

KBMC INTRODUCES NDYAG HAIR REMOVAL LASER



Dr Chippi

KIMS Bahrain Medical Centre (KBMC) – one of the Kingdom’s most foremost private Medical Centre – is proud to announce the initiation of Laser Hair Removal Services. These services commenced from Oct 10, 2015 and will be performed by skilled Laser nurses under the supervision of Dr Chippi Vijayan, Specialist – Dermatology & Cosmetology.

In its mission to provide the finest services at the most affordable prices, KBMC is offering upto 20% discount as an introductory offer for the newly introduced Laser service. These discounts will be available throughout the month of October 2015.

“Laser hair removal is an easy way of getting rid of unwanted hair in any part of the body permanently – for both men



and women. And it is not just a cosmetic procedure. It can also be beneficial for people suffering with ingrown hair – which can lead to pain and infection” said Dr Chippi Vijayan.

“With this new NdYAG Laser, we can now perform the procedure safely and efficiently on larger body areas resulting in lesser pain and higher patient satisfaction,” Dr. Vijayan added.

“KBMC has achieved a new milestone by providing the best

medical services at affordable prices that everyone can obtain. Together with the new Laser, KBMC’s cosmetology department now provides a diversified & comprehensive set of services including hair removal, botox, fillers, chemical peels, etc.,” said Mr. Ahmed Jawahery, the Chairman of KBMC.

For more information or to book an appointment, kindly contact KIMS Bahrain Medical Centre on: 17822123.

KBMC is part of the internationally well renowned KIMS Group which has over 15 Healthcare facilities across 6 countries with 1000 beds under operations and employing over 4000 people from 20 nationalities. Within GCC, the Group has 8 healthcare facilities, 3 of which are in Bahrain including the prestigious Royal Bahrain Hospital and recently opened 24 hours Medical Centre in Riffa - RBH Medex.

Comprehensive Orthopedic Care, RBH hosts Dr. Andreas Appelt on board

Royal Bahrain Hospital will be hosting Dr. Andreas Appelt, Consultant Orthopedic Surgeon and sports medicine from Germany, to be part of RBH medical team in the period from 18-21 October 2015.

Dr. Andreas Appelt is an expert orthopedic surgeon who completed his medical studies at the Universities of Cologne, Bonn, Mainz and Heidelberg, earning a doctorate specializing in surgery from the University of Heidelberg. He completed many training courses including surgery and advanced training for trauma surgery at the municipal hospital in Friedrichshafen (Seitz), in addition to gaining specialization in sports medicine, chiropractic and orthopedics.

Coming with more than 25 years of rich experience in conservative and operative treatment of various orthopedic conditions, Dr. Appelt’s focus of expertise includes keyhole correction surgery for injuries of the hip, knee shoulder, wrist, elbow and ankle as well as autogenic cartilage transplantations and re-adjustments.

Furthermore, he specializes in the treatment of cervical and lumbar spinal pain and chiropractic for acute and chronic Neck and Lower Back pain.

Additionally, Dr. Appelt’s special interest in conservative and surgical therapy on acute and chronic disorders or traumas of the entire spinal column along with minimally invasive corrective surgeries. Besides, he is an expert in conducting trauma surgeries on extremities, pelvis and spinal column.

Commenting on this visit, Mr. Jacob Thomas, the Operations Director at RBH said, “at RBH, we are extremely pleased to be hosting Dr. Appelt, who is an expert surgeon and brings exceptional experience and skill to our medical community”.

For more information or to schedule an appointment with Dr. Andreas Appelt, please call Royal Bahrain Hospital on +97317246800.



Dr. Andreas Appelt

Are you suffering from Influenza (FLU)

WHAT IS FLU?

Most popularly referred as flu, influenza is very common infection of respiratory system. It is transmitted from one person to another by droplets by coughing or sneezing by an infected person or inhaled by another. Complications occur in those whose immune system is weak.

WHAT IS THE DIFFERENCE BETWEEN COMMON COLD & FLU?

Both are caused by respiratory illness difference but they are caused by different viruses, common cold usually milder than flu. Symptoms like body ache, extreme tiredness, fever and dry cough progressing to wet will be intense in flu.

WHEN WILL FLU ACTIVITY BEGIN?

Most seasonal flu activity typically occurs between October and May.

HOW DO I KNOW IF I HAVE FLU?

- Fever of 38-40 degree with chills
- Headache
- Muscles aches, fatigue
- Joint pain, cough dry at first progressive to wet with mucous
- Nasal congestion, watery eyes or runny nose

People who are at high risk for developing complications:

- 5yrs & 65 years
- Pregnant women
- Residents of nursing home and long-term care facilities
- People with asthma, chronic lung disease, kidney/liver disease, heart disease, chronic steroid intake HIV/AIDS

WHAT ARE THE WARNING SIGNS OF FLU?

- If fever is continuously high or recurring after two days
- If cough accompanied by wheezing



Dr. Suganya

- or blood stained or yellow green sputum
- Ear pain and discharge
- Rapid irregular heart beat
- Prolonged headache
- Frequent muscle twitching
- Convulsions

- Severe vomiting

WAYS TO PREVENT AND TREAT IT

- Avoid close contact with someone who has flu
- Always cover your mouth and nose while sneezing to avoid spreading the virus
- Wash your hands
- Get plenty of sleep, be physically active, manage stress, drink plenty of water and eat nutritious food
- Bed rest

WHAT SHOULD I DO TO PROTECT MYSELF FROM THE FLU?

CDC recommends yearly flu vaccine for everyone 6months of age and older as the important person. Should get vaccinated soon after the vaccine becomes available, if possible by October. However as long as the flu viruses are circulating in the

community, it’s not too late to get vaccinated.

CAN I GET VACCINATED AND STILL GET FLU?

YES
• You may be exposed to flu viruses shortly before getting vaccinated or during the period that it takes the body to gain protection against vaccination, because it takes about two weeks after vaccination from antibodies to develop to protect against flu
• You may be infected with viruses not included in seasonal flu vaccine., because each year virus circulating will differ but vaccine will cover most important viruses

Dr. Suganya Giri Ravindran is a General Practitioner in Middle East Medical Center, Hidd. For more information call 17464848.