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

MARCH 14TH 2026
NEWSLETTER
www.drkalkekarcuraclinic.com



GROWING BETTER TOGETHER

Spring

The **vibrant** colours of **Holi**, the beginning of **spring**, and **exam** season, **March** brings a **whirlwind** of emotions.

What's in this Issue



- **Coping with Exam Stress:** Tips for Managing Anxiety.
- **World Obesity Day:** Understanding sugar's impact on health.
- **Down Syndrome Day:** Celebrating abilities and support.
- **Cura Heartbeat:** How TAVI Helped In Restoring Mobility
- **Family Corner:** "Add One New Color To Your Plate"

At **Cura**, we believe **life** is all about **navigating these emotions and growing together.**

*"Watching children grow is one of the most **beautiful parts of my work.** Childhood is not only about getting taller every year, but about **becoming healthier, more curious, and more confident** with time.*

*This journey becomes easier when **parents, children, & doctors work together.** Small daily habits at home, open conversations, and a little patience go a long way in **helping children grow well.***

*As **pediatricians,** we are grateful to be part of this journey **with your family.** Together, let's keep supporting our children as they grow into **happy, healthy individuals.**"*



Warm regards,
Dr. Shruti Kalkekar
Consultant Pediatrician & Adolescent Health Specialist



DID YOU KNOW? **4th March is observed as International HPV Awareness Day.**

Just days later, on 8 March, the Government of Maharashtra launched the HPV vaccination program across the state to strengthen preventive healthcare for adolescents.

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"**Exams** Can Be **Stressful.**

There's a **syllabus to cover** and revisions to do. As **parents**, we want our children to do their **best**, and we do everything we can to **support** them. But we often **overlook** how exams can cause **stress** and **anxiety.**"

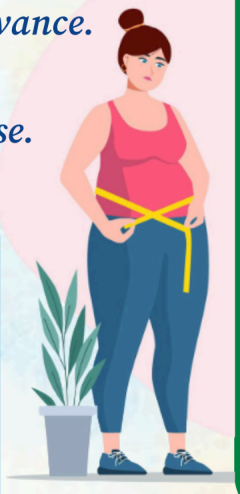


COPING UP WITH EXAM STRESS

- *Plan Ahead: Clear your doubts in advance.*
- *Be positive: "ALL IS WELL."*
- *Chill out a bit: dance, play, or exercise.*
- *Learn actively: review your work.*



CLICK HERE TO WATCH VIDEO



BE SUGAR SMART!

World Obesity Day
4th March

Sugar isn't always sweet; it's a **leading cause of obesity** in children. **Sugary snacks and drinks cause blood sugar** spikes that can lead to fat storage and **increased hunger**, leading to **overeating.**

CURA TIP:

Encourage your child to read **sugar content** on **food labels** so they can **make smarter, healthier choices.**





CASE STUDY:

STRESS, BULLYING & OBESITY



"In this week's newsletter, we share the story of a teenage boy who was once cheerful & Jolly, but now quieter, and often hiding behind a screen."

In this week's newsletter, we share the story of a teenage boy who was once cheerful & jolly, **but now quieter, and often hiding behind a screen.**

What changed? Not school, not friends, but words at home. His twin brother's repeated words **"You're too big"** about his weight slowly turned into **self-doubt, anger and loneliness**. School whispers & a new town made things harder, and **slowly late-night gaming became his escape**.

Eventually, **weight gain, neck pain from long screen hours, and darkening skin around the neck** began to appear, and that quiet sign **something wasn't right**, both physically and emotionally.

Dr. Shruti guided him with small changes that included **tips to stand tall, less screen glow, physio steps, and easy food swaps** while tests checked for sneaky imbalances like thyroid or sugar issues.

For me, sharing this hits home: it's about those family kitchen talks, turning twin rivalry into teamwork, swapping pixels for park runs. **This boy's story? It's every parent's wake-up call to hug tighter, listen deeper, and watch a spark reignite.**



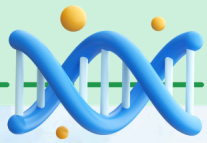




21st March **WORLD DOWN SYNDROME DAY**

That 1 Extra Chromosome

Humans have **46 chromosomes**, but some **superhumans have 47**, causing a **genetic condition called Down Syndrome**. Parenting kids with Down syndrome can be challenging, but **having the right guidance can make the journey easier**.



ADVICE FOR PARENTS OF THESE SUPERHUMANS

Focus on Strengths:
Celebrate your child's unique abilities.

Establish Routines:
Routines help children feel secure.

Seek Support:
Connect with families and support groups for guidance



Need expert guidance?

Connect With Dr. Shruti Kalkekar

+91 976-984-2515

Dr. Kalkekar's

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HEART beats

TAVI Can Be A Life-Changing Option For Aortic Valve Disease

Dr. Sanjeevkumar Kalkekar – Sr. Consultant, Interventional Cardiology, Apollo Hospitals Navi Mumbai, shares key benefits of TAVI (Transcatheter Aortic Valve Implantation) on Saam TV, highlighting faster recovery and reduced risk for heart patients.



8 | SATURDAY, FEBRUARY 28, 2026 NBP
BOMBAY TIMES, THE TIMES OF INDIA
VARIETY

Modern valve replacement restores mobility in patient



A 73-year-old male resident of Mauritius, had maintained an active lifestyle well into his later years, routinely walking nearly five kilometres daily without limitation. Sustained physical activity in older adults is closely associated with preserved cardiovascular health and functional independence. So, the gradual onset of exertional breathlessness was unexpected and clinically significant.

Dr Sanjeevkumar Kalkekar, MD (Internal Medicine), DNB (Cardiology), Interventional Cardiologist at Apollo Hospitals, CBD Belapur, shares, "Initially, his symptoms were attributed to advancing age — a common misconception that can delay the diagnosis of underlying cardiovascular disease. Over time, however, his dyspnea progressively worsened, eventually limiting even minimal exertion. Progressive breathlessness in elderly individuals warrants thorough evaluation, as it is frequently related to structural heart disease rather than ageing alone."

> Sustained physical activity in older adults is associated with preserved cardiovascular health and functional independence. So, the gradual onset of exertional breathlessness requires evaluation

A comprehensive cardiology assessment was undertaken. Standard investigations, including electrocardiography and transthoracic echocardiography, demonstrated preserved ventricular systolic function and only minimal coronary artery disease. He adds, "These findings were insufficient to explain the severity of his symptoms, as mild coronary obstruction rarely causes significant functional limitation in the absence of ischemia. Further diagnostic evaluation revealed clinically significant valvular dysfunction contributing to impaired cardiac performance."

Considering his symptoms, overall health status and multidisciplinary heart team evaluation, he was deemed suitable for transcatheter aortic valve replacement (TAVR) in accordance with contemporary clinical practice guidelines. "He subsequently underwent transcatheter valve replacement. The implanted valve was intended to help and support overall health. Following the procedure, the patient experienced significant improvement in symptoms and was gradually able to resume regular physical activity," concludes Dr Kalkekar.

> Progressive breathlessness in elderly individuals warrants thorough evaluation

Disclaimer: The views/suggestions/opinions expressed in the article are the sole responsibility of the experts.

CURA IN ACTION







STAR OF THE MONTH

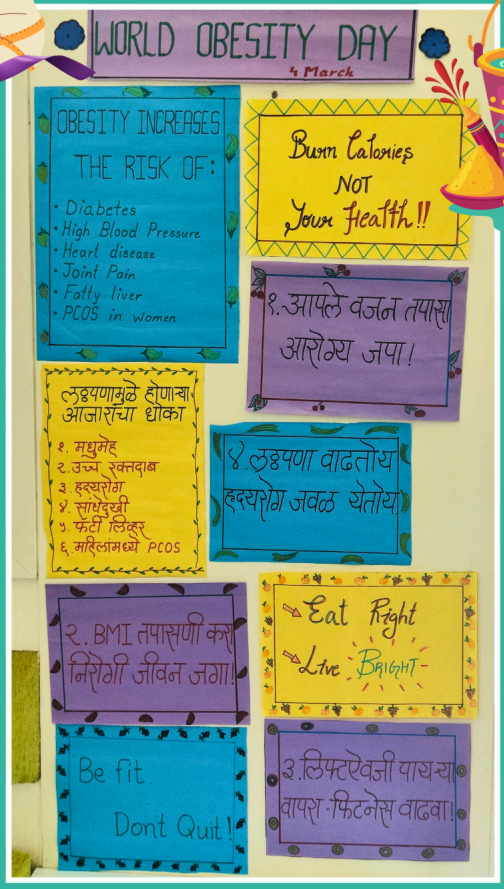
SHILPA KAMBLE
(STAFF NURSE)

WOMEN'S DAY 2026











Reach out to ***Dr. Shruti Kalkekar*** *for advice & counselling.* **+91 976-984-2515**

FAMILY CORNER

"ADD ONE NEW COLOR TO YOUR PLATE"

12 MONTHS HABITS

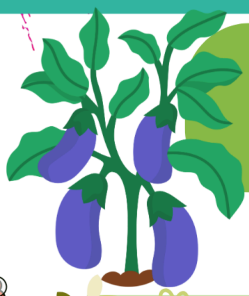


LET'S BRING SOME VIBRANCE TO YOUR MEALS THIS MONTH BY ADDING A SPLASH OF COLOR!



- Bright red strawberries
- Rich green spinach





- Vibrant orange carrots
- Deep purple eggplant





NO PRESSURE, JUST FUN

"It's about enjoying a variety of **colors**, and **experimenting with food.**

This month, try it with your family. And let us know, did it work for your child? We'd love to hear about it."

SHARE YOUR EXPERIENCE WITH US VIA WHATSAPP, CALL, EMAIL, OR VISITING US AT CURA CLINIC.

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Timing For Cardiac Care:
Mon - Sat: 03:00 PM - 06:00 PM

Timing For Teen Clinic:
Every Sat: 06:00 PM - 08:00 PM

Timing For Child Care:
Mon - Sat: 10:00 AM - 01:00 PM
Mon - Fri : 07:00 PM - 08:00 PM

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

932 311 2515 / 976 984 2515