





DID YOU KNOW?

Your lungs have a surface area roughly the size of a tennis court, helping your body absorb oxygen efficiently every second.

Biologic Therapy: Hope for Patients with Severe Asthma

RESPIRATORY
MEDICINE



Asthma is often thought of as a condition that can be easily controlled with inhalers, but for a significant number of patients, the reality is far more challenging. Severe asthma can disrupt daily life, limit physical activity, and lead to repeated emergency visits despite the use of high-dose inhaled medications. For these individuals, traditional treatments are simply not enough.

Today, however, we stand at the threshold of a major advancement in respiratory care: Biologic Therapy.

Understanding Severe Asthma

Severe asthma is not just “bad asthma.” It is a complex, inflammatory condition where the immune system becomes overactive, causing persistent airway swelling, mucus production, and frequent flare-ups. Many patients rely on repeated courses of oral steroids, which can lead to long-term side effects such as weight gain, diabetes, and bone loss.

This is where biologics are changing the landscape.

The Benefits We See in Patients

For eligible patients, biologic therapy can be life-changing. Many experience:

- Dramatically fewer asthma attacks
- Reduced dependence on oral steroids
- Improved lung function
- Better sleep and energy levels
- Fewer hospital visits
- Greater confidence in daily activities

Most importantly, patients often describe a renewed sense of control over their breathing and their lives.

Who Should Consider Biologic Therapy?

Biologics may be recommended for patients who:

- Have uncontrolled asthma despite high-dose inhalers
- Experience frequent exacerbations
- Have high eosinophil counts or allergic triggers
- Require repeated steroid courses
- Have been hospitalized for asthma in the past year

A thorough evaluation—including blood tests, lung function tests, and allergy assessments—helps determine the right biologic for each patient.



Safety and Monitoring

Biologics are generally well tolerated. The most common side effects are mild and include injection-site reactions or fatigue. Patients are monitored closely during treatment to ensure safety and effectiveness.

If you or someone you know struggles with uncontrolled asthma, consult with our Specialist Pulmonologist for expert care.



MEET OUR EXPERTS

PULMONOLOGIST



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: Respiratory Medicine

Over 13 years of clinical experience

Areas of Expertise

- ◆ 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)

What We Treat

- ✓ **Asthma** 
- ✓ **Pulmonary Disease (COPD)** 
- ✓ **Pneumonia** 
- ✓ **Tuberculosis (TB)** 
- ✓ **Bronchitis** 

MEET OUR NEW DOCTORS



Dr. Ahmed Sharafeldin
Consultant Interventional Cardiologist

Speciality: Cardiology & Interventional Cardiology

Over 17 years of clinical experience



Dr. Niranjani Rajachander
Specialist Obstetrics and Gynecologist

Speciality: Obstetrics and Gynecology

Over 8 years of clinical experience



YOUR HEALTH
OUR PRIORITY

Blurry Vision? 
LET'S FIX THAT!



Trans PRK

Pure Laser Refractive Correction

Comprehensive **Assessment** for **Kids & Adults**



Understand Better
Support Better. Grow Better.



Our Services



IQ
Test



ADHD
Assessment



Autism
Assessment



Specific Learning
Difficulties



PATIENT SUCCESS STORIES



Straight FROM THE Heart

I would like to express my sincere appreciation for the outstanding care provided by Dr. Adnan Shariq, Neurosurgeon. From the thorough pre-operative support to the professionalism during the operation and the attentive post-operative care, the entire experience was exceptional. His expertise and reassuring approach made a significant difference throughout my treatment.

I am also grateful to RAK Hospital, a facility I have trusted for over 11 years, for consistently delivering such high standards of care.

Ms. Lameece, UK



Straight FROM THE Heart

I came to the ER after an injury while playing football. I underwent Achilles Tendon surgery in August 2025 under the care of Dr. Bharath Patil, my Orthopedic Surgeon. The first 2–3 months were tough, I was in a cast and boots, but the team guided me through every stage of recovery with confidence and reassurance.

Today, I'm back to walking and have regained my strength. I'm truly grateful to Dr. Bharath and the RAK Hospital team for helping me get back on my feet.

Mr. Abdulla, UAE





EVENT GALLERY



World Health Day talk in collaboration with the RAK Human Resources Government Department

On World Health Day, RAK Hospital, in collaboration with the RAK Human Resources Government Department, conducted an engaging ergonomics session focused on improving posture, preventing workplace strain, and promoting long-term well-being.



Health talk by Dr. Shahdan Kotb at RAK Properties

Dr. Shahdan Kotb conducted an insightful health talk at RAK Properties, focusing on ergonomics excellence to enhance workplace comfort, boost productivity, and reduce the risk of injuries.



BEHIND THE SCENES AT OUR HOSPITAL





YOUR MONTHLY BOOST

“Quote of the Month”

“
In a world where you can be anything. Be Kind. It’s FREE!
 ”

DID YOU KNOW?



**IMPOSSIBLE TASK:
 YOU CAN'T HUM WHILE HOLDING YOUR NOSE.
 GO ON — TRY IT!**

Your Health Checklist



Red Flags— You Should Never Ignore for Kidney Health!

1

Foamy or bubbly urine

Persistent foam can indicate protein leakage, an early sign of kidney damage.

2

Blood in urine (hematuria)

Pink, red, or tea-colored urine may signal kidney disease, stones, or infection. It always requires medical evaluation.

3

Frequent urination, especially at night

Damaged kidneys may struggle to concentrate urine, causing nocturia.

4

Swollen ankles, feet, or hands

Fluid retention (edema) happens when kidneys fail to remove excess salt and water.

5

Persistent fatigue or low energy

Kidney disease can cause anemia and toxin buildup, leading to constant tiredness.

6

Poor appetite or metallic taste in the mouth

Waste accumulation can cause nausea, vomiting, and taste changes.

7

Back or flank pain

Pain on one side of the lower back may relate to kidney infection, stones, or cysts.



RAK HOSPITAL
 Premium Healthcare. Premium Hospitality



SHEKH KHALIFA EXCELLENCE AWARD



Arabian Healthcare GROUP LLC



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