

## Top-to-Toe Care



DERMATOLOGY

Our Dermatology Department provides specialized dermatological and cosmetic procedures to treat a wide range of skin types, diseases and disorders. You can rely on our expertise in diagnosing and treating minor as well as complex skin diseases. The department's skin specialists aim to offer accurate diagnosis and effective treatment of conditions such as acne, eczema, and psoriasis, among many others. We provide state of the art laser procedures, medifacials, injectables, and energy based devices and solutions for a wide array of skin & hair issues.



### Your Summer Dermatology Guide

As the temperature and humidity rise, so do the challenges for maintaining healthy skin. This season, we're focusing on helping you keep your skin protected, hydrated, and glowing.

#### Common Summer Skin Issues and How to Address Them

##### 1. Sunburn

Overexposure to UV rays can cause painful, red, and peeling skin.

**Prevention:** Use a broad-spectrum sunscreen with SPF 50 or higher, wear protective clothing, and seek shade during peak sun hours. Apply a sun repair repair lotion after intense sun exposure

##### 2. Heat Rash

Caused by blocked sweat ducts, leading to red bumps and itching.

**Prevention:** Wear loose, lightweight clothing and stay cool and dry.

##### 3. Acne Breakouts

Heat and humidity increase oil production, leading to

breakouts.

**Prevention:** Use non-comedogenic products, cleanse your face twice daily, and avoid touching your face.

##### 4. Dry and Dehydrated Skin

Sun exposure and high temperatures can cause dry, flaky skin.

**Prevention:** Use a hydrating moisturizer, drink plenty of water, and avoid long, hot showers.

##### 5. Melasma and Hyperpigmentation

Sun exposure can worsen dark spots and melasma.

**Prevention:** Use a broad-spectrum sunscreen with visible light protection daily and wear wide-brimmed hats.

#### Product Recommendations:

##### Summer Essentials

**Sunscreen:** Opt for broad-spectrum sunscreens with at least SPF 30.

**Moisturizer:** Lightweight, hydrating formulas with hyaluronic acid.

**After-Sun Care:** Aloe Vera gels, calamine lotion and cooling sprays to soothe sun-exposed skin.

#### Lifestyle Tips for Healthy Skin:

##### Diet and Skin Health

- Eat plenty of brightly colored fruits and vegetables that are rich in antioxidants.
- Incorporate omega-3 fatty acids from fish or supplements.
- Avoid excessive sugar and processed foods.

##### Hydration

- Drink at least 8 glasses of water daily.
- Eat water-rich foods like watermelon, cucumbers, and oranges.
- Limit caffeine and alcohol, which can dehydrate your skin.



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Specialist Dermatologist



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## News

### Rising Cases of Computer Vision Syndrome amid Increased Digital Device Use, RAK Hospital Expert Suggests Preventive Measures



My Dubai News - 16 July 2024

As cases of Computer Vision Syndrome (CVS), also known as Digital Eye Strain, rise universally among both adults and children due to increasing digital device usage, significant health concerns have emerged. Dr. Archana Sood, Specialist Ophthalmologist and Head of the Department at RAK Hospital, underscores the urgency of addressing this issue and offers preventive measures to help safeguard our vision.

## Events

### Corporate Engagement Program

As a part of our corporate engagement program, RAK Hospital organised health talk at SOBHA Modular, Ras al Khaimah. Our team of experts provided valuable insights on balanced nutrition, exercise and mental health empowering attendees to make positive lifestyle changes.



### RAK Hospital organized an MOH health talk on Hepatitis at RAK Transport Authority & Stevin Rock

Together with the MOH, this health talk offered crucial information on Hepatitis, covering prevention, symptoms, and treatment. The event was designed to raise awareness and empower the community with expert insights.



RAK Transport Authority



Stevin Rock

## RAK Hospital Hosted an insightful health talk on Hepatitis A & B at Movenpick Resort - Marjan Island.



This health talk on Hepatitis A and B, led by Dr. Mugundan, covered prevention, symptoms, and treatment, aiming to raise awareness and promote healthier lifestyles.

### Patient Testimonial

Straight FROM THE **Heart**



The doctor was very nice and concerned about my condition. She was also very concerned about my physical condition after the operation. It was my first time to have an operation. I was actually worried and scared, but the doctor calmed my emotions and made me feel at ease.

Ms. Chen Chieh-Yu, China

★★★★★

### Promotions

<p><b>Know your Stroke Risk!</b></p> <p>Are you suffering from diabetes, hypertension, or heart disease?</p> <p>CONSULT YOUR NEUROLOGIST FOR AN ASSESSMENT</p> <p>DEPARTMENT OF NEUROSCIENCES</p> <p>For Appointments/WhatApp - Call +971 7 207 4444</p>	<p><b>Brain &amp; Spine problems require urgent attention</b></p> <p>Center of Excellence for Neuro &amp; Spine Surgery</p> <ul style="list-style-type: none"> <li>Stroke</li> <li>Low Back Pain</li> <li>Neck Pain</li> <li>Microdiscectomy</li> <li>Disc Replacement</li> <li>Brain &amp; Spinal Tumor</li> <li>Spinal Surgery</li> <li>Head Injury</li> <li>Spinal Dysraphism</li> </ul> <p>DEPARTMENT OF NEUROSCIENCES</p> <p>For Appointments/WhatApp - Call +971 7 207 4444</p>	<p><b>STROKE READY FACILITY</b></p> <p>24/7</p> <ul style="list-style-type: none"> <li>Emergency &amp; ICU</li> <li>CT Scan/MRI</li> <li>Thrombolysis</li> <li>Stroke Surgery</li> <li>Stroke Rehabilitation</li> </ul> <p>DEPARTMENT OF NEUROSCIENCES</p> <p>EMERGENCY 27225555</p>	<p><b>Identifying Epilepsy Triggers</b></p> <p>TRIGGERS OF EPILEPSY</p> <ul style="list-style-type: none"> <li>Lack of Sleep</li> <li>Stress &amp; Anxiety</li> <li>Flashing Lights and Patterns</li> <li>Alcohol and Substance Abuse</li> <li>Illness and Fever</li> <li>Non-Compliance to Treatment</li> </ul> <p>DEPARTMENT OF NEUROSCIENCES</p> <p>For Appointments/WhatApp - Call +971 7 207 4444</p>
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