RAK HOSPITAL
Premium Healthcare. Premium Hospitality

PULSE

NEWSLETTER

November 2026



MOVEMBER

MEN'S HEALTH AWARENESS MONTH

A MULTI SPECIALITY TERTIARY CARE HOSPITAL



DID YOU KNOW?
INTERESTING FACT

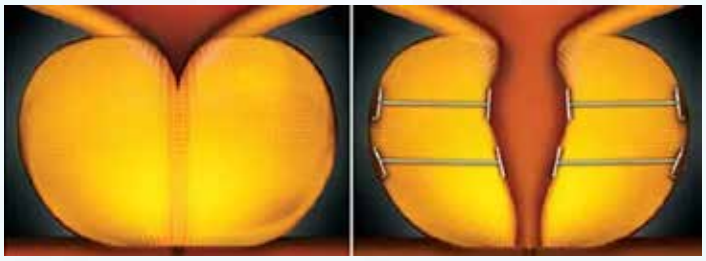
UroLift uses tiny implants to hold enlarged prostate tissue away from the urine passage—helping improve urine flow **without cutting, heating or removing prostate tissue.**



Take Back Control:
Don't Let BPH Disrupt Your Life
UroLift at RAK Hospital

UROLOGY

At RAK Hospital, we are dedicated to offering cutting-edge solutions for your health. For men experiencing urinary challenges due to an enlarged prostate (BPH – Benign Prostatic Hyperplasia), the UroLift System provides a revolutionary, minimally invasive treatment option.



What is UroLift?

The UroLift System is an innovative procedure that relieves the symptoms of BPH by lifting and holding the enlarged prostate tissue out of the way, so it no longer blocks the urethra. Unlike traditional surgeries, UroLift does not require any cutting, heating, or removal of prostate tissue, ensuring a faster recovery and fewer side effects.

Why Choose UroLift?

Minimally Invasive Procedure:

UroLift uses tiny implants to lift and hold the prostate tissue away from the urethra, eliminating the need for cutting, heating, or removing prostate tissue.

Quick Recovery:

Most patients can resume normal activities within a few days, making UroLift a convenient option for those with busy lifestyles.

Preserves Sexual Function:

Unlike other surgical techniques, UroLift avoids nerve and muscle damage, preserving sexual and urinary functions, including ejaculation.

No Need for Long-Term Medication:

UroLift provides immediate and lasting symptom relief, reducing or eliminating the need for ongoing medication and its associated side effects.

Day Care Procedure:

The procedure is typically performed in an outpatient setting, often without requiring general anesthesia, making it safer and more accessible.

Clinically Proven Results: UroLift has demonstrated significant and sustained improvements in urinary symptoms, ow rates, and quality of life through numerous clinical studies.

Who Can Benefit?

UroLift is suitable for men experiencing the common symptoms of BPH, such as:

- Frequent urination, especially at night.
- Weak or interrupted urine ow.
- Difficulty starting or stopping urination.

Our expert urology team combines advanced treatments such as UroLift® and Rezum™ with compassionate, individualized care to help you regain control, improve your quality of life, and enjoy greater freedom every day.



MEET OUR EXPERTS

UROLOGISTS



Dr. Keshavamurthy Mohan
Consultant Urologist

Over 34+ years of clinical experience



Dr. Karthik Rao
Consultant Urologist

Over 10+ years of clinical experience



Dr. Nagendra Tripathy
Consultant Urologist

Over 17+ years of clinical experience



Dr. Vinodh Kumar Manoharan
Consultant Urologist

Over 12+ years of clinical experience



Dr. Karibasavaraja Neelagar
Specialist Urologist

Over 15+ years of clinical experience



Dr. Nagareddy
Specialist Urologist

Over 6+ years of clinical experience



Dr. Shreyas Nagaraj
Specialist Urologist

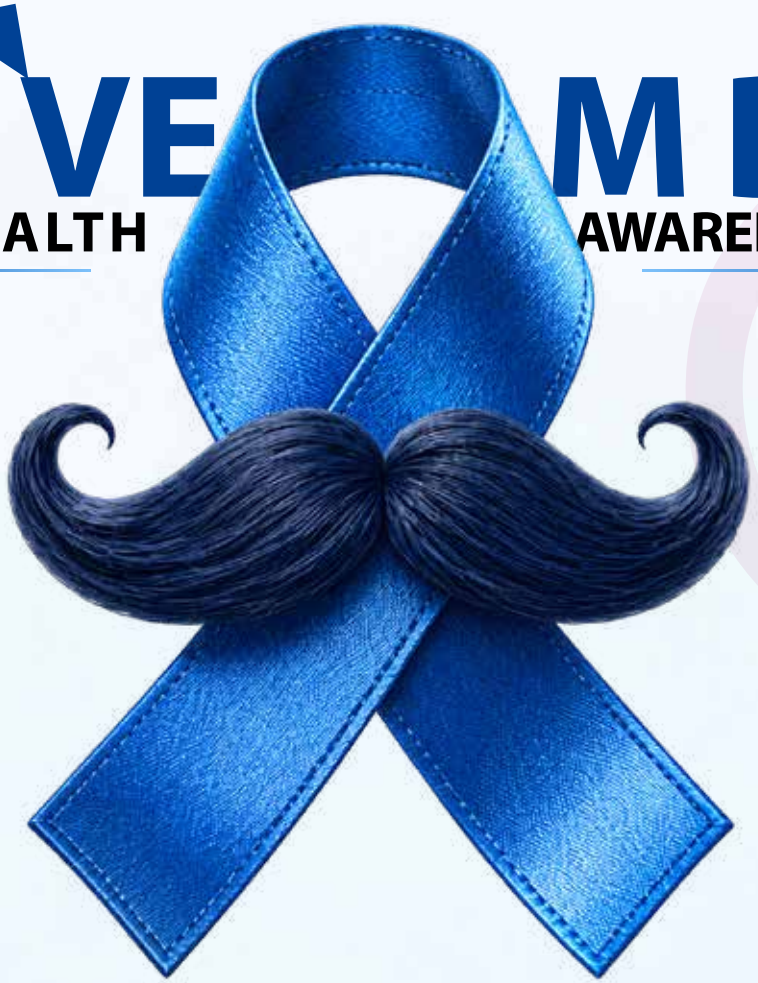
Over 9+ years of clinical experience



YOUR
HEALTH OUR
PRIORITY

MOVEMBER

MEN'S HEALTH AWARENESS MONTH



RAISING AWARENESS FOR MEN'S HEALTH INCLUDING:

Mental Health | Prostate Cancer | Testicular Cancer



SUCCESS STORIES

Straight FROM THE Heart

I would like to express my sincere gratitude to Dr. Ahmed Nader Sharafeldin, Consultant Interventional Cardiologist and the entire nursing team for the exceptional care and professionalism I received at RAK Hospital throughout my period of being diagnosed with atherosclerosis of the renal artery.

From the diagnosis to the completion of my successful renal artery angioplasty, Dr. Ahmed demonstrated expertise, experience, patience, compassion, and commitment. He took the time to explain every aspect of the procedure, address all concerns, and give me confidence during my challenging time throughout the operation.

I hereby recommend Dr. Ahmed Nader Sharafeldin and the RAK Hospital team to anyone around the world seeking medical care.

Mr. Frank Chinemerem, Nigeria





I am writing to share my deep gratitude for the spectacular care I received during my recent three-week hospital stay for surgery. The daily care provided by your staff, from day one to the very end, was truly outstanding.

The Surgical and Medical Staff: From day one, Dr. Adil Rizvi, Consultant - Cardiothoracic & Vascular Surgeon and the surgical team provided clear communication, expert execution, and reassuring updates. Knowing I was in such capable hands relieved my stress.

The nurses who managed my daily recovery define the word professional. They balanced high-level medical competence with genuine human warmth. Every shift change was seamless and greeted with a smile, and my comfort was always their top priority. They turned a stressful three-week recovery into a smooth, manageable experience.

RAK Hospital has built a team that represents a high standard of healthcare.

Mr. Kurian Chacko, India



EVENT GALLERY

Breast Cancer Health Talk at RAKAA School

RAK Hospital organised a breast cancer awareness talk at RAKAA School, led by Dr. Malgorzata Sinclair, Consultant and Head of Obstetrics & Gynaecology.



Pink October Health Talk at RAK Academy

RAK Hospital organises a Pink October health talk at RAK Academy to raise awareness about breast health, promote education and highlight the importance of early detection.



Antenatal Classes at RAK Hospital

RAK Hospital conducts antenatal classes to help expectant parents prepare for childbirth and early parenthood through expert guidance, practical advice and essential pregnancy education.





EVENT GALLERY

EVOLVE Women's Wellness Gathering

A meaningful day of connection, learning, and empowerment as women came together to support one another, share experiences, and embrace wellness during an important stage of life.





MEET OUR EXPERT

MEET OUR NEW DOCTOR



Dr. Abdul Waheed

Specialist Neurologist

Over 9+ years of clinical experience



OUR HOSPITAL SPACES



EASY ARRIVAL

Convenient valet parking and a warm reception, so your journey with us starts with ease.



COMFORT & CARE

Private and cozy spaces for you and your loved ones.



FRESH & NOURISHING

A selection of healthy & delicious meals in a welcoming & relaxing environment.



YOUR MONTHLY BOOST

"Quote of the Month"

"Dreams don't work unless you do

DID YOU KNOW?

All clownfish are born male. If the dominant female of a group dies, the largest and most dominant male will turn into a female. This change is permanent.



Your Health Checklist

Red Flags You Should Never Ignore

Prediabetes Warning Signs:

- ☑ **Increased Thirst:** Feeling thirsty all the time, even when you're drinking enough water.
- ☑ **Frequent Urination:** Especially if you're waking up multiple times at night to urinate.
- ☑ **Unexplained Fatigue:** Constant tiredness or low energy levels without a clear reason.
- ☑ **Blurred Vision:** Fluctuating blood sugar levels can affect your eyesight.
- ☑ **Increased Hunger:** Feeling hungry soon after eating or craving sugary foods frequently.
- ☑ **Unexplained Weight Changes:** Sudden weight gain or unexpected weight loss.
- ☑ **Darkened Skin Patches:** Velvety, dark skin around the neck, armpits, or groin (acanthosis nigricans), often linked to insulin resistance.
- ☑ **Slow-Healing Wounds:** Cuts, bruises, or infections that take longer than usual to heal.
- ☑ **Tingling or Numbness:** Particularly in the hands or feet.
- ☑ **Family History + Excess Weight:** Having a family history of diabetes combined with being overweight significantly increases your risk and should not be ignored.
- ☑ **PCOS (Polycystic Ovary Syndrome):** Women with PCOS are at a higher risk of insulin resistance and prediabetes. Don't ignore symptoms such as irregular periods, weight gain, and acne.

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