

## Hindustan Times

PRESENTS



Health Talk is a unique initiative by Hindustan Times to help its readers lead healthy and happy lives. Experts of various specialties will write daily for the next three days about the nuances of preventive

interventions that can keep you in ship shape...

### HEALTH TALK ON JULY 15<sup>th</sup>

#### DR. VIRENDAR SARWAL

M.S; M.Ch; FIACTS  
Executive Chairman, Sarwal Heart i Village, Chandigarh  
Former Senior Director, Max Hospital, Mohali  
Former Senior Consultant, Fortis Hospital, Mohali  
Former Head of CTVS, Alchemist Hospital, Panchkula

Dr. Virendar Sarwal, is working as Director CTVS at IVY Hospital, Sector 71, Mohali and Executive Chairman, Sarwal Heart iVillage at Chandigarh.

He was Founder, Senior Director and Head Department of Cardiovascular and Thoracic Surgery, Max Hospital, Mohali, Head CTVS at Alchemist Hospital, Panchkula, Senior Consultant at Fortis Hospital, Mohali and Assistant Professor of CTVS at PGIMER, Chd.

He is a Member of Society of Thoracic Surgeons USA and a Member of Heart Valve Society USA. He was awarded a travel award in 2006 for presenting a paper on Beating Heart Bypass Surgery in Canada

He has around 7200 surgeries to his credit out of which 5500 are in Tricity and an exposure to 14000 surgeries.

Dr Sarwal has successfully operated upon countless international patients including a sick Pakistani Baby of 9 months, a Bangladeshi national from Saudi Arabia for CABG, an emergency CABG on a Belgium national and a very sick Zimbabwe national for Valve replacement. He is started new techniques of MICS in Tricity along with Endoscopic Vein Harvesting (EVH).



### HEALTH TALK ON JULY 16<sup>th</sup>

#### DR. JAGANDEEP SINGH VIRK

Ortho-Oncosurgeon  
Bone Cancer Specialist Clinics,  
Mohali

Dr. Jagandeep S. Virk is an alumnus of GMCH, Chandigarh from where he completed his MBBS and subsequently Masters/ MS in Orthopaedic Surgery. He worked as a Registrar in Orthopaedics at GMCH, Chandigarh for tenure of 3 years, following which he completed his fellowship in Trauma and Adult Reconstruction from the prestigious Singapore General Hospital (SGH). Following this, he pursued his interest in Orthopaedic-Oncology and completed formal fellowships from Rajiv Gandhi Cancer Institute at New Delhi and Tata Memorial Hospital (TMH) at Mumbai.

Presently, he's working as a Consultant Orthopaedic Oncologist at Paras Hospitals, Panchkula and Gurugram. Besides this, he has been running his "Bone Cancer Specialist" Clinic at Mohali, Punjab for the past 3 years and rendering his services to patients suffering from Bone tumours and Sarcomas/Bone and Soft Tissue Cancers from various parts of India and Abroad.

More than 350 successful Limb Salvage/ Limb Preservation surgeries have been performed by Dr JS Virk for patients suffering from dreaded conditions like Bone and Soft Tissue Cancers in the past 3 years. He's an active member of various Orthopaedic and Oncology societies and represented India at an International Platform for his unique work and research at European Oncology Society meets at Netherlands and Greece.



### HEALTH TALK ON JULY 17<sup>th</sup>

#### DR TEGBIR SINGH SIDHU

Interventional Radiologist  
Max Super Specialty Hospital,  
Mohali

Dr. Tegbir Sidhu has completed his MBBS from JSS Mysore and DMRD and MD in radiodiagnosis from Pune, followed by his Super Speciality fellowships in Interventional Radiology from the European Institute of Oncology Milan, Italy. He has also worked in South Korea's capital Seoul in Samsung Hospital and Asan Medical centre.

Dr Sidhu has been successfully operating via his clinic as a dedicated Interventional Radiology OPD and Clinic at Max Mohali since 2013. This Interventional radiology clinic is said to be the first such clinic in the region. Along with that, this clinic is the only IR facility in the region that covers the entire gamut of Interventional Radiology expertise.

Having many achievements to his credit, Dr Sidhu is an active speaker and faculty in the National Faculty of the Indian Society of Vascular and Interventional Radiology and is a member of the esteemed European Society of Radiology, USA'S Society of interventional radiology, and Cardiovascular and Interventional Radiology Society of Europe (CIRSE)

His unparalleled commitment to the welfare of patients is outstanding. With his skill and knowledge, he has been helping the patients with the early detection of cancer signs and symptoms to help them start the treatment at the earliest.

