

**DEPARTMENT OF SURGERY**  
**SRIRAM CHANDRA BHANJA MEDICAL COLLEGE, CUTTACK**

**First time TRANSAXILLARY LAPAROSCOPIC HEMITHYROIDECTOMY**

by

Dr. Manash Ranjan Sahoo

Associate Professor Surgery, S.C.B Medical College, Cuttack, Odisha.  
Consultant Minimal Access Surgeon



● PAINLESS TREATMENT

## Boon for goitre patients: Minimal invasive surgery

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FOR the people suffering from goitre but unwilling to go under the surgeon's scalpel due to the painful procedure and the ugly scars left behind, minimal invasive surgery has come as a boon. And, SCB Medical College and Hospital has pioneered the move to bring advanced medical technology to the larger sections of the people.

In the first of its kind surgery in the State, doctors at the SCBMCH have successfully removed a tumour from the neck of a 20-year-old girl using laparoscopy procedure. The girl had goitre swelling in the lower front neck and doctors of the Department of Surgery decided to conduct the laparoscopic transaxillary hemithyroidectomy on her.

The team, led by Associate Professor Dr Manash Ranjan Sahoo, cut three small holes in the right arm pit and created space by using carbon dioxide to reach the 4 cm tumour and remove it. The tumour was extracted through the small holes and the patient was discharged within three days.

Even though goitre, a thyroid disorder caused by iodine deficiency, is highly prevalent in the State, the fear of painful surgery and the deep ugly scars left on the neck has prevented people to seek medical help in early stages. As a result, the tumours grow large and the sight of people with glands measuring 20 to 30 cm dangling from the neck is not uncommon.

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According to Dr Sahoo, incidence of goitre is assumed to be around 10-12 per cent of population, particularly in the tribal and rural pockets. Highest number of goitre cases in the country has been reported in Sundargarh district with almost 40 per cent suffering from thyroid disorders.

"Women between the age group of 20 and 40 come under high risk category. As a typical goitre swelling not responding to thyroid suppressants needs surgery and the conventional practice is to cut the neck open and remove it, they are hesitant. Laparoscopy leaves no scars on the neck but only small holes in the armpit which are not visible. Moreover, the procedure is almost painless with quick recovery time. These advantages aside, the cost of only around Rs 7,000 as against at least five times more outside will be of immense help to the poor patients," he says.

The team has also adopted the single incision laparoscopic surgery (SILS) for the first time in the Government hospital set up in Orissa to get rid of a diseased appendix in a patient. The patient Kanhu Charan Sahoo (24) was operated on through a single hole in the belly button and the appendix removed. SILS can be used for varied surgeries from gall bladder, kidney, hysterectomy, gastric bypass, splenectomy, colon, hernia and liver resections.



**SCB Medical College and Hospital has pioneered the move to bring advanced medical technology to the larger sections of the people**

# STATE OF WELL BEING

## Freedom from pain and scars for goitre patients

Doctors at SCB Medical College & Hospital carried out the first successful laparoscopy surgery on a goitre patient. TOI recounts the tale of the lucky 20-year-old

Bhita Mishra | 10

Cuttack: A goitre patient in pain with a swollen throat gland no longer has to undergo a painful procedure that leaves behind ugly scars on the neck. All she needs to do is undergo a procedure called "laparoscopy". The procedure involves the doctors making two small incisions in the patient's armpit and extracting the enlarged portion of the gland.

Twenty-year-old Aparajita Das was suffering from goitre. She was referred to undergo the surgery. Her parents were also surprised to see her scars after the operation, since it leaves behind ugly marks, that may pose a problem in getting her married. But doctors at SCB Medical College and Hospital solved all her problems. They prescribed her removal of the goitre with pain or scars.

It is for the first time in the state that a laparoscopy surgery is being conducted to remove goitre through the armpit. Traditionally, goitre is removed by making a 10-cm slit in the front portion of the neck. The procedure is painful and even left behind an ugly scar.

But the team of doctors, led by Dr Manoj Mishra, conducted the surgery last week. Two incisions were made in the right armpit to access the goitre and the goitre was removed. The surgery is called Laparoscopic Transaxillary Thyroidectomy. The procedure is followed in most Western countries and even in some parts of India. But this was the first time in Orissa, said doctors at SCB Medical College.

Speaking on the procedure, Dr Mishra said, "Two cuts were made in the right armpit and then a space was created by



A laparoscopy surgery in progress (above) and the patient, Aparajita Das, minutes after the surgery.

carbon dioxide gas to stretch the 4-cm transaxillary incision. All precautions were taken not to injure any other part of the body and the tumour was removed successfully."

This minimal invasive surgery has come as a boon for goitre patients, as it is not only painless with quick recovery, but also cost effective. A patient has to pay only Rs 1,500 for each surgery at SCB Hospital and the patient is discharged only three days after the surgery.

According to doctors, goitre are usually caused due to deficiency of iodine and is highly prevalent in our state. Mostly women between the age group of 30-40 are affected by the disease. But in few of painful surgery and ugly scars, women



neglect it. As a result, the tumour grows larger and gives rise to several other complications.

"This procedure requires us to make only two small holes in the armpit that is almost not even visible," added Dr Mishra. The team of doctors has also conducted another unique surgery, in which the diseased appendix was removed by a single incision, laparoscopic surgery. Earlier, in the field of laparoscopic surgery of appendix, three incisions were made in the abdomen. But Dr Mishra operated a patient, Kanika Choudhury, recently in which only one incision was made in the abdomen and the appendix was removed.

## Koraput gets medical store for the poor

Satyajit Kumar Pattnaik | 10

Koraput: A Jan Aardham store to provide quality generic medicines at affordable prices, was inaugurated on the premises of the district headquarters hospital at Koraput by Governor Murlidhar Chandrababu Naidu during his recent visit to the district.

The store comes up in tribal-dominated Koraput after three such stores were opened in and around Bhubaneswar in March. Officials said it is being implemented with the help of Pharma Control Public Sector Units in collaboration with the state health and family welfare department.

"Medicines will be sold at a subsidised rate here. BPL families will get medicines free of cost from the store. Doctors will prescribe generic medicines so that people can take advantage of this store."

Naba Ghana Choudhury, IAS, inaugurated



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the store with various self-help group members. He was particularly moved by the work of Mission Shakti.

"Mission Shakti is doing a fantastic job in Koraput. The district is no less beautiful than Switzerland in terms of scenic view. Only we have to eradicate poverty and illiteracy to make it more beautiful."

And for this effort, most be made of all funds to ensure that around 96 per cent of funds allocated to the district under various heads are utilised," Naidu said.

THE NEW INDIAN EXPRESS

Now, a Scarless Thyroid Surgery at SCB

Express News Service

**Cuttack:** Laparoscopic Transaxillary Thyroid surgery, which has revolutionised thyroidectomy, by sparing patients of the problems of having to live with ugly scars in the neck and potential damage to voice chords in conventional methods is now available in SCB Medical College and Hospital.

The surgery, which involves operating and removal of the goitre through incisions in the underarm area, was conducted by Associate Professor of Surgery Dr Manas Ranjan Sahoo and his team on a 38-year-old female here on Monday. The patient, Binita Tasha, of Bhanipatna has recovered well from the surgery.

According to Dr Sahoo, the transaxillary surgery involves reaching the goitre through incisions in the under arm. As a result, there is no scar left on the neck as in the conventional surgery methods.

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