

## REZUM for prostate, a minimal invasive technique to treat BPH in men is now a gold standard because of its promising results after 5 years of instauring this technique in many centers in the world.

RAK HOSPITAL was one of the first hospitals in UAE to get the REZUM machine in 2021, and after more than 30 cases done already, almost all patients are satisfied of the result.

### What is the advantage of REZUM over the other surgical techniques to treat BPH especially TUR prostate?

REZUM can lead into conservation of the ejaculation in more than 90% of the cases, whereas TUR prostate leads into irreversible retrograde ejaculation in more than 95% of the cases. REZUM has no negative effects on erection or on sexual performance.

### Who are good candidates for REZUM?

Men over the age of 50 years with a prostate between the size of  $\geq 30\text{cm}^3$  and  $\geq 80\text{cm}^3$  are good candidates for the Rezum treatment. Those with urinary retention, kidney function problems, urinary sphincter implant, or a penile prosthesis are not candidates for Rezum.

### What is the effect of REZUM in the prostate?

The Rezum device is inserted, a needle is deployed, and vapor is injected into the prostate for nine seconds. This vapor disperses between cells, then cools, releases heat, and gently disrupts the prostate's cells. Because of the initial swelling, a catheter is then inserted, which will remain for two to five days.



### Why REZUM is outstanding?

REZUM is an ambulatory surgery that takes around 10-15 minutes to achieve in the operation theater or in an equipped clinic under light sedation.

Patient can be discharged home with a small Foley catheter. Catheter can be removed after 2 to 5 days and sometimes after one week depending on the size of the prostate. We estimate that every 10  $\text{cm}^3$  or ml or g of prostate needs one day of Foley catheterization.

Patients can resume sexual relations after three weeks and begin to notice increase in his urinary stream after two weeks and this result can escalate until six weeks after surgery when the final result of REZUM is established after complete prostatic cells apoptosis is achieved.

### Conclusion:

REZUM for prostate has established itself as a mainstay technique in the surgery of BPH. Its efficiency and small learning curve for many urologists promise to keep this technique at the front lines for many years to come.



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## News

### RAK Hospital introduces new diabetes care model

Diabetes poses a significant global challenge, often arising from family history, unhealthy diets, sedentary lifestyles and lack of physical activity.



RAK Hospital, a leading healthcare institution in the UAE, is introducing a cutting-edge diabetes management tool in collaboration with THB, Asia's foremost Enterprise Healthcare SAAS company. This collaboration aims to enhance healthcare delivery, patient engagement, and support holistic diabetes care.

Dr Raza Siddiqui, Executive Director of RAK Hospital stated: "In a first-of-its-kind initiative, RAK Hospital is integrating advanced technology and digital health platforms into patient care, pioneering a novel patient engagement model. This model establishes a continuous communication loop between patients, doctors, and the hospital, setting new standards for healthcare delivery in the region."

"With the UAE ranking 15th in the global diabetic index, approximately 19% of adults are classified as diabetic and an additional 15-20% are pre-diabetic. We take this cause very seriously and want to help pre-diabetics reverse the condition while supporting and providing 360-degree holistic care to diabetics to enhance their quality of life."

### RAK Hospital honoured with the prestigious Superbrands recognition

This remarkable achievement is a testament to our unwavering commitment to excellence and dedication to providing world-class healthcare services. Being recognized as a Superbrand is not just an accolade; it reflects the trust and confidence that our patients, partners, and the community have placed in us. It motivates us to continue pushing the boundaries of healthcare innovation and setting new benchmarks in patient care.



As we celebrate this accomplishment, we also renew our pledge to consistently elevate the standards of healthcare delivery. Our focus remains on providing personalized, patient-centric care and embracing the latest advancements in medical technology. We look forward to continuing our journey towards creating healthier communities and making a positive impact on the lives of those we serve.

## Ramadan Sleep Debt: How it accrues and how you can get it back?

*Fasting and changes in schedule can affect the length and quality of sleep during Ramadan. Here's how to reduce the debilitating effects of sleep debt*



*Maintaining a new sleep schedule and incorporating light naps into your day can help stop sleep debt from accruing.*

The quality and length of sleep can change drastically during Ramadan. The effects of fasting, changes to schedules and staying up late or rising early for suhoor are all contributing factors.

#### What is Sleep Debt?

"Sleep is an essential part of our lives and the typical person needs 7-8 hours of sleep each night to maintain peak mental and physical health," says Dr Waseem Dar, Specialist Neurology at RAK Hospital. "Getting less than adequate sleep is known as sleep deprivation. When an individual has multiple consecutive days of sleep deprivation, they enter 'Sleep Debt', which is a cumulative effect of insufficient sleep for any period of time."

Making up your sleep debt during Ramadan can be helped by developing new sleeping rhythms and patterns such as trying to sleep for at least four hours at night after iftar, before waking for suhoor and returning to sleep for a couple of hours before getting up for the day ahead. A short power nap in the afternoon can also help makeup for the sleep debt & revive the energy levels.



**Dr. Waseem Dar**  
Specialist Neurology  
MBBS, MD, DM-Neurology

## Visits at RAK Hospital



Welcoming Ambassador of Switzerland H.E. Mr Arthur Mattli to RAK Hospital. It was a pleasure showcasing our commitment to healthcare excellence, innovation, and accreditation from 'The Swiss Leading Hospitals.'



Welcoming H.E. Mr Satish K Sivan, Indian Consul to UAE, to RAK Hospital.

## RAK Sponsors Iftar for Cab Drivers



## Promotions

**RAK Hospital Proudly Announce Starting of Super Specialised New Born Care.**  
**Level 2 NICU**

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DEPARTMENT OF UROLOGY

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