

Aadicura Cares

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MONTHLY NEWSLETTER

Vascular & Endovascular Care

MYTHS vs FACTS



Vascular health plays a vital role in maintaining overall health. Yet, many people overlook or misunderstand the signs, risks and treatment options related to vascular conditions. Here, we bust some common myths and share tips to help you care for your circulatory system.

Myth 1: Only older people get vascular diseases.

Fact: Vascular problems like varicose veins or artery blockages can affect young adults too, especially those with sedentary lifestyles, smoking habits, or a family history of vascular issues.

Myth 2: Varicose veins are just a cosmetic issue.

Fact: Left untreated, varicose veins can lead to ulcers, blood clots, or skin changes. Timely medical attention can prevent complications.

Myth 3: Leg pain is always due to muscle strain or arthritis.

Fact: Leg pain could be a sign of poor blood circulation, peripheral artery disease (PAD), or even deep vein thrombosis (DVT).

Myth 4: Surgery is the only treatment for vascular problems.

Fact: Minimally invasive endovascular treatments like angioplasty, stenting, laser, glue, and sclerotherapy are now available and highly effective.

Myth 5: If there are no symptoms, there's no vascular disease.

Fact: Many vascular conditions are silent in the early stages. Screening is crucial for high-risk individuals.

Myth 6: Smoking only affects the lungs.

Fact: Smoking damages blood vessels and is a major risk factor for arterial blockages, stroke, and limb loss.

Myth 7: Women don't need to worry about vascular health.

Fact: Hormonal changes, pregnancy, and lifestyle factors make women equally susceptible to vascular issues. Vein problems are more common in women.

Myth 8: Vascular conditions can't be reversed.

Fact: With early diagnosis and proper management, symptoms can be controlled, and disease progression can be slowed or even reversed in some cases.

VASCULAR & ENDOVASCULAR DEPARTMENT SPECIALISTS



Dr. Vijay Thakore

Vascular & Endovascular Surgeon



Dr. Sumit Kapadia

Vascular & Endovascular Surgeon



Dr. Hiten Patel

Vascular & Endovascular Surgeon



Dr. Kushan Nanavati

Vascular & Endovascular Surgeon



Dr. Parth Joshi

Vascular & Endovascular Surgeon

TIPS FOR A HEALTHY VASCULAR SYSTEM

- **Stay Active:** Regular walking or low-impact exercise improves circulation and prevents vein issues.
- **Stay Hydrated:** Adequate water intake helps maintain blood flow and reduces the risk of clots.
- **Limit Salt Intake:** Too much sodium can increase blood pressure and stress the arteries.
- **Wear Compression Stockings (if advised):** Especially useful for those who sit or stand for long hours.
- **Avoid Smoking:** One of the most powerful ways to reduce vascular risks.
- **Watch Your Legs:** Swelling, pain, skin discoloration, or non-healing wounds could signal trouble.
- **Know Your Family History:** It helps your doctor assess your risk and recommend screening accordingly.
- **Don't Skip Check-ups:** Regular follow-ups with your vascular specialist can save limbs and lives.

Early detection and timely treatment can make a world of difference. If you or a loved one has symptoms or risk factors, consult a vascular specialist for better guidance.

KNOW YOUR TEAM



Dipen Vaghela

Department:
Maintenance & Fire Safety
Manager



Virendrasingh Sankhla

Department:
Facility - AGM



Rahul Thakar

Department:
IT - Sr. Manager



Rajesh Upadhyay

Department:
Accounts - Consultant

Why did you choose to work in the healthcare industry?

My work directly supports patient care and saves lives. It gives me a sense of purpose and creates impact. This industry offers challenging and diverse work while also offering career growth and stability. Being here gives me opportunities for innovation and the respect and responsibility that I cherish.

I'm passionate about working in healthcare because it allows me to make a meaningful difference in people's lives, and I'm drawn to the industry's dynamic nature and opportunities for growth and development.

I have always been curious about technology, and the healthcare industry allows me to use my technical skills to help people. Even though I am not a doctor or nurse, I know that the systems we build and support make their jobs easier and help patients get better care. That makes the work feel important and worthwhile to me.

The healthcare industry allows me to combine my passion for numbers with a meaningful purpose. I wanted to be part of a sector that goes beyond profit and contributes to the well-being of the community. As an accountant in the healthcare industry, you may not directly treat patients, but your work plays a critical role in improving patient care.

How do you work to improve patient care?

I play a key role in ensuring that all engineering systems run smoothly and operate 24/7. This includes uninterrupted power to life-saving equipment and the environmental controls critical for infection prevention. My technical role is directly aligned with improving patient safety, comfort, and treatment outcomes.

I prioritise active listening, personalised care, collaboration with healthcare teams, staying updated on best practices, and patient education to deliver high-quality, patient-centred care.

As an IT support professional in the healthcare industry, I create an indirect impact. I focus on systems to work fast, securely and be available when needed. I continuously improve workflows to reduce delays, errors, and stress for both providers and patients.

Ensuring efficient use of funds and budgeting for better services. Avoid overcharging or disputes and providing modern medical equipment. By managing qualified staff who support maintaining a trustworthy and transparent environment.

What is your approach to teamwork and collaboration?

My approach is to be reliable, responsive, and solution-oriented—especially since engineering services directly impact clinical operations. I believe in to-the-point communication and mutual respect. I also support training programs for safety, fire drills, and infection control activities as part of the hospital's interdisciplinary team.

I believe in open communication, active listening, mutual respect, and collaborative problem-solving to achieve common goals and deliver high-quality results.

Working as a team means helping each other through good communication. I try to listen to others, share my ideas, and always be respectful. If someone needs help, I am happy to support them anytime. It is important to be honest and solve problems together.

My approach is centred around clear communication, mutual respect, and shared goals. Accounting often involves working closely with other departments – such as finance, operations, and HR – to ensure accurate reporting and sound decision-making. I believe in maintaining transparency in my work.

What makes working at Aadicura Hospital fulfilling?

It is deeply fulfilling because everything I do directly supports patient care and safety. Here every action has a purpose beyond technical performance. Hospital engineering allows me to use technical skills for a meaningful cause.

Working at Aadicura Hospital is fulfilling because of the opportunity to make a positive impact on patients' lives and collaborate with a dedicated team.

Working at Aadicura Hospital is fulfilling because it is meaningful, and I feel I'm contributing to something important. Helping doctors and the staff makes my job feel valuable.

Working as an accountant in a hospital can be deeply fulfilling for several reasons, beyond just numbers and spreadsheets. Like contribution in patient care (indirectly), diverse financial challenges and ethical satisfaction.

Share your life mantra.

Bija na Bhala ma Apnu Bhalu (Our good in the good of others)

My life mantra is to 'Embrace challenges and grow from them.' This thought reminds me to stay positive and resilient in the face of adversity.

Stay calm when times are tough. Believe in yourself.

Serve with integrity, count with accuracy, and care beyond numbers because in healthcare, financial honesty directly impacts patients' lives and trust.

INNOVATIVE PLEURAL FLUID MANAGEMENT IN A HIGH-RISK PATIENT

// Success Stories

A 70-year-old female, **K/C/O (Known Complaint Of) HTN, DM, IHD LVEF 35% RWMA PAP 52mmHg** with a history of coughing, shortness of breath and weight loss in Dec 2024.

Chest X-ray suspected the presence of a pleural effusion on the left side of the chest. The rest of the investigation was within normal limits.

Pleural fluid cytology came positive for malignancy, and she started on chemotherapy after further investigation. But after about 3 months, coughing and shortness of breath started again.

Her repeat X-ray showed reappearance of pleural effusion. ICD inserted **(On Examination giddiness, bradycardia, hypoxia, need to shift to ICU, recovered fully)**. Chemical pleurodesis was conducted on her, and she was discharged after the ICD was removed.

But her complaints of shortness of breath and coughing continued. She required



repeated removal of pleural fluid almost thrice a month. With the above history, she came to the ASH Pulmonary Department for further workup and treatment.

She was exhausted both physically and financially. Repeated sessions of pleural fluid removal were not only tiring but also costly.

After discussion with family members, we inserted IPC = indwelling pleural catheter and fluid removed. This allowed multiple times removal of pleural fluid by the patient herself and at home. She did not require any hospital admission for the same, and she could remove fluid on her own at home as per her requirement. She is happy with this option. Even her latest X-ray shows significant improvement.

At Aadicura Hospital, we have extensive experience in treating such cases where pleural fluid recurrence occurs and is not diagnosed.

SPECIALISTS AT AADICURA



Dr Hiren Parikh
Pulmonologist



Dr Hardik Shah
Pulmonologist

STAR PERFORMERS



Dr. Samiya Patel
Best Doctor
of the month



Niyati Parmar
Best Employee
of the month



Bhumika Uttekar
Best Employee
of the month



Svava Joshi
Best Employee
of the month



Jaimini Patel
Best Employee
of the month



Toral Chokshi
Best Employee
of the month



Rinkal Chauhan
Best Nursing Staff
of the month



Digmita Prajapati
Best Nursing Staff
of the month



Sarlaben Solanki
Best Multitasking Staff
of the month



Pinal Rajput
Best Multitasking Staff
of the month

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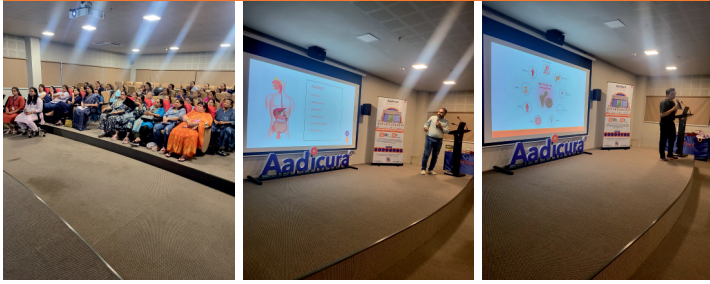
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**UNLOCK
A HEALTHIER
TOMORROW**
#karebaathealthki

EVENT GALLERY

Organised an insightful and interactive health talk session for the Jain Enjoy Group where Dr Chirag Patel shared knowledge on how to stay active & pain-free. Dr Patel alongwith Dr Ankur Tiwari talked about benefits and importance of laparoscopic surgery in modern treatment.



As part of community welfare, Aadicura organised a general health and eye-care camp at a society in Bhayali area. The event was aimed to spread the message of early detection, better health and better awareness.



On the occasion of Doctor's Day, Aadicura partnered with IOCL employees to celebrate health, healing & holistic well-being.



International Yoga Day celebration at the Hospital with INYMA Gujarat chapter (Naturopathy Medical College) where an interactive session was held for employees to bring work-life balance, strength and calm to everyday lives.



Organised a Health Talk at Senior Citizen Association, Karelibaugh where Dr. Vivek Parikh spoke on Bone and Joint health while Dr Surbhi Kapadia shared insights on Eye Care & Eye Surgery.



A glimpse of the Doctor's Day Celebration at Aadicura to honour the unwavering dedication and compassion of our doctors.



Successfully conducted a Bone Mineral Density (BMD) camp at Etech Global Services, Chhani, Vadodara.



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contact@aadicura.com www.aadicura.com



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