

## Understanding Diabetes

### Managing Blood Sugar for a Healthier Life

DEPARTMENT OF  
ENDOCRINOLOGY



Diabetes is one of the most common chronic health conditions worldwide—and one of the most manageable with the right care, lifestyle, and support. Whether you're living with diabetes or at risk, understanding the condition is the first step toward better health.

#### What Is Diabetes?

**Diabetes mellitus** is a metabolic disorder where the body either doesn't produce enough insulin or can't use it effectively. Insulin is the hormone that helps regulate blood sugar (glucose) levels. When this system doesn't work properly, glucose builds up in the blood, leading to a range of health issues.



#### Types of Diabetes

**Type 1 Diabetes-** An autoimmune condition where the body attacks insulin-producing cells. Usually diagnosed in children or young adults.

**Type 2 Diabetes-** The most common form. The body becomes resistant to insulin or doesn't produce enough. Often linked to lifestyle factors.

**Gestational Diabetes-** Occurs during pregnancy and usually resolves after childbirth but increases the risk of developing Type 2 later.

**Prediabetes-** Blood sugar levels are higher than normal but not yet in the diabetic range. A critical window for prevention.

#### Common Symptoms

- Frequent urination
- Excessive thirst or hunger
- Unexplained weight loss
- Fatigue
- Blurred vision
- Slow-healing wounds
- Tingling or numbness in hands and feet

**Note:** Type 2 diabetes can develop gradually and may go unnoticed for years.

#### Why Early Detection Matters

Uncontrolled diabetes can lead to serious complications, including:

- Heart disease and stroke
- Kidney damage
- Vision loss (diabetic retinopathy)
- Nerve damage (neuropathy)
- Foot ulcers and amputations

Regular screenings and early intervention can prevent or delay these outcomes.

#### Managing Diabetes

Effective diabetes management includes:

- **Healthy eating:** Focus on whole grains, lean proteins, vegetables, and low-sugar foods
- **Regular exercise:** At least 30 minutes of moderate activity most days
- **Monitoring blood sugar:** Track levels as advised by your doctor
- **Investigations:** Appropriate investigations for monitoring blood sugar levels and screening for complications, as advised by the doctor, should be conducted in individuals with diabetes.
- **Medication or insulin:** As prescribed
- **Routine check-ups:** To monitor complications

Whether you're at risk, newly diagnosed, or have been living with diabetes for years, the right support can make all the difference. We're here to help you live better, feel stronger, and stay in control.



**Dr. Kishore Kumar Katam**

Consultant Endocrinologist  
MBBS, MD in Internal Medicine,  
DM (Endocrinology & Metabolism)



**Dr. Hala Youssef Hamdy**

Specialist Endocrinologist  
MBBCH, MS, MRCP (UK),  
SCE of Endocrinologist & Diabetes

## ■ Case of the Month:

### RAK Hospital Saves 32-Year-Old Worker's Life from Rapidly Growing Brain Infection

**DEPARTMENT  
OF NEUROLOGY &  
NEUROSURGERY**



**Swift diagnosis and emergency surgery prevent fatal complications for Indian expatriate**

*Untreated infections, whether in the ear, sinuses, or teeth, can quietly spread to the brain and become life-threatening.*

In a race against time, doctors at RAK Hospital saved the life of a 32-year-old Indian expatriate laborer after discovering a rare, fast-growing brain infection called a brain abscess, a painful, pus-filled swelling in the brain caused by infection that can rapidly worsen if untreated. The patient, who had been suffering from severe headaches, neck pain, and fever for a week, underwent emergency brain surgery that prevented potentially fatal complications.



An emergency suboccipital craniectomy (a procedure involving temporary removal of a section of the skull to facilitate drainage of the abscess) was undertaken without delay. The intervention proved successful, with the patient showing marked improvement within hours. He subsequently achieved a full recovery and has returned to his regular activities free of complications.

The patient conveyed profound appreciation for the hospital's exemplary care, underscoring the compassion and professionalism of the medical and support teams during a particularly distressing time in his life.

Although rare, brain abscesses may arise from untreated infections elsewhere in the body, especially in the ear, sinuses, or oral cavity, and can spread via the bloodstream to the brain. Notable warning signs include persistent fever, severe headache, nausea, and neck stiffness. Medical professionals advise against dismissing these symptoms or relying solely on over-the-counter remedies. Prompt imaging and appropriate surgical intervention remain essential to improving clinical outcomes.

The patient arrived at RAK Hospital's emergency department with a high fever and stiffness in his neck, symptoms that can signal serious infections affecting the brain. An initial MRI scan revealed a mass lesion (abnormal growth/swelling) in the cerebellum, the part of the brain controlling balance and coordination.

Despite initial treatment, his condition worsened rapidly. A second MRI with contrast confirmed it was a brain abscess, a pocket of pus caused by infection, surrounded by dangerous swelling. If left untreated, it could have led to meningitis (infection of the brain's protective lining), hydrocephalus (fluid build-up), stroke, or even death.

Though not commonly diagnosed, brain abscesses present significant diagnostic challenges due to their symptom overlap with more frequently encountered conditions such as migraine or cervical spondylosis. In this instance, the concurrent appearance of fever and neurological signs heightened clinical vigilance, enabling the doctor to respond swiftly and accurately.



**Dr. Tinku Jose Kurisinkal**  
Consultant Neurosurgeon  
MBBS, MS, MCh, Dip. Spine

## News

### Specialized ankle surgery at RAK Hospital helps young man regain mobility after years of pain



**Khaleej Times – Tue 1 Jul 2025**

After nearly three years of pain and withdrawing from sports and daily life, 28-year-old Samuel Tyler can now walk and run freely. A lingering football injury had caused repeated ankle issues and falls, limiting his mobility. His breakthrough came at RAK Hospital, where Dr. Bharath Patil diagnosed him with chronic lateral ankle instability-a condition many are unaware of.

### Cortisol cocktails promising stress relief are trending – but do they work?



**The National, July 04, 2025**

“Coconut water is rich in electrolytes like potassium, which supports hydration and may help reduce stress-related fatigue,” says Dr Hala Youssef Hamdy, specialist endocrinologist at RAK Hospital.

### UAE travel: Long flights could increase blood clot risks, doctors warn



**Khaleej Times – Sun 6 Jul 2025**

“Pulmonary embolism often starts as a blood clot in the leg, deep vein thrombosis (DVT), which can travel to the lungs and block blood flow,” said Dr Suha Alsheikh Suleman, specialist pulmonologist at RAK Hospital. “Long-haul flights increase this risk significantly, especially in people who are obese, pregnant, have respiratory or cardiac issues, or a history of clots.”

## Events

### NICU Meet & Greet: A Heartwarming Connection

RAK Hospital hosted a special NICU Meet & Greet, bringing together our medical team and families of newborns who received care in our Neonatal Intensive Care Unit. The event celebrated strength, gratitude, and the bonds formed through compassionate care.





## Events

### Health Screenings

#### At RAK ICC



### Mobile Bus Campaigns

#### Health Screening

#### Health Checkup at EPDA RAK



## Promotions

**تعرف على فريق  
أخصائيين العيون لدينا**

الدكتورة لائل عيسى  
الطبيبة أخصائية العيون

الدكتور إبراهيم عبد الحكيم  
الطبيب أخصائي العيون

قسم طب العيون

**Understanding Stroke**

A stroke occurs when the blood flow to a part of the brain is interrupted, affecting how brain cells function. Timely support and medical care can help reduce its long-term impact and support recovery.

**IT'S MORE THAN SEASONAL**

Allergic Rhinitis is an overreaction of your immune system to allergens like dust, pollen or pet dander. It's not just a seasonal thing, it can affect your daily life if left unmanaged.

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- Hepatocellular and Cholangiocarcinoma
- Amphibiotic Disease

**Language Spoken:** English, Arabic, French, Urdu, Hindi & Tamil

**Working Hours:** 11 July 2025, 10:30 AM - 4:00 PM

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