

Aadicura Cares

Edition 2023 | July | Issue 04

MONTHLY NEWSLETTER

GI, BARIATRIC & LAPAROSCOPIC SURGERY

// Department Speciality

UNDERSTANDING THE GASTROINTESTINAL SYSTEM (GI)?

This GI system has three main functions: transportation, digestion, and absorption of food.

GI doctors are specialists who diagnose and treat conditions related to the digestive system, which includes the oesophagus, stomach, intestines, liver, pancreas, and gallbladder. They help their patients achieve optimal digestive health.

Gastrointestinal (GI) Surgeons are specialists who are skilled in performing advanced and complex surgeries on the digestive system by Minimal Access Surgery (MAS) techniques like laparoscopy and robotic techniques.



Dr Minal Patil • Dr Pankaj Khandelwal • Dr Ankur Tiwari

WHAT IS BARIATRIC SURGERY?

Gastric bypass and other weight-loss surgeries known collectively as bariatric surgery involve making changes to your digestive system to help you lose weight. It is typically done only after one has tried to lose weight by improving their diet and exercise habits.

WHY CHOOSE AADICURA?

Aadicura Hospital has one of the most experienced teams for obesity management. We have a team of endocrinologists, a nutritionist, a bariatric surgeon, a bariatric endoscopist, bariatric anaesthetist, for comprehensive obesity management. Our team has been a

pioneer in bariatric surgery in the region and has wide experience in managing obesity in patients.

The treatment is done by an experienced team with the expertise of the latest technology in an affordable way. Our team comprises eminent doctors **Dr Pankaj Khandelwal, Dr Ankur Tiwari and Dr Minal Patil** who have a wide experience in surgery.

We are an advanced centre of treatment well equipped with the latest technologies to give better patient outcomes in terms of pain management, rare post-operative complications, quicker recovery and improving disease outcomes.

Our doctors routinely perform complicated gastro-surgeries like complex pancreatic surgeries, Liver and Shunt surgeries, Gastrointestinal Cancer surgeries, Colo rectal & small bowel surgeries, Complex hernias, and revision bariatric surgeries.

OTHER FACILITIES

At Aadicura a patient receives the best perioperative care due to synchronous efforts of various allied departments like critical care (ICU), Vascular Surgery, Cardiology, Pulmonology, Nephrology, Physiotherapy & Interventional Radiology departments.

HIGHLIGHTS

- Pioneer department of laparoscopic GI surgeries in South and Central Gujarat for the last **25 years**.
- The first Bariatric surgery centre in Central Gujarat with more than **17 years of experience**.
- **Comprehensive Bariatric care** with non-operative, endoscopic and surgical options for weight reduction.
- Equipped with the **latest and best equipment** for advanced laparoscopic surgery.





TIME MANAGEMENT IS VERY IMPORTANT

Dr Hardik Shah, Consultant Interventional Pulmonologist

Dr Hardik Shah is a well-experienced Pulmonologist, Critical Care, and Sleep Breathing Specialist with an experience of nearly a decade. He did his fellowship in Advanced Bronchoscopy from Tata Hospital in Mumbai and has worked as a Clinical Assistant in the Dept. of Respiratory Medicine, at Bombay Hospital as well as Clinical Assistant in an Intensive Care Unit of Hinduja Hospital, Mumbai. Dr Hardik Shah's practice is dedicated to providing compassionate care to patients with all types of lung diseases. He believes in humanity and always leans towards helping society.

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

I selected medicine because of my interest and likeness to work in health science. It gives me immense joy to help those who have poor health conditions. There's immense pleasure in being able to cure a patient and to see them smile once they are disease-free.

2. Why did you choose your area of speciality?

The pulmonology branch deals with all problems related to the lungs. Breathing is such a vital function of a living body and you cannot imagine how painful it can be if you have severe coughing or shortness of breath that limits your potential. I feel blessed that I can be of help and service to my patients.

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

The life of a doctor is like that of a school student - there's constant learning. We have to be in touch with the current trends and latest technologies in our field to remain relevant. I like to upgrade and update myself through medical journals, medical conferences and guidelines.

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

I remember this one case when a patient came with acute shortness of breath and respiratory distress and was not able to walk even ten steps. He wasn't even responding to the inhaler prescribed by his previous doctor. After a thorough investigation, I realised that he had severe narrowing of the windpipe (Trachea) that required immediate attention. After



explaining the risks and possibilities to his relatives, we performed an operative procedure through bronchoscopy and saw good results. He is still in follow-up and showing improvement. This explains why an inhaler is not for all patients complaining of breathlessness.

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

Empathy, dedication and sincerity.

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

Time management is very important. Except for emergencies, I keep a schedule for OPD/OT and rest work. I try to spend time with my family and maintain an exercise routine.

7. In your opinion what makes Aadicura Hospital unique and different? Aadicura is a specialized hospital that offers high-quality personalized care with patient-centric approach. Here you are taken care of by experienced superspecialists who are full-time committed to this place. The inter-departmental communication between superspecialists is seamless and that makes patient care exceptional.

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

Mental stress

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

The Emperor of All Maladies by Siddhartha Mukherjee

10. Share your mantra for success.

Hard work, time management and keeping an eye on your goal.

STARPERFORMERS



Mr Rajendra Borasi
Best Paramedical Staff
OT Department



Ms Jaya Sapkal
Nurse of the Month
Nursing Department



Ms Mansi Makwana
Nurse of the Month
Nursing Department



Ms Payal Thakkar
Employee of the month
Billing Department



Mr Jagdish Harijan
Best Multitasking Staff of
the Month- Multitasking



Ms Bhavisha Mehta
Employee of the month
Front Desk



Ms Suman Tyagi
Best Outsourced Employee
GSS Security Services

DEPT. OF THE MONTH



CATH LAB

TREATING A CHILD WITH COMMINUTED FRACTURE OF THE TIBIA

// Success Stories

One of the reasons why we document and share medical success stories is to inform the audience of possible solutions at the time of extreme distress. Timely medical intervention can be a game-changer, especially in an emergency case.

At Aadicura, we treated an accident case where a 13-year-old child survived a compound injury due to a rollover of a four-wheeler. A compound injury or open fracture, is an injury that occurs when there is a break in the skin around a broken bone. This type of fracture is more severe than a simple fracture and carries a high risk of infection as the fracture site is exposed to outside dirt and bacteria.

The patient came to us with a comminuted fracture of the tibia with a degloving injury involving the left leg. The term comminuted fracture refers to a bone that is broken in at least two places.

Our highly-skilled doctors - Dr Vivek Parikh and Dr Chirag Patel - and their



After Xray



Before Xray



After Healing

teams managed a successful surgery on the same day for a fractured tibia with a nail and external fixator. Even the skin tagging was done. After visible demarcation of dead skin, debridement and Biodegradable Temporising Matrix (BTM) dressing was done. BTM is a synthetic polyurethane dermal matrix used to reconstruct complex wounds for faster healing. Interesting to note that this was for the first time in Gujarat that artificial dermis was used on a patient. After 3 weeks of new growth in tissue in the synthetic material, a skin graft was kept. Traditionally this injury was treated with simple skin graft or flaps, but artificial BTM acts as an interface between skin and underlying muscle, which over a period becomes a part of the body/dermis as being biodegradable and so compared to graft will not move with muscle contraction additionally will give better cosmetic appearance.

EVENT GALLERY

INTERNATIONAL YOGA DAY (21 JUNE, 2023)



On June 21st, Aadicura Superspeciality Hospital celebrated International Yoga Day with great enthusiasm. The event aimed to promote physical and mental well-being among staff, employees and resident doctors. Employees gathered in the town hall and an expert yoga instructor guided everyone through various yoga asanas and breathing exercises. The atmosphere was filled with positive energy and a sense of unity as everyone came together to embrace the healing power of yoga. It was a memorable celebration that highlighted the hospital's commitment to holistic healthcare.



MR DHWANIL DALAL
Asst General Manager
Human Resources



WE SERVE TO SAVE LIVES

// Helping Hands



MS DOLLY GANDHI
Asst Manager
Purchase and Inventory

What made you choose the healthcare industry?

The growth rate in this industry is considerably higher compared to other professions. A career in healthcare could grant you access to more opportunities, a greater earning potential and the chance to move up to your goals.

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

Enthusiastic, confident and friendly is how I'd describe myself. My enthusiasm for healthcare allows me to stay motivated and find meaning in what I do. Self-confidence helps me recognize my abilities while also knowing that there's room to learn more.

What makes working at Aadicura Hospital fulfilling?

Working here will allow you to help others while earning remuneration. You may even be helpful in saving a life - directly or indirectly. In either case, you are certainly contributing to changing lives and leaving an impact on families.

Share a life mantra that you live by.

I believe: Yesterday is history, tomorrow is a mystery but today is a gift. That is why it is called the present. So, live in the present.

What made you choose the healthcare industry?

Since my childhood I believed that not all superheroes wear capes, some of them wear surgical masks and stethoscopes. A doctor is considered God on earth and nurses are the angels of the healthcare industry while the non-medico staff is really the backbone that keeps the foundation strong. I chose this industry because I wished to serve my nation and contribute meaningfully. This job gives me immense satisfaction.

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

Adaptable because I am quick to adapt to changes and respond well to challenges. Enthusiastic because it allows me to stay motivated and positive in life. And honesty helps me recognize my self-worth and builds confidence.

What makes working at Aadicura Hospital fulfilling?

Aadicura Hospital allows me to help others while fairly compensating me. I am thankful to Aadicura Hospital for giving me a chance and believing in my potential.

Share a life mantra that you live by.

Gratitude towards the universe changes everything. I believe in spreading kindness and compassion.

- **Stay Hydrated:** Drink plenty of water and keep yourself well-hydrated for the increased humidity and sweating.
- **Eat Fresh and Clean Food:** Consume freshly cooked meals and avoid eating street food or raw salads that may have been exposed to contaminated water.
- **Wash Fruits and Vegetables:** Thoroughly wash all fruits and vegetables with clean water before consuming them to remove any dirt or potential contaminants.



- **Boost Your Immunity:** Include immune-boosting foods in your diet, such as fruits rich in Vitamin C (lemons, oranges, guavas) and vegetables like bell peppers and broccoli.

- **Prevent Waterborne Diseases:** Drink boiled or filtered water to avoid waterborne diseases like cholera, typhoid, or diarrhea. Avoid consuming water from unreliable sources.
- **Protect Against Mosquitoes:** Use mosquito repellents, wear long-sleeved clothing, and sleep under a mosquito net to protect yourself.

Aadicura™
Superspeciality Hospital
— Putting Patients First —

Windward Business Park, Jetalpur Road, Vadodara
Book an Appointment : +91 89805 53311 / 7711

Book an appointment & enter into the world of patient-centric healthcare

Emergency 24/7 : +91 89805 58811

Our ASC Clinics :

Anand | Bharuch | Dahod | Godhra

contact@aadicura.com

www.aadicura.com

