

How Your Oral Health Directly Impacts Your Whole Body

A healthy smile isn't just cosmetic – it's a cornerstone of overall wellness.

DEPARTMENT
OF DENTAL



Most people visit the dentist to prevent cavities or whiten their teeth, but oral health goes far beyond appearances. The condition of your teeth and gums can directly influence your heart, lungs, blood sugar levels, and even pregnancy outcomes. Your mouth is a mirror of your overall health—and often the first place where signs of disease appear.



The Mouth–Body Connection

Your mouth is home to billions of bacteria. While many are harmless, harmful bacteria can thrive without proper care. These bacteria can enter the bloodstream through inflamed gums, potentially affecting organs and contributing to serious health issues.

Health Conditions Linked to Poor Oral Care

1. Heart Disease

- Chronic gum inflammation can accelerate the buildup of plaque in your arteries.
- Studies show that people with gum disease are significantly more likely to experience heart attacks and strokes.

2. Diabetes

- Gum disease makes blood sugar harder to control, and uncontrolled diabetes worsens gum health.
- Maintaining oral hygiene helps stabilize glucose levels, reducing complications.

3. Respiratory Conditions

- Inhaling oral bacteria can trigger or worsen pneumonia, bronchitis, and COPD.
- Older adults and hospitalized patients are particularly at risk.

4. Pregnancy Complications

- Pregnant women with gum disease have a higher chance of premature birth or low birth weight.
- Early dental care and regular check-ups can help protect both mother and baby.

Practical Steps for a Healthier Mouth and Body

- **Brush properly:** Twice daily for at least 2 minutes with fluoride toothpaste.
- **Floss every day:** Remove plaque and food particles that brushing misses.
- **Eat smart:** Include calcium, vitamin D, and antioxidants to strengthen teeth and gums.
- **Avoid tobacco:** Smoking or chewing tobacco dramatically increases risks of gum disease and oral cancer.
- **Regular dental visits:** Professional cleaning every 6 months detects issues before they become serious.



Why RAK Hospital Dental Care Stands Out

At RAK Hospital, our dental specialists focus on more than your teeth – they prioritize your overall health. Using advanced diagnostics, gentle techniques, and a holistic approach, we help prevent oral problems before they affect your body. From preventive care and restorative treatments to cosmetic dentistry, we design a care plan tailored to your health and lifestyle.

A healthy smile is your first step to a healthier life. Protect it, and your whole-body benefits.



DENTAL DEPARTMENT TEAM



Dr. Sudeep Thomas

Specialist Dentistry
& Orthodontics
BDS, MDS, FAGE



Dr. Rohit Alapuzha Mihir

Specialist Endodontist
BDS, MDS in Conservative Dentistry
& Endodontics



Dr. Anurag Singh

Specialist Oral & Maxillofacial
Surgeon
BDS, MDS, FICOI



Dr. Santhini John

Dental General Practitioner
BDS



Dr. Zulfa Mannaa

Dental General Practitioner
BDS



Dr. Nima Sabzchamanara

Dental General Practitioner
BDS

News

Pakistani mother saved in a rare life-threatening cesarean scar pregnancy

The condition leads to uterine rupture, massive internal bleeding and maternal death



Gulf News, Ras Al Khaimah:

Ras Al Khaimah: When 34-year-old Pakistani mother of four, Asma Sami-ur-Rehman, arrived at the Emergency Department of RAK Hospital with abdominal pain and vaginal bleeding, she had no idea her life was at risk.

Recognising the urgency, the hospital's multidisciplinary team, led by Dr. Nilescha Chitre, Specialist, Obstetrics and Laparoscopic Gynecology, moved swiftly to save Asma's life.

UAE resident nearly dies after headache, loses part of skull in life-saving surgery

Because the early symptoms of brain abscesses resemble migraines, flu, or neck pain, many patients dismiss them or rely on over-the-counter painkillers



Khaleej Times, August 02, 2025

Brain abscesses are extremely dangerous and can progress quickly," said Dr Tinku Jose Kurisinkal, consultant neurosurgeon at RAK Hospital. "This patient's condition was critical because the infection had advanced rapidly. The challenge is that their symptoms often mimic less severe conditions. Fortunately, our team acted fast and didn't overlook the signs.

News

Should you update your skincare routine during pregnancy?

Hormonal fluctuations can cause changes including acne, facial pigmentation and stretch marks



The National, August 08, 2025

Collagen and elastin fibres in the dermis can tear,” says Dr Dilruba Begum, specialist dermatologist, RAK Hospital. “These microtears heal over time, but often leave behind stretch marks that may fade but rarely disappear entirely. While not forever altered in function, the texture and appearance of the skin can be changed long-term.

UAE: Doctors see a sharp rise in heat-related illnesses during summer

Experts warn that climate change and prolonged heatwaves are making such cases more common and severe



Khaleej Times – Mon 11 August 2025

We are seeing a noticeable rise in patients presenting with heat-related conditions at our ER,” said Dr. Slavica Vukovic, Specialist in Internal Medicine at RAK Hospital. “These typically include dehydration, heat exhaustion, heat rashes, and in more serious cases, heatstroke.

UAE: 'Biggest losers' to win Dh20,000 in 3-month long diabetes challenge

Nationwide campaign is designed to fight diabetes through lifestyle transformation, education, and medical guidance



Khaleej Times, Monday, August 25, 2025

The RAK Diabetes Challenge has transformed thousands of lives over the years. The 'challenge' is back, building on the success of the past three editions. It offers cash prizes worth Dh20,000 to reward participants who achieve the most significant health improvements. This nationwide campaign is designed to fight diabetes through lifestyle transformation, education, and medical guidance. Registration is free and is now open until August 31.

Case of the Month:

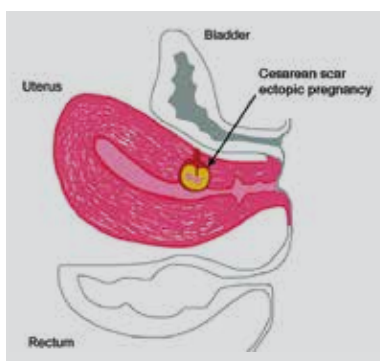
Doctors at RAK Hospital Successfully Treat Rare and Life-Threatening Cesarean Scar Ectopic Pregnancy

DEPARTMENT
OF OBSTETRIC &
GYNAECOLOGY



With C-section deliveries on the rise, experts warn of growing risk of rare and dangerous pregnancies that demand urgent awareness

Asma Sami Ur Rehman, a 34-year-old Pakistani, mother of four arrived at the Emergency Department at RAK Hospital, experiencing abdominal pain and vaginal bleeding. What neither she nor her family expected was the diagnosis of a rare and potentially life-threatening condition: a cesarean scar ectopic pregnancy. This occurs when a fertilized egg implants within the scar tissue of a previous cesarean section.



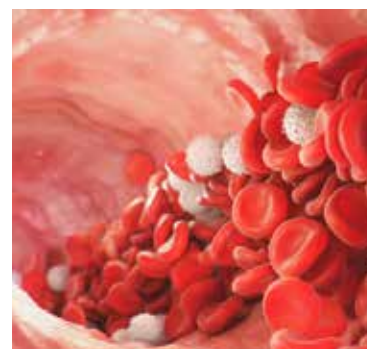
Though exceptionally uncommon, this condition is becoming increasingly important to recognize as the rates of cesarean deliveries continue to rise globally and regionally. If left undiagnosed, a cesarean scar ectopic pregnancy can lead to uterine rupture, severe internal bleeding, and even maternal death.

Following the critical diagnosis, the medical team, led by Dr. Nilescha Chitre, Specialist – Obstetrics and laparoscopic Gynecologist at RAK Hospital, swiftly formulated a comprehensive treatment plan. Given the high-risk nature of the case, informed consent was taken for the possibility of massive bleeding and, in the worst-case scenario, hysterectomy (removal of the uterus).



"This was a critical case. The pregnancy was growing in a very fragile area — the cesarean scar. Had it ruptured, the bleeding could have been catastrophic," explained Dr. Nilescha. "Early diagnosis and a tailored surgical approach made all the difference."

To prepare for any emergencies, 7 units of packed red blood cells and 7 units of plasma were reserved. A multidisciplinary team including vascular, general, and gynecology surgeons stood by ready to assist if complications arose.



Dr Nilescha performed a careful two-step procedure involving diagnostic laparoscopy followed by laparoscopic-guided vaginal suction evacuation. This hybrid technique, chosen after visualizing the bulging gestational sac beneath an intact peritoneal layer, allowed them to avoid disrupting surrounding tissues and minimize blood loss. "To prevent uterine rupture or injury to the bladder, the evacuation was done under direct laparoscopic vision — a method not widely documented in global guidelines because each case is unique," Dr. Nilescha added.

The patient tolerated the procedure well and required no blood transfusion. She also received a single dose of methotrexate to ensure complete resolution of the pregnancy tissue. Her pregnancy hormone levels dropped to below 5 mIU/mL within three weeks, confirming full recovery.

Cesarean scar pregnancy (CSP) accounts for fewer than 1 in 2,000 pregnancies but carries significant risks. With the rise in cesarean deliveries worldwide, the incidence of CSP is quietly increasing, often without public awareness.

Dr. Nilescha urges women, especially those with a history of C-section, to be vigilant. "Many women are unaware of this condition, and its warning signs can be easily overlooked," she said.

RAK Hospital stresses the importance of recognizing symptoms such as persistent or sharp lower abdominal or pelvic pain, unusual vaginal bleeding or spotting in early pregnancy, dizziness or fainting



(which could indicate internal bleeding), shoulder tip pain (a sign of internal bleeding irritating the diaphragm), and painful urination or bowel movements.

"Any woman with a history of cesarean section should have an early ultrasound to confirm the pregnancy location," Dr. Nilescha advised. "Timely diagnosis is key to preventing serious complications."

The patient has since returned home, grateful for the swift and compassionate care she received. Her experience serves as a powerful reminder: early warning signs matter and the right care at the right time can save lives.

Thanking the doctor and the team, Asma's husband, Sami Ur Rehman said, "I would like to extend my

heartfelt gratitude to Dr. Nilescha from the Department of Obstetrics and Gynecology at RAK Hospital for performing a successful surgery on my wife, who was diagnosed with a rare and complex condition. Thank you, Dr. Nilescha, for your exceptional care, compassion, and professionalism throughout this difficult time. Your expertise and dedication made all the difference, and we are truly grateful."



Dr. Nilescha Chitre

Specialist - Obstetrics and Gynecology
MBBS, DGO, DNB, ECAM

Events

Advancing Care with Our New State-of-the-Art MRI Facility

We have launched our newly upgraded, state-of-the-art MRI facility, a significant step forward in advancing our diagnostic imaging capabilities and enhancing patient care.



Events

A New Chapter in Patient Comfort: Refurbished Rooms, Renewed Care

A truly proud moment as we recently unveiled our newly refurbished rooms, thoughtfully redesigned to provide even greater comfort, calm, and care to those who need it most.



Highest Surgeries

369 Surgeries, One Commitment – Quality Care

A truly proud moment as we recently unveiled our newly refurbished rooms, thoughtfully redesigned to provide even greater comfort, calm, and care to those who need it most.



Health Awareness Talk

Health Talk by Dr. Sinclair Malgorzata on Menopause Awareness at The Bay, Al Hamra Golf Club for the Al Hamra community.



Events

Health Screening

At Hampton by Hilton, Ras Al Khaimah



Mobile Bus Campaigns

Nazar Ayeni Screening

Eye checkup at RAK Statistic Department



Health Screening

Health Checkup at RAK Transportation Department



Promotions

