

ALL ABOUT SEPTEMBER

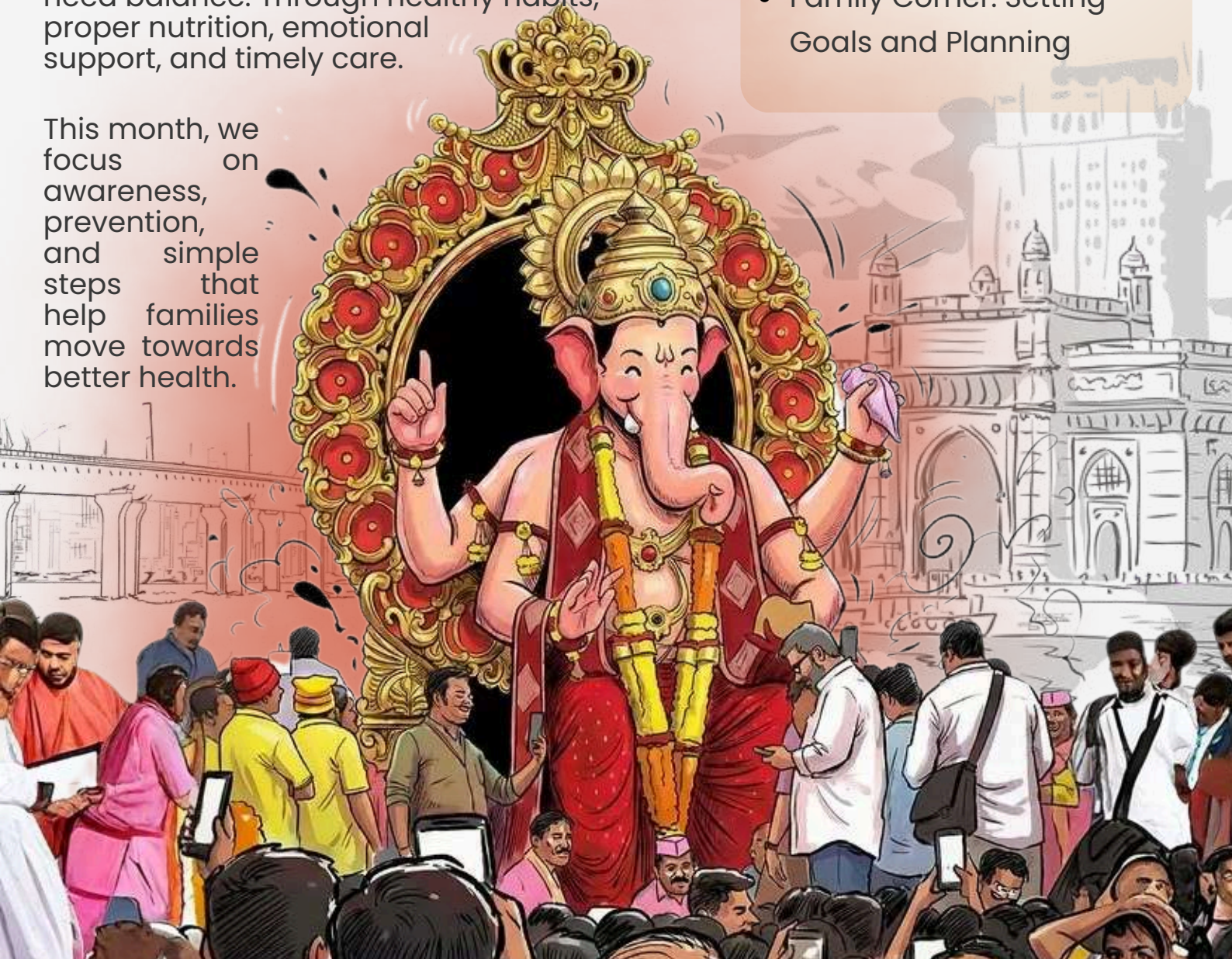
As September arrives, nature shows us the beauty of balance. **Mumbai becomes ready to welcome its beloved Bappa Home! Pandal hopping, Modaks, and blessings.** Around this month, there is a special day when **the length of the day and night becomes almost equal** — a gentle reminder that balance keeps everything in harmony.

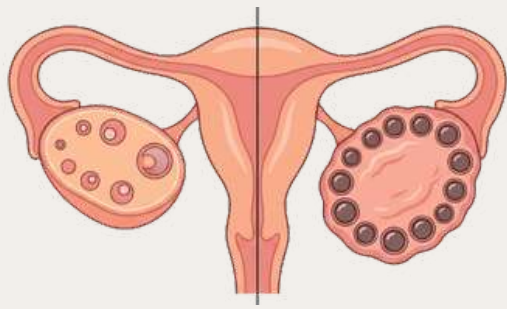
Just like nature, our bodies and minds also need balance. Through healthy habits, proper nutrition, emotional support, and timely care.

This month, we focus on awareness, prevention, and simple steps that help families move towards better health.

WHAT'S IN THIS MONTH'S ISSUE

- Polycystic Ovary Syndrome (**PCOS**) Awareness Month
- National Nutrition Week
- World Duchenne Muscular Dystrophy Awareness Day
- Cura Heartbeat: Are You Ready for Prime Time?
- Family Corner: Setting Goals and Planning





WOMEN!

KNOW YOUR BODY BETTER

Polycystic Ovary Syndrome (PCOS)

Awareness Month

PCOS is a hormonal and metabolic condition that can affect a girl's periods, skin, weight, mood, and overall health.

PCOS & PMOS:

UNDERSTANDING THE DIFFERENCE

PCOS (Polycystic Ovary Syndrome) is a hormonal condition that affects how the ovaries function. It may lead to irregular periods, acne, hair changes, weight-related concerns, and difficulty with ovulation.

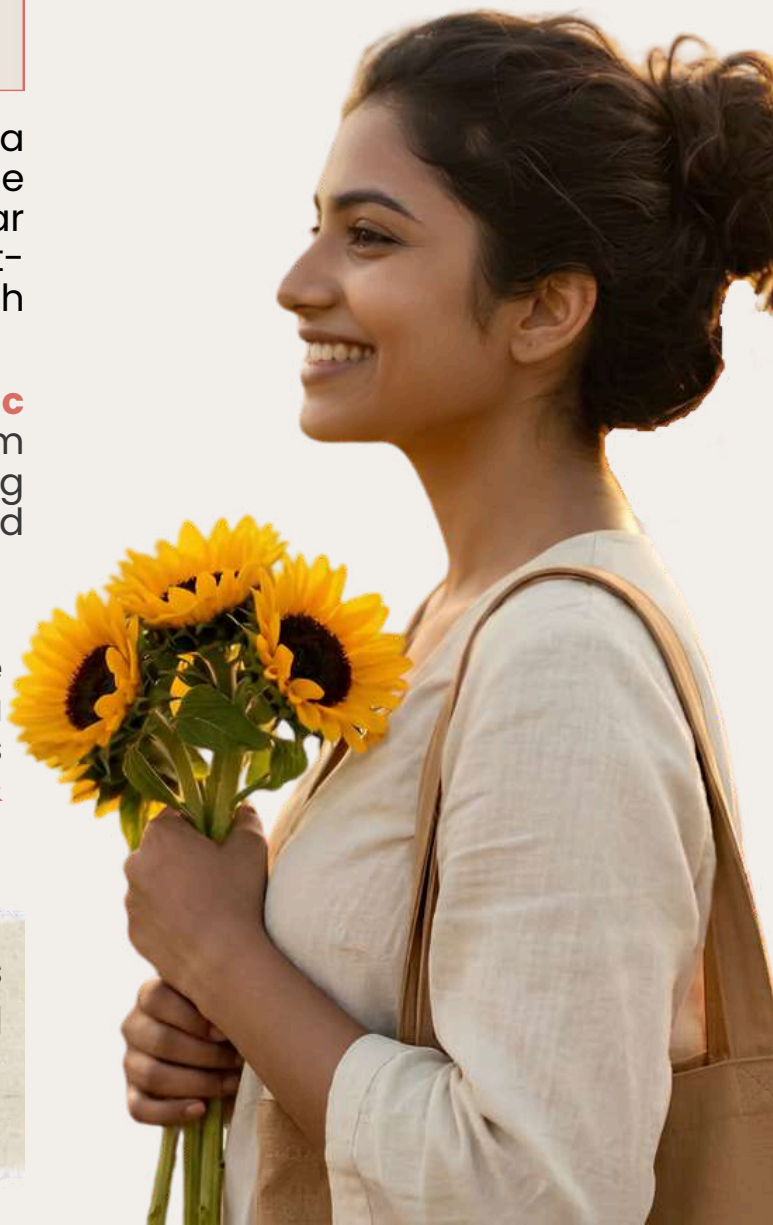
PMOS (Polyendocrine Metabolic Ovarian Syndrome) looks at PCOS from a broader perspective — understanding how hormones, metabolism, insulin, and overall health are connected

Understanding this bigger picture helps in managing PCOS with a complete approach that includes **healthy nutrition, lifestyle changes, & medical guidance.**

Early awareness helps girls understand their bodies better and take the right steps towards long-term health.

KNOW THE SIGN

- Irregular or missed periods
- Acne or excessive hair growth
- Unexplained weight changes
- Hair thinning or hair fall
- Mood changes or low energy



SUPPORTING GROWTH WITH CARE & AWARENESS



National Nutrition Week
1–7 September

NOURISHMENT **FOR HEALTHY GROWTH**

Good nutrition plays an important role in a child's growth, immunity, energy, and development. A balanced diet and healthy eating habits from an early age help build a strong foundation for lifelong health.

WORLD
**DUCHENNE MUSCULAR
DYSTROPHY** AWARENESS DAY
7 September

Duchenne Muscular Dystrophy (DMD) is a genetic condition that affects muscle strength. Early signs may include difficulty running, climbing stairs, frequent falls, or delayed movement milestones.

**RECOGNIZING
CHANGES
EARLY**

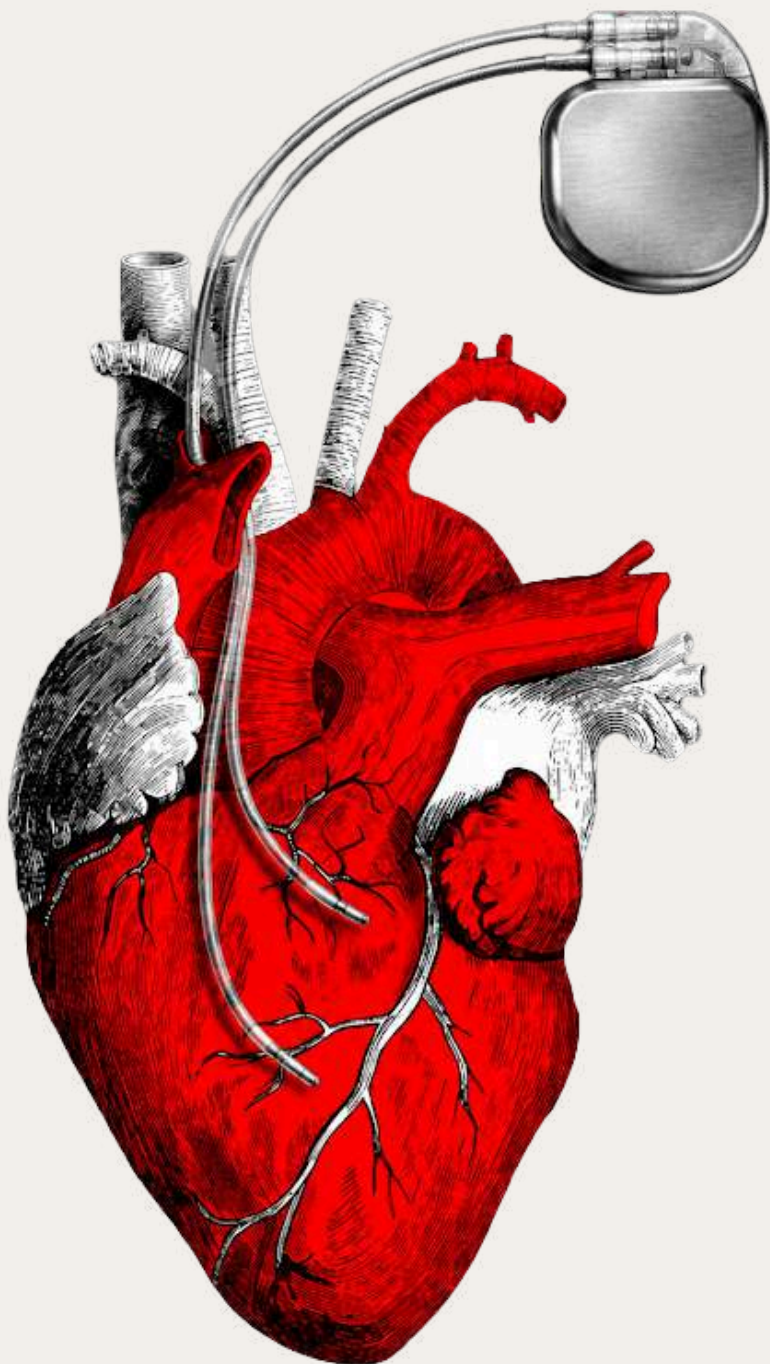
Being aware of these changes helps families seek timely evaluation and support.

With the right awareness and guidance, every child can receive the support they need to grow. Consult **Dr. Shruti Kalkekar** for your child's health and development concerns.

SEPTEMBER 7

was chosen as World Duchenne Muscular Dystrophy Awareness Day because the gene linked to DMD — The dystrophin gene — Contains 79 exons.

**DID YOU
NOW?** |



CURA

HEARTBEAT

PACING TOWARDS THE FUTURE OF CARDIAC CARE

Cardiac care continues to evolve with advancements that aim to make treatments safer, smarter, and more patient-friendly.

Dr. Sanjeevkumar Kalkekar participated in an academic discussion on **“Leadless Pacemakers: Are You Ready for Prime Time?”** organized by the Academy of Cardiology, Mumbai.

The session brought together leading cardiologists to exchange insights on the future of cardiac pacing and the role of newer technologies in heart care.

Through continuous learning and collaboration, we continue to stay connected with the advancements shaping modern cardiac care.

This **World Heart Day**,
We celebrate the actions that move heart care forward Through learning, innovation, and collaboration.



CURA

IN ACTION



This occasion was celebrated with friends and family, sharing festive moments filled with warmth, happiness, and gratitude.

A beautiful reminder that while healthcare connects us through our work, celebrations connect us through relationships.

***Cherishing Moments Of
Faith, Friendship, & Family.***



Celebrating
**Ganesh
Chaturthi**
Together

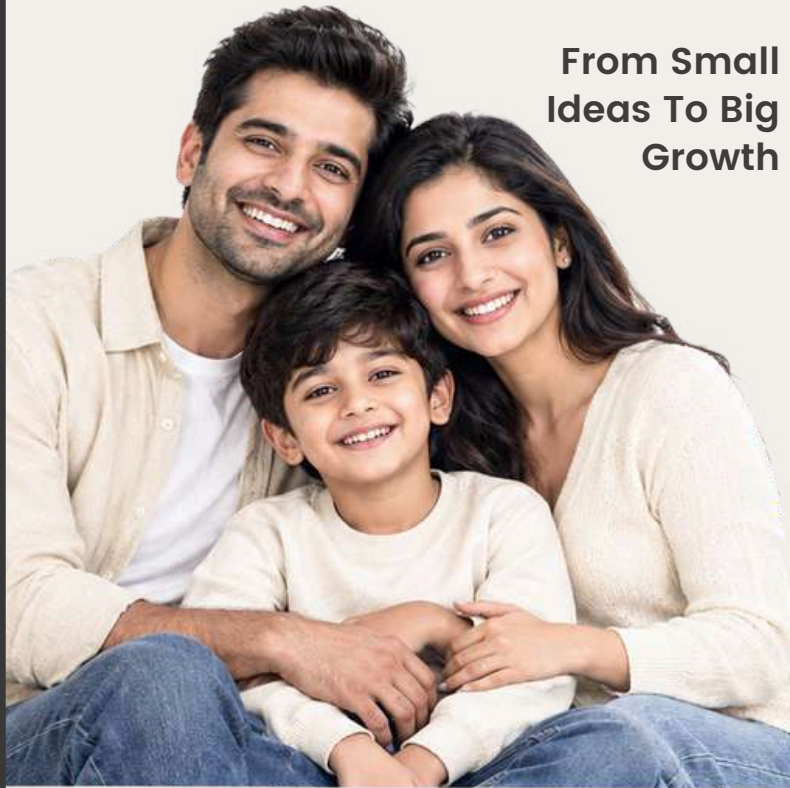
Ganesh Chaturthi is a time to come together, seek blessings, and celebrate the bonds that make our lives meaningful.



CURA CONNECTS

SEPTEMBER

Setting Goals & Planning



From Small
Ideas To Big
Growth

Every goal begins with a simple thought. When children learn to plan, try, and reflect, they develop patience, persistence, and confidence.

FAMILY REMINDER

When children learn to set goals, they learn patience, persistence, and confidence.



THE GOAL GROWTH PATH

FOR OUR TEENAGERS:



A Thought

“What is one thing I want to achieve?”



A Plan



“What small steps can help me get there?”

A Progress Check

“What did I learn and improve today?”



FOR OUR LITTLE ONES:

- ◆ Keeping their toys organized
- ◆ Completing small responsibilities

GROWING MINDS LEARN TO

- ◆ Plan studies and activities
- ◆ Work towards personal goals