

## WHEN YOU HAVE VARICOSE VEINS



### What are Varicose Veins?

Varicose Veins are bulging, enlarged veins. Typically, they are swollen, twisted blood vessels that bulge just under your skin's surface. These blue or purple bulges usually appear in your legs, feet and ankles.

### Is it abnormal to have such veins?

Yes.

### Is it a serious problem?

No, it's not dangerous. It's very common & easy to treat. Only severe varicose veins can lead to serious health problems, such as blood clots.

### Why causes this condition?

The function of veins is to return impure blood from the legs to the heart. Veins have valves which allow only one-way transport of blood from below to upwards. Prolonged standing can lead to weakness/leakage in these valves leading to the retention of impure blood in leg veins which eventually leads to varicose veins.

### Who is at risk?

Anyone who has prolonged standing work can develop this problem due to increased pressure gradient across vein valves. Certain occupations demand standing for longer hours such as home-makers, traffic cops, bus conductors, shopkeepers, field workers, surgeons and anaesthetists are more prone to this condition.

### What are the symptoms / clinical presentation?

Pain & heaviness in legs  
Visible large veins in the legs  
Itching in legs

### What if I neglect it?

If neglected, it may get complicated by wound/ulcer development in the legs and excessive bleeding from veins. It will unnecessarily prolong your treatment course. So it's better to consult a vascular surgeon as soon as possible.

### What to do next after noticing varicose veins in the legs?

Consult a Vascular surgeon for assessment. The doctor will perform an Ultrasound Doppler test of your legs and will explain to you the further course of treatment.

### What is the least invasive treatment for Varicose Veins?

Non-invasive treatment options are:

- Endovenous Laser
- Radio-frequency Ablation
- Sclerotherapy therapy
- Glue therapy

### How to prevent varicose veins development?

A few precautions may also help, such as:

- Wear compression stockings
- Avoid long hours of standing
- Leg elevation during the night
- Guided Exercises
- Weight reduction (if obesity is present)

**TEAM VASCULAR**



Dr Vijay Thakore



Dr Sumit Kapadia



Dr Hiten Patel



Dr Kushan Nanavati

**AT AADICUURA**



# I NEVER DREAMED ABOUT SUCCESS, I WORKED TOWARDS IT

DR RAVIRAJ SINH GOHIL, CRITICAL CARE EXPERT

Dr Raviraj has done his MBBS & MD from Gujarat's renowned B J Medical College, Ahmedabad. After completing post-graduation, he pursued a specialisation in critical care at Jaslok Hospital in Mumbai.

He is also an AHA (American Heart Association) ACLS - BLS trainer to teach CPR - a life-saving procedure and knowledge for cardiac arrest cases.

He has been working in the field of critical care since 2009 and in Vadodara since 2010. He worked with many reputed hospitals in Vadodara before joining Aadicura. Dr Gohil was the President and secretary of ISCCM Vadodara branch in the past. He has also organised many critical care academic events across Gujarat.



## Why did you choose to become a doctor?

I belong to a middle-class family with no background in medicine. My parents have been my main inspiration to choose this profession.

Doctors use their knowledge and skills to relieve others of pain and suffering. They can become a source of happiness for patients and their families. This happiness that one derives by saving lives is incomparable.

## Why did you choose your area of speciality?

Critical care is all about timely and precise medical management. It deals with some of the most complex and challenging medical cases, often involving life-threatening conditions and multi-organ systems failure. I love the complexities and its management.

The decision to specialise in critical care medicine is often driven by a combination of passion for patient care, intellectual curiosity, desire for challenge, and commitment to making a positive impact in the field of medicine.

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

I believe in the thought: "A doctor is a student till he dies, when he fails to be a student, he dies." Medicine is a continuously evolving and learning experience. So I always update my knowledge & skills by attending conferences, workshops & CMEs. As a doctor, you are responsible for many things not only the treatment of patients but also

the social, emotional and psychological factors of the patient's family so you also have to learn and develop skills to manage all the things simultaneously.

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

I remember a case where a young physiotherapist, who was also a Bharatanatyam dancer, was admitted 2 years ago with dengue shock syndrome. She had all the possible complications and was put on the ventilator for a month, with dialysis and other life support systems. She required right-leg amputation because of limb necrosis. But after all the odds she survived and was discharged at the rehabilitation facility. She is now able to walk with an artificial limb & she continues her physiotherapy practice. Today when she visits me, I admire her spirit. She was a fighter back then and continues to remain a fighter for a lifetime.

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

**Resilient:** Our work is always in high-stress environments where we have to make quick decisions and manage complex situations. So we have to be resilient in the face of adversity, able to remain calm under pressure and adapt to rapidly changing circumstances.

**Compassionate:** We face life-threatening situations, severe illness or injury daily. We must approach our work with empathy, sensitivity, and compassion. We need to understand & recognise the emotional and psychological needs of both patients and their families during difficult times.

**Multidisciplinary:** Critical care medicine involves collaboration with various healthcare professionals, including nurses, physiotherapists, dieticians, pharmacists, and other specialists. So we must effectively communicate and work as part

of a multidisciplinary team, leveraging the expertise of each member to provide comprehensive and coordinated care to critically ill patients.

## Being a doctor can be very stressful. How do you practice a healthy balance between work and your personal life?

A doctor's life is always stressful so maintaining a healthy work-life balance is essential for doctors to prevent burnout and maintain overall well-being.

I keep myself out of stress by time management, spending time with family and friends, self-care practice, taking breaks from work, and pursuing my hobbies like cycling, gym, trekking etc.

The formula for work balance at the workplace is harmony with your team members.

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

Aadicura Hospital offers economical and ethical care with a patient-centric approach. It's a doctor-run hospital so we understand the value of patient care and their rights.

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

Mental stress, workplace discordance, negative thinking, unethical and non-evidence-based medical practice.

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

It has to be Bhagvad Geeta. "Happiness is the state of mind that has nothing to do with the external world."

## Share your mantra for success.

I never dreamed about success, I worked towards it. You don't have to be brilliant to be a doctor, you have to be kind, hardworking and integrity. That's what makes a good doctor.

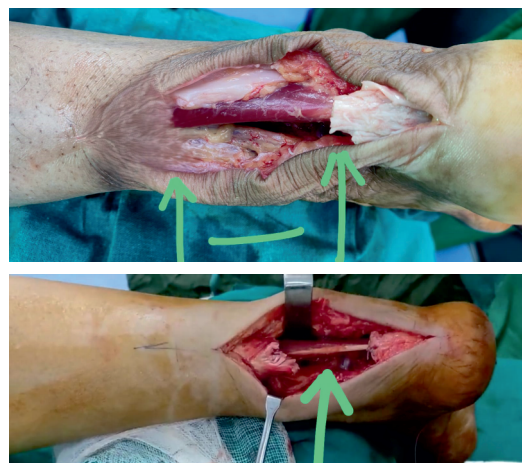
# ANKLE WEAKNESS NEUROLOGICAL OR TA RUPTURE?



**Dr. Vivek Parikh**  
Orthopaedic Surgeon



**Dr Chirag Patel**  
Orthopaedic Surgeon



A 66-year-old male has had difficulty walking for 3 years with a minor history of injury over his right ankle. He is a retired police officer so he didn't like to limp while walking. He had taken many opinions of orthopaedic and neurosurgeons. Finally, he was advised MRI OF the Ankle joint and diagnosed with Tendoachilis rupture. Tendoachilis is the powerhouse of the ankle joint and one of the strongest muscles in the body. He was denied for operative procedure due to age and complications associated with surgery particularly skin necrosis over the incision site.

Finally, he visited us in July 2023 and after a long discussion about rehabilitation and recovery, he was ready for surgery. During the surgery, we found the complete rupture of the TA, tendon with a gap of around 10 CM due to proximal retraction of the tendon. We have done a tendon transfer procedure in which FHL (Flexor Hallucis Longus) was transferred and fixed on the calcaneum with a screw. After completion of surgery patient underwent regular physiotherapy. As per protocol, at the end of 6 months of surgery now he can walk without a limp and he was able to do routine activities.

## TAKE HOME MESSAGE:

Always check the Achilles Tendon in patients with ankle weakness.

Age is not a limiting factor for TA surgery.

Advanced surgical techniques help to get good results without major complications.

Patient can be back to routine life with proper rehabilitation.

## STAR PERFORMERS



**Ms. Dharmistha Goswami**  
Employee of The Month



**Ms. Raymol Sabu**  
Best Nurse of the month



**Mr. Rahul Padhiyar**  
Best Employee in OP Billing



**Ms. Mrutika Parmar**  
Best Technician of the Month



**Mr. Akshya Gupta**  
Best Nurse of the month



**Mr. Hardik Patel**  
Best Multitasking staff of the month



**Ms. Neeta Vyas**  
Best Multitasking staff of the month



**Ms. Leena Shaikh**  
Best Outsourced staff of the month



**Mr. Denzil Christian**  
Best Technician of the Month



**Dr. Kartik Hasaliya**  
Best Doctor of the Month

# EVENT GALLERY



Dr Pankaj Khandelwal, GI and Bariatric surgeon, Chairman of Aadicura Superspeciality Hospital was given an award for his responsible, generous services towards society by 'Jagatguru Shankaracharya' by Swami Shree Sadanand Saraswatiji Maharaj)



Funday before Sunday - Fun activities and games were organised for team members by HR. Employees enthusiastically participated in all the events



CME - Continuing Medical Education, was organised for a group of General Practice doctors at Ashwath Auditorium



1st Aadicura Advantage Card handed over to patient



Dr Sandip Mavani and Aadicura team being felicitated by patient for the services



A garden camp was organised in the Makarpura area to reach out to society. Close to 150 people benefitted from this camp



A diet and nutrition camp was organised at MG Motors exclusively. More than 65 employees benefitted from this camp.

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

Windward Business Park, Jetalpur Road, Vadodara

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



**8980 5010 11**