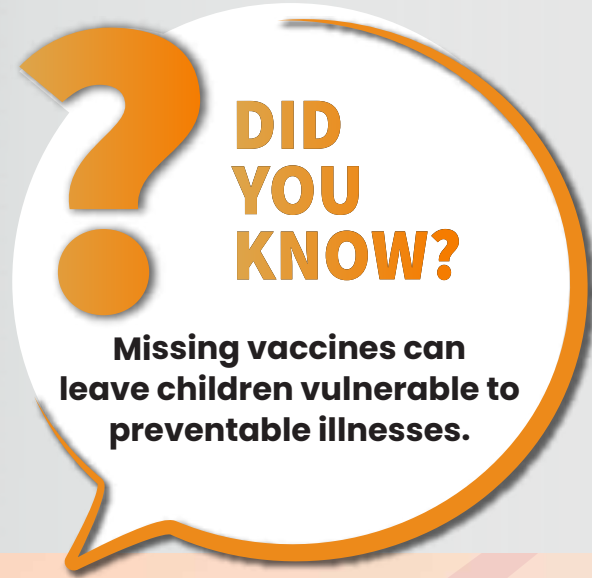




READY SET
Summer!



Vaccination & Immunization: Protecting Infants, Toddlers, & School Age Children

PEDIATRICS &
NEONATOLOGY



Vaccination is one of the most effective ways to protect children from serious infectious diseases. From infancy through school age, each stage of childhood has specific vaccines designed to strengthen immunity and keep communities healthy. Understanding what happens at each age helps parents feel confident and informed.

Infants (Birth to 12 Months)

Infants are especially vulnerable to infections because their immune systems are still developing.

- ▶ **Early protection** — Vaccines given in the first year help guard against illnesses like whooping cough, polio, and certain types of meningitis.
- ▶ **Multiple doses** — Some vaccines require a series of shots to build strong, long-lasting immunity.
- ▶ **Routine checkups** ensure infants stay on schedule and allow parents to discuss any concerns with a healthcare professional.

Toddlers (1 to 3 Years)



As toddlers become more active and social, their exposure to germs increases.

- ▶ **Booster doses** help reinforce immunity built during infancy.
- ▶ **Protection against highly contagious diseases** — Vaccines for illnesses like measles and mumps are especially important as toddlers begin attending nurseries or playgroups.
- ▶ **Monitoring growth and development** during visits also supports overall health.

School-Age Children (4 to 12 Years)



School environments bring children into close contact with others, making immunization essential.

- ▶ **School entry vaccines** help prevent outbreaks of diseases such as measles, chickenpox, and tetanus.
- ▶ **Pre-adolescent vaccines** — As children approach age 11-12, additional vaccines help protect them into their teenage years.
- ▶ **Community protection** — High vaccination rates reduce the spread of illness in classrooms and at home.

Vaccine Safety & What Parents Should Know

Vaccines undergo extensive testing and continuous monitoring to ensure safety.

- ▶ **Common mild reactions** may include temporary soreness or low-grade fever.
- ▶ **Serious reactions are rare**, but any concerns should be discussed with a qualified healthcare professional.
- ▶ Staying informed helps parents make confident decisions about their child's health.

Vaccination is a shared effort that protects not only individual children but entire communities. By following recommended schedules and staying connected with trusted healthcare providers, families can help ensure a healthier future for everyone.



MEET OUR EXPERTS

MEET OUR PEDIATRICIANS



Dr. Ahmed Ateek

Consultant & Head,
Department of Pediatrics



Over **30** years of
clinical experience



Dr. Sundus Khuder

Consultant Pediatrician



Over **20** years of
clinical experience



Dr. Feras Al Hamed

Consultant Pediatrician



Over **8** years of
clinical experience



Dr. Vishal Rajmal Mehta

Specialist Pediatrician



Over **15** years of
clinical experience



Dr. Anil Kumar Shetty

Specialist Pediatrician



Over **16** years of
clinical experience



Dr. Waseem Ahmed

Specialist Pediatrician



Over **27** years of
clinical experience



Dr. Hussein Zammam

Specialist Pediatrician



Over **8** years of
clinical experience



Dr. Mritunjaya Kumar Sharma

Specialist Pediatrician



Over **20** years of
clinical experience

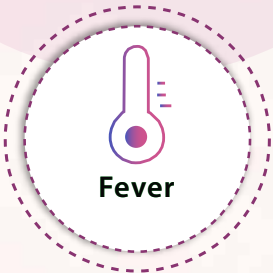
YOUR
HEALTH OUR
PRIORITY

A
HEALTHY CHILD
ENJOYS EVERY
Summer ☀️

Protect them today,
for a worry-free tomorrow.



Shield them from



Fever



Mosquito
Bites



Stomach
Issues



Coughs &
Colds

Expert pediatric care.
Every Season.



Consult our
Pediatrician

SUCCESS STORIES

Straight FROM THE Heart



“

I would like to express my sincere gratitude to Dr. Adnan Shariq and the entire nursing team for the exceptional care and professionalism I received throughout my microdiscectomy journey.

From the initial consultation to the surgery and post-operative care, Dr. Adnan Shariq demonstrated outstanding expertise, patience, and compassion. The doctor took the time to explain every aspect of the procedure, addressed all my concerns, and gave me confidence during what was a very challenging time. Thanks to the successful surgery, my pain has significantly improved, and I am now on the road to recovery.

I would also like to extend my heartfelt appreciation to the nursing staff. Their kindness, attentiveness, and dedication made my hospital stay comfortable and stress-free. They were always available to assist, provide reassurance, and ensure that I received the highest standard of care.

The level of professionalism, teamwork, and genuine concern for patient well-being shown by both the doctor and nursing staff was truly remarkable. I highly recommend Dr. Adnan Shariq and the entire team to anyone seeking exceptional medical care.

Mr. Sahil, India



“

Dr. Bharath made a huge difference in my health experience at a time that was quite scary for me. I broke my wrist in four different places and dislocated it at the same time. I didn't know it then, but the ambulance took me to Saqr Hospital when they arrived at my home. I requested to be transferred to RAK Hospital, and that's when I met Dr. Bharath.

He was incredible, his bedside manner, confidence, and even the little fist bumps instantly put me at ease. He also ordered a bone density test to make sure my bones were strong, which I really appreciated. He was thorough, attentive, and made sure every detail of my care was handled.

I wouldn't choose any other hospital or doctor for anything related to Orthopaedics. Thank you, Dr. Bharath, for being the best doctor in the Emirate!

Ms. Mary Linn, Canada





EVENT GALLERY

Health Talk at Union Cement

RAK Hospital organized a health talk at Union Cement featuring Dr. Bhanu Malhotra, our Specialist Endocrinologist, and Dr. Fatma Ezzat, our Specialist Psychiatrist.



Health Talk at RAK Airport

As part of our ongoing wellness initiatives, RAK Hospital hosted a health talk at RAK Airport featuring Dr. Snehal Shamprakash Parsekar. The session focused on hantavirus — a rare but serious viral infection linked to rodent exposure.



Annual Eye Examination at WellSpring School

RAK Hospital's Mobile Eye Clinic visited WellSpring School to conduct annual eye examinations for all students. Good vision is essential for learning and overall well-being, and regular screenings help detect concerns early while promoting lifelong healthy habits.





EVENT GALLERY

Antenatal Care Classes for Expecting Parents

Antenatal classes were held on 14 & 21 June 2026, covering pregnancy changes, childbirth preparation, and newborn care, to help expecting parents feel informed and confident throughout their journey



Coffee Meet Up with Moms at RAK Hospital

RAK Hospital hosted a delightful Coffee Meet-Up for Moms, bringing mothers together for a meaningful session of connection, conversation, and expert guidance on motherhood, health, and wellness.





OUR HOSPITAL SPACES



COMPASSION

We create warm, welcoming environments that put patients and families at ease.

INTEGRITY

We uphold the highest standards of safety, quality, and transparency in every detail.



READINESS

We are always prepared to care – today, tomorrow, and beyond.



YOUR MONTHLY BOOST

“Quote of the Month”



Consistency
is what transforms
average into excellence.

Your Health Checklist



Red Flags – You Should Never Ignore

- **Persistent sore throat** — lasting more than 2 weeks or recurring frequently.
- **Chronic nasal blockage** — especially if only on one side.
- **Hearing loss** — sudden, progressive, or affecting daily function.
- **Recurrent ear infections** — more than 2–3 episodes in a short period.
- **Voice changes** — hoarseness lasting longer than 3 weeks.
- **Difficulty swallowing** — or feeling like food gets stuck.
- **Unexplained neck lumps** — lasting more than 2 weeks.
- **Frequent nosebleeds** — especially if severe or one sided.
- **Persistent dizziness** — affecting balance or daily activities.
- **Chronic bad breath** — not improving with oral hygiene.



The longest word in a major English dictionary is

pneumonoultramicroscopic-silicovolcanoconiosis

(45 letters), which describes a lung disease caused by inhaling fine ash and sand dust.

However, the absolute longest word in the world is the chemical name for the giant protein titin, which contains 189,819 letters and takes over 3 hours to pronounce.



RAK HOSPITAL
Premium Healthcare. Premium Hospitality



SHERIF KHALIFA EXCELLENCE AWARD



Arabian Healthcare GROUP LLC



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