

Aadicura Cares

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MONTHLY NEWSLETTER



// Department Speciality

BREATHE EASY!

Dr Hiren Parikh

Interventional Pulmonologist

Dr Hardik Shah

Interventional Pulmonologist

Pulmonology is also called Chest Medicine and Respiratory Medicine. A pulmonologist is a physician who specialises in diagnosing and treating patients with illnesses that affect the lungs, breathing and sleep.

WHAT WE TREAT

Pulmonologists are specially trained in diseases and conditions of the Chest, Particularly Bronchial Asthma, COPD, Pleural Effusion, Interstitial Lung Disease, Tuberculosis, Pneumonia, Obstructive Sleep Apnea (OSA) and other complicated Chest Infections like COVID (Corona Virus) And Swine Flu (H1N1) Pneumonia. Pulmonology often involves managing patients who need life support and mechanical ventilation.

HOW ARE WE DIFFERENT FROM OTHERS?

Pulmonologists of Aadicura Super-specialty Hospital have vast experience (cumulative more than 21 years) in the fields of Pulmonology, Critical Care, and Sleep Medicine

.It's a team of dynamic, experienced and enthusiastic Pulmonologists. They can diagnose and treat difficult and complex cases with human touch and gentle care. Well-equipped advanced medical instruments and a fully equipped Operation Theatre make the Department of Pulmonary Medicine unique. This hospital has all facilities available for specialized treatment of any Respiratory Disease

WHO NEEDS A PULMONOLOGIST CONSULTATION?

- Treatment of lung cancer
- Difficult to treat asthma, COPD and bronchiectasis
- Treatment of drug-resistant TB (MDR and XDR TB)
- Management of mediastinal mass/lymph nodes - EBUS (Endo Bronchial Ultrasound)
- Management of respiratory failure / ARDS (BiPAP and Ventilatory Management)
- Management of complicated pneumonia (including COVID-19 and H1N1 - Swine flu pneumonia)
- Diagnosis (sleep study - polysomnography) and treatment of sleep apnea (CPAP and BiPAP)
- Pulmonary vascular disease like the management of pulmonary hypertension and thrombolysis (pulmonary embolism)
- Pulmonary rehabilitation for patients with chronic respiratory diseases or

patients who need home oxygen therapy

- Management of interstitial lung diseases including full PFT (Spirometry, total lung capacity, diffusion capacity, six-minute walk test)
- Patients who have persistent cough, difficulty in breathing, hemoptysis (blood on cough/ sputum), chest pain, excessive snoring during the night and sleepiness during the day
- Management of tubercular and parapneumonic effusion/empyema (diagnostic and therapeutic pleural aspiration, intercostal drainage tube insertion, pigtail insertion, medical thoracoscopy)
- Diagnosis and treatment of pulmonary opacity/lesion by bronchoscopic interventions like fibreoptic bronchoscopy and related procedures (broncho-alveolar lavage, endo-bronchial biopsy, tran bronchial needle aspiration, tran bronchial biopsy, control of hemoptysis, brushing, foreign body/mucus plug removal, etc)

WHY CHOOSE AADICURA

- Respiratory / Pulmonary Facilities and Services
- Medical Thoracoscopy
- Smoking Cessation
- Polysomnography (Sleep Study)
- Endo - Bronchial Ultrasound (EBUS)
- Ultrasound (USG) and CT Guided Plural / Lung Biopsy
- Bronchoscopic Intubation (Difficult Intubation)
- Pulmonary Rehabilitation and Chest

Physiotherapy

- Pulmonary Function Test (PFT) - Spirometry, 6 Minute Walk Test, Total Lung Capacity, Diffusion Capacity (DLCO)
- Diagnostic and Therapeutic Bronchoscopy - Bronchoalveolar Lavage, Endo - Bronchial Biopsy, Trans Bronchial Needle Aspiration (TBNA), Trans Bronchial Biopsy (TBB) with C - Arm.



WORK HARD, STAY FOCUSED, NEVER GIVE UP

Dr Hiten Patel , Vascular and Endovascular Surgeon

Dr Hiten Patel is an eminent vascular specialist with vast experience in open and endovascular procedures. He is affiliated with the Vascular Society of India and the Vascular Society of Gujarat. He has presented numerous papers at various national and international vascular surgery conferences. His articles and research papers are regularly published in various national and international journals. He focuses on the management of Varicose Veins, Vascular Malformation, Arterial Aneurysm, Difficult Dialysis Access, and DVT.

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

A desire to help others, a passion for science and medicine, the potential for job stability and a sense of fulfilment from positively impacting people's lives. It is a profession that often appeals to those with a deep interest in the human body, disease prevention, and healthcare.

2. Why did you choose your area of speciality?

Vascular surgeons are trained to diagnose and treat a wide range of vascular conditions and the surgery often involves complex and technically demanding procedures, which can be intellectually stimulating for those who enjoy a challenge. As a vascular surgeon, one can make a substantial impact on patients' lives by preventing serious complications like strokes, heart attacks, and limb amputations. There were multiple reasons for me to choose this speciality.

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

I like to read medical journals and research articles to stay current with the latest advancements in vascular medicine and healthcare in general. I attend many CMEs and conferences on vascular updates to keep myself updated with the latest ongoing research and advancement in vascular medicine.

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

A 50-year-old, who had diabetes for over



two decades was battling with acute leg pain. He was taking it in his stride but his left leg was turning an alarming shade of purple and his pain had become unbearable. His family rushed him to Aadicura, and the diagnosis was clear - it was gangrene, a potentially life-threatening condition that often necessitates limb amputation.

We recognized the urgency of the situation and, instead of resorting to immediate amputation, we performed a complex vascular reconstruction to restore blood flow to the affected leg. Over the course of several surgeries, we meticulously cleared the blocked arteries and repaired the damaged blood vessels. His leg slowly regained its natural colour, and the excruciating pain began to subside. His recovery was nothing short of a miracle. Months later, he stood on both his legs. This extraordinary success story not only saved the patient's limbs but also his quality of life.

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

Skilled, compassionate and detail-oriented.

6. Being a doctor can be very stressful.

How do you practice a healthy balance between work and your personal life?

I like to keep a specific work schedule and try to stick to it as closely as possible. I also do regular exercise, meditation, practice my hobbies and spend time with loved ones. Taking care of physical and mental health is essential for resilience. I take regular breaks from work, that prevent burnout and provide me opportunities to unwind and rejuvenate.

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

Aadicura's philosophy 'start with care and reach a cure' is unique in more ways than one. The purpose of bringing the best healthcare treatments and facilities for all has been the guiding force behind the teams coming together. Here patients are always prioritised over everything else and they will always find 'Specialists that care' by their side.

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

I don't support smoking or consumption of tobacco in any form.

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

Rich Dad, Poor Dad by Robert T. Kiyosaki

10. Share your mantra for success

Work hard, stay focused, never give up, and stay true to your passion and goals.

BENEFITS OF REGULAR HEALTH CHECK-UPS

At Aadicura Superspecialty Hospital, we offer a range of newly launched health checkup plans across all age groups. Aadicura Health Packages excel by delivering personalized, comprehensive care. Aadicura stands apart, emphasising individualised care, and tailored packages to suit each patient's unique health needs and goals. With cutting-edge diagnostics and 22+ dedicated super-specialists available around the clock, this unique blend of preventive and specialised care makes Aadicura a standout choice for all-encompassing healthcare needs, offering unmatched benefits.

To know more about the plan and packages, visit our website: www.aadicura.com



SPYGLASS CHOLANGIOSCOPY IN UNRESECTABLE CHOLANGIOCARCINOMA

// Success Stories

Recently at Aadicura Institute of Gastroenterology and Hepatobiliary Sciences (AIGHS), a wing of Aadicura Hospital, our doctors treated an unusual and interesting case of SpyGlass Cholangioscopy with Spybite and Bilateral Metallic Stenting in Unresectable Cholangiocarcinoma.

The patient - a 62-year-old male - was presented with obstructive jaundice with fever in a known case of Diabetes Mellitus (DM) and cirrhosis of the liver. Upon evaluation by the experts, an MRCP test was conducted. The results were suggestive of cholangiocarcinoma Type 3B. Type 3B means that the cancer has spread to organs or tissues near the liver, such as the duodenum, colon, stomach, common bile duct, abdominal wall, diaphragm, or the part of the vena cava behind the liver, or the cancer has spread

to nearby lymph node.

Subsequently, an endoscopic retrograde cholangiopancreatography (ERCP) which is an endoscopic procedure used to identify the presence of stones, tumors, or narrowing in the biliary and pancreatic ducts was performed on the patient. And brush cytology method was used for a broad sampling of the mucosal surface. The results of which turned out negative.

Following this, our team of expert doctors conducted a Spyglass cholangioscopy (a procedure for direct examination of the bile ducts using a small caliber scope) with Spybite which revealed adenocarcinoma cancers on Rapid On-Site Evaluation (ROSE).

In view of locally advanced -



DR CHIRAYU CHOKSHI
Gastroenterologist
and Endosonologist

DR DHAVAL DAVE
Gastroenterologist,
Hepatologist & Endoscopist

DR JAYDEEP PATEL
DNB
Gastroenterology

cholangiocarcinoma, the best option was to conduct bilateral simultaneous metallic stenting for palliation after considering the Oncosurgeon's opinion. Unresectable cholangiocarcinoma means that the cancer cannot be completely removed with surgery. The least we could do was to ease the severity of pain or disease without removing the cause.

The patient is doing well and the plan is palliative chemotherapy once bilirubin (a yellowish pigment that is made during the breakdown of red blood cells) decreases.

WHAT MAKES WORKING AT AADICURA HOSPITAL FULFILLING?



// Helping Hands



PAYAL THAKKAR
Sr. Officer Billing
Billing Department

Working at Aadicura Hospital has enhanced my skills in customer service along with learning new skills in the billing department. It also provides me with a sense of satisfaction to help patients and colleagues on a daily basis.



ALPHONSA NJALIYEN
DGM
Nursing

Aadicura gives me the opportunity and the right resources to develop an efficient nursing team. Working at Aadicura is fascinating as I am given every chance to empower my nursing team to deliver the best quality patient safety care.



DR ALPA PARMAR
AGM
Medical Services

Aadicura is an ideal place for progress and growth. I get cooperation and support from the top management and I am empowered to make certain decisions within my limit which gives me encouragement.

STAR PERFORMERS



Mr. Anand Nayak
Employee
of the Month



Ms. Hiralben Solanki
Best Employee
in Customer Care



Mr. Tulsi Solanki
Best Employee
in Customer Care



Ms. Tejal Parmar
Best Employee
in Billing



Ms. Rashmika Parmar
Nurse
of The Month



Ms. Shitalben Luhar
Nurse
of The Month



Ms. Shobha Chaudhary
Best Multitasking
Staff of the Month



Mr. Harish Makwana
Best Housekeeping
Staff of the Month



Dr. Mohit Mangalani
Best Doctor
of the Month

EVENT GALLERY

CELEBRATING ONAM - Aug 29, 2023



Onam was celebrated in full spirit ushering in the new year with wishes for prosperity and abundance good health, joy and love for all.

GANESH CHATURTHI - Sep 19 - 28, 2023



Ganesh Chaturthi was celebrated with a lot of enthusiasm by all the staff, consultants and patients of Aadicura Hospital. We came together to seek Lord Ganpati's blessings of peace, good health and happiness.

NUTRITION WEEK CELEBRATION - Sep 2-7, 2023



This week is dedicated to raising awareness among people about the vital role of nutrition and the significance of cultivating healthy eating habits among individuals.

WORLD HEART DAY - Sep 29, 2023



World Heart Day is celebrated on 29th September. On this occasion, a camp was organized at the hospital where along with free specialist consultation tests like ECG, Echocardiography, Fasting blood sugar, and lipid profile were done at a nominal price of Rs. 500.

Aadicura[™]
Superspeciality Hospital
— Putting Patients First —

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

Emergency 24/7 : +91 89805 58811

Our ASC Clinics :

Anand | Bharuch | Dahod | Godhra

📧 contact@aadicura.com 🌐 www.aadicura.com



We are available on WhatsApp. Scan this code to connect or send 'Hi' on Whatsapp

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