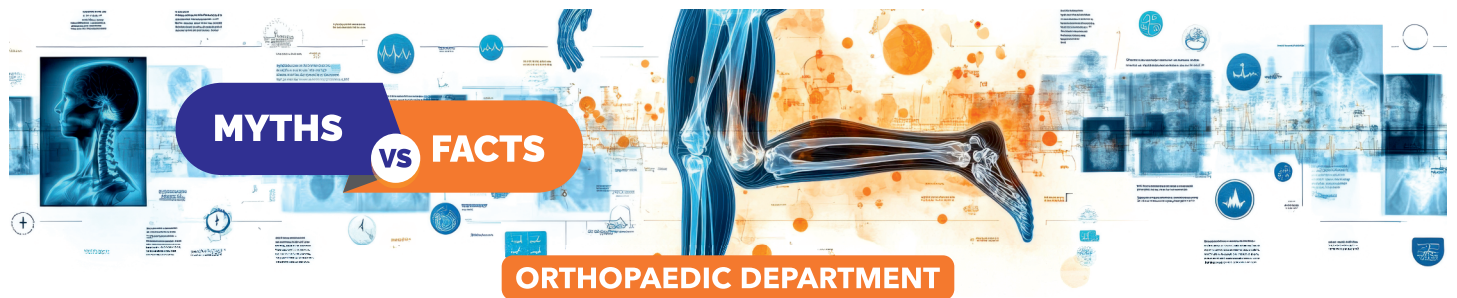


# Aadicura Cares

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MONTHLY NEWSLETTER



Orthopaedic conditions are often surrounded by misinformation, leading patients to delay or avoid proper treatment. Let's bust some common myths:

### Myth 1: "If you can move it, it's not broken."

**Fact:** Some fractures still allow movement. Only an X-ray can confirm if a bone is broken.

### Myth 2: "Back pain means you need bed rest."

**Fact:** Extended rest can worsen back pain. Gentle movement, stretching, and posture correction are often more effective.

### Myth 3: "Exercise worsens joint pain."

**Fact:** The right kind of exercise strengthens muscles, improves flexibility, and can reduce joint pain.

### Myth 4: "Cracking knuckles causes arthritis."

**Fact:** There's no scientific link between knuckle cracking and arthritis. It may be annoying, but it doesn't damage joints.

### Myth 5: "Surgery is the only solution for orthopaedic problems."

**Fact:** Many orthopaedic issues can be managed non-surgically through physiotherapy, medications, and lifestyle changes.

### Myth 6: "Joint pain is a normal part of ageing - nothing can be done."

**Fact:** While ageing can bring wear and tear, persistent joint pain is not something you have to live with. Modern treatments offer significant relief.

### Myth 7: "Osteoporosis only affects women."

**Fact:** Men are also at risk, especially after age 70. Bone density screening is important for both genders.

### Myth 8: "Pain after surgery means something went wrong."

**Fact:** Mild to moderate pain is a normal part of the healing process and usually improves with time and guided rehabilitation.

## SPECIALISTS AT AADICURA



**Dr. Vivek Parikh**  
Orthopedic Surgeon



**Dr. Chirag Patel**  
Orthopedic Surgeon

## ORTHOPAEDIC HEALTH TIPS

### Maintain a Healthy Weight:

Extra weight puts more pressure on your joints, especially your hips and knees. Staying fit can help prevent joint degeneration.

### Eat Bone Boosting Foods:

Calcium, Vitamin D, and protein-rich foods are essential for bone strength. Include leafy greens, dairy, soy, and sunlight exposure.

### Keep Moving:

Daily low-impact activities like walking, swimming or yoga help improve joint function and mobility.

**Stay Hydrated:** Hydration supports cartilage health and helps cushion your joints.

### Mind Your Posture:

Poor posture can lead to back and neck issues. Sit straight, adjust your workspace ergonomically and avoid slouching.

### Stretch and Strengthen:

Incorporate stretching and strength training into your weekly routine to support joint health and prevent injuries.

### Wear Proper Footwear:

Supportive shoes with good cushioning can help align your posture and reduce stress on your knees and spine.

# KNOW YOUR TEAM



**Dr. Alpa Parmar**  
Medical Services  
DGM



**Alphonsa NP**  
Nursing  
GM



**Anita Patel**  
Billing  
Manager



**Chhaya Patel**  
Customer Care  
Sr. Manager

## Why did you choose to work in the healthcare industry?

When I was in the 12th standard, I wanted to become a gynaecologist to improve the health and well-being of women. I wanted to provide affordable care and spread general awareness around well-being. The profession of doctor is at the highest level; however, even the healthcare industry is constantly evolving and offering continuous opportunities to grow.

My journey began with a simple yet profound desire to serve humanity with compassion, dignity, and purpose. Over time, this calling has grown into a lifelong commitment to patient care and professional excellence. I have witnessed the transformative impact of empathy, teamwork and effective leadership in delivering high-quality healthcare. Healthcare is not just a profession; it is both a responsibility and a privilege.

From an early age, I was drawn to the idea of making a meaningful impact on the lives of people. While I may not be on the frontline, I discovered my true calling was behind the scenes in healthcare operations. Working in billing allows me to uphold the dignity of every patient by ensuring their financial journey is smooth, respectful and accurate. It's my way of contributing without wearing a white coat.

When I started my job, I had no clear direction or expectations. However, as I gained experience and learned about the various aspects of healthcare, I discovered my passion for this field. I've since decided to pursue a healthcare career, driven by a desire to continuously learn and grow. I'm excited to explore opportunities and make a meaningful impact in this industry.

## How do you work to improve patient care?

I take daily rounds to ensure that patients are receiving proper medical care. I monitor clinical indicators to measure the outcome of the services delivered and take corrective actions to improve services.

Improving patient care is my top priority. I focus on patient comfort, safety, and quality by building compassionate, well-trained nursing teams and fostering a culture of empathy, accountability, and learning.

I believe that patient care goes beyond treatment. By ensuring transparency, precision and empathy in every transaction, I help reduce stress and confusion for patients and their families.

By providing education and training on best practices. By developing and enforcing policies that prioritise patient-care and safety. By keeping communication clear, empathetic, and respectful and by regularly assessing care outcomes.

## What is your approach to teamwork and collaboration?

I believe in teamwork and collaboration for patient care and safety, staff satisfaction, and a positive work culture for better communication and problem-solving. Teamwork and collaboration reduce medical errors and enhance patient care.

My approach is built on mutual respect, open communication and a shared purpose. A strong healthcare team thrives on trust, inclusivity and patient-centred care. I foster an environment where team members feel valued and empowered.

Effective teamwork is built on mutual respect and honest communication. I value every colleague's input, knowing that each role contributes uniquely to patient outcomes. I believe every team member adds unique value.

I believe in open, transparent, and respectful communication channels. My approach to teamwork is to align team members around shared objectives and outcomes. I encourage a culture of trust, empathy, and respect among team members.

## What makes working at Aadicura Hospital fulfilling?

Working with a team of superspecialist doctors with a motto of putting patients first is highly satisfying. Here, I've the scope to use my skills and have new opportunities for continuous learning.

Aadicura Hospital is committed to patient-care guided by compassion, empathy and clinical excellence. At the heart of everything we do is our vision of 'Putting Patients First'. Aadicura is a sacred space where healing happens holistically.

Aadicura is a family with a shared purpose. The environment here blends professionalism with genuine compassion. It motivates me to keep learning, improving and contributing in ways that truly matter.

I've witnessed remarkable growth and development at Aadicura Super Speciality Hospital. I'm excited to be part of this journey. The hospital's continued growth will provide opportunities for my professional growth and development.

## Share your life mantra

Be kind to yourself and others. Keep going - Life is full of ups and downs. Persistence is often the quiet superpower that leads to success and growth.

Lead with compassion and humility, serve with purpose and heal with God's Grace. With hands that serve and a heart that prays, I guide with love and stand in faith.

"Work with honesty, lead with heart, and serve with gratitude." This mantra guides every decision I make, both professionally and personally.

Inspired by the Bhagavad Gita's philosophy, 'Work is worship,' I've adopted a personal mantra to strive for excellence.

# RIGHT SUPERFICIAL FEMORAL ARTERY PSEUDOANEURYSM (PSA) WITH EXPANDING RIGHT THIGH HEMATOMA

This 75-year-old female patient was admitted with a history of Right groin expanding hematoma with severe pain for the last 5 days. The patient was suffering from AF with ventricular tachycardia, for which the patient underwent a temporary pacemaker procedure from right femoral access at a peripheral hospital. Two days after this procedure, she started experiencing severe pain and swelling and a fall in haemoglobin level. On investigation, she was diagnosed to have a right femoral PSA with hematoma. For the same, she was managed with a compression dressing and blood transfusion.

Even after conservative management for 3-5 days, there was continuous expansion of the hematoma with PSA. The patient was referred to the Aadicura Vascular Team.

CT angiography of the lower limb was done, which was suggestive of PSA arising from the right proximal superficial femoral artery.

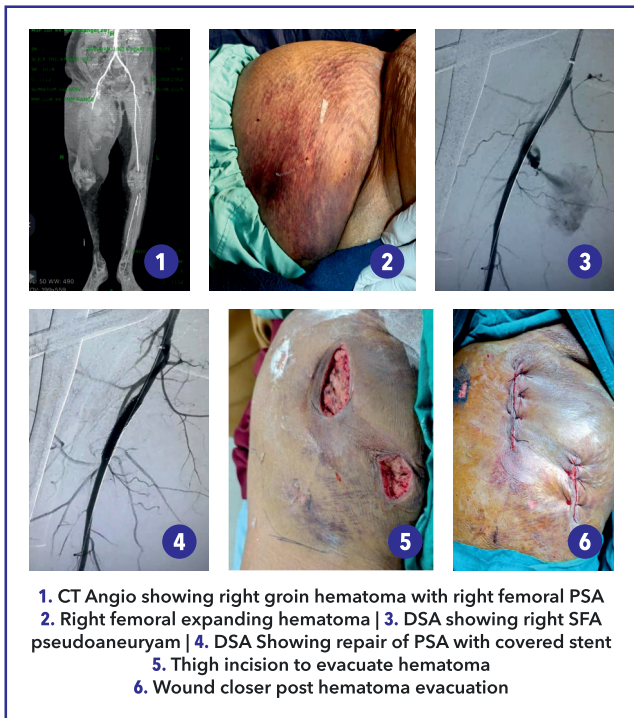
As the patient was suffering from AF with a low haemoglobin level, the patient was managed with a minimally invasive hybrid vascular technique.

Level femoral access was taken for an endovascular procedure. With crossover 6F sheath, right femoral artery access was done & right SFA pseudoaneurysm was located, which was crossed with O35 wire, followed by PSA repair with 6x38 mm

covered stent graft. Post covered stent graft, there was no active leakage from the PSA site. Right distal pulsations were very well palpable post-procedure.

After the endovascular procedure, two small thigh incisions were kept to evacuate the hematoma. Almost 750 to 1000 ml of hematoma was evacuated, and the wound was managed with VAC dressing for the next 5 days. Wound closure was done after 5 days in the Operation Theatre.

This 75-year-old female patient was admitted with above mentioned history in ASH-ER. In v/o active bleeding from the right groin suture site, hematoma evacuation was done in the ER. Post procedure, the patient was shifted to the ward for further management and care. Patient managed with IV antibiotics, antacids, anticoagulants, hypertensive medicines and other supportive treatments. The patient's overall stay in the hospital remains uneventful. Now, she is stable vitally and hemodynamically, hence is being discharged today on medical management.



1. CT Angio showing right groin hematoma with right femoral PSA  
 2. Right femoral expanding hematoma | 3. DSA showing right SFA pseudoaneurysm | 4. DSA Showing repair of PSA with covered stent  
 5. Thigh incision to evacuate hematoma  
 6. Wound closer post hematoma evacuation

**Take Home Message:**  
 Managing this kind of groin pseudo-aneurysm is a very difficult task. Vascular Surgeon's team of Aadicura were able to manage this complex case with the use of endovascular technique with minimal surgical incision. The course of the patient in the hospital was uneventful.

## SPECIALISTS AT AADICURA



**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

## STAR PERFORMERS



**Rahul Padhiyar**  
 Best Employee of The Month



**Vishal Shah**  
 Best Employee of The Month



**Kartik Derola**  
 Best Nursing Staff of The Month



**Kinnari Parmar**  
 Best Nursing Staff of The Month



**Saraswati Shinde**  
 Best Multitasking Staff of The Month



**Rohan Shinde**  
 Best Multitasking Staff of The Month



**Jayeshbhai Patel**  
 Best Multitasking Staff of The Month

# EVENT GALLERY

A training session was successfully conducted by the Quality Department for the Patient Care Attendant Department.



RMO's Training was conducted on Saturday 21/06/2025. Topic was General instructions by Dr. Deepak Barai for GI Department's Patients.



Aadicura Hospital, successfully conducted a Continuing Medical Education (CME) at CME Balasinor & IMA Godhra Association.



General Health & Eye Check-up Camp At Ujjivan Small Finance Bank, Sayajigunj. Promoting better health and vision for all



International Yoga Day at Aadicura In collaboration with INYGMA - Indian Naturopathy & Graduate Medical Association (Gujarat Chapter) Celebrating the power of Yoga & Exercise in transforming daily lives.



**Aadicura**<sup>®</sup>  
Superspeciality Hospital  
— Putting Patients First —

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

**8980 5010 11**