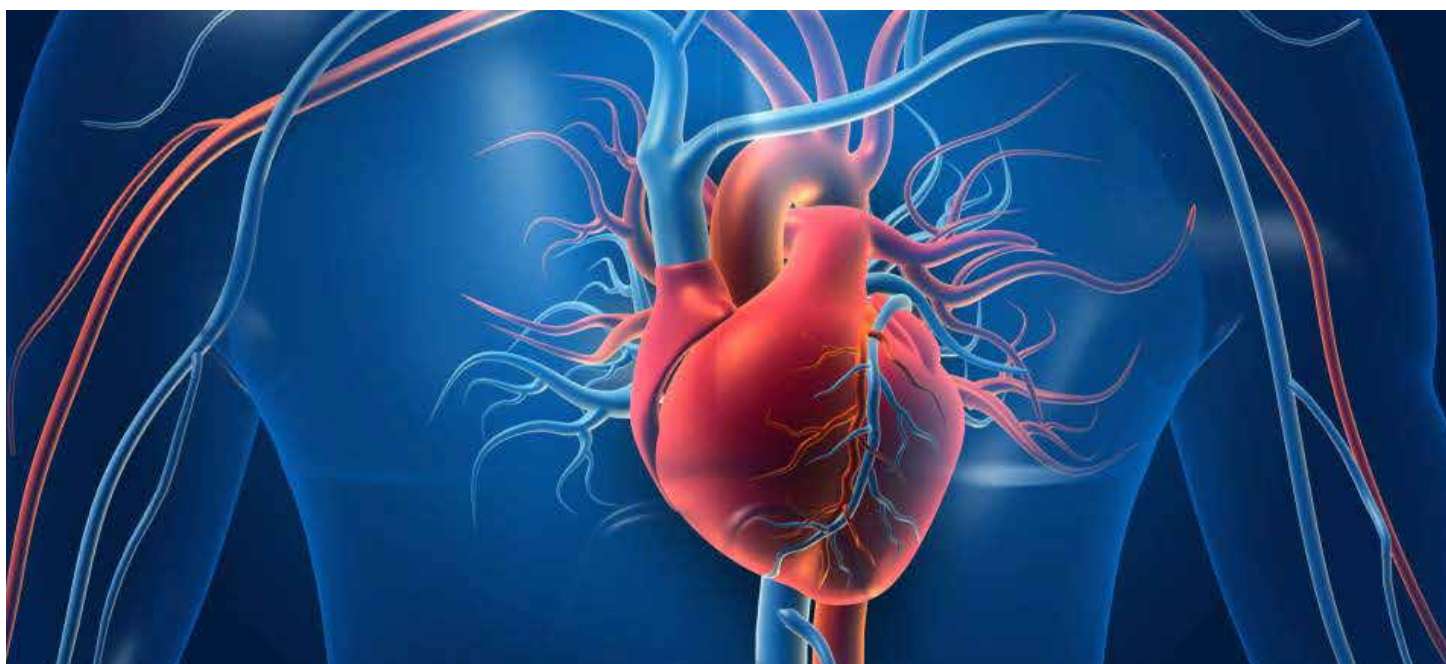


## The Importance of Heart Check-ups: Prioritizing Preventive Cardiac Care.



### Take Charge of Your Heart Health



Don't wait for symptoms to appear before prioritizing your heart health. Schedule regular check-ups with a cardiologist to assess your cardiovascular risk, monitor heart function, and receive personalized guidance for a healthy heart and lifestyle.

Regular heart check-ups are essential for maintaining cardiovascular health and preventing serious heart conditions. Here are key reasons why scheduling routine check-ups with a cardiologist is vital.

**Early Detection of Risk Factors:** Regular check-ups allow healthcare providers to assess your risk factors for heart disease, including high blood pressure, cholesterol levels, diabetes, and family history. Detecting these risk factors early enables proactive management to prevent heart problems in the future.

**Monitoring Heart Health:** Routine check-ups involve assessing your heart's function through tests like electrocardiograms (ECG), echocardiograms, and stress tests, CT coronary angiography, calcium score. These tests help monitor your heart's rhythm, structure, and overall health, identifying any abnormalities or signs of heart disease.

**Preventing Complications:** Timely interventions based on check-up results can prevent complications associated with

heart conditions. For example, managing high blood pressure or cholesterol levels can significantly reduce the risk of heart attacks, strokes, and other cardiovascular events.

**Lifestyle Guidance:** Cardiologists provide valuable guidance on maintaining a heart-healthy lifestyle. This includes advice on nutrition, exercise routines, stress management, and smoking cessation, all of which play a crucial role in preventing heart disease.

**Personalized Treatment Plans:** If a heart condition is detected during a check-up, cardiologists can develop personalized treatment plans tailored to your specific needs. This may include medications, lifestyle modifications, or further diagnostic tests to determine the best course of action.

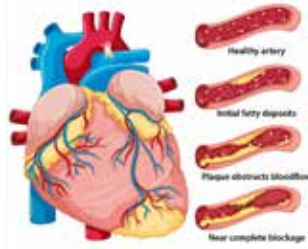
**Peace of Mind:** Regular check-ups offer peace of mind by knowing that your heart health is being monitored and managed by healthcare professionals. This proactive approach to cardiac care promotes overall well-being and longevity.

#### Common heart conditions that require surgeries

CAD is a common condition where plaque buildup in the coronary arteries restricts blood flow to the heart muscle. Surgeries for CAD include:

## 1. Coronary Artery Disease (CAD)

- **Coronary Artery Bypass Grafting (CABG):** This surgery involves bypassing blocked arteries using internal mammary artery, or vein grafts from other parts of the body, restoring proper blood flow to the heart.
- **Percutaneous Coronary Intervention (PCI):** Also known as angioplasty, this procedure involves inserting a balloon into the artery to widen it and placing a stent to keep it open.



## 2. Valvular Heart Disease

Valvular heart disease affects the valves of the heart, leading to conditions such as:

- **Aortic Valve Stenosis:** Narrowing of the aortic valve, which may require valve replacement surgery, either traditional surgery or minimally invasive Transcatheter Aortic Valve Replacement (TAVR).

- **Mitral Valve Regurgitation:** Leakage of blood backward through the mitral valve, often treated with repair or replacement surgery.

## 3. Arrhythmias

Irregular heart rhythms, such as atrial fibrillation (AFib), may require surgical interventions like:

- **Ablation:** A procedure to destroy tissue causing abnormal electrical signals in the heart, restoring normal rhythm.

## 4. Congenital Heart Defects

Some individuals are born with heart defects that require corrective surgeries, such as:

- **Ventricular Septal Defect (VSD) Repair:** Closing a hole between the heart's lower chambers.
- **Atrial Septal Defect (ASD) Closure:** Repairing a hole between the heart's upper chambers.

## 5. Heart Failure

In advanced cases of heart failure, surgeries like heart transplant or implantation of a ventricular assist device (VAD) may be considered.



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**Dr. Ahmad Alabrass**  
MD (Cardiology)  
Specialist Interventional Cardiologist



**Dr. Minkyung Kim**  
MD, MPH  
Consultant Interventional Cardiologist

## Welcome New Doctors



**Dr. Ahmad Alabrass**  
MD (Cardiology)  
Specialist Interventional Cardiologist

Over 4 Years of Clinical Experience



**Dr. Nilescha Chitre**  
MBBS, DGO, DNB  
Specialist Obstetrics & Gynecology

Over 24 Years of Clinical Experience



**Dr. Hatem Sabry**  
MBChB, Masters in Psychiatry & Neurology  
Specialist Psychiatrist

Over 11 Years of Clinical Experience



**Dr. Kaizad Gustad Kermani**  
BDS, MSc(London), MDS(Bangalore), FDS RCS(Edin), FDS RCS(Eng), ICOI(Fellow)

Specialist Periodontist and Implantologist Privileged (Visiting)  
Over 25 Years of Clinical Experience



## News

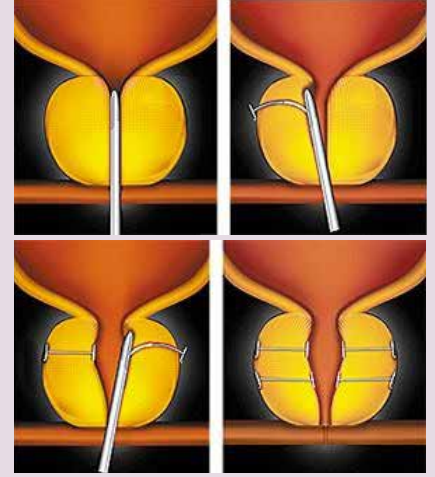
### RAK Hospital, UAE, Raises the Bar with the First Successful Urolift Surgery

Ras Al Khaimah, UAE, May 8

RAK Hospital has marked a significant milestone achievement with the first successful Urolift surgery. Its first Urolift Procedure performed in the Northern Emirates. This minimally invasive procedure offers hope to patients grappling with Benign Prostatic Hyperplasia (BPH), a condition characterized by an enlarged prostate gland that can lead to urinary symptoms.

Urolift, a relatively new technique in the field of urology, offers a less invasive alternative to traditional surgical interventions for BPH. Unlike conventional methods that involve tissue removal, Urolift involves the insertion of tiny implants that lift and hold the enlarged prostate tissue, thereby opening up the urethra and alleviating urinary symptoms.

The milestone surgery, performed by a team of skilled urologists showcased the hospital's commitment to pioneering techniques and improving patient outcomes in the region. The surgery promises faster recovery, rapid symptom relief along with preservation of sexual function.



*Oatzempic, a blend of oats, water and lime juice, has gone viral for its appetite-suppressing properties*

### Oatzempic can't compare to Ozempic, say experts, and don't rely on either for weight loss

N LifeStyle, May 28, 2024

"If you consume large quantities of oats or choose instant oats, it could cause a spike followed by a drop in blood sugar," notes Ruba Elhourani, Senior Dietitian and Head of the Nutritional Department at RAK Hospital. "This variation in sugar levels can be harmful for diabetics and people with insulin resistance.

"Food with such high fibre content is also not recommended for people with colon problems, who need to restrict their fibre intake."

As Dr. Salman Abdul Bari, a General Practitioner at RAK Hospital, puts it: "Physicians across the world do not recommend it for normal-weight patients for cosmetic purposes."

### Can full-body deodorants help control excessive sweating in summer?

Other than underarm products, there are treatments specifically for the feet, back & groin areas, though medics say to look for non-irritating ingredients

N Lifestyle, May 27, 2024

"Search for products that contain sodium bicarbonate and corn starch as they aid in reducing moisture levels to inhibit the growth of bacteria," says Dr. Dilruba Begum Mujavar Shaik, Specialist Dermatologist, at RAK Hospital. "Antimicrobial components like benzyl peroxide wash can aid in reducing bacterial proliferation on the skin."



*In summer, some may need more than an underarm deodorant to tackle perspiration and odour.*



**Bon Voyage!**

BE TRAVEL READY WITH RAK TRAVEL CLINIC

- Health risk assessment of your travel based on your destination and itinerary.
- Travel-specific vaccinations as recommended by WHO & destination specific requirements.
- UAE vaccination requirements prior to Hajj and Umrah.
- Prevention of itinerary-specific health threats like malaria, dengue, hepatitis, typhoid fever, etc., including recent travel advisories.

For more information contact: [+971 7 207 4444](tel:+97172074444)

### UAE travel vaccines: List of essential jabs & key information

Vaccinations may depend upon your destination, travel duration, planned activities, and individual health profile

Khaleej Times (Published: May 27, 2024 15:04)

Are you planning to travel outside the UAE? Preparing for an international trip involves more than booking flight tickets and packing your bags. It is essential to be aware of the potential health risks in your destination and take necessary precautions to protect yourself.

It is mandatory to take all required doses of vaccination, especially influenza, and to follow all instructions and precautions before UAE pilgrims travel to Saudi Arabia for Umrah and Hajj rituals. The UAE's Ministry of Health and Prevention has confirmed that it will be required to present influenza vaccination cards for travellers to Saudi Arabia.

## Events

As a part of our corporate engagement program, we hosted a Health Talk at Mabani Steel, focusing on Harmful Effects of Smoking and the Importance of Hand Hygiene.



Thank you to everyone who participated and engaged in these vital discussions! Together, we promote a healthier community.

We hosted an engaging and educational Health Talk at Maico Gulf (a unit of Hira Industries) as part of our corporate engagement program.

Dr. Adil Rizvi, our Medical Director and Cardiothoracic Surgeon, enlightened the audience on the topic of heart disease and maintaining a healthy heart. Additionally, Ms. Zobia Amin, our Clinical Psychologist, shed light on the adverse effects of alcohol consumption.



Thank you for joining us in promoting community health and well-being.

## Health Talk at JK Cement

We had a fantastic session at JK Cement, RAK, in our ongoing corporate engagement program where our Specialist General Surgeon, Dr. Shalabh Mohan, and Wellness & Lifestyle Management Doctor, Dr. H. S. Wilkhoo, enlightened the staff on crucial topics on Managing Acidity & Reflux and Embracing a Healthy Lifestyle.



“ Let’s work together to prioritize well-being and take proactive steps towards a healthier lifestyle. ”



## Events

### International Nurse Day Celebrations at RAK Hospital

On the occasion of International Nurses Day, our gratitude overflows for the incredible hearts and hands that make up our nursing team. Their unwavering dedication, kindness, and expertise are the pillars of our healthcare ecosystem and family.



Thank you for your tireless efforts, your comforting presence, and the difference you make in the lives of so many. You are the heartbeat of our care. Wishing all of you a happy international nurses day 2024.

### Mental Health Awareness Month Event at RAK Hospital

Mental Health Awareness Event, organized by the Human Resource Department with the aim of promoting employee well-being and fostering awareness about mental health. This initiative is designed to create a supportive and inclusive environment where we can all come together to prioritize our mental health.



## Promotions

<p><b>360° Care for Your Senses!</b></p> <p>Common ENT Conditions:</p> <ul style="list-style-type: none"> <li>• Hearing Loss</li> <li>• Ear Infections</li> <li>• Nasal Allergies</li> <li>• Sinus Issues</li> <li>• Tinnitus</li> <li>• Balance Problems</li> <li>• Speech Difficulties</li> <li>• Difficulty Swallowing</li> </ul> <p>For Appointments WhatsApp or Call: <b>+971 7 207 4444</b></p>	<p><b>RAK Center for Cardiac Sciences</b></p> <ul style="list-style-type: none"> <li>• Angiography &amp; Angioplasty</li> <li>• Cardiac Imaging</li> <li>• Pacemaker &amp; Implantation</li> <li>• Valvuloplasty</li> <li>• RF Ablation for Rhythmic Disorders</li> <li>• Cardiac Surgery</li> </ul> <p>For Appointments WhatsApp or Call: <b>+971 7 207 4444</b></p>	<p><b>Don't take scars back home!</b></p> <p><b>MINIMAL INVASIVE LAPAROSCOPIC SURGERY PROGRAM</b></p> <ul style="list-style-type: none"> <li>• Faster Recovery</li> <li>• Lesser Blood Loss</li> <li>• Lesser Pain</li> <li>• Minimal Scarring</li> </ul> <p>For Appointments WhatsApp or Call: <b>+971 7 207 4444</b></p>	<p><b>Total Hip Replacement Surgery</b></p> <p>A safe and effective procedure that can relieve your pain &amp; restore mobility.</p> <p>For Appointments WhatsApp or Call: <b>+971 7 207 4444</b></p>
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