Dr. Kalkekar's CURA
Advanced Cardiac & Child Health Clinic

FEB 14TH 2026
NEWSLETTER
www.drkalkekarcuraclinic.com

LOVE THAT PROTECTS CARE THAT PREVENTS



Love isn't only about grand gestures

sometimes; it's about checking in on your loved ones, asking the difficult questions, or choosing prevention before worry sets in.

What's in this Issue?

- **World Cancer Day (Feb 4th):** *Awareness Is Care*
- **World Anemia Awareness Day (Feb 13th):** *Understanding* **anemia**
- **National Deworming Day (10th Feb)**
- **Safe Internet Day (10th Feb)**
- **Success Stories:** *Impact Of* **Untreated Snoring** *On Behaviour.*
- **Cura Heartbeat:** *Diving into* **TAVI technology**
- **Cura in Action:** *Exciting* **events** *we've been a part of*
- **Family Corner:** *Moving* **Together**

"Dear Parents,

Stepping into the month of February, we're focusing on your child's health, well-being, and the power of early care and awareness in nurturing both their physical and emotional growth.

As we journey together through the challenges and joys of parenting, our goal is to provide you with thoughtful insights and practical tips that help support your child's growth and resilience."



Warm regards,

DR. SHRUTI KALKEKAR
Consultant Pediatrician & Adolescent Health Specialist





BECAUSE EARLY AWARENESS CHANGES EVERYTHING

WORLD CANCER DAY

FEBRUARY 4



Most people often ignore the signs... It won't happen to us. It often begins as **small changes** we **explain away,** a **tiredness** that lingers, a **lump** we ignore, and **pain we postpone checking.**



World Cancer Day reminds us that **awareness isn't fear** – It's **CARE**

EARLY ATTENTION CAN CHANGE OUTCOMES AT EVERY AGE

FEBRUARY 13

ANEMIA





WHEN BEING TIRED ISN'T JUST THAT

WORLD ANEMIA AWARENESS DAY



For many children, especially **growing girls**, these aren't growing phases. But **these can be signs of Anemia or iron deficiency**. It **affects energy, focus, and immunity** and how confidently a **child grows into her body.**

During our consultation, we often hear parents complain.

"He gets tired easily."
"She doesn't feel like eating."
"She's always cold or sleepy."





Small changes in diet go a long way:



Dal, chana, rajma, green leafy vegetables



Jaggery, dates, peanuts, garden cress seeds



Eggs, paneer, paired with lemon, amla, or oranges

Around 67.1% of children aged 6–59 months in India are anaemic, - National Family Health Survey Data



It's always important to consult your pediatrician if your child has signs of anemia.

To consult ***Dr Shruti Kalkekar*** *at* ***Cura Clinic.*** **+91 976-984-2515**



NATIONAL DEWORMING DAY

FEBRUARY 10

Deworming improves child health by addressing malnutrition and anemia, while a **pediatrician** provides the **necessary diagnosis** and correct weight-based dosage for safe treatment. This ensures infection is managed effectively.



NAVIGATING THE DIGITAL WORLD

SAFE INTERNET DAY

FEBRUARY 10



Parents should teach adolescents to:

1. Choose **authentic** sources of **online information.**
2. Detect deep fakes and **misinformation.**
3. Follow **digital hygiene** to ensure well being.
4. Promote **online safety** and **report cyberbullying.**



CLICK HERE

WEBINAR BY **DR. PREETI GALAGALI**

https://youtu.be/ozwwzJ-jpNA



SUCCESS STORY

KEY TAKEAWAY:
Snoring, fatigue, or anger issues can often result from conditions such as **OSA. Early diagnosis & treatment** make a huge difference.

When Snoring Was More Than Just Snoring

A child came in with behavioral concerns, often hiding in fear during family conflicts and acting out at school. Upon assessing the situation, I discovered that the home environment was tense. ***The father, who snored loudly and frequently, had mood swings and irritability, especially after a recent accident.***

I explained that loud snoring could be a sign of ***Obstructive Sleep Apnea (OSA), a condition where breathing stops during sleep, affecting mood and emotional health.*** *The father agreed to seek treatment for OSA, and after starting therapy,* ***his sleep improved, his irritability decreased, and the family dynamic became calmer.***

While the child's behavior is still improving, the fear response has reduced significantly. ***The parents felt more equipped to manage their child's behavior once the father's condition was treated.***

~ **DR. SHRUTI KALKEKAR**
Consultant Pediatrician &
Adolescent Health Specialist

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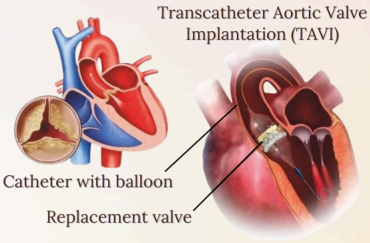
Reach out to us for advice & counselling

CURA HEARTBEAT

CARDIO TECH - TAVI



T- transcatheter
A- aortic
V- valve
I- implantation



Transcatheter Aortic Valve Implantation (TAVI)

is a **minimally invasive** procedure that allows doctors to **replace a narrowed heart valve without open-heart surgery**, offering a safer option for **elderly patients** and those at **higher surgical risk**.

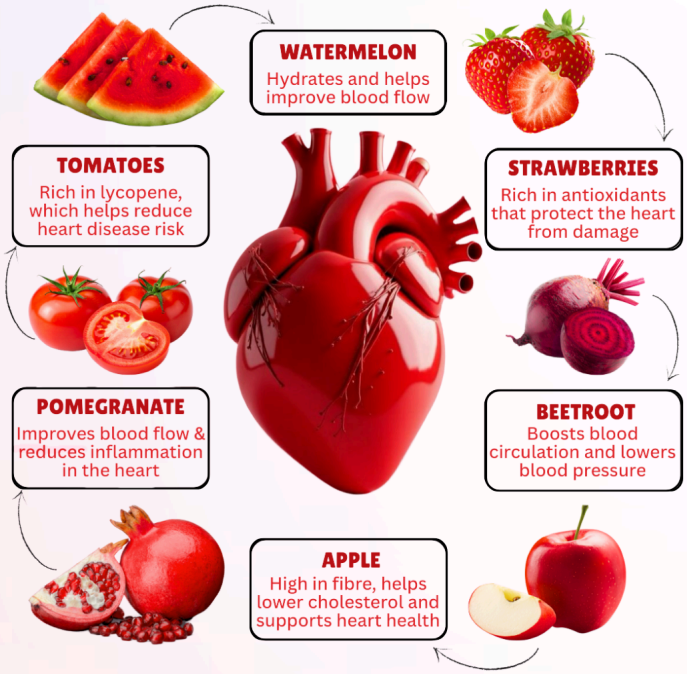
WHO IS IT FOR?

*For people who have **narrow aortic valves**, but are not eligible for traditional open heart surgery due to age or other health conditions.*

BENEFITS:

- Minimally invasive
- Faster recovery time
- Reduced risk of complications
- Shorter hospital stay
- Can last over 10 years

RED ENTERS THE HEART







Talk To Our Expert

Dr. Sanjeevkumar Kalkekar

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CURA IN ACTION







On Republic Day

Dr. Shruti Kalkekar *was invited to* **A NUTRITION FEST**

At Nanhe Kadam School



*"The event included a "**Healthy Food Recipe**" competition for elders and a "**Healthy Foods Drawing**" activity for children, encouraging **nutrition awareness across generations** and celebrating healthy habits in a fun, engaging way."*

Reach out to **Dr. Shruti Kalkekar** for **advice & counselling.**

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FAMILY CORNER

12 MONTHS HABITS

February: Move Together



This month, let's start with one simple question:
What's one habit your family can build together?

- ***Cycling** in the evening?*
- *A little **stretching** or exercising at home?*
- *Even a few minutes of **movement** counts.*

The goal isn't intensity.
It's Consistency And Togetherness



"TRY THIS AT HOME!"

A FAMILY TREASURE HUNT

You'll need:

- ***5 small clues***
- ***One "treasure" (a fruit bowl, healthy snack, family note, or shared treat)***

How it works:

- *Hide the first clue in a common space*
- *Each clue leads to a different room or activity*
- *Add one movement task to every clue:*
  - ***Jump 10 times***
  - ***Stretch arms** like a **star***
  - ***Walk together** to the **next spot***
- *End at the "treasure"*

This encourages teamwork and communication, and screen-free memories.



BECAUSE HEALTHY HABITS ARE EASIER TO BUILD WHEN THEY'RE FUN

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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 / 976 984 2515