

HIGH PRECISION CATH LAB AND CARDIAC EXPERTISE AT HCG GIVES CARDIAC CARE A BOOST

The cardiology team at the hospital is upbeat about the high precision technology at their fingertips

A couple of years back, a report in The Times of India stated that an average 152 people died of heart diseases everyday in Gujarat between July 2009 and August 2010. These were part of the 690 people who were rushed to hospitals all over Gujarat daily complaining of a cardiac emergency.

A statistical analysis of cardiac emergencies revealed that 56,252 heart disease-related deaths occurred in Gujarat during the July 2009-August 2010 period. The data was collected from central and state agencies for analysis. The data showed that 14 percent of total deaths in Gujarat were due to cardiac arrests.

The reasons for the dismal health graph of the state was attributed to various factors such as heredity, lifestyle and unhealthy diet and lack of exercise. Thankfully hospitals like HCG have set-up the latest, comprehensive cardiac facility.

HCG has introduced the latest high precision Cath Lab with highly trained cardiologists and a comprehensive cardiac team to manage all cardiac conditions.

HCG Multi Speciality Hospital
Adding life to years



DR. BHUPESH D SHAH
Cardiovascular & Thoracic surgeon,
HCG Hospital

How have minimal invasive surgical procedures become simpler and preferred?

Traditionally, cardiac surgery requires exposure of the heart through dividing the breastbone and use of the heart lung machine (cardiopulmonary bypass). A minimally invasive approach allows access to the heart without the use of the large incision and may not require the use of the cardiopulmonary bypass. Procedures like hole in the heart, blocked arteries, etc are conducted regularly which was not possible five years ago. Minimally invasive techniques may be used to perform bypass surgery, valvular surgery, and miscellaneous cardiac procedures.

How high is the level of competency in the cardiac department?

We have achieved an unmatched, research-based level of experience and skill

especially with minimally invasive heart surgery. The cases performed to date have demonstrated that it is a safe and broadly applicable technique for performing a wide range of complex cardiac procedures, including single or multiple valve procedures as well as congenital repairs. As a result, the minimally invasive technique is considered the preferred approach for most of these patients.

Why do you think heart disease is rising in Gujarat?

All are related to bad habits and no physical activity. Gujaratis are prone to eating a fatty diet and hence the rise in the state. However, with more people going in for health programmes and checks, early diagnosis is paving the way for early treatment too.

What are the salient features of the highly efficient Cardiac Cath Lab?

This is a state of the art, 2,300 digital flat panel cardiac Cath Lab from GE. What makes the cath lab stand out with regard to its features is that it has cardiac spine technology, online DSA, Quantitative Coronary Analysis (QCA) software to look for the coronary artery stenosis/diameter, roadmapping software for endovascular interventions, etc.

What role do you and your team play at the Lab?

We as a cardiology team take care of all cardiac emergencies 24x7 especially primary angioplasty, rescue angioplasty, pacemakers, balloon valvuloplasty, structural heart disease interventions for congenital heart disease, endovascular interventions for peripheral arterial and venous diseases, etc.

We also have a good team of consultant physicians under whom all Acute Myocardial Infarction, Unstable Angina, Mitral Stenosis, Heart blocks etc are handled with care. Patients who are admitted are referred to us for interventions if required.

What is unique about the ECG facility at HCG Hospital?

What is unique about our ECG service is that it is available at one's doorstep. Whenever we get a call from any patients or referral doctors we send the technician to take the patient's ECG. This is immediately uploaded and sent to our mail with prior intimation so we can attend to it without any delay. The patient then does not need to come to the hospital only for an ECG.

What is the Cardiac Cath Lab equipped with?

We have a dedicated non-invasive cardiology department for the latest technological features including Thrombus Test (TMT), 2D Echocardiography, Holter etc and dedicated cardiac surgical unit with ultrasonides CTDT.

We also have a modern bedded ICU dedicated for the cardiology department with ultrasonides multiparameter monitors with central monitoring system, defibrillators, external pacemaker with fully trained staff and medical personnel.



DR. JAY SHAH
Consultant Cardiologist,
HCG Hospital



DR. ANAND SHUKLA
Consultant Cardiologist,
HCG Hospital

How is the pattern of heart disease in India different from the Western countries?

Compared to the West, Indians are more prone to heart disease at a younger age. In the West, those with heart disease are usually aged more than 45 years. But in India, 40 percent of the patients who come to us with heart attacks are below 45 years. It was also presumed that people from villages are healthier and not prone to heart disease. But this has changed. There has been an increase in incidence of heart disease among villagers too. Gujarat has more diabetics and cases of premature coronary heart disease are on the rise in the state.

What are the procedures you perform at the Cath Lab?

Right from diagnosing blockages in the coronary arteries, opening the blockages through angioplasty to installing AICD or automated implantable cardioverter-defibrillator and pacemakers, including handling structural heart diseases, all are done at the Cath Lab. Structural heart disease most often refers to cardiac defects which are congenital in nature (birth defects), but may also include abnormalities of the valves and vessels of the heart wall that develop with wear and tear on the heart, or through other disease processes.

How has the Cath Lab made interventions simpler?

A few years ago, if a coronary artery needed to be opened to remove the blockage, it was done medically through drugs. But now, we can do it manually and safely. We have a very high success rate for our procedures at the hospital.

How can heart disease be prevented?

People should be vigilant about their health and undergo annual health checks and cardiac screening especially by those where the risk runs in the family. They should conduct tests for cholesterol levels and should keep this under control. Sedentary lifestyle and high fatty food are the main causes. Leading a healthy and fit life is recommended.