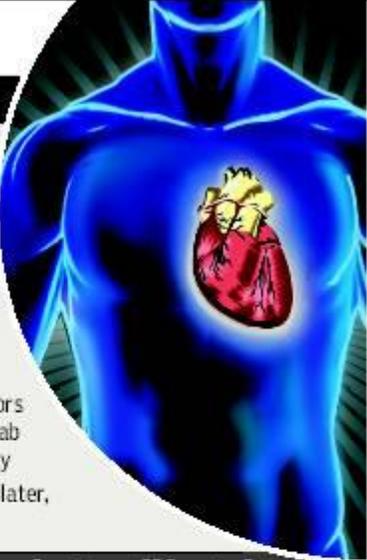


Patient survives as doctor's at Dr L H Hiranandani Hospital bypass red tape

Graphic: Bhagvan Das

PUMPING HOPE

A Survivor Story



9:15am, Aug 14 | Nikhil Pawar (35) starts feeling extremely breathless while walking on a Powai road

9:20am | He hails an autorickshaw and tells the driver to take him to a hospital

9:30am | Pawar enters L H Hiranandani

Hospital in Powai, where he collapses. An ECG shows no heart beat; he is given an electrical shock and resuscitated

9:40am | Though Pawar is conscious, the ECG shows electric abnormality. Doctors then take him to the cath lab and perform an angioplasty. He is discharged two days later, on Aug 16

WATCH OUT FOR

- Slight palpitations two to three days before a cardiac arrest
- Minor shooting pain in the chest
- Difficulty in breathing while walking or any other exertion

In an emergency

- Do not think of chest pain as gas
- Always get an ECG done
- Avoid consulting general physicians; they may not recognize a cardiac arrest

For a better lifestyle

- Eat healthy** | Incorporate five servings of fruits and vegetables a day in your diet
- Get active** | Even 30 minutes of activity can help prevent heart problems
- Say no to tobacco** | Risk of heart disease will be halved in a year
- Limit your alcohol intake**
- Weight check** | Weight loss equals lower blood pressure
- Know your numbers** | Visit a healthcare professional who can measure your blood pressure, cholesterol and glucose levels

Praises and accolades from the readers

Dear Sirs.

I was reading today's Sunday times and read the news on front page where in you saved a life of a 35 year old man who encountered a cardiac arrest. After reading the article I want to salute and pay homage to both of you for your compassion and example setting deed of humanity.

I just want to say that there are very few people like you in this world who are gem of a person in

real sense.

Thank you, Best regards.

Gaurav Panchal.

To the management of Hiranandani Hospital

Gentlemen,

Apropos today's (26-08-12) news item headed "**Man survives as docs bypass red tape**" on page 1 in *Times of India*. In India, when excessive bureaucratic regulation is strictly and unnecessarily adhered to, despite a situation where a life is at risk, kudos to Dr Ganesh Kumar and Dr Rahul Gupta who had bypassed red-tapism to save a life and thanks to the management and all the staff of Hiranandani Hospital.

These acts of kindness and humanity to save a life will ever be a colorful feather in the cap of Hiranandani Hospital. Hope all other hospitals and doctors in the country will follow the footsteps of Hiranandani Hospital.

Please keep these acts of kindness and humanity as a tradition of Hiranandani Hospital.

Thanks again to all of you, though the person saved is in no way connected to me.

Regards,

S.Babu Gowtham

Dear Dr. Rahul & Dr. Ganesh

In today's Times of India there is an article about your contribution to save life of Pawar, certainly this act of yours assure us that there are people like you in our society who are really priceless Gem. Please keep this spirit up. Wishing u both all the best in your future journey for health for all.

Regards

Dinesh Shukla

Dear doctors and managment of the hospital,

Today I was reading TOI, and read about how you guys saved Mr. Nikhil Pawar, without wasting precious time for paper work and doing procedure on humanity ground. Im feel very proud that we still have such good hospitals in todays commercial and competitve world. My heartly congratulation for saving a life and your effort is a treat to humanity and woth aplouding and sharing.

Best Regards,

Dhananjaya

Bangalore

This is in reference to the news item in Times of India dt 26/08/2012 about the treatment given to Nikhil Pawar (for his cardiac arrest) by Dr Ganesh Kumar and Rahul Gupta without bothering about ' red tape '. Congratulations to all for saving a life.

God bless!

Wellwisher

Great Work Dr L H Hiranandani Hospital. May your tribe increase. Hope other hospitals who rip apart the patients take a que from your doctors.

– **Khushroo Paocha (Commented on Hospital's Facebook page)**

“Man survives stroke as docs bypass red tape”

This is the news item appeared in the Times Of India Mumbai Edition today. As per the reports one man was walking on road at Powai, he felt some uneasiness, he hired an auto and asked the auto fellow to take him to H.L. Hira Nandani Hospital where he collapsed having suffered a cardiac arrest. But he was saved as doctors began his treatment immediately without waiting for paper work or even identifying him.

We salute such Doctors who believe in humanity and saved the life of a common man....!!!!

Nareh Chandra (Commented on Hospital's Facebook page)