



**SIMPLIFIED QUALITY  
HEALTHCARE...  
AT THE HEART OF  
EVERYTHING WE DO**

## MISSION

Our mission is to bring healthcare of International standards within the reach of every individual. We are committed to the achievement and maintenance of excellence in education, research and healthcare for the benefit of humanity.

## VISION

For the next phase of development is to 'Touch a Billion Lives.'

## Touching a Billion Lives

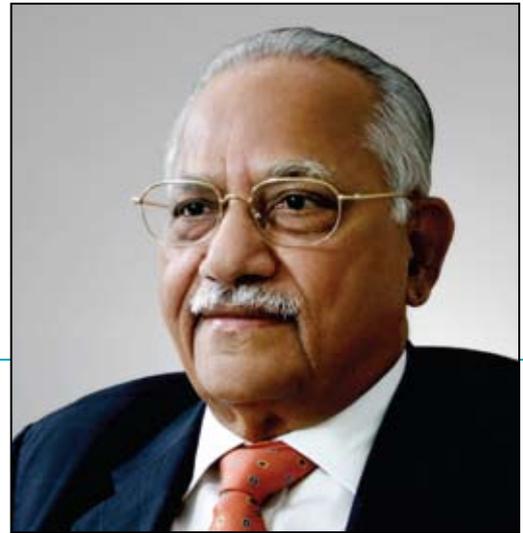
Apollo Hospitals is one of Asia's largest healthcare groups. Starting its journey as a 150-bed hospital in 1983 at Chennai, it currently has a presence in India, Asia and Africa. True to its founding principles, Apollo has made quality, affordable healthcare accessible to all with its widespread presence and services through different formats including hospitals, surgery centres, birthing centres, clinics, diagnostics and pharmacies. The network attracts over 100,000 footfalls a day and till date has served more than 37 million people from about 120 countries.

The Apollo Group is driven by a single belief – to provide the best standards of patient care at a price point affordable to everyone. It is this passion that has led to the development of unique centres of excellence across medical disciplines.

# FROM THE CHAIRMAN'S DESK

## Dr. Prathap C. Reddy

Founder Chairman  
Apollo Hospitals Group



It was in 1983 that we started Apollo Hospitals with a single and focused objective of providing healthcare of international standards to Indian citizens. Now, we can say that our team of nearly 80,000 professionals has made this a reality.

Undivided commitment, hard work and focused effort by everyone involved in ensuring the best patient care have propelled us forward. Over the years and many complex successful surgeries later we have successfully established ourselves as a pioneer in modern healthcare.

In line with our vision of “touching billion lives” and with an aim to provide world-class healthcare that is accessible to all, Nova Specialty Hospitals was acquired by Apollo group in early 2015 and is all set to create new standards in healthcare services under the banner of Apollo Spectra Hospitals. At Apollo Spectra, our healthcare services incorporate the four decisive elements of patient care: internationally acclaimed doctors, state-of-the-art technology, world-class facilities and comprehensive treatment and care.

Healthcare of international standards, personalised services, globally renowned doctors and affordable costs have drawn many international patients to Apollo Spectra Hospitals. As India emerges as the world’s leading destination for affordable yet outstanding healthcare services, Apollo Spectra Hospitals, with its multi-specialty medical care in leading cities across India, is perfectly poised to meet the needs of international patients. As per the most recent estimates, around 250,000 international patients fly to India for medical treatments every year. They require global standards of cleanliness, hygiene, infrastructure and trained, experienced doctors. Apollo Spectra, with its dedicated international patient service team, facilitates patients to a center that is most convenient for them. Apollo Spectra provides quality healthcare for

patients from all over the world including the USA, Europe, Africa, the Middle East and South East Asia.

One important feature of Apollo Spectra Hospitals that attracts international patients is that doctors from diverse specialties provide medical services based on the patient centric care model that enables faster recovery with the use of advanced technologies and surgical techniques. All aspects of Apollo Spectra’s services and facilities ensure that the focus is on superior clinical outcomes and a hassle-free experience for the patient. To ensure excellence, Apollo Spectra periodically undertakes third-party surveys that consistently show that over 95% of our patients are extremely satisfied with the Apollo Spectra experience.

A strong and experienced management team and the best and brightest of doctors, shall continue to power Apollo Spectra’s growth story.

Wishing you and your family a healthy and happy future.

**“ As India emerges as the world’s leading destination for affordable yet outstanding healthcare services, Apollo Spectra Hospitals, with its multi-specialty medical care in leading cities across India, is perfectly poised to meet the needs of international patients. ”**

# WORLD-CLASS MEDICAL FACILITIES. PLEASANT AMBIENCE. OUTSTANDING SERVICE.

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**Apollo Spectra Hospitals is committed to providing world-class healthcare services by incorporating the four decisive elements of patient care: internationally acclaimed doctors, innovative technology, best medical practices and comprehensive treatment.**

Apollo Spectra Hospitals has always been guided by a 'patient-centric' approach. Patient care and safety have always been at the heart of what we do. Our objective is to ensure that our patients get access to comprehensive, affordable and personalised quality healthcare.

Apollo Spectra safety protocols are of the highest standards. The members of Apollo Spectra's Infection Control Team are responsible for advising and educating staff at all levels, laying down policies, conducting audits and providing best practices advice about preventing the incidence of infections in the hospital setting. A near-zero incidence of infection since inception bear out this fact.

## THE APOLLO SPECTRA ADVANTAGE



Assurance of Apollo trusted quality, 30 years heritage



World class facility with top consultants, latest technology and an advanced surgical ICU



Close to zero infection rates



Speciality healthcare services, from consultations to surgeries at a convenient neighbourhood location



Insurance approved  
Single-line billing  
No hidden charges



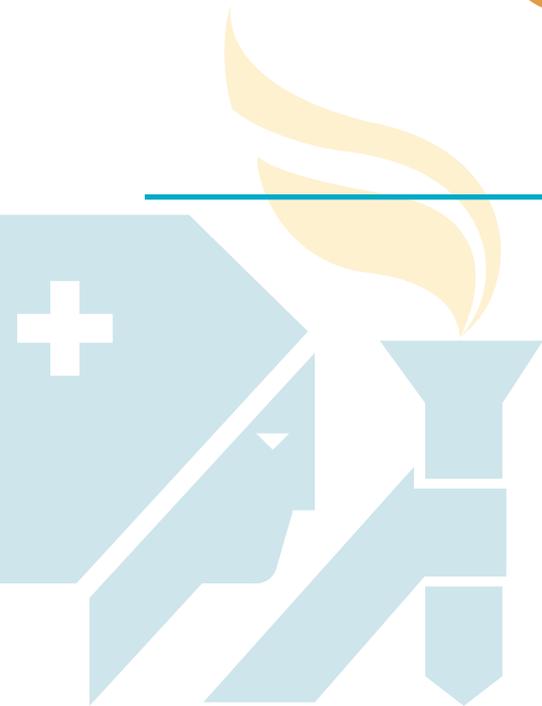
Easy admission and discharge

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# SPECIALITY SPECTRUM

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Patient care and safety have always been at the heart of what we do. Our objective is to ensure that our patients get access to comprehensive, affordable and personalised quality healthcare.



# Apollo Health Checks

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At Apollo Spectra, we have created a comprehensive range of preventive health check packages that are specially designed to suit your individual needs.

## Packages for Both Men and Women

These packages not only assess your present health status, but also screen you for any risk factors thereby helping you take necessary steps in prevention or early detection of any major illness. The packages include:

## Age-Wise Women Health Check Packages

Age-wise Women's Health Checks that can detect, alert and guide women – from teens to seniors – along the path of wellness.

### Apollo Age-Wise Women Health Check

#### – For women in their 50s

CBC • Blood Grouping • Rh Typing • Chest X-ray • Urine Routine • Fasting Blood Sugar • Post Prandial Blood Sugar • Ultrasound Whole Abdomen • Blood Urea Nitrogen • Lipid Profile • SGPT • SGOT • Serum Creatinine • Serum Calcium • TSH • ECG • Pap Smear • Physical Examination • Gynaecologist Consultation • Stool Routine • Stool

for Occult Blood • Physiotherapy Counselling (if required) • 2D Echo

#### – For women in their 40s

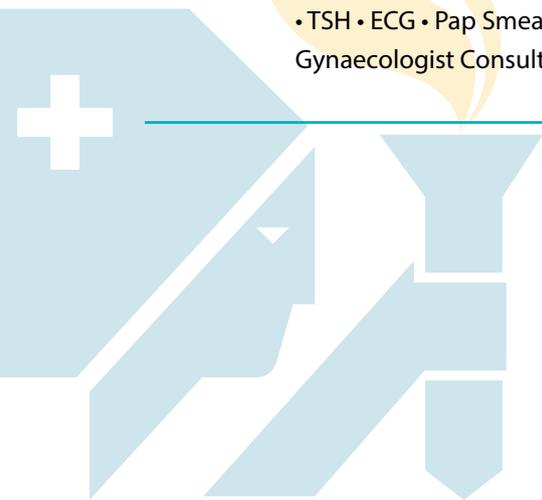
CBC • Blood Grouping • Rh Typing • Chest X-ray • Urine Routine • Fasting Blood Sugar • Post Prandial Blood Sugar • Ultrasound Whole Abdomen • Blood Urea Nitrogen • Lipid Profile • SGPT • SGOT • Serum Creatinine • Serum Calcium • TSH • ECG • Pap Smear • Physical Examination • Gynaecologist Consultation • Stool Routine • Total Vitamin D Level

#### – For women in their 30s

CBC • Blood Grouping • Rh Typing • Chest X-ray • Urine Routine • Fasting Blood Sugar • Post Prandial Blood Sugar • Ultrasound Whole Abdomen • Blood Urea Nitrogen • Lipid Profile • SGPT • SGOT • Serum Creatinine • Serum Calcium • TSH • ECG • Pap Smear • Physical Examination • Gynaecologist Consultation • Stool Routine

#### – For women in their 20s

CBC • Blood Grouping • Rh Typing • Chest X-ray • Urine Routine • Fasting Blood Sugar • Post Prandial Blood Sugar • Ultrasound Whole Abdomen • Blood Urea Nitrogen • SGPT • SGOT • Serum Creatinine • Serum Calcium • TSH • ECG • Pap Smear • Physical Examination • Gynaecologist Consultation • Stool Routine



**– For women in their Teens**

CBC • Blood Grouping • Rh Typing • Chest X-ray • Urine Routine • Fasting Blood Sugar • Post Prandial Blood Sugar • Ultrasound Whole Abdomen • Physician Consultation • Stool Routine Cardiac Evaluation

Apollo Spectra offers the following Health Check Packages:

**Apollo Master Health Check (AMHC)**

**Recommended for Males and Females below 30 years**

**HAEMOGRAM**

Haemoglobin • Packed Cell Volume • RBC Count • MCHC, MCV, MCH • Total WBC/Differential Count • ESR • Peripheral Smear • Platelet Count

**BIOCHEMICAL PARAMETERS**

Fasting & PP • S. Urea & S. Creatinine • S. Uric Acid • HbA1c

**LIPID PROFILE**

Total Cholesterol • HDL Cholesterol • LDL Cholesterol • Triglycerides • Total Cholesterol/HDL Ratio

**LIVER FUNCTION TESTS**

Total Protein/Albumin/Globulin • SGPT, SGOT • Alkaline Phosphatase • GGTP • S. Bilirubin

**GENERAL TESTS**

Complete Urine Analysis • Stool Test • ECG (Resting) • X-ray Chest • Ultra Sonogram of the Abdomen (screening only) • Pap Smear (for women) • Physician Consultation • Gynaec Consultation for Women

**Apollo Executive Health Check (AEHC)**

**Recommended for Males and Females above 30 years**

All the tests in AHC Package +  
• Cardiac Stress Analysis (TMT) or Echo  
• Pulmonary Function Test (Spirometry)

**Specialist Consultations – for your Complete Well-Being**

- 🏥 Physician Consultation
- 🏥 Gynaecologist Consultation
- 🏥 Diet Counselling
- 🏥 Physiotherapy Consultation

*\*Gynaecologist consultation only for females.  
Physiotherapy – subject to availability*

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## Apollo Heart Check

**Recommended for people with symptoms of cardiac problems/risk factors/above 40 years**

All the tests in AHC Package +

- Cardiac Stress Analysis (TMT)
- Echo Cardiogram
- Pulmonary Function Test (Spirometry)
- Gynaecologist Consultation
- Physician Consultation
- Diet Counselling

*\*Gynaecologist consultation only for females.*

## Apollo Whole Body Check

**Recommended for people desiring a more comprehensive check-up and aged 45+**

All the tests in AHC Package +

- Cardiac Stress Analysis (TMT)
- Echo Cardiogram
- Pulmonary Function Test
- S. Calcium & Phosphorous, S. Electrolytes
- HbsAg
- TSH

- Sonomammogram for Women
- PSA for Men

## Specialist Consultations – for your Complete Well-Being

- Gynaecologist Consultation
- Diet Counselling
- Physician Consultation
- Eye and ENT Consultation

*\*Gynaecologist consultation only for females.*

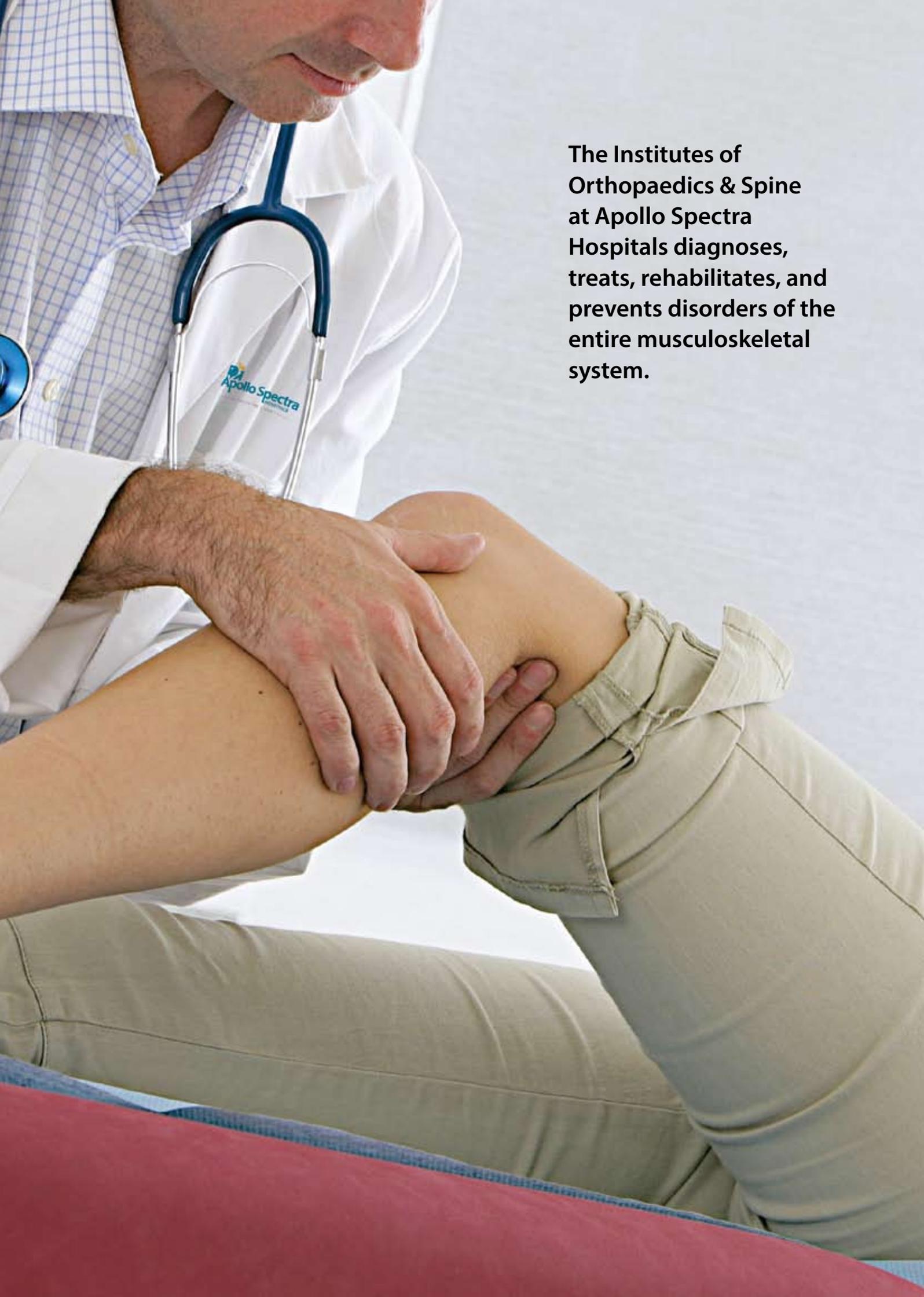
## Apollo Child Health Check

**Recommended for children between 2-12 years**

- Blood Group & Rh Typing
- Complete Blood Count
- ESR
- Urine Analysis
- Stool Test
- Mantoux Test
- X-ray Chest
- Physical Examination
- Paediatric Consultation/Physician Consultation







**The Institutes of  
Orthopaedics & Spine  
at Apollo Spectra  
Hospitals diagnoses,  
treats, rehabilitates, and  
prevents disorders of the  
entire musculoskeletal  
system.**

# Spectra Institutes of Orthopaedics & Spine

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Our orthopaedic and arthroscopic department encompasses the latest high-definition arthroscopic systems, state-of-the-art joint replacements with computer navigation technology and an exceptionally compassionate children's orthopaedic department. As a specialist in arthroscopic and joint replacement procedures, Apollo Spectra's facilities are at par with global standards.

## Spine surgery

Surgical care at Apollo Spectra spans the entire spectrum of spinal disorders, including spinal deformities, degenerative diseases, tumours and infections of the spine. Our spine surgeons use advanced techniques and procedures to treat spinal conditions. They also emphasise on non-invasive treatments and preventive medicine.

### Minimally invasive spine surgeries

- 🔪 Percutaneous endoscopic lumbar discectomy
- 🔪 Microdiscectomy
- 🔪 Minimally invasive spinal stabilisation
- 🔪 Endoscopic lumbar interventions

## Joint replacements

Joint problems arise due to chronic diseases, injuries or complicated conditions like arthritis that are debilitating, in which case a joint replacement is the only solution. At Apollo Spectra, our orthopaedic surgeons use the latest computer navigation technology for successful joint replacement of the knee, hip, shoulder, elbow and spine, resulting in smaller incisions, reduced blood loss, highly precise better outcomes. The minimised hospital stay reduces the chances of hospital induced infections and leads to faster recovery.

## Arthroscopy and sports injuries

Apollo Spectra's specially designed comprehensive programme helps patients recover from sports injuries and resume daily activities sooner. Our surgeons treat the full range

of athletic injuries in children and adults, for both professional and recreational athletes. Most arthroscopic surgeries are done on an out-patient basis, and thus, patients are allowed to go home within a day post surgery.

### Specialised rehabilitation

- 🔪 Specialised physiotherapy facilities to treat sports injuries
- 🔪 Post-surgery rehabilitation
- 🔪 Treatment for repetitive strain injuries (RSI)

## Paediatric orthopaedics

Our paediatric orthopaedic surgeons have extensive specialised training to address a child's unique orthopaedic requirements with attention and care. The surgeons at Apollo Spectra provide diagnosis and treatment to infants, children and adolescents with a wide variety of musculoskeletal conditions.

## Trauma care

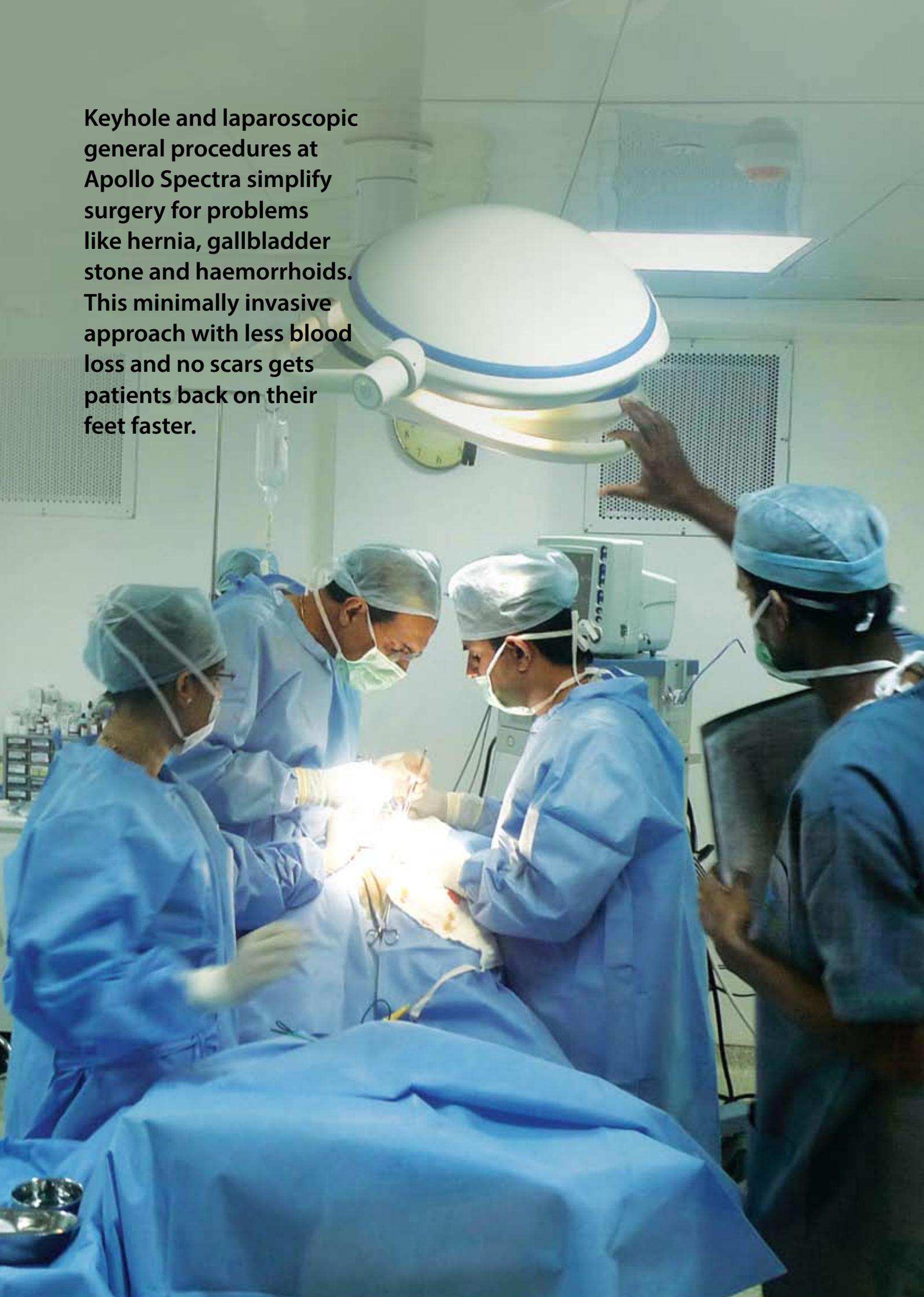
Our world-class trauma care team carries with them years of experience and proven track record of changing lives of polytrauma clients. Our specialists use the most advanced technologies to produce positive clinical outcomes. Our distinctive response in delivering outstanding emergency care has won us recognition as a referral centre for complex trauma cases and revision surgeries.

## Physiotherapy and rehabilitation

Apollo Spectra's licensed physical therapists evaluate strength, range of motion, flexibility, balance, coordination and mobility in patients. They treat musculoskeletal, sports injuries and post-operative rehabilitation using a one-on-one approach. Our therapists also educate patients about proper body mechanics, lifting techniques and ergonomics.



**Keyhole and laparoscopic general procedures at Apollo Spectra simplify surgery for problems like hernia, gallbladder stone and haemorrhoids. This minimally invasive approach with less blood loss and no scars gets patients back on their feet faster.**



# Spectra Institutes of General & Laparoscopic Surgery

General surgery as a discipline is known to most of us. It is the surgical speciality that focusses on the abdominal organs. Disorders of the digestive system, gastrointestinal conditions and procedures involving the endocrine system are all treated at Apollo Spectra by a team of experts from multiple sub-specialties.

At Apollo Spectra, our surgeons perform keyhole laparoscopic techniques, using advanced equipment and instruments. For our patients, this means lesser scarring, reduced hospitalisation and quicker recovery time.

Most of the procedures are performed on an out-patient basis, meaning that patients often go home the same or very next day, thus getting them back to their routine quicker.

Apollo Spectra specialises in new procedures like the single incision laparoscopic surgery (SILS) and VAAFT for stapler haemorrhoids. The use of high-definition technologies help to enhance the quality and accuracy of surgeries.

## Conditions treated

### Stomach

- Peptic ulcer
- Laparoscopic antireflux surgery (Fundoplication)
- Laparoscopic achalasia cardia surgery (Heller's)
- Laparoscopic partial resection

### Biliary tree

- Gallstones – Laparoscopic cholecystectomy

### Neck surgery

- Thyroid
- Parotid
- Breast Surgery
- Para thyroid
- Lymph node

### Spleen

- Laparoscopic splenectomy

### Disease of the appendix-anorectal

- Rectal prolapse
- Fissures
- Haemorrhoids
- Fistula

### Hernia surgery

- Open and Laparoscopic

## Key procedures

- Laparoscopic cholecystectomy (gallbladder removal)
- Laparoscopic appendectomy (appendix removal)
- Hernia repair (inguinal, incision, umbilical hernia, hiatus hernia) open and laparoscopic
- Anal and colorectal surgeries including:
  - Haemorrhoids – Including stapler
  - Fissures (Sphincterotomy)
  - Fistula (Fistulectomy) – Including VAAFT
- Thyroidectomy
- Balloon dilatation
- Colonoscopy
- ERCP
- Endoscopy
- Percutaneous endoscopic gastrostomy
- All lump excisions with wide excision of large or multiple tumours

# Spectra Institutes of Bariatrics

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Weight management is important for good health. Being overweight increases the risk of contracting diseases such as diabetes, coronary problems, breathing problems and reproductive complications. It also severely affects your daily functioning.

The bariatric surgery department at Apollo Spectra provides comprehensive treatment for obesity using a multidisciplinary approach which truly partners with patients for the best long-term outcomes. The laparoscopic surgeries involve reduction of the stomach size to decrease food intake or limit food absorption.

Treatments of this nature can help individuals lose up to 80% of their excess weight and improve the chances of fighting against life-threatening morbid conditions like diabetes, hypertension and other related diseases.

All the surgeries are set up on a one-to-one basis, customised to individual requirements. Pre and post-op counselling is also provided to every patient. Weight loss solutions at Apollo Spectra have helped many lose weight safely and successfully, while reducing blood pressure and coronary conditions and improving mobility. Potential candidates for bariatric surgery include patients who are around 25 kgs overweight and

those with type 2 diabetes, sleep apnoea, PCOD, infertility problems or heart disease.

## Highlights

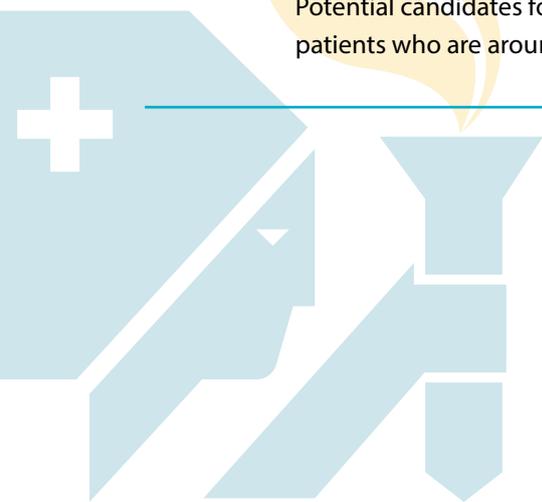
- 🔗 Comprehensive pre-surgery evaluation
- 🔗 Prompt and efficient post-operative care
- 🔗 Specially designed division to aid bariatric surgeries
- 🔗 Qualified and experienced surgeons
- 🔗 Team of medical and nutrition specialists

## Advantages of bariatric surgery

- 🔗 Helps lose up to 80% of excess weight
- 🔗 Lowers blood sugar
- 🔗 Lowers blood pressure
- 🔗 Lowers cholesterol levels
- 🔗 Reduces or eliminates sleep apnoea
- 🔗 Decreases the workload of the heart
- 🔗 Improves PCOD and fertility

## Key laparoscopic procedures

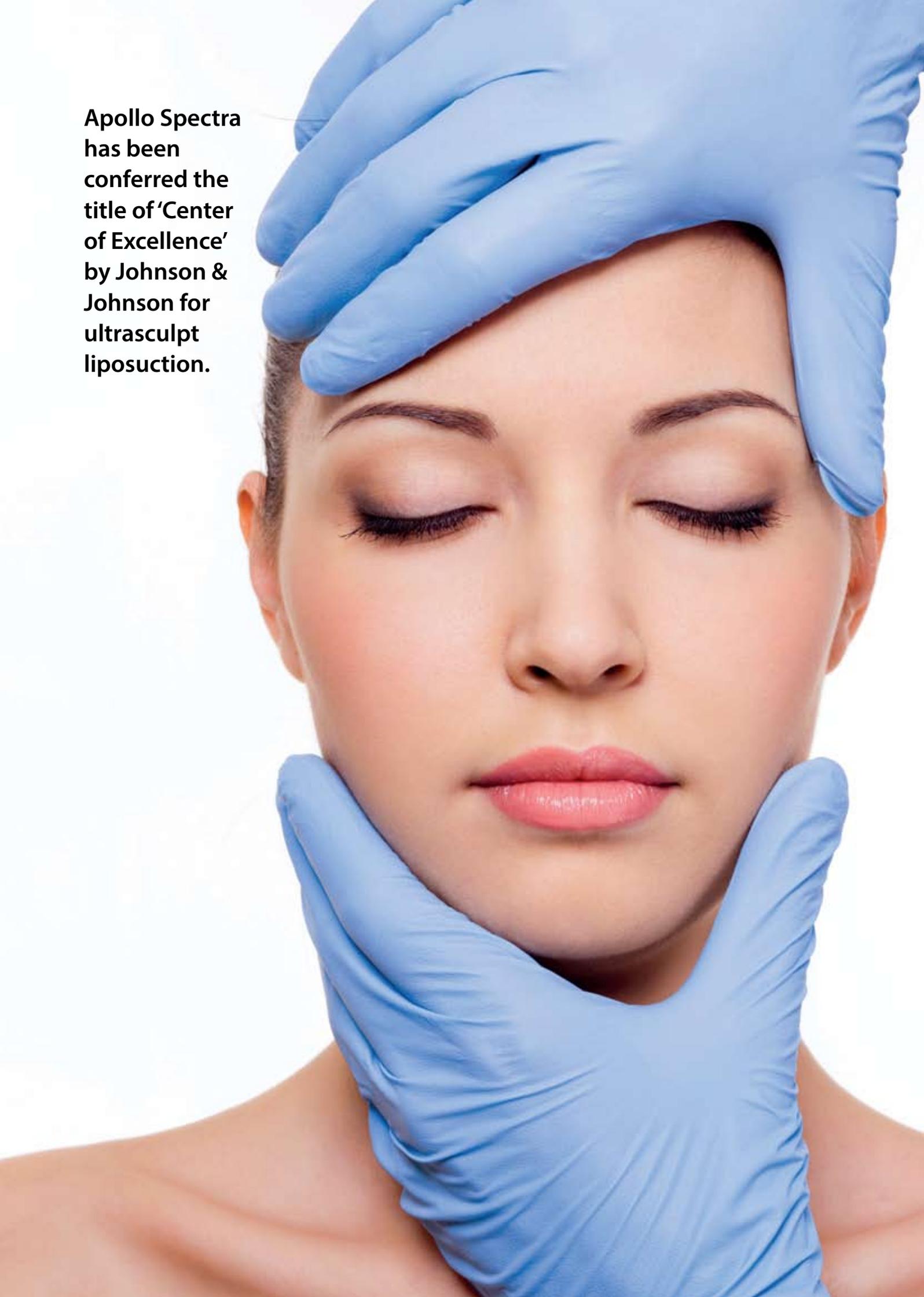
- 🔗 Gastric banding
- 🔗 Sleeve gastrectomy
- 🔗 Gastric bypass
- 🔗 Gastric balloon



**Success stories show that bariatric surgery procedures lead to considerable long-term weight loss, recovery from diabetes, improvement in cardiovascular risk factors, and reduction in mortality.**



**Apollo Spectra  
has been  
conferred the  
title of 'Center  
of Excellence'  
by Johnson &  
Johnson for  
ultrasculpt  
liposuction.**



# Spectra Institutes of Plastic & Cosmetic Surgery

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Apollo Spectra Hospitals' Cosmetic Surgery Department is ranked amongst the best in India by Times Health survey. The department is supported by highly skilled, expert surgeons who provide comprehensive cosmetic services and perform reconstructive procedures with safe, successful outcomes.

The use of minimally invasive techniques and advanced aesthetic technologies reduces hospitalisation and improves recovery time. Moreover, at Apollo Spectra we understand that the decision to have plastic surgery is personal, so we maintain absolute confidentiality.

## Face

- 🔪 Eye lift (Blepharoplasty)
- 🔪 Face lift
- 🔪 Cheek augmentation
- 🔪 Chin augmentation
- 🔪 Forehead and brow lift
- 🔪 Bat ear correction (Otoplasty)
- 🔪 Neck lift
- 🔪 Nose (Rhinoplasty)
- 🔪 Facial liposuction – Chin and cheeks

## Body

- 🔪 Liposuction – Arm, abdomen, back, thighs
- 🔪 Hips and buttocks
- 🔪 Tummy tuck (Abdominoplasty)
- 🔪 Buttock lift
- 🔪 Arm lift (Brachioplasty)
- 🔪 Thigh lift

## Reconstructive surgeries

- 🔪 Cleft lip and palate
- 🔪 Breast reconstruction
- 🔪 Trauma reconstructive surgery
- 🔪 Plastic surgery for birth defects
- 🔪 Minor cancer reconstruction surgery
- 🔪 Paediatric plastic surgery
- 🔪 Endoscopic/minimally invasive surgery

## Aesthetic procedures

Aesthetic surgery procedures help to enhance the look of a particular physical feature. Our goal is to deliver the beautiful and natural-looking results you desire, along with the care and kindness you deserve. These procedures can be performed individually or in combinations.

## Reconstructive plastic surgery

Abnormalities may be the result of a birth defect, trauma or illness. Reconstructive surgery is the solution to a natural appearance. Reconstructive plastic surgery at Apollo Spectra consists of a vast array of procedures such as cleft and cranio-maxillofacial surgery, hand reconstructive microsurgery, brachial plexus and peripheral nerve surgery and breast surgery.

It is our endeavour to bring the best technology and medical care to our patients. Advanced surgeries like endoscopic plastic surgery and minimally invasive cosmetic and micro vascular surgery are also offered at Apollo Spectra centers.

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# Spectra Institutes of Urology

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Apollo Spectra has a very versatile urology department which is managed by doctors with expertise in a wide range of surgical interventions. All urological conditions are treated with expert care and advanced technology – from stone removal, strictures, oncological problems, to congenital anomalies.

We pride ourselves in using advanced, state-of-the-art medical technologies to attain a higher level of surgical precision and better clinical outcomes.

## Medical technologies

- 🔍 Holmium laser 100 watts enucleation prostate (HOLEP)
- 🔍 Transurethral resection prostate (TURP)
- 🔍 Treatment for urinary incontinence (TVT-O)

## Technologies and treatments

### Stone treatments

ESWL, flexible and rigid ureterorenoscopy, PCNL, holmium laser intracorporeal lithotripsy and laparoscopy

### Urogynaecology

Treatment for urinary incontinence (TVT-O), genitourinary fistula surgery and prolapsed bladders

### Treatments for urinary cancers

Support treatment for renal failure like AV fistula

and peritoneal dialysis catheter implantation. Apollo Spectra also performs laparoscopic treatment of urinary cancers and high intensity focused ultrasound (HIFU) for prostate cancer.

### Prostate treatments

At Apollo Spectra, highly experienced surgeons cure prostate problems using the latest Holmium laser technology. It is a successful alternative to TURP. Since it uses only laser energy to relieve enlarged prostate symptoms it reduces the traditional complications associated with TURP. Patients experience minimal pain post surgery and spend less time in the hospital. HOLEP is an effective treatment for all high risk patients.

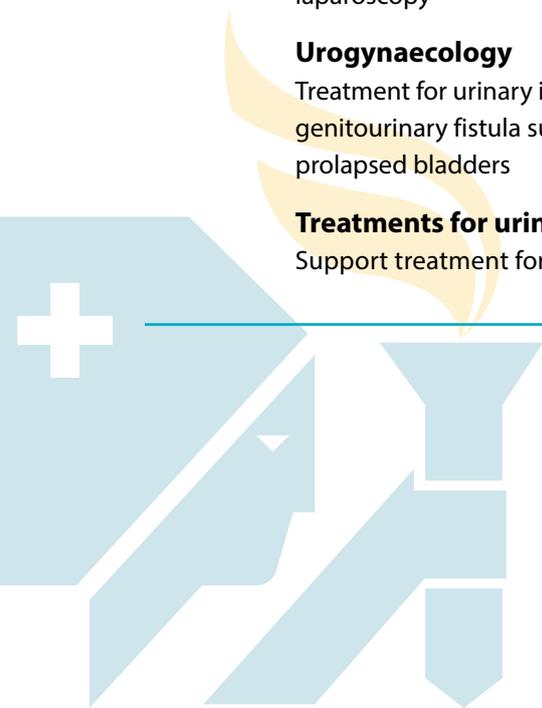
Traditional methods such as Transurethral Resection of the Prostate (TURP), green light laser vapourisation (PVP) and enucleating prostate that is HIFU ultrasound guided, are also performed.

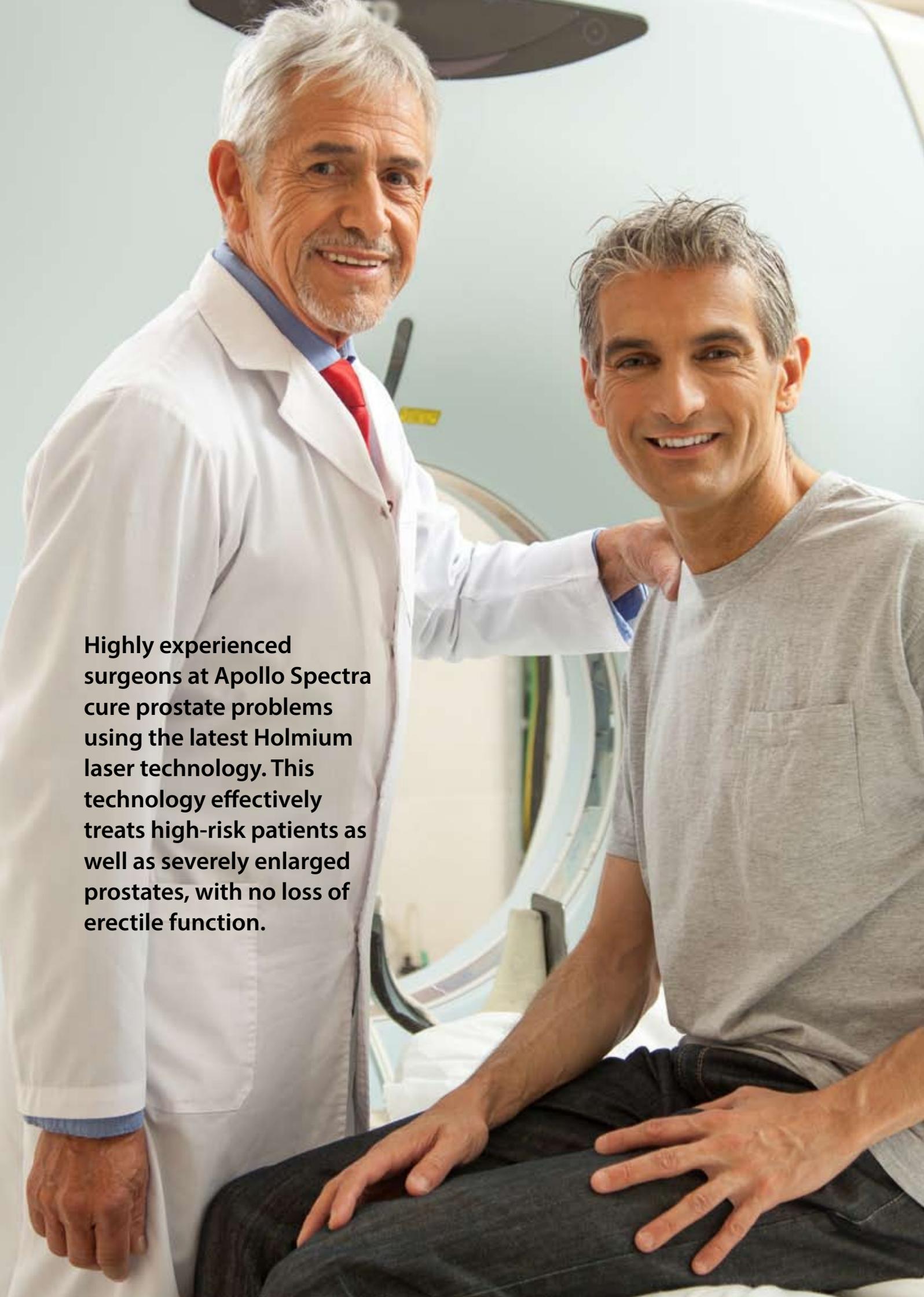
### Paediatric urology

Reconstructive and endourological surgery

### Male reproductive issues

Comprehensive treatment is provided for male infertility. Penile implant surgery for erectile dysfunction is also performed.



A photograph of a doctor and a patient in a clinical setting. The doctor, on the left, is an older man with grey hair and a goatee, wearing a white lab coat over a blue shirt and a red tie. He is smiling and has his right hand on the patient's shoulder. The patient, on the right, is a younger man with grey hair, wearing a grey t-shirt and dark pants, sitting on a medical table and smiling. The background shows a large medical machine, likely a laser treatment device, with a circular opening and various components.

**Highly experienced surgeons at Apollo Spectra cure prostate problems using the latest Holmium laser technology. This technology effectively treats high-risk patients as well as severely enlarged prostates, with no loss of erectile function.**

**As an expert in treating sleep apnoea, Apollo Spectra has specialised apnoea graphs that indicate which part of the respiratory system is causing snoring and breathing obstructions.**



# Spectra Institutes of ENT

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Highly qualified ENT specialists at Apollo Spectra provide comprehensive out-patient care, utilising their years of experience along with state-of-the-art technology to determine the nature of your problem and create a treatment plan specifically designed for your ENT conditions.

Specialists at Apollo Spectra also bring sub-specialty expertise in the areas of the head and neck including cancers and in neurotology which involves management of dizziness, hearing loss and noise in the ears. Infact, Apollo Spectra is one of the few hospitals in India to have a systematic approach towards diagnosis and management of sleep-related disorders. Apollo Spectra Hospitals in association with Eurosleeep, the world leader in the treatment of sleep apnoea, is now the largest diagnostic screening and treatment facility for all sleep-related disorders.

## **Advanced techniques**

Apollo Spectra Hospitals also offers balloon sinuplasty, a minimally invasive surgical procedure that uses a sinus balloon catheter to gently widen the walls of the sinus cavity, providing relief from sinusitis and restoring a patient's physical, functional and emotional quality of life.

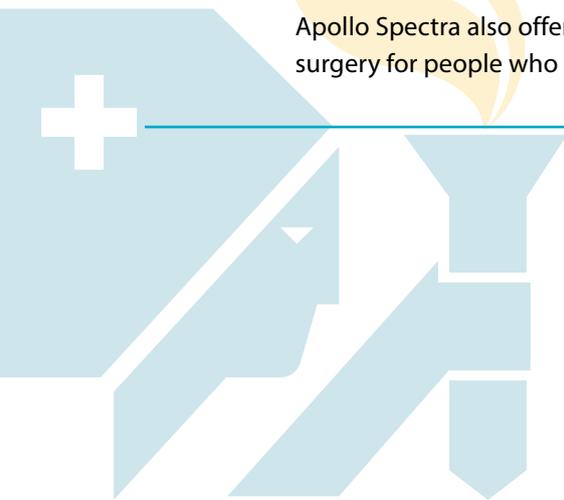
Apollo Spectra also offers cochlear implant surgery for people who have experienced

significant hearing loss, which offers the hope of regaining or restoring the ability to sense sound.

Our specialists use the latest technology, like operating microscope, sinus endoscopy set and the shaves system for all endonasal procedures, along with advanced surgical techniques. They constantly track the latest developments from around the world and imbibe the most innovative methods to ensure the best patient care.

## **Key procedures**

- ✎ Balloon sinuplasty
- ✎ Laser assisted surgery for ear, nose and throat problems
- ✎ Tonsillectomy
- ✎ Laryngeal papillomas, cancer
- ✎ Benign laryngeal lesions, malignancy
- ✎ Phonosurgery (vocal cord surgery)
- ✎ Thyroidectomy
- ✎ Adenoidectomy
- ✎ Septal procedures
- ✎ Cochlear implants
- ✎ Bone anchored hearing aids (BAHA), snoring and sleep apnoea
- ✎ Endoscopic sinus surgery
- ✎ Head and neck surgery



# Spectra Institutes of Gynaecology

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The Apollo Spectra gynaecology department comprises a team of highly qualified and experienced gynaecologists who focus on comprehensive and specialised care for women's health and offer a wide range of surgical and non-surgical expertise.

At Apollo Spectra Hospitals, we treat 70 per cent of all gynaecological conditions effectively with short-stay surgical procedures. Our specialists use minimally invasive techniques (laparoscopic) that ensure least hospital stay for better clinical outcomes and no complications as a result of avoiding hospital induced infections.

The most frequently performed surgeries at Apollo Spectra include minor procedures like Cervical Biopsy, Endometrial Biopsy, Diagnostic Hysteroscopy and Tubal Ligation. Major surgeries including Laparoscopic Ovarian Cystectomy, Laparoscopic Salpingectomy, Ovarian Drilling, Myomectomy and Hysterectomy are also performed. These major surgeries can also be done at Apollo Spectra by open methodology. The treatment methodology for the patients varies depending upon individual needs.

## Hysterectomy at Apollo Spectra

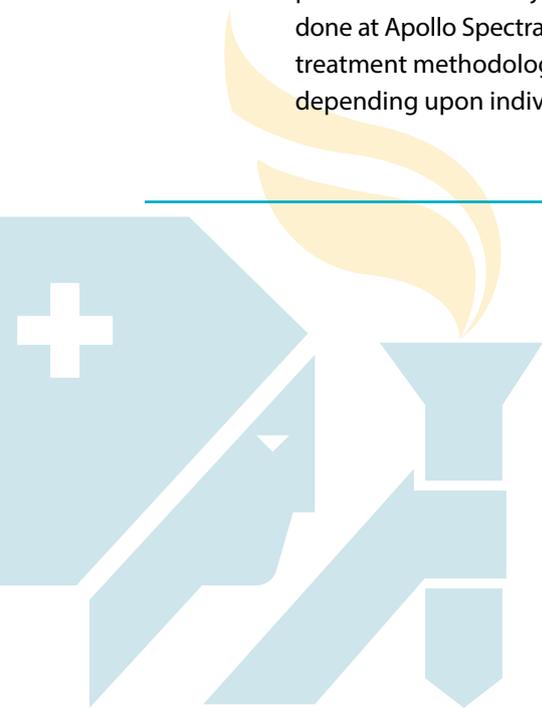
Hysterectomy is the surgical removal of the uterus and is normally recommended when other treatment options are not available or have failed. Such conditions include, but are not limited to certain types of reproductive system cancers (uterine, cervical, ovarian, endometrium), tumours, uterine fibroids, severe intractable endometriosis and conditions of vaginal prolapse.

### Key procedures

- ✚ Laparoscopically assisted vaginal hysterectomy (LAVH)
- ✚ Laparoscopic myomectomy
- ✚ Laparoscopic salpingectomy
- ✚ Laparoscopic salpingo oophorectomy
- ✚ Hysteroscopic resection of myomas and septa

### Other procedures

- ✚ Abdominal hysterectomy
- ✚ Vaginal hysterectomy
- ✚ Abdominal myomectomy
- ✚ All minor procedures



**Advanced technology  
and minimally invasive  
techniques effectively  
cure gynaecological and  
infertility conditions in  
women across all  
age groups.**



**All Apollo Spectra facilities are equipped with advanced technology in the form of sophisticated diagnostic and microsurgical equipments to perform over 40 types of eye surgeries.**



# Spectra Institutes of Ophthalmology

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The Apollo Spectra department of ophthalmology provides swift, convenient eye care by utilising the latest, most sophisticated medical equipment. All Apollo Spectra facilities are equipped with advanced technology in the form of sophisticated diagnostic and microsurgical equipment. More than 40 different types of eye surgeries are performed successfully at Apollo Spectra.

Apollo Spectra Hospitals performs key surgical procedures such as cataract and refractive surgery, implantable collamer lens implantation for high myopia, ptosis surgery, squint correction, management of glaucoma and more.

We also conduct routine checks and screening for potentially sight-threatening conditions such as glaucoma and diabetic retinopathy.

Our surgeons use state-of-the-art Phacoemulsification machines, such as Infiniti by Alcon, and implant the finest intraocular lenses (IOLs) including toric and multifocal IOLs, for spectacle independence after surgery. Phacoemulsification procedures at Apollo Spectra take approximately 15 to 20 minutes, which means patients can go back home

sooner. In fact, between admission, surgery and discharge, patients need not spend more than two hours in the hospital.

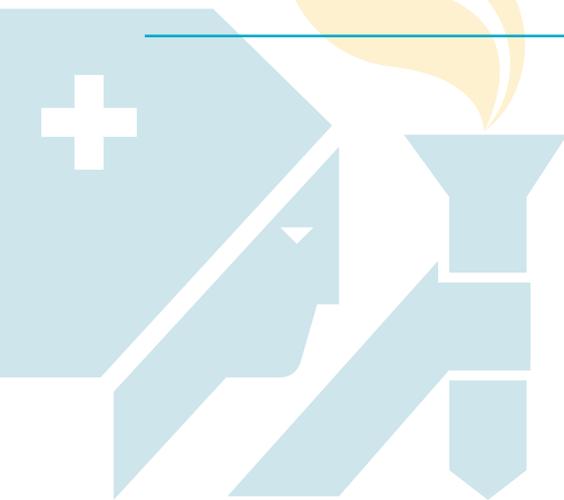
Patients often look upon eye surgery with some apprehension. Apollo Spectra overcomes this by offering a smarter blend of technology and experience in a short-stay environment. As part of Apollo Spectra's CSR initiatives, the department of ophthalmology conducts eye and healthcare camps in various parts of the country.

## Top features

- Over 40 types of eye surgeries performed
- Perfect blend of technology and expertise
- Quick and painless surgeries
- No sutures, injections or post-op bandages

## Key procedures

- Cataract
- Lasik & Refractive surgery
- Retinal surgery
- Glaucoma surgery
- Oculoplastic surgery
- Squint surgery
- Corneal grafting (Keratoplasty)



# Spectra Institutes of Surgical Oncology

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Apollo Spectra's oncology department has a unique way of functioning. Through combined management of our team of anaesthetists and physiotherapists, the duration of your hospital stay is reduced thus ensuring better pain relief.

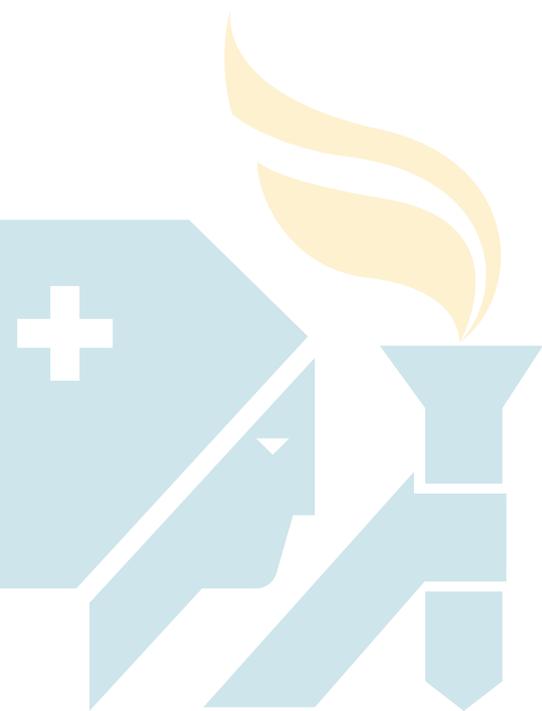
For the surgical treatment of breast cancer, fine-needle aspirations or core-needle biopsies are used in the diagnostic process, thus avoiding scarring incisions. Apollo Spectra surgeons also perform diagnostic laparoscopy, which can be performed safely in an in-patient or out-patient setting, expediting diagnosis and treatment.

At Apollo Spectra, gynaecological cancers are also examined under anaesthesia to provide information that will help guide a subsequent surgical procedure.

Furthermore, there are home visits by our paramedical staff for post-operative needs.

## Key procedures

- Amputation for peripheral tumours
- Breast conservation surgery
- Chemoport insertion
- Diagnostic laparoscopy and biopsy
- Early stage lip and oral cancer
- EUA for gynaecological cancer
- Hemithyroidectomy
- Modified radical mastectomy
- Simple mastectomy
- Tissue biopsy from any organ
- Total radical thyroidectomy
- TURP and biopsy for bladder cancer
- Wide excision for skin tumours



**Apollo Spectra's surgical oncologists are highly skilled surgeons, each with versatility and expertise in the largest surgical techniques and treatments.**



**Apollo Spectra provides quality healthcare for patients from all over the world including the USA, Europe, Africa, the Middle East and South East Asia. These patients highly recommend Apollo Spectra as they receive personalised care and attention from our staff.**



# International patient facilities

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Over the past decade, India has emerged as the world's leading destination for affordable yet outstanding healthcare services. The Apollo Spectra medical group, with its multi-specialty medical care in leading cities across India, is perfectly poised to meet their needs.

As per the most recent estimates, around 250,000 international patients fly to India for medical treatments every year. They require global standards of cleanliness, hygiene, infrastructure and trained, experienced doctors.

Apollo Spectra, with its dedicated international patient service team, facilitates patients to a center that is most convenient for them. These patients are pre-screened for existing medical conditions and are suggested courses of treatment, along with cost estimates. International verification of insurance coverage is also undertaken by a Apollo Spectra representative.

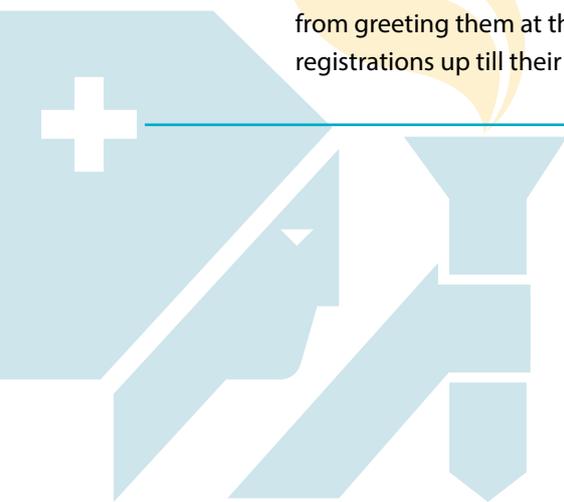
Upon arrival, a Apollo Spectra international patient relation officer is assigned to the patient throughout his/her stay in India. Apollo Spectra offers services that take care of the patient's medical, personal and logistical needs – right from greeting them at the airport and handling registrations up till their discharge. Apollo

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The international patient services team ensures that at the time of discharge you receive the right information, including translated materials and consolidated bills. The team will also discuss and plan your follow-up visits and future treatment needs in your home country.

## International patient services include:

- ✈️ Visa assistance
- ✈️ Flight arrangements and extensions
- ✈️ Airport transfer service
- ✈️ Scheduling of all medical appointments
- ✈️ Coordination of the admission process
- ✈️ Cost estimates for anticipated treatment
- ✈️ Processing of medical opinions
- ✈️ Booking of hotels/service apartments
- ✈️ Providing language translators
- ✈️ Special dietary needs/religious arrangements
- ✈️ News and information updates for relatives back at home
- ✈️ Remote consultations/conference calls with doctors
- ✈️ Local sightseeing
- ✈️ Foreign exchange





● Apollo Spectra Hospitals  
\*Gwalior : Upcoming hospital

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