



Inside Arthroscopy: Exploring Minimally Invasive Joint Solutions.

What is ARTHROSCOPY?

Arthroscopy is a minimally invasive surgical procedure used to diagnose and treat problems inside a joint. It is commonly used to diagnose joint problems such as cartilage damage, ligament tears, and joint inflammation. It involves inserting a small camera, called an arthroscope, into the joint through a small incision. This allows the surgeon to view the inside of the joint on a monitor and perform necessary repairs or treatments.



Advantages:

Minimally Invasive: Compared to traditional open surgery, arthroscopy involves smaller incisions, leading to less tissue damage, reduced pain, and faster recovery.

Accurate Diagnosis: The direct visualization provided by the arthroscope allows for more accurate diagnosis and targeted treatment.

Outpatient Procedure: Many arthroscopic surgeries are performed on an outpatient basis, meaning patients can often go home the same day.

Who are good candidates for arthroscopy?

Joint Injury or Damage: Individuals with joint injuries or damage due to sports-related injuries, accidents, or degenerative conditions like osteoarthritis.

Persistent Joint Pain: Patients experiencing persistent joint pain that does not respond to conservative treatments like rest, physical therapy, medications, or injections.

Limited Range of Motion: Limited range of motion in a joint, stiffness, or mechanical symptoms like locking or catching sensations may indicate a structural issue that could be addressed through arthroscopic surgery.

Repetitive Strain or Overuse Injuries: Athletes or individuals engaged in repetitive activities that place stress on specific joints, such as throwing athletes (e.g., baseball pitchers) or manual laborers, may develop overuse injuries that could be treated with arthroscopy.

Common Procedures:

Arthroscopy is performed on various joints, including the knee, shoulder, hip, ankle, elbow, and wrist. Common arthroscopic procedures include:

- Knee arthroscopy for meniscus tears, ACL reconstruction, and cartilage repair.
- Shoulder arthroscopy for rotator cuff repair, labral tear repair, and impingement syndrome treatment.
- Hip arthroscopy for femoroacetabular impingement (FAI) and labral tear repair.
- Ankle arthroscopy for ligament repair and removal of loose bodies.

Recovery:

Recovery from arthroscopic surgery is typically faster than with open surgery. Patients may need physical therapy to regain strength and mobility in the joint, depending on the procedure performed.

Risks:

While arthroscopy is generally safe, it carries some risks like infection, bleeding, and injury to surrounding tissues. However, these risks are relatively low compared to open surgery.



Dr Sanjeev Patnaik
MBBS, MS, MRCS-1, FIMS, AO
Specialist -
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Surgeon (Visiting)

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Specialist -
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Welcome New Doctors



Dr Feras Noury

Consultant Orthopaedic Surgeon
MBBS, MD (General Medicine)

Over 18 Years of Clinical Experience



Dr Munaf Al Hamada

Specialist Ophthalmology
MS Ophthalmology

Over 12 Years of Clinical Experience



Dr Arun George

Specialist Radiologist
MD (Radiodiagnosis)

Over 8 Years of Clinical Experience



Dr Keshavamurthy Mohan

Consultant Urologist (Visiting)
MBBS, MS (Gen. Surgery), M.Ch (Urology),
FRCS, FASTS, FICS,

Over 34 Years of Clinical Experience



Dr Karthik Rao

Consultant Urologist (Visiting Physician)
MBBS, MS (Gen. Surgery), M.Ch (Urology),
D.N.B (Genito-Urinary Surgery)

Over 10 Years of Clinical Experience

News

Eid Al Fitr 2024: Meet the baby girl born at RAK Hospital on the auspicious occasion of Eid.



Indian Parents Mohandas Balagurusamy and his wife Selvi Gurusamy from Tamil Nadu delivered a healthy baby girl at RAK Hospital

Gulf News (Published: April 10, 2024 10:35)

Indian parents Mohandas Balagurusamy and his wife Selvi Gurusamy delivered a healthy baby girl (yet to be named) at RAK Hospital. The baby was born at 8.29 am weighed a health 3.190kg at birth.

The family from the Indian state of Tamil Nadu were ecstatic about their child born on the auspicious occasion of Eid Al Fitr 2024.

Special Day

The baby was delivered by Dr Lalitha Kamini, Specialist - Obstetrics and Gynecology, RAK Hospital.

Dr Raza Siddiqui, Executive Director of RAK Hospital: "RAK Hospital extends warmest congratulations to the proud parents and wishes them a lifetime of love, laughter, and cherished memories with their newest family member. We are committed to providing specialist care and are delighted to have been part of this special day. Our dedication remains unwavering in serving our diverse community with excellence and empathy. May the blessings of Eid Al Fitr shine brightly upon all, illuminating our hearts with peace and joy."

How the UAE has become one of the world's fastest-growing medical tourism destinations



RAK Hospital merges healthcare with hospitality to cater to a growing demand from medical tourists.

Merging health care with hospitality

N UAE (Apr 08, 2024)

When Dr Raza Siddiqui arrived in the UAE from India 25 years ago, the global medical tourism industry was only just getting started.

He had come here with Apollo Hospitals to attract healthcare travellers from the Emirates back to India, but he ended up staying to help bring visitors here instead.

"Medical tourism has got two components: health care and hospitality," Dr Siddiqui, who is now chief executive of Arab Healthcare Group, told The National.

"Dubai and the UAE was perceived at that time as a preferred destination for hospitality."

Seeing huge potential in the UAE, Dr Siddiqui helped set up RAK Hospital in 2007, using the same designers as America's Mayo Clinic, with an ambition to eventually achieve the same level of international recognition.

The hospital in Ras Al Khaimah has since become a mainstay of the UAE's medical tourism industry and is set to triple its capacity by the end of this year to keep up with demand.

There is still plenty of room for growth across the country, said Dr Siddiqui. "By our calculations, about 6,000 to 7,000 medical tourists go through Dubai Airports every day to go to other destinations.

"They are going to India, Thailand, Singapore, Germany and the UK. They could be coming here."

One patient is equal to 10 leisure tourists in terms of money spent and the country's reputational boost, he added. "That one patient also is not coming alone, they are coming with at least one relative who is going to stay at a hotel.

"If you are doing 1,000 [hospital] beds, you are generating revenue equal to 10,000 hotel [rooms]. That is one of the best non-oil economy alternatives for the country.

"And the image it gives you is unimaginable, because if you go to a country for health care, then [that country is] in the bracket of the most advanced countries in the world."

News

Size of a smartphone': UAE expat undergoes surgery to extract tumour



Image used for illustrative purpose. File Photo

Facing the reality of such a health challenge at the age of 32 was unimaginable for her

Khaleej Times (Published: Fri 26 Apr 2024, 6:00 AM)

Doris Bah Njueng, a 32-year-old Cameroonian residing with her husband in Ras Al Khaimah, experienced a sense of unease in her chest and back. Seeking medical advice, she consulted a doctor to uncover any underlying issues.

Upon learning her diagnosis on March 17, Njueng expressed shock.

"When I learned about the problem, I was shattered. I was diagnosed with a tumour in my chest," she said.

Despite her distress, the doctors at RAK Hospital reassured her and introduced the option of minimally invasive surgery to alleviate both the tumour and her discomfort.

"The tumour was as big as a smartphone," said Njueng.

Facing the reality of such a health challenge at the age of 32 was unimaginable for Njueng.

On April 10, she underwent surgery to extract the tumour from her chest at RAK Hospital, Ras Al Khaimah and finally found relief from months of suffering.

The multidisciplinary team at the hospital, comprising experts from the departments of general surgery, cardiac surgery, and anaesthesia, successfully performed minimally invasive thoracoscopic surgery to remove the tumour from her chest cavity.

Minimally invasive thoracic surgery is a way of performing surgery in the chest through small incisions, without making large cuts or incisions in the body, and does not require spreading apart of the ribs.

"Njueng presented to the outpatient department with complaints of progressively increasing chest pain and difficulty swallowing. Upon evaluation, she was diagnosed with a large tumour measuring approximately 15 cm by 20 cm situated in the right chest cavity," said Dr Shalabh Mohan, specialist general surgeon at RAK Hospital.

"The tumour posed a critical threat as it compressed the right lung, its blood vessels, and the oesophagus, making surgery extremely risky," added Dr Mohan.

The surgery was completed with minimal blood loss, requiring no blood transfusion, and Njueng did not require ventilator support post-operatively. She was able to resume oral intake the day after surgery and was discharged on the fifth postoperative day, with a chest x-ray confirming complete expansion of the right lung and no residual tumour.

Njueng said that the revelation of a tumour was shocking and a periodic medical test is very important to be aware of any complications in the body.

"I did not have any idea about the tumour. When the doctor told me about the tumour, I was concerned about my daughter. I am thankful to God for guiding them through this challenging procedure. Thanks to the doctors who assured me of my well-being," said Njueng.

Battling mosquito-borne illnesses is a major worry for UAE Locals, especially with the onset of the Rainy Season.



The United Arab Emirates plunged into chaos as the nation experienced its most intense rainfall in 75 years. Some regions received over 250 mm (approximately 10 inches) of rainfall within a mere 24-hour period.

As the rainy season sets in, mosquito-borne infections have emerged as a significant concern for residents of the United Arab Emirates (UAE). With the recent surge in rainfall, stagnant water becomes a breeding ground for mosquitoes, heightening the risk of infections such as malaria, dengue fever, and chikungunya. The humid climate and standing water create ideal conditions for mosquitoes to thrive, posing a threat to public health. UAE residents are urged to take proactive measures to prevent mosquito breeding, such as:

- Eliminating standing water around homes,
- Using mosquito repellent, and
- Wearing protective clothing.

Additionally, authorities are ramping up efforts to control mosquito populations and raise awareness about the importance of mosquito bite prevention. Vigilance and collective action are crucial in combating mosquito-borne diseases and safeguarding public health during the rainy season in the UAE.

News

UAE: Hospitals record over 30% surge in severe dehydration during Ramadan



Dr Ahmad Fadlalseed

Common symptoms of dehydration

Khaleej Times (Published: Sun 7 Apr 2024, 9:13 AM)

Common symptoms associated with dehydration include fatigue and weakness, dizziness and lightheadedness, rapid heartbeat and breathing, headache, nausea and vomiting, and low blood pressure, said Dr Ahmad Fadlalseed, general practitioner at RAK Hospital.

"These symptoms, especially when severe or persistent, indicate a need for immediate medical attention to prevent complications associated with dehydration," he added.

According to the medicos, more serious medical conditions that require intravenous fluids involve assessing various factors, primarily focusing on the patient's vital signs and symptoms. "Individuals who necessitate IV drips typically present significant dehydration and physiological distress. One crucial aspect is monitoring the patient's vital signs, particularly blood pressure. A drop in blood pressure may indicate severe dehydration, prompting the need for intravenous fluids to restore fluid balance and maintain adequate circulation," said Dr Akhtar.

Particular demographic groups that might be more susceptible to experiencing exhaustion and requiring emergency drips during Ramadan, include: elderly individuals, pregnant or breastfeeding women, individuals with chronic illnesses, individuals on certain medications and those living in hot and humid climates — like construction workers.

The healthcare system has responded effectively to the increased demand for emergency services during Ramadan by enhancing efficiency across all the staff members, including nurses and doctors. "We have provided 24x7 free ambulance services too. Embracing the spirit of Ramadan as a month of giving, we prioritize timely care, offering additional support to patients in need," said Dr Akhtar.

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