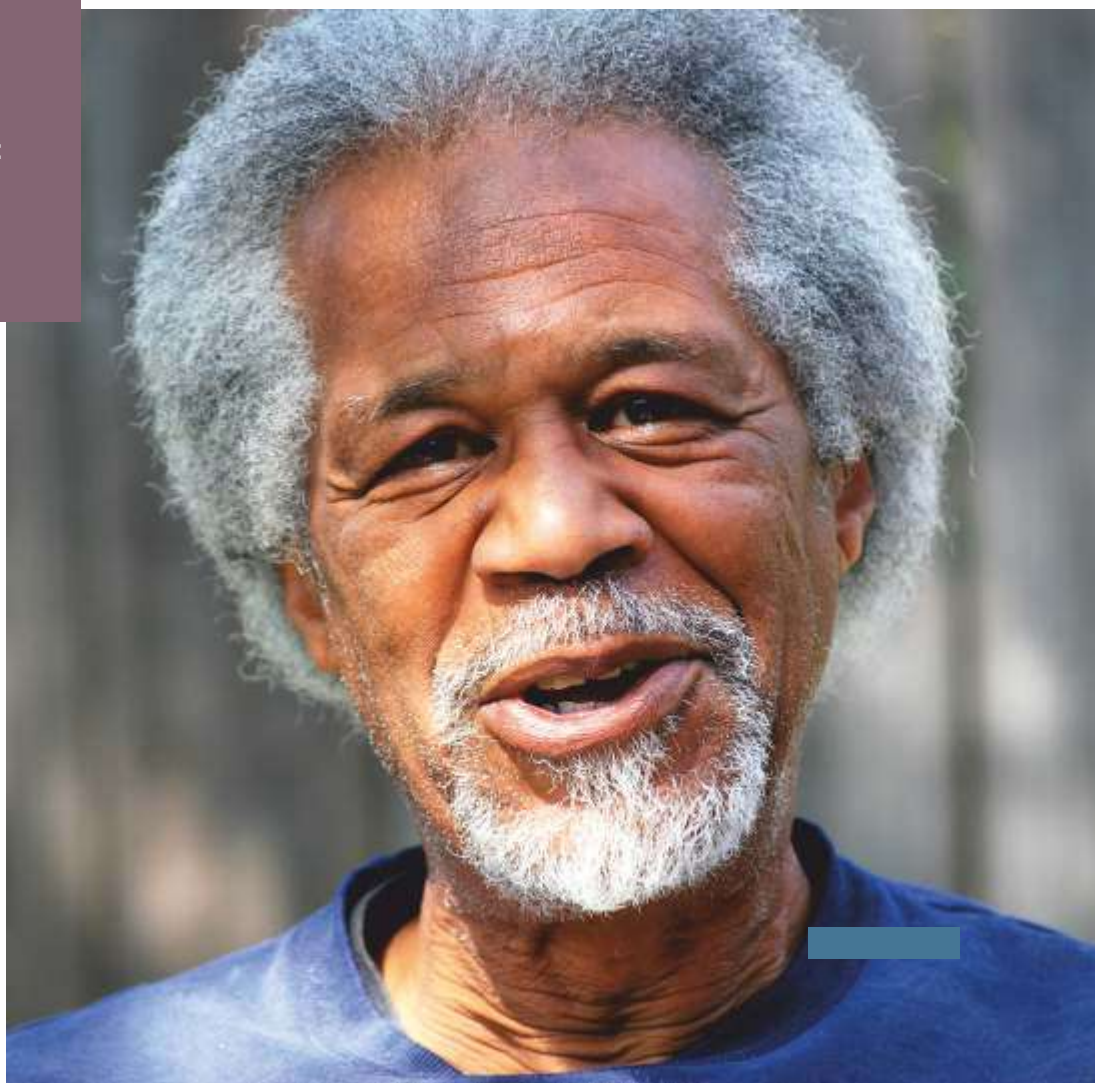



SURGING TOWARDS CURE!

Centre of Excellence:
Surgery





Surgically treated illnesses account for an estimated 10 to 15% of all admissions to hospitals in the developing world and are the prime cause of 20% of deaths in young adults. In spite of this, surgical conditions are neglected in healthcare systems in sub-Saharan Africa. There is limited access to surgical services and accordingly low surgical output compared to developed nations. Statistics show that sub-Saharan Africa bears the greatest burden of surgical disease yet it has the lowest number of health professionals.

The reasons for limited access to surgical services are numerous, including but not limited to inadequate Human Resources for Health (HRH), limited surgical supplies, and lack of transportation to get to the distant health facilities that can offer the appropriate surgical services. The situation calls for adequate and skilled clinicians who are constantly backed by evolved infrastructure and superior support staff. The need for quality surgeons in sub-Saharan Africa is so profound that it's genuinely difficult to comprehend.

At Mediheal Group of Hospitals, we understand the prevailing situation in this part of the world and the issues healthcare institutions face in providing quality general surgery services. We work towards addressing these issues by introducing changes to create new priorities in clinical practice, education, and research. We undertake innovative and rewarding solutions to boost the efficacy of general surgery to provide efficient surgical services to the communities in Africa.



“**Complementing
the great African dream
with comprehensive
healthcare support...**”

Africa is the youngest continent in the world today and developing very fast, hosting about 1 billion people, which is 14% of the world population and very compatible with the modern smart electronic age. Complementing the great African dream with comprehensive healthcare support is Mediheal Group of Hospitals.

We have been leading the healthcare segment with high quality medical services and have participated in inspiring improvements with our patients in mind. Thanks to their incessant trust and support, our spectrum of services today is spread across Kenya, Uganda, Tanzania, Rwanda and Burundi.

We are constantly looking to attract highly qualified medical professionals who live up to the high standards we set for ourselves. We always procure state-of-the-art equipment that is being used across the world, and make sure that our diagnostic labs consistently meet international standards for accuracy and reliability.

As I look back on the years of successful development and aspirations beginning with the establishment of Mediheal Group of Hospitals, I feel both proud and excited about the future. As a progressive healthcare provider, we aim to keep expanding with new facilities and continue the momentum as one of the fastest growing healthcare groups in Africa.

Dr. S. R. Mishra

MS - Obstetrics & Gynaecology (India)

Dip. Gynae Endoscopy (Germany)

Chairman, Mediheal Group



“**At Mediheal Group of Hospitals, we are committed to provide quality treatment to population of the African continent.**”

Liver disease in the developing world is one of the leading cause of death, which in general are managed suboptimally because of inadequate resources. While access to and affordability of therapeutics remains the major barrier, percolation of science and technology has opened the doors for a comprehensive liver care. In addition vaccines and new drugs can deal with the burden of liver diseases due infective causes in this region.

I have worked for more than decade in complex hepatobiliary and pancreatic surgeries, and acquired expertise in treatment of cholangiocarcinoma, primary liver and pancreatic tumors. My expertise also extends to management of acute liver failure, medical management of chronic liver diseases and their complications, preoperative assessment, stabilisation and evaluation of patients for liver transplantation.

I have been associated and performed more than 200 liver transplant surgeries both living as well as cadaver liver transplantation with a success rate at par with the best international standards, and provide post liver transplant services.

Being a resource-limited region, in Africa the challenges are greater while compared to the developed world. However, while problems such as lack of deceased donors because of cultural and religious factors are limiting us, we are moving towards the use of living donors. Similarly, development in technology, expert clinicians and increased support from local authorities is helping patients choose liver transplantation as the treatment of choice for end-stage liver disease. In Sub-Saharan Africa, liver transplantation is delivering excellent outcomes for patients, especially where primary medical or surgical therapies have failed. At Mediheal, we have built the expertise and infrastructure required for a successful outcome for people suffering from any sort of liver ailments, from simple to complex procedures.

Dr. Prasad Behera

Consultant Gastrointestinal Hepatobiliary
and Liver Transplant Surgeon



“There is a gap between the need and supply of surgical care across the world. The situation is no different in sub-Saharan Africa.”

There is a gap between the need and supply of surgical care across the world. The situation is no different in sub-Saharan Africa. Some of the challenges faced in this region include decreased volume of training, brain drain, high rates of road traffic accidents etc. However, various mitigation strategies have been employed to attempt to address the challenges by the concerned authorities, and they are delivering the expected results, thereby uplifting the standards of surgical care delivery in the region.

With close to a decade of experience in General Surgery discipline, I have handled numerous simple to complex surgical cases. My areas of special interest and expertise include Minimal Accesses Surgery (MAS) for GI and Colorectal Diseases, with specialization being Minimal Invasive Procedure for Hemorrhoids (MIPH) and Gastrointestinal Endoscopies, Cancers of Large and Small Intestines, Cancer of Breast and Thyroid Diseases and so on.

A Gold Medalist in my under graduation, I underwent special training in Laparoscopy and Minimal Access Surgery from Manipal University (India). I have gathered extensive experience working with prestigious institutions including Lily Hospital (UN Developmental Project), Nigeria, Vadakara Co-operative Multispecialty Hospital, Kerala (India) as a Consultant General and Laparoscopic Surgeon.

At Mediheal Group of Hospitals, we are committed to provide quality treatment to the population of African continent. We are a group of institutions who work with efficient clinicians who in turn are dedicated to work towards the overall health and well-being of the population of Africa.

Dr. Aemen Asher

MBBS, MS

Consultant General & Laparoscopic Surgeon



“There is still so much scope for improvement, especially because the specialty of General Surgery is very central to overall healthcare delivery.”

The delivery of surgical care in the continent of Africa is undergoing a sea change. Thanks to various effective strategies being undertaken by the able authorities followed by adequate execution by the respective bodies. However, there is still so much scope for improvement especially because the specialty of General Surgery is very central to the overall healthcare delivery.

I have ten and half years of experience in operating elective and emergency surgical cases, and in handling all types of simple to complex surgery cases. I have gained rich experience through my previous associations with Madras Medical College, Chennai (India), Govt. Headquarters Hospital, Thiruvannamalai (India) and Indira Gandhi Government General Hospital and Post Graduate Institute, Puducherry (India).

At Mediheal Group of Hospitals, we look beyond the walls of operating theatres to involve ourselves in training, research, and health service management in the field of General Surgery. Similarly, we focus on the development in technology, expert clinicians and increased support from local authorities is helping patients needing surgical care. We have built the expertise and infrastructure required for a successful outcome for people needing surgical care, from simple to complex surgical procedures.

Dr. Prabu Kathiresan

MS - Gen Surgery, FMAAS, FIAGES, FMAS
Consultant General & Laparoscopic
Surgeon



“Our patients remain the centre of all our endeavours as we evolve with changing times. Thousands of smiling Africans bear testimony to our dedication...”

We, at Mediheal Group of Hospitals, have always strived to raise the bar for healthcare in Africa to meet the highest international medical standards. A warm and friendly ambience, high-quality medical services and personalized nursing care have always been the hallmarks of hospitals since inception.

Our patients remain the centre of all our endeavours as we evolve with changing times. Thousands of smiling Africans bear testimony to our dedication, to the quality of care and sensitivity to everyone who walk through our doors. The continuum of care is an added edge that we offer as we aim to elevate the overall health of the society.

With eminent doctors leading each practice, we are committed to delivering world-class healthcare to an increasing number of people who have come to consider Mediheal as their preferred choice of hospital. We recruited doctors with training and experience at top international hospitals and implemented evidence-based protocols that are followed by leading global institutions. They provide treatment, supportive care and preventive measures spanning over 15 specialties and super-specialties of medicine. We receive a large number of international patients every year trusting our expertise and services.

We believe technology plays a vital role in delivering superior healthcare and hence have made effective outlays in procuring the best of equipment to serve our patients. We have introduced several cutting-edge technologies and procedures to the people of Africa that have improved the clinical outcomes significantly.

As we evolve, we try to sustain the highest level of competence through various academic programs and initiatives for our staff. Together, we aim to bring our vision for Africa to life by embarking in a journey to redefine healthcare in Africa.

Gokul Prem Kumar

Vice President - International Patient Services



GENERAL SURGERY

General surgery is a surgical specialty discipline that focuses on abdominal contents including esophagus, stomach, small bowel, colon, liver, pancreas, gallbladder, appendix and bile ducts, and often the thyroid gland. They also deal with diseases involving the skin, breast, soft tissue, trauma, peripheral vascular surgery and hernias, along with Endoscopic procedures such as Gastrosocopy and Colonoscopy. General Surgeons not only perform surgeries for a wide range of common ailments, but are also responsible for patient care before, during, and after the surgery.



MEDIHEAL MINIMAL ACCESS SURGERY (MMAS)

A new revolution in surgical interventions, Minimal Access Surgery is accomplished with one or more small incisions instead of a large incision. The surgeon passes a telescope with a video camera through a small incision (usually only 1/4" long) into a body cavity. The surgeon then views the surgery on a TV monitor. Surgical instruments are then passed through other similar little incisions. The surgeon examines and operates on the area in question by viewing magnified images on a television.

Continual innovations in Minimally Invasive Surgery make it beneficial for people with a wide range of conditions. If you need surgery and think you may be a candidate for this approach, talk to your doctor.



Surgeons perform numerous Minimally Invasive Surgeries which include:

- Adrenalectomy to remove one or both adrenal glands
- Anti-reflux Surgery, sometimes called Hiatal Hernia Repair, to relieve Gastroesophageal Reflux Disease (GERD)
- Cancer Surgery, for example, to destroy a tumor
- Chest (thoracic) Surgery
- Cholecystectomy, to remove gallstones that cause pain
- Colectomy to remove parts of a diseased colon
- Colon and Rectal Surgery
- Ear, Nose and Throat Surgery
- Endovascular Surgery to treat or repair an aneurysm
- Gallbladder Surgery (Cholecystectomy) to remove gallstones that cause pain
- Gastroenterologic surgery, including Gastric Bypass
- Gynecologic Surgery
- Heart Surgery
- Kidney Surgery
- Neurosurgery
- Orthopaedic Surgery
- Thoracic Surgery, such as Video-assisted Thoracoscopic Surgery (VATS) and Lobectomy
- Urologic Surgery



OPEN SURGERY

LAPAROSCOPIC SURGERY

HEAD & NECK SURGERIES

It covers the diagnosis and treatment of many common disorders affecting the head and neck. Minimally Invasive or Endoscopic Head and Neck Surgery performed at Mediheal allows surgeons to remove tumours with the use of specialized Endoscope and cameras, with little or no changes in the speech, appearance, and swallowing function. Surgeons work together with other disciplines including Dental Surgery, Otolaryngology (Ears, Nose and Throat), Neurosurgery (Brain Surgery), Reconstructive and Therapeutic Surgery and Radiotherapy. This multi-disciplinary participation is important for the effective treatment and management of multiple conditions.

Head and Neck Surgeries performed at Mediheal include:

- Thyroidectomies (Partial, Total)
- Surgery for cervical nodes
- Surgery for salivary gland tumours
- Surgery for facial trauma and reconstruction

THYROID-TRUE CUT BIOPSY



FNAC

BIOPSY

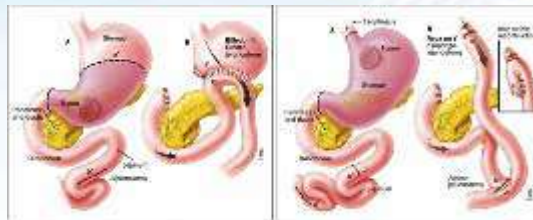


THYRO

GASTROINTESTINAL SURGERY

Gastrointestinal Surgery is a treatment for diseases of the parts of the body involved in digestion. The digestive system is an intricate system that can be disrupted by disease, diet and emotional stress. While some digestive problems can be remedied with medicine and lifestyle changes, others require surgery.

The scope includes the esophagus (ee-sof-uh-gus), stomach, small intestine, large intestine, and rectum. It also includes the liver, gallbladder, and pancreas. Minimal Invasive Gastrointestinal Surgeries performed through small incisions account for lesser bleeding, scarring, less pain, shorter hospital stay, and faster recovery.



Partial Gastrectomy

Total Gastrectomy

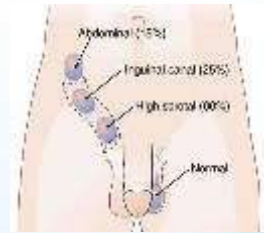
GENITOURINARY SURGERY

Genitourinary Surgery is for patients with benign or malignant (cancerous) medical and surgical disorders of the adrenal gland and of the genitourinary system. Common Urologic Procedures include: Renal (Kidney) Surgery, Kidney Removal (Nephrectomy), Bladder Surgery, Pelvic Lymph Node Dissection, Prostate Surgery, Testicular Surgery, Surgery of the Urethra, and Electrocortic Shock Wave Lithotripsy for Stones.

Minimally Invasive Genitourinary Surgical procedures offer the most advanced technologies for the treatment of urologic disorders. In contrast to the traditional surgeries, it offers enhanced healing and better cure rates. We provide diagnostic and treatment services for adults and children, engaging highly trained staff and advanced equipment. Our doctors deliver best services, using their clinical experience and knowledge based on the latest advances in Urology.

Genitourinary Surgeries performed at Mediheal include:

- Bladder Repair
- Plication
- Subtotal Excision
- Hydrocele-Eversion
- Phimosis-Circumcision
- Radical Prostatectomies
- Open Vesicolithotomy
- Orchiectomy - High & Low
- Undescended Testis - Orchidopexy
- Trans Urethral Resection of Prostate (TURP)



UNDESCENDED TESTIS



ONCO SURGERY

Surgery is used to diagnose, stage and treat cancer, and certain cancer-related symptoms. Our experienced surgeons have performed numerous of procedures and will discuss appropriate surgical options that meet your individual needs. Whether a patient is a candidate for surgery depends on factors such as the type, size, location, grade and stage of the tumor, as well as general health factors such as age, physical fitness and other medical comorbidities. Minimal Invasive Surgery for Oncology patients focussing on the surgical management of tumours result in lesser postoperative pain, fewer operative, and post-operative major complications.

Surgical Oncology Procedures performed at Mediheal include:

- Squamous Cell Carcinoma
- Basal Cell Carcinoma
- Melanoma
- Radical Neck Dissection
- Modified Radical Neck Dissection
- Modified Radical Mastectomy for Carcinoma Breast
- Colorectal & GI Malignancies
- Tubo-ovarian Malignancies
- Cervico & Uterine Malignancies
- Inguinal Block Dissection

VASCULAR SURGERY

Vascular Surgery is a surgical sub-specialty in which diseases of the vascular system, or arteries, veins and lymphatic circulation, are managed by medical therapy, minimally-invasive catheter procedures, and surgical reconstruction. The specialty evolved from General and Cardiac Surgery as well as Minimally Invasive Techniques pioneered by Interventional Radiology.

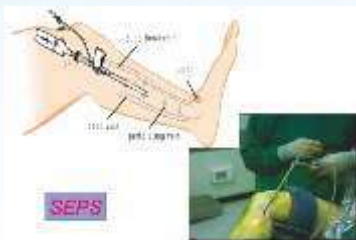
Minimally Invasive Techniques for treating vascular diseases allowed precise and accurate Endovascular treatment with faster recovery for complicated diseases, which in the past had required extensive invasive operations with prolonged recovery.

Vascular Surgeries performed at Mediheal include:

- Varicose Vein - Stripping
- Ligation of the Perforators
- Trendelenburg's Operation
- Subfascial Perforator Endoscopic Surgery
- Endovenous Laser Ablation



VARICOSE VEINS-BEFORE & AFTER SX



ENDOSCOPIC VENOUS SX

PEDIATRIC SURGERY

Paediatric Surgery is a sub-specialty of surgery involving the surgery of fetuses, infants, children, adolescents, and young adults. Minimally Invasive Surgical Procedures employed for the children result in lesser pain, discomfort, very minimal disruption on the child's growing body.

Paediatric Surgeries performed at Mediheal include:

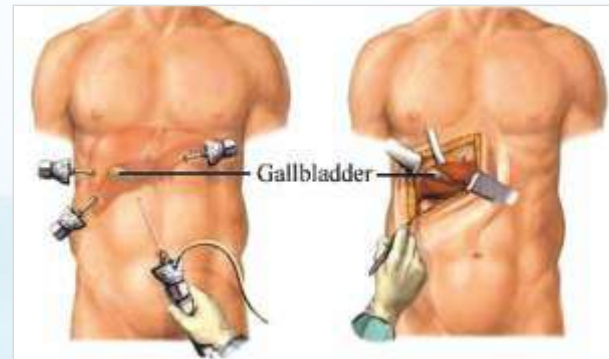
- Congenital Hydrocele
- Congenital Hernia
- Phimosis
- Undescended Testis





LAPAROSCOPY

A low risk, Minimally Invasive Procedure, requiring only small incisions, it helps visualize the entire body, without the need for an open surgery. This procedure also assists in obtaining biopsy specimens, or a sample of tissue, from a particular organ in the abdomen. Added advantages of this technique include reduced haemorrhage, pain, and shorter recovery time due to smaller incisions.



LAP COLE

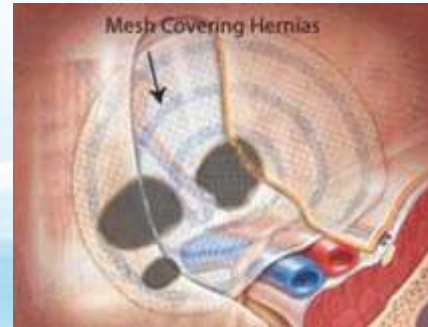
Clinical Indications:

- Cholecystectomy
- Roux-en-y Gastric Bypass
- Sleeve Gastrectomy
- Nissen Fundoplication
- Heller Myotomy
- Diagnostic Laparoscopy
- Staging Laparoscopy

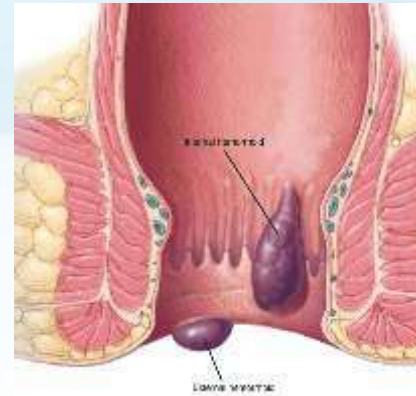
MISCELLANEOUS MAJOR CASE

Miscellaneous cases performed
at Mediheal include:

- Frey's Procedure
- Hemicolectomy
- Brain Abscess Drainage
- Oesophago-gastrectomy
- Colonic Coloplasty
- Total Gastrectomy
- Whipples, Triple Bypass
- Abdominoperineal Resection



HERNIA SX

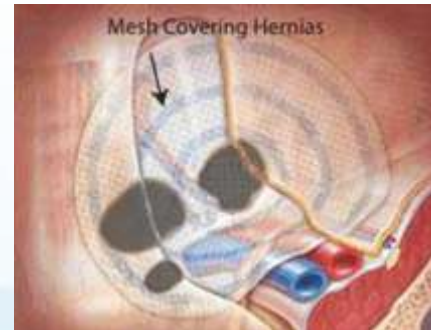


HEMORRHOIDES

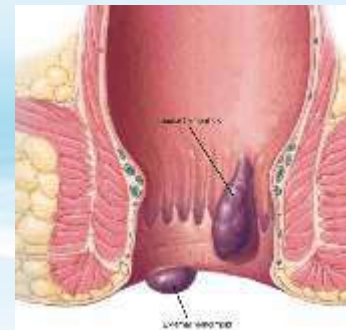
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HERNIA SX



HEMORRHOIDES



PLASTIC SURGERIES

Plastic surgery is a surgical specialty involving the restoration, reconstruction, or alteration of the human body. It can be divided into two categories. The first is Reconstructive Surgery which includes Craniofacial Surgery, Hand Surgery, Microsurgery, and the treatment of burns. The other is cosmetic or aesthetic surgery.

While reconstructive surgery aims to reconstruct a part of the body or improve its functioning, cosmetic surgery aims at improving the appearance of it. Minimally Invasive Cosmetic Surgeries provide improved physical, and mental benefits such as lesser trauma, scarring, anxiety and were found to be much safer than the invasive cosmetic procedures.

Plastic surgeries performed at Mediheal include:

- Ssg- Split Skin Grafting
- Full-thickness Grafting
- Flap Reconstructions
- Electrocauterization of Warts and Nevus



SKIN GRAFTING



BREAST IMPLANTS

GASTROINTESTINAL (GI) ENDOSCOPY

Endoscopy is known by several names based on the portion of the gastrointestinal tract that is being examined. Upper GI Endoscopy examines the oesophagus, stomach, and duodenum, Colonoscopy provides an overview of the intestine and Enteroscopy regarding the small bowel. GI Endoscopy has revolutionized the diagnosis and therapy of GI diseases with minimized mortality, and morbidity rates of the treated cases.

Clinical Indications:

- Dyspepsia
- Dysphagia
- Non-cardiac Chest Pain
- Recurrent Emesis



UGI SCOPY



ENDOSCOPIC VIEW OF UPPER GI



CUTTING-EDGE TECHNOLOGY

ICU Cubicle



ICU



Siemens 1.5 Tesla MRI



Siemens 64 Slice CT

STATE-OF-THE-ART DIAGNOSTICS FACILITIES



Hi-end Facilities in...

- Histopathology
- Cytology (Gynac & Non-Gynac)
- Clinical Chemistry
- Hematology
- Immunoassay
- Micro-biology
- Clinical Pathology
- Blood Banking & Transfusion



FULLY-EQUIPPED BLOOD BANK



MEDIHEAL HOSPITAL DOCTORS PLAZA - ELDORET



MEDIHEAL HOSPITALS - EASTLEIGH



MEDIHEAL GROUP OF HOSPITALS

MEDIHEAL HOSPITAL AND FERTILITY CENTRE, ELDORET

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