



HAPPY  
**2026**  
NEW YEAR



## 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”

“

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

**#interesting facts**  
**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.

