



## WELCOME TO VAMA WELLNESS CENTRE FOR WOMEN...

Being born as a woman is a blessing, but at every stage in her life, a woman has certain healthcare needs and concerns that require attentive, competent and compassionate care. Today, women are enthusiastically and pro-actively taking charge of their health, not only after a problem is experienced, but even before that in order to avoid certain problems. Women play a leading role in maintaining the health of their families and communities. If women are healthy, their families will be healthy.

It is this belief that inspired us to come up with VAMA Wellness Centre for Women – a place that offers care to

women at every stage of their life so that they can take an active role in preventive healthcare and wellness, and also get best diagnosis and treatment for their physical and psychological problems.

Vama Wellness Centre for Women aims to offer comprehensive, integrated and multi-disciplinary care for women by bringing together a unique team of all female doctors, as well as diagnostic facilities related to women's health as a one-stop solution to their various concerns. This will be an exclusive health centre for women from teenage to menopause and beyond.

A warm welcome to the first of its kind exclusive women's wellness center in Gujarat – VAMA Wellness Centre for Women. We look forward to caring for you!

*Dr. Rupal N. Shah*  
Medical Director

## OUR TEAM

Our unique team of all - women medical experts includes obstetricians and Gynaecologists, fertility specialist, adolescence physician, menopause specialist, general physician, psychiatrist, sonography and mammography specialists, fetal medicine expert, physiotherapists and fitness experts, and dietitians. Each of our healthcare providers are fully qualified to provide excellent care related to your specific health problem, and to offer you their best for your overall health check ups.



## CARE 8. SONO CARE AND FETAL CARE

our experienced sonographers provide a comprehensive service of performing 'routine' abdominal and gynecological scans to specialized obstetric scans including first trimester (nuchal translucency) and second trimester screening for chromosomal abnormalities, as well as more targeted exams, including detailed Doppler evaluations, 3D and 4D imaging and fetal echocardiography

## CARE 9. BREAST HEALTH CARE

1 in 8 women will develop breast cancer in their lifetime. But with early detection the five-year survival rate is almost 100%.

All women should have a mammogram at least once every two years beginning at age 40. If you're at high risk for breast cancer (if breast cancer runs in your family), you may need to start having mammograms at an earlier age or get checked more often.

## CARE 10. MENTAL HEALTH CARE

If you are unsure where to go for help for all your mental ups and downs, you are most welcome at Vama Wellness Centre For Women, where we have exclusive female psychiatrist and psychologist available to answer all your questions and to provide you correct guidance that can improve your mental health.

## CARE 7. GENERAL MEDICAL CARE

At Vama, you will get the facility of experienced female general physician doctor, who will take care of your overall health, and will treat your high blood pressure, thyroid, diabetes, asthma, obesity, and other problems along with a team of dietician and physiotherapist. She will also keep track of your heart and overall health with regular ECG monitoring and various wellness health packages.



At VAMA we offer mammography along with breast ultrasonography in the most comfortable way by our experienced female mammography experts and assistants.



Gift "Vama Health Card" to yourself or to all beloved women of your life today..!!

## TEAM VAMA

### DR. RUPAL N. SHAH

M.D.; D.G.O  
Obstetrician, Gynaecologist & Fertility Specialist

### DR. UNNATI T. MEHTA

M.D. (Medicine)  
Consultant Physician

### DR. DEEPA C. PATEL

M.B.B.S.; D.C.H., PG-DAP.  
Adolescent Physician

### DR. RENU J. GANDHI

M.D.; (Radio Diagnosis)  
Sonography & Mammography Expert

### DR. DRASHTI R. PATEL

M.S. (O&G), CIMP

Menopause Specialist

### DR. VAIBHAVI J. CHOKSI

M.B.; D.G.O

Obstetrician & Gynaecologist

### DR. PRIYANKA P. DESAI

M.B.B.S.; D.M.R.D.  
FELLOW IN FETAL MEDICINE  
Sonography, Mammography & Fetal Medicine Expert

### DR. TRUPTI S. PATEL

M.B. (Psy), DPM

Psychiatrist

### DR. BIJAL D. GANDHI

B. R. T. M. I. A. P

Physiotherapist & Fitness Expert

### DR. PRIYANKA GHEVARIYA

M.B.; D.G.O

Consultant Obstetrician & Gynecologist

### DR. KHUSHBU A. CHOKSI

MS in Nutritional Science (USA)

Dietician

### MRS. SANGEETA J PATEL

M. Sc

Dietician

### DR. AMI YAGNIK

M.S

General Surgeon

## OUR SERVICES

### CARE 1. ANTENATAL CARE

At Vama, we our services provide a full range of care including pre-pregnancy advise, routine antenatal care and help with high-risk pregnancy, various obstetric sonographies, and fetal medicine counseling in need,

medical blood tests during pregnancy, psychologist support to anxious moms-to-be as well as those suffering from post-partum depression and "Mumma's Fitness Classes" by our well-experienced physiotherapists and dietitians.



### CARE 2. GYNECOLOGICAL CARE

At Vama, we offer full range of services to investigate and treat all kind of gynecological problems and we offer all types of key-hole laparoscopic surgeries and hysteroscopic surgeries for various gynecological problems.

### CARE 3. FERTILITY CARE

We offer all types of fertility treatment from basic counseling, follicular monitoring by trans-vaginal sonography, hormonal assays, diagnostic laparoscopy to check for fallopian tube patency, to various advanced assisted reproduction techniques like **intra-uterine insemination and In-Vitro Fertilization - IVF (Test-tube baby) treatment.**

### CARE 11. FITNESS AND PHYSIO CARE

Our Physiotherapists can help you to treat some of the top health issues faced by women like pain of premenstrual syndrome, endometriosis, osteoporosis, depression, PCOD and diabetes related and general obesity, urinary incontinence and pregnancy related conditions.

If you want to lose weight, to recover to your post pregnancy weight or want to keep it off, meet our fitness experts at VAMA, who by joining hands with dietitians, would provide you individualized exercise and diet plan packages that will help you get back in shape.



### CARE 12. DIET CARE

Our dietitians have special knowledge of nutrition and women's health throughout all stages of the life cycle, including **adolescent obesity, pregnancy and lactation, diabetes,**

**reproductive health** including obesity due to polycystic ovarian syndrome, pelvic floor dysfunction such as bowel incontinence and constipation, women's cancer and menopause, and older women's health.

## WOMEN'S HEALTH PACKAGES

All esteemed women guests of any age can opt for our various health packages for a comprehensive check-up for early detection of health problem that can occur during any stage of life. Our packages are broadly divided into the following categories:

### I. ADOLESCENT PACKAGES

- Healthy Teen Package
- Teen PCOS / Obesity Package

### II. PRE PREGNANCY PACKAGE

### III. WELLNESS PACKAGES

- Healthy She – Dashing Package (<35 years)
- Healthy She – Dynamic Package (35 to 50 years)
- Healthy She – Divine Package (>50 years)
- Healthy She – Premium Package

## WOMEN'S FITNESS PACKAGES

VAMA Physiotherapy and Fitness Centre offers a variety of fitness packages to meet your personal training needs. Our expert physiotherapists, fitness trainers and dietitians will make you really, truly fit.

### I. FITNESS PACKAGES FOR ALL

- Reshape your shape (toning and reshaping)
- Weight in line (Weight reduction/gain)

### II. MUMMA'S FITNESS PACKAGES

- Antenatal package
- Post Natal Fitness Packages

### III. FITNESS @ FORTY PACKAGE

## CARE 4. ADOLESCENT CARE

### WHY SHOULD A TEENAGE GIRL REQUIRE ADOLESCENT CARE VISIT?

As girls become women, their first visit to the adolescent physician can be intimidating.

Our adolescent physician works closely with adolescents to address any concerns or questions they might have and gently guides them

### For their problems like:

- Behavioral problems
- Eating disorders, including anorexia nervosa and bulimia nervosa
- Family discord
- Mental health disorders, including depression, anxiety, obsessive compulsive disorders, attention deficit disorders
- Sexual orientation conflicts

## CARE 5. MIDLIFE AND MENOPAUSE CARE

Whether you're having night sweats, hot flashes or increased anxiety, Sleep problems, Mood changes, Back and joint pains, we offer an exclusive menopause clinic to make menopause more manageable.

We offer special full range of **menopause wellness health packages** to help you meet the challenge of menopause with a big smile.

## CARE 6. CERVICAL HEALTH CARE

Cervical cancer kills roughly **65,000 Indian women annually**. If cervical cancer is caught at its earliest stage, the chance of survival is more than **85%**.

### SCREENING FOR CERVICAL CANCER (PAP TEST)

It is a common screening test used to assess cervical cells for changes that could develop into cancer. **For all women aged 21 to 65 years cancer screening with Pap smear should be done every 3 years**, or for women aged 30 to 65 years, this screening or screening with a combination of Pap test and human papillomavirus (HPV) testing should be

done every 5 years.

### COLPOSCOPY

Along with this basic cervical screening program, at Vama we offer one more advanced way to get yourself screened with colposcopy, when needed.

### ANTI-CERVICAL CANCER VACCINES

It is commonly advised for 11-12 year-old girls. It is also recommended for girls and women aged 13 to 26 years who have not yet been vaccinated or completed the vaccine series.



Register for  
**VAMA  
WELL WOMEN  
HEALTH  
CHECK-UP!**

Pamper your loved ones with  
**THE GIFT OF GOOD HEALTH**



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