

Understanding Neurosurgery

Neurosurgery is a branch of medical science that deals with surgical aspects of the nervous system. The nervous system includes the central and peripheral nervous systems. The brain and the spinal cord constitute the central nervous system, while nerves and sensory receptors of end organs like skin, eyes, ears, etc. constitute the peripheral nervous system. Surgeons who perform neurosurgery, i.e. broadly surgery on the brain and spine are called Neurosurgeons.

WHAT WE TREAT :

Like any other branch of medicine, the neurosurgical technique has evolved with the advent of microsurgical techniques and endovascular interventional techniques, and many pathologies which had dismal prognoses previously now have a better outcome. We offer treatment for all brain and spine-related diseases.

BRAIN PATHOLOGIES LIKE:

- Head injuries (EDH, SDH, Depressed fracture, Diffuse Axonal Injury)
- Superficial and skull base brain tumours (Glioma, Meningioma, Acoustic schwannoma, Pituitary tumours, etc.)
- Hypertensive brain haemorrhage
- Aneurysm rupture (Clipping/Coiling)
- AVM/AVF bleed (Excision/Embolisation)
- Acute ischemic stroke (Mechanical thrombectomy for LVO/Intracranial stenting for ICAD)
- Hemifacial spasm
- Trigeminal neuralgia
- Hydrocephalus

SPINE PATHOLOGIES

LIKE :

- Spine trauma
- Spinal tumour
- Degenerative spinal diseases (Disc prolapse, Spinal canal stenosis, Listhesis etc.)
- Cranio Vertebral Junction anomalies
- Congenital spinal malformations (Meningocele, Myelomeningocele, Lipomyelomeningocele, Tethered cord syndrome etc.)

HOW WE TREAT :

Conventional surgery on the brain is called a craniotomy, which involves opening the scalp and drilling and cutting the bone beneath to gain access to the brain and deal with the pathology. This is done mainly for pathologies like brain trauma, brain tumour and vascular lesions. In some cases, only a burr hole is made on the skull and a tubing (EVD or shunt) is inserted to deal with hydrocephalus or intra-ventricular haemorrhage. Recent advancements include access to some regions of the brain via an endoscope. Also, endovascular techniques (coiling, stenting, mechanical thrombectomy, embolisation, etc.) have shown promising results in vascular ailments with the advantage of being minimally invasive.

Likewise, spine surgery also has shown advancement in progressing from open traditional surgeries like laminectomy to

minimally invasive techniques via microscope and endoscope. Even fusion and fixation can be done via minimally invasive techniques.

Our surgical armamentarium at Aadicura includes high-end operating Leica microscope, Medtronic drill, minimally invasive spine surgery set, Philips Cath lab with 3D rotational angiography, Karl Storz 4k endoscopy system, modular operation theatre with C arm and we are backed by state of the art ICU and rehabilitation team.

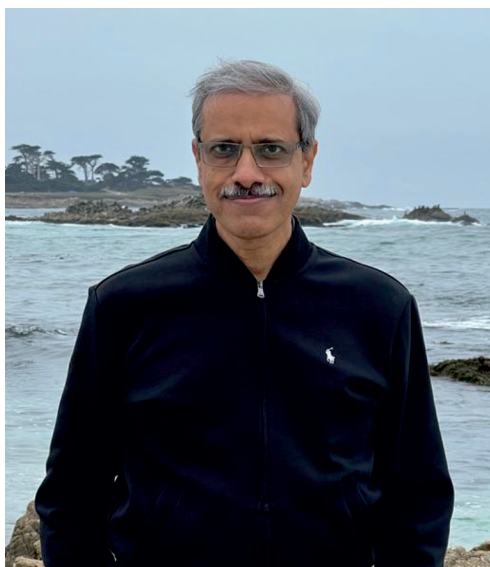


Dr Sandip Mavani
Neurosurgeon

Dr Ashish Desai
Neurosurgeon



“ At Aadicura, a team of two full-time Neurosurgeons, with a patient-first approach are committed to the safety and well-being of our patients. ”



LAUGH - IT KEEPS YOUR CORONARIES CLEAN

Dr Apurv Vaidya, Cardiothoracic Surgery

Dr Apurv Vaidya is a highly accomplished and experienced professional who has performed a wide variety of surgeries on the heart and lungs for more than 26 years. His contribution in the field of cardiothoracic surgery is notable and his vast experience speaks volumes for his perseverance to give the best possible results and patient satisfaction.

Over the years there has been a decline in the number of Chest and Lung surgeons in our country but Dr Vaidya is one of those rare surgeons who continues to practice both these branches of surgery (cardiac and thoracic) with equal élan and expertise.

1. Why did you choose to become a doctor as your career path?

I come from a family of doctors and both my parents are doctors. I have always looked up to them as my heroes and idols. Choosing medicine as a profession was the most natural and logical path for me.

2. Why did you choose your area of speciality?

Since childhood and to this date, I have had a deep interest in automobiles, especially the engine. No wonder, I was drawn to one of the most efficient and amazing engines (the human heart) Mother Nature has made.

3. How do you keep up with changes in medicine and healthcare trends?

By reading about new developments in my field, attending conferences and having discussions with colleagues and seniors and never being afraid to ask a question.

Being a part of professional WhatsApp groups, visiting relevant speciality websites and watching surgical videos on YouTube also helps a lot (positive use of social media).

4. What is the best medical success story of your career so far?

Every patient going home satisfied, in a given time and given budget and



returning back to his / her routine life and enabling them to enjoy their life to the fullest is a success story for me.

However, my most memorable case was that of a severely breathless 35-year-old lady from whose chest I removed a massive 7 kg tumour. She went back to her routine life subsequently.

5. If you were to describe yourself in three words, what would they be and why?

It's WWW

Warm: I love interacting with people and being warm always improves the quality of conversation.

Wise: I have learned so much from my own mistakes.

Witty: Laugh, it keeps your coronaries clean.

6. Being a doctor can be very stressful. How do you practice a healthy balance between work and your personal life?

I am not a proud workaholic. I keep my

requirements minimal, so I have lots of quality spare time to spend with my family and myself.

7. In your opinion what makes Aadicura Hospital unique and different?

Aadicura Hospital is a rare blend of compassion and quality when it comes to patient care. The amazing array of superbly talented and dedicated doctors and staff make it a preferred destination for quality medical care.

8. Being a doctor what is that one thing you will never support?

Not one, but three things I strongly disapprove of - Tobacco - not even a puff, Alcohol - not even a drop and Drugs - not even a snort.

9. Name a book that has influenced you the most.

Who Moved My Cheese by Dr Spencer Johnson. This book has motivated me to keep changing with changing work scenarios and not to stagnate.

10. Share your mantra for success.

Hard work (put in your best effort for the patient),

Teamwork (surgery is a team sport like cricket and not a solo sport like tennis)

Homework (read, think, discuss - come well prepared for the surgery)

STAR PERFORMERS



Ms. Leena Mane
Customer Care
Employee of the Month



Ms. Dhara Patel
Nurse
of The Month



Ms. Jalpa Varia
Nurse
of The Month



Ms. Laxmi Shinde
Multi-tasking
Employee of the Month



Dr. Hetal Padsala
Doctor
of the Month



Mr. Manoranjan Parida
Non Clinical
Employee of the Month



Mr. Mahesh Bhaliya
Non Clinical
Employee of the Month

DEPARTMENT OF THE MONTH **4th Floor (North)**

NEVER LOSE HOPE IN LIFE - MIRACLES DO HAPPEN // Success Stories

This month, we would like to share the story of a patient who was in the hospital for nearly 4 months with 80% of the total stay in the ICU. Generally, in critical care (ICU) we treat patients who have severe primary illness, and involvement of multi-organ & multi-organ failure. Multi-organ failure patients require comprehensive care with a multidisciplinary approach.

The patient is a 49-year-old lady with hypertension and a history of pancreatitis. Generally, pancreatitis is self-limiting & resolves gradually with supportive medication in a week but in some cases, it may be life-threatening.

Our patient was admitted with complaints of abdominal pain, distension, respiratory distress, fever, nausea and vomiting. On further evaluation diagnosed to have severe necrotizing pancreatitis with sepsis. Initially managed with antibiotics, IV fluids, albumin & other supportive medication. But her health deteriorated with more complications. She was not able to tolerate any food orally so given nutrition through the intravenous route. Pancreatitis was not settling down and the fluid collection also increased so the surgeon decided to remove necrotized pancreas by surgery. But because of severe nutritional deficiency and muscle weakness, she was unable to wean off from mechanical ventilation. She was also diagnosed with hyperparathyroidism. However, in spite of her long stay in the ICU, our patient did

not develop bed sores which is a testimony to the dedicated & passionate ICU nursing care.

Her family sought out a second opinion and shifted her to Ahmedabad but eventually, they came back to us. This was the second challenge we had to manage - patient with an operated c/o pancreatic necrosectomy, parathyroidectomy, k/c/o chronic pancreatitis, hyper parathyroidism with intra-abdominal sepsis, operated wound sepsis, completely bedridden on the ventilator for a month, nutritionally hampered with multiple tubes/device in situ and multi-drug-resistant bugs in many parts of her body.

For the next 3 months, we approached this case with meticulous and dedicated teamwork. Subsequently, she grew many resistant bugs that were responding to only a few antibiotics. With our ICU & dietician team, a diet plan was designed according to her need and tolerance. We could wean her off the ventilator which she was dependent on for over 2 months. It was a lot of hard work to get her health and strength back to a shape where she could survive without any machine assistance. Aggressive physiotherapy, a healthy diet and dedicated nursing care made this possible.

However, despite our best efforts, the patient did not respond well to tracheostomy tube removal, hence we had to discharge her with the tube in situ. But hers is a story of grit, strong willpower and



Dr RaviRaj Singh Gohil
Critical Care Specialist

the immense faith of her family in our team.

In a complex case like this, it is impossible to succeed without expertise and a committed team effort. This was a joint effort made by multiple specialities such as critical care, gastro medicine and surgery, endocrinology, cardiac and pulmonology, physiotherapy and nutrition departments. To see our patients return home with a smile on their faces is an award each one carries in our hearts.



WHAT MAKES WORKING AT AADICURA HOSPITAL FULFILLING?



// Helping Hands



MR ARKA PAL
Customer Service
Manager and
Internal Trainer

At Aadicura I get the best platform to serve people who not only need medical treatment but also require a lot of love and care. My role and responsibility here are exciting and challenging at the same time. As a superspeciality hospital, Aadicura offers me the best opportunity to fulfil my passion



**MS DHARMISTA
GOSWAMI**
Floor Coordinator

Aadicura Hospital is typically a large workplace that is part of a much broader network of facilities. This setup provides professionals with variety in their day-to-day experiences. We are proud to be Aadicurians.



MS NILAM PAVAR
Patient Care
Attendant

I have learnt a lot personally and professionally while working at Aadicura. The feeling of being able to support and help people in need and learning new things is what is the most fulfilling thing for me

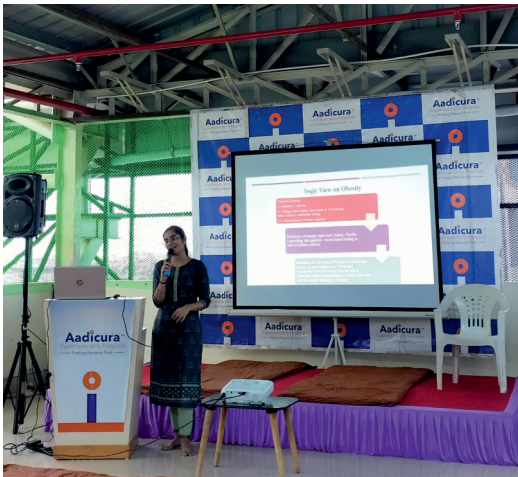
EVENT GALLERY

DOCTOR'S DAY (1ST JULY, 2023)



On 1st July, Aadicura Superspeciality Hospital celebrated Doctors' Day with great enthusiasm and camaraderie. The event was marked by a perfect blend of fun and knowledge-sharing activities. Doctors actively participated in various games, fostering a sense of unity and relaxation among them. An informative session on Personal Financial Health was the highlight of the celebration. A distinguished expert Chartered Accountant enlightened the doctors on the importance of managing their finances effectively. Overall, the Doctors' Day celebration at Aadicura Superspeciality Hospital provided a much-needed break from the rigorous work routine while empowering the doctors with valuable insights to build a strong financial foundation.

BARIATRIC SUPPORT GROUP MEET



A specially curated 'Bariatric Support Group Meet' was organized by Dr Pankaj Khandelwal and his team at Aadicura Superspeciality Hospital. The participants were provided with meaningful insights on post-bariatric surgery health care. A special Yoga session by Dr Ritu Shewani from Nisargoupchar Kendra was conducted to address Yoga and its benefits.

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— Putting Patients First —

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