



# Zulekha Spirit

July 2009

Volume 4 The Voice of Zulekha Healthcare Group

## Founder's Message

"When the going gets tough, the tough get going" this has been one of my personal beliefs and professional motto while conducting myself. This belief has also inspired me in real life and there can be no better time than now to personally wish stronger resolve for you and your family.

My understanding of the global economy and the resultant travails all over the world leads me to extend my heartfelt wishes for everyone living in UAE. From experience my personal suggestion will be for every one to lead a more conservative



lifestyle. I believe that people living in the UAE have always shown admirable temperament in overcoming hardships. And my faith in the resurgence of a healthy, happy UAE is based on how best we can adopt a health conscious lifestyle. After all health is our true wealth.

This will be the best time to ensure good health and well being of yourself and your family.

With Warm Wishes

**Dr. Zulekha Daud**

## Zulekha Hospital unveils a New Floor dedicated to Women and Baby Care



Zulekha Hospital Dubai has functionally started the new exclusive Women's Wellness wing on 5th July 2009.

The new wing offers a wide range of specialized services focused on women related medical care. The fourth floor will also provide neo-natal care in addition to this. The recent expansion is the latest in a series of developments being undertaken by Zulekha Hospital as part of our Group's expansion plans.

This dedicated wellness centre integrates women related medical departments and Delivery related services over an area of almost 20,000 square meters. The new wing features medical facilities



▲ Labour suites

such as – Gynaecology Consultation and Procedure Suites, Pre-Labour Suites, Labour Suites, Operation Theatres, Delivery Suites and Neonatal suites.

The new floor has been divided in to two sections with Gynaecology suites having a dedicated area separated from Obstetrics and the auxiliary delivery departments. The access to each has been separated at the main reception area of the fourth floor to manage visitors for each section. This will also ensure qualitative benchmarks within this Centre of Excellence.



▲ Gynaec reception

Additional to bringing together of all gynaecology related departments on one floor, we have also added technologically advanced equipments and increased the number of procedure suites that are dedicated for gynaecologic investigations and treatments.

The Obstetrics section of the fourth floor features Pre-Labour Suites, Procedure Suites, Labour Suites, Exclusive Operation Theater for C-section deliveries, Neonatal Intensive Care Unit (NICU) with dedicated paramedical support services like

Recovery Centre, Dirty Utility Room, Sterile Utility Room and Nursing Station. The upgradation of equipments and state-of-the-art Delivery beds promises to make motherhood at Zulekha Hospital a truly memorable experience.

This synergy of both Obstetrics & Gynaecology on the fourth floor will enable our Hospital in Dubai to serve an additional 300 to 400 patients. In addition, several other hospital renovation projects are ongoing, including setting up of brand new clinics and hospitals in Nagpur, India, and a Major tertiary care Hospital in Jebel Ali.




  
 Dedicating a new floor  
 for your care

## Our Champions

Every month, we at Zulekha Healthcare Group seek out performances that inspire the rest of us. The democratic nomination system ensures that every department gets a chance to showcase their spirit. This has been a continuing endeavour that has received support from all quarters.

### Employee Of The Month - Dubai



**Ms. Josephina Thomas**  
Registered Nurse  
Nov '08



**Ms. Shanti T**  
Laboratory Technician  
Dec '08



**Ms. Sally P Alex**  
Radiology Technician  
Jan '09



**Mr. Suresh Kumar**  
Catering Manager  
Feb '09

### Employee Of The Month - Sharjah



**Mr. Jayathilka Bandara**  
Cleaner - House keeping  
Nov '08



**Mr. Rency Thankachan**  
Nurse  
Dec '08



**Ms. Saraswathi Nair**  
Nurse  
Jan '09



**Mr. Abdulkadir Jeenah**  
IT Coordinator  
Feb '09

### Employee Of The Month - ZMC



**Ms. Abeline Fernandez**  
Staff Nurse, (DPC)  
Jan '09



**Mr. Sajeew K.**  
Lab - Technician, (ZDC)  
Feb '09

## Zulekha Hospital organizes conference on CARDIOPULMONARY PHYSIOTHERAPY & REHABILITATION.



Conference attendees

This conference is testament of Zulekha Hospital's commitment to continuous improvement in quality of patient care. In today's world, the change in lifestyle and stress has lead to sharp increase in Cardiovascular & Pulmonary diseases. The consequent conversion of these patients in surgeries/invasive procedures made us include Cardiopulmonary Physiotherapy & Rehabilitation as a comprehensive approach to patient management. This approach has been proved as beneficial and at the same time cost effective to the patients.

The growing demand of informed patients about prevention and risks involving intensive/invasive approach to cardiopulmonary diseases has put health care professionals on their toes to continuously upgrade and enhance skills of non pharmaceutical /non invasive management like cardio pulmonary rehabilitation. Cardiopulmonary Physiotherapy & Rehabilitation is not only for patients having cardiopulmonary diseases but also in principle applies to management of early mobilization of critically ill patients.

We invited specialists in this field who have done pioneering work in Cardiopulmonary Physiotherapy & Rehabilitation as key contributors for our conference. They were:

**Dr. Suresh Nair:** Special Registrar - Cardiac Rehabilitation (Dubai hospital)

**Dr. Abeer Abdel Hamed:** Assistant professor - Cardiopulmonary Physiotherapy & Rehabilitation (University of Sharjah)

Along with these experts, our panel of guest speakers came with hands on experience in the management of critically ill patients shared their knowledge with the audience. Zulekha hospital has been involved actively in physiotherapy management of pulmonary cases and is planning to set up cardiac rehabilitation program for better patient care.

Physiotherapists / Allied Rehabilitation Therapists and concerned medical / paramedical staff were also invited for the conference. The DOHMS has accredited this conference with 4 hours.



Speakers of the conference with Dr. Zulekha Daud

## Is your lifestyle harming your kidneys?

Unfortunately most symptoms related to kidney disorders are not specific. They fall in the category of generalized symptoms that do not give any clear indication pertaining to kidney concerns.

The sedentary and westernized lifestyle in UAE can prove to be harmful to our renal well being. Very often, the working class resorts to canned food in order to avoid time spent in the kitchen. Similarly, the UAE youth believes that to sip on carbonated drinks is equivalent to drinking water. Moreover the air-conditioned lifestyle does not encourage water consumption. These are small things that we usually ignore without acknowledging the potential harm it causes to our kidneys. Drinking more water, more often is one of the easiest ways to ensure the well being of our kidneys.

You can also ensure the wellbeing of your kidneys by taking basic urologic check ups from time to time. Zulekha Hospital is celebrating Kidney Care Camp with discounted\* Urology and Nephrology check ups.

Note: Monthly check up is highly suggested if you're a diabetic or suffering from hypertension. Recent statistics indicate that renal failure is on the increase. The number of kidney transplants is three times more than the second most transplanted organ (the liver).

Ensure the well being of your kidneys.

### Diet to Prevent Kidney Disorders.

- Do not add table salt to your food. Use lemon, herbs and other spices to improve flavour instead.
- Avoid Canned, Pickled and Smoked meats that are high in Sodium.
- Avoid over use of soy sauce, salad dressing, barbeque sauce. Avoid seasonings that have the word salt or sodium on the label.
- Avoid excessive oxalate rich foods like spinach, rhubarb, beetroot, tea, coffee and cumin seeds.
- Avoid excessive calcium intake like milk and dairy products.
- Drink 2 to 3 liters of water daily to decrease concentration of minerals in urine.
- High potassium diet including bananas, nuts, all vegetables, avocado and sunflower seeds may reduce the risk of stone formation.
- Soak vegetables in water before cooking and throw the water.
- Choose high quality protein like lean chicken, fish and egg in your diet.
- Eat greater amount of cereal proteins like brown rice, nuts, whole grains, legumes and wheat.

## Live Demo with Dr. Neeta Warty



▲ Dr. Neeta Warty is seen engrossed in the Live Demonstration procedure that was done at our Dubai hospital.



▲ Live teaching session by Dr. Warty.



▲ Live teaching session by Dr. Warty.



▲ Conference speakers.

## Neurology Synapse



▲ Attendees for the conference at Hotel Sheraton at Zulekha Hospital



▲ Neurology team of Zulekha Hospitals with guest speakers.

## Baby Friendly Initiative



The Baby-Friendly Hospital Initiative (BFHI) is a global program sponsored by the World Health Organization (WHO) and the United Nation's 'Children's Fund' (UNICEF) to encourage and recognize hospitals and birthing centers that offer optimal level of care for lactation. The BFHI assists hospitals in giving breastfeeding mothers the information, confidence, and skills needed to successfully initiate and continue breastfeeding their babies and gives special recognition to hospitals that have done so with consistency.

Both our hospitals have adopted this novel campaign as part of our Group's annual pursuit. The initial stage of this campaign was organized at both our hospitals with the help of a campaign that was supported by Workshops for new mothers in the month of May. This initiative was launched officially on the 12th of May, which coincides with The International Nurse's Day as per WHO.

Various activities were successfully carried out in both our hospitals (Dubai & Sharjah) like having Roll Ups and Posters put up at strategic locations within the hospital premises. Added to this attractive Dangers were also installed at areas that are adjoining the Obstetrics & Gynaecology departments. A rose was handed to every mother who delivered on the 12th of May at both our hospitals and who agreed to say no to bottle feeding.

## Nurse's Day



Every single day, nurses and their colleagues dedicate their lives to helping others and striving to make a real difference to the wellbeing of those that they care for. Celebrating Nurses' Day is an opportunity for everyone around the world to remember the valuable contributions that nurses make to society.

International Nurses' Day is a time when nurses everywhere can take a moment to reflect on the successes of our profession, celebrate our achievements and take pleasure in the high esteem in which we are held in this country, by the people who matter most: our patients, users and clients.

The values at the core of our profession, the compassion and caring, underpinned by technical competence, remain unchanged through the ages. What unites us all is a determination to do the best we can for the people we care for, and to keep the Florence Nightingale spirit alive, in the service of patients."

A token gift was also given to mothers who participated in a pleasant contest that collected feedback related to their experience during their delivery. It was indeed encouraging to see that most of the patients who delivered at Zulekha Hospitals have been made aware of the advantages of breast feeding.

The communication material announcing our group's Baby Friendly Initiative that was placed within the hospital premises.



## Zulekha Hospital Dubai and Dubai Civil Defense Conduct mock 'Fire and Evacuation Drill'.



People were being taken out on stretchers and firefighters and security officials were rushing in.

This was the scene in Al Quais, at Zulekha Hospital. It was a mock fire drill.

The drill, which started around 9:30am on Thursday 9th July 09, lasted for one hour and tested the rescue capabilities of police, civil defense and the safety and security team at the hospital.

The Civil Defense conducted the mock fire drill and evacuation exercise at Zulekha Hospital to check the preparedness of their emergency team as well as the Hospitals Fire and Safety Plan.

Zulekha Hospital is the first Hospital in UAE to participate at such Mock Fire drill which is part of the Dubai Safety Campaign.

A special team of ER specialists from UK –Fire service College also monitored the response and safety methods. The drill comes as part of Civil Defense's annual plan for emergency exercises and drills.

The drill encompasses all aspects of emergency response, including evacuation and rescue, fire fighting, security, medical services, and communications.

Patients at the hospital were briefed in advance and several chose to participate as they fully supported the initiative and concern for their safety.

**Mr. Taher Shams-** President - Zulekha Hospital Dubai, commented saying:

'Hospitals can face a wide range of emergency situations and these emergency and evacuation plans try to anticipate most of those. However, the primary aim of this exercise was to reinforce our safety procedures within the property. It also trains the Hospital staff in fire prevention, evacuation, fire safety, use of fire extinguishers and first aid.'

Adding: 'A special thanks goes to Dubai Civil Defense, ER team and the Engineering department at the Zulekha Hospital who organized this fire drill, also to mention the great effort of the firefighting team, the ambulance department and Dubai Police team who showed a quick response on site.

## BlackBerry solution

**Zulekha Group takes patient care to the next level with BlackBerry solution**

### The Challenge

Many of the quality criteria used in JCI accreditation are based on patient safety levels, from patient admission to discharge. One of the key performance indicators is responsiveness to customer requests and issues. Consequently, the Zulekha's IT department needed to find a way to improve communication among staff at the hospitals and reduce the time it took to resolve patient matters.

### Benefits

- Enhanced operational smoothness
- Improved customer service
- Faster patient response times
- Better organizational coordination

According to Bohari, the BlackBerry has delivered several advantages. The first is that it has "helped us increase customer 'time for care' by reducing response

times and expanding operating hours." For example, when a patient makes an appointment online via the hospital's website, a request is sent immediately to the customer relations manager. "From the BlackBerry the manager can set up the appointment with the hospital and confirm the date and time to the patient by email," even if the request is received outside of office hours. Similarly, the BlackBerry solution is used to speed up response to patient complaints and feedback.

The BlackBerry solution is also helping Zulekha Hospitals maintain their JCI accreditation, and Bohari believes that it has increased productivity. "Wasting time returning to their office to check their emails is a thing of the past. Now they correspond using their BlackBerry smartphones from wherever they are," says Bohari. He adds that users have become so accustomed to the BlackBerry solution that "now, if they don't receive any email during the day they complain to the IT department!"

Based on the success of the initial BlackBerry deployment, Zulekha Group is investigating on how else to utilise this solution to improve patient care. He wants to give doctors mobile access to key features of the hospital's information system using the BlackBerry

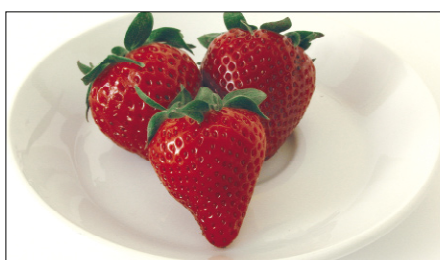
solution. "Our next project is to see how we can integrate our hospital information system with the BlackBerry and see what kinds of healthcare applications we can use on the BlackBerry. Because as always, every innovation at the Zulekha Group is focused on our patient, because their care is our primary concern'.

"Wasting time returning to their office to check emails is a thing of the past. Now they correspond using their BlackBerry smartphones from wherever they are."



**Aliasgar Bohari**  
Deputy Director of IT  
Zulekha Healthcare Group

## Healthy Heart Diet



The aim of a Healthy Heart Diet is to decrease the risk of heart disease. The major risk factor for heart disease is high blood cholesterol, high blood pressure and being overweight. Making changes in your diet and lifestyle pattern can lower your risk of heart disease. A healthy heart diet limits fat and cholesterol to help lower your blood cholesterol. A healthy heart diet should include whole grains, a variety of fruits and vegetables, fat free and low fat dairy products, legumes, fish, poultry and lean meats.

### Dietary Guidelines for Healthy Heart

#### • Limit Unhealthy Fats and Cholesterol

Limiting fat is the most important step to reduce your blood cholesterol and your risk of heart disease. Choose cooking methods where you don't need to add fats and oils to food. Try boiling, steaming, baking or grilling.

**Choose:** Olive oil, Canola oil, sunflower oil, Corn oil.

**Avoid:** Butter, cheese, cream sauce, margarine, cocoa butter, palm and coconut oil.

#### • Choose Low Fat Protein Sources

Meat, poultry and fish along with low fat dairy products are some of the best sources of protein. But choose low fat options. Legumes are good sources of protein and contain less fat and no cholesterol.

**Choose:** Skim or low fat (1%) milk, fat free or low fat dairy products such as yoghurt and cheese. Egg whites or egg substitutes, skinless poultry, legumes, soybeans and soy products.

**Avoid:** Full fat milk and other dairy products, organ meats such as liver, egg yolks, fatty meats, cold cuts, hot dogs and sausages, fried, breaded or canned meats.

#### • Eat More Fruits and Vegetables

Fruits and vegetables are good sources of vitamins, minerals and rich in dietary fiber. A diet high in fiber helps to lower blood cholesterol and reduces risk of heart disease.

**Choose:** Fresh cut vegetables and fruits.

**Avoid:** Coconut, creamy sauce, fried and breaded vegetables, and canned fruit packed in heavy syrup

#### • Select Whole Grains

Whole grains are source of vitamins and minerals,

fiber and carbohydrates. Various nutrients found in whole grains play a role in regulating cardiac health and blood pressure.

**Choose:** Whole wheat flour, whole grain bread, high fiber cereal, brown rice, whole grain pasta and oatmeal.

**Avoid:** Muffins, corn bread, doughnuts, biscuits, cakes, pies, chips, buttered popcorn, high fat snack like crackers, etc.

#### • Practice Moderation and Balance in eating

Knowing which food to eat is the first step in creating a healthy heart diet. But you also need to know how much food to consume. Keep track of the number of servings you eat and use proper serving sizes to help control how much food you eat. A healthy diet is about balance.

#### • Dieting for a Healthy Heart

You can lower your chances of getting heart disease through a diet of:

- Choose whole grain fiber-rich foods
- Eat a diet that is rich in fruits and vegetables
- Limit the intake of fat and cholesterol
- Minimize the intake of foods and beverages with added sugars
- Choose and prepare food with little salt

**Contributed by:**

**Ms. Amera Varghese**

Dietician, Zulekha Hospital, Sharjah

## NUCHAL TRANSLUCENCY

### What is Nuchal Translucency?

Nuchal Translucency actually means the skin fold behind the baby's neck. Nuchal = neck, Translucency = clear area between the two skin folds lines behind the baby's neck.

### What is its importance?

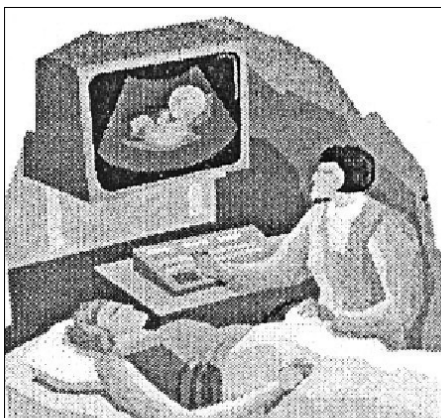
It is a screening method. It helps to divide women into a High risk or a Low risk group for Downs Syndrome and other Gene / Chromosome abnormalities.

### What is Downs Syndrome?

It is a disorder of the genetic make up of the baby, where there is an extra chromosome (47) in the body instead of the usual 46 chromosomes.

Women who are 35 years and above are more at risk of having babies with Downs Syndrome. However, since most of the babies are born to women between 20 to 30 years of age, it is important that all women undergo this test during their pregnancy.

### How is Nuchal Translucency Test done?

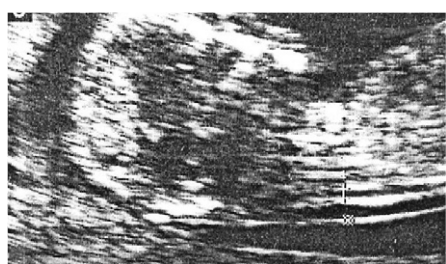


Usually, this test is done by doing an ultrasound scan / sonography, most often an external ultrasound examination done over the mother's belly. Only in a small number of cases an internal scan may need to be done to achieve the appropriate result.

### When should it be done ?

The period during which this screening test should be done is fixed. It has to be done between 11 to 14 weeks of pregnancy because this is the correct time during which the baby assumes the position which allows us to accurately measure the nuchal translucency.

### What happens if the baby's Nuchal Translucency is normal ?



That is a good result. It means that you fall in the Low Risk group of women for Downs Syndrome

and the chances of having a baby with Downs syndrome are low.

But one must clearly understand that this test does not give you a 100% guarantee that the baby does not have Downs Syndrome and/or other gene / chromosomal abnormalities.

This is just a screening test.

### Then how does one prove 100 % that the baby does not have Downs Syndrome?

The only conclusive way to find this out is to do an Invasive test. An Invasive test involves removing either a piece of the placenta (afterbirth) or removing fluid from around the baby and then sending it for testing.

All invasive tests carry a 1% risk of miscarriage (i.e. if 100 women were to undergo this procedure, one woman out of the 100 could miscarry).

### What happens if the baby's Nuchal Translucency is abnormal?

This then puts you in a High Risk group for having a baby with Downs Syndrome and/or gene / chromosome abnormalities.

It is then strongly advisable to do an Invasive test to find out the genetic make up of the baby.



### If the result of the Invasive test is normal then what next ?

The Nuchal Translucency is a very useful test.

If the genetic makeup of the baby is normal, there are several other conditions that are associated with an increased Nuchal Translucency.

### These are :

1. Heart Defects in the baby
2. Muscular and Skeletal conditions
3. Gastro-intestinal tract abnormalities and
4. Syndromic Disorders.

Your doctor will then refer you to another doctor who has specialized in detecting these abnormalities in the baby by an Ultrasound scan at 20 weeks of pregnancy, when the organs of the baby are large enough to be seen clearly by the Ultrasound scan.

The Foetal Medicine Specialist will then advise the parents accordingly if any problem is detected.

### Contributed by:

**Dr. Suyashree Palkar**

Fetal Medicine Specialist, Zulekha Hospital

## JCI compliance at ZMC



Zulekha Healthcare Group had achieved JCI accreditation for both its facilities at Dubai and Sharjah. To continue our group's commitment of quality processes within the group, Zulekha Medical Centre (Qusais) also underwent the JCI survey. Our belief is that patients treated at the Medical Centre also deserve to know that the healthcare services they avail are at par with internationally accepted quality care standards and guidelines.



### Our JCI achieving Team at ZMC, Qusais

On receiving the JCI accreditation, Zulekha Medical Centre (Qusais) would be the first medical centre in Dubai to be awarded JCI accreditation. At a time when the Healthcare industry of UAE and Dubai in particular is pursuing international and global recognition, both our group's facilities will be compliant to the highest healthcare quality.

The JCI Assessors carried out the quality process audits over three days - 8, 9 and 10 June, 2009. Our core Quality Group and the entire staff at ZMC ensured that the Assessors were given a total run down of the clinical practices that were dispensed at our centre. The preparation and effort of every medico in ensuring JCI compliance shone through during the assessment process.

The official intimation and certificates will be sent to us to confirm our accreditation and everyone in Zulekha Healthcare Group commends the efforts of all our staff at ZMC for this success.



## Seven Tips to 'feel and be happy'



Happiness Might Appear before fortunate events occur, A recent study on human happiness reveals that our adaptation to major life events is not the only factor to influence our well-being. Those who will have their life run in a more balanced way are predominantly inclined to feel happy long before the fortunate occurrence in their life.

Latest psychological studies have found that the feeling of happiness is not related to outside circumstances or turning points of one's life. This means that prosperity, marriage or health do not determine our subjective well being.

This theory has proved to be basically true, but only for some changes concerning the character of the event. Though most people can adapt to variety of negative and disturbing circumstances like death of a close person or significant changes in marital status, and return to a normal level of well being, individual differences still matter. After a revision of the studies, where the most important factor proved to be the adaptation to life events, new discoveries were made to prove the counter evidence.

First of all, it was proved that the level of happiness is not a standstill state only perturbed by negative and positive events. Some major disturbances may affect your happiness to greater extend than others.

Researches conducted by Richard E. Lucas of Michigan State University and the German Institute for Economic Research in Germany and Great Britain collected the data on the level of happiness before and after significant life events. According to the study, people can adapt to such events like marriage or death of a spouse, but are mostly unable to return to the previous level of well-being after divorce, serious illness and unemployment.

But what became really surprising during the research was the fact that individual factor cannot be underestimated. It was found that those individuals who had quite harmonious long-lasting marriage are disposed to feel happy long before the marriage occurred. Otherwise, this evidence was not observed among those who got divorced, for instance. Thus the study shows that not only our flexibility to life's ups and downs plays an important role for our subjective feeling of

happiness. The innate individual differences are claimed to overpower personal ability to adaptation. There are 7 tips in alternative medicine for lifting your mood.

No one can live a long and healthy life without the will to go on; sometimes mood swings can make us feel that life is too much for us.

A bad mood not only gives you a gloomy outlook, it also lowers your immune function, leading the way to illness. Here are some suggestions to lift your mood, your spirit, and your health.

### 1. A Laughing Matter



"Laugh Therapy," pioneered by Norman Cousins, has turned out to have real substance. Research has discovered that laughter and joy boost immune functions, especially the production of the natural killer cells that help defend the body from illness and cancer. Laughter also increases the release of endorphins - compounds that give you a sense of well-being - in your brain. Without a doubt, joyful people live longer and healthier lives. So read your favorite comics, watch your favorite comedies, and laugh it up! I do it a lot.

### 2. Amino Acid for Restored Mindset

When an imbalance or deficiency is creating a bad mood, the Europeans use supplements of a natural compound found in human cells to regulate mood and restore a healthy mindset. SAMe (S-adenosyl-L-methionine) is produced from methionine, an amino acid that plays a role in the production of uplifting neurotransmitters like serotonin and dopamine. One study indicated that SAMe worked on patients who had unsuccessful results with conventional antidepressants. To get a boost from SAMe, take a supplement combining it with vitamins B6 and B12.

### 3. Hands-On Healing

Human touch increases the production of endorphins, growth hormone, and DHEA, all of which lengthen your life span and lower the negative impact of stress. Studies have found that patients who are regularly touched recover faster than those who are not touched. So give someone a hug and feel both of your moods improve.

### 4. Boost Your "Youth Hormones"

You don't need pills to flood your body with a rejuvenating flood of growth hormones. Research has found that doing squats and leg presses will greatly increase your natural production of the "youth hormone". Increased growth hormone translates to an elevated mood, among other physical benefits. Keep it up with weight training, knee bends, push-ups, and rowing.

### 5. Take a Bracing Breath

Breathing correctly is important for dispelling the toxins and wastes from your body; in fact, it is estimated that we expel only about 30 percent of toxins in our bodies through the bowels and bladder-the rest is all respiratory. Breathing is also a great way to clear your mind, boost your energy, and improve your mood. Practice deep, slow, rhythmic, breathing daily with mind-body disciplines such as tai chi, yoga, qigong, and meditation.

### 6. Smell the Joy

Research has shown that smell has a definite impact on our bodies and minds. When you stimulate the olfactory nerves inside your nose, you activate the limbic system of your brain, which is associated with moods and memory. This concept is instrumental to aromatherapy, a natural health tradition that makes use of the healing powers of plants with strong scents. Aromatherapy recommends treating depression with jasmine, eucalyptus for exhilaration, and grapefruit to increase alertness and joy. Just put a dab of the essential oils from these plants on your temples, back of your neck, or acupressure points. Another option? Boil the herb in water and inhale the steam through your nose.

### 7. Feel Fine with Flowers

There is a reason that flowers are the traditional get-well gesture. Colorful flowers have a powerful influence on moods; they can uplift a patient's mood and even combat stress. One study found that during a five-minute typing assignment, people sitting next to a flowering bouquet were more relaxed than those who sat near foliage-only plants.

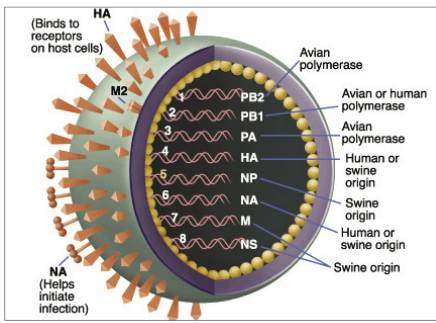
May you live long, live strong, and live happy...!

Contributed by:

**Kiruba Cyril, DON**

Zulekha Hospital, Dubai

## Swine Flu Alert



### What is H1N1 (swine flu)?

H1N1 (referred to as "swine flu" early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. Other countries, including Mexico and Canada, have reported people sick with this new virus. This virus is spreading from person-to-person, probably in much the same way that regular seasonal influenza viruses spread.

### Why is this new H1N1 virus sometimes called "swine flu"?

This virus was originally referred to as "swine flu" because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and avian genes and human genes. Scientists call this a "quadruple reassortant" virus.

### Novel H1N1 Flu in Humans

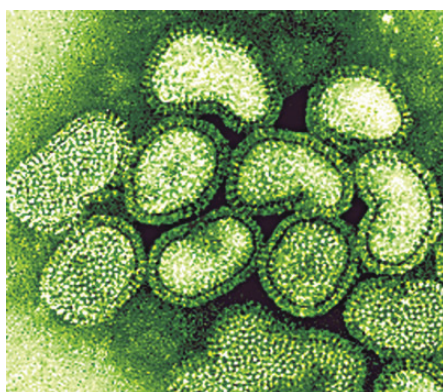
### Are there human infections with this H1N1 virus in the U.S.?

In the U.S., Southern California and near Guadalupe County, Texas. The outbreak intensified rapidly from that time and more and more states have been reporting cases of illness from this virus. An updated case count of confirmed novel H1N1 flu infections in the United States is kept at <http://www.cdc.gov/h1n1flu/investigation.htm>. CDC and local and state health agencies are working together to investigate this situation.

### Is this new H1N1 virus contagious?

CDC has determined that this new H1N1 virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.

### What are the signs and symptoms of this virus in people?



The symptoms of this new H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Also, like seasonal flu, severe illnesses and death has occurred as a result of illness associated with this virus.

### How does this new H1N1 virus spread?



Spread of this H1N1 virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

### How long can an infected person spread this virus to others?

At the current time, CDC believes that this virus has the same properties in terms of spread as seasonal flu viruses. With seasonal flu, studies have shown that people may be contagious from one day before they develop symptoms to up to 7 days after they get sick. Children, especially younger children, might potentially be contagious for longer periods. CDC is studying the virus and its capabilities to try to learn more and will provide more information as it becomes available.

### EXPOSURES NOT THOUGHT TO SPREAD NEW H1N1 FLU

### Can I get infected with this new H1N1 virus from eating or preparing pork?

No. H1N1 viruses are not spread by food. You cannot get this new H1N1 virus from eating pork or pork products. Eating properly handled and cooked pork products is safe.

### Is there a risk from drinking water?

Tap water that has been treated by conventional disinfection processes does not likely pose a risk for transmission of influenza viruses. Current drinking water treatment regulations provide a high degree of protection from viruses. No research has been completed on the susceptibility of the novel H1N1 flu virus to conventional drinking water treatment processes. However, recent studies have demonstrated that free chlorine levels typically used in drinking water treatment are adequate to inactivate highly pathogenic H5N1 avian influenza. It is likely that other influenza viruses such as novel H1N1 would also be similarly inactivated by

chlorination. To date, there have been no documented human cases of influenza caused by exposure to influenza-contaminated drinking water.

### Can the new H1N1 flu virus be spread through water in swimming pools, spas, water parks, interactive fountains, and other treated recreational water venues?

Influenza viruses infect the human upper respiratory tract. There has never been a documented case of influenza virus infection associated with water exposure. Recreational water that has been treated at CDC recommended disinfectant levels does not likely pose a risk for transmission of influenza viruses. No research has been completed on the susceptibility of the H1N1 influenza virus to chlorine and other disinfectants used in swimming pools, spas, water parks, interactive fountains, and other treated recreational venues. However, recent studies have demonstrated that free chlorine levels recommended by CDC (1–3 parts per million [ppm] or mg/L) for pools and 2–5 ppm for spas) are adequate to disinfect avian influenza A (H5N1) virus. It is likely that other influenza viruses such as novel H1N1 virus would also be similarly disinfected by chlorine.

### Can H1N1 influenza virus be spread at recreational water venues outside of the water?



Yes, recreational water venues are no different than any other group setting. The spread of this novel H1N1 flu is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.

## Zulekha Healthcare Group's Community Drive



▲ Health talk at Sharjah Islamic Bank Head Quarters.



▲ Health talk at HSBC Bank Head Quarters.



▲ Vaccination camp at Khalid port sharjah.

## Zulekha Group extends counseling for RTA Drivers



Recently our hospitals extended counselling and health related support to the Drivers working in the fleet of RTA. This association was part of the co-branding exercise initiated by Zulekha Group to help the fleet members of RTA tackle a host of stressful physical issues faced on a daily basis. We also conducted a one-day workshop at their



Depot in Dubai where a presentation was made by our paramedical team. This presentation explained ways to relieve work-related stress and was followed by a physical demonstration of correct sitting postures. We also distributed educational leaflets and Roll ups were placed at Daily reporting areas within their Depot.

## DQA Program



The ensemble of Zulekha Healthcare Group was invited by the DQA organizing body to give away the Dubai Quality Appreciation Program certificate from the hands of His Highness Sheikh Mohammed Bin Rashid Al Maktoum. Our founder Dr. Zulekha was the only Indian lady to have received the award from His Highness.

## The lighter side of our people.



▲ Staffs enjoying their Blockbuster night - The tale of despereaux



▲ A Fire Show performance in Lou Lau beach resort party.



▲ Staffs taking cool splash ride during day out in Wild Wadi



▲ Members grooving with music in lou Lau beach resort party.

### Brain Teaser

Without lifting the pen/pencil, connect all the 9 dots together using not more than four straight connected lines. Condition: There has to be a minimum of 2 dots connected at all times.

Refer the e-Newsletter uploaded on our site for the answer.