

# Aadicura Cares

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MONTHLY NEWSLETTER



MYTHS vs FACTS

## OPHTHALMOLOGY & OCULOPLASTY

When it comes to eye health, misconceptions often lead to delayed care or wrong practices. Let's bust some common myths and bring clarity to vision and oculoplastic care.

### Myth 1: Wearing glasses makes your eyesight weaker.

**Fact:** Glasses only correct vision; they do not change the structure of the eye. Skipping them can strain your eyes and worsen symptoms like headaches and fatigue.

### Myth 3: Green or herbal remedies can replace professional treatment.

**Fact:** Home remedies may soothe minor irritation but cannot treat conditions like glaucoma, corneal infections, or eyelid malpositions. Delaying medical care can risk vision loss.

### Myth 5: Eye drops are harmless and can be used without a prescription.

**Fact:** Some eye drops, especially steroids, can worsen infections or cause glaucoma if misused. Always consult an Ophthalmologist before using them.

### Myth 7: Cataracts only affect the elderly.

**Fact:** Though common with age, cataracts can also occur in younger people due to genetics, injuries, diabetes, or certain medications. Early evaluation is key.

### Myth 2: Eye exercises can permanently improve vision problems.

**Fact:** While exercises may reduce strain, they cannot correct refractive errors such as myopia, hyperopia, or astigmatism. Glasses, contact lenses, or surgery are the only solutions.

### Myth 4: Watching screens in the dark damages your eyes permanently.

**Fact:** Screens don't cause permanent damage, but they can trigger digital eye strain, dryness, and discomfort. Proper lighting and regular breaks prevent these issues.

### Myth 6: Eye Plastic Procedures are only for aesthetics.

**Fact:** Oculoplasty not only enhances appearance but also addresses functional issues like droopy eyelids (ptosis), blocked tear ducts, orbital injuries, or tumours. It improves both vision and quality of life.

**SPECIALISTS  
AT AADICURA**



**Dr Surbhi Kapadia**  
Ophthalmologist &  
Oculoplasty Surgeon

## EXPERT TIPS FOR HEALTHY EYES & OCULOPLASTY CARE

### Follow the 20-20-20 rule:

Every 20 minutes, look at something 20 feet away for 20 seconds to reduce screen strain.

### Never ignore persistent symptoms:

Redness, pain, sudden blurring, or swelling around the eyes should be evaluated by a specialist.

### Protect your eyes from UV rays:

Sunglasses with UV protection help delay/prevent cataracts & eyelid skin cancers.

### Maintain eyelid hygiene:

Gently clean eyelids to prevent infections and conditions like blepharitis.

### Be aware of reconstructive options:

Oculoplasty offers solutions for eyelid drooping, watery eyes due to blocked ducts, and eye injuries -don't dismiss them as "just cosmetic."

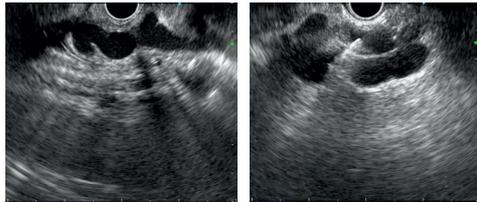
### Schedule regular eye check-ups:

Early detection is the best defence against progressive eye diseases like glaucoma or diabetic retinopathy.

With the right awareness and timely care, we can protect not just our vision but also the health and function of the structures around the eyes. At Aadicura's Ophthalmology & Oculoplasty Department, our team is here to guide you with expert care because every detail of your eye health matters.

# ADVANCED ENDOSCOPIC TREATMENT SAVES PATIENT WITH LIFE-THREATENING FUNDIC VARIX BLEED // Success Stories

A 65-year-old woman was admitted to Aadicura Superspeciality Hospital with a history of **Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)**, which had progressed to **cirrhosis of the liver with portal hypertension**. She presented with **malena** which is a black, tarry stool indicating gastrointestinal bleeding - a potentially life-threatening emergency in



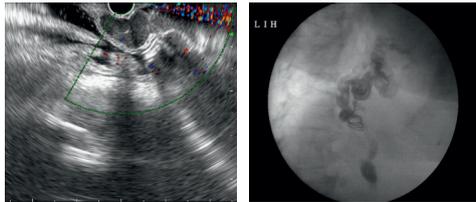
patients with liver disease.

## INVESTIGATIONS AND FINDINGS

Following admission, she underwent a series of diagnostic evaluations. **Endoscopy** revealed a **fundic varix** (a dilated vein in the upper part of the stomach) showing **signs of recent bleeding**. Further imaging with **CT angiography** confirmed the presence of a **large afferent feeder vessel** and a **splenorenal shunt** measuring around **10 mm** in diameter. The combined vascular volume of the feeder and varix regions was approximately **210 ml**, signifying a substantial risk for recurrent bleeding.

## PRECISION IMAGING FOR TARGETED THERAPY

To plan definitive treatment, the team performed an **Endoscopic Ultrasound (EUS)** to map the exact course of the feeder vessel and assess the splenorenal shunt. EUS provides high-resolution images of vascular structures adjacent to the gastrointestinal tract, helping identify and target abnormal blood vessels with



precision.

## MINIMALLY INVASIVE EUS-GUIDED COIL AND GLUE THERAPY

Once the anatomy was clearly visualised, the team proceeded with an **EUS-guided coil and glue embolisation** - a state-of-the-art, minimally invasive treatment for fundic varices. Using a **19-G needle**, **four metallic coils** were carefully placed into the varix under **fluoroscopy and EUS guidance**. This was followed by an injection of **2 ml of medical-grade glue mixed with Lipiodol**, a contrast agent that allows real-time imaging during the procedure.

This combination effectively blocks blood flow to the varix and the associated feeder

vessel, thereby preventing further bleeding. The use of coils provides a scaffold, allowing the glue to stay in place and achieve permanent obliteration of the vessel.

## SUCCESSFUL OUTCOME

Post-procedure imaging confirmed complete obliteration of the afferent feeder vessel and splenorenal shunt, signifying a successful outcome. The patient's bleeding stopped, and her condition stabilised without the need for major surgery. She was monitored closely and recovered well.

## EXPERT COMMENT

At Aadicura, advanced endoscopic and interventional radiology techniques are transforming outcomes for patients with complex gastrointestinal and liver-related bleeding disorders. As this case highlights, EUS-guided coil and glue therapy has emerged as the mainstay of treatment for fundic varix bleeding, offering a safer, targeted, and highly effective alternative to surgical interventions.

This case underscores Aadicura's commitment to combining clinical expertise, cutting-edge technology, and multidisciplinary collaboration - ensuring that patients with even the most challenging conditions receive world-class care right here in Vadodara.

### GASTROENTEROLOGY, HEPATOLOGY & GI ENDOSCOPY SPECIALISTS

#### Dr Chirayu Chokshi

Gastroenterologist And Endosonologist

#### Dr Dhaval Dave

Gastroenterologist, Hepatologist & Endoscopist

#### Dr Jaydeep Patel

DNB Gastroenterology

## STAR PERFORMERS



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



**Dr. Rachana Bhatt**  
Best Employee of the month



**Ms. Bhavisha Mehta**  
Best Employee of the month



**Ms. Nutan Pargi**  
Best Nursing Staff of the month



**Ms. Aji Patel**  
Best Nursing Staff of the month



**Ms. Laxmiben Shinde**  
Best Multitasking Staff of the month



**Mr. Dharmesh Harijan**  
Best Multitasking Staff of the month



**Mr. Shivprasad**  
Best Security of the month



Aadicurians celebrated Diwali with great enthusiasm and unity. From vibrant ethnic wear to shared smiles, the celebration brought warmth, joy and festive energy across the hospital.

Here are a few glimpses from our celebration!

### RANGOLI MAKING COMPETITION :

A Rangoli Competition was organized on the theme of Infection Prevention, blending festive art with an important healthcare message.



### ETHNIC BEST DRESSED COMPETITION

Aadicura hosted an Ethnic Best Dressed Competition, where team members showcased vibrant traditional attire, spreading festive joy and togetherness.



### DIYA MAKING COMPETITION

Adding a creative touch to the Diwali festivities a Diya Making Competition was organised for all team members. Employees showcased their artistic skills by designing beautiful diyas, spreading light, color, and festive vibes across the hospital.



### FAMILY GET TOGETHER

Aadicura came alive with festive cheer as doctors and staff celebrated Pre-Diwali together filling the hospital with colors, joy and a true sense of family.



### CELEBRATION WITH PATIENTS

The festival of lights was made even more special as we celebrated Diwali with our patients.



# EVENT GALLERY

On the occasion of World Mental Health Day, Aadicura Superspeciality Hospital organised an insightful Session on Stress Management. The session focused on understanding stress, its impact on overall health and practical ways to manage it effectively.



General Health check-up at Pakona Engineering Pvt Ltd, Savli



CME with Indian Association of Occupational Health (IAOH), Bharuch



A Health Talk was organised for Aanganwadi ladies at 'Ashwath' Auditorium, Aadicura Superspeciality Hospital. The session was conducted by Dr. Surbhi Kapadia, who shared valuable insights on eye health, preventive care, and common vision issues.



Basic Health Check-up Camp with Dietitian Counselling at HDFC Home Loan Office. The team conducted general health screenings and provided personalized diet guidance to help participants take small steps towards better health.



Infection Control Week celebration was a perfect blend of awareness and fun. Our team enthusiastically participated in games, fun activities and dance performances, all centered around the theme of infection prevention and hygiene practices.



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

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f i y t i n



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

**8980 5010 11**