



RAK HOSPITAL
Premium Healthcare. Premium Hospitality

PULSE

NEWSLETTER

April 2026



A MULTI SPECIALITY TERTIARY CARE HOSPITAL



Early Signs of Prediabetes Most People Miss

Prediabetes is a condition where blood sugar levels are higher than normal but not yet high enough to be diagnosed as Type 2 Diabetes. The challenge is that many people experience subtle symptoms that are often overlooked.

Recognizing these early warning signs can help prevent the condition from progressing into diabetes.



1. Unusual Fatigue

Feeling constantly tired—even after adequate rest—may be linked to fluctuating blood sugar levels. When the body struggles to use glucose effectively, energy levels can drop.

2. Increased Thirst

Frequent thirst can occur when the body tries to flush out excess sugar through urine, causing dehydration.

3. Frequent Urination

If you find yourself needing to urinate more often than usual, especially at night, it could be an early sign that blood sugar levels are elevated.

4. Dark Patches on the Skin

Velvety dark patches on areas like the neck, armpits, or groin may indicate Acanthosis Nigricans, a skin condition often associated with insulin resistance.

5. Increased Hunger

Even after eating, you might feel hungry again quickly because the body's cells are not absorbing glucose properly.

6. Blurred Vision

Temporary blurred vision can occur when high blood sugar causes fluid changes in the eyes.

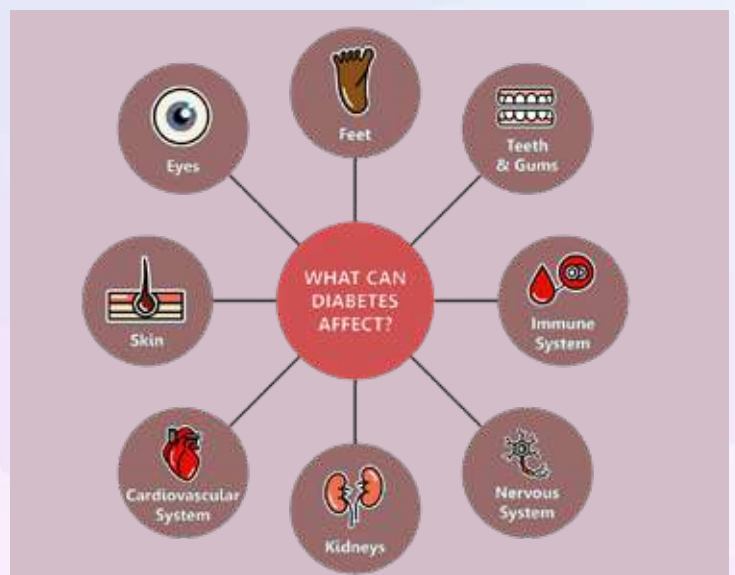
7. Slow Healing of Cuts and Wounds

If small cuts or bruises take longer than usual to heal, it may signal changes in blood circulation and immune response related to rising blood sugar levels.

The Importance of Early Screening

Prediabetes can often be prevented or reversed through early detection and lifestyle changes, including balanced nutrition, regular physical activity, and maintaining a healthy weight.

At RAK Hospital, our specialists provide screening, lifestyle guidance, and personalized care to help you maintain healthy blood sugar levels and prevent complications.





MEET OUR EXPERTS

ENDOCRINOLOGISTS



Dr. Hala Youssef Hamdy

Specialist Endocrinologist
MBBCH, MS, MRCP (UK), SCE of
Endocrinologist and diabetes

Speciality: Endocrinology

Over 33 years of clinical experience



Dr. Bhanu Malhotra

Specialist Endocrinologist
MBBS, MD Internal Medicine,
DM Endocrinology

Speciality: Endocrinology

Over 7 years of clinical experience

What We Treat

- ✓ **Thyroid Disorders** 
- ✓ **Diabetes Management** 
- ✓ **Hormonal Imbalance** 

MEET OUR NEW DOCTOR

Dr. Beebi Ayisha Yakeen

Specialist - Obstetrics & Gynecology
MBBS, MRCOG (UK)

Speciality: Obstetrics & Gynaecology

Over 15 years of clinical experience

Areas of Expertise

- ◆ Benign Gynaecological Surgery – Open and Laparoscopic
- ◆ Hysteroscopic Surgery
- ◆ Colposcopy & Cervical Cancer Screening
- ◆ Urogynaecology & Pelvic Floor Disorders
- ◆ High-Risk Obstetrics & Maternal-Fetal Medicine
- ◆ Reproductive Endocrinology & Infertility Management





WHAT'S
NEW AT
RAK HOSPITAL

Monitor Smarter. Live Better.



Continuous Glucose Monitoring (CGM)

for Smarter Diabetes Care!

Track glucose in real-time
without finger pricks.

Advanced CGM Technology



Pain-free &
easy to use



14-day continuous
tracking



Waterproof for
active lifestyle



No Calibration
Needed



Real-time mobile
update

NOW AVAILABLE!





PATIENT SUCCESS STORIES

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Straight FROM THE Heart

After months of suffering from on-and-off lower abdominal pain, I happened to walk into RAK Hospital.

My deepest gratitude to the incredible team at RAK Hospital. To Dr. Nelisha Chitre, OB/Gyne Specialist, thank you for your compassion, calm reassurance, and exceptional care from the very beginning and throughout my recovery after surgery.

I would also like to extend my gratitude to all the nurses for their patience, kindness, and attentive care.

I will be forever grateful that I found RAK Hospital—a place with advanced medical technology and truly outstanding patient care.

Ms. Grepa, Philippines



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Straight FROM THE Heart

I arrived at the ER with slurred speech, numbness on the right side of my face, chest pain, and a severe headache. It was one of the most frightening moments of my life. I am deeply grateful to Dr. Noushin, the specialist neurologist, for her prompt response, her expertise in providing thrombolysis, and the exceptional care she showed throughout my treatment. I would also like to express my sincere appreciation to all the staff who supported me with kindness and professionalism during this challenging time. Thank you, RAK Hospital.

Kitshiri Jayalal, Sri Lanka





EVENT GALLERY

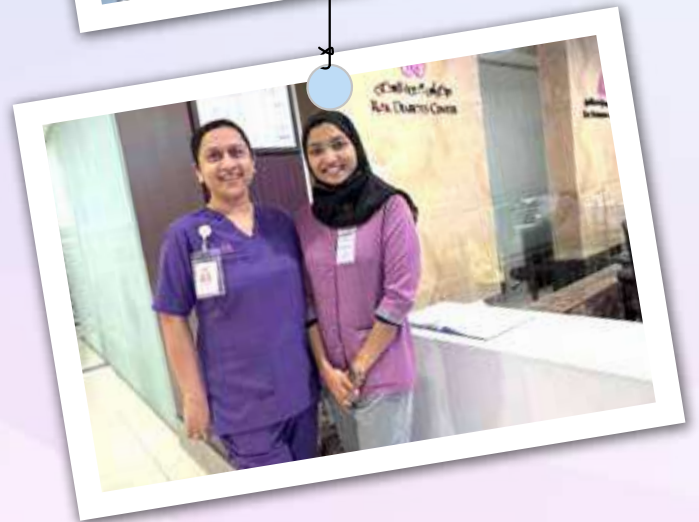
IFTAR FOR CAB DRIVERS

Glimpses from a heartfelt iftar for cab drivers at RAK Hospital. A small gesture of gratitude for those who keep our community moving every day.





BEHIND THE SCENES AT OUR HOSPITAL





YOUR MONTHLY BOOST

“Quote of the Month”

“Tough times don't last. Tough teams do.”

Your Health Checklist



Menopause Red Flags— You Shouldn't Ignore!



Unexplained Bleeding After Menopause

Any vaginal bleeding after 12 months without a period should be evaluated, as it can have several possible causes that benefit from medical assessment.



Severe or Sudden Pelvic or Abdominal Pain

Intense or persistent pain in the lower abdomen or pelvis is not typical of menopause and may signal an underlying condition that needs attention.



Chest Pain, Shortness of Breath, or Palpitations

Heart-related symptoms should never be ignored. These require prompt medical evaluation, especially if they are new or worsening.



Significant Mood Changes or Depression

Severe anxiety, persistent sadness, or emotional changes that interfere with daily life are important to discuss with a healthcare professional.



Noticeable Memory or Cognitive Changes

Mild forgetfulness can happen, but significant or rapidly worsening memory issues should be checked to rule out other causes.



New Breast Changes

Lumps, nipple discharge, or skin changes on the breast should always be evaluated by a healthcare professional.

#interesting facts Did You Know?



YOUR EYES SEE THE WORLD UPSIDE DOWN

Did you know the Human Eye captures images upside down? Light entering the eye forms an inverted image on the retina, but the Human Brain quickly processes and flips it, allowing us to see the world the right way up.



RAK HOSPITAL
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SHEKH KHALIFA EXCELLENCE AWARD



Arabian Healthcare GROUP LLC



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