

“it is health that is real wealth.and not pieces of gold and silver”
-Gandhi

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FROM THE CEO'S DESK!



عيد مبارك
eid mubarak



Ms. Annie Valsan
CEO City Clinic Group
Kuwait

Dear Readers,

Greetings from City Clinic Family!

A big thank you to the entire team of City Clinic Employees for their dedication and commitment to patients and being part of the quality journey for the past 15 months. Your support and cooperation have been the driving force to achieve the landmark milestone in the history of City Clinics, Kuwait. The most awaited ACHS Accreditation for City Clinics stands as a firm testament to hard work and seamless workflow in all our Clinics aligned with policies and procedures of International Standards.

The City Clinic Group joins in wishing Eid Mubarak to all of our valued employees, clients, partners, and well-wishers. May the joyous occasion of Eid bring abundance, prosperity, and peace to you and your loved ones. May this special day be filled with happiness, togetherness, and blessings for everyone.

“Wishing you all a joyous celebration filled with love, laughter, and cherished moments. Eid Mubarak!”

COLLABORATION

COLLABORATION WITH PHILIPPINE INTERNATIONAL ENGLISH SCHOOL

City Clinics, Kuwait had the opportunity of providing 200 hours of internship in the four Clinics for Grade 12 students from the STEM program at Philippine International English School, Kuwait. This immersion program allowed students to observe and learn functioning of our various Clinics from registering a patient to work involved at the reception, triage, nursing station and procedure rooms, Insurance desks, Laboratory and Accounts and much more. This internship not only provided students with real-world experience but also fostered their personal and professional growth. They developed essential communication, teamwork, and problem-solving skills while gaining a deeper understanding of the healthcare industry. This internship also mooted interest in these students to focus on healthcare as a profession. We are happy to have played a small part in shaping these aspiring young minds for the future. We also look forward to continuing our collaboration with such educational institutions to provide meaningful learning experiences for students.



SEASONAL TRANSITIONS EAR, NOSE, AND THROAT HEALTH

As Kuwait shifts from winter to summer, it's crucial to be aware of potential ENT issues. Here are key points to consider during this weather transition

Allergic Rhinitis & Sinusitis :

- Warmer temperatures bring an increase in airborne allergens like pollen and dust.
- Employ measures like air purifiers and masks for added protection against allergens.
- Temperature fluctuations may worsen pre-existing sinusitis conditions.
- Stay hydrated, practice nasal hygiene, and avoid exposure to extreme temperature changes to alleviate symptoms like nasal congestion and facial pain.
- Maintain adequate hydration levels to support overall health and well-being.
- Practice good nasal hygiene, including using saline solutions to keep the nasal passages clear and reduce the risk of sinus issues.

Ear Infections:

- Rising temperatures contribute to sweat and moisture accumulation in the ear, fostering bacterial and fungal growth
- Keep ears dry, particularly after swimming, and avoid inserting objects into the ear canal to prevent infections.

By following these tips you can prevent potential ENT issues during seasonal transition, ensuring optimal health in the coming months.



Dr. VISHNU NARAYANAN
ENT Specialist
City Clinic Fahaheel

TYPHOID FEVER

Infectious disease caused by Salmonella Typhi

Source of infection include contaminated food or water

Highest incidence is in children, usually infants

Salmonella is a rod-shaped gram-negative bacteria; it invades intestinal mucosa and produce toxins.

It is then disseminated through lymphatic system into bloodstream and are carried to various organs.

Clinical features include diarrhea, vomiting, abdominal pain and fever.

Complications can include encephalitis, Pneumonia, Endocarditis,

Intestinal Hemorrhage/Perforation and Septic Shock.

Diagnosis is confirmed by blood culture. Liver function test shows raised transaminases.

Treatment includes antibiotics and adequate rehydration.



Dr. ANIL KUMAR
Pediatrician
City Clinic Khaitan



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AS THE INTERNATIONAL
REFERRAL HUB**



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CONTACT US FOR PATIENT APPOINTMENTS & REFERRALS TO THESE HOSPITALS

HEALTH AWARENESS

Do you wanna be Sugar Smart

Well . . . what's sugar ??

It's a disaccharide molecule made up of two molecules glucose +fructose.

White sugar is refined form of sucrose which is hydrolysed in the body into simple sugars

Natural sources of sugar are :

- Honey
- Plant tissues
- Fruits and vegetable
- Dairy products etc

What are dietary sugars ?

Refined sugars are more harmful and the world has declared a timeout on sugar consumption .

WHO recommendation for sugar intake in adults and children is about

12-14 tsp / day , OR 5%-10% of the total calorie intake per day .



Do you know ???

Consuming too much sugary drinks is associated with :



Well please do support self and people to Rethink their Drink . . .

Be sweet like sugar and smile bright .



RIDDLE ONE 12 Ounce can of regular Soda  contains about ____ tsp of added sugar .

Dr.SHASHIKALA SAVLA
DENTIST
CITY CLINIC MIRQAB



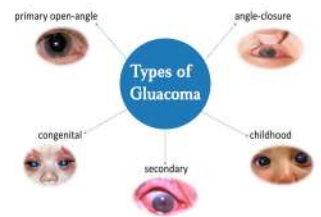
HEALTH INITIATIVE

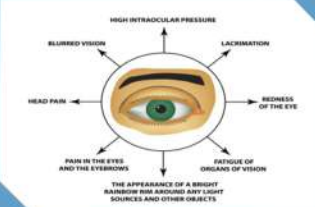
WORLD GLAUCOMA WEEK 2024

World Glaucoma Week is a global initiative of the World Glaucoma Association in order to raise awareness on Glaucoma. This time the theme is **uniting for a Glaucoma free world**. Now is the time to stand and unite as the global community to fight Glaucoma. The World Glaucoma Week aims at alerting the members of the broader community to the need for regular simple eye checks which allow early detection and hence save sight.

WHAT IS GLAUCOMA?

It is the name for a group of eye conditions in which the optic nerve is damaged at the point where it leaves the eye. This nerve carries information from the retina to the brain. Glaucoma may be due to raised eye pressure or in severe cases the pressure may be normal but there will be damage in the optic nerve.





SYMPTOMS OF GLAUCOMA
GLAUCOMA MAY BE ASYMPTOMATIC IN MANY PATIENTS(CHRONIC OPEN ANGLE GLUACOMA).HENCE CALLED THE SILENT THIEF OF SIGHT

Risk factors of Glaucoma

- People who are over the age of 50
- people who are severely nearsighted
- People with a family history of the disease
- people with high intra-ocular pressure
- People with a history of eye injury the disease

get yourself tested TODAY to prevent vision loss from GLAUCOMA

TREATMENTS

- 1) Medication
- 2) Laser surgery
- 3) Operating room surgery

WILL IT AFFECT MY DRIVING?
If the visual field loss is not advanced, you can drive

WILL I HAVE LOSS OF SIGHT?
Early detection and treatment will prevent or retard further damage due to glaucoma

Dr.SMITHA BALAN
OPHTHALMOLOGIST
CITY CLINIC KHAITAN



Eat with purpose!

Combining **Black Pepper** with turmeric boosts health benefits by improving curcumin absorption in turmeric.



DID YOU KNOW?

HAPPY BIRTHDAY



Dr. Mohsin



Sathish Manjappa



Rojan Jacob



Noufida



Annie Valsan



Dr. Shashikala

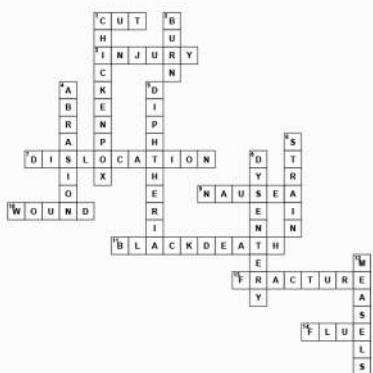
EVENTS



POTLUCK IFTHAR
TIME OF FELLOWSHIP
AND LOVE ...



solution for March medical crossword



MEDICAL CROSSWORD

SEND THE ANSWER:1880020

ACROSS:

- The small hairlike projections inside the small intestine.
- The small intestine is about--feet long.
- Produces the pancreatic juices.

DOWN:

- is secreted into the mouth.
- Place where food is stored and digested.
- These bite and chew food.
- Last section of large intestine
- Digestive juices and zymes produce chemical changes in the food you eat.
- What Indian people like to eat in a bowl, with fry bread.



Exiting prizes for first 10 correct entries

For appointments/ Enquiry

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website-www.cityclinic.com

MIRQAB FAHAHEEL MAHBOULA KHAITAN