

**DR. RELA INSTITUTE & MEDICAL CENTRE**  
An International Medical Facility



## **FROM PRE-CONCEPTION TO ADOLESCENT CARE UNDER ONE ROOF**

**Women & Children  
@ Rela Institute**



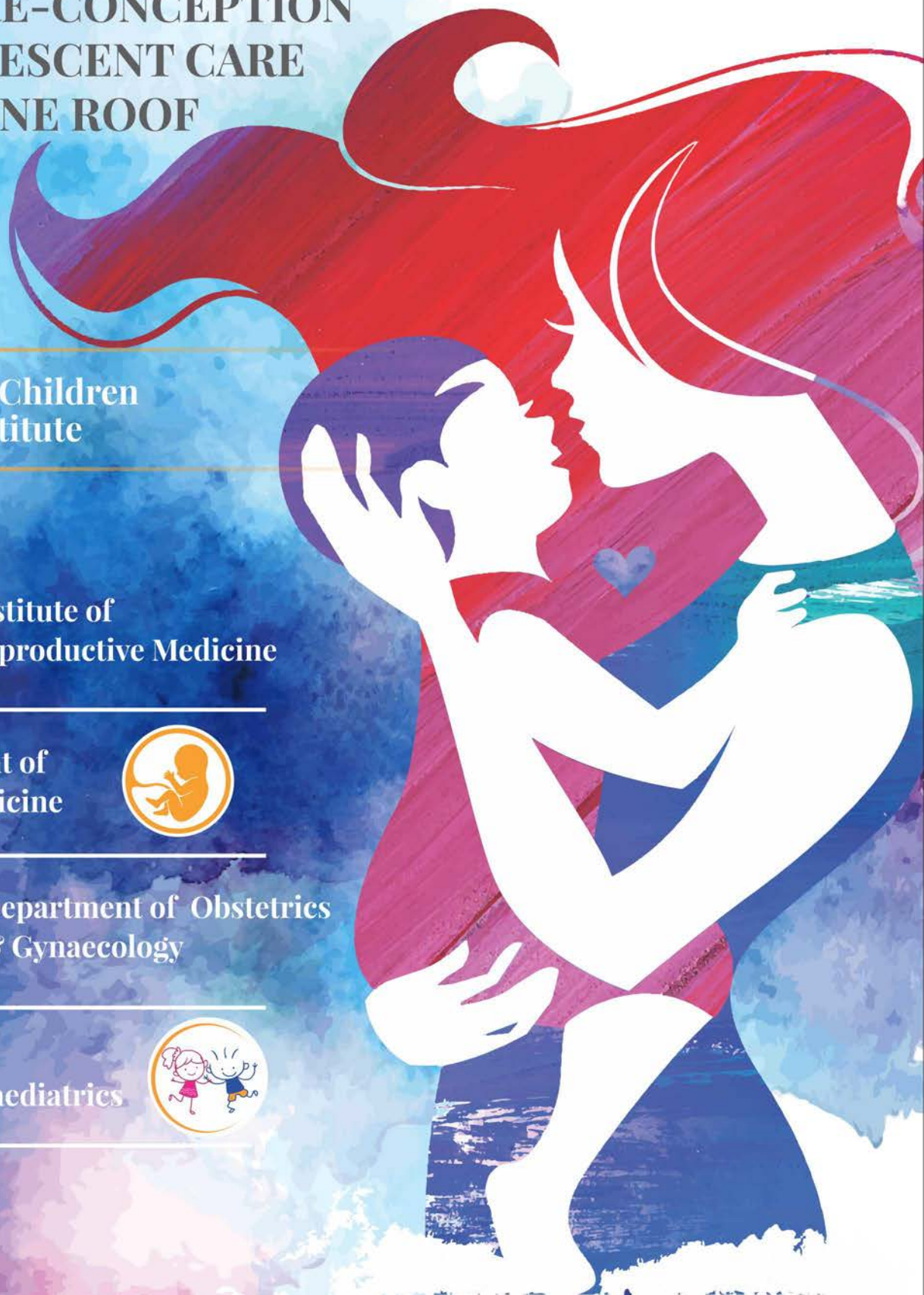
**Institute of  
Reproductive Medicine**

**Department of  
Foetal Medicine**



**Department of Obstetrics  
& Gynaecology**

**Institute of  
Advanced Paediatrics**







***PROFESSOR MOHAMED RELA***

Dear Friends and Colleagues...

Rela Institute & Medical Centre (RIMC) has been established with a vision to provide outstanding clinical care. Here, we have integrated highly qualified medical professionals, who are the best in their respective fields, with state-of-the-art infrastructure. We have dedicated ourselves to transforming the health of the people we serve. We aim to innovate and lead by maintaining the highest standards in patient care. We guarantee complete doctor and employee commitment. We may be regarded as one of the most scientifically advanced hospitals in India because we believe that technology bridges therapeutic gaps. Above all we believe that compassion cures.

***Mohamed Rela***

*Chairman and Managing Director  
Dr. Rela Institute & Medical Centre*





Dr. Rela Institute & Medical Centre, an International medical facility, is a quaternary care hospital dedicated to fostering and responding to the needs of a diverse patient population. The hospital provides highest quality healthcare in India, as well as access to cutting-edge technology and has experienced, caring medical professionals. The hospital is committed to being an internationally significant health care system with state-of-the art infrastructure facilities.

- RIMC is a multi-super speciality hospital in a sprawling area of 36 acres of land located in Chromepet, Chennai, Tamilnadu, India
- The facility, with 450 beds inclusive of 130 critical-care beds, 14 operating rooms and state-of-the art reference laboratories and radiology services, is conveniently located in close proximity to road, rail and air transport
- RIMC is led and managed by world-renowned doctors who are committed to healthcare
- RIMC offers the widest spectrum of clinical care, education and research. The hospital offers cutting-edge technology and state-of-the-art treatment facilities designed to deliver healthcare at an affordable cost
- Rela Institute is driven by patient needs, comfort and trust



## Institute of Reproductive Medicine (IRM)

The Institute of Reproductive Medicine is a joint initiative between Dr. Rela Institute & Medical Centre and GBR Fertility Centre & Hospitals. The institute is committed to enabling the millions of infertile women across the globe to "Experience the Joy of Motherhood".

The institute houses one of the finest IVF labs in the country, which is designed as per the global standards and specifications and is equipped with the most advanced state of the art equipment's in a complete clean room environment. This state-of-the-art infrastructure is well supported with the strength of the finest and most experienced clinical, technical and non-technical staff who shall ensure that every intended parent stepping in to the institute always gets the finest fertility care. We also stride to embrace the best practices, clinical advancements and the newer technologies as we progress to bring the best of the fertility care at all times.

At Dr Rela Institute, we are committed to provide the best medical care both pre and post treatment. We further, understand that fertility treatment is a time-consuming process and more often does leads to a lot of emotional drain in the intended parents. So, the whole atmosphere at the institute has been created with an aim to provide a feeling for the couple that they are involved in every aspect of the treatment and our team would walk along with the couples by their side in every step they take, ensuring a most pleasurable journey towards attaining parenthood.

For those intended parents from other parts of the country and the rest of the world who wish to seek our services, we fully understand the difficulties of pursuing medical treatment abroad. That is why Dr Rela Institute itself is designated as an International Medical Facility, so we have the entire support structure in place to minimize your concerns and the anxiety about the treatment in a place away from your home town. Please be reassured that you are in safe hands and the experience you would encounter at Dr Rela institute shall make you feel that you had the best of the treatment given to you at your home!



## Our Specialized Services:

- Intra Uterine Insemination (IUI)
- In Vitro Fertilisation (IVF)
- Intracytoplasmic Sperm Injection (ICSI)
- Laser Assisted Hatching (LAH)
- Donor Sperm | Oocyte
- Embryo Donation & Adoption
- Surrogacy (Only for Indian Citizens)
- Freezing – Sperm | Embryo & Vitrification
- Andrology Services
- Intracytoplasmic Morphologically Selected Sperm Injection (IMSI)
- Percutaneous Epididymal Sperm Aspiration (PESA)
- Testicular Sperm Aspiration (TESA)
- Computer Assisted Semen Analysis (CASA)

## Our Surgical Services:

- Tubal Recanalization
- Laparoscopy
- Hysteroscopy
- Myomectomy



## Our Differentiated Services:

- Social Oocyte Freezing
- Pre-Implantation Genetic Diagnosis (PGD)
- Ovarian Rejuvenation – Platelet Rich Plasma (PRP)
- Endometrial Receptivity Array (ERA)
- Pre-Implantation Genetic Screening (PGS)
- Testicular Cell Preservation

## Our Advanced Services:

### • Uterine Transplants

Uterus Transplantation provides a promising potential treatment for women with absolute uterine factor infertility (AUI). A woman with AUI cannot carry a pregnancy. She is either born without a uterus, had her uterus removed or has a non-functioning uterus. Added to this, the legal issues surrounding surrogacy in India, uterine transplants are becoming an option.

A uterus can be donated from either a living or deceased donor. A living uterus donor should be one who after having completed her childbearing desire, gives her uterus for the purpose of transplantation to a female recipient. A deceased uterus donor is a female that is willing to donate her uterus after death.

At Institute of Reproductive Medicine, we have taken needful initiatives to be in forefront to undertake the next biggest challenge in transplants.

### • Stem Cell Therapy

Stem cells possess the potency to produce cells from different tissues and organs. They are considered as potential alternative novel therapeutic agents for patients suffering from infertility due to their unlimited source and high differentiation potency. There are several studies that have shown that different types of stem cells (mesenchymal stem cells, embryonic, endometrial, and ovarian stem cells) can be differentiated into both spermatozoa and oocytes in vitro, proving their potential clinical use in management and cure of infertility issues.

At Institute of Reproductive Medicine, we have initiated lot of initiatives to provide most modern and alternate treatment options to manage infertility either due to male factor or female factor.

### Consultant

**Dr. G. Buvaneswari**, MBBS, DGO, DNB (OG), Dip. ALS (Germany), AMRCOG (UK)

**Dr. P. Radhakrishnan**, MBBS, MD (Anatomy), Master in Clinical Embryology

## Major Achievements:

- GBR Fertility Centre and Hospitals has been Ranked No.1 IVF Centre in Chennai & Tamil Nadu – 2016 & Consistently ranked as one of the top 10 “Fertility Clinics” in India in the All India Rankings of the Best Hospitals Survey conducted by Time of India (2018 – 7th | 2017 – 8th | 2016 – 10th).
- GBR Fertility Centre And Hospitals, Awarded Best Fertility Centre Hospitals – Times Healthcare Achievers Award 2018
- GBR Fertility Centre And Hospitals, Awarded World’s Greatest Brands, 2017 – 2018, URS Media & PWC, Dubai
- GBR Fertility Centre And Hospitals became the 1st Indian Society of Assisted Reproduction (ISAR) accredited fertility centre in Chennai in the year 2017
- Winner of “Best in Customer Services” for the year 2015 by WhatClinic.com based out of Ireland



## Department of Fetal Medicine

The fetal medicine unit comprises of Radiologists with sub specialization in fetal imaging , Geneticist , Paediatric Cardiologist and Psychiatrist.

The unit provides screening tests for all pregnant women which comprises pre-eclampsia screening, combined and quadruple tests. For screen positive women, we offer invasive procedures such as Chorionic Villous Sampling and Amniocentesis.

### *Services provided:*

#### **Obstetric Imaging:**

- Dating Scan
- Detailed First Trimester Scan
- Anomaly Scan (TIFFA)
- Fetal Echocardiography
- Fetal Neurosonography
- Growth Scan With Fetal Doppler
- Genetic Counselling



#### **Infertility Imaging:**

- Endometrial Doppler
- Uterine Doppler
- Ovarian Doppler
- Baseline Scan
- 3D Pelvis Scan
- Sono Hsg
- Follicular Study

#### **Consultant**

**Dr. Dhileepan .K.T, MBBS, MD**

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### Pregnancy Care includes

#### ➤ Antenatal period

Routine antenatal care, Ultrasound scans, Antenatal classes to address common problems in pregnancy, importance of diet and exercise during and after pregnancy, breast feeding counselling.

#### ➤ During labour

One to one care with experienced midwives, Painless labour, State of the art birthing suites, 24x7 services for neonatal cover, anaesthetists, blood bank, lab services and operation theatres.

#### ➤ Postnatal period

Postnatal care including breast feeding counselling and physiotherapists for postnatal exercises.

### High-Dependency unit (HDU) for high risk pregnancies

HDU caters the Pregnant mothers who need special care. Our unit is equipped with appropriate facilities along with team of specialists including midwives, obstetrician, neonatologist & anaesthetists, 24/ 7 Blood bank facilities and medical & surgical Intensive care needed for high risk mothers. We take care of the high-risk pregnant mothers having pre-existing diseases like

- Diabetes, Hypertension
- Liver, Kidney, Cardiac problems
- Autoimmune and other systemic diseases.

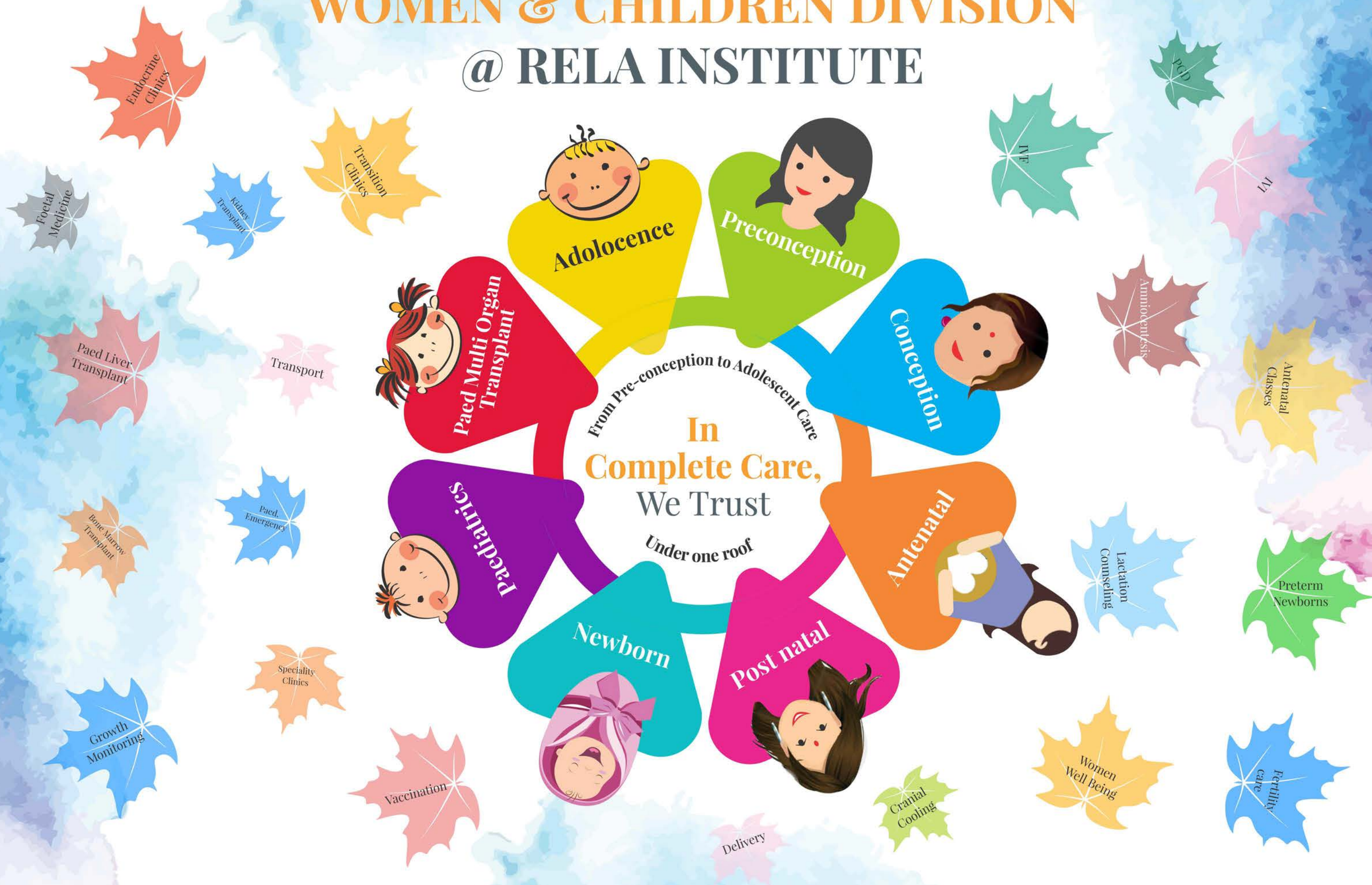
*In Compassion,  
We Trust*





# WOMEN & CHILDREN DIVISION

## @ RELA INSTITUTE





## Gynaecology Services

### Well Woman Clinic:

- Comprehensive health check-up caters women of all age group from teens to senior citizens everyday. Our services offer customised women health check-ups including gynaecology consultation, mammogram & Papsmear.

### Adolescent Clinic:

Young women have their unique problems like Amenorrhoea, Dysmenorrhea, Adolescent PCO etc. At this clinic we address emotional problems, behavioural problems, Lifestyle & diet issues

### Preventive Health:

A proactive service geared to detect and nip problems early. We offer a systematic health check-up tailor made to the needs of today's woman from teen to menopause. We also offer screening services for cancer in women such as Pap smear (Liquid Based Cytology), digital mammography and postmenopausal problems like DEXA scan for osteoporosis.

### Minimal Access Surgeries:

Minimal access surgeries provide faster recovery. We offer the following minimal access surgeries.

- Hysteroscopy – Diagnostic Hysteroscopy, Hysteroscopic Polypectomy, Hysteroscopic Myomectomy, Hysteroscopic IUCD removal for missed threads
- Laparoscopy – Laparoscopic Tubectomy, Ovarian Cystectomy, Laparoscopy for Ectopic Pregnancy, Laparoscopic Myomectomy, Laparoscopic Hysterectomy

### Consultant

**Dr. Latha Mageswari P, MBBS, DGO, DFFP, MRCOG, FRCOG**

**Dr. G. Shanthi, MBBS, DGO, DNB**





## Urogynaecology clinic

Women with urinary incontinence suffer in silence. we actively work for their betterment. We have a committed team evaluating problems like

- Prolapse of Pelvic Organs
- Lower Urinary Tract problems like Urinary Incontinence, Voiding Problems, Faecal Incontinence
- Fistula and Urethral Strictures

We investigate the problems with Urodynamics Study & Cystoscopy and provide surgeries for

- Stress incontinence like colposuspension, sling surgeries, bulking agents, tape procedures etc.,
- Fistula repair
- Pelvic Floor repair

### Consultant

**Dr. Suresh Radhakrishnan**, MBBS, MS (General Surgery), MRCSed, MD(Academic research), FRCS (Urology), CCT(Urology)

## Gynaecological Oncology

As prevention and early detection of cancer definitely improves the clinical outcome, we offer screening for all gynecological cancers like breast, ovary, uterus and cervix such as

- Mammogram
- Tumour markers like Ca 125, CEA
- Pap Smear (Liquid Based Cytology)
- HPV DNA testing
- Colposcopy

Dedicated multidisciplinary team evaluates all gynanecological cancer patient with appropriate imaging modalities like PET, CT, MRI and treatment will be planned accordingly.

### Multidisciplinary team

**Gynaecology** – **Dr. Latha Mageswari .P**, MBBS, DGO, DFFP, MRCOG, FRCOG

**Medical Oncology** – **Dr. Gopi K.R**, MBBS, MD(Gen. Med.), MRCP (Ireland & UK), Fellowship (Clinical & Medical Oncology)

**Surgical Oncology** – **Dr. Saravanan .P**, MBBS, Mch (Surgical Oncology), DNB (Gen. Surg.)





## Institute of Advanced Paediatrics

Institute of Advanced Paediatrics at Dr. Rela Institute & Medical Centre, Chennai offers state-of-the-art quaternary care in various paediatric sub-specialties. The specialists offer comprehensive services from simple ailments to complex multi-organ transplantation all under one roof. This centre offers 24/7 emergency and Intensive care for new-borns and children by experienced consultants. Our advanced approaches to paediatric medical and surgical therapies and our innovative research help to ensure a continuum of excellence that patients need and deserve.

### General Paediatrics

Paediatrics services offer outpatient and inpatient medical care to infants, children and adolescents (from birth to 16 years). We provide comprehensive child care that includes growth & development assessment, dietary advice, immunization services and treatment of common paediatric ailments such as cough, cold, fever, wheezing etc., by experienced paediatricians in a child friendly ambience. Counselling is provided by experts for school related problems and behavioural issues.

#### Consultant

**Dr. R. Somasekar**, MBBS, MD, DCH, FIAP

**Dr. M.P. Venkatesh**, MBBS, MD (Paediatrics)

**Dr. Aravind**, MBBS, DNB



### Neonatology

Neonatal intensive care unit (NICU) is specially designed to segregate infected and non-infected babies. The nurseries with-in the unit provide family centred care where stable preterm babies are allowed to room-in with mothers in a medically supervised environment. Our NICU provides comprehensive, state-of-the-art care for critically ill new-borns and premature infants, up to highest care of ECMO. Our out-reach team provides resuscitation and transport service to all birthing centres in the city. Services we offer include:

- High risk new-born clinics
- Genetic counselling
- Early stimulation programmes for high risk neonates
- Growth monitoring
- Complex neonatal surgeries

#### Consultants

**Dr. Eswara Raja T**, MBBS, DCH, DNB (Paed.), DNB (Neonatology)

**Dr. M.P. Venkatesh**, MBBS, MD (Paed.)

**Dr. Manikumar**, MBBS, DCH, DNB (Paed.), DM (Neonatology)



### Paediatric and Neonatal Surgery

At the Department of Paediatric and Neonatal Surgery, we treat children from birth to adolescence who may require surgery as part of their care. Our consultants have expertise in all areas of paediatric and neonatal surgery. We offer 24/7 emergency surgical care (intussusception, testicular torsion etc). We offer comprehensive surgical management of Biliary atresia, Congenital malformations, Urological problems, Tumors etc.,

#### Consultant

**Dr. Priya Ramachandran**, MBBS, FRCS(Eng), FRCS (Edin), DNB (Paed surg), PhD



## Paediatric Gastroenterology, Hepatology and Transplantation

The paediatric gastroenterology, hepatology & transplantation department provides children comprehensive, multi-disciplinary approach to the diagnosis and treatment of gastrointestinal, liver, pancreatic and nutritional disorders. We have state-of-the-art endoscopy suite supported by multiple paediatric specialists that include surgeons, anaesthesiologists, and intensive care specialists. The department provides comprehensive evaluation, treatment and care for children with all forms of liver disease, including those with end-stage or potentially fatal liver diseases requiring life-saving liver transplant, or other major surgical procedures such as liver resection.

- Jaundice Clinic
- Paediatric Liver Transplantation
- Combined Kidney-Liver Transplantation
- Upper & Lower Gastrointestinal Endoscopy
- Nutritional Support Services



### Consultant

**Dr. Naresh P Shanmugam**, MBBS, DCH, DNB(Paed.), MRCPCH, FRCPC, Dip. in Nutri Medicine (UK), CCT (UK), CSST (UK)

**Dr. Joseph J Valamparampil**, MBBS, MD, DCH, MRCPCH, PDF (Paed. Hepatology)

**Dr. Jagadeesh Menon V.R.**, MBBS, MD (Paed.), DM (Paed. Gastroenterology)

## Paediatric Acute and Critical Care Team (PACT)

Apart from 11 PICU/ HDU beds, the unit has dedicated 4 bedded bone marrow transplantation unit and 4 bedded paediatric transplant ICU. Care offered by the team include:

- General intensive care
- Organ specific speciality intensive care ( liver failure, kidney failure, Hemo onc emergency etc)
- Post surgical intensive care (cardiac, neurologyetc)Supportive care after paediatric multi-organ transplantation ( liver, kidney, bone marrow)
- Extra-corporal support ( ECMO, CRRT, Plasmapheresis)
- Transport of critically ill children ( Land & air)
- Paediatric Emergency Medicine



### Consultant

**Dr. Ravi Kumar T**, M.D (Paed), IDPCCM, FIPCCM (Sick Kids), STEP Fellowship (Paed. emergency medicine)

**Dr. Saravana Pandiyan**, M.D (Paeds), FNB (Paed. Intensive Care)

**Dr. Indumathy**, M.D. (Paed.), FNB (Paed Intensive Care)

**Dr. Prasanth Dev**, M.D. (Paed.), IFPCCM

**Dr. Senthil Kumar**, M.D (Paed.), IDPCCM, Fellowship (Paed. Emergency Medicine)



## Endocrinology

Our paediatric endocrinology services focuses on holistic care to the children as endocrine problem affects multiple systems and has impact on growth, sexual maturity and psychological well being. Counseling for patients and families regarding paediatric endocrine diseases, its treatment and medications is provided. We specialize in treating childhood obesity, diabetes, and growth disorders.

### Consultant

**Dr. Sruthi Chandrasekar**, MBBS, ABIM, AB. (Endocrinology, Diabetology & Metabolism), CCD (Clinical Densito Metrist)



## Paediatric Hemato-Oncology & Bone Marrow Transplantation

Department of Paediatric Hemato-Oncology and Bone Marrow Transplantation has a team of exclusive paediatric specialists who can handle all spectrum of diseases from simple anaemia to complex solid organ & haematological malignancies, immune deficiencies and bone marrow transplantation. The bone marrow transplant unit has been constructed to the highest specifications available in the world. We offer comprehensive care for

- Benign haematological disorders such as anemia, ITP, aplastic anemia etc
- Malignancies including leukemia, lymphoma, solid tumors
- Evaluation and management of immune deficiencies
- Bone Marrow Transplantation (matched sibling, matched unrelated, allogenic, haploidentical, autologous)



### Consultant

**Dr. Deenadayalan**, MBBS, DCh, DNB (Paed.), Fellowship (IAP) Paediatric Hemato-Oncology, Fellowship (NBE) Paediatric Hemato-Oncology

**Dr. Julius Scott**, MBBS, DCH, MD, DNB, Fellowship (Paed. Hemato Oncology)

**Dr. Vimal Kumar G**, MBBS, MD(Paed.), FNB, Fellowship in BMT (UK)



## Paediatric Orthopaedics

Children are not small adults. Their orthopaedic problems and its solutions require special and unique expertise. Paediatric Orthopaedics department has a highly qualified full time paediatric orthopaedic specialist to deliver high quality paediatric orthopaedic care. The unit specialises in treating paediatric trauma, acquired and congenital limb deformities. Our service includes

- 24/7 Fracture service
- Limb length and deformity correction
- Comprehensive orthopaedic care for cerebral palsy
- CTEV & Hip dysplasia correction
- Growth modulation



### Consultant

**Dr. Balamurugan**, MBBS, D.Ortho, DNB Ortho, Fellow in Paediatric Orthopedics

## Paediatric Cardiology

Department of Paediatric Cardiology offers assessment and treatment of children with heart ailment including those with heart murmurs, congenital heart disease, acquired heart disease and abnormalities of heart rhythm. Services offered include medications, key-hole procedures or open-heart surgery as indicated. Our service is backed by excellent cardiac intensive care, interventional cardiac catheter laboratory and echocardiography laboratory. Our special services include

- Holter assessment
- Exercise/ treadmill testing
- Diagnostic cardiac catheterization
- Interventional cardiac catheterization (Device closure of ASD/ PDA)
- Cardiac CT/MRI
- Electrophysiology studies for arrhythmias



### Consultant

**Dr. Muthukumaran C S**, MBBS, DCH, MRCPCH, CCST

**Dr. Karthik Surya R**, MBBS, DNB, FNB



## Paediatric Neurology

The Paediatric Neurology team provide comprehensive assessment, diagnosis and management of children with neurological and complex neuro-developmental disorders. The department is well supported multi-disciplinary team of allied health professionals such as physiotherapists, occupational therapists, speech & language therapists, orthotists, and clinical psychologists. Specialized investigation includes

- EEG (Neonatal & Paediatric / Video & Continuous)
- Epilepsy care
- MRI/ MRS

### Consultant

**Dr. M. Ranjith Kumar, MBBS, MD (Paed.), DM (Paed. Neurology)**



## Metabolic Disorders

Children with metabolic disorders need close follow up by a multidisciplinary team. A team consist of neurologist, hepatologist, dietician led by a metabolic consultant provide care to this children. In children where liver transplant cures the disease, transplantation is offered

### Consultant

**Dr. Uma Maheshwari, MD, MRCPCH (UK)**

## Paediatric ENT and Airway

Dedicated Paediatric Otorhinolaryngologist team provide common paediatric ENT surgeries like tonsillectomy, adenoidectomy, grommet insertion, mastoidectomy sinus surgeries to complex paediatric airway surgeries.

We provide

- Diagnostic & Therapeutic Bronchoscopy
- Microlaryngeal Surgeries
- Endolaryngeal Surgeries
- Laryngotracheal Reconstructive Surgeries
- Swallowing Assessment and Rehabilitation
- Hearing Assessment and Rehabilitation



### Consultant

**Dr. S. Thirunavukkarasu, MBBS, DLO, DNB - Otorhinolaryngology**

**Dr. Subashini Parthiban, MBBS, DLO, MRCS, DOHNS (Eng)**

*When it comes to making little ones feel safe and happy, RIMC goes above and beyond. Little kids are the future of our nation and we intend to keep them healthy and strong. Be assured, your child will get the best treatment and will leave our premises with a sunshine smile!*







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