

ASTER LAUNCHES ITS 50TH HEALTHCARE FACILITY IN JEBEL ALI TO MARK UAE'S GOLDEN JUBILEE

Meet the doctors at Aster Cedars Hospital & Clinic, offering comprehensive care for all common ailments

HEALTH RESOLUTIONS FOR UAE RESIDENTS ON THE 50TH UAE NATIONAL DAY

Exercise: Regular exercise is very important. If you are unable to hit the gym or exercise at home, do at least 30 minutes of brisk walking everyday.

Water intake: Take at least 2 to 2.5 litres of water a day to stay well hydrated.

Eat healthy: A balanced diet that includes plenty of fruit and vegetables, is key to good health.

Sugar and salt intake: High salt intake can lead to high blood pressure. Choose products with low sodium content and avoid adding extra

salt to your meals. Eat sugar and sweets in moderation.

Adequate sleep: Eight hours of sleep is crucial to maintain physical and mental health.

Body weight: Normal range for BMI is between 18.5 and 24.9. Keep your body weight in check to be in this range.



DR AYAZ AHMED
SPECIALIST — INTERNAL MEDICINE



DR ANURAG KUMAR
SPECIALIST — UROLOGY

UROLOGICAL PROBLEMS

Kidney stones and urinary tract infections are the two common issues that concern UAE residents. Due to the hot climatic condition, there are increased chances of stone formation. Small sized stones can be treated with medicines, while larger stones can be broken with ESWL, laser and removed without any incision. Patients can walk home the same day.

Urinary tract infection is a bacterial infection that affects the urinary tract and is common in the UAE. It should be treated as soon as symptoms appear. Sexually transmitted infections (STIs), men's health issues and prostate enlargement are also prevalent health conditions and many people are unaware of these. Prevention, early diagnosis and treatment are very important.

COMMON ENT CONCERNS

In the UAE, ear, nose and throat (ENT) problems are very common due to the hot and humid weather conditions. Most of the problems we see are caused by allergies and infections of the ENT areas.

At Aster Cedars Hospital, we are equipped with the state-of-the-art set-up for treating most ENT problems such as tonsillitis, sinusitis, epistaxis, excessive eye watering, ear discharge, and hearing deficit by medical management and surgeries. Most conditions, if left untreated, can cause severe complications.

Sinusitis, nasal polyps and other nasal surgeries are being done with endoscopes (key hole) without any scars on face or nose. Ear diseases are being operated with advanced microscope.

ENT problems like swellings or acute painful conditions are being treated medically as well as surgically as per need.



DR BHARATH NERANKI
SATISH RAO
SPECIALIST — ENT

COMMON ISSUES THAT REQUIRE SURGERIES

At Aster Cedars Hospital and Clinic, we deal with elective cases like cholelithiasis (stones in the gallbladder), hernia (inguinal and umbilical), pilonidal sinus, benign anal conditions like anal fistula, anal fissure and hemorrhoids, varicose veins, soft tissue swellings mainly cyst and varicocele, and in emergency, we are regularly dealing with abdominal pain



DR DEVAJIT C SHYAM
SPECIALIST — GENERAL & LAPAROSCOPIC SURGERY

due to acute appendicitis and acute cholecystitis, soft tissue injuries and cellulitis.



DR HARDIK KUMAR PAWAR
SPECIALIST — ORTHOPAEDICS

ADVANCED ORTHOPAEDIC CARE AT ASTER

Aster DM Healthcare has treated over 200,000 patients across its orthopaedic facilities. Of these, over

35,000 have been treated in the first half of 2021.

Aster Cedars Hospital has a state-of-the-art multi-speciality clinic with advanced orthopaedic services and physiotherapy facilities.

Aster Cedars Hospital conducted the first total hip replacement surgery in August this year. This builds on the institution's track record of successfully managing issues such as joint replacements, orthopaedic surgeries, shoulder, hip, foot and ankle surgeries, and limb reconstruction.

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