

AUGUST IS POURING IN

Here we are again! Heavy rains, water puddles, & the warmth of home & freshly cooked food. The best way to describe August. The month of friendship, freedom, & care. In the newsletters, we always talk about care, connection, and awareness that make the families stronger and healthier. This month we would like to bring your focus to New Moms & Dads, what being a youth means in today's world, how friendships have evolved, and how we as family can support each other.

-DR SHRUTI KALKEKAR
(Child & Adolescent Specialist)

What's in this Issue ?

- Strengthen Early Beginnings
- Youth Deserve A Voice
- CURA Heartbeat
- CURA IN ACTION
- August: Responsibility & Ownership

STRENGTHEN EARLY BEGINNINGS

AUG | **WORLD**
1 to 7 | **BREASTFEEDING** Week

Breastfeeding for a Sustainable
Start in Life : Strengthen What Works

Breastfeeding sets the foundation for lifelong health, for both babies & mothers. While its benefits for infants are widely known, **The challenges mothers face are often overlooked :**

Postpartum Anxiety & Stress

Pressure to “Get It Right” can create worry and self-doubt.

Latch & Milk Supply Concerns

Feeding difficulties may cause frustration and guilt.

Limited Support for Working Moms

Balancing work, rest, and feeding is often challenging.

Maternal Well-being

Fatigue, isolation, and societal expectations impact confidence and recovery.

SEEK GUIDANCE EARLY!

If you are a new mom and need someone for guidance?

Talk to Dr. Shruti Kalkekar : +91 976 984 2515

YOUTHS DESERVE A VOICE

LISTEN • UNDERSTAND • GUIDE

Dear Parents,

Adolescence is a phase filled with questions, changes, and the desire to discover oneself. As teenagers grow, they begin to form their own opinions, explore new ideas, and seek independence.

Sometimes they may question our thoughts or challenge our decisions — not because they need less guidance, but because they are learning to find their own voice.

This generation needs more conversations and fewer assumptions.

Support your teen by:

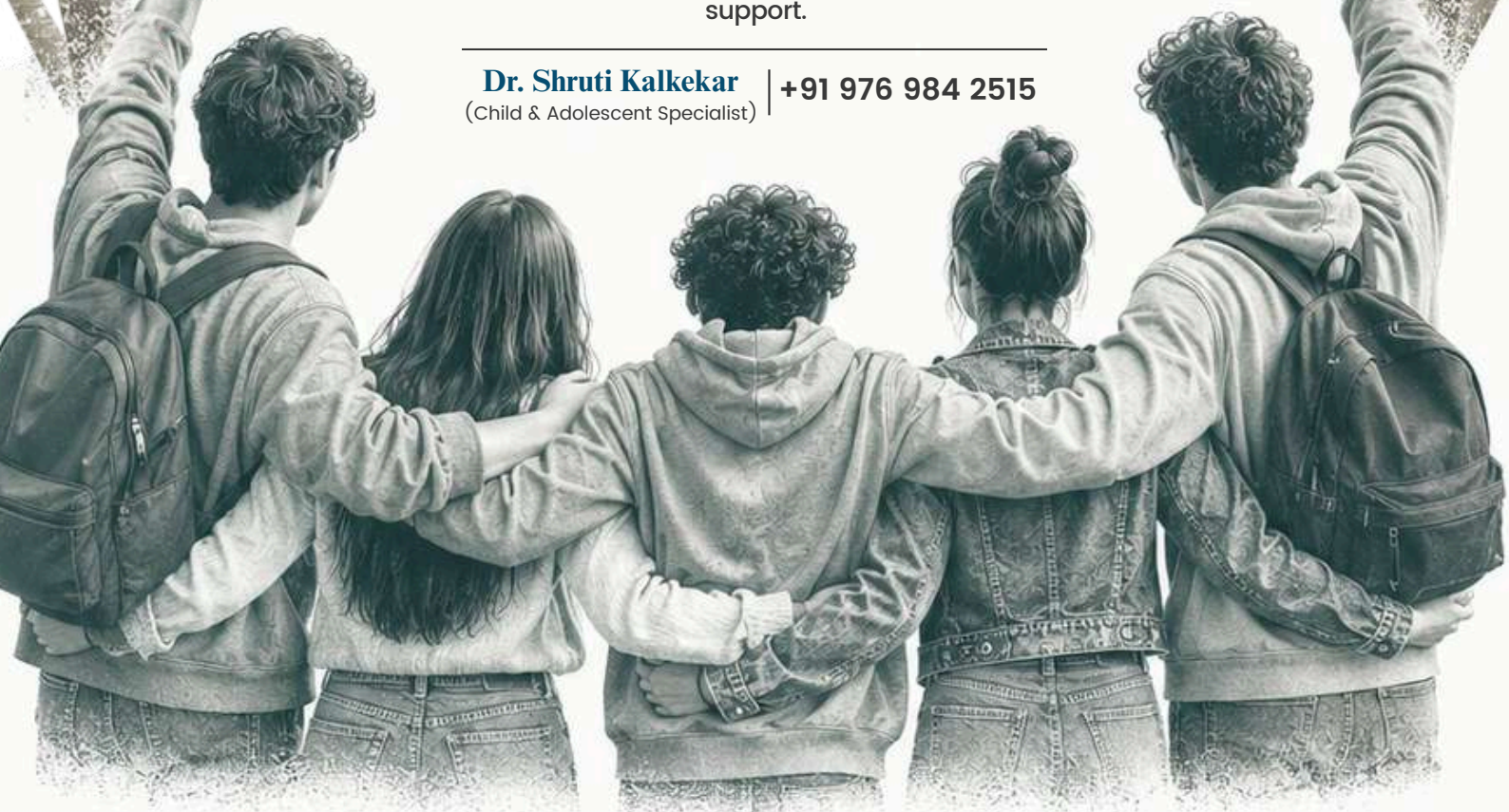
- **Listening before judging** : their thoughts and feelings deserve to be heard.
- **Understanding before reacting** : every question is a part of their growth.
- **Guiding without controlling** : give them support while allowing them to learn & make decisions.

This International Youth Day,

let's create a space where young minds feel heard, respected,
and supported as they grow into confident individuals.

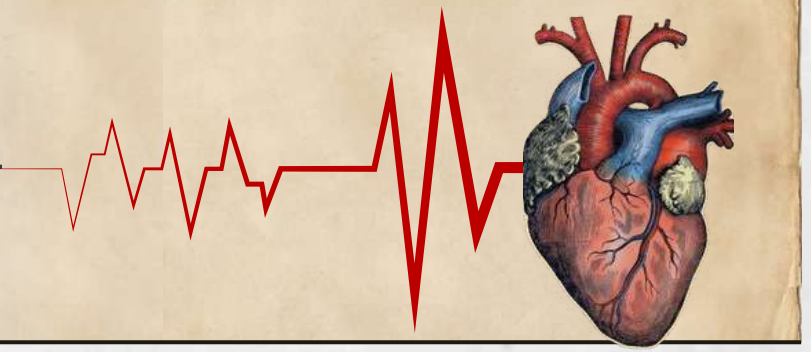
From physical changes to emotional challenges, our youth deserve the right guidance. Visit Cura Clinic and consult Dr. Shruti Kalkekar for adolescent health support.

Dr. Shruti Kalkekar | +91 976 984 2515
(Child & Adolescent Specialist)



CURA

HEARTBEAT



[Click Here To watch Full Video](#) ↗

A COMPLEX VALVE CONDITION MANAGED WITH ADVANCED CARDIAC CARE

At **74**, this patient was diagnosed with **Severe Aortic Stenosis**, a condition where the heart valve becomes narrowed and affects normal blood flow.

Experiencing breathlessness even with minimal activity, he was advised open-heart surgery. However, due to age and other health conditions, a less invasive approach was considered more suitable.

After evaluation by Experienced Tavi operator **Dr. Sanjeevkumar Kalkekar**, TAVI (**Transcatheter Aortic Valve Implantation**) was performed, replacing the narrowed valve through a small incision without open-heart surgery.

Using an advanced **Resilia Valve**, Dr. Sanjeevkumar Kalkekar provided a safer treatment option for this complex valve condition.

The Benefits of TAVI (Transcatheter Aortic Valve Implantation)

- No chest opening
- No general anesthesia
- Short procedure time
- Faster recovery



Advanced Cardiac Care is not just about procedures. It is about choosing the right approach for every heart.

CURA IN ACTION



Dr. Shruti Kalkekar conducted an interactive, case-based session for General Practitioners on “What Every General Practitioner Should Know About Adolescent Health,”



focusing on early recognition of adolescent health concerns and practical, adolescent-friendly care.

Dr. Sanjeev Kalkekar conducted an insightful session on “Innovations in Cardiology,” highlighting recent advances & practical perspectives in cardiac care.



FAMILY CORNER

AUGUST

Responsibility & Ownership

THIS MONTH'S HABIT

Help children take charge of their actions, chores, & schoolwork. Small responsibilities teach **Independence, Accountability, & Self-discipline.**

HOW TO PRACTICE

RESPONSIBILITY SCAVENGER HUNT

FOR TODDLERS

- **Find & Return** items to their proper place (Toys, Books, Clothes)
- **Pick something** that helps the family (Like placing utensils or feeding pets)
- **Checkoff** each task on a simple chart to track completion

FOR TEENS

- **Collect & Organize** their School Materials Independently
- **Complete a Household task** & ensure it's done fully
- Identify 3 items to **Recycle or Donate** responsibly
- Make a **Mini plan** for the day or week, then follow it

WHY IT WORKS

- Tasks encourage **Ownership of actions**
- Kids learn that completing responsibilities **has real results.**
- Turns everyday chores into **Structured, Achievable steps.**

FAMILY TIP : Celebrate effort & follow-through responsibility grows with encouragement & guidance.