

'New-age moms are well-informed, but need personalised care'

In today's fast-paced world, medical advancements redefine healthcare, yet compassionate care remains irreplaceable. Consultant obstetrician, gynaecologist and fertility specialist Dr Aditi Bhalla Pophale (MBBS, MS OBGY (Seth GS Med College), Fellowship in IVF, Dip in Advanced Endoscopy (France), Dip in Cosmetic Gynaecology) says, "As a gynaecologist, my mission extends beyond treatments — it is about ensuring every woman feels heard, valued and empowered. From adolescence to menopause, each stage deserves expertise blended with empathy."

Motherhood today comes with evolving challenges — stress, delayed pregnancies and work-life balance. She adds, "New-age moms are well-informed, but

need personalised care. Pregnancy is not just about foetal well-being, a woman's mental, emotional and physical health matter equally. A trust-based doctor-patient relationship ensures a fulfilling journey into motherhood. Women deserve awareness and autonomy in their healthcare decisions. Regular screenings, early detection and preventive care ensure healthier futures. Knowledge empowers women to make informed choices about contraception, PCOS and menopause."

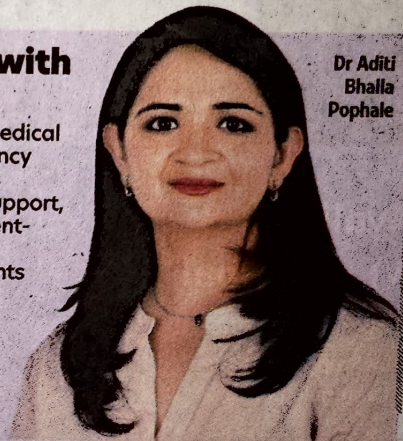
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Bridging science with sensitivity

Dr Aditi shares, "Advanced medical technology improves pregnancy outcomes, but true care goes beyond reports. Emotional support, fertility counselling and patient-centric approaches make a difference. Infertility treatments must integrate medical excellence with compassion, so no woman feels alone. I believe blending technology with compassionate care will define the future



Dr Aditi
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