

Aadicura Cares

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MONTHLY NEWSLETTER

PREPARING FOR CLEAR VISION

Your Essential Guide to Eye Checkups and Surgery Readiness



WHEN YOU COME FOR AN EYE CHECKUP

- You will first meet our Optometrist, he/she shall handle the first part of the consultation (Time required: approx 15 mins)
- A detailed history will be asked to ensure that no important tests are missed. All history relevant to your eye health should be revealed and discussed.
- Most basic but most important tests for your eyes like Vision, eye pressure and spectacles will be checked.
- A new spectacle prescription will be given if needed.
- A dilating eye-drop appropriate for your age will be instilled if need be (Time required: approx 30 mins). You would see blur for a few hours under the effect of eyedrops, so it's a good idea to be accompanied by a relative.
- You shall then meet our Ophthalmologist, who will evaluate you on the Slit lamp. (Time required: approx 10 mins)
- Needed medication will be prescribed and counselling provided to ensure you leave satisfied.
- Depending on your concern, if required, the doctor may advise any further tests.



Dr Surbhi Kapadia
Ophthalmologist &
Ophthalmic plastic surgeon

HOW TO PREPARE FOR EYE SURGERY?

- Most eye surgeries are performed under local anaesthesia, so you will be awake during the surgery.
- It becomes all the more important to discuss your concerns with your doctor during OPD consultation to reduce your worries on the day of surgery.
- Selecting your intraocular lens is an important part of pre-op decision-making in **Cataract Surgery**. Discuss all your doubts regarding the function and benefit of all implants to select what's best for you.
- Come with a relaxed mindset on the day of surgery with only 1 caregiver.
- Considering this will be a day-care surgery your movement at the hospital will be only for half a day so plan accordingly.
- Post-surgery a follow-up visit will be scheduled on days 1, 5, 10 and subsequently after one month to ensure your eye is healing well and that you are correctly using the prescribed eyedrops. These visits are extremely essential.

WHAT ARE THE TREATMENTS OFFERED?

GENERAL EYE CARE

- **Cataract Surgery (Advance Technology)**
- **Refractive error screening**
- **Diagnostic Fundus imaging**
- **Diabetic Retinopathy**
- **Pterygium**
- **Corneal Infections**
- **Glaucoma Diagnosis and Surgery**
- **Eye trauma - Lid tear, Corneoscleral Tear, Globe Rupture, Orbital Fracture**
- **Red and Dry eyes**

OCULOPLASTY AND OPHTHALMIC PLASTIC SURGERY

- **Eyelid Malpositions (Entropion / Ectropion)**
- **Droopy eyelids (Ptosis)**
- **Bulging or Prominent eyes (Proptosis)**
- **Thyroid Eye Disease**
- **Eyelid Infections and Orbital Infections**
- **Blepharoplasty**
- **Treatment of excessive watering of eyes (Dacryocystitis)**
- **Stye or tumors affecting the eyelids and Orbit**

* Aadicura Cares is committed to providing information that is worth your time. This new segment serves as a general guide or a walk-through to answer your basic questions regarding certain illnesses and the procedures involved in treating them.



'I STRONGLY DISCOURAGE SMOKING'

Dr Nirav Panchani, Cardiologist

Dr. Nirav has vast experience in performing complex and emergency cardiac interventions. He is a strong believer in a healthy lifestyle and preventive cardiology.

Awarded 'Best Resident Doctor 'of the Cardiology Department, Sir J. J. Hospital and Grant Medical College, Dr Panchani emphasises rational treatment with judicious use of the latest advances and technologies.



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

Frankly, I chose medicine because of the trend that every bright student becomes a doctor. I had no particular career preferences but one thing was clear - I would work hard in whichever profession I pursue.

Why did you choose your area of speciality?

Sheer satisfaction in witnessing instant chest pain relief after a successful angioplasty and bringing one out of a life-threatening heart attack is the main reason I chose to become a cardiologist. Then, of course, other driving factors motivated me such as - rising incidences of heart disease, continuous advances in the field of cardiology and rewarding patient outcomes.

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

Every patient every day is a learning in

medical science and this is periodically updated by reading new clinical trials and witnessing new technologies in workshops and conferences.

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

It's difficult to remember the best one as there are many. To enlist a few:

- 1) A few cardiac arrests with minimum chance of survival but they are now living normal lives.
- 2) PDA Device closure in a 5-month-old baby
- 3) Device closure in the ruptured sinus of Valsalva (an emergency causing heart failure)
- 4) Device closure of large pulmonary AV malformation.

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

Passionate, hardworking, nature lover.

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

Yes, in cardiology there can be a few minutes difference between life and death. Stress starts with patient admission, during the procedure, during ICU stay and even during the initial days after discharge.

The best stress buster for me is a long cycle ride. Travelling, gardening or just relaxing at home with family are a few things which help me to balance work and personal life.

In your opinion what makes Aadicura Hospital unique and different?

Aadicura Hospital is a dedicated super speciality hospital created by the doctors for the patients. The whole-hearted involvement of all super-specialised doctors with vast experience and expertise in patient care makes Aadicura Hospital different.

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

There is no easy choice to select one. I strongly discourage smoking and pushing my body to extremes.

Name a book that has influenced you the most.

Not a book but a person - My wife.

Share your mantra for success.

Be honest, work sincerely, have patience, and stop making comparisons.

STAR PERFORMERS



Gopal Lad
Best Employee of the month



Manoranjan Parida
Best Employee of the month



Yogesh Parmar
Best Employee of the month



Ripal Raval
Best Employee of the month



Nisha Abin
Best Nurse of the month

LIVING DONOR KIDNEY TRANSPLANT: A BLESSING FOR KIDNEY PATIENTS



We are excited to share a piece of fantastic news with you - Aadicura Hospital has cleared the inspection and evaluation process for conducting kidney transplants. We have now received the necessary permissions from the government. With this, We would like to share some details about what kidney transplants are and how they help the patients.

Kidney failure now known as CKD stage V-affects the lives of kidney patients in many ways. Regular dialysis requires patients to come to dialysis facilities twice or thrice a week, family life and work life get disturbed, and with all these, there are still chances of dialysis access-related problems which keep patients stressed forever. After the advent of dialysis, today the best invention of medical science for kidney patients is kidney transplant. A procedure that takes the God-given 'extra' organ to a patient with kidney disease only to make their life better.

Over the last 3 decades, the surge in kidney transplants in many countries, including India, has seen great outcomes. Patients have working grafts (transplant kidneys) for as long as 2 decades, with average graft function being around 8

years. Patients have a quality of life far better than most patients on dialysis. Health-related problems do arise in transplant recipients but to a lesser frequency than dialysis patients. And most importantly, for a patient, the freedom from dialysis increases the confidence to lead a normal social and professional life.

THERE ARE TWO TYPES OF KIDNEY TRANSPLANTS:

1) LIVING DONOR (wherein the patient's relatives donate a kidney to the patient)

2) CADAVERIC OR DECEASED DONOR (when the patient gets a kidney from a declared brain-dead). Deceased donor transplants are still evolving in India as organ donation is not commonly practised here. Very few lucky patients receive kidneys through deceased donors. The rest of the burden of organ donation can be carried only by relatives of dialysis patients by living donation.

A living donor kidney transplantation requires a family member of the patient to agree to give his/her kidney for a kidney transplant. Any person between 18-65 years of age, having no major medical illness can opt to be a kidney donor. A thorough evaluation of the fitness of the

donor is conducted beforehand. Only a team of doctors can declare if a patient and their donor are a match and if they are fit for the transplantation.

Kidney donation is seen as a safe surgery for organ donors. Surgery scars generally heal within 2 weeks and as early as 2 weeks a donor can resume his or her daily duties. Most people develop no problem post-kidney transplant due to organ donation. Of course, like any other surgery, there is some risk but those are rare and manageable with due intervention.

After surgery, the kidney recipient generally remains in the hospital for up to 2 weeks. After discharge, he visits the transplant team frequently for the first 2 months, after which he can also resume his daily life. Immunosuppressive medicines are continued for life and regularity in taking medicines is necessary. Patients can enjoy a dialysis-free life for many years through this orchestra of medical excellence combined with the generosity of an organ donor.

TEAM OF EXPERTS AT AADICURA SUPERSPECIALITY HOSPITAL

NEPHROLOGISTS

- Dr Dhaval Khetia
- Dr Harshal Joshi

VASCULAR SURGEONS

- Dr Vijay Thakore
- Dr Hiten Patel
- Dr Sumit Kapadia
- Dr Kushan Nanavati

UROLOGISTS

- Dr Saurabh Jambu
- Dr Rishabh Handa

STAR PERFORMERS



Komal Chavda
Best Nurse
of the month



Varsha Vankar
Best Multitasking staff
of the month



Bhavesh Makwana
Best Multitasking staff
of the month



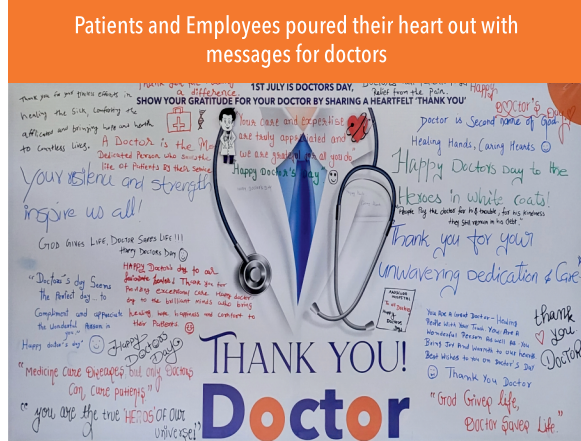
Nirmal Patel
Best Technician
of the month



Kamini Joshi
Best Doctor
of the month

EVENT GALLERY

Doctors Day was celebrated on 1st July with enthusiasm amongst the hospital doctors and consultants. Patients and employees poured their heart out to Thank all doctors. A day full of gratitude, dance, music with fun games was organized at the hospital auditorium.



'A calm mind can do wonders' - With this thought, Heartfulness sessions was organized for our Head of Departments and other employees to manage stress and help in overall well-being.

Art of Living session was organized for employees to help them lead a balanced life



GENERAL INDUCTION PROGRAM - JULY '24

WELCOME ONBOARD



Left to Right

Front Row : Atul Patel, Vaibhavi More, Rekha Harijan, Ronak Parmar, Pravin Parmar, Aakash Solanki
Second Row: Jay Kadu, Dharti Thakur, Ms. Sushma Desai, Arnest Khristi, Jay Jadhav, Shiv Prakash Rawat

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