

# Aadicura Cares

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MONTHLY NEWSLETTER



## NEUROSURGERY DEPARTMENT

When it comes to Neurosurgery, myths often create unnecessary fear. Here, we break down some of the most common misconceptions and share practical tips for healthier living.

### Myth 1: Brain surgery always leaves major disabilities.

**Fact:** Advances in microsurgery, navigation, and minimally invasive techniques allow patients to recover faster with fewer complications.

### Myth 3: Back pain always requires spine surgery.

**Fact:** Most back pain can be treated with medications, physiotherapy, or lifestyle changes. Surgery is needed only in select cases.

### Myth 6: Memory loss or confusion in the elderly is always "normal ageing."

**Fact:** These can also signal treatable conditions like hydrocephalus, brain tumours, or strokes - early consultation can change outcomes.

### Myth 7: Once paralysed, patients can never improve.

**Fact:** Depending on cause and timing, many patients regain strength and independence after surgery and rehabilitation.

### Myth 2: Only brain tumours need neurosurgeons.

**Fact:** Neurosurgeons treat a wide range of conditions, including spine disorders, vascular malformations, head injuries, slipped discs, and nerve compression syndromes.

### Myth 4: A head injury is harmless if there is no visible bleeding.

**Fact:** Internal bleeding or brain swelling can occur without external wounds. Timely evaluation with CT/MRI scans is crucial.

### Myth 5: Neurosurgery is extremely risky & should be avoided.

**Fact:** With advanced anaesthesia, monitoring, and surgical precision, success rates are high and risks are comparable to many other surgeries.

### Myth 8: Spine surgery means long bed rest.

**Fact:** Modern spine surgeries often allow patients to walk within 24-48 hours, with an early return to normal activity.

## TIPS FOR BRAIN & SPINE HEALTH

### Act early:

Persistent headaches, weakness, imbalance, or seizures need medical attention -don't ignore them.

### Protect your spine:

Practice good posture, lift with your knees (not your back), and maintain a healthy weight.

### Never self-medicate:

Avoid long-term use of painkillers or steroids without medical guidance.

### Prioritise follow-ups:

After any neurosurgical treatment, regular check-ups ensure long-term safety and recovery.

### Control lifestyle risks:

Keep blood pressure, diabetes and cholesterol in check, as they directly affect brain and spinal health.

### Prevent injuries:

Wear helmets while riding two-wheelers and seat belts in cars to reduce the risk of head trauma.

### Stay active:

Regular exercise, stretching and core strengthening reduce the chances of back problems.

## SPECIALISTS AT AADICURA



**Dr Sandip Mavani**  
Neurosurgeon



**Dr Ashish Desai**  
Neurosurgeon



**Dr Vithal Rangarajan**  
Neurosurgeon



# LEAD WITH CLARITY, LIVE WITH INTEGRITY

Dr H.P Singh - CEO

At Aadicura Superspeciality Hospital, we believe leadership is about vision, transformation and impact. This month, we introduce our new CEO, Dr H P Singh - an accomplished leader with over two decades of expertise in shaping, scaling, and transforming healthcare institutions across India.

His journey is nothing short of inspirational - leading organisations through disruption, building sustainable healthcare models and driving measurable results that uplift communities and elevate care standards in healthcare.



## Why did you choose healthcare as your career path?

Healthcare is a complex but deeply rewarding field where strategic thinking and heartfelt service. It is more than just a profession - it is a platform for community social transformation. I chose healthcare as my path because it allows me to blend strategic thinking with compassion, structure with service, and leadership with meaningful, lasting impact.

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

Strategic. Resilient. Transformative.

☑️Strategic, because every decision I take is with long-term value creation in mind.

☑️Resilient, because healthcare is an industry that tests you every day, with challenges ranging from infrastructure and compliance to patient expectations.

☑️Transformative, because I thrive in turnaround organisations, unlocking hidden value and steering them toward excellence.

## Share your mantra for success.

Success, for me, lies in Integrity, Vision, and Execution. I believe in building teams that are aligned with purpose, ensuring operational excellence, and never losing sight of patient-centricity. Constantly evolving, paying attention to detail and guiding people with objectivity are values I

live by. My mantra is - "Lead with clarity. Live with integrity. Transform with purpose."

## What has been the most memorable milestone in your professional transformative journey so far?

A defining milestone in my journey was leading a turnaround of a healthcare organisation facing operational, financial, and social credibility challenges. By combining strategic clarity with compassionate leadership, we improved systems, outcomes, and culture, thus reinforcing my commitment to driving lasting impact across communities.

## Who has been your role model or biggest inspiration in healthcare?

My biggest inspiration in healthcare has been Dr Naresh Trehan (Chairman & MD-Medanta Group). His ability to blend clinical expertise with systems thinking, policy insight, and a deep sense of humanity has shaped how I view leadership in this space. He exemplifies how thoughtful, compassionate action grounded in evidence and driven by purpose can improve care not just for individuals, but across entire health systems.

## What excites you most about leading Aadicura Superspeciality Hospital?

Aadicura's deep commitment to putting

'Patients first', guided by visionary clinicians who champion compassionate and affordable care and strive to build meaningful healthcare organisations that do not just treat individuals but transform entire communities for the better.

## How do you see the future of healthcare in India evolving over the next decade?

Over the next decade, healthcare in India will be transformed by technology, innovation, and a strong focus on patient experience. Digital tools will empower patients and providers, bridging urban-rural gaps. Compassionate, affordable, patient-centred care will drive better outcomes, higher satisfaction, and stronger communities, making quality healthcare accessible to all.

## What advice would you give to young professionals aspiring to build a career in healthcare management?

My advice to young professionals aspiring to build a career in healthcare management is to embrace both innovation and empathy. Stay curious about emerging technologies and data-driven approaches, but never lose sight of the patient experience, compassion at the centre of every decision. Seek opportunities to learn broadly, from operations to leadership, and focus on how your work can create meaningful, lasting impact on communities.

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Have a safe  
**Diwali**  
and a prosperous New Year

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# RIGHT LOWER LIMB DVT EXTENDING TILL RIGHT ATRIUM

Deep vein thrombosis is often described as a silent killer, striking without warning and progressing with devastating consequences. This case illustrates the dramatic course of a young man whose life was threatened by an extensive venous thrombus and how decisive intervention altered his destiny.

A 33-year-old male presented to the emergency department with complaints of acute right leg pain, swelling, and low backache of one day's duration. There was no preceding trauma, surgery, or injury

evolved into a potentially fatal scenario. Faced with this imminent danger, the team prepared for an emergency catheter-directed thrombolysis (CDT). Access was secured via the right popliteal vein using a 6 Fr sheath. Venography confirmed the complete occlusion of the venous system, from the popliteal vein to the right atrial junction. Multiple catheters were meticulously positioned from the IVC-right atrium junction down to the superficial femoral vein. Thrombolysis was initiated with Injection Actilyse, and the

team, it revealed a dramatic clearance of thrombus with restoration of normal venous flow. The infusion catheters were withdrawn, and the patient was transitioned to conservative anticoagulation therapy. What had started as a crisis teetering on the edge of catastrophe succeeded through timely intervention, precision, and teamwork.

The patient's recovery in the days that followed was steady. The swelling in his right leg gradually subsided, mobility improved, and his pain diminished. With physiotherapy and anticoagulation, he got back to his daily routine. The memory of the ICU and the threat that loomed over him remained, but so did his gratitude for a second chance.



that could explain his condition. On initial evaluation, the leg was tense, swollen, and tender, raising the suspicion of deep vein thrombosis. He was immediately started on anticoagulant infusion. However, further investigations revealed a more alarming picture. The CT venogram demonstrated a massive thrombus extending from the right popliteal vein, involving the superficial femoral vein, common femoral vein, iliac veins, and inferior vena cava, all the way up to the right atrium. What began as localised leg pain had silently

patient was transferred to the intensive care unit for close monitoring. The hours that followed were critical. The catheter infused thrombolytic steadily, working against the dense clot that threatened to compromise the patient's life at any moment.

Over the next 24 hours, under vigilant ICU care, the flow in the venous system began to return. A check venogram was performed, and to the relief of the treating

This case underscores the aggressive nature of ilio-caval thrombosis with atrial extension and highlights the importance of rapid recognition and catheter-directed thrombolysis as a lifesaving measure. Beyond being a clinical encounter, it stands as a reminder of how swiftly vascular disease can transform an ordinary day into a battle for survival – and how equally swiftly, with timely action, medicine can restore hope and life.

## VASCULAR & ENDOVASCULAR DEPARTMENT SPECIALISTS

**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



**Dr. Jinni Dhiman**  
Best Employee of the month



**Dr. Jinal Patel**  
Best Employee of the month



**Dr. Mahi Shah**  
Best Employee of the month



**Mr. Tehsin Malik**  
Best Employee of the month



**Ms. Bhavna Rathava**  
Best Employee of the month



**Mr. Nikunj Rana**  
Best Employee of the month



**Ms. Priyanka Christian**  
Best Nursing Staff of the month



**Ms. Saroj Rathva**  
Best Nursing Staff of the month



**Ms. Anita Parmar**  
Best Multitasking Staff of the month



**Ms. Nilam Pavar**  
Best Multitasking Staff of the month

# EVENT GALLERY

Health talk at Diwalipura garden



Health talk at Samta -Subhanpura with Dr Surbhi Kapadia (Ophthalmologist & Ophthalmic Plastic Surgeon) & Dr Vivek Parikh (Orthopedic Surgeon)



Free BMD Camp & Orthopedic Consultation at Lupin Pharma company, Dabhasa.



General Health check-up camp at Global Infrastructure and Advisory Services, Genda Circle



On the occasion of World Lung Day, a Pulmonary Function Test (PFT) Camp was organised at L&T Dialysis Centre, Chhani to promote awareness about lung health and early detection of respiratory conditions.



Ganpati Celebration at Aadicura - We welcomed Bappa with devotion and joy. The 10days were filled with Aarti, games, and fun, creating beautiful memories together.



Aadicura Superspeciality Hospital has been awarded "Hospital of the Year - Vascular Surgery (West Zone)" by ET Healthcare Awards a proud moment for our Vascular Team and the entire hospital.



Aadicura has been awarded 'Digital Marketing Campaign of the year' (National) at the ET Healthcare Awards - another proud moment for our hospital.



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