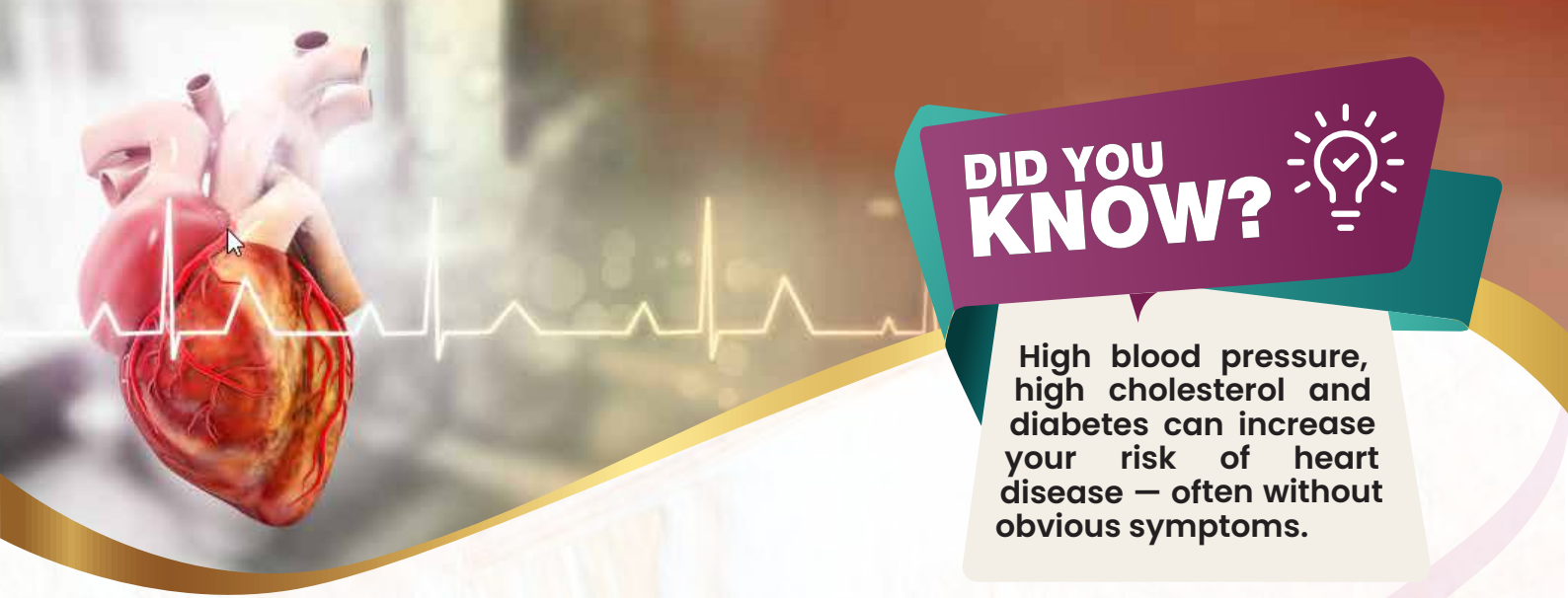




Back
to
School



DID YOU KNOW?



High blood pressure, high cholesterol and diabetes can increase your risk of heart disease — often without obvious symptoms.

Take Charge of Your Heart Health: Why Regular Cardiac Check-ups Matter

CARDIOLOGY &
CARDIAC SURGERY



Don't wait for symptoms to appear before prioritizing your heart health. Regular cardiovascular check-ups can help identify risk factors early, assess your overall cardiovascular risk, and provide personalized guidance to protect your heart for the long term.



Heart disease can develop silently for years before symptoms appear. A routine cardiac assessment is therefore not only for people who already have heart problems—it can also play an important role in prevention and early detection, particularly for people with risk factors such as high blood pressure, diabetes, high cholesterol, smoking, obesity, a strong family history of premature heart disease, or increasing age.

Early Detection of Risk Factors:

Regular medical check-ups provide an opportunity to assess important cardiovascular risk factors, including blood pressure, cholesterol, blood glucose/diabetes, body weight, smoking status, lifestyle, and family history.

High blood pressure deserves particular attention because it is often asymptomatic. When left untreated or inadequately controlled, it can gradually damage the arteries and increase the risk of heart attack, stroke, heart failure, kidney disease and other complications.

Identifying these risk factors early allows appropriate lifestyle changes, monitoring and, when necessary, medical treatment to reduce future cardiovascular risk.

Monitoring Heart Health:

Depending on the individual's symptoms, risk factors and clinical findings, a cardiologist may recommend investigations such as an electrocardiogram (ECG), echocardiogram, ambulatory ECG monitoring, exercise stress testing, or other cardiac imaging.

Tests such as coronary calcium scoring or CT coronary angiography can be useful in selected patients when there is a specific clinical indication. They are not routine screening

tests for everyone and should be considered based on the individual's cardiovascular risk and clinical situation.

Preventing Cardiovascular Complications:

Early identification and effective management of cardiovascular risk factors can substantially reduce the risk of serious complications.

For example, good blood pressure control and appropriate management of cholesterol and diabetes can significantly reduce the risk of heart attack, stroke, heart failure and other cardiovascular events.

The goal of a cardiac check-up is therefore not simply to detect disease—it is to identify preventable risks and intervene before serious complications develop.

Lifestyle and Prevention Guidance:

A cardiologist can provide personalized advice on the factors that have a major impact on cardiovascular health, including:

- ▶ A heart-healthy and balanced diet
- ▶ Regular physical activity
- ▶ Maintaining a healthy weight
- ▶ Smoking cessation
- ▶ Adequate sleep
- ▶ Stress management
- ▶ Appropriate control of blood pressure, cholesterol and blood sugar

Small, sustainable changes can have a significant long-term impact on cardiovascular health.

Personalized Treatment and Follow-up:

If a cardiovascular condition or significant risk factor is identified, the cardiologist can develop an individualized management plan. This may include lifestyle modification, medication, further diagnostic evaluation, or an appropriate cardiac intervention when indicated.

Regular follow-up is equally important. Cardiovascular health is not a one-time assessment. Blood pressure, cholesterol, diabetes, weight, symptoms and treatment response can change over time, and ongoing follow-up allows treatment to be adjusted when necessary.

Peace of Mind Through Prevention:

Regular cardiac check-ups provide an opportunity to understand your cardiovascular health and take action before problems become serious.

The best time to assess cardiovascular risk is often before symptoms appear. Prevention, early detection and appropriate follow-up are among the most effective ways to protect heart health and improve long-term outcomes.



MEET OUR EXPERTS

CARDIAC SCIENCES ADVANCED HEART CARE



Dr. Adil Rizvi

Medical Director &
Cardiothoracic Surgeon



Over **19** years of
clinical experience



Dr. Minkyung Kim

Consultant Interventional
Cardiologist



Over **19** years of
clinical experience



**Dr. Ahmed
Sharafeldin**

Consultant Interventional
Cardiologist



Over **17** years of
clinical experience



**Dr. Adel Abdalla
Salama Wassef**

Specialist Cardiologist



Over **30** years of
clinical experience



Dr. Ahmad Alabrass

Specialist
Interventional Cardiologist



Over **8** years of
clinical experience



YOUR
▶ **HEALTH** OUR
PRIORITY

Back^{!!!} to School

Ready for a Healthy
School Year?

Flu 
Vaccination
Influvac Tetra



Helps protect
against flu
illness



Supports
better school
attendance



Keeps your
child active
& healthy



Protects
friends &
family



SUCCESS STORIES

Straight FROM THE Heart



“

Thank you, Cora, for your kindness, patience, and dedication. Your support throughout my pregnancy and after my daughter was born made such a positive difference to my breastfeeding journey. After struggling with breastfeeding my first child, I was anxious about trying again. Seeking support early gave me the confidence, reassurance, and practical guidance I needed, making this experience much smoother and more enjoyable than I ever imagined.



Ms. Ruqaiyah Ali, UAE



“

From the moment I arrived, I was treated with professionalism, kindness and compassion. Every member of staff—from doctors and nurses to the cleaners—went above and beyond to make me feel safe and well cared for. My sincere thanks go to Dr. Suresh, who took the time to explain everything and gave me complete confidence. As I leave today, I can honestly say this is one of the finest hospitals I have had the privilege of being treated in.



-Roger Graeme Briggs, UK





EVENT GALLERY

A Walking Club – A Step Towards Wellness.

As part of Evolve, RAK Hospital's Women's Wellness Initiative, women came together for a refreshing community walk. More than just a walk, it was an opportunity to stay active, uplift the mood, embrace wellness, and build meaningful connections within the community.



Health Screening at Al Hamra Residence

RAK Hospital continues to lead the community in preventive healthcare by promoting early awareness, encouraging healthy lifestyle practices, and empowering individuals to prioritize their long-term health and wellbeing.





OUR HOSPITAL SPACES



COMFORT
Spaces that
put you at ease.



CARE
Every detail
designed with
your well-being
in mind.



SAFETY
Your safety
is our
top priority.

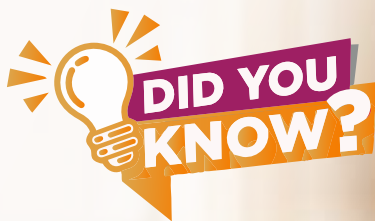


YOUR MONTHLY BOOST

“Quote of the Month”



The **future** depends
on what you do **today**.



When you're reading – even silently – the muscles of your mouth, tongue and larynx activate. This process is called 'subvocalization'. We're essentially still sounding out the words in our heads to decode them, even when we're not speaking them out loud.



Your Health Checklist

Red Flags– You Should Never Ignore



- ▲ **Sudden vision loss** — abrupt painless changes in sight can indicate retinal artery / venous occlusions, optic nerve inflammation, diabetic retinal hemorrhages, and detachments.
- ▲ **Flashes of light or new floaters** — often linked to retinal tears or detachment.
- ▲ **Severe eye pain** — may signal acute glaucoma, infection, or inflammation.
- ▲ **Red eye with decreased vision** — a dangerous combination requiring urgent evaluation.
- ▲ **Sudden double vision** — can be neurological or muscular in origin and needs prompt assessment.
- ▲ **Halos around lights** — may indicate corneal swelling or acute glaucoma.
- ▲ **Persistent eye redness** — could be infection, uveitis, or allergic inflammation.
- ▲ **Eye trauma** — any injury to the eye warrants immediate care.
- ▲ **Drooping eyelid** — may be related to nerve issues or serious systemic conditions.
- ▲ **Sudden onset of blind spots** — can be related to retinal or neurological problems.



RAK HOSPITAL
Premium Healthcare. Premium Hospitality



SHERIF KHALIFA EXCELLENCE AWARD



Arabian Healthcare
GROUP LLC



جائزة محمد بن راشد آل مكتوم للأعمال
الإنسانية (Mohammed Bin Rashid Award for
Humanitarian Work)



Al Qusaidat, PO Box 11393, Ras Al Khaimah, UAE. Tel: +9717 207 4444, mail@rakhospital.com

www.rakhospital.com f in @RakHospital