

"And from the fruits of date palm and grapes you get wholesome drink and nutrition: Behold in this is a sign for those who are wise"

(Quran 16:67).

Inside

- QUOTE FOR THE MONTH • CEO'S DESK • CONDOLENCE
- HEALTH INITIATIVES • HEALTH TIPS • CASE STUDY • DIET
- NEW MEMBERS OF CITY CLINIC FAMILY • PACKAGES • BIRTHDAYS

FROM THE CEO'S DESK!

I find myself compelled to pen down my reflections on the remarkable journey we've undertaken together as the City Clinic Family for the year 2023. The past 12 months have brought unique challenges but also showcased the unwavering dedication, resilience, and innovation that define our collective spirit. It was a year of restructuring the Organization, putting down policies and procedures, implementation, training and measuring the outcomes through audits and feedbacks. I am grateful to the entire City Clinic Family for your commitment and cooperation in achieving our goal. Our Quality Journey with ACHS has been amazing, opening up new paradigms to continuous quality improvement and ethical practice.

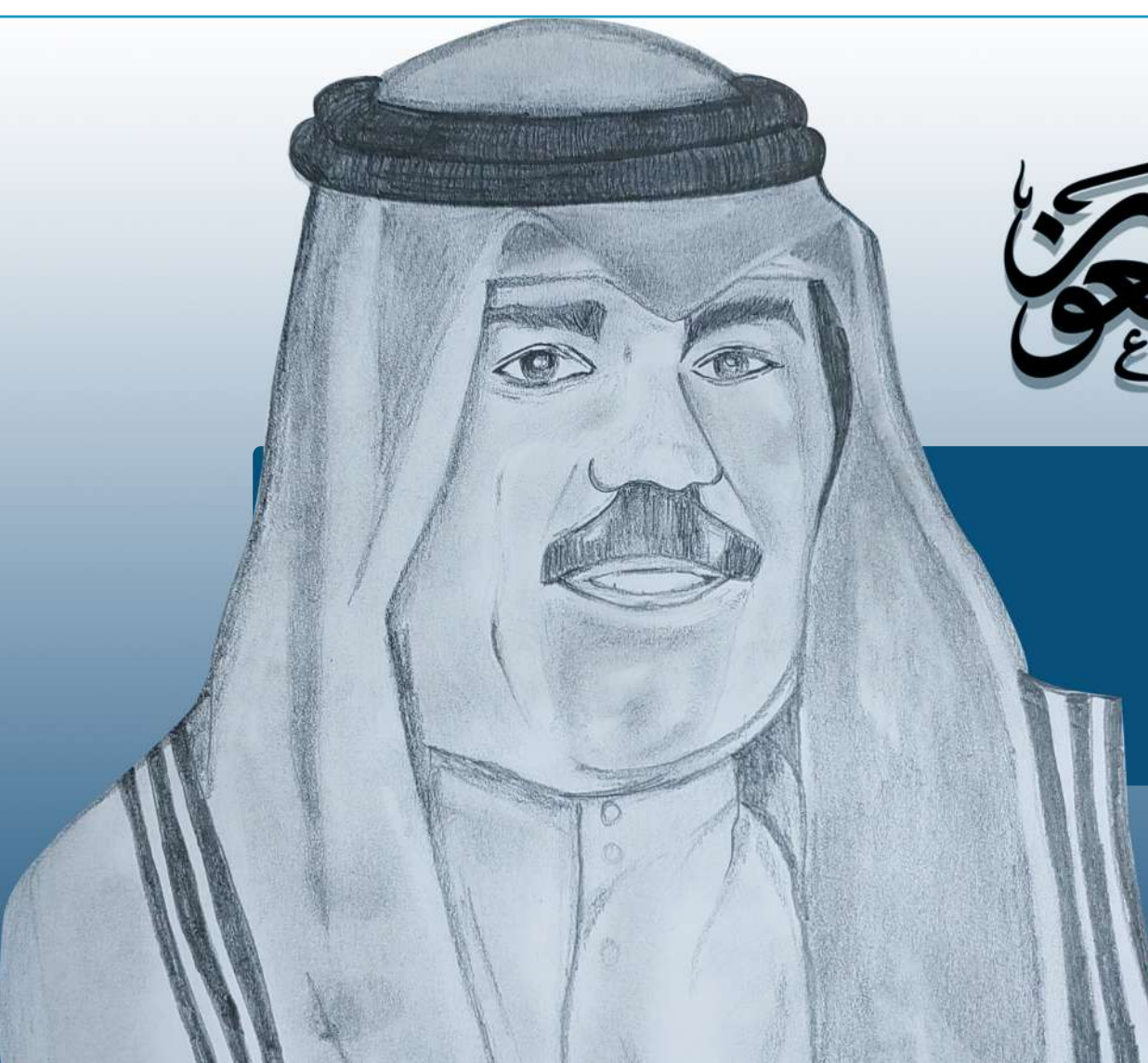


We established ourselves as the International Referral Hub for patients seeking specialized care overseas by having Clinical collaborations with CMC Vellore, Apollo Hospitals India, BCMCH Tiruvalla and Aster Hospitals India.

We also organized the first ever International Conference on Adolescent Health on the theme 'Sense and Essence of Adolescent Health' with renowned speakers from CMC Vellore. Grateful to the Kuwait Medical Association and Kuwait Pediatric Association for their unwavering support and guidance.

Towards the close of the year we were deeply saddened by the demise of the late His Highness the Emir Nawaf Al-Ahmad Al-Jaber Al-Sabah. He was a great leader who had a big heart for the expatriate community. We pray that his soul rests in peace. I would like to place on record our gratitude to all our patients, well-wishers, various voluntary associations, and the community at large without whom we would not have emerged out as one of the leading ambulatory care setups in Kuwait providing affordable care. Wishing everyone the blessings of the New Year and pray that God will enable each one of us to be good stewards to our calling. Let us commit ourselves to providing quality care to every patient who pass by our portals of care. Let's be caring and compassionate going the extra mile to help our patients and their families.

ANNIE VALSAN
CEO, CITY CLINIC GROUP



اللَّهُمَّ صَلِّ وَسَلِّمْ وَارْحَمْ عَلَيَّ

We lost our great
wise and
loving leader...

Nawaf Al-Ahmad Al-Jaber Al-Sabah.

Artist
Ms Keerthana
CITY CLINIC FAHAHEEL



CASE STUDY

IMPENDING COMPARTMENT SYNDROME OF THE FOREARM AND HAND AFTER FRACTURE DISLOCATION OF ELBOW JOINT

A 45 yr old male patient presented with swelling of right elbow joint , forearm and hand with multiple blisters over right forearm. There was a history of fall at home 4 days back with injury over right elbow joint and forearm. Primarily patient diagnosed as fracture dislocation of right elbow and was treated in some local hospital with closed reduction and above elbow POP slab . On examination marked swelling was present on Right elbow joint , forearm and hand. Multiple blisters were present over forearm on dorsolateral aspect. Range of movement of right elbow joint could not be elicited due to pain . There was no associated neurovascular deficit. After clinico-radiological assessment patient was diagnosed as unstable elbow joint with fracture radial head .

Following treatment was given :

Sterile dressing was done after puncturing blisters with sterile needle.

Above elbow POP slab given with antibiotic cover and other supportive medicines. Alternate day dressing was done for 1 week.

There was marked reduction in swelling. Skin condition was improved. POP Slab continued.

After 2 weeks CT Scan of elbow joint suggested Fracture radial head. Plaster removal done after 6 weeks

ROM Excercises started.Next Follow up awaited



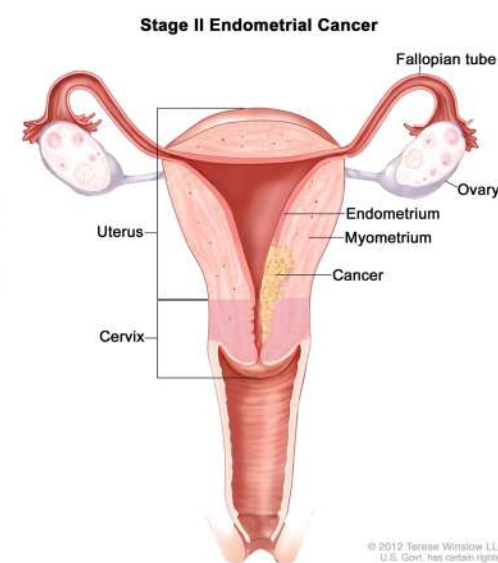
Dr.RITESH JAISWAL
ORTHOPAEDICS
CITY CLINIC KHAITAN



HEALTH OF MONTH

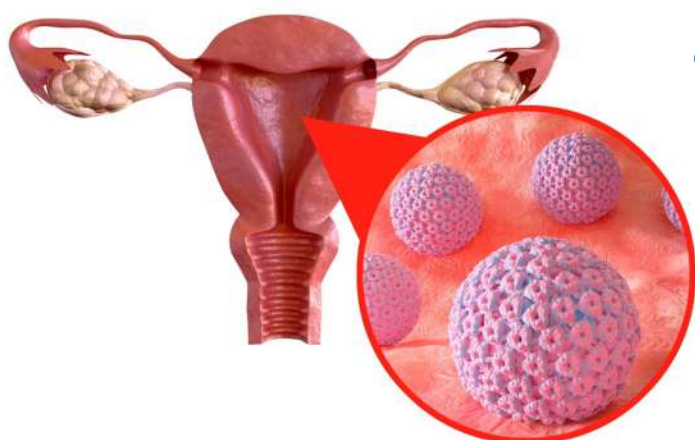
CANCER ARISING FROM THE MOUTH OF THE UTERUS

It is the 4th most common cancer in women. This is caused by Human Papilloma Virus(HPV). Virus takes few years to spread and make cancerous changes in the cells after infection. So, this is the best time where we can detect the precancerous cells (changes in cells before developing to cancer) by doing a pap smear test. Transmission of this virus is by sexual contact, fomites, skin to skin and finger tips. Risk factors include early sexual intercourse, multiple sexual partners, partner having multiple sexual partners, sexually transmitted infections like HIV, herpes, Gonorrhoea, smoking, long term use of birth control pills and immune suppressive patients. Symptoms include bleeding (in between periods, after menopause, after sexual intercourse) and bloody vaginal discharge.



© 2012 Terese Winslow, LLC
U.S. Govt. has certain rights.

HUMAN PAPILLOMAVIRUS



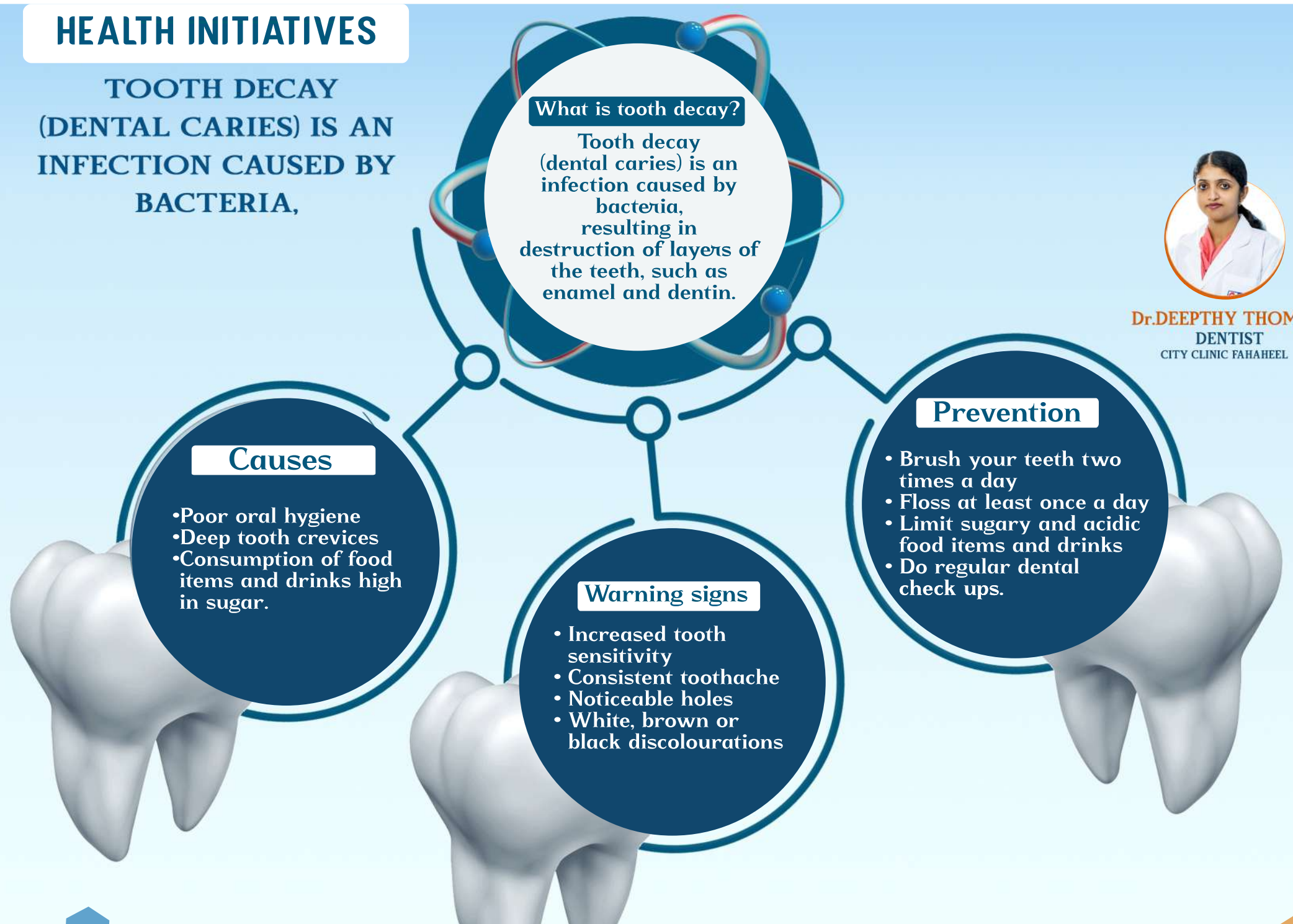
Diagnosis is mainly by doing Pap smear test, colposcopy etc. Any women who are sexually active should start doing pap smear from 21 years till 65 years. This simple test is done in outpatient. Pap smear can be done once in 3 years till 50 years and once in 5 years till 65 or Pap smear HPV test once in 5 years. Stop doing pap smear at the age of 65 years, if there are no abnormal results in the last 10 years. Prevention is by taking vaccination from 9-14 years (before Sexually active). At present 3 vaccinations are available Cervarix, Gardasil-4 and Gardasil-9.

Dr.AMBILY KUMARAN
GYNECOLOGY AND OBSTETRICS
CITY CLINIC KHAITAN



HEALTH INITIATIVES

TOOTH DECAY (DENTAL CARIES) IS AN INFECTION CAUSED BY BACTERIA,



Dr. DEEPTHY THOMAS
DENTIST
CITY CLINIC FAHAHEEL

HEALTH INITIATIVES

FLU - CONTAGIOUS RESPIRATORY ILLNESS CAUSED BY INFLUENZAS VIRUSES THAT INFECT THE NOSE, THROAT, AND SOMETIMES THE LUNGS.

FIGHT THE FLU - IT STARTS WITH YOU

Get Vaccinated: Influenzas or "Flu" can cause serious illness, Vaccination is the best way to protect yourself and your family.

Cover your cough or Sneeze: Cover your mouth and nose with tissue when you cough or sneeze. Toss your used tissue in the waste basket and wash your hands.

Wash your Hands: Wash your hand often with soap and water or use sanitizer.

Avoid touching your nose, eyes and mouth: If you touch Surfaces with flu virus, you can get the flu by touching your nose eyes and mouth .

Stay home if you are Sick: Flu Virus go wherever you go when you are infected stay at home check with your healthcare provider when needed.

Sign and Symptoms:

- Prolonged Fever
- Coughing
- Muscle pain and aches
- Fatigue
- Stuffy nose
- Sore throat
- Headache
- Diarrhea / Vomiting



Dr. AMINA SHAJAHAN
GENERAL
PRACTITIONER
CITY CLINIC MIROQAB

Meal prep Magic

DID YOU KNOW?



Cooking acidic foods in cast iron pots can boost food iron content up to 30 times.

PACKAGE

WHY THIS HAPPEN TO US...

- RBS
- CBC
- CRP
- CARDIOLOGY
- LIPID PROFILE
- SERUM CALCIUM
- BMI
- PT
- ECG
- APTT
- D DIMER
- CONSULTATION

Second opinion if needed with



Happy New Year
NEW YEAR 2024

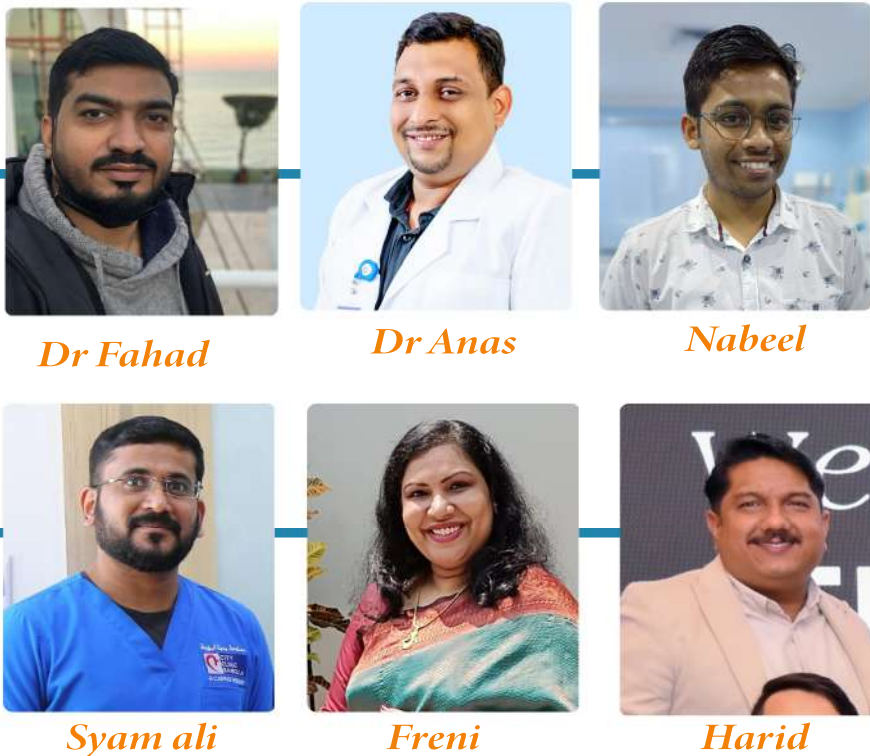
MEGA PACKAGE

package includes

- ◆ CBC,
- ◆ TSH
- ◆ Electrolyte profile: Sodium, Potassium, Chloride
- ◆ Kidney profile : Creatinine, uric acid, urea
- ◆ Lipid profile: Total cholesterol, Triglycerides, HDL cholesterol, LDL cholesterol, VLDL cholesterol
- ◆ Liver profile : ALP, ALT, Total Bilirubin, Direct Bilirubin, Indirect Bilirubin, Total Protein, Albumin, Globulin, GGT
- ◆ Chest X ray [Above 40 years]
- ◆ Iron, Calcium
- ◆ FBS/PRBS/RBS
- ◆ RF (Rheumatoid factor)
- ◆ Consultation-GP/Dental

WELCOME TO CITY CLINIC FAMILY

BIRTHDAYS



Ms. Dr. Farida Hafeez
General Medicine
with Expertise in Dermatology

CITY CLINIC KHAITAN

For appointments/ Enquiry

Member of

50003396 1880020

MIRQAB

FAHAHEEL

MAHBOULA

KHAITAN