



Colon & Rectal Surgery

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Apollo Institute of Colo-Rectal Surgery (AICRS) Bangalore

Apollo Institute of Colorectal Surgery (AICRS) has been launched to bring forth an organ specific, sub-specialty oriented disease management, diagnosis and treatment of the intestinal tract, colon, rectum, anal canal, and perianal area by medical and surgical means.

What is colo-rectal surgery?

Colo-rectal surgery is a sub-specialty of Gastro-intestinal surgery, specializing in bowel disorders both cancerous, non-cancerous and functional.

Who is a colo-rectal surgeon?

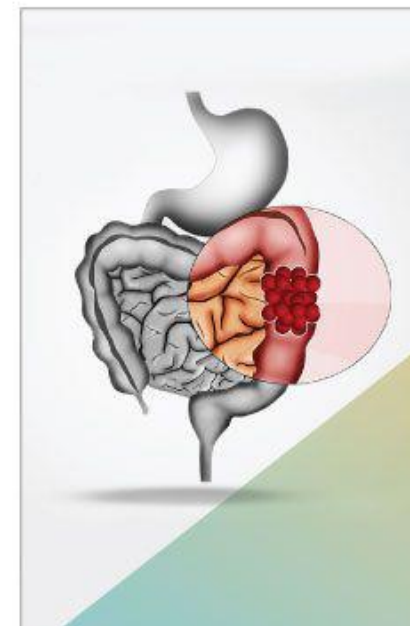
Surgeons of the colon and rectum are experts in the surgical and non-surgical treatment of diseases of the colon, rectum and anus. They have completed advanced surgical training in the treatment of these diseases, as well as training in complete general surgery.

They are dual specialists in general surgery, followed by sub-speciality training in colon and rectal surgery. Sub-speciality examinations make them experts in this field. These surgeons possess the knowledge for the treatment of both benign and malignant diseases of the colon, rectum and anus, and have the ability to perform routine screening and treat these diseases surgically if necessary.

Colo-rectal Cancer Care

The Institute of Colorectal cancers and diseases at Apollo Hospitals, Bangalore is one of India's finest, dedicated centres for management of diseases of the appendix, small bowel, colon, rectum and anus. Organ specific, sub-speciality driven managed based on upto date evidence based medicine. Tumour boards' (Multi-disciplinary team) discussions are an integral part of our decision making in Cancer care.

The Institute offers cutting edge treatments in the management of Primary, locally advanced and recurrent colorectal, pelvic and peritoneal cancers. This is undertaken with minimally invasive tools and technology. In addition to open procedures, Laparoscopic procedures are undertaken routinely. Pelvic exenterational surgery, Cyto-reductive and HIPEC procedures are undertaken for advanced and peritoneal cancers.



Colo-Rectal Diseases

All aspects of benign bowel disorders will be dealt with in addition to functional gut problems and pelvic floor disturbances. Complex proctology – haemorrhoids, complex fistula and fissures are dealt with. A dedicated pelvic floor unit with ano-rectal physiology, Endo Anal USG, Pelvic floor Multi Disciplinary Team and a bio-feedback programme, is first of its kind in the country.

The Institute is staffed by internationally trained and qualified Colorectal Surgeons who offer world-class end-to-end colorectal care. The Colorectal Surgeons at Apollo Hospitals are experts in the surgical and non-surgical treatment of diseases of the appendix, small bowel, colon, rectum, and anus. They have completed advanced surgical training in the treatment of these diseases, as well as full general surgical training. They are well versed in the treatment of both benign and malignant diseases of the colon, rectum and anus and are able to perform routine screening examinations and surgically treat conditions, if indicated to do so.

Beating Bowel Cancer – Together we can.

- Bowel cancer
- Colon cancer
- Rectal cancer
- Anal cancer
- Appendiceal cancer
- Peritoneal cancer
- Pseudomyxoma Peritonei
- Genetics and Colorectal Cancer
- Screening and Surveillance for Colorectal Cancer
- Hereditary Colorectal Cancer
- Anal Intra-Epithelial Neoplasia (AIN)
- Syndromes and Genetic Testing
- Cancer Risk Reduction
- Malignant Colorectal and Anal Disorders
- Inherited Genetic Disorders & Polyposis Syndromes: Diagnosis, Surveillance, Treatment, Genetic services, risk assessment, prophylactic surgery and follow up.



Benign Colo-Rectal Disorders

- Inflammatory bowel diseases: Crohn's Disease, Ulcerative Colitis
- Diverticular Disease
- Polyps in Colon and Rectum
- Tuberculosis of the Bowel
- Pilonidal Disease
- Perineal Hidradenitis

Proctology

Proctologic problems are widely prevalent. Proctology is widely Publicised, but poorly practised.

- Abscess
- Anal Fissure
- Anal Fistula
- Anal Pain / Proctalgia Fugax
- Anal Warts
- Anorectal Bleeding
- Anal Itch / Pruritus Ani
- Haemorrhoids
- Coccydynia
- Peri-Anal Skin Problems

Pelvic Floor Services

We provide a multidisciplinary comprehensive pelvic floor service for the following

- Difficulty Emptying Bowels / Obstructive Defaecation Syndrome
- Bowel Incontinence / Faecal Incontinence
- Rectal Prolapse
- Rectocele
- Obstetric Sphincter Injuries

Following a detailed history and evaluation, diagnostic work-up could include Ano-rectal physiology, Endo-anal ultrasound and defecating / MR Proctograms. This is followed by a multi-disciplinary meeting and treatment. Treatment is predominantly aimed at managing with conservative multi-modal and surgical approaches. The medical management include dietary changes, toileting habits, positioning drugs Pelvic floor exercises and bio-feedback.

Some of the procedures undertaken include Suture rectopexy, Delorme's procedure, Altemeier perineal rectosigmoidectomy, sphincter repairs and recto-vaginal fistula service.

Functional Bowel Disorders

"All disease begins in the gut." – A Healthy Gut is Key to a Healthy You.

It is important that we learn, understand and maintain a healthy bowel for over-all health and wellness.

Some of the common problems faced are:

- Constipation
- Loose stools
- Bloating
- Irritable Bowel Syndrome

Bowel Wellness Clinic

A well bowel leads to well-being. Prevention is better than cure and awareness is a key to seek help. The BWC attends to bowel symptoms and patient concerns. Following a consult, a colorectal diagnostic work up might be taken, if indicated. Otherwise, awareness is created for healthy diet, healthy bowels and a healthy life. The BWC team comprises Doctors, Dieticians and Physiotherapists.

The Bowel Wellness Clinic is open on the 2nd Saturday of the month.

Pelvic Happiness Clinic

Pelvis is an area of joy and pain. Problems related to pelvis are multi-factorial. Problems could be arising from any of the organs Rectum, Anus, Bladder, Urethra, Uterus, Vagina, Tubes and ovaries and pelvic floor. This is a multi-disciplinary clinic involving a colorectal surgeon, urologist, gynaecologist, pain specialist, psychologist and a physio-therapist.

The Pelvic Happiness Clinic is open on the 3rd Saturday of the month.

Stoma Services

In addition to routine stoma care for Colostomy, Ileostomy and Urostomy, complications that ensue as a consequence such as prolapse, retraction, stenosis and hernias are dealt with. Stomal education, Stoma services & Therapies are provided. Stomal appliances are available from our pharmacy. For those troubled by coping with stoma, psycho-therapy services are available.

Joint Colorectal – Gynaeco-Urological Clinic

Endometriosis, obstetric injuries, recto-vaginal fistulae and advanced uro-gynaecological cancers are dealt with.

Life After Cancer Clinic

Cancer treatments are aimed at prolonging the survival. Treatments are not without problems. When this happens, it impacts on the Quality of Life (QoL) of patients. To deal with post cancer therapy complications. The Life After Cancer Clinic team includes doctors, dieticians and psychologists.

We have a Life After Cancer Clinic on the last Saturday of the month.

Conditions dealt include:

- Radiation Proctitis
- Tiredness / Fatigue
- Wound Problems
- Stomal Problems
- Psychological Problems etc.

