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## Quote

Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.

- Helen Keller

## Editorial

The week-long Auroutsav conducted across the Aravind centres brought out the team spirit and synergy of the staff and employees which remained dormant amidst the busy work schedule. Staff from different departments, who otherwise will be confined in their cubicles meddling with work, got to know each other which later resulted in superb performances.

 In this issue Mr. Israel Gnanaraj the architect talks about designing of the [Nithyatha](#)

Over the years, it has become a commonplace event when Aravind Hospitals receive any award. But now one award requires special mention as LAICO's eye care management service was officially acknowledged for the very first time with the national recognition by Federation of Indian Chambers of Commerce and Industry (FICCI).

Even in this 21st century which boasts of technological, technical and lifestyle advancements, the conservative nature of human minds have hardly undergone change. The same is reflected in the attitude of people towards eye donation. With a view to increasing awareness on eye donation, as in the previous years, Eye Donation Fortnight was observed from the last week of August.

Two of Aravind Hospitals – Madurai and Dindigul celebrated their annual days hosting a variety of interesting programmes. A new vision centre was opened by Aravind – Madurai, at Srivilliputhur thereby taking the total number of all vision centres to 39.

As a sequel to the write up on the evolution of the idea of Dr. G. Venkataswamy Retreat Centre that appeared in the previous issue of the newsletter, an article on the later developments in the making of it is presented here by the chief architect, Mr. Israel Gnanaraj.

For bonus reading, in this newsletter we are to hear from Ms. Susie John Vansickle, a volunteer with Aravind for more than 6 months, on her efforts to create a green and clean Aravind. Let us also be introduced to a special footcare session organized by Susie for some of the staff at the world's best eye care institute.

News about these and many more feature in this issue.

*Aravind News Team*

## AWARDS AND ACCOLADES

### **Dr. S.R. Rathinam elected as fellow of National Academy of Medical Sciences**

August 19, New Delhi

Dr. S.R. Rathinam, Chief – Uveitis services, Aravind – Madurai has been as Fellow of the Academy by the National Academy of Medical Sciences, India. This honour is bestowed on her as an acknowledgement of her achievements in the profession.



### Rustom Ranji Oration Award for Dr. R. Kim

Nellore, September 23



Dr R. Kim was the invited faculty for the annual meeting of the Andhra Pradesh Ophthalmic Association and he was awarded with the Rustom Ranji Oration Award. He presented the following paper:

- *Diabetic Retinopathy – The Current Scenario*

### IMA Award for Dr. S.R. Krishnadas

Coimbatore, August 28



Dr. S.R. Krishnadas has been conferred with the 23rd Dr. Sundareswaran Endowment Oration award by the Indian Medical Association, Coimbatore.

### LAICO Wins FICCI Healthcare Award

New Delhi, September 8



The FICCI Healthcare Award 2011 was given to LAICO, in the category of "Addressing Industry Issues" at New Delhi. This award recognises LAICO's innovative approach and the impact of addressing issues in the eye care industry – such as lack of management capability and poor design of services – through capacity building, focused training and research. Dr. Arun Sethi, Arunodhaya Charitable Trust, received the award on behalf of Aravind. This is the first award that LAICO receives in its mission of improving quality eye care services globally.

## SPECIAL EVENTS

### Aravind – Tirunelveli

The 26th eye donation fortnight celebrations were conducted with a variety of programmes. Dr. R. Ramakrishnan, Chief Medical Officer inaugurated the awareness exhibition which displayed facts about eye donation and the need for public participation in enhancing eye donation. Awareness talks by medical officers were arranged throughout this fortnight at the hospital auditorium. Several programmes were arranged in various educational institutions and hospitals to impart



knowledge to the public on eye donation.

A grand meeting was organized on September 6 at the hospital auditorium in which Dr. J. Ganesh, MJF, Lions Club of Sivakasi honored and awarded certificates to the families which have contributed to the noble cause of eye donation by consenting to donate the eyes of their deceased relatives. He appreciated the good work done by the Aravind Eye Hospital, Tirunelveli in the eradication of needless blindness. Dr.R.Ramakrishnan presided over the function and Dr. V. Anita gave a lecture on eye donation.

Dr. Jimla Balachandar, Medical Superintendent, Tirunelveli Medical College, Rotarian S Jegadeesan, Lion. S. V Janakiram Antony, Mr. Krishna Rao and Dr. Premachandran, President Rotary Club of Tirunelveli offered felicitations. Mr. Jayabalan proposed a vote of thanks.



## Eye Donation Fortnight celebrations

### Aravind – Madurai

August 25 – September 8



Rotary Aravind International Eye Bank (RAIEB) held a rally cum walk on September 7. About 700 enthusiastic students from various schools in Madurai as well as doctors and other staff members from the hospital participated in the nearly 1km walk from Goripalayam to LAICO. The rally was flagged off at 9.00am by Mr.Balagurusamy, Manager, State Bank of India, Madurai, in the presence of Dr.M.Srinivasan, Medical Director RAIEB, Dr.R.D.Ravindran, Chairman, AECS and Dr. R.Kim, Chief Medical Officer. The participants carried banners with the message of eye donation. The rally ended with an awareness talk on the importance and need for eye donation in the country at the Dr. G. Venkataswamy Eye Research Institute

auditorium. The Eye Bank also displayed posters and banners at the various inpatient and outpatient departments at Govt.Rajaji Hospital (GRH), Madurai. A Grief Counsellor was appointed at GRH by RAIEB to spread the message of eye donation to the public and patients. Dr.M.Srinivasan was interviewed by the Indian Express, Madurai edition on facts relating to eye donation.



### Aravind – Coimbatore



Aravind - Coimbatore conducted an awareness rally on eye donation with support from Rathnam College of Arts and Science, Coimbatore. Mr. Amaresh Poojari IPS, Commissioner of Police, Coimbatore city, flagged off the rally in the presence of Dr. V Narendran, Chief Medical Officer and Dr. Madan A Sendhil, Chariman - Rathnam group Dr. Revathi, Chief -Cornea Services talked about the prevalence of corneal blindness and importance of eye donation in society. Around 1200 students and 200 staffs participated in the programme. Awareness seminars were conducted for students of MSW and NSS from Eight colleges. Live talk on eye donation was given by Dr. Siddharthan on All India Radio and by Dr. Suguna on Gyan Vani

(Coimbatore). Articles on eye donation were published in Hindu daily and Dina Thanthi.

Throughout the fortnight, the entire hospital staff wore the message (badge) on eye donation. Banners with message on eye donation were displayed at the key areas of the hospital and a separate eye pledge counter for patients and bystanders was opened at the main reception. An appreciation letter was sent to all regular motivators and voluntary organizations, who are supporting in the eye banking services.



### Aravind –Pondicherry

During the fortnight celebrations, Aravind Eye Bank Association of Pondicherry conducted several programmes with a view to create awareness among the public. Banners were displayed at the hospital premises and awareness pamphlets were distributed to the patients. The paramedical staff wore badges emphasizing the importance of eye donation and a two week exhibition was arranged in the paying section with information on corneal diseases and eye bank proceedings. Pledge cards



were kept for people who wished to donate their eyes. Dr. B. Jayashree delivered an awareness talk on Rainbow FM, Pondicherry and had live interaction with the public through the programme - Ungal Choice. Eye Donation Awareness exhibition was conducted at Pondicherry Beach to provide information on eye donation for the public. Around 380 persons visited the exhibition and got benefited.



### Inauguration of Srivilliputhur Vision Centre

September 15



Aravind – Madurai opened a new vision centre at Srivilliputhur which was inaugurated by Dr. R. Kim, Chief Medical Officer. Lions members from Srivilliputhur and Rajapalayam, sponsors and various community leaders attended the function. Fifty patients were screened on the inaugural day, 13 glasses were ordered and 3 patients were referred to the base hospital for surgery.



## NEWS AND EVENTS

### Guest lecture at Vinayaga Mission Medical College

Karaikal, August 27

Dr. R. Venkatesh, Chief Medical Officer and Dr. Avinash Sinha, Medical Officer, Glaucoma clinic, Aravind – Pondicherry were invited as guest speakers at Vinayaga Mission Medical College, Karaikal. They delivered lectures on "Management of glaucoma" and "Evaluation and diagnosis of glaucoma"



### Guest lecture for MLOPs

Aravind – Tirunelveli, August 30

A guest lecture on the importance of interpersonal relationship was given by Mr. R. Ganesan, DCW. Mr.R.Ganesan has many laurels to his credit.He has done NLP Program (Neuro Linguistic Program) and is a member of ISTD. He is a Reiki master, also a corporate trainer and has also attended many courses on counseling. All the MLOPs attended this informative and motivating lecture.



### Installation of 3D surgery recording system



True Vision – a 3D surgery recording system was installed in the theatre complex at Aravind, Madurai. The accompanying HD television and stereoscopic glasses help viewers see three dimensional view of the image. This system, first in the country is a valuable tool for teaching and training.

The 3D surgical viewing and recording system was kindly donated by Dr. David Chang, California, USA. Dr. Chang is a well known ophthalmologist in the west coast region of USA and is the scientific committee chairman of AAO for several years. He is a long time friend and supporter of Aravind Eye Care System. He has donated this equipment out of commitment to support training of cataract surgery at Aravind especially manual SICS which he feels is the technique which will help millions of the cataract patients in third world countries regain vision.



### Instruments Maintenance course

Aravind – Madurai, August 1 – September 10



A total of four trainees, two trainees from Paraguay, one from Bihar and one from Aravind attended the course. Certificates and tool kits for the trainees were handed over by Dr. R. D. Ravindran and Dr. M. Srinivasan. Ms. K. Sathya was the chief instructor of the course. The highlight of this course was the presence of a technician from Paraguay who knew only Spanish and the Aravind staff was able to manage him as well.



## Hospital day celebrations

### Aravind – Madurai

September 17



The 35th annual day of Aravind Eye Hospital, Madurai was celebrated with a variety of programmes. Service awards were distributed to staff who completed 5, 10, 15, 20, 25 and 30 years of service at Aravind. Dr. R.D. Ravindran, Chairman, AECS delivered the keynote address followed by the presentation of report by Dr. R. Kim, Chief Medical Officer. Dr. R. Ramakrishnan, Chief Medical Officer, Aravind – Tirunelveli, Dr. R. Venkatesh, Chief Medical Officer, Aravind – Pondicherry and Mr. R.D. Sriram, Director – Operations, Aurolab were the special invitees. Dr. R. Kim and Dr. N. Venkatesh Prajna distribute Dr. G. Venkataswamy Gold Medal to the top scorers in M.S and D.O, Dr. Vishnu Suryaprakash and Dr. Saranya Sara

Abraham respectively. The theme of the celebrations being "Traditions of India", there were spectacular performances by staff belonging to different states.



### Aravind – Dindigul

September 22



It was an unforgettable evening for the staff of Aravind – Dindigul as the hospital celebrated its first annual day at N.P. Nathan Rotary Hall. Mr. R. Balasubramani, Manager delivered the welcome address. Dr. Nipam Jyoti Das, senior medical officer presented the report of the hospital activities for the year. Mr. G. Srinivasan, Director – Finance gave the special address. Rtn. P.S.K. Raguraman, Director – PSNA College of Engineering and Technology was the chief guest for the function. Dr. P. Namperumalsamy, Chairman Emeritus – AECS delivered the presidential address. There were cultural performances by the staff and employees. Ms. K.R. Sumathi proposed a vote of thanks.



### Aravind – Theni

September 3



Dr. Dipankar Datta, Chief Medical Officer delivered the welcome address followed by the presentation of activity report by Dr. Krishnakumar, camp medical officer. Dr. R.D. Ravindran delivered the special address. The entire programme was presided over by Dr. P. Namperumalsamy, Chairman – Emeritus and he delivered the presidential address. Dr. G. Natchiar, Director Emeritus and Mr. R.D. Thulsairaj, Executive Director – LAICO offered felicitations. Cultural programmes by the staff made the whole event an unforgettable one.



## Towards a Green and Clean Aravind

### A Composting Trial Begins at Aravind Eye Hospital ...



I have come to Aravind to volunteer with my husband and find it very rewarding to share my education and teaching skills in dental assisting, textiles, interior decorating, early childhood development, and culinary arts with the sisters. Gardening has been a life long hobby and composting is a part of what makes a great garden. I like the idea of reuse, recycle and renew and giving back to the earth what we took from it.

With Aravind's global reputation as Optical Innovators, John and I as new volunteer's felt that AES's involvement with a green (environmental) project would be very beneficial. To demonstrate some environmental benefits we have with the staff's help start a small composting trial adjacent to the hospital. This demonstration trial plot is to show the kitchen and housekeeping staff the benefits of using vegetable scraps, egg shells and other kitchen waste to enrich the soil and a way to give back to mother nature.

The kitchen will reduce their current waste stream at least 30% by composting these scraps. To get started we observed that from their daily routines between the Hospital and AuroFarm there existed all the necessary components for us to begin composting.

There are many methods of composting, but all organic matter will eventually decompose, this method speeds up the process. Compost is not particularly high in essential nutrients, and is considered a soil conditioner. However, organic matter is a valuable soil amendment because it: can improve soil structure, aids in necessary microbial activity in the soil, attracts earthworms, can suppress several soil born diseases and holds its nutrients in organic or slow release form, allowing for availability throughout the growing season. While there are many methods of composting, the important thing to remember is that you can never add too much compost to your soil.

Green items (nitrogen): coffee grounds and paper filters, crushed eggshells, fruits and vegetables, grass clippings, yard trimmings, houseplants, tea leaves, and the list goes on. Brown items (carbon) are also used as part of the process, such things as dried leaves, small twigs, shredded newspapers, wood ashes, hair, fur, hay, straw, nut shells, saw dust, burnt matches, toothpicks, A layer of manure from chickens, goats, sheep, or cows is used for the nitrogen levels. A small amount of topsoil is used to gather microorganisms within the soil to help break up the organic matter.

Water to keep the process moving is added and in a few weeks, these layers are covered with fresh banana leaves or something to hold in the moisture as the process works and with a minimal amount of attention the process is finished in two or three months.

Soil that uses good compost is advantageous because it reduces the need for usage of water. Humus (the final product of the composting process) holds four times its weight in water and this means a significant reduction of runoff and evaporation of rainwater, reducing the need for irrigation in plantings and the raising of vegetables and crops.

Once the compost is added to the soil around trees and potted plants, you will have greater growth and improvements as the added root growth will be breaking up the compact red clay soil native to this area. Drainage is improved, erosion is lessened and the soil will be easier to cultivate. After the initial demonstration we hope to encourage a larger level by composting at AuroFarm. This green project enhances the ability to produce more or most of the vegetables, and new varieties of vegetables used in AEH's food preparation areas. We welcome your input and suggestions on this green project trial and will answer any questions presented.

As volunteers we are blessed with new opportunities each day to see the dedication of family members and staff who willingly share their amazing resources in providing the best compassionate vision care on earth.



#### Foot Care as Important as Eye care

Most of us would have heard of pedicure which is a way to improve the appearance of feet and nails. But how many of us do it on a regular basis is a matter of concern. Ms. Susie spent some quality time on explaining the importance of pedicure to the staff of Catering, Housekeeping, Lab and Theatre. The daily routine of these people involves a lot of walking, which by the end of the day results in dirt accumulating on the nook and corners of the feet and nails. For reasons attributed mostly to the busy schedule, many do not practice pedicure systematically. It wasn't until Ms. Susie shared some points on performing pedicure that many came to know of the simplicity of the process involved. Her way of performing the procedure using commonplace things like coconut oil, salt and shampoo which are readily available made the whole process so simple that many of us would now lament the amount of money and time we spent at the beauty parlours for having the pedicure done. More workshops can be customized when the sisters bring more ideas to Ms. Susie. In the meanwhile Ms. Susie has said, "I hear facial night might be right around the corner".

It would be wonderful to see Aravind Eye Hospital become the green leader of Madurai in giving back to the earth with repairing, reusing and recycling things in nature. We wonder if soil would fit with Dr. V's quote "It is ourselves we are helping, it is ourselves we are healing."

- *Susie and John Van Sickle*



Thank you Dr.Prasad Walimbe for donating the author's royalty from your book 'STEP BY STEP SQUINT SURGERY', towards the 'Poor Children Spectacle Fund-Aravind Eye Hospital, Madurai'



## CONFERENCES ATTENDED ELSEWHERE

### Annual conference of Bombay Ophthalmic Association

Mumbai, August 26 – 28

Dr. George V. Puthuran

- *Optimizing trabeculectomy outcomes*
- *Complications of Glaucoma drainage devices and its management*



### OFISACON (Ocular anesthesia) Conference

Chennai, September 3 – 4

Dr. Madhu Sekhar participated in the conference held at Chennai.



### Annual meeting of the Ophthalmological Society of Nigeria

Lagos, Nigeria, September 7 - 11

Mr. R.D. Thulasiraj had the honour of delivering President's Address at the Annual meeting of the OSN (Ophthalmological Society of Nigeria).



### Annual meeting of IAPB

Dubai, September 12 - 14

Mr. R.D. Thulasiraj attended the annual meeting of the council of members of IAPB. He also participated in several committee meetings relating to research, capacity building, human resource, VISION 2020 workshops etc.



### EuCornea / ESCRS Conference

Vienna, Austria, September 17 - 21

Dr. K. Tiruvenkatakrishnan participated in XXIX Congress of the ESCRS (European Society of Cataract and Refractive Surgeons) and the 2nd EuCornea (European Society of Cornea and Ocular Surface Diseases) Congress and presented the following paper at EuCornea: *TACROZ Skin Ointment for Refractory Viral Kerato Conjunctivitis*.



### CME on Paediatric ophthalmology

Radhatri Nethralaya, Chennai, September 18

Dr. P. Vijayalakshmi

- *Approach to strabismus, amblyopia and visual impairment in children*



## HUMAN RESOURCE DEVELOPMENT

### Auroutsav – 2011

September 3 - 10

Auroutsav- the biennial cultural and sporting event across all the Aravind centres was held from September 3-10. The theme for this year was Raagamalika and all the employees were divided into 5 groups – Hamsadhwani, Bhoopalam, Mohanam, Kalyani and Vasantha. There were 27 items in which the employees participated enthusiastically and with utmost spirit. Eminent persons were invited from outside for judging the performance. Winners were given prizes. The whole event helped to bring out latent talents in the staff which were overlooked amidst the busy work schedule. Following are the winners from each hospital: Madurai – Hamsadhwani, Bhoopalam ; Tirunelveli – Kalyani, Bhoopalam ; Pondicherry – Vasantha, Mohanam ; Coimbatore – Kalyani and Mohanam, Hamsadhwani and Vasantha ; Theni – Bhoopalam, Kalyani. [click here for photos](#)



**LAICO HAPPENINGS**

**Visit to Catholic Eye Hospitals and Eye Foundation**

Nigeria, September 9 - 11



LAICO has been working with the chain of Catholic Eye Hospitals and Eye Foundation, Nigeria through ICO and IAPB in a structured capacity building process. Mr. R.D. Thulasiraj visited these hospitals during his visit to attend the Annual Meeting of the Ophthalmological Society of Nigeria.



**Regional workshop on Prevention of Avoidable Blindness and Visual Impairment in SEAR**

LAICO, September 22 - 24



The workshop was conducted with the intention of taking forward the action plans formulated by WHO for the prevention of avoidable blindness and visual impairment into an execution phase. This workshop was co-sponsored by IAPB and WHO and funded by CBM, ORBIS, Sightsavers and The Fred Hollows Foundation. 34 participants from South East Asia Region countries like Bangladesh, Bhutan, India, Indonesia, Myanmar, Nepal, Sri Lanka, Thailand and Timor Leste participated.



**Certificate Course on Project Management for Eye Care Services**

September 24



Six participants participated in the course which came to an end in the last week of September. Dr. P. Vijayalakshmi, Chief – Paediatric ophthalmology and Strabismus delivered the valedictory address and distributed the certificates.

[Click here to view Consultancy statistical report](#)



**TRAINING PROGRAMMES**

Course title	Training Centre	Total Number Trained as on July 2011	Enrollments for August 2011



<b>Short Term Courses - For Ophthalmologists</b>			
<b>Diagnosis and Management of Glaucoma</b>	<b>Madurai</b>	100	1
	<b>Tirunelveli</b>	128	0
	<b>Coimbatore</b>	95	1
	<b>Pondicherry</b>	1	0
<b>IOL Microsurgery</b>	<b>Madurai</b>	704	1
	<b>Tirunelveli</b>	276	0
	<b>Coimbatore</b>	209	0
	<b>Pondicherry</b>	11	0
<b>Phacoemulsification</b>	<b>Madurai</b>	132	2
	<b>Tirunelveli</b>	73	1
	<b>Coimbatore</b>	89	1
	<b>Pondicherry</b>	17	0
<b>Small Incision Cataract Surgery</b>	<b>Madurai</b>	158	1
	<b>Tirunelveli</b>	107	0
	<b>Coimbatore</b>	122	1
	<b>Pondicherry</b>	21	1
	<b>Theni</b>	1	0
<b>Lasers in Diabetic Retinopathy</b>	<b>Madurai</b>	250	2
	<b>Coimbatore</b>	241	1
	<b>Pondicherry</b>	3	0
<b>Management of Retinopathy of Prematurity and Paediatric Retinal Disorders</b>	<b>Coimbatore</b>	3	1
<b>Ocularist</b>	<b>Madurai</b>	20	1
<b>Short term course in Refraction Techniques</b>	<b>Madurai</b>	26	10
<b>Management Courses</b>			
<b>Management Training and Systems Development for Hospital Administrators</b>	<b>LAICO</b>	215	7
<b>Research Methodology Workshop</b>	<b>LAICO</b>	54	39

[Click here to view Training Programme full statistics](#)



## PUBLICATIONS

- Eur J Ophthalmol. 2011 Jun 24. [Epub ahead of print]  
Gandolfi S, Paredes T, Goldberg I, Coote M, Wells A, Volksone L, Pillai MR, Stalmans I, Denis P; Travoprost Bak-Free Clinical Study Group  
*Comparison of a travoprost BAK-free formulation preserved with polyquaternium-1 with BAK-preserved travoprost in ocular hypertension or open-angle glaucoma.* [article view](#)
- Curr Opin Ophthalmol. 2011 Jul 1. [Epub ahead of print]  
Ganesh A, Stroh E, Manayath GJ, Al-Zuhaibi S, Levin AV.  
*Macular cysts in retinal dystrophy* [article view](#)
- Oman J Ophthalmol. 2011 May;4(2):81-83  
Shah PK, Narendran V, Manayath GJ, Chowdhary S.  
*Atypical retinocytoma with diffuse vitreous seeds: An insight* [article view](#)



## AUROLAB NEWS

### Auroutsav 2011

September 3-10



After the week long cultural and sports competition, Kalyani team came out in flying colours. Staff members actively participated and enjoyed the event with utmost team spirit.



### Tour for production staff

September 22 – 24



As part of recreation activities for the employees, the HR department of Aurolab organized annual tour for the production staff to Black Thunder, Aliyar dam and Monkey falls in Coimbatore.



## MONTHLY PATIENT STATISTICS

August - 2011								
Hospitals	Madurai	Theni	Tirunelveli	Coimbatore	Pondicherry	Dindigul	Thirupur	Total
<b>HOSPITAL OUT-PATIENT VISITS</b>								
Paying (New & Review)	40,490	6,727	19,529	27,766	18,788	4,943	3,128	121,371
Free (Direct walk-in)	15,099	1,890	6,135	9,644	6,291	3	32	39,094
<b>OUTREACH OUT PATIENTS</b>								
Regular Eye Camps	12,647	1,685	4,057	7,383	6,396	-	261	32,429
Diabetic Retinopathy camps	617	74	-	2,312	275	-	-	3,278
Refraction Camps	786	1,106	232	2,666	214	-	-	5,004
Mobile Refraction Unit	-	605	-	-	-	-	-	605
School Screening	14,853	-	3,944	13,509	4,434	-	-	36,740
Paediatric Camps	566	-	-	-	488	-	-	1,054
Vision Centres	7,524	4,307	3,533	3,196	3,898	-	529	22,987
Community Eye Clinics	3,666	1,715	4,095	-	-	-	-	9,476
<b>Total Examinations</b> OP	<b>96,248</b>	<b>18,109</b>	<b>41,525</b>	<b>66,476</b>	<b>40,784</b>	<b>4,946</b>	<b>3,950</b>	<b>272,038</b>
<b>SURGERIES</b>								
Paying	2,397	311	894	1,323	816	175	111	6,027
Free (Direct)	3,050	200	697	1,362	582	-	1	5,892
Camp	4,443	378	1,336	1,896	1,878	-	37	9,968

<b>Total Surgeries</b>	9,890	889	2,927	4,581	3,276	175	149	21,887
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