



NORTHUMBERLAND HILLS HOSPITAL

NEWS RELEASE – FOR IMMEDIATE RELEASE

Three new doctors welcomed at NHH

NORTHUMBERLAND COUNTY, Wednesday, August 15th, 2012 – The medical team at Northumberland Hills Hospital (NHH) has grown by three this summer, with the addition of two new internists and one general surgeon.

“We are very pleased to welcome Drs. Bhargava, Sharma and Al-Ali to our team,” said Dr. David Broderick, NHH Chief of Staff. “The addition of these highly skilled physicians further enhances local residents’ access to specialized medical care.”

Dr. Mukesh Bhargava: New general internist specialized in cardiology, cholesterol disorders and stroke prevention

NHH presented the right combination of qualities to **Dr. Mukesh Bhargava** when [Health Force Ontario](#) drew it to his attention last year. After a site visit and tour he was quickly convinced that the hospital and the community had just what he was looking for. His wife and business partner Dr. Anuja Sharma (profiled below) agreed, and the couple have since relocated to the area and opened the door to their new venture, IM Care, at the hospital’s 1000 DePalma Drive location in Cobourg.

“We had practiced in a community this size for 11 years, and though we were relocating to be closer to aging parents it was important for us to find something very similar,” Dr. Bhargava said. “We want to practice medicine in an interdisciplinary environment in which the patient is treated as a person, not simply the next case. As physicians, our motto has always been: “we will take care of you, or get you taken care of.” We found the same patient care philosophy here at NHH.”

Dr. Bhargava earned his medical degree in India and completed his residency in New York state before settling in Sanford, Maine, outside Boston, Massachusetts. A general internist, his clinical specialties include cardiology, cholesterol disorders and stroke prevention.

“I offer an adult patient what a pediatrician offers to a child. Adults experience the effects of chronic conditions, such as heart disease, diabetes, breathing problems... but they also have acute situations, such as strokes or heart attacks, which bring them to their hospital. There is an excellent team of medical professionals here at NHH, and state-of-the-art equipment. I work with the team in the NHH Emergency Department and on the hospital’s medical floors to apply my training and experience to the unique circumstances of each patient. Prevention is also an important area of interest for me, particularly stroke prevention.”

Dr. Anuja Sharma: New general internist specialized in dermatology and endocrinology

Like her husband, **Dr. Anuja Sharma** found everything she was looking for in west Northumberland: a welcoming environment, a philosophy of patient care that mirrored her own and proximity to family.

Also an internist, Dr. Sharma's clinical specialties complement those of her husband and lifelong medical practice partner, Dr. Bhargava. She too received her medical degree in India before moving to the US.

"The primary focus of my practice is dermatology, including assessment and treatment of skin cancer, chronic diseases of the skin (such as psoriasis, eczema and acne) and lesions that do not heal. I offer biopsies on an outpatient basis and, for more extensive investigations, I will collaborate with the wider network of general and plastic surgeons in our area."

A secondary area of specialization for Dr. Sharma is endocrinology, specifically thyroid diseases (glandular disorders) and osteoporosis (diseases of the bones). Assessment and investigation of rheumatology (joint) complaints, such as rheumatoid arthritis, is the third focus for her work, including the administration of corticosteroid injections on an outpatient basis.

Dr. Kaes Al-Ali: New general surgeon

The third new addition to NHH's medical team is **Dr. Kaes Al-Ali**. One of three general surgeons operating out of the local hospital, his practice is based from the same Port Hope office as his new colleagues, general surgeons Drs. Andrew Stratford and Haig Basmajian.

Dr. Al-Ali obtained his medical degree in Iraq, where he was also involved in extensive humanitarian work during the Gulf War. He went on to post-graduate education and work in Ireland and Qatar. He completed a second residency in general surgery in Canada at the University of Toronto where he was most recently a breast surgery fellow and clinical associate affiliated with St. Michael's Hospital. Dr. Al-Ali has been recognized with awards for both academic excellence as well as patient care. He is also committed to teaching, and looks forward to working with medical students and nurses at NHH.

Like Drs. Sharma and Bhargava, Dr. Al-Ali was attracted to Northumberland by the friendliness of the community. Speaking of his initial tour of Northumberland, he noted: "I've lived in cities most of my life and I've never been to a place where people greet each other so warmly. It's wonderful." The rural, lake-side setting in close proximity to a major city was also important to him and to his family.

The quality of the amenities available to patients and medical staff alike at NHH was another draw for Dr. Al-Ali. "I was extremely impressed by how well equipped this hospital is for its size. The operating rooms are spacious and very well set up. The building really distinguished NHH from other communities we were considering."

Specialized in breast disease surgery (cancerous and benign), Dr. Al-Ali's interests also include colon and rectal pathologies, whether cancerous or not, including prolapse, diverticulitis, hemorrhoids and fissures. He will perform a broad range of endoscopic and surgical procedures related to this field. Other areas of focus for Dr. Al-Ali will be laparoscopic and hernia surgeries.

All three of NHH's new specialists are now accepting referrals from family doctors. For more information or to schedule a photo opportunity please contact Jennifer Gillard at 905-377-7757 or jjillard@nhh.ca.

About Northumberland Hills Hospital – Located approximately 100 kilometres east of Toronto, Northumberland Hills Hospital (NHH) delivers a broad range of acute, post-acute, outpatient and diagnostic services. Acute services include emergency and intensive care, medical/surgical care, and obstetrical care. Post-acute specialty services (PASS) include restorative care, rehabilitation and palliative care. Mental health care, chemotherapy, dialysis and 16 other ambulatory care clinics are offered on an outpatient basis through partnerships with regional centres and nearby specialists. NHH offers a full range of diagnostic services, including magnetic resonance imaging (MRI), computed tomography (CT) and mammography. The hospital serves the catchment area of west Northumberland County. A mixed urban and rural population of approximately 60,000 residents, west Northumberland comprises the Town of Cobourg, the Municipality of Port Hope and the townships of Hamilton, Cramahe and Alwick/Haldimand. NHH employs approximately 600 people and relies on the additional support provided by physicians and volunteers. NHH is an active member of the Central East Local Health Integration Network. For more information, please visit www.nhh.ca.