

JANUARY 2026



RAK HOSPITAL

رَأْكُ هُوْسْپِيْت

HAPPY
2026
NEW YEAR



DID YOU KNOW?

Anxiety often shows up quietly – through restlessness, tiredness, or tension – and it's okay to pause and listen

Managing Anxiety in a Fast - Paced World

In today's fast-moving world, anxiety has become one of the most common health concerns. From demanding work environments to personal responsibilities and constant digital exposure, prolonged stress can take a significant toll on both mental and physical well-being.

Understanding Anxiety

Anxiety is the body's natural response to perceived stress or threat. While short-term anxiety can be helpful, chronic anxiety may affect the immune system, sleep quality, heart health, digestion, and concentration. If left unaddressed, it may contribute to conditions such as hypertension, chronic fatigue, and gastrointestinal discomfort.



Common Symptoms to Watch For

Anxiety can present differently in each individual. Some common signs include:

- Persistent worry or restlessness
- Sleep disturbances or daytime fatigue

- Palpitations, shortness of breath, or muscle tension
- Headaches, digestive discomfort, or difficulty focusing

Recognizing these symptoms early allows for timely support and better outcomes.

Evidence-Based Ways to Manage Anxiety

- Regular physical activity, which helps regulate stress hormones
- Mindfulness and breathing techniques, known to calm the nervous system
- Balanced nutrition and adequate hydration, supporting overall brain function
- Consistent sleep routines, essential for emotional regulation

When to Seek Professional Support

Consider reaching out for professional help if anxiety:

- Interferes with daily activities or work performance
- Persists for several weeks
- Causes physical symptoms without a clear medical explanation

Support may include counseling, cognitive behavioral therapy, stress-management programs, or other treatments recommended by a qualified professional.

A Gentle Reminder

Prioritizing mental health is an important part of overall healing. When we recognize and address anxiety early, we create space for comfort, confidence, and a better quality of life.

If you or someone you care about is experiencing ongoing anxiety, consulting a healthcare professional can help identify appropriate support and treatment options.



DEPARTMENT OF
PSYCHIATRY, PSYCHOLOGY
& COUNSELING UNIT



Experts Who Restore More Than Health!

PSYCHIATRY, PSYCHOLOGY & COUNSELING UNIT



Dr. Fatma Ezzat

Specialist Psychiatrist
MBBS, Master's Degree in
Neuropsychiatry

Speciality: Psychiatry,
Psychology & Counseling Unit

**Over 10 years of clinical
experience**



Ms. Zobia Amin

Clinical Psychologist
MS Clinical Psychology

Speciality: Psychiatry,
Psychology & Counseling Unit

**Over 11 years of clinical
experience**

MEET OUR NEW DOCTORS



Dr. Prabhu Prasad N.C

Specialist Pulmonologist
MBBS, MD, DNB, Post-Doctoral
Fellowship in Pulmonology (CMC,
Vellore) focusing on Interventional
Pulmonology, European Diploma in
Adult Respiratory Medicine
(Switzerland)

Speciality: Psychiatry,
Psychology & Counseling Unit

**Over 11 years of clinical
experience**



Dr. Adnan Shariq

Consultant Neurosurgeon
MBBS, MS, MCH Germany

Speciality: Neurosciences

**Over 14 years of clinical
experience**

Specializations:

- Clinical Pulmonology
- Interventional Pulmonology
- Bronchoscopy (EBUS, Rigid, Flexible)
- Sleep-Disordered Breathing / NIV
- Transplant Pulmonology
- Palliative Pulmonology
- Medical Thoracoscopy
- Pleural Diseases & Procedures (IPC, Pleural Vent)
- Pulmonary Rehabilitation
- Severe Asthma Management (Biologics)

Specializations:

- Brain & Spine Tumors
- Brain and Spine Trauma
- All types of Intracranial Hematomas
- Microdiscectomy Lumbar and Cervical
- Spinal instrumentation including percutaneous fixation
- Brain Aneurysms
- Management of Hydrocephalus
- Implant of Baclofen Pump for Spasticity
- Spinal Cord Stimulator Implantation



EVENTS GALLERY

Health Screening Campaign at Wynn Resort

RAK Hospital conducted a health screening initiative at Wynn Resort, in collaboration with Ms. Ruba Elhourani.



Health Screening Campaign at UAQ

A health screening campaign was conducted in UAQ as part of the Saed 3 crisis management training, in collaboration with the MOH Umm Al Quwain and the Red Crescent teams from UAQ, Qatar, Kuwait, Oman, Saudi Arabia, and Bahrain.





BEHIND THE SCENES AT OUR HOSPITAL





YOUR MONTHLY BOOST

“Quote of the Month”

66

**Every small act of care
helps someone heal.
Kindness is just as
important as skill.**

Did You **KNOW?**

Coffee was discovered by Goats!

Legend says coffee was first discovered in Ethiopia over 1,000 years ago, when a shepherd named Kaldi noticed his goats becoming unusually energetic after eating red coffee berries.

Monks later brewed the berries into a drink that helped them stay awake during long hours of prayer—making coffee one of the earliest natural “energy boosters.”

Coffee cultivation and trade began in Yemen in the 15th century, spreading across the Arab world before reaching the rest of the globe. Today, coffee is one of the most traded commodities worldwide, second only to oil.

Your Health Checklist



3 Cardiology Signs You Shouldn't Ignore!

1. Chest Discomfort

- Pressure, tightness, heaviness, or burning.
- May spread to arm, jaw, back, or neck.

2. Shortness of Breath

- Breathlessness during routine activities.
- Difficulty breathing at rest.
- Waking up suddenly feeling breathless.

3. Unexplained Fatigue or Palpitations

- Sudden tiredness or weakness.
- Light-headedness or near-fainting.
- Racing, irregular, or pounding heartbeat.



CommonSpirit
International
A Strategic Alliance

The logo for Arabian Healthcare Group LLC. It features a stylized diamond shape composed of a grid of smaller squares, with a purple-to-white gradient. Overlaid on the diamond is the acronym "AHG" in a large, white, serif font. Below the diamond, the words "Arabian Healthcare" are written in a purple, cursive, sans-serif font, followed by "GROUP LLC" in a smaller, purple, sans-serif font.



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