

Aadicura Cares

Edition 2026 | February | Issue 35

MONTHLY NEWSLETTER

PASSING THE BATON, CONTINUING THE LEGACY



With pride and gratitude, we welcome **Dr Sumit Kapadia** as our new Chairman, marking a meaningful change of baton and the beginning of an exciting new leadership chapter.

We sincerely thank **Dr Pankaj Khandelwal** for his outstanding leadership over the past two years. His vision, dedication, and experience have made a lasting impact on our organisation.

Thank you, **Dr Khandelwal**, and a warm welcome to **Dr Sumit Kapadia** – together, we look forward to continued growth and excellence ahead.



Dr. Thakore Presenting memento to Dr. Khandelwal on successful completion of his term as Chairman.



Dr. Khandelwal passing the leadership baton to Dr. Kapadia

From the Chairman's Desk:

GROWING TOGETHER, 1% AT A TIME

Dear Aadicura Family,

As I step into the role of Chairman, I am filled with pride for what we have built and excitement for what lies ahead. My vision for Aadicura is simple: to be a place where Care meets Character.

To achieve this, we will anchor ourselves in our core values of HEAT:

HONESTY: Doing the right thing, even when it is difficult, and being truthful in every interaction—with patients, families, and each other.

EMPATHY: Listening to the unspoken fears behind a patient's question.

ABILITY TO WORK IN A TEAM: Knowing that excellence in healthcare is never individual, but always collective—driven by collaboration and mutual respect.

TECHNICAL COMPETENCY: Continuously sharpening our skills and knowledge to deliver safe, precise, and world-class care.

But how do we make this a reality? By committing to being 1% Better Every Day.

You don't need to move mountains overnight.

If you are in Billing, can you make one explanation clearer today?

If you are in Nursing, can you offer one extra smile during a painful procedure?

If you are in Admin, can you simplify one process to save a colleague's time?

Small, consistent improvements compound into world-class excellence. Let us challenge ourselves to grow a little more each day—not just for the hospital, but for our own personal mastery.

// Let's build a healthier world, starting with our next interaction.

Dr Sumit Kapadia
Chairman (2025 to 2027)
Aadicura Superspeciality Hospital



Dr Pankaj Khandelwal
Chairman (2023 to 2025)
Aadicura Superspeciality Hospital

The Chairman's Reflections

LEADING WITH COMPASSION

During my term as Chairman from 2023 to 2025, my foremost focus at Aadicura Superspeciality Hospital was to consistently enhance the patient experience—by strengthening systems, empowering teams, and ensuring that compassion remained at the centre of every decision. One of the most testing moments of this journey was during the floods, when our teams worked relentlessly to shift patients safely, sometimes even using tractors, supported by extraordinary teamwork and remarkable patient cooperation. That phase truly reflected the resilience, unity, and purpose of Aadicura. As I pass on the responsibility, I sincerely hope that under the leadership of Dr Sumit Kapadia, Aadicura continues to raise the bar in patient-centric care, clinical excellence, and collaborative growth, achieving new milestones while staying rooted in its core values."

// Leadership was proven when care mattered



MYTHS

VS

FACTS

GASTROENTEROLOGY

Separating common beliefs from medical reality

Digestive health plays a crucial role in overall well-being, yet many misconceptions prevent people from seeking timely care. Let's clear some common myths and share practical tips to keep your gut healthy.

Myth 1: Stomach problems are always caused by spicy or oily food

Fact: While certain foods can trigger symptoms, digestive issues often result from infections, acid reflux, ulcers, food intolerances, stress, or chronic conditions like IBS or inflammatory bowel disease. Diet is only one part of the picture.

Myth 3: Constipation is a normal part of ageing

Fact: Constipation is not "normal" at any age. It may be linked to low fibre intake, dehydration, medications, hormonal issues, or underlying gastrointestinal problems. Treating the cause is more important than relying on laxatives.

Myth 5: Gas, bloating, and indigestion are minor issues

Fact: Occasional bloating is common, but persistent symptoms may indicate food intolerance, gut infections, IBS, or malabsorption disorders. Ongoing discomfort should be medically evaluated.

Myth 6: Endoscopy or colonoscopy is painful and dangerous

Fact: These procedures are safe, minimally invasive, and usually done under sedation. They are essential diagnostic tools that help detect ulcers, cancers, polyps, and inflammatory conditions at an early, treatable stage.

Myth 7: Blood in stools is always due to piles

Fact: While piles are common, blood in stools can also signal infections, inflammatory bowel disease, or colorectal cancer. A specialist should evaluate any bleeding.

Myth 2: Acidity is harmless and doesn't need treatment

Fact: Frequent acidity or heartburn can indicate gastroesophageal reflux disease (GERD). If left untreated, it may lead to complications such as ulcers, strictures, or Barrett's oesophagus. Persistent symptoms should never be dismissed.

Myth 4: Liver disease only affects people who consume alcohol

Fact: Non-alcoholic fatty liver disease (NAFLD) is increasingly common and affects even non-drinkers. Obesity, diabetes, high cholesterol, and a sedentary lifestyle are major contributors.

Gut Health Tips from Our Gastroenterology Team

- Maintain a balanced diet rich in fibre, fruits, vegetables, and whole grains
- Stay well-hydrated throughout the day
- Avoid frequent self-medication for acidity or pain
- Limit alcohol, smoking, and ultra-processed foods
- Manage stress and follow regular meal timings
- Do not ignore warning signs like unexplained weight loss, persistent pain, vomiting, or blood in the stools
- Go for regular health check-ups and screenings when advised

OUR GASTROENTEROLOGY TEAM



DR. CHIRAYU CHOKSHI
Gastroenterologist
And Endosonologist



DR. DHAVAL DAVE
Gastroenterologist,
Hepatologist & Endoscopist



DR. JAYDEEP PATEL
DNB Gastroenterologist

OUR EXPERT SAY'S

Healthy digestion is not just about comfort - it is about prevention, early diagnosis and long-term wellness. When in doubt, consult a gastroenterologist and listen to what your gut is telling you.

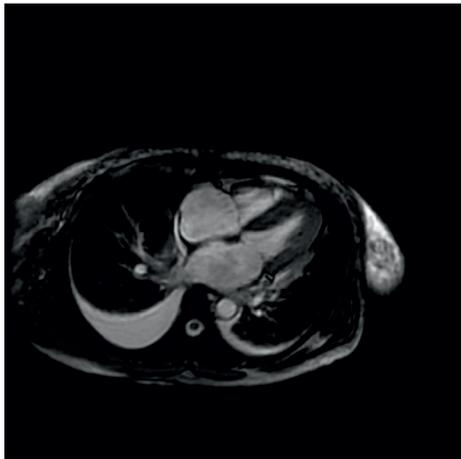
RARE RENAL DISEASE PRESENTING IN A RARE FORM

// Success Stories

A 59-year-old woman presented with complaints of leg pain to another hospital in Vadodara. She was suffering for two years, which was evaluated by a vascular surgeon as well as physicians, and any neurological or vascular cause was ruled out. She also had mild dyspnoea, and on admission her S creatinine was 1.6 mg/dl. For diagnostic purposes, a cardiac MRI was done, and the report was awaited. Meanwhile, she developed complete anuria and her breathlessness worsened. For that, urgent HD was started, and she was referred to Aadicura for further care.

At Aadicura, she was evaluated for anuria- markers of RPGN (ANCA and Anti GBM) were sent, which came back normal. SPEP was sent, but it did not show any myeloma band. Meanwhile, her cardiac MRI showed changes of amyloidosis, which, again, raised the chances of light chain deposition disease-amyloidosis. Amyloid generally do not present with anuric AKI. So, a free light chain assay was sent, a haematologist consultation was taken, and a kidney biopsy was conducted. Biopsy was suggestive of open glomeruli and clear deposits of amyloid in glomeruli.

Tubules were suggestive of changes of ATN- acute tubular necrosis - the cause of anuria in our patient. Lambda chain deposits were identified in glomeruli, and the free light chain assay also showed a large amount of lambda light chain. Such a biopsy confirmed amyloid as the cause of AKI, and it might improve over time with chemotherapy aimed at light chain reduction. Currently, she is being treated with chemotherapy under a haematologist's guidance and is still dialysis dependent.



EXPERT AT AADICURA



DR DHAVAL KHETIA
Nephrologist &
Renal Transplant Physician

IMPORTANT POINTS :

- Such cases are called RPRF- rapidly progressing renal failure. It is a nephrological emergency where the right diagnosis might save the kidneys.
- Sometimes clinical picture and pathological workup are insufficient, and a kidney biopsy is warranted.
- Every ICU AKI is not septic AKI- keeping an open mind is needed for avoiding misdiagnosis.

AADICURA IN ACTION

Aadicura Superspeciality Hospital proudly participated in the Vadodara Marathon, marking the energetic beginning of our PAHAL 3.0 season. With the spirit of "Karein Baat Health Ki", our team came together for the Heritage Run, celebrating fitness, unity, and community wellness.

Employees enthusiastically walked, ran, and enjoyed the vibrant heritage route – embracing the message: **"RUN FOR YOUR HEALTH, RUN FOR YOURSELF."**

PAHAL 3.0 is not just a campaign; it is our commitment to promote preventive health, active living, and a healthier tomorrow.



EVENT GALLERY

General Health Check-up & Dietitian Consultation Camp conducted at OPAL, Dahej for employee wellness.



Health Check-up & Dietitian Consultation Camp at the Annual Get-together of Leva Patidar Mitra Mandal.



Health Talk at Vadil Parivar on Joint & Bone Care and Laparoscopic Surgeries.



Mental Health & Stress Management Session at Hindalco (Aditya Birla Copper Ltd.), Waghadia.



Celebrating Uttarayan with care at Aadicura Superspecialty Hospital. Our doctors and staff distributed neck shields to patients and relatives to promote safety during the kite-flying season—reflecting our commitment to "Putting Patients First" and ensuring a Safe & Happy Uttarayan.



First Aid Training Session conducted at Kaizen Switchgear Company, Waghadia



Aadicura Superspecialty Hospital as Medical Partner for Anand Vidhya Vihar Mini Marathon on Republic Day.



Aadicura as Title Sponsor of Bharuch Doctors Group League (BDGL) - Season 1.



Republic Day is celebrated with pride at Aadicura, with enthusiastic participation from our doctors and employees. Jay Hind!



Aadicura[®]
Superspecialty 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

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

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