

#### Shalby/SE/2023-24/108

February 10, 2024

The Listing Department

National Stock Exchange of India Ltd

Mumbai 400 051.

BSE Limited
Mumbai 400 001.

Corporate Service Department

**Scrip Code: SHALBY** 

**Scrip Code: 540797** 

Through: <a href="https://neaps.nseindia.com/NEWLISTINGCORP/">https://neaps.nseindia.com/NEWLISTINGCORP/</a>

Through: <a href="http://listing.bseindia.com">http://listing.bseindia.com</a>

Sub: Investor Presentation for the Quarter ended 31st December 2023

Dear Sir / Madam,

We are submitting herewith Investor Presentation on financial & operational performance of the Company for the quarter ended December 31, 2023, which will be discussed at the Investor Conference call scheduled on Monday, February 12, 2024.

The said Investor Presentation is being uploaded on website of our Company at https://www.shalby.org/investors/ → Investors Presentation.

You are requested to take the same on your record.

Thanking you,

Yours sincerely For **Shalby Limited** 

Tushar Shah AVP & Company Secretary

Mem. No: FCS-7216

Encl.: as above

#### SHALBY LIMITED

Regd. Office: Opp. Karnavati Club, S. G. Road, Ahmedabad - 380 015, Gujarat, India. Tel: 079 40203000 | Fax: 079 40203109 | info.sg@shalby.org | www.shalby.org

CIN: L85110GJ2004PLC044667







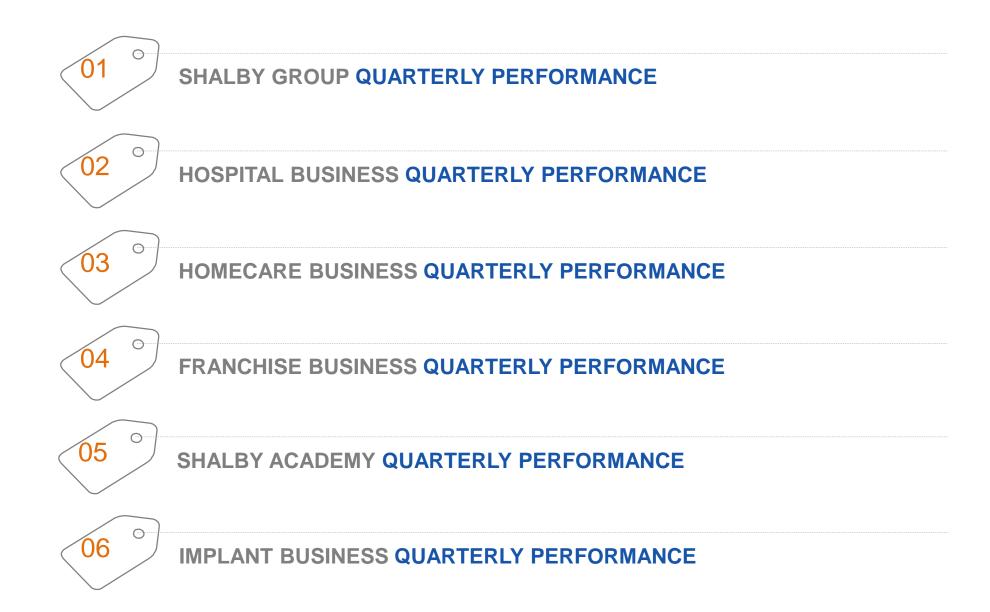
Q3 FY2024







#### **AGENDA**



### **Financials Snapshot Q3 FY24**



# Consolidated Financial Highlights

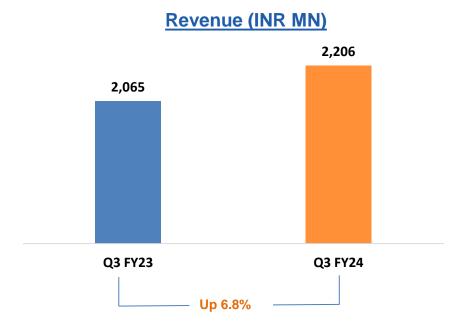
- > Consolidated Revenue at Rs. 2,206 mn in Q3 FY24 grew by 6.8% YoY
- Consolidated EBITDA at Rs.468 mn in Q3 FY24 grew by 23.3% YoY
- Consolidated PBT at Rs.308 mn in Q3 FY24 grew by 30.9% YoY
- > Consolidated PAT at Rs.191 mn in Q3 FY24 grew by 24.8% YoY
- > Consolidated Net cash (minus total debt) stood at Rs.611 mn as on Dec'23
- Consolidated Annualized ROCE for Q3 FY24 stood at 17.3%

# Standalone Financial Highlights

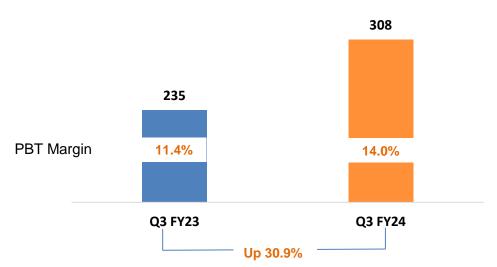
- > Standalone Revenue at Rs. 2,004 mn in Q3 FY24 grew by 11.5% YoY
- > Standalone EBITDA at Rs.484 mn in Q3 FY24 grew by 25.6% YoY
- Standalone PBT at Rs.385 mn in Q3 FY24 grew by 34.8% YoY
- Standalone PAT at Rs.247 mn in Q3 FY24 grew by 28.8% YoY
- > Standalone Net cash (minus total debt) stood at Rs.1,775 mn as on Dec'23
- > Standalone Annualized ROCE for Q3 FY24 stood at 20.3%

## **Consolidated Performance Highlights – Q3 FY24**

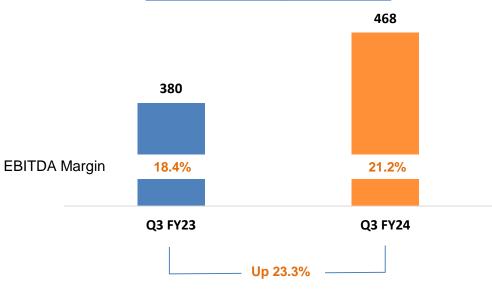




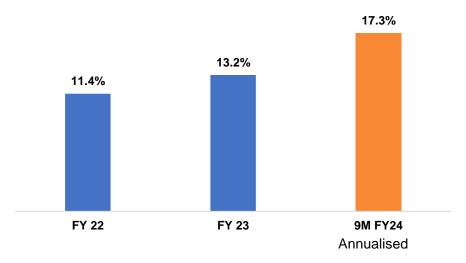
### PBT & Margin (INR MN)







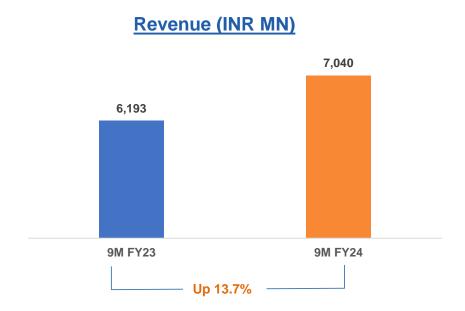
#### **ROCE (%)**

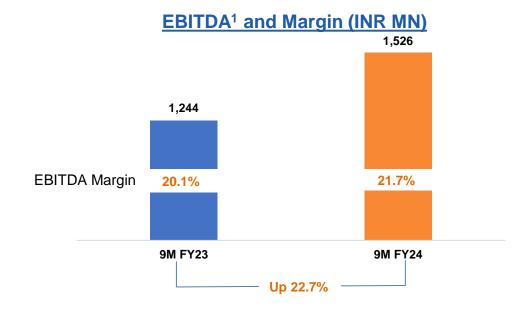


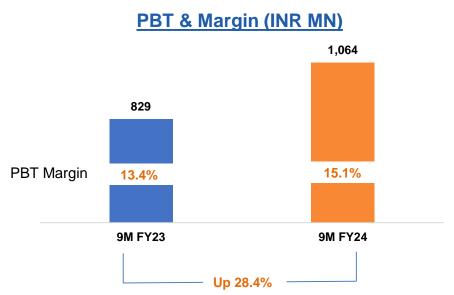
1. EBITDA includes other income

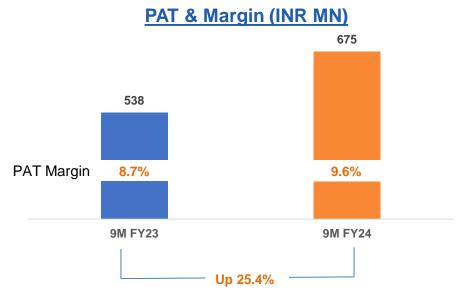
## **Consolidated Performance Highlights – 9M FY24**











1. EBITDA includes other income

## Consolidated P/L & B/S – Q3 FY24



Profit & I	Loss (	<b>INR Mn</b>	)

Particulars (Rs. Millions)	Q3 FY24	Q3 FY23	Y-o-Y Growth
Revenue	2,206	2,065	6.8%
EBITDA	468	380	23.3%
EBITDA Margin %	21.2%	18.4%	
PBT	308	235	30.9%
PBT Margin %	14.0%	11.4%	
PAT	191	153	24.8%
PAT Margins %	8.6%	7.4%	

Balance Sheet (INR Mn)		
Gross Borrowings	1,443	
Cash & Cash Equivalents	2,053	
Net Cash/(Debt)	611	
ROCE <sup>1</sup>	17.3%	
Debt/Equity	0.14x	

# SHALBY LIMITED Passion Compassion Innovation

#### **Healthcare Conglomerate**

#### **Building An Integrated Orthopedic Solutions Ecosystem**

#### **Multi-Specialty**

10 Hospitals across western, northern and central India

- Headroom to grow further with existing bed capacity without major capex
- Ongoing diversification of Arthroplasty with Cardiac, Onco & Neuro-Science, Critical Care, General Medicine and Transplants
- Continue to maintain leadership in Joint Replacement by volume
- Homecare and International business further accelerate growth
- Adopting and Leveraging Technology to bring better medical outcomes and patient reach

#### **Franchise**

6 Hospital network

- An Asset light franchise model will leverage Shalby expertise
- Shalby to monitor and control the quality of the services through FOSO and FOSM business model
- These centers to be equipped with the latest high-definition arthroscopic systems and establish state-of-the-art joint replacements facility
- Plans to open 40 SOCE across India

#### **Implant**

USA based Knee & Hip Manufacturing facility

- Manufacturing US FDA approved implants to sell across the US and international markets
- Highly experienced management team appointed to lead implant business
- Enables Shalby to procure high quality implants for its own consumption in India
- Plans to become USD 100 mn business









### A Legend and Visionary Doctorpreneur behind Shalby





Dr Vikram I Shah, Founder & Chairman

**Dr Vikram I. Shah**, the Founder of Shalby Ltd, is a world-renowned Joint Replacement Surgeon who innovated "**Zero Technique**" that revolutionized Joint Replacement Surgery.

A visionary entrepreneur, he transformed Shalby from a 6 bedded hospital in 1994 to an integrated healthcare group with 16 hospitals network and 2150+ beds across 13 cities in India with an implant manufacturing facility in California, USA and distribution facility in India and South-East Asian countries.

Shalby is today the Biggest Corporate Hospital Group in Western and Central India focusing on all major disciplines in medicine with credentials of being the Largest Joint Replacement Centre of the World, having done over 1,50,000+ successful joint replacement surgeries till date.

Leveraging this expertise, he has envisioned establishing 40 Orthopedic franchises in 30 cities in India.

Shalby Limited is listed on both the premier stock exchanges in India and has the aspiration of growing multifold while preserving the core values of "Passion, Compassion and Innovation".





# **STANDALONE PERFORMANCE (Hospital Business)**

## **Hospital Business Highlights Q3 FY24**



#### Global leader in Joint replacements with more than 1,50,000 surgeries

#### **Surgery Count and YoY Growth**



**Arthroplasty** 

2,850+ 13%



**Nephro & Urology** 

600+ 1 24%



Oncology

360+



**General & Cosmetics** 

650+ 1





Orthopedic

770+





**Other Surgery** 

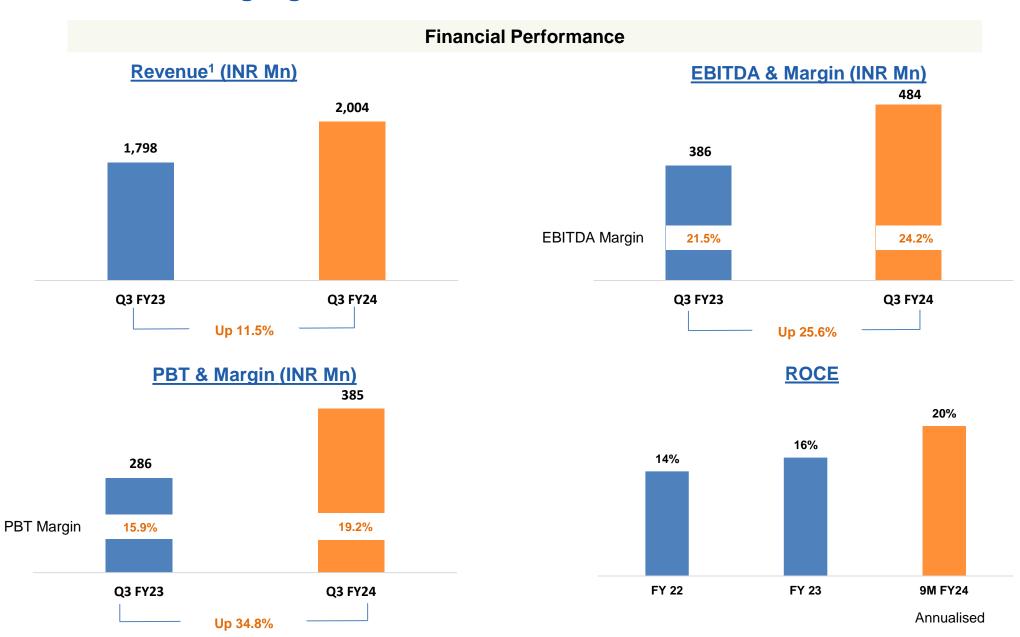
1,230+

### **Operational Performance**

Particulars	Q3 FY24	Q3 FY23	YoY Growth
In-Patient <sup>1</sup> (Nos.)	20,737	18,000	15.2%
Out Patient <sup>2</sup> (Nos.)	1,10,891	1,10,060	(0.2%)
Surgeries Count	6,476	6,782	(4.5%)
ARPOB³ ( In Rs.)	37,342	36,291	2.9%
Operational Beds <sup>4</sup> (Nos.)	1,260	1,260	0%
Occupied Beds	590	544	8.4%
Occupancy Rate	47%	43%	362 bps
ALOS (without Daycare)	3.79	3.74	(1.4%)

### **Standalone Business Highlights – Q3 FY24**





## **Standalone Performance Highlights – 9M FY24**

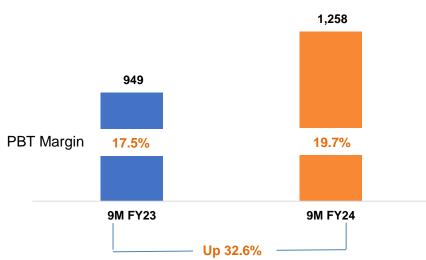


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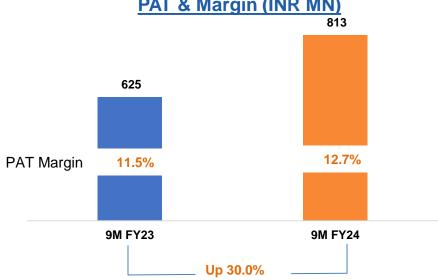
#### **PBT & Margin (INR MN)**



#### **EBITDA<sup>1</sup> and Margin (INR MN)**



#### **PAT & Margin (INR MN)**



1. EBITDA includes other income

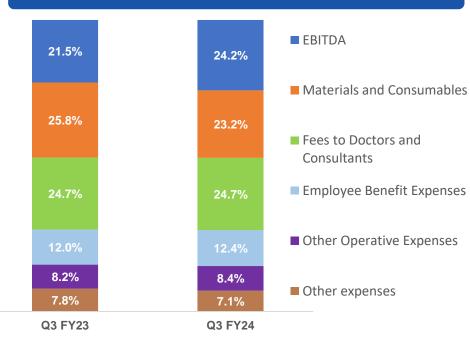
### Standalone P&L and B/S – Q3 FY24



### **Profit & Loss (INR Mn)**

Particulars (Rs Mn)	Q3 FY24	Q3 FY23	YoY Growth
Total Revenue	2,004	1,798	11.5%
EBITDA	484	386	25.6%
EBITDA Margin %	24.2%	21.5%	
РВТ	385	286	34.8%
PBT Margin %	19.2%	15.9%	
PAT	247	192	28.8%
PAT Margin %	12.3%	10.7%	

# **Total Revenue to EBITDA**



#### **Balance Sheet as on Dec'23 (INR Mn)**

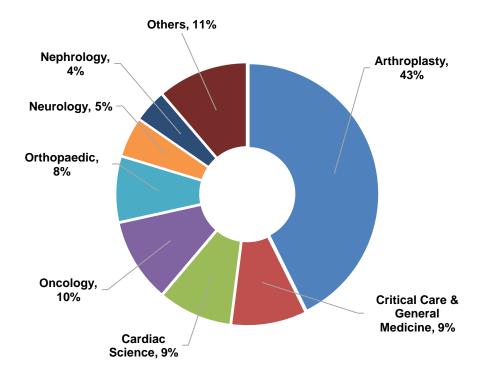
Gross Borrowings	173
Cash & Cash Equivalents	1,948
Net Cash/(Debt)	1,775
ROCE <sup>1</sup> (annualized)	20%

## **Hospital Business Highlights**

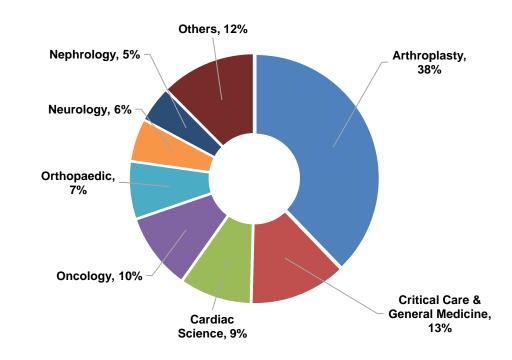


#### **Specialty Revenue Mix**

#### Q3 FY2023



#### Q3 FY2024



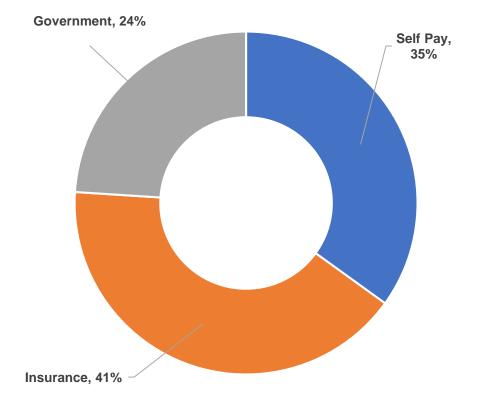
#### Notes:

# **Hospital Business Highlights**

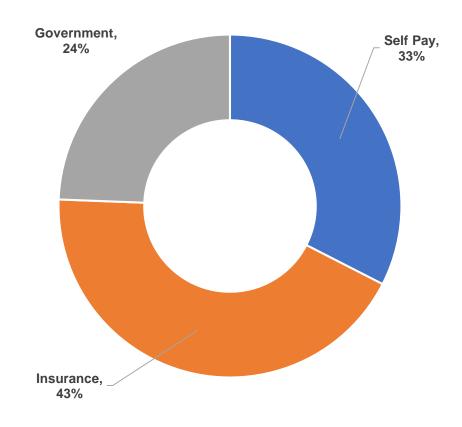




### Q3 FY2023



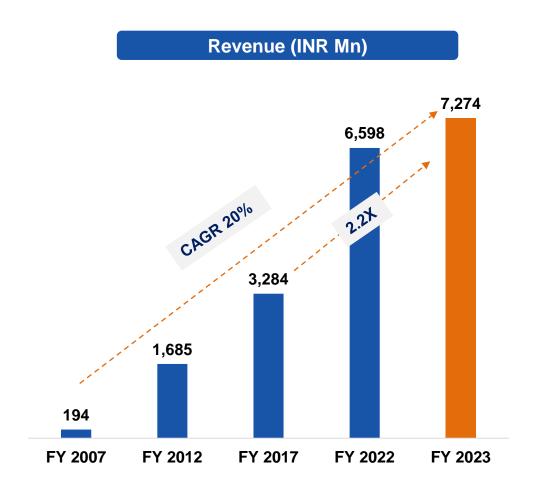
#### Q3 FY2024

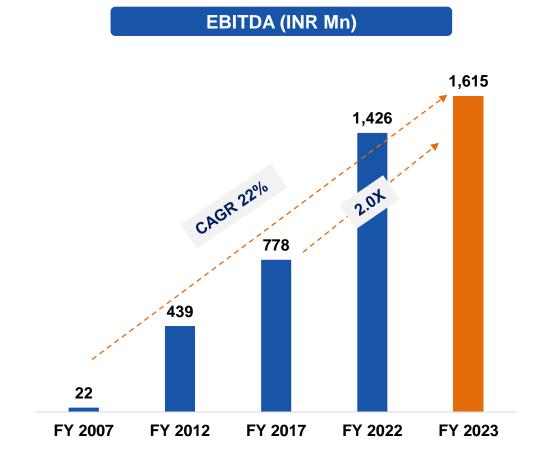


### **Standalone Business CAGR Growth**



#### Shalby Continued to deliver high double-digit growth over the last 2 decades





### **Homecare Business Highlights Q3 FY 2024**



#### **Q3 FY2024 Highlights**



Patients Served 6,840 in Q3 FY24 v/s 7,176 patients in Q3 FY23



Revenue booked Rs.34 mn during Q3 FY24 v/s Rs.26 mn during Q3 FY23, grew by 30% YoY

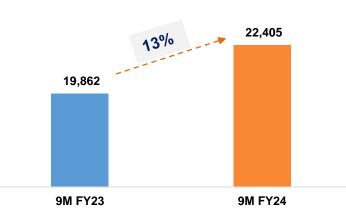


Physio, Diagnostics and Pharmacy are the major revenue contributor in Q3 FY24

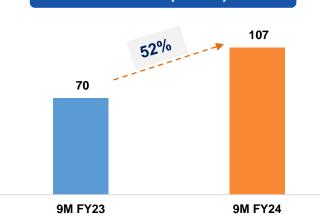
#### **Industry Catalyst**

- Providing services at 40+ Cities across India
- · Provide Quality Services through high-end digital systems
- · Less Chances of hospital acquired Infection
- Insurance Policies covering Home Healthcare Expenses
- Economical Homecare Services compared to Hospitals

#### **Patients Served (Nos)**







#### **Shalby Homecare Comprehensive Services**

## Clinical Update And Research Across Units during Q3 FY24



- Successful 1st liver transplant done at Indore Shalby
- 1st Endoscopic Coblation assisted Adenoidectomy at Indore Shalby
- B/L TKR was done to a patient with 8 months old fracture due to arthritis for a complete cure at Indore
- Live surgery workshop organized on OLIF (Oblique Lumbar Interbody Fusion), a new technique for complicated spinal injury cases at Shalby Jaipur
- High Risk P-TEVAR treatment to 30 years old female patient, suffering from Takayasu arteritis and standford type B dissection for more than a year at Shalby Naroda
- Ventricular Septal Defect closure done in a 12-year-old patient by percutaneous route at Shalby Jaipur
- 31 Transplants (18 Kidney and 10 Liver) during 9M FY24 and with this we have performed **275+** Transplants so far at our SG and Indore units
- 20 active clinical trials are going on across all hospitals. Received Ethics Committee approval for 6 new trials during Q3 FY-24, including 2 phase-1 oncology trials, which are very first trial in India on Humans for Oncology drug study.

### **Key Focus Areas For Future In Hospital business**

6



#### Global Leader in Joint Replacement with diversification in other specialties

· Continue to maintain global leadership in joint replacements

**Leadership position** 

in Arthroplasty

**Shalby** 

Hospital

Leveraging Technology

5

• Ongoing diversification with Cardiac Science, Oncology, Neuro-science, Critical Care, **General Medicine and Transplants** 

2

#### **Prudent Capital Allocation**

 Sustainable Capex business model whereby becoming a preferred O&M partner on revenue sharing mode

 Focus to doubling ROCE in coming year due to operational leverage

#### **Growth in Occupancy Rate**

• Additional 40% of the total bed capacity is available to support organic growth trajectory with limited capex

#### 24x7 Homecare Services

- Provide Quality Services Through High-end digital systems
- Growing no of services and markets outside home locations

#### 24x7 Homecare Services £3 **Training and Development** 3

 Investment in high impact training programs will establish a dedicated professional medical base

#### **Leveraging Technology**

 Adoption and leveraging technology to provide better medical outcomes, patient reach and satisfaction

#### **Expansion Plan**

• Nashik, Rajkot and Mumbai hospitals within development budget and provide access to important local markets





## **FRANCHISE BUSINESS**



### **Leveraging Expertise Through Franchise Asset Light Model**



Franchise model will leverage Shalby expertise and enable to penetrate faster across pan-India

#### **Business models**

#### Franchise Owned – Shalby Operated (FOSO)

- The franchise is responsible for setting up the centre and SHALBY will be responsible for running the day-to-day operations.
- Investments for operational expenses and New medical Equipment by Shalby

#### Franchise Owned – Shalby Managed (FOSM)

- Franchisee sets up SOCE Centre. The Operations are managed with a Shalby Appointed Unit Manager
- Centre operated as per Shalby SOP wrt clinical / non-clinical / admin / Purchase / SCM
- 3. Investment for all Operational Expenses / New medical equipments by Franchisee.

#### **SOCE Performance in Q3 FY24**

in MNs

Revenue	FOSO	FOSM	Total
Q3-24	14.1	7.4	21.4
Q3-23	12.4	7.0	19.4
YoY Growth	13.3%	6.1%	10.7%
9M FY24	50.0	28.2	78.1
9M FY23	31.9	21.9	53.8
YoY Growth	56.5%	28.7%	45.2%

Upcoming Centre	Bed capacity	Business Model
Rajkot (MOU Signed)	25	FOSO





# SHALBY ACADEMY



### **Shalby Academy**

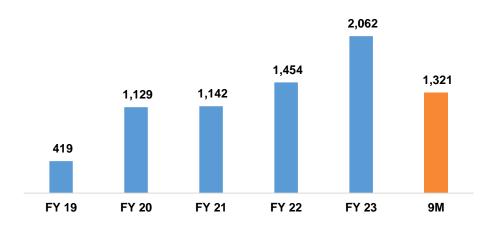
#### Q3 FY24 highlights

- More than 410+ students registered in Q3 FY24 in various disciplines like Physiotherapy, Nursing, Lab Technician Nutrition & dietetics, Clinical, Paramedics, Hospital Management, and Pharmacy as part of their academic outreach & upgrade their skills
- 2. 87+ Students have been registered for various Paramedic courses like Lab Technicians, OT Technicians, MRI, CT, and XRAY, etc.
- 3. Shalby Academy signed a MoU with Kaushalya The Skill University, Govt. of Gujarat, during the Vibrant Gujarat Summit. This will further enable us to scale up our capacity-building efforts to improve the healthcare delivery system in the country.



#### **Students Enrolled (In Nos)**





- 30+ Healthcare related courses
- Dedicated Simulation Lab
- In-house Clinical Experts
- Equipped with digital LMS
- In association with various healthcare Institutes

#### **Domestic and International Partnership**

























# **IMPLANT BUSINESS**











### Diversified into Knee and Hip Implant Manufacturing In California, USA



#### **Backward integration in Orthopedics with Inhouse capacity to consume in India**

80,000+ Components Manufacturing capacity

Vertically integrated Inhouse manufacturing Facility

High Quality US FDA Approved Implants

Made in USA

~30 Years of Zero Product Recalls

Surgeon's Training and Education Program

Seasoned Leadership team with decades of experience in Orthopedics

New Products launches in H2 FY24 and H1 FY25 Presence in USA, Japan, India, and Indonesia

## **Implant Business Performance Q3 FY24**



Total Revenue

Rs. 215 mn

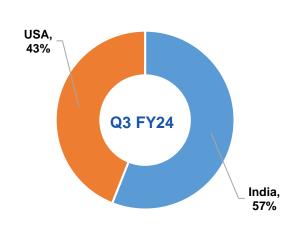
**EBITDA** 

**Rs. 1.9 mn** 

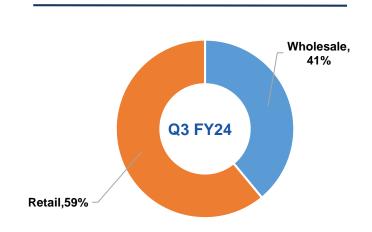
Constructs Sold

2,630+

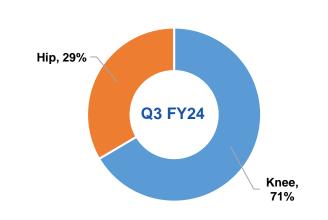
#### **Geographical Sales Mix**



#### **USA Customer Sales Mix**



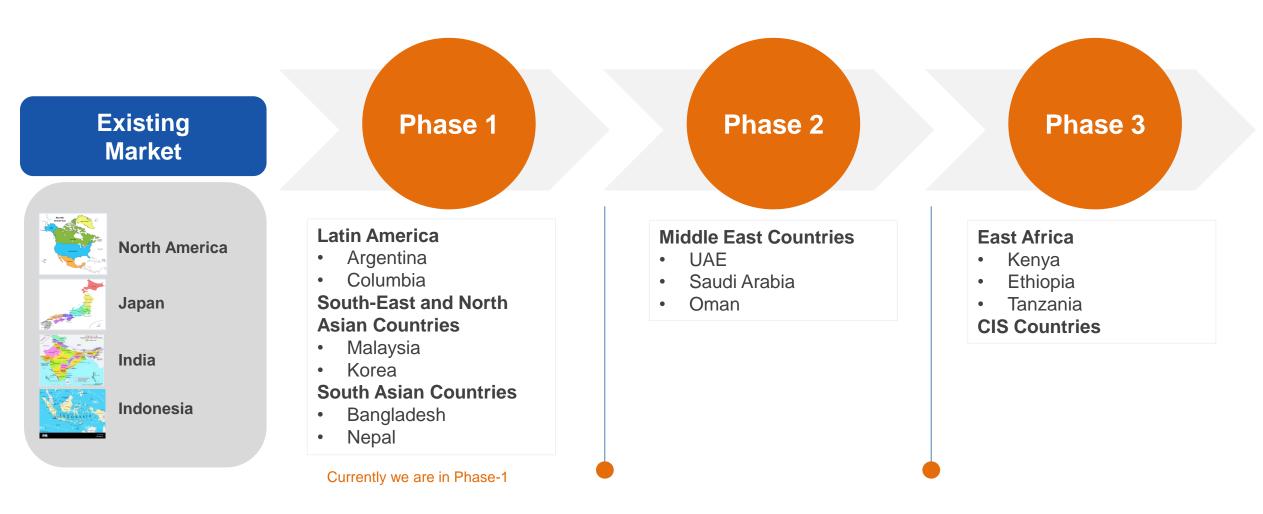
#### **Product Sales Mix**



### **Implant Business Roadmap**



#### Shalby Advanced Technologies plans to become a Global player in a phased manner







## **ABOUT SHALBY**

### **Shalby At A Glance**





<sup>1. 12</sup> Multispecialty and 4 Single Specialty, 2. East African Countries, Iraq, CIS, Dubai, Oman, Bangladesh and Nepal, 3. including Doctors, 4. Including visiting consultants, 5. Since Inception

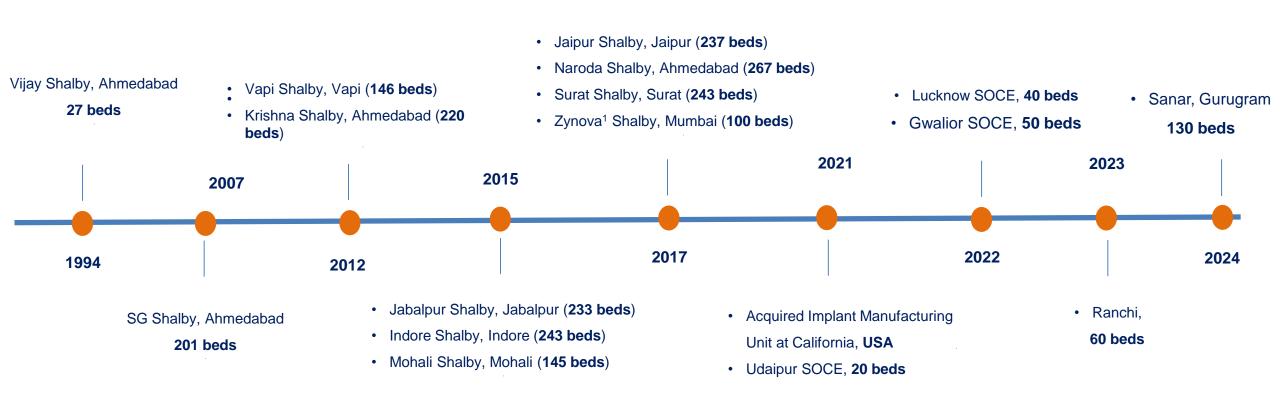
### **30 Years of ELITE Legacy**





### **Our Journey & Expansion Plan**



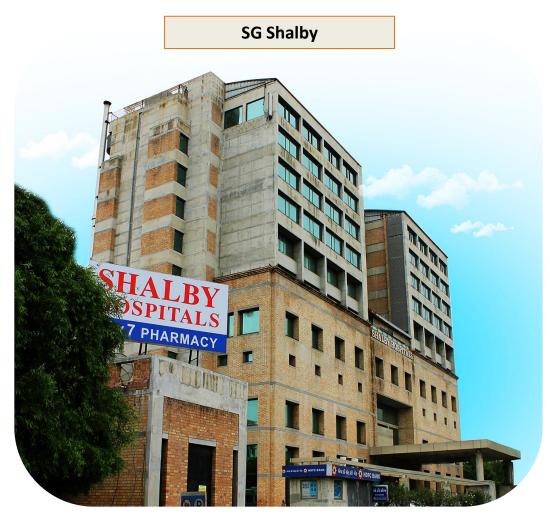


Expansion Plan: Mumbai 175 beds, Nashik 146 Beds and Rajkot 25 bed SOCE (FOSO)

### **Hospitals Portfolio**



### **Multispecialty Units (Owned and Operate)**





















### **Franchise Hospital Portfolio**



### **Shalby Orthopedics Centre of Excellence**



(Shalby Operated)



(Shalby Managed)



(Shalby Operated)



(Shalby Managed)

### **Multispecialty**



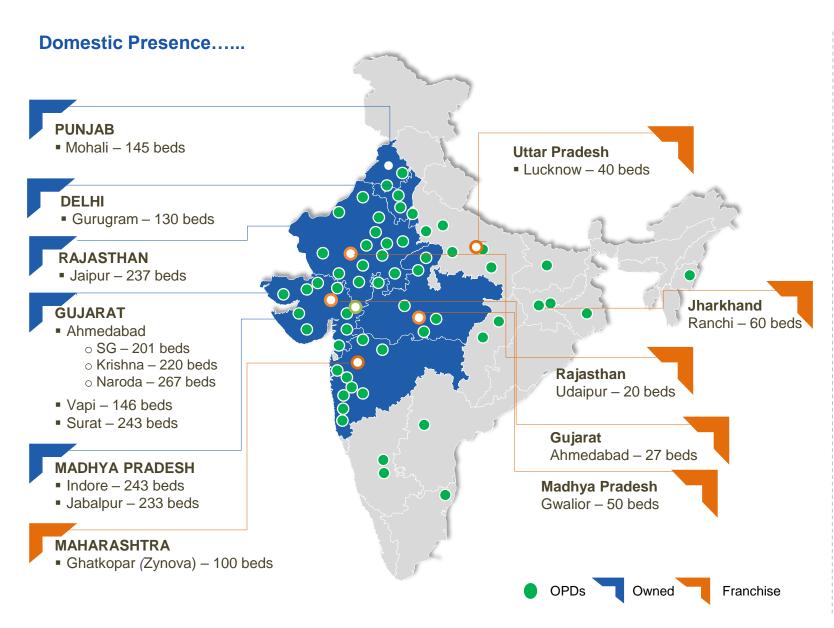
(Shalby Managed)

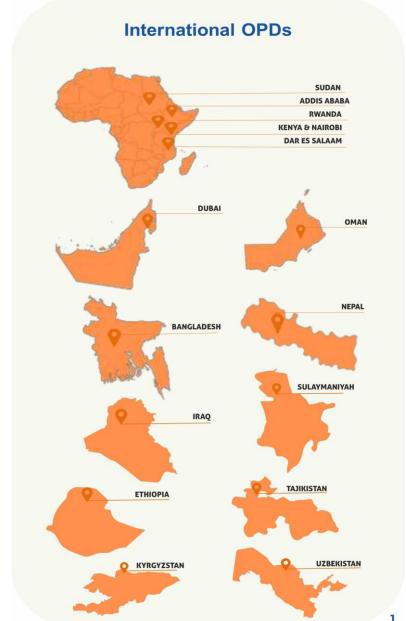


(Shalby Managed)

### **Biggest Healthcare Corporate Group in Western and Central India**







#### Note:

## **Shalby Sanar International Hospital, Gurugram: Synopsys**











## **Shalby Sanar International Hospital, Gurugram: Synopsys**



- Invested Rs 102 crs (appx) by way of Primary and Secondary Equity shares acquisition with a control of 87.26% stake on 25<sup>th</sup> Jan 2024.
- Shalby's strategy to accelerate its presence in the Delhi/NCR region with the vision to scale up international business and also to consolidate its presence in Northern part of India.
- Located at prime location of Golf Course Road, Gurugram. with a land parcel of 1.27 acres which has been taken
  on a long-term lease with a total build up area of 125000 sq feet.
- Current capacity is 130 beds facility and can be expanded to the level of 180 beds with additional capex.
- At present the hospital generates around 70% business from international markets catering to more than 60 countries.
- Sanar offers comprehensive, advanced surgical care in specialties such as Cancer, Heart, Blood and Marrow Transplant, Kidney & Liver Transplant, Bone & Joint and Neurosciences among other specialties.
- Sanar will become benefited from Shalby's global presence and leadership in Orthopedics. Shalby will be able to serve its International and northern part of India's patients, which will help to accelerate the revenue of the group.
- Sanar International hospitals has multiple tie ups with various healthcare facilities across the globe and 07 representative offices in Middle east, Africa, CIS, SAARC and other international locations.

### Shalby Sanar International Hospital, Gurugram: State of Art Facility



- 130 Beds (With 47 ICU Beds)
- 7 Beds Dialysis Unit
- 14 Dedicated BMT Rooms
- 4 Customized Modular OT's (Including Transplant OT's)
- 1 Cath Lab
- 7 Beds Dedicated Emergency Facility with 1 OT.
- Endoscopy Suite
- Dedicated Non-Invasive Cardiology
- 1.50 Tesla MRI & 128 Slice CT
- State-of-the-art Laboratory & 24 hours Blood Bank with Facility for Blood Irradiation





## **Shalby Sanar International Hospital, Gurugram: International Centers**



### List of Countires having Sanar Centers

- Ethiopia
- Iraq
- Kenya
- Kyrgyzstan
- Sulemania
- Tajikistan
- Uzbekistan







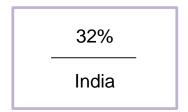
## **Shalby Sanar International Hospital, Gurugram: Business Highlights**

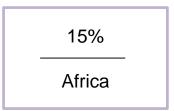


Particulars	FY-24 (Dec-23 YTD)	FY-23
Registration Nos	13585	17814
OPD's Nos.	14603	13718
Admission Nos.	3298	2915
OT Procedure Nos.	964	983
Cathlab Procedure Nos.	398	512

#### **CURRENT REVENUE STREAMS**

43%	
Middle East	





8%	
CIS	

### **Sustainability Initiatives**





"We at Shalby are embracing sustainability to drive new values to our business"



Community Connect

315+ Healthcare Camps

15000+ Life impacted



95+ Healthcare Talks

6100+ participation



**85+** Healthcare awareness videos

**70+** long and short videos as part of YouTube partnership project so far

**Trainings** 

8,960+ and 3,590+ Man Hours

Clinical and Non-Clinical training

**Gender Diversity** 



Male- 56%

Female-44%

Workplace Wellness

Workforce Training

**Healthcare Awareness Programs** 

### **Experienced Board Of Directors**





Dr. Vikram Shah Chairman and Managing Director

Dr. Vikram Shah, serving as Director of the Department of Knee Replacement at Shalby Hospitals since 1993 has nearly three decades of vast professional healthcare experience across the UK, USA and India. In recognition of his outstanding contribution in the field of orthopedics for completion of 1,00,000 joint replacement surgeries, he was conferred with the 'Times Man of the Year' Award by Times of India Group in 2018.



Dr. Ashok Bhatia Independent Director

Dr. Ashok Bhatia, a senior pharma professional has over 40 of professional experience in India and Emerging Markets. In the past, he was President, Emerging Markets with Cadila Healthcare. Currently, he works as an external consultant of McKinsey & Co and is a visiting faculty member at IIM Ahmedabad. IIM Rohtak and IIT Gandhinagar.



Mr. Tej Malhotra Independent Director

Mr. Malhotra boasts four decades of international and Indian industry experience. Past roles include Senior Executive Director at GHCL, Technical Director in a Saudi Calcium Chloride Company, and Executive Engineer at Hindustan Copper. He's a recipient of prestigious awards, including the 'Bhartiya Udyog Ratan' and 'Bhartiya Gaurav' from esteemed organizations, alongside the 'Darbari Seth Award 2009' from the Alkali Manufacturers of India for outstanding soda-ash plant management.



Ms. Sujana Shah Independent Director

Mrs. Sujana Shah, a practicing Chartered Accountant has vast experience of nearly two decades across the domain of finance, accounts, audit, direct and indirect taxes, banking and treasury. Currently, she serves as a partner of V. R. Shah & Associates, Chartered Accountants. She has also audited many reputed public banks in India as Statutory and Internal Auditor.



Mr. Shyamal Joshi Independent Director

Associated with Shalby Hospitals since 2010, Mr. Joshi holds a bachelor's degree in commerce from Gujarat University and is a member of the ICAI. He has huge working experience that spans corporate strategy, fund raising, acquisition, merger, taxation and accounting among others. Currently, he holds directorship of various other Companies.



Dr. Umesh Menon Independent Director

Dr. Menon has deep expertise in finance and cost accounting. He also holds MBA with specialization in Finance, and a fellow member of Institute of Cost Accountants of India. He has been conferred with the Doctorate (PhD) in Management. Currently, he also serves on the board of directors of various other companies. He is also an international expert and trainer for the United Nations Industrial Development Organization.



Mr. Vijay Kedia Independent Director

Mr. Vijay Kedia joined Shalby as an independent director on May 18, 2023. He is the Managing Director of Kedia Securities Pvt. Ltd. Holding directorships in companies such as Atul Limited and Greenline Tea & Exports Ltd, Kedia received a Doctorate in Management Excellence in 2016. His accomplishments include the "SARVOTTAM SAMMAN" in 2020, the Shri Babasaheb Ambedkar Award, and the Shri Abdul Kalam Award. A well-known figure in the investment community, Kedia has inspired numerous young investors.

### **Shalby Awards and Accolades**



Healthcare personality of the year 2023 15<sup>th</sup> FICCI Healthcare Excellence Award







Entrepreneur of the year, **Hurun, UK** 



Medgate Today Healthcare Award 2023 for Single Specialty of the Year in Orthopedics Category

### **Shalby In News**









Our emergency department is well equipped to manage any kind of emergencies 24x7x365, with a team services and state-of-the-art

We emphasise on giving accurate treatment at the right time: Docs













head of endocrinology and metabolism department at

@timesgroup.com

Ahmedabad: With a high

number of sudden deaths this

year-several of which are su-

spected to be linked to cardio-

vascular issues - the focus of

World Diabetes Day, observed

annually on November 14, is

on the impact of blood sugar on heart health.

that while no medical autopsi-

es are conducted on the decea-

sed persons, the rise in diabe-

tes and pre-diabetes at a yo-

unger age is a vital emerging

the general patient profile get

younger by 10 years, said Dr

Ramesh Goval

The past decade has seen

City-based experts said

Apollo Hospitals. "Earlier, the for diabetes caused by lifestyle general onset was in late fort- issues." he said ies, which has now shifted to

however, to see with change in coagulation many patients in profile and accelerated heart their twenties rate

WHO SHOULD GET BLOOD SUGAR

If one or both parents are known

diabetes natients on

Have sedentary lifestyle

or lack regular physical

eating and sleep patterns

Experience erratic

Have abdominal

girth of more than

than 80cm for

90cm for male, more

medication

the diabetes cases are detected He added that diabetes inad of symptoms. Dr Goval firt-

on medication

AGE OF DISEASE'S ONSET HAS SHIFTED FROM FORTIES TO THIRTIES: DOCTORS

**GUJARAT: AN NCD SNAPSHOT** 

OO/ of respondents

found to be pre-diabetic

respondents found to have

23.5% of Orespondents

found to have general

31% of respondents

abdominal obesity

O /Ofound to be

Diabetes rising among the young

An ICMR study earlier published this year indicated that close to 20% of Gujarat's population is either diabetic or pre-diabetic.

Majority of these people also reported issues such as hypertension and central obe-

Dr Manoj Agarwal, an endocrinologist with Shalby Hosnitals, said that the 'thin fat Indians - phenomenon of bad lipid profile of seemingly slim persons - is an accepted phe nomenon, and now lifestyle related issues are causing high hurden of disease.

"We generally focus on Ty pe 2 diabetes, but there is also rise in Type 1 diabetes. Here. the government and NGO in tervention can do wonders with early detection through many and they must go for multiple dose injections." h

### સ્તન કેન્સરની સારવારમાં નવો આયામઃ સેન્ટીનેલ લિમ્ફ નોડ ડિસેક્શન

સ્તન કેન્સર અંગે જાગૃતિ લાવવાના વૈશ્વિક પ્રયાસના ભાગરૂપે ઓક્ટોબરને પેન્ક મહિના તરીકે ઊજવવામાં આવે છે. આંકડા અનુસાર જોઈએ તો વર્ષ

2020 માં, ભારતમાં બે લાખથી વધુ મહિલાઓને સ્તન કેન્સર હોવાનું નિદાન થયું હોવાનો અંદાજ હતો, અને તેમાંથી અંદાજિત 76,000 થી વધુ મૃત્યુ નોંધાયા હતા વર્ષ 2020 ના નેશનલ કેન્સર રજિસ્ટ્રી પ્રોગ્રામ રિપોર્ટ મુજબ, 2025 માં આ સંખ્યા વધીને 2.3 લાખથી વધ થવાની ધારણા છે. પશ્ચિમના દેશોમાં 55 વર્ષથી વધુ વયની સીઓમાં કેન્સર વધુ જોવા મળે છે, જયારે આપણા દેશમાં 35 થી 50 વર્ષની વયની સીઓ છે જેઓ તન કેન્સરનું અત્યંત પ્રચલિત વય જૂથ છે. નિષ્ણાતો અનુસાર આમ થવું સ્થૂળતા અને બેઠાડ જીવનશૈલીને આભારી છે. ભારતમાં સ્તન કેન્સર અને ઉચ્ચ મૃત્યુદર માટે મોડુ નિદાન જવાબદાર , જેનું મુખ્ય કારણ યોગ્ય જાગૃતિનો માટે સ્ક્રીનીંગની ગેરહાજરી છે.



નામની ખાસ ડાઇ દ્વારા કરવામાં આવી. પછી જ તેના લક્ષણો જોવા મળે છે. પરંતુ જો

ચાલો સ્તન કેન્સર અને તેના સંભવિત સારવાર વિકલ્પો વિશે વિગતવાર સમજાએ સેન્ટીનેલ લિમ્ક નોડ ડિસેક્શન (SLND) ના કાયદા

SLND પદ્ધતિ દ્વારા ખાસ રંગની ડાઇ સ્તનના એરોલ ભાગમાં દાખલ કરવામાં આવે છે અને માત્ર ઉપરની નોડ (ગાંઠ) જેને સેન્ટીનેલ લિમ્ક નોડ કહેવાય છે તે પિથોલોજમાં કેન્સરની તપાસ માટે મોકલવામાં આવે છે. આમ કરવાથી સંપૂર્ણ લિમ્ફ નોડ બગલ ( આર્મપીટ) માંથી કાઢવાની જરૂર પડતી નથી. આ પદ્ધતિથી સારવાર કરવા માટે અનુભવી, તાલીમ પામેલ નિષ્ણાતો તથા સ્પેશિલાઇઝડ સેન્ટર ની જરૂર પડે છે. આ પદ્ધતિ ALND પ્રક્રિયા સાથે સેંકળાયેલ ગુંચવણોને ટાળે છે. જેમકે આર્મ લિમ્કોડેમાં અને પેરેસ્થેસીયા. સામાન્ય રીતે ALND પછી ડેઇન માટે ડિપ નાખવાની જરૂર પડે છે તે SLND પદ્ધતિમાં ટાળી શકાય છે.

#### SLNB લિમ્ફોડેમાની ગુંચવણને ટાળે છે

કેન્સરની તપાસ ગજરાતમાં શેલ્બી હોસ્પિટલ

સર્જન, શેલ્બી હોસ્પિટલ જણાવે છે કે

લે અભિષેદ જૈન લેગ્ટ એન્ડ શોગાંગિક

ખાતે સૌ પ્રથમવાર કરવામાં આવી છે.

ST ND પ્રદુતિ દ્વારા ખાસ રંગની હાઈ સ્તનના એરોલ ભાગમાં દાખલ કરવામાં આવે છે અને માત્ર ઉપરની નોડ (ગાંઠ) જેને સેન્ટીનેલ લિમ્ફ નોડ કહેવાય છે તેને કાઢી પેથોલોજીમાં કેન્સરની તપાસ માટે મોકલવામાં આવે ). આમ કરવાથી સંપૂર્ણ લિમ્ફ નોડ બગલ ( આર્મપીટ) માંથી કાઢવાની જરૂર પડતી નથી આ પ્રતિથી સારવાર કરવા માટે અનભવી તાલીમ પામેલ નિષ્ણાતો તથા સ્પેશિલાઇઝડ સેન્ટર ની જરૂર પડે છે. આ પદ્ધતિ ALND પ્રક્રિયા સાથે સંકળાયેલ ગંચવણોને ટાળે છે. જેમકે આર્મ લિમ્હોડેમ ાને પેરેસ્થેસીયા. સામાન્ય રીતે ALND પછી ડ્રેઇન માટે ડ્રિપ નાખવાની જરૂર પડે છે તે SLND પદ્ધતિમાં ટાળી શકાય છે. જે મહિલાઓમાં માત્ર નેલ લિમ્ફ નોડ બાયોપ્સી કરવામાં આવે છે અને એક્સેલરી નોડની સર્જરી નથી કરવી પડતી તેમને લિમ્ફેડેમાનું જોખમ ઘણું ઓછું હોય છે. લમ્કોડેમા એ શરીરના નરમ પેશીઓમાં લસિંકા પ્રવાહીનું નિર્માણ છે અને મોરા ભાગે કેન્સરની સર્વરી પછી હાથ અનન લગલ છાતી પીડ પર સોલો - કાઢી નાખવામાં આવે છે જેને મો રીકાઈ ર રેરિકલ મેસ્ટેક્ટોમી (MRM)

અનુભવાય છે તેમજ ખભામાં દુઃખાવો પણ અનુભવાય છે.

છે) અમારી પાસે જમણાં સ્તનમાં ૪ X ૪ સેમીની

ગાંઠ સાથે આવી હતી. વ્યવસાયે શિક્ષક હોવાથી

આગળ શું થશે તેના માટે ખુબ જ ચિંતિત પણ

હતી. તેને એક્સેલરી નોટ મેટાસ્ટેસિસ નહોતં

કેસ સ્ટડી અમદાવાદની રહેવાસી ૫૩ સંપૂર્ણ એકસેલરી ડિટેક્શન કરવાની જરૂર વર્ષીય મમતા શર્મા ( નામ બદલ્યું નહોતી. ICG ના ઉપયો દ્વારા SLND કરી સ્તન

પરંતુ પહેલા તબક્કાનું સ્તન કેન્સર હતું. તેની "કેન્સરના 10 કેસમાંથી 1 સ્તન કેન્સર હોય સાથે વાત કરી સેન્ટીનલ લિમ્ક નોડ ડિસેક્શન છે. વિશ્વમાં સ્ત્રીઓમાં થતા મૃત્યુદર પર નજર

ની મદદથી લમ્પેક્ટોમી કરવાનો નિર્ણય કરવામાં કરીએ તો કેન્સર એ બીજું સૌથી મોટું કારણ

તથા વાદળી રંગની ડાઇનો ઉપયોગ કરવામાં આવે છે. જયારે ICG આધારિત SLND પદ્ધતિ સલામત અને ઓછી ખર્ચાળ છે જે શરૂઆતના તબક્કાના સ્તન કેન્સર (નોડ નેગેટિવ) ધરાવતા દર્દીમાં આશીર્વાદરૂપ आजित शाथ हुं પ્રથમ તબક્કાના સ્તન કેન્સરમાં સેન્ટીનેલ લિમ્ક નોડ બાયોપ્સી

<mark>આશીર્વાદરૂપ સાબિત થાય છે. સ્તનમાં પ સેમી જેટલી ગાંઠ છે પરંતુ હજી</mark> એક્સિલા કે જેને આપણે સાદી ભાષામાં બગલ કહીએ છીએ તેમાં પ્રસરી ના હોય તો પ્રથમમાં છે એમ કહેવાય. આવા સમયે બાયોપસી પછી કેન્સર સર્જન દ્વારા બ્રેસ્ટ કન્ઝર્વેશન સર્જરી

ST ND દ્વારા સારવારની અન્ય પદ્ધતિઓમાં રેડિયોએક્ટિવ વસ્તઓ

(BCS) કરવામાં આવે છે જેમાં એક્સિલરી લિમ્ફ નોડડિસેક્શન (ALND) અથવા સેન્ટિનલ લિમ્ક નોડ ડિસેક્શન (SLND) પ્રક્રિયા દ્વારા માત્ર ગાંઠને જોવા મળે છે અને લિસ્કેડેમાના લીધે હાથની નબળાઈ અને નિષ્ક્રિયતા 🕒 કહેવાય છે. આમ કરવાથી રતનને બચાવી શકાય છે. આ પ્રદ્રતિ થી સર્જરી



આવ્યો. આ દર્દીમાં સેન્ટીનેલ નોડ બાયોપ્સી છે. સ્તન કેન્સરને છુપો ચોર પણ કહીં શકાય સારવાર પણ કરી શકાય છે." WHO મુજબ અદ્યતન મશીન અને ઈન્ડો સાયનાઈન ગ્રીન 🛭 છે, કારણકે ઘણીવાર બીજા સ્ટેજમાં આવ્યા 🛮 અમુક આદતો જેમ કે યોગ્ય સમય સુધી ત્રણેય સેન્ટીનેલ નોડ (ગાંઠ) ને કાઢીને તાપસ 35 વર્ષની ઉંમર પછી નિયમિત રીતે મેમોગ્રાફી વજન પર નિયંત્રણ, વધ પડતા આલ્કોહોલન માટે મોકલવામા આવી. બધી જ નોડ (ગાંઠો) કરાવવામાં આવે તો આ રોગને શરૂઆતના સેવન ટાળવું અને તમાકુના ધુમાડાના સંપર્કમોં નેગેટિવ હતી એટલે કે કેન્સર ન હતું માટે હવે 🛮 તબક્કામાં જ પકડી શકાય છે અને સમયસર 🔝 આવવાથી સંભવત જોખમ ઓછું થઈ શકે છે.

# बचपन से खराब थे दोनों घुटने,जोड़ प्रत्यारोपण के बाद अब क्रिकेट खेल रही है



समाचार संवाददाता जबलपुर । शैल्बी हॉस्पिटल जबलपुर में 19 वर्षीय युवती को मिली राहत, सर्जरी के बाद जीवन में आगे बढ़ने क मिला हौसला। कभी चलने में असमर्थता के कारण जिन्हे जिंदगी में कुछ कर पाने का हौसला नहीं था. अब एक सर्जरी के बाद क्रिकेट जैसे खेल में अपना नाम रोशन करने की तैयारी है। हम बात कर रहे हैं बरगी निवासी 19 वर्षीय कुसुम रजक की, जिन्हे बचपन से पैरों व हाँथों में दिक्कतों के कारण चलना, फिरना, उठना, बैठना

मुश्किल था। दोनों घुटनों में बहुत ज्यादा डिफॉर्मेटी होने के कारण वह चल नही पा रही थी। परिजनों ने कई शहरों में जाकर चिकित्सको से परामशं लिया लेकिन हर जगह निराशा ही हाथ लगी। रोज टूटती उम्मीदों के बीच परिजन उसे शैल्बी हॉस्पिटल लेकर गए, जहाँ ऑर्थिप्लेस्टी विभाग के एच.ओ.डी. डॉ. अमित कुमार जैन ने बच्ची की जाँच की। उन्होंने बताया कि कुसुम को बचपन से ही जुविनाइल रहयमैटोइड अर्थराइटिस नामक बीमारी थी. जिसके चलने दोनों घुटने खराब हो चुके थे। उन्होंने युवती को हौसला ने इस सफलता का श्रेय शैल्बी हॉस्पिटल जबलपुर में दिया और कहा कि जोड़ प्रत्यारोपण (नी रिप्लेसमेंट) के बाद तुम चल फिर हुई जॉइंट रिप्लेसमेंट सर्जरी एवं डॉ. अमित जैन सकती हो। यह पहली बार था जब कुसम को उम्मीद की किरण नजर आई। (कोटवाले) को दिया है।



#### सर्जरी के 6 घंटे बाद खड़ी हो गई युवती

जोड़ प्रत्यारोपण के 6 घंटे बाद ही युवती खड़ी हो गई और कुछ दूर चली भी। इसके बाद अगले दिन सीढ़ी-चढ़ना उतरना भी चिकित्सकों की निगरानी में हुआ। सर्जरी के चौथे दिन युवती को डिस्चार्ज कर दिया गया । अब कुसुम अपने दैनिक कार्यों को किसी भी सामान्य व्यक्ति की तरह करने में सक्षम है। तथा हाल ही में उसका चयन दिव्यांग महिला क्रिकेट एसोसिएशन द्वारा नेशनल स्तर पर खेलने के लिए किया गया है। कुसम

# गर्भ में रुकी थी ग्रोथ, प्रीमैच्योर डिलीवरी के बाद बचाई जान

समाचार संवाददाता जबलपुर

सतना निवासी एक गर्भवती महिला जिसे 35 हफ्ते का गर्भ था। जब महिला की सोनोग्राफी जाँच की गई तो यह पाया गया कि माँ से दौरा कम हो रहा था, जिसकी वजह से शिश की ग्रोथ नहीं हो पा रही थी एवं उसकी जान को खतरा था। महिला को गर्भावस्था के दौरान डायबिटीज की भी शिकायत थी। चिकित्सकों ने परिजनों को बताया उसे गर्भे से तुरंत बाहर निकालने की आवश्यकता है, पर इतने

अविकसित व कमजोर शिशु का इलाज सतना में संभव न हो पाने के कारण चिकित्सकों द्वारा महिला को जबलपुर रेफर किया गया, जहाँ महिला का सिजेरियन किया गया तथा उसने 1200 ग्राम के शिश् गर्भस्थ शिशु की तरफ खुन का को जन्म दिया। प्रीमैच्योर शिशु को जन्म के बाद साँस लेने में तकलीफ हो रही थी तब उसे शैल्बी हॉस्पिटल की वातानुकुलित नर्सरी में शिशु रोग विशेषज्ञ डॉ. विजय प्रताप सिंह की केयर में भर्ती किया गया, जहाँ 10 दिन के समृचित उपचार के बाद कि शिशु की जान बचाने के लिए शिशु को 1300 ग्राम वजन के साथ स्वस्थ हालत में हॉस्पिटल से डिस्चार्ज किया गया।

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