



The E - Bulletin is a service provided from the in-house team of physicians (Specialists, GP's & the CEDARS Training Center) at the **CEDARS – Jebel Ali International Hospital** in order to raise awareness about health issues.

Healthy Kick Start

The new year brings new beginnings. Though changing for the better is always best done the soonest, there is something about the first month that makes it seem better time to start. Many has joined the wagon only to be left behind and drifted again to their old ways. It is not always easy. It takes good planning, determination and it would not do any harm if you ask a help from family or a friend to be with you as you make that change.



Here are suggestions to better keep your promise:

* **Evaluate your health status.**

Before making any promises, assess first what is your health status. Identify risk factors for instance:

- Are you a chain smoker?
- Do you get sick easily and more often than others?
- Is your lifestyle affecting your well being?
- Does any of your family has disease that you are predisposed to have such as Diabetes, Hypertension, Cancer?

The fact that your willing to change yourself for the better is the greatest thing that you can do.

* **Define your goals.**

Quantifying your goals makes it more measurable. For example instead of "I want to be thinner", change it to "I will lose 10 lbs each month."

It will also help to breakdown the goals into smaller, easily doable goals. For example, instead of "I will go to gym everyday", change it to "I will go to the gym at least thrice a week or will join yoga classes thrice weekly.

* **Seek help.**

It is best to visit your doctor or dietician prior to any lifestyle modification to ensure the changes to your body will not have any detrimental effect to your overall well-being. Unsupervised diet may result to insufficient calorie intake that will create more problems in the future.

Lifestyle correction

After all the planning, goal setting and visit to your doctor and dietician, it is time for action. For some people it will only require lifestyle modification to live a healthier life.

Suggestions are:

Stop smoking

This is the only product that when used as directed can do harm to the user. This stick is packed with carcinogens and toxic such as nicotine, formaldehyde, pesticide, arsenic, etc.



Smoking causes the following cancers: Acute myeloid leukemia, Bladder cancer, Cancer of the cervix, Cancer of the esophagus, Kidney cancer, Cancer of the larynx, Lung cancer, Cancer of the oral cavity (mouth), Cancer of the pharynx (throat), Stomach cancer, Cancer of the uterus and other adverse effects such as infertility, emphysema, bronchitis.

Exercise regularly

Going to the gym might be too difficult for some, the trick to this is find the exercise you actually enjoy. Be it brisk walking, running, swimming, dancing, all of them gives your body a work out.

Another alternative is to take the exercise in batches. For example, instead of spending 30 minutes each day brisk walking, you can do a stretching for 10 minutes after breakfast, take a 10 minute walk after lunch and run in the treadmill for 10 minutes while watching TV or even park your car 15 minutes away from the site and walk the rest of the way. This is as effective as doing the exercise at one time each day.



Get enough sleep

Sleep affects our bodies in significant ways. A good night's rest can help you feel refreshed and energized and having better mental clarity. People who lack sleep tend to be tired, worn down and grumpy.

Poor sleep has been linked to significant problems including, greater risk of depression and anxiety, impaired memory, reduced immune system functioning, weight gain and greater likelihood of accidents.



Add on to the diet

Instead of subtracting soda, sugar or fat from your diet, make a resolution to add something. Add a serving of vegetables or fruit to every meal. Add protein to your snacks. Add two glasses of water to your daily routine. You'll find over time that these additions will leave no room for unhealthy habits.

"Overall good eating is not about dieting, but about making small lifestyle changes," which will prove to be beneficial in the long run.

The Starvation Response

One of the pitfalls of losing weight too fast is the starvation response. This is what happens within your body as a result of rapid drops in leptin. It causes a reduction in your daily energy expenditure by lowering your metabolism, increasing hunger and also prompting the breakdown of muscle for energy. In addition, the starvation response works to ensure you regain not only the fat you have lost, but also some extra fat to protect you from similar bouts of food restriction. This results in a cycle of weight loss/weight gain often referred to as yo-yo dieting.

Recommended check ups for individuals

When you go to your doctor, make sure to have a comprehensive check up to get a complete picture of your health.

Complete Physical Examination - *Weight, Height and Body mass index measurement (body fat measurement); Blood pressure checking; checking of all systems (, ENT - routine, eye test and color vision, cardio-vascular, respiratory, digestive, genito-urinary for male and breasts examination for female, neuro-psychological – routine).*



CEDARS - Jebel Ali International Hospital, Dubai, UAE. Tel: 04-881-4000 Fax: 04-881-4001

CEDARS - Jebel Ali International Hospital is a full-fledged multi-specialty hospital offering services ranging from Pediatrics to Occupational Health, Laparoscopic Surgery to Internal Medicine. The Hospital is equipped with ICU for medical and surgical emergencies, with two major and one minor operation theatres and runs fully equipped Laboratory and Radiology departments. **CEDARS - Jebel Ali International Hospital** is accredited by JCI and located next to JAFZA Gate 2.

Below 30 years old

- Physical Examination
- Complete blood count
- Blood sugar
- Complete lipid profile – checks cholesterol, LDL, HDL and triglycerides
- Electrolyte serum – to detect electrolyte deficiencies such as calcium
- Urine routine check
- Others include endocrinological check ups for instance, Thyroid testing or Vitamin D levels check
- Viral check such as for Hepatitis A & B

Additional exams if you are between 30-40 years old

- Liver Function Test
- Kidney Function Test
- ECG
- Chest x-rays
- Exercise tolerance and echo tests for individuals with risk of heart diseases

For women between 30-40 years old

- Pap smear
- Bilateral mammography

For women over 40 years old

- Pap smear
- Bilateral mammography
- Bone Mineral Density check

For Men over 40 years old

- Check for gastro intestinal pathology - Stool for occult blood
- Tumor markers for prostate cancer - PSA

Special attention to history taking in particular familial or genetic, previous medical condition and equally important clinical examination to rule out other pathology. Women from this region are also recommended to check for Vitamin D deficiency. ❖

Medical Consultant for January 2015

Dr. Sanjeeda Akhter
General Practitioner

Dr. Sanjeeda Akhter obtained her Medical degree from the University of Science and Technology in Chittagong, Bangladesh in 2003.

From September 2004 to February 2006, she worked as a medical officer in the Department of Gynecology and Obstetrics in Dhaka Central Hospital after which she transferred to Niramoy Clinic to work as an emergency medical officer in Internal Medicine. Dr. Sanjeeda also obtained P.G. training in Department of Gynecology and Obstetrics in DMC an 2004.

Dr. Sanjeeda is also an ACLS (Advance Cardiac Life Support) Instructor under the AHA (American Heart Association) standard.

About CEDARS - Jebel Ali International Hospital

Established in 1999, CEDARS – Jebel Ali International Hospital was the only full-fledged 24-hour medical center in the Jebel Ali area and it was upgraded into a hospital in August 2004. Today it is a full-fledged multi-specialty hospital offering services ranging from Pediatrics to Occupational Health, Laparoscopic Surgery to Internal Medicine. The Hospital is equipped with ICU for medical and surgical emergencies, with two major and one minor operation theatres as well as with fully equipped Laboratory and Radiology departments. The CEDARS Training Center is offering classes in basic life support and advanced cardiac life support through an alliance with the American Heart Association (AHA). Further attached to the hospital are 24-hour -pharmacy and Dr. Adnan Kaddaha Clinic. Projects to expand the hospital structure and add more services that enable CEDARS Jebel Ali International Hospital to become a comprehensive tertiary care healthcare provider are under way. The hospital has successfully achieved JCI accreditation in June 2012.

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