

Aadicura Cares

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MONTHLY NEWSLETTER

MYTHS VS FACTS

UROLOGY DEPARTMENT

Clearing misconceptions. Empowering better health decisions.

Urology deals with the health of the urinary tract and the male reproductive system. Despite being common, urological conditions are often misunderstood, leading to delayed diagnosis and treatment. Let's bust some common myths and share practical tips for better urological health.

Myth 1: Urology problems affect only older men

Fact: Urological conditions can affect men and women of all ages. Kidney stones, urinary tract infections (UTIs), bladder issues, and congenital conditions can occur even in children and young adults.

Myth 3: Kidney stones can be dissolved with home remedies

Fact: Small stones may pass naturally, but larger stones often need medical intervention such as medication, laser treatment, or minimally invasive procedures. Delaying treatment can cause severe pain and kidney damage.

Myth 5: Prostate problems always mean cancer

Fact: Most prostate issues are benign, such as prostate enlargement (BPH) or prostatitis. Prostate cancer is treatable when detected early, making regular screening crucial after a certain age.

Myth 7: Pain during urination is always due to infection

Fact: While infection is a common cause, pain can also result from stones, strictures, prostate inflammation, or bladder conditions. Accurate diagnosis ensures the right treatment.

Myth 2: Frequent urination is always due to high water intake

Fact: While hydration increases urination, frequent urges can also indicate UTIs, diabetes, prostate enlargement, or an overactive bladder. Persistent symptoms should never be ignored.

Myth 4: Blood in urine is normal and will resolve on its own

Fact: Blood in urine (hematuria) is never normal. It can be a sign of infection, stones, prostate issues, or even cancer. Immediate evaluation is essential.

Myth 6: Urinary incontinence is an untreatable part of ageing

Fact: Incontinence is not inevitable and is highly treatable. Modern urology offers medications, pelvic floor therapy, minimally invasive procedures, and surgical options for effective control.

Myth 8: Male reproductive health issues are untreatable or "just psychological"

Fact: Conditions like erectile dysfunction, infertility, varicocele and Peyronie's disease often have medical causes such as hormonal or vascular problems. Erectile dysfunction may also signal underlying heart disease. With modern urology, effective medical and minimally invasive treatments can significantly improve sexual health, fertility, and quality of life.

UROLOGY HEALTH TIPS

- **Drink adequate water** daily unless medically restricted
- **Do not ignore changes** in urination, pain, or blood in urine
- **Maintain personal hygiene** to reduce infection risk
- **Control diabetes and blood pressure** to protect kidney health
- **Avoid excessive salt** and processed foods
- **Quit smoking**—it significantly increases urological cancer risk
- **Men above 50** should undergo regular prostate check-ups
- **Seek timely medical advice** instead of self-medication



DR. SAURABH JAMBU
Urologist, Andrologist &
Renal Transplant Surgeon

OUR EXPERT SAY'S

Early consultation can prevent complications and preserve quality of life. Urology care today is advanced, minimally invasive, and highly effective when addressed on time.

4 Years

of Aadicura - A Journey of Care & Commitment

From humble beginnings guided by a clear purpose, Aadicura's journey has been built on trust, teamwork and unwavering patient-centric care. Every milestone achieved reflects our shared vision of delivering quality healthcare with a human touch and stands as a reflection to the dedication of our teams and the faith of our patients. At the heart of this journey lies our core philosophy - Putting Patients First.

As we complete four years of service, we move forward with gratitude for the journey so far, confidence in our direction and a renewed commitment to achieving many more milestones in healing, growth and clinical excellence.

2025



Successful Completion of Aadicura PAHAL 2.0



Launch of Namaste Campaign at Aadicura



Aadicura honoured with the ET Healthcare Award National for Digital Marketing of the Year



Aadicura received ET Healthcare Award for Hospital of the Year in Vascular Surgery (west)

2024



Vascular Department Walkathon



International Women's Day Celebration



Aadicura received License for Renal Transplant



Honoring our employees contribution during 2024 Floods.

2023



Achieved NABH accreditation



Hon. CM of MP, Visit at Aadicura



Participation at Vadodara Marathon



Successful Completion of Aadicura PAHAL 1.0

2022



1st Anniversary Celebration at Hospital



Inauguration of Hospital



Employee of the month celebrations



1st Aadicura Cricket League

2020 2021



2019 signing of contract & Hospital Construction Commenced



Construction Commenced



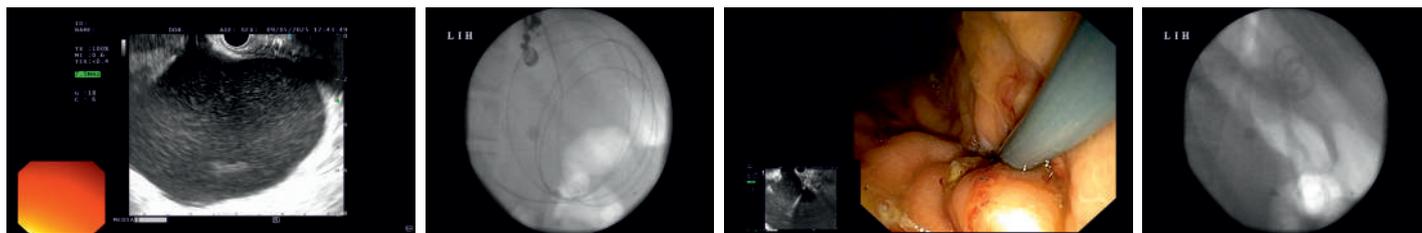
Bhumi Poojan At Hospital Site



Inauguration of Aadicura Superspecialty Hospital December'2021

Advanced Endoscopic Management of Pancreatic Pseudocyst

// Success Stories



A patient with a recent history of acute pancreatitis presented to the hospital with persistent symptoms of nausea, repeated vomiting, and noticeable abdominal distension. These symptoms were affecting daily comfort and food intake. Considering the patient's ongoing complaints, further evaluation was advised.

Detailed investigations, including a CT scan of the abdomen and gastroscopy, revealed a large pancreatic pseudocyst – a fluid-filled collection that can develop as a complication following pancreatitis. In this

case, the pseudocyst was significantly large and was compressing the stomach and the duodenum, leading to digestive symptoms and abdominal discomfort.

After thorough counselling and discussion of treatment options, the patient was advised to undergo a minimally invasive endoscopic procedure known as Endoscopic Ultrasound (EUS)-guided Cystogastrostomy. This advanced procedure allows doctors to access and drain the cyst internally without the need for open surgery.

Using endoscopic ultrasound guidance, the cyst was carefully punctured from

inside the stomach. The tract was then gently widened, and a special stent was placed to enable continuous drainage of the cyst fluid into the stomach. This helped reduce the size of the cyst and relieve pressure on surrounding organs. The procedure was performed safely and successfully, with good clinical improvement noted in the patient.

The patient experienced significant relief from symptoms and benefitted from a faster recovery, minimal discomfort, and reduced hospital stay compared to conventional surgical treatment.

TEAM OF DOCTORS



Dr. Chirayu Chokshi
Gastroenterologist
& Endosonologist



Dr. Dhaval Dave
Gastroenterologist,
Hepatologist & Endoscopist



Dr. Jaydeep Patel
DNB
Gastroenterology

: Take-Home Message :

Endoscopic ultrasound-guided cystogastrostomy is a safe, effective, and minimally invasive treatment for pancreatic pseudocysts. It offers excellent outcomes with quicker recovery and is particularly useful for patients with other medical conditions where traditional surgery may carry higher risks.

STAR PERFORMERS



Dr. Mohit Manglani
Best Doctor
of the month



Prashant Mahajan
Best Employee
of the month



Riddhi Rajgor
Best Employee
of the month



Mir Kevlani
Best Employee
of the month



Bharat Parmar
Best Employee
of the month



Priyanka Chauhan
Best Nursing Staff
of the month



Kinjal Dindor
Best Nursing Staff
of the month



Hiral Rajwadi
Best Nursing Staff
of the month



Ankit Gohel
Best Technician Staff
of the month



Pinkal Jadav
Best Technician Staff
of the month

EVENT GALLERY

An interactive health talk on Brain Stroke Awareness at Sahyog Garden, Gorwa for a healthier and informed community.



Postural Ergonomics health session at Voltas Ltd—encouraging healthy posture and injury prevention at work.



Aadicura as Medical Partner at Green Heartfulness Run -Supporting health, fitness, and safety.



Supporting workplace health with a general health camp at NJ Insurance Company, Anand.



Health Partner at HDFC's sports event, ensuring fitness, safety, and on-ground medical care through our general health camp.



Hospital conducted a General & Ophthalmic Health Camp at the L&T Bullet Train Office, promoting preventive care and eye health.



Celebrating the season of love and giving with our Aadicura family this Christmas.



Proud moment for Team Aadicura—NABH 6th Edition Surveillance successfully cleared.



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

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



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