

## Snoring– It Could Be a Sign of Something More Serious

DEPARTMENT  
OF ENT



Snoring is more than just a nighttime annoyance – it can be a symptom of underlying ENT (Ear, Nose & Throat) issues that shouldn't be ignored. Whether it's disrupting your sleep or your partner's, persistent snoring can indicate more serious conditions such as Obstructive Sleep Apnea (OSA), nasal obstruction, or enlarged tonsils and adenoids.

### Here's what you need to know:

#### Why Do People Snore?

Snoring occurs when airflow through the nose or throat is partially blocked, causing surrounding tissues to vibrate. This blockage may be due to:

- Deviated nasal septum
- Nasal polyps
- Enlarged tonsils or adenoids
- Chronic sinusitis
- Obesity or excess throat tissue



#### When Should You Be Concerned?

You should consult an ENT specialist if snoring is accompanied by:

- Daytime fatigue or sleepiness
- Pauses in breathing during sleep
- Gasping or choking at night
- Morning headaches
- Sore throat upon waking

These may be signs of sleep-disordered breathing, which can affect your heart health, blood pressure, and cognitive performance.

Our ENT experts perform a thorough assessment including nasal endoscopy, imaging, and sleep study referrals if needed. Based on the cause, treatment may involve:

- Lifestyle modifications
- Medical therapy for allergies or sinus issues
- Minimally invasive endoscopic procedures (e.g., functional endoscopic sinus surgery, septoplasty, turbinate reduction).
- Coblation assisted uvulopalatoplasty
- CPAP therapy coordination (in case of diagnosed sleep apnea)

Don't let snoring steal your sleep and health. Let our ENT team help you breathe easier and sleep better.



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## News

### Baby boy Zayed born in Ras Al Khaimah



**Gulf News – June 06, 2025**

At RAK Hospital in Ras Al Khaimah, a baby boy named Zayed was born at 5:45 am. Weighing 2.180 kg, baby Zayed is the third child of Egyptian parents Hamed Sayed Hamed and Eman Mohamed.

“We feel happy and blessed to have the baby this Eid,” they said, thanking Dr Aliya Khurram, Specialist in Obstetrics and Gynaecology, and the medical team.

### RAK Hospital introduces “Happy Gas” procedures for dental care



**Khaleej Times, 23 June 2025**

In a move to redefine patient comfort and ease dental anxiety, RAK Hospital has introduced “Happy Gas” procedures — using nitrous oxide sedation — for the first time in the Northern Emirates. Commonly referred to as laughing gas, nitrous oxide is widely used in the Western world and is now available at RAK Hospital to help patients, especially adults with dental phobia, undergo procedures in a relaxed and pain-free state.

## Events

### Highlights from Cardiology CME

A glimpse into our CME on “Cardiovascular Medicine Reimagined: Innovations in Surgery, Strategy & Standards” where leading cardiologists came together to share insights and advancements in the field.





## Events

### Health Awareness Talk

Health talk by Dr. Kishore Kumar Katam on "Master Diabetes, Take Control" and Dr. Zara Ahmed on "Emergency or Not? How to Make the Right Call" for the Indian Community.



### Women's Wellness Health Talk by Dr. Malgorzata Sinclair at University of Stirling



### Health Screenings

#### At Delhi Private School, Ras Al Khaimah



#### At RAK Transportation



## Events

### Mobile Bus Campaigns

#### Nazar Ayeni Screening

Eye checkup at RAK AWQAF



#### Nazar Ayeni Screening

Eye checkup at RAK Municipality



## Promotions



**RAK HOSPITAL**  
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