

The Heartfelt Chronicles of Dr. Gurbeer Singh Gill. A Journey of Compassion and Conviction

Dr. Gurbeer Singh Gill, the Heart & Diabetes Super-Specialist and the Managing Director of Oxford Hospital in Jalandhar, is celebrated for his ethical approach and proficiency in treating heart and diabetic conditions. Holding distinguished qualifications like MBBS, MD (Medicine), DM (Cardiology) and M.Sc. in Diabetes from the UK, he is recognized for his pioneering methods in managing heart ailments with minimal surgical intervention. Dr. Gurbeer Singh Gill, the Heart & Diabetes Super-Specialist and the Managing Director of Oxford Hospital in Jalandhar, is celebrated for his ethical approach and proficiency in treating heart and diabetic conditions. Holding distinguished qualifications like MBBS, MD (Medicine), DM (Cardiology), and M.Sc. in Diabetes from the UK, he is recognized for his pioneering methods in managing heart ailments with minimal surgical intervention. Notably, Dr. Gill has treated more than 50,000 heart patients without the usage of stents so far.



DR. GURBEER SINGH GILL

MD, OXFORD HOSPITAL, JALANDHAR



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The moment we stepped into Dr. GURBEER SINGH GILL's office at Oxford Hospital, the air was filled with an infectious laughter that instantly shattered the typical, sombre ambiance of a medical facility. Here was a man whose jovial nature was immediately captivating, with the unique ability to spark joy within moments of meeting him. Dr. Gill, acclaimed for his pioneering work in Cardiology and Diabetes, exudes a rare blend of warmth and humour, making it absolutely clear why he is not just respected, but also deeply endeared by those who know him. In a conversation with MONITA Sharma, Dr. Gill unveils his life's journey and purpose.

FROM A DREAMER TO A HEALER

Dr. Gill's story unfolds in the lanes of Jalandhar, Punjab, where his childhood was painted with dreams far removed from the medical world. "Growing up, I was always drawn towards the arts. The rhythm of the 'tabla' and the vivid world of painting captivated me. I even learnt to play 'tabla', and till today, create paintings whenever I get free time," he shares.

Despite not fitting the mould of a typical studious child, young Gurbeer consistently excelled in his academics. He chose to follow in the footsteps of his father, Late Dr. GS Gill – despite his outstanding academic record, and a remarkably high rank in Pre

Medical Test. "My father was more than a physician; he was a true healer. He instilled in me the belief that medicine is about compassion as much as it is about science," says Dr. Gill.

After doing his internships in government hospitals of Punjab, Dr. Gill moved to Bangalore and worked as an Asst. Professor of Cardiology at the prestigious Sri Jayadeva Institute of Cardiovascular Science & Research (Bangalore) before heading to the UK to pursue his MD.

BROADENING HORIZONS: The UK Experience and Returning Home

The chapter of Dr. Gill's life in the United Kingdom stands as a period marked by profound professional development and personal growth. Having done his MD, his tenure within the National Health Service (NHS) provided him with invaluable insights into the standards of medical care in a developed healthcare system. "The professionalism, adherence to ethical standards, and the patient-centred approach in the NHS significantly reshaped my perspective on healthcare," Dr. Gill says.

However, his journey in the UK came to an abrupt end due to personal circumstances that necessitated his return to India. The illness of his father was a turning point that brought Dr. Gill back to his roots. "Returning to India was a decision driven by family obligations and

a sense of duty towards continuing my father's legacy in the medical field," he shares.

This transition marked the beginning of a challenging yet fulfilling phase in Dr. Gill's life. Taking over his father's practice, he was determined to integrate the principles and standards he had observed in the NHS into his work in India. This period was characterised by a dual responsibility: honouring the legacy of his father and implementing the best practices from his international experience to improve the healthcare landscape in his homeland.

A CRUSADER IN WHITE: Confronting Medical Malpractices in India

Upon returning to India, Dr. Gurbeer Singh Gill experienced a profound shock and dismay at the



prevalent medical practices in cardiology. He was particularly taken aback by the rampant and often unnecessary use of stents in treating heart conditions. "I was startled to see cases where simple heartburn, often a result of dietary issues, was misdiagnosed as heart attacks, leading to unwarranted stent placements," Dr. Gill shared, reflecting on the initial phase of his crusade against these malpractices.

"I conducted hundreds of seminars and awareness programs, fully believing that education and spreading knowledge could combat this widespread issue," he recalls. However, the harsh reality was indeed a bitter pill to swallow. "I found that almost every level of the system, from top to bottom, was entangled in this unethical practice for personal gain, be it through commissions or other financial incentives," he reveals.

Instead of being disheartened by this realisation, Dr. Gill's determination only grew stronger. "It became

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evident that the change had to be initiated from the ground up, starting with the patients themselves. It was about doing the right thing, even if it meant standing alone," he asserts. He turned to social media and direct engagement with patients, empowering them with the knowledge and confidence to question

and understand their treatment options. "I am convinced that with persistent and dedicated efforts, we can bring about a significant shift in the approach to cardiac care in India," he adds.

For his Remarkable efforts towards ethical heart care, Dr. Gill got recognized even by the Govt. Of India by being conferred with the Best Cardiologist award by the Union Health Minister himself in 2021. He was also awarded by the Govt. of Punjab (Best Intervention Cardiologist in 2021).

OXFORD HOSPITAL: A Haven of Trust and Ethical Practice

Under Dr. Gill's leadership, Oxford Hospital evolved into much more than a medical institution; it became a place where ethical practice and patient well-being were of paramount importance. "Here, patients are treated like family members. Our philosophy extends



beyond mere medical treatments to holistic healing," he explains.

The impressive statistics of the hospital speak volumes about its success. In the Cardiology department alone, over 1100 successful interventional procedures have been performed including complex angioplasties and life-saving cardiac surgeries. Oxford Hospital includes departments like Neurology, Gastroenterology, Orthopedics, and more. The hospital's Endocrinology department, particularly, has been pivotal in addressing diabetes, a growing concern in the region.

But what truly sets Oxford Hospital apart is its commitment to accessible healthcare. Dr. Gill passionately speaks about this, "We've seen over 100,000 patients, and each one has a story that has shaped us. Our doors are open to everyone, regardless of their financial status. Quality healthcare is a right, not a privilege."

The hospital's community outreach is another aspect Dr. Gill is deeply proud of. "We regularly organise health camps and awareness programs, reaching out to those who might not have easy access to healthcare. Education is just as important as treatment," he says, highlighting the hospital's role in preventive healthcare.

ENVISIONING A HEALTHIER TOMORROW: GOALS AND ASPIRATIONS

"The journey ahead is about expanding our reach and impact," says Dr. Gill about his future plans. His first objective is to address a critical issue in local healthcare - the rampant, often unjustified use of C-section surgeries. "We need to educate both the medical community and expectant mothers about the real necessities of such procedures," he emphasises, highlighting the urgency of this issue.

Another significant aspect of his plan involves tackling a malpractice deeply rooted in Punjab - the unnecessary and prolonged admission of newborns, particularly male infants, in Neonatal Intensive Care Units (NICUs). "This practice, driven by profit rather than patient care, preys on the emotions of parents," Dr. Gill states firmly.

Lastly, Dr. Gill talks about his ambition to ensure that quality healthcare is within a 25-kilometre radius of every city, making it accessible to the wider population. "Healthcare shouldn't be a privilege of the few. It should be a right accessible to all," he says, outlining his plan to establish more centres that adhere to the principles of Oxford Hospital.



INTERNATIONAL RECOGNITION: DR. GURBEER SINGH GILL'S IMPACT IN CANADA



Dr. Gurbeer Singh Gill's medical expertise garnered acclaim in Canada, where he was invited by the Parliament of Ontario to discuss his innovative approach in treating over 21,000 heart patients without stents. This prestigious engagement with Canadian officials, including the Premier and Health Minister, which earned him a standing ovation, highlighted his alternative treatments and preventive measures in cardiology.

DR. GURBEER SINGH GILL EMPHASISES

- Healthy Habits & Regular Checkups: Exercise, balanced diet, and avoiding unhealthy foods.
- Avoid Pollution, if you can: To support respiratory and heart health.
- Emotional Health: Sharing feelings or journaling for stress relief.
- Creative Activities: As therapeutic outlets for mental well-being.

REMARKABLE ACHIEVEMENTS

- Dr. Gill has treated more than 50,000 heart patients without the usage of stents so far.
- 'Best Cardiologist' award by the Union Health Minister in 2021.
- 'Best Intervention Cardiologist' award by Punjab Govt. in 2021
- Holds esteemed degrees in MBBS, MD (Medicine), DM (Cardiology), and M.Sc in Diabetics from the UK.
- Successfully performed over 1100 interventional cardiology procedures.
- Affiliated with prestigious bodies like the Royal Society of Medicine, UK, and the American College of Cardiology.
- International Recognition.

Echocardiography Specialist

50,000+
PATIENTS TREATED WITHOUT STENTS.