

Aadicura Cares

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MONTHLY NEWSLETTER

BREAKING THE SILENCE

LUNG HEALTH AWARENESS FOR A BETTER FUTURE WHEN CONSULTING A PULMONOLOGIST

Pulmonology is a specialised branch of medicine focusing on diseases and conditions affecting the respiratory tract. This includes the lungs, airways, and associated structures responsible for breathing. Pulmonologists are experts in diagnosing, treating, and managing a wide range of respiratory disorders, ensuring optimal lung health.

Pulmonary medicine has emerged as a vital speciality, particularly in addressing respiratory infections like pneumonia, viral illnesses, and tuberculosis. Patients with critical conditions often require ventilator support, and Pulmonologists play a crucial role in their care.

SPECIALISTS AT AADICURA



Dr. Hiren Parikh
Pulmonologist



Dr. Hardik Shah
Pulmonologist



WHEN TO CONSULT A PULMONOLOGIST

Consulting a pulmonologist is essential when respiratory symptoms persist or become severe. Key symptoms to watch out for include:

- Chronic or prolonged cough with or without expectoration.
- Shortness of breath or wheezing.
- Chest tightness or pain.
- Persistent rhinitis or nasal congestion.
- Blood in sputum (hemoptysis).
- Unexplained weight loss or prolonged fatigue.

These symptoms may indicate underlying conditions that require attention. Early consultation can prevent complications and ensure timely intervention.

CONDITIONS MANAGED BY PULMONOLOGISTS

Severe Asthma:

Managing chronic asthma that is resistant to standard treatments.

Smoking-Related Lung Disease:

Conditions such as chronic obstructive pulmonary disease (COPD) caused by long-term smoking.

Pleural Effusion:

Treating fluid accumulation in the pleural cavity surrounding the lungs.

Pneumothorax:

Addressing collapsed lungs due to air leaks in the pleural space.

Sleep Apnea:

Diagnosing and managing sleep-related breathing disorders.

Lung Cancer:

Early detection and coordination of treatment plans for lung malignancies.

Tuberculosis (TB):

Providing targeted therapy for TB and its complications.

Pulmonary Fibrosis:

Managing scarring of lung tissue leading to difficulty in breathing.

Other Lung Diseases:

Comprehensive care for various chronic & acute respiratory conditions.

Pulmonologists work closely with patients to create tailored treatment plans, often involving medications, respiratory therapy, or advanced interventions like bronchoscopy and ventilator management. With respiratory diseases on the rise, Pulmonology remains an indispensable field in modern medicine.

* 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.



SUCCESS IS NOT FINAL, FAILURE IS NOT FATAL

DR CHIRAYU CHOKSHI - Gastroenterologist and Endosonologist

Dr Chirayu Chokshi is a super-specialist Medical Gastroenterologist, Hepatologist and Endosonologist. He holds a comprehensive experience of over 25 years in the field of Medical Gastroenterology. After finishing his post-graduation, in 1999, he joined the Digestive Disease Centre at Bhatia Hospital, Mumbai for a fellowship in Medical Gastroenterology, Therapeutic Endoscopy, and Endosonology. After over two years of training, he returned to Baroda to start his practice.

Dr. Chirayu is one of the pioneers of Endosonography in Gujarat. In 2009 he was awarded MD FASGE by the American Society of Gastrointestinal Endoscopy.



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

I had come in contact with a few medical students in my early school days. They inspired me to break the family trend where we had five CAs.

Why did you choose your area of speciality?

I am fascinated with digestive health, a desire to help patients with chronic conditions, and am interested in diagnostic and therapeutic procedures. In my second year of residency, I attended a workshop in Mumbai by Dr Amit Maydeo, which further influenced my decision.

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

By attending CME and by mentoring young gastroenterologists to learn procedures in a simplified way.

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

There are hundreds of them. The most striking was of an elderly female with D1-2 obstruction where the ERCP scope could not pass across [Partial Gastric Outlet Obstruction], and I did ERCP with a thin upper GI scope and placed a stent after removing a stone from CBD.

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

A paragon of reliability, trustworthiness and moral fibre.

Being a doctor can be very stressful. How do you practice a healthy balance between

work and your personal life?

It is never stressful, I enjoy my work.

In your opinion what makes Aadicura Hospital unique and different?

It's a patient-centric, doctor-run hospital with the same values and culture as any other hospital.

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

Smoking and drinking.

Name a book that has influenced you the most.

In sheep's clothing: Understanding and dealing with manipulative people by George K Simon.

Share your mantra for success.

Success is not final; failure is not fatal - It is the courage to continue that counts.

STAR PERFORMERS



Mantript Walia
Best Employee
of the month



Nikita Mehta
Best Employee
of the month



Raymole Sabu
Best Employee
of the month



Vijay Mangade
Best Employee
of the month



Aparna Patil
Best Nurse
of the month



Tarun Jangid
Best Nurse
of the month



Abhishek Thakur
Best Multitasking Staff
of the month



Hasina Makrani
Best Multitasking Staff
of the month



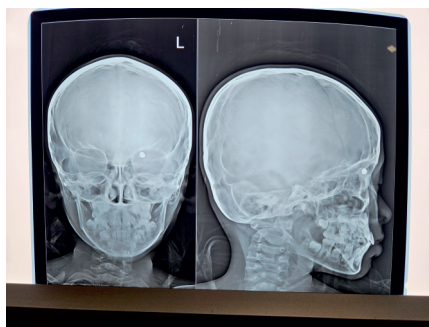
Jayesh Vankar
Best Multitasking Staff
of the month



Dr. Hetal Padsala
Best Doctor of the month

A CASE OF OCULAR INJURY DUE TO GUNSHOT

A 10-year-old boy walked into our Ophthalmology OPD with his father and uncle with swelling and severe pain in his left eye. He was referred by a senior Ophthalmologist with a note that mentioned the child had a bullet injury in the eye. We had never imagined in the wildest of thoughts that a 10-year-old could sustain a bullet injury.



- PELLET ON X RAY

DEPARTMENT OF OPHTHALMOLOGY

DR SURBHI KAPADIA
Ophthalmologist & Ophthalmic plastic surgeon



local hospital, where he was referred to a higher centre. On further investigation in the form of an X-ray and CT scan, the local doctor could locate the pellet in his left eye. Due to the complexities and the lack of medical expertise or experience, the



- PELLET REMOVAL

On further inquiry, it was known that he hailed from the tribal area in Gujarat state. His father mentioned the boy was playing in his backyard on a regular weekday after returning from school. As he played 'satodiyu' with his friends, they were taken by surprise when he was in severe pain and crying the next second, holding his hand over his left eye. When one of his senior cousins checked his eye, it was bleeding profusely, and the boy was in severe shock. The injury was sustained as one of his neighbours had used his gun to protect against a wild animal on his farm. Unfortunately, the bullet missed the target and went straight into the little boy's eye. They approached the

patient was referred to Dr Surbhi Kapadia at Aadicura Hospital. Detailed examination found that the pellet was sitting right next to the eyeball coats but within the orbit. The child was very uncooperative for any examination, but luckily, his vision was intact, which was quite a relief. Now, the challenge was to meticulously remove the pellet from a pandora's

box without losing it further deep into the orbit. The heroic surgery was successfully performed at Aadicura Hospital and the bullet was safely removed through minimal incision and use of adequate instruments. The parents were happy they were in safe hands and the pellet was successfully removed.

IF YOU HAVE AN EYE INJURY:

- DO NOT touch, rub or apply pressure to the eye.
- DO NOT try to remove any objects stuck in the eye.
- Do NOT apply ointment or medication to the eye.
- The use of self-medication can be more painful or make the injury worse.
- Prescription medications should only be used for exactly the condition they were prescribed for, not for emergency treatment.
- See your eye doctor as soon as possible, go straight to the emergency room.

DIABETIC HEALTH PACKAGES

BASIC DIABETIC FOOT PACKAGE	COMPREHENSIVE DIABETIC FOOT PACKAGE	ADVANCED DIABETIC CARE PACKAGE
₹ 1800	₹ 4000	₹ 7500
₹ 2200	₹ 2000	₹ 15000

Aadicura™
Superspeciality Hospital



Health Checkup | Appointments | Emergency 24x7 | Chat With Us
 +91 89805 06161 | +91 89805 53311 | +91 89805 58811 | +91 89805 01011

#karebaathealthki

EVENT GALLERY

Eye checkup camp organized for children of Rosary school



Cricket tournament organized for doctors of Godhra



Health talk organized at Ekalbara



Kalupur Bank health checkup camp for employee



Health talk organized at SBI bank



Health Talk at FCI



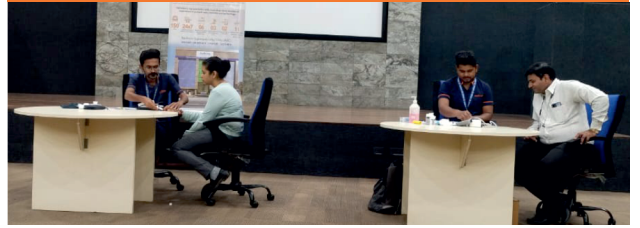
Society health checkup camp at Viram 2 Vadsar



International Men's Day celebration at Aadicura



Medical Camp organized at Schneider company, Vadodara



Three year anniversary Celebration of Aadicura, 3 cheers to health & 3 cheers to Aadicura.



Aadicura welcomed Christmas with open hearts and a festive glow of happiness.



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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