Aadicura Cares

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MONTHLY NEWSLETTER

Our lungs work tirelessly every moment of every day, yet lung health is often overlooked until breathing becomes difficult. Many misconceptions surround respiratory diseases, which can delay diagnosis and treatment. Here are some common myths and facts to help you better understand lung health.

Myth 1: Only smokers get lung diseases.

Fact: While smoking is a major risk factor, lung diseases can affect anyone. Air pollution, occupational exposure, infections, allergies, and genetic conditions can also damage the lungs.

Myth 2: Breathlessness is normal with ageing.

Fact: Persistent breathlessness is not a normal part of ageing. It may signal conditions such as asthma, COPD, heart disease, or lung infections and should always be evaluated.

Myth 3: If you don't cough, your lungs are healthy.

Fact: Many lung diseases progress silently. Early stages of COPD, pulmonary fibrosis, or even lung cancer may show minimal symptoms.

Myth 4: Asthma only affects children.

Fact: Asthma can develop at any age. Adult-onset asthma is increasingly common and often triggered by environmental factors or allergies.

Myth 5: Inhalers are addictive and should be avoided.

Fact: Inhalers are safe and effective medications that deliver drugs directly to the lungs with minimal side effects. They are essential for controlling asthma and COPD.

Myth 6: Pollution only irritates the throat and eyes.

Fact: Long-term exposure to polluted air can lead to chronic lung disease, worsen asthma, and increase the risk of lung infections and cardiovascular problems.

Myth 7: Tuberculosis is a disease of the past.

Fact: Tuberculosis (TB) still affects millions of people worldwide and remains a significant public health concern in many countries.

Tips for Healthy Lungs

- Avoid smoking and secondhand smoke. Smoking remains the single biggest cause of preventable lung disease.
- Monitor air quality. On days with high pollution levels, limit outdoor activities and use protective masks if necessary.
- Stay physically active. Regular exercise strengthens respiratory muscles and improves lung capacity.
- Get vaccinated. Vaccines against influenza, pneumonia, and COVID-19 help protect the lungs, especially for high-risk individuals.
- Seek medical advice for persistent symptoms. Chronic cough, wheezing, frequent chest infections, or unexplained breathlessness should never be ignored.
- Maintain indoor air quality. Proper ventilation, avoiding indoor smoke, and reducing dust and allergens can support better respiratory health.

Healthy lungs are essential for a healthy life. Early awareness, prevention, and timely medical care can make a significant difference in maintaining optimal respiratory health.

OUR TEAM

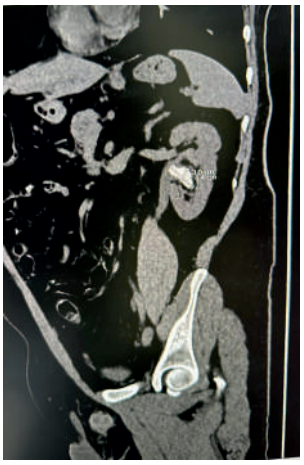
DR HIREN PARIKH
Pulmonologist

DR HARDIK SHAH
Pulmonologist

SCARLESS MANAGEMENT OF A COMPLEX KIDNEY STONE WITH ADVANCED RIRS

A 46-year-old male patient presented to Aadicura Hospital with complaints of intermittent pain on the left side of his abdomen, which he had been experiencing on and off for several years. Although the pain was not constant, it affected his daily routine and prompted him to seek expert medical advice for a long-term solution.

After a detailed medical history and thorough clinical examination, the patient underwent a CT scan of the kidneys, ureters and bladder (CT KUB – plain). The imaging revealed a left renal partial staghorn calculus measuring approximately 3.1 × 1.4 × 2 cm, extending into the inferior calyx of the kidney. Stones of this nature are considered complex and often require advanced surgical intervention for complete clearance.



The patient was counselled in detail about the available treatment options. Percutaneous Nephrolithotomy (PCNL), which is traditionally considered the gold standard for large and complex kidney stones, was discussed. The procedure, its benefits, and its rare but possible risks, such as bleeding, were explained. An alternative option, Retrograde Intrarenal Surgery (RIRS), a minimally invasive and scarless endoscopic procedure, was also discussed, including the possibility of staged treatment.

After understanding all the options, the patient expressed a strong preference for a scarless approach and faster recovery. He therefore opted for RIRS. Following a complete pre-operative evaluation, the procedure was planned under anaesthesia. During surgery, the ureter was found to be adequately wide, allowing smooth placement of a flexible suction access sheath. Using an advanced, flexible digital ureteroscope and holmium laser technology, the stone was carefully fragmented.

Despite the stone's complexity and size, complete clearance was achieved in a single stage. The total operative time was approximately 1 hour and 30 minutes. A temporary DJ stent was placed at the end of the procedure to ensure proper drainage and healing.

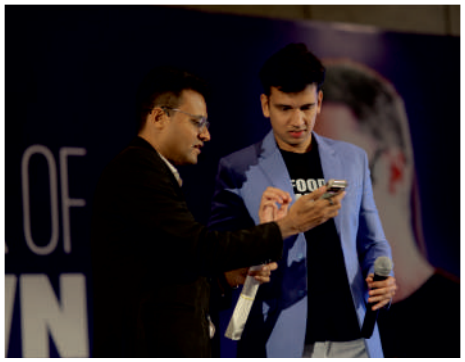
The patient had an uneventful recovery. The urinary catheter was removed on the first post-operative day, and a follow-up X-ray KUB was performed on day two confirmed complete stone clearance. The patient was discharged in stable condition within two days of the procedure. The DJ stent was removed after 15 days during a follow-up visit.

This case highlights how advancements in endourology have transformed the management of complex kidney stones. While PCNL continues to play an important role, advanced RIRS offers selected patients a safe, effective, and minimally invasive alternative with reduced morbidity, no external scars, shorter hospital stay, and quicker return to normal activities.

EXPERT AT AADICURA

DR. SAURABH JAMBU
Urologist, Andrologist
& Renal Transplant Surgeon

*With advanced **RIRS technology**, even **complex kidney stones** can now **be treated** through **a scarless**, minimally invasive approach, helping patients **recover faster** and return **to normal life** sooner.*



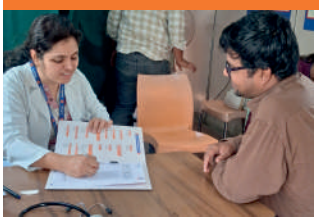
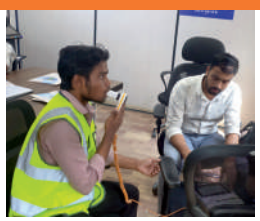
Aadicura PAHAL Season 3 witnessed an inspiring response with 600+ attendees joining the movement towards informed health choices. For the first time in Vadodara, Revant Himatsingka (Food Pharmer) addressed the audience on the importance of reading food labels and understanding what we consume. The session opened with insightful remarks by Chairman Dr. Sumit Kapadia, emphasizing that true healthcare begins with awareness and everyday choices. Through PAHAL, Aadicura continues to strengthen the culture of preventive health in our community.

EVENT GALLERY

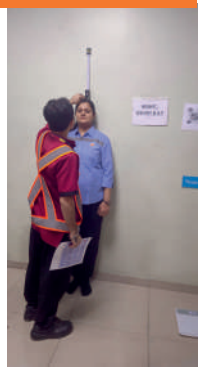
CME with Ayurvedic Homeopathic GP Doctor Association-Godhra

A CME with Ayush Doctor Association, Dahod was conducted by Dr. Vithal Rangarajan (Neurosurgeon) and Dr. Hiren Parikh (Pulmonologist), covering "Community Acquired Pneumonia – An Approach" and "Understanding Stroke: A Race Against Time," fostering clinical insights and collaborative learning.

At L&T Company, our on-site health camp successfully conducted vision tests, cardiograms, PFTs, and general check-ups–bringing preventive healthcare directly to the workplace.

A BMI and Nutritional Consultation Camp at Aditya Birla Copper, Asoj Ltd. promoted workplace wellness through personalized health assessments and expert dietary guidance.



A health talk at Vadil Vihar Senior Citizen Group, Vadodara, focused on neurological problems, early identification & prevention of brain stroke, promoting awareness among senior citizens.

Aadicura Pulse360

NHRD CONFERENCE

Aadicura Superspeciality Hospital proudly launched Aadicura Pulse 360 at the NHRD (National Human Resources Development) Network. Focused on comprehensive corporate health check-ups and wellness services, Aadicura Pulse 360 aims to support organizations in building healthier, more productive workforces. As an event sponsor, Team Aadicura also shared valuable insights on preventive health, workplace wellness, and the importance of regular health screenings – reinforcing our commitment to corporate health awareness

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Putting Patients First

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