

“And as you wish that others would do to you, do so to them.”

Luke 7:31

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GAZA EMERGENCY MEDICAL AID



City Clinic Group Kuwait donated a fully equipped Ambulance to help the Gaza war victims in response to our corporate social responsibility. Thousands of people have lost their and families. This small gesture is to show our solidarity to this cause. The Ambulance key was handed over to Mr. Mohammed Hamdan Al Otaiby, NAMAA Charity - Kuwait, by Mr. Ibrahim K. P General Manager, City Clinic Group in the presence Ms. Annie Valsan CEO, City Clinic group, Mr. Abdul Sathar CFO and Mr. Harid, Marketing manager.

AUSTRALIAN COUNCIL ON HEALTHCARE STANDARDS (ACHS)

CITY CLINIC GROUP GEARS UP FOR ACHS ACCREDITATION

VISION, MISSION

SIGNAGES

CONSENTS

PATIENTS' RIGHTS AND RESPONSIBILITIES

VULNERABLE PATIENTS

NURSING ASSESSMENT

CITY CLINICS KUWAIT

EMR

E-PRESCRIPTIONS

INCIDENT/ RISK MANAGEMENT

ISBAR

MOCK DRILLS

INFECTION CONTROL

BMW

EMPLOYEE ENGAGEMENT

DISASTER MANAGEMENT

FIRE TRAINING

KPI



TRAINING & PRACTICE SESSIONS

HEALTH INITIATIVES

ACCESS TO DIABETES CARE

On November 14th, Ms. Keerthana, conducted an enlightening session for the nursing team, including CCF, CCK, CCMir, and CCM staff, in honor of World Diabetes Day. The session was focused on improving access to diabetes care. Emphasizing the vital role of nutrition in diabetes management further, the session guided the audience to make informed dietary choices. It encouraged active participation, fostering a collaborative environment among the nursing team.

The expertise shared, equipped the staff with valuable insights, empowering them to enhance patient care. This World Diabetes Day session served as a pivotal moment, elevating awareness and understanding of diabetes care within the healthcare team. The dedication to education marked a positive step towards more supportive diabetes care practices.



CHILDREN'S DAY CELEBRATION

Children's Day is celebrated on 20 November each year to promote international togetherness, awareness among children worldwide, and improving children's welfare. For Every Child, Every Right. Children's rights are human rights. But in too many places today, children's rights are under attack. On World Children's Day we make space for children and young people to raise their voices on the issues that matter to them. By prioritizing children's rights and participation, we can help to build a better future for all. We at City Clinic had organized a drawing competition at Khaitan along with a health Education concentrating on the screen time, hygiene, food and nutrition of the kids by the Pediatrician Dr. Anilkumar E. Prizes were distributed to the winners.



HEALTH TIPS

BENEFITS OF PROFESSIONAL TEETH CLEANING

Protection of Teeth & Gums

When you undergo dental scaling on a regular basis, make sure that your gums remain strong, as your dentist would ensure that no harmful bacteria, plaque, and tartar stick to your teeth or gums. The dentist will also make sure that you are diagnosed with every gum disease before it gets too late.

Dr. Manoj Dason Xavier
DENTIST
CITY CLINIC FAFACHEEL



REACHING OUT...

City Clinic Khaitan organized a health camp with SINAR Association in Kuwait in which more than 70 people got benefited. The patients spent quality time with the individual Doctors who were

present to get themselves checked, diagnosed and treated. The new Seasonal Health Package was launched which would comprise of lab tests along with ENT consultation exclusively for the current weather change in Kuwait. It was also announced that a special 20% discount will be given to the needy Visa 20 people for their consultation and lab tests if needed.

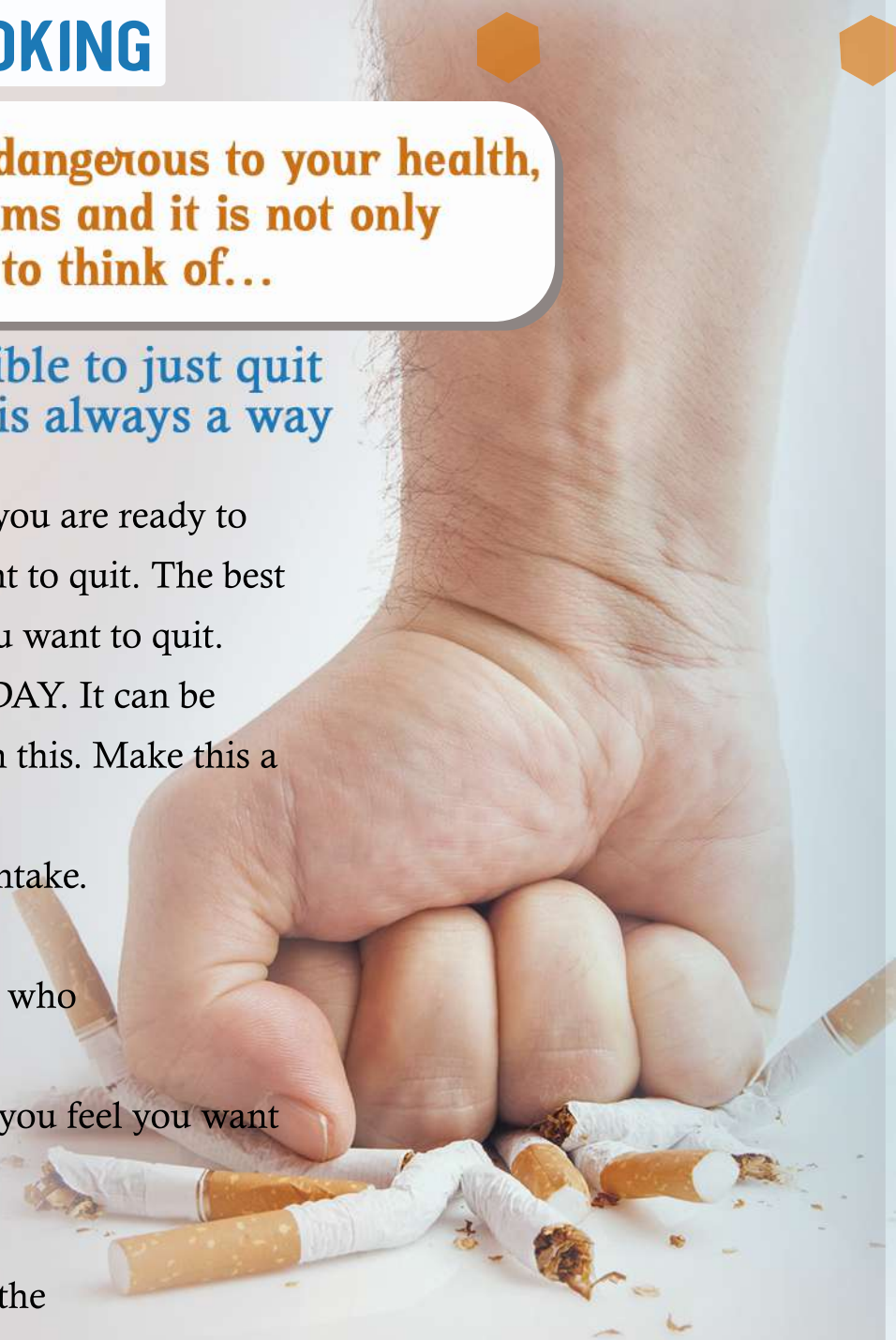


9 TIPS YOU CAN DO TODAY TO STOP SMOKING

It's a common knowledge that smoking is dangerous to your health, especially on your mouth teeth and gums and it is not only the oral cancer that you have to think of...

It is hard at most times and impossible to just quit smoking, but if there is a will, there is always a way

- 1. Prepare yourself to quit smoking:** Develop a mental attitude that says you are ready to quit, you are willing to do anything to quit and most of all you really want to quit. The best way to convince yourself 100% of this fact is to write the reasons why you want to quit.
- 2. Set your quitting day date:** Don't rush yourself and make this day TODAY. It can be tomorrow or next week or at most next month. But don't delay more than this. Make this a big deal date, something you have to prepare for.
And while you are waiting for the arrival of this date, cut your nicotine intake. Remember to be sure not to stress yourself out for this quitting date.
- 3. Don't be alone on this:** you will need to surround yourself with people who support you on this decision
- 4. Substitute is a good idea:** [sun flower seed, nicotine gums, patches]. If you feel you want to smoke, call a friend, do some exercise or deep breath and wait the craving out. The objective is to distract your mind from smoking.
- 5. Know yourself:** You have to identify what triggers you to smoke, Find the patterns when and how you smoke so you can prevent yourself from doing it.
- 6. Develop a reward system for yourself:** Pat yourself and treat yourself for a job well done
- 7. Stay active and create a new habit or change your daily routine.** Exercise will do wonders for you.
- 8. Take notice and enjoy the benefits you experience from not smoking** [cleanliness and freshness of yourself and extra cash you add up to your budget]
- 9. And finally, you have to keep proper oral hygiene**



Dr. Priyanka Marutha
DENTIST
CITY CLINIC KHAITAN



NASAL BLEEDING

NASAL BLEEDING, ALSO KNOWN AS EPISTAXIS, IS ONE OF THE COMMON SYMPTOMS FOR WHICH PEOPLE VISIT OUR CLINIC. THIS ARTICLE IS AIMED TO BRING AWARENESS OF THE VARIOUS CAUSES, MANAGEMENT MODALITIES.

Causes:

- 1. Dry Air:** Dry air can irritate the nasal passages and lead to bleeding.
- 2. Trauma:** Injury to the nose from accidents or nose picking can cause bleeding.
- 3. Medical Conditions:** Certain medical conditions like hypertension or blood clotting disorders may increase the risk.
- 4. Benign or malignant tumors of the nose and paranasal sinuses.**

Prevention:

- 1. Humidify:** Use a humidifier to add moisture to indoor air.
- 2. Gentle Care:** Avoid picking your nose and handle your nasal passages gently.

First aid:

- 1. Try to stay calm**
- 2. Lean forward and pinch your nostrils together and hold for 10-15 minutes and spit out if blood trickles into the throat.**
- 3. Ice pack application over the nose**
- 4. Seek Medical Attention:** If bleeding persists or is severe, consult a healthcare professional.



Dr. Vishnu Narayanan
ENT SPECIALIST
CITY CLINIC FAHAHEEL



BEYOND BOUNDARIES..



Dr Shashikala Salva was invited as a special guest the studio of Hala Kuwait at the astounding live TV show on the 20th of november,2023 at 6.30 pm. Dr. Shashikala said that being on this show not only brings out one's core strengths but also reminds us of our potential aid towards the community. She discussed on ways to handle anxious patients visiting the Dentist as it is utmost important in achieving successful dental treatment. Secondly, in this current generation the various challenges dental Practioners could face, how to deal with it?, the latest technologies and development in the field of dentistry and how to implement them in your practice.

Dr. Shashikala Savla
DENTIST
CITY CLINIC MIRQAB



Dr. Ashok, a renowned physician, brings valuable insights to the television interview on winter allergies. He emphasizes the often overlooked triggers during colder months, such as indoor allergens like dust mites and mold.

Dr. Ashok explains how central heating systems can exacerbate these issues. He advises viewers on maintaining indoor humidity levels and regular cleaning routines to reduce allergen exposure.

Addressing common misconceptions, Dr. Ashok clarifies that outdoor allergens like pollen can still pose a threat, even in winter. He recommends appropriate clothing and precautions for individuals sensitive to outdoor triggers. With a focus on holistic management, he discusses the significance of a balanced diet and hydration in bolstering the immune system. Dr. Ashok highlights the importance of personalized care, urging viewers to consult allergists for tailored advice. He concludes by promoting awareness about winter allergies, empowering individuals to take proactive measures for a healthier season.

Dr. Ashok B DEB
GENERAL PHYSICIAN
CITY CLINIC MIRQAB



PACKAGE

hello winter

SEASONAL HEALTH CHECK UP

- Vitamin D
- FBS/ RBS
- LIPID PROFILE
 - TOTAL CHOLESTEROL
 - HDL
 - LDL
 - VLDL
 - TRIGLYCERIDE
- CREATININE
- URIC ACID
- ALT
- AMYLASE
- CALCIUM
- IRON
- CBC
- BLOOD PRESSURE
- BMI
- ENT CONSULTATION

BRANCHES: MIRQAB, FAHAHEEL, MAHBOULA, KHAITAN

CALL: 50003396 | CHAT: 1880020

A MEMBER OF: ACHS International

EAT Well FEEL

DID YOU KNOW?

Walnuts provide omega-3 fatty acids, supporting brain health and reducing inflammation.

BIRTHDAYS



Satheesh

Lina

Nayana

Nabeel

Zahoor

WELCOME TO CITY CLINIC FAMILY



Ms. Dr. ASHRAF MOHAMED
MBBCH MD (Radiologist)
CITY CLINIC MIRQAB

For appointments/ Enquiry

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