

PRESS RELEASE

For Immediate Publication

81-yr-old uterine cancer patient benefits from Robotic surgery; walks out next day

Boon for obese patients: ensures faster recovery and minimal hospital stay

Gurgaon, 20th December 2016: Robot assisted surgery is changing the lives of the patients who are diagnosed with or suspected to have early gynecological cancers where primary treatment involves complex surgeries. The biggest benefits of Robot-assisted surgeries are they are minimally invasive and are performed with better precision and minimal blood loss compared to standard open surgeries.

At a press briefing held at **Fortis Memorial Research Institute (FMRI)** today, patients who had undergone robot assisted surgery in the recent past shared their experiences. The media briefing was done by **Dr. Rama Joshi, Gynae Onco Surgeon, Robotic Surgeon, Director, Department of Gynaecology, FMRI** in the presence of patients who have undergone Robot assisted surgery done by her. Dr. Joshi highlighted the key points on how Robot assisted surgery have manifold advantages:

- **Minimal blood loss in patients:** Ranging from the barely measurable (5ml to 50ml) at the maximum. As a result, patients do not require blood transfusions
- **No long vertical incisions:** As the surgery involves only four 7 mm ports, no long vertical incisions are needed.
- **Faster recovery:** Patients can start oral feed on the same day, a few hours post the surgery, with minimal pain.
- **Discharge within a day of the surgery:** Patients have gone back to their workplaces in about two weeks post- surgery.
- **Lesser risk of infections:** Robotic-assisted surgery carries a very low or minimal risk of infection.

Padma Kapoor, 81 years was diagnosed with uterine cancer and required complex surgery. She also had many comorbid conditions like hypertension, diabetes , heart disease and knee replacement which were major concerns for an open surgery. With proper workup, she was taken up for Robot assisted surgery where blood loss was minimal. She had a quick and smooth recovery and was discharged the next day on oral feeds.

Shashi Gupta (Name changed), shared her experience of smooth and quick recovery following robotic assisted complex hysterectomy. Her main concerns were obesity and previous surgery for abdominal wall hernia repair with mesh.

Shilpi Goyal, a young girl of 25 years had presented with the diagnosis of borderline ovarian cancer. She underwent Robot-assisted fertility persevering completion surgical staging. She shared her overwhelming experience of an unbelievably smooth recovery post the surgery.

Usha Sharma, 50 years with a diagnosis of endometrial cancer happily shared her experience, “I was taken up for Robotic assisted surgery. There was no blood transfusion. The pain was minimal and I was discharged the very next day after breakfast. My recovery period post the surgery has been very comfortable.”

“Robotic surgeries have greatly improved the quality of life for these patients. Complex surgeries in gynae oncology in their early stages can mostly be handled with the robotic technique. Most of patients present with co-morbidities such as obesity, diabetes or hypertension and are between 50-60 years of age. Robotic surgery ensures faster healing owing to minimally invasive techniques used, least scarring and significantly reduced hospital stay. The post-operative chemotherapy or radiation therapy required in some high-risk patients can be started early. We are on the brink of new technological revolution that is sure to enhance the quality of life of these patients,” stated **Dr. Rama Joshi**.

Dr Simmardeep Singh Gill, Zonal Director, FMRI said, “The Department of Oncology at FMRI has a very advanced and comprehensive cancer care programme with a trans-disciplinary and multi-modality approach in the field of adult and paediatric oncology. Dr. Rama Joshi and her team lead a group of subspecialty of gynecological oncology which has achieved some new benchmarks in robot-assisted surgeries in treating women affected by gynaecological cancers. As per the records of Vattikuti Technologies, Dr. Rama Joshi is the first gynae-oncologic surgeon to perform 50 fastest daVinci robotic Gynaecology procedures in Northern India. We are grateful to our patients who have shared the stories of their recovery today. This is the best reward for us as a team.”

About Fortis Memorial Research Institute

Fortis Memorial Research Institute is the flagship hospital of Fortis Healthcare Limited. It is a multi-super speciality, quaternary care hospital with a comprehensive team of clinicians and patient care programmes, supported by advanced technology and medical research solutions. Set on a spacious campus with a potential bed capacity of 1,000 beds, this ultra-modern facility utilises and showcases some of the latest technologies in use in world class health care. Some of the milestone technologies at the hospital include amongst the first pilot project for precision Radio-surgery in the world, integrated operating and procedure rooms, digitized critical care cubicles, advanced Cath-labs, transplant rooms, endoscopy suites, private birthing centres, a state-of-the-art radiation wing and a stem cell lab to name a few facilities. A range of thoughtful services and health facilities for patients and their attending family include several Art 'n' Health programmes to recuperate, a mini theatre to de-stress, retail therapy outlets for immediate needs and a food court providing a choice of dining options to replenish energies.

About Fortis Healthcare Limited

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 45 healthcare facilities (including projects under development), approximately 10,000 potential beds and over 330 diagnostic centres.

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