



AASHKA SPOTLIGHT

MEDICAL HIGHLIGHTS

⌘ Expanding Expertise: IVF CENTER COMING SOON

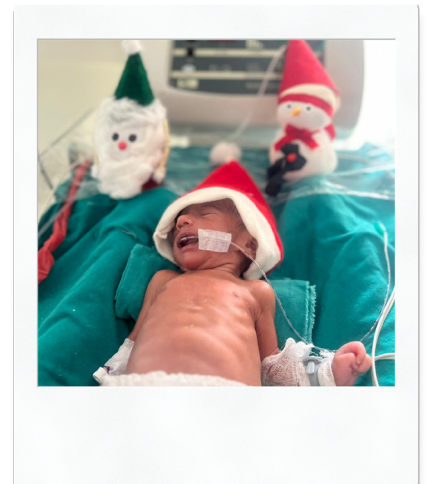
We are excited to soon unveil our **IVF Center** – a place where hope, care, and science come together to create new beginnings.

⌘ Excellence in Action

A male newborn was **delivered at 31 weeks of gestation** via cesarean section due to inadequate fetal blood flow. At birth, the infant weighed 1.2 kg and required immediate admission to the Neonatal Intensive Care Unit (NICU) for specialized care under the supervision of **Dr. Kamesh Patel, Pediatrician and Neonatologist**.

Given the immaturity of his lungs, surfactant therapy was administered to support **lung development**, and respiratory support was gradually tapered as his condition improved. Later, feeding challenges arose due to complications from the intrauterine period, necessitating a cautious approach with **slow feeding and high-dose antibiotics** to mitigate the risk of infection. Over **22 days in the NICU**, the infant showed steady progress, leading to his transition to Kangaroo Mother Care (KMC) under the guidance of both the mother and NICU team.

Following **five days of dedicated KMC and structured feeding**, the infant successfully stabilized and was discharged at a **healthy weight of 1.8 kg**. Prior to discharge, comprehensive evaluations—including fundoscopic examination, two-dimensional echocardiography, and hearing assessment—confirmed **normal development with no complications**.





Healing Stories: Patient Testimonials

Ashwi Shah

“

I was recently admitted to the Aashka Multispeciality hospital due to a severe ketoacidosis episode related to diabetes. The care I received in the ICU and the normal ward was excellent, with **attentive and professional staff** ensuring my recovery. The facilities were **clean**, and the medical team provided **clear communication and support** throughout my stay. I am grateful for their exceptional care and would recommend this hospital.

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CULTURE

🌸 Faces of Aashka: Employee Highlights

Best Department



ICU

Employee of the Month
(Medical)



Gayatri Begadiya
(NICU/PICU)

Employee of the Month
(Para Medical)



Devanshi Kansara
(Pharmacy)

Employee of the Month
(Non Medical)



Sanjay Revad
(House Keeping)

Together in Celebration

1. Christmas Celebration





LEARN WITH US

DOCTOR'S ORDERS: EXPERT TIPS

Summer Care Tips for Expecting Mothers – Expert Tips by Dr. Khushboo Patel

Summer in India poses unique challenges for pregnant women, primarily due to the increased risk of dehydration and heat stress, which can lead to complications like dizziness, swelling, and even preterm labor. To help you navigate the season safely, here are three highly effective tips:

1. Hydrate with Electrolytes, Not Just Water

Pregnant women require more fluids, but excessive plain water intake can dilute essential electrolytes, leading to muscle cramps and fatigue. Instead, incorporate **coconut water, homemade electrolyte drinks, or oral rehydration solutions (ORS)** to maintain the right balance of sodium and potassium.

2. Avoid Sudden Temperature Changes

Moving abruptly from extreme heat into air-conditioned spaces can trigger blood pressure fluctuations, dizziness, and headaches. **Gradually adjust by spending a few minutes in shaded or semi-cool areas before stepping into an air-conditioned room. When stepping out, cover your head and avoid direct sun exposure** during peak hours (12 PM–4 PM).

3. Choose Cooling, Nutrient-Dense Foods

Instead of just increasing fluid intake, opt for water-rich foods that also provide essential nutrients. **Curd, soaked basil seeds, fresh fruits like watermelon and muskmelon, and lightly salted buttermilk** can help regulate body temperature, prevent swelling, and support digestion - common summer concerns in pregnancy.



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Pregnancy during summer requires mindful adjustments, but with the right precautions, you can stay comfortable and healthy. **If you experience persistent issues, consult your doctor for tailored medical advice.**

A Dose of Humor

- Why don't skeletons fight each other?
- *They don't have the guts!*

