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## ZULEKHA HOSPITAL SUCCESS STORIES

# ADVANCING MEDICINE AND IMPROVING LIVES



**Zulekha Hospital**  
LLC  
Your Health Matters

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# OPEN HEART SURGERIES AND THEIR SUCCESS RATES

Zulekha Hospital, Dubai and Sharjah boast a comprehensive team of cardiac surgeons and specialists attending to high-risk cardiac emergencies. The cardiac surgery departments in both facilities accept and treat critical emergency patients from hospitals across other emirates in the UAE. Coronary Artery Bypass Graft Surgery (CABG) has been performed at the hospital facilities since 2017. More than 175 open heart surgeries have been performed by the cardiac team, with the majority of the procedures being operated on by Consultant Cardiac Surgeon, Professor Dr. Mohammed Ahmed Helmy, who has over 30 years of experience in the field. He is a Professor of Cardiac Surgery at Cairo University Kasr Al Eainy Hospital. He has served as a Consultant of Cardiac Surgery at Nasser Institute Hospital and Dar Al Fouad Hospital, Sohag Centre of Cardiac Surgery. To his credit, Dr. Helmy holds a Certification in Advanced Training for Cardiac Surgery (2002-2003) from Jean Monnet University, St. Etienne, France.

The cardiac patients undergoing CABG procedures ranged between the age groups of 28 and 78. These procedures have yielded excellent results, exceeding the international standards for success rates of 99%. Among the patients seen by Dr. Helmy, nearly 50 percent were between the ages of 35 and 50. He remarks, "The lower age group among patients is a worldwide phenomenon due to stress and the prevalence of Diabetes Mellitus, Hyperlipidaemia and unhealthy lifestyles. Younger adults with a highly positive family history must be cautious and screen themselves for heart diseases periodically."

The team is credited with unmatched acumen in managing older fragile high-risk patients with successful outcomes, low mortality and long-term survival rates. Two young adults aged 28 and 33 were recently operated on and have been recovering very well post-surgery.

Another 62-year-old Indian expat operated on in 2017 never misses a day without sharing a thank-you note with Dr. Helmy for his care. He writes, "With the mercy of Almighty and your best blessings, this is my 7th year after bypass surgery. Thank you for everything you have done to help me."

The team was recently honoured by the Dubai Health Authority for their attention to detail and commitment to high-quality standards of care given to patients. Any open-heart surgery is teamwork, with about 15 personnel working together in harmony to achieve the best outcome for the patient. The cardiac team at Zulekha Hospital has been able to achieve this feat with the co-operation of the team that ensures the patients receive the best medical and emotional care. No patient is ever left unattended, post-surgery. Compassionate nurses and doctors, together with highly experienced and skilled surgeons, anaesthetists and intensivists, ensure complete focus on the patient's safety and well-being.

The different types of complex cardiac surgeries include heart failure with triple valve replacement and Coronary Artery Bypass Grafting (CABG) procedures, combined CABG procedures with excision of cardiac tumours and high-risk emergency cardiac surgeries for acute complicated aortic dissection and valvular diseases.



Professor Dr. Mohammed Ahmed Helmy with his patients and the certificate from DHA

## Advice to cardiac patients:

Patients should change their lifestyle by choosing a healthy diet rich in fibres, whole grain cereals, raw nuts, fruits including avocado, vegetables, eat fish twice a week, and fish rich in omega-3 which provides heart protection. Individuals who are hypertensive, diabetic and those above 40 years should periodically perform a test to check the cholesterol levels in blood, and also patients with a positive family history of heart diseases should seek medical advice and consultation from a cardiology expert. Patients undergoing CABG surgeries must follow a low-fat/cholesterol diet, and valve patients must restrict green leaves when they take an anticoagulant after the valve surgery. Parents seeing any abnormal symptoms in children such as blue coloration around lips, breathing difficulties, fatigue, etc. must seek expert advice and check immediately, because many cases are diagnosed late, and later the diagnosis, the more the risk of surgery.

Overall, managing stress levels, including light exercises in our daily routine and eating wisely, will contribute to a healthy heart and a better lifestyle.

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

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

Speaking of the most common symptoms in patients and for which patients are referred to him by other neurologists, Dr. Shyam Babu Chandran, Specialist in Neurology and Movement Disorder, shares, "The most

common complaints include excessive sideways, backward, and forward movements of the neck, forceful eye closure, twitching of one side of the face, difficulty in writing, post-stroke stiffness, excessive sweating of armpits and hands, and chronic headaches."

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

Dr. Shyam shares, "We have successfully treated numerous cases at Zulekha Hospital, Dubai, including blepharospasm, hemifacial spasm, cervical dystonia, writer's cramp and chronic migraine headaches, to name

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

While BOTOX treatments are not always a permanent solution, some cases may benefit from surgical options after evaluation by a movement disorder neurologist. However, regular BOTOX injections remain a mainstay for



**Dr. Shyam Babu Chandran with Preman**

managing these neurological conditions. These injections usually demand very technical expertise to avoid complications and achieve the best results.

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

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

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

Uncontrolled muscle movements can be very disturbing and result in complications, loss of self-confidence and social disengagement, if left untreated. It is important to be aware of one's body motions and attend to any abnormalities early by seeking professional support.

## EXPAT WITH RECURRENT PELVIC CANCER, RECOVERS AFTER SUCCESSFUL PROCEDURE BY EXPERTS.

Zulekha Hospital, Dubai surgeons have successfully performed surgical resection and reconstruction for a 29-year-old expatriate, Ikemefuna Promise Nwafor, diagnosed with locally advanced pelvic chondrosarcoma (bone cancer in cartilage cells). Recognizing the complexity of the case and the critical need for surgical intervention, Ikemefuna was referred to Zulekha Hospital for advanced treatment from another hospital in the UAE. The patient, who had experienced early tumour recurrence within three months after incomplete surgery in his home country, visited Dr. Sameh Aboamer, Consultant in Surgical Oncology at Zulekha Hospital's Oncology Department, with complications requiring specialised expertise to diagnose and treat the disease urgently.

Dr. Sameh explained, "Chondrosarcoma is a bone sarcoma (cancer) developed from the cells that produce cartilage. About 30% of bone

sarcomas are chondrosarcomas, and these can be seen across all ages. It more often affects the axial skeleton than the appendicular skeleton. In the case of this patient, the mass was found to be penetrating the bone and soft tissues, including the muscles of the left hemipelvis, with skin stretching and impending fungation. Such sarcoma is resistant to chemotherapy and radiotherapy. Surgical removal is the mainstay of treatment, and survival depends mainly on successful oncological resection, which was successfully performed for him with clinically proven negative resection margins confirming the complete removal of cancerous cells."

The surgical team led by Dr. Sameh Aboamer and Dr. Radjah Farhi, Specialist in Orthopaedic Surgery at the hospital, performed a radical compartmental resection of the recurrent chondrosarcoma in the left pelvis, which included iliac bone resection. Dr. Sameh shares, "The reconstruction was carried out using transposition double flaps from the lateral thigh and a gluteal flap, ensuring preservation of bone structure and enabling functional recovery for the patient. Despite the complex surgical resection in an advanced stage and



**Dr. Radjah Farhi and Dr. Sameh Mohammed Ahmed Aboamer with Ikemefuna Promise Nwafor**

extensive tumour extension in such a critical area of the pelvis, successful reconstruction was performed after completely removing the sections and muscles impacted by the cancerous cells. We are pleased to have achieved a successful outcome for Ikemefuna, given the complexity of his condition and the need for extensive surgical intervention. Our multidisciplinary team of surgeons

is dedicated to providing the highest level of care and expertise for patients with such challenging cases."

Ikemefuna is currently recovering well and is expected to achieve a positive long-term prognosis. Sharing his feedback, he says, "I had this problem for two years, and I am definitely feeling better than before after the surgery. I am very thankful to the medical team of doctors helping me recover. I am back to my regular daily work and activities."

The successful outcome of this surgery is a testimony to Zulekha Hospital's commitment to excellence in oncology and orthopaedic care and its ability to handle complex cases with precision and skill.

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

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

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

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

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

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

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



**Dr. Mahmoud Farouk Mohamed Mohamed Elmahdi with Zahid Ullah**

## SUCCESSFUL EXOTROPIA CORRECTION PROCEDURE HELPS YOUNG WOMAN REGAIN CONFIDENCE

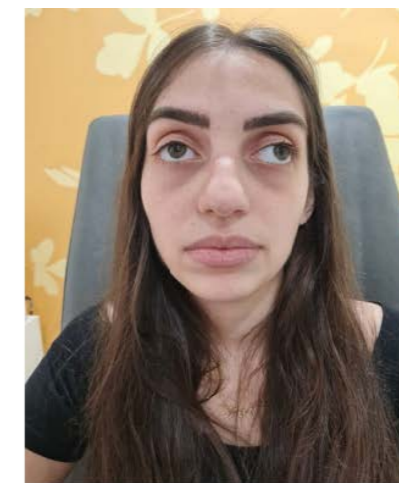
27-year-old Sara, a mother of two, suffered from left eye exotropia (which is the misalignment of eyes, where one eye deviates outward). In Sara's case, the exotropia was intermittent for more than five years, and then it became constant just 1.5 years ago. She was also suffering from diplopia (double vision), had difficulties while driving a car, and asthenopia (eye fatigue) while reading.

appearance differs from other normal people who do not have specific vision problems. At Zulekha Hospital, we physicians strive to achieve the best outcomes for patients and enable overall well-being with the right diagnosis and treatments."

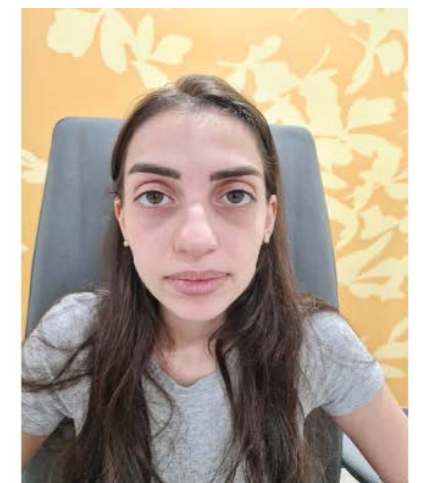
Sara is extremely happy with the outcome of her surgery. Her vision is completely corrected, and she can use both



Sara with Dr. Shaza Aljbaei



Before surgery



After surgery

### Dr. Shaza Hamad Aljbaei with Sara

Sara consulted Dr. Shaza Aljbaei, a Specialist in Ophthalmology at Zulekha Hospital, Dubai, last April. After a complete eye examination, she was advised to undergo strabismus surgery for the left eye. Dr. Shaza says, "The angle of deviation was large, nearly 40 prism diopters. Her surgery was done under general anaesthesia, on the external rectus muscles of the left eye, and she was discharged from the hospital the same day."

Dr. Shaza encourages people to be aware of modern-day medical advances that can change lives. She adds, "Many times, individuals live with such defects and lose hope, thinking there is no solution. This occurs especially when vision abnormality is visible, and consequently,

eyes together now. The procedure was life-changing for her as it ended her suffering for more than six years. The positive cosmetic change to her life has helped her regain her confidence, and she is living a happier and healthier life.

The ophthalmology department at Zulekha Hospital, Dubai, with state-of-the-art equipment, specialises in different types of procedures including strabismus treatment and surgery (horizontal, vertical, nerve palsies), treatment of lazy eye, medical retinal diseases, nasolacrimal duct obstruction, laser treatments, refractive surgeries, corneal cross-linking, cataract procedures and more.

## 26-WEEKS PRETERM BABY BORN AT ZULEKHA HOSPITAL, DUBAI HAS A MIRACULOUS SURVIVAL AND LEADS A HEALTHY LIFE

A 22-year-old Ugandan resident of the UAE had an emergency delivery at Zulekha Hospital, Dubai due to severe eclampsia (hypertension in pregnancy) with a blood pressure of 240/110 mmHg. Her baby boy, born prematurely at 26 weeks, miraculously survived against all odds and returned home after two months of stay in the NICU unit of the hospital. He weighed 550 grams at birth, which was very small for gestational age. He now weighs 2.1 kilograms, and this has been possible with round-the-clock vigilance and care of the NICU team. Overwhelmed with joy, the mother said, "I never thought I would ever enjoy this beautiful moment. My joy of holding my own little baby boy in my arms is indescribable."

The Consultant Neonatologist, who led the medical team, said, "This is one of the unique cases in premature deliveries. The baby is one of the smallest babies to be delivered at our hospital. Usually, such severely premature babies have very little chance of survival as they have neurological abnormalities and bleeding in the brain, and their vital organs such as lungs, kidneys and heart have anomalies. This baby managed to survive despite all such serious issues and has done exceptionally well to fight back. His brain ultrasound shows he is neurologically fit, and that is really important. Many local and international patients look for hospitals with comprehensive amenities when such complications arise, and we are happy we have the state-of-the-art facilities and expertise on hand at Zulekha Hospital, Dubai to successfully manage critical deliveries."

Considering the criticality of the patient's condition, our Specialist in Obstetrics and Gynaecology, Dr. Jasbir Chhatwal advised for an emergency caesarean section through which the baby was delivered safely. She adds, "As a case of severe preeclampsia, which has a high morbidity and mortality rate for both mother and baby, if her condition was not managed on time, it would be very risky."

The baby was then admitted to the Neonatal Intensive Care Unit (NICU), and the mother was discharged in a stable condition from the hospital after delivery. The medical team of doctors, including our Specialist in Paediatrics, Dr. Mohammad Shahbaz Alam and Dr. Ayesha Romana, General Physicians, Dr. Suvas Chand and

Dr. Mommna Imran, and the entire nursing team, extended immense support at various stages throughout the two months in nurturing the baby and ensuring he gained his healthy weight of 2.1 kilograms now.

The NICU unit at Zulekha Hospital, Dubai has 10 beds and 6 state-of-the-art ventilators. The baby was put on Total Parenteral Nutrition (TPN), which is usually given to all premature babies. TPN is given intravenously to preemies as their gastrointestinal tract is unable to absorb nutrients. TPN delivers a mixture of fluid, electrolytes, sugars, amino acids (protein), vitamins, minerals, and often lipids (fats) into an infant's vein.

During these two months of NICU stay, the parents were always informed of the developments in the baby's health and had access to the baby. His mother was slowly eased into her role as a caregiver at the hospital's family-oriented centre where new mothers are prepared and trained again for five or six days before discharge.

"To ensure mother and child bond well, we advise the mother to come into the NICU and take over the baby's smallest routines, cleaning, feeding, and bathing.

She first observes and then takes over. She is expected to do everything for a few days before discharge under the watchful eye of the NICU nurses and can ask for help. This also empowers the new mother and gives her the confidence to handle the premature baby", said the Treating Doctor.

The parents have been extremely grateful for all the efforts the hospital NICU team made to save their baby. They were happy to see their child safe and healthy.

The 24/7 NICU at Zulekha Hospital, Dubai is a level 3 accredited by the DHA that accepts premature babies from 23 weeks onwards and manages neonatal illnesses of all degrees of severity. The neonatologists work closely together with the nursing team and the resident doctors, supported by a multidisciplinary team including paediatric specialists and surgeons, general physicians, neonatal nurses, dietitians, and pharmacists. With strict infection control protocols, the NICU team employs the latest in medicine and technology for the highest quality care of preemies.



The Nursing Team with the baby and his family

## COMPLEX LIFE-SAVING SURGERIES HELP INDIVIDUAL REGAIN HIS LOST VOICE AFTER REMOVAL OF HIS LARYNX TO TREAT CANCER, DEVELOPED DUE TO HEAVY SMOKING.

Julias Gomez was a heavy smoker for many years. He noticed voice changes, loss of his voice and was experiencing breathing difficulty over a few months and consulted Dr. Sameh Aboamer, Consultant - Surgical Oncology at Zulekha Hospital. Based on the clinical investigations, a laryngoscopy was done, revealing an advanced tumour in his larynx and vocal cords with paralyzed, fixed vocal cords. A biopsy was also performed, reconfirming the diagnosis of laryngeal carcinoma.

Dr. Sameh said, "The loss of voice happened due to non-functioning or fixed vocal cords, most commonly due to cancer in different parts of the larynx (voice box), which has originated in the larynx or spread from nearby organs with cancer. Once we diagnosed the cancer, we did the staging of the cancer to plan how we need to manage and treat it. Based on our experience in the management of such advanced cancers in vital and sensitive organs, we advised him on a detailed treatment plan, most importantly focusing on treating his cancer and saving his life, restoring his voice and giving him the best quality of life."

While it was a difficult decision for the medical team, a multidisciplinary consensus was taken for curative radical surgical removal of the larynx, part of the pharynx, the neck lymph nodes, and half of the thyroid gland, considering his large, advanced laryngeal cancer.

Julias said, "I was confident all the time in the medical team's judgment and decisions and hoped to be cured fully to regain my normal life. I had the confidence that the team at Zulekha Hospital was working for my best."

The seven-hour sophisticated rare procedures included a radical surgical removal of the larynx, part of the pharynx, the neck lymph nodes, and half of the thyroid gland, with permanent tracheostomy (a neck opening to breathe). The surgery was successful without any post-operative problems. Julias had lost his voice completely as a natural result of removing the larynx, the organ that produces the voice. After he underwent chemo-radiotherapy, it was time for another procedure, a reconstructive surgery to help him regain his voice and ability to talk. A tracheo-esophageal puncture (TEP) was done with an insertion of provox voice prosthesis.

Despite all complexities, at this stage, Julias felt extremely happy talking again after a period of voice loss and complete loss of communication. His only concern was that he had to close the tracheostomy opening with his hand every time he had to talk. To solve this issue and further improve his quality of life, a hands-free flexi voice prosthesis insertion was done. He can now talk freely without the need to use his hand.

Speaking of his current situation, Dr. Sameh said, "He now has a very small voice prosthesis in his trachea connecting it as a valve to the oesophagus. He is able to speak again as the direction of the lung's expiration air is towards his mouth instead of the tracheostomy opening, which enables him to produce the voice through this voice prosthesis."

As precautions, Julias is advised to regularly clean the airway opening, the voice prosthesis, and has been educated on changing and caring for the replaceable parts as well. He is seeing a speech therapist at the hospital who is working on strengthening his voice quality. He will need to keep a watch on his lifestyle and habits to avoid any complications.

Alerting communities on such risky health issues, Dr. Sameh added, "I advise all to stop any bad habits like smoking, take care of your health, and be alert when you notice any change in your voice and your body, seek medical advice early, detect any problem early, and have it treated at an early stage with simpler treatments for a better life."

Julias profusely thanked the medical team for helping him treat the cancer and regain his voice. The complications were well addressed with extensive care through the procedures, and solutions were identified with the special efforts of the medical team at Zulekha Hospital, Dubai and Sharjah, including Dr. Mugtaba Elnour Osman, Consultant in ENT who helped in the endoscopy and diagnosis, the anaesthesia team of doctors at Zulekha Hospital, Sharjah who were very professional in the management of different complex surgeries on Julias' airway, Sister Litty who guided and helped him every time, the Operation Theatre Nursing team, and Sister Marichu who made special arrangements to ensure the availability of prosthesis for different procedures.



Dr. Sameh Aboamer with Julias Gomez

## TONGUE SURGERY DONE BY DR. KEERTHI RAVI AND TONGUE RECONSTRUCTION SURGERY DONE BY DR. SURENDRA KUMAR CHAWLA.



**Dr. Surendra Kumar Chawla and Dr. Keerthi Ravi with Mr. Zaid Hussain**

Mr. Zaid Hussain recently underwent a remarkable medical journey at Zulekha Hospital, Dubai. His journey began with persistent pain on the left side of his tongue while chewing food, prompting him to seek medical advice from Dr. Keerthi Ravi, Consultant in Surgical Oncology at Zulekha Hospital. After enduring four months of discomfort, Mr. Zaid received a biopsy and MRI, confirming his worst fear - cancer.

Under the expert guidance of Dr. Keerthi Ravi, Mr. Zaid was informed about the treatment options and underwent a transformative surgical procedure to combat his condition. The surgical team, led by Dr. Surendra Kumar Chawla, Consultant in Plastic Surgery, performed a left Hemiglossectomy, followed by neck dissection.

The innovative aspect of the surgery was the reconstruction of the tongue utilising tissues from Mr. Zaid's arm, a procedure known as

radial femoral flap reconstruction. Despite his initial nervousness, Mr. Zaid expressed his gratitude towards both Dr. Keerthi Ravi and Dr. Surendra Kumar Chawla for their exceptional care and expertise, ensuring a comfortable and painless experience throughout the process.

Dr. Keerthi Ravi commented, "We are thrilled to have been able to provide Mr. Zaid with effective treatment and support throughout his journey. Our team at Zulekha Hospital is dedicated to utilising innovative techniques to ensure the best possible outcomes for our patients."

This successful case highlights Zulekha Hospital's commitment to excellence in healthcare and its ability to provide cutting-edge solutions for complex medical conditions.

## ZULEKHA HOSPITAL FACILITATES SUCCESSFUL TREATMENT FOR FIGHTING AGAINST CANCER

Ms. Juana Ebor, hailing from Philippines, embarked on a healing journey at Zulekha Hospital, Sharjah following her son's recommendation. Suffering from a serious medical condition, Ms. Ebor sought the expertise of Dr. Roshan Koshy, a Specialist in Oncology at Zulekha Hospital, to guide her through her treatment journey.

Under the care of Dr. Koshy, Ms. Ebor underwent a comprehensive treatment plan consisting of six chemotherapy sessions aimed at addressing her condition. Remarkably, after just a few weeks of treatment, Ms. Ebor's health showed significant improvement, marking a milestone in her healing journey.

Expressing her heartfelt gratitude, Ms. Juana Ebor remarked, "Zulekha Hospital has been a beacon of hope and healing for me. The exceptional care and support provided by Dr. Koshy and the entire team have been instrumental in my recovery."

Now deemed fit to travel back to her home country, Ms. Ebor reflects on her experience at Zulekha Hospital with immense appreciation for the quality of care she received.

Dr. Roshan Koshy, Specialist in Oncology at Zulekha Hospital, Sharjah, stated, "Ms. Ebor's journey is a testament to the dedication and commitment of our team to provide world-class healthcare services. We are delighted to have played a part in her healing process."

This success story underscores Zulekha Hospital's unwavering commitment to delivering exceptional healthcare services to patients from around the world.



**Dr. Roshan Koshy with Ms. Juana Ebor**

## 44-YEAR-OLD ENGINEER RECOVERED FROM A LIFE THREATENING SEVERE ACUTE PANCREATITIS

Santosh, a 44-year-old Indian working as an engineer in UAE, had been suffering from severe abdominal pain for over six weeks. He was treated for severe acute pancreatitis by Specialist in Gastroenterology, Dr. Shareejat at Zulekha Hospital, Dubai. A few days later, he experienced pain again along with fever, nausea and vomiting. Investigations were carried out, and a CT scan revealed an infected walled-off necrosis (dead tissue due to lack of blood supply) which resulted from the previous acute pancreatitis, along with a left-sided pleural effusion (abnormal collection of fluid between the thin layers of tissue lining the lung and the wall of the chest cavity). The cyst measured 14.6x10.2x8.6cm. He also had symptoms indicating sepsis, which could lead to life-threatening complications, if unattended.

Dr. Fathelrahman Mohammed, Consultant in General Surgery at the hospital, recommended a minimally invasive drainage procedure under ultrasound guidance, assisted by Dr. Anurag Ayachit, Specialist in Radiology.

His infection continued to progress, and this emergency now required a multidisciplinary team of clinicians including general surgeons, gastroenterologists, radiologists, intensivists, anaesthetists, a clinical dietitian and nursing staff to help save him. Without wasting any time, a set of minimally invasive surgeries were carried out by Dr. Fathelrahman along with Dr. Saajan Ignatius Pius, Specialist in General Surgery and Dr. Ajay Patekar, Consultant Anaesthesiologist using advanced

medical techniques. Santosh had to undergo multiple procedures, including a laparoscopic cystogastrostomy, laparoscopic pancreatic necrosectomy, laparoscopic drainage of collection (abscesses), and intercostal tube insertion for pleural effusion. These procedures facilitated the drainage of fluid collection directly into the stomach to prevent fistula formation. The necrotic dead tissue was removed, and the encysted pus collection was drained, relieving the lung collapse.

Dr. Fathelrahman said, "The acute pancreatitis may have happened due to the presence of high lipids in the blood. People

should be watchful as acute pancreatitis can happen as a result of high lipids. Avoiding alcohol, fatty meals and checking for gallstones can be helpful. In situations such as these, where the individual develops severe attacks with complications, they must choose the right hospital with multidisciplinary care for treatment."

Acknowledging the life-saving care at the hospital, Santosh said,

"Their expertise and careful efforts in the intensive care unit led to the successful removal of the necrotic dead tissue, and my life has been saved. I am extremely thankful to all the doctors and nursing staff at the hospital."

Santosh recovered within nine days and was discharged with guidance on managing his health more effectively.



**Dr. Fathelrahman Mohammed with Mr. Santosh**

## 54-YEAR-OLD WITH REPEATED CARDIAC ARRESTS WAS SAVED WITH URGENT MEDICAL INTERVENTION

A 54-year-old resident, Adithyan, was rushed to Zulekha Hospital with a heart attack and cardiac arrest. He was immediately attended to and successfully treated by Specialist in Interventional Cardiology, Dr. Jayachandran Thejus at the hospital's Cath Lab, along with our experienced nursing teams. When the patient was brought to the hospital, he was immediately given highly-effective cardiopulmonary resuscitation with chest compressions and shocks by the emergency room doctors and nurses. The patient continued to be in cardiac arrest and was urgently transferred to the catheterisation laboratory with ongoing resuscitative efforts.

Coronary angiography was done, revealing a total blockage of a main blood vessel supplying the heart. The blockage was removed by coronary angioplasty with stenting. The patient was stabilised, and there was no further recurrence of the cardiac arrest.

This case emphasizes the importance of seeking immediate

medical attention in the event of a heart attack. Dr. Jayachandran commented: "Approximately 1/3rd to 1/4th of heart attack patients develop cardiac arrests. When experiencing chest discomfort indicative of a heart attack, it is critical to seek medical attention and reach the nearest hospital without delay. This instance demonstrates that even in the case of cardiac arrest, with timely intervention and treatment, patients can usually be saved."

Adithyan was discharged in stable condition and has since returned to his daily routine at work and in his personal life. He has been advised to take care with regular medication, exercise, and a healthy diet. Doctors highlight that heart diseases are increasing in younger adults. Lack of exercise, unhealthy food, stress, and undertreatment of predisposing conditions like diabetes, high blood pressure, or high cholesterol are the

leading causes. Maintaining a disciplined schedule for sleep and food intake is essential and must not be compromised by any individual.



**Dr. Jayachandran Thejus with Mr. Adithyan**

## MEDICAL MIRACLE SAVES EXPAT IN UNCONSCIOUS STATE

An acute stroke was diagnosed and treated based solely on clinical diagnosis without any supportive imaging evidence. Real-time decision-making is key to saving lives in neurology treatments.

Sajid Mulla, a young Dubai resident who arrived at the emergency room in an unconscious state after experiencing dizziness at home, was miraculously revived within 30 minutes of his arrival by Dr. Shyam Babu Chandran, Specialist in Neurology and Movement Disorder at Zulekha Hospital, Dubai. The doctor made a critical decision to proceed urgently with thrombolysis, relying on subtle clinical findings despite the lack of evidence from all investigations, including CT and MRI brain, after obtaining consent from the family.

Dr. Shyam commented, "Though thrombolysis is a regular procedure, this is a rare case in many years where a patient came to us in an unconscious state and was treated based on clinical suspicion alone in this emergency. As a result, he was thrombolysed with IV rt-PA. Despite the absence of supportive evidence, Sajid was brought back to life, and a clinical follow-up showed minimal deficits. The CT brain revealed changes on the right side of the brain, which further validated the medical decision taken by the clinical team."



**Dr. Shyam Babu Chandran with Mr. Sajid Mulla**

Doctors advise individuals always to rush to the emergency room in case of any symptoms and undergo a medical examination to avoid fatal consequences. Sajid would have been left with permanent brain damage if this decision hadn't been made promptly, as there was no investigation supporting it at that crucial time. Strokes can recur, and it is essential to exercise and monitor diabetes, lipids, and high blood pressure.

Sajid recovered well and underwent a few weeks of physiotherapy to regain muscle strength in his left arm. Expressing gratitude to the doctor, he said, "I have no previous diseases and always considered myself fit and fine. When this happened, we panicked and rushed to the hospital. I was lucky to be revived by an experienced medical team who knew what had to be done."

The successful management of this rare medical case is a testament to the medical expertise of the clinical team, who made a critical decision to save a life. Zulekha

Hospital is known for accepting and successfully treating high-risk cases from many other healthcare facilities in the UAE. Thanks to the multidisciplinary teams and advanced infrastructure at the hospital, they provide quality critical care for their patrons.

## EARLY DETECTION AND THE RIGHT DIAGNOSIS IN TIME, SAVES 1.4 YEAR OLD WITH CHEST INFECTION.

Parents of Mariam, a 1.4-year-old child, rushed her to Zulekha Hospital, Sharjah from another hospital due to severe respiratory problems and fever that were not responding to treatment. After necessary investigations, the team of doctors including Dr. Hassan Said Othman Badr, Consultant in Paediatrics; Dr. Ahmed Nabil, Specialist in Paediatric Surgery and a Specialist Thoracic Surgeon, teamed up to start the step-by-step treatment. The child was diagnosed with septicaemia (blood infection with bacteria), necrotising pneumonia, which is a rare and severe complication of bacterial Community-Acquired Pneumonia (CAP), further complicated with pneumothorax and bronchopleural fistula. Such conditions need urgent medical treatment.

Dr. Hassan began treatment with wide-spectrum antibiotics and oxygenation support with high flow in the Paediatric Intensive Care Unit (PICU), and during this time, he detected the life-threatening tension pneumothorax. The team of doctors consulted each other and decided on the next immediate course of action, without wasting time. Dr. Ahmed did the emergency insertion of a chest tube to release the tension pneumothorax. A pneumothorax occurs when air leaks into the space between the lung and chest wall. This air pushes on the outside of the

lung and makes it collapse. A pneumothorax can be a complete lung collapse or a collapse of only a portion of the lung.

After seven days, once Mariam was stable with antibiotics, nebulisation and respiratory physiotherapy, the surgical team, performed the definitive chest procedure of 'VATS Total Decortication of the left lung with partial resection and repair of the necrotised lung tissue' in order to manage and treat the bronchopleural fistula. The surgery was done on day seven after

the team of doctors made sure the infection was completely under control.

During treatment, she had acute tubular necrosis (damage to the kidney) with renal impairment, which was also treated successfully. The child took 14 days to recover, was stable and completely recovered at discharge.

Parents of Mariam were extremely thankful for the timely management and treatment of their daughter's condition by the doctors at Zulekha Hospital, Sharjah and expressed their heartfelt

gratitude. Doctors call on parents to take note of any chest problems a child is suffering from and have an early check-up done in order to avoid complications.



**Dr. Ahmed Nabil and Dr. Hassan Said Othman Badr with Mariam and her father**



## YOUNG EXPAT UNDERGOES TWO COMPLEX SURGERIES AT ZULEKHA HOSPITAL HELPING HIM RECOVER FROM WIDESPREAD CANCER

An Indian expat living in Dubai, Yousuf, aged 31, was diagnosed with an intensely spread intestinal malignant mass in the pelvis, spread to the small bowel, the pelvic colon and rectum, urinary bladder, and seminal vesicles.

He was first diagnosed with this disease in February 2022 and had started on chemotherapy. Due to the intensity of the disease, his pain increased, and he experienced constipation, abdominal swelling and pain during urination. After visiting many hospitals, he consulted Dr. Sameh Aboamer, Consultant in Surgical Oncology at Zulekha Hospital, Dubai, who evaluated the situation and accepted to operate despite the complexity.

Dr. Sameh says, "Despite the complexity, we were confident we could help him, and we went ahead after the family understood the issue and procedures that needed to be done. They have been very cooperative, and this is important for a patient's recovery. In Yusuf's case, multiple procedures extending

up to seven to eight hours each, including an appendectomy, had to be done in two stages. The complexity was high as most of the pelvic organs had been affected by the disease and had to be resected to avoid the recurrence and spread of the disease. This included resection of the tumour mass with all pelvic organs including the colon, rectum, and the small bowel segment. The small bowel cut ends were re-connected, and the distal lower anal canal cut end was re-joined to the descending colon to ensure undisturbed bowel continuity and function. The procedures also included resection of the seminal vesicles and a urinary bladder posterior wall resection and reconstruction to ensure normal urinary function during and after recovery.

A diversion ileostomy was also done where an opening in the abdominal wall was made, along with an opening of the small bowel segment through it to allow the passage of stools and protect the other multiple bowel connections and ensure safe healing. The challenging part of such a complex surgery was to identify and preserve the ureters and dissect the tumour mass from the major pelvic blood vessels, protecting them and avoiding any blood loss."

These procedures were required because of the intensely huge pelvic mass that spanned the entire pelvic area, entering the small intestinal loops, lower sigmoid, connected to the distal rectum, entering seminal vesicles, damaging the posterior wall of the urinary bladder as well.

Many hospitals which saw Yousuf have rejected operating on him due to its complex nature. The second surgery was done at Zulekha Hospital, Dubai, two months later, to close the ileostomy opening, repair the small intestines and restore intestinal continuity.



**Dr. Sameh Aboamer with Mr. Yousuf**

Yousuf has now recovered and is leading a normal life, taking care of himself. Dr. Sameh adds, "There is no specific cause for such malignancy, but it is important to be aware of any health problems and seek medical advice with specialists when any abnormality develops, or even when mild symptoms are seen in order to treat this at an early stage when less complex procedures can carry high cure rates.

The key is to be aware, detect it early and work towards prevention of such diseases, which can eventually save lives. I highly recommend for all to modify their lifestyle in terms of eating healthy food, exercising and adjusting sleeping habits."

Resecting and reconstructing multiple organs, ensuring other functionalities were not impacted, was in fact very risky, yet the operating team's expertise, the nursing care, family's cooperation and trust, enabled this successful outcome for Yousuf.

Yousuf and his wife expressed their gratitude to Dr. Sameh and team for giving him a second chance at life. They said that the complexity of the situation was worrying them each day until they met Dr. Sameh and regained hope to recover.

As a best practice, the case was also taken up for discussion by a tumour board of expert physicians in Zulekha Hospital, Dubai that suggested him to be on a course of chemotherapy to minimise the risk of recurrence. Yousuf was discharged seven days after his surgery and is leading a normal life. He will be on close follow-up with clinical examinations and relevant imaging for a while.

## 3.5 CM PIN SWALLOWED BY INFANT SUCCESSFULLY RECOVERED AFTER SURGICAL REMOVAL OF THE OBJECT

Parents of a 1.5-year-old infant, Dewan Abdullah Ahmad, were worried when they noticed the child was continuously coughing and experiencing breathing difficulties. Even after prolonged medication, they had not seen any improvement in the child's health. Unaware of the cause, they rushed him to Zulekha Hospital, Dubai to consult Dr. Suni Akbar, Specialist in Paediatrics.

Dr. Suni then suggested a chest X-Ray to be taken to address the breathing difficulty which revealed the 3.5 cm pin inside the body, in the left main bronchus. Immediately the situation was discussed with the team of doctors and parents were assured that the foreign body can be removed safely. The child was then admitted, a CT scan was also done to ensure the exact position of the pin was known and to rule out possible lung injury.

The Specialist Thoracic Surgeon was consulted and he planned for urgent bronchoscopy under general anaesthesia by which the rusted pin could be removed safely with no complications.

The Thoracic Surgeon mentioned, "The rusted 3.5 cm pin seemed to be there for a long time, and thankfully no major injury happened. In case the pin had gone undetected it could pierce through the wall and damage the vital chest organs including the lung, heart, and blood vessels."

In the course of the hospital admission, the child was diagnosed with Pneumonia which the doctors treated alongside.

The medical team of doctors including Dr. Suni Akbar; Dr. Ganesh Somasundram, Consultant Cardiac Anaesthetist; Dr. Anurag Ayachit, Specialist Radiologist; a Thoracic Surgeon and the Nursing Team worked together to ensure the investigations and procedure were carried out successfully and the child recovered without any difficulties.

Dr. Suni Akbar added, "Parents must keep a watch on their children, especially infants who always try to put objects into their mouths. Take care not to drop things on the floor and avoid giving nuts and hard candies to them, and ensure grapes are always cut into smaller pieces and given to children below the age of four. Children must never be given coins or toys with magnets that can be removed easily. These foreign objects can go in and cause the child to choke that can even lead to death in certain cases."

Mother of Dewan, Farheen profusely thanked the hospital and doctors, saying, "I don't know what would happen if this was not found in time. My child

was saved by the prompt diagnosis of the problem and the emergency procedure done to remove the pin. I am very thankful to the doctors for saving my child".

Doctors call on parents to take precautions and keep a watchful eye on children, who can put themselves into such medical emergencies. Time may not always be favourable to even rush to a nearby medical facility or perform a procedure. The public is encouraged to raise awareness on this important subject of child safety.



**Dr. Suni Akbar with Dewan Abdullah Ahmad and his family**

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

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

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

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

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

Dr. Shehata, utilising the innovative approach of intravascular

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

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

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

Dr. Shehata emphasises the importance of tight control of risk factors in preventing severe calcifications and subsequent coronary blockages. He further advised, "Maintaining a healthy lifestyle, including a balanced diet, regular aerobic exercise, and routine check-ups, plays a pivotal role in preserving heart health and preventing cardiovascular complications."



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

## HOSPITAL SAVES CARDIAC PATIENT WITH TIMELY INTERVENTION

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

Dr. Shaheen Ahmad, a Specialist in Interventional Cardiology at Zulekha Hospital Dubai, recalls the critical moment when Prince MD Ali was brought by DCAS at the Emergency Room, gripped by sudden breathlessness. He said, "Despite limited initial information, the dedicated team sprang into action, initiating CPR as per ACLS protocol and achieving a Return of Spontaneous Circulation (ROSC, bringing him back to life) after six minutes of intense resuscitation efforts, followed by intubation and mechanical ventilation."

"Diagnostic coronary angiography revealed a triple vessel disease, with the right coronary artery (RCA) entirely blocked by a thrombotic occlusion. Facing severe left ventricular dysfunction and cardiogenic shock, Prince MD Ali's survival hung in the balance." said Dr. Shaheen Ahmad emphasising the criticality of the situation. As per him, a timely identification of ECG changes and prompt primary angioplasty to the RCA saved the patient's life.

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

As Prince MD Ali embarks on his path to recovery, the medical team emphasises the importance of regular follow-ups with a cardiologist and adherence to prescribed medications.

"Maintaining a healthy lifestyle, regular exercise and diligent medication management are crucial for long-term well-being," added Dr. Ahmad.

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

nurses and doctors, restored my faith and helped me overcome this ordeal. I am truly blessed to have come out of this stronger than ever."



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