

Preventing Colon Cancer: Your Guide to a Healthier Future

DEPARTMENT OF
GASTROENTEROLOGY



Colon cancer—also known as colorectal cancer—is one of the most common cancers worldwide, but the good news is that it's also one of the most preventable. With the right lifestyle choices and regular screenings, you can significantly reduce your risk and protect your long-term health.

Why Prevention Matters

Colon cancer often begins as small, noncancerous growths called polyps in the colon or rectum. These polyps can take years to become cancerous, which means early detection and removal are key. Many people don't experience symptoms until the disease is advanced, making proactive prevention essential.

Common Symptoms of Colon Cancer:

Most people with polyps or early colon cancer have no symptoms. As the disease progresses, one of the symptoms could be:

- Changes in bowel habits
Persistent diarrhea, constipation, or a feeling that your bowel doesn't empty completely.
- Blood in the stool or rectal bleeding
This may appear as bright red blood or darker, tarry stools.
- Abdominal discomfort
Cramping, gas, bloating, or pain that doesn't go away.
- Unexplained weight loss
Losing weight without trying can be a warning sign.
- Fatigue or weakness
Often related to anemia caused by chronic bleeding in the colon.
- A feeling of incomplete evacuation
Even after a bowel movement, you may feel like you still need to go.
- Iron deficiency anemia
Anyone with iron deficiency should urgently undergo colonoscopy and endoscopy to rule out serious conditions in the stomach and colon.

Get Screened Early

Screening saves lives. Colonoscopy is the gold standard for detecting and removing polyps before they turn into cancer. Other options include stool tests and CT colonography. Most guidelines recommend started screening at age 45, or earlier if you have a family history or other risk factors.

Eat Smart for Your Colon

Your diet plays a major role in colon health. A fiber-rich, plant-based diet can help keep your digestive system running smoothly and reduce inflammation.

Colon-friendly foods include:

- Whole grains (brown rice, oats, quinoa)
- Fresh fruits and vegetables (especially leafy greens)
- Legumes (beans, lentils, chickpeas)
- Low-fat dairy and lean proteins

Limit:

- Red and processed meats
- Sugary drinks and snacks
- Excess alcohol

Move More, Sit Less

Regular physical activity helps regulate digestion, reduce inflammation, and maintain a healthy weight—all of which lowers your cancer risk. Aim for at least 30 minutes of moderate exercise most days of the week.

Say No to Smoking and Excess Alcohol

Smoking and heavy alcohol use are linked to increased colon cancer risk. Quitting smoking and moderating alcohol intake are powerful steps toward prevention.

Know Your Family History

If colon cancer runs in your family, you may need earlier or more frequent screenings. Genetic counseling can help assess your risk and guide your prevention plan.

Take Charge Today

Colon cancer is preventable, treatable, and beatable—especially when caught early. By making smart lifestyle choices and staying on top of screenings, you're investing in a healthier future for yourself and your loved ones.

RAK Hospital encourages all adults over the age of 45 to speak with their healthcare provider about colon cancer screening and prevention. Together, we can reduce the impact of this disease and save lives.



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News

“No, Sugar Alone Doesn’t Cause Diabetes”: Expert Session Debunks Widespread Myths around the Condition and Emergencies



Middle East News 247, Tuesday, 7 October 2025

Most people think that eating too much sugar is what causes diabetes. But as Dr. Zara Ahmed, Emergency Medicine Specialist at RAK Hospital, explained in a compelling webinar held as part of the RAK Diabetes Challenge 2025, the truth is far more complex and understanding it can quite literally save lives.

UAE: AI could slash diabetes treatment costs by up to sixfold, transform chronic care

AI-driven care models have led to significant reductions in both healthcare expenses and HbA1c levels for diabetic patients



Khaleej Times, Wednesday, 8 October 2025

Dr Raza Siddiqui, CEO of RAK Hospital, shared that AI-driven care models have led to significant reductions in both healthcare expenses and HbA1c levels for diabetic patients. However, he noted a structural challenge: hospitals and clinics are still not rewarded for preventing admissions.

UAE: Why more patients are turning to Homeopathy for mental health support

Homeopathic remedies offer a gentle and holistic form of care with little to no risk of side effects, say doctors



Khaleej Times, Friday, 10 October 2025

Dr Harkirat Singh Wilkhoo, Health and Lifestyle Coach and Specialist Homeopath at RAK Hospital, noted that homeopathic remedies offer a gentle and holistic form of care with little to no risk of side effects.

10-Minutes Post-Meal walk could be the key to better Diabetes Management, says RAK Hospital expert



Middle East News 247, 15 October 2025

This was the powerful message shared by Dr. Shahdan Kotb, Specialist Physiatrist at RAK Hospital, during the latest session of the RAK Diabetes Challenge’s “Diabeat” webinar series, which focused on the crucial role of exercise in managing diabetes effectively.

Not just flu: UAE residents warned of spike in seasonal illnesses, allergies as temperature drops

Doctors report surge in viral, respiratory, gastro infections as cooler weather arrives



Gulf News, Monay, 27 October 2025

"During seasonal transitions in the UAE, especially from summer to winter and vice versa, residents often experience a spike in various illnesses like flu and gastroenteritis due to abrupt temperature changes, humidity fluctuations and increased indoor gatherings," said Dr Zara Ahmed, specialist emergency medicine at RAK Hospital in Ras Al Khaimah.

Case of the Month:

RAK Hospital Saves Young Patient's Smile with Non-Surgical Root Canal Retreatment

DEPARTMENT
OF DENTISTRY



Ultrasonic activation helps save teen's teeth, avoiding surgery and preserving her natural smile.

Advanced irrigation protocols, particularly ultrasonic activation, are transforming the way complex root canal retreatments are managed—often eliminating the need for surgery. A recent case at RAK Hospital's Dental Department demonstrates this innovative approach, where a 14-year-old Belarusian girl's infected tooth was successfully treated using a conservative, non-surgical method, all in a single visit.



The patient arrived at RAK Hospital with severe pain and swelling in the lower left jaw. The symptoms began shortly after a root canal procedure at another clinic and had progressively worsened. Clinical examinations and X-rays revealed a periapical lesion, an underfilled root canal, and signs of post-treatment infection—conditions that can often lead to surgical intervention if not addressed promptly.

Recognizing the need for swift and effective treatment, Dr. Nima Sabzchamanara, our Dental Practitioner, opted for a non-surgical retreatment strategy. The previously treated canal was carefully re-accessed and instrumented, followed by activation of sodium hypochlorite (NaOCl) using passive ultrasonic irrigation (PUI). This advanced technique allows the disinfectant to penetrate deeper into the canal system, improving cleaning efficiency and eliminating infection more effectively than traditional irrigation methods. Complete drainage of the purulent material was achieved, and the patient tolerated the procedure well, reporting significant pain relief almost immediately. No post-operative flare-up was observed.

By the end of the session, the patient was pain-free and asymptomatic. She is scheduled for root canal obturation during her next visit to permanently seal the tooth. Follow-up appointments will monitor periapical healing. According to Dr. Nima, "In pediatric patients, timely conservative retreatment can make all the difference. Our goal was to manage the infection

without surgery, preserving the tooth structure and ensuring the child's comfort."

This case highlights how modern irrigation techniques, especially ultrasonic activation, can dramatically improve the outcomes of non-surgical root canal retreatments, even in previously failed cases. By enhancing disinfection, these protocols often prevent the need for surgery, reduce recovery time, and maintain natural tooth integrity—particularly valuable in younger patients. Dr. Nima added, "We often see young patients referred for surgical options when conservative methods could still succeed. With the right tools and timely intervention, we can save teeth, smiles, and avoid unnecessary trauma."



RAK Hospital continues to lead evidence-based dental care by combining clinical expertise with advanced technology. This case underscores the importance of early intervention, accurate diagnosis, and modern techniques in managing complex infections—preserving not only teeth, but also confidence and quality of life.



Dr. Nima Sabzchamanara
Dental General Practitioner
BDS

Events

RAK Hospital & RAKEZ Signed Strategic MoU

RAKEZ & RAK Hospital have joined hands to enhance healthcare services for RAKEZ employees & their families. This partnership reflects our shared commitment to quality care and to fostering a healthier, stronger community in Ras Al Khaimah



Health Awareness Talks

Women Health Talk by Dr. Jaspreet in Collaboration with Al Hamra Medical Center at The Ritz Carlton (Al Hamra)



Breast Cancer Health Talk by Dr. Shaimaa at RAK Properties



Breast Cancer Health Talk by Dr. Shaimaa at Union Cement



Breast Cancer Health Talk by Dr. Jaspreet at Delhi Private School



Nutrition Health Talk by b Ms. Ruba Elhourani at Ibn Aqyaam school



Events

Health Awareness Talks

Breast Cancer Health Talk by Dr. Malgorzata Sinclair at Wynn Resort



Mental Health Talk by Ms. Zobia Amin at Rixos Al Mairid



Breast Cancer Health Talk by Dr. Malgorzata Sinclair at The Ritz Carlton - Al Wadi



Breast Cancer Health Talk by Ms. Cora Mehta at Cove Rotana Hotel



Breast Cancer Health Talk by Ms. Cora Mehta at Raddison Blu Hotel



Breast Cancer Health Talk by Dr. Nazli Tariq at RAK American Academy



Mobile Bus Campaigns

Nazar Ayeni Screening

Eyes checkup campaign with MOH and RAK HR Government Department at AWQAF



Events

Mobile Bus Campaigns

Health Screening

Health Checkup at UAQ Creek waterfront



Promotions

Hair Transplant Made Simple
With Advanced FUE Transplant

- No Scar
- Permanent Solution
- Lasting Result
- Performed by Certified Specialists

Transform Your Look

Book Your Consultation Today
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A Healthy Pregnancy Starts with the Right Care

Join RAK Hospital's Antenatal Care Clinics and learn everything you need to know for a safe and confident journey to motherhood

- Learn what to expect in each trimester
- Get guidance on labor, delivery & pain management
- Discover newborn care & breastfeeding basics
- Connect with other parents-to-be in a warm, supportive setting

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BREAST CANCER AWARENESS MONTH

Strength in Pink, Hope in Every Heart



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