

Aadicura Cares

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MONTHLY NEWSLETTER

WHEN YOU CONSULT A CARDIOLOGIST



Generally, reasons to consult a cardiologist are symptoms like chest discomfort, shortness of breath, unexplained fatigue or uneasiness, both leg swelling, palpitation, transient loss of consciousness or just a routine heart check-up.

What types of tests are done to check cardiovascular health?

After initial clinical assessment of heart rate, blood pressure, chest and heart auscultation the first and basic cardiac test is ECG (electrocardiogram). ECG gives an idea about heart rate and rhythm (regular or irregular). Conditions which can be diagnosed by ECG are heart attack, very slow heart rate (sinus bradycardia, sick sinus syndrome, complete heart block etc.) or very fast heart rate (sinus tachycardia, SVT, ventricular tachycardia etc), irregular heart rate (multiple VPCs, atrial fibrillation) etc. The next test is echocardiography (ECHO) which gives an idea about the size of heart chambers, pumping of heart, function of heart valves (narrowing or leakage), defect by birth (hole in heart, congenital heart disease), collection of fluid around heart etc. The test to know the possibility of blockage in heart arteries is the Treadmill test (TMT) or Dobutamine stress ECHO

(DES). In TMT, a person walks on a treadmill as if walking on the road and continuous ECG is recorded. Changes in cardiac tracing while walking help to predict the possibility of blockages. DSE is done if one is not able to walk or in certain cases when TMT is not reliable. **Holter monitor:** It is used to diagnose heart rhythm disorders. A cellphone-like device is applied to the chest underneath the clothes and the person goes back home, to pursue their daily routine. So it helps to detect heart rhythm in real life. Conditions like sick sinus syndrome, complete heart block, atrial fibrillation, ventricular arrhythmia

etc.

24-hour ambulatory blood pressure monitor (ABPM): A blood pressure cuff is applied to your arm and a mobile-like device to your abdomen. This automatically checks blood pressure every 30 min (or at set intervals) during the day and night. ABPM is recommended before starting blood pressure treatment.

Head-up tilt table test (HUTT): This is used to evaluate syncope (transient loss of consciousness).

Coronary Angiography: This is the gold standard test to assess blockages in heart arteries.

When to perform Coronary Angiography?

- Heart attack - this is an emergency. Coronary angiography should be performed as soon as possible to find the reason for the heart attack (which artery is occluded)
- Symptoms and abnormal TMT or DSE
- Recurrent symptoms even if TMT or DSE were normal
- Before valve replacement surgery.

SPECIALISTS AT AADICURA



Dr Nirav Panchani
Interventional Cardiologist



Dr Arpan Desai
Interventional Cardiologist

WHAT DO WE TREAT?

Coronary Angioplasty:

Primary Angioplasty in heart attack - This is by far the most life-saving procedure across the world. In a heart attack, every minute counts. Earlier the blocked artery opened by angioplasty lesser the damage to the heart and better long-term survival.

Bifurcation Angioplasty

Left main Angioplasty - This is an alternative to Bypass surgery in suitable patients.

Angioplasty in calcified arteries with Rotablator or Intra Vascular Lithotripsy

Renal Angioplasty: Blockage in the Kidney artery is one

reason for uncontrolled blood pressure. Angioplasty is treatment of choice in Stenosis to both Renal arteries.

Permanent Pacemaker Implantation:

Single and Dual-chamber pacemakers

AICD (automated implantable cardioverter defibrillator)

Biventricular pacemakers (Cardiac resynchronization therapy - CRT) for chronic heart failure

Balloon Valvuloplasty Procedure: (Balloon mitral/ Aortic/ Pulmonary valvuloplasties)

Septal Defect Repair: (ASD, VSD, PDA etc): Closure hole in heart by birth without surgery.

TAVI: Implantation of Aortic valve without surgery.



* 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.





BHAGWAT GEETA ANSWERS EVERY PROBLEM

Dr. Minal Patil - Laparoscopic GI, HPB, Colorectal Surgeon

Dr. Minal Patil, a graduate of MHUS, Pune has done his DNB in General Surgery from KEM Hospital in Pune. After completing his GI-HPB Fellowship at Sterling Hospital in Ahmedabad, Dr Patil earned additional training in Laparoscopy with FMAS, EFIAGES, and FALS in Bariatric Surgery.

Dr Patil has extensive experience in Laparoscopy, Gastrointestinal, Hepatobiliary, and Liver Transplant Surgeries. He has received specialised training in Laser Proctology.



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

One of the most important reasons to be a doctor is to alleviate pain and make patients feel better. Doctors are considered to be the caretakers of humanity—the maintenance people. Patients come to us, we patch them up, and we send them out to have the best and happiest lives they can lead.

Why did you choose your area of speciality?

GI surgery allows for a deeper focus on complex abdominal issues, including diseases of the esophagus, stomach, intestines, liver, and pancreas. It often incorporates advanced surgical techniques, including minimally invasive procedures and robotic surgery. It allows an opportunity to make a

substantial difference in patients' lives through surgical intervention.

GI surgery is a rapidly evolving field with ongoing research and advancements, allowing us to engage in academic pursuits and contribute to the development of new treatments.

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

Reading surgical journals, and CMEs and watching the experts doing the surgery. Also, new technological tools and online media help to provide knowledge about, the happening in the surgical field.

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

One patient with recurrent pain abdomen with recurrent cysts mass in liver, operated for liver resection & patient recovered well & symptoms free.

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

Passionate, energetic, motivated.

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

Relaxation is very important for the working of body and mind. I believe in proper satvik food, exercise and good sleep.

In your opinion what makes Aadicura Hospital unique and different?

Aadicura is a patient-oriented super speciality hospital. It is a unique combination of technology, skills, experience and dedication.

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

Addiction of any sort and mental exhaustion.

Name a book that has influenced you the most.

Every book has a message but Bhagwat Geeta answers every problem. It has influenced me the most.

Share your mantra for success.

Ready and steady.

Aadicura[®]
Superspeciality Hospital
— Putting Patients First —

*Have a safe Diwali
and a prosperous New Year*

Windward Business Park, Jetalpur Road, Vadodara
Emergency 24/7 : +91 89805 58811

24/7 EMERGENCY SERVICE AVAILABLE

FOREIGN BODY REMOVAL FROM LUNG IN ADULT PATIENT

A 70-year-old female was suffering from constant coughing for the last 9 years. She consulted many doctors but saw no improvement despite multiple investigations and multiple treatments. Slowly her cough worsened and she started having breathing difficulties. When she approached our team, upon investigation, her chest X-ray showed metallic opacity at the right lower lobe of the lung. Her HRCT chest confirmed a nose pin inside the right lower lobe bronchus (deeply seated inside the tracheal tree). On detailed history, she said that she had aspirated a foreign object (nose pin) about 7 or 8 years ago. Because of hemoptysis, she was referred to the Department Of Pulmonology, Aadicura Superspeciality Hospital for further management.

Metallic Pin in Right Lung - Removing By Bronchoscopy Forceps with Fluoroscopy

- Dept of Pulmonary Medicine - **Dr Hardik Shah** and **Dr Hiren Parikh** planned to remove the foreign body.
- With general anaesthesia foreign body was removed with the use of a video bronchoscope and under fluoroscene guidance (IITV- C Arm).

- The foreign body was too fragile as it had been inside for the last 8 to 9 years. It was broken into two pieces but our expert doctors were able to remove it successfully.

The metallic nose pin, which was broken in two parts, was removed via Bronchoscopy and Fluoroscopy

DEPARTMENT OF PULMONOLOGY



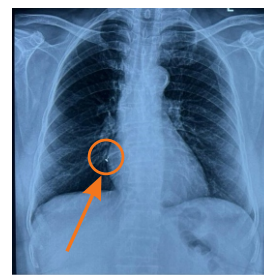
Dr Hiren Parikh
Intervention Pulmonologist



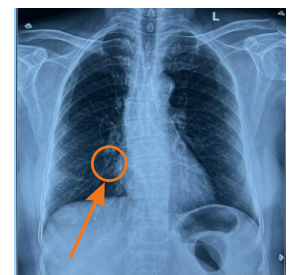
Dr Hardik Shah
Intervention Pulmonologist



Chest X Ray After Removing Foreign Body - Nose Pin



Before - With Nose Pin inside Lung



After - Removing Nose Pin from Lung

- The patient was discharged on day one without any problem.
- After the procedure, the patient did not have any respiratory problems.

STAR PERFORMERS



Dharti Thakur
Best Employee of The Month



Vaibhavi More
Best Employee of The Month



Pinki Parmar
Best Employee of The Month



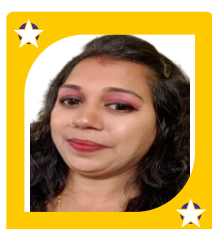
Ripal Shah
Best Employee of The Month



Jayshree Varia
Best Employee of The Month



Neha Bhavsar
Best Employee of The Month



Hina Thakore
Best Nurse of The Month



Sandip Chavda
Best Technician of The Month



Vishal Patel
Best Technician of The Month



Lalita Dhobi
Best Multitasking Staff of The Month



Rahisa Pathan
Best Multitasking Staff of The Month



Gaurang Vardiya
Best Multitasking Staff of The Month

EVENT GALLERY

World Stroke Day Celebrated in Collaboration with Times of India at PMT Machines & Rubamin Company with Dr. Sandip Mavani (Neuro Surgeon)



Infection Control Week Celebration. Fun loving & engaging activity aimed raising awareness about Infection prevention. Event was featured with variety of games, quizzes, and interactive sessions, making learning both informative and enjoyable for all participants.



Aadicura Superspeciality hospital as a Medical Partner at VNF Garba.



Staff dressed up in Aadicura uniform at a garba ground



Dr Apeksh Patwa - Senior Anesthetist, delivered Prestigious Nitte Oration at National Airway Conference 2024 at AIIMS, Andhra Pradesh.



GENERAL INDUCTION PROGRAM - OCT'24

WELCOME ONBOARD



Left to Right

First Front Row: Dr. Meera Chauhan, Urvi Shah, Hetal Macwan, Pushpraj Shinde, Miral Sarwar, Mantripriya Walia **Second Row:** Ms Niyati Parmar, Mr Virendrasinh, Ms Sushma Desai, Mr Sanjay Gwalani, Mr Shiv Prakash Rawat

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— Putting Patients First —

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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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