

SHALBY LIMITED

•Passion•Compassion•Innovation•

Shalby/SE/2023-24/76

October 28, 2023

The Listing Department
National Stock Exchange of India Ltd
Mumbai 400 051.

Corporate Service Department
BSE Limited
Mumbai 400 001.

Scrip Code : SHALBY

Through : <https://neaps.nseindia.com/NEWLISTINGCORP/>

Scrip Code: 540797

Through : <http://listing.bseindia.com>

Sub: Investor Presentation for the Quarter and Half Year ended 30th September 2023

Dear Sir / Madam,

We are submitting herewith Investor Presentation on financial & operational performance of the Company for the quarter and half year ended September 30, 2023, which will be discussed at the Investor Conference call scheduled on Monday, October 30, 2023.

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.

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CIN: L85110GJ2004PLC044667



SHALBY LIMITED

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Investor Presentation

Q2 & H1 FY2024

SHALBY[®]
MULTI-SPECIALTY
HOSPITALS

SHALBY
ORTHOPEDICS
CENTRE OF EXCELLENCE



 **Shalby**
Advanced
Technologies Inc.
Restoring Mobility, Improving Lives.

AGENDA



SHALBY GROUP QUARTERLY PERFORMANCE



HOSPITAL BUSINESS QUARTERLY PERFORMANCE



HOMECARE BUSINESS QUARTERLY PERFORMANCE



FRANCHISE BUSINESS QUARTERLY PERFORMANCE



SHALBY ACADEMY QUARTERLY PERFORMANCE



IMPLANT BUSINESS QUARTERLY PERFORMANCE

Consolidated Financial Highlights

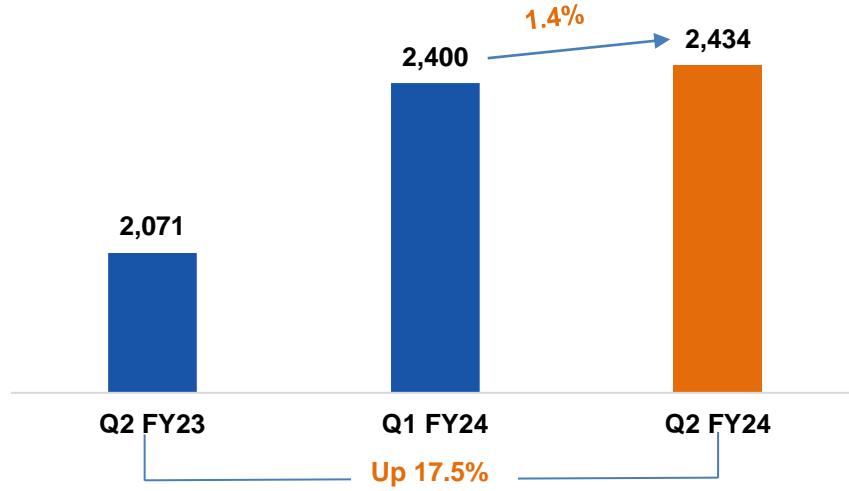
- › Consolidated Revenue at Rs 2,434 mn in Q2 FY24 grew by 17.5% YoY and 1.4% QoQ
- › Consolidated EBITDA at Rs.581 mn in Q2 FY24 grew by 37.1%% YoY and 21.9% QoQ
- › Consolidated PBT at Rs.426mn in Q2 FY24 grew by 48.6% YoY and 29.3% QoQ
- › Consolidated PAT at Rs.276 mn in Q2 FY24 grew by 49.8% YoY and 32.5% QoQ
- › Consolidated Net cash (minus total debt) stood at Rs.705 mn as on Sep'23 v/s Rs.806 mn as on June'23
- › Consolidated Annualized ROCE for Q2 FY24 stood at 20.9% v/s 16.6% in Q1 FY24

Standalone Financial Highlights

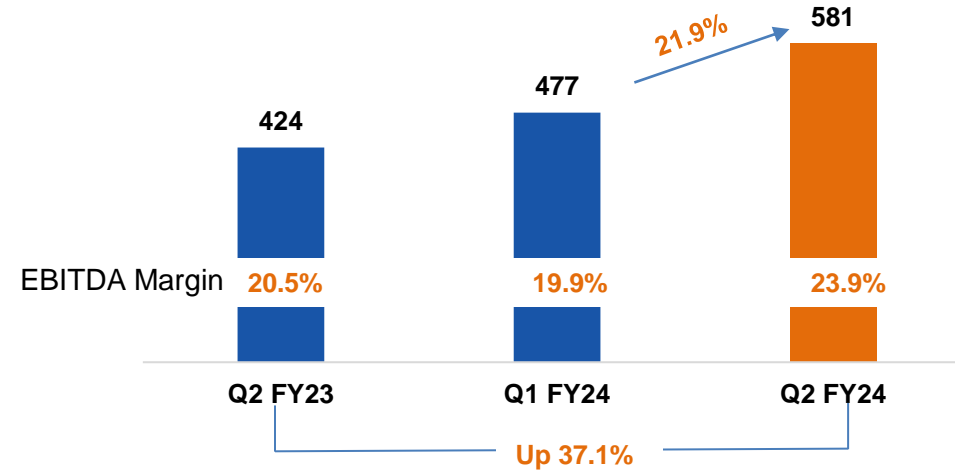
- › Standalone Revenue at Rs 2,230 mn in Q2 FY24 grew by 22.0% YoY and 3.1% QoQ
- › Standalone EBITDA at Rs.575 mn in Q2 FY24 grew by 31.6%% YoY and 15.6% QoQ
- › Standalone PBT at Rs.473 mn in Q2 FY24 grew by 41.1% YoY and 18.3% QoQ
- › Standalone PAT at Rs.304 mn in Q2 FY24 grew by 39.4% YoY and 16.1% QoQ
- › Standalone Net cash (minus total debt) stood at Rs.1,628 mn as on Sep'23 v/s Rs.1,784 mn as on June'23
- › Consolidated Annualized ROCE for Q2 FY24 stood at 23.0% v/s 20.0% in Q1 FY24

Consolidated Performance Highlights – Q2 FY24

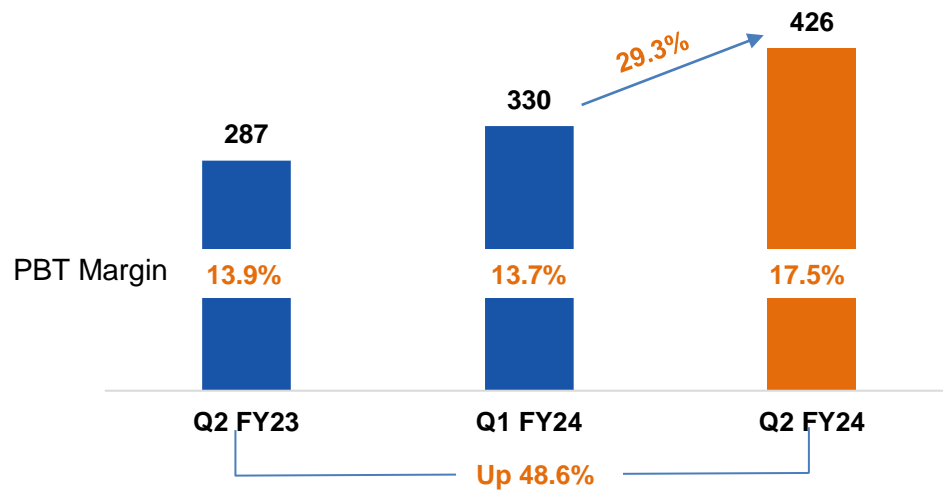
Revenue (INR MN)



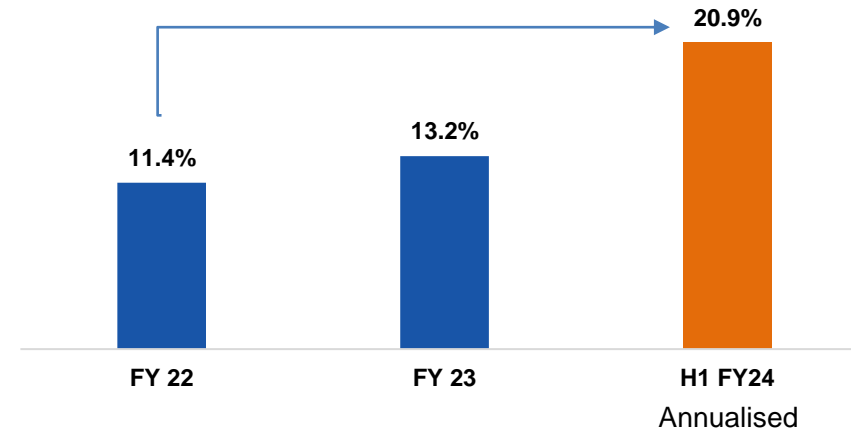
EBITDA¹ & Margin (INR MN)



PBT & Margin (INR MN)



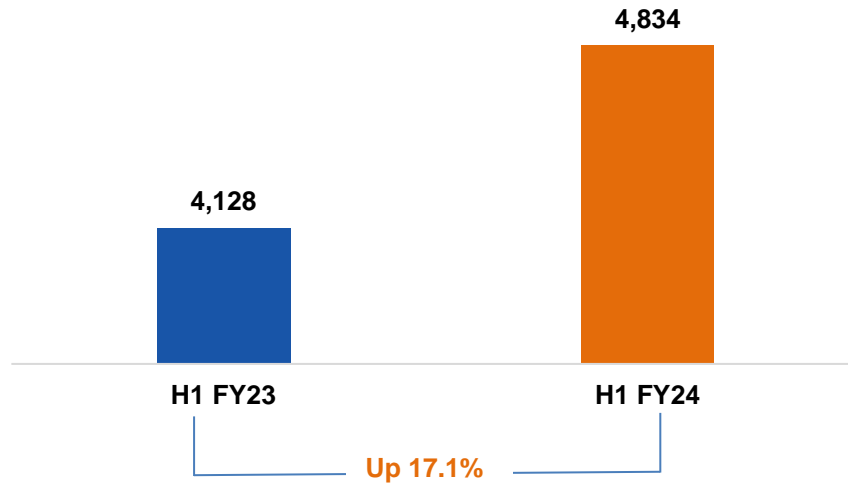
ROCE (%)



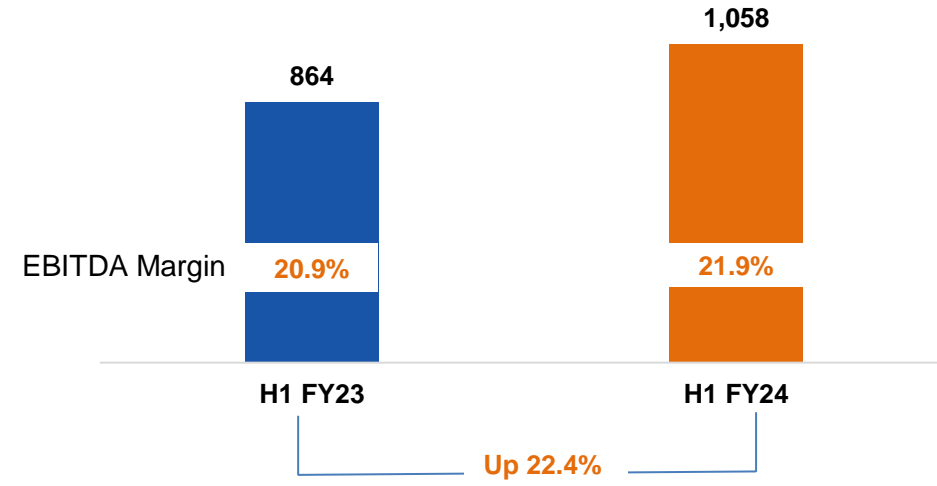
1. EBITDA includes other income

Consolidated Performance Highlights – H1 FY24

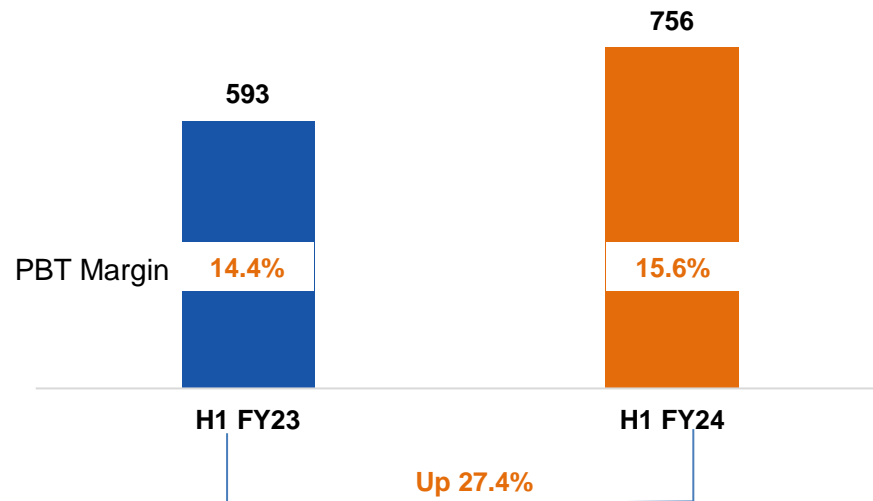
Revenue (INR MN)



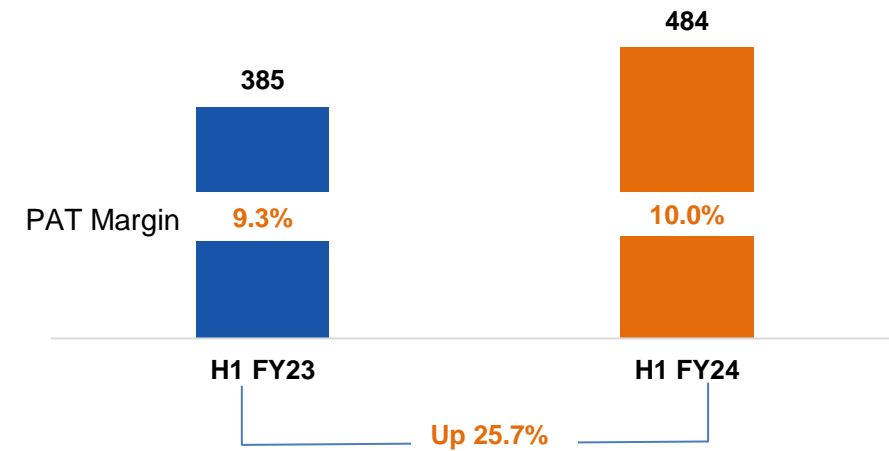
EBITDA¹ and Margin (INR MN)



PBT & Margin (INR MN)



PAT & Margin (INR MN)



1. EBITDA includes other income

Profit & Loss (NR Mn)

Particulars (Rs. Millions)	Q2 FY24	Q1 FY24	Q2 FY23	Y-o-Y Growth	Q-o-Q Growth
Revenue	2,434	2,400	2,071	17.5%	1.4%
EBITDA	581	477	424	37.1%	21.9%
EBITDA Margin %	23.9%	19.9%	20.5%		
PBT	426	330	287	48.6%	29.3%
PBT Margin %	17.5%	13.7%	13.9%		
PAT	276	208	184	49.8%	32.5%
PAT Margins %	11.3%	8.7%	8.9%		

Balance Sheet (INR Mn)

Gross Borrowings	1,245
Cash & Cash Equivalents	1,950
Net Cash/(Debt)	705
ROCE ¹	20.9%
Debt/Equity	0.13x

Notes:

1. ROCE= EBIT/(Equity +Debt- Cash & Cash Equivalent)

Healthcare Conglomerate

Building An Integrated Orthopedic Solutions Ecosystem

Multi-Specialty

9 Hospitals across western 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



Synergistic Sustainable Business Model

Diversification in Revenue Mix



Dr Vikram I Shah,
Founder & Chairman

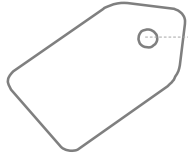
Dr Vikram I. Shah, the Founder of Shalby Ltd, is a world-renowned Joint Replacement Surgeon who innovated “**Zero Technique**” that revolutionized Joint Replacement Surgery.

A visionary entrepreneur, he transformed Shalby from a 6 bedded hospital in 1994 to an integrated healthcare group with 15 hospitals network and 2000+ beds across 12 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 50 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)

Global leader in Joint replacements with more than 1,50,000 surgeries and other core surgeries grew by higher double digits

Surgery Count and YoY Growth



Arthroplasty

3,790+ 18%



Nephro & Urology

740+ 42%



Oncology

480+ 22%



General & Cosmetics

760+ 10%



Orthopedic

740+ 13%



Other Surgery

1,080+ 17%

Operational Performance

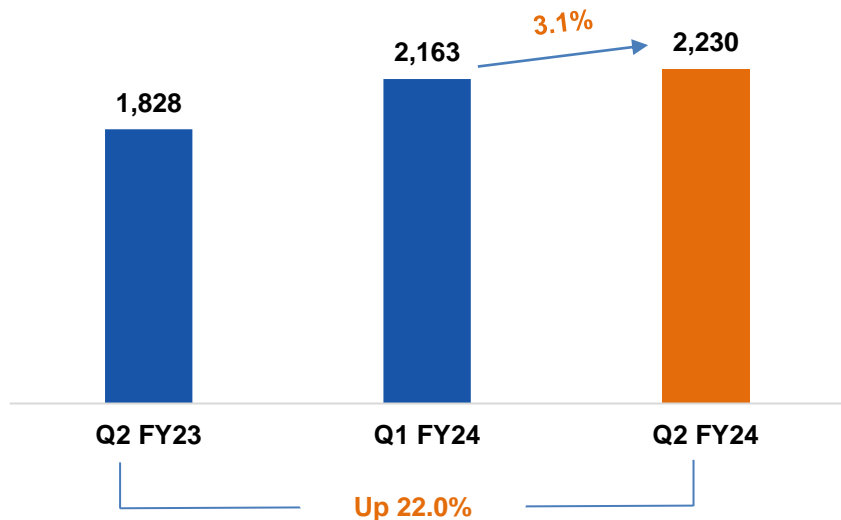
Particulars	Q2 FY24	Q1 FY24	Q2 FY23	YoY Growth	QoQ Growth
In-Patient ¹ (Nos.)	22,652	20,661	18,632	21.6%	9.6%
Out Patient ² (Nos.)	1,26,407	1,19,310	1,15,673	9.3%	5.9%
Surgeries Count	7,771	8,183	6,806	14.2%	(5%)
ARPOB ³ (In Rs.)	36,136	37,984	33,409	8.1%	(5%)
Operational Beds ⁴ (Nos.)	1,260	1,260	1,235	2.0%	0%
Occupied Beds	678	626	600	13.1%	8.4%
Occupancy Rate	54%	50%	49%	529 bps	417 bps
ALOS (without Daycare)	3.92	3.97	3.90	0.6%	(1.2%)

Notes:

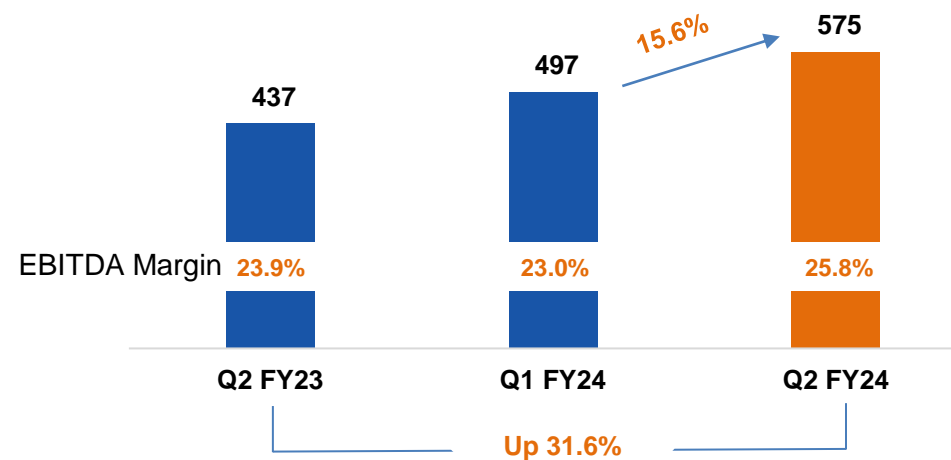
1. In-Patient count Includes Day care count 2. Out-Patient Count is excluding Vaccination counts 3. ARPOB excludes vaccination 4. Included 25 operational beds in Lucknow (FOSO) SOCE unit

Financial Performance

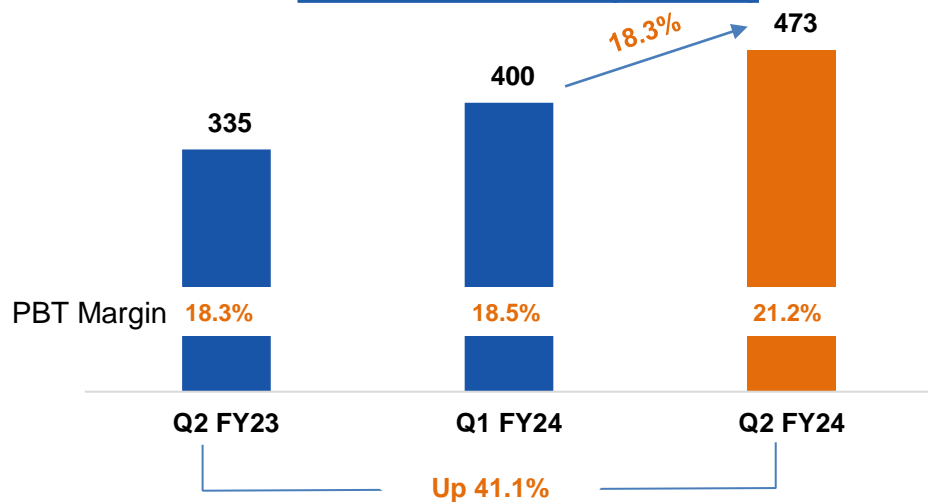
Revenue (INR Mn)



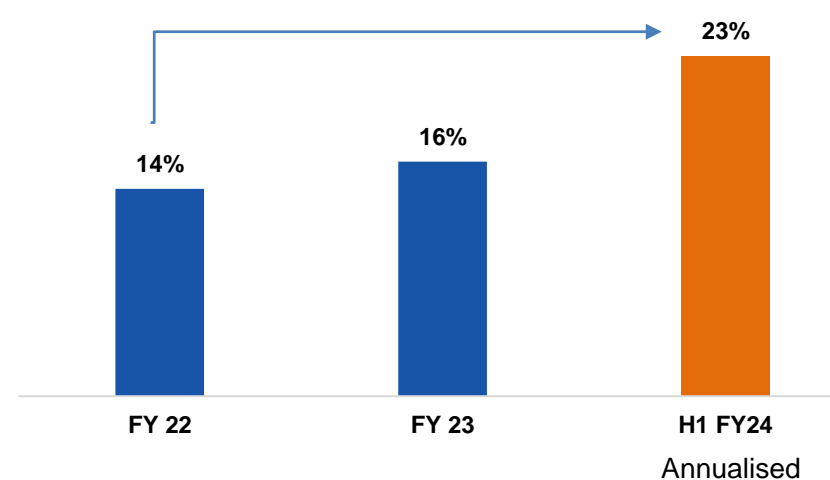
EBITDA (INR Mn)



Profit Before Tax (INR Mn)



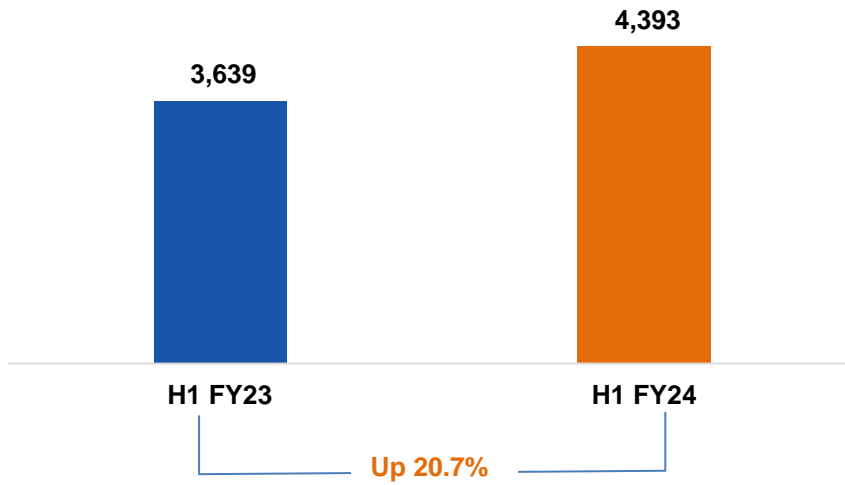
ROCE



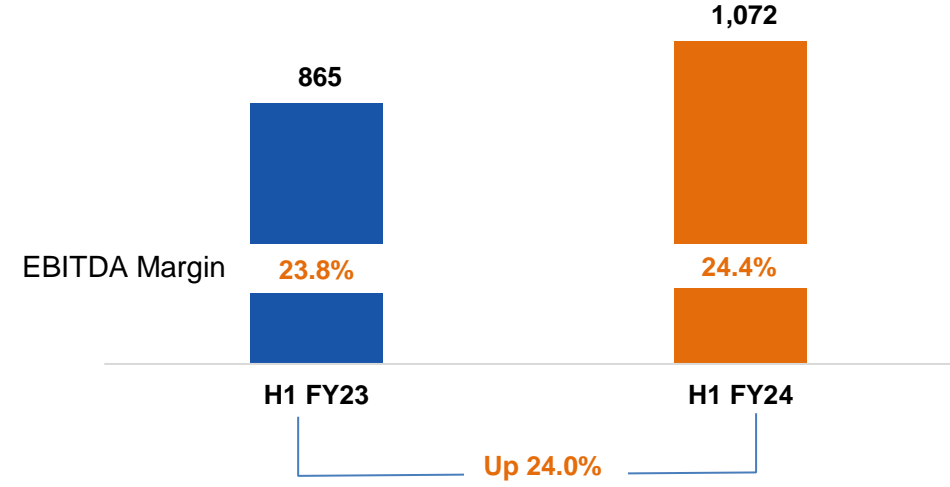
Notes:
1. Revenue Includes international revenue of Rs 20.13 mn in Q2 FY24, Rs 24.6 mn in Q1 FY24 and Rs. 20.8 mn in Q2 FY23

Standalone Performance Highlights – H1 FY24

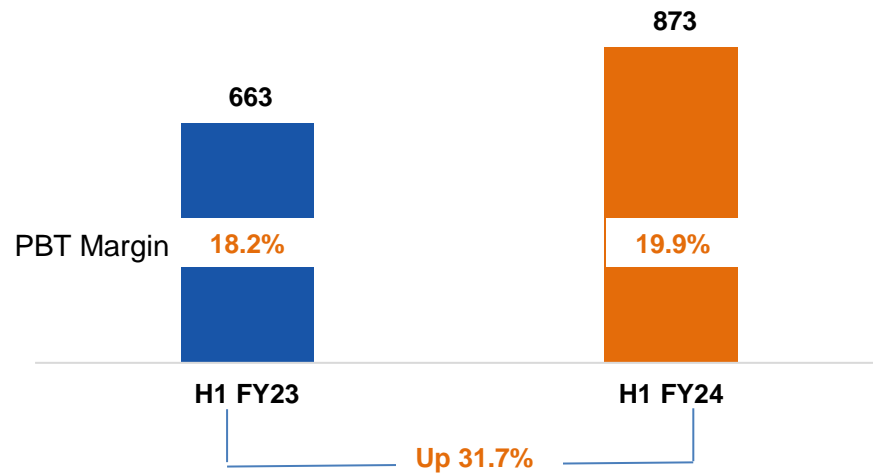
Revenue (INR MN)



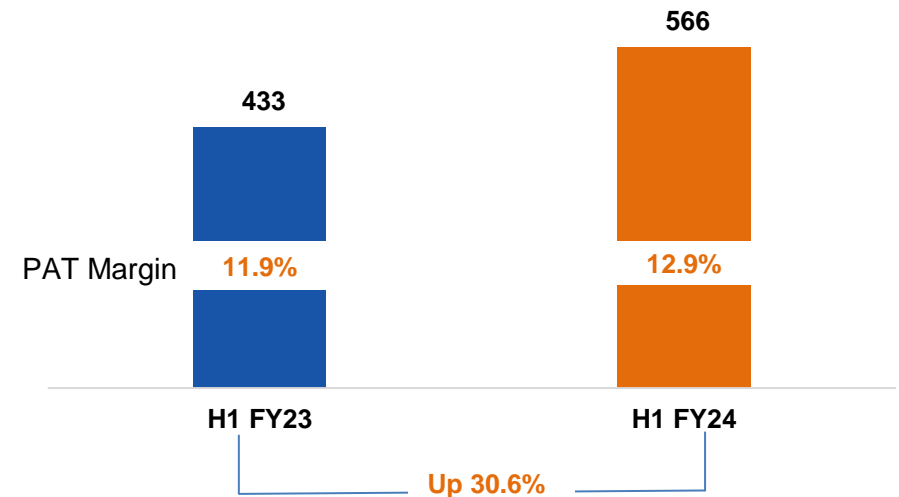
EBITDA¹ and Margin (INR MN)



PBT & Margin (INR MN)



PAT & Margin (INR MN)



1. EBITDA includes other income

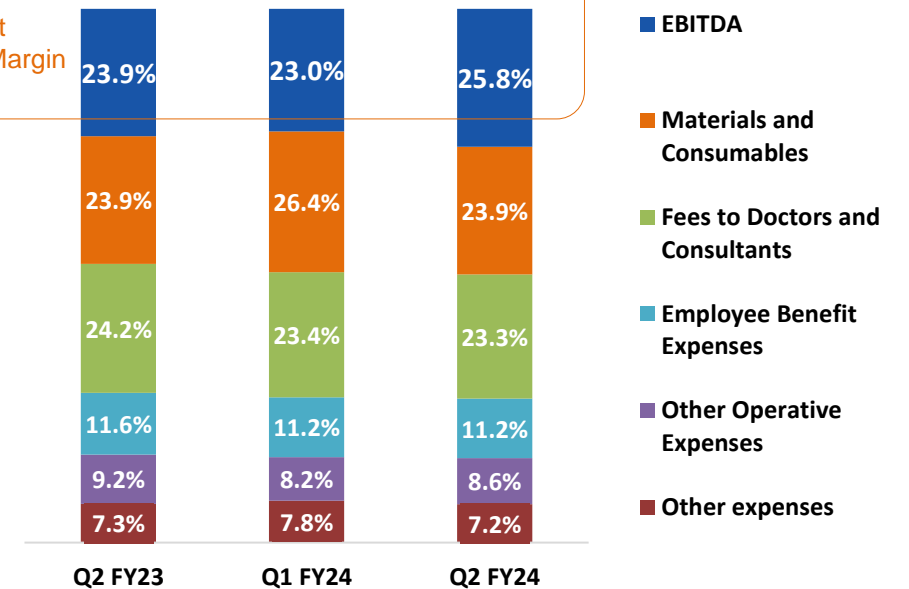
Standalone P&L and B/S - Q2 FY24

Profit & Loss (Rs. Mn)

Particulars (Rs Mn)	Q2 FY24	Q1 FY24	Q2 FY23	YoY Growth	QoQ Growth
Total Revenue	2,230	2,163	1,828	22.0%	3.1%
EBITDA	575	497	437	31.6%	15.6%
<i>EBITDA Margin %</i>	25.8%	23.0%	23.9%		
PBT	473	400	335	41.4%	18.3%
<i>PBT Margin %</i>	21.2%	18.5%	18.3%		
PAT	304	262	218	39.4%	16.1%
<i>PAT Margin %</i>	13.6%	12.1%	11.9%		

Total Revenue to EBITDA

Consistent Double Digit Operating Margin



Balance Sheet as on Sep'23 (Rs Mn)

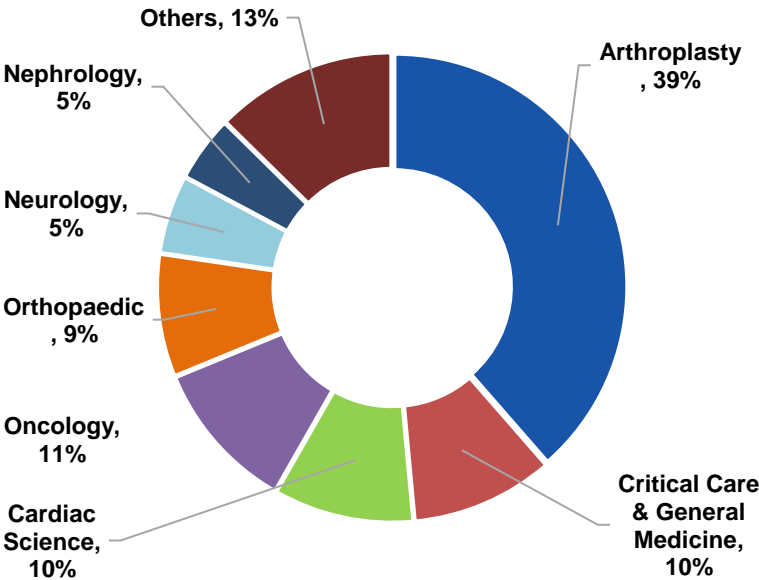
Gross Borrowings	201
Cash & Cash Equivalents	1,829
Net Cash/(Debt)	1,628
ROCE¹ (annualised)	23%

Notes:

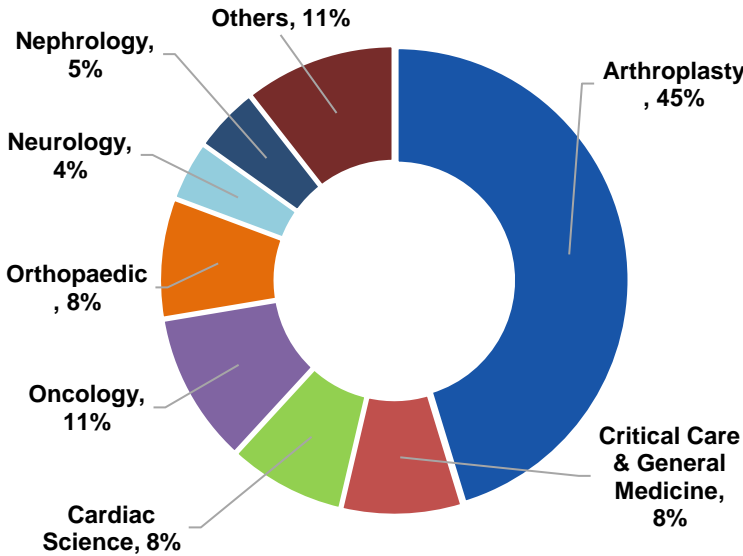
1. ROCE= EBIT/(Equity +Debt- Cash & Cash Equivalent)

Specialty Revenue Mix

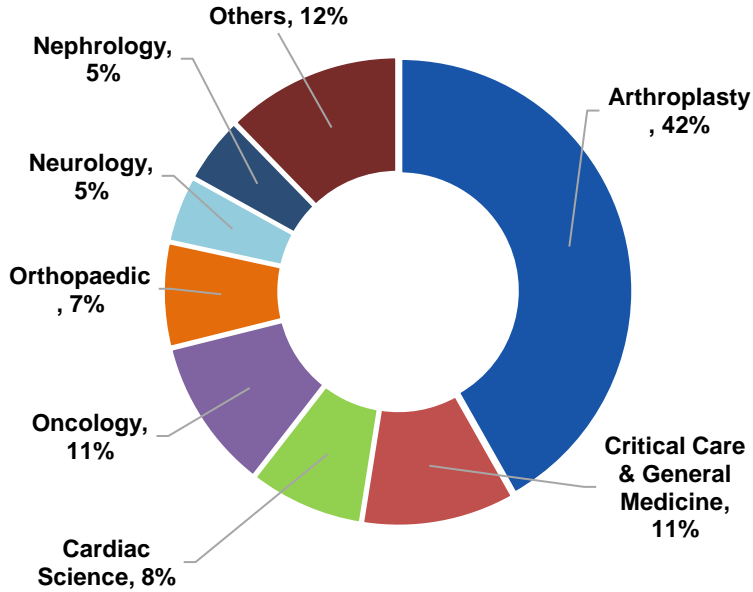
Q2 FY2023



Q1 FY2024



Q2 FY2024



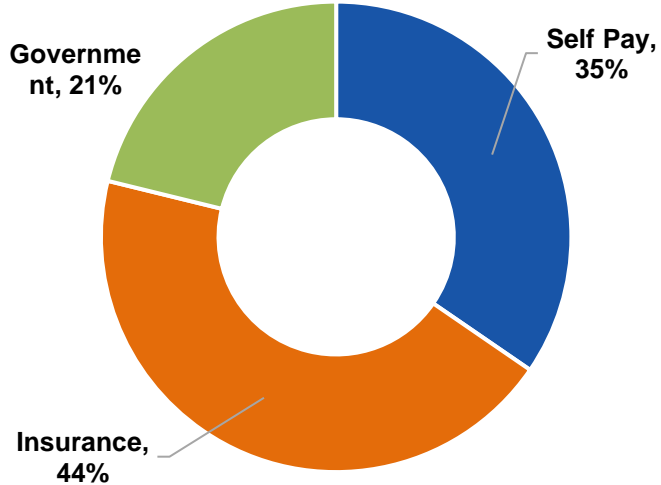
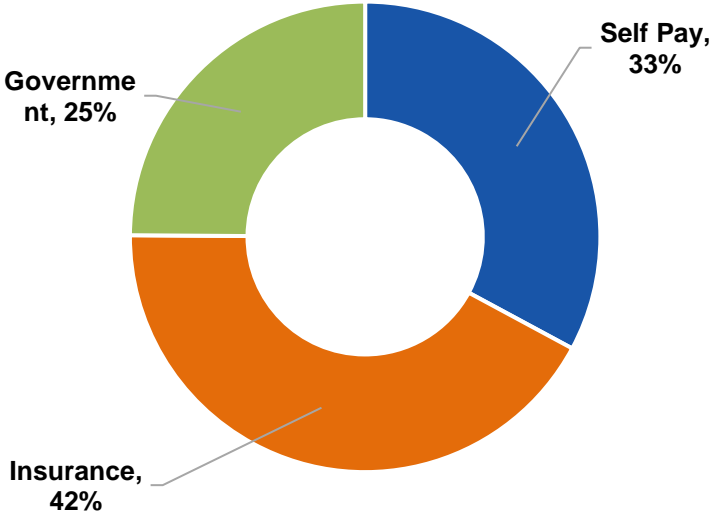
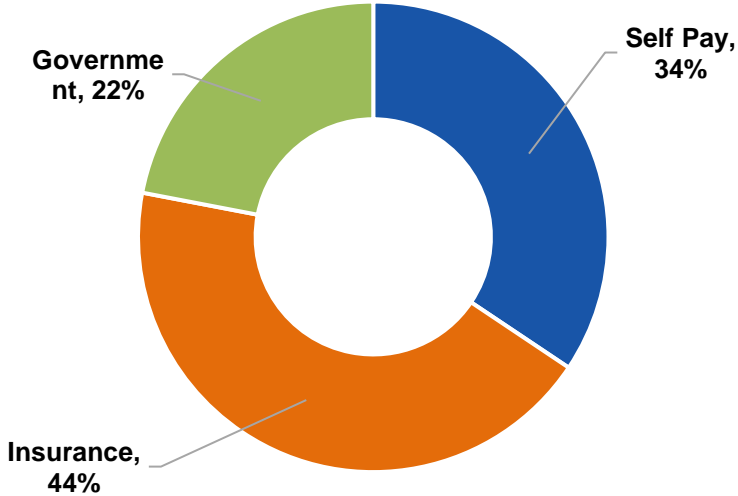
Notes:
1. Orthopaedic includes Spine

Payor Mix

Q2 FY2023

Q1 FY2024

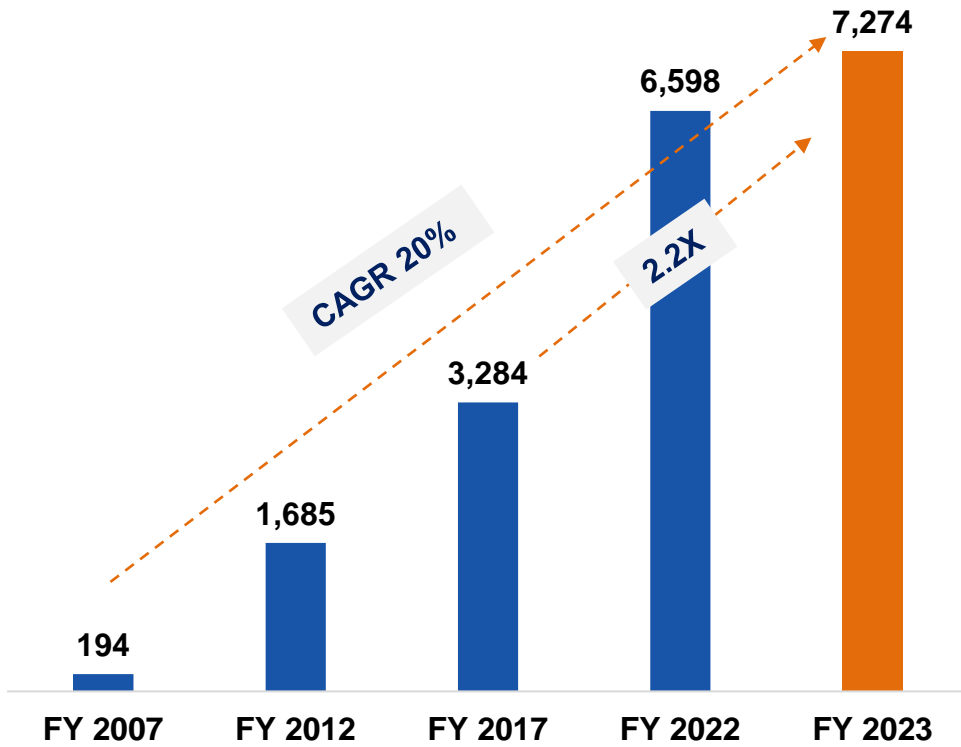
Q2 FY2024



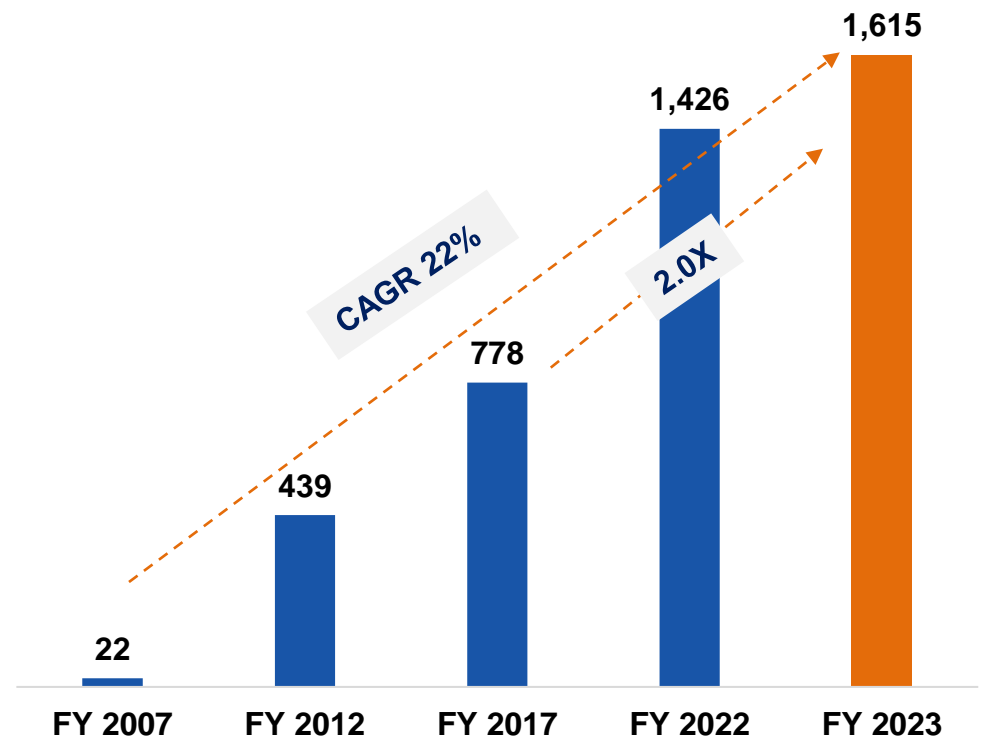
Standalone Business CAGR Growth

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

Revenue (INR Mn)



EBITDA (INR Mn)



Q2 FY2024 Highlights



Patients Served 15,565 in H1 FY24 v/s 12,686 patients in H1 FY23, grew by 23% YoY



Revenue booked Rs.73 mn during H1 FY24 v/s Rs.44 mn during H1 FY23, grew by 66% YoY

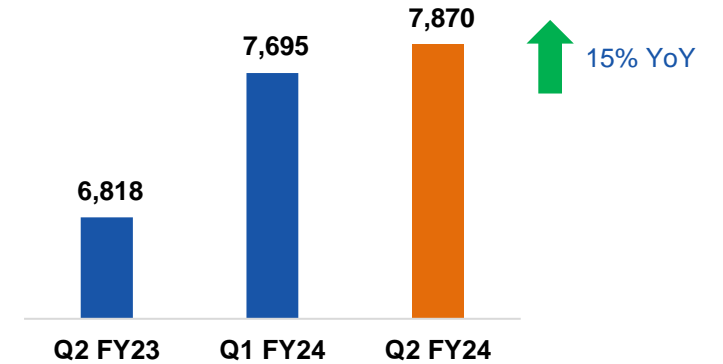


Physio, Diagnostics and Pharmacy are the major revenue contributor in Q2 FY24

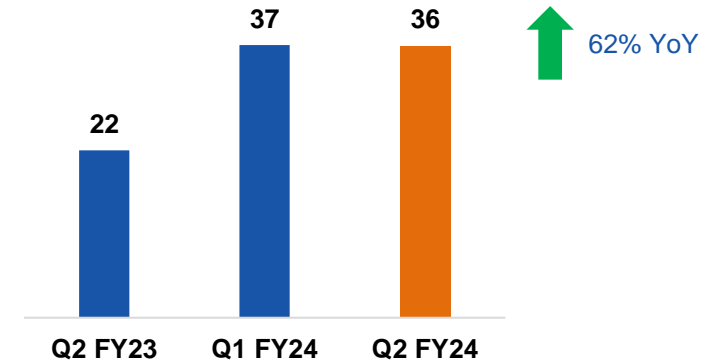
Industry Catalyst

- 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)



Revenue (Rs Mn)



Shalby Homecare Comprehensive Services

ICU @Home | Diagnostic | Pharmacy | Medical Equipment | Doctor Visit | Nursing Care | Physiotherapy | Patient Attendant

- 1.2 Kg uterus along with fibroids was removed by vaginal morcellation in Shalby Jaipur.
- Left ovarian cystectomy (of approximately 35cm with 10.5kg weight) plus right oophorectomy was performed successfully in Shalby Jaipur.
- A young patient with Ankylosing Spondylitis (challenges with neck fixation, inclination angle of 40 degrees and stiff muscles) were treated with dual mobility OR30 implants to fix hip and spine issues.
- TAVI was performed successfully in a 65-year-old patient suffering with aortic stenosis for past 4 years.
- A pre-mature baby of 27 weeks with birth weight of 800gms was saved with LISA technique (Less invasive surfactant administration).
- Revision surgery is performed in a patient suffering from Segmental Mandibulectomy with PMMC flap reconstruction.
- First pediatric cardiac surgery cases performed for 3-years old child in Shalby Jaipur
- 51 years old gentleman from Yemen presented with history of vague upper abdominal discomfort and post diagnosis found with large fatty component measures 23.1*24.2*28.4 cm in retroperitoneal region at upper and mid abdomen predominantly on left side, was successfully removed through a critical surgery.
- 27 Transplants (15 Kidney and 9 Liver) during H1 FY24 and with this we have performed **275+** Transplants so far at our SG and Indore units
- **~20 clinical trials** are currently underway across all hospital units and 4 clinical trials are closed during Q2 FY24

Key Focus Areas For Future In Hospital business

Global Leader in Joint Replacement with diversification in other specialties

- Continue to maintain global leadership in joint replacements
- Ongoing diversification with Cardiac Science, Oncology, Neuro-science, Critical Care, General Medicine and Transplants

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

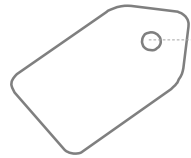
Leveraging Technology

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

Expansion Plan

- Nashik and Mumbai hospitals within development budget and provide access to important local markets





FRANCHISE BUSINESS



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

Business models

Franchise Owned – Shalby Operated (FOSO)

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

Franchise Owned – Shalby Managed (FOSM)

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

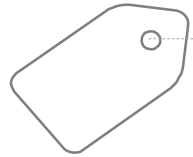
SOCE Performance in Q2 FY24

- Total Surgeries performed at SOCE units (operated and managed) have increased by 116% yoy and 31% qoq
- Total Revenue from operated and managed units has increased by 104% yoy and 27% qoq



Successfully inaugurated SOCE Franchise unit at Ranchi under FOSM model

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



SHALBY ACADEMY

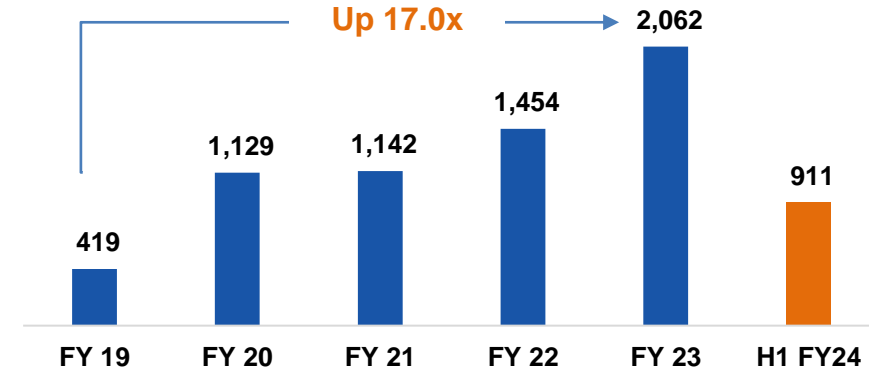


Q2 FY24 highlights

1. More than **610+** students registered in Q2 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. Provided internship to more than **500** physiotherapist
3. **115 +** Students have been registered for various Paramedic courses like Lab Technicians, OT Technicians, MRI, CT, and XRAY, etc.
4. Successfully launched the first batch of BBA with 22 students in hospital management with Sardar Global University.



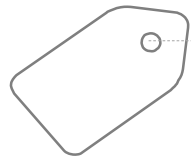
Students Enrolled (In Nos)



- 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

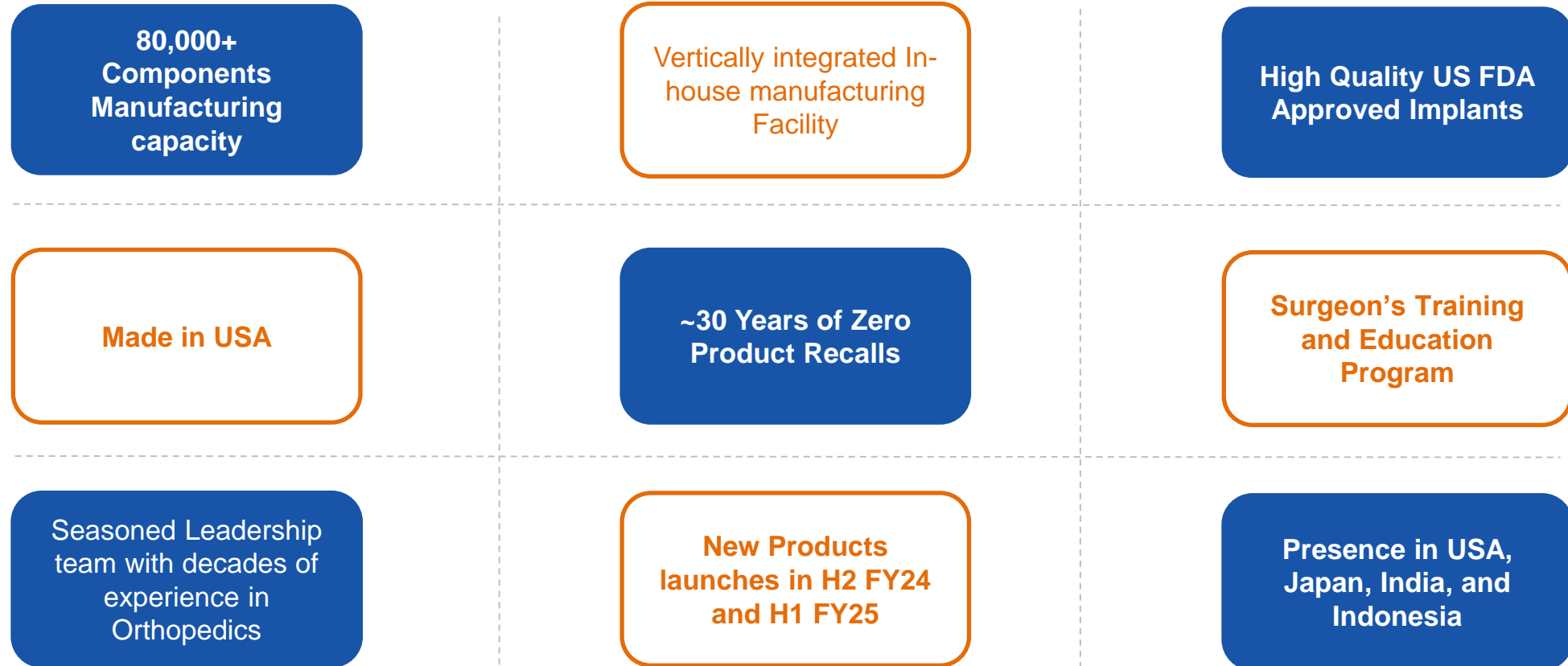




IMPLANT BUSINESS



Backward integration in Orthopedics with Inhouse capacity to consume in India



Implant Business Performance Q2 FY24

**Total
Revenue**

Rs. 147 mn

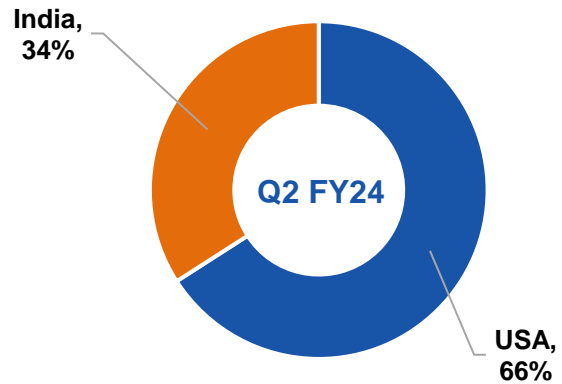
EBITDA

Rs. 2.3 mn

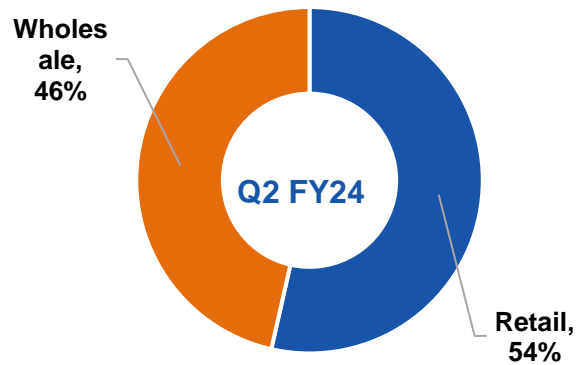
**Constructs
Sold**

2,170+

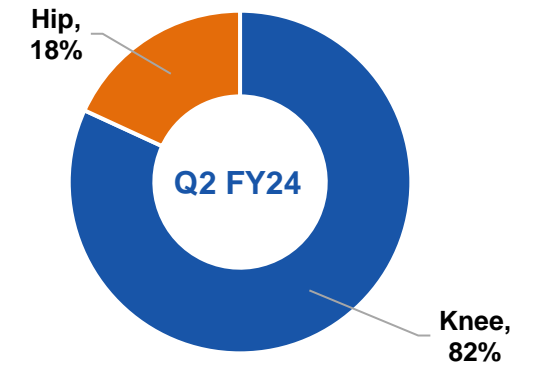
Geographical Sales Mix



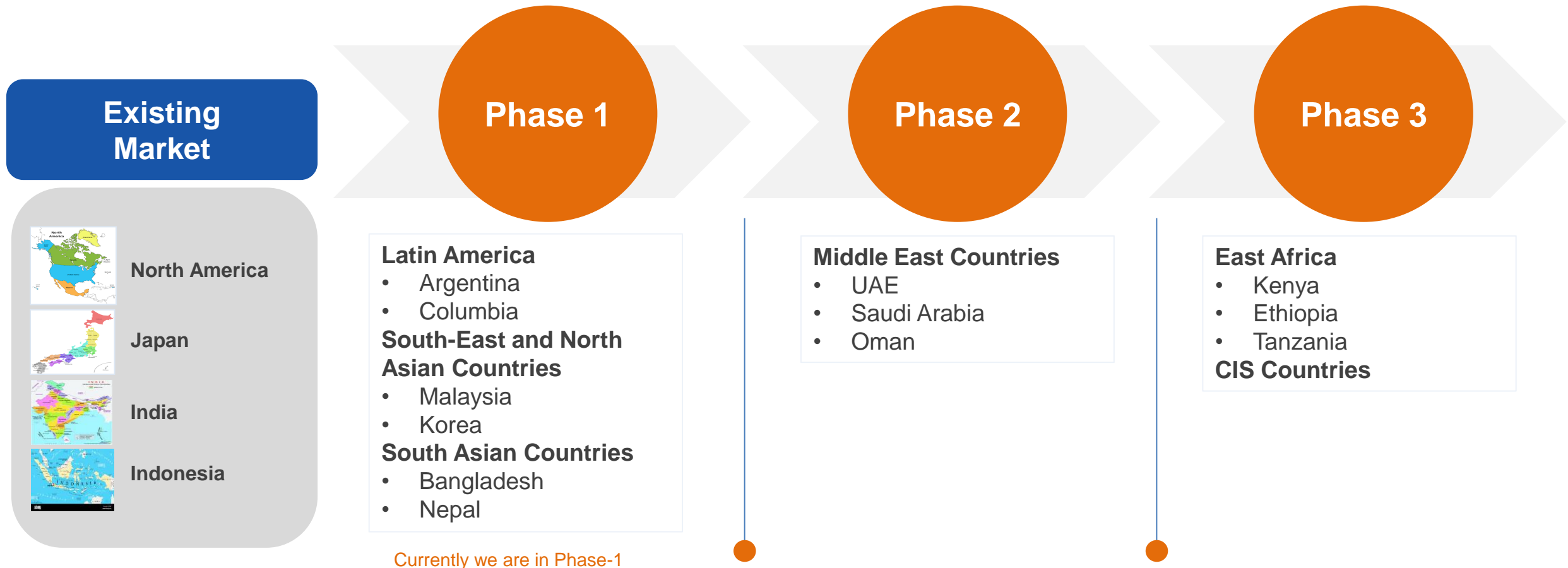
USA Customer Sales Mix

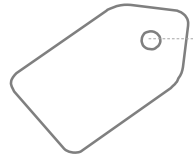


Product Sales Mix



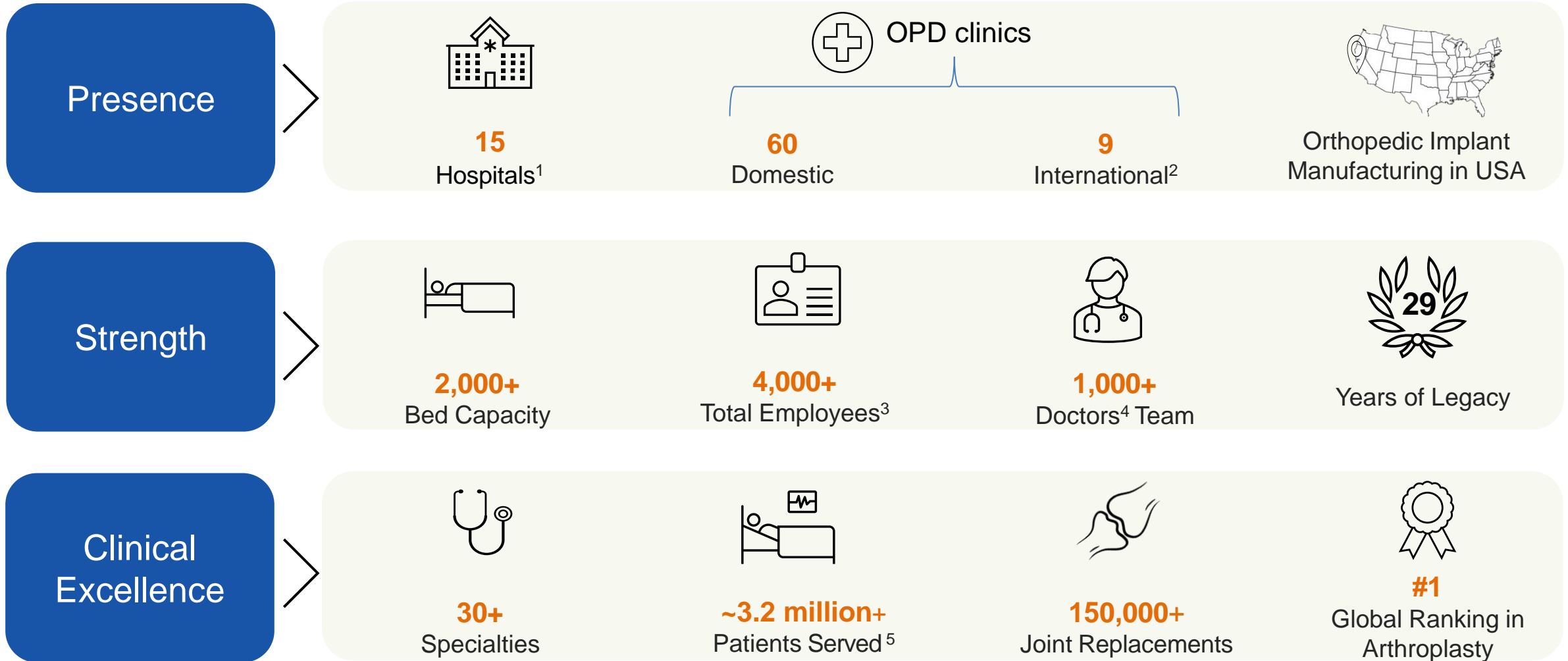
Shalby Advanced Technologies plans to become a Global player in a phased manner





ABOUT SHALBY

Shalby At A Glance



1. 11 Multispecialty and 4 Single Specialty, 2. East African Countries, Dubai, Oman, Bangladesh and Nepal , 3. including Doctors, 4. Including visiting consultants, 5. Since Inception

Integrity

Highest standards of transparency, accountability, and corporate governance

Team-Work

A patient-centric focused team with a great blend of experience, diversity, fresh thinking, with proven excellence in service

Learning

Laser sharp focus on upgrading the skills of our team and building people capability ensuring high levels of patient care

Excellence

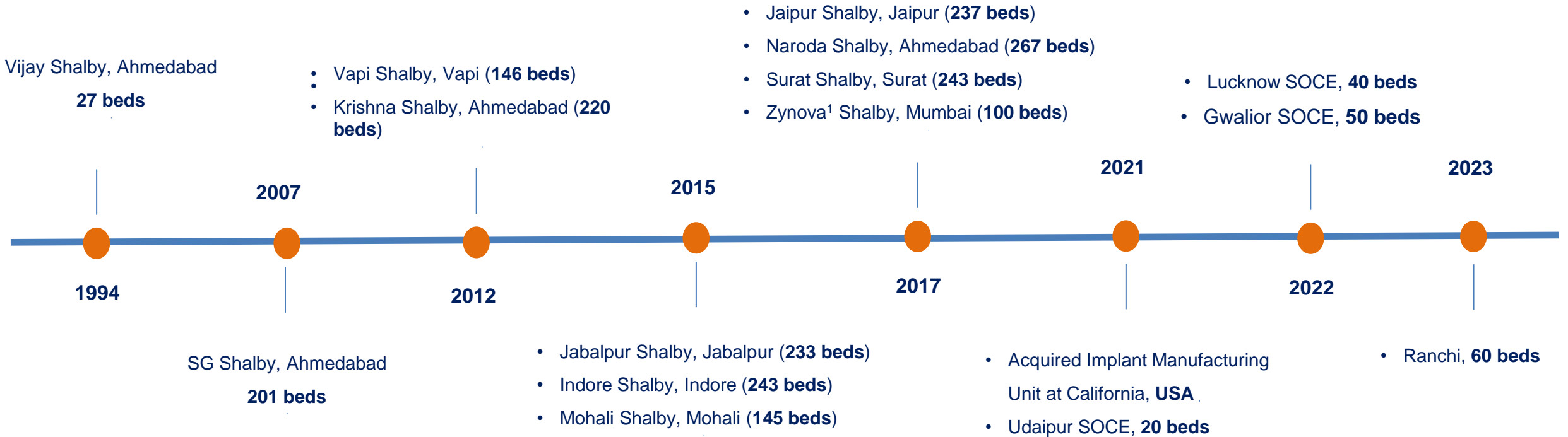
Proven leadership in healthcare, setting up Centre of Excellence to capture massive opportunities

Empathy

Creating an equitable healthcare system keeping interests of patients and families at the focus



Our Journey & Expansion Plan



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

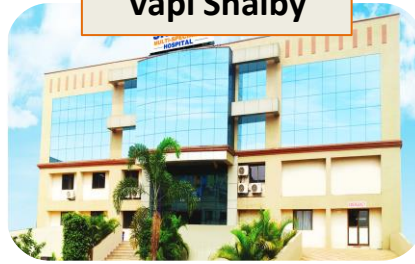
Note:
1. Zynova is operating on Revenue sharing business model

Multispecialty Units (Owned and Operate)

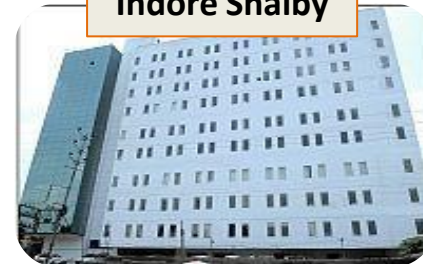
SG Shalby



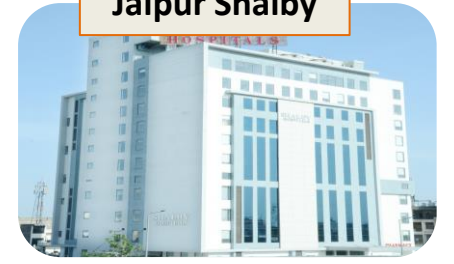
Vapi Shalby



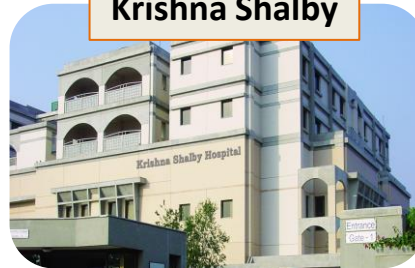
Indore Shalby



Jaipur Shalby



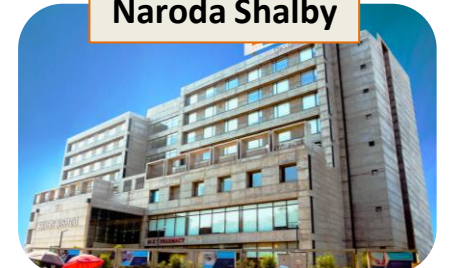
Krishna Shalby



Mohali Shalby



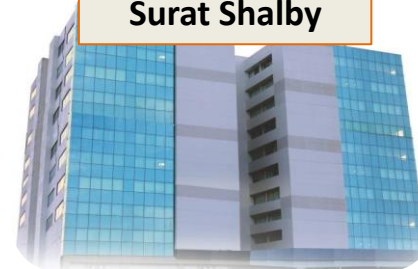
Naroda Shalby



Jabalpur Shalby



Surat Shalby



Shalby Orthopedics Centre of Excellence

Vijay Shalby



(Shalby Operated)

Lucknow Shalby



(Shalby Operated)

Multispecialty

Zynova Shalby
(Mumbai)



(Shalby Managed)

Udaipur Shalby



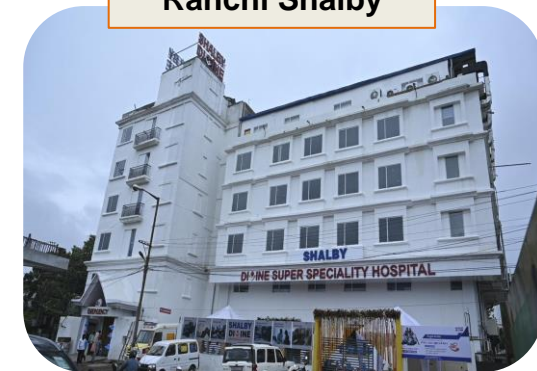
(Shalby Managed)

Gwalior Shalby



(Shalby Managed)

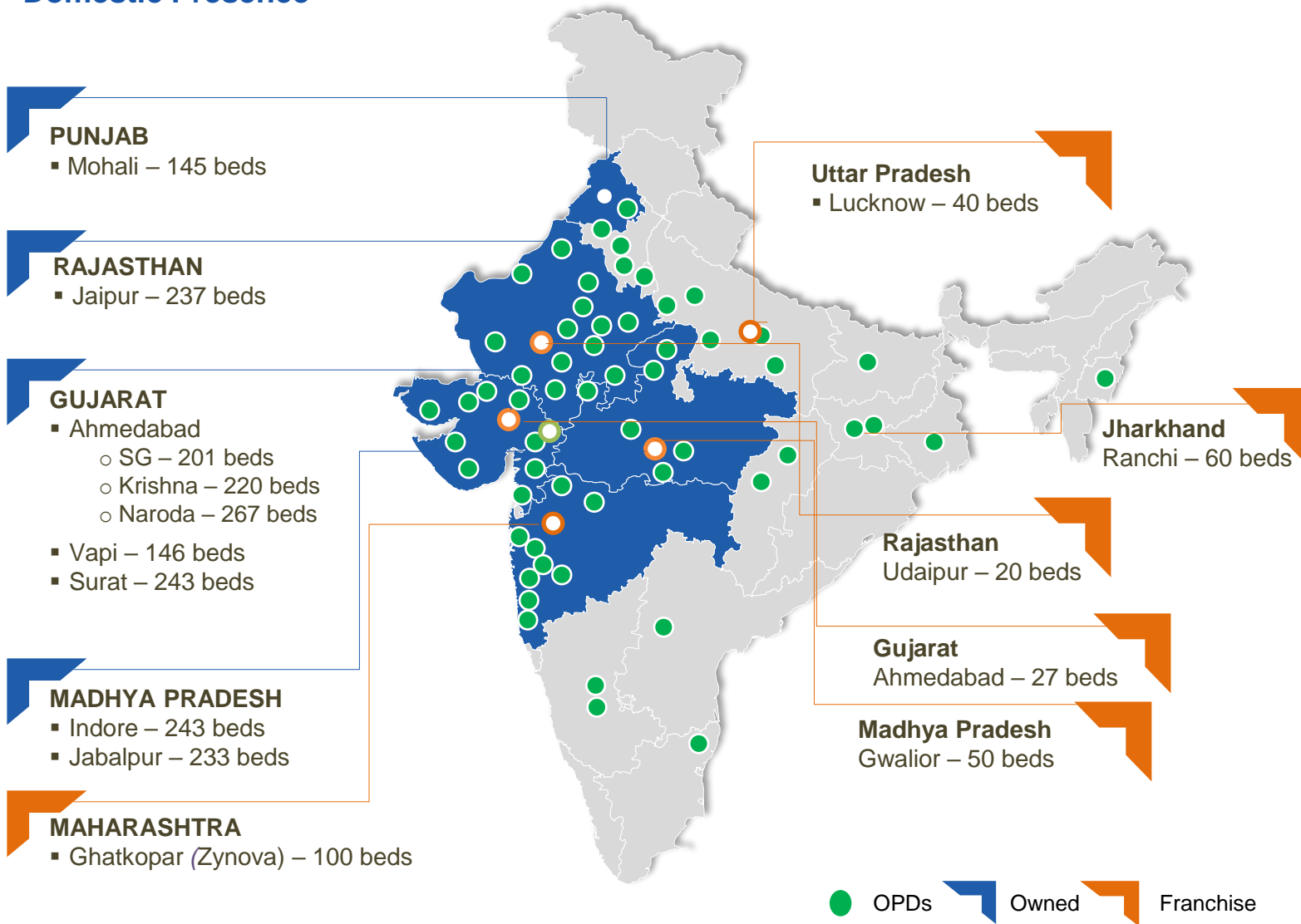
Ranchi Shalby



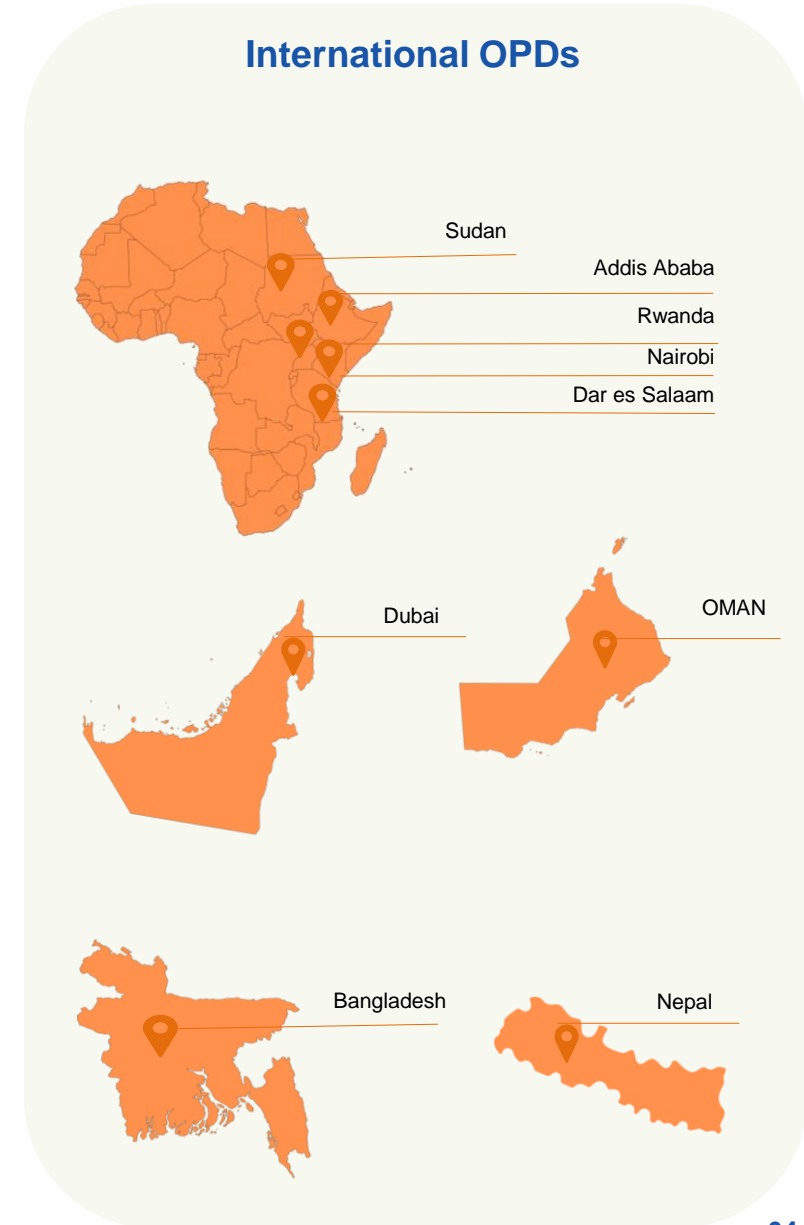
(Shalby Managed)

Biggest Healthcare Corporate Group in Western and Central India

Domestic Presence



International OPDs



Note:

- Franchise Network- Zynova, Gwalior, Udaipur and Ranchi are under FOSM operating model and Lucknow is under FOSO operating model

ESG Mindset

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



Community Connect

Healthcare Awareness Programs



240+ Healthcare Camps

15000+ Life impacted



90+ Healthcare Talks

5100+ participation



120+ Healthcare awareness videos
45+ long and short videos as part of YouTube partnership project so far

Trainings

10,190+ and 2,440+ Man Hours
Clinical and Non-Clinical training

Gender Diversity



Male- 57%



Female-43%

Workplace Wellness

Workforce Training

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. Sushobhan Dasgupta
Non – Executive
Director

Mr. Sushobhan Dasgupta, a healthcare strategist with over 30 years of experience, has excelled in diverse markets and businesses, including medical technology, orthopedics, and consumer health. He oversees Shalby's implant business globally, guiding strategic endeavors. Previously, he held the position of Vice President - Orthopedics at DePuy Synthes, a division of J&J Medical Asia Pacific, and was a valued member of the J&J Global Orthopedic management team.



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.

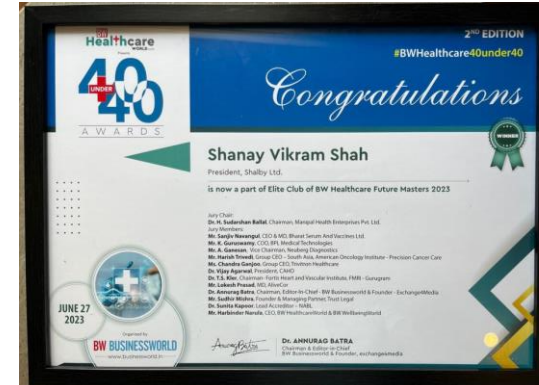


Mr. Vijay Kedia
Independent
Director

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.



FICCI Medical Value Travel Specialist Award 2023 (Orthopedics & Joint Replacement) to Krishna Shalby Hospital



Mr. Shanay shah, shalby's president, awarded by business world healthcare with 40U40 award



Shalby Orthopedics Centre of Excellence - SOCE Lucknow Wins Medical Excellence Award



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

Dengue, viral fever grip city

'Hospitalization Rate Is About 15% Of OPDs'

Thames News Network

Ahmedabad: Many citizens are suffering from high or low-grade fevers, cough, cold and bodyache: symptoms of viral or vector-borne diseases.

While the number of dengue cases had dipped when temperatures rose at the beginning of September, the fresh spurt of light rain with lower temperatures and high humidity has led to an uptick in cases and hospitalization.

City hospitalization rate is about 15% to 10% of all such patients require hospitalization.

Dr. Babul Shah, a physician with Zydus Hospital, said the number of cases of dengue has increased compared to the last fortnight. "Case numbers are not as high as about a month ago, but there were very few cases in early September, with the cases being more prevalent."

These days we are witnessing viral infections and dengue," he said. "We can expect dengue cases to continue till Navratri. For viral fevers, patients need symptomatic treatment. Typically, the symptoms last for five to seven days."

TERMED 'SEVEN-DAY FEVER'

MIXED SYMPTOMS LEAVE PATIENTS IN LURCH

10% to 15% of consulting patients are being hospitalized

Physicians in the city are reporting high number of fever cases

The fevers are being caused by dengue and viral infections

Virals causes are respiratory syncytial virus (RSV), adenovirus and influenza or the flu

Dengue patients face rapid fall in platelet count and impact on heart and/or liver

Hospitalization lasts from two to 10 days, depending on symptoms. Patients are from all age groups, including children

Those who need hospitalization due to dengue typically require a rapid drop in platelet counts along with impact on the liver and heart. While there are dengue-like symptoms with negative reports, the timing of the test is important, and one should not let one's guard down after the symptoms abate," he said.

Dr. Manoj Agrawal, CEO of Jivraj Medical Hospital, said that for the past few days there have been getting 15 to 20 consultations with fever-related cases. "We are seeing cases from almost all age groups, including children. In hospitalization, the average hospitalization period is four to five days," he said.

Keep your body temperature in check. Measure regularly and if a fever persists (around 102°F) for over a day, consult a doctor

Get rest. It is the key to quick recovery

Take medicine only after consulting a doctor. Avoid self-medication

Avoid spreading the virus. Make sure you cover your face while sneezing

Maintain good hygiene and wash hands frequently

Stay hydrated. Drink good amount of water, soup, juice, coconut water etc.

City may see high temperatures, dry weather

Ahmedabad: According to the India Meteorological Department (IMD), the city can expect high temperatures and dry weather in the coming days. While some parts of South Gujarat may experience light rain in the near future, experts suggest that a weather system developing in the Bay of Bengal could bring rains this month. On Monday, the maximum temperature reached 34.5 degrees Celsius, which was 1.4 degrees above normal.

'Alarming to see more cardiac arrest cases in young population'

India has the largest youth population in the world. Talking about the growing trend of cardiac arrest cases in young population of the country, Dr. Shalin Thakore, senior interventional cardiologist, Shalby Hospitals, SG, said, "As per the Indian Heart Association, 90 per cent of all heart attacks in India now occur under the age of 50 and 25 per cent occur in men under 40. As for women, while global statistics indicate that the instances of cardiovascular diseases are declining among women, in India there's been a 3% increase from 1990 to 2019."

He adds, "These days, younger people are coming with different cardiac-related issues than before. Earlier, I used to perform angioplasty in patients above 55 years of age, but now the demography has changed and I get patients from 30 to 39 years of age with severe cardiac issues. Sedentary lifestyle, increased consumption of junk food, smoking, alcohol consumption, stress, over-exercising in the gym, etc. have put Indians between the ages of 20 and 40 at the risk of sudden heart attacks."

According to the doctor, the underlying cause of heart attack is atherosclerosis – the blockage of coronary arteries due to build-up of fatty material inside them. Over time, this build-up narrows the walls of the arteries and stops the blood from reaching various parts of the body from the heart.

"The best treatment for heart attack is to re-establish circulation in blocked vessels through angioplasty. The best results are achieved only if it is done in the first six hours of symptoms," he says.

Dr. Zeeshan Mansuri, interventional cardiologist, Shalby Hospitals, SG, shares about one such case. He says, "On August 12, a 31-year-old male residing in Ahmedabad suddenly felt dizzy and experienced chest pain with palpitations. He was immediately admitted to Shalby, where emergency experts attended him. After performing ECG, we took him for angiography and without any delay, we performed angioplasty. Within three days, he was discharged from the hospital. When he came along with friends, no one was there from his family. So, it was difficult to make any decision. But here, we always prioritise the patient's treatment. Our team coordinated with his family and we all took timely action to save his life."

Dr. Jit Brabhambhatt, interventional cardiologist, Shalby Hospitals, Naroda, talks about another such case of a young person with cardiac issues. He says, "On August 13, a 35-year-old female came to us with severe chest pain since 8.30 in the morning. However, the patient came to the emergency department around 1.20 on the afternoon and after doing an ECG, it was clear to the team that she was having a heart attack."

Sharing more about the further treatment of the patient, he adds, "The patient had already lost the golden hour and was suffering from low blood pressure and worsening chest pain. Immediately, the cath lab team was informed, and angiography and angioplasty were done through her right hand. It is safe to say that she was saved from a heart attack as timely actions were taken by the doctors and the hospital team."

While speaking about the cardiac care treatment at the hospital, Dr. Babul Shah, chair head (SG and Naroda) said, "We are seeing more young cardiac cases nowadays and that is worrisome for one of the leading healthcare institutions. We are dedicated to providing comprehensive cardiac care with top-notch facilities and experienced doctors. Our hospital branches in Ahmedabad at SG Highway, Naroda and Bopal are equipped to handle any kind of cardiac emergency 24x7."



WORLD HEART DAY

Obesity & Diabetes, major threats to your heart health

Shalby Institute of Cardiac Sciences Committed to Expert Cardiac Care with State-of-the-Art Facilities!

Angioplasty • Complex Valve Operation • Coronary Bypass • Heart Surgery • Heart Transplant • Advanced Coronary Intervention

Dr. Shalin Thakore	Dr. Hareesh Kavatra	Dr. Jit Brabhambhatt	Cardiac Surgeon
Dr. Mahesh Pandya	Dr. Zeeshan Mansuri	Dr. Roshabh Singhal	Cardiac Surgeon

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शैलबी हॉस्पिटल के परिवार से जुड़े न्यूरोसर्जन डॉ सदीप मूलचंदानी

इंदौर, | मेडिकल हब के रूप में स्थापित हो चुके इंदौर में मस्तिष्क की बीमारी से जुड़े रोगियों के लिए अच्छी खबर है। मरीजों की बेहतर चिकित्सा सुविधा के लिए न्यूरोसर्जन डॉ सदीप मूलचंदानी अब इंदौर के शैलबी हॉस्पिटल परिवार से जुड़ गए हैं।



डॉ मूलचंदानी के पास एमबीबीएस, एम एस एवं दिल्ली से न्यूरोसर्जरी में डीपनबी जैसी योग्यताएं हैं। वे स्पान सर्जरी, न्यूरोनेकोलाजी, न्यूरोटोमा, बाल चिकित्सा न्यूरोसर्जरी और वैकलुट न्यूरोसर्जरी जैसी विधाओं में दक्ष हैं एवं एंडोस्कोपिक स्पान सर्जरी (स्कूरीड और ट्रांसफोरामिनल एंडोस्कोपी) में विशेष रूप से प्रशिक्षित हैं, जिसका लाभ ब्रेन एवं स्पान से जुड़ी समस्याओं से जूझ रहे मरीज शैलबी हॉस्पिटल पहुंचकर ले सकते हैं। न्यूरोसर्जन डॉ सदीप मूलचंदानी ने इस मौके पर कहा, मुझे बेहद खुशी है कि मैं शैलबी परिवार से जुड़ रहा हूँ यहाँ वे सारी सुविधाएँ एवं उपकरण मौजूद हैं जिनसे हम मरीजों को बेहतर स्वास्थ्य सुविधाएँ दे सकते हैं। शैलबी हॉस्पिटल के मेडिकल सुपरिटेंडेंट डॉ विवेक जोशी ने कहा शैलबी परिवार डॉ मूलचंदानी का अपने परिवार में हार्दिक स्वागत करता है, हम न्यूरोसर्जरी की सफलता के लिए हमारी पूरी सहयता का आश्वासन देते हैं।

शैलबी में हुई लाइव ईको वर्कशॉप ईको कार्डियोग्राफी का दिया प्रशिक्षण

शैलबी मल्टी स्पेशलिटी हॉस्पिटल इंदौर में हाल ही में ईको कार्डियोग्राफी 2023 का आयोजन किया गया, जहाँ शैलबी हॉस्पिटल के कार्डियोलॉजिस्टों ने इंदौर और इंदौर के आसपास के क्षेत्र के जनरल फिजिशियन को ईको कार्डियोग्राफी का प्रशिक्षण दिया और इसकी मदद से हाईटेक मरीजों के उन्नत इलाज की जानकारी दी। 2 सुबह 9 बजे से शुरू हुई इस वर्कशॉप का मुख्य आयोजक 5 लाइव ईको मॉडल थे, जहाँ एक्सपर्टों को मॉडल पर प्रशिक्षण कार्डियोलॉजिस्ट डॉ रमेश डूबर पार उपचार फिजिशियन को ईको और प्रिंटींग कर्वाया गू। इसके साथ साथ ही 9 बेसिक ईको टॉक्स भी दिए गए, जिसमें ईको कार्डियोग्राफी को बहुत ही सरलता से डॉक्टरों को समझाना। कार्यक्रम के अंतर्गत शैलबी हॉस्पिटल के डॉक्टरों के साथ 3.5 से अधिक डॉक्टरों एवं मेडिकल स्टूडेंट मौजूद रहे। ईको कार्डियोग्राफी से मरीजों की स्थिति का पता लगाया जा सकता है और आधुनिक इलाज की जानकारी देते हुए, कान मोजूद समय में ईको कार्डियोग्राफी के क्षेत्र में कार्य उन्नति हो चुकी है। वर्कशॉप के लेकर शैलबी हॉस्पिटल के मेडिकल सुपरिटेंडेंट डॉ. विवेक जोशी ने बताया कि डॉक्टरों के साथ 3.5 से अधिक डॉक्टरों एवं मेडिकल स्टूडेंट मौजूद रहे। ईको कार्डियोग्राफी से मरीजों की स्थिति का पता लगाया जा सकता है और आधुनिक इलाज की जानकारी देते हुए, कान मोजूद समय में ईको

शैलबी हॉस्पिटल ने सेपिसिस पर जागरूकता फैलाने के लिए चलाया अभियान

इंदौर | हाल ही में शैलबी मल्टीस्पेशलिटी हॉस्पिटल इंदौर ने सेपिसिस के प्रति लोगों को जागरूक करने के लिए अभियान चलाया, जिसमें शैलबी का स्टाफ हाथ में 'विवेक एक्शन फॉर सेव लाइफ फ्रॉम सेपिसिस की तहखानों एवं बेनर के साथ नजर आए। इस अभियान का उद्देश्य सेपिसिस के बारे में मरीजों और मेडिकल स्टाफ को जागरूक करना था।

जब गंभीर बीमारियों या मरीजों को प्रोटोकॉल के हिसाब से इलाज नहीं मिल पाता तो अकसर संक्रमण फैल जाता है। यह स्थिति सेपिसिस कहलाती है। वैसे तो सेपिसिस को चपेट में वे लोग आते हैं, जिनको रोगा प्रतिबंधक क्षमता कमजोर होती है, लेकिन यह एक गंभीर समस्या है। डब्ल्यूएचओ की रिपोर्ट के अनुसार विश्व में होने वाली मीलों के पांच प्रमुख कारणों में से एक सेपिसिस भी है। शैलबी हॉस्पिटल के मेडिकल सुपरिटेडेंट डॉ. विवेक जोशी ने सेपिसिस पर लोगों को जागरूक करते हुए कहा कि संक्रमण



सेपिसिस का रूप तब लेता है, जब इसकी स्थिति बेहद गंभीर हो जाती है। इस स्थिति में ब्लड प्रेशर कम हो जाता है एवं गुदर को मात्रा बढ़ जाती है। यहाँ एंटीबायोल, एंटीबायोटिक, एंटीफंगल एवं एंटीपेरासिटिक ड्रग्स के साथ एक बेहतर देखभाल की भी जरूरत होती है, अन्यथा स्थिति विगड़ सकती है। जागरूकता अभियान के माध्यम से मरीजों को भी यह समझना जरूरी है कि संक्रमण होने पर उसे नजरअंदाज न करते हुए तुरंत इंटेंसिविस्ट/फिजिशियन (इस्कैनर) का उपचार करने वाले डॉक्टर) से संपर्क करें। गोल्डन आंवस में इसका उपचार होना जरूरी है। देर होने पर मल्टीऑर्गन ऑर्गेन फेलियर हो सकते हैं, जिससे मरीजों को जान भी जा संक्रमण

शैलबी के सीनियर फायर सेप्टी ऑफिसर को मिला अवॉर्ड

इंदौर ■ राज न्यून नेटवर्क मुंबई के होटल ताज पैलेस में 1 सितम्बर को सेफ इंडिया हीरो प्लस अवार्ड समारोह का आयोजन किया गया। इस समारोह में इंदौर के शैलबी हॉस्पिटल के सीनियर फायर सेप्टी ऑफिसर शंकर पुरी गोस्वामी को बेस्ट फायर फाइटर एवं बेस्ट सेप्टी प्रोफेशनल अवार्ड से सम्मानित किया गया। अवार्ड समारोह में मुख्य अतिथि के रूप में महाराष्ट्र के श्रम मंत्री सुरेश खाड़े और मुंबई के मुख्य अतिरिक्त अधिकारी संतोष वारिक निदेशक महाराष्ट्र अग्निशमन सेवा और सीएफओ एमआईसीबी मौजूद रहे, जिन्होंने विजेताओं को सम्मानित किया। शैलबी हॉस्पिटल के मेडिकल सुपरिटेडेंट डॉ विवेक जोशी ने इस अवसर पर कहा कि शैलबी हॉस्पिटल चिकित्सा सुविधाओं के अलावा भी हॉस्पिटल में सारी सावधानियाँ बरतता है, जिसके लिए हमारे पास एक दक्ष टीम मौजूद है। हमें गर्व है कि शैलबी के फायर फाइटर को ये सम्मान मिला, हम अवार्ड पाने वाले सीनियर फायर सेप्टी ऑफिसर शंकर को पूरे शैलबी परिवार की ओर से शुभकामनाएं देते हैं।



बच्चों फिजियोथेरेपी डे: बदलती लाइफस्टाइल का असर दिखाई दे रहा युवा पीढ़ी पर

तीन सालों में बड़े फिजियोथेरेपी के मामले, 30 से 40% इजाजा

पुण्य में आयोजित कार्यक्रम का उद्देश्य बच्चों को सही आचरण देना है। कार्यक्रम में 30 से 40 बच्चों को शामिल किया गया। कार्यक्रम में 30 से 40 बच्चों को शामिल किया गया। कार्यक्रम में 30 से 40 बच्चों को शामिल किया गया।

दुनिया का सबसे बड़ा ज्वाइंट रिप्लेसमेंट सेंटर वाला अस्पताल अब रांची में

रांची में शैलबी अस्पताल का नया फ्लैगशिप प्रोजेक्ट शुरू हुआ है। अस्पताल में 200 से अधिक बेडों का उद्घाटन हुआ है। अस्पताल में 200 से अधिक बेडों का उद्घाटन हुआ है। अस्पताल में 200 से अधिक बेडों का उद्घाटन हुआ है।



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