

# Aadicura Cares

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MONTHLY NEWSLETTER

## WHEN YOU CONSULT A NEPHROLOGIST FOR THE FIRST TIME



### What does a nephrologist do?

A nephrologist is a doctor who treats patients with kidney diseases. They treat diseases that include kidney dysfunction, kidney infections, UTI, high blood pressure, swelling due to kidney diseases, electrolyte abnormalities and care of kidney transplant patients. Generally, nephrologists train as MD in internal medicine, after which they pursue a 3-year specialisation course in nephrology.

### What does an evaluation by a nephrologist involve?

Evaluation by a nephrologist starts with your history of past diseases. If you have diabetes, high blood pressure, previous kidney problems, or any disease requiring regular treatment, the nephrologist should be informed. He will inquire regarding regular medicines and over-the-counter drugs.

After that, they will discuss your current problem - reasons for a doctor's visit, physical symptoms, referrals etc.

Many kidney patients come with unstable blood reports, which were done for routine evaluation. Then, you would go through a physical checkup and vitals evaluation. With all relevant examinations, your nephrologist will suggest, if needed, further

investigations. It may include blood testing, urine testing, and imaging studies like CT scan or ultrasound.

Few patients with diagnostic dilemmas will require kidney biopsy to make an accurate diagnosis.

### What are the symptoms / clinical presentation of kidney problems?

- Swelling on feet
- Facial puffiness
- Weakness
- Difficulty breathing
- High blood pressure
- Poor appetite
- Disturbed sleep
- Lethargy
- Nausea and vomiting

### What are common abnormalities in blood investigations?

High creatinine, Sodium, Potassium or other Electrolyte abnormalities, low haemoglobin and often urine reports show protein,

blood, or cells in urine in abnormal amounts.

Even past investigations (reports) should be kept handy while consulting a nephrologist.

### Nephrology includes what kind of treatment?

Treatment in nephrology includes medicines and injectibles but most patients would require dietary correction and restrictions. Few patients may also require hemodialysis or peritoneal dialysis, which are procedures for blood cleaning in advanced kidney diseases.

### SPECIALIST AT AADICUURA



**Dr. Dhaval Khetia**  
Nephrologist



# I BELIEVE IN SIMPLE LIVING

Dr DHAVAL DAVE, Gastroenterologist, Hepatologist & Endoscopist

Dr Dhaval Dave is a recognised name in the field of Gastroenterology & Hepatology. After completing his MBBS and an MD (General Medicine) from Baroda Medical College, Dr Dave pursued a DNB (Gastroenterology) from Santokba Durlabhji Memorial Hospital, Jaipur. He has been practising in Baroda for more than 6 years and has more than 25,000 diagnostic and therapeutic endoscopies to his credit.



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

I have been inclined towards Medicine since 11th standard because of my school teachers' constant support and motivation.

## Why did you choose your area of speciality?

I chose medicine at Baroda Medical College as in my MBBS I liked to read the subject. I had logical reasoning and the ability to do critical analysis.

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

We have a constant CME at the state and national level and according to my interests in advanced Pancreaticobiliary endoscopy, I constantly attend and upgrade. The department has constant discussions and SOPs for complicated case

scenarios.

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

There've been quite a few cases in the last seven years. One case that struck me straight away was a middle-aged male with pain in his abdomen. He had a large pancreatic stone and pain of chronic pancreatitis. All doctors and centres referred him to Mumbai or Hyderabad but I took up the challenge and did a planned therapeutic ERCP with spyglass pancreatoscopy. We did one shot clearance of the pancreatic stone and in immediate post-procedure he was relieved of pain and all symptoms. Such magnitude of pain relief gives us a smile and a sense of satisfaction.

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

Hard-working. Honest. Humble.  
Being a doctor can be very stressful. How do you practice a healthy balance between work and your personal  
Having a lovely family is my greatest

stress buster. My family helps me take my mind off work and being with my parents and taking care of them is a big relaxation to my mind.

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

Aadicura Hospital is unique as it is a doctor-run hospital with almost all superspecialities under one roof. This helps the patient to have care in one place.

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

I don't even have tea or coffee so I always encourage people to avoid vices in any form. I believe in simple living.

## Name a book that has influenced you the most.

Energise Your Mind by Gaur Gopal Das and 13 Things Mentally Strong People Don't Do by Amy Morin are two books I have learned a lot from.

## Share your mantra for success.

Hard work with simple living.

## GENERAL INDUCTION PROGRAM - MAY'24

WELCOME ONBOARD



Right to left

**First Front Row:** Archana Tadavi, Himani Rathod, Gayatri Tadavi, Sonal Rathod, Amruta Dhanurdhari, Bhumika Makwana, Sumitra Ahir  
**Second Row:** Ronakkumar Patel, Divyesh Mori, Parthkumar Valand, Yogesh Bhosle, Abhishek Thakur, Sandip Chavda  
**Third Row:** Jesna Rachel Mathew, Dr. Jinni Dhiman, Dipen Vaghela, Niyati Parmar, Shiv Prakash Rawat, Gaurav Kanojiya, Bhumika Uttekar

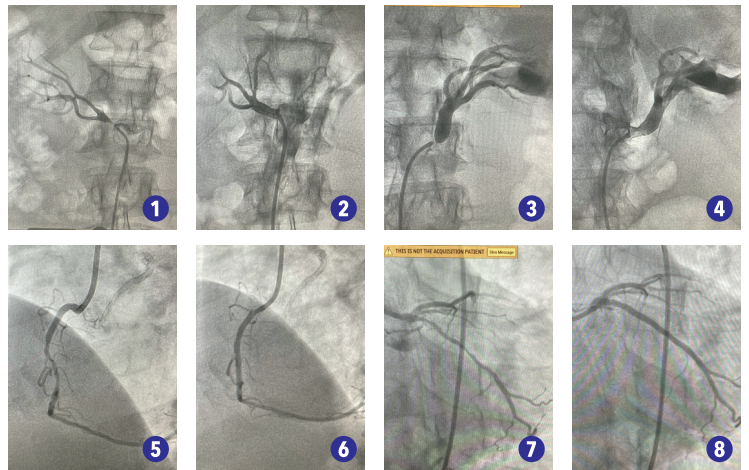
# A CASE OF ACCELERATED HYPERTENSION WITH ACUTE KIDNEY INJURY WITH UNSTABLE ANGINA



**Dr Nirav Panchani**  
Cardiologist



**Dr Arpan Desai**  
Cardiologist



A 77-year-old male patient came to the ER at 3 am with retrosternal heaviness, uneasiness and headache, reduced urine output for a few days and decreased appetite. His blood pressure was 200/110 and there were Ischemic changes in his ECG. He was admitted to the ICU. His creatinine was 2.2 and Troponin I was elevated. So this was a case of ACS - NSTEMI with AKI. Echocardiography showed concentric LVH and good LV systolic function. Emergency Coronary and renal angiography revealed 75-80% lesion in mid-RCA, 75-80% lesion in LCx and

patent old stent in LAD. The right renal artery had Ostia subtotal occlusion and the left renal artery had Ostia 90% stenosis. Considering there was good flow in coronaries and critical bilateral renal artery stenosis with AKI, it was decided to treat renal arteries first. Urgent bilateral renal artery angioplasty was done at 4 am with renal safe contrast in the minimum possible quantity. Because of high creatinine, coronary angioplasty was deferred for a few hours. After renal angioplasty, the patient had 1200 ml urine in 6 hours and creatinine repeated after 12 hours was 1.4.

Looking at resolving AKI, coronary angioplasty to RCA and LCx was done after 12 hours of the first procedure. The subsequent course in the hospital was uneventful. Under the able guidance of Cardiologists, **Dr Nirav Panchani** and **Dr Arpan Desai**. The hospital managed to send him for voting on his request on the 3rd day of the procedure and the patient was discharged on the 4th day with on-discharge creatinine of 1.5 and well-controlled blood pressure.

**Conclusion:** Timely diagnosis and intervention to bilateral renal angioplasty followed by coronary angioplasty was the key to successful recovery. Bilateral renal artery stenosis is the most important treatable cause and should be suspected in every patient with AKI + accelerated hypertension.

## STAR PERFORMERS



**Ms. Darshana Chauhan**  
Best Employee of the Month



**Ms. Bhavna Rajguru**  
Best Employee of the Month



**Mr. Mehul Chauhan**  
Best Nurse of the Month



**Ms. Kajal Barot**  
Best Nurse of the Month



**Ms. Bhavita Vaghela**  
Best Nursing Incharge of the Month



**Ms. Rinku Thakor**  
Best Multitasking staff of the month



**Ms. Bhuri Rajat**  
Best Multitasking staff of the month



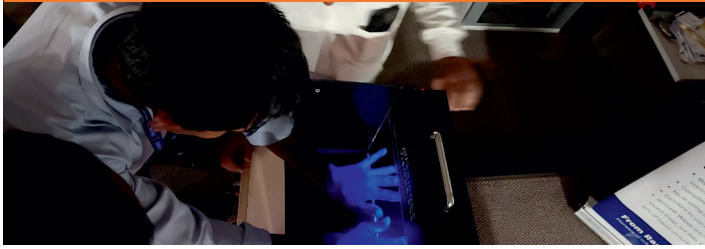
**Ms. Varshaben Kate**  
Best Multitasking staff of the month(Outsource)



**Dr. Pradip Machhar**  
Best Doctor of the month

# EVENT GALLERY

Hand Hygiene Day is celebrated worldwide on 5th May to emphasize on the importance of proper hand hygiene and raise awareness about clean hands for our safety and well-being. A talk was organized along with Visirub activity.



'Festival of Democracy' in its true spirit was celebrated as each one of our employees practiced their right to vote and came to work. This way we not only encouraged and supported each other but also assisted our patients who could go out and cast their vote.



International Nurses Day was celebrated on 12th May with a lot of enthusiasm and whole hearted participation at Aadicura. Nurses are the backbone of healthcare and this day is dedicated to their commitment, sacrifices and selfless care that they extend to patients and their families. The day was celebrated with dance performances, singing followed by dinner for the team.



Training of COLS (Compression only Life Support) and First AID was provided to the entire staff of InOrbit Mall by our team of consultants. A certificate of participation was provided to all participants. An eye checkup camp was also organized for the entire staff.



On the occasion of Mothers Day, a talk was organized at Inorbit Mall by our team about Self Care for mothers.



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

Windward Business Park, Jetalpur Road, Vadodara  
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**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



**8980 5010 11**