

CALENDAR 2024



Appointment
044 2000 2001



Emergency
044 2000 2020

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SIMS Hospitals, Chennai



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2024
JANUARY

Institute of
Orthopaedics

POMEGRANATE NUTRITION FACTS

(One medium size fruit)

CARB - 29 G | CALORIES - 234 G | FIBER - 11.3 G
PROTEIN - 4.7 G | FAT - 3.3 G

Pomegranate contains antioxidants and anti-inflammatory substances. The juice benefit people with inflammatory conditions and diabetes. It also boost digestion and help prevent cancer. This versatile fruit provides important vitamins and minerals, such as vitamin C and copper, along with a healthy dose of fiber.

First to Introduce
Robotic Knee Replacement
Surgery in Tamil Nadu

Joint Conserving Procedures in
Knee correction Osteotomies & Partial Knee
Replacements and Hip Arthroscopy

Advanced Spine Surgery Centre
specialized in Paediatric & Adult
Deformity (Scoliosis and Kyphosis)

Advanced Arthroscopic and
Sports Medicine procedures
for joint and ligament injuries

Treatment for
Multiple Ortho Trauma

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	New Year's Day 1	2	3	4	5	6
7	8	9	10	11	12	13
14	Thai Pongal 15	Mattu Pongal 16	Uzhavar Thirunal 17	18	19	20
21	22	23	24	Thaipusam 25	Republic Day 26	27
28	29	30	31			



Institute of
Oncology

WATERMELON NUTRITION FACTS (Per cup)

CARB - 12 G | CALORIES - 46 G | FIBER - 0.6 G
PROTEIN - 0.9 G | FAT - 0.2 G

Watermelon is 92% water, making it a great choice for hydration. Your food provides about 20% of your fluid intake, and eating water-packed snacks like watermelon can help you avoid subtle headaches and dehydration. It's also a source of potassium and magnesium, two minerals that function as electrolytes to help balance fluid levels and offset excess sodium in your diet.

State-of-the-art
Stem Cell Transplant (BMT) Unit

Comprehensive Cancer care for
solid tumors, Hemato-oncology,
and Pediatric Oncology

Focus on organ-specific
Cancer Treatment

Daycare
Chemotherapy

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
World Cancer Day 4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		



Institute of
Renal Science

A 38-bed Dialysis Unit with
online Hemodiafiltration and
night-time dialysis facility

Specialists for Andrology, Uro-
gynaecology, and Paediatric
Urology conditions, including
Reconstructive Urology

Holmium Laser Technology for
Prostate Renal Stone & Prostate
Disorders (BPH) Robotic Urology

Uro-gynaecology and
Paediatric Urology Conditions
Reconstructive Urology

Patient-centric team approach
for all Endourology procedures
and Renal Transplant

ORANGE NUTRITION FACTS
(One medium size fruit)

CARB - 16.5 G | CALORIES - 73 G | FIBER - 2.8 G
PROTEIN - 1.3 G | FAT - 0.2 G

Oranges are packed with vitamin C, and citrus fruits like oranges have been shown to have anti-inflammatory, antioxidant, and anti-cancer properties. Oranges are wonderful on their own. Oranges, like most other citrus fruits, may help prevent UV-induced skin damage.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 World Obesity Day	5	6	7	8	9
10	11	12	13	14 World Kidney Day	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29 Good Friday	30
31						



2024
APRIL

Institute of
Gastroenterology,
HPB & Transplantation

APPLE NUTRITION FACTS

(One medium size fruit)

CARB - 27.6 G | CALORIES - 104 G | FIBER - 4.8 G
PROTEIN - 0.5 G | FAT - 0.3 G

An apple a day may, in fact, keep your cardiologist away. Evidence has shown that frequent apple consumption may reduce total cholesterol, which can help reduce your risk of heart disease. This is due to the phenolic chemicals contained in apple skins, which are antioxidant compounds that aid in supporting healthy cellular function and good blood flow.

Same-day diagnostic and interventional endoscopy, including
ERCP for Biliary and Pancreatic Disease, Cholangioscopy,
and Endoscopic ultrasound-guided procedures

Day-care surgeries for
many digestive conditions

Robotic Surgery
Bariatric and Advanced
Laparoscopic Surgeries

Solid-state
high-resolution
manometry

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
World Health Day 7	8	Telugu New Year 9	10	Ramzan 11	12	13
Tamil New Year 14	15	16	17	18	19	20
Mahavir Jayanti 21	22	23	24	25	26	27
28	29	30				



Institute of
Critical Care
Medicine

MANGO NUTRITION FACTS (Per Cup)

CARB - 25 G | CALORIES - 99 G | FIBER - 2.6 G
PROTEIN - 1.4 G | FAT - 0.6

Mangoes are a great source of carotenoids, a group of compounds that give yellow fruits their color. One of the benefits of consuming foods with carotenoids is that they are essential for boosting proper immune system functioning. The compounds also have antioxidant properties. Mangoes contain high levels of vitamin C. This nutrient is needed to produce collagen, a type of tissue that gives skin its elasticity and helps prevent wrinkles and sagging.

Specialty-centric ICUs for Neurosurgery
& Neurology, Cardiac & Cardiothoracic,
Orthopedics & Multi-organ Transplant ICU

100 Beds ICU for Medical,
Surgical & Isolation Care

ECMO (Extra Corporeal
Membrane Oxygenation) Unit

Burns Care Unit

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			May Day1	2	3	4
5	6	World Asthma Day7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	World No Tobacco Day31	



2024
JUNE

Institute of
Neuroscience

STRAWBERRIES NUTRITION FACTS (Per cup)

CARB - 11.7 G | CALORIES - 49 G | FIBER - 3 G
PROTEIN - 1 G | FAT - 0.5 G

"Strawberries are an excellent source of vitamin C, which plays a role in immune function and fighting free radicals associated with cancer and heart disease." The strawberry is a beautifully sweet, aromatic, fiber-rich fruit packed with vitamins, minerals, and antioxidants. Strawberries are one of the most well-liked fruits on the market, with a naturally delicious flavor and lots of nutrition to offer. Vitamin C in strawberries has an anti-aging effect and can boost collagen production and tone the skin.

3D C-Arm with Modular OT for
Neuro Interventions, IONM (Intraoperative
Neurophysiological Monitoring)

Comprehensive Parkinson clinic &
Deep Brain Stimulation

Acute Stroke Care & Specialized
Neuro rehabilitation

Centre of Excellence
BONDS Clinic (Botulinum Toxin
in Dystonia & Spasticity)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8 World Brain Tumour Day
9	10	11	12	13	14 World Blood Donor Day	15
16	17 Bakrid / Eid al Adha	18	19	20	21	22
23	24	25	26	27	28	29
30						



Institute of
Craniofacial, Aesthetic
& Plastic Surgery

JAMUN NUTRITION FACTS (Per cup)

CARB - 14 G | CALORIES - 60 G | FIBER - 1.4 G
PROTEIN - 1.4 G | FAT - 0.3 G

Jamun is a tiny, healthy, and nutritious fruit that is rich in various nutrients, namely antioxidants, calcium, phosphorus, and flavonoids. It also contains other nutrients like sodium, thiamine, riboflavin, carotene, fiber, niacin, folic acid, protein, and fat. Jamun helps treat many health conditions, such as heart problems, diabetes, skin issues, infections, asthma, stomach pain, flatulence, and a lot of other medical problems.

24x7 Emergency Services

Hand Injury, Leg & Foot Injury
Facio Maxillary Trauma | Free Tissue Transfer
Replantation of Fingers & Hand | Acute Burn Care
Brachial Plexus Surgery | Peripheral Nerve Surgery

Non-Emergency Services

Aesthetic Plastic Surgery | Aesthetic Gynecology Surgery | Burn Reconstructive Surgery
Breast Surgery | Birth Defect Surgery | Cancer Reconstructive Surgery | Cranio Maxillo Facial Surgery
Cleft Lip & Palate Surgery | Diabetic Foot & Chronic Wounds | Lymphedema & Filariasis Leg
Hand Surgery | Oculoplastic Surgery | Hand, Face Transplantation

Skin Bank - Cadaver Skin
Gender Reassignment
Surgery

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	National Plastic Surgery Day15	16	Muharram17	18	19	20
21	22	23	24	25	26	27
World Hepatitis Day28	29	30	31			



2024
AUGUST

Institute of
Obstetrics,
Gynaecology & IVF

PEARS NUTRITION FACTS

(One medium size fruit)

CARB - 27 G | CALORIES - 101 G | FIBER - 6 G
PROTEIN - 1 G | FAT - 0.3 G

Pears are rich in essential antioxidants, plant compounds, and dietary fiber. They are also free from fat and cholesterol. It benefits a person's digestion, cholesterol levels, and overall well-being. We also know that pears can help control blood sugar and lower your chances of developing type 2 diabetes and stroke. They can even help you digest food better. And, as a bonus, they're a good way to make you feel like you've had a small treat with some added nutrition.

Structured Maternity Program with High-risk Pregnancy Care and 24x7 Labour Ward. Expertise in Assisted-reproductive Technologies such as IUI, IVF, ICSI, FET

Laser Assisted Hatching, Embryo Biopsy, PGT, PGTA, Fertility Preservation for patients undergoing Cancer Treatment

Aesthetic Gynecology

- Surgical and Nonsurgical Vaginal Tightening.
- Labiaplasty & Labial Augmentation
- Vaginismus treatment & PRP

Gynec Oncology, Gynec Urology, Advanced Laparoscopy/Hysteroscopy, Robotic Hysterectomy, Lenshooke X1 PRO - Sperm Quality Analyser, Genetic testing and counseling

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	Independence Day 15	16	17
18	19	20	21	22	23	24
25	Krishna Janmashtami 26	27	28	29	30	31



BANANAS NUTRITION FACTS

(One medium size banana)

CARB - 27 G | CALORIES - 105 G | FIBER - 3.1 G
PROTEIN - 1.3 G | FAT - 0.4 G

Bananas are rich in vitamins, minerals, and fiber, and they contain no fat. Bananas are a rich source of vitamin B6, vitamin A, folate, vitamin C, fiber, magnesium, potassium, carbohydrates, and other important minerals and vitamins that help your body perform critical functions. Bananas contain essential nutrients that may enhance heart health and help manage blood pressure.

Institute of
Cardiac Science

India's First Exclusive
Aortic Aneurysm Centre with
Indigenous Clinical Set-up

State-of-the-art Cath labs,
including a Bi-plane Cath lab
with 4D Echocardiogram

24x7 Cardiologists for
Emergencies with Complex Coronary
Intervention and IVUS Study

Complex Pacing, Physiological pacing,
CRT 2D and 3D Electro Anatomic
Mapping, and Ablation

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	Ganesh Chaturthi7
World Physiotherapy Day8	9	10	11	12	13	14
Onam15	Milad un nabi16	17	18	19	20	21
22	23	24	25	26	27	28
World Heart Day29	30					



2024
OCTOBER

Transplant Services

GRAPES NUTRITION FACTS

(Per Cup)

CARB - 16 G | CALORIES - 62 G | FIBER - 1 G
PROTEIN - 0.6 G | FAT - 0.3 G

Grapes are treasures for essential minerals like potassium, sodium, zinc, calcium, iron, and phosphorus. Rich in vitamins like K, C, and B9, grapes are peerless as a timeless snack. The health benefits of grapes include helping boost heart health, preventing cancer, managing blood pressure, and protecting the eyes. Grapes are also completely free of cholesterol. As a result, they do no damage to your blood vessels.

Liver Transplantation – Adult / Paediatric,
Cadaveric / Living Donor

Renal Transplantation
Cadaveric / Living Donor

Heart & Lung
Transplantation

Hand Transplantation
Corneal Transplantation
Uterus Transplantation

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Gandhi Jayanti	3	4	5
6	7	8	9	10	11 Saraswati Pooja / Ayudha Pooja	12 Vijaya Dashami
13	14	15	16	17 ^o	18	19
20	21	22	23	24	25	26
27	28	29 World Stroke Day	30	31 Deepavali		



Department of
Paediatrics

PAPAYA NUTRITION FACTS
(Per Cup)

CARB - 16 G | CALORIES - 62 G | FIBER - 2.5 G
PROTEIN - 0.7 G | FAT - 0.4 G

Papaya is a good source of vitamins A, C, and E, which play a role in immunity, skin health, and heart health, as well as fiber (especially if you eat the seeds, which some people may find a bit bitter, but they're totally edible). This tropical fruit boasts an impressive list of nutrients.

Neonatology and Paediatrics services offered
24x7 Level 3 Neonatal Intensive Care.
24x7 Paediatric Intensive Care.
Antenatal counseling for high-risk pregnancy

Lactation management clinic.
High-risk newborn and preterm baby care.
Management of all emergency neonatal
and Paediatric conditions

Neonatal and Paediatric surgical conditions.
Paediatric outpatient services • Immunization clinic,
Adolescent and Behavioral Paediatric care,
Growth and Development clinic • Nutrition advice

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					i	2
3	4	5	6	7	8	9
10	11	12	13	World Diabetes Day14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Institute of
Emergency
Medicine

22-Bed Well-Equipped
Emergency and
Trauma Care Unit

Ambulances Equipped with
Advanced Cardiac Life Support
System and GPS Tracker

Partner Medical Internal (PMI),
Boston Trained Doctors, and
Paramedical Professionals

24/7 Acute Neuro Services
Fellowship in Emergency Medicine

EMERGENCY NUMBER
044 2000 2020

GUAVA NUTRITION FACTS

(Per Cup)

CARB - 23.6 G | CALORIES - 112 G | FIBER - 8.9 G

PROTEIN - 4.2 G | FAT - 1.6 G

Guava can strengthen your immune system. It's loaded with many beneficial nutrients, and guava fruit benefits can be attributed to its nutrient profile. It is loaded with vitamin C, lycopene, fiber, and antioxidants. These nutrients can effectively manage diabetes, promote digestive health, and protect the heart.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>World AIDS Day</div> <div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div>	<div>7</div>
<div>8</div>	<div>9</div>	<div>10</div>	<div>11</div>	<div>12</div>	<div>13</div>	<div>14</div>
<div>15</div>	<div>16</div>	<div>17</div>	<div>18</div>	<div>19</div>	<div>20</div>	<div>21</div>
<div>22</div>	<div>23</div>	<div>24</div>	<div>Christmas</div> <div>25</div>	<div>26</div>	<div>27</div>	<div>28</div>
<div>29</div>	<div>30</div>	<div>31</div>				

