

Kidney Health Matters: Understanding Kidney Disease

Why Your Kidneys Deserve Care

Your kidneys are two small but powerful organs that act as the body's natural filters. They remove waste, balance fluids, regulate blood pressure, and keep bones and red blood cells healthy. But when kidney function declines, toxins and fluids build up, leading to serious health problems.



What is Kidney Disease?

Kidney disease occurs when your kidneys are damaged and cannot perform their essential functions. It often develops silently, with no noticeable symptoms in the early stages. By the time warning signs appear, significant kidney damage may already have taken place.

Common Risk Factors

- Diabetes – the leading cause of kidney disease
- High blood pressure – damages delicate kidney vessels
- Obesity
- Family history of kidney problems
- Smoking and unhealthy lifestyle

Symptoms to Watch Out For

While early stages may not show clear symptoms, later signs can include:

- Persistent fatigue and low energy
- Swelling in feet, ankles, or hands



- Changes in urination (frequency, color, or foaminess)
- Nausea, vomiting, or loss of appetite
- Shortness of breath or chest pain

If you notice these symptoms, consult a doctor immediately.

Did You Know?

- 1 in 10 people worldwide has some form of kidney disease.
- Many don't realize it until advanced stages, when dialysis or transplant may be required.
- Simple annual screenings (blood and urine tests) can detect kidney problems early.

When to See a Specialist

If you are diabetic, hypertensive, or have a family history of kidney disease, regular kidney function tests are essential. Early detection can make all the difference.

Why Early Detection Matter

Identifying kidney disease early through simple blood and urine tests can slow or stop its progression, prevent the need for dialysis, improve cardiovascular health along with the quality of life.

Takeaway Message

Your kidneys work tirelessly every day—take steps to protect them. With awareness, regular screenings, and healthy lifestyle choices, you can significantly reduce the risk of kidney disease and enjoy a healthier, longer life.

RAK Hospital offers comprehensive kidney health screenings and specialized care, including expert nephrology consultations, advanced diagnostic services, and personalized treatment plans to support lifelong kidney wellness.



Dr. Ajinkya Shivaji Patil

Specialist Nephrologist

DrNB Nephrology, PDF Interventional Nephrology (SGPGI), DNB (Med), MBBS



**DEPARTMENT
OF NEPHROLOGY**

News

Mandatory health insurance drives up hospital patient numbers by 25% in Northern Emirates

The insurance provides broader access to treatment for low income workers, say health professionals



The National, Ras Al Khaimah:

Arabian Healthcare Group is hoping to attract new patients, with expansion of its Ras Al Khaimah city hospital and related clinics. Dr Raza Siddiqui, executive director at RAK Hospital, said patient volume has increased by around 7 per cent since mandatory health cover for the Northern Emirates took effect.

Face shapewear: The answer to a defined jawline or beauty gimmick?

Experts weigh in on the efficacy of wrapping the face for a more defined look



The National, August 30, 2025

Gentle, manual techniques such as massage, hydration, movement and proper breathing support this natural process,” says Dr Najam U Saqib, specialist dermatologist at RAK Hospital. “These types of face wraps would only offer temporary support, not real stimulation. Some compression may offer a short-lived de-puffing effect by encouraging fluid movement, but this effect is fleeting and limited to superficial changes.

UAE: Now, trace your family back 5-7 generations with first-of-its-kind saliva, DNA test

RAK Hospital introduces advanced Y-DNA ancestry testing, allowing men to trace paternal lineage, uncover migration patterns, and explore family history across generations



Khaleej Times, Ras Al Khaimah: 12 September 2025

Ancestry testing has been a long-standing practice, and now in the UAE, RAK Hospital has expanded the service with the addition of novel Y-DNA testing that analyses one's DNA or biological blueprint using saliva to uncover family origins, ethnic background, and lineage.

'Don't be misled': UAE doctors call for caution after Trump links paracetamol to autism

Global experts reject US President's claims over use of drug by pregnant women



The Nation, Ras Al Khaimah: 23 September 2025

Dr Waseem Dar, a specialist neurologist at RAK Hospital, said that while studies raising possible links to autism should be assessed, Mr Trump's comments did not take into account crucial gaps in research.

Case of the Month:

Specialized Ankle Surgery at RAK Hospital Helps Young Man Regain Mobility after Years of Pain

DEPARTMENT
OF ORTHOPEDIC
SURGERY



Lesser-known ligament condition addressed through advanced procedure, a first for Northern Emirates

After spending nearly three years in pain and gradually withdrawing from sports and daily activities, 28-year-old Samuel Tyler can finally walk—and run—without fear. A persistent ankle



problem following an old football injury had been limiting his mobility, causing repeated falls and keeping him from the active lifestyle he once enjoyed.

His turning point came when he visited RAK Hospital, where a consultation with Dr. Bharath, Specialist Orthopedic Surgeon, revealed a condition many don't even know exists: chronic lateral ankle instability.

"Many people assume ankle injuries will heal on their own or aren't aware that unresolved ligament damage can lead to long-term instability," said Dr. Bharath, who led the surgery. "This was the first time we performed an advanced lateral ankle ligament reconstruction of this kind in the Northern Emirates, and it's important to raise awareness that such treatment options are now available closer to home — and they can truly change lives. In Mr. Tyler's case, the condition had robbed him of confidence and mobility for nearly three years. He had completely stopped playing sports and lived with a constant fear of his ankle giving way, especially while walking on uneven ground."

After a thorough clinical evaluation and MRI scan, Dr. Bharat and his team performed a Broström repair — an advanced, minimally invasive ankle ligament reconstruction. The procedure, which took about an hour, involved the use of suture anchors, high-strength fiber tapes, and knotless PEEK screws to restore joint stability.

Tyler, who had been relying on braces and bandages for months, opted for surgery after continued discomfort and instability. Following a short recovery period and structured physiotherapy, he is now back on his feet — pain-free and active once again.

What makes this case notable is not just the result — but the awareness it brings to a commonly overlooked issue. According to Dr. Bharat, many young adults, especially athletes and those with active lifestyles,

suffer from recurring ankle sprains and assume it's just part of the game.

"We see patients who've lived with pain for years. They're told to rest, stretch, or wear a brace, but the core problem—damaged ligaments—remains unaddressed," he explained. "Once those ligaments are reconstructed, their quality of life improves dramatically."

The condition, though not widely known, is treatable. It often follows sports injuries—especially in football, rugby, or hiking—where ankle twists and sprains are frequent. If left untreated, it leads to ongoing instability, a higher risk of falls, and long-term joint wear.

RAK Hospital's orthopedics department is now offering this surgical option to similar patients, and Dr. Bharat encourages anyone with chronic ankle pain, especially those who experience repeated twists or a "giving way" sensation, to seek evaluation.

"Surgery is never the first step," he emphasized. "But when conservative treatments don't resolve the issue after several months, it's worth looking at what else can be done."

Tyler, now back to his routine and pain-free, hopes others won't wait as long as he did. "I just wish I had known earlier that there was a fix," he said. "I am extremely happy to have undergone this surgery, which has given me back my active lifestyle."



Dr. Bharath Patil
Specialist Orthopaedic Surgeon
MBBS, MS Orthopaedics

Events

Highlights from Neurosciences CME

A glimpse into our CME on “Neuro Frontiers: Low Back Pain, Stroke & Migraine” where leading neurologists came together to share insights and advancements in the field



Building a Healthier Community, Together.

RAK Human Resources Department and RAK Hospital have joined hands to enhance healthcare services for government employees and their families. This partnership reflects our shared commitment to quality care and to fostering a healthier, stronger community.



Patient Safety Day!

In collaboration with the Ministry of Health & Prevention, we came together to celebrate World Patient Safety Day, emphasizing the importance of safe and effective healthcare practices.



Events



RAK Hospital Partners for Better Health

RAK Hospital Partners with Ras Al Khaimah Department of Knowledge to Deliver Premium Healthcare Services to Students and Educators. This initiative is designed to offer private school students and educational staff, including teachers, administrators, and their families, access to premium medical services under a specially tailored healthcare program offering exclusive benefits to eligible individuals.



Health Awareness Talk

Awareness Health Talk by Dr. Hatem Sabry on Mental Health at RAK Properties



Health talk by Ms. Zobia Amin on Mental Health at Hampton by Hilton Marjan



Events

Health Awareness Talk



Health Talk by Dr. Tarek Jharkas on Coronary Artery Disease & How to Prevent It, organized by the Ministry of Health & Prevention (MOHAP) and the RAK HR Government Department.

Mobile Bus Campaign

Health Screening

Health Checkup at RAK Municipality



Promotions

