



**RAK HOSPITAL**  
Premium Healthcare. Premium Hospitality

# PULSE

NEWSLETTER

February 2026



**A MULTI SPECIALITY TERTIARY CARE HOSPITAL**




**DID YOU KNOW?**

Once vision is lost due to glaucoma, it cannot be restored, but early detection can prevent further damage.

# Glaucoma: The Silent Thief of Vision

Glaucoma is one of the leading causes of irreversible blindness worldwide. What makes glaucoma especially dangerous is that it often develops without pain or early warning signs, gradually damaging vision over time. Many people are unaware they have the condition until significant vision loss has already occurred.



### What Is Glaucoma?

Glaucoma is a group of eye diseases that damage the optic nerve, which is essential for clear vision. This damage is commonly caused by increased pressure inside the eye (intraocular pressure), although glaucoma can also occur with normal eye pressure.

### Why Glaucoma Is Dangerous

Glaucoma usually affects peripheral (side) vision first, making it difficult to notice in the early stages. As the disease progresses, vision loss becomes permanent and can eventually lead to blindness if left untreated.

### Who Is at Risk?

- You may be at higher risk of developing glaucoma if you:
- Are over the age of 40
  - Have a family history of glaucoma
  - Have diabetes or high blood pressure
  - Use long-term steroid medications
  - Have high eye pressure or thin corneas

### Early Detection Can Save Your Sight

Although glaucoma cannot be cured, early diagnosis and proper treatment can slow or prevent further vision loss. Regular eye check-ups are the only way to detect glaucoma early—before noticeable symptoms appear.

### How Is Glaucoma Diagnosed?

A comprehensive eye examination may include:

- Eye pressure measurement
- Optic nerve evaluation
- Visual field (side vision) testing
- Corneal thickness measurement

These tests are painless and take only a short time to perform.

### Treatment Options

Treatment focuses on controlling eye pressure and may include:

- Prescription eye drops
- Oral medications
- Laser procedures
- Surgical treatment when required

With proper management and regular follow-ups, most patients with glaucoma can maintain functional vision for life.

### Protect Your Vision

If you are at risk—or over the age of 40—schedule regular eye examinations. Glaucoma may be silent, but its impact is permanent if ignored.

Early detection is the key to saving your sight.



**DEPARTMENT OF OPTHALMOLOGY**

# Experts Who Care for Your Vision!

## OPHTHALMOLOGY



**Dr. Archana Sood**

Specialist and Head  
of Department  
MBBS, MS Ophthalmology

**Speciality:** Ophthalmology

**Over 28 years of clinical  
experience**



**Dr. Brahim Abdellaoui**

Specialist Ophthalmologist  
MS Clinical Psychology

**Speciality:** MBBS, MS Ophthalmology,  
Subspecialty Retina Surgery,  
Member of the European Society  
of Retina Specialists, Member of the  
French Society of Ophthalmology

**Over 8 years of clinical  
experience**

## MEET OUR NEW DOCTOR



**Dr. Sherif Abdelsamie**

Specialist Critical Care Medicine  
MBBCH, Master's in Critical Care  
Medicine, MD in Critical Care  
Medicine (PhD), European Diploma  
in Intensive Care (EDIC), ESICM,  
MRCEM (UK), MRCP Part 1 &  
2 Written (UK), MRCP SCE Acute  
Medicine (UK)

**Speciality:** ICU & Critical Care

**Over 15 years of clinical  
experience**

### Specializations:

- Critical Care Medicine (ICU)
- Cardiothoracic Surgery Critical Care
- Neurosurgical Critical Care
- Renal (Kidney) Critical Care
- Diabetic Emergencies Management
- Surgical Critical Care
- Advanced Life Support
- Invasive Monitoring
- Multidisciplinary ICU Management
- Management of Life-Threatening and  
Complex Emergencies



## EVENTS GALLERY

### Antenatal Classes for Expecting Parents

Antenatal classes were held on 11 & 18 January 2026, covering pregnancy changes, childbirth preparation, and newborn care, to help expecting parents feel informed and confident throughout their journey.



### SAHI Health Screening at RAK Academy

RAK Hospital organized a SAHI Health Screening at RAK Academy, providing essential health checks and promoting early detection and preventive care among participants.





## EVENTS GALLERY

### SAHI Health Screening at St. Mary's Private High School

RAK Hospital organized a SAHI Health Screening at St. Mary's Private High School, supporting preventive healthcare and early health awareness among participants.



### RAK Hospital Re-Accredited by Temos International

Proudly achieved under the leadership of our CEO, Dr. Ashendu Pandey. This milestone reflects the dedication of our entire RAK Hospital family. Thank you for your commitment and passion.





## EVENTS GALLERY

### Nazar Ayeni Eye Health Awareness Campaign

RAK Hospital organized the Nazar Ayeni Campaign at the RAK Civil Aviation Department, in collaboration with the Ministry of Health and the RAK Government HR Department, to promote eye health awareness.



### Healthy Living Talk at RAK American Academy

Ms. Ruba Elhourani conducted a health talk at RAK American Academy, promoting wellness and sharing practical tips on weight management and healthy living.





## **BEHIND THE SCENES AT OUR HOSPITAL**





## YOUR MONTHLY BOOST

### “Quote of the Month”

“  
Believe you can and  
you’re halfway there.  
You got this!”

Mental Wellness Reminder



### Your Health Checklist



### Your Mouth is Warning You Don't IGNORE!



**Bad breath that never leaves**  
That's not embarrassing — that's infection.



**Bleeding when you brush**  
Blood is not normal. It's a red alert.



**Swollen, painful gums**  
Inflammation means damage is already happening.



**Sores that refuse to heal**  
If it lasts more than 2 weeks, ignore it at your risk.



**Pain with hot or cold**  
That sharp shock? Your enamel is gone.



**A toothache you keep “tolerating”**  
Pain means decay. Delay means root canal or worse.

**Teeth don't fail silently. They scream first.  
Listen before it's too late.**

## # Did You KNOW

Interesting facts

### Why Hearing Your Name Instantly Grabs Your Attention

Even in a crowded room full of conversations, background noise, and distractions, your brain has a remarkable ability to pick out one thing instantly - your own name. This phenomenon is known as the “cocktail party effect.”

When someone says your name, a special part of your brain called the temporo-parietal junction becomes active. This region is involved in attention, self-recognition, and awareness. It's your brain's way of saying, “This is important - pay attention!”

What makes it fascinating is that:

- Your brain filters out most background noise automatically.
- But your name is treated like a priority signal.
- Even if you're not consciously listening, your brain is always scanning for it.

It's a reminder of how deeply personal identity is wired into our minds.