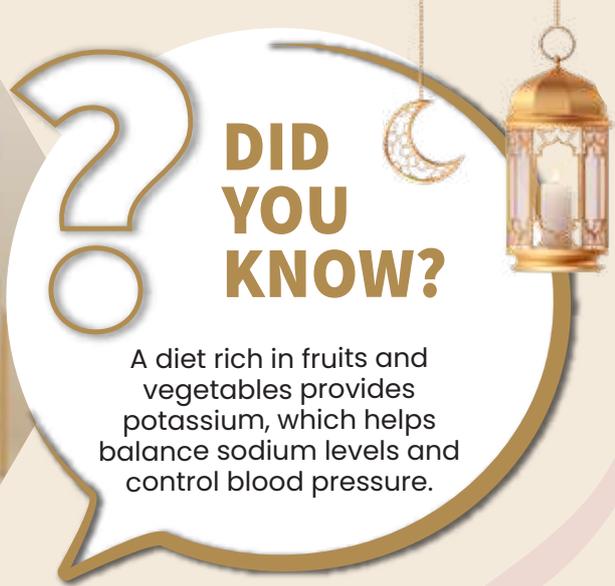




رمضان كريم

Ramadan Kareem



DID YOU KNOW?

A diet rich in fruits and vegetables provides potassium, which helps balance sodium levels and control blood pressure.

Mindful Eating: Your Secret Weapon to Lower Blood Pressure

Eating isn't just about food — it's about how you eat. Small mindful habits can help lower blood pressure, reduce stress, and improve digestion.

What is Mindful Eating?

Mindful eating comes from mindfulness practices and focuses on:

- **Awareness:** Notice what you eat, how much, and how it makes you feel.
- **Presence:** Avoid distractions like phones, TV, or work during meals.
- **Intentionality:** Eat when hungry, stop when full, and choose foods that nourish your body.

Key Principle: It's not just about "what" you eat, but "how" you eat.

How Mindful Eating Supports Blood Pressure Control

1. Reduces Stress-Related BP Spikes

- Eating mindfully signals your body that it's safe to relax.
- Deep breathing and focused eating activate the parasympathetic nervous system ("rest and digest").
- This helps lower temporary spikes in blood pressure caused by stress.

2. Prevents Overeating

- Eating slowly gives your brain time to register fullness (usually 15–20 minutes).
- Less overeating less sodium and calorie intake better long-term BP management.

3. Improves Nutrient Absorption

- Chewing food thoroughly and eating without rushing allows better digestion.
- Nutrients like potassium, magnesium, and fiber (essential for BP control) are absorbed more efficiently.

4. Reduces Hidden Sodium Intake

- Mindful eaters notice flavors and rely less on added salt or high-sodium condiments.
- Herbs, spices, lemon, garlic, and sesame oil become the main flavor enhancers instead of salt.

5. Encourages Better Food Choices

- When paying attention to taste, texture, and satiety, people naturally choose balanced meals with fruits, vegetables, whole grains, and lean proteins — all supportive of healthy BP.

Practical Mindful Eating Tips

Before Eating:

- Sit down, unclench your jaw, relax shoulders.
- Take 2–3 deep breaths, noticing the calm in your body.

During Eating:

- Chew each bite 15–20 times; enjoy the flavors and textures.
- Put down your fork between bites.
- Avoid multitasking (phones, work, TV).
- Pay attention to your body's fullness cues — stop eating when satisfied, not stuffed.

After Eating:

- Pause for a moment before reaching for more food or coffee.
- Notice how your body feels — energized, calm, or still hungry.

Tip for Coffee Lovers:

- Caffeine can temporarily raise BP. Drinking mindfully (slow sips, after a meal, avoid empty stomach) reduces spikes.

Mindful Eating & Ramadan

For patients observing fasting:

- Break fast gently with 1–3 dates + water.
- Take 5–10 mins before starting the main meal — gives the body time to adjust.
- Focus on portion control and balanced meals: lean protein, vegetables, slow carbs.
- Avoid overeating after fasting — mindful eating helps prevent spikes in BP, sugar, and weight gain.



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EXPERTS WHO CARE FOR YOUR NUTRITION

CLINICAL NUTRITION & DIETETICS



Ms. Ruba Elhourani

Clinical Dietician & Head of Nutrition Department
Bachelor of Science in Nutrition & Dietetics, Diabetes Educator

Speciality: Clinical Nutrition & Dietary Department

Over 10 years of clinical experience



Ms. Alaa F.A. Alatrash

Clinical Dietician
Bachelor Degree in Clinical Nutrition & Dietetics

Speciality: Clinical Nutrition & Dietary Department

Over 7 years of clinical experience

MEET OUR NEW DOCTORS



Dr. Abdul Salim Khan

Consultant Interventional Cardiologist
MBBS, MD, MRCP (UK),
FRCP (Edinburgh)

Speciality: Cardiology & Interventional Cardiology

Over 20 years of clinical experience



Dr. Amany Kamal Makhlof

Specialist Radiologist
MBChB, MSc (Radio-diagnosis),
FRCR

Speciality: Radiology & Imaging

Over 14 years of clinical experience



Dr. Mritunjaya Sharma

Specialist Pediatrics
MBBS, MD (Pediatrics)

Speciality: Paediatrics & Neonatology

Over 20 years of clinical experience



Dr. Vinodh Kumar

Consultant Urologist
MBBS, MS (General Surgery),
MCh (Urology), Fellowship in
Minimal Access Surgery

Speciality: Urology

Over 12 years of clinical experience



EVENTS GALLERY



Coffee Morning with Moms at RAK Hospital

RAK Hospital organized a warm and wonderful Coffee Morning with Moms. Sharing smiles, stories, and expert insights on motherhood, health, and wellness because every mom deserves care, connection, and a little coffee break.



Health Screening at Higher Colleges of Technology

RAK Hospital organized a health screening at Higher Colleges of Technology, promoting preventive care and wellness awareness.





BEHIND THE SCENES AT OUR HOSPITAL

Ramadan Kareem





YOUR MONTHLY BOOST



“Quote of the Month”

“

Healthy choices today create a stronger tomorrow.
 ”

#interesting facts Did You **KNOW?**



HAVE YOU EVER WONDERED HOW EXTRAORDINARY THE ORDINARY WORLD CAN BE?

The Honeybee's Secret Language

While a honeybee may look like it's simply buzzing from flower to flower, it's actually part of a brilliant communication system. Honeybees share the location of the best flowers through a special movement called the “waggle dance.”

With precise waggles, angles, and rhythms, a bee can tell its entire colony exactly where to find the richest nectar. The direction of the dance shows where to fly, the speed of the waggle reveals how far to go, and the pattern acts like a map—guiding thousands of bees to the same destination with astonishing accuracy, even kilometers away.

It's nature's own GPS, perfected long before humans invented satellites.

Your Health Checklist



Red Flags - You Shouldn't Ignore This Ramadan



Persistent Abdominal Pain

Ongoing or recurring pain during fasting or after meals may indicate an underlying gastrointestinal issue.



Increased Reflux or Heartburn

If acidity worsens during Ramadan, it's important to monitor it and seek guidance if symptoms persist.



Changes in Bowel Habits

Constipation, diarrhea, or unusual bloating that continues for several days should not be overlooked.



Difficulty Swallowing

A feeling of food getting “stuck” or trouble swallowing requires medical evaluation.



Signs of Gastrointestinal Bleeding

Black stools, vomiting blood, or unexplained fatigue are red-flag symptoms that need immediate attention.



Medication Timing Review

Ensure your GERD, ulcer, IBS, or IBD medications are taken at the correct times during fasting hours.



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