

Kidney Stone

Ureteric Calculi with Hydronephrosis

classmate

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Name : Sebastiana Louis Fernandes. Tel [REDACTED]

It was 22nd March midnight I suddenly, suddenly got severe pain which was unbearable I went to Holy Spirit hospital. & got my self checked. I got to know it was kidney stones measuring 9 m.m and 7. m.m. which had got stuck in my ~~urine~~ ureter. Next day I was asked to do many tests which were required for an operation. I got to know about Dr. Sunil Mehra through my friend. When I visited Dr. Sunil before starting the treatment, he explained ~~also~~ how, and since when the stone had started forming for the past 3 to 4 years. He explained the importance of the treatment & the consequences. I saw and heard him patiently and ~~trust~~ trusted him. I strictly followed every instruction given to me and also the diet. After one months treatment

I was surprised when one stone disappeared and the second was now only 6 m.m. I continued the treatment without stopping even for a single day. After 5 mts doctor asked me to do the second sonography I was overwhelmed with joy to know now I had no stone.

I am now advised to continue the medicine for sometime more so that the stone does not reaccure. More than medicine it is Doctor's advise, which you follow, helps you to ~~help~~ heal faster.

One important thing I learnt is trust you doctor and do what ever he says. My eating habits have changed, I ^{now} consume more of fruits. (seasonal) vegetables & less of non-veg. My sleeping habits have also changed.

Today I am 100% cured of my kidney stone. Thanks to Dr. SUNIL MEHRA ^{for} understanding me when

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ever I came to him for any guidance. Even if the clinic is closed it made no difference because he would answer my calls when I was in need.

My trust in Dr. Sunil increased because every doubt I questioned him. He had an explanation to it. No doctors I visited before this, would explain things as why or how. Dr. Sunil takes personal care and is concerned about his patients.

The compounders were very polite whenever asked for an appointment personally or on telephone, and very humble in approach.

I thank Dr. Sunil Mehra for the quick treatment without operation.

Thanks -

Fernandes

Sebastião Louis Fernandes.