

# HEALING HANDS

**DR. RAJESH  
RAJANI,  
CONSULTANT  
CARDIOLOGIST AT  
P.D. HINDUJA  
HOSPITAL AND  
MEDICAL  
RESEARCH  
CENTRE, MUMBAI  
TELLS BINDU  
GOPAL RAO HOW  
HE BALANCES THE  
DIFFERENT  
ASPECTS OF HIS  
LIFE AS A  
CARDIOLOGIST**

**W**hen he was just six-years-old, the word cardiologist was imprinted in Dr. Rajesh Rajani's mind. His mother, a blood pressure patient, had always been in awe of cardiologists and wished that her son would become one too. Being the only son (he has two sisters), Rajesh admits that at that age he was more interested in the field of creative media and was weak in math. "However, with the passage of time, my mother's desire to see me as a cardiologist intensified so I changed tracks and soon got into a medical college. I am

happy I made the right choice though."

Rajesh did his MBBS from Grant Medical College, Mumbai between 1979 and 1983 and completed his MD in General Medicine in 1987. "I came second in Maharashtra in the all India entrance exam to get into King Edward Memorial (K.E.M.) Hospital for a DM in Cardiology - the highest degree in super specialty." In 1990, at a time when it was at a completely nascent stage in India, he proceeded to Melbourne for a Fellowship in Interventional Cardiology.

Having undergone extensive training in Melbourne at the St.

Vincent's Group of Hospitals, Rajesh performed over 8000 coronary angiograms and more than 2000 coronary angioplasties during his stint there. "I stayed there for six years, did intensive training, and returned to Mumbai in 1996." This was when he joined P.D. Hinduja Hospital as a Consultant in Cardiology, marking the beginning of his journey in India. "I headed the department in Mahim for 5 years from 2006 and at present also consult at Breach Candy Hospital," he shares.

Rajesh maintains his connection with education through his role as Asst. Professor of Cardiology at

his alma mater, Grant Medical College, the J.J. Group of Hospitals. "Around 15 years ago, I was the first (in Mumbai) to introduce the concept of doing an angioplasty through the wrist - known as a radial procedure. We set up the first radial lounge where patients sit during the procedure and are discharged after two hours - which was quite a novelty back then." Incidentally, he has completed more than 2000 Trans Radial Interventions today.

Speaking on the new treatment methodologies Rajesh admits that cardiology is now a super-specialty with