



# globalnewsletter

BHATIA GLOBAL HOSPITAL & ENDOSURGERY INSTITUTE NEWSLETTER

VOL: 10 NO: 3

PRICE: Rs. 4/- PER COPY

MARCH, 2010

## Secret of Success

A young man asked Socrates about what was the secret of success. Socrates told the young man to meet him near the river the next morning and he would show him. When they met the next morning, Socrates asked the young man to walk with him towards the rivers edge and then into the water.

When the water got up to their neck, Socrates took the young man by surprise and pushed him under the water. The young man struggled to get to the surface but Socrates was very strong and kept him under the water, until he started turning blue.

The young man struggled harder and harder, and finally managed to get free from Socrates firm grip. The first thing he did when he got to the surface was to gasp and take a number of very deep breaths.

Socrates then asked the young man 'What he wanted the most when he was under the water?' The young man replied 'Air'.

Socrates said 'Therein lies the secret to all success. When you want success as badly as you wanted to breathe air, you will get it . . . there is no other secret to success than wanting it badly enough.'

**Author Unknown**

## Why some people seem to have all the luck?

Why do some people have all the luck while others never get the breaks they deserve? I set out to examine luck, 10 years ago. Why are some people always in the right place at the right time, while others consistently experience ill fortune? I placed

advertisements in national newspapers asking for people, who felt consistently lucky or unlucky, to contact me.

Hundreds of extraordinary men and women volunteered for my research and over the years, have been interviewed by me. I have monitored their lives and had them take part in experiments. The results reveal that although these people have almost no insight into the causes of their luck, their thoughts and behaviour are responsible for much of their good and bad fortune. Take the case of seemingly chance opportunities. Lucky people consistently encounter such opportunities, whereas unlucky people do not.

I carried out a simple experiment to discover whether this was due to differences in their ability to spot such opportunities. I gave both lucky and unlucky people a newspaper, and asked them to look through it and tell me how many photographs were inside. I had secretly placed a large message halfway through the newspaper saying: 'Tell the experimenter you have seen this and win \$50'.

This message took up half of the page and was written in type that was more than two inches high. It was staring everyone straight in the face, but the unlucky people tended to miss it and the lucky people tended to spot it.

Unlucky people are generally more tense than lucky people, and this anxiety disrupts their ability to notice the unexpected.

As a result, they miss opportunities because they are too focused on looking for something else. They go to parties intent on finding their perfect partner and so miss opportunities to make good friends. They look through newspapers determined to find certain types of job advertisements and miss other types of jobs.

Lucky people are more relaxed and open, and therefore see what is there rather than just what they are looking for. My research eventually revealed that lucky people generate good fortune via four principles. They are skilled at creating and noticing chance opportunities, make lucky decisions by listening to their intuition, create self-fulfilling prophesies via positive expectations, and adopt a resilient attitude that transforms bad luck into good.

I wondered towards the end of the work, whether these principles could be used to create good luck. I asked a group of volunteers to spend a month carrying out exercises designed to help them think and behave like a lucky person. Dramatic results! These exercises helped them spot chance opportunities, listen to their intuition, expect to be lucky, and be more resilient to bad luck. One month later, the volunteers returned and described what had happened. The results were dramatic: 80 per cent of people were now happier, more satisfied with their lives and, perhaps most important of all, luckier.

The lucky people had become even luckier and the unlucky had become lucky. Finally, I had found the elusive 'luck factor'.

- 1) Listen to your gut instincts- they are normally right.
- 2) Be open to new experiences and breaking your normal routine.
- 3) Spend a few moments each day remembering things that went well.
- 4) Visualise yourself being lucky before an important meeting or telephone call.

Have a Lucky day and work for it.

**Richard Wiseman:** The author of 'The Luck Factor' teaches at the University of Hertfordshire.

**If you develop the habits of success, you will make success a habit. - Michael E. Angier**

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# Greatest Guru of all: LIFE

**“The will must be stronger than the skill.”  
- Muhammad Ali**

As Actor and Director Sylvester Stallone has rightly said it in the movie ‘Rocky Balboa’: “The world ain’t all sunshine and rainbows. It’s a very rough, mean place. And no matter how tough you think you are, it will always bring you to your knees and keep you there permanently if you let it. You or nobody ain’t gonna hit as hard as life. But it ain’t about how hard you hit. It’s about how hard you can get hit and keep moving forward. How much you can take and keep moving forward. If you know what you are worth, go out and get what you are worth. But you gotta be willing to take the hit.”

The train started moving. It was packed with people of all ages, mostly with workingclass men and women and young collegegoing boys and girls. An old man was sitting near the window with his 30 year old son. As the train moved by, the son was overwhelmed and thrilled by the scenic beauty outside. “See dad, the green trees moving away are so beautiful.”

Others were surprised to see such a childish behavior from a 30-year-old man. Everyone on the train had something or the other to say about this man. “This guy seems to be mad,” newly married Anup whispered to his wife. Suddenly it started raining. To the dismay of the passengers, the raindrops began to wet them as some of the windows were left open. Thirty year old son, opened his window further and yelled with joy “See dad, everything looks so pretty, the rain makes everything prettier, the rain is beautiful.” Anup’s wife got irritated with the raindrops spoiling her new dress. Anup shouted with anger, “Old man! Can’t you see it’s raining, shut that window and take your son to a mental asylum. I am sure he can enjoy the rain as much as he wants there. Your son is crazy!”

The old man hesitated at first and then in a low tone replied, “We are on the way back from the hospital and my son got discharged in the morning. He was born blind. He just got his

vision back. The rain, the trees, everything is new to his eyes. Please forgive us for the inconvenience caused...” The things we see may be right from our perspective until we know the truth. But when we know the truth our reaction to that will hurt even us. So we should try to understand the problem better before taking a harsh action. Anup saw only a part of the reality and reacted in such a harsh way. Most of us behave in the same way. We don’t look deep enough and respond to the surface of things.

A four year old boy was sitting next to his mother working in the kitchen. Fascinated by the ‘Bright Red Light’ emanating from the coke in the hearth, he started moving towards it. “Come back!” scolded the mother. He was feeling bad but still he could not resist touching and playing with the glowing coal. He was so mesmerized by its beauty that he again tried to reach for it. Now annoyed and scared, the mother slapped him to prevent him from touching it. She told him that even though the coal is bright and attractive, it is at the same time very hot. The mother only wanted to protect her son but now the boy had thoughts about how bad his mother is. He started thinking that she is stepmother and not the real one. He thought that God has been unkind to him. He started cursing his destiny. The son started crying and screaming “Mom, I hate you. You don’t let me have the things I like.” After some mewling, he was looking for an opportunity. As soon as the mother left the kitchen, he galloped towards the coal.

He held the coal in his hand and burnt his fingers. The mother came running in response to the loud shriek of the child. “I told you it was hot,” screamed the mother while applying the ointment.

Similarly life is like a mother, having no enmity. It is we who are unable to judge from the circumstances what is right and what is wrong. Life always has something good in store for us. God knows that everything we want is not everything that is good for us. The mother or God (or Life) knows that at

the end, everything will be for the best. The problems or obstacles on the way try to teach us. God makes us fall only to make us rise higher the next time around. But we are so ignorant that we don’t understand it right away. It is only when we look back in time that we realize that everything happens for our own good. It may bring tears at the time it happens, but only leads to bigger smiles in the time to come.

“You realize how right your parents were, only when you yourself are one and have a child who thinks that you are wrong.”

**I. S. Sondhi**

**Sanchit Bhatia**

**Shubham Bhatia**



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# Scarred for life? Not any more... Scarless surgery on horizon

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There was a time when medical surgery resulted in noticeable and permanent scarring; but not anymore.

### SINGLE INCISION LAPAROSCOPIC SURGERY (SILS)



Operating room

Surgeons have been striving to minimize scarring from surgical procedures. Open surgery has been replaced by laparoscopy with the added benefit of reducing scarring. Laparoscopic surgery revolutionized the operating room. Instead of making large incisions in the body, surgeons could perform many operations with special, slender instruments and a video camera lens inserted through several small holes in the skin.

Single Incision Laparoscopic Surgery



Incision in navel



SILS port



Articulating instrument

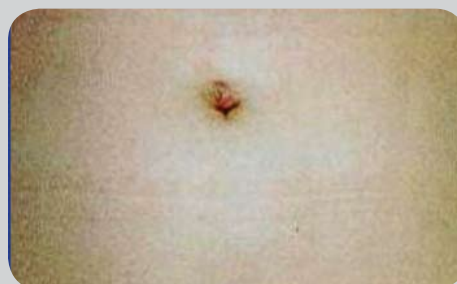
(SILS) is a new surgical technology that holds promise for a painless and scarless surgery with shorter recovery times than traditional laparoscopic surgery.

Over the last decade laparoscopic surgery has replaced open surgery in the treatment of several diseases. In traditional laparoscopic surgery, the abdomen is filled with carbon dioxide gas to create a space for the surgeon to work in. Tubes called ports are then inserted through three to four small cuts, each measuring around ½—1 cm. A telescope attached to a camera inserted through one of the ports allows the surgical team to observe a magnified picture of the internal organs on a television screen. The surgeon carries out the surgery with the help of instruments introduced through the ports.

In SILS, the surgeon makes only one incision of around 1.5cm—2cm (commonly in the navel) to allow placement of three thin ports side by side. Else, a specially designed port (e.g. the SILS port) is inserted into the abdomen; this port carries the telescope as well as the laparoscopic instruments. The surgeon then carries out an operation identical to a traditional laparoscopic one.



Laparotomy incision



Traditional Laparoscopy incisions



Scarless Surgery



All instruments through one incision in the navel

Currently, the following operations can be performed by SILS -

- Removal of gallbladder (cholecystectomy)



Gall bladder dissection

- Removal of ovary (oophorectomy) and uterus (hysterectomy)



Fibroid uterus



Dissection of uterine ligament

- Removal of appendix (appendicectomy)



Traction to appendix



Appendix being cut



Delivery of appendix from navel incision

- Repair of paraumbilical or incisional hernia
- Repair of inguinal hernia
- Diagnostic laparoscopy with biopsy

As there is only one incision, the patient experiences much less pain as compared to traditional laparoscopic surgery and recovers faster. The healed incision leaves practically no scar, thus making SILS cosmetically a superior option. All patients enjoy these benefits, but SILS is of particularly great cosmetic value to ladies (as most would prefer to have as few scars as possible) and to busy corporate executives who wish to recover rapidly from surgery so as to get back to work.

**RNI NO.: DELENG/2001/6114**  
**REGD. NO.: DL(W) 10/2076/2009-11**  
**LICENSED TO POST WITHOUT**  
**PRE-PAYMENT: U(W)-38/2009-11**  
 Posted on 21st / 22nd of every month

The surgeon would assess an individual patient to decide whether or not he / she is a suitable candidate for SILS. SILS may not be applicable to some patients, e.g. those who are very obese, those who have had multiple previous abdominal operations and patients who are likely to have grossly enlarged or thickened diseased organ. Traditional laparoscopic surgery, of course, can be offered to all these groups of patients.

In 5% to 10% patients, it may not be possible to complete the operation by SILS due to technical difficulties. The surgeon places one or two additional ports and completes the procedure in the traditional laparoscopic manner. Very rarely, it may be necessary to convert to an open operation. Both these issues are always discussed with patients prior to surgery and they are made aware that conversion to traditional laparoscopy or indeed to open surgery merely represents a sound judgment on part of the surgeon in the interest of patient safety.

As SILS involves the use of specialized equipment, it is marginally more expensive as compared to traditional laparoscopic surgery. However, this small extra cost is more than offset by the benefits that the patient reaps.

### Advantages of SILS

1. Cosmetically superior.
2. Lesser pain and decreased need for analgesics.
3. Earlier recovery.
4. Earlier return to activity.
5. Applicable to many common surgical conditions- GB stones, appendicitis, hernia, etc.