

He who has health, has hope and he who has hope has everything.  
-Thomas Carlyle

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## Hala FOR CITY CLINICS

CITY CLINIC  
MIRQAB

**H**  
Hypertension

CITY CLINIC  
FAHAHEEL

**L**  
Lipid profile

CITY CLINIC  
KHAITAN

**A**  
Asthma  
&  
Allergy

CITY CLINIC  
MAHBOULA

**A**  
Antenatal

For more information please contact: 1880020

City Clinic family is honored to join in celebrating  
Ms. Annie Valsan's, (CEO City Clinic Group) exceptional achievement as one of the  
Top 10 Alumni Leaders from BITS Pilani by Women Entrepreneurs in India.

Ms. Annie Valsan, known for her exceptional leadership qualities and entrepreneurial prowess, has once again made headlines with her recent recognition as one of the Top 10 Alumni Leaders from BITS Pilani by Women Entrepreneurs in India. This esteemed honor acknowledges her remarkable journey and significant impact in the realm of entrepreneurship. Throughout her career, Ms. Valsan has exemplified a strong commitment to driving positive change and innovation. Her unwavering determination and visionary leadership have not only propelled her own ventures to success but have also inspired countless individuals in the entrepreneurial ecosystem. In celebration of Ms. Valsan's outstanding achievement, the City Clinic Group is pleased to extend its warmest congratulations and support.

As a leading healthcare institution committed to fostering innovation and empowering individuals to lead healthier lives, City Clinic Group recognizes the importance of honoring trailblazers like Ms. Valsan who inspire positive change and drive progress in their respective fields. As Ms. Valsan continues to inspire others with her remarkable journey, City Clinic Group pledges its continued support and partnership in all her endeavors.



Ms. Annie Valsan  
CEO City Clinic Group





## CHILD DENTAL HEALTH

Dear parents “Did you know “ that you play an important role in your child’s Dental health  
Yes .....

### TIPS FOR IMPROVING CHILD’S DENTAL HEALTH;

- Be a role model to your children by brushing your teeth twice daily and using a floss every day.
- Limit the amount of sugar your child eats in a day. It Could be in the form of canned juices, biscuits, candies, chocolates, chips, soda etc or any other source of sugary food.
- Discourage sweets for snacks in between meals.
- In small children aged 1-6 years help them brush their teeth with positive communication.
- Use fluoridated tooth paste to reduce dental decay and you can talk to your dentist about it.
- Encourage your child to rinse their mouth after every meal to reduce the amount of time sugar is in contact with the teeth.
- Kindly visit your dentist for regular dental checkups to avoid unnecessary pain experiences due to dental decay.

**Dr. Shashikala Savla**

DENTIST  
CITY CLINIC MIRQAB



## MEDICAL CAMP



Dr Ritesh Jaiswal, the Orthopedic Doctor in City Clinic Khaitan went on a mission to relieve pain of the many patients so that they can re-live their life. A special orthopedic camp was conducted for the needy patients. More than 300 patients benefited from the camp conducted on the 26th and 27th January 2024. Orthopedic injuries and chronic Orthopedic diseases pose major challenges on the quality of life and socioeconomic burden on individuals. Early diagnosis with correct treatment regime will help everyone enjoy improved quality of life.



## PLANTAR FASCIITIS

Plantar Fasciitis is a common condition that causes pain in the heel and bottom of the foot. It occurs when the Plantar Fascia, a thick band of tissue that runs across the bottom of the foot and connects the heel bone to the toes, becomes

inflamed. This condition is particularly prevalent among runners, overweight individuals, and those who wear shoes with inadequate support.

Symptoms of Plantar Fasciitis include a sharp, stabbing pain in the bottom of the foot near the heel. This pain is usually most intense with the first steps after waking up, although it can also be triggered by long periods of standing or rising from sitting.

The exact cause of Plantar Fasciitis is unclear, but it is thought to arise from repeated strain on the Plantar Fascia. This strain can be due to excessive running or walking, inadequate foot gear, or a natural foot structure like flat feet or high arches that places extra stress on the tissue.

Treatment for plantar Fasciitis typically involves rest, ice, and over-the-counter pain relievers to reduce inflammation and alleviate pain. Physical therapy exercises that stretch the Plantar Fascia and Achilles Tendon and strengthen lower leg muscles are also effective. In more severe cases, a doctor may recommend orthotics, night splints, or even steroid injections. Surgery is rarely needed. Preventive measures include choosing shoes with proper support, avoiding excessive running on hard surfaces, and maintaining a healthy weight. Stretching exercises for the Achilles Tendon and Plantar Fascia may also help.

**Dr. Fahad Farooq**  
MBBS, Dip in Orthopaedic  
(GP)  
CITY CLINIC FAHAHEEL



## HEALTH TIPS

### Boost your flu defenses by selecting the right immune-boosting foods

**Vitamin C:** Include fruits like Amla, citrus fruits, guava, capsicum, papaya, rambutan, and kiwi into your daily routine.

Vitamin C supports the production of infection-fighting cells and acts as a powerful antioxidant.

**Zinc:** Strengthen your immune system by including zinc from lean meats, paneer, nuts, soya and other legumes in your diet.

**Selenium:** Enhance your immunity further by obtaining selenium from foods like Nuts, fish, poultry, eggs, legumes, and whole grains.

Remember, maintaining a balanced diet and adequate hydration with these immune-boosting foods is a wise approach to staying healthy during the flu season.

*Nourish your soul!*

DID YOU KNOW?

**Soaked raisins and dates ease constipation with natural fiber. Eat on an empty stomach, stay hydrated for best results!**



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# PACKAGES

# HALA FOR CITY CLINICS



SPECIAL OFFER

## Consultation with all Specialities

1 KD

CITY CLINIC KHAITAN

### Package includes

- ◆ FBS/PPBS/RBS
- ◆ Total Cholesterol
- ◆ SGPT (Liver Screening)
- ◆ Creatinine (Kidney Screening)
- ◆ Doctor consultation

4 KD

FOR MORE DETAILS :1880020

### Package includes

- ◆ Vital Assessment
- ◆ Blood Pressure
- ◆ BMI
- ◆ FBS/PPBS/RBS
- ◆ Iron Screening
- ◆ Liver Screening: SGPT
- ◆ Complete Hemogram
- ◆ Total Cholesterol
- ◆ Kidney Screening: Creatinine
- ◆ Urine Routine
- ◆ Consultation: GP
- ◆ Consultation Dental /ENT/Nutrition \*

## Nano Executive Health Check

8 KD

## WELCOME TO CITY CLINIC FAMILY



**Ms. Smitha Balan**  
MBBS DNB (Ophthalmology)

CITYCLINIC KHAITAN

## BIRTHDAYS



Julie



Dr Fayaz Khan



Rajeev



Mirza



Robinson



Dr. Rehana

## MEDICAL CROSSWORD

### Across

- [1] injuries from sharp objects.
- [3] you feel pain from it.
- [7] dispositioned limb injury.
- [9] you have this before you puke.
- [10] they sometimes show up with injuries.
- [11] a known disease from middle ages.
- [13] broken bone injury.
- [14] one of the most resilient diseases.

### Down

- [1] a common children disease.
- [2] injury from fire.
- [4] injury of a torn off skin.
- [5] infection with symptoms such as sore throat, fever and barking cough.
- [6] injury of a tendon.
- [8] a lack of cleaning.
- [12] a highly contagious disease with symptoms such as small white spots.



SEND THE ANSWER:1880020



Exiting prizes for first 10 correct entries

For appointments/ Enquiry

50003396



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MIRQAB

FAHAHEEL

MAHBOULA

KHAITAN