



# WELL BEING

## NEWS LETTER



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**JUNE 2025**



**DR. B.R.J. SATISH KUMAR**

MS(ORTHO) DNB(ORTHO) MNAMS.,  
F.PED.ORTHO(KOREA).

CHIEF ORTHOPEDIC SURGEON

Dear Readers,

Greetings and welcome to the June edition of our newsletter from the BRJ Ortho Centre & MAK Hospital family!

As we move into June, our commitment, under the steadfast leadership of Dr. BRJ Satish Kumar, remains firmly rooted in safeguarding your health and providing compassionate, personalized medical care – a mission we have proudly upheld since 2014.

This month, we are pleased to highlight two crucial areas of healthcare where our dedicated teams are making a significant difference: comprehensive Dental Health and advanced Laparoscopic Surgical procedures. Often an overlooked aspect of overall wellness, maintaining good Dental Health is vital for preventing systemic issues and ensuring a good quality of life. At BRJ Ortho Centre & MAK Hospital, our Dental Care department is dedicated to providing comprehensive services, from preventive care and routine check-ups to addressing complex dental issues.



**Dr.A. Mujeebur Rahman**

MD(PGIMER),DNB

CONSULTANT ANESTHESIOLOGY,  
INTENSIVE CARE & PAIN MEDICINE

We are proud to highlight the expertise and care provided by Dr. Sajith. Under his skilled guidance, our team focuses on a personalized approach to dental health, ensuring patients of all ages receive the best possible care to maintain healthy smiles and overall well-being. This focus reflects our broader commitment to holistic health management for our community.

Equally important is our ability to offer advanced, less invasive surgical options. We are at the forefront of providing Laparoscopic Surgical procedures, a minimally invasive technique offering numerous advantages such as smaller incisions, reduced pain, faster recovery times, and shorter hospital stays compared to traditional open surgery. We are delighted to feature the work of Dr. Naveenkumar, who spearheads our efforts in this advanced surgical field. Dr. Naveenkumar's expertise allows us to effectively utilize laparoscopic techniques to treat a wide range of conditions, benefiting a diverse patient population. This approach is particularly valuable as it enables us to perform necessary surgeries safely and efficiently, adapting techniques to suit the specific needs of both our younger patients needing quick recovery and our older patients for whom minimizing surgical stress is paramount. His skill ensures that advanced surgical care is accessible and tailored to individual patient requirements, regardless of age.



**Dr. S Bhagavath Kumar**

MBBS, MS (General Surgery)  
Mch (Plastic Surgery) Fellow  
(Hand and Microsurgery)

CHIEF PLASTIC SURGEON

These highlights in Dental Care and Laparoscopic Surgery exemplify our ongoing commitment to providing comprehensive, advanced, and compassionate healthcare across various specialties. We continue to invest in our facilities, state-of-the-art technology, and most importantly, our skilled medical professionals, all guided by a patient-centric vision. We are deeply grateful for the trust you place in us as your healthcare partner. Your health journey is our priority, and we encourage you to reach out with any questions about our Dental services or our advanced Laparoscopic Surgical options. Thank you for being an integral part of our healthcare family. We wish you a safe and healthy month and look forward to continuing to serve you with the highest standards of care.

Sincerely,

Editor, BRJ Ortho Centre & MAK Hospital Newsletter

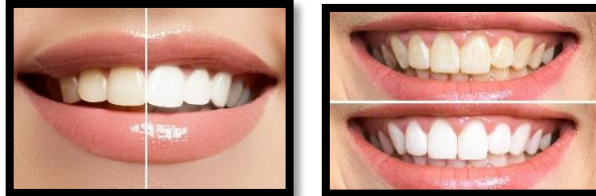
## Enhance Your Well-being: A Guide to Common Dental Treatments

Maintaining good oral health is a vital part of overall well-being. At BRJ Ortho Centre & MAK Hospital, our comprehensive dental services are designed to help you achieve and maintain a healthy, confident smile. Here's a look at some of the common dental treatments available at our multispeciality facility:



**Dr. K. Sanjith BDS, MDS, MOI.**  
Dental Surgeon & Implantologist  
Oral & Maxillofacial Pathologist

**Teeth Whitening:** Brighten your smile and remove stubborn stains caused by food, drinks, or aging. Our professional teeth whitening treatments are safe and effective, helping you achieve a noticeably whiter smile.



**Dental Veneers:** Transform the appearance of your teeth with thin, custom-made porcelain shells. Veneers are an excellent solution for improving the color, shape, size, or length of teeth, providing a natural and aesthetic result.



**Dental Crowns:** Restore the strength, shape, and appearance of damaged or weakened teeth with dental crowns. These tooth-shaped caps are custom-made to fit snugly over your existing tooth, providing protection and a natural look.



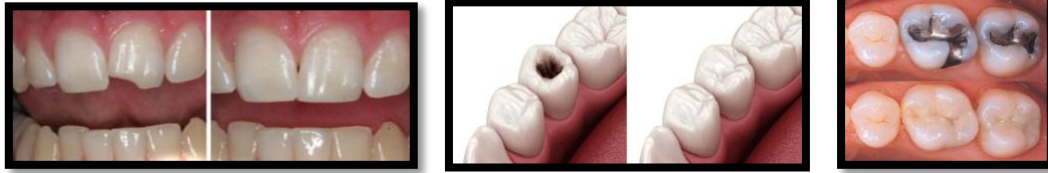
**Dental Implants:** Replace missing teeth with a durable and long-lasting solution. Dental implants are artificial tooth roots surgically placed in the jawbone, providing a stable foundation for replacement teeth that look, feel, and function like natural teeth. This is a key area where our multispeciality expertise can be beneficial, especially in complex cases.



**Orthodontics (Braces/Invisalign):** Correct misaligned or crooked teeth and achieve a healthier bite. We offer various orthodontic options, including traditional braces and discreet Invisalign aligners, to help you achieve a straighter smile and improved oral function.



**Dental Filling:** Repair cavities and restore the integrity of your teeth with tooth-colored resin fillings. These fillings are seamlessly blended with your natural tooth color, providing a durable and aesthetic restoration. They can also be used to repair chipped or cracked teeth.



**Gum Contouring/Reshaping:** Improve the aesthetics of your smile by addressing uneven or excessive gum tissue. Gum contouring can help create a more balanced and harmonious gum line, enhancing the overall appearance of your teeth.



**Dentures:** Replace multiple missing teeth with removable dentures. We offer both complete and partial dentures, custom-made to fit comfortably and restore your ability to eat, speak, and smile with confidence.



**Root Canal Treatment:** Save a tooth that is infected or badly decayed. Root canal treatment involves removing the infected pulp, cleaning and disinfecting the root canals, and then filling and sealing the space. This procedure can prevent tooth extraction and preserve your natural tooth.

**Oral Surgery:** Our multispeciality setting allows for seamless access to oral surgery expertise when needed. This can include procedures like tooth extractions (including impacted wisdom teeth), gum surgery, and procedures related to dental implants.

**Full Mouth Rehabilitation:** For complex cases involving multiple dental issues, we offer full mouth rehabilitation. This comprehensive approach combines various treatments to restore the health, function, and aesthetics of your entire mouth, significantly improving your quality of life.

### **Your Oral Health and Overall Well-being**

It's important to remember that oral health is interconnected with your overall health. Issues in your mouth can affect other parts of your body, and certain systemic conditions can manifest in your oral health. At BRJ Ortho Centre & MAK Hospital, our dental team works in collaboration with other specialists within the hospital, ensuring a holistic approach to your well-being.

The specific dental treatments recommended for you will depend on your individual needs and oral health condition. We encourage you to schedule a consultation with our qualified dentists who can provide a thorough examination and discuss the best treatment plan for you.

Investing in your oral health is an investment in your overall well-being. Contact BRJ Ortho Centre & MAK Hospital today to learn more about our dental services and how we can help you achieve a healthy, beautiful smile.



## Bridging the Age Gap: Expert Hernia Care

BRJ Ortho Centre & MAK Hospital is proud to share inspiring stories of successful patient outcomes, showcasing our commitment to providing exceptional surgical care across all age groups. Recently, our skilled surgical team achieved remarkable results in two distinct hernia repair cases, demonstrating our expertise in handling both complex geriatric conditions and delicate pediatric procedures.



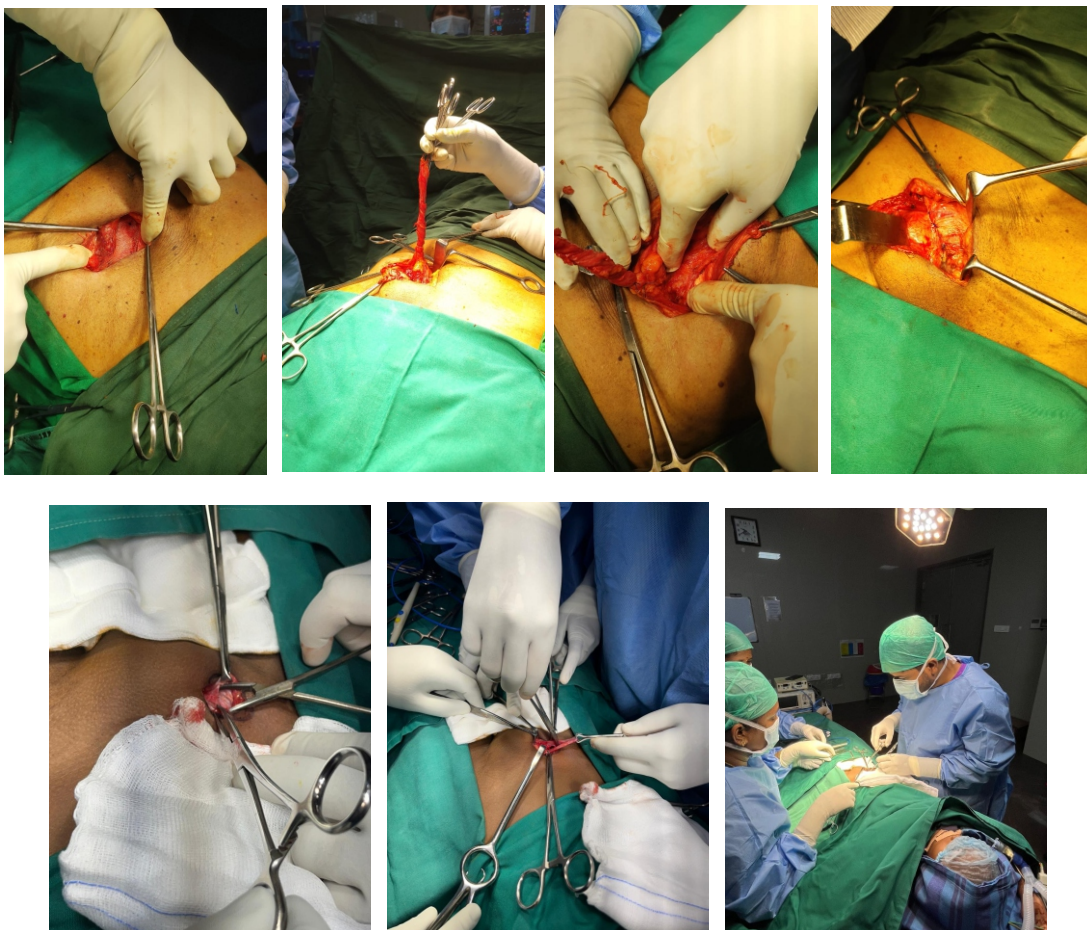
**DR. NAVEEN KUMAR, MBBS, DNB(Gen surg)**  
General and Laparoscopic Surgeon

Our hospital recently had the privilege of treating patients at opposite ends of the age spectrum for hernia repair, highlighting the breadth and depth of our surgical capabilities. These cases underscore the dedication and skill of our medical professionals in tailoring treatment to the unique needs of each individual.

### A Complex Case: Restoring Health for an 89-Year-Old Patient

Mr. Govindan Nair, an 89-year-old male, presented to BRJ Ortho Centre & MAK Hospital with significant discomfort due to a bilateral inguinal hernia. For four months, he had experienced swelling and pain in his both groin, symptoms that were exacerbated by coughing. Mr. Nair's medical history added layers of complexity to his case, including a decade-long battle with systemic hypertension, a history of cerebrovascular accident and old subdural hematoma, and bladder outlet obstruction. He also had bilateral cataracts and had previously undergone neurosurgery for a subdural hematoma.

Given his advanced age and multiple comorbidities, Mr. Nair's case required careful assessment and a highly specialised surgical approach. The diagnosis was bilateral inguinal hernia. The procedure performed was a bilateral open hernioplasty, skillfully executed by Dr. Naveenkumar and his dedicated team of surgeons from BRJ Ortho Centre & MAK Hospital, supported by our expert operation theatre technicians and staff nurses. The decision to perform open surgery rather than a laparoscopic procedure was made considering Mr. Nair's age, existing comorbidities, and other specific clinical concerns, ensuring the safest and most effective approach for his condition. The successful outcome of this surgery is a testament to the team's ability to manage complex cases in elderly patients with pre-existing health challenges, ensuring a return to better health and comfort.

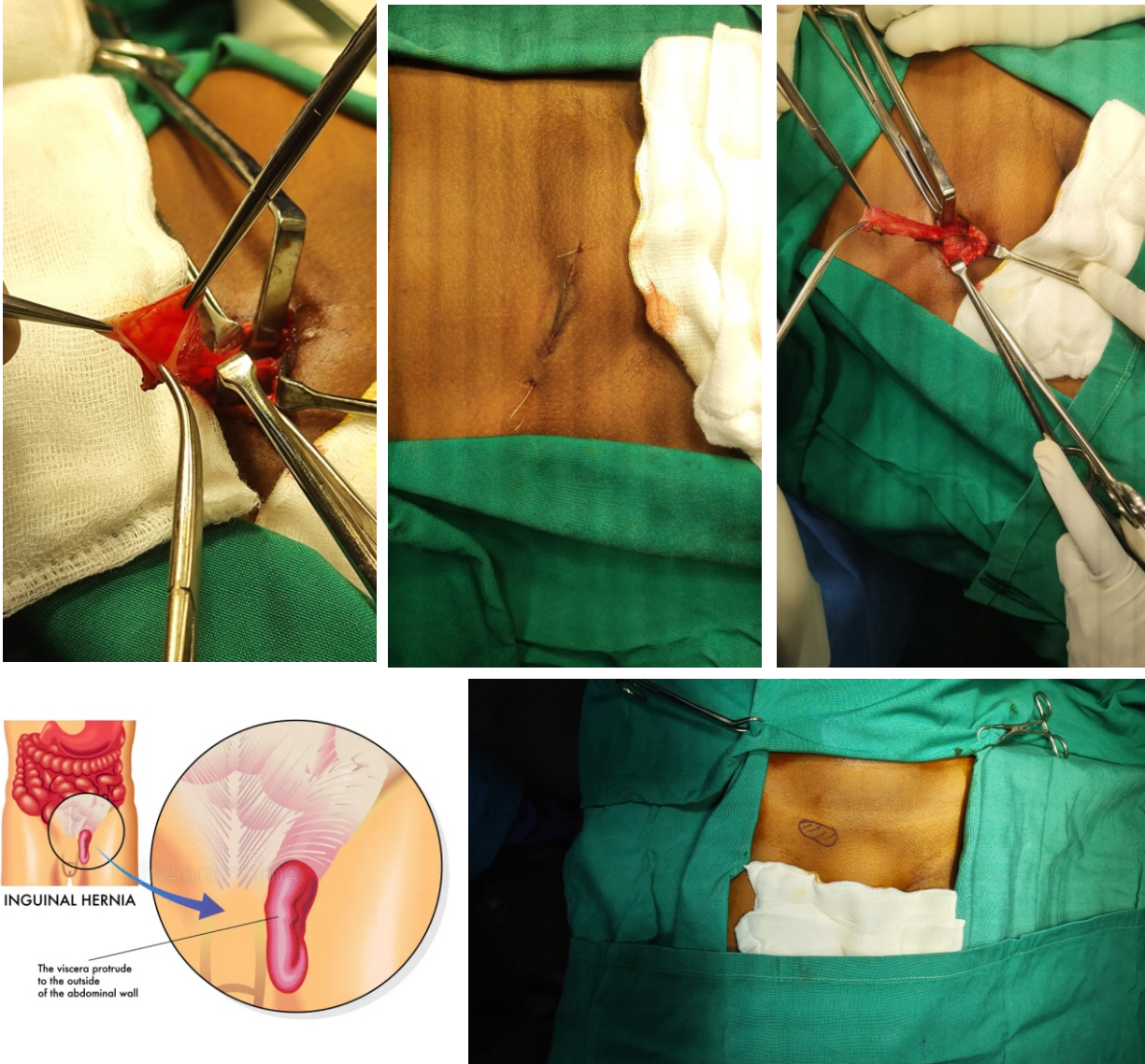




## Gentle Hands, Great Outcomes: Pediatric Herniotomy Success

On the other hand, our hospital also recently provided specialised care for a young patient, 4-year-old Praganya. Praganya was admitted with a swelling in her right inguinal region that had been present for three months. She was diagnosed with a right indirect inguinal hernia, a condition common in children that occurs when a natural passage fails to close completely before birth.

Pediatric surgery demands precision, patience, and a child-friendly environment. Under the general anaesthesia administered by Anaesthetist Dr. Mujeebur Rahman, General Surgeon Dr. NaveenKumar performed a right herniotomy. The procedure involved the meticulous isolation and high ligation of the hernial sac, effectively closing the opening and removing the redundant tissue. The surgery was a complete success, thanks to the expertise of Dr. NaveenKumar, General and Laproscopic surgeon and Dr. Mujeebur Rahman, Anaesthetist and the invaluable support from the operation theatre technicians and nursing staff. Praganya is now recovering well, a positive sign of her swift return to childhood activities.



## Exemplary Care for Every Patient

These two cases, though vastly different in the age and medical history of the patients, highlight the consistent standard of excellence at BRJ Ortho Centre & MAK Hospital. Whether it is navigating the complexities of geriatric care with multiple health conditions or providing delicate, specialised surgical interventions for our youngest patients, our team is equipped with the knowledge, skill, and compassion to deliver optimal outcomes.

We sincerely thank Dr. NaveenKumar, Dr. Mujeebur Rahman, and all the surgical, anesthesia, technical, and nursing staff involved in these successful procedures. Their dedication ensures that BRJ Ortho Centre & MAK Hospital remains a trusted name in surgical care for the entire community, offering hope and healing across all generations.



## Successful Arthroscopic Rotator Cuff Repair Restores Mobility

BRJ Ortho Centre & MAK Hospital is proud to share a recent surgical success story demonstrating our expertise in advanced orthopedic care. Mrs. Lakshmi, a 72-year-old female patient, presented to our centre with significant right shoulder pain and a 15-day history of inability to actively lift her arm, following an alleged injury.

Upon diagnosis, Mrs. Lakshmi was found to have sustained a complete tear of the Supraspinatus tendon, a critical component of the rotator cuff. To address this, she underwent an arthroscopic Supraspinatus repair of the right shoulder. This minimally invasive technique allows for precise surgical intervention through small incisions, promoting potentially faster recovery and reduced post-operative discomfort compared to traditional open surgery.

The complex procedure was expertly led by our Chief Orthopedic Surgeon, Dr. BRJ Satish Kumar, with skilled support from Assistant Orthopedic Surgeons Dr. Suka Sekar and Dr. Thiaghu. Anesthesia was expertly managed by Dr. Mujeebur Rahman. The success of the operation was also made possible by the invaluable contribution of our dedicated Operation Theatre Technicians and Nurses, whose skill and diligence are vital to every procedure.

Thanks to the seamless collaboration and expertise of the entire surgical and support team, the procedure was successfully carried out. Mrs. Lakshmi has recovered well post-operatively and is now making excellent progress in her recovery journey, already experiencing improved comfort and regaining movement in her shoulder.

This case underscores our team's commitment to utilizing advanced techniques like arthroscopic surgery to effectively treat complex conditions such as complete rotator cuff tears, ultimately restoring function and improving the quality of life for our patients.



## Little Arjuna Regains Full Thumb Function Following Successful Trigger Thumb Release

Four-year-old Master Arjuna Mitran can now freely use his right thumb thanks to a successful surgical procedure performed at BRJ Ortho Centre & MAK Hospital. Arjuna was brought to the casualty department with a six-month history of difficulty extending the distal inter phalangeal joint of his right thumb, accompanied by mild pain – a condition diagnosed as pediatric trigger thumb.

Pediatric trigger thumb occurs when the flexor tendon, which bends the thumb, has difficulty gliding smoothly within its protective sheath, often due to a localized thickening or nodule. This can cause the thumb to catch or lock in a bent position, impacting a child's fine motor skills and causing discomfort.



Under the expert care of the surgical team led by Dr. B.R.J. Satish Kumar, Orthopedic Surgeon, a trigger release of the right thumb was performed. The procedure typically involves releasing the A1 pulley, a band of tissue that the flexor tendon passes through, to allow for unimpeded movement. The surgery, facilitated by Dr. Mujeeb, Anesthetist, and supported by Assistant Orthopedic Surgeons Dr. Suka Sekar, and Dr. Thiaghu, was successfully carried out by the skilled Operation Theatre Technicians and Nurses.

Following the procedure, Master Arjuna has recovered well and is healing satisfactorily, regaining full extension and function of his right thumb. This case highlights the expertise and coordinated efforts of the medical team at BRJ Ortho Centre & MAK Hospital in providing effective surgical interventions for pediatric orthopedic conditions, ensuring improved quality of life for young patients.



### Camp at Dasampalayam on 11/05/2025 along with Sri Ramakrishna Misson Vidiyalaya

**Medical camp at Dasampalayam :** The residents of Dasampalayam had access to valuable health services right in their community. A medical camp was successfully organized at the Dasampalayam Balvadi, thanks to a collaborative effort with the esteemed Sri Ramakrishna Mission Vidiyalaya, Perianaickenpalayam.



## ( Surgical Multispecialty Hospital )

### Summer Safety Tips



DRINK  
PLENTY OF WATER



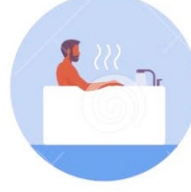
EAT FRESH FOOD



AVOID ALCOHOL  
AND CAFFEINE



AVOID USING STOVE  
AND OVEN



TAKE COOL SHOWERS  
AND BATHS



PLACE A COOL  
WASHCLOTH ON THE  
BACK OF YOUR NECK



STAY AWAY FROM DIRECT  
SUN EXPOSURE FROM  
ABOUT 10 AM TO 4 PM



USE SUNSCREEN  
TO AVOID SUNBURN



AVOID  
STRENUOUS ACTIVITIES,  
GET RESTED



KEEP YOUR HOUSE COOL,  
OR SPEND TIME  
IN PLACES WITH  
AIR CONDITIONING



WEAR SUNGLASSES  
OUTDOOR



WEAR LIGHT-COLORED  
LOOSE CLOTHING

### PATIENT TESTIMONIALS

“

**Gopal Krish**

I would like to sincerely thank Dr. Satish and the entire team at BRJ Ortho Hospital for the excellent care and support I received during my treatment. I underwent arthroscopic ACL reconstruction surgery, and I'm truly grateful for the precision, expertise, and professionalism shown throughout the process. Dr. Satish's guidance and reassurance made a significant difference in my recovery journey. Thanks to him and the dedicated staff, I'm now on the path to healing with confidence. Thank you once again for your outstanding service and commitment to patient care.



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**Thangavelan J**

My mother underwent total knee replacement at BRJ Ortho Centre & MAK Hospital under the expert care of Dr. Satish Kumar. We are grateful for his exceptional surgical skills and compassionate care. Special thanks also to Dr. Vijay Raj for his valuable support and guidance throughout the treatment. Both doctors made us feel confident and well cared for. Truly a great team and a smooth experience!”



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#### Editorial Board

Dr. B.R.J. Satish Kumar - Dr.A. Mujeebur Rahman , Dr. S. Bhagavath Kumar

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