

"Gift of life" inspires acts of kindness

"Dr. Haake and Dr. Mendez remind me that good people exist and do the right thing," said Sangeeta Jain. The two physicians treated her for a brain tumor early in 2021, and her family contributed to Regions Hospital Foundation in gratitude for their care.

In January, Sangeeta had an MRI after experiencing a seizure. The MRI revealed a golf ball-sized tumor in Sangeeta's right frontal lobe and an aneurysm on the left-side of the brain. Sangeeta called Bret Haake, MD, a HealthPartners neurologist, who saw her after hours the next day to explain her options. "I felt comfortable with the conversation and treatment plan," Sangeeta said. "My husband and I agreed we would follow everything Dr. Haake recommended."

Two days later, Sangeeta received a call from Alejandro Mendez, MD, a HealthPartners neurosurgeon, at 6:30 in the evening. "He spent one and a half hours outlining the plan. It was amazing."

On February 1, Sangeeta underwent major surgery to remove the tumor and address the aneurysm. "It was very successful," Sangeeta said. "I was calling everyone I knew two hours after surgery." Sangeeta was walking the next day, and two days later she was almost fully functional.

Sangeeta is incredibly grateful to Dr. Mendez for the success of the surgery, including the care he spent minimizing scars. "You can't see that anything happened," Sangeeta said.

"I'm an ordinary woman of Asian descent. I couldn't have received any better care if I was the queen of England. The world is better because we have individuals and a culture like the one at Regions Hospital that want to help everyone who needs help. Every moment in their care I felt safe, comfortable and respected."

Two months after major brain surgery and Sangeeta is golfing, biking and playing table tennis. "I'm doing everything and I'm doing it better," she said. "I'm running my husband ragged."



Sangeeta Jain visits with Bret Haake, MD, and Alejandro Mendez, MD, outside the HealthPartners Neuroscience Center.

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"The efforts of my care team at Regions gave me this chance to survive and lead a quality life. It must have some meaning," Sangeeta said. She uses the word "munificence" to describe the care she received at Regions. "It exemplifies the culture of generosity, of giving without expecting anything in return. This generosity of spirit rekindled my passion to make the world a better place."

Every day, Sangeeta now makes a conscious effort to perform small acts of kindness and to appreciate the world's beauty. Her family implemented a charitable program through their business to improve children's lives, fostering a love of giving among those around them. The family's contribution to Regions Hospital Foundation supports Little Moments Count, a campaign that builds community awareness regarding the importance of early brain development and what people can do, even in little moments, to support young children and their families.

"My family and I are grateful to Regions for the gift of life I received," Sangeeta said. "I am determined to give back with the same generosity, kindness and love to the world around me."