

Aadicura Cares

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MONTHLY NEWSLETTER

UNDERSTANDING THE BASICS OF ORTHOPAEDIC SURGERY

Orthopaedics focuses on the treatment of the musculoskeletal system. This system includes muscles, bones, joints, ligaments and tendons.

Over the past decade, Orthopaedic surgery has seen many innovations such as minimally invasive trauma surgery, arthroscopy, minimally invasive spine surgery and joint replacement surgeries which have shown dramatic improvements and positive outcomes for patients with musculoskeletal disorders. As a result, conditions that were once considered inoperable or untreatable are now successfully treated by our specialists with an improved quality of life.

WHO NEEDS AN ORTHOPAEDIC SURGEON CONSULTATION?

- Fracture (Broken bone) OR Dislocation due to injury or fall or accident
- Arthritis - Osteoarthritis, Gout, Rheumatoid Arthritis OR Other Systemic Arthritis
- Spine Injury
- Back pain / Neck pain / Disc problem / Sciatica
- Joint pain / Swelling / Crepitations
- Tendon OR Ligament Injury
- Nerve Injury - Wrist drop, Foot drop, Brachial Plexus Injury
- Osteoporosis / Weak bones
- Radicular pain in the Legs, Arms, Hands
- Shoulder problem - Frozen shoulder, Stiffness, Weakness, Instability, Cuff tear, Impingement
- Elbow problem - Instability, Tennis / Golfer elbow

- Knee problem - Pain, Swelling Ligament Injury (ACL/PCL/collateral), Meniscus Injury, Instability, Stiffness
- Ankle problem - Instability, Loose body
- Heel pain, Foot pain, Flat foot
- Compressive neuropathy - Carpal Tunnel Syndrome, Tarsal Tunnel Syndrome
- Hip Joint - Labrum tear, Avascular necrosis, Femoroacetabular impingement
- Deformity of Joints - Varus / Valgus / Malunion / Shortening
- Paediatric deformity - Hip Dislocation, CTEV, Cubitus valgus, SCFE, Bow Legs, Knock Knee, Perthes Disease
- Wrist - Ganglion enosynovitis, Trigger Finger / Thumb
- Scurvy, Rickets, Osteomalacia - Vitamin C OR D deficiency
- Fracture complication - Non-union / Malunion / Compartment Syndrome
- Infection - Osteomyelitis, Tuberculosis, Septic Arthritis
- Patients advised for joint replacement surgery
- Patients advised for arthroscopy surgery for Ligament injury, Cartilage damage, Arthritis OR Instability
- Patient advised for spine surgery - Fixation / Disc surgery / Minimal invasive spine surgery

WHY CHOOSE AADICURA

At the Department of Orthopaedics, we understand that every patient is unique. That's why we offer personalized

// Department Speciality



Dr Vivek Parikh
Orthopedic surgeon



Dr Chirag Patel
Orthopedic surgeon

treatment plans tailored to each patient's specific needs and goals. We also offer a range of minimally invasive procedures, which allow for faster recovery times and less pain than traditional surgery.

At Aadicura, the Orthopaedics department offers comprehensive care for all types of musculoskeletal conditions, including fractures, joint replacement, sports injuries and spinal disorders.

Our experienced team of orthopaedic surgeons, physiotherapist, and nurses are dedicated to providing the best possible care to our patients. We are equipped with state-of-the-art facilities and equipment including advanced imaging technology, operating rooms and rehabilitation facilities.

Our collaborative approach ensures that patients receive comprehensive care. We work closely with other departments in the hospital, such as physical therapy and pain management, to ensure that our patients receive the best possible care. Patient education is a top priority for us. We educate patients on their illnesses, treatment options, and how to prevent future injuries is how we help them.

Finally, we are proud to be involved in ongoing research and innovation to improve patient outcomes and advance the field of orthopaedics.



NEVER BE MOTIVATED BY THE RESULTS OF YOUR ACTIONS

Dr Ankur Tiwari, Laparoscopic GI, HPB & GI Cancer surgeon

Dr Ankur Tiwari is an expert in Laparoscopy & gastro-surgery and has worked as a Consultant Laparoscopy & GI Surgeon at reputed hospitals. He was awarded 4 Gold medals during his Surgical Training in Mumbai for showing excellence during postgraduate training and holding First Rank in the University. He was also awarded the sponsored Fellowship to visit Gastro-oncology & Robotic GI Surgery Dept in South Korea.

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

Since childhood, I was fascinated by this profession. I believed that as a doctor one can actually make a difference in the life of many. When I grew up I found myself learning science subjects more effortlessly and developed a deep interest in Biology, which ultimately impressed me to choose medicine as a career.

Why did you choose your area of speciality?

While studying medicine I developed an interest in abdominal organs and their function. During my post-graduation in General Surgery, I got a chance to work in all subspecialties (like Neurosurgery, Urosurgery, Cardiac Surgery, and Plastic Surgery) on a rotation basis and I found myself more interested in Gastrointestinal Surgery. The choice to pursue further training in this sub-speciality became obvious then.

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

I attend annual conferences on the subject where we get a chance to discuss our experiences and get insights from seniors & colleagues to learn and improve patient outcomes. Besides this, I read articles regularly from authentic medical sources on the internet.

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

Out of quite a few stories, I would like to mention the story of a young individual



who drank corrosive poison causing injury to his food pipe and he couldn't eat or drink anything. His life had gone miserable and his family was suffering too. After this episode, he attempted suicide twice, with the intention of setting his family free of misery.

We examined and assured him that he will be able to live a full life. With this faith, we attempted a surgery of replacing the food pipe (oesophagus) with a tube of the large intestine (colon) and joined it with the neck portion bypassing the food pipe and removing the stomach which was diseased.

The surgery was long and risky. It went well, the patient started recovering and over a period of 2 months, we trained him to eat and drink through this new route. Today he is living a normal life and supporting his family. I feel in this case, not only this young man but his entire family has got a new life, new zeal to live happily.

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

Calm - I am generally patient while dealing with patients, especially during surgeries. Confident - I believe a surgeon has to be confident to take many vital

decisions for patients boldly and perform surgery on them. Empathetic - While treating a patient it is important to understand their suffering in order to treat them better.

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

I prefer spending time with family & friends. It acts as a stress-buster. Besides this taking short holidays really helps in rejuvenating my mind and soul.

In your opinion what makes Aadicura Hospital unique and different?

It is a unique setup of best-in-class doctors getting together and giving high-quality treatment with best-in-class equipment at affordable costs. I am sure our patients and their families can feel us, standing together with them throughout their tough times at Aadicura hospital.

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

Professional stress, unhealthy lifestyle and eating habits are something I do not support. Cutting down family time for long work hours is not a healthy life approach.

Name a book that has influenced you the most.

"Big 5 lessons" by Dr Sanjiv Haribhakti.

Share your mantra for success.

Never be motivated by the results of your actions. Do your job in a way that gives you full satisfaction and don't bother about the outcome.

STAR PER



Mr. Sushil Pal
Employee
of the Month



Ms. Megha Bhavsar
Best Employee
in Customer Care



Ms. Falguni Chikhale
Best Employee
in Customer Care



Ms. Jyoti Rana
Nurse
of the Month



Ms. Suhanaben Khristi
Nurse
of the Month

REPEATED UTI DUE TO A NOT-SO-RARE COMPLICATION

Recently at Aadicura hospital, a 65-year-old lady with a known case of diabetes, heart disease and peripheral arterial disease was admitted for a Urinary tract infection. The infection was treated with antibiotics, however, on the 5th day of the discharge the patient developed fever and flank pain on the right side. She returned to the hospital and was found to have a severe urinary tract infection despite being on antibiotics. An evaluation was required for the possible cause of such persistent infection in order to prevent further relapses.

Ultrasound (sonography) of the urinary system was suggestive of possible obstruction in the right urinary tract and kidney. However, no stone was visible as a cause for the same hence a CT scan with contrast was done which revealed Renal Papillary necrosis.

Renal papillary necrosis occurs when a part of kidney tissue breaks from the kidney and goes into the urinary system to cause an obstruction. Such obstructed system leads to recurrent and non-healing urinary infections. However, renal papillary necrosis is not always an easy diagnosis as

sonography may miss it in a few cases. A high degree of suspicion for the condition helps in diagnosing it at the right time.

Renal Papillary necrosis is typically treated under the able guidance of a Urologist specialized in endoscopic treatment. At our hospital, she was managed for a complicated urinary infection and removal of necrotic material by endoscopy under the combined care of Dr Dhaval Khetia (Nephrologist) and Dr Saurabh Jambu (Urologist). She was discharged and is better on follow-up.



1. Site of the necrosed papilla
2. Distended collecting system



Dr Dhaval Khetia
Nephrologist

TAKE HOME ADVICE

Urinary infection can get complicated and may require specialized care. Timely diagnosis and treatment can reduce the damage it can cause to a patient's life. Remember to listen to your body and not ignore the signs of illness - no matter how common they seem.

WHAT MAKES WORKING AT AADICURA HOSPITAL FULFILLING?



// Helping Hands



SHWETA MOTAVAR
Staff Nurse

Aadicura is an ideal space for progressive learning. It has made me highly skilled and competent in adopting a patient-centric approach. Meticulous staff training sessions have helped me dive into the depths of nursing care management.



ARCHANA PARTE
Housekeeping Staff

By encouraging my strengths, the team at Aadicura has helped me work effectively. Everyone in the system is so helpful and understanding. Hospital management is efficient. It enables us to serve patients and bring a smile to their faces.



PRIYANKA YANG
Staff Nurse

Aadicura team is committed to high-quality healthcare; a supportive work environment; opportunities for professional growth; and the chance to create a positive impact. Being part of such a dedicated team gives me a sense of purpose and satisfaction professionally.

FORMERS



Mr. Anil Tadv
Best Multi-tasking
Staff of the Month



Mr. Vinayak Harijan
Best Multi-tasking
Staff of the Month



Mr. Vikrant Kalgude
Best Multi-tasking
Staff of the Month



Mr. Jignesh Nizama
Best Paramedical
Staff of the Month



Dr. Deepak Barai
Best Doctor
of the Month

EVENT GALLERY

PLOGGING RUN - ON THE OCCASION OF NATIONAL VASCULAR DAY - Aug 06,2023

August 6 is celebrated as National Vascular Day to spread awareness about Vascular diseases and the prevention of certain conditions. A Plogging Run of 5 km was organized by Aadicura Superspeciality Hospital in association with the Vascular Society of India and Run with Dina's - Dina Patel. Plogging is a Swedish term which actually means 'Pick up' litter 'Run' along the way. This event was organized to spread awareness about a healthy lifestyle which is achieved by movement, exercise and a litter-free environment that helps in keeping our communities clean. Around 200 people - employees and runners - participated enthusiastically in this event.



INDEPENDENCE DAY CELEBRATION - Aug 15,2023

A festive atmosphere enveloped Aadicura hospital as employees gathered to celebrate August 15 - a day of national significance. The unfurling of the Tricolor flag stirred feelings of patriotism and unity among all present. The event encapsulated the essence of freedom and progress. With pride, the flag soared high, serving as a reminder of our shared history and the journey towards a brighter future. The celebration at Aadicura underscored the importance of unity, diversity, and the collective spirit that defines our great nation.



AadicuraTM
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— Putting Patients First —

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