department of Pathology

Dr. Anjali Arun M.D.(Chief Pathologist)
Dr. Madhuri Wadhwa M.D. (Consultant Pathologist)
Dr. Krishnakumari DCP (Consultant Pathologist)

Department of Neurosurgery

Dr. Charudutt Apte MS, Mch (Neurosurgeon)

Department of Hematology

Dr. Sashikant Apte FRCPA, MD (Hematologist)

Department of Orthopaedics

Dr. B.R. Prashanth MS, MCh, MRCS Ed, FACSM (Consultant Orthopaedic Surgeon)

Paediatrics

Dr. S. Kalyanpur Rao D.C.H. (Consultant Paediatrician)

Visiting Faculty

Dr. S. Parameshwarappa M.D., D.M. (Consultant Cardiologist)
Dr. K. N. Bhaskar M.D., D.M. (Consultant Cardiologist)
Dr. Janardhan Gorur M.D., D.M. (Consultant Neurologist)
Dr. M. S. Bhaskar M.S. (Consultant Neurosurgeon)
Dr. Arjun Srivatsa Mch (Consultant Neurosurgeon)
Dr. R. Srinivasprasad M.S. (Consultant ENT Surgeon)
Dr. Jayashree Ranganath M.D., D.G.O. (Consultant Gynecologist)



Our Range of Health Checks

Comprehensive Health and Cardiac Evaluation:

This Package is designed to have a total health check including all vital tests for most organ systems, with detailed evaluation of all risk factors. This is the best health check package leaving almost nothing to chance. It also predicts the probability of developing heart diseases in future and includes consultation by Physician/Cardiologist. It involves the following tests

- Haemogram
- Blood Group
- FBS, PPBS
- Bun
- Serum Creatinine
- Urine R/M
- Stool R/M
- Complete Liver Function Tests
- Comprehensive Lipid Profile (Includes Lp 'a', ApoA1 & ApoB)
- Serum Uric Acid
- ECG
- X-Ray Chest
- Pulmonary Function Test
- Abdomen USG
- TMT (Stress Test)
- Color Doppler Echo
- Physician Consultation
- Pap Smear/ Breast Examination (Females)
- Prostate Specific Antigen (Males)
- Total body scan and Cardiac evaluation with the Sensation Cardiac

This can be combined with:

- A stay at one of the many beautiful National forest reserves for a great experience of the Indian wildlife and breathtaking fauna
- A tour of the most beautiful temples that have withstood time and nature
- A holistic approach to healthcare with Ayurveda with/or training in Yoga
- A stay amongst beautiful coffee plantations of Coorg



Travel Itinerary for Comprehensive Health & Cardiac Evaluation along with Tourism

A typical travel itinerary to Vikram Hospital and Heart Care has been summarized as below. Please note that any or all of these can be changed to suit your plans and budget accordingly. Scheduling of appointments can be done with our representative, Ms. Rajni, through mail@vhpl.com or calling on +91 821 241 2121. We may require your previous health records, if any, in advance to plan your treatment regimen.

Day 1

- Departure on airline of your choice from your country. Arrival at Bangalore International Airport as per airline timings
- Reception by a representative of Vikram Hospital and Heart Care at the Airport
- Check in to a 3-star/5-star accommodation at Bangalore
- Rest

Day 2

- Breakfast at the hotel 7 AM
- Pick up by our representative from the hotel 10 AM
- Departure to Mysore via first class AC Train (Shatabdi Express)* 11 AM
- Arrival at Mysore 1 PM
- Check in to a 3-star/5-star accommodation at Mysore
- Lunch and Rest
- Visit to Vikram Hospital for health checks 3 PM
- Local sightseeing 6 PM
- Retire to the Hotel 8:30 PM

Day 3

- Collection of fasting blood sample at your hotel by Lab technician from Vikram Hospital and Heart Care 7 AM
- Breakfast 7:30 AM
- Ayurvedic Programme 9 AM
- Lunch 1 PM
- Review of health report by our consultant at Vikram Hospital and Heart Care 4:30 PM
- Back to hotel 6:30 PM

Day 4

Option 1

- Ayurvedic package for total wellness and Heart disease reversal programme 3-8 days

Option 2

- Stay at Nagarhole Wildlife Sanctuary 2-5 nights

Option 3

- Stay in the beautiful hills of Coorg 2-5 nights

Last Day

- Return to Bangalore International Airport accompanied by our escort
- Departure to your country

*Travel from Bangalore to Mysore can also be arranged in an AC car.

All road travel will be in an AC car.

For costs, please refer to the price lists section.

All accommodation facilities have 3-star or 5-star options.



Costs:

Comprehensive Health Check	Cost
Conventional Check	110 USD
With the state of the art diagnostic work up	328 USD
Combined with	Approx Rates
Ayurveda	182 USD per day inclusive of 3 star accommodation, food and therapy
Wild Life Holiday	110-200 USD per person on twin sharing basis inclusive of food
Yoga Training	500 USD per month (does not include accommodation and food)
Beautiful Coorg	
Orange County	290 USD per person on twin sharing basis including food, accommodation and transport
Mahindra Resort	210 USD per person on twin sharing basis including food, accommodation and transport
Hotel Accommodation	Approx Rates
Bangalore	3star 136 USD per day on twin sharing basis inclusive of accommodation & breakfast 5 star 320 USD per day on twin sharing basis inclusive of accommodation & breakfast
Mysore	3 star 55 USD per day on twin sharing basis inclusive of accommodation & breakfast 5 star 182 USD per day on twin sharing basis inclusive of accommodation & breakfast

Vikram Hospital and Heart Care will be happy to organise an itinerary for you depending on your requirements.

Benefits

- Checks status of you current health with the finest equipment as practiced in the best Western Hospitals
- Holistic Benefit of Ayurveda and Yoga
- Clean, Western style accommodation in the lap of nature
- Preventive health care advice from a panel of internationally acclaimed consultants



Other Cardiac Procedures and Costs	
Type of Procedure	Cost
Cath Lab Angiogram	220-328 USD
Angioplasty	1640-2186 USD + Cost of the stent at actuals (1000-2280 USD)
CABG	3500-6000 USD
Gastroenterology Procedures and Costs	
Type of Procedure	Cost
Esophagogastroduodenoscopy (Diagnostic)	55-90 USD
Colonoscopy (Diagnostic)	90-136 USD
ERCP Diagnostic	218-365 USD
ERCP Therapeutic	365-545 USD + Cost of accessories (236-2186 USD)
Endosonography Diagnostic	255-365 USD
Endosonography Therapeutic	455-638 USD
Total Bowel Enteroscopy (Double Balloon Enteroscopy)	455-638 USD
Other commonly sought after procedures	
Cholecystectomy	510-938 USD
Hernia Repair	255-568 USD
Total Renal Stone Clearance	510-1020 USD
TURP (Prostate Surgery)	364-740 USD

The above cost range is dependent on the preferred choice of patient room (4 sharing, twin sharing, single & deluxe)

Additional Services

- Reception at International airport, Bangalore by an executive of Vikram Hospital who will accompany you and your family till your departure from Bangalore
- Pick up from the airport in Bangalore and transfer to hotel
- From the hotel to the Hospital/Hotel in Mysore (You could choose to drive down from the airport directly from the international airport, Bangalore to your hotel in Mysore)
- Escort through the organized itinerary, from reception to departure by an executive of Vikram Hospital & Heart Care

Cost for the additional services 27 USD/day only. This service will be offered complimentary for our premium packages.

All charges such as transport from Bangalore to Mysore, hotel charges and food are excluded in the cost of this service.

The above mentioned costs are representative of the major procedures and do not include the exhaustive list of tests and procedures carried out at Vikram Hospital and Heart Care. For further information please contact Ms. Rajni, through mail@vhpl.com or calling on +91 821 241 2121.



Why Mysore?

- Mysore, 2 hours from the hustle and bustle of Bangalore is in the lap of nature
- Away from the pollution of the metropolitan cities, is amongst the least polluted cities in India
- World renowned ayurvedic & yoga teaching centre
- Ecotourism centre and home to the royal tigers, elephants & fishing with western style 3 - 5 star accommodations

Why Vikram Hospital & Heart Care?

- New, modern building with the latest infrastructure with clean climate controlled patient rooms
- **Promoted by doctors for patients** (Most other hospitals are run by managers, not doctors, implication empathy)
- Internationally trained and experienced consultants available round the clock
- Equipment sourcing, maintenance & up gradation from top International vendors such as Siemens, Roche Diagnostics, etc with high end equipment available only in the premier institutions worldwide
- Outcomes and results conforming to or exceeding international (western) standards
- Infection control as per IDSA (Infectious diseases Society of America) standards
- Personalized and prompt care by efficient medical and paramedical personnel
- Patients rights and privileges as per western standards including informed consent, total confidentiality and sophisticated medical records storage and retrieval system
- Hospital is a WIFI hotspot with total digital integration of all diagnostics enabling Net based instantaneous transmission of data anywhere in the world
- Health packages designed to accommodate a wide range of budgets with emphasis on cost savings
- Amongst the medically well-developed cities, this is a least polluted city in India
- Vikram Hospital top management CEO and Board will be hands on in our quest for world-class health care delivery for international patients at Mysore



Our Doctors, Your Friends.

46, Vivekananda Road, Yadavagiri, Mysore - 570 020. Karnataka, India.
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