



**BREAST
CANCER**
AWARENESS MONTH





DID YOU KNOW?

Your baby can start hearing sounds from around **18 weeks of pregnancy** – and as pregnancy progresses, they may even respond to familiar voices.

PREPARING FOR LABOR: A Comprehensive Guide for Expectant Mothers

OBSTETRICS &
GYNECOLOGY



The journey of pregnancy culminates in the miraculous moment of childbirth. Whether you are planning for a vaginal delivery or anticipate a cesarean section, preparation is a key. As an obstetrician, I am dedicated to guiding expectant mothers through the process of getting ready for labor, with a special focus on managing pain during child birth, including painless epidural anesthesia and Entonox inhalatin.

Preparation for Labor:

Childbirth is a monumental event in a woman's and baby's life. Adequate preparation helps ensure a smooth and safe experience. Here are key steps to consider:

- 1. Educate Yourself:** Attend antenatal classes, read books, and engage in conversations with your healthcare provider to understand the stages of labor, breathing techniques, and the potential challenges and choices you may face during labor.
- 2. Develop a Birth Plan:** Discuss your birth plan with your healthcare provider. Consider your preferences for pain management, delivery options, and any special circumstances you want to be prepared for.
- 3. Stay Active:** Regular exercise during pregnancy can enhance your endurance and flexibility, which are essential during labor. Ask your healthcare provider for an advice on appropriate exercises that match your fitness level.
- 4. Nutrition and Hydration:** A well-balanced diet is crucial for maintaining energy and strength during labor. Stay hydrated and consume nutrient-rich foods to ensure you are ready for the physical demands of childbirth.
- 5. Prenatal Care:** Attend all prenatal check-ups to monitor the health of you and your baby. Your healthcare provider will discuss any potential complications during labor and delivery..

Painless Labor and Pain Management Options:

Labor can be painful, but there are methods and options to make the process more comfortable.

Here are some of the available pain management techniques:

- 1. Epidural Anesthesia:** It is a medical procedure that involves injecting anesthesia into the epidural space of the spine. It provides an effective pain relief while allowing you to stay awake and alert during labor.
- 2. Entonox (Gas):** Entonox, a combination of nitrous oxide and oxygen, is inhaled through a mask during contractions. It can help reduce pain and anxiety without interfering with the progress of labor.
- 3. Supportive Companions:** Having a trusted partner, friend, or doula by your side can provide emotional support and assistance with pain management techniques like massage, counterpressure, and breathing exercises.
- 4. Water Birth:** Some women opt for water birth, which involves laboring and delivering in a warm water tub. Immersion in water can alleviate pain and reduce the need for medical interventions.

Preparing for a Cesarean Section:

In some cases, a cesarean section may be necessary for the safety of you and/or your baby. Here are essential points to consider when preparing for a cesarean section:

- 1. Understand the Procedure:** Talk to your healthcare provider to understand why a cesarean section is recommended and what the procedure involves.
- 2. Birth Plan:** Discuss your preferences for a cesarean section with your healthcare provider. You can request elements like skin-to-skin contact, delayed cord clamping, or gentle cesarean techniques.
- 3. Recovery:** Be prepared for a longer recovery period compared to vaginal birth. Ensure you have adequate support at home and a plan for post-operative care.
- 4. Emotional Well-being:** Preparing emotionally for a cesarean section is equally important. Discuss your feelings, fears, and expectations with your healthcare provider and consider counseling if needed.

Childbirth is a unique journey for every expectant mother, and preparation is key to ensure a positive experience. Understanding pain management options, including painless labor and Entonox, and being informed about cesarean sections can help you make well-informed choices that align with your preferences and priorities for a safe and memorable labor and delivery experience.

MEET OUR EXPERTS

OBSTETRICS & GYNAECOLOGY



Dr. Malgorzata Sinclair

Consultant & Head of Obstetrics & Gynecology



Over **34+** years of clinical experience



Dr. Talat Masroor

Consultant - Obstetrics & Gynecology



Over **30+** years of clinical experience



Dr. Lalitha Kamini

Specialist - Obstetrics & Gynecology



Over **36+** years of clinical experience



Dr. Aliya Khurram

Specialist - Obstetrics & Gynecology



Over **17+** years of clinical experience



Dr. Nilesa Chitre

Specialist - Obstetrics & Gynecology



Over **25+** years of clinical experience



Dr. Faiza Nawaz

Specialist - Obstetrics & Gynecology



Over **11+** years of clinical experience



Dr. Shaimaa Mohamed Ezzeldin Mahmoud

Specialist - Obstetrics & Gynecology



Over **8+** years of clinical experience



Dr. Beebi Ayisha Yakeen

Specialist - Obstetrics & Gynecology



Over **15+** years of clinical experience



Dr. Niranjani Rajachander

Specialist - Obstetrics & Gynecology



Over **8+** years of clinical experience



**YOUR
HEALTH OUR
PRIORITY**



EVOLVE

Women's Wellness



Your Next Chapter Starts Here

A supportive community created for women navigating perimenopause and midlife wellness. Discover practical tools, expert advice and a network of women sharing the journey together.

WHAT YOU'LL EXPERIENCE



Specialist-Led
Health Talks &
Webinars



Yoga, Pilates &
Pelvic Health
Sessions



Nutrition &
Weight
Management
Support



Sleep, Stress &
Emotional
Wellbeing
Workshops



Walking Club
& Community
Events



Exclusive Member
Benefits to
Women's Health &
Wellness Services



**CONNECT • LEARN
MOVE • THRIVE**

Scan QR Code
To Join Our WhatsApp
Community!





SUCCESS STORIES

Straight FROM THE Heart

“

I walked into RAK Hospital thinking the discomfort in my chest was nothing serious. Tests revealed that three major coronary arteries were blocked, and I needed bypass surgery without delay. The news was overwhelming.

My cardiothoracic surgeon, Dr. Adil Rizvi, helped put me at ease. He explained the surgery clearly, answered my questions and reassured my family every step of the way. I'm also grateful to the nursing team for their attentive care, which made my recovery more comfortable.

Today, I'm recovering well. I'll always be thankful that my "small discomfort" was taken seriously and to everyone at RAK Hospital who cared for me.



Mr. Narayanan Satheesan, India



“

I had surgery at RAK Hospital, and the care I received made my recovery much easier. My OB-GYN, Dr. Nilescha Chitre, reassured me throughout and gave me peace of mind.

The nurses were kind and attentive, and the housekeeping and food service teams made my stay comfortable. I felt genuinely cared for and would recommend RAK Hospital to anyone seeking treatment and support during recovery.



Ms. Kimberly Valderama, Philippines

EVENT GALLERY

Antenatal Class for Moms & Dads

The journey into parenthood begins long before the first cuddle. This session brought new parents together to learn, prepare, and feel more confident about caring for themselves and their little one during those precious first weeks.



Health Talk at Emirates Association For Social Development

RAK Hospital organized a health talk by Dr. Fatma Ezzat, Specialist Psychiatrist at the Emirates Association for Social Development, empowering the community with valuable insights to improve mental health and overall well-being.



Health Talk at WYN Resort

RAK Hospital organized an engaging health talk at WYN Resort with Dr. Yamen, Consultant General Surgeon, sharing valuable insights on surgical health and preventive care.





MEET OUR EXPERTS

MEET OUR NEW DOCTORS



Dr. Dina Magdy Noor

Specialist Dermatologist



Over **6+** years of clinical experience



Dr. Taher Ibrahim Aljadaan

Specialist Nephrologist



Over **6+** years of clinical experience



Dr. Lohitha Koneti

Specialist Anesthesiologist



Over **4+** years of clinical experience



OUR HOSPITAL SPACES



COMFORT

A cozy and welcoming space for you and your loved ones.



CALM

A peaceful environment to help you relax, recharge and heal.

EASE

A convenient and comfortable space for smooth and stress-free care.



YOUR MONTHLY BOOST

“Quote of the Month”



Failure is **Success** in
Progress Keep Going!



**DID YOU
KNOW?**

Flamingoes aren't born pink.

They actually come into the world with grey/white feathers and only develop a pinkish hue after starting a diet of brine shrimp and blue-green algae.



Your Health Checklist

Mental Health **Red** Flags You Should Never Ignore

- ✓ **Noticeable withdrawal** — pulling away from family, friends, or usual activities.
- ✓ **Sudden personality changes** — shifts in behaviour, tone, or reactions that feel out of character.
- ✓ **Persistent sadness or hopelessness** — ongoing low mood, tearfulness, or statements suggesting despair.
- ✓ **Loss of interest** — no longer engaging in hobbies or responsibilities they previously enjoyed.
- ✓ **Changes in sleep patterns** — insomnia, oversleeping, or irregular sleep routines.
- ✓ **Significant appetite or weight changes** — noticeable increase or decrease without medical explanation.
- ✓ **Difficulty concentrating** — trouble focusing, forgetfulness, or inability to complete tasks.
- ✓ **Visible anxiety or agitation** — restlessness, excessive worry, or physical signs of tension.
- ✓ **Expressions of worthlessness** — verbal cues like “I’m tired,” “I can’t do this anymore,” or “I’m a burden.”
- ✓ **Struggling to cope with daily stress** — overwhelmed by routine responsibilities or minor challenges.



RAK HOSPITAL
Premium Healthcare. Premium Hospitality



SHERIF KHALIFA EXCELLENCE AWARD



Arabian Healthcare
GROUP LLC



وزارة الصحة
Ministry of Health



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