

Cleanliness is considered half of faith -Quran

Inside

- QUOTE FOR THE MONTH ● FROM THE CEO'S DESK ● BEYOND BOUNDARIES ● HEALTH TIPS ● DIET ● MEDICAL CAMP ● NEW MEMBERS OF CITY CLINIC FAMILY ● PACKAGE ● BIRTHDAYS ● MEDICAL CROSSWORD

FROM THE CEO'S DESK!

Dear Well-wishers!

The City Clinic Group is committed to quality care for all our patients. We take this opportunity to thank all our loyal customers for the past 18 years who have been instrumental for our growth and stability. We acknowledge your trust in us as we journey together providing quality care to our patients. As a commitment to our loyalty customers we have created a Care Consumer Forum in all our branches. You are most welcome to meet our Branch Managers in the respective branches and give your suggestions and feedback on how we can serve you better. Your feedback is very valuable in improving our services. As we strive to be one of the premier outpatient destinations in Kuwait providing affordable care to all who seek care, we request your support and partnership in strengthening our services.



Ms. Annie Valsan
CEO City Clinic Group
Kuwait

Sincerely yours,

BEYOND BOUNDARIES

ABCD Award Nomination - Above and Beyond the Call of Duty

Branch: City Clinic Khaitan

Team Members Nominated:

- Dr. Amr Ahmed, Internal Medicine
- Nurse Mr. Anoop
- Nurse Ms. Pushpakala
- Receptionist Mr. Helal



Incident Overview:

On 11.02.2024 around 4.30pm, an exemplary demonstration of professionalism, quick thinking, and teamwork was witnessed at City Clinic Khaitan when Patient X presented with signs of acute chest pain. The initial assessment and ECG conducted by our vigilant medical staff revealed abnormalities that necessitated immediate intervention.

Rapid Response Activation:

Under the adept leadership of Dr. Amr Ahmed, the clinic's Rapid Response Team was activated without delay. The team's swift actions, rooted in their expertise and commitment to patient care, ensured that within a critical window of 40 minutes, Patient X was not only stabilized but also prepared for urgent transfer to a higher level of care.

Exceptional Teamwork and Patient Handover:

Nurse Mr. Anoop and Dr. Amr Ahmed personally accompanied Patient X to Farwanya Hospital's Emergency Department, ensuring a seamless and safe handover. Their detailed communication and the thorough transfer of critical information were instrumental in the continuation of appropriate care.

Results and Acknowledgement:

Follow-up inquiries the next day revealed that Patient X was responding well to treatment, with the attending physicians at Farwanya Hospital commending the timely and efficient transfer facilitated by our team. This not only exemplified the high standards of patient care at City Clinic Khaitan but also significantly contributed to saving Patient X's life.

Conclusion:

The extraordinary efforts of Dr. Amr Ahmed, Nurse Mr. Anoop, Nurse Ms. Pushpakala, Mr. Zahoor, Laboratory technician, and Receptionist Mr. Helal went above and beyond the call of duty. It is with great pride and no hesitation that this team is nominated for the ABCD Award - Above and Beyond the Call of Duty, in recognition of their exemplary service, dedication, and the profound impact they have made on the lives of their patients and the broader community. City Clinic Group is proud of the Khaitan Team for their prompt response in saving the life of a clinically deteriorating patient.

BEYOND BOUNDARIES

HALA
KUWAIT

Dr. Ritesh Jaiswal was invited as a special guest on Hala Kuwait TV live show on 15th Feb 2024. Dr. Ritesh said that being on this show not only brings out one's core strengths but also reminds us of our potential aid towards the community. He discussed common orthopedic problems with the latest treatment options. He mentioned in his talk how lifestyle modification, regular exercise, and body weight control can delay Arthritis. He spoke about nonoperative treatment options for different types of Chronic Arthritis. He explained in his talk how injection therapy is helpful in the treatment of many orthopedic conditions and when a patient should go for operative treatment.

Dr. RITESH JAISWAL
ORTHOPAEDICS
CITY CLINIC KHAITAN



HEALTH TIPS

HAIR FALL IN WINTER

REASONS:

- In winter cold air sucks all moisture from hair
- Deficiency of essential minerals and vitamins
- Weakened immunity during winter
- Use of certain medication
- Hormone imbalance
- Thyroid issues
- Pregnancy
- Heat styling hair dryers
- Washing with warm water makes your hair weak

SOME TIPS TO DEAL WITH HAIR LOSS

1. Avoid excessive heating, use of hair dryers, flat and curling irons make hair more prone to breakage; it pulls all the moisture out of the hair leading to hair loss
2. Use the dryer in cold setting or let the hair dry naturally
3. Eat healthy ; have a balanced diet rich in vitamins like A,E,D omega 3 and fatty acids etc.
4. Keep your hair hydrated ; always use lukewarm water to wash your hair , dilute your shampoo drink water to keep yourself hydrated from inside out.
5. Manage your sleep; take 8 hrs of sleep and practice stress reducing techniques
6. Apply hair oil twice weekly; oil massage can increase blood circulation to the follicles
7. Get a health checkup; last but not least sometimes health issues might be the reason for hair fall for example; pregnancy, certain medications etc. can affect hair growth. Consult your healthcare provider to know the reason behind it.



Dr. FARIDA HAFEEZ
DERMATOLOGIST
CITY CLINIC KHAITAN



CITY CLINIC
AS THE INTERNATIONAL
REFERRAL HUB



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JONATHAN PAUL
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HEALTH AWARENESS

CERVICAL CANCER AWARENESS

Cervical cancer develops in a woman's cervix (the entrance to the uterus from the vagina). Almost all cervical cancer cases (99%) are linked to infection with high-risk human papilloma common virus transmitted through sexual contact. Although most infections with HPV resolve spontaneously and cause no symptoms, persistent infection can cause cervical cancer in women.

January is Cervical Cancer Awareness Month. It is a perfect opportunity to raise awareness about cervical cancer and HPV vaccination. This year, we are focusing on ending cervical cancer within a few generations as the theme for Cervical Cancer Awareness Month. When diagnosed, cervical cancer is one of the most successfully treatable forms of cancer, as long as it is detected early and managed effectively. Cancers diagnosed in late stages can also be controlled with appropriate treatment and palliative care. With a comprehensive approach to prevent, screen and treat, we can end cervical cancer as a public health problem within a few generations.

On this Cervical Cancer Awareness Month, the messages are clear. Get informed. Find out the facts about cervical cancer and the human papilloma virus (HPV) that causes it. Help educate other women in your life too. Get screened. Cervical cancer screening typically starts at age 30 and is repeated periodically. Get vaccinated. The HPV vaccine is given in 2 doses that should begin when a girl is between 9 and 14 years old. Cervical Cancer Awareness Month also comes at a time when the world continues to recover from the COVID-19 pandemic, where substantial disruptions to essential health services persist. So, during this month and beyond, let us work together, to build back healthier communities by improving access to HPV vaccination, screening, treatment for cervical pre-cancer and management of cervical cancer by 2030 and end cervical cancer within a few generations.

Dr.HASEENA SAMAD
GENERAL PHYSICIAN
CITY CLINIC FAHAHEEL



HEALTH AWARENESS

“CHANGING MINDSETS: LET'S MAKE EAR AND HEARING CARE A REALITY FOR ALL!”

The theme for 2024 is "Changing mindsets: Let's make ear and hearing care a reality for all. In this day we raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world.

DIET

Healthy bites!

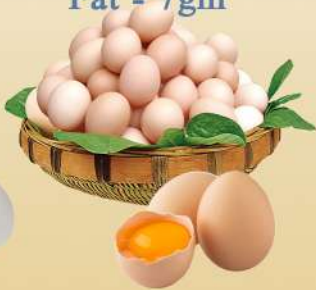
DID YOU KNOW?

Poultry hen egg, boiled (50gm)

Energy - 74kcal
Protein - 7 gm
Fat- 5 gm

Country hen egg, boiled (50gm)

Energy- 92kcal
Protein - 7 gm
Fat - 7gm



Audiologists are the professionals specializing in the assessment, diagnosis, and management of hearing.

Audiologists provides services include comprehensive hearing evaluations to assess hearing sensitivity and identify any potential hearing loss. Audiologists also provide balance assessments for individuals experiencing dizziness or vertigo. Additionally, audiologists are experts in fitting and programming hearing aids and assistive listening devices to help individuals with hearing loss communicate more effectively in their daily lives.

Diagnostic Tests may include pure-tone audiometry, speech audiometry, tympanometry, and otoacoustic emissions testing. These tests help audiologists determine the type, degree, and configuration of hearing loss and guide the development of appropriate treatment plans, which involve recommending hearing aids ,cochlear implants or other listening devices to improve communication abilities to navigate the challenges.

NOORAHAN
CITY CLINIC KHAITAN



PACKAGES

RAMADAN KAREEM

رمضان كريم

SPECIAL OFFER

Consultation with all Specialities

1 KD

CITY CLINIC KHAITAN

RAMADAN HEALTH CHECK UP

During the month of ramadan

DONT MISS OUR EXCLUSIVE OFFER

FOR MORE DETAILS :1880020

WELCOME TO CITY CLINIC FAMILY

WELCOME TO CITY CLINIC FAMILY



Dr. Revathy Arunkarthik
BDS Dentist

CITY CLINIC MAHBOULA



Dr. Roopinder Dogra
MBBS, DNB (Obstetrics and Gynecology)

CITY CLINIC KHAITAN

HAPPY BIRTHDAY



Dr. Shamaila



Dr. JCV Reddy



Dr. Amr



Ms. Aswathi



Mr. Shamrad



Dr. Manoj



Mr. Nasrudeen



Mr. Saneer

HEALTH CAMP



GLAUCOMA SCREENING CAMP

EYE CHECK UP

28th to 30th March 2024
CITY CLINIC KHAITAN

HEALTHY BONE & JOINT CHECK UP CAMP

Relieve your PAIN Re-live your LIFE

DATE: 16th March Saturday TIMING : 9AM TO 5PM

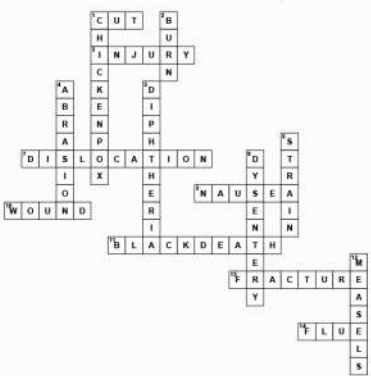


Camp Features

- ORTHOPEDIC CONSULTATION
- X-RAY (DISCOUNTED PRICE)
- LAB TEST (DISCOUNTED PRICE)
- NUTRITIONIST COUNSELING

REGISTER YOURSELF
1880020

solution for February medical crossword



MEDICAL CROSSWORD

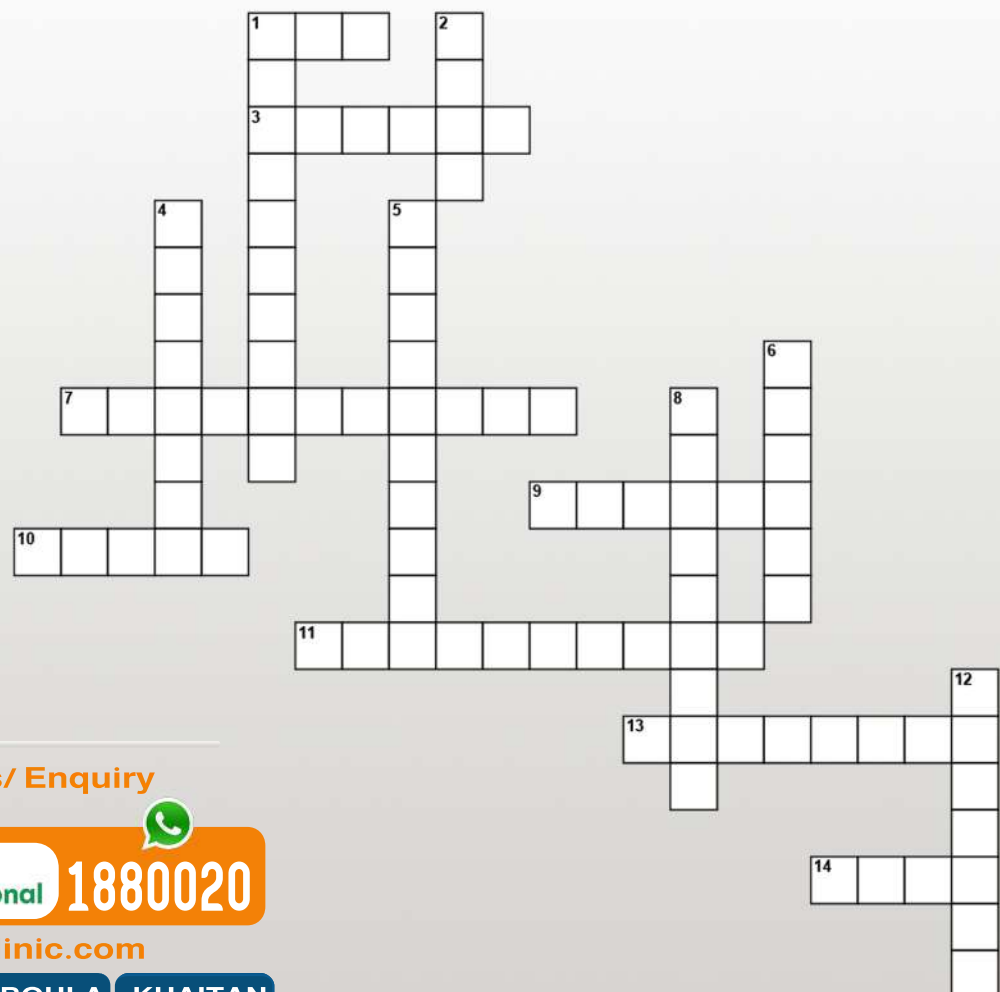
SEND THE ANSWER:1880020

Across

- [1] injuries from sharp objects.
- [3] you feel pain from it.
- [7] dispositioned limb injury.
- [9] you have this before you puke.
- [10] they sometimes show up with injuries.
- [11] a known disease from middle ages.
- [13] broken bone injury.
- [14] one of the most resilient diseases.

Down

- [1] a common children disease.
- [2] injury from fire.
- [4] injury of a torn off skin.
- [5] infection with symptoms such as sore throat, fever and barking cough.
- [6] injury of a tendon.
- [8] a lack of cleaning.
- [12] a highly contagious disease with symptoms such as small white spots.



Exiting prizes for first 10 correct entries

For appointments/ Enquiry

50003396 1880020

website-www.cityclinic.com

MIRQAB FAHAHEEL MAHBOULA KHAITAN