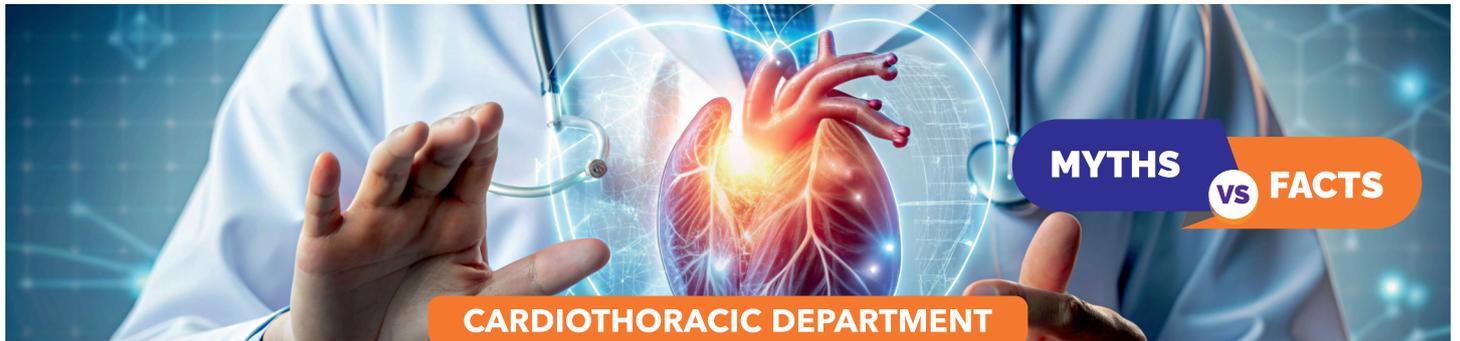


Aadicura Cares

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MONTHLY NEWSLETTER



Busting Common Myths About Cardiothoracic Health

Myth 1: Only elderly people need heart surgery.

Fact: Age is just a number. Cardiothoracic surgeries may be required for congenital defects in children or valve disorders and trauma cases in young adults. Early intervention often saves lives.

Myth 3: Open heart surgery means a long and painful recovery.

Fact: With minimally invasive and robotic-assisted techniques now available, recovery is often faster, with smaller scars and shorter hospital stays.

Myth 5: Lung problems only occur in smokers.

Fact: While smoking is a major cause, air pollution, occupational hazards, and genetic conditions can also lead to serious lung diseases.

Myth 7: Surgery should be the last option.

Fact: In many cardiothoracic conditions, like valve replacement or aortic dissection, timely surgery can be life-saving. Delaying it may worsen the outcome.

Myth 2: If I have no symptoms, my heart and lungs are fine.

Fact: Many heart conditions (like blocked arteries or valve defects) are silent until they reach an advanced stage. Regular check-ups are key, especially if you have risk factors like high BP, diabetes, or a family history.

Myth 4: Once I've had bypass surgery, I'm cured for life.

Fact: Surgery improves blood flow, but lifestyle choices still play a vital role. Smoking, poor diet, or lack of exercise can lead to recurrence of blockages.

Myth 6: Bypass is better than stenting, always.

Fact: It depends on the case. For some patients, stenting is effective and less invasive. Cardiologists and surgeons decide the best approach together.

Myth 8: Heart surgery is always risky.

Fact: While any surgery carries risk, advancements in technology, ICU care, and surgical expertise have made cardiothoracic surgeries safer than ever before.

TIPS FOR A HEALTHY HEART AND LUNGS

Don't ignore shortness of breath

It can be a heart or lung warning sign.

Prioritise sleep

Poor sleep increases heart disease risk.

Quit smoking

It's the single best decision for both your heart and lungs

Eat more fibre and less salt

Your arteries will thank you.

Practice deep breathing

Exercises to keep lungs strong, especially post-COVID.

Stay active

A brisk 30-min. walk daily boosts circulation and lung capacity.

Know your numbers

Track your blood pressure, sugar, and cholesterol regularly.

Follow-up post-surgery

Healing continues even after discharge.

SPECIALIST AT AADICURA

Dr. Apurv Vaidya
Cardiothoracic Surgeon



From complex bypass surgeries to minimally invasive thoracic procedures, our Cardiothoracic Team at Aadicura is committed to delivering expert care with compassion. If you or your loved ones experience any heart or lung symptoms, don't wait; consult early.



Dolly Gandhi

Department:
Manager, Purchase & Inventory



Manisha Shah

Department:
In-Charge, Credit Billing



Dharti Goswami

Department:
In-Charge, OPD

Why did you choose to work in the healthcare industry?

Since my childhood, I believed that not all superheroes wear capes; some of them wear surgical masks. A doctor is considered to be a God on this earth, nurses are angels of the healthcare industry, and the non-medical staff is the backbone that keeps the foundation strong. I chose this industry because I wish to serve my nation and contribute meaningfully. This job gives me immense satisfaction.

My decision to work in healthcare was inspired by personal experience, where I saw the impact of dedicated healthcare professionals and how truly they can change someone's life. Being in this industry allows me to grow my professional skills while making a meaningful difference in society. Being in the company of such talented doctors, committed nursing staff and a passionate team of non-medical professionals keeps me inspired and motivated to do better.

I chose this field because it allows me to make a real difference in people's lives every day. From an early age, I was drawn to the idea of supporting others during their most vulnerable moments. I've always believed that health is the foundation of a good life. The healthcare sector is constantly evolving, which keeps me motivated to learn, adapt, and contribute with integrity and dedication.

How do you work to improve patient care?

I contribute to improving patient care by ensuring that high-quality medical supplies, equipment, surgical consumables or disposable and medications are available when and where they are needed. I work closely with clinical teams to understand their needs and meet quality and safety standards. By streamlining procurement process, I help ensure that clinicians can focus on treating patients without delays.

My focus is on improving patient care by ensuring a smooth and hassle-free cashless process, ensuring timely approvals/ discharge approval, regular information sharing, speeding up processing, addressing financial queries, and supporting patients with financial guidance.

Although I serve in a non-clinical role of operations, I actively contribute to enhancing patient care by streamlining workflows to minimise delays; by using data to identify opportunities for service improvement and by collaborating closely with both clinical and non-clinical department. My goal is to create an efficient, safe, and patient-friendly environment.

What is your approach to teamwork and collaboration?

I view teamwork and collaboration as essential to achieving efficiency and quality in procurement. I work closely with various departments such as the clinical team, finance and suppliers - to ensure that purchasing decisions align with actual needs and hospital goals. I promote open communication, transparency, and mutual respect among team members. I also value input from others and believe that effective collaboration leads to smarter decisions, faster problem-solving, and strong relationships.

Based on clear communication, mutual respect, and accountability. I believe in a supportive environment where every team member feels valued and responsible for patient service. I also encourage open discussion to resolve challenges quickly.

I believe strong teams are built on accountability, communication, and mutual support. I take full responsibility for my role and ensure I always follow through on commitments. I value open communication and support colleagues whenever needed. For me, collaboration is not just about working together—it's about achieving shared goals with respect and unity.

What makes working at Aadicura Hospital fulfilling?

Aadicura Hospital allows me to help others while fairly compensating me. I am thankful to Aadicura Hospital for giving me a chance and believing in my potential.

The Hospital is built and led by super-specialist doctors. This means every decision is rooted in clinical insights, empathy. Skill development and work satisfaction both score exceptionally high.

Aadicura Hospital combines a strong patient-first philosophy with world-class infrastructure. Since its inception, it has treated thousands of patients with compassion. Being part of such a rapidly growing and value-driven institution gives me immense pride and satisfaction.

Share your life mantra:

Gratitude towards the universe changes everything. I believe in spreading kindness and compassion. 'Do not quit - just believe in yourself' is my mantra.

I believe that when we help others, happiness follows us. We, as humans, must keep that empathy and humanity alive by supporting and helping each other.

"Less me, more we." I believe in the power of teamwork over individual recognition. Success in healthcare is never the result of one person—it's always a collective effort. I strive to lead with empathy, support my team, and work towards shared goals every day.

SURGICAL EXCELLENCE IN RARE MOYA-MOYA DISEASE

Case Overview:

A young patient presented to Aadicura Superspeciality Hospital on March 13, 2025, with severe headache, vomiting and mild left-sided weakness. A CT scan revealed a right temporal intracerebral haemorrhage (ICH) with intraventricular extension (IVH). Initial medical management stabilised the patient, and further evaluation with Digital Subtraction Angiography (DSA) revealed significant stenosis in the right Internal Carotid Artery (ICA), consistent with Moya-Moya disease.

About Moya-Moya Disease:

Moya-Moya disease is a rare, progressive narrowing of brain arteries, most commonly affecting the internal carotid arteries. In response, the brain develops fragile collateral vessels resembling a "puff of smoke" on angiography. While rare worldwide, it is most prevalent in East Asia. Children often present with ischemic strokes, while adults face hemorrhagic strokes.

SPECIALISTS AT AADICURA



Dr Sandip Mavani
Neurosurgeon & Endovascular Neurosurgeon



Dr Ashish Desai
Brain & Spine Surgeon



Dr Vithal Rangarajan
Neurosurgeon

Treatment Approach:

Given the risk of future strokes, the patient was advised to undergo definitive bypass surgery. After thorough counselling on treatment options, the patient initially improved with medical therapy and was discharged. Following a stable three-month follow-up, a direct bypass surgery, Superficial Temporal Artery (STA) to Middle Cerebral Artery (MCA) bypass, was performed on June 4, 2025. This complex microsurgical procedure lasted eight hours and was completed without complications. The patient recovered well and was discharged on the fifth day, neurologically intact and stable.

Surgical Excellence in Moya-Moya:

The STA-MCA bypass restores critical blood flow through microsurgical precision. In direct bypass, a scalp artery is connected to a brain artery, providing immediate blood supply vital for preventing further strokes. Managing fragile vessels, preventing complications such as hyperperfusion and ensuring optimal brain perfusion requires exceptional surgical expertise.

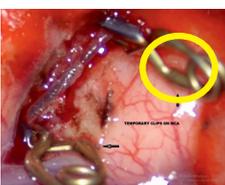
Why This Surgery Was Special:

This surgery was the first of its kind in our city, a landmark achievement. It highlights not only technical excellence but also hope for patients facing life-threatening vascular conditions. As a team, we didn't just perform a bypass; we created a new path for healing and innovation in neurosurgery. This success sets a new standard for advanced cerebrovascular care in our region and symbolises what skilled teamwork and patient resilience can achieve.

SUPERFICIAL TEMPORAL ARTERY



TEMPORARY CLIPS ON MCA



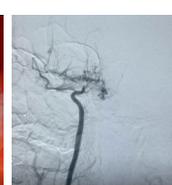
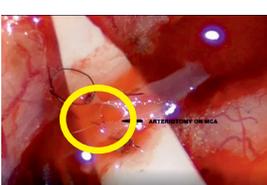
RECIPIENT ARTERY M4



ANASTOMOSIS



ARTERIOTOMY ON MCA



STAR PERFORMERS



Dr. Vidhi Limbasiya
Best Doctor of the month



Dolly Gandhi
Best Employee of the month



Darshana Gandhi
Best Employee of the month



Pradip Rathod
Best Employee of the month



Jignesh Parmar
Best Employee of the month



Tarun Jangid
Best Nursing Staff of the month



Shiny Dscouza
Best Nursing Staff of the month



Ajay Makwana
Best Nursing Staff of the month



Dharmistha Bhagora
Best Nursing Staff of the month



Akash Patel
Best Multitasking Staff of the month



Bhavika Chauhan
Best Multitasking Staff of the month

EVENT GALLERY

TV9 EMERGING GUJARAT AWARD IN HEALTHCARE :

Aadicura Superspecialty Hospital was honoured to receive the Emerging Gujarat Award from TV9 for excellence in healthcare. The award was received by our Chairman, Dr Pankaj Khandelwal - GI, Laparoscopy and Bariatric surgeon and Director, Dr Vijay Thakore - Vascular & Endovascular Surgeon.



INDEPENDENCE DAY CELEBRATION AT AADICURA

Proudly celebrated India's 79th Independence Day with joy, unity, and patriotism.



CME WITH IAOH

CME with the (Indian Association of Occupational Health) IAOH, an engaging evening of knowledge sharing, discussion, and learning with experts.



ONGC MEET ON VASCULAR DAY - 6th AUGUST

On the occasion of Vascular Day, Aadicura Superspecialty Hospital, in collaboration with the Family Physician Association of Baroda, hosted an insightful Pragmatic Panel Discussion on common vascular diseases.



CPR TRAINING AT TAJ VIVANTA

Empowering more than 50 staff members with Basic Life Support (BLS) skills to respond confidently in emergencies. Session conducted by Dr. Ravirajsinh Gohil (Critical Care Specialist)



HEALTH TALK AT DOSHI ACCOUNTS COMPANY

Health Talk at Doshi Accounts Company on the theme of Lifestyle Management.



BMD camp at L & T Diagnostic Centre

The hospital organised a Bone Mineral Density (BMD) Camp at L&T Health & Dialysis Centre, Chhani. The camp aimed to spread awareness about bone health and early detection of osteoporosis



Aadicura[®]
Superspecialty Hospital
— Putting Patients First —

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Emergency 24/7 : +91 89805 58811

Our ASC Clinics :

Anand | Bharuch | Dahod | Godhra

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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