



ADVERTISEMENT FEATURE

Your Heart Is Your Best Friend

Your heart, your trusty rhythm-keeper, deserves the very best care. Here are the top tips for a healthy heart, starting with what you can do right now.

Diet Delights
Begin with a rainbow on your plate. Load up on fruits, vegetables, whole grains, and lean proteins. These foods are packed with essential nutrients and fiber that support heart health. Be mindful of portion sizes and limit salt and sugar intake. Opt for heart-healthy fats like those found in avocados, nuts, and olive oil.

your mind and lower your stress levels.

Love Your Sleep
Quality sleep is essential for heart health. Aim for 7-9 hours of uninterrupted sleep each night. Poor sleep can increase your risk of heart disease, so prioritize getting sound sleep. Your heart is precious; treat it with love and care. By following these comprehensive tips, you'll be well on your way to a healthier, happier heart. Remember, your heart deserves nothing less than the best care.

Move to Groove
Physical activity is the heart's best workout partner. Regular exercise keeps your heart strong and your blood vessels flexible. Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise every week. Activities like brisk walking, swimming, or dancing can do wonders for your cardiovascular system.

Stress Less
Chronic stress can take a toll on your heart. Incorporate stress-reduction techniques into your daily routine. Deep breathing exercises, meditation, and yoga can help calm

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Cosmetic surgery is a personal journey for each patient and strives hard to achieve the best outcome with techniques tailored to meet their needs. In this perception, Anirvana will be your right choice. It is the new attraction of Kolkata and the dream project of Dr. Anirban Ghosh, well regarded plastic, cosmetic & aesthetic surgeon of the country.

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Knee Pain: Causes, Symptoms, and Relief



Knee pain is a prevalent issue affecting people of all ages, often stemming from various causes. Common triggers include injury, overuse, muscle imbalances, arthritis, or underlying medical conditions. Symptoms encompass pain, swelling, stiffness, and reduced mobility, impacting daily activities and quality of life.

Injuries like ligament tears, meniscitis, or meniscus damage can result from sports, accidents, or sudden movements. Arthritis, notably osteoarthritis, deteriorates knee cartilage, causing persistent pain and stiffness. Overuse from repetitive motions or excess weight can strain the knee, exacerbating discomfort.

To alleviate knee pain, rest, ice, compression, and elevation (RICE) can offer immediate relief. Physical therapy helps strengthen muscles and improve flexibility, aiding long-term recovery. Lifestyle changes, such as maintaining a healthy weight and avoiding high-impact activities, can prevent future pain.

Consulting a healthcare professional for an accurate diagnosis and tailored treatment plan is crucial for managing knee pain effectively.

Free Knee Check-Up Camp on 2/10/2023

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IT'S WORLD HEART DAY. NO BETTER TIME TO GIVE WINGS TO YOUR HEART.

Let's pledge to break free from the chains of heart ailments and embrace a future where your heart is your strongest ally.

BM Birla Heart Research Centre wishes you a Happy World Heart Day.

FOR APPOINTMENTS | 24X7 HELPLINE NUMBER
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I am proud that Bonner and Hall, Intensive Care of Atlanta (America) has observed that mortality in highly equipped ICU is 10% to 15%. But at Anandalok, the mortality rate has never exceeded 2.14% in the last 22 years.

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I salute the team of scientists of ISRO for taking the country to the moon. It is a glorious success.

Success of Anandalok is directly attached to the Doctors and Medical, Para Medical Staff.

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ROBOTIC TOTAL KNEE REPLACEMENT

Dr Santosh Kumar is a joint replacement surgeon based in Kolkata, who is the director of joint replacement surgery at the prestigious Belle Vue Clinic, Kolkata, India. He had been doing joint replacement surgeries for more than 17 years and has done more than 15000 joint replacement surgeries. He has founded the Santosh Kumar hip and knee foundation and momentum orthocare which is a team of joint replacement surgeons lead by Dr Santosh Kumar for dedicated work in field of knee and hip replacement by continuous improvisation, improvement and follow ups. Dr Santosh had realised that it's not the building that matters but it's the human resources that matter. So he built a team of dedicated for orthocare. The team comprises several Orthopedic surgeons, physicians, physician assistants, technicians, physiotherapists. The goal is to do world class work as a team. But Dr Santosh felt that people are guided by brands of the buildings but actually the results depend on the human resources, so why not brand the human resources? The skill, the expertise, the experience and over all the Thurst for good work. We are the Fuel, says Dr Santosh and he has named his team as momentum orthocare



Joint replacement is aimed to restore painless and stable movement and should be done whenever needed, irrespective of Age.

A well done joint replacement is supposed to last for more than 25 years and if needed it can be done second time also, which is equally successful and is known as revision joint replacement. Dr Santosh Kumar and his team are regularly doing revision joint replacements in Kolkata.



Dr Santosh says it was always painful to see people from East India rushing to north or south or west for treatment and the whole purpose of Dr Santosh Kumar hip and knee foundation and momentum orthocare is to bring the very best of joint replacement surgeries in Eastern India at the most affordable rates. One can do most activities of normal life after joint replacement like brisk walking cycling swimming trekking etc



To contact Dr Santosh Kumar you can write to : Dr Santosh Kumar, plot number 332, lake town Block A, Kolkata 700089 or mail to sandr@gmail.com, or WhatsApp or call to 6289962271 / 6292250842 / 9831911584 / 9831266633