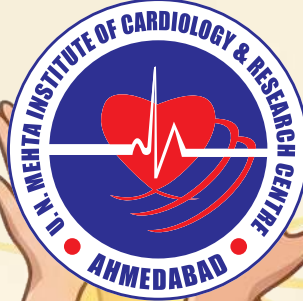


HEART "KNOW YOUR HEART FOR BETTER TOMORROW" **10** DAY

News Bulletin | ISSUE : 57 | May 2026



"Our Nurses,
Our Future-Empowered
Nurses
Save Lives,"



U. N. MEHTA INSTITUTE OF CARDIOLOGY & RESEARCH CENTRE

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U.N. Mehta Institute of Cardiology & Research Centre
Achieves National Distinction at the
HEALTHCARE EXCELLENCE AWARDS - 2026



Angdan Charitable Trust, Gujarat, honored the U. N. Mehta Institute of Cardiology & Research Centre, Ahmedabad, with the **“Gujarat Healthcare Excellence Award 2026.”**

This award was received by Dr. Vishal Sharma, Dr. Karthik Natarjan and Dr. Naitik Patel on behalf of U. N. Mehta Institute on March 28 2026

This accolade expresses gratitude and appreciation for the Institute's outstanding contributions to healthcare, as well as its empowering commitment to societal well-being in cardiology and organ donation.

Additionally, the Angdan Charitable Trust honoured Dr. Dinesh Joshi with the **“Excellence in Medical Super Speciality Award 2026”** recognizing his outstanding and transformative contributions to the field of cardiology super-specialities.

SETTING GLOBAL BENCHMARKS. SAVING LIVES DAILY. INSPIRING TOMORROW

World No Tobacco Day 2026 : Unmasking the Appeal

World No Tobacco Day was established by the WHO in 1987 to highlight the global tobacco epidemic. The 2026 theme, "Unmasking the appeal-counteracting nicotine and tobacco addiction" focuses on exposing the tactics used to maintain tobacco's grip on public health.

The Tobacco Burden in India : A Closer Look

India accounts for 12% of global tobacco consumption, with over 267 million users. A unique challenge is the heavy use of smokeless tobacco (like gutkha and khaini), which many falsely believe is safer than cigarettes.

These products are primary drivers of India's high oral cancer rates and complicate the management of Type 2 Diabetes for over 100 million people.

COUNTERING NICOTINE AND TOBACCO ADDICTION

1 WHO Global Tobacco Epidemic
World No Tobacco Day (1987)
Focus 2026: Unmasking tactics

2 The Burden in India
12% of Global Tobacco Users
Over 267 MILLION Users
Smokeless Tobacco vs Gutkha, Khaini
Ounina vs Cigarettes
Oral Cancer (Primary Driver)
Managing Type 2 for over 100 Million People
False Beliefs: Manage Type 2 Diabetes

3 Critical Health Risks
Immediate Impacts: Increased Heart Rate, Rising Blood Pressure, Carbon Monoxide replaces Oxygen
Long-term Damage: Lung Cancer, COPD, Heart Disease (risk is 2-4x higher), Stroke
Beyond the Lungs: Cataracts, Chronic Kidney Disease, Kidney Fertility, Fertility, Impaired Fertility, Suppressed Immunity (TB)
Second-hand Smoke: 7000+ chemicals
Children at risk for: Asthma, Ear Infections, SIDS

4 The Path to Recovery
The Body Begins Healing
20 MINUTES: Heart Rate/ BP Drop
12 HOURS: Oxygen Normal
1 YEAR: Heart Disease Risk Halved, Skin/Hair Health Improve
5-15 YEARS: Stroke Risk Matches Non-Smoker

5 Proven Quitting Strategies
1. IDENTIFY TRIGGERS: Recognize Patterns
2. HEALTHY REPLACEMENTS: Deep Breathing, Exercise, Meditation
3. MEDICAL SUPPORT: NRT: Patches, Gum for Withdrawal
4. PERSISTENCE: Learn from Relapses

Disclaimer: General awareness. Consult healthcare professional. Verify official health labels.

Critical Health Risks

Tobacco acts as a systemic toxin, damaging nearly every organ :

- **Immediate Impacts** : Increased heart rate, rising blood pressure, and carbon monoxide replacing oxygen in the blood within minutes
- **Long-term Damage** : Includes lung cancer, COPD, heart disease (risk is 2-4x higher), and stroke
- **Beyond the Lungs** : Tobacco increases risks of cataracts, chronic kidney disease, impaired fertility, and suppressed immunity against infections like tuberculosis.
- **Second-hand Smoke** : Exposes bystanders to over 7,000 chemicals. Children are particularly at risk for asthma, ear infections, and SIDS

The Path to Recovery from Tobacco Health effects

The body begins healing the moment you quit :

- Within 20 minutes, your heart rate and blood pressure drop to healthier levels.
- After 12 hours, carbon monoxide levels in your blood return to normal, improving oxygen delivery throughout your body.

- Within 2-12 weeks, circulation improves, and lung function increases, making physical activity easier.
- After 1 year, your heart disease risk drops to half that of a smoker, and it shows. Skin looks brighter and smoother, hair feels healthier and shinier, and teeth and nails regain a cleaner, stronger appearance
- After 5-15 years, your stroke risk matches a non-smoker's. Over time, skin ages more slowly with better elasticity, hair stays stronger, and long-term damage like gum disease and dull skin becomes far less likely.

Proven Quitting Strategies

1. Identify Triggers: Recognize emotional or social patterns that spark cravings.
2. Healthy Replacements: Use deep breathing, exercise, or meditation to manage stress.
3. Medical Support: Utilize Nicotine Replacement Therapy (NRT) like patches or gum to manage withdrawal.
4. Persistence: View relapses as learning opportunities rather than failures

EVENTS & ACTIVITIES

International Nurses Day Celebration Across U.N. Mehta Institute of Cardiology & Research Centres



AHMEDABAD



U.N. Mehta Institute and its satellite centres in **Ahmedabad, Rajkot, and Gandhinagar** celebrated **International Nurses Day** on **12th May 2026**. This year's theme, **"Our Nurses, Our Future-Empowered Nurses Save Lives,"** highlighted the vital role of empowered nurses in strengthening healthcare through knowledge, compassion, and dedication.

The events featured competitions and appreciation programs that showcased the staff's enthusiasm. The celebration served as a powerful reminder of the nursing profession's enduring commitment to selfless service and care.

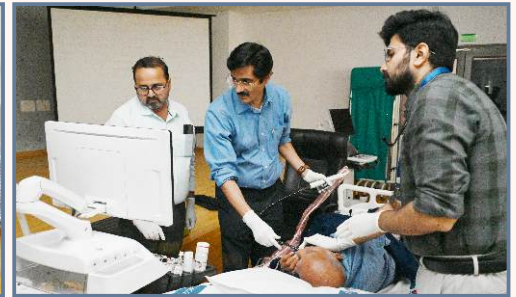


GANDHINAGAR



RAJKOT

Annual U N Mehta Structural Heart 3D Echo Conference : 15th To 17th May 2026



The U N Mehta Institute of Cardiology & Research Centre successfully hosted its 3rd Annual Structural Heart 3D Echo Conference from 15th-17th May 2026. Bringing together 146 delegates and prominent national faculty, the intensive three-day event focused on advanced 3D echocardiography, live patient demonstrations, and hands-on simulations for cutting-edge interventions like Mitral TEER, TAVI, and BASILICA. Held under the leadership of Shri Rajeev Topno, IAS, and Dr. Chirag Doshi, this successful conference marks another major milestone in the institute's commitment to advancing cardiovascular education and multidisciplinary clinical excellence.

International Kangaroo Care Awareness Day Celebration - 20th May 2026



On May 20, 2026, UNMICRC hosted an educational event for International Kangaroo Care Awareness Day. Dr. Rakesh Sharma and Dr. Deepa Banker delivered interactive lectures on Kangaroo Mother Care (KMC). The PICU nursing team also performed a practical demonstration skit highlighting KMC benefits and parental willingness. The session concluded with pediatricians and daily Mother Milk Bank users sharing firsthand clinical and personal experiences.

Research Abstract

Short-Term Outcomes of Percutaneous Interventions in Symptomatic Central and Peripheral Venous Stenosis

European Journal of Cardiovascular Medicine. Volume 16 Issue 2 (Feb, 2026) | Pages 798 - 808

Dr. Pradeep Kumar Bansal, Dr. Jayesh Prajapati, Dr. Gajendra Dubey, Dr. Tarun Madan, Dr. Karthik Natarajan, Dr. Megha Agarwal, Ms. Iva Patel

Background:

Chronic venous disease, characterized by thoracic (TCVO) or ilio caval (ICVO) venous obstruction, can lead to significant morbidity. These conditions are commonly managed using endovascular interventions. This study aimed to evaluate symptomatic improvement and patency rates following central and peripheral venous angioplasty and stenting in patients with symptomatic venous obstruction.

Methods:

This prospective, observational, single-centre study included patients with TCVO or ICVO who underwent endovascular treatment. The procedures involved plain old balloon angioplasty (POBA) or percutaneous transluminal angioplasty (PTA), with or without percutaneous transluminal stenting (PTS). Immediate, short-term, and intermediate-term outcomes were assessed, and patency rates were evaluated during follow-up.

Results:

Of the 71 patients initially selected, 68 patients (TCVO = 51; ICVO = 17) successfully underwent angioplasty. The majority of patients (77.46%) had chronic kidney disease with an arteriovenous fistula, and 47.89% presented with limb swelling or fistula dysfunction. Among the 68 treated patients, 66 (92.95%) underwent POBA/PTA, while only two patients (2.8%) required PTS, resulting in an overall procedural success rate of 94%. Primary patency rates at 1, 3, 6, and 12 months for TCVO were 96%, 82%, 66%, and 60%, respectively, whereas for ICVO, the rates were 100%, 100%, 82%, and 82%. Secondary patency rates at 1, 3, 6, and 12 months for TCVO were 100%, 96%, 96%, and 94%, respectively, while corresponding rates for ICVO were 100%, 100%, 88%, and 88%. A statistically significant difference was observed between the primary patency rates of the TCVO and ICVO groups (P = 0.03), whereas secondary patency rates were comparable between the two groups.

Conclusion:

Endovascular intervention is a promising treatment modality for alleviating symptoms associated with post-thrombotic syndrome and reducing the incidence of limb ulcers. Additionally, these interventions contribute to an overall improvement in patients' quality of life.

Comparison of primary and secondary patency between TCVO and ICVO

Variables	TCVO (N=51) (%)	ICVO (N=17) (%)
1 month		
Primary patency	49/51 (96%)	17/17 (100%)
Secondary patency	51/51 (100%)	17/17 (100%)
3 months		
Primary patency	42/51 (82%)	17/17 (100%)
Secondary patency	49/51 (96%)	17/17 (100%)
6 months		
Primary patency	34/51 (66%)	14/17 (82.3%)
Secondary patency	49/51 (96%)	15/17 (88.23%)
12 months		
Primary patency	31/51 (60.78%)	14/17 (82.35%)
Secondary patency	48/51 (94.11%)	15/17 (88.23%)

Case Report

A Rare Cause of Pyopericardium : Look Below the Diaphragm

Current Cardiology Reviews, DOI: 10.2174/011573403X418839251201114443

Dr. Pratyaksha Rana, Dr. Archit Dikshit, Dr. Vidur Bansal and Dr. Dinesh Patel

A 41-year-old female with no known comorbidities presented to the emergency department with complaints of high-grade fever, dyspnoea (New York Heart Association Class III), and pedal edema for the past 5 days. Physical examination revealed a heart rate of 115 beats per minute, blood pressure of 90/60 mm Hg, and oxygen saturation of 90%. Laboratory investigations showed leucocytosis (39,150/ μ L) and elevated C-reactive protein (181.2 mg/L), along with deranged liver function tests. Echocardiography demonstrated moderate pericardial effusion with fine internal echoes but without tamponade physiology. Contrast-enhanced computed tomography (CECT) was performed for further evaluation and showed moderate pericardial effusion with smooth pericardial enhancement and moderate left-sided pleural effusion. In addition, a peripherally enhancing hypodense lesion was seen in the left lobe of the liver with surrounding perilesional edema, suggestive of a liver abscess. A defect was noted in the anterosuperior aspect of the liver abscess, through which it was seen communicating with the pericardial cavity (Fig. 1). Needle pericardiocentesis yielded turbid, purulent fluid, which on Gram stain showed gram-negative bacilli. The patient was managed with broad-spectrum antibiotics, percutaneous drainage of the liver abscess, and pericardial drainage; however, she succumbed within 48 hours of presentation to the hospital.

CONCLUSION:

Purulent pericarditis due to transdiaphragmatic extension of a bacterial liver abscess is an extremely rare condition that carries a high risk of morbidity and mortality. It can lead to severe sepsis and pericardial tamponade with catastrophic outcomes in untreated cases. A high index of clinical suspicion is vital for timely diagnosis and appropriate treatment. This case highlights the importance of screening the liver during echocardiography in suspected cases of complicated pericardial effusion

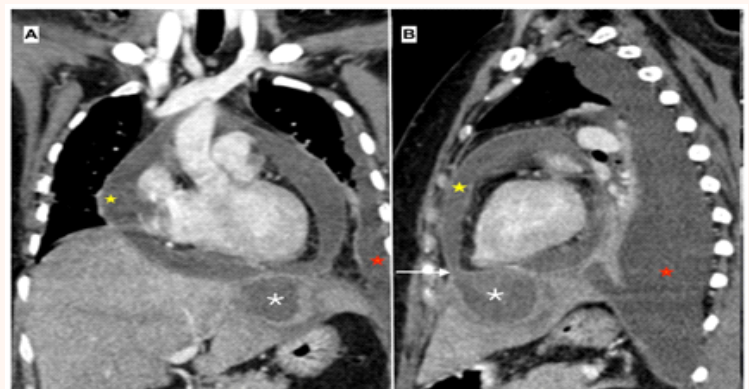













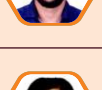
Fig. (1). Contrast-enhanced computed tomography coronal (A) and sagittal (B) images showing a liver abscess in the left lobe of the liver (white star), with a rent in the anterosuperior aspect of the abscess (white arrow) communicating with the pericardial cavity and causing pericardial effusion (yellow star). Note the smooth pericardial enhancement. Moderate left-sided pleural effusion is also present (red star). (A higher resolution / colour version of this figure is available in the electronic copy of the article).


UPCOMING EVENTS

Continuing Cardiac Education

Date	Topics	Speakers
06-06-2026	Pregnancy & Heart Disease	 Dr. Himani Upadhyaya Assistant Professor
13-06-2026	Carotid Artery Stenting: Anatomy, Procedure & Complications	 Dr. Mitkumar Chaudhari Assistant Professor
20-06-2026	Prosthetic Heart Valve Thrombosis (PHVT)	 Dr. Prarthi Shah Assistant Professor
27-06-2026	Cardiac sarcoidosis	 Dr. Akash Karwa Assistant Professor

Date	Topics	Speakers
06-06-2026	History of Cardiac Surgery	 Dr. Hardik Solanki Assistant Professor
13-06-2026	Tricuspid Valve : The Forgotten Valve	 Dr. Hardik Solanki Assistant Professor
20-06-2026	Valve Sparing Root Replacement	 Dr. Sumeet Modi Senior CVTS Surgeon
27-06-2026	Chronic Thrombo Embolic Pulmonary Hypertension (CTEPH)	 Dr. Sumeet Modi Senior CVTS Surgeon


Date	Topics	Speakers
06-06-2026	Pediatric TEE SERIES : Single Ventricle	 Dr. Sri Mallikarchunan A. Assistant Professor
13-06-2026	Glucose Control in ICU	 Dr. Yash Joshi Assistant Professor
20-06-2026	Approach to Respiratory Failure in Adult Post Cardiac Surgery Patient	 Dr. Manu P K Assistant Professor
27-06-2026	Basic Haemodynamic Monitoring in Cardiac Anesthesia	 Dr. Arya Dev Assistant Professor





Continuing Nutrition Education

Ms. Vishwa Sukhadiya
Assistant Dietician

Topic :
Gout : Cause, Symptoms & Dietary Care

 Sunday
28th June, 2026

 02.00 PM to 03.00 PM





Continuing Nursing Education



Date:
27th
June
2026

Assessment & Early detection of Patient deterioration

Time : 2 pm to 5 pm

Topics	Speakers
Systemic assessment of patient	 Ms. Mayuri Chaudhari Sr. Trained Cardiac Staff Nurse Grade-II
Early detection, Timely intervention & Fall prevention in deteriorating patients	 Ms. Kinjal Parmar Trained Cardiac Staff Nurse Grade-III

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CERTIFICATE OF PARTICIPATION WILL BE ISSUED

Continuing Physiotherapy Education



 Saturday
27th June, 2026



Dr. Abhishek Srivastava
Director, Centre for Physical Medicine & Rehabilitation,
Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute

Topic
Neurorehabilitation in Cardiac Critical Care

Anandit Hridayam Activities - Painting Competition Date : 16-05-2026



WINNER OF PAINTING

1st

Ravi Panchal
Dept. Photography
Ashish Patel
Dept. Photography

2nd

Vishal Patel
Dept. Photography
Dr. Aaysha Sikandar
Dept. Rehabilitation

3rd

Urmila Chavda
Dept. HR
Binoy Darji
Dept. Laboratory

Our institute has started recreational activities for revitalization & rejuvenation of employees and to develop team spirit. As a part of this there are various activities which will be held on the third Saturday of every month. On the third Saturday of May 2026, a Painting competition was held for rejuvenation of employees, a total of 10 participants took part in the competition. In the painting competition, out of 10 participants, 06 participants were declared winners.

Nurses Day-Competition Winners List (Ahmedabad)

SLOGAN COMPETITION :

- Chandrika Rajput**
Dept. : 502
- Urmi Vagadiya**
Dept.: Special Room
- Kajal Patel**
Dept. PCTRR

ESSAY WRITING COMPETITION:

- Nanda Khandelwal**
Dept. : PPCU
- Anushree Ashokan**
Dept.: MICU
- Tabassum**
Dept. CTOT

POSTER MAKING COMPETITION :

- | | |
|--|--|
| 1. Hetal Parmar
Dept.: PCTRR | 1. Bhumika Sagar
Dept. : PCTRR |
| 2. Shital Patel
Dept. CTOT | 3. Kinnari Parmar
Dept.: 802 |



At Gandhinagar Centre World Hand Hygiene Day



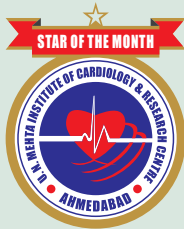
5th may 2026, At UN Mehta Gandhinagar center we have celebrated World Hand Hygiene Day on the May, which is a initiative taken by WHO to highlight the critical importance of hand hygiene in preventing infection & saving lives.

Human Heart Specimens for Morphology and Heart Dissection Session during Concourse Cardiology Workshop 2026



The Department of Cardiology at the U.N. Mehta Institute of Cardiology & Research Centre (UNMICRC), in collaboration with B.J. Medical College, organized a Cardiology Workshop on Friday, 22nd May, 2026, as part of Concourse 2026. As part of this academic program, a "**Morphology of Heart Dissection and Demonstration Session**" was conducted for final-year MBBS students of B.J. Medical College, Ahmedabad. The session aimed to enhance their understanding of cardiac anatomy, morphology, and structural variations relevant to clinical practice. The entire workshop was held under the guidance of Dr. Sibasis Sahoo, Professor in the Department of Cardiology at UNMICRC.

"STAR OF THE MONTH" May-2026



Dr. Archit Patel
Professor in in
CVTS (FT)



Dr. Gourav Behra
Assistant Professor in
Cardiology (FT)



Dr. Sri Mallikarchunan A.
Assistant Professor
in Cardiac
Anaesthesiology (FT)



**Ms. Ashalata
Christian**
Cardiac Sister Incharge



Ms. Ankita Patel
Trained Cardiac
Staff Nurse Grade-I

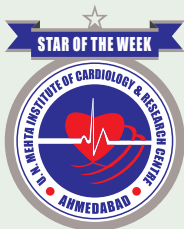


**Mr. Baldevbhai
Modhera**
Senior Medical
Transcriptionist Grade-I



Mr. Raj Barot
Chief
Supervisor

"STAR OF THE WEEK" May-2026



Dr. Shreya Mistry
Full Time
Paediatrician



Dr. Keertika Kuntal
Superspeciality DM
(Cardiac Anaesthesiology)
Resident



Mr. Kalpesh Solanki
Trained Cardiac Staff
Nurse Grade III
(Trainee)







Ms. Ankita Patel
Nursing Assistant






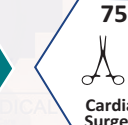

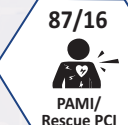







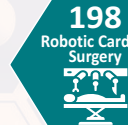

Ms. Soniya Vaghela
Office executive











**Mr. Pareshkumar
Rathod**
Security Guard

 1251 Beds	 15 Cardiac Operation Theatre
 6 Cardiac Cath Lab	 513 Cardiac ICU Bed







 33889 OPD Patient	 4101 IPD Patient	 96 Complex Cardiac Procedures	 41 Complicated Complex Cardiac Surgery
 2333 Cardiac Procedures	 759 Cardiac Surgery	 2457 EMCS Admission	 87/16 PAMI/ Rescue PCI
 114 Pediatric Procedure	 162 Pediatric Cardiac Surgeries	 202 EP procedure & Pacemaker Devices	 4 EVAR/TEVAR

 72 Heart Transplantation
 198 Robotic Cardiac Surgery
 48 TAVI

UNM Gandhinagar Satellite Centre

 96 Beds	 1 + 1 Neuro & Cardiac Operation Theatre	 4303 OPD Patient	 511 IPD Patient
 62 Cardiac Neuro ICU Bed	 1 Cardiac Cath Lab	 271 Cardiac Procedures	 68 Cardiac Surgery

UNM Rajkot Satellite Centre

 1468 OPD Patient	 33 IPD Patient	 890 ECHO
 38 Cardiac Procedures	 1428 ECG	 52 TMT

Avoid Smoking and Alcohol, Choose Life

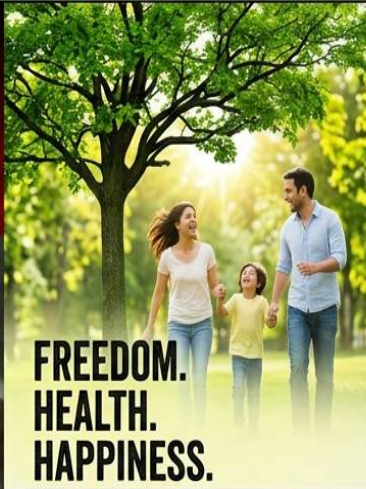
**DON'T LET YOUR FUTURE
GO UP IN SMOKE!**

**SMOKING KILLS:
11 MINUTES
REDUCED PER
CIGARETTE.**

**BURN CALORIES,
NOT YOUR MONEY.**



ADDICTION,
CANCER,
WASTE



**FREEDOM.
HEALTH.
HAPPINESS.**



**BREAK
THE HABIT
TODAY!**

CHOOSE LIFE. QUIT NOW.

CHOOSE LIFE, NOT ALCOHOL

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Shri Rajeev Topno, IAS

Additional Chief Secretary, Health & Family Welfare Dept., Govt. of Gujarat and Chairman G. B., UNMICRC

Dr. Chirag Doshi (M.S., Mch CVTS)

Director & Member Secretary, Governing Board, UNMICRC

**HEART TODAY
TEAM**

Dr. Jayesh Prajapati
Dr. Ramesh Patel
Dr. Ketav Lakhia

Dr. Pooja Vyas
Dr. R. B. Patel
Dr. Naitik Patel (Editor)

Mr. Kirtan Patel (Co-Editor)
Dr. Amita Goswami (Co-Editor)
Dr. Aashish Dave

Dr. Dhruvan Pandya
Dr. Khyati Pandya
Dr. Kalgi Shah

Dr. Khushbu Patel
Ms. Himani Pandya
Mr. Chirav Chavda

Ms. Upasana Patel
Control Room