

Aadicura Cares

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MONTHLY NEWSLETTER

Spotting the Signs **LIFESAVING DECISIONS**

Understanding the
Need for Urgent Neurosurgical Care



...WHEN YOU CONSULT A NEUROSURGEON?

Neurosurgeons deal with issues of the brain and the spine. You may require neurosurgical consultation as either routine OPD or on an emergency basis.

People who meet with an accident, become unconscious due to brain hemorrhage or brain tumour or have seizures present in the emergency department. Also, those having back injuries with severe back pain, or sudden onset weakness of limbs and loss of bladder or bowel control usually present in the emergency department.

WHY TO SEE A NEUROSURGEON?

People who have cranial symptoms like headache, vomiting, visual diminution, loss of smell or hearing, seizures, weakness of limbs, loss of bladder bowel control, facial pain etc. need a neurosurgical opinion on an OPD basis

Patients having spinal issues usually have symptoms like neck pain or back pain, which may radiate to the hand or legs, with tingling numbness, weakness of the limbs and bladder bowel disturbances.

BROADLY NEUROSURGICAL PRACTICE ENCOMPASSES THE DIAGNOSIS AND TREATMENT OF THE FOLLOWING CONDITIONS:

Trauma

- Complex head injuries
- Spine and spinal cord injuries
- Peripheral nerve injuries

Tumors

- Convexity and skull base tumors
- Sellar and suprasellar tumors
- CP angle and posterior fossa tumors
- CV junction tumors
- Spine and spinal cord tumours
- Lateral and third ventricular tumours
- Glioma, meningioma, metastasis, schwannoma, epidermoid, lymphoma, pituitary tumours, etc are various tumours affecting the brain and spine

Neurovascular diseases

- Brain aneurysms (clipping/coiling)
- Endovascular management of stroke (mechanical thrombectomy)
- Cerebral/spinal vascular

SPECIALIST AT AADICURA



Dr Sandip Mavani
Neurosurgery



Dr Ashish Desai
Neurosurgery

malformation/dural AV fistula

- Hypertensive and spontaneous brain haemorrhage

Peripheral nerve disorders

- Peripheral nerve injury
- Brachial plexus injury
- Peripheral nerve tumors
- Entrapment neuropathy

Spinal diseases

- Lumbar/cervical/thoracic disc disease
- Degenerative spine disease - neck pain and back pain

- Spinal listhesis and canal stenosis
- CV junction anomaly
- Spinal trauma and tumours
- Spinal infections like TB
- Surgery by minimally invasive microscopic and endoscopic means and by conventional open technique

Pediatric Neurosurgery

- Congenital open neural tube defects like meningocele, encephalocele
- Split cord malformations, tethered cord malformations
- Arnold chiari malformations
- Hydrocephalus

Infective disorders

- Brain abscess, empyema
- Brain and spine TB
- Fungal and parasitic infections

Pain/functional disorders

- Trigeminal neuralgia
- Hemifacial spasm

Patients with the above symptoms are thoroughly examined by a neurosurgeon and prescribed further imaging studies like CT scans, MRI or X-rays as need be. Further treatment comprises medical management and surgical intervention depending on the patient's condition.

The surgical armamentarium includes an operating microscope,

endoscope, high-speed Neuro drill, minimally invasive spine surgery set, and C-arm apart from routine instruments. Also, Endovascular procedures like DSA, coiling, and thrombectomy are done in a cath lab.

Post-surgery patient is managed in an ICU or ward. Physiotherapy plays an important role in the speedy recovery of the patient.



'AVOID ALCOHOL AND SMOKING'

Dr Jaydeep Patel, Gastroenterology

Dr Jaydeep Patel specialises in gastrointestinal, liver and pancreatic diseases and manometry. He did his MBBS from V S Medical College, Ahmedabad and MD (Internal Medicine) from B J Medical College, Ahmedabad. He also did his DNB Gastroenterology from Jaipur in 2021.

Dr Patel completed his research in the Study of left ventricular dysfunction in patients with Diabetes Mellitus and a Comparative study of the clinical and biochemical profile of single v/s multiple common bile duct stones.



Why did you choose to become a doctor?

I had always dreamt of doing things that would leave a positive impact on people's lives. So what better profession than a doctor to make such an impact?

Why did you choose your area of speciality?

Pursuing Gastroenterology was not my first thought. Medicine was the field of my interest. Along with medicine, I wanted to do some interventions to help my patients. As a gastroenterologist, along with medicine, I can do many interventional life-saving endoscopic procedures.

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

Any field, let alone medicine, is ever-evolving in this era. So to keep up with the latest updates and trends, generally, I attend conferences. Apart from that, medical journals play a very important part. But the most important is case-based discussion among the peers.

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

A young female presented with severe abdominal pain, constipation, vomiting and a deranged liver function test. She had a history of some bowel cleansing procedures. She was worked up by many physicians. Finally, we sent S. Lead level and found to have lead toxicity. She was treated with a few rare medications. She has fully recovered now.

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

1) Determined - I feel that having gone through some many entrance exams, one quality I think I possess is to be determined. Against all the odds, I am very relentless till I achieve what I set my mind on.

2) Compassionate - For my patients, I try and treat everyone with utmost care and compassion.

3) Ardent - I have a strong passion for my field and try and learn the latest advanced tips and tricks for my field.

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

Maintaining a healthy work-life balance in this stressful world is very important. Spending time with family and friends. A weekend getaway/short trip with friends and family. Playing sports helps maintain the balance.

In your opinion what makes Aadicura Hospital unique and different?

In this hospital, we are at full liberty to treat the patient on our own terms. There is complete departmental autonomy for everyone.

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

Avoid alcohol and smoking. Most importantly a big NO to unethical practice.

Name a book that has influenced you the most.

Not fond of reading books (apart from medical books)

Share your mantra for success.

Practice ethically and do best for the patient as per my clinical knowledge.



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A CASE OF BEER BELLY ABDOMEN

Recently, a 42-year-old male patient was admitted to Aadicura Hospital with a complaint of gradually increasing size of his tummy. He had a large abdomen and faced difficulty in walking and doing routine work. He had breathing difficulty, constipation and difficulty in climbing stairs.

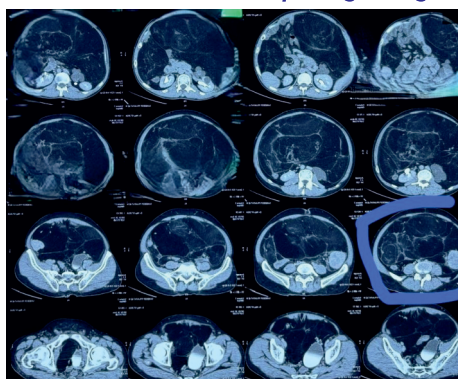
On further investigations it was found that there was a giant tumor in the abdominal cavity which was 42 x 33 x 27 cms in size. It was

so huge that it had displaced all the other organs of the abdomen on to the sides. Also, it was compressing on the intestines and other important structure causing all the problems to the patient.

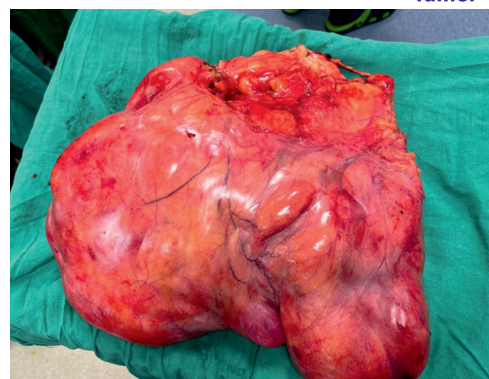
With patients consent he was operated. His abdomen right from the chest to the pelvic bone had to be opened up for removal of the tumor. The complex process of separating the mass from all important structures like kidney, intestines etc was a delicate process and had to be done very carefully. The surgery which involved 3 surgeons lasted for 3 and half hours. They successfully removed the tumor which weighed almost 10kgs! On the second day after the surgery the patient's tummy had reduced significantly and he felt very comfortable. He was discharged on the 7th post operative day without complications.

Liposarcoma (called Beer belly) is a rare cancer arising from fat tissue. It can occur in both males and females and is typically seen

Scan of tumor displacing all organs



Tumor



Department of GI, Laparoscopy and Bariatric Surgery



Dr Pankaj Khandelwal
Gastrointestinal Surgeon,
Laparoscopy & Bariatric Surgeon



Dr Ankur Tiwari
Laparoscopic GI, HPB,
GI Cancer Surgeon



Dr Minal Patil
Laparoscopic GI, HPB,
Colorectal Surgeon

in adults >50m age, with a frequency of 2/10,00,000.

Surgical excision of tumor is the preferred choice of treatment.

Once operated on, the size of the abdomen decreased, the patient could walk properly, the feeling of heaviness subsided and he could work more than before.

STAR PERFORMERS



Leena Mane
Best Employee
of the month



Bhavisha Mehta
Best Employee
of the month



Hiral Solanki
Best Employee
of the month



Harshal Panchal
Best Employee
of the month



Bhumika Kolcha
Best Nurse
of the month



Roozvelt Rathod
Best Nurse
of the month



Lata Patil
Best Multitasking Staff
of the Month



Dharmesh Vankar
Best Multitasking Staff
of the Month



Jitendra Rohit
Best Technician
of the Month



Dipen Vaghela
Best HOD
of the Month

EVENT GALLERY

Vascular Day 'Walkathon' and inhouse camp : On occasion of National Vascular Day, the team was part of a nation wide vascular day walkathon to spread awareness about various Vascular ailments. An inhouse hospital camp was also organised with free screenings and specialists consultations

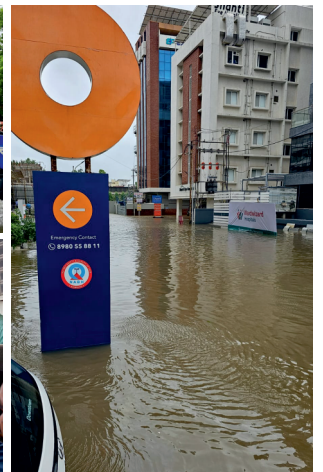


Independence Day celebration : Independence day was celebrated at the hospital with the team coming together to unfurl the National flag.



Rakshabandhan celebrations with patients : Our team of nurses and coordinators tied rakhi's to admitted patients to cheer them up on Rakshabandhan. Our promise to our patients to always protect their health and well-being

Hospital evacuation during the recent floods : During the recent flooding from 27th to 29th August, our hospital had to be evacuated. Our team came together to help each and every patient who were shifted safely to various hospitals. In this situation, our team again showcased our core philosophy of 'Putting Patients First'



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