

Bundle of

KT CONNECT JUNE 2017

JOY



**Role of
both
parents**

Interview with
Maternity Specialists

Why UAE is an
ideal place to
have your baby

Toddler's to-do list

Easy and healthy
meal hacks

**Heroes of
the NICU**

**Symptoms of
post-partum
depression**

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Bundle of JOY

JUNE 1, 2017

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Welcoming a bundle of joy is an exciting experience for the entire family, and the mother has the privilege of being the first for everything in a child's life — from holding the baby for the first time to guiding him or her through the world's unseen challenges.

The cycle of motherhood has continued through generations, and some of the best advice and suggestions originate from experienced mothers and specialists that add colour to one's journey.

Since the arrival of a newborn comes with various responsibilities, families should be prepared to alter their lifestyles in order to provide a secure, interactive and healthy environment for the child's growth and development.

Time is of essence and every action counts towards the child's well-being — ranging from the food the mother-to-be consumes to the activities she undertakes. Zulekha Healthcare Group's *Bundle of Joy* edition serves as a valuable guide — a compilation of

specialist information, advice and resources — that aims to help families make the right choices during pregnancy and after child-birth. Read life-touching experiences from parents themselves, learn what to expect during crucial moments and be aware of extreme realities at every step of the way.

Readers will also be introduced to a selection of specialised doctors, a fully equipped hospital with intensive care facilities, caring medical attention and a hygienic environment that are imperative to the safety of a newborn.

Each page will reveal exclusive information and actions to take as your little one begins his or her journey in this world. With confidence for first-time parents to assurance and quality care for seasoned families, Zulekha Healthcare Group strives to give the best through its earnest endeavour of a tenured, specialised and highly proficient gynaecology team.

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DOYEN OF COMPASSION: DR. ZULEKHA DAUD

Dr. Zulekha Daud has been in the UAE since the sixties and has worked tirelessly towards the welfare of Emiratis and expats when healthcare access was very limited

DIMPLE J

Many UAE residents are familiar with the Zulekha Healthcare Group, but not many are aware of the lady behind the chain of healthcare providers.

In the past five decades, Dr. Zulekha Daud has revolutionised the healthcare landscape in the country and inspired others to follow suit. Today, Zulekha Healthcare Group boasts of super-speciality hospitals, medical centres, educational institutes and pharmacies in the UAE and India, all because of the efforts of its founding member.

Dr. Daud is the first recognised Indian woman medical professional and senior most lady entrepreneur in the UAE who has worked tirelessly towards the welfare of Emiratis and expats when healthcare access was very limited in the sixties.

After receiving her medical degree from the Government Medical College in Nagpur,



Dr. Zulekha Daud, Founder and Chairperson of Zulekha Healthcare Group, UAE, Alexis Hospital, India and Zulekha Colleges, India

she arrived in the UAE in 1964 to work at the Kuwaiti Mission Hospital in Sharjah when there was a dearth of female doctors in the region.

From a young medical graduate to a

practicing physician serving patients from all walks of life, Dr. Daud soon became a household name. She continued her compassionate service from a small clinic in Sharjah with minimal amenities. In a short time, Dr. Daud was able to capture the hearts of UAE nationals and expatriates with her dedicated service, and was soon known as Mama Zulekha.

After years of dedicated service, Zulekha Hospital was established in Sharjah in 1992. The group eventually found themselves moving to larger premises in 2004 with the establishment of Zulekha Healthcare Group (ZHCG) through a second hospital in Dubai, and three medical centres, in addition to pharmacies.

Dr. Daud always believed in the empowerment of women and under-privileged students through education. With this belief, she started the ZED Vocational Training and General Shikshan Sanstha (ZEDVTGSS), in Nagpur, India, in 2008, in a locality considered backward with poor





quality educational institutions. ZED is a recognised Minority Commission institution that imparts courses in Education, Science, Commerce and Technology streams.

Not one to forget her roots, Dr. Daud has worked tirelessly to help people in her community back in India as well, by engineering the cause of bringing affordable education and professional courses for the downtrodden and deserving students in and around Nagpur by setting up Zulekha College in the year 2010.

One would imagine that her body of achievement is enough to satisfy anyone, but not Dr. Daud, as she further realised her parents' dream of setting up an ultra-modern hospital in her hometown Nagpur, under the name of Alexis Hospital.

Her hard work has not gone unnoticed. She has received the Dubai Quality Appreciation award for her notable work from His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai.

She was ranked by *Arabian Business* magazine as the Most Influential Indian Woman in the Middle East. She was also conferred several accolades for her pivotal role, and was listed as the Top Indian Leader in the Middle East by *Forbes Middle East*.

Dr. Daud firmly believes in societal development and affirms, "Community service means giving back to the culture and people that surround you. It means supporting the immediate community on a local scale." She has been actively



Zulekha Hospital was felicitated with the Dubai Quality Award 2014 by His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai.

associated with many NGOs like Bait Al Khair Society, Sharjah Charity International, and Patients' Friends Committee. Under her patronage, the group has conducted several CSR drives notably Breast Cancer, Cervical Cancer, Colorectal Cancer, Kidney and Arthritis awareness in the region.

Her compassion knows no bounds and this shows through her tireless endeavours to aid various notable causes by joining hands with organisations like Metito International to provide clean drinking water to schoolchildren in Nagpur, India, or her involvement with Sheikh Bodour bint Sultan bin Mohammed Al Qasimi, Vice-President of the Sharjah Ladies Club, and President of

the Sharjah Baby Friendly City campaign.

Dr. Daud has shown her resolve to strengthen the healthcare sector in the region and serve communities with world-class affordable services. She even met His Highness Sheikh Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces, during an Iftar gathering hosted at Al Bateen Palace, Abu Dhabi. Dr. Daud is a doyen of care and compassion known for her consistent commitment to bring the best for society through quality healthcare. She is one of the most respectable personalities among top leaders in the UAE and India.



AT THE FOREFRONT OF CARE

Dr. Rajalakshmi Srinivasan is a practicing obstetrician and gynaecologist for the last 27 years. She recommends holistic healthcare for women

SUCHITRA STEVEN SAMUEL

Dr. Rajalakshmi Srinivasan, Practicing Obstetrician and Gynaecologist, has been at the forefront of healthcare dealing with the health problems of women for almost three decades. Every normal healthy baby that she delivers gives her immense satisfaction and joy, and seeing the mother and child go home happily is her everyday desire as a physician. However, in her daily routine, there are critical cases that she encounters. "With the diverse population that we have in Dubai, I've seen many different complications. In fact, it is richly rewarding to be a doctor here. We identify the problem and deal with it successfully. It has been an amazing journey," she says in an interview with *Khaleej Times*.

Dr. Srinivasan continues, "Which one is the most complicated or critical case is difficult to point out. However, I've dealt with triplet pregnancies, patients who've had four or five Caesareans before (high-risk patients), pregnancies with multiple fibroids, severe pre-eclampsia, antepartum or postpartum haemorrhage. One highlight is a patient of mine who had so much bleeding during the Caesarean operation because of an inherent defect. She had to have massive amounts of blood transfusion and was treated in the ICU, and that's how we managed to save her life."

Besides delivery and complicated cases, the doctor deals with gynaecology laparoscopy, both intraoperative and postoperative. "We have patients who come to us with large-sized fibroids, almost like an eight-month pregnancy, multiple fibroids and severe endometriosis where the bowel and bladder are badly stuck together. These are all very risky surgeries that were successfully handled," recalls the doctor.

Dr. Srinivasan has helped young women who



Dr. Rajalakshmi Srinivasan, Practicing Obstetrician and Gynaecologist

“ Women have to take care of their health through good nutrition, exercise or read up on complications that can happen in different stages of life.

have not been pregnant for a long time to conceive, take them through the pregnancy and deliver the baby. "We've had a patient who had triplets born premature, around 25 weeks, who were in the hospital for more

than 100 days, weighing around 800 gms each. They were well taken care of during all the different stages of complications. Another baby born prematurely around 29 weeks had intestinal obstruction. Had we not caught the problem and done the operation in the middle of the night, we would have lost the baby."

From a mother's point of view, Dr. Srinivasan says that some young women go to her with severe blood pressure, diabetes and bleeding. "We are able to deal with them and see to it that they stay for the minimum number of days in the hospital, are quickly taken care of and sent home."

According to her, women should always keep track of their health. "They have to take care of their health through good nutrition, exercise or read up on complications that can happen in different stages of life. Young adolescents should exercise and eat well. Young mothers have to read up about pregnancy and take care during the different stages through diet, proper sleep, exercise and posture. She should know about check-ups and the treatments available or tests that

COPING WITH STRESS

Dr. Srinivasan likes to listen to music, practice yoga, read books and travel.

she can do to prevent complications. From 35 years to menopause, women should make sure not to get into other complications like blood pressure and diabetes. There are different forms of surveillance for women such as screening tests for cervical cancer or breast cancer. Patients should know what are the services available, where and the time to be done. Menopause has different sets of issues to take care of."

After so many years at work, taking care of patients comes naturally to her. "As such, with the years of experience that you have, you know that there is a system in place, you are able to handle cases and follow it methodically. The comforting fact is that there are a set of doctors, nurses, operation theatre staff who are there to help, simply people to rely on," says the doctor.

She concludes, "When I came here, patients who had complications preferred to go to their home countries to deliver or get operated. That comfort was not there. Now the trend is rapidly changing, patients want to be here in the UAE and get operated. They have so much confidence in the system because of the best practices in care that we follow and the facilities available. They find no reason to go back to their home country. Healthcare is evolving rapidly now with insurance in place. Being sick in the UAE is no longer a problem anymore. I am very proud of that."

— suchitra@khaleejtimes.com

“ There are different forms of surveillance for women such as screening tests for cervical cancer or breast cancer.

— Dr. Rajalakshmi Srinivasan



TEACH THEM YOUNG!



Nafeesa Ahmed, Director — Nutrition and Lifestyle Management, Zulekha Hospital

Here's a lowdown on nutrition and how to encourage your tiny tot to take up healthy habits

FARHANA CHOWDHURY

'What do I feed my baby?' is a question that boggles the minds of many first-time (and even seasoned) parents, especially when they intend to wean their child off an exclusive diet of breast milk.

In response, Nafeesa Ahmed, Director — Nutrition and Lifestyle Management, Zulekha Hospital, shares that solid foods can be introduced within four to six months, or once the parent feels that the baby is ready for it.

"To grow and develop properly, children need to consume a 'balanced diet', which has the right quantity and proportion of foods and nutrients for their age. Diet during infancy sets the stage for diet for the rest of the life span," she says.

Rapid physical growth takes place during the first year of life, which is why their nutrient needs are higher per kilogramme of

body weight. "Although growth is slow after first year, the pre-school years are a time of significant growth in social, cognitive and emotional areas. This is an important time for developing healthy habits for life," adds Ahmed.

HOW TO DEAL WITH A FUSSY EATER

There is bound to be one (or two!) in the family, who'd much rather prefer sweet treats than green veggies.

"Children may refuse to eat a certain food, or not enough on some days. This is temporary, and it's a normal part of growing up. It's also normal for kids to eat less after their first year," says Ahmed.

Here are few tips from Ahmed to ease your way to encourage healthy eating among young ones:

- Be patient when feeding children. Give

KEEP THEM HYDRATED

Water helps regulate body temperature, and aids in digestion and elimination of body wastes. The water requirement is determined by the amount lost from skin, lungs, faeces and urine, in addition to a small amount needed for growth. The requirement of water varies with age, weight, gender, and physical activity, overall health of the child and air temperature.

Daily beverage and drinking water requirements for kids:

(Data from Institute of Medicine of the National Academics)

Six-months: Approximately one quart or one litre of water a day

Four to eight years old: Five cups a day (1 cup = 250ml)

Nine years and above: Six to eight cups of water a day, and consume recommended servings of fruits and vegetables, as they contain a higher content of water compared to other solid foods.

them time to explore, touch and taste their food, and always sit with your child while he/she eats.

- Provide calm, pleasant meal times where adults and children can talk together.
- Offer a variety of foods. Add one new food at a time. Offer with a food he/she likes.
- Offer a small amount. If the child doesn't like it, try again at another time.
- Let them try all foods, even the ones you don't like.
- Serve regular, balanced meals and snacks with a variety of nutrient-rich foods.
- Allow children to use their internal signals to decide how much and what to eat.
- Explore a variety of flavours and foods from different cultures and cuisines.
- Share an appreciation for healthy food, lovingly prepared and shared with others.
- Teach basic skills for making positive food choices away from home.
- Make sure the child doesn't fill up on milk, juice and sweet drinks between meals.



ESSENTIAL NUTRIENTS AND RECOMMENDED FOOD SOURCES:

Carbohydrates: The body's most important and readily available source of energy. Limit foods with added sugar to prevent obesity and other health problems.

Source: Breads and cereals (50 per cent of the cereals should come from wholegrain cereals), bread and pasta, beans, milk and milk products, fruits and vegetables. Sugars come under carbohydrates.

Fat: A major source of energy for the body, but has twice the amount of calories as carbohydrates or protein. Avoid saturated and trans fats. Choose unsaturated fats and oils to get the health benefits.

Source: Dairy products, meats, fats, oils and other foods.

Protein: Provides necessary building blocks for the growth and repair of body tissues and emergency source of energy.

Source: Milk products, meat, fish, poultry, eggs, cooked beans and legumes, and other meat alternatives.

Vitamin A: Promotes normal growth and development; tissue and bone repair; healthy skin, eyes, and immune responses.

Source: Milk, cheese, eggs, and yellow-to-orange vegetables like carrots, yams, and squash.

Vitamin D: Promotes bone and tooth formation and helps the body absorb calcium.

Source: Milk and fatty fish like salmon and mackerel.

Vitamin B: The family of B vitamins — B2, B3, B6, and B12 provide energy production, and healthy circulatory and nervous systems.

Source: Meat, chicken, fish, nuts, eggs, milk, cheese, beans, and soybeans.

Vitamin C: Promotes healthy muscles, connective tissue, and skin.

Source: Citrus fruit, strawberries, kiwi, tomatoes, and green vegetables like broccoli.

Vitamin E: Helps form healthy red blood cells, muscle and other tissues.

Source: Nuts, seeds and oils.

Vitamin K: Necessary for blood clotting.

Source: Green leafy vegetables, such as kale, spinach, turnip greens, collards, Swiss



DID YOU KNOW?

The World Health Organisation (WHO) and the American Academy of Paediatrics (AAP) recommends exclusive breastfeeding through six months of age and continued breastfeeding through the first year, and as long after as is mutually desired by the mother and baby.

FACT: Eating and talking together helps foster family unity, prevents behaviour problems at home and school, improves nutrition and promotes healthy weight for kids.

chard, mustard greens, parsley, romaine, and green leaf lettuce, vegetables such as Brussels sprouts, broccoli, cauliflower and cabbage; fish, liver, meat, eggs and cereals (contains smaller amounts).

Iron: Essential for haemoglobin, the substance that carries oxygen to a child's rapidly growing tissues and many chemical reactions throughout the body.

Source: Meat, especially red meat, such as beef, tuna and salmon, eggs, beans, baked potato with skins, dried fruits, like raisins, leafy green vegetables, such as broccoli, whole and enriched grains, like wheat or oats.

Calcium and phosphorus: Builds and maintains strong teeth and bones.

Source: Dairy products, such as milk, cheese, and yoghurt, canned salmon and sardines with bones, leafy green vegetables, such as broccoli, calcium-fortified foods — from orange juice to cereals and crackers.

Potassium: Helps carry nerve impulses throughout the body.

Source: Bananas, tomatoes, potatoes and sweet potatoes with skins, green vegetables, such as spinach and broccoli, citrus fruits like oranges, low-fat milk and yoghurt, legumes such as beans, split peas and lentils.

Sodium: Important in preserving a balance of fluids in the tissues, while chloride is necessary for maintaining the chemical balance in the body.

Source: Table salt, baking powder, baking soda and processed foods.

Zinc: Helps immune system fight off illnesses and infections. It also helps with cell growth and helps heal wounds.

Source: Beef and dark meat chicken, nuts, lentils and beans.

Other minerals important for good health include magnesium, fluoride, iodine, copper and manganese. All these minerals promote normal growth.

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UNDERSTANDING HOW VACCINES WORK

Vaccines greatly reduce the risk of infection by working with the body's natural defences to safely develop immunity to disease

DEEPA NARWANI

The long schedule of vaccines may seem like a hassle to parents, and rumours about its harmful effects can often be unnerving, but there is no doubt that vaccines have revolutionised modern medicine. Just a few generations ago, infectious diseases like smallpox and hepatitis used to be deadly, but the advent of vaccines has played a key role in saving millions of lives.

But how do they work? Vaccines are made to fight against bacteria or virus when they invade the human body. Bacteria or a virus is made harmless in a vaccine so when it is given, it produces antibodies against the bacteria or virus without causing the disease. When an individual is invaded by a bacteria or virus, these antibodies can help fight disease. Every vaccine is made for a specific bacteria or virus and offers protection against some of the very serious harmful and disabling diseases.

Dr. Saeeda Anjum, Medical Practitioner, Zulekha Hospital Sharjah explains, "All bacterium and viruses have different periods of immunity levels. Some vaccines like polio or DTP-Hib have to be given repeatedly to boost immunity. For other vaccines like Hep A, MMR and Varicella, two doses provide life-long immunity. Additional doses of vaccines are given in periods of outbreak."

Dr. Anjum highlights that vaccines are given at specific periods. After delivering a baby, the mother is given a vaccination card for guidance as to when to bring the baby in for vaccination. The card is made considering all research-based evidence and policies discussed in the advisory committee for vaccines. These cards are given to the parents with written dates and parental education for guidance. Adults and the elderly who require vaccination are also given these cards with dates.



Dr. Saeeda Anjum, Medical Practitioner, Zulekha Hospital Sharjah

SOME DISEASES THAT VACCINES BEAT

- Tuberculosis
- Poliomyelitis
- Haemophilus
- Diphtheria
- Pertussis
- Tetanus
- Hepatitis B
- Pneumococcal
- Rotavirus
- Typhoid
- Meningococcal
- Measles
- Mumps
- Rubella
- Varicella
- Hepatitis A

"According to the period of immunity, vaccinations are given a few times in childhood. Some vaccines like flu vaccine are given yearly as it changes every year. Vaccines require boosters in order to boost the immunity against a virus or bacteria from time to time, as the immunity may not be

long lasting. Vaccines in general provide protection against a lot of serious illnesses and should be given at a national level," she adds.

Despite the numerous advantages, there are some side effects of vaccines that parents should be aware of. These include redness around the injection site, mild fever, body ache and headache, which usually settle down in a day or two. There are a few side effects that are specific to certain vaccines like BCG, which can cause high fever.

"Some of the vaccines are usually made in chick embryo, therefore it is important to ask patients about egg allergies," says Dr. Anjum. "It is always better to take a detailed history of the child from the parents, and from adults, before administering the vaccine."

She concludes by saying, "Public awareness and parental education are necessary in the uptake of vaccines. There should be more stress on provision of vaccines in poorer countries, for outbreaks and for people living and working in improper conditions."

— deepa@khaleejtimes.com

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WATCH WHAT YOU EAT DURING PREGNANCY

Moms-to-be take note, here's a list of essentials to aid your baby's development in the womb

FARHANA CHOWDHURY

Pregnancy is a crucial time when a woman should pay heed to what she eats. Putting favourite dishes aside, she needs to make wise meal choices to ensure that she and the baby receive enough nutrients to sustain themselves for a safe and healthy nine-month journey.

According to Nafeesa Ahmed, Director, Nutrition and Lifestyle Management, at Zulekha Hospital, there are a number of foods to steer clear from, including:

- **Uncooked seafood, and under-cooked beef or poultry:** Poses a risk of Salmonella, a contamination caused by Coliform bacteria.
- **Deli meats and smoked seafood:** Contaminated with listeria and can cause miscarriage.
- **Soft cheeses:** Also at risk of listeria bacterium, however, cheese made with pasteurised milk can be included in the diet.
- **Fish with mercury:** Linked to developmental delays and brain damage during pregnancy. Examples include shark, sword fish, king mackerel and tile fish. Limit all other fish, including tuna, to 12 ounces or less per week.
- **Raw fish and raw eggs:** Poses risk of food poisoning. Examples include sushi, sashimi, ceviche and carpaccio.

A healthy balance of protein, carbohydrates, fats, vitamins, minerals, fibre and water is necessary in the diet to help the mother and baby get the nutrition they require. But note that some foods do not contain adequate amounts of nutrients, and need to be taken separately in the form of dietary supplements.



"Nutrients that are often low in a pregnant woman's diet and require supplementation are calcium, iron, and folate. Women that do not get enough calcium before conceiving may be already at risk for bone loss. The right vitamin supplements can be beneficial, and work best when taken as part of a healthy diet. It should be understood that taking supplements are by no means a substitute for healthy diet," highlights Ahmed.

Women should consult a professional beforehand to know exactly which vitamins and minerals they lack and get a prescribed dosage accordingly.

"Take vitamins with a small meal or snack for better tolerance and absorption. Extra calories should be from nutritious foods, such as lean meats, low-fat or fat-free dairy products, fruits, vegetables, and wholegrain breads and cereals. Remember to drink

WATCH OUT FOR ALLERGIES!

Allergic reaction or symptoms can change during pregnancy, and some women find that being pregnant reduces their symptoms, while others find that they increase their symptoms due to the changing levels of hormones in the body, notes Nafeesa Ahmed.

Common food allergies are:

Cow's milk, eggs, soy, peanuts, wheat, fish, shellfish and tree nuts.

"Once a food is confirmed as an allergen, it should be avoided from the diet. Alternate foods should be included to avoid deficiencies. The only way to prevent a food allergy reaction is to avoid the food and any items that contain it as an ingredient," she says.

Additionally, always read food labels on readymade foods for added potential allergens.

approximately 12 (eight fluid ounces) cups of water or other beverages (caffeine-free or 100 per cent fruit juice) throughout the day," she advises.

Essential vitamins and minerals required during pregnancy:

Folate and folic acid: A B-Vitamin that helps to prevent neural tube defects. Example: Green leafy vegetables, citrus fruits, dried beans, and fortified cereals.

Calcium: For strong bones and teeth. Example: Dairy products, broccoli, kale, fortified cereals and juices.

Vitamin D: To promote bone strength. Example: Fatty fish especially salmon, fortified milk and orange juice.

Iron: Double the requirement to supply oxygen to baby and the mother. Example: Lean and red meats, poultry and fish.

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FOCUS ON ANTENATAL AND POSTNATAL CARE

Zulekha Healthcare Group offers both antenatal and postnatal care and is committed to providing the best quality healthcare for prospective and new parents and their babies

Antenatal care is the comprehensive healthcare a woman receives during pregnancy till delivery. All pregnant mothers are advised to attend antenatal clinics, which will help them make an informed choice about their labour and birth, and help to promote confidence in parenting.

GOALS OF ANTENATAL CARE

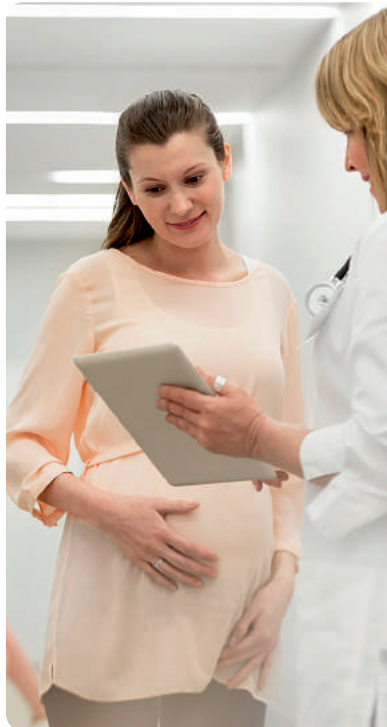
- Monitor both the pregnant woman and the foetus throughout the pregnancy.
- Identify anything that could change the outlook for the pregnancy from normal to high risk.
- Explain nutritional requirements throughout the pregnancy and postnatal period.
- Explain activity recommendations or restrictions.
- Address common complaints that may arise during pregnancy (for example, backache, joint pain, nausea, heartburn and constipation) and how to manage them, preferably without medications.

The hospital offers parents free Antenatal classes in both Sharjah and Dubai branches. A team of health professionals facilitate the group sessions. Sessions are conducted every Saturday from 6:30 to 8:30pm, at Zulekha Hospital Sharjah, and every Thursday from 6:30 to 8:30pm at Zulekha Hospital Dubai.

Topics covered include information about taking care of yourself during pregnancy; good nutrition, preparing for labour and birth, pain management during labour, breastfeeding, motherhood and caring for your baby.

POSTNATAL CARE

Postnatal care is the care that continues for both mother and baby after birth. The first six weeks following a baby's birth can simultaneously be joyous and difficult for any woman. The factors influencing postnatal care are that the mother's body is



beginning to undergo gradual changes to its pre-pregnant phase, while the baby's body is adjusting to life outside the womb. The woman also needs to make some emotional and social changes to her life. Skin-to-skin contact between mother and baby is offered to promote bonding and initiation of breastfeeding.

Zulekha Hospital is currently undertaking the Baby Friendly Hospital Initiative (BFHI) accreditation programme. By adopting this programme, the hospital is showing a commitment to providing the best quality care for babies and their families. Zulekha Hospital are committed to increasing the breastfeeding rate of the babies born at the facilities. Their lactation consultants are available to help mothers establish breastfeeding and help resolve any breastfeeding challenges during the hospital

POSTNATAL CARE ACTIVITIES

- A well-rounded baby check, including weighing the baby
- Newborn screening test
- Debriefing about your birth experience
- Discussing parenting and family adjustment
- Active engagement of the father
- Check your temperature and blood pressure; go for a physical examination
- Checking your healing progress if you had a tear, episiotomy or caesarean section
- Assisting with breastfeeding support and education
- Discussing any concerns, fears and anxieties
- Assistance and advice with baby care, such as diaper change and sleep patterns
- Checking the amount and type of bleeding
- Blood tests if indicated
- Advice on postnatal exercises
- A pap smear test at six weeks
- Reference to services required, such as breastfeeding support groups
- Provision of infant feeding options beyond six weeks

stay and after discharge. The lactation consultants also run clinics in the hospitals, and can offer help and guidance over the telephone.

Access to effective, high quality practical, and supportive postnatal care is essential for the well-being of both mother and baby. Zulekha Healthcare Group acknowledges that the provision of one-to-one postnatal care for patients offers opportunities to not only develop a trusting and supportive relationship, but also consistency of advice, and efficient detection of issues. Postnatal care can enhance breastfeeding, assist with problems, and boost the woman's confidence with mothering skills.

SHEDDING LIGHT ON POSTPARTUM DEPRESSION

Depression after childbirth is far more common than believed, and can easily be treated with counselling and medicine

DEEPA NARWANI

When you have a baby, you are expected to celebrate the arrival of your little one with friends and family. But instead of rejoicing, you feel like crying and are faced with exhaustion and anxiety. You may not have been expecting it, but mild depression or anxiety and mood swings are common in new mothers.

Depression after childbirth, or postpartum depression, is when women experience extreme sadness and unease after the birth of their baby. There are three different kinds of postpartum that women can experience – blues, depression and psychosis

Dr. Hanan Kandil, Specialist Psychiatrist at Zulekha Hospital, explains, "The most common type experienced by women is postpartum blues. It is an actual phenomenon experienced by 80 per cent of women. Its symptoms include sadness, anxiety and it usually subsides 10 to 12 days after childbirth. Postpartum blues doesn't need medical intervention and usually passes away soon enough."

On the other hand, not a lot of women are aware of postpartum depression, which can lead to unnecessary suffering. The risk factors of postpartum depression include having previous history of depression, having a case where a family member suffered through depression and if the woman has suffered through depression during a previous pregnancy. Also, mothers of special needs children might experience it.

"If women don't have a good support system, it increases the probability of depression," adds Dr. Kandil.

Postpartum psychosis is a rare but severe disorder and develops a few days after the



Dr. Hanan Kandil, Specialist Psychiatrist at Zulekha Hospital

delivery of the child. Its symptoms include getting confused, having hallucinations, delusions, sleep disorder, and when the mother attempts to harm herself or the baby or thinks of suicide.

Dr. Kandil highlights, "Postpartum depression can be treated through antidepressants, and when treating postpartum psychosis antipsychotics are a must. In both cases, women need full support, and in some instances might need to be separated from their child, and need to be kept under strict supervision."

The causes of postpartum can be classified as physical and emotional. The physical signs to watch out for are when women are often sick, if there is a drop in hormones or rise in thyroid problems, or if there are symptoms of feeling tired or depressed all the time.

The emotional signs include being sleep deprived, feeling overwhelmed or feeling fearful while handling the baby, and being anxious about their own physical appearance.

What mothers need to know is that if they are not as happy as they are expected to be after having a baby, it's not their fault. It's a biological change, just like high blood sugar,

SIGNS OF POSTPARTUM DEPRESSION

- If the blues exceed first two weeks of pregnancy
- Severe mood swings
- Excessive crying
- Difficulty in bonding with the baby
- Loss of appetite
- Loss of energy
- No sense of pleasure or happiness
- Irritability
- Getting angry
- Being plagued with the thoughts of not being a good mother

and can be easily treated with counselling and medicine.

Dr. Kandil concludes by saying, "The most important factor that people should be aware of is that postpartum depression is a complication of childbirth and it is not a sign of weakness on the mother's part. Families often tell women to get their act together without understanding the deeper problem. These women need support and shouldn't be told that they are not strong enough."

— deepa@khaleejtimes.com



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Tuc Tuc, Woven Raincoat

Photos: Babyshop

Photos: Mumzworld



Olian Diane Dress



JoJo Breton 4-in-1 Cardigan



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HelloBaby Monochrome Dress



REINVENTING FASHION

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Jojo Mid Wash Denim Dungaree



Bravado Body Silk Seamless Nursing Bra

Tonic Pursuit Leggings



HelloBaby Large Dots Dress



Photos: Mumzworld

STRIKING THE PERFECT BALANCE

New parents, take note on how to seamlessly manage work and family commitments

DEEPA NARWANI

Work-life balance is a way of making sure that both your work and personal commitments are being met. It's not a fixed system where both work and personal life take exactly the same amount of hours. Sometimes it could mean more work, and other times it could mean less, and it's all about finding the right balance.

For new parents, work-life balance is something they crave, as spending time with their little one is very important to them. Today, schedules are getting busier than ever before, which often causes either work or personal lives to suffer. Sometimes the tiniest changes to your routine can end up making the biggest difference to both you and your child.

Mirza Baig, Manager – Finance, Zulekha Hospital, works 10 hours, five days a week, and gets about 40 minutes of lunch time.

He says, "I spend an hour or two daily by talking to my children and playing with them. It is a must and I look forward to planning exciting activities for them every weekend. They need a family weekend as much as we do."

Baig says that as parenting is a lifelong commitment, there are no set rules one can follow. "Being a parent is an important aspect of my life," he says. "Parents need



QUALITY TIME: Mirza Baig with family.

to be loving, joyous and peaceful, as we are what we demonstrate to our children. If we are incapable of transforming ourselves as parents, how can we bring up a child effectively?"

Work-life balance involves juggling workplace stress with the daily pressures of family, friends, and self. Baig adds, "I recently started taking care of my health. So I also manage to take some time out to work out and play the sports I like."

People who manage to crack the code of work-life balance tend to feel more motivated and less stressed out at work, which increases productivity.

"The entire world is juggling with child-rearing demands and responsibilities, which takes

TIPS FOR BUSY PARENTS

- Manage your time
- Make a to-do list everyday
- Learn to say no
- Do not take office work home
- Try to minimise interruptions
- Eat a healthy diet
- Get enough sleep
- Make time for fun and relaxation

a toll on many parents on a personal and professional front," says Baig. "It is important to have a clear communication and appreciation with your partner in maintaining a healthy work-life balance. Mothers are backbone of the family as they work 24/7 and play a superior role in a child's life. But both the mother and father, irrespective of their professional lives, are equally responsible for the upbringing of children."

A good work-life balance means you have harmony between different aspects of your life, where benefits can be gained from each area.

"The most effective stress buster for me is playing with my kids, which is equally important to me as well as for the little ones. It is funny, while we try to teach our children all about life, they teach us what life is all about in their own way, which is truly magical," he adds.

— deepa@khaleejtimes.com



Mirza Baig, Manager – Finance, Zulekha Hospital



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SAVIOURS OF THE NICU ROOM: NOT ALL HEROES WEAR CAPES; SOME COME IN SCRUBS



Nimmy Joy, Head Nurse, Zulekha Hospital, Sharjah

Neonatal Intensive Care Unit gives newborns a second chance in life and nurtures the intimate bond between parent and child regardless of situation

FARHANA CHOWDHURY

When a baby makes its way into the world, Zulekha Hospital's experienced team in the Neonatal Intensive Care Unit (NICU) have all hands on deck to guide both mother and child's health to safety.

With state-of-the-art facilities and seasoned staff, the unit goes through a daily battle of life and death to save precious lives. "One of the biggest challenges in working in NICU is working with preterm babies that have extremely low birth weight. Preterm babies often forget to breathe, and when this happens, other vitals also drop. We are always on alert, so that we can immediately attend to them," says NICU Head Nurse Nimmy Joy, who has been with Zulekha Hospital, Sharjah for over five years.

As babies are kept in incubators, surrounded by sensors, monitors and other machinery, due to their delicate health status, it naturally

adds physical and emotional strain to families. But the team at Zulekha Hospital strives to nurture bonds and combat any feeling of isolation.



ANECDOTE OF AN UNFORGETTABLE MOMENT

"Although we have taken care of smaller babies, the most memorable incident is linked with a baby that we took care of few years back. He was born at 27 weeks, weighing 700 grammes. Like all the other preterm babies, we started with the life support care to help the baby stabilise on the respiratory support machines.

It became more challenging as the baby developed pneumothorax (collapsed lung) that took two days to resolve after active management. Despite all the innumerable issues in the initial days, the team was able to help the baby overcome its challenges and make it through the struggle. After two and a half months of care in NICU, the baby was healthy and happily discharged from the hospital. The parents were kind enough to come back to the NICU at Zulekha on his first birthday. This filled our hearts with exceeding joy; it was a memorable moment that will last a lifetime."

— Nimmy Joy, Head Nurse, Zulekha Hospital, Sharjah

TYPICAL DAY IN THE LIFE OF AN NICU NURSE

- Head nurse delegates tasks and assigns staff to their work in accordance with the staff-patient ratio.
- Nurses continue with the endorsement of each baby and overall unit check. They communicate with previous shift nurses, and help them solve their issues related to work.
- Head nurse ensures she is aware of everything about the babies, and proceeds to check if the resuscitation equipment is set correctly.
- She plans the day in advance, considering feeding time, hourly vitals, nappy changes, and medicine administration.
- She also sets time for parents to spend time with their baby.
- Nurses act as an advocate for the baby and ensure that the baby is treated for all the concerns noted.
- Nurses spend time with babies to know them better and provide continuity of care.
- Assist doctors in all procedures and carry out their orders promptly.
- Educate the mother and encourage her to cope with the tiny one's needs and help them perform basic care.

"Parents of NICU babies are highly anxious or depressed due to being separated from the infant, and the fact that their babies are so delicate. This increases the strain on the infant-parent relationship. As an NICU nurse, we ensure that we promote positive psychosocial outcomes. We aim to decrease the sense of insecurity and powerlessness by involving them in holding, viewing and touching the newborn in order to facilitate early attachment and bonding," Joy adds.

She dubs NICU as a very rewarding unit, and one that challenges the team's level of skills and critical thinking skills. "It is a job that provides me with an opportunity to make a difference every day. My daily duties add up to countless miracles and being able to give the earliest and tiniest of lives a fighting chance, and to play a part in saving the lives of babies. When a baby goes home, it is a bright and rewarding day on the NICU floor."

— farhana@khaleejtimes.com

AN INSIGHT INTO THE ADVANTAGES OF PRE-PREGNANCY COUNSELLING

Pre-pregnancy counselling is a meeting with a healthcare professional such as an obstetrician and a woman before attempting to get pregnant



Pre-conception care helps to ensure a healthy maternal and foetal outcome, through pre-conceptual risk assessment for any potential complications of pregnancy, as well as modification of risk factors. The primary areas of risk assessment include past obstetric and gynaecological history, past medical history focusing on history of chronic illness and infectious diseases, family history of genetic disease, among others. Modification of risk factors includes actions such as increasing the folic acid intake to reduce the risk of neural tube defects such as spina bifida, smoking cessation, and even avoiding medications that can compromise foetal development.

Women/couple should visit the doctor as soon they contemplate having a child, and optimally within six months before conception. This time frame gives the time needed for the woman to reduce

the risks that are within their control.

Women over the age of 35 years should be counselled on the risks associated with advanced maternal age, such as chromosomal abnormalities and pre-term birth. It is also important to emphasise that some women over 35 years can have normal, healthy pregnancies.

WHAT IS INVOLVED?

Pre-conception screening involves many body systems apart from the reproductive system. It involves taking details of the woman's lifestyle and family history information.

Blood samples such as complete blood count to detect anaemia and the presence of infection is taken. Urine samples are done to reveal the presence of urine infection or kidney problems, and diabetes. Also, health education and counselling is done.

BABY GIRL BORN AT 22 WEEKS, WEIGHING 600 GMS, IS HEALTHY AND THRIVING



Dr. Mohammad Nabeel Khalaf, Consultant Neonatologist, and father of baby Noura

Zulekha Hospital's NICU saves life of premature baby and provides round-the-clock treatment

A baby girl born at only 22 weeks to Kuwaiti parents, who were in the UAE on a short break, is now showing positive signs of growth and is becoming healthier every day.

Baby Noura was classed as an extremely preterm baby when she was born at Zulekha Hospital Sharjah, weighing only 600 grammes, less than a litre of water. Three months on from her premature birth on January 30, she now weighs just over 1.5 kgs and is making steady progress.

Her birth was triggered by a urine infection in her mother, due to which she was admitted to the hospital during their short vacation from Kuwait. Dr. Nada Elsheikh, Specialist Gynaecologist, and Dr. Mohammad Nabeel Khalaf, Consultant Neonatologist were on-hand at the Sharjah branch and responsible for the safe delivery of the holidaymakers' child.

Dr. Khalaf said: "The first few days of a preterm's life are crucial for its survival. Basic care such as warmth as well as treatment for infections and breathing were provided in order to maximise the baby's chances. The infant was placed on a special breathing machine, which enables a very gentle and fast airflow in order to protect her lungs.

"We had to make sure the baby was handled in an extremely gentle manner regarding all aspects of his treatment. This was due to her fragility and the very high risk of developing intracranial bleeding or pneumothorax (collapsed lung)."

Receiving round-the-clock care from the specialists at the Zulekha Hospital Sharjah Neo-Natal Intensive Care Unit (NICU), the team are now making preparations for baby Noura to return home.

"The baby has been doing well and has had no major complications. Although it is still too early to predict for certain, chances are she can live a normal life," Dr. Khalaf added.

With a high mortality rate associated

with extremely preterm births, The World Health Organisation estimates that 75 per cent of deaths related premature births could be eradicated through cost-effect interventions.

“ The baby has been doing well and has had no major complications. Although it is still too early to predict for certain, chances are she can live a normal life.

— Dr. Khalaf



‘MIRACLES DO HAPPEN’: A MOTHER SHARES HER NICU SUCCESS STORY

Read all about baby Viha’s miraculous recovery

DEEPA NARWANI

New parents eagerly look forward to bringing their baby home, so it can be quite alarming if your newborn needs to be admitted to the neonatal intensive care unit (NICU).

Understanding the NICU and what goes on inside the facility can help ease your fears. It is an intensive care unit created for sick newborns who need specialised treatments. Infants, who are born prematurely, or have problems during birth or develop issues while still in the hospital, are treated in the NICU. They are usually babies who haven't gone home from the hospital yet after being born. The duration of their stay depends on the severity of their condition.

When babies arrive early or require medical treatment at birth, the highly skilled neonatal specialists at NICUs have immediate access to advanced technology and can begin specialised care immediately.

Payal Devangdhruv, a 33-year-old mother, delivered baby Viha at Zulekha Hospital, two months early. The baby had to be admitted to the NICU due to weight issues.

She said: “My daughter was in NICU for 51 days and received good treatment. She came home healthy, thanks to the hospital's understanding staff and excellent facilities.” Devangdhruv lives in Dubai with her husband, a nine-year-old daughter and the newest addition to their family, baby Viha. “I have been in Dubai for the last nine years and my husband's job brought us to the city. My elder daughter is studying here.”

“During the delivery, my blood pressure was quite high,” said Devangdhruv. “My first delivery was also 22 days early. Dr. Humera Raees, Specialist Obstetrician and Gynaecologist at Zulekha Hospital treated me well from the beginning. When I started getting complications during childbirth, she came back to treat me, even though she was off duty. It was a good experience and miracles do happen.”



PICTURE PERFECT: Payal Devangdhruv with baby Viha and her family.

The Neonatology department at Zulekha Hospital provides comprehensive neonatal diagnostic and treatment facilities for critically ill new-borns. The NICU facility at Zulekha Hospital Dubai has now been upgraded to level three by the Dubai Health Authority (DHA). The facility accepts premature babies from 25 weeks onwards. They provide the latest in medicine and technology, and use

a caring touch to give infants in their facility the best care possible.

Though the environment in the NICU can be intimidating, healthcare professionals are always at hand to familiarise parents with it so they can participate in the care process.

— deepa@khaleejtimes.com

MEMORABLE JOURNEY OF COMFORT AND CARE

Former patient Cheryl Peter recounts her cosy experience at Zulekha Hospital's maternity ward

FARHANA CHOWDHURY

When Cheryl Peter, an HR Admin Generalist at e-commerce website, Wadi.com, moved from India to the UAE in 2015 with her husband, Anuj Peter, she fell in love with the country's culture and lifestyle.

Upon conceiving a year later, she began a search for reputable doctors in Dubai, which was when she stumbled upon Dr. Sunita Ghike, Specialist Obstetrics and Gynaecology at Zulekha Hospital, Dubai.

"Frankly, it was all part of God's plan. I was looking for a gynaecologist online and came across Zulekha Hospital. Coincidentally, it was closer to where I live, but that was not my main reason for choosing it. I was just looking through the official website, saw Dr. Ghike's profile and booked a date to meet her," she said.

After an appointment with Dr. Ghike, Cheryl was convinced she wanted to continue her journey with Zulekha Hospital. "Since day one, she made my husband and me feel so comfortable, and gave us her time. Right then, we were sure we wanted to stick to this hospital," she added.

Speaking about her nine-month journey with Zulekha Hospital, she said that the staff's professionalism and calm nature were key factors for a stress-free pregnancy.

"There were times when we would get scared or tensed over something, as it's just the two of us, our families back home in India, and it's the first time being pregnant, but Dr. Ghike would answer our questions and make us understand that there was nothing to worry about."

Cheryl added that she and her husband were pleasantly surprised that the past nine months sailed by smoothly, up to her last appointment post-delivery.

"The best thing about Zulekha is not just



PROUD PARENTS: Cheryl and Anuj Peter with son Shayan.

“ The professionalism and calm nature of the staff at Zulekha Hospital were key factors for a stress-free pregnancy. — Cheryl Peter

Dr. Ghike, but also the entire staff, ranging from the radiology department to the labour suites. The staff has been so nice and helpful. I don't know about others but speaking from personal experience, I think

I've been a difficult patient for them. I was screaming during labour, but the nurses were very patient with me. They always had a smile and consoled me. The facilities in Zulekha are also top-notch and lives up to standard. It's clean, the food is so good; everything is just wonderful," she said.

While Cheryl did not attend any post-natal classes, she said that the nurses were attentive and regularly met her to give tips and advice on motherhood in a friendly manner. Now Cheryl and Anuj Peter are proud parents of a healthy baby boy, Shayan, who was born on April 16 this year.

"If anyone ever asks me about my experience during pregnancy in the UAE, I would tell them that it was wonderful. After Shayan was born, we were able to get his birth certificate and other formalities easily sorted out due to the clear regulations set in the UAE. All documents and verifications were done promptly and smoothly. We all love the UAE, and it is a wonderful country to come to for maternity care," she concluded.

— farhana@khaleejtimes.com



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TODDLER'S TO-DO LIST!



Here's a guide to introducing little ones to fun and games

DEEPA NARWANI

Babies are very eager to learn all about the world around them. Be it a new shape, colour, taste or sound, learning about it is an experience for them. Giving babies toys that are stimulating will help them in discovering their senses. Musical rattle toys are an instant hit with the kids, while colourful toys can aid in developing their vision and blocks can help in building motor skills and hand-eye coordination.

Toddlers might still enjoy some of the toys they played with as babies, but there are a whole other variety of games they can discover and have fun playing. For instance, shape sorters can teach them how to match similar items, and provide parents the perfect opportunity to teach them the names of the different shapes.

Also, introducing music to toddlers at an earlier stage does a lot more than just entertain. A great way to introduce them to musical instruments is by using everyday objects found at home. Items like small

pots and pans, bubble wrap, pens, pencils, rulers, etc., can be used effectively to create various sounds.

Another reason to introduce them to music is to make the experience enjoyable for both. Singing songs or lullabies to your child goes a long way in creating a strong bond with them.

Picture books are also a great way of entertainment. Bright, simple images with big bold letters can provide visual stimulation that enhances cognitive skills. An early introduction can go a long way in creating a positive association with books, and encourage a lifelong love of reading.

Toddlers are also prone to mood swings and their interest in a book will depend on factors such as the time of day or whether they are hungry. If they don't seem too interested, don't give up hope. You can always try reading some other book to them, by doing voiceovers, maybe at bedtime.

— deepa@khaleejtimes.com

ENTERTAINMENT ZONES

Keeping kids occupied throughout the day can be challenging, but Dubai has an array of exciting activities that can educate as well as entertain.

Le Petit Palais:

This is a French style children's town, where children can benefit from creative and adventurous activities. At the Soft Toddler's Town, the little ones are introduced to interactive activities that have been designed to hone their motor skills.

INFO: Galeries Lafayette at The Dubai Mall



Baby Sensory:

It offers themed sessions such as *Looking for Dinosaurs* that provide magical worlds for toddlers, where they learn through fun. It also introduces kids to classical music, nursery rhymes as well as jazz, etc.

INFO: www.babysensory.ae



Children's City:

Their Toddler Area is equipped with a protective rubber floor and features a waterbed, piano, small slide, number steps and soft pads, along with other fun activities. It also gives them an opportunity to make new friends.

INFO: Children's City Dubai, Creek Park Gate 1.



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STAY FIT AND FAB WHILE PREGNANT

Here are 11 steps to improve your mood, physical and mental health, and even ease the stress of labour

FARHANA CHOWDHURY

Light exercises are beneficial for every mom-to-be, and is highly recommended for overall wellness pre- and post-pregnancy, according to Dr. Malini Subramaniam, Physiotherapist at Zulekha Hospital.

The positives include the ease and prevention of aches and pains such as backaches, varicose veins, etc., better preparation for labour and recovery after delivery, as well as lower risks of diabetes and high blood pressure, better weight control, improved quality of sleep, and positive emotional health.

"Regular exercise has many well-established benefits for women with uncomplicated pregnancy. These include both physical benefits for maternal fitness as well as psychological benefits," she added.

Walking is the simplest and easiest form of aerobic exercise. Dr. Subramaniam suggests women should maintain a brisk pace for optimal benefits for around 20 to 30 minutes every alternate day. Other good exercises are stationary cycling for 20 minutes on alternate days at zero or a comfortable resistance, and swimming. Those who are not able to swim can take part in other water activities such as walking, squatting, hand and leg swings, and marching while in water.

However, as different women have varying needs, they should consult their gynaecologist or physiotherapist before starting any kind of exercises.

The Basics: Posture

- Stand tall
- Bottom tucked in
- Tummy in
- Relaxed knees
- Pelvic floor up

Points to remember

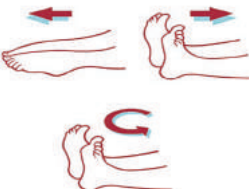
- Always start with five minutes of warm-up exercises and five minutes of cool down exercises, such as walking, cycling or simple hand and leg stretches.

- While exercising, your heart rate should not exceed 140 to 160 beats per minute (measured at peak of exercise session)
- Wear comfortable clothing
- Keep hydrated by drinking water before, during and after exercising.
- Avoid all jerky, bouncing, ballistic movements and activities, including contact sports and weight training.
- Do not stretch your spine or back to extreme — both forward and backwards.
- Exercise with adequate rest or intervals. Avoid working out until you are exhausted.

1. Deep breathing: Promotes relaxation and allows adequate lung expansion.


Sit or stand and lean against a back rest. Place one hand on your chest and the other on your tummy, and breathe in deeply through your nose and breathe out through pursed lips. Repeat 10 times.

2. Ankle and toe exercises: Helps reduce swollen ankle and varicose veins.



Bend your ankles and stretch them up and down for 10 times slowly. Circle both feet 10 times in each direction. Repeat both exercises as many times as you'd like in a day. Alternatively, you can lean against a wall, stand on your toes and heels to work out.

3. Pelvic floor (Kegel) work-out: Maintains pelvic muscle power.



Contract the muscles around the vagina and around the anal and urinary sphincters. Hold it for five to 10 seconds, with around 20 to 30 repetitions per day. You can do this at any time of the day — while driving



Dr. Malini Subramaniam, Physiotherapist at Zulekha Hospital

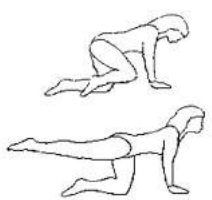
the car, sitting at a desk, taking the elevator, in the kitchen, or even at work.

4. Pelvic tilt: Stretches muscles in the buttocks and lower back. It also strengthens your abdomen and helps set up a good posture.



Get down on your hands and knees with your back straight (place a mat to cushion your knees). Try to pull your abdominal muscles in and tuck in your buttocks. This will tilt your pelvis up. As your pelvis tilts, your back will rise toward the ceiling. Hold and count to five, then relax.

5. Leg lift: Same benefits as the pelvic tilt.



Get on your knees, and put your arms directly under your shoulders. Keep the knees shoulder-width apart. Round your back. Keeping your knee slightly bent, lift your leg. Note: Do not lift your leg higher than your

hip. Hold for five counts, then lower your left leg. Repeat the exercise with your right leg.

6. Inner thigh stretch: Improves flexibility of thigh, pelvic and hip muscles.



Sit on the floor with the soles of your feet together. Your back should be straight and supported. Gently lean forward until you feel a mild stretch in the hip and thigh muscles.

Your back should

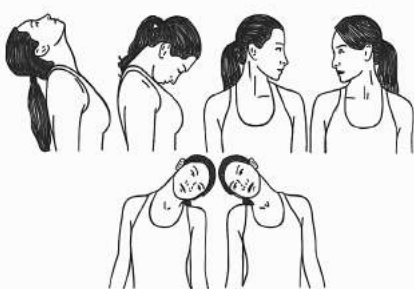
remain straight. Don't push down on your legs with your hands. Hold and count to five, then relax

7. Calf stretch: Prevents and relieves leg cramps.



Stand about two feet from the wall. While facing it, put one foot in front of the other with toes pointing straight ahead. Lean forward and place elbows on the wall. Keep heels on the floor and push your hips forward. You should feel a stretch in the calf

of your leg that is farthest from the wall. Hold it for five seconds, then relax. Repeat five times. You can also do this while lying down. Just raise one foot and hold it with a long towel until you feel a stretch behind the leg.



10. Neck exercises

While standing or sitting, move your neck in all directions slowly, and hold each position for five seconds. Repeat five to 10 times.



Dumbbell Lateral Raise (Power Partial)



Dumbbell Shoulder Press



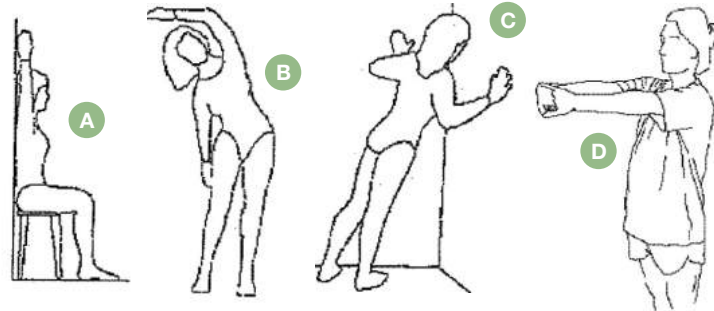
Dumbbell Shrug



Forward / Front Dumbbell Raise

8. Arm lift: Strengthens upper limbs.

Stand with 1 kg dumbbells and follow the shoulder movements in the image about five to 10 times each, as much as you can tolerate.

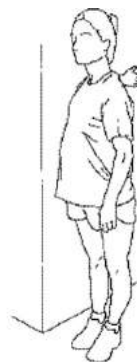


9. Upper back exercises

- Sit on a stool with your back flat against a wall. Lift your arm overhead, hold for five seconds to 10 seconds and lower it slowly.
- Stand straight with your arms at your side and feet shoulder-wide apart. Bend your trunk to one side by lowering one shoulder, running your hand down the side of your thigh. Hold for five to 10 seconds then return to the middle. Repeat the same on the opposite side.
- Face a corner and stand with your legs together. Place your palms against the wall on each sides of the corner and lean forward. Keep your body and legs straight. Your heel must be firmly on the floor. Hold for five seconds and repeat gradually increasing your distance away from the corner.
- Stand and clasp hands together. Extend the arms out in front at chest height. Repeat 10 times.

11. Shoulder and chest stretch

Face the wall, place your palm and forearm against it, and turn your body away from the wall until you feel a gentle stretch in your chest and shoulder. Maintain a small bend in your elbow. Do it five times, and hold it for five seconds each time.



— farhana@khaleejtimes.com

WARNING

Stop immediately and consult your gynaecologist in case you experience any of the following during exercise:

- Pain in the back or abdomen
- Pain in calf muscle or swelling
- Vaginal bleeding or leaking
- Dizziness or feeling faint
- Rapid heartbeat
- Difficulty breathing
- Chest pain
- Uterine contractions

JCI ACCREDITATION AND INFECTION CONTROL



The hospital has an infection control plan, which is revised annually, and aimed at detecting and preventing the spread of hospital acquired infections among patients, healthcare workers and visitors. Various activities done as part of this plan include surveillance of all the hospital facilities, patient and staff education, monitoring of healthcare associated infections, prophylaxis for blood or body fluids exposure and reporting infectious-related data to preventive medicine department.

It is because of our commitment to excellent service and social responsibility, and our aim for excellence in quality service and patient care that we at Zulekha Hospital first decided to raise our standard of care and business process to international mark by embarking on the quality journey.

Zulekha Hospital (Dubai and Sharjah) were accorded the Joint Commission International (JCI) accreditation for its high quality healthcare services from the largest accreditation body in the U.S. As an endorsement of its consistent commitment to high quality, both hospitals in Dubai and Sharjah once again received JCI re-accreditation in year 2010, 2014 and 2017.

Zulekha Hospital, Sharjah and Dubai, is among the forerunner in healthcare in the UAE to have won Dubai Quality Appreciation programme (DQAP) in 2007 and Dubai Quality Award (DQA) in 2012 and 2015, which is testimony to the organisation's belief that sustainability is Quality. Zulekha Hospital has received many recognition and awards in its journey and commitment towards quality care and sustainable business practices such as Best Sustainable Hospital Award from Hospital Build and Infrastructure Awards, and Dubai Chamber of Commerce CSR label award for sustainable business practice.

The CAP Laboratory Accreditation Program is an internationally recognised programme and the only one of its kind that utilises teams of practising laboratory professionals as inspectors. Designed to go well beyond regulatory compliance, the programme helps laboratories achieve the highest standards of excellence to positively impact patient care. Zulekha Hospital – Dubai and Sharjah laboratory services were inspected in 2012 and 2016, respectively, and awarded with the CAP accreditation.

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