

"Wealth is appropriate to a God-fearing person, but good health is better for the God-fearing than wealth".

-Quran

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From the CEO's Desk



Greeting from the City Clinic Group Kuwait!

The City Clinic Group in association with **Kuwait Medical Association and Kuwait Pediatric Association** organized the first ever **International Conference on Adolescent Health** titled 'Sense and Essence of Adolescence' on 25th, 26th and 27th of October 2023. It was three-day Programme:

Day One (25th October, 2023) of the conference was a Medical CME with 7 CME points aimed at General Practitioners and Pediatricians working in Kuwait. The venue of the CME was in Radisson Blu, Salmiya. Over 200 doctors (General Practitioners and Pediatricians) registered. The feedback from the participants were very positive and encouraging.

Day Two (26th October, 2023) of the conference was for Students and Teachers. The venue was Indian community School, Khaitan. Over 350 students participated. It was a great opportunity for student to interact and ask questions anonymously.

Day Three (27th October, 2023) of the conference was in Carmel School, Khaitan. Over 350 participants attended including students, parents, teachers and counselors. The Chief Guest was His Excellency Dr. Adarsh Swaika Indian Ambassador to Kuwait. Role plays and Panel discussions added value to the conference. Small Group discussions helped Parents and students to have closer interaction with the Experts.

We are grateful to the Medical Experts from CMC Vellore who agreed to partner with us in this noble venture. The planning phase started from early July 2023. Their years of expertise in the field of Adolescent Medicine helped us immensely in penning down the programme for all three days of the conference.

City Clinic Group is proud to be the pioneer in Kuwait to have conducted an International Conference on Adolescent Health of this magnitude in a holistic manner, thanks to the Kuwait Medical Association and Kuwait Pediatric Society for their constant help and support.

The various School Managements, Chairman, Presidents, Principals, Teachers and Counsellors whom we met in person welcomed the idea of the conference and were very helpful in sending their students to attend the conference.

A big thank you to all the Pediatricians, General Practitioners, Teachers, Counsellors, Parents and Students who devoted their time to be part of our three-day conference. The conference was a much needed one and timely as echoed by many of the participants in their response on the last day of the conference.

Kudos to the City Clinic Organizing Committee for making it a grand reality.

Annie Valsan

CEO City Clinic group

PACKAGES



hello winter

SEASONAL HEALTH CHECK UP

- Vitamin D
- FBS / RBS
- LIPID PROFILE
 - TOTAL CHOLESTEROL
 - HDL
 - LDL
 - VLDL
 - TRIGLYCERIDE
- CREATININE
- URIC ACID
- ALT
- AMYLASE
- CALCIUM
- IRON
- CBC
- BLOOD PRESSURE
- BMI
- ENT CONSULTATION

CALL 50003396 | CHAT 1880020 | A MEMBER OF ACHS International

NEW VENTURES AND PARTNERSHIPS

City Clinic Group Kuwait is proud to announce their Clinical collaboration with Aster MIMS Hospital Calicut Kerala, India.

This collaboration with Aster MIMS Hospital will help International Referral of patients from Kuwait requiring advanced medical treatment. The City Clinic Group Kuwait will organize the logistics and appointments for the patient before travel to India in consultation with the medical experts at Aster MIMS Hospital. Patients can approach any of our City Clinic branches situated in Mirqab, Fahaheel, Mahboula or Khaitan. Patients or their relatives interested in International Referral may call +965 50003396/1880020

Airport pick up and stay will be organized by the Aster MIMS Hospital Team for every patient referred to Aster. On completion of the patient's treatment, he/she can continue their follow up back home in Kuwait in the City Clinics. The MOU was signed between Mr. Naushad K. P Managing Director, City Clinic Group Kuwait and Mr. Lukman Ponmadath, Chief Operating Officer, Aster MIMS Hospital Calicut, Kerala.

City Clinic Group Kuwait is proud to announce their Clinical collaboration with Aster MIMS Hospital Calicut Kerala, India.

HEALTH INITIATIVES

Month of October is observed worldwide as Breast Cancer Awareness Month.

City Clinics conducted awareness classes for all the women employees. The talks were delivered by distinguished Gynae Oncologists from Ministry of Health, Kuwait. Dr. Shanker (Oncologist surgeon) Dr. Susovana Sujith (Medical oncologist) from the Ministry of Health spoke to the clinical team CCF and CCM on the topic of "Knowing Breast Cancer through the Oncologist". The importance of primary screening and awareness was highlighted through the interactive session.



City Clinic in collaboration with CELT conducted an awareness talk on Breast Cancer in The New Pakistan International School. Dr Shumaila, our consultant Gynecologist at City Clinic Mahboula interacted with the students of the school. Dr Shumaila explained about female hygiene, Breast cancer and its early detection and the ovarian cancer and its prevention with vaccines.

City Clinic Khaitan held a Breast cancer Awareness for the 35 members of the Malayali moms Middle East, Kuwait (MMME). Renowned Consultant Gynecologist Dr Ambily at City Clinic Khaitan covered various aspects in Gynecology practice stressing the importance of self-examination of the breast to this elite group. Dr. Ambily's session also included topic on self-hygiene, genetical inclination towards various diseases and Ovarian Cancer. "Prevention is better than cure" and "Early detection saves lives" was emphasized to all the participants.



DENTAL CARIES MANAGEMENT

CAMBRA (Caries Management by Risk Assessment)- A revolutionary approach to combat Tooth decay based on risk assessment by early detection. So, the lesion can be reversed or arrested before cavitation.

It includes finding a thorough history, both medical and dental. Disease indicators not restricting to presence of cavities, lesions and old restorations.

Risk factors:

- Bacteria
- Improper oral hygiene

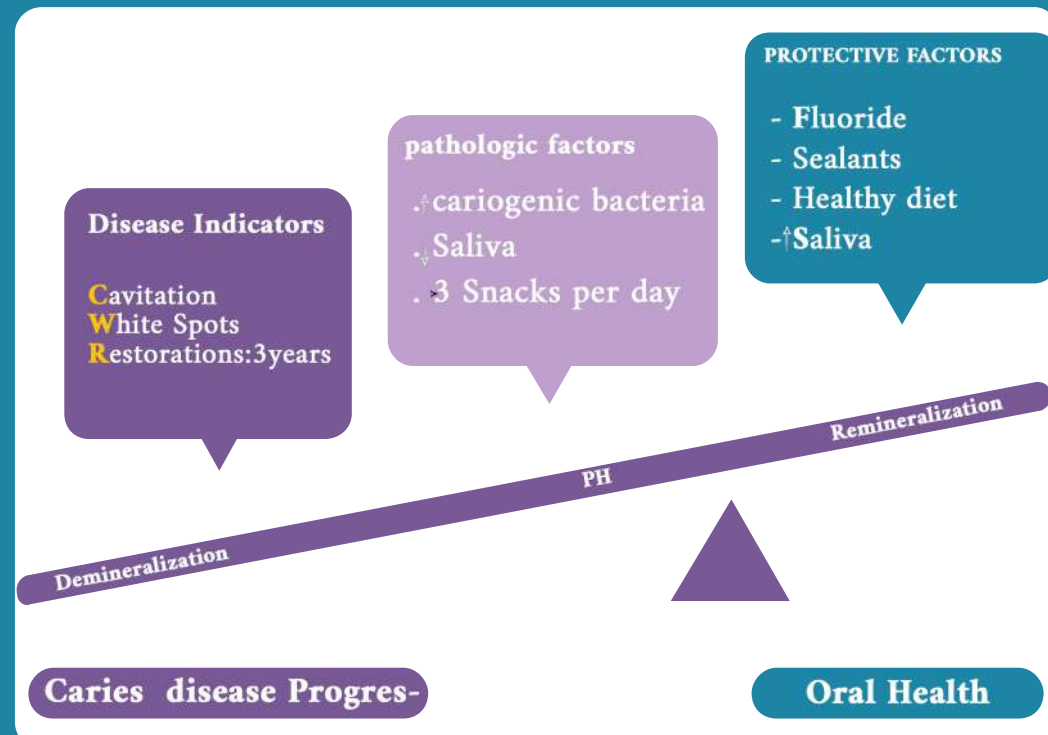
Once the risk levels are assessed determine a plan for

- intervention and prevention like
- Periodic examination (clinical & Radiology)
- Professional application of fluoride
- Oral hygiene instructions
- Professional sealant application

CAMBRA helps in preventing a lifetime of oral pain, discomfort and saves thousands of money in dental bill over the life time.

Dr. Shashikala Savla

DENTIST
CITY CLINIC MIRQAB



CITY CLINIC GROUP CONDUCTED THE 1ST INTERNATIONAL CONFERENCE ON ADOLESCENT HEALTH

**25-27th of October 2023.
Day 1: 25th October, 2023**



**DAY
3**

Students Conference 27th October 2023



**DAY
2**

Students Workshop 26th October 2023



**DAY
1**

Medical CME 25th October 2023

OUR MEDICAL EXPERTS FROM CMC VELLORE & KUWAIT WHO MADE ALL THE DIFFERENCE...



SENSE & ESSENCE OF ADOLESCENCE

CITY CLINIC

Conducted the 1st International Conference on Adolescent Health 'Sense and Essence of Adolescence'

25-27th of October 2023



Dr. SATYA RAJ

MBBS, DPM, MD (Psychiatry) TN MGR university, Tamil Nadu, India DNB, Diplomate of National Board FRANZCP (Fellow of the Royal Australian and New Zealand College of Psychiatrists) Professor in Psychiatry, Child and Adolescent Psychiatry CHRISTIAN MEDICAL COLLEGE, VELLORE, TAMIL NADU.



Dr. VALSAN PHILIP VERGHESE

MBBS, MD, DCH, FPID (Canada) SR. PROFESSOR, PEDIATRIC INFECTIOUS DISEASES, CMC VELLORE



Dr. RESHMI Y S

MBBS, MD PEDIATRICS Assistant Professor, Adolescent Medicine Department of Paediatrics CHRISTIAN MEDICAL COLLEGE VELLORE, TAMIL NADU, INDIA.



Dr. BEJI JAION

MBBS, MD, MRCPCH MBBS, MD, MRCPCH CONSULTANT - DEPT OF PEDIATRICS CITY CLINIC FAHAHEEL



Dr. CHRISTINA JAMES IRWIN

MBBS, DGO, MD (Ob&Gyn) From CMC, Vellore, India Consultant - Obstetrics & Gynecology AHMADI HOSPITAL, KOC, KUWAIT



Dr. MONA M BASKAR

DCH, MD (PEDIATRICS) (TN MGR UNIVERSITY, Tamil Nadu, India), PGD-AP (Kerala University Clinical Fellow in Adolescent Medicine (University of Toronto) Professor in Pediatrics and Adolescent Medicine Specialist CHRISTIAN MEDICAL COLLEGE, VELLORE, TAMIL NADU.



Dr. E ANIL KUMAR

MBBS, DCH, DNB Pediatrics CONSULTANT - DEPT OF PEDIATRICS CITY CLINIC KHAITAN

POSTER COMPETITION ON ADOLESCENT HEALTH

1st



KEDAAR SUMESH
GULF INDIAN SCHOOL



2nd



HUMARA FARHATH
FAIPS DPS



3rd



SWETHA BAWAN
FAIPS DPS



BIRTHDAYS



Ajeesh



Mojith



Mai S Ura



Wajiha

WELCOME TO CITY CLINIC FAMILY



Ms. Keerthana
NUTRITIONIST

CITY CLINIC FAHAHEEL



Dr Omnia Anwar
DENTIST

CITY CLINIC MAHBOULA

For appointments/ Enquiry



50003396

Member of



1880020

MIRQAB

FAHAHEEL

MAHBOULA

KHAITAN