

There are Two Blessings Which Many People Lose: (They Are) Health and Free Time For Doing Good

-Sahih AL-Bukhari

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From the CEO's Desk

Dear Readers:

City Clinic Group, Kuwait is excited and thrilled to bring out the first monthly newsletter called 'CCG Newsline'. This will be filled with news updates, information, touching stories, health initiatives, health tips and much more. Together, we stand at the forefront of a new era, where the power of ideas and information can transform lives and shape a better world. I am deeply grateful for the diversity of talent and expertise that each one of you bring to enrich our community. Our team of dedicated professionals and experts are working tirelessly to deliver thought-provoking articles that will challenge your thinking and broaden your horizons. We are committed to providing you with exceptional content, curated with utmost care and accuracy. Request every member of the City Clinic Family to display your talents and potential through this newsletter which will be published every month. As we embark on this journey together, I encourage the City Clinic Family to seize every opportunity to engage and learn from one another. Together, let us build a community that inspires, supports, and uplifts one another, leaving a legacy of positive change for generations to come. Let every City Clinic Employee be proud to be called a CCGite! I thank God for enabling all of us to be a part of this incredible journey. Congratulations to the Editorial Board for this major leap in the history of City Clinics.

Wishing the team God's choicest blessings and best wishes. Sincerely Yours,

Annie Valsan
CEO, City Clinic Group



New Ventures and Partnerships



City Clinic Group, Kuwait Signs Clinical Collaboration With Apollo Hospitals Enterprises India

City Clinic Group which manages five poly clinics across Kuwait has reached a clinical collaboration with Afro-Asia's largest private sector integrated healthcare provider, the Apollo Hospitals Group-India. This was announced in ceremony at City Clinic Kuwait, by Dr. K Hari Prasad, Group President, Apollo Hospitals Enterprises Ltd. The City Clinic network also manages Apollo clinics in Dubai and North Kerala in India. Announcing the clinical collaboration, Dr. K Hari Prasad remarked that "This is our first of its kind clinical engagement in Kuwait, With this MOU the City Clinics will have Apollo Hub facility and through the same the patient community accessing City Clinics will have seamless access to Apollo's extensive medical resources. Our senior consultants would also be licensed for City Clinic Kuwait as we progress on this relationship. I Congratulate Mr. Naushad KP, Managing Director City Clinic Group and his team for this relationship"

Easy steps for International Referral

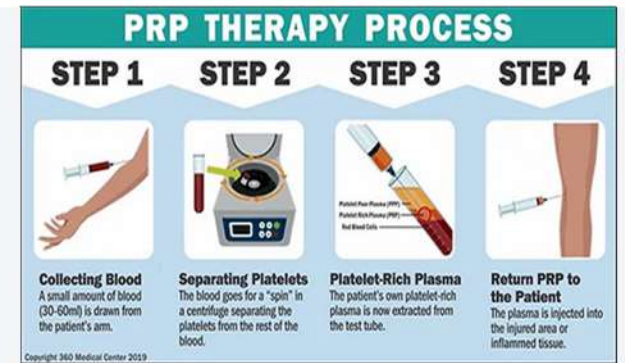
- 1-Dedicated hot line-preregister-
+965 50003396
- 2-Visit our branches in Fahaheel, Mahboula, Mirqab and Khaitah
- 3-Consult our General Physician - Get your appointments booked with top Medical consultants in premier institutes in India
- 4-Post treatment, hassle free followup in City Clinic
- 5-For more details [1880020](tel:1880020)

One stop solution for all your health care needs

NEW CLINICAL SERVICES

PRP THERAPY- Pain Free Life Now in Khaitan ☎ 1880020

Bring Movement Back To Life
Free Yourself From Chronic Pain



WHAT IS PRP ?

Portion of autologous blood containing concentrated PLATELET COUNTS above baseline values.

Recommended therapeutic concentration is 5 X Platelet count in normal blood Platelets release GROWTH FACTORS with healing properties

ADVANTAGES OF PRP THERAPY

Autologous blood (Patients own blood), not genetically engineered
Minimal complications- infection, rejection, systemic effects
No tendon rupture and dermal atrophy like in cortisone
Readily available - No expiration or shelf life

Dr.Ritesh Jaiswal
MBBS, D.ORTHO, DNB (ORTHO), M.Ch (ORTHO)
Orthopaedician, City Clinic Khaitan



Health & Wellbeing

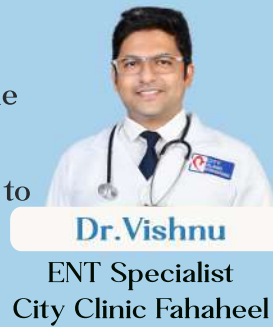
The Department of ENT at City Clinic group is dedicated to ensuring your optimal ear, nose, and throat health. Below are few essential tips to help you with the same.

1. Ear:

- Protect your ears from excessive noise: Use earplugs or earmuffs in noisy environments to prevent noise-induced hearing loss.
- Avoid inserting objects into your ears: Refrain from using cotton swabs or sharp objects, as they can damage your ear canal and eardrum.
- Dry your ears gently after swimming or showering: Use a towel to dry the outer ear and tilt your head to allow any excess water to drain.

2. Nasal:

- Maintain good nasal hygiene: Regularly clean your nostrils using a saline solution or nasal irrigation system to keep them moist and clear.
- Avoid excessive nose blowing: Instead, gently blow one nostril at a time to prevent pressure build-up and potential ear-related complications.



My earth My responsibility..



According to a new analysis released by UNICEF 1 in 5 children worldwide does not have enough water to meet their everyday needs

144 million people drink water directly from a river, dam, lake, pond, stream, canal, or irrigation canal. 206 million people spend more than 30 minutes per round trip collecting water.

One drop of water
could save our
thirsty world!
Conserve
Water and
Save Lives

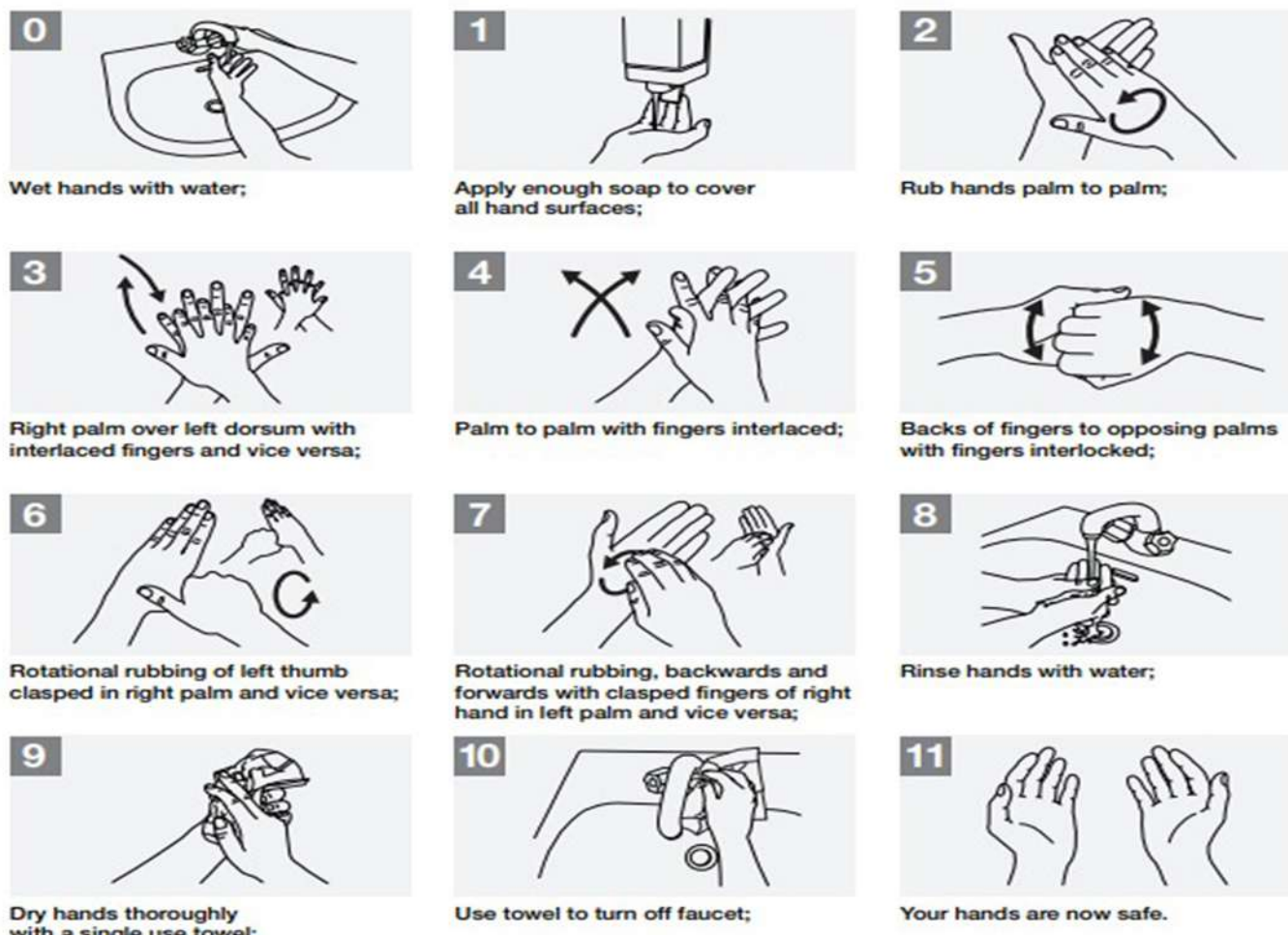


Quality Initiative for the Month

HOW TO HANDwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 40-60-seconds



Birthdays

Mr.Hakil



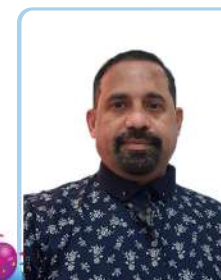
Dr. venkidesh



Dr. Faisal



Mr.Hameed



Mr.Sathar



WELCOME TO CITY CLINIC FAMILY



Dr. AMEENA

General Practitioner

City Clinic Mirqab



Dr. ANIL KUMAR

Pediatrician

City Clinic Khaitan



Mr. SALEEM

Marketing Assistant

City Clinic Fahaheel



Mr. SHUHAIB

Asst Accountant

City Clinic Khaitan



Ms. RAVEENA

Human Resource Coordinator

City Clinic Fahaheel

Down The Memory Lane



City Clinic Group's fifth pharmacy opens operations in Khaitan

Saad Mubarak Al Zari Al Mutairi inaugurates City Clinic Group's fifth pharmacy in Khaitan

Community life Beyond Clinic Boundries

Finalist Hautmonde Mrs india worldwide 2023 season -12

It was indeed a privilege and pleasure to be a part of an International beauty pageant. I proudly announce that I was the finalist of Hautmonde Mrs. India worldwide 2023 finalist of season 12.

The finale was held in Dubai in first week of June 2023.

Women from all over the world participated in this beauty pageant to portray their skills and talents on this esteemed platform .

This opportunity was a lifetime achievement to a new start and new expedition. It was absolutely exhilarating experience to walk the prestigious ramp and makes one feel on the cloud nine.

Nevertheless the efforts and dedication and the journey was remarkable and incredible It has allowed myself to explore the immense potential in me to perform to my best .

I take pride in inspiring women around me with my transformation journey ,that no matter what your age, martial status profession and motherhood , they are no hurdles to achieve in life what ever you dream of .

I am extremely obliged and feel blessed to be a part of this wonderful journey and will look forward for further endeavors.

Thank you

Dr. Shashikala



Packages

CITY CLINIC Comprehensive HEALTH CHECKUP



- ◆ Vitamin D
- ◆ BLOOD SUGAR
- ◆ LIPID PROFILE
 - TOTAL CHOLESTEROL
 - HDL
 - LDL
 - VLDL
 - TRIGLYCERIDE
- ◆ CREATININE
- ◆ URIC ACID
- ◆ SGPT
- ◆ URINE ROUTINE
- ◆ ECG (Above 40)
- ◆ CBC
- ◆ BLOOD PRESSURE
- ◆ EAR NOSE THROAT/DENTAL CHECKUP
- ◆ GP CONSULTATION

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OFFER**
1 June to 15th AUG 2023



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MIRQAB FAHAHEEL
MAHBOULA KHAITAN

For appointments/ Enquiry

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