

Zulekha ALEXIS Spirit

January to December 2024 | Volume XXIII

The Voice of Zulekha Healthcare Group

SHAPING THE FUTURE
OF HEALTHCARE WITH
INNOVATIVE CARE.

Zulekha
Hospital

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FROM THE EDITOR'S DESK

Dear Readers,

As we reflect on 2024, we are filled with immense pride and gratitude for a year marked by strategic partnerships, community impact and healthcare excellence at Zulekha Healthcare Group. This year, we celebrated our 60th anniversary, a testament to six decades of unwavering commitment to compassionate, patient-centred care.

Throughout the year, our leadership engaged with esteemed dignitaries including the Honourable Prime Minister of India, Shri Narendra Modi and His Highness Sheikh Dr. Sultan bin Muhammad Al Qasimi. These engagements underscore our deep-rooted connections and growing influence within the region's healthcare ecosystem.

From engaging CMEs to impactful campaigns like 'Pink it Now', 'Beat the Heat' and 'Back to School', we continued our mission of spreading health awareness far and wide. Collaborations with corporate and insurance partners enabled us to expand access to quality healthcare, while our CME programs ensured continuous learning and knowledge sharing among our clinicians and community physicians.

Our digital footprint soared and heartfelt success stories, such as premature infants defying odds and complex surgeries transforming lives, captured media attention and the hearts of our community.

Flip through the pages and enjoy your read on the happenings at Zulekha Healthcare Group!



Taher Shams
Managing Director, Zulekha Healthcare Group

"Our association and contributions to our communities through our partners including corporates, community physicians, charities, insurance partners and government institutions is recognised and valued by each of them, and this acknowledgement enables us to sustain our position as a prominent healthcare provider in the UAE. This broadcast presents it in a glimpse to you for the year gone by. As we look ahead to 2025, we remain inspired by the trust you place in us. We will continue to evolve with innovation, compassion and resilience, ensuring Zulekha Healthcare Group remains a beacon of healthcare excellence."

MEET & GREET



FOUNDER & CHAIRPERSON, DR. ZULEKHA DAUD MEETS INDIAN PRIME MINISTER, SHRI. NARENDRA MODI

Founder and Chairperson, **Dr. Zulekha Daud** exchanged greetings with the Honourable Prime Minister of India, **Shri. Narendra Modi** during his visit to the United Arab Emirates for the grand 'Ahlan Modi' programme, organised on 13 February 2024.

GROUP MD, MR. TAHER SHAMS EXTENDED HIS BEST WISHES TO H.H. DR. SHEIKH SULTAN BIN MOHAMMED AL QASIMI ON THE OCCASION OF RAMADAN

During the Holy month of Ramadan, Zulekha Healthcare Group Managing Director, **Mr. Taher Shams** extended his best wishes to **His Highness Dr. Sheikh Sultan Bin Mohammed Al Qasimi**, Supreme Council Member and Ruler of Sharjah at Al Badi Al Amer Palace in Sharjah.



ZULEKHA HOSPITAL WELCOMES H.E. SHEIKH MOHAMMED BIN HUMAID AL QASIMI

Zulekha Hospital had the honour of hosting **His Excellency Sheikh Mohammed Bin Humaid Al Qasimi**, Chairman of the Department of Statistics and Community Development at its Sharjah hospital. His Excellency joined the hospital team to commemorate 60 remarkable years of compassionate healthcare service in the UAE. He extended heartfelt congratulations from the office of **His Highness Dr. Sheikh Sultan bin Muhammad Al Qasimi**, Supreme Council Member and Ruler of Sharjah to **Dr. Zulekha Daud** and her team on the occasion. Also in attendance was **Lt. Col. Ahmed Al Marri**, Director of the Community Police Department at Sharjah Police.

ZULEKHA HOSPITAL TEAM WELCOMES INDIAN CONSUL GENERAL, SHRI. SATISH KUMAR SIVAN

Zulekha Hospital had the honour of hosting the Consul General of India to Dubai and the Northern Emirates, **Shri. Satish Kumar Sivan**. Founder and Chairperson, **Dr. Zulekha Daud**; Managing Director, **Mr. Taher Shams** and the Executive Management Team were proud to welcome Shri. Satish Kumar Sivan and engage in discussions about the hospital's offerings and services.



AWARDS & ACCOLADES



FORBES MIDDLE EAST RECOGNISES ZULEKHA HEALTHCARE LEADERS

Managing Director, **Mr. Taher Shams** and Co-Chairperson, **Ms. Zanubia Shams** were recognised among Forbes Middle East's Top 100 Healthcare Leaders 2024. The award ceremony was hosted in Abu Dhabi in the presence of His Excellency Sheikh Nahyan bin Mubarak Al Nahyan, Minister of Tolerance and Coexistence. Our Co-Chairperson and Managing Director received the award from His Excellency.



ZULEKHA HOSPITAL REACCREDITED WITH CAP LABORATORY ACCREDITATION

Zulekha Hospital has again achieved CAP Laboratory Accreditation, reaffirming its commitment to clinical excellence and patient-centred care. Since 1964, the Zulekha Healthcare Group has upheld the highest standards, fostering trust within the community it serves. CAP's Laboratory Accreditation Programme is a globally respected standard that leverages the expertise of practising laboratory professionals as inspectors, ensuring a rigorous review and validation of the hospital's laboratory services.

ZULEKHA HOSPITAL REACCREDITED AS A BABY-FRIENDLY HOSPITAL

Zulekha Hospital, Sharjah has once again been recognised with the prestigious Baby-Friendly Hospital Initiative (BFHI) accreditation by UNICEF and the World Health Organization (WHO), reaffirming its continued commitment to superior standards in maternal and child healthcare. Originally accredited in 2019 as the first private hospital in Sharjah to receive BFHI accreditation, this recognition highlights the hospital's ongoing dedication to providing exceptional care for mothers and new-borns.



COLLABORATIONS



DUBAI CORPORATION FOR AMBULANCE SERVICES HONOURS PRIVATE SECTOR PARTNERS

Dubai Corporation for Ambulance Services (DCAS) honoured its private sector partners for their active collaboration in achieving strategic goals and supporting advancements in emergency care within the healthcare sector. The ceremony was held in the presence of His Excellency Mishal Abdulkarim Julfar, Executive Director of Dubai Corporation for Ambulance Services, along with representatives from the UAE healthcare sector.

ZULEKHA HOSPITAL PARTNERS WITH DUBAI MEDICAL COLLEGE FOR INTERNSHIP PROGRAMME

Zulekha Hospital, Dubai signed an MoU with Dubai Medical College for Girls to support the internship of medical students alongside on-the-job training. The signing ceremony was attended by Acting Dean of the College, Prof. Yousif El Tayeb and Managing Director, Mr. Taher Shams.



ZULEKHA HOSPITAL HOSTS THE CLINICAL TEAM FROM AMERICAN UNIVERSITY, SHARJAH

Zulekha Hospital hosted the clinical team from the American University of Sharjah as part of our ongoing partnership in patient care. The event was attended by their Medical Director, Dr. Lubna, along with a team of doctors and nurses. We are their preferred referral centre for ER, diagnostic, inpatient and surgical requirements.

ZULEKHA HOSPITAL COLLABORATES WITH THE SHARJAH CIVIL DEFENCE SERVICES

The Zulekha Hospital Sharjah team met with Sharjah Civil Defence Services to discuss and extend hospital, Home Care and Smart Medical Centre Services to their employees and families.



COLLABORATIONS



ZULEKHA HOSPITAL PARTNERS WITH THE UNIVERSITY OF SHARJAH

A team of doctors from Zulekha Hospital, Sharjah, visited the clinical team at the University of Sharjah to initiate a partnership in patient care. The meeting was attended by their doctors, including Dr. Chara, Dr. Ahmed and Dr. Rima. Representing Zulekha Hospital, Dr. Abida and Dr. Nawwar engaged in discussions with them. We proposed to be their preferred referral centre for ER, diagnostic, inpatient and surgical requirements. The university has a total student strength of 14,000.

ZULEKHA HOSPITAL AND SWIFT DAY CARE SURGERY CENTRE SIGN AN IMPORTANT MOU

Swift Day Care Surgery Centre and Zulekha Hospital, Dubai, signed an MoU to collaborate and extend advanced minimally invasive laser surgery techniques. General and vascular surgeons from Swift Day Care Surgery Centre will utilise our operating theatres and be empanelled as visiting doctors with us. The partnership was officially signed in the presence of Mr. Karan Rekhi, Managing Director of Swift Day Care Surgery Centre and Mr. Zoaib Nomani, Senior Vice President of Zulekha Hospital.



ZULEKHA HOSPITAL COLLABORATES WITH ENOC FOR EMPLOYEE HEALTHCARE COVERAGE

A team from Zulekha Hospital met with the ENOC team, including Dr. Khalid Al Saedi, Chief Medical Officer; Ms. Hunaida, Director of HR and Events; Mr. Essam, Manager of Government Projects; along with their Business Development and Operations Team. We will be entering into a special contract with them to provide healthcare coverage for their employees and families at both our facilities.

ZULEKHA HOSPITAL PARTNERS WITH BASMA TRAVELS FOR VACCINATION AND HEALTH CHECKS

Zulekha Hospital has signed an agreement with Basma Travels to provide vaccinations for tourists, particularly those travelling for Hajj and Umrah. We will also be partnering with them to offer various health check-ups related to tourism.



CELEBRATIONS



ZULEKHA HEALTHCARE GROUP CELEBRATED 60 YEARS OF EXCEPTIONAL HEALTHCARE

Zulekha Healthcare Group celebrated 60 years of putting patients first. Born from Dr. Zulekha Daud's inspiring vision in 1964, we have grown into a trusted healthcare brand with hospitals, clinics and pharmacies that have transformed countless lives. We celebrated six decades of exceptional healthcare, where compassion and commitment were always at our core. Thank you for your trust and support.

CAMPAIGNS



Additionally, we also hosted the vibrant 'Beat the Heat' summer campaign at Zulekha Hospital, Sharjah and Dubai, spreading awareness on health tips for the hot season. Participants, including enthusiastic children, enjoyed capturing moments with our summer-themed photo frame while engaging with us on social media. It was a colourful and successful event!

ZULEKHA HOSPITAL ORGANISED 'BEAT THE HEAT' WITH DR. ZEE

We launched our summer campaign, 'Beat the Heat with Dr. Zee' providing a comprehensive guide to staying cool and comfortable throughout the season. The campaign featured essential summer survival tips, expert health guidance, dietary advice, wellness insights and engaging quizzes, everything needed for a refreshing summer. We encouraged everyone to stay connected, follow, like and share these informative posts with their family and friends.



CAMPAIGNS

**ZULEKHA HEALTHCARE GROUP ORGANISED BACK TO SCHOOL CAMPS FOR KIDS**

As schools reopened, we supported families in preparing their little ones for a healthy and successful school year with our special health check-up package. As part of our Back-to-School campaign, Zulekha Hospital's beloved mascot, Dr. Zee, paid a surprise visit to our young paediatric patients at Zulekha Hospital, Sharjah & Dubai and Zulekha Medical Centre. Dr. Zee's visit brought joy and excitement, as delighted children received wonderful gifts and hampers, making their visit extra special.



CAMPAIGNS



ZULEKHA HOSPITAL ORGANISES 'PINK IT NOW' FOR BREAST CANCER AWARENESS

Furthering our effort to promote and support healthcare in October, we proudly marked Breast Cancer Awareness Month with the launch of the 13th edition of our flagship 'Pink It Now' campaign.

As part of this initiative, we hosted the Cancer Support Group in collaboration with Friends of Cancer Patients (FOCP). A key highlight this year, was the introduction of 'Hair for Hope', encouraging individuals to donate their hair to benefit cancer patients. Dedicated drop boxes were installed at Zulekha Hospital, Dubai and Sharjah to facilitate these donations.

To further boost engagement, we organised a special hair donation drive at Zulekha Hospital, Dubai, resulting in the collection of 13 hair donations, all of which were transferred to FOCP for wig preparation.



COMMUNITY INITIATIVES



ZULEKHA HOSPITAL HONOURS OUR EVERYDAY TRUE HEROES

We launched a heartfelt series to recognise and celebrate exceptional individuals for their unwavering dedication to serving the community. In honour of International Women's Month, we put a spotlight on inspiring women from the community whose commitment has made a lasting impact. Hosted by RJ Faizan, this special series not only honoured these remarkable women but also reinforced the positive brand image of Zulekha Healthcare Group, reflecting the spirit of compassion that drives us.



IFTAR GATHERING FOR DOWN SYNDROME INDIVIDUALS: A CELEBRATION OF TRUE HEROES

Zulekha Hospital hosted a special Iftar gathering for individuals with Down Syndrome in association with Sharjah City for Humanitarian Services. Founder and Chairperson, Dr. Zulekha Daud and Her Excellency Mona Abdul Karim, Director General of the Centre, awarded these special individuals with certificates of appreciation as 'True Heroes', recognising their talents, encouraging them and promoting inclusive progress. On this occasion, 33 bright minds were celebrated as 'True Heroes' for their exclusive talents, courage and self-reliance. The Iftar event also featured a range of activities tailored to the needs and interests of the participants, providing them with a memorable and enriching experience.



SPECIAL NETWORKING WITH SCHOOL COUNSELLORS

Zulekha Hospital, Dubai organised a special networking meet with school counsellors, fostering meaningful discussions with our expert doctors from Paediatrics, Dental, Speech Therapy and Psychiatry. This initiative aimed to strengthen collaboration in paediatric care, ensuring comprehensive support for students' well-being.

COMMUNITY INITIATIVES



ALEXIS FOOTBALL KNOCKOUT

Zulekha Hospital proudly hosted the eighth Alexis Football Knockout Tournament, bringing together 13 corporate teams in a spirited competition. The tournament was evenly contested and the event fostered teamwork, sportsmanship and a shared commitment to health and wellness, creating an exciting and memorable experience for all participants.



ZUMBA AT MARYAM ISLAND

Zulekha Hospital hosted an energetic and engaging Zumba session at Maryam Island, Sharjah, bringing residents together for a fun-filled fitness experience. The enthusiastic turn out of residents across different age groups enjoyed a one-hour long Zumba session early in the morning to usher in good health and physical activity for the community

RAMADAN IFTAR MEAL DISTRIBUTION

During the month of Ramadan, our staff and their families came together to distribute over 1,000 Iftar meals to the residents and general public at Jamal Abdul Nasr Street in Sharjah, in collaboration with Sharjah Police. It was truly heart-warming to see children take part in this initiative, spreading joy and making a meaningful impact on the lives of others in the community. Iftar Meals on the go has been a regular initiative from Zulekha Hospital since over 30 years and this time we partnered with Sharjah Police to help in sharing the joy of giving.



WAFI CITY SUMMER RUN

Zulekha Hospital with Dr. Zee was the proud health and fitness partner for the Wafi City Summer Run hosted by the Dubai Sports Council, extending medical support to the participants who embodied the spirit of health and wellness.



COMMUNITY INITIATIVES



SUMMER RUN AT MIRDIF CITY CENTRE

Zulekha Hospital, in association with Dubai Sports Council, supported the Summer Run at Mirdif City Centre.



WOMEN'S CYCLING CHAMPIONSHIP

Zulekha Hospital supported the Women's Cycling Championship hosted by the Dubai Sports Council as a health and fitness partner, providing first aid and medical services to participants of the race at Deira Islands.



PARTNERSHIP WITH 'PROJECT RISE' - A DAWOODI BOHRA INITIATIVE

Zulekha Hospital partnered with 'Project Rise,' a Dawoodi Bohra initiative at the Indian Association Sharjah. In line with our 'Pink It Now' campaign, Dr. Farhat Arsalan, Consultant in General Surgery at Zulekha Hospital, Sharjah, presented on 'Busting Myths of Breast Cancer.' This was accompanied by basic screenings, including general consultations, vision screening and dental screenings by Dr. Mehzabin Kharodawala, Dentist at Zulekha Medical Centre, Al Khan.

PROMOTING CHILD CAR SEAT SAFETY

Zulekha Hospital, Dubai partnered with RTA and Maxi-Cosi to promote the proper use of child car seats.



WONDER MOM BACK-TO-SCHOOL EVENT

Zulekha Hospital participated in the Wonder Mom Back-to-School event at Swissotel, Al Murooj in Dubai, along with many other corporates, catering to the health and wellness of children.

COMMUNITY INITIATIVES



SUPPORTING HEART RUN AND CPR TRAINING

Zulekha Hospital, in collaboration with DCAS, participated in the 'Heart Run', organised by Skechers at the Expo Village. Our Basic Life Support (BLS) trainers, Jay and Mark, conducted on-site CPR training sessions for the participants. The event saw over 250 runners taking part in this Dubai Fitness Challenge event at Expo City.



MOTHER AND CHILD CARE EVENT

Zulekha Hospital hosted an event focusing on mother and child care in Dubai. The panel discussion featured doctors from both of our facilities, along with external speakers, who shared valuable insights on continued mother and child care and the mental well-being of families.



SHARJAH WEEK OF STARS

Zulekha Hospital was honoured to partner with Sharjah Commerce & Tourism Development Authority as the official healthcare provider for 'Sharjah Week of Stars'.



EMIRATI WOMEN'S DAY

On the occasion of Emirati Women's Day, Zulekha Hospital partnered with Ajman Business Women's Council for the celebrations, held in the presence of Sheikha Azza bint Abdullah Al Nuaimi. As part of the event at Fairmont Hotel, Zulekha Hospital, Sharjah, also provided medical check-ups for the participants.

COFFEE MORNING WITH NEW MOTHERS

Zulekha Hospital and Mumzworld hosted a Coffee Morning for new mothers and mothers-to-be at Circle Café, Jumeirah Islands in Dubai. Dr. Janani. Manoharan, Specialist in Obstetrics and Gynaecology and Dr. Sandip Ghosh, Specialist in Endocrinology, were the panel speakers at this insightful event.



MEDICAL CHECK-UP CAMPS



HEALTH CHECK-UP DRIVE DURING EID

Zulekha Hospital hosted a special Health and Happiness session on the occasion of Eid for employees and visitors at Al Shaab Village, Sharjah, promoting well-being and festive cheer.



BLOOD DONATION DRIVE

Zulekha Hospital in association with the Dubai Health Authority and Dubai Blood Donation Centre, organised a Blood Donation Camp at Zulekha Hospital, Dubai, encouraging individuals to donate blood and give the gift of life.



HEALTH CHECK-UP CAMP AT BURHANI MASJID

Zulekha Hospital, Sharjah organised a free health check-up drive at Burhani Masjid Shareqah, promoting community well-being and preventive healthcare.



HEALTH CHECK-UP CAMP AT EMRIL GROUP

Zulekha Hospital, Dubai conducted a health check-up drive for the employees of Emril Group, promoting employee well-being through preventive healthcare.



HEALTH CHECK-UP CAMP AT AL NABOODAH SWAIDAN AUTOMOBILES

Zulekha Hospital, Dubai conducted a health check-up drive for the employees of Al Naboodah Swaidan Automobiles Group, promoting workplace wellness and preventive healthcare.



HEALTH CHECK-UP CAMP AT PEUGEOT AUTOMOBILES

Zulekha Hospital, Dubai organised a health check-up drive for Peugeot Automobiles employees, with over 120 attendees joining the drive. The initiative focused on promoting health awareness and well-being among the employees.

MEDICAL CHECK-UP CAMPS



ZULEKHA HOSPITAL PARTNERS WITH SHARJAH AVIATION SERVICES FOR FAMILY FUN DAY

Zulekha Hospital partnered with Sharjah Aviation Services for their annual 'Family Fun Day' event. Dr. Noreen Qazi, Specialist in Paediatric Dentistry from Zulekha Medical Centre, Al Khan, offered free dental check-ups, while Vision House provided complimentary eye exams. A drawing competition was also organised, adding a fun and engaging activity for all attendees.



HEALTH CHECK-UP DRIVE AT DOUBLE TREE BY HILTON

Zulekha Hospital, Sharjah hosted a health and eye check-up drive at Double Tree by Hilton, Sharjah offering employees and guests essential health screenings as part of our commitment to community well-being.



BLOOD DONATION CAMP AT ZULEKHA HOSPITAL

Zulekha Hospital, Sharjah successfully organised a blood donation campaign in collaboration with Emirates Health Services (EHS) and SMK. The initiative saw the participation of 40 dedicated donors, contributing to this life-saving cause.



HEALTH CHECK-UP DRIVE AT HORIZON SURVEY COMPANY

Zulekha Hospital, Sharjah conducted a health check-up drive at Horizon Survey Company in SAIF Zone, a company specialising in Geosciences and Vessel Management (Marine). This initiative was carried out in partnership with PWS Brokers, reinforcing our commitment to employee well-being and preventive healthcare.



HEALTH CHECK-UP DRIVE AT SHARJAH SPORTS COUNCIL

Zulekha Hospital, Sharjah hosted a health check-up drive at Sharjah Sports Council, where a significant number of employees participated in the medical camp, prioritising their health and well-being.



HEALTH CHECK-UP DRIVE AT SHARJAH POLICE

Zulekha Hospital, Sharjah hosted a health check-up drive at Sharjah Police, offering blood pressure (BP), body mass index (BMI) and blood sugar tests, along with eye screening for employees at the Industrial Area Police Station.

MEDICAL CHECK-UP CAMPS



HEALTH CHECK-UP DRIVE AT DP WORLD

Zulekha Hospital, Dubai conducted a health check-up drive for the employees of DP World. Around 75 employees participated in the initiative, benefiting from essential health screenings.



HEALTH CHECK-UP CAMP AT SHARJAH AVIATION

Zulekha Hospital teamed up with Sharjah Aviation Services for a free health check-up camp, ensuring our aviation heroes stay healthy both on the ground and in the air.



HEALTH AND HAPPINESS EVENT AT AL HEERA BEACH

Zulekha Hospital hosted a health and happiness evening with health checks, face painting, a colouring workshop and henna for residents. All visitors at Al Heera Beach thoroughly enjoyed the activities.



HSE EXPO 2024

Zulekha Hospital partnered with Sharjah National Oil Corporation for the HSE EXPO 2024 conference at Al Jawaher Reception & Convention Centre, Sharjah. The event brought together attendees from the Oil and Gas Sectors across Sharjah and the Northern Emirates.



HEALTH CHECK-UP DRIVE AT SKYLINE UNIVERSITY

Zulekha Hospital, Sharjah organised a health check-up drive at Skyline University, Sharjah.



MEDICAL CAMP AND HEALTH AWARENESS PROGRAM AT ZULEKHA HOSPITAL

Zulekha Hospital in association with the 'Hello Folks Community', organised a medical camp and health awareness event at Zulekha Hospital, Dubai's Rooftop Auditorium. Dr. Joseph K. Joseph, Specialist in Internal Medicine, delivered an insightful health talk during the event.

MEDICAL CHECK-UP CAMPS



DENTAL AND EYE SCREENING FOR CHILDREN AT BASATEEN NURSERY

Zulekha Hospital, Sharjah hosted a special dental and eye screening event for children at the Basateen Nursery within the Sharjah Ladies Club.



HEALTH ASSESSMENT SESSION FOR THE CHILDREN AT AL BASATEEN NURSERY

Zulekha Hospital, Sharjah facilitated an interactive session along with Psychology and Speech Assessments for a few students at Al Basateen Nursery inside the Sharjah Ladies Club.



SHARJAH INTERNATIONAL FOOTGOLF TOURNAMENT

Zulekha Hospital extended medical checks as an official health partner in association with the Sharjah Commerce and Tourism Development Authority during the Sharjah International Footgolf Tournament.



HEALTH CHECK-UP CAMP WITH AJMAN BUSINESS WOMEN'S COUNCIL AND AJMAN CREATIVE HUB

Zulekha Hospital partnered with Ajman Business Women's Council and the Ajman Creative Hub for an educational event promoting a healthy lifestyle, which included a health check-up drive for all members.



HEALTH CHECK-UP DRIVE AT GENERAL MOTORS GMC OFFICE

Zulekha Hospital, Dubai organised a health check-up drive at the General Motors GMC office for their employees. Over 40 attendees participated in the health check-up drive.



HEALTH CHECK-UP DRIVE AT SHARJAH FISH RESOURCES AUTHORITY

Zulekha Hospital, Sharjah hosted a health check-up drive at the Sharjah Fish Resources Authority for their employees.

MEDICAL CHECK-UP CAMPS



DENTAL CHECK-UP CAMP AT FLIGHT LLC

Zulekha Hospital, Sharjah organised a dental check-up camp for Flight LLC employees.



HEALTH CHECK-UP CAMP AT SHARJAH ECONOMIC DEVELOPMENT

Zulekha Hospital teamed up with the Sharjah Economic Development Department for a health check-up camp, offering basic health and dental check-ups for all employees. Dr. Randa Abudaqa, General Dentist from Zulekha Hospital, Sharjah attended to the participants at the camp.



HEALTH CHECK-UP DRIVE AT AJMAN BUSINESSWOMEN COUNCIL

Zulekha Hospital, Sharjah hosted a health check-up drive at the Ajman Businesswomen Council for their operations team staff. The health camp was attended by the staff in good numbers.



HEALTH CHECK-UP DRIVE AT AJMAN POLICE SPORTS AND SHOOTING CLUB

Zulekha Hospital, Sharjah organised a health check-up drive at Ajman Police Sports and Shooting Club.



BLOOD DONATION CAMP AT ZULEKHA HOSPITAL, SHARJAH

Zulekha Hospital, Sharjah successfully organised a blood donation campaign in collaboration with Emirates Health Services (EHS) and SMK. The initiative saw the participation of 40 dedicated donors, contributing to this life-saving cause.



WOMEN'S SPORTS TOURNAMENT

Zulekha Hospital was recognised by the General Directorate of Civil Defense, Ajman for the support extended to their Women's Sports Tournament at the Ajman Police Sports and Shooting Club.

HEALTH AWARENESS EVENTS



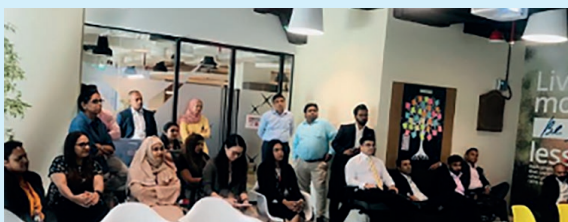
NUTRITION AWARENESS AT AL MAREEF SCHOOL

Zulekha Hospital hosted an on-site session on Nutrition for Good Health, for the students of Al Mareef School, Dubai. The session was led by Ms. Bintamol, Clinical Dietitian at Zulekha Hospital, Dubai.



PANEL DISCUSSION AT MANIPAL ACADEMY, DUBAI

Zulekha Hospital, Dubai was part of an insightful panel discussion hosted by the School of Life Science, Manipal Academy, Dubai. Dr. Krishi, Specialist in Gynaecology; Ms. Shadan, Dietitian and Ms. Eman, Diabetes Educator, were part of the discussion.



MENTAL HEALTH & WELL-BEING SESSION AT DBS BANK

Zulekha Hospital, Dubai hosted an interactive session on mental health and well-being for the employees of DBS Bank at DIFC. The session was led by Dr. Raga Sandhya Gandhi, our Specialist Psychiatrist.



MENTAL STRESS AND WELL-BEING SESSION AT CONRAD HOTEL

Zulekha Hospital, Dubai hosted an interactive session on mental stress, well-being, anxiety and work-life balance for the employees of Conrad Hotel. The session was led by Ms. Arathi Vijayan, our Clinical Psychologist.



THE PINK TOUR - AL QUDRA

As part of our commitment to Breast Cancer Awareness, in October last year, Zulekha Hospital proudly partnered with Los Habibies for their cycling event 'The Pink Tour' which started from Al Qudra and concluded at Global Village.



SPECIAL WOMEN'S DAY TALK AT RANGE INTERNATIONAL PROPERTIES

Zulekha Hospital, Dubai hosted an on-site Women's Day Special Talk on women's health and preventive care for Range International Properties Management employees. The session was led by Dr. Benish Khanzada, our Specialist in Obstetrics and Gynaecology.

HEALTH AWARENESS EVENTS



MENTAL HEALTH SESSION AT SHARAF DG

Zulekha Hospital, Dubai hosted an interactive session on mental health for the employees of Sharaf DG. The session was led by Dr. Raga Sandhya Gandhi, our Specialist in Psychiatry.



DIABETES AND BP MANAGEMENT SESSION FOR EMIRATES LOGISTICS GROUP

Zulekha Hospital, Dubai hosted an interactive session on the management of diabetes and blood pressure for employees of Emirates Logistics Group in Bur Dubai. The session was led by Dr. Karthik Balachandran, our Specialist in Endocrinology.



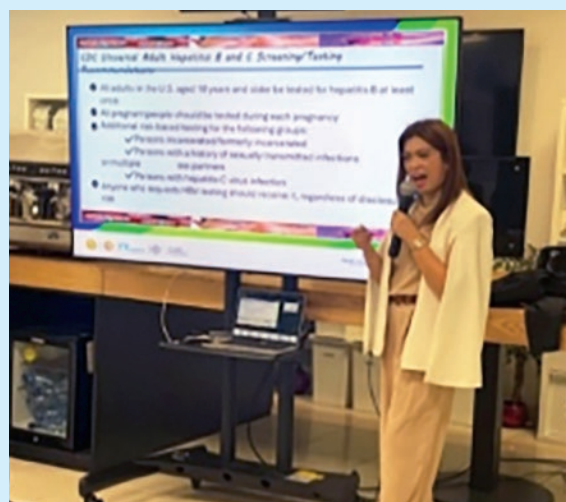
SHARJAH WEEK OF STARS - THE LEGENDS PADEL TOURNAMENT

Zulekha Hospital provided medical checks as the official healthcare partner at the Sharjah Week of Stars - Legends Padel Tournament, in association with the Sharjah Commerce and Tourism Development Authority.



MENTAL HEALTH SESSION FOR MBC GROUP

Zulekha Hospital, Dubai hosted a panel discussion and interactive session on mental stress, anxiety and work-life balance for the prestigious MBC Group. This session was led by Dr. Raga Sandhya Gandhi, Specialist in Psychiatry.



HEPATITIS B AND C AWARENESS SESSION AT SAINT VINCENT GROUP

Zulekha Hospital, Dubai hosted an interactive onsite session on understanding Hepatitis B and C for the Saint Vincent group of companies. The session was led by Dr. Romelie G. Cangayada, Specialist in Internal Medicine.



ILT T20 CRICKET TOURNAMENT

Zulekha Hospital served as the official medical support partner for the ILT T20 Cricket Tournament held in the UAE. We provided medical assistance at the Dubai International Cricket Stadium throughout the event.

HEALTH AWARENESS EVENTS



MENTAL HEALTH FIRST AID TRAINING AT SAINT VINCENT

Zulekha Hospital, Dubai hosted a Mental Health First Aid Training for Saint Vincent employees, conducted by Dr. Raga Sandhya Gandhi, our Specialist Psychiatrist.



HYDRATION AWARENESS SESSION AT AL MUQARRAM INDUSTRY

Zulekha Hospital, Sharjah hosted an interactive session on the Importance of Hydration, led by Dr. Shajee Ahmed, our General Practitioner for the employees of Al Muqarram Industry. The session was conducted in collaboration with the Sharjah Blood Transfusion Centre and the Ministry of Health and Prevention.



HEALTH AND HAPPINESS EVENT AT ZAWAYA WALK

Zulekha Hospital, Sharjah hosted a 'Health and Happiness' health check-up event for the employees and customers of Zawaya Walk.



NUTRITION AT THE WORKPLACE AWARENESS SESSION AT JASHNMAL

Zulekha Hospital, Dubai conducted an interactive session on 'Nutrition at the Workplace' for Jashnmal employees, led by Ms. Shazdan Rizvi, Clinical Dietitian.



WORK ERGONOMICS SESSION AT GEMS SCHOOL

Zulekha Hospital, Sharjah hosted an interactive session on work ergonomics for the staff and teachers of GEMS School, Sharjah. The session was led by Ms. Teji Rose, Physiotherapist.

HEALTH AWARENESS EVENTS



MENTAL HEALTH SESSION AT MANTHENA AMERICAN SCHOOL

Zulekha Hospital conducted a Mental Health session for parents and teachers at Manthana American School, Sharjah. The session was led by Dr. Samar Sharaf, Specialist in Psychiatry at Zulekha Hospital, Dubai.



MENTAL HEALTH SESSION AT CROWD NETWORK SERVICES COMPANY

Zulekha Hospital, Dubai hosted an interactive session on mental stress, well-being, anxiety and work-life balance for the employees of Crowd Network Services Company. The session was led by Ms. Arathi Vijayan, our Clinical Psychologist.



MENTAL WELLNESS SESSION AT MARRIOTT HOTEL

Zulekha Hospital hosted a mental wellness session for Marriott Hotel employees, conducted by Dr. Raga Sandhya Gandhi, Specialist Psychiatrist at Zulekha Hospital, Dubai.



MENTAL HEALTH AWARENESS SESSION AT BASF

Zulekha Hospital, Dubai hosted a Mental Health awareness session for BASF employees, conducted by Dr. Raga Sandhya Gandhi, our Specialist Psychiatrist.



BREAST CANCER AWARENESS SESSION AT THE BLOOMINGTON ACADEMY

Zulekha Hospital, Sharjah hosted a Breast Cancer Awareness session at The Bloomington Academy, Ajman. Dr. Rham Zaki, Consultant Oncologist, educated the faculty and students on the importance of early detection and prevention.



BREAST CANCER AWARENESS SESSION AT GMG GROUP

Zulekha Hospital, Dubai conducted an interactive Breast Cancer Awareness session for GMG Group employees, led by Dr. Janani Manoharan, Specialist in Obstetrics and Gynaecology.

HEALTH AWARENESS EVENTS



BREAST CANCER AWARENESS AT DOUBLE TREE BY HILTON

Dr. Megha, Specialist in Obstetrics and Gynaecology, conducted an insightful Breast Cancer Awareness session for the employees at DoubleTree by Hilton Hotel in Sharjah.



BREAST CANCER AWARENESS SEMINAR AT SHARJAH AVIATION

Zulekha Hospital conducted a Breast Cancer Awareness seminar for the employees of Sharjah Aviation. Dr. Farhat Arsalan, Consultant General Surgeon at Zulekha Hospital, Sharjah led the session, followed by interactive Q&A.



BREAST CANCER AWARENESS SESSION AT DUBAI REHABILITATION CENTRE

Dr. Reem Elaloul, Specialist in Obstetrics and Gynaecology, conducted a Breast Cancer Awareness session at the Dubai Rehabilitation Centre for Special Needs, including teachers, clinical staff and administration. The centre is under the Ministry of Community Development.



BREAST CANCER AWARENESS AT PETROFAC

Zulekha Hospital conducted a Breast Cancer Awareness seminar for the employees of Petrofac. Dr. Farhat Arsalan, Consultant General Surgeon at Zulekha Hospital, Sharjah led the session, followed by a highly interactive Q&A.



BREAST CANCER AWARENESS SEMINAR AT ESAG

Zulekha Hospital conducted a Breast Cancer Awareness seminar for the employees of ESAG. Dr. Jasbir, Specialist in Obstetrics and Gynaecology, presented her insights, followed by a highly interactive Q&A session.



EDUCATIVE SESSION ON PUBERTY AT WOODLEM PARK SCHOOL

Zulekha Hospital, Dubai organised an educative session at Woodlem Park School, Dubai on the theme of 'Puberty in Boys', presented by Dr. Venkat, Specialist Urologist. The session was informative and interactive, and was greatly appreciated by the school administration and teachers.

HEALTH AWARENESS EVENTS



BREAST CANCER AWARENESS SESSION AT FINE HYGIENE

Zulekha Hospital, Dubai organised a Breast Cancer Awareness session at Fine Hygiene, led by Dr. Maria Shabbir, Specialist General Surgeon, highlighting the importance of early detection and prevention.



BREAST CANCER AWARENESS AT SANAA AL GHAAD SCHOOL

Zulekha Hospital, Sharjah hosted a Breast Cancer Awareness session at The Sanaa Al Ghaad Pvt. School in Sharjah. Dr. Lina Kouachi, Specialist General Surgeon, educated faculty and students on the signs, symptoms, screening and treatment options for breast cancer.



BREAST CANCER AWARENESS AT AZIZI DEVELOPERS

Zulekha Hospital, Dubai conducted an interactive Breast Cancer Awareness session at Azizi Developers, led by Dr. Janani Manoharan, Specialist in Obstetrics and Gynaecology.



BREAST CANCER AWARENESS AT GEMS CAMBRIDGE INTERNATIONAL SCHOOL

Zulekha Hospital, Sharjah organised an interactive Breast Cancer Awareness session at GEMS Cambridge International Private School. The session was led by Dr. Lina Kouachi, Specialist General Surgeon.



BREAST CANCER AWARENESS AT BLOSSOM NURSERY

Dr. Fatima Faisal, Specialist in Obstetrics & Gynaecology at Zulekha Medical Centre, Al Khan led an interactive Breast Cancer Awareness session at Blossom Nursery, Sharjah. Mothers engaged actively, fostering a meaningful conversation on health and prevention.



BREAST CANCER AWARENESS AT ALPEN CAPITAL LIMITED

Zulekha Hospital, Dubai conducted a Breast Cancer Awareness session for the female staff at Alpen Capital Limited, led by Dr. Maria Shabbir Saria, Specialist in General Surgery.

CONTINUING MEDICAL EDUCATION [CME]



PEDIA DUBAI 2024: INTERNATIONAL PAEDIATRIC CONFERENCE

The 12th International Paediatric Conference, Pedia Dubai was held on 9th and 10th May 2024 in partnership with Zulekha Hospital, Dubai. The event was inaugurated by Dr. Zulekha Daud, Founder and Chairperson, alongside Dr. Abdullah Al Khayat, Senior Consultant Paediatric Cardiologist and CEO of Al Jalila Children's Speciality Hospital in Dubai.



CARDIOLOGY CME

Zulekha Hospital, Dubai successfully hosted the Cardiology CME on Wednesday, 28th February 2024 at Pullman Hotel, Deira City Centre, bringing together specialists to discuss the latest advancements in cardiac care.



MEDICINE UPDATES CME

Zulekha Hospital, Dubai hosted the Medicine Updates CME on 5th May 2024, providing healthcare professionals with the latest insights and advancements in internal medicine.



SAVE HEARTS: ADVANCING CARDIOVASCULAR CARE

Zulekha Healthcare Group hosted the Cardiology Conference and partner recognition programme, 'Save Hearts', dedicated to advancing cardiovascular care and honouring the collaborative efforts of healthcare professionals and partners in saving lives.

The event was graced by distinguished guests, including the Honourable Consul General of India to Dubai and the Northern Emirates, Shri. Satish Kumar Sivan; HE Mishal Abdul Karim Julfar, Executive Director of Dubai Corporation for Ambulance Services; Mr. Fahd Mohammad Baraba from the National Ambulance and Dr. Hisham Al-Zahrani, Director of Zakat and Social Services Department, Dar Al Ber Society. Renowned Interventional Cardiologist, Dr. Fayaz Shawl also attended the event.



GENERAL SURGERY CME

Zulekha Hospital, Dubai hosted the General Surgery CME on Sunday, 28th April 2024, bringing together medical experts to discuss advancements and best practices in surgical care.

CONTINUING MEDICAL EDUCATION [CME]



PAEDIATRIC & PAEDIATRIC SUB-SPECIALITY CME

Zulekha Hospital, Dubai hosted the Paediatric & Paediatric Sub-Speciality CME on Sunday, 25th February 2024, bringing together experts to discuss advancements in paediatric healthcare.



PAEDIATRIC & PAEDIATRIC SUB-SPECIALITY CME

Zulekha Hospital, Sharjah successfully conducted the Paediatric & Paediatric Sub-Speciality CME, which was DHA accredited with 3.75 credit hours. The event was well attended by Paediatricians, Family Medicine Specialists and Physicians.



GENERAL SURGERY CME

Zulekha Hospital organised a General Surgery CME at the Sheraton Beach Resort with the participation of around 120 community doctors from various clinics and hospitals. Dr. Farhat, Dr. Jagpreet, Dr. Sajad, Dr. Nawwr, Dr. Surendra Chawla and Dr. Chidanand delivered engaging lectures on various topics.



GI ONCOLOGY CME

Zulekha Hospital, Sharjah conducted an evening CME on GI Oncology, accredited by the DHA with 2 CME points. The session featured esteemed speakers Dr. Rham Zaki, Dr. Sameh Aboamer and Dr. Roshan Koshy, who presented on various topics related to GI cancers.



INTERNAL MEDICINE & SUB-SPECIALITIES CME

Zulekha Hospital, Sharjah conducted an insightful CME on Internal Medicine & Sub-Specialities, which was DHA accredited with 5.5 CME points. Esteemed speakers, including Dr. Samia Roohi, Dr. Bhavin Sampath, Dr. Islam Elkousy, Dr. Masarat Mehboob, Dr. Sandip Ghosh, Dr. Hanaa Samuel, Dr. Mona Rabie and Dr. Shaimaa Foud, presented on various topics in the field.



NEURO-PSYCHIATRY CME

Zulekha Hospital, Sharjah conducted an insightful CME on Neuro-Psychiatry at Sheraton Beach Resort, Sharjah, with around 80 community doctors in attendance. Dr. Nachwan, Dr. Salim Kanaan, Dr. Gene Thomas, Dr. Sanghanayak and Dr. Samar gave their presentations on various topics.

CONTINUING MEDICAL EDUCATION [CME]



UROLOGY AND NEPHROLOGY CME

The Urology and Nephrology CME was held at Sheraton Beach Resort, with the participation of around 70 community doctors from various clinics and hospitals. Dr. Shamma, Dr. Abdel Hafeez, Dr. Saurabh, Dr. Satheesh, Dr. Nafad, Dr. Deepak and Dr. Sandip delivered engaging lectures on various topics.



ONCOLOGY CME

Zulekha Hospital, Dubai conducted the Oncology CME at Hotel Pullman Deira, Dubai. Community doctors from Gynaecology, General Surgery and other specialties attended the conference.



PULMONOLOGY AND ENT CME

Zulekha Hospital, Dubai conducted the Pulmonology and ENT CME at Millennium Airport Hotel, Dubai. Community doctors, including General Physicians, ENT Surgeons and Internal Medicine Specialists, attended the conference.



OPHTHALMOLOGY & ENT CME

Zulekha Hospital, Sharjah conducted an Ophthalmology and ENT CME. Around 80 community doctors from various clinics and hospitals attended the CME.



CME ON MINIMALLY INVASIVE SURGERIES

Zulekha Hospital, Dubai conducted a CME titled 'Role of Minimally Invasive Surgeries' in Gynaecology at Hotel Pullman Deira, Dubai. Community doctors, including Gynaecologists, General Surgeons and General Physicians, attended the conference.



UROLOGY & NEPHROLOGY CME

Zulekha Hospital, Dubai conducted the Urology and Nephrology CME at Millennium Airport Hotel, Dubai. Community doctors, including Urologists, Nephrologists, Internal Medicine Specialists and General Medicine Practitioners, attended the conference.

CONTINUING MEDICAL EDUCATION [CME]



ORTHOPAEDIC CME

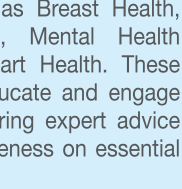
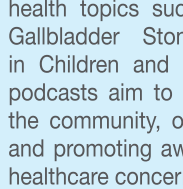
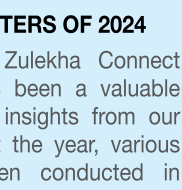
Zulekha Hospital, Dubai conducted an Orthopaedic CME at Pullman Hotel, Deira, Dubai. Community doctors, including Orthopaedic Specialists, Internal Medicine and General Medicine Practitioners attended the conference.



OBS AND GYNAE CME

Zulekha Hospital, Sharjah organised an OBS & Gynae CME at Sheraton Hotel, Sharjah. The event saw enthusiastic participation from around 150 community doctors.

ZULEKHA CONNECT



ZULEKHA PODCASTERS OF 2024

Zulekha Hospital's Zulekha Connect podcast series, has been a valuable platform for expert insights from our doctors. Throughout the year, various podcasts have been conducted in English and Arabic, covering crucial health topics such as Breast Health, Gallbladder Stones, Mental Health in Children and Heart Health. These podcasts aim to educate and engage the community, offering expert advice and promoting awareness on essential healthcare concerns.

ZULEKHA SUCCESS STORIES AND MEDIA COVERAGE

ZULEKHA HOSPITAL TACKLES HIGHLY CALCIFIED CORONARY LESIONS USING NEW VERSION OF SHOCKWAVE THERAPY (C2+) FOR THE FIRST TIME IN UAE

The skilled cardiology team at Zulekha Hospital, Dubai, renowned for its unwavering commitment to providing optimal care for high-risk cardiac patients, has achieved a significant milestone in cardiac intervention.

Last month, Dr. Mohamed Shehata, Consultant in Interventional Cardiology, successfully treated a high-risk female Indian patient, Kasthuri Damodaran Manickam, who presented at the hospital with acute myocardial infarction.

Ms. Manickam, with a known history of ischemic heart disease and a previous coronary angioplasty, 12 years prior, was admitted following complaints of acute chest pain. Coronary angiography revealed the presence of an almost completely blocked right coronary artery with extensive calcification.

Calcification is the deposition of calcium in blood vessel walls that happen with severe long-standing atherosclerosis. Atherosclerosis (thickening or hardening of the arteries caused by a build-up of plaque in the inner lining of an artery) results from uncontrolled risk factors such as high cholesterol and high blood pressure. Calcified coronary arteries pose a formidable challenge to interventional cardiologists, due to the resistance of calcium deposits to conventional intervention equipment used during procedures.

lithotripsy therapy, successfully restored vessel patency by deploying a single stent. The procedure marked a ground-breaking moment as it utilised the latest version of the shockwave device, the C2+, for the first time in the UAE. This advanced device facilitates the safe breakdown of calcifications using specific sonic waves, overcoming the hurdles posed by heavily calcified lesions.

"The successful outcome of Ms. Manickam's procedure underscores the efficacy of our advanced techniques and technologies in addressing complex cardiac conditions," states Dr. Shehata. "The utilisation of intravascular lithotripsy therapy with the new shockwave device represents a significant advancement in our ability to manage highly calcified coronary lesions."

Following the procedure, Ms. Manickam was discharged safely and gratified, with post-procedural precautions emphasising adherence to long-term medications, including aspirin and strict control of risk factors such as high cholesterol and hypertension.

Dr. Shehata emphasises the importance of tight control of risk factors in preventing severe calcifications and subsequent coronary blockages. He further advised, "Maintaining a healthy lifestyle, including a balanced diet, regular aerobic



Dr. Mohamed Shehata with Kasthuri Damodaran Manickam and the Nursing Staff

HOSPITAL SAVES CARDIAC PATIENT WITH TIMELY INTERVENTION

A miraculous story of resilience unfolds at Zulekha Hospital Dubai as medical experts successfully revive a high-risk cardiac patient, Prince MD Ali, a 53-year-old Bangladeshi expatriate residing alone in Dubai.

Dr. Shaheen Ahmad, a Specialist in Interventional Cardiology at Zulekha Hospital Dubai, recalls the critical moment when Prince MD Ali was brought by DOAS at the Emergency Room, gripped by sudden breathlessness. He said, "Despite limited initial information, the dedicated team sprang into action, initiating CPR

as per ACLS protocol and achieving a Return of Spontaneous Circulation (ROSC), bringing him back to life after six minutes of intense resuscitation efforts, followed by intubation and mechanical ventilation."

"Diagnostic coronary angiography revealed a triple vessel disease, with the right coronary artery (RCA) entirely blocked by a thrombotic occlusion. Facing severe left ventricular dysfunction

and cardiogenic shock, Prince MD Ali's survival hung in the balance," said Dr. Shaheen Ahmad emphasising the criticality of the situation. As per him, a timely identification of ECG changes and prompt primary angioplasty to the RCA saved the patient's life.

Prince MD Ali underwent a rigorous procedure where the entire thrombus was meticulously removed, and native flow was expertly restored after stent deployment. Dr. Ahmad highlighted the collaborative effort: "From the emergency room to the ICU to the Cath lab, the seamless teamwork ensured a successful outcome."

As Prince MD Ali embarks on his path to recovery, the medical team emphasises the importance of regular follow-ups with a cardiologist and adherence to prescribed medications. "Maintaining a healthy lifestyle, regular exercise and diligent medication management are crucial for long-term well-being," added Dr. Ahmad.

Reflecting on his journey, Prince MD Ali expressed profound gratitude for the remarkable care he received at Zulekha Hospital, Dubai. "Being alone in a foreign land during such a crisis was terrifying, but the compassion and expertise of everyone, from the DGAS Ambulance team to the nurses and doctors, restored my faith and helped me overcome



Dr. Sameh Hamdi Abdelhamid Ibrahim Sayam and Dr. Shaheen Ahmad with Prince MD Ali

COVERAGE IN GULF NEWS AND KHALEEJ TIMES SUPPLEMENTS PROMOTING CARDIOLOGY SERVICES

<https://gulfnnews.com/gn-focus/complex-medical-procedure-handled-for-first-time-in-uae-by-zulekha-hospital-dubai-tackles-highly-calcified-coronary-lesions-1.1716447560610>

<https://www.khaleejtimes.com/uae/i-was-not-alone-expat-staying-solo-in-dubai-recalls-terrifying-ordeal-of-near-cardiac-death>

Over the years, our clinicians have successfully managed high-risk medical cases that required urgent treatment and diagnosis at Zulekha Hospital, Dubai and Sharjah. Media partners trust our clinicians and seek their advice for health articles. Clinicians share high-risk cases that have been successfully managed in a compilation of success stories. This docket is available online on our website: <https://www.zulekha-hospitals.com/dubai/zulekha-success-stories>.

KHALEEJ TIMES REPORTED ABOUT BALLOON MITRAL VALVOTOMY PROCEDURE

<https://www.linkedin.com/pulse/expat-undergoes-successful-balloon-mitral-valvotomy-rxuvf/?trackingId=VSMGE0eXTyu6M%2BhDu55v%2BA%3D%3D>

EXPAT UNDERGOES A SUCCESSFUL BALLOON MITRAL VALVOTOMY PROCEDURE TO TREAT MITRAL VALVE STENOSIS.

Zulekha Hospital, Sharjah, a leading provider of advanced cardiac care, upholds its service excellence in cardiac care with the successful completion of a Balloon Mitral Valvotomy (BMV) procedure for a 40-year-old patient, Zahid Ullah, suffering from severe mitral valve stenosis. The procedure was carried out by Dr. Mahmoud Farouk, Consultant in Interventional Cardiology, using the latest technology and techniques available, alongside discussions and valuable advice from Dr. Mohamed Ahmed Helmy, Consultant in Cardiothoracic Surgery and the heart team. The non-surgical Percutaneous Balloon Valvotomy procedure was performed without anaesthesia in the hospital's state-of-the-art catheterization laboratory.

Zahid had been experiencing symptoms for a few years, which led to the diagnosis of severe mitral valve stenosis caused by rheumatic heart disease with valvular affection. Dr. Farouk explains, "Mitral valve stenosis occurs when the mitral valve, located between the left atrium and left ventricle of the heart, narrows, restricting blood flow. This can lead to various symptoms, such as shortness of breath, fatigue, and chest discomfort. Balloon Mitral Valvotomy is a minimally invasive procedure that utilises a specialised balloon catheter to widen the narrowed valve, restoring normal blood flow and alleviating symptoms. The procedure ensures symptomatic relief, improves quality of life and long-term prognosis. Post-procedure, the patient is advised regular follow-up visits that are crucial to monitor progress, detect any potential recurrences and ensure the long-term success of the treatment."

Sharing his experience during his 6-month follow-up visit after the procedure, Zahid says, "I am feeling much better and see a very significant improvement in the quality of life, disappearance of shortness of breath and much increased effort tolerance. I am very happy and grateful for the treatment and medical services provided at Zulekha Hospital, Sharjah."

Highlighting the factors contributing to the success of this procedure, Dr. Farouk said, "BMV is not a common daily procedure in Cath labs. All the pre-procedure arrangements needed preparations, including a detailed discussion with the heart team at the hospital, trans-oesophageal echocardiography and choosing the proper equipment; and all this was done in a very professional way. Thanks to the resources available at the hospital."

Dr. Farouk extends his thanks to Dr. Mohamed Ahmed Helmy and his heart team for their productive, patient-oriented, valuable inputs on the case, and the Cath Lab team, including technicians and nurses, who share in the success of this case.

Although such cases with patients suffering from this disease are not uncommon in our community, such procedures are rarely done specifically in the private sector facilities in the Northern Emirates. It requires extensive experience and special skills. At Zulekha Hospital, we are proud that we are able to provide the ultimate patient care and perform the most complex cardiac interventional procedures successfully for our patients.



Dr. Mahmoud Farouk Mohamed Mohamed Elmahdi with Zahid Ullah

GN - SUCCESS STORIES FROM ZULEKHA HOSPITAL

Success stories and recommendations from Zulekha Hospitals | GN Focus – Gulf News

SUCCESS STORIES AND RECOMMENDATIONS FROM ZULEKHA HOSPITALS

Discover how Zulekha Hospital in Dubai and Sharjah leads the change in successful open-heart surgeries while providing crucial advice for cardiac patients to maintain a heart-healthy lifestyle

Zulekha Hospital Dubai and Sharjah has a comprehensive team of cardiac surgeons and specialists attending to high-risk cardiac emergencies. The cardiac surgery department is both fully equipped and one of the most advanced in the region, with state-of-the-art equipment and highly skilled medical staff.

The team recently treated a patient with a complex cardiac condition. The patient had a long history of heart disease and had undergone multiple previous surgeries. The team's expertise and advanced technology were crucial in successfully performing the procedure.

The patient's recovery was smooth, and they were discharged home with clear instructions for post-operative care. The team's dedication to patient care and their use of the latest technology are what sets Zulekha Hospital apart.

ADVICE TO CARDIAC PATIENTS:

Patients should change their lifestyle by choosing a healthy diet, regular exercise, and avoiding smoking and alcohol. They should also take their medications as prescribed and attend regular check-ups with their doctor.

PATIENTS UNDERGOING CABG SURGERY MUST FOLLOW A HEALTHY LIFESTYLE:

Patients should follow a heart-healthy diet, exercise regularly, and avoid smoking and alcohol. They should also take their medications as prescribed and attend regular check-ups with their doctor.

ZULEKHA SUCCESS STORIES AND MEDIA COVERAGE

COVERAGE IN AL KHALEEJ NEWSPAPER

Zulekha Hospital: Excellent results, international standards, and more than 175 successful open-heart surgeries



في دبي، مستشفى زوليكها، الذي يملكه د. شام بابو شاندران، حقق نجاحاً كبيراً في إجراء أكثر من 175 عملية جراحية مفتوحة للقلب، مما يجعله من بين أفضل المستشفيات في المنطقة. المستشفى، الذي افتتح في عام 2014، يوفر رعاية طبية عالمية المستوى، مع طاقم طبي متميز وأجهزة طبية حديثة. د. شام بابو شاندران، طبيب قلب وأستاذ في جامعة دبي، قاد الفريق الطبي الذي أجبر على إجراء هذه العمليات المعقدة. المستشفى، الذي افتتح في عام 2014، يوفر رعاية طبية عالمية المستوى، مع طاقم طبي متميز وأجهزة طبية حديثة. د. شام بابو شاندران، طبيب قلب وأستاذ في جامعة دبي، قاد الفريق الطبي الذي أجبر على إجراء هذه العمليات المعقدة.

BOTULINUM TOXIN (BOTOX) TREATMENT FOR PATIENTS WITH DISABLING AND COMPLEX NEUROLOGICAL DISORDERS

Whenever BOTOX is mentioned, one would immediately think of cosmetic treatment, and this holds true even among medical professionals. At Zulekha Hospital, Dubai, cutting-edge BOTOX treatments are being used for a wide range of neurological conditions as well, providing relief and improving the quality of life for patients suffering from debilitating symptoms. Unfortunately, the oral medications used for these treatments are ineffective, leaving patients excessively drowsy and disrupting their quality of life. Most clinicians remain unaware of the condition, which delays the correct diagnosis and management by the relevant specialists.

A few. Other conditions include post-stroke stiffness and post-facial nerve palsy asymmetrical face and excessive twitching of the face. The treatments are typically lifelong and need to be repeated every four to six months for optimal results.

While BOTOX treatments are not always a permanent solution, some cases may benefit from surgical options after evaluation by a movement disorder neurologist. However, regular BOTOX injections remain a mainstay for managing these neurological conditions. These injections usually demand very technical expertise to avoid complications and achieve the best results.



Dr. Shyam Babu Chandran with Premam

Speaking of the most common symptoms in patients and for which patients are referred to him by other neurologists, Dr. Shyam Babu Chandran, Specialist in Neurology and Movement Disorder, shares, "The most common complaints include excessive sideways, backward, and forward movements of the neck, forceful eye closure, twitching of one side of the face, difficulty in writing, post-stroke stiffness, excessive sweating of armpits and hands, and chronic headaches."

Premam, who is being treated for excess spasm of the eyelids (Blepharospasm), which causes eyelid closure and constant blinking during driving, has been receiving treatment for 8 years now. He says, "I visited many hospitals and could not find a permanent solution. It was difficult to drive. Once I started my treatment at Zulekha Hospital, Dubai, I am very satisfied with the treatment and have a much better quality of life."

BOTOX injections are effective in treating various neurological conditions such as dystonias (excessive unwanted movements of any body parts), excessive sweating of hands and armpits, post-stroke stiffness, and chronic headaches (migraine). These conditions are often undiagnosed for many years and may be initially seen by ophthalmologists (dystonia as the diagnosis), orthopaedics (cervical spondylosis being the diagnosis), and other specialists before reaching a movement disorder neurologist for proper diagnosis and treatment.

Feroz Bano, who was treated for Cervical Dystonia, says, "My neck muscles have eased after the procedure, and my neck position has significantly improved."

"We urge the public to seek more education about these treatment options and not delay consulting a neurologist, if they experience symptoms related to these conditions", added Dr. Shyam.

Dr. Shyam shares, "We have successfully treated numerous cases at Zulekha Hospital, Dubai, including hemiparesis, hemiplegia, cerebral palsy, and

COVERAGE IN GULF NEWS ABOUT TOXIN TREATMENT

<https://www.linkedin.com/pulse/botulinum-toxin-botox-treatments-patients-disabling-jxpff/?trackingId=vYfCuvEGTcuSCa5Njifz0w%3D%3D>



SUCCESSFUL TREATMENT OF ADVANCED OVARIAN CANCER USING INNOVATIVE SURGICAL TECHNIQUES

In a remarkable case at Zulekha Hospital, Dubai, a 41-year-old patient, Ms. Salma Sheikh with advanced Stage-3 ovarian cancer, successfully underwent a complex and highly effective treatment protocol, showcasing the capabilities of modern oncological interventions. The expertise, teamwork and experience of the surgical and medical oncology teams were critical in successfully managing the advanced cancer. Zulekha Hospital takes pride in its multidisciplinary proficiency at both facilities, enabling the management of high-risk diseases with a comprehensive approach to achieve better patient outcomes.

<https://www.linkedin.com/pulse/successful-treatment-advanced-ovarian-cancer-using-hjwaf/?trackingId=823vNHdRTFSJ173%2B13d9Nw%3D%3D>



PREMATURE BABY BOY DISCHARGED AFTER BATTLING HEALTH COMPLICATIONS

In a heartwarming and inspiring story of perseverance, hope and exceptional medical care, a premature baby boy, born at just 29 weeks and weighing only 1 kg, was successfully discharged from Zulekha Hospital, Dubai after a 43-day battle with multiple severe health challenges.

Dr. Sherif expressed immense pride in the team's achievement, stating, "This and many such cases highlighted the incredible advancements in neonatal care and the dedication of our medical professionals. Our commitment was to provide the highest standard of care to our patients".

<https://www.khaleejtimes.com/uae/early-eid-gift-premature-baby-boy-discharged-from-hospital-after-battling-health-complications?amp=1>

ZULEKHA SUCCESS STORIES AND MEDIA COVERAGE



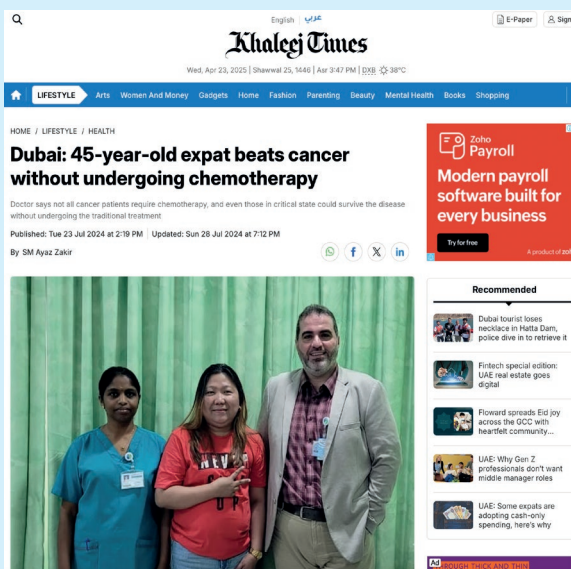
CARDIOLOGY CONFERENCE

Zulekha Healthcare Group hosted a cardiology conference and partner recognition program, 'Save Hearts', an event focusing on advancing cardiovascular care and acknowledging the efforts of healthcare professionals and partners in saving lives. The event was attended by prominent figures, including the Honourable Consul General of India to Dubai, Shri. Satish Kumar Sivan; HE Mishal Abdulkarim Julfar and renowned Interventional Cardiologist, Dr. Fayaz Shawl. The conference garnered significant media attention, with coverage from various media outlets highlighting the event's impact on the healthcare community.

<https://gulfoday.ae/lifestyle/2024/05/13/conference-highlights-advance--cardiovascular-treatment>

<https://wam.ae/a/b34rmnh>

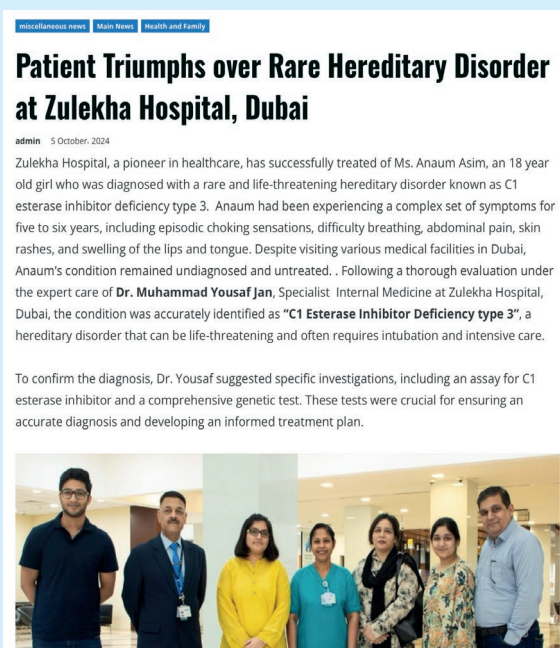
alkhaleej.ae | انطلاق مؤتمر (إنقاذ القلوب) عن الرعاية القلبية الوقائية بدبي | صحيفة الخليج



SUCCESSFUL TREATMENT OF 45-YEAR-OLD EXPAT BEATING CANCER WITHOUT CHEMOTHERAPY AT ZULEKHA HOSPITAL, DUBAI

A 45-year-old Filipina expat in Dubai successfully overcame breast cancer without undergoing chemotherapy, opting for alternative treatments instead. Rowena Alcaide Vasquez was first diagnosed with cancer in 2020 and underwent a mastectomy of her left breast. Despite the initial success, she began experiencing recurring symptoms in 2023, signalling that the cancer had returned.

<https://www.khaleejtimes.com/lifestyle/health/dubai-45-year-old-expat-beats-cancer-without-undergoing-chemotherapy>



PATIENT TRIUMPHS OVER RARE HEREDITARY DISORDER

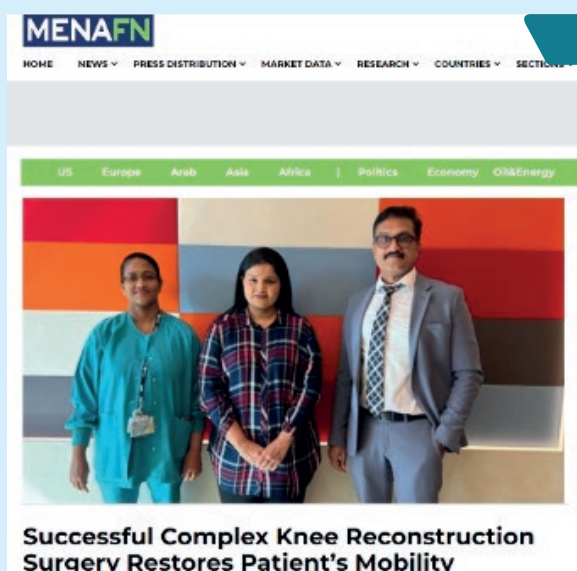
Zulekha Hospital, a pioneer in healthcare, successfully treated Ms. Ansum Asim, an 18-year-old girl diagnosed with a rare and life-threatening hereditary disorder known as C1 esterase inhibitor deficiency type 3. Ansum had been experiencing a complex set of symptoms for five to six years, including episodic choking sensations, difficulty breathing, abdominal pain, skin rashes and swelling of the lips and tongue. Despite visiting various medical facilities in Dubai, Ansum's condition remained undiagnosed and untreated until she sought care at Zulekha Hospital.

ZULEKHA SUCCESS STORIES AND MEDIA COVERAGE



MIRACULOUS HEALING OF NEWBORN MAJID: OVERCOMING SEVERE PREMATURE BIRTH AND HEALTH CHALLENGES

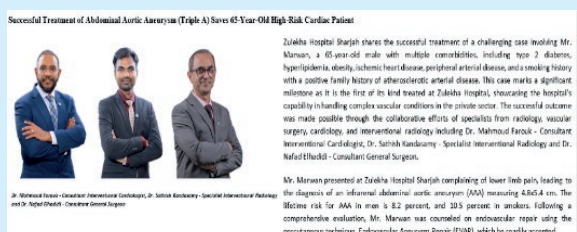
Iman's son, Majed, born on 5th April 2024, embarked on a journey of victory full of resilience and perseverance. Majed was born prematurely at just 28 weeks, weighing only 1,000 grams, and faced an uphill battle from the moment he was born at Zulekha Hospital in Sharjah. The pregnancy itself had been challenging, as Iman suffered from severe hypertension and preeclampsia, which required her to be admitted to intensive care for 11 days before undergoing an emergency caesarean section.



SUCCESSFUL COMPLEX KNEE RECONSTRUCTION SURGERY RESTORES PATIENT'S MOBILITY

Zulekha Hospital, Dubai is pleased to share the successful treatment and recovery of Pakistani expat Ms. Sadia Kashif, who sought consultation with Dr. Chidananda P. Shivashankar, Specialist Orthopaedic Surgeon, after sustaining a complex knee injury in a road traffic accident. Sadia was transferred to Zulekha Hospital, Dubai for advanced care after initially receiving treatment at another hospital.

Successful Complex Knee Reconstruction Surgery Restores Patient's Mobility (menafn.com)



SUCCESSFUL TREATMENT OF ABDOMINAL AORTIC ANEURYSM (TRIPLE A) SAVED 65-YEAR-OLD HIGH-RISK CARDIAC PATIENT

Zulekha Hospital, Sharjah shared the successful treatment of a challenging case involving Mr. Marwan, a 65-year-old male with multiple comorbidities, including Type 2 Diabetes, Hyperlipidaemia, Obesity, Ischemic Heart Disease, Peripheral Arterial Disease and a smoking history with a positive family history of Atherosclerotic Arterial Disease. This case marked a significant milestone as it was the first of its kind to be treated at Zulekha Hospital, showcasing the hospital's capability in handling complex vascular conditions in the private sector.



ZULEKHA HOSPITAL, DUBAI ACHIEVED SUCCESSFUL NON-SURGICAL CLOSURE OF HEART DEFECT USING TRANSCATHETER TECHNIQUE

Zulekha Hospital, Dubai announced a new addition to its history of medical achievements: the first Non-Surgical Closure of a Complex Atrial Septal Defect (ASD) or congenital hole in the heart, in an adult patient. Dr. Shaheen Ahmad, Specialist Interventional Cardiologist at Zulekha Hospital, carried out the milestone procedure on a 45-year-old male patient who had been suffering from difficulty in breathing.

ZULEKHA SUCCESS STORIES AND MEDIA COVERAGE

COMPREHENSIVE BREAST CANCER CARE AT ZULEKHA HOSPITAL

Expert oncologists and advanced technology deliver personalised treatment and exceptional outcomes for patients across the UAE

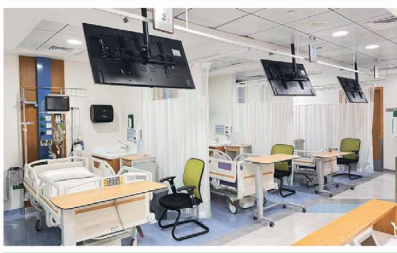
Zulekha Hospital Dubai and Sharjah provides comprehensive breast cancer care supported by a dedicated team of experienced oncologists, radiologists and surgeons who specialise in treating high-risk and complex breast cancer cases. Our facilities treat patients from across the UAE and utilise state-of-the-art diagnostic tools and advanced treatment options. Since its inception, Zulekha Hospitals have performed thousands of successful breast cancer surgeries. A significant number of these procedures were performed by consultant surgical oncologists Dr. Sameh Mohammed Ahmed Abouamer and Dr. Keerthi Banavara Ravi, who both bring extensive expertise in surgical oncology, cancer prevention, early detection, and reconstructive and oncoplastic procedures. Their focus on multidisciplinary oncology care ensures the best outcomes for patients, both in terms of health and quality of life.

At Zulekha Hospital, breast cancer surgeries are performed on patients between the ages of 30 and 90, with success rates exceeding international standards. Dr. Maria Shabbir Abbas, Consultant General Surgeon at Zulekha Hospital, comments: "The rise in breast cancer diagnoses in younger women is a global problem, driven by lifestyle factors, genetic predisposition and increased awareness of early screening. Women with a family history of breast cancer should be especially proactive in getting regular screenings."

Our oncology team is renowned for its expertise in treating older, high-risk patients, achieving successful outcomes with minimal mortality and long-term survival. Breast cancer surgery, like all major medical procedures, involves a highly coordinated effort. Our team of approximately 15 specialists, including surgeons, anaesthesiologists, nurses and oncologists, work seamlessly to ensure optimal outcomes for each patient. Each individual is supported on their journey by both expert medical staff and emotional guidance. Periodic cancer support group meetings are arranged by the hospital. Participants exchange valuable information about treatment options, coping strategies, and resources, helping each other navigate their journeys.

The range of breast cancer surgeries at Zulekha Hospital includes mastectomies, lumpectomies and reconstructive surgeries after removing cancerous cells. Our team is also experienced in dealing with urgent, high-risk cases such as metastatic breast cancer and other advanced conditions. Dr. Rham Zaki, Consultant Oncologist notes: "Patients undergoing breast cancer treatment should follow their doctor's diet and lifestyle recommendations to aid recovery. It is very important to attend regular follow-up appointments, watch for signs of recurrence and engage in light exercise to promote healing after surgery."

Breast cancer screening
According to Dr. Bhanu Purnasa Specialised Medical Oncology "Women should be on the lookout for any unusual symptoms, such as lumps or changes in breast texture, and seek medical attention, as early detection is the key to successful treatment. Prioritising routine screenings and making healthy lifestyle decisions can significantly reduce breast cancer risk and improve long-term health outcomes."



"Our 'Pink It Now' campaign offers UAE residents discounted breast cancer screening services, including consultations, X-ray mammograms, ultrasound mammograms, and MRI breast screenings, to promote early detection and awareness throughout October and November 2024." **DR. ROSHAN KOSHY JACOB**, Consultant Medical Oncology

"Cancer support groups are vital for fostering hope, resilience, and community, providing emotional support, coping strategies, and a sense of belonging to patients and their families." **DR. SAMEH MOHAMMED AHMED ABOMER**, Consultant Surgical Oncology

"Targeted therapies and immunotherapies have revolutionised breast cancer treatment by offering personalised, more effective options with fewer side effects, significantly improving outcomes, especially in advanced or aggressive cases." **DR. BHAN ZAKI AHMED MOHAMMED**, Consultant Oncologist

"Regular breast cancer screenings are crucial for early detection, significantly improving survival rates, especially with advancements in technology like AI and liquid biopsies, making screenings more accurate and accessible." **DR. KEERTHI BANAVARA RAVI**, Consultant Surgical Oncologist

The role of mammography in breast cancer detection
Zulekha Hospital is equipped with one of the most advanced mammography machines available in the UAE. Our state-of-the-art digital breast tomosynthesis (DBT) technology offers high-resolution images that improve the accuracy of cancer detection. Thanks to a low radiation dose and an automatic compression system adapted to the size and weight of the breast, this technology ensures a more comfortable and accurate screening for patients.

Advice for breast cancer patients
Dr. Anwar Sami Mola Ali, Consultant Medical Oncology, notes: "Early detection improves breast cancer survival rates. Regular mammograms are strongly recommended for women over 40 or women with a family history of breast cancer. Dr. Roshan Koshy Jacob, Consultant Medical Oncology adds: "Any breast changes — such as lumps, dimpling of the skin, or nipple discharge — should be checked by a doctor. In addition, adopting a healthy lifestyle, including a diet rich in vegetables, fruits, whole grains, and lean protein, can reduce the risk of breast cancer. Regular physical activity, managing stress and maintaining a healthy weight are also important preventive measures."



GULF NEWS FEATURES ZULEKHA HOSPITAL'S ONCOLOGY DEPARTMENT IN A SPECIAL EDITION ON CANCER AWARENESS

Gulf News featured Zulekha Hospital's Oncology Department's services with special inputs from our Oncologists and Onco-Surgeons in their special edition 'United We Stand' dedicated to Breast and Liver Cancer awareness. The edition provided expert insights from our Oncologists and Surgeons about advanced treatments, early detection and the power of support groups.

<https://gulfnews.com/gn-focus/comprehensive-breast-cancer-care-at-zulekha-hospital-1.1728637846924>

GULF NEWS FEATURES ZULEKHA HOSPITAL'S DIABETES MANAGEMENT TEAM ON WORLD DIABETES DAY

Gulf News featured a special docket on World Diabetes Day, highlighting inputs on diabetes management and education from our Endocrinologists and Diabetes Educator in their print publication.

The vital role of diabetes education in managing diabetes

Diabetes is a chronic condition that affects millions of people worldwide. It is a leading cause of heart disease, kidney failure, and blindness. However, with proper management and education, people with diabetes can live healthy and active lives. At Zulekha Hospital, our team of experts provides comprehensive diabetes management and education to our patients.

10 WORLD DIABETES DAY

Thursday, November 14, 2024 | Gulf News

Gulf News | Thursday, November 14, 2024

WORLD DIABETES DAY 11

Bold approach to diabetes care

Comprehensive strategies, tech innovations, and patient-centred care redefine how doctors address diabetes and its hidden health risks

By Krita Coehlo | Editor

For diabetic patients, comorbidities aren't just a side note — they're practically written into the script. Conditions like cardiovascular disease, kidney disease, and nerve damage are strikingly common in diabetic populations, and doctors across the UAE are pulling out all stops to catch these silent threats early. Dr. Arun C S Menon, Consultant Endocrinologist at Aster Clinic, Bar Dubai, highlights that diabetic neuropathy tops the list, affecting nearly 50 per cent of his diabetic patients. "Many of these cases remain asymptomatic," he says, adding that proactive screening is vital for early identification. Cardiovascular risk lines up next, roughly 20 per cent of his diabetic patients, while 15 per cent face eye complications, all of which are often hidden until screened.

40% Approximate percentage of diabetic patients facing chronic kidney disease.

Dr. Sameh Mohammed Ahmed Abouamer, Consultant Endocrinologist at Zulekha Hospital, notes that while diabetes is a chronic condition, it's not a death sentence. "With the right management, patients can live long, healthy lives," he says, emphasizing the importance of early detection and proactive care.

to four times more likely to develop these complications than their non-diabetic counterparts. "Approximately 40 per cent of diabetic patients face chronic kidney disease," he says, emphasising that nerve damage affects around 50 per cent of them.

Dr. Roshan Koshy Jacob, Consultant Endocrinologist at Zulekha Hospital, echoes the importance of a well-rounded approach. "Many people think blood sugar control is the be-all and end-all of diabetes management — it's not," he claims, stressing that proper diabetes care also includes blood pressure management, cholesterol control, physical activity, stress reduction, and, when possible, quitting smoking.

ence to complex treatment plans. Dr. Roshan Koshy Jacob, Consultant Endocrinologist at Zulekha Hospital, echoes the importance of a well-rounded approach. "Many people think blood sugar control is the be-all and end-all of diabetes management — it's not," he claims, stressing that proper diabetes care also includes blood pressure management, cholesterol control, physical activity, stress reduction, and, when possible, quitting smoking.

Lifestyle changes
Taking control of diabetes isn't just about the numbers — it's a full-scale lifestyle shift, with diet and exercise at the forefront in combating related health risks. Dr. Menon believes that lifestyle modifications are "essential in managing diabetes and preventing complications." His guidance on the diet is straightforward but effective: patients should focus on nutrient-dense foods, especially complex carbohydrates from whole grains and vegetables, rather than sugary snacks. For glycemic control, he recommends foods with a low glycemic index, like non-starchy vegetables and berries, and adds that three-fourths of fruits is a must for keeping LDL cholesterol and managing weight.

New developments
When it comes to diabetes, the latest advancements were looking beyond blood sugar levels and embracing holistic strategies for health. Dr. Karthik Mohanadasan, Specialist Endocrinologist at Zulekha Hospital Dubai, echoes the importance of a well-rounded approach. "Many people think blood sugar control is the be-all and end-all of diabetes management — it's not," he claims, stressing that proper diabetes care also includes blood pressure management, cholesterol control, physical activity, stress reduction, and, when possible, quitting smoking.

AI AND ADVANCED THERAPIES TRANSFORM EYE CARE

New technologies are preserving vision and improving outcomes for diabetic patients. When it comes to preserving vision for diabetic patients, the future isn't just bright — it's intelligent.

Dr. Elisea Carreras Barrera, Consultant Ophthalmologist, Barraquer Eye Hospital, agrees that AI-assisted screening for diabetic retinopathy brings significant advantages over traditional methods. "AI algorithms can quickly and accurately analyse retinal images to identify subtle signs of retinopathy, often before symptoms even arise," she says. This early identification means patients get intervention sooner, reducing their risk of vision loss. By improving diagnostic speed and accuracy, AI has also made routine retinal exams accessible even in remote areas, enabling more widespread screening.

Beyond screening, advances in anti-VEGF therapy are reshaping diabetic macular edema treatment. Dr. Baran highlights newer, long-acting agents like Faricimab, a bispecific antibody that gets both VEGF and Angiopoietin-2, which allows for extended dosing intervals, reducing the number of injections required. "These innovations are shifting treatment protocols towards personalised regimens with fewer injections, enhancing patient adherence and outcomes," she explains. High-dose Avastin and experimental gene therapies like subconjunctival gene transfer are also under development, offering sustained intravitreal VEGF inhibition that could further reduce treatment frequency. As for the future, Dr. Baran is optimistic about AI and personalised treatments but emphasises the importance of holistic approaches. "Proactive glycemic regulation treatments will impact the health of the eye," he says, pointing to the need for integrated care that addresses blood control alongside eye health.

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Dietary changes. "When patients embrace lifestyle adjustments, we see remarkable improvements in glycemic control, blood pressure, and lipid levels," he says, emphasising that it's the combined effect of these modifications that creates lasting health benefits.

Taking healthcare to people
Diabetes care in Abu Dhabi isn't about waiting for patients to come in — it's about bringing healthcare directly to them. Faraghi Almagh, Chief Medical Officer at Ambulatory Health Services (AHS), explains how AHS, part of the Middle East's largest healthcare group, Farah Health, supports diabetic care across Abu Dhabi with 31 multi-specialty centres and mobile clinics, reaching even the remotest areas. "Our approach is built on four pillars: prevention, early detection, management, and access to care," says Almagh. Through programs like Ithab and Our Medical First Aid, they train individuals early, enabling timely intervention. Technology is also central to AHS's strategy. AI-enabled diabetic retinopathy screenings and the Suburban test allow for early detection of complications. "This technology is crucial for reaching underserved areas," notes Almagh. AHS combines screenings with 360-degree management, crafting tailored care plans so that every patient gets support no matter where they are.

ZULEKHA SUCCESS STORIES AND MEDIA COVERAGE

GULF NEWS

DUBAI 35°C

GOLD/FOREX

GN FOCUS

Supplement e-book Company News

GN FOCUS

UAE business leaders share Eid Al Etihad messages

They look ahead to a future filled with growth and new opportunities

Last updated: December 04, 2024 | 11:06

GN Focus Report

14 MIN READ

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PRINT COVERAGE OF LEADERSHIP'S STATEMENT IN GULF NEWS ON UAE NATIONAL DAY

Gulf News featured a print coverage of our leadership's statement on the occasion of UAE National Day, highlighting Zulekha Hospital's commitment to healthcare excellence and community well-being.

<https://gulfnews.com/gn-focus/uae-business-leader-share-eid-al-etihad-messages-1.1733117004520>

"On this momentous occasion of Eid Al Etihad, we extend our warmest congratulations to the esteemed leaders and the citizens of this great nation. We are proud to be a part of the UAE's continued evolution, contributing to its growth and progress, particularly through our healthcare facilities where we have the honour of working alongside talented Emirati professionals.

The UAE's unwavering commitment to excellence, its visionary leadership, and its spirit of unity are an inspiration to the world. As we celebrate the triumphs of this remarkable nation, we reaffirm our dedication to building upon the strong foundations laid by the UAE's great leaders. Together, we will ensure that the UAE remains a beacon of hope, prosperity, and opportunity for generations to come."

GULF NEWS SPECIAL EDITION ON BONE HEALTH FEATURES EXPERT INSIGHTS FROM ZULEKHA HOSPITAL

Gulf News' special edition on Bone Health featured valuable insights on Orthopaedic Care and Bone Health from our Orthopaedic specialists, surgeons and physiotherapists at Zulekha Hospital, Dubai and Sharjah.

<https://gulfnews.com/gn-focus/strengthen-your-bones-before-its-too-late-1.1734605863257>

Gulf News | Thursday, December 19, 2024

PARTNER CONTENT

BONE HEALTH 6

Revolutionising orthopaedic care at Zulekha Hospital

Zulekha Hospital delivers advanced treatments and personalised care for optimal musculoskeletal health

Zulekha Hospital's Orthopaedic Department offers state-of-the-art management for various musculoskeletal disorders, ranging from chronic back pain and degenerative diseases to post-surgical rehabilitation. With cutting-edge technology and a patient-centric approach, our orthopaedic specialists focus on prevention, treatment, and rehabilitation to ensure optimal outcomes for each patient.



Spine surgery: Understanding the causes and how to avoid them

In regard to such ailments, Dr. Chidambaram P. Shivashankar, Specialist Orthopaedic Surgeon at Zulekha Hospital, Dubai, explains – "Surgeries of the spine are also mostly indicated for various pathologies of the discs that result in neurological complications.

These are conditions that often begin as back pain, progressing through disc prolapse or rupture due to poor posture, prolonged sitting, heavy lifting, and smoking." Dr. Chidambaram suggests regular walking, strengthening exercises, and postural corrections to avoid chronic back pain. Early intervention by a specialist can prevent the progression of such issues and ensure better outcomes.



Comprehensive hand surgery solutions

Hand surgeries can be of various categories and need special attention to ensure the right approach is taken to restore maximum functionality. Dr. Sathyanarayana Sathya, recognised as a Surgeon of Excellence in Orthopaedic Surgery, oversees surgeries and treatments of fractures & dislocation of the wrist, tendon and nerve injuries, sports-related injuries, and advanced microsurgery for congenital anomalies and deformities, and soft tissue reconstructions including skin grafting & flap covers. The department is specialised in use of modern titanium implants in certain procedures that can be safely left inside the body unless some complication arises.



Supporting women's bone health

Dr. Abhida Chelboust, Specialist Orthopaedic Surgeon at Zulekha Hospital Sharjah, highlights the role of nutrition for bone health during pregnancy and lactation. These phases significantly raise the demand for calcium, vitamin D, and other nutrients to support the baby's skeletal development while maintaining the mother's bone health.

Dr. Chelboust recommends a well-balanced diet, weight-bearing exercises, and supplements as needed. Regular check-ups give women the personalised attention they need to make long-term bone health and vitality.

comprehensive treatment plans for chronic pain and post-surgical recovery. The team's focus is on pain relief, improved mobility, and muscle strengthening through techniques such as manual therapy, electrotherapy, and customised exercise programs. From spine surgery to chronic neck and joint pain, the physiotherapy department ensures that patients regain movement and confidence with a tailored rehabilitation approach.



Physiotherapy for pain relief and recovery

After surgery or trauma, the body undergoes a healing process that can lead to pain, stiffness, and reduced mobility. Physiotherapy plays a crucial role in facilitating this healing process and restoring optimal function. The physiotherapy team at Zulekha Hospital, Dubai and Sharjah, led by specialists Mr. Mallik Subramanian and Mr. Sathyanarayana Sathya, offers



Commitment to complete recovery

Zulekha Hospital is committed to provide first-class service in orthopaedic and physiotherapy care, with a personal touch to each patient's requirement. From prevention to recovery, we are here to support you every step of the way. Take charge of your musculoskeletal health today.

Visit Zulekha Hospital or call 600 52 4442 for consultations. Let us help you lead a healthier, pain-free life.

Gulf News | Thursday, December 19, 2024

Strengthen your bones before it's too late

Ignoring nutrient deficiencies today could mean brittle bones tomorrow – here's how to stay ahead of osteoporosis



Women's health advocates today could mean brittle bones tomorrow – here's how to stay ahead of osteoporosis. Osteoporosis is a condition that weakens bones, making them more susceptible to fractures. It is often called a "silent disease" because it typically has no symptoms until a fracture occurs. According to the World Health Organization, osteoporosis affects approximately 1 billion people worldwide, with women being at a higher risk than men.

Gulf News | Thursday, December 19, 2024

Strengthen your bones before it's too late



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EXPERT STATEMENTS IN MEDIA



AL MAKTOUM INTERNATIONAL AIRPORT EXPANSION AND ECONOMIC IMPACT

The National featured statements from industry leaders on the expansion plan of Al Maktoum International Airport and its impact on the overall economic development of the UAE. Statements from Mr. Taher Shams highlighted the services and scope of medical tourism, particularly with the influx of residents in South Dubai.

Zulekha Hospital Sharjah re-accredited with UNICEF and Who's Baby Friendly Hospital Initiative (BFHI)

Re-accreditation reaffirms commitment to superior standards in maternal & child healthcare

Published: November 18, 2024 10:57
Gulf Focus Report



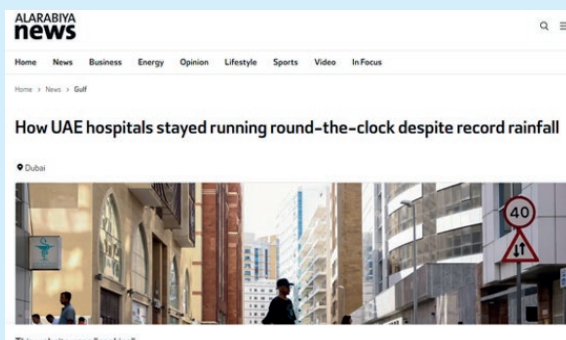
BABY-FRIENDLY HOSPITAL INITIATIVE

Gulf News features Zulekha Hospital Sharjah's re-accreditation with the UNICEF and WHO Baby-Friendly Hospital Initiative (BFHI). This milestone underscores the hospital's ongoing commitment to promoting the health and well-being of mothers and newborns.



INDIAN BUSINESS LEADERS DRIVING UAE ECONOMIC DEVELOPMENT

Arabian Business magazine featured Dr. Zulekha Daud, Founder and Chairperson, among Indian Business Leaders who have significantly advanced the UAE business sectors. Dr. Daud has played a pivotal role in driving economic development, promoting cross-cultural exchange, and strengthening the long-standing ties between India and the Gulf countries.



HOSPITAL OPERATIONS DURING RAINS

Zulekha Hospital's statements were featured in Al Arabiya news, highlighting how hospitals remained fully operational despite the heavy rains. The statements also emphasised the importance of critical care services during such times to ensure patient safety and well-being.

RADIO TALKS



MAJOR RADIO & FM CHANNELS SPREADING THE GOOD WORD FROM ZULEKHA HOSPITAL DOCTORS

Zulekha Hospital doctors have participated in a series of informative radio talks, sharing their expertise on a variety of health-related topics. These discussions covered areas such as mental health, eye care, digestive health, maternal health, heart health and preventive care, among others. The doctors addressed key issues including common illnesses, medical conditions and effective treatments, offering valuable insights to the public. Their contributions reflect the hospital's commitment to educating the community and promoting better health practices across multiple specialties.

LIVE TV INTERVIEWS

**INNOVATIONS IN HEALTHCARE: MS. ZANUBIA SHAMS LEADS INSIGHTFUL DISCUSSION**

Ms. Zanubia Shams, our Co-Chairperson, led an insightful conversation with a distinguished panel of healthcare professionals on the latest innovations in healthcare, discussing ground-breaking advancements and their impact on patient care.

**DR. RANIA KHALIL MOUSA DISCUSSES MATERNAL HEALTH ON WORLD HEALTH DAY**

Dr. Rania Khalil Mousa, Specialist in Obstetrics and Gynaecology at Zulekha Hospital, Sharjah highlighted the importance of gynaecological awareness during pregnancy and the critical role of maternal mental health during her appearance on Al Aan TV at Dubai Studio City for World Health Day. She emphasised on the connection between gynaecological care and mental well-being, advocating for comprehensive support systems to ensure optimal health outcomes for both mothers and their babies.

**DR. MANAR AL ASWAD DISCUSSES ROLE OF PHYSICIANS AND PHARMACIST IN PRESCRIPTION OF MEDICINE**

Dr. Manar Al-Aswad, Specialist in Internal Medicine at Zulekha Hospital, appeared on Al Dhafra TV to discuss the vital and effective role of doctors and pharmacists in prescribing medications and their positive impact on patient health and disease prevention.

**DR. MOHAMED SALEM FEATURED ON AL DAFRA TV**

Dr. Mohamed Salem, Specialist Ophthalmologist at Zulekha Hospital, Sharjah was featured on Al Dafra TV. During the interview, he shared expert insights on eye health and the importance of regular check-ups.

**DR. AKKRAM SHAMMAT DISCUSSES THE RISE OF FATTY LIVER DISEASE IN CHILDREN ON SABAH AL ARABIYA CHANNEL**

Dr. Akkram Shammat, Specialist Gastroenterologist at Zulekha Hospital, Sharjah appeared on Sabah Al Arabiya Channel today to address the growing concern of fatty liver disease in children.

**DR. AALAA SALIM AHMED SALIM DISCUSSES ANGER MANAGEMENT ON AL DAFRA TV**

Dr. Aalaa Salim Ahmed Salim, Specialist Psychiatrist at Zulekha Hospital, Dubai participated in a Live Interview on Al Dafra TV, where she shared valuable insights on Anger Management. Her discussion focused on practical strategies and psychological techniques to help individuals manage their anger in a healthy and constructive manner.

الرعاية المختصة تصلك لمنزلك

خدمات الرعاية المنزلية من مستشفى زليخة



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