

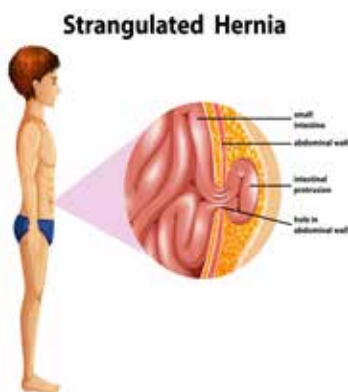
## A Minimally Invasive Solution for Hernia: Laparoscopic Surgery



DEPARTMENT OF  
MINIMAL ACCESS SURGERY

### What is a Hernia?

A hernia occurs when an organ or fatty tissue pushes through a weak spot in the surrounding muscle or connective tissue. It can develop in various areas, including the abdomen, groin, or upper thigh. Common types include inguinal, umbilical, hiatal, and incisional hernias.



### Who is at Risk?

Certain factors increase the likelihood of developing a hernia, such as:

- Chronic coughing or sneezing
- Heavy lifting or straining
- Obesity or sudden weight gain
- Pregnancy
- Family history of hernias
- Previous abdominal surgery

### Treatment Options

Hernias do not heal on their own and often require surgical intervention. The two main approaches to hernia repair are:

**Open Surgery** – A traditional approach with a larger incision and longer recovery.

**Laparoscopic Surgery** – A minimally invasive technique using small incisions and a camera for precise repair.

### Why Choose Laparoscopic Hernia Surgery?

- Faster recovery time
- Smaller incisions and minimal scarring
- Reduced post-operative pain
- Quicker return to normal activities

### Post-Surgery Management

After surgery, proper care is crucial for a smooth recovery. Our specialists recommend:

- Avoiding heavy lifting for a few weeks
- Gradually resuming daily activities
- Following a balanced diet to prevent strain
- Regular follow-ups to monitor healing

### Common concerns regarding hernia surgery

#### What is recovery time?

In most cases of laparoscopic hernia repair, patients are up and about, eating normally within 4 hours of surgery. You can go home the same day or next day, and from the time of discharge you can perform all routine functions, and have a normal diet.

#### What restrictions are there after surgery?

Usually you are back to your normal routine the next day. The only precaution is that you have to take is to avoid lifting heavy weights for about 4 weeks.

#### What are the risks of surgery for patients with other problems like diabetes, blood pressure or heart disease?

In a planned elective procedure, the surgery is considered low risk even if you have other medical problems. Before surgery all patients are tested thoroughly for any potential problems, and will be reviewed by their cardiologist / physician, and by the anesthesiologist. Any potential additional risks are evaluated and discussed with patients, including the treatment plan.

#### What are the risks of not getting surgery for hernia?

Patients with hernia run the risk of 2 major complications

- **Obstruction:** when the intestine pushes out through the hernia and gets stuck, and the intestinal contents cannot pass through
- **Strangulation:** when the blood supply to the herniated loop of intestine gets cut off leading to tissue death within hours

Both these situations can develop suddenly within hours, and require a major and riskier surgery. Sometimes a portion of the intestine may need to be removed. It is far safer to get the surgery done in a planned manner before these conditions happen.

Our team of highly skilled surgeons and advanced medical facilities guarantee personalized care and optimal outcomes. Whether you're experiencing discomfort or have been diagnosed with a hernia, we are here to guide you every step of the way.



## MINIMAL ACCESS SURGERY TEAM



**Dr. Ladha El Zaqui**

Consultant General Surgeon  
MD, FRCS (Belgium)



**Dr. Shalabh Mohan**

Specialist General Surgeon  
MBBS, MS (General Surgery)



**Dr. Niranjana T Ravichandran**

Specialist General Surgeon  
MBBS, MS (General Surgery),  
MRCS (Edinburgh), DNB (Surgery)

## News



### RAK Hospital Sheds Light on Obesity's Hidden Toll on Bone Health in Informative Session

UAE News 247– Ras Al Khaimah, UAE – April 8, 2025

In a bid to support the community on their journey to better health, RAK Hospital hosted an insightful and interactive session on the critical link between obesity and bone health, as part of the 5th RAK Weight Loss Challenge 2025. The session, led by Dr. Bharath Patil, Specialist Orthopaedic Surgeon at RAK Hospital, focused on how excess weight impacts bone and joint health.

### RAK Hospital's ObeFit Webinar Urges Residents to Take Obesity Seriously, Offers Holistic Solutions

UAE News 247 – Ras Al Khaimah, UAE – 15 April 2025

As obesity rates continue to rise across the region, RAK Hospital is putting prevention front and center through its transformative "ObeFit" webinar series—an educational arm of the hospital's annual community initiative, the RAK Biggest Weight Loss Challenge.



### The psychology of weight loss: How your mind affects the number on the scale

Gulf News – Ras Al Khaimah, UAE – April 29, 2025

In a world where weight loss is often reduced to numbers on a scale and calories on a plate, there's a need to shift the narrative and that's what RAK hospital strives to do. As part of its RAK Weight Loss Challenge 2025, the hospital recently hosted a ObeFit Webinar titled The Psychology of Weight Loss led by clinical psychologist Savita Date.

### Hair loss and semaglutides: Do weight-loss drugs make hair fall out?

The National – Ras Al Khaimah, UAE – 30 April 2025

Hair thinning can indeed occur as a side effect of GLP-1 medications, but it is typically not a direct result of the medication itself," says Dr Dilruba Begum Mujavar Shaik, specialist dermatologist at RAK Hospital.



## Events



### Health Screening Campaign with MOH & RAK HR at RAK Public Prosecution

RAK Hospital in collaboration with MOH and RAK HR Government Department, conducted a health awareness campaign at RAK Public Prosecution via the RAK Mobile Clinic, offered free GP consultations and ultrasound services to the community.



### Health Awareness Talk by Dr. Dilruba at Caresoft

Dr. Dilruba conducted an insightful health talk at Caresoft, focusing on skin health and the importance of protecting your skin to promote awareness.



### Wellness Team Campaign at RAK Human Resources Department

RAK Hospital organized a Wellness Campaign at RAK HR Department for Government & IDO staff, offering health screenings, expert consultations, and wellness sessions to promote a healthier lifestyle.

### Health Screening Campaign at J.K Cement

RAK Hospital conducted a Health Screening at J.K Cement offered free check-ups and wellness advice





## Events



### Health Screening Campaign at RAK Properties

RAK Hospital conducted a 2-day health screening at RAK Properties, offered free check-ups and wellness advice.



### Eye Checkup Bus Screening Campaign at RAK Public Prosecution

RAK Hospital conducted eye checkup bus screening campaign with MOH and RAK HR Government Department at RAK Public Prosecution, promoting vision health.

### Eye Checkup Bus Screening Campaign for RAK Transportation Government Department

RAK Hospital conducted eye checkup bus screening campaign at RAK Transportation Government Department, promoting vision health.



### Health Screening Campaign at XCHEM

RAK Hospital conducted a health screening at XCHEM, offered free check-ups and wellness advice.



## Events



### Health Screening Campaign at JBF RAK on World Safety Day

On the occasion of World Safety Day, RAK Hospital, in collaboration with RMC Al Hamra, conducted a Health Screening Campaign at JBF RAK to promote employee well-being and facilitate early detection of health issues.

### Nazar Ayeni Bus Screening at Al Hamra Real Estate

RAK Hospital conducted a Nazar Ayeni Bus Screening at Al Hamra Real Estate, promoting vision health and supporting well-being.



## Promotions

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APRIL 7 TH

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If you are over 40 years, get your colon screened

Colonoscopy Screening with Doctor Consultation  
AED 5000/- AED 1499/-

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**Sore Throat or Something More?**

Look out for these signs:

- Fever & body aches
- Hours/weeks lasting
- Persistent pain
- Swelling or redness

If you have these, don't wait—consult a doctor!

For Appointments WhatsApp or Call **+971 7 207 4444**