

Self respect tends to inspire respect from others
- Nathaniel Branden

- ANNIVERSARY ● HEALTH AWARENESS ● HEALTH TIPS
- NEW EMPLOYEE ● PACKAGES ● BIRTHDAYS

City Clinic Group's Newsline celebrates its successful first year anniversary, marking a year of achievements and growth.





We are thrilled to announce that City Clinic Group in Kuwait has launched their very first newsletter, 'Newsline'! The inaugural copy of 'Newsline' was presented by Mr. Ibrahim, the General Manager of City Clinic Group, to Mr. Dawood from CELT on Saturday, August 12, 2023.



In its 18-year history, City Clinic Kuwait has reached a major milestone with the introduction of our newsletter, Newsline. We are incredibly proud of this achievement as Newsline sets a new standard and trend in providing medical news updates, information, success stories of our doctors, health initiatives, and valuable health tips. Through Newsline, we showcase our unwavering commitment to the health of both the local community and expatriates living in Kuwait. This newsletter also serves as a platform to celebrate the achievements of all members of the City Clinic Family.

HEALTH AWARENESS

TIPS TO IMPROVE A HEALTHY PREGNANCY



DON'T DRINK AND SMOKE

Drinking and smoking while pregnant can increase chances of having a baby with a fetal alcohol spectrum disorder (FASD). It can also affect the baby's physical and mental features.



EXERCISE REGULARLY

Daily exercise must be applied so that the pregnancy will have no problems and the discomfort will be reduced. It can also help in postpartum recovery.



EAT 3 TIMES A DAY

It is important to eat regularly at a 3-time period during pregnancy as it makes pregnancy and labor easier and the baby will be healthier and stronger once it is born. Eating with the right foods and maintaining a healthy diet can also help.



REDUCE STRESS

Stress is bad for an expecting mother. If it is worsened, then there will be complications in the baby's health. Pregnant women must avoid being stressed as much as possible if they want a smooth labor and a healthy child.



Dr. ROOPINDER DOGRA
OBSTETRICS AND GYNAECOLOGY
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CITY CLINIC AS THE INTERNATIONAL REFERRAL HUB



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CONTACT US FOR PATIENT APPOINTMENTS & REFERRALS TO THESE HOSPITALS

HEALTH TIPS

DIABETES AND ORAL HEALTH

Diabetes affects millions worldwide, requiring comprehensive health management, including oral care. Individuals with diabetes face higher risks for certain dental issues, but with proper care, these problems can be prevented or managed. Key points to know:

How Diabetes Affects Oral Health

- 1. Gum Disease:** People with diabetes are more susceptible to gum disease (periodontitis), which is a serious infection that damages the soft tissue and can destroy the bone that supports your teeth. High blood sugar levels can lead to an increased risk of infection and slow the healing process, making gum disease more severe.
- 2. Dry Mouth (Xerostomia):** Diabetes can decrease saliva production, leading to a dry mouth. Saliva is essential for keeping your mouth moist, washing away food particles, and neutralizing acids produced by bacteria. A lack of saliva can increase the risk of cavities, oral infections, and discomfort.
- 3. Thrush (Oral Candidiasis):** Thrush is a fungal infection that appears as white patches in the mouth. People with diabetes, especially those who use inhalers or wear dentures, are more prone to this condition due to higher glucose levels in their saliva.
- 4. Slow Healing (delayed healing):** High blood sugar can impair blood circulation, slowing down the healing process after oral surgery. This makes it more difficult for diabetic individuals to recover from dental procedures or oral wounds.

Tips for Maintaining Oral health with Diabetes

1. Control Your Blood Sugar
2. Brush and Floss Regularly
3. Visit Your Dentist Regularly.
4. Manage Dry Mouth
5. Watch for Signs of Gum Disease: Be alert to symptoms like red, swollen, or bleeding gums, persistent bad breath, and loose teeth.
6. Quit Smoking: Smoking can exacerbate gum disease and other oral health problems.



Dr REVATHY ARUNKARTHIK
BDS DENTIST
CITY CLINIC MAHBOULA

HEALTH TIPS

DRY SKIN AND IT'S CAUSES

When skin loses water, it becomes dry. This can happen for many reasons.

- Every day things such as Soaps and harsh cleaning products, can Strip Oil and fats from our skin. Taking long and hot showers.
- Living in cold or dry and hot place.
- With the progressing Age our skin produces less oil or Sebum and above 40 our skin sebum drops fast.
- Certain medications such as Antihypertensive medicines for high cholesterol, Antibiotics etc..
- Itchy skin conditions, eczema, ichthyosis etc.
- Certain Professions are at increased risk of having dry skin like Nurses, Hairdressers, Horists, metal workers. Janitors.
- Diseases like Hypothyroidism, Diabetes, Kidney diseases.
- Anorexia, if you are not eating well, Your skin will not get enough nutrients to replenish itself.

If skin dryness worsens, you can develop permanent side effects, it is a continuous cycle leading to itching
- Scratching - loss of barrier functions - skin infections .

See Your Dermatologist, Excessive dry skin can be treated
/Treatment Can prevent the condition from Worsening.



Dr FARIDHA HAFEEZ
GENERAL MEDICINE WITH
EXPERTISE IN DERMATOLOGY
CITY CLINIC KHAITAN



EVERY SATURDAY
4:30pm-5:15pm



HAPPY BIRTHDAY



HAJARA



Dr FARIDHA



SANJU



RESHMA



ATHIRA



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Dr PRIYANKA



Dr BESIL



UMAIR



IHLAL



KIRAN



Dr AMINA

WELCOME TO CITY CLINIC FAMILY



Gnana jenifer
Staff Nurse
CITY CLINIC FAHAHEEL



Kiran Reddy
Branch Manager
CITY CLINIC FAHAHEEL



Muthu Raj mohan
Staff Nurse
CITY CLINIC FAHAHEEL



Dr Sarita Jaiswal
Consultant obstetrician and gynecologist
CITY CLINIC MIRQAB



Dr. Srinath
Pediatrician
CITY CLINIC FAHAHEEL

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- ESR
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- Calcium
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