

The future depends on what we do in the present – Mahatma Gandhi

- QUOTE FOR THE MONTH ● AWARD
- HEALTH AWARENESS ● HEALTH TIPS ● PACKAGES ● BIRTHDAYS

**HAPPY INDEPENDENCE DAY**

## AWARDS

Naushad KP, the Managing Director of City Clinic Group, is a trailblazer in the healthcare sector, enriching the lives of expatriates in Kuwait. Rising from humble beginnings in 1997, Naushad KP has emerged as a beacon of hope for those in need. As the visionary founder of City Clinic, the first Indian-owned medical center in Kuwait, his unwavering efforts have bridged healthcare gaps, offering compassionate and professional care to a multitude. Guiding City Clinic's expansion within Kuwait and beyond, he has established new benchmarks in patient care, earning prestigious accreditations.

Amid the challenges of the COVID-19 pandemic, Naushad's steadfast dedication ensured the continuity of essential services, emblematic of resilience and service. The clinic's philanthropic endeavors extended to donating an ambulance for Gaza relief. Naushad's evolution from pharmacist to healthcare pioneer has revolutionized access to top-tier medical care for countless individuals, shaping a lasting healthcare legacy in the GCC region.

In acknowledgment of his remarkable contributions and transformative influence in the healthcare arena, Gulf Madhyamam proudly salutes Naushad KP as he receives the esteemed Arabian Legacy Achievement Award.

**GULF MADHYAMAM  
ARABIAN LEGACY  
ACHIEVEMENT AWARD**

**Dr. NOUSHAD KP**  
Managing Director of  
City Clinic Group



# HEALTH AWARENESS

# ANKYLOGLOSSIA (TONGUE TIE)

Tongue is an important oral structure that affects speech ,position of teeth,periodontal tissue,nutrition,swallowing and nursing.

Ankyloglossia - which limits the range of motion of the tongue,impairing the ability to fulfill its functions.

It is a common congenital anomaly detected soon after the birth.

Partial fusion or rare cases total fusion of the tongue to the floor of the mouth

due to an abnormality of the lingual frenulum.

Tongue tie can range from mild to severe

The condition is more common in boys than girls



## Treatment

### Frenulectomy

frenotomy/ frenulectomy- the doctor makes a small cut in the frenulum with a scalpel,lacer,or scissors.this helps lengthen the frenulum

### Frenuloplasty

For older kids or the frenulum is too thick for a simple frenotomy.the doctor will do surgery to divide and lengthen the frenulum to free the tongue



NOORAHAN CK  
AUDIOLOGIST  
CITY CLINIC KHAITAN

## WORLD HEPATITIS DAY: A DISEASE NEGLECTED FOR TOO LONG

**World Hepatitis Day.** 354 million people worldwide are living with chronic hepatitis B and hepatitis C, with 1.1 million dying every year from a related illness. These figures outstrip those for HIV/AIDS and malaria.

We have the tools to eliminate viral hepatitis. We have an effective cure for hepatitis C and can prevent hepatitis B through early-life vaccination. In 2016, the World Health Organization set goals for all countries to eliminate chronic viral hepatitis as a public health threat by 2030.

But efforts are lagging. In 2019, only 10% of people with chronic hepatitis B knew their diagnosis, and just 22% of those eligible for treatment received it. Less than half of children received timely vaccination at birth. Similarly, only 21% of people with chronic hepatitis C were aware of their diagnosis, and 62% of those diagnosed received treatment.

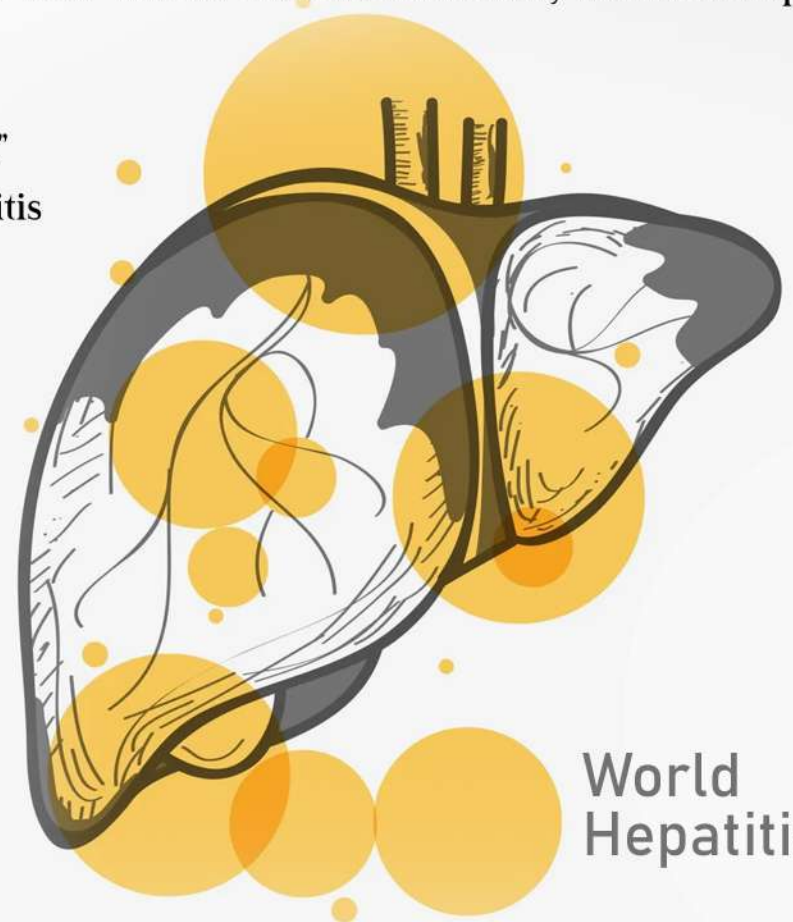
The burden of viral hepatitis is underappreciated and there is little political support for elimination efforts. Despite major commonalities with the "big 3" infectious diseases-HIV/AIDS, malaria, and tuberculosis-potential synergies in existing vaccination, testing, and treatment networks have not been exploited and funding remains poor; treatment for hepatitis C mono-infection is not directly funded by any of the major global health agencies, and while funding for the birth-dose HBV vaccine has been approved, rollout has been delayed by the COVID-19 pandemic.

Viral hepatitis has been neglected for too long. There is an urgent need for action-from policy makers, decision makers, and funding agencies-to drive elimination efforts. Access to prevention, diagnostics, and treatment must be expanded dramatically, especially in low-income and middle-income countries, and the HBV birth-dose vaccine must be universally available. Hepatitis can't wait.

**World Hepatitis Day**, observed on July 28th, raises awareness about the global burden of viral hepatitis. This year's theme is "It's Time for Action."

There are five main strains of the hepatitis virus: A, B, C, D, and E. Hepatitis B and C are the most common and cause cirrhosis liver failure and liver cancer. To save lives and improve health outcomes, we must accelerate actions in prevention, diagnosis, and treatment. We have the tools to eliminate viral hepatitis: an effective cure for hepatitis C and the ability to prevent hepatitis B through early-life vaccination.

Urgent action from policymakers, decision-makers, and funding agencies is crucial to drive elimination efforts. Reaching the WHO elimination goals by 2030 is still achievable if swift action is taken now.



World Hepatitis Day



Dr.HASEENA SAMAD  
GENERAL PRACTITIONER  
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## HEALTH TIPS

## POSTURE AND PROBLEMS

Poor posture, especially in workspace environment cause many musculoskeletal issues. In 2018 the studies showed almost 30% of working population suffered from back pain due to incorrect posture. There are also other problems like - Repetitive strain injuries like tennis elbow, Headaches, Reduced breathing capacity, Digestion problems with bloating, Fatigue and tiredness. All these causes decreased productivity leading to mental health impact. A simple correctable problem which makes you a chronic hospital visitor.

- **CHAIR** Adjustable height to keep foot on ground with knees slightly below hip level, back support well contoured and having an arm support to keep the shoulders relaxed.
- **DESK** Height such a way that elbow should be at a 90 degree angle or relaxed while typing, the screen should be at that height where the top part is just below your eye level.
- **MONITOR** Position it directly in front, avoid straining and turning. Angle - 10-20degrees slightly back for reducing glare and to maintain natural neck position.
- **KEYBOARD AND MOUSE** Place them close so that there is no stretch to reach. Use light touch while typing and take breaks to avoid strain.
- **BREAKS AND MOVEMENT** Stand, Stretch and walk around for few minutes every hour. **MICROMOVEMENTS** do small adjustments to posture regularly to avoid stiffness.



**Dr SUJITH**  
ORTHOPETIC  
CITY CLINIC FAHAHEEL

## HEALTH TIPS

### HEAT & HEALTH: UNDERSTANDING RISKS AND PREVENTIVE MEASURES

As global temperatures rise, the health impacts of hot weather, exacerbated by high humidity, are increasingly concerning, especially for vulnerable populations like children and the elderly. Our body regulates internal temperature through sweating, crucial for dissipating heat via sweat evaporation from the skin. However, prolonged exposure to high temperatures can lead to several heat-related illnesses. Heat Rash causes skin irritation from blocked sweat ducts, while Heat Cramps result from dehydration and electrolyte imbalances. Heat Exhaustion manifests with symptoms such as increased sweating, weakness, and difficulty breathing, requiring immediate rest and hydration. Heat Stroke is the most severe form, a medical emergency characterised by confusion, rapid heartbeat, and loss of consciousness, necessitating urgent medical attention.

### TO MITIGATE HEAT RISKS, PARTICULARLY FOR OUTDOOR WORKERS AND VULNERABLE INDIVIDUALS:

- Stay hydrated with water, fruit juices, and oral rehydration solutions, avoiding sugary drinks.
- Work in shaded or cool areas, taking regular breaks during peak sunlight hours.
- Minimize strenuous outdoor activities between 10 AM and 4 PM.
- Wear loose, light-colored clothing, use hats, umbrellas, and sunglasses for sun protection.
- Those at higher risk, such as children, the elderly, and those with medical conditions, should limit outdoor activities.

Understanding heat exposure risks and adopting preventive measures are essential amidst rising temperatures to ensure health and safety during summer months.



**Dr SHAKKEL AHMED**  
GENERAL PRACTITIONER  
CITY CLINIC MAHBOULA



**EVERY SATURDAY**  
4:30pm-5:15pm

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# HAPPY BIRTHDAY



Dr .VENKATESWARLU SEETA



SHAHUL HAMEED



ABDUL SATHAR



SHUHAIB



ANOOP



HAKEEL



GNANA JENIFER



Dr RITESH JAISWAL

## HEALTH TIPS



## CALCIUM DEFICIENCY



### Low Calcium

### Avoid these

Excess salt

High protein

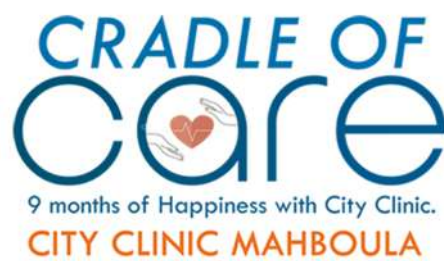
Take with water & Balanced diet

Caffeine

Soft Drinks

Oxalate food  
Spinach, Seeds Rhubarb

## PACKAGES



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