

Understanding Varicose Veins: Symptoms, Risks, and Treatment Options



CARDIOLOGY &
CARDIAC SURGERY

Varicose veins are enlarged, twisted veins that typically appear on the legs and feet. They occur when the valves in the veins fail to function properly, causing blood to pool instead of flowing efficiently back to the heart. While often considered a cosmetic concern, varicose veins can lead to serious health complications if left untreated.



Symptoms of Varicose Veins

The most common symptoms of varicose veins include:

- ◆ Bulging, bluish or purple veins visible beneath the skin
- ◆ Aching, throbbing, or heaviness in the legs
- ◆ Swelling, especially around the ankles
- ◆ Burning or itching sensations
- ◆ Leg cramps, particularly at night
- ◆ Skin discoloration or ulcers in severe cases

Treatment Options

Fortunately, several treatment options are available to manage varicose veins, ranging from lifestyle changes to medical interventions:

1. Lifestyle Changes:

- ◆ Regular exercise to improve circulation
- ◆ Elevating the legs when resting
- ◆ Wearing compression stockings to reduce swelling
- ◆ Avoiding prolonged standing or sitting

2. Medical Treatments:

- ◆ **Glue Ablation:** A minimally invasive procedure where a special solution is injected into the vein to close it off.
- ◆ **Laser Therapy:** Uses laser energy to seal affected veins.
- ◆ **Radiofrequency or Endovenous Laser Ablation:** A catheter-based procedure that heats and closes the vein.
- ◆ **Surgical Removal (Vein Stripping):** In severe cases, surgery may be necessary to remove problematic veins.

Complications of Untreated Varicose Veins

If varicose veins are left untreated, they can lead to more serious complications, including:

- ◆ **Chronic Venous Insufficiency:** Long-term impairment of blood flow, causing swelling and skin damage.
- ◆ **Leg Ulcers:** Open sores that develop due to poor circulation.
- ◆ **Blood Clots (Deep Vein Thrombosis - DVT):** A potentially life-threatening condition where a clot forms in a deeper vein.
- ◆ **Bleeding:** Weakened veins may rupture, leading to excessive bleeding and the need for medical attention.

Varicose veins may start as a minor inconvenience, but they should not be ignored. Early diagnosis and appropriate treatment can prevent complications and improve overall vascular health.

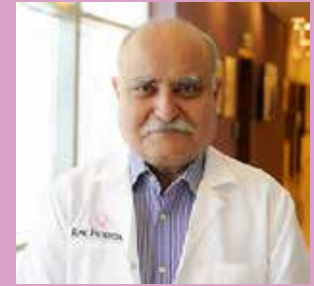


If you experience persistent symptoms, consult a healthcare professional to explore the best course of action for your condition.

Raising awareness about varicose veins can help individuals take proactive steps toward better leg health and overall well-being.



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News

New study finds that camel milk is potentially less allergenic than cow's milk



The National, UAE – Wed 2 Feb 2025

Beta-lactoglobulin is a protein found in the milk of many mammals, including cows, but not in camel milk,” says Ruba ElHourani, senior clinical dietitian at RAK Hospital. “It’s one of the primary proteins in cow’s milk that can trigger allergic reactions in some individuals, particularly those who are allergic to milk. ElHourani explains: “For people with a milk allergy, their immune system mistakenly identifies proteins like beta-lactoglobulin as harmful and mounts an immune response, which can lead to symptoms ranging from mild, like hives or digestive issues to severe, such as anaphylaxis.”

UAE's weight loss challenge: Why Ramadan is the best time for residents to shed kilos, win prize



Khaleej Times, UAE – Wed 12 Feb 2025

Fasting during the holy month of Ramadan has numerous advantages, such as improving portion control, encouraging the selection of nutritious food and enhancing insulin sensitivity,” said Dr H S Wilkhoo, lifestyle coach at RAK Hospital. “When approached mindfully, fasting in Ramadan can be a catalyst for positive lifestyle changes, leading to long-term health benefits.

News

Fasting while on semaglutides: Experts advise on using Ozempic, Mounjaro or Wegovy during Ramadan



The National, UAE – February 18, 2025

“Proper hydration is not just about metabolising the medication, but also to ensure overall health,” says Dr Ashik Kadambot, consultant gastroenterologist at Rak Hospital. “During Ramadan, drinking enough water during non-fasting hours is crucial, as gastric emptying is delayed by the medication. Hydration helps mitigate nausea and constipation. Individuals should distribute their water intake throughout the evening to maintain adequate hydration.”

UAE jobs: Tech-savvy doctors, skilled specialists in high demand



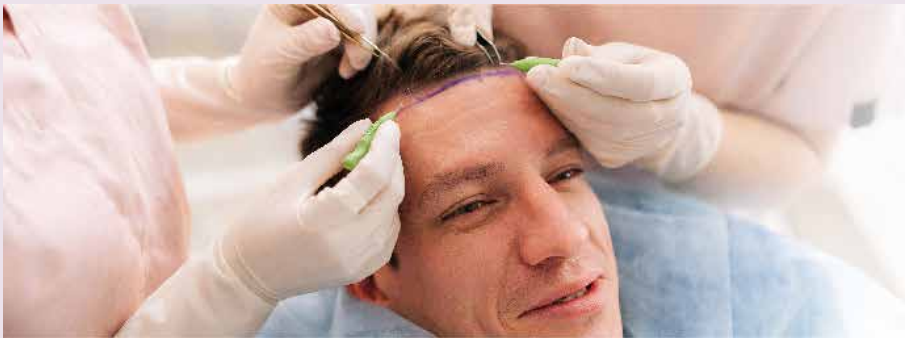
Khaleej Times, UAE – Wed 19 Feb 2025

Dr Raza Siddiqui, CEO of Arabian Healthcare Group and executive director of RAK Hospital, highlighted why the UAE is an attractive destination for medical professionals. “The UAE offers a great quality of life and has positioned itself globally as a leader in healthcare. Doctors from the UK, for example, are increasingly drawn to the UAE because of the lifestyle it offers its residents,” said Dr Siddiqui.

Events

Premium and expert hair transplant services now available at RAK Hospital

RAK Hospital, in collaboration with Cutis International Dubai, is proud to introduce world-class hair transplant services.



- ▶ World-Class Facilities
- ▶ Premium Suite Rooms
- ▶ Zero Infection Rate
- ▶ Multi- Disciplinary Approach
- ▶ Cutting-Edge Techniques
- ▶ Expertise You Can Trust
- ▶ Personalized Care

RAK Biggest Weight Loser Challenge Kicks Off!

Participants of the RAK Biggest Weight Loser Challenge visited RAK Hospital for registration and underwent comprehensive health screenings as part of the initial assessment.



Events

Birthday celebrations of the beautiful babies born at RAK Hospital!

It was a heartwarming celebration as we marked the special milestones of the beautiful babies born at RAK Hospital. Surrounded by love, joy, and happy memories.



Nazar Ayeni Bus Screening for the RAK Transport Department

RAK Hospital conducted a Nazar Ayeni Bus Screening for the RAK Transport Department, promoting vision health and supporting transport professionals' well-being.



Mobile Health Clinic Campaign at RAK Municipality

RAK Hospital, in collaboration with MOH & RAK HR Dept., organized a Mobile Health Clinic at RAK Municipality, offered free Gallbladder ultrasound and health check-ups.



Health Screening Camp at Naturelle (Dabur) LLC, Ras Al Khaimah

Comprehensive Health Screening at Naturelle (Dabur) LLC, RAK – Offered free check-ups, consultations, and wellness advice for a healthier workforce.



Events

Health Screening at St. Mary's Private School, Ras Al Khaimah

RAK Hospital conducted a Health Screening at St. Mary's Private School, Ras Al Khaimah, under the SAHI School Health Scheme for student wellness.



Health Screening Campaign at BM Hotels & Resorts

RAK Hospital conducted a Health Screening Campaign at BM Hotels & Resorts, offered free check-ups and wellness advice.



Wellness Team Campaign at RAK Chamber of Commerce

RAK Hospital held a Wellness Campaign at RAK Chamber of Commerce, offered free check-ups, consultations, and wellness advice.



First Aid Training for RAK Transport Authority

RAK Hospital conducted First Aid Training for RAK Transport Authority, equipping participants with life-saving emergency skills.



Events

First Aid Training for RAK Security

RAK Hospital conducted a First Aid Training session for RAK Security, equipping them with essential emergency response skills to handle critical situations with confidence.



Health Screening Campaign at Peikko Gulf LLC

RAK Hospital conducted a Health Screening at Peikko Gulf LLC, offered free check-ups, consultations and wellness advice.



Health Screening Campaign at Laticrete

RAK Hospital conducted a Health Screening at Laticrete, offered free check-ups, consultations and wellness advice.



Nazar Ayeni Bus Screening at RAK Properties: Julphar Tower & Mina Al Arab

RAK Hospital conducted a Nazar Ayeni Bus Screening at RAK Properties' Julphar Tower and Mina Al Arab, promoting vision health and providing expert consultations.



Events

Mobile Health Clinic Campaign for RAK Academy on Sports Day

RAK Hospital organized a Mobile Health Clinic for RAK Academy on Sports Day, offered consultations, wellness advice and health check-ups.



Strengthening Ties for Future Healthcare Collaborations

We were honored to welcome Mr. Ali from Iraq's Ministry of Immigration and Immigrant Affairs to RAK Hospital on February 5, 2025, to discuss potential collaboration with the Ministry of Health of Iraq.

دعوة للمشاركة في سلسلة اللقاءات الصحية الأسبوعية "Health Talk"

في إطار تعزيز الصحة وخدمة الجدا في بيئة العمل، يسر دائرة التمريض البشرية بالتعاون مع مستشفى رأس الخيمة ووزارة الصحة ووقاية المجتمع أن يدعوكم لحضور ورشة عمل متخصصة ضمن سلسلة الخدمات التوعوية الصحية.

[ابتكر في نمط حياتك - غذاء لقوام حياة صحية]

المكان: عبر منصة Microsoft Teams
الوقت: [10:00 إلى 11:00]

المحدث: رباب [أخطابه تغذيه]
الموعد: يوم الخميس- 13/02/2025

لا تفوتوا الفرصة للاستفادة من نطاق خبراء الصحة واخطركم مستلكنكم مباشرة

Innovate Your Lifestyle – Food for a Healthy Life: Health Talk Organized by MOH and RAK Government Department

Ms. Ruba Elhourani, in collaboration with the RAK Government Department, led an insightful online session titled "Innovate Your Lifestyle – Food for a Healthy Life", organized by the Ministry of Health (MOH) and the RAK Government Department.

This session focused on promoting healthy eating habits and encouraging lifestyle changes for improved well-being.

Events

MARCH National Nutrition MONTH!

RAK HOSPITAL
Premium Healthcare. Premium Hospitality

Take this opportunity to reflect on the importance of mindful eating, maintaining a balanced diet, practicing portion control, and developing healthy physical fitness habits.

FOOD Connect Us

National Nutrition Month is dedicated to raising awareness about the vital role of nutrition in our overall health, well-being, and quality of life. More than just a time for awareness, it's an opportunity to inspire lasting changes in eating habits, encourage conversations about the benefits of proper nutrition, and bring people together in the pursuit of healthier living.

Take this opportunity to reflect on the importance of mindful eating, maintaining a balanced diet, practicing portion control, and developing healthy physical fitness habits.

Balanced Diets: Consuming a variety of nutrient-rich foods to ensure your body gets all the essential nutrients.

Portion Control: Understanding appropriate portion sizes to help prevent overeating and promote a healthy weight.

Mindful Eating: Practicing awareness while eating, making healthier food choices, and paying attention to hunger and fullness cues.

Physical Activity: Incorporating regular exercise as part of a holistic approach to nutrition and overall well-being.

Promotions

Wishing you and your family good health in this Holy month of Ramadan

Lose Weight, Get Healthy & Win Exciting Prizes

Join the **RAK Biggest Weight Loser Challenge**

Online Registration Open to above 18 years Male & Female UAE Residents Register now and be part of the change!

RAK BIGGEST WEIGHT LOSER CHALLENGE

2nd Feb 2025 to 23rd Nov 2025

Premium & Expert Hair Transplant Services

Now at RAK Hospital!

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DEPARTMENT OF DERMATOLOGY

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