

Aadicura Cares

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MONTHLY NEWSLETTER

MYTHS VS FACTS

KIDNEY HEALTH

Essential Tips



Your kidneys silently perform life-sustaining functions - filtering waste, balancing fluids, regulating blood pressure, and supporting overall health. Yet, kidney diseases often go unnoticed until advanced stages. Let's break some common myths and understand how to protect your kidney health.

Myth 1: Kidney disease always shows symptoms early

Fact: Kidney disease is often called a "silent disease". Symptoms like swelling, fatigue, or changes in urination appear only in later stages.

Myth 2: Only elderly people get kidney problems

Fact: Kidney disease can affect any age group, especially individuals with diabetes, hypertension, obesity, or a family history.

Myth 3: Drinking more water always improves kidney function

Fact: While hydration is important, excessive water intake does not "boost" kidney function and may even strain the body in certain conditions.

Myth 4: If your creatinine is normal, your kidneys are healthy

Fact: Creatinine alone doesn't give the full picture. Early kidney damage can exist even when routine tests appear normal.

Myth 5: Herbal or natural remedies are always safe for kidneys

Fact: Some herbal supplements can be harmful and may worsen kidney function if taken without medical supervision.

Myth 6: Dialysis means the end of normal life

Fact: With proper care, many patients on dialysis lead active, fulfilling lives with the right support and lifestyle adjustments.

Myth 7: Kidney stones are a one-time problem

Fact: With proper care, many patients on dialysis lead active, fulfilling lives with the right support and lifestyle adjustments.

Tips for Healthy Kidneys

- **Control blood sugar and blood pressure:** The leading causes of kidney disease are diabetes and hypertension. Regular monitoring is key.
- **Stay adequately hydrated:** Drink water as per your body's needs, climate, and medical condition—not excessively.
- **Limit salt and processed foods:** High sodium intake increases blood pressure and burdens the kidneys.
- **Avoid self-medication:** Frequent use of painkillers and unprescribed drugs can damage kidneys over time.
- **Maintain a healthy weight:** Obesity increases the risk of kidney disease and related conditions.
- **Get regular health check-ups:** Especially if you have risk factors—simple blood and urine tests can detect early damage.
- **Do not ignore warning signs:** Swelling in feet, reduced urine output, persistent fatigue, or blood in urine should be evaluated promptly.



Dr. Dhaval Khetia

Nephrologist

Kidney disease is often preventable and manageable when detected early. Awareness, timely screening, and lifestyle choices play a crucial role in preserving kidney health. Because when it comes to your kidneys, prevention truly is better than cure.

PRECISION IN VASCULAR ONCOLOGY LIVER TUMOR MANAGED WITH TARGETTED CHEMOEMBOLIZATION



// Success Stories

Case Overview:

A 72-year-old gentleman, presented with acute right-sided abdominal pain of one day duration. He had recently undergone a USG-guided liver biopsy, which was suggestive of adenocarcinoma, consistent with hepatocellular carcinoma (HCC). He was referred to our center for definitive management. On admission, he was hemodynamically stable, with unremarkable systemic examination findings.

About Hepatocellular Carcinoma (HCC):

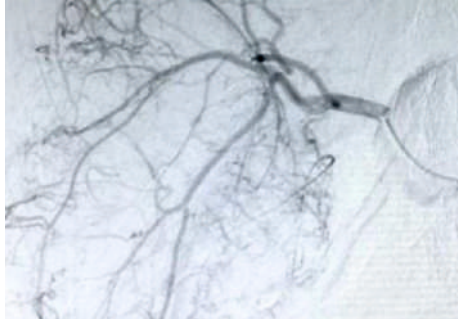
HCC is a primary malignancy of the liver, often presenting late due to its silent progression. Symptoms such as abdominal pain or weight loss usually indicate advanced disease. In patients who are not ideal candidates for surgery, transarterial chemoembolization (TACE) offers a targeted, minimally invasive therapeutic option.

Treatment Approach:

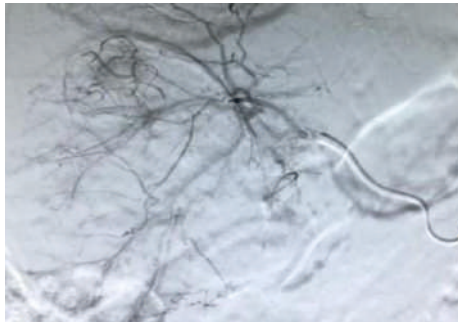
The patient underwent Transarterial Chemoembolization (TACE) under general anesthesia.

Through right common femoral artery access, selective catheterization of the celiac trunk was performed, followed by microcatheter navigation

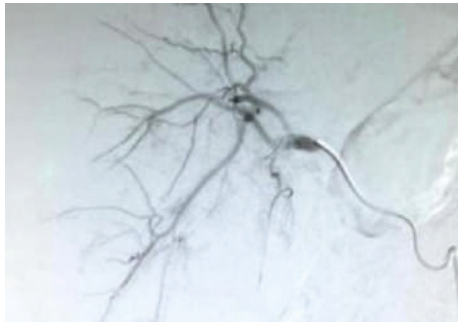
PRE OP - DSA



INTRA OP - DSA



POST OP - DSA



into the hepatic arterial system. Notably, the right hepatic artery originated from the SMA, requiring careful cannulation.

Targeted embolization was achieved using DC beads loaded with Doxorubicin, along with 150 mg PVA particles, ensuring localized chemotherapy delivery and vascular occlusion of the tumor. The procedure was completed successfully without complications.

TACE allows selective delivery of chemotherapy directly into the tumor-feeding vessels, maximizing tumor necrosis while minimizing systemic toxicity. Advanced catheter techniques and precise vascular mapping are crucial, especially in cases with variant hepatic arterial anatomy.

Why This Case Was Special:

This case highlights the importance of endovascular precision in oncological care, particularly in elderly patients with complex vascular anatomy. Despite variant origin of the hepatic artery, successful catheterization and embolization were achieved, demonstrating the effectiveness of image-guided, minimally invasive therapy in managing liver malignancies.

Take-Home Message:

Transarterial chemoembolization (TACE) is a safe and effective treatment for HCC, especially in non-surgical candidates. With precise vascular access and targeted drug delivery, it offers tumor control with minimal morbidity, reinforcing the role of advanced endovascular techniques in cancer care.

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

Aadicura Pulse360

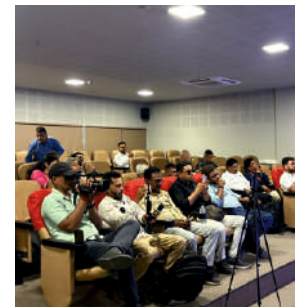
Introducing Adult Vaccination Program for Community Wellness.

Aadicura Superspeciality Hospital successfully launched its Adult Vaccination Drive under the Aadicura Pulse 360 - Corporate Wellness Program, marking an important step towards preventive healthcare for the community.

The initiative was introduced through a press conference, where our expert doctors highlighted the growing importance of adult immunization in preventing serious illnesses. Aadicura's expert doctors emphasized the rising need for adult immunization in today's fast-paced lifestyle.

Speaking on the occasion, a senior consultant from Aadicura said, "Vaccination is often associated with childhood, but adults are equally at risk of preventable diseases. Timely immunization plays a crucial role in protecting long-term health and reducing complications."

Through Pulse 360, Aadicura continues to promote a proactive approach towards wellness and disease prevention in the community.



For more information

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STAR PERFORMERS



Shiv Prakash Rawat
Star Employee of the Month



Hetal Macwan
Star Employee of the Month



Dr. Pranav Kapadia
Star Employee of the Month



Riddhi Shah
Star Employee of the Month



Jay Kadu
Star Employee of the Month



Minesh Prajapati
Star Employee of the Month



Nimisha Harijan
Star Employee of the Month



Keshav Borasi
Star Employee of the Month



Ganeshbhai Maske
Star Employee of the Month



Meena Ben Sharma
Star Employee of the Month

EVENT GALLERY

CME With IMA, Bharuch



Gynec Health Awareness session at GAIL



Women's Day health talk at BOB, Sayajigunj



Women's day with Team Voltas CAC LTD, Waghodia Health talk



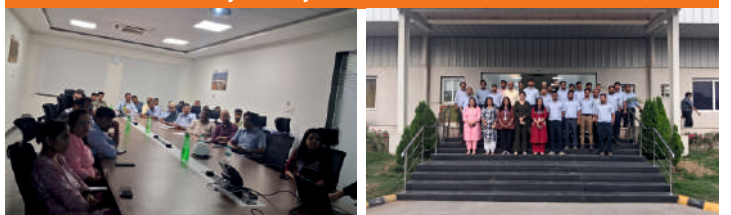
Health Check-up camp and Health talk at Infant Jesus Church, Gorwa



Arjun Marathon Pavagardh Run, Sponsored by Aadicura & Medical Sponsorship



Health talk stress management and chair yoga meditation in kirby Halol by Dr. Krishna Lohana (Genetic Counselor)



Aadicura[®]
Superspeciality Hospital
— Putting Patients First —

Windward Business Park, Jetalpur Road, Vadodara

Book an Appointment : +91 89805 53311 / 7711

Emergency 24/7 : +91 89805 58811

Our ASC Clinics :

Anand | Bharuch | Dahod | Godhra

contact@aadicura.com www.aadicura.com



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