Dr. B. R. Shetty, MD and CEO, NMC Healthcare, enacts Dharmaraja in documentary cinema - Travancore: a Saga of Benevolence, which was chosen as the best documentary cinema of 2011.

The launch of Mama Care programme in Al Ain, was officially inaugurated by Dr. B. R. Shetty, MD and CEO, NMC Healthcare. NMC’s Mama Care program will help pregnant mothers prepare for the new additions to their families in a way that makes the experience enjoyable for expecting parents. The programme is already running successfully at NMC Specialty Hospital, Abu Dhabi and Dubai, and is being introduced for the first time in Al Ain region.

NMC’s Endocrinologist in “Dr. M” a medical show on DM TV

Dr. Alaa El Din Mahmoud
Consultant Endocrinologist

Dr. Alaa talked about Gland Disorder: Addison’s disease and Pheochromocytoma, in “Dr. M”- the Arabic Medical show specifically tailored for the Arab male, was broadcasted on Sunday, 15th July 2012, at 9.00 PM-10.00PM.
NMC Healthcare partners with Skills4Life in promoting Good Health and Wellbeing!

1. Oral & Dental Care

Over 100 Emirati male students between the ages of 14-17 participated in the program. Dr. Krishna Prasad P, BDS, MDS, Orthodontist, and Dr. Sujay Mohan Rai, BDS, MDS, Prosthodontics from NMC Dental Center of Excellence, NMC Specialty Hospital Abu Dhabi offered expert advice about dental care and oral hygiene.

2. Physical Activity, Nutrition & Wellbeing

The event on the second day highlighted the importance of healthful eating and physical activity across the life. The activities comprised of fun games, exercise, lectures, live cooking demonstration etc. in a simple and fun way for children to learn about nutrition and better health.

The exercise physiotherapist from NMC Healthcare highlighted through fun play method the concept of healthy living and wellbeing and spread awareness about the benefits of a healthy diet and moderate physical activity on a regular basis.

The nutritionist from BiteRite - the healthy eating outlet from NMC Healthcare emphasized through her presentation that it is very important to establish the foundation for healthy diets early in life when eating habits and preferences are being formed.

The chef from BiteRite, through live demonstration showed that simple dietary changes can make significant improvements in the quality of children’s diets.

3. Basic life support skills

The event aimed at not only promoting an active lifestyle among children, but also brings awareness to the necessity of being prepared in case of an emergency. Dr. Naresh Rai, MBBS, MS, FICS (USA) General Surgeon, NMC Specialty Hospital Abu Dhabi and trained and certified medics from NMC Healthcare demonstrated basics of cardiopulmonary resuscitation (CPR), which is a life-saving technique that helps maintain some blood flow to the brain and heart, and can help “buy time” until paramedics arrive with more advanced care.
Diabetes Awareness Programme
At NMC Specialty Hospital, Al Ain

With a view to provide continuous education and awareness to the community on diabetes, NMC Specialty Hospital, Al Ain would be conducting “Diabetes Education programme” on the last Thursday of every month at 10:30 am to 11:30 am at NMC Specialty Hospital Conference Hall.

The first in the series was organized on 21st June 2012 at NMC Specialty Hospital Conference Hall, under the guidance of Dr. Jim Philip, Specialist Endocrinologist and supported by Eli Lilly.

Ergonomics at Work by NMC Healthcare

Dr. Surendra Shetty
MBBS, MS(Ortho), AO Fellow-Trauma(Austria), Orthopaedic Surgeon

NMC Specialty Hospital, Abu Dhabi was invited by Abu Dhabi Investment Authority (ADIA) for a Health Lecture on “Ergonomics at Work” for ADIA employee’s on Monday, 16th July 2012.

Everything there is to know about Botox

Interview of Dr. Sanjay Saraf, Specialist Plastic Surgeon,
**NMC’s leading Plastic Surgeon elected as an “International Active Member” of the “ASAPS”**

NMC Specialty Hospital Abu Dhabi, the JCI-accredited multi-specialty tertiary care hospital, become the first-of-its-kind center in the region when its leading plastic surgeon got elected as an “International Active Member” of the “American Society of Aesthetic Plastic Surgery.”

Dr B Venkata Ratnam, MBBS, MS(Orth), M.Ch(Plast), FAPS (Germany), Head, Department of Aesthetic and Reconstructive Plastic Surgery, NMC Specialty Hospital, Abu Dhabi, not only got elected in ASAPS in the first attempt itself but also has become *the first and the only Plastic Surgeon from the GCC countries, till date, to get membership in the coveted society.*

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**NMC Healthcare organises “Give Blood, Give Life” drive**

NMC Specialty Hospital Abu Dhabi, the JCI-accredited multi-specialty tertiary care hospital, successfully organised a voluntary blood donation drive in collaboration with the Abu Dhabi Blood Bank on 16th July 2012.

Dr. B.R. Shetty, MD and CEO, NMC Healthcare said, “donation of blood is the most precious gift that we humans can give each other and the health and wellness of our community depends upon the generosity of those who choose to give the gift of life. At NMC Healthcare, we hope to promote community cohesion and vitality and to promote expression of the inherent value system of sharing and caring.”

Mr. Binay Shetty, COO, NMC Healthcare called on all NMC colleagues – and members of the public at large – to become regular, voluntary blood donors, as its simple, safe, painless and quick, yet the benefits it yields are enormous. More importantly, it has been shown all over the world that regular, voluntary, non-remunerated blood donation by low-risk donors is key to saving lives.*

Around 100 units of blood were collected and all the donors expressed their happiness to be part of this noble social cause which underlines the NMC’s commitment to the society.
NMC’s leading onco-surgeon invited as examiner in ESSO 32 congress in Valencia

Dr Balaji Balasubramanian, M.S, D.N.B, F.R.C.S, M.Ch (Surgical Oncology), Specialist Surgical Oncologist, NMC Hospital, Abu Dhabi, UAE has been invited to contribute as an examiner in the oral examination in general cancer surgery organized jointly by European society of surgical oncology (ESSO) and the European Board of Surgery of the UEMS (European Union of Medical Specialists) on Wednesday 19th September 2012 in Valencia in conjunction with the ESSO 32 Congress.

The oral examination will take place From 10.30 to 13.00, in the Palacio de Congresos de Valencia, which is also the venue of the Congress.

Healthy Eating During Ramadan

Issued in public interest by nmc healthcare

Avoid:

- Fried and fatty foods
- Foods containing too much sugar
- Over eating especially at Sohur
- Too much tea at Sohur. Tea makes you pass more urine, taking with it valuable mineral salts that your body would need during the day

Eat:

- Energy foods at Sehri so that food lasts longer making you less hungry
- Haleem is an excellent source of protein and is a slow burning food
- Dates are an excellent source of sugar, fiber, carbohydrate, potassium and magnesium
- Almonds are rich in protein and fiber with less fat
- Bananas are a good source of potassium, magnesium and carbohydrate

Drink:

- As much water or fruit juices as possible between Iftaar and bedtime so that your body may adjust fluid levels in time

Break Your Fast The Healthy Way:

- Dates and Fruit Juice
- A typical IFTAAAR comprises of:
  - Soup
  - Oats
  - Milk
  - Shafoot
  - Samosa
- The Main Meal should comprise of Fibre, Carbohydrate, Protein & Fat

Ramadan Dietary Plan for a Day:

- Bread / Cereal / Rice, Pasta, Biscuits and Cracker Group: 6-11 servings / day
- Meat / Beans / Nut Group: 2-3 servings / day
- Milk and Milk Products Group: 2-3 servings / day
- Vegetable Group: 3-5 servings /day
- Fruit Group: 2-4 servings / day
- Added sugar: sparingly
- Added fat, polyunsaturated oil: 4-7 table spoons
Staff offers

nmcian’s monthly communication has arrived and we want to hear your views and ideas. You can send comments and suggestions on email to Praveen Pillai, at praveen.p@nmc.ae.

If you have a news story you would like to share with the rest of the nmc family, an interesting hobby, or even just a great photo or story, email us.

Remember: nmcian’s monthly communication is your newspaper so get involved!

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Enjoy BiteRite
Healthy Mandi with our Iftar buffet & Iftar boxes

Indulge in a guilt free Ramadan Bite to satisfy your taste buds with authentic Arabic cuisines along with Healthy Mandi only at BiteRite

In the Holy Month, break your fast with BiteRite lavish buffet with variety of Arabic & multi-cuisines or ask for delicious and healthy Iftar boxes at your doorstep

Now pay just AED 49 instead of normal Price of AED 100 with free home delivery.

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BiteRite
Ramadan
Hunger

Veg Thali
AED 10/-
Takeaway
AED 11/-
Non Veg Thali
AED 12/-
Takeaway
AED 13/-

Timings: 12.30 pm to 3.30 pm

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Hungry Guilt Free

“Thali” Introduces Veg Thali
AED 10/- Takeaway
AED 11/-

Non Veg Thali
AED 12/- Takeaway
AED 13/-

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Hungry Guilt Free

Bites of Eid wishes

Arabian delicacies individually coated with BiteRite chocolate and sprinkled with granular wishes of health and wealth

All the sprinkled ingredients have an excellent health benefits

Box of 20 FOR AED 59
Box of 35 FOR AED 99

Made with diabetic friendly chocolate

No Sugar added | No Salt added | High in omega 3

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Hungry Guilt Free

Moroccan Bath for HIM
Regular Price
AED 250
Ramadan Price
AED 150

Diamond Facial for HER
Regular Price
AED 400
Ramadan Price
AED 275

7th July to 7th August

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