

# Aadicura Cares

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**NATIONAL  
DOCTOR'S DAY**  
-1 JULY-

MONTHLY NEWSLETTER

## BEFORE GASTROINTESTINAL SURGERY CONSULTATION



### What is gastrointestinal surgery?

Gastrointestinal surgery is a treatment for diseases of the parts of the body involved in digestion. This includes the oesophagus, stomach, small intestine, large intestine, and rectum. It also includes the liver, gallbladder, and pancreas. Surgery may be used to remove a cancerous or noncancerous growth or damaged part of the body, such as the intestine. It may also be used to repair a problem like a hernia. Minor surgical procedures are used to screen and diagnose problems in the digestive system.



### Certain things that you need to know before Gastrointestinal Surgery Consultation:



- \* What is the Gastrointestinal system?
- \* Why you have been referred to a Gastrointestinal Surgeon?
- \* Why Gastrointestinal Surgery should be performed by a well-skilled & well-trained gastro surgeon?

### SPECIALISTS AT AADICURA



**Dr Pankaj Khandelwal**  
Gastrointestinal Surgeon,  
Laparoscopy & Bariatric Surgeon



**Dr. Ankur Tiwari**  
Gastrointestinal  
Surgeon



**Dr. Minal Patil**  
Gastrointestinal  
Surgeon

### Then there are more detailed and specific discussions such as:

#### 1) BARIATRIC CONSULTATION:

- Your BMI
- Your daily calorie intake
- Your daily workout schedule
- Trouble you face due to high BMI
- Benefits of surgery
- Risks involved
- Cosmetic vs Metabolic advantages

#### 2) GASTROINTESTINAL CANCER CONSULTATION:

- Primary complaints
- Chief symptoms
- Narration of history in full detail and chronology
- Region of cancer in the body
- Primary stage of disease

- Prognosis of disease i.e. overall survival
- Role of Chemotherapy & Radiation in cancer
- Surgical options available i.e. Laparoscopic/open surgery
- Stoma, its role & how to manage
- Expected complications in the near & later future
- Expected total cost of treatment

#### 3) COMPLEX LAPAROSCOPIC SURGERIES CONSULTATION:

- Basic concept of laparoscopy
- What is advanced laparoscopy surgery
- Risks vs Benefits
- What difference does laparoscopy make in surgical outcome

- Total cost of treatment

#### 4) LAPAROSCOPIC HERNIA SURGERY

- What is hernia
- Is it a tumour or a misnomer?
- Types of hernia
- Surgical options
- Laparoscopy surgery advantages
- Is it scarless surgery / Is it keyhole surgery

#### 5) LAPAROSCOPIC CHOLECYSTECTOMY SURGERY

- What is gallbladder
- Function of gallbladder
- Is stone from the gallbladder to be removed or the entire gallbladder is to be removed
- Expected complications

\* 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.



# STAY FOCUSED AND UPDATED

## Dr Sandip Mavani, Neurosurgeon

Dr Sandip Mavani has done his MBBS & MS (General Surgery) from Gujarat's renowned Baroda Medical College. He earned a Gold Medal for excellence in M.S.(General Surgery). After completing post-graduation, he pursued an MCh neurosurgery from India's top institutes - Seth G.S. Medical College & K.E.M. Hospital Mumbai. Dr Mavani pursued his interest in Endovascular neurosurgery and completed his fellowship at Beaujon Hospital, in Paris. Beaujon Hospital's neuro-intervention department is considered one of the top departments worldwide.

He has been working in the field of neurosurgery since 2012. He has performed around 3000 neurosurgeries and around 300 Endovascular neurosurgery. His expertise is Coiling/clipping of aneurysms, thrombectomy for acute ischemic stroke, AVM/AVF embolisation, skull-base surgery and complex brain tumour surgery. He has worked with many reputed hospitals in Vadodara & Anand before joining Aadicura Hospital.



### Why did you choose to become a doctor?

Since childhood, I've noticed how a doctor's timely intervention can help a patient recover fast and improve their well-being. Doctors play an important role in society and can make a huge difference in the lives of the people that they interact with. This aspect of a doctor's job can be incredibly rewarding and is one of the primary reasons why I chose a career in medicine. My curiosity towards science also pushed me towards medical school as during our study we had the opportunity to explore a range of fascinating subjects and then practically apply them when treating patients.

### Why did you choose your area of speciality?

Neuroscience is fascinating and one of the most complex systems of the human body. As a neurosurgeon, I am often exposed to a wide variety of technically challenging and interesting surgeries. The operation theatre and cath lab are my favourite places to be. The camaraderie of the team, the focus on solving one problem, and the satisfaction of physically removing a tumour, or disc, or relieving compression of the spinal cord all make my day. It is thrilling when a neurologic deficit improves after surgery. When a patient cannot raise her leg off the hospital bed before surgery, and then raises it in the recovery room, I am always excited like a small kid.

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

Keeping myself updated with the ever-changing medical field is much needed to give my patients the most updated treatment options available worldwide. Health care is a dynamic field. Life-long learning and continuous skill development are the key. I keep myself updated by reading journals, attending webinars, attending national and international conferences and hands-on workshops and CMEs.

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

I remember a case where one of our colleagues developed a brain haemorrhage following a brain aneurysm rupture. When he came to me he was fully conscious and alert. He was operated on with a complex brain surgery and microsurgical clipping of his brain aneurysm was done successfully after 7-hour surgery. He remained alright for the initial 5 days but on the 6th day, he developed gradual deterioration in his sensorium due to vasospasm. Gradually he became deeply comatose. He was treated with continuous Intra Arterial Vasodilatation therapy which is very difficult to administer. After 10 days of his fight against vasospasm and chest infection, he started improving and gradually became fully conscious on the 21st day. He started working in the operation theatre after 2 months. When I see him assisting with surgery, I become elated and admire his fighting spirit.

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

**Hardworking, Passionate and an Empath.**  
**Being a doctor can be very stressful. How do you practice a healthy balance between work and your personal life?**

I try to make some time for myself by playing various sports like cricket, tennis, running etc. These sports reduce work-related stress and keep me motivated towards my goal.

### In your opinion what makes Aadicura Hospital unique and different?

Aadicura is one of its kind hospital in the central part of Gujarat which is owned by and run by doctors. Our patient is at the centre of everything. At Aadicura, we strive to provide world-class facilities and treatment to all our patients without any discrimination.

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

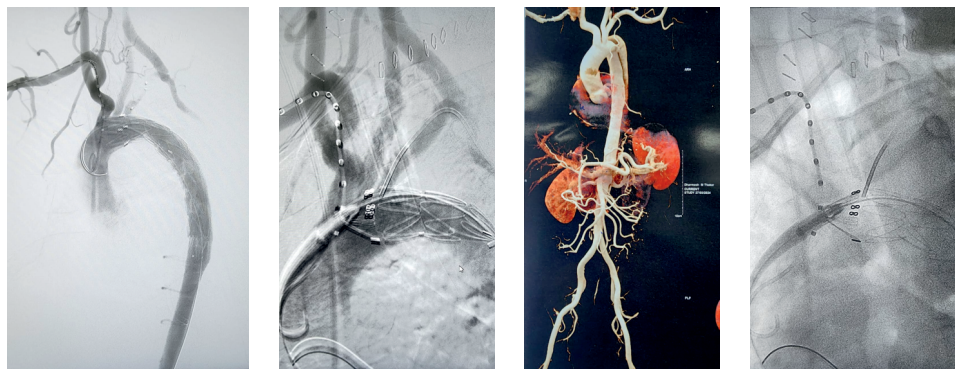
I am strictly against any type of addiction be it smoking, alcohol or any other substance abuse.

Nowadays along with physical fitness, mental fitness is equally important. I do not support mental exhaustion which leads to poor mental health and nervous breakdown.

### Share your mantra for success.

Be transparent with your patients and give your best shot to every patient you treat. Stay focused and updated.

# A CHALLENGING PROBLEM; SOLVED EFFICIENTLY BY HYBRID TEVAR



**Dr Vijay Thakore**  
Vascular and  
Endovascular Surgeon

**Dr Sumit Kapadia**  
Vascular and  
Endovascular Surgeon



**Dr Hiten Patel**  
Vascular and  
Endovascular Surgeon

**Dr Kushan Nanavati**  
Vascular and  
Endovascular Surgeon

A 53-year-old gentleman presented with a sudden onset of excruciating pain in his upper back, coupled with severely uncontrolled high blood pressure for the past two days. The consulting physician, with a high index of suspicion for aortic dissection—a condition where there is a split in the wall of the aorta – ordered a CT angiography. The imaging confirmed the presence of an aortic dissection. Aortic dissection is a life-threatening condition that, if left untreated, carries a high risk of complications, including rupture of the aorta and subsequent death, as well as the potential for kidney failure. Given the severity of his condition, the patient was referred to Aadicura Superspeciality Hospital for advanced treatment. Despite receiving the best possible medical management, his pain and high blood pressure remained persistent.

At Aadicura, the patient underwent a specialised endovascular operation known as Hybrid Thoracic Endovascular Aortic Repair (TEVAR). This procedure is a combination of traditional surgical techniques and endovascular therapy. During Hybrid TEVAR, the dissection in the aortic wall was addressed through an angioplasty-like procedure. Additionally, a minor surgical intervention known as debranching was performed to ensure adequate blood flow to vital organs by redirecting blood flow around the damaged section of the aorta. The Hybrid TEVAR procedure involves the insertion of a stent graft through a small incision, typically in the groin, and guiding it to the site of the dissection within the aorta. The stent graft reinforces the weakened area of the aorta, preventing further splitting and potential rupture. The debranching procedure complements this

by creating new pathways for blood flow, thus ensuring that the critical branches of the aorta remain adequately perfused. Post-operative, the patient made an excellent recovery. He experienced significant relief from his pain and his blood pressure became manageable. There were no complications and he was discharged in a stable condition, with regular follow-ups scheduled to monitor his recovery and the success of the procedure. In summary, the swift diagnosis and referral for Hybrid TEVAR at Aadicura Hospital were crucial in managing the patient's life-threatening condition. The successful combination of endovascular and surgical techniques allowed for effective treatment of the aortic dissection, demonstrating the importance of advanced medical interventions in improving patient outcomes.

## STAR PERFORMERS



**Mr. Sanjay Gwalani**  
Best Leader  
of the Month



**Ms. Bhavita Joshi**  
Best Nurse  
of the Month



**Mr. Mihir Joshi**  
Best Nurse  
of the Month



**Ms. Veronica Dabhi**  
Best Nursing Incharge  
of the Month



**Ms. Bhumika Chandrala**  
Best OT Staff  
of the month



**Ms. Savitri Uttekar**  
Best Multitasking staff  
of the month



**Ms. Archana Parte**  
Best Multitasking staff  
of the month



**Mr. Shiv Prakash Rawat**  
Best Employee  
of the month



**Mr. Sahil Raj**  
Best Maintenance staff  
of the month



**Dr. Divya Rankawat**  
Best Doctor  
of the Month

# EVENT GALLERY

The team celebrated the achievement of receiving 5000 Google reviews at an exceptional rating of 4.9 stars. This is a symbolic milestone for the entire team of Aadicura as it reflects the team's commitment to high quality care and exceptional service for each and every patient at Aadicura.



CME (Continuous Medical Education) was organized along with Padra IMA by our specialists Dr Kushan Nanavati, Dr Ravirajsinh Gohil, Dr Ashish Desai and Dr Hardik Shah. The team discussed and shared knowledge about challenging cases solved.



Various on job trainings and classroom trainings were conducted in the hospital for employees



Aadicura was a healthcare partner with - 'Ageless Inspirations' - Senior Citizen event by Anand Visamo club. Our specialist Dr Nirav Panchani and team attended the function on behalf of Aadicura to motivate the participants and shared health tips.



**Aadicura**<sup>®</sup>  
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



**8980 5010 11**