

CURA-CATENA

सांवंध

आरोग्य तुमचं,  
काळजी आमची...



## A SEASON OF **JOY** A MONTH OF **BOND**

August in Mumbai is more than just a page on the calendar; it's a blend of soothing weather, rich culture, and celebrations. Between the cheerful rhythm of **DHOL'S** and the warm scent of **MODAK'S** in the air, not just you but the city dances with joy and reminds us of togetherness. Whether it's **RAKSJHABANDHAN** tying hearts closer, **GOKULASHTAMI** filling our lanes with little Krishnas, or our proud hearts celebrating **INDEPENDENCE DAY**, joy is in full swing.

At Cura, this festive month reminds us of the deeper bonds we celebrate daily, the one between a mother and her baby, the quiet strength of fathers, and the rhythm of a healthy heart.



### FROM THE **THE PEDIATRIC DESK**

Dear Parents and Caregivers,

At Dr. Kalkekar's Cura Clinic, we walk beside your child through every stage, whether it's the first vaccine, a teenage worry, or just a regular check-in.

We're not just here to prescribe; we're here to listen, guide, and grow with your family.

Regular visits, honest conversations, and timely vaccines all help build a healthy, happy tomorrow.

Thank you for letting us be a small part of your big journey.

**-DR. SHRUTI KALKEKAR**

CONSULTANT | PEDIATRICIAN | TEEN & ADOLESCENT  
HEALTH EXPERT | FOUNDER CURA CLINIC



### WHAT'S IN THIS ISSUE

- **World Breastfeeding Week** – Key highlights & tips for new moms.
- **Cura Heartbeat** – How the Micra leadless pacemaker is making a difference.
- **Cervical Cancer** – Prevention through vaccination & screening.
- **Teen Health** – Balancing screens, sleep & growth.
- **Success Story** – Meera's recovery journey.
- **Cura in Action** – Staff of the Month & kids' online drawing contest.

# Rhythm of COMFORT, CONNECTION, AND LOVE



This month, as we celebrate **World Breastfeeding Week**, we honor one of the most natural and powerful bonds between a parent and child.

Here's a highlight from the **Breastfeeding Awareness Campaign led by Dr. Shruti Kalkekar**, Consultant Pediatrician, under a Government initiative in Navi Mumbai for expecting and new mothers.

With warmth and clarity, Dr. Shruti spoke on the benefits of breastfeeding, shared newborn care tips, and the importance of timely vaccinations, with guidance on the postpartum journey. Her interactive session welcomed open questions, addressing every concern thoughtfully and leaving mothers informed, reassured, and supported.

## EVERY BREASTFEEDING JOURNEY IS UNIQUE, AND EVERY FAMILY MEMBER PLAYS A ROLE:



### Mom – The Comfort Giver

She's nourishing, soothing, and adapting to big changes. It's challenging yet deeply rewarding. At Cura, we offer gentle latch support, posture tips, and reassurance every mother needs.



### Baby – The Bond Builder

Each cuddle and sleepy sigh says, "I'm safe with you." Breastfeeding boosts immunity, brain growth, and love. Our pediatrician helps track these milestones



### Dad – The Steady Support

His quiet help, from soothing the baby to handling chores, creates a calm, safe space. Real support isn't loud, it's steady, thoughtful, and full of care.

## HELPING PARENTS FEEL MORE CONFIDENT EVERY DAY.



**MEGHA BHATNAGAR**



“**Dr. Shruti** is extremely patient and caring. She reached out above and beyond her doctor duties to support me at many occasions when I was struggling with my newborn baby. She taught me to maintain my calm as I was a first time mother and panicking with a bawling infant, unable to understand anything. As I learnt to maintain my calm, I understood my baby better which then helped us bond easily. The journey thereafter has been a beautiful experience and I would like to give Dr. Shruti all the credit. Her empathetic nature helped me to start enjoying my journey of motherhood. I highly recommend her.”



IMPORTANCE OF  
**BREASTFEEDING**

WORLD BREASTFEEDING WEEK (1<sup>ST</sup> -7<sup>TH</sup> AUGUST)



# CURA HEARTBEAT:

## FROM AWARENESS TO ACTION

Earlier this month, Dr. Sanjeev attended an inspiring evening at Trident Mumbai celebrating **a decade of the Medtronic Micra leadless pacemaker**, a breakthrough that has transformed heart care worldwide. He shared his experience of performing **60+ successful implants** across India, each helping patients live with greater comfort and confidence. The event brought together pioneers like **Dr. A.B. Mehta** and **Prof. Alexander**, making it a true celebration of innovation.

For those new to the term, a pacemaker is a small device that helps regulate abnormal heart rhythms. When the heart beats too slowly or irregularly, it can cause fatigue, dizziness, or fainting. Pacemakers send gentle electrical signals to keep the heart beating steadily.



### THE MICRA

is a next-generation pacemaker, **smaller than a capsule**, wire-free, and implanted directly inside the heart through a vein in the leg. Compared to traditional pacemakers, it offers:

- No chest scar or visible bump
- Lower infection risk
- Faster recovery
- Long-lasting battery life

Ten years on, the Medtronic Micra continues to set the standard for safer, smaller, and smarter heart technology, giving patients more freedom and peace of mind.

 **CHETAN R BHOLE**



It has been 9 years since my mother's cardiac surgery under Dr. Kalkekar's care, and we remain deeply grateful. His expertise and compassionate approach ensured a successful surgery and smooth recovery, while the consistent follow-ups have maintained her heart health. Thank you, Dr. Kalkekar and team, for 9 years of exceptional care and dedication.

**HAPPY TO SHARE**

# MEERA'S HEALING BEYOND MEDICINE

SUCCESS STORIES



## A Glimpse into Cura's Teen Clinic

Every child carries a story, some joyful, some quiet, and some incredibly brave. This month, at our Teen Clinic, we met **15-year-old Meera**, who came in with symptoms of **Dengue and Fatigue**. But as we treated her body, it became clear that Meera was carrying more than just physical pain.

At Cura, we understand that the teenage years bring emotional challenges that often go unnoticed. That's why **Dr. Shruti Kalkekar**, pediatrician and teen wellness advocate, made time to talk to Meera not just as a patient, but as a young person navigating her own world of change.

Through gentle conversation, care, and trust, Meera opened up. Her energy slowly returned, not just in her health, but in her eyes.

"Dr. Shruti didn't just ask about my fever. She asked if I was okay, really okay. I felt like someone finally saw me."

— Meera, (Name Changed)

With every step, Meera reminded us that healing isn't just about medicine, it's about listening, being present, and offering a space that feels safe.

“

*Speak freely, be understood, and feel supported - confidential care for every teen at Cura.*

”

“

**Dr. Shruti Kalkekar** is one of the finest doctor I have ever met. She has a very calm, positive and friendly nature and listens to the problem very patiently. She provides a good diagnosis and also gives tips to help children overcome the issue they are facing...Moreover, the staff are very friendly and provide a play area filled with numerous toys for small children who may get fussy or cranky at times. the clinic is well maintained and is quite clean.. Shruti maam gives almost 30-40 minutes for every patient, which clearly indicates that she is never in rush with her patient and does the full body check up very nicely...Thank you once again dear Shruti maam.



PALLAVI SHARAN



PATIENT TESTIMONIAL

# CURA IN ACTION

## STAFF OF THE MONTH Chitra (Receptionist)



Chitra is always seen with a bright smile and cheerful attitude that lights up the clinic. Her talkative and friendly nature creates a positive and welcoming environment. Her commitment to work and the joyful energy she brings to the team make her truly deserving of this recognition.



Scribbles,  
Smiles, &  
Stress  
Free Visit  
For Kids



Dr. Shruti Kalkekar, who served as the **Youth Forum In-Charge** at AACCI in 2022-2023, has been recognized for her impactful cervical cancer awareness initiatives.

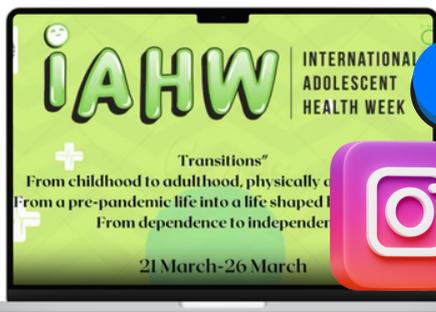
Her educational reel on HPV vaccination was acknowledged

by AACCI for its contribution in spreading vital knowledge among teens and parents alike.

## CERVICAL CANCER The Only Preventable Cancer

**HPV vaccine, when given at ages 9-15, cuts cervical cancer risk by 90%+.**

**Missed vaccine? Start screenings from age 30 for early detection.**



WATCH VIDEO



AACCI-ASSOCIATION OF ADOLESCENT AND CHILD CARE IN INDIA

is a leading organization committed to promoting the health and well-being of children and adolescents through awareness, education, and preventive initiatives.



# AUGUST ACTIVITY AT CURA: ONLINE DRAWING COMPETITION FOR KIDS!



## "MY HAPPY, HEALTHY WORLD"



Let your child's imagination take the spotlight! This August, Cura Clinic invites all young artists to participate in a fun and meaningful online drawing competition.

Whether it's a sun-filled park, their favorite healthy food, or a family walk, we want to see their vision of a world full of joy and well-being.

## HOW TO PARTICIPATE

1



Scan the  
QR code Or Click here  
to register

2



Submit the drawing, &  
a picture of your child  
proudly holding it

## PRIZES



- Certificate of Participation for every child
- Exciting prize for the winner
- Featured recognition in next month's Cura newsletter!



Encourage your little one to join in; it's a fun way to stay creative, active, and away from screens (well, except to share their masterpiece!).

**Don't miss out, register today and let the colors of imagination flow!**



## WHAT'S AHEAD

### CURACON

Stay tune for Youtube video on emergency cardiac care – the STEMI Symposium.

### CASE STUDY

The Unexpected Cause of Hair Loss in a 3-Month-Old Baby



Dr. Kalkekar's

# CURA

Advanced Cardiac & Child Health Clinic

www.drkalkekarcuraclinic.com



Timing For Cardiac Care:

Mon - Sat: 02:00 PM - 05:00 PM

Timing For Child Care:

Mon - Sat: 10:00 AM - 01:00 PM

General Clinic Timing: Mon - Sat: 08:00 AM - 09:00 PM

**932 311 2515 / 9769 84 2515**

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