

Breathe Easy: Understanding Allergies

DEPARTMENT OF
RESPIRATORY MEDICINE



Seasonal changes, dust, pollen, and pollution – while these may seem like minor inconveniences to most, for many, they are the triggers for persistent sneezing, breathlessness, and fatigue. Allergic rhinitis, sinusitis, and asthma are common respiratory conditions that significantly impact quality of life but are often overlooked or mismanaged. At our Pulmonology Department, we are committed to helping you breathe easier—every day, in every season.

Allergies: When the Immune System Overreacts

An allergy occurs when your immune system reacts to substances (allergens) that are usually harmless. These could include dust mites, pet dander, mold, or certain foods. Symptoms can range from mild sneezing and rashes to severe breathing difficulties.



Tip: Keep your living environment clean, avoid known triggers, and consult a pulmonologist if symptoms persist.

Allergic Rhinitis: Not Just a Seasonal Problem

Allergic Rhinitis is an immune response to allergens like pollen, dust mites, pet dander, or mold. It's commonly known as "hay fever," although it can occur year-round.

Symptoms:

- Sneezing
- Itchy, watery eyes
- Nasal congestion or runny nose
- Postnasal drip
- Fatigue

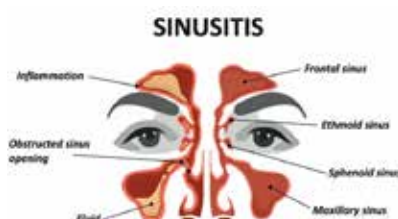
Though it may seem harmless, allergic rhinitis can lead to sleep disturbances, poor concentration, and even trigger asthma in some cases.

Allergic Sinusitis: When Allergies Lead to Inflammation

Allergic Sinusitis occurs when allergens cause inflammation and swelling in the sinus cavities, blocking mucus drainage and leading to chronic infection or discomfort.

Symptoms:

- Facial pain or pressure
- Nasal congestion
- Headache
- Thick nasal discharge
- Reduced sense of smell



Allergic sinusitis often accompanies allergic rhinitis, and together they can significantly impact breathing, energy levels, and day-to-day comfort.

Allergic Asthma: Breathing Under Attack

Allergic Asthma is triggered by inhaled allergens and results in inflammation and narrowing of the airways. It is one of the most common types of asthma, particularly in children and young adults.

Symptoms:

- Shortness of breath
- Wheezing
- Coughing (especially at night or early morning)
- Chest tightness



Allergic asthma can range from mild to severe. If left unmanaged, it can escalate quickly, leading to emergency situations.

Effective Management Starts with a Diagnosis

Our Pulmonology team offers comprehensive evaluations including:

- Allergy testing
- Pulmonary function tests
- Imaging for sinus conditions
- Personalized treatment plans

When to See a Pulmonologist:

Persistent coughing, frequent episodes of breathlessness, or uncontrolled allergy symptoms warrant a professional evaluation. Our expert pulmonologists are equipped with advanced diagnostic tools and personalized treatment plans to help you take control of your respiratory health.

Living with allergic rhinitis, sinusitis, or asthma doesn't have to mean constant discomfort. With early diagnosis and expert care, you can breathe easier and live better.



Dr. Suha Alsheikh Suleman
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News

RAK Hospital Webinar highlights research-backed benefits of bariatric surgery in tackling obesity crisis



Zawya – Ras Al Khaimah, 5 May 2025

Ras Al Khaimah, UAE: As the obesity epidemic continues to grow across the UAE and the wider region, RAK Hospital is intensifying efforts to educate the public on proven interventions that can combat this critical health issue. During the latest session of its RAK Weight Loss Challenge 2025 “ObeFit” Webinar Series, the spotlight was turned on bariatric surgery backed by compelling global research as a safe, effective, and life-enhancing solution for those with severe obesity.

Dubai resident loses 45kg; wins Dh300 for every kilo shed



Khaleej Times – UAE – May 21, 2025

This year’s edition of the RAK Biggest Weight Loss Challenge broke all previous records, attracting an unprecedented 24,289 participants from across the UAE, making it the most successful edition to date. Ras Al Khaimah alone contributed 49 per cent of the total participation, highlighting the emirate’s strong and growing commitment to health and wellness.

Events

A Record-Breaking Edition of the RAK Biggest Weight Loser Challenge

RAK Biggest Weight Loser Challenge, in collaboration with MOHAP, saw a record 24,289 participants across the UAE and celebrated inspiring transformations and community commitment.



Events

Health Screenings

For Government & IDO Departments:

At RAK GAS



At RAKEZ – Al Hamra



At Marjan Island



At RAKEZ



Health Awareness Talks

Mental Health Talk by Ms. Zobia Amin at University of Stirling



Bone and Joint Health Talk by Dr. Bharath at RAK Properties



Nutrition Health Talk by Ms. Ruba at RAK Transportation



Mental Health Talk by Ms. Zobia Amin at Ahmed Tea



Mental Health Talk by Ms. Zobia Amin at Laticrete



Events

Mobile Bus Campaigns

Nazar Ayeni Screening

Eye Checkup at HCT



Health Screening

Health Checkup at RAK Public Prosecution



Promotions

Over 40?
Time to get your Bones Checked

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- Vitamin D Test

Offer valid till 31st Dec 2025. *T&Cs apply

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CONSULT OUR EXPERT TEAM OF GENERAL SURGEONS

Hip Replacement Isn't the end. It's a new beginning

Know the Signs

- Persistent hip pain
- Pain while resting or sleeping
- Stiffness during movement
- No relief from medications

For assessment: Consult our expert team of Orthopaedics

RAK HOSPITAL
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