A MEETING OF
THE BEST MEDICAL MINDS

Gleneagles Global Hospitals organises 8th edition of ‘Master Class in Liver Diseases’
Dear readers,

Hello to you all once again and welcome back!

I know this issue took a little longer than expected but I am delighted to inform you that CANVAS will be released bi-monthly here on. So here I am presenting to you all, yet another issue of CANVAS with some added flavours.

I would like to begin with a big welcome to our new CEO – India Operations Division, Dr Ajay Bakshi who is a trained neurosurgeon and a highly experienced healthcare professional. Also, I would like to take this opportunity to thank Mr Ramesh Krishnan for his guidance and leadership so far. We wish him luck in his future endeavours too.

In this issue, read about the biggest and most celebrated event of the year- MCLD (Master Class in Liver Diseases), a 3-day scientific conference which discusses various clinical aspects of Liver Diseases & Transplantation. Apart from these, there are quite interesting tips on how to stay fit and healthy. We want it to be entertaining and informative. Inside you’ll find a mixture of news, features and regular columns on a wide range of topics.

We know how much it means to you to see your patients going home with a smile. Now it’s time to create a memory of these smiling faces. Participate in the ‘Smile collectors contest’ and win exciting prizes. Refer to the last page of CANVAS Issue 2 for more information.

I humbly thank one and all whose valuable inputs, contribution and participation have made it possible for us to publish CANVAS Issue 2. We were overwhelmed to see the love you all have given to CANVAS Issue 1.

Your opinion is very important to us. We appreciate your feedback and will use it to evaluate changes and make improvements. Mail us at corp.comm@globalhospitalsindia.com

Hope you enjoy reading it as much as we enjoyed putting it together.

Until next time,

Tina Choudhury.

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Photo featurette

JANUARY 2018

MCLD 2018
Chennai

APRIL 2018

1st International Skull Base Endoscopy Conference (BASE 2018)
Bengaluru

#PurpleEpilepsy
Chennai
Photo featurette

JANUARY 2018

APRIL 2018

CECURA launch
Chennai

Walk with a Doctor
Mumbai

Run for kidney &
keep in shape
Hyderabad
The MCLD was conducted from 26th – 27th January 2018 at ITC Grand Chola, Chennai. The MCLD conference witnessed widespread, enthusiastic participation from India and across the world. It included about 800 liver surgeons, specialists, hepatologists, intensive care physicians and liver anaesthetists. The event was inaugurated by the Hon’ble Chief Minister of Tamil Nadu Shri. Thiru Edappadi K. Palaniswami. Various other dignitaries were also present, such as Dr C. Vijaya Baskar, Minister of Health, Medical Education and Family Welfare, Tamil Nadu, Dr J. Radhakrishnan, IAS, Principal Secretary, Health and Family Welfare Department, Govt. of Tamil Nadu, Dr K. Ravindranath, Chairman, Gleneagles Global Hospitals, Dr Tan See Leng, Group Chief Operating Officer, Parkway Pantai Limited, Mr. Ramesh Krishnan, Chief Executive Officer, India Operations Division, Parkway Pantai Limited and Dr Jagprag Singh Gujral, Group COO, Gleneagles Global Hospitals.

The inception of MCLD was led by the world-renowned liver transplant surgeon Prof. Mohamed Rela, Chairman and Director – Institute of Liver Disease & Transplantation, Gleneagles Global Health City. The essence of MCLD’s inception was a means to deliver high-quality knowledge in the field of liver disease and transplantation.

Since its launch in 2011, MCLD has been one-of-its-kind, and has established itself as one of the most popular scientific meetings in the Indian sub-continent. Conducted as a 3-day scientific conference, it discusses various clinical aspects of liver diseases and transplantation, giving the audience a holistic and in-depth understanding of liver diseases.

Gleneagles Global Hospitals organises 8th edition of ‘Master Class in Liver Diseases’

Gleneagles Global Health City hosts the 8th Master Class in Liver Disease 2018 with the motto ‘Liver Disease & Transplantation – Care of the Critically Ill’
Each year, we have tried to adopt a theme that would be relevant to all specialities involved in the care of patients with liver disease. With the rapid increase of interest in liver disease and transplantation, it is quite interesting to get an update once a year from leaders in the field world over.

**Prof. Mohamed Rela**
Chairman & Director
Institute of Liver Disease & Transplantation, Gleneagles Global Hospitals

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**Dr Tan See Leng**
Group Chief Operating Officer
Parkway Pantai Limited

Indian hospitals run one of the most extensive and successful liver transplant programs in the world. Events like MCLD expose doctors to the latest developments in this field and provide opportunities for them to share and interact with some of the best medical minds in the world. This not only raises the standards of care at our hospitals but also leads to superior clinical outcomes and better quality of life for our patients.

Some eminent international faculties participating in the conclave include Georg Auzinger (UK), Patricia Burra (Italy), Anil Dhawan (UK), Robert Gish (USA), Nigel Heaton (UK), Rajiv Jalan (UK), Wayel Jassem (UK), Patrick Kamath (USA), John Lake (USA), Kwang-Woong Lee (South Korea), Jan Lerut (Belgium), Gregory McKenna (USA), Asif Abbas Naqvi (UK), John O’Grady (UK), Elizabeth Pomfret (USA), Manuel Rodriguez-Davalos (USA), Roshni Vara (UK), Anita Verma (UK), Gebhard Wagener (USA), Julia Wendon (UK) and Roger Williams (UK). Their contribution has been significant in making the event a success.

This year’s MCLD was not only educational, but had a tinge of nostalgia – the presence of Ms. Baebhen, a young law student from the UK. She underwent a liver transplant 20 years ago, at the delicate age of 5, in the able hands of Prof. Mohamed Rela at King’s College, London. This highly publicised event also earned the already world-renowned Prof. Mohamed Rela another milestone – an honourable mention in the Guinness Book of World Records for a successful liver transplantation on the youngest patient in the world.

**ThiruEdappadi K. Palaniswami**
Hon’ble Chief Minister
Tamil Nadu

I am very pleased to have been invited to such a prestigious event. Events such as these reiterate the fact that Tamil Nadu is a pioneer when it comes to transplantation.” He also added that “Ms Baebhen stands as a testimony that patients who undergo liver transplantation can have a normal and fruitful life and can pursue their dreams and her presence at the meeting was a reassurance to all the patients who have undergone a liver transplant and also to those who await transplantation.

**Dr K Ravindranath**
Chairman & Founder
Gleneagles Global Hospitals

Running India’s most successful multi-organ transplant program over the years, demonstrates our commitment to take on cutting-edge clinical work and academics with equal importance. I am so happy with MCLD’s journey to its 8th edition and the support it has received across India and from abroad over the years.

Leadership and learning are indispensable to each other.

John F. Kennedy
A Mother’s Battle, A Family’s War

A mother’s unprecedented battle and victory over her appalling illness – the Guillain-Barre Syndrome.

People say that life is a battle, and that one has to fight through. Little do they know that when a complication arises, one should not fight but conquer the situation with a straight face. Not many can withstand the test of time, but a few brave hearts like Simi Kennedy, stand face to face with the problem and conquer it. Her’s is one such story that will touch hearts and build faith in people.

As a 40-year-old working professional, a doting mother of two, and a caring wife – Simi juggled between her roles with utmost passion and sincerity. It was a tiresome task but she never complained because she knew, that she was their pillar of strength. But the happy family’s fate didn’t take long to turn upside down.

In mid-October 2016, Simi was diagnosed with dengue and was feeling sicker than usual with fever, and body pains. She also experienced two episodes of seizures. Realising that there’s a problem, Simi’s husband immediately rushed her to Gleneagles Global Health City. She was admitted to the medical ICU but their worst nightmare was yet to come.

Although the doctors were treating her, the condition worsened and she started losing movement in her limbs. Her family and children were heartbroken seeing Simi’s condition. A couple of more tests were done to find out the core problem. The neuro team revealed that Simi was actually suffering from the horrifying Guillain-Barre Syndrome (GBS). GBS is a rare condition in which the immune system attacks the nerves leading to muscle weakness and even paralysis.

Sometimes, life tests one in unimaginable ways. So was the case with Simi, when she was diagnosed with a miller-fischer which too is a variant of GBS (a nerve ailment producing early breathing difficulties). She was shifted to the Neuro ICU for further treatment while her family and friends anxiously prayed for her recovery.

After an internal team discussion, it was decided that the appropriate treatment for this condition would be the use of an Intravenous Immunoglobulin injection (IVIG injection) or plasmapheresis which is a sterilised solution made from human plasma. It took five doses of this injection to bring movement in Simi’s limbs, but despite some progress, she still had trouble breathing. She underwent a tracheostomy to rectify this problem.

In about a few weeks, she was taken off tracheostomy and was able to breathe and speak normally. After a long battle with her ailment, Simi Kennedy was finally able to come out of its clutches. Thanks to the prayers of her family and well-wishers, she found the courage and confidence to fight the disease. Simi is recovering at a tremendous rate and believes that it’s only a matter of time before everything is back to normal.

They say, that a doctor is God on earth. And now we have another person adding to that belief. Simi and her family are very grateful and thankful for the treatment and care provided to her and her family by everyone at Gleneagles Global Health City, always willing to go above and beyond when it comes to the treatment of those in need.

Simi is an inspiration to those who were or are in a situation like hers. Her courage proves the saying, “if you fall seven times, stand up eight”.
Seafood is a beloved delicacy for many. It is nutrient-rich, serves as an excellent source of protein, a good source of vitamins and minerals, and is rich in omega-3 fatty acids. Seafood includes fish, shellfish and roe.

Shellfish include crabs, prawns, lobsters, shrimps, squids, oysters, etc. Prawns are extremely low in fat and calories, yet packed with nutrition. Each edible 100 gm (six medium sizes) of prawns provide:

<table>
<thead>
<tr>
<th>Nutrition Details for Prawn</th>
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<tbody>
<tr>
<td>Energy (Kcal)</td>
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<tr>
<td>Protein (g)</td>
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<td>Fat (g)</td>
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<td>Minerals (g)</td>
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<td>Fibre (g)</td>
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<td>Iron (mg)</td>
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<td>Carolene (mcg)</td>
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<tr>
<td>Thiamine (mg)</td>
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<td>Riboflavin (mg)</td>
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<td>Niacin (mg)</td>
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<tr>
<td>Total B6 (mg)</td>
</tr>
<tr>
<td>Folic Acid (Total) mcg</td>
</tr>
<tr>
<td>Vitamin C (mg)</td>
</tr>
</tbody>
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Other names:
All values are per 100 gm of edible portion.
The animal protein found in prawns is easily digestible as it contains all the essential amino acids. Indian diets are rich in carbohydrates. But including a serve of prawns, will not add on extra, unnecessary carbohydrates. Prawns are low in fat, as compared to the fat content found in other animals. Prawns are lower in fat, as compared to other animals. They are also a good source of essential omega-3 fatty acids, which primarily help in keeping your heart healthy.

Like other types of animal meat, prawns contain cholesterol. 100 gm of prawns provide approximately 165 mg of cholesterol. This amount approaches the recommended 200 mg limit for daily cholesterol intake if you have a pre-existing heart disease or an elevated cholesterol level. But it does not mean you must avoid this otherwise nutritious food. A simple solution would be to include prawns in your meal plan, limit the amount of cholesterol you consume in other foods that day.

Prawns provide you with significant amounts of B complex vitamins. These vitamins aid the body in producing energy, manufacturing red blood cells and maintaining normal nerve function. Prawns are rich in iron (30% RDA), zinc, selenium, copper, magnesium and phosphorus. Zinc (10% RDA) and selenium (50% RDA) promote healthy functioning of the immune system. Magnesium, phosphorus and copper help you maintain strong bones in numerous metabolic processes.

In the Indian context where the intake of carbohydrates and saturated fats are a concern, consumption of 100 gm of prawns twice a week can be considered as a healthy option.

**DID YOU KNOW**

- The omega-3 fatty acids found in seafood are derived from phytoplankton, the small aquatic plant cells that are a source of food for many aquatic organisms. Omega-3 fatty acids are found throughout the aquatic food chain, and all fish and shellfish used for human food are sources of omega-3 fatty acids.
- Protein in seafood is easier to digest because seafood has less connective tissue than red meat or poultry.
- Recent studies have shown that eating seafood can reduce the risk of heart attack, stroke, obesity and hypertension.
Microwave quick prawns biryani

Ingredients
- Shelled prawns - 500 gm
- Good quality basmati rice - 400 gm
- Cloves - 2
- Cardamom - 2
- Star anise - 2
- Medium sized onions - 2
- Medium sized tomatoes - 2
- Finely chopped ginger - 25 gm
- Finely chopped garlic cloves - 10
- Chilly powder - 1 ½ tablespoons
- Coriander - 3 tablespoons
- Oil - as per requirement
- Salt to taste
- Coarsely chopped coriander and mint leaves

Method of preparation:
1. Add a few tablespoons of oil in a thick pan and fry all the above spices with the extra addition of fennel seeds.
2. Add green chillis, ginger and garlic to the mixture in the pan.
3. Then add and sauté the coarsely chopped onions and tomatoes until they are soft.
4. Stir this mixture by adding water (100ml). After getting good consistency, add a tablespoon of thick yoghurt.
5. Now add chilli, coriander powder as well as salt according to your preference.
6. Add the shelled prawns to this mixture, along with coriander leaves and mint leaves. Cook until the prawns’ colour changes. After it’s cooked, keep it aside in a container.
7. Wash the rice thoroughly, and soak it in water for 10 mins.
8. Strain the water and transfer the soaked rice to a borosil glass bowl (microwave compatibles).
9. Add 1 ½ cups of water to the cooked prawn gravy and bring it to boil.
10. Now pour the gravy into the soaked rice and keep it in the microwave to cook for 5 mins without a lid.
11. After 5 minutes, take it out from the microwave, add a spoon of ghee, close the lid and keep it for another 7 minutes.
12. Leave it for another 10 mins and enjoy the delicious prawns biriyani.
Eat Smart
A healthy diet without dieting

Go for simple, no-fad healthy eating patterns to nourish your body and bring out your best you.
• Concentrate on smaller portions, rather than forcing yourself to eliminate foods you love.
• Add fibre-rich foods that will keep you feeling full, such as whole grains, legumes, vegetables and fruits.
• Don’t buy empty-calorie foods and sugary drinks – if they aren’t in your pantry, you are less likely to indulge.

Add Colour
Bring on the flavour

Cooking fruits and veggies in healthy ways brings out their natural flavours, so you won’t need to overdo it on the salt or heavy sauces.
• Roast vegetables in high heat to caramelize and reduce bitterness.
• Grill fruits to unlock a deeper sweetness and give your color some char.
• Give your veggies a light sauté to crisp without overcooking.

Move More
Get the whole family moving

Adding exercise is easier when it’s a shared activity. Bring your family with you on the path to whole body health for more accountability, bonding and fun.
• Dance your way to fitness with a parent’s night out or even a fun family dance party.
• Put away the screens and take a walk in your local park.
• Unleash your inner child with fun games like chase, tag and kid-friendly obstacle courses.

Be Well
Clear your mind with activity

Mindfulness doesn’t always mean stillness - practicing yoga can add calm reflection into your life while challenging your body.
• Yoga is an ancient practice that combines specific postures and movements with mental focus, breathing, and meditation or relaxation.
• Adding yoga to your routine has immediate as well as long-term benefits that contribute to whole body health.
• Practicing yoga can give you added strength and flexibility.

* Source: https://healthyforgood.heart.org/
Chandigarh, the capital of the northern Indian states of Punjab and Haryana, was designed by the Swiss-French modernist architect, Le Corbusier. His buildings include the Capitol Complex with its High Court, Secretariat and Legislative Assembly, as well as the giant Open Hand Monument. The nearby Rock Garden is a park featuring sculptures made of stones, recycled ceramics and industrial relics.

If you want to get away for a weekend and relax in mother nature’s arms but still don’t want to give up the conveniences a city gives, this city is the place to go. Chandigarh is best experienced in the spring, but is equally enchanting in all other seasons. This city is a photographer’s paradise with its charcoal grey roads stretching over long distances and the trees canopying over them, creating a beautiful sight to see. Many roads have the Amaltas tree in a single line, ending only where the roads end and during spring these roads look more yellow than grey.

Of course, the famous Sukhna Lake. An early morning walk to the lake on the Sukhna Path is all you need to rejuvenate yourself. The slightly chilly breeze of the morning, with the trees standing tall on each side of the empty roads, the sun still at the horizon slowly coming up, the birds chirping around, and the flowers still moist with dew is mesmerizing. On the road you’ll find trees of mulberries, stop by and have a taste of the sweet fruit, indigenous to the Indian subcontinent.

The Sukhna lake is 4km long, decorated with a variety of trees and small shrubs; a boat ride on this famous lake is a must. Peddling away in the duck shaped boats, while munching on roasted peanuts and black peas is the clichéd tourist thing to do yet very enjoyable.

One of the lesser known places in Chandigarh is Garden of fragrance, which is a must visit garden of the city.
It is famous for its distinctive aromatic and fragrant plants. Garden of fragrance is located in Sector 36 on the south side of the Hibiscus Garden. Some of the fragrant plants that can be found here are Raat ki rani, demask rose, motia, Champa, Haar Shingar, mehndi and varieties of jasmine. Chandigarh garden of fragrance also serves as a fabulous picnic spot. Tracks have been laid in the garden and now people come here in the morning and evening time to carry out their physical workouts.

For the evenings, visit Sector 17 Plazo to indulge in some shopping and eating the famous Softy Corner popcorn, probably the best in the country. Have dinner in the many restaurants in that sector or hop over to Sector 8b’s market and see many eateries available only in Chandigarh. Have a nice, creamy milkshake from Milkshake&Co. and wood oven pizzas from Crustos; finish off with a nice cake jar from Uncle Jack’s and then sleep to the crickets chirping outside your window.
In today’s tech-driven world, life for a working professional usually means living out of a chair, in one position, for over 8-9 hours. This is a major reason why many of them are getting out of shape, with every passing day. Every year, the obesity statistics are skyrocketing. This also leads to other health complications like diabetes.

Our body is meant for perpetual movement. According to research, 24 different chronic diseases and conditions are associated with excessive sitting, which also increases the risk of premature death. For women, sitting for more than 7-8 hours, takes a toll on their mental health, leading to depression.

For great health, sitting in one position for a long time, is out of question.
Here are 5 tips for working professionals to stay healthy:

1. **STAND UP**
   A simple thing like standing every 5-10 minutes helps boost your energy, and decreases fatigue. It has proven to boost the well-being of working professionals who handle stressful situations, daily.

2. **GET MOVING**
   They say, why just stand when you can walk? Walk up to your co-worker’s desk and have a talk, instead of just emailing. Walking and moving about brings such a relief to the muscles, and keeps them from getting stiff.

3. **ALIGN YOUR HEAD**
   When you’re at your desk, make sure your head is properly aligned with your spine so that the pressure does not affect your neck. To avoid headaches and other issues like spondylitis, it’s highly advisable to rotate your head clockwise and anti-clockwise every 5-7 minutes.

4. **MONITOR THE SCREEN POSITION**
   The top of your computer screen should be on the same level with your eyes. If it’s lower, your head puts the pressure on your neck which leads to neck and back pain. If it’s higher, it causes dryness and itchiness in the eyes.

5. **MEDITATE**
   A busy and stressful schedule takes up a lot of our energy and peace of mind. Clear your mind, and stop thinking about work details, just for 5 minutes, and see the difference it makes. Meditation helps you to make the right decisions, peaks your energy, soothes your mind, makes you less irritable and also helps you to be more productive and creative.
Body Dysmorphic Disorder (BDD) can be defined as a body-image mental disorder, where an individual can't stop being negative about themselves and their flaws. A person with BDD has persistent and intrusive thoughts, and is preoccupied with an imagined or slight defect in their appearance. Typically, their assumption of a particular area to be distorted is generally not perceived as a defect by others. However, for someone with BDD, it is disturbingly significant and noticeable by others. This causes them to avoid social situations and isolate themselves, because they are terrified of their flaws being noticed. People with BDD continuously seek reassurance, and also tend to undergo cosmetic procedures.

Some of the signs and symptoms of BDD that can easily be spotted in an individual are:

- Camouflaging with body position, clothing & makeup
- Constantly comparing their appearance with others
- Opting for numerous cosmetic procedures
- Either excessively checking or avoiding mirrors
- Always seeking reassurance about their appearance from others
- Avoiding social situations and becoming introverts

Unfortunately, mental health has a social stigma in our society. That’s why, people always have second thoughts about visiting a psychiatrist. But if anyone has any of the signs or symptoms of BDD, it is important to visit a mental health professional or a physician. BDD doesn’t get better with time, or on its own. In fact it gets worse, leading to severe depression, anxiety and sometimes even suicidal behaviour.

The treatment for Body Dysmorphia is generally started with a self-assessment test which can help suggest the presence of BDD in a person. However, it does not offer a definitive diagnosis. Treatments like cognitive-behavioural therapy and antidepressant medication may effectively reduce the symptoms of BDD, and help them live full and productive lives. It’s important to remember that the treatment method for each patient is tailored differently. So it is always advisable for the patient to have an open discussion with the doctor.

Although we all are engulfed in today’s materialistic pleasures running the rat race and believe that we are happy whereas, in reality, we are making someone else’s acceptance and judgment our bubble of happiness. So, it is important for everyone to pop the bubble and stay true to who they we are.
We know how much it means to you to see your patients going home with a smile. Now it’s time to create a memory of these smiling faces.

Snap a selfie with your patient. Well, you can make them laugh by making weird and funny faces too!

One who collects the most number of selfie-smiles, wins.

**Contest details:**
**Dates:** Dates: 15th May – 31st May
**Send your entries at:** corp.comm@globalhospitalsindia.com

**Exciting prizes for the winners, await.**

Start snapping now!
Parkway Pantai shares in the success of our holding company, IHH Healthcare Berhad (IHH). IHH is one of the largest healthcare operator in the world based on market capitalisation. Aside from Parkway Pantai, its core businesses are also operated through two other key subsidiaries: Acibadem Holding and IMU Health. IHH is a leading international provider of premium healthcare services in markets where demand for quality health is growing rapidly - specifically in Asia and the Central and Eastern Europe, the Middle East and North Africa (CEEMENA) region. With a clear and targeted strategy supported by talent acquisition development and retention, IHH will continue to excel as a leading player in private healthcare.
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