



Zulekha Hospital - Dubai

P.O. Box 48577, Dubai, U.A.E. Tel.: +971 4 267 8866
Appointments: +971 4 217 5600, Fax: +971 4 267 8855
E-mail: info@zulekhaahospitals.com

Medical Centres:

- **Zulekha Medical Centre**
P.O. Box: 35469, Al Qusais Interchange, Dubai - U.A.E.
Tel.: +971 4 261 3004, Fax: +971 4 261 1372.
- **Zulekha Medical Centre**
P.O. Box: 457, Next to Nova Park Hotel,
King Faisal Street, Sharjah - U.A.E.
Tel.: +971 6 574 1388, Fax: +971 6 574 1363.
- **New Zulekha Medical Centre**
P.O. Box: 457, Dhaid, Sharjah - U.A.E.
Tel.: +971 6 882 8486, Fax: +971 6 882 8487.
E-mail: zmc@zulekhaahospitals.com

Zulekha Hospital - Sharjah

P.O. Box 457, Sharjah, U.A.E. Tel.: +971 6 565 8866
Appointments: +971 06 506 9300, Fax: +971 6 565 6699
E-mail: info@zulekhaahospitals.com

Pharmacies:

- **Al Rafea Pharmacy**
P.O. Box: 21997, Al Qusais, Dubai - U.A.E.
Tel.: +971 4 263 2224, Fax: +971 4 263 0521.
- **Zulekha Hospital Pharmacy**
P.O. Box 48577, Al Nahda, Dubai - U.A.E.
Tel.: +971 4 217 5659, Fax: +971 4 267 8855.
- **Zulekha Hospital Pharmacy**
P.O. Box 457, Al Nasserya, Sharjah - U.A.E.
Tel.: +971 6 506 9222, Fax: +971 6 565 6699.

Diagnostic Centre:

- **Zulekha Diagnostic Centre** P.O. Box: 35469, Al Qusais Interchange, Dubai - U.A.E. Tel.: +971 4 263 4700, Fax: +971 4 263 4701.

www.zulekhaahospitals.com

R E J U V E N A T E



"Beyond the technology, besides the specialists,
something more is there... the magic of a caring touch"

Dr. Zulekha Daud
Founder

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Our journey of thousand smiles
began with a little step.

Our Genesis:

The Zulekha Healthcare Group found its roots in the year 1961 when our founder Dr. Zulekha Daud arrived in Sharjah. From a young medical graduate to a practising physician serving patients from all walks of life, she soon became a household name. After years of dedicated service, the year 1992 saw the establishment of Zulekha Hospital in Sharjah. It started off as a 30 bed set up with basic facilities for Gynaecology, Obstetrics, Surgery, Medicine and Paediatrics. Today the Zulekha Healthcare Group has expanded and includes a new hospital in Dubai, four medical centres and three pharmacies. Today we provide specialized treatment in over 20 disciplines ranging from Gynaecology to Interventional Cardiology. From a humble beginning to what we are today, it has been a journey of commitment and dedication. And as we look ahead, we carry on with the same spirit.

Our Mission

"To provide easy accessibility to
high quality health care"

Zulekha Group is now a healthcare conglomerate with two multi-speciality hospitals subscribed to international standards, four medical centres and three pharmacies. What started off with a 30 bed set up at Sharjah with basic facilities for Gynaecology, Obstetrics, Surgery, Medicine and Paediatrics in 1992, today boasts of two super structures with JCI accreditation in Sharjah and Dubai. The Zulekha Group today has over 825 personnel, inclusive of qualified doctors, staff nurses and a host of paramedical staff. Over 500,000 patients have availed our special care and time specific treatment. An awe-inspiring 5000 surgeries have been carried out to date. The Cardiac care, Intensive care and Neo-natal intensive care have super-speciality beds. Zulekha Hospital - Sharjah is a pioneer in the medical disciplines of Obstetrics and Gynaecology in the United Arab Emirates and has now gone ahead to scale newer heights in complete & comprehensive healthcare. Located at Al-Nahda, Dubai, is the second hospital of the Zulekha Healthcare group. This modern facility spanning an area of 100,000 square feet is a state-of-the-art multi-speciality centre which also houses the acclaimed Shawl Cardiovascular Institute.



ZULEKHA HOSPITAL - SHARJAH

A testimony to the trust reposed in us.

The Highlights

- A healthy nurse patient ratio of 1:4 in the Inpatient section. A similar healthy ratio of patient guides to patients in the Outpatient section.
- At least two specialist doctors in every department of the hospital.
- Pre-admission facilities, whereby prospective Inpatients and their families can tour the hospital.
- Cost effective health packages & Corporate benefits.
- 24 hour services – Emergency, GP, Pharmacy, Ambulance, Laboratory & Imaging.
- Direct settlement with all major insurance companies.
- A choice of conveniently furnished private and semi-private rooms as also special treatment facilities.



ZULEKHA HOSPITAL - DUBAI

Our benchmark of excellence.

Zulekha Hospitals achieve JCI (USA) standardization for high quality Health Services

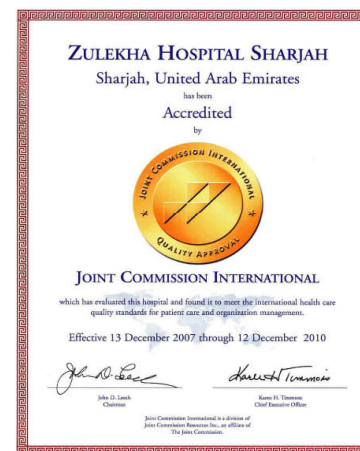
Zulekha Hospital, Dubai and Sharjah were accorded accreditation for our high quality health services from Joint Commission International (JCI), USA. In doing so, it became the first group in UAE to get both their facilities accredited by this standardization authority. JCI is the largest accreditation body in America established to ensure standardized processes and practices in all settings of a healthcare organization. The stringent processes and procedures of JCI ensure total quality service, total safety for patients and human capital.

After years of rendering quality healthcare, Zulekha Hospital deserves this commendation for its single minded pursuit of a better 'patient experience' (right from the time a patient enters the hospital facility till their discharge and total recovery) in terms of quality of services and safety. With this, Zulekha Hospital stays committed to its vision of becoming the most efficient, competent and courteous provider of comprehensive healthcare in the world. The privilege of becoming one amongst only 150 hospitals in the world to practice such high quality standards of health services shows true endurance. The Zulekha hospital at Sharjah is also the first facility to be awarded JCI quality accreditation in Northern Emirates and lays a milestone for other healthcare providers in the region to emulate.

The quality accreditation to Zulekha Hospital, in simple terms, translates to complying with international standard patient procedures and care methodology that ensures a better care methodology. The benefit of JCI processes (for a patient) encompasses total quality of care, awareness and education about their health problem. JCI standards also lay emphasis on patient safety from hospital acquired infections, patient's rights while undergoing medical care and other possible risks.



Joint Commission International
Quality Approval



Anaesthesiology

Zulekha Hospital has a modern Operation Theatre and Anaesthesia Department with state of the art equipments, machines and monitors. It provides patients care with precision of International Standards. It is all connected to ICU, NICU, Labour Room, CSSD and Cardiac Cath Lab on the same floor.

The following discipline of surgeries, both Elective and Emergencies, are undertaken.

- General Surgery including endoscopic surgery, routine paediatric surgery
- Orthopaedic Surgery including Arthroscopy and Joint replacements.
- Urology and Endoscopic surgeries.
- Cosmetic and Reconstructive surgery
- ENT Surgery including Functional Endoscopic Sinus Surgery (F.E.S.S.)
- Eye Surgery
- Dental and Maxillo-facial Surgery
- Obstetric and Gynaec Surgery including Laparoscopic Surgeries.
- GI Endoscopies
- Anaesthesia department also extends emergency resuscitation and respiratory management in ICU where modern advanced ventilators are available.



Labour Analgesia services and Anaesthesia at remote locations like CT/MRI Scan Center and Cardiac Cath Lab., Emergency Surgeries and ICU Services are available around the clock, seven days a week



Cardiology

Heart Care at Zulekha Hospital brings one of the finest Cardiac Care Centre to UAE together with reputed medical professionals complemented by advanced technology and world class facilities. It has incorporated a comprehensive approach of providing Quality Care based on prevention, early detection, diagnosis and rehabilitation.

Heart Care at Zulekha Hospital provides specialized care for the screening, diagnosis and treatment of various heart conditions such as:

- Treatment of Heart attack and chest pain by Coronary Balloon Angioplasty and stenting.
- Coronary Artery Disease (Blocked Heart Arteries)
- Ultra modern ICU
- Peripheral Artery Disease
- Congenital Heart Disease
- Hyperlipidemia (High Cholesterol Level)
- Arrhythmia (Irregular Heart Beat)

The latest feature of cardiac care at Zulekha Hospital, Dubai, is the Shawl Cardiovascular Institute and Research Centre under the leadership of world renowned cardiologist Dr. Fayaz Shawl. A new Catheterization Lab and other modern equipments are also available to provide state-of-the-art technological support.

Non Invasive Investigation Facilities

- Non-invasive investigation facilities including Resting 12 Lead ECG, computerized stress Echo (Tread Mill test) which can detect overt or occult ischemia of the heart (diminution of blood supply to the heart because of block in circulation).
- 24 Hour ambulatory ECG recording facility (holter monitoring) to detect any arrhythmia or ischemia, which is not obvious in the resting ECG.
- Two-dimensional echocardiography plus a Colour Doppler- imaging facility to evaluate the structural problems of the heart and their effect on heart function.

Invasive Investigation and Treatments Facilities

Heart Care at Zulekha Hospital takes pride in our team of cardiac specialists, who bring along with them the assurance of the "world's best".

Heart Care at Zulekha Hospital is fully equipped with the latest Catheterization Machine from Siemens – Mounted C – Arm 14 inch Flat Panel. A Flat Panel enables better Imaging Quality of the Angiographic pictures taken. The Advantage of a 14 inch Flat Panel is that it also enables better Peripheral Imaging and Angiography.

Advanced technologies like Intravascular Ultrasound (IVUS), Rotablator, Intra Aortic balloon pumping are available to aid in procedure of Percutaneous Transluminal Coronary Artery Stenting and balloon implantation.

Facilities for temporary and permanent pacemaker implants, cardiac rhythm management are also available. These are complemented by full fledged Intensive Care facilities.



- Smoking can impair sense of smell, taste and hearing.
- A regular, brisk walk relieves stress, boosts energy and rejuvenates the brain.
- When waiting in a line, lift each foot alternately to reduce strain on the feet. This also tones and relaxes the muscles of the whole leg.



- Bananas as a source of vitamin B-6 help in the formation of red blood cells, strengthening of the immune system, ensure a healthy nervous system and assist protein metabolism.
- Moisturizing your skin on a daily basis can help to protect against climate, toxins. Use sunblock on your face, neck and arms even during winter.

Dental Surgery

The department of Dental Surgery offers you the most appropriate and the best treatment modalities for the different dental problems one might face or come across.

The department also has in its wings:

- **Department of Dentofacial Orthopaedics and Orthodontics:** Which deals in correction of abnormality in growing upper & lower jaws by using growth modulation procedures to redirect it in a favorable direction & at the same time correction of irregular & protruding teeth by means of braces including cosmetic braces.
- **Department of Prosthodontics:** Offering the best prosthodontic services & has also started "IMPLANTOLOGY" services.
- **Department of Periodontics:** Offers the best services for maintenance of healthy gums. Gum surgeries, Root planting, etc are managed under local anaesthesia.
- **Department of General Dental Surgery:** Offering the best general dental services like routine cosmetic dentistry procedures, root canal therapy, oral prophylaxis, tooth coloured fillings, minor oral surgery procedures including extraction of diseased tooth.
- We also offer paediatric dentistry services for our paediatric (Child group) patients by routine dental delivery systems.



Dermatology

The dermatology department specializes in the diagnosis and treatment of skin diseases and cosmetic problems. The department of Venereology is also attached to this department.

Services Offered

Dermatology:

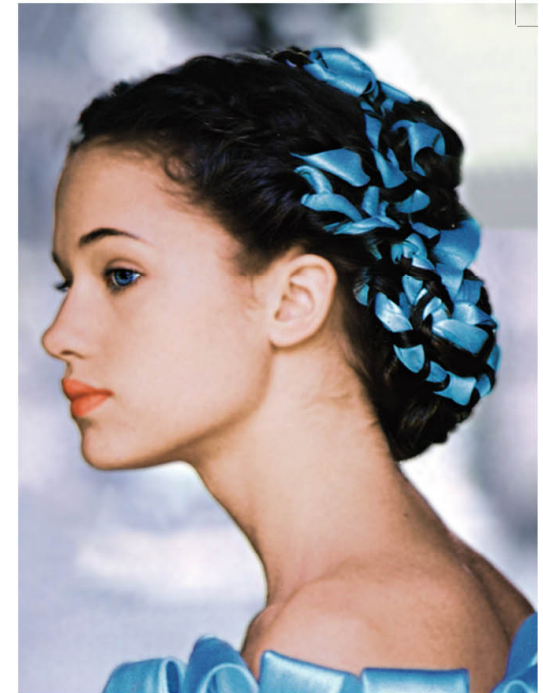
- Skin biopsy - Skin scrapping
- Chemical cautery
- Electro cauterization
- Cryo therapy, minor surgical procedures like removal of moles / wart treatment / corns
- Intra Lesional injection
- Narrow Band UVB treatment for psoriasis / vitiligo, etc.
- Allergy Tests
- Radio Frequency Surgery
- Nail Surgery
- Vitiligo (Leucoderma) Surgery

Cosmetology:

- LASER therapy for hair removal, Chemical peeling, Microdermabrasions.
- Injection Botulinum Toxin (Botox) for excessive sweating, wrinkles
- Anti-aging treatment
- Treatments for pigmentary disorder, Acne & Scarring and Hair problems
- Mesotherapy
- Treatment for Keloid

Venereology:

- Diagnosis and treatment of sexually transmitted diseases.
- Treatment of psycho sexual disorders like erectile dysfunction.



The treatment of ailments that are skin deep is often considered with deeper understanding and results.



- Being cheerful and optimistic are the keys to healthy living.
- Eating 25 grams or 1 ounce of Soy protein daily can help to decrease cholesterol levels.



- Taking several breaks throughout the day to just breathe deeply, pray or decelerate the body contributes to good health.
- Buy whole foods instead of processed food whether canned, frozen or farm fresh.
- Correct posture and stretching exercises are the most effective ways to fight loss of energy.



The 24-Hour ER staff is well trained to handle medical and surgical emergencies of children as well as adults.

Endocrinology

This department deals with the medical aspects of hormones and their associated diseases and conditions. It's main areas are goiter, diabetes and metabolism.

Services Offered

• Common disorders being taken care by this branch of medicine are:

- Diabetes Mellitus - both juvenile and adult onset
- Thyroid diseases - hyper or hypothyroidism, goiter or thyroid nodule
- Bone disorders due to parathyroid abnormalities or vitamin deficiency
- Addison's disease or Cushing's disease
- Short or tall stature including growth hormone deficiency
- Obesity
- Hypocalcaemia or hypercalcaemia (low or high levels of calcium)
- Delayed or premature sexual development
- Polycystic ovarian disease
- Hirsutism i.e. male like hair growth in females
- Sexual disorders
- Gynaecomastia (breast development in male)

• Important facilities available:

- Hormonal assays (tests) for above mentioned diseases
- Diabetes clinic with following facilities: Insulin pump, Needle free device for insulin injections, Special diabetic meals, Diabetic education programme.
- Imaging for Endocrine organs like: Thyroid scan, Ultrasound, Computerized Tomography (CT scan), MRI

Emergency

This department of our hospital provides the services of General Practitioners and also offers Emergency services round-the-clock. It is manned by a team of well-experienced multinational male and female doctors to cater to the requirements of all our clientele of various nationalities. Doctors and staff are fluent both in Arabic and English thereby avoiding any communication gap between patients and doctors. This creates better doctor-patient relationship and results in better patient care. Having sound and updated knowledge of medical science our team provides comprehensive general health care with due emphasis on curative and preventive medicine. Medical and surgical emergencies are promptly and efficiently attended to at the department. House visits by General Practitioners and specialists and Ambulance services with a doctor in attendance are provided on request at a short notice.



In addition to tonsils removal, this department also handles head and neck problems as well as thyroid related complaints.

E.N.T.

This department deals with the treatment of diseases of the ear, nose and throat.

Services Offered

- Examination and investigation of regular ENT cases
- FESS (Functional Endoscopic Sinus Surgery)
- Surgery for snoring
- Microlaryngeal surgeries for speech problems
- Hearing assessments for children and adults
- Microsurgeries for ear like Tympanoplasty, Mastoid explorations.
- Endoscopic diagnostic procedures
- Surgery for Adenoids, Tonsils, Myringotomy & grommets



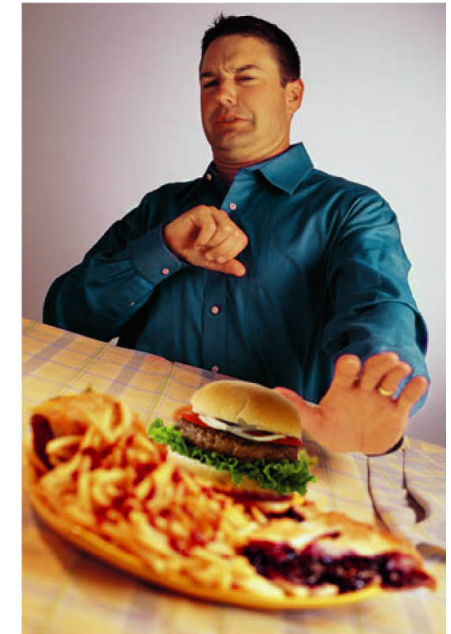
Medically managing hormonal problems effectively helps treating diabetes, thyroid complications and even metabolic disorders.

Gastroenterology

Gastroenterology deals with disorders of digestive system. This includes oesophagus (food pipe), stomach, small and large intestines, gall bladder, biliary tracts and pancreas. The field of Hepatology deals with diseases of the liver.

Services offered

- Treatment of Functional Bowel Diseases like Irritable Bowel Syndrome, Non Ulcer Dyspepsia, Constipation; Inflammatory Bowel disease, Infective Gastroenteritis, Acid-Peptic Disorders-like GERD & Peptic Ulcer, Cholecystitis, Pancreatitis, Gastrointestinal Bleeding, Gall bladder Cancers, Acute and Chronic Hepatitis, Cirrhosis of Liver and Liver abscess.
- Our facilities include a complete modern Day Care Endoscopy Unit which performs all procedures like Upper Gastrointestinal Endoscopy, Sigmoidoscopy, Colonoscopy and ERCP. With removal of stones from bile duct, colonic polyp removal and vascular clipping of bleeding vessels.



Gastro and Endoscopic procedures are complemented by educative counselling on a regular basis in this department.



- Drinking green tea not only helps to fight diseases such as cancer but also aids in fat reduction.
- Berries contain vitamin C & over 4,000 different compounds which have antioxidant properties. They also have a low calorie content.



- Eat fresh fruit instead of drinking fruit juice:**
- Juice is often sweetened but, fresh fruits have natural sugar. When you eat fruit you are taking in a lot of fiber which is needed by the body and fruits are excellent sources of vitamins.

General Surgery

At Zulekha, the surgeons readily assume round-the-clock responsibility for patients under their care in the hospital. They are also available 'On-call' for emergencies.

Services Offered

Highlights of the department include -

- Operations in gastroenterology, urology, anorectal, other abdominal, urological and plastic surgery procedures and all other general surgical operations
- Abdominal Laparoscopy
- ERCP
- Well equipped operating theatres
- A modern Central Sterile Supplies Department (CSSD) which provides the theatres with sterile equipment and instruments
- Advanced monitoring equipment is used both during surgery & post-operative period. A strict protocol is maintained throughout the entire period
- Stringent quality control measures maintained continually
- Critical care and Total Parenteral Nutrition (TPN) are regularly practiced



Every non-surgical procedure required to treat ailments of any body part is carried out in this department.



Abdominal Surgeries (open & laparoscopic) like removal of tumors, gall bladder surgeries, hernia, operations of thyroid gland, breast surgeries are done with high degree of professionalism.

Internal Medicine

This department pertains to prevention, diagnosis, and care of adults with general illness and disease; specifically the treatment of internal organs and body systems, not usually treated by surgery.

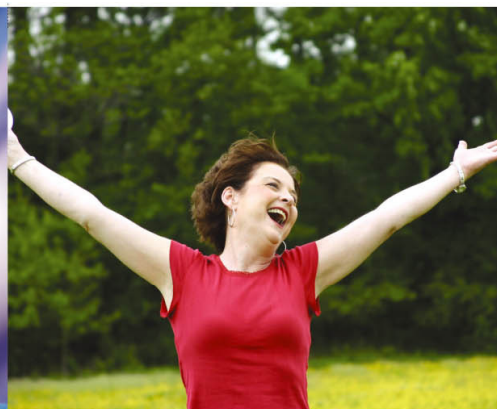
Services offered

- Complete evaluation, diagnosis and management of patients through OPD services, strong back up from laboratory and radiology departments, Indoor services wherein the physician's opinion and consultation is available round the clock.
- The physician is also actively involved in the day to day management of ICU and CCU patients.



Do not skip meals:

Eating small frequent meals, help to balance your calorie level throughout the day and also keep your blood sugar level balanced. Instead of eating 3 big meals, try to eat 5-6 smaller meals throughout the day.



Laparoscopic surgeries have been successfully carried out at different parts of the human body, including knee, abdomen, etc. and also includes uterus removal.

Neonatology

Our Division of Neonatology offers comprehensive neonatal diagnostic and treatment facilities for critically ill newborns. It also is a multidisciplinary research unit, dedicated to providing the highest quality care for all newborns, ranging from healthy neonates to sick or premature newborns requiring close observation or intensive care.

Treatment of New born babies with the following problems

- Prematurity
- Low birth weight
- Hyaline membrane disease
- Persistent Pulmonary hypertension
- Respiratory distress
- Congenital Pneumonia
- Birth asphyxia
- Sepsis
- Necrotizing Enterocolitis
- Seizures
- Bleeding neonate
- Newborn with anemia
- Inborn error of metabolism



Do not be overly restrictive:

Everyone has his or her favorite treats. Simply allow yourself a little indulgence, but watch out for the frequency and quantity. Having small treats once in a while can be rewarding to your weight loss experience.

Laparoscopic Surgery

Laparoscopy is otherwise known as Keyhole Surgery employed in examining the abdominal and pelvic organs and treats the pathology.

Laparoscopy Procedures help in

- investigating and treating the causes of abdominal pain.
- investigating and treating Infertility.
- monitoring the effect of infertility drugs on ovaries.
- removal of fibroid, Uterus (Laph), appendix and gall bladder.
- repair of inguinal hernia.
- carrying out female sterilization.



Newborn babies are treated with special care and compassion.

- Newborn with polycythemia
- Neonatal jaundice requiring phototherapy or exchange transfusion

Facilities provided

- Ventilation
- Surfactant administration
- Double volume Exchange transfusion
- Single volume Exchange transfusion
- Invasive Blood pressure monitoring
- Invasive CVP monitoring
- Central long line
- Total parental nutrition
- Managing babies with shock
- Neurological assessment and proper follow ups for development

Nephrology & Dialysis Unit

Nephrology & Dialysis is a professionally managed unit, equipped with a team of skilled and dedicated doctors and paramedical staff. Common diseases such as diabetes, hypertension, and glomerulo-nephritis can lead to permanent loss of renal functions - with dialysis being the outcome. The emergence of new therapeutic interventions has enabled to diagnose renal disease early and prevent its progression.

We offer for acute and chronic renal failure, facilities such as Hemodialysis, Continuous Renal Replacement Therapy (CRRT), and online hemodiafiltration. Creation of vascular access for chronic renal failure in form of AV Fistula and insertion of double lumen catheter for acute Hemo dialysis.

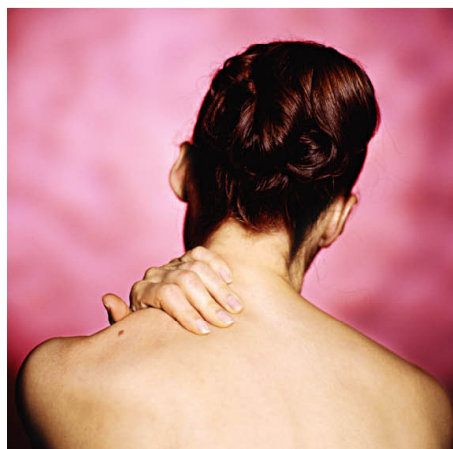


Neurology

This department specializes in the diagnosis & treatment of disorders of the nervous system – the brain, the spinal cord, and the peripheral nerves.

Services offered:

- Neurological consultation in our hospital provides better solutions to neurological problems like:
 - Headache
 - Vertigo / Dizziness
 - Epilepsy
 - Visual problems
 - Nerve and muscle dysfunction
 - Neck pain
 - Lower backache
 - Paralysis
 - Unsteadiness
 - Stroke
 - Dementia / Memory Impairment
 - Mental retardation
 - Sleep Disorders
- The department extends the facilities of thorough investigations through EEG, EMG by experienced doctors in the field of neurology.



Neurological disorders including epileptic seizures, stroke, paralysis, head aches, etc. are treated with thoughtful care in this department.

Nutrition & Life Style Management

The mission of our Nutrition and Life Style Management department is to provide a high quality clinical and best patient service which is both equitable and accessible in an appropriate, pleasant and safe environment. An open communication is always encouraged between the patient and the dietitian. The primary purpose is to provide practical information on routine diets and the modification of the same as therapeutic diet for a variety of nutritional needs. A balanced and nutritionally adequate diet is suggested for every patient in the hospital.

Our department provides diet therapy to all the patient population including paediatric, adolescent, adult, and geriatric and any other specialized condition. The department's commitment to patients during their hospital stay is an important responsibility of the hospital. Personal food preferences and religious beliefs are considered to provide maximum patient satisfaction.



The diet therapy is concerned with modifying the normal diet to meet the nutritional requirements of sick individuals. Its aims are:

- To educate and advise the role of therapeutic diets in the management of chronic and acute diseases
- To maintain healthy nutritional status
- To correct deficiencies
- To afford rest to the whole body or the body that is affected
- To improve the body's ability to metabolize the nutrients
- To bring about changes in body weight and life style whenever necessary
- To supplement or make the medical or surgical treatments more effective.

Both in-patient and out-patient at nutritional risk have a complete nutritional assessment which includes the following

- Anthropometric Parameters
- Family and past medical history
- Diagnosis
- Diet and life style
- Food preference, religious beliefs, and cultural background
- Food intake pattern and dietary recall
- Food intolerance and allergies
- Drug and food interaction

Services offered:

Dietetic counseling for -

- Obesity
- Underweight
- Diabetes
- Hypertension
- Diseases / disorders of heart, liver and kidney
- Gastric disorders / diseases
- Pregnancy and Lactation
- Nutritional deficiencies
- Inborn errors of metabolism
- Pre-operative and post-operative conditions
- Tube feeding

Follow up of the patients is done regularly to achieve the nutritional goals; improve the existing condition, hasten recovery period, shorten hospital stay (for Inpatients) and maintain optimum health.



Quit snacking between meals:

Do not fall for snacks between meals. The main problem with most snacks and junk food is that they are usually less filling and contain lot of fats and calories.



Avoid crash diets:

They are bad for health and you will gain what you have lost once you take a break. Crash diets are not a solution to weight loss. Remember that it is not possible for a person to survive on a crash diet for the rest of his/her life.

Obstetrics & Gynaecology

This department deals with the health of female reproductive organs and disorders thereof. The department of Obstetrics & Gynaecology is one of the busiest units of our hospitals.

Services offered:

- A special labour and delivery unit with well equipped rooms
- Advance foetal monitoring
- Epidural analgesia (Pain-free Delivery)
- Special baby care unit for premature babies
- Pre-conception counseling, comprehensive antenatal and postnatal care
- Hormone replacement therapy, screening for cytology (Pap-smear), contraception advice - including IUCD (loop) insertion facilities
- Special maternity packages for primipara multipara incorporating antenatal care, delivery & postnatal examinations
- Laparoscopy - for both Diagnostics & Interventional procedures
- Screening for cervical cancer - pap smear, colposcopy & biopsy
- Genetic counseling
- Screening for breast cancer - Mammography



Complicated pregnancies and a wide variety of gynaecological procedures are a part of the foundation of Zulekha Hospital and this department is the most reputed specialization at our hospitals.

Orthopaedics

This department deals with the diagnosis and treatment of disorders, diseases and injury of the muscular and skeletal systems.

Services offered:

- Excellent facilities and the most modern equipments are available for arthroscopy procedures (Key Hole surgeries) like ACL Reconstruction, Meniscal repair and Shoulder instability (Repair)
- Consultants fully adept at managing all kinds of Traumatic & Non-traumatic orthopaedic problems i.e. fracture fixation, spinal procedures for disc problems
- Total knee and hip joint replacement operation with latest technology and implants allowing speedy recovery
- Most modern setup for joint replacement and other surgeries
- Specialised surgeons for sport related injuries
- Clinic held on all 7 week days
- 24 hours facilities available for accidents and emergency surgeries.



Zulekha Hospital is one of the few hospitals in UAE where Total Knee Replacement (TKR) surgeries are carried out aesthetically.



- There are at least 2,400 ways to incorporate health activities into our daily lifestyle.
- Drink 8-10 glasses of water daily. This will keep skin healthy, prevent constipation and flush out waste products efficiently, thereby helping in weight reduction.



- Laughter is the best medicine for mood enhancements and for the heart.
- The brain, like the body, can rust from being used too little. Reading, solving crosswords and learning new skills are just a few ways to exercise the brain.



Surgical procedure to change contact lens according to change in power of eye-sight is also done in addition to other corrective procedures.

Ophthalmology

Our ophthalmology department comprises highly skilled ophthalmologists and professional staff who can provide a complete range of medical and surgical management of both routine and complex eye disorders. Our speciality services include Phaco emulsification (Sutureless) with foldable Intra-ocular lens implantation, Cornea and External disease, Oculoplastic surgery, Paediatric Ophthalmology (squint corrections), Retina & Vitreous disorders and Neuro Ophthalmology.

Services Offered:

- Complete / Total eye check up
- Phaco emulsification with foldable intraocular lens implantation
- Sutureless manual small incision cataract surgery (Non-phaco)
- Complete evaluation of Glaucoma patients including IOP measurements using Applanation Tonometry, Non-contact Tonometry.
- Computerised visual field analysis with Humphreys Automated Perimeter.
- Anti Glaucoma operations like Trabeculectomy, Iridotomy, etc
- Total Orthoptic and Strabismus work up
- Squint corrective surgeries
- Oculoplastics and other Lid reconstructive operations
- Surgeries of Lacrimal apparatus like DCR, DCT
- Refraction with computerised Auto Refractometer
- Fitting of contact lenses
- Total screening of patients with Diabetic Retinopathy
- Ultrasound scanning of the eye
- 24-hour availability of eye specialists for treatment of emergency eye patients

Paediatrics

This department is concerned with the healthy growth and development of infants, children and adolescents.

Services offered:

- Concerned with care of all new borns delivered in the hospital or referred from other health centers
- Caters Immunization services to all Neonates, Infants or children
- Giving good Outpatient and Inpatient services to infants and children of all age groups in routine as well as emergency hours
- Monitoring the growth and comprehensive development of all babies and children
- Staffed by devoted nurses and manned by expert paediatricians available round the clock all seven days of the week.



Childcare that reaches out to educate every mother and their families, in addition to medical support, is an endearing commitment of Zulekha Hospital.

Pathology

The pathology department is concerned with the diagnosis / study of diseases through examination of body tissues, blood and body fluids and organs with an aim to understand their nature and causes.

Services Offered

The pathology department of Zulekha Hospital houses a fully equipped and computerized medical laboratory. We offer quality services backed by experienced medical and technical professionals. The use of sophisticated technology further assures efficient, reliable and standardized results. In order to provide quality service, we constantly update our techniques and equipments.

We have the following automated machines:

- Cobas Integra 400 - Fully automated Bio-chemistry analyzer
- Vitek system - Fully automated machine for microbiological identification & susceptibility testing
- Vidas - Fully automated machine for microbiological identification & susceptibility
- Sysmex System - Automated analyzer for haematological studies
- Automated tissue processor for histopathology
- Electrophoresis
- Blood grouping machine



The most modern equipments are complemented by well-trained pathologists at our lab.

Physiotherapy

This department is well equipped with modern gadgets to undertake care of patients requiring any kind of physiotherapy and achieve results that enables return to normal activity in the shortest possible time.

Services Offered

We offer multiple therapies through the following:

- Ultrasound
- Interferential Therapy
- TENS
- Electrical stimulations
- Traction machine
- Wax bath
- Short-wave diathermy
- Superficial Thermotherapy
- Deep Thermotherapy
- Mechanical Spinal Traction
- Electrical Stimulation
- Iontophoresis
- Other Medium Frequency Currents
- Cryotherapy
- All types of Exercise Therapy
- Functional Aids and Gait Training Devices



Being a department that cures lifestyle disorders, we take care of mental illness, anxiety problems, depression, emotional and behavioural disorders with both counseling and drug therapy.



Psychiatry

This department concerns with the treatment of mental, emotional and behavioural disorders. Its techniques involve counseling and drug therapy.

Services offered:

- Diagnosis, treatment and follow up (both short and long term), either as Inpatients or Outpatients
- Physical methods (by giving medicines and using Electroconvulsive therapy), psychotherapy of different modalities and social methods (like dealing with interpersonal, marital, occupational aspects).

Plastic Surgery

This department specializes in reducing scarring or disfigurement that may occur as a result of accidents, birth defects, or treatment for diseases.

Services Offered

Cosmetic Plastic Surgery

- Facial Cosmetic Surgery
 - Rhinoplasty - Nose
 - Oto Plasty - Ear
 - Blephero Plasty - Eyes
 - Lip Augmentation
 - Botox Inh and Fillers
 - Face Lift
- Body Contouring
 - Breast augmentations
 - Breast reduction
 - Correction of Gynaecomastia
 - Abdominoplasty
 - Liposuction abdomen & saddle
 - Deformity of thighs, arms, etc.

Reconstructive Plastic Surgery

- Skin grafting for skin losses
- Flap reconstructions
- Correction of scars
- Correction of congenital anomalies like cleft lip, cleft palate
- Breast reconstruction after breast cancer surgery

Burns and Post Burn Deformity

- Treatment of acute burns up to 30%
- Post burns sequel i.e. post burns, contractures, scars, hypertrophy, etc.

Maxillo Facial

- Facial trauma in accidents
- Fracture Mandible
- Maxilla & Zygoma

Hand Surgery

- Flexor of Extensor
- Tendon Repair
- Correction of Contractures and Fractures of small bones in hands
- All hand injuries including amputation and carpal tunnel syndrome

Micro Vascular & Micro Neural

- Repair of nerve injuries and vascular injuries
- Creation of arterio
- Venous fistula for dialysis



Zulekha Hospital carries out cosmetic, reconstructive and burn damage surgery with equal proficiency.



- Everytime you stop at a traffic light try tightening and releasing your thighs as well as buttock muscles as many times as possible. This will improve blood circulation in addition to firming up your legs.

Radiology

This department deals with the diagnosis of diseases using medical imaging techniques.

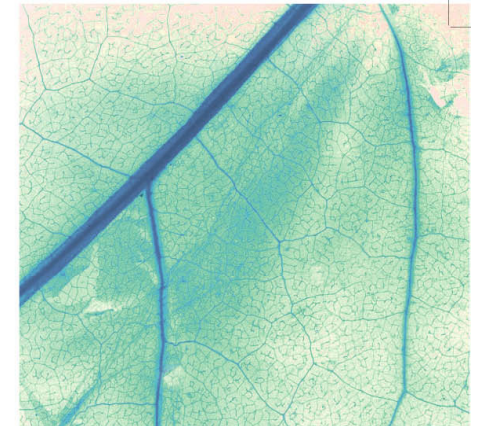
Services Offered

Along with both of our advanced technology ultrasound units, recent additions like the Colour Doppler Ultrasound and CT scan have further enhanced our diagnostic accuracy. The ultrasound units with their range of multiprobe and multifrequency applications allow the best of high resolution imaging. We also have computed radiography which gives digital images with high resolution image quality.

MRI scanner facilitates multiplanar imaging of the brain, spine, joints and the abdomen & pelvis. MRCP imaging of the biliary tree is also possible. MR angiography for the cerebral & renal vessels is also done.

Diagnostic/therapeutic aspirations are performed in conjunction with the clinicians. Mammography and Bone densitometry are also available.

Our investigative procedures include all routine and special investigations such as IVU, MCU, Barium studies, and HSG studies using the safest and most patient friendly techniques. The balance between a personalized service to our patients and a scientific protocol, in coordination with various other specialities has been the key to the quality of service in pinpointing our diagnostic focus.



Our radiology department specializes in early diagnosis of disease using medical imaging techniques, x-rays and employing advanced equipments like MRI scanners.

Urology

The Urology department deals with the evaluation and treatment of major and minor urological problems like:

- Urinary stone diseases
- Urinary infections
- Congenital Urinary & Genital problems
- Genitourinary Malignancies
- Genital problems
- Male infertility
- Genital infections
- Sexual problems
- Prostate problems
- Genitourinary trauma

Special Facilities

- Endoscopic surgeries
- ESWL (shock wave treatment for stone diseases)



Rheumatology

This department deals with diagnosis and treatment of all rheumatic diseases, other disorders, and diseases of joints, muscles, and bones.

Services Offered

• Early diagnosis and treatment of:

- Rheumatic Diseases like Rheumatoid Arthritis (R A), Systemic Lupus Erythematosus (SLE), Seronegative Spondyloarthritis (Ankylosing Spondylitis, Enteropathic Arthritis, Reactive Arthritis), Systemic Sclerosis (Scleroderma)
- Psoriatic Arthritis
- Vasculitis and related conditions
- Paediatric Rheumatic Disease: Juvenile Rheumatoid Arthritis, Rheumatic Fever
- Undifferentiated Connective Tissue Syndrome
- Joints Disease: Osteoarthritis, Gout and Crystal Induced Arthritis, Infective Arthritis
- Bones Diseases: Osteoporosis, Osteomalacia, And Other Metabolic Disease
- Muscles Diseases: Polymyositis, Muscles Sprain and Strain
- Low Back Pain, Neck Pain (Prolapsed Intervertebral Disc, Cervical Spine Spondylosis)

• Follow up for all Rheumatic Diseases

- Regular checkups for prognosis of diseases and side effects of medicines are very important in Rheumatology.

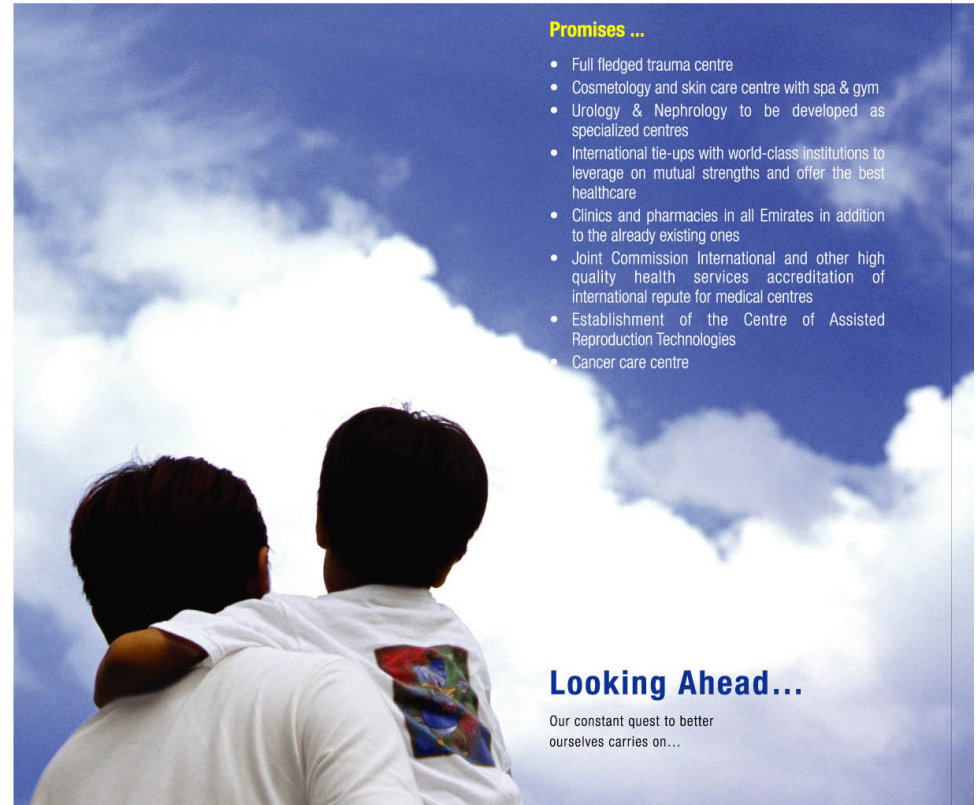
• Other Facilities:

- Bone Densitometry Imaging to check for Osteoporosis for all postmenopausal women
- Rehabilitation and Physiotherapy for all Rheumatic, Joints Diseases, Sports Injuries.



Promises ...

- Full fledged trauma centre
- Cosmetology and skin care centre with spa & gym
- Urology & Nephrology to be developed as specialized centres
- International tie-ups with world-class institutions to leverage on mutual strengths and offer the best healthcare
- Clinics and pharmacies in all Emirates in addition to the already existing ones
- Joint Commission International and other high quality health services accreditation of international repute for medical centres
- Establishment of the Centre of Assisted Reproduction Technologies
- Cancer care centre



Looking Ahead...

Our constant quest to better ourselves carries on...