



2023
September

Health is the biggest wealth in one's life. It is the only thing with which all the other things can be achieved in life.
With exercise one can achieve perfect health, happiness, longevity and strength.

-VEDAM

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Easy steps for International Referral

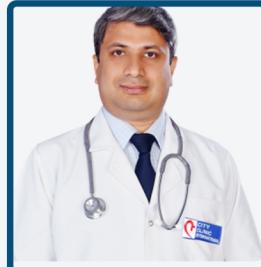
- 1-Dedicated hot line—preregister—
+965 50003396
- 2-Visit our branches in Fahaheel, Mahboula, Mirqab and Khaitah
- 3-Consult our General Physician
— Get your appointments booked with top Medical consultants in premier institutes in India
- 4-Post treatment, hassle free followup in City Clinic
- 5-For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

One stop solution for all your health care needs

EDITOR'S MESSAGE

Dear Readers,

We are delighted to share with you, our second edition of Newsletter. Our emphasis is on sharing information about clinical cases, health advise, environmental initiative program and our new ventures. I am sure this edition will be beneficial to the medical professionals as well as the general public. We look forward, to share such information every month.



Happy reading!

Dr. Kiran Kumar G V
MBBS, DNB(Family Medicine)
City Clinic International

CCG NEWSLINE



We are excited to announce that City Clinic Group, Kuwait has released a newsletter 'Newsline'!! The first issue of 'Newsline' was inaugurated by Mr. Ibrahim, General Manager of City Clinic Group and Mr. Dawood from CELT on Saturday 12th August 2023.



In the 18 years history of the City Clinics, Kuwait, this Newsletter serves as a major milestone and trendsetter, and we are very proud of this great achievement. Newsline brings medical news updates, information, Doctors success-stories, Health initiatives, Health tips and showcases the clinic's commitment to the health of the residing community as well as the expatriates. Through News Line we will also celebrate the achievements of all the City Clinic Family.

NEW VENTURES AND PARTNERSHIPS



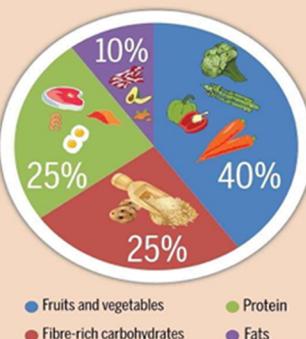
**City Clinic Group Kuwait signs
Clinical Collaboration MOU with
BCMCH, Tiruvalla, Kerala**

Believers Church Medical College Hospital is a 750 bedded tertiary care hospital with a committed group of medical professionals aiming to provide quality holistic care that is cost-effective. Along with state-of-the-art facilities including ultra-modern operation theatres and Intensive Care Units,

**City Clinic Group has tie up with
BCMCH for visiting consultants
from higher specialty.
In addition, international referrals to
BCMCH also can be
facilitated through City Clinics for
patients looking for higher centre
care.**



Balanced diet



HEALTHY EATING HABITS



Dr.Kiran

GP

City Clinic Khaitan

- 1) Slow eating: Makes you eat less and prevents weight gain.
- 2) Eat greens and vegetables first, it helps in early filling and reduces carbohydrate absorption and overall reduction in weight.
- 3) Choose whole grain bread with fiber instead of refined flour. Can include wheat, rice, millets and oats as a source of carbohydrates.
- 4) Include eggs preferably for breakfast and prefer plant protein like pulses, sprouts and beans. Other good sources of protein are dairy products and lean meat. Avoid red meat.
- 5) Prefer healthy oils for consumption like groundnut oil, sunflower oil, coconut oil, olive oil, mustard oil, and soya bean oil which are rich in omega 3 fatty acids, and it is good for heart. Use different type of oil in rotation. Limit oil quantity to 500 ml per person per month. Avoid trans-fat.
- 6) Eat fruits instead of drinking in the form of juice and avoid sugary beverages.
- 7) Avoid excessive intake of sugar and sweets and reduce salt intake up to 1.5 G to 2.3 G.

QUALITY INITIATIVE FOR THE MONTH

BIO MEDICAL WASTE MANAGEMENT



YELLOW BAG

- Infectious Waste
 - Contaminated Personal Protective Equipment (PPE)
 - IV Tubing
- Gowns
 - Gloves
 - Tubing
 - Aprons
 - Wipes



BLUE BAG

- General waste
- Office waste



SHARPS CONTAINER

- Syringes
- Needles
- Pipettes
- Staples
- Razors
- Ampules
- Broken Glass
- Blades
- Other sharps



Department of Quality, Safety and Infection Prevention Committee

Birthdays



Mr.Umarika



Mr.Eldo



Mr.Sanju



Mr.Kiran



Mr.sabith



Mrs.Reshma



Dr.Priyanka

CLINICAL CASES

PULLED ELBOW

It is also called Nursemaid's elbow, caused by a sudden yank or pull on a child's lower arm or wrist, or by a fall. Kids aged 1-4 years are most susceptible.

IMPORTANT:

1. Seek immediate medical assistance, the longer the elbow has been out of place, the more painful and difficult it is to put back into place.
2. A pulled elbow will not cause any long-term damage to your child.

DON'TS

- Don't pick your child up by the lower arms or wrists.
- Don't lift a child off the floor by one hand so that the body weight is on that arm.
- Don't swing a child around, holding their hands.
- Don't swing a child onto your back.
- Don't pull a child's hand to get the arm through a sleeve.
- Don't swing a child between two adults, each holding a hand.



Dr. Beji Jaison

MBBS, MD MRCPCH
Pediatrics City Clinic Fahaheel

FIRST ANNOUNCEMENT



We are proud to announce that City Clinic Group in association with Kuwait Medical Association and Kuwait Pediatric Society is organizing the first ever International Conference on Adolescent Health titled 'Sense and Essence of Adolescence' on 26th, 27th and 28th of October 2023.



This conference is aimed at creating awareness on Adolescent Health, helping parents and teachers deal with adolescent issues in a non-judgmental manner and for Adolescents to understand their freedom with boundaries so that together we can build a better tomorrow helping these adolescents grow up into healthy and secure adults with a great future.

A CME is also planned with CME points for General Practitioners and Pediatricians working in Kuwait.

For more information call 1880020 or
E Mail us at cityclinic.workshop@gmail.com



Annie Valsan
CEO City Clinic Group Kuwait, UAE, India

MY EARTH MY RESPONSIBILITY..



SAY NO TO PLASTIC

So much of what we consume is made of plastic (such as plastic bottles and food containers)

because it's inexpensive, yet durable. However, plastic is slow to degrade (taking over 400 years or more) due to its chemical structure, which presents a huge challenge

Plastic waste, or plastic pollution, is 'the accumulation of plastic objects

(e.g.: plastic bottles and much more) in the Earth's environment that adversely affects wildlife, wildlife habitat, and humans.'

That plastic has to go somewhere, and it's frequently either dumped carelessly on land or in rivers in developing countries, before ending up in the ocean, where it threatens marine life.

COMMUNITY LIFE BEYOND CLINIC BOUNDARIES



Tree plantation drive organized by City Clinic Group Kuwait on 26th Feb 2023. A total of 100 plants were planted in the Salmiya Public Park.

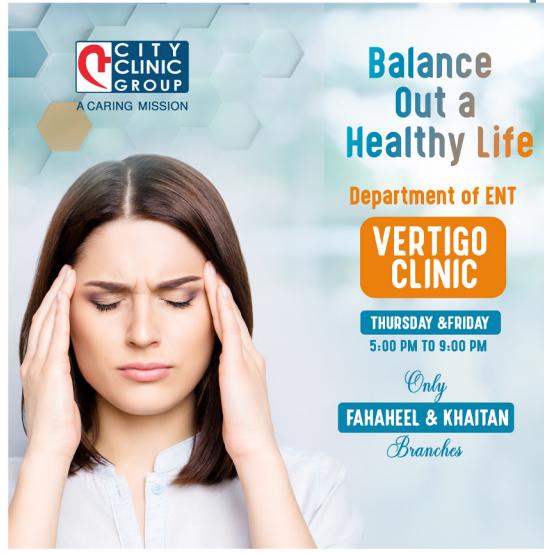
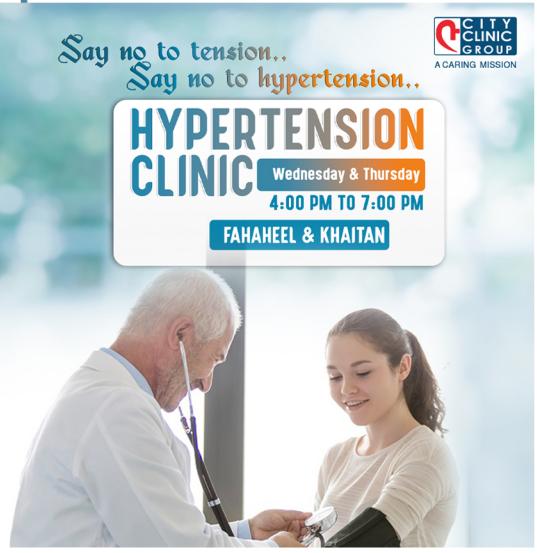
**“The best time to plant a tree was 20 years ago.
The second best time is now.” – Chinese proverb**

**WELCOME TO
CITY CLINIC
FAMILY**



Mr Nithin
BRANCH MANAGER
CITY CLINIC KHAITAN

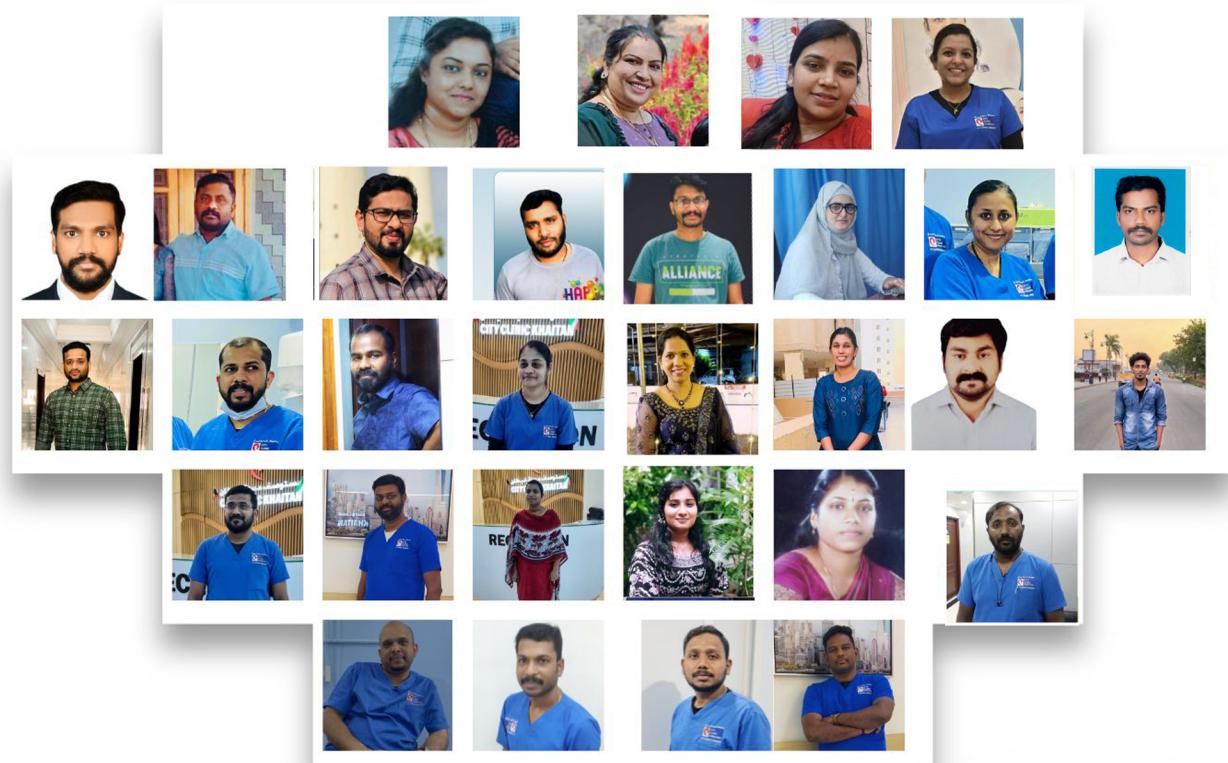
PROMOTIONS



INSURANCE

- AL AHLEIA
- BUPA
- CIGNA
- GEMS BAHRAIN
- GIG (AFYA/KPC/EQUATE)
- MET LIFE
- SAICO
- NOW HEALTH
- NATIONAL LIFE & GENERAL
- WAPMED
- NEXT CARE
- MSH INTERNATIONAL
- NAS

You are True HERO of Our Universe



MIRQAB FAHAHEEL

MAHBOULA KHAITAN

For appointments/ Enquiry

Member of
50003396 ACHS International 1880020