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HEALTHCARE

DR DHANISH HITESH PAREKH

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Mandvi Singh

MANDVI SINGH
Managing Editor

DR DHANISH HITESH PAREKH

A Passionate Neurosurgeon Contributing to The Development of Neurosurgery



Dr Dhanish Hitesh Parekh
Consultant Neurosurgeon

Indian neurosurgery has evolved a great deal, developing from its infancy to a high-tech discipline characterized by cutting-edge technology and high concern for patients. As an essential part of contemporary medicine, neurosurgery addresses intricate problems and provides innovative answers in the arena of global medicine. Considerably, with neurosurgical operations becoming increasingly popular across the globe, there are many neurosurgeons to be recognized for their keen contributions to the neurosurgery field. Dr Dhanish Hitesh Parekh is a very skilled neurosurgeon whose career is a testament to his dedication to excellence in patient care, commitment to ongoing learning, and intense passion for contributing to the development of neurosurgery.

A Glimpse into the Educational & Professional Background

Dr Dhanish Hitesh Parekh's academic journey started in 2008 when he joined the Foreign Medical Graduate Education (FMGE) Program at the Davao Medical School Foundation in the Philippines. He graduated in October 2012 with a gold medal award, a reflection of his hard work and academic excellence. While in medical school, Dr Parekh spoke on behalf of his institution at the elite Inter Medical School Physiology Quiz (IMSPQ) competition at the University of Malaya in Kuala Lumpur, which involved competition from 81 medical schools in 24 countries.

After clearing the FMGE examination in India in March 2013 successfully, Dr Parekh attended a DNB program in General Surgery from Poona Hospital and Research Centre and graduated in 2018. Dr Parekh started his career in neurosurgery only when he cleared

the NEET-SS entrance examination in 2019 and got to attend BJ Government Medical College and Sassoon General Hospital. Dr Parekh attained his specialty in neurosurgery in the winter batch of 2022. Subsequent to this, Dr Parekh spent another 9-10 months of rich experience at the same institution prior to becoming an Associate Consultant at Bombay Hospital and Medical Research Center in July 2024, where he practices presently.

Dr Dhanish Hitesh Parekh chose to pursue neurosurgery as a specialty after his rotation in the field during his general surgery residency under the guidance of Dr Sushil Patkar, a renowned pioneer in the field of neurosurgery and an international faculty member of repute. Dr Sushil Patkar's philosophy toward the craft of neurosurgery taught Dr Parekh to follow this demanding but rewarding specialty. He carries a distinct insight to practice, having practiced in both private and government healthcare facilities, which has prepared him to deal with an array of complications that might occur both during and after surgical interventions even when there is no special equipment.

In neurosurgery, Dr Dhanish Hitesh Parekh faces many intricate challenges. He understands that there are risks accompanying each surgical procedure regardless of the complexity. Among the most complex cases he deals with are crano-cervical junction, skull base, and micro vascular surgeries. To counter these complexities, he stresses the need for meticulous preoperative workups, surgical optimization, and optimal patient positioning, which can go a long way in avoiding complications. Dr Parekh is a firm believer in teamwork and humility, frequently asserting that two pairs of eyes are superior to one in dealing with the complexities of neurosurgery.

Good communication and camaraderie are essential within the high-risk domain of neurosurgery. Dr Parekh promotes equality and respect with his surgical staff, addressing everybody including residents and staff nurses from equals to equals. He unequivocally says arrogance does not have a seat in the treatment. By adopting an open, respectful environment, he ensures feedback and wisdom freely get exchanged so the surgery may flow more efficiently.

Prioritizing Patient Safety & Education

Patient education and reassurance are also essential parts of Dr Parekh's practice. He places a strong emphasis on comprehensive counseling and open discussion about the advantages and possible complications of neurosurgical intervention. By explaining the effect of surgery on the quality of life of a patient and detailing the risks of withholding treatment, he empowers patients and their families to make educated decisions. Dr Parekh strongly feels that the ultimate decision must be left to the patient, as coercive intervention is never the solution.

Technological advancements have significantly changed the field of neurosurgery in recent years. Dr Parekh has adopted innovations like neuronavigation, gamma knife surgery, deep brain stimulation, endovascular interventions, and endoscopic surgery. He also uses advanced imaging modalities like intraoperative ultrasound and MRI, and preoperative tractography and functional imaging. These tools aid in preoperative

planning, decrease intraoperative complications, decrease length of stay, and eventually enhance patients' quality of life after surgery.

ACHIEVEMENTS:

- Gold Medalist - MBBS
- Member of Inter Medical School School Physiology Quiz - University of Malaya, Kuala Lumpur

During his practice, Dr Parekh has incorporated and integrated neuronavigation, endoscopic methods, and minimally invasive methods, which have been helpful in improving outcomes of surgery. He sees an Indian neurosurgery future with ongoing improvements in treatment methods and patient care. He believes in the need for continuous education and global collaboration since the exchange of ideas and experiences with colleagues worldwide can bring vast improvements to the field.

Dr Dhanish Hitesh Parekh's accomplishments include winning a gold medal during his MBBS studies and qualifying for the prestigious IMSPQ at the University of Malaya, which consisted of 81 medical schools from 24 nations. He has also added value to the scholastic world with a paper published in the Indian Journal of Surgery, which has been cited in nine more studies around the world. Balancing the demanding nature of neurosurgery with personal life can be challenging, and Dr Dhanish Hitesh Parekh acknowledges that the stress of the profession is not solely.

Future Outlook

Dr Dhanish Hitesh Parekh's future goal will always be towards better patient care. He admits that continuous learning and education in the field from peers, juniors, and seniors will always be his goal. Evaluating and studying every surgical procedure and learning from each complication will always be the standard of his care. **SI**

