

“Your body holds deep wisdom. Trust in it. Learn from it. Nourish it. Watch your life transform and be healthy.”
- Bella Bleue

- QUOTE FOR THE MONTH ● FROM THE CEO'S DESK ● BEST CLINIC AWARDS ● ABCD AWARDS
- SUCCESS STORIES ● HEALTH AWARENESS ● INFORMATIONS ● HEALTH TIPS ● PACKAGES ● BIRTHDAYS

FROM THE CEO'S DESK!



Dear Readers,

Greetings from City Clinic Group, Kuwait!

Come June to August every year in Kuwait, it's holiday time for school going children and an excuse for parents to take a long holiday. Clinics go lighter with scanty footfalls giving employees a little extra time to breathe and prepare meticulously for the busy months ahead.

The scorching summer of Kuwait keeps people off the roads and in many Companies shift timings are altered to protect employee health. However, healthcare is a different ball game all together as healthcare professionals are expected to be available round the clock to care for the sick.

Keeping employees motivated and committed calls for thinking out of the box all the time. The City Clinic Group has initiated a Rolling Trophy for the Best Clinic throughout the year. The Clinics will be evaluated based on a set of criteria every Quarter.

The winning Branch will be entitled to keep the Rolling Trophy and display it in their Clinic for that Quarter.

The choice of Mirqab City Clinic being the first recipient of the Rolling Trophy for the months of July, August and September 2024 is attached to the fact that it's the first Clinic that was started in the year 2006 followed by the other four Clinics in Kuwait. Though it being the oldest Clinic it geared up to ACHSI in an exceptional way acquiring a special mention in the ACHSI Assessor's report. All the other Clinics also have faired exceptionally well.

In closing I take this opportunity on behalf of City Clinic top management to thank all the members of the City Clinic Family, Well-wishers, Friends, Companies, Industries, Associations, Insurance etc., who have been associated with us for your care, love and patronage. We look forward to your association and partnership in the coming years. Thankyou!

BEST CLINIC AWARD



ROLLING TROPHY FOR THE MONTHS JULY, AUGUST & SEPTEMBER 2024 AWARDED TO CITY CLINIC MIRQAB

SAFETY SHOES & FOOT DISEASES

DISEASES

- **PLANTAR FASCITIS** - Pain over the heel and ankle.
- **CALLOSITIS & DEFORMITIES** - Alteration of shape of toes and skin.
- **MORTONS NEURALGIA** - Pain over toes and numbness over foot.
- **IN GROWN TOE NAILS** - Infected toe nails .

SOLUTION

- Occupational policy on footwear inspection & proper selection of footwear.
- Flexibility in usage of footwear optimized for the worker(arch support and insole with cushions)
- Foot inspection regularly
- Providing comfort fitting footwear and if worn replacement at regular intervals.



Dr.SUJITH HARI
MBBS MS ORTHOPAEDICS
CITY CLINIC KHAITAN

SUGAR.FIT:A TYPE 2 DIABETES REVERSAL PROGRAM NOW IN KUWAIT!

Our ongoing commitment to innovative healthcare has taken a significant leap forward through our new partnership with Sugar.fit, a pioneering leader in Type 2 diabetes reversal treatments. We are proud to announce Sugar.fit's launch in Kuwait, marking a new chapter in diabetes care and management. This collaboration aims to transform the way diabetes is treated, providing a comprehensive, evidence-based approach to ultimately reversing diabetes and improving the quality of the lives of those affected by Type 2 diabetes.

The company's goal extends beyond conventional management, striving to bring blood sugar levels within the normal range (HbA1c below 6.5%) and sustain them alongside a gradual reduction and eventual elimination of medications. This methodology not only addresses immediate health concerns but also ensures long-term wellness and independence from pharmaceutical interventions.

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SUGAR.FIT HAS SEEN OVER 21000+ DIABETES REVERSAL SUCCESS STORIES. MALESH IS ONE OF THEM WHO SAW HIS HBA1C DROP FROM 10.7 TO 6.2:

"Before joining Sugarfit, my HbA1c was 10.7. After consulting with Sugarfit, I received excellent guidance on diet and exercise. My HbA1c is now 6.2, and my fasting glucose levels are consistently below 130."

SUGAR.FIT PROVIDES:

- Continuous Glucose Monitoring (CGM) device
- Personalized diet plan and training plan
- 1-on-1 doctor consults
- 1-on-1 nutritionist consults
- Smart Body Composition Analysis Machine

If you are interested, please call / WhatsApp at +965 5777 8884



sugar.fit



**CITY CLINIC
AS THE INTERNATIONAL
REFERRAL HUB**



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MILAN
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SUCCESS STORIES



We are very proud to proclaim Dr Shashikala who received the esteemed Dada Saheb Phalke Iconic film awards for The Best woman personality of the year 2024.

The award ceremony was organized by an NGO named after the legend Dada Saheb to recognize individuals who have excelled in various fields .

The event was preceded by the former chief minister of Uttarakhand and by Rajasthan deputy CM Premchand Bairwa and the Dubai king sheikh Mohammad Bin Rashid Maktoum at The Bristol Hotel, Dubai.

Esteemed guests like actress Meenakshi Seshadri, former MP Tirath Singh Rawat, ministers from Abudabi and many celebrities staged this historic event.

Dr SHASHIKALA SAVLA
DENTIST
CITY CLINIC MIRQAB



AWARDS



**BEST
EMPLOYEE
OF THE MONTH**

BIBIN VARGHESE

**STAFF NURSE
CITY CLINIC MIRQAB**

**CITY CLINIC GROUP
'ABOVE AND BEYOND THE CALL OF DUTY'**



**Dr RITESH
JAISWAL**



**Dr SHASHIKALA
SAVLA**



Dr BASIL



**Dr AMEENA
SHAJAHAN**



Ms NOORAHAN



MS. SAPNA

INFORMATIONS

HIRING OF NURSES IN KUWAIT ONLY VIA GOVT-RUN AGENCIES SAYS INDIAN EMBASSY



The Indian embassy in a statement said the restriction has been in effect since May 2015 after some private hospitals in Kuwait enquired about the process for recruitment of India nurses. "It is reiterated that to streamline the recruitment of Indian nurses for work in Kuwait, the Government of India has restricted since May 2015 the recruitment of Nurses through a few designated state-run recruiting agencies.

The following are the Government agencies through which the process can be processed: Norka-Roots Centre, and Overseas Development and Employment Promotion Consultants in Thiruvananthapuram; Overseas Manpower Corporation Ltd, Chennai; UP Financial Corporation, Kanpur; Telangana Overseas Manpower Company, Hyderabad; and the Overseas Manpower Company of Andhra Pradesh, Vijayawada.



SATHISH MANJAPPA
BRANCH MANAGER
CITY CLINIC FAHAHEEL

**Hello
Summer**
enjoy every moment!



**AVOID DIRECT
SUNLIGHT**



**DRINK MORE
WATER**



**WEAR SUNSCREEN
EVERY DAY**



**USE
SUNGLASSES**



**WEAR APPROPRIATE
CLOTHING**



HAPPY BIRTHDAY



Mr Ahmad ALI



Mr Baha



Dr Alan Rajesh



Ms.Girlynn Pineda



Dr .Shakkel Ahmed

HEALTH TIPS

KNOW YOUR PERCENTAGE OF WATER IN COMMON FOODS

WATER PACKED SUMMER EATS

96%	95%	95%	92%	92%
LETTUCE	CELERY	CUCUMBERS	CABBAGE RAW	WATERMELON
91%	91%	89%	88%	87%
BROCCOLI BOILED	SPINACH	GREEN BEANS BOILED	RAW CARROT	ORANGES



PACKAGES

Summer Special Health Check Package

Complete Blood Count (CBC)

Lipid Profile

(Cholesterol, TGL, HDL Cholesterol, LDL Cholesterol, VLDL cholesterol)

Fast blood sugar/Random Blood sugar

Kidney Function Screening

Creatinine

Liver Function Screening

Bilirubin Total, AST(SGOT)

Urine Routine Analysis

Vitamin D

Consultation from General Physician

Additional investigation 30% discount

Exclusive Offer



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ACHS
International
Accredited facility

1880020

website-www.cityclinic.com

MIRQAB

FAHAHEEL

MAHBOULA

KHAITAN