

SIH'HEE UDHARES

AEH NEWSLETTER | MONTHLY EDITION

TESTIMONIAL

CN Aula Mohamed

Staff Spotlight

Mr. Mohamed Ibrahim

Diode Laser Surgery
Patient-centered surgical care

**Restless Legs
Syndrome**

Often Misunderstood Condition

A MESSAGE FROM THE CEO: A NEW YEAR OF COMMITMENT, INNOVATION, AND CARE

As we welcome the New Year, I would like to extend my warmest wishes to the entire Addu Equatorial Hospital (AEH) family our dedicated staff, valued partners, and the communities we proudly serve. A new year offers us not only a moment to reflect on our journey, but also an opportunity to renew our commitment to excellence, compassion, and continuous improvement in healthcare delivery.

We also feature a **Departmental Spotlight on our Medical Interns**, who represent the future of medicine. Their enthusiasm, long hours, and eagerness to learn contribute meaningfully to patient care while strengthening our clinical environment. We are proud to support their professional growth and mentorship.

This issue includes a valuable testimonial from **CN Aula Mohamed of Fuvahmulah Regional Hospital**, who worked in our NICU from 13th to 21st December 2025. Her feedback reflects the spirit of collaboration and knowledge sharing that strengthens healthcare services across the Maldives.



DR. IBRAHIM YASIR AHMED
CEO, ADDU EQUATORIAL HOSPITAL

Advancing medical technology remains a key priority for AEH. We are pleased to feature an article by **Dr. Abdelsalam, Consultant in Surgery**, on Diode Laser Surgery in proctology a modern, minimally invasive approach that is transforming the management of anorectal diseases. This reflects our ongoing investment in advanced technologies to improve patient outcomes.

Beyond clinical care, staff wellbeing and engagement are equally important. This month, we highlight the inauguration of the CLUBAEH Membership Card, launched during the CLUBAEH Annual Dinner Night. I commend Aminath Naja Abdul Maushoog, Vice President of CLUBAEH, for her contribution to this initiative, which strengthens staff unity and benefits.

I have also contributed an educational article on Restless Leg Syndrome, emphasizing our role not only as care providers but also as advocates for health awareness among both staff and the public.

The Highlights of Events section captures memorable moments from the Circumcision Camp, the visit of the Honorable Minister of Higher Education, and the vibrant CLUBAEH Annual Dinner Night all reflecting AEH's active engagement with the community and stakeholders.

Looking ahead, we are excited about the upcoming **Cathlab Opening**, and the **opening of the optical shop** in collaboration with IGMH, major milestones that will significantly enhance cardiac care and optics services in the southern region.

As we step into 2026, let us continue working together with integrity, professionalism, and a shared vision to make AEH the best health system in the Maldives. Thank you for your dedication, and I wish you all a healthy, successful, and fulfilling New Year.

Warm Regards,

SPEECH GIVEN BY AEH CEO AT CLUB AEH GALA NIGHT SPEECH

By: Dr. Ibrahim Yasir Ahmed (CEO, of AEH)

Bismillah ir-Rahman ir-Raheem.

Distinguished chief guest Addu City mayor Ali Nizar, AEH club president Azeem Latheef, Club executive Members, our hardworking HODs and my dear colleagues, AEH Club members, and as a whole AEH one team.

As Salam Alaikum and a very good evening.

First and foremost I would like to extend my sincere gratitude to Addu City Mayor Ali Nizar for accepting our invitation and gracing this event. Thank you Mayor.

I would like to welcome all of you to this beautiful gala night. Tonight is special not because of the lights, the food, or the trophies but because of the people in this room. Tonight, we are celebrating teamwork, energy, laughter, and a reminder that behind our scrubs, uniforms, and ID cards... there are some very competitive athletes hiding inside AEH!

The AEH Sports Festival was truly a success. Over the past days, we witnessed speed, strength, skill, strategy and of course, some very serious arguments with referees.

I must say, some staff members who look very calm in the wards suddenly became international-level sports personalities on the field!

But jokes aside, what we saw was beautiful: participation from all departments, incredible enthusiasm, and a spirit that reminded us why AEH is more than just a workplace it is a community.

Yes, there were winners. Congratulations to all the champions who got their rewards tonight your trophies are well deserved.

But let me be very clear:

At AEH, the real victory was participation.

Those who ran despite aching knees,

Those who played after night duty,

Those who showed up even knowing they would lose you are the real heroes.

And for those who didn't win don't worry. In AEH, we save lives. Losing one match will not affect your performance appraisal... I promise!

As healthcare professionals, we always tell patients:

- Exercise regularly
- Reduce stress
- Maintain work-life balance

But honestly, we are not always the best at following our own advice.

This sports festival reminded us that our health matters too. A healthy staff means better care for patients. When we move, laugh, and play together, we return to work more energized, more positive, and more connected.

One of the best things about the festival was how sports removed titles and hierarchy.

On the field, there was no HoD, no supervisors, no consultant, no technician

There were only teammates... and sometimes opponents who suddenly became enemies for 20 minutes!

But that is the beauty of sports. It builds respect, understanding, and teamwork the same qualities we need every day inside the hospital.

Organizing an event like this is not easy. I sincerely thank the AEH Club, organizing committee, and volunteers for arranging this Annual Dinner night.

This should not be the end.

I encourage the AEH Club to continue:

- Sports activities
- Wellness programs
- Social events that bring us together

Next year, we aim for something even bigger – maybe more teams, more games, and hopefully... fewer injuries!

Let me conclude with this:

At AEH, we work in high-pressure environments. We handle emergencies, responsibilities, and decisions that affect lives. That is why events like this matter so much.

When we play together,

When we laugh together,

We learn to work better together.

I am extremely proud to lead such a dedicated, talented, and energetic team.

Thank you to everyone who participated, organized, supported, and celebrated. Enjoy the evening, enjoy the food, and please no competitive spirit at the dinner table!

Once again I would like to thank Mayor Ali Nizar to be here in a rainy night

Thank you.

Have a wonderful annual dinner Night.

Staff Spotlight

MR. MOHAMED IBRAHIM

Addu Equatorial Hospital honors Mohamed Ibrahim's 17 Years of Dedicated Service

Addu Equatorial Hospital is proud to recognize the exceptional service of Mohamed Ibrahim, whose unwavering commitment has significantly contributed to our hospital's operations for over seventeen years.

Mr. Ibrahim's journey began at Hithadhoo Regional Hospital on June 1, 2008, where he initially served as a Watcher. For over fourteen years, from June 1, 2008, to November 20, 2022, he performed his duties with remarkable diligence, ensuring the hospital's safety and smooth functioning.

In these roles, he has consistently demonstrated a strong work ethic by assisting with general maintenance activities, supporting repair works, transporting materials and equipment, and ensuring cleanliness and orderliness across the hospital premises.

His consistent performance and reliability earned him the respect of his colleagues and supervisors.

Following the transition to Addu Equatorial Hospital, Mr. Ibrahim seamlessly adapted to the changes, continuing his service without interruption.

Since November 21, 2022, he has been working in the Maintenance Department, supporting crucial hospital operations. In this role, Mr. Ibrahim has consistently demonstrated a strong work ethic, assisting with maintenance activities, supporting repair work, and ensuring a safe and orderly environment.

With a total service period of 17 years, 7 months, and 15 days, Mohamed Ibrahim has proven himself to be a dependable and valued member of our team. His discipline, adherence to instructions, commitment to safety, and responsiveness to urgent needs have made a significant impact. We extend our deepest gratitude for his long-standing dedication and valuable contributions to Addu Equatorial Hospital.





Guided by experienced clinicians, the medical interns of AEH gain real world clinical exposure that inspires growth, builds confidence, and shapes them into skilled, ethical, and patient centered medical professionals.

-MEDICAL INTERNS OF AEH-

15 January, 2026

“Welcome aboard” the AEH ONE TEAM



ABDULLA RAFIU
Senior Health Care
Administration Assistant



**AMINATH AMAANATH
THAUFEEQ**
Senior Health Care Administration
Assistant



**DR. KHAIRY ABDELSHAFY
ELSAYH**
Pediatrician



**DR. MOHAMED NABITH
NASHEED**
Medical Officer

Testimonial:

By a CN Hula Mohamed of Fuvahmulah Regional Hospital



I would like to express my sincere gratitude to the entire Nursing Department of AEH for the constant support, guidance, and cooperation extended to me throughout my NICU exposure.

The dedication, professionalism, and willingness of the nursing staff to share their knowledge and experience made this learning period extremely valuable.

Your support contributed greatly to my understanding of neonatal care and helped make my NICU exposure both educational and meaningful.

I truly appreciate the time, patience, and encouragement provided by each member of the team. Thank you once again for your unwavering support and commitment.

With sincere thanks,



RESTLESS LEGS SYNDROME: A COMMON BUT OFTEN MISUNDERSTOOD CONDITION

By: Dr. Ibrahim Yasir Ahmed, (CEO of AEH)

What is RLS?

Restless Legs Syndrome (RLS) is a condition that causes an uncontrollable urge to move your legs, often accompanied by strange sensations like tingling, itching, or a crawling feeling. These symptoms usually appear when you're resting—especially in the evening or at night and can make it hard to sleep.

Who's Affected?

RLS can affect anyone, but it's more common in:

- Older adults
- Women
- People with iron deficiency or kidney problems
- Those with a family history of RLS

Even children can have RLS, though it's often mistaken for growing pains.

What Causes It?

The exact cause isn't fully known, but experts believe it's linked to:

- Low iron levels in the brain
- Problems with dopamine, a chemical that helps control movement
- Certain medications (like antidepressants or allergy drugs) may worsen symptoms

How Is It Diagnosed?

There's no single test for RLS. Doctors look for:

- A strong urge to move the legs
- Symptoms that improve with movement
- Symptoms that worsen during rest
- Symptoms that are worse in the evening or night

Blood tests may be done to check iron levels, and sleep studies may be used to rule out other conditions.

Treatment Options

Mild Cases:

Lifestyle changes can help:

- Regular exercise
- Avoiding caffeine and alcohol
- Warm baths or leg massages
- Keeping a consistent sleep schedule

Moderate to Severe Cases:

Doctors may recommend:

- Gabapentin or pregabalin – calm nerve activity
- Iron supplements – especially if iron levels are low
- Dopamine medications – used cautiously due to risk of worsening symptoms
- Other options – electrical stimulation or low-dose opioids for tough cases

Living with RLS

RLS can be frustrating, but it's manageable. If you think you might have it:

- Keep a symptom diary
- Talk to your doctor
- Explore treatment options

With the right care, many people find relief and enjoy better sleep and quality of life.

Did You Know?

RLS affects up to 10% of adults worldwide—and many don't even know they have it!



RESTLESS LEGS SYNDROME



DIODE LASER SURGERY: DELIVERING MODERN, PRECISE, AND PATIENT-CENTERED SURGICAL CARE

By: Dr. Mohamed Abdelsalam, (Consultant Surgeon at AEH)

Advanced Proctology with Diode Laser

One of the advanced technologies that we use in proctology is the laser diode machine, a powerful tool that we can use to change the anorectal disease treatment.

What is Diode Laser?

The diode laser is a high precision surgical laser that delivers controlled thermal energy to the targeted tissue. It allows us to treat anal diseases without large incision, minimal bleeding, and faster recovery.

Conditions Treated with Diode Laser

We use diode laser to treat several common and troublesome anorectal conditions, including hemorrhoids, anal fistulas, pilonidal sinuses, anal fissures, perianal warts, each of these conditions can now be managed by less pain and fewer complications.

How the Procedure Works

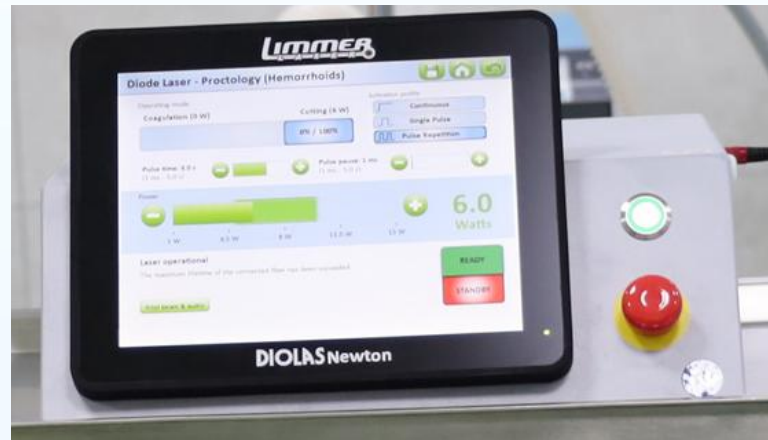
The procedure is proceeded under appropriate anesthesia. The laser fiber is entered directly to the disease tissue. Controlled laser energy is delivered which shrinks the abnormal tissue, seals the blood vessels and sterilize the area.

Benefits of Diode Laser Surgery

There are no large wounds, minimal blood loss, and very limited damage to the surrounding tissues. The benefits of diode laser surgery are clear. Less post operative pain, minimal bleeding, no sutures in most cases, lows recurrence rate, and short hospital stay.

Safety and Expertise at AEH

At Addu Equatorial Hospital, all diode laser procedures are performed by trained surgeons using strict safety protocols and modern equipment.



Who is an Ideal Candidate?

Not every patient needs laser surgery. The ideal candidates are patients with:

- Early to moderate hemorrhoids
- Anal fistulas
- Non-infective pilonidal sinuses
- Chronic fissures not responding to medical treatment

Early Evaluation Can Change Everything

If you are suffering from any anorectal problems, early evaluation can make a significant difference in treatment outcomes.



KEEPING OUR PROMISE: MEMBERSHIP CARD LAUNCHED AT CLUB AEH DINNER

By: Aminath Naja Abdul Maushoog (Vice President of Club AEH)

The Club AEH Annual Dinner Night was a heartfelt celebration of our people, our progress and the promises we set out to keep. Coming together, the night showed the strong sense of unity and belonging that has always been part of the club AEH.

One of the proudest moments of the night was the launch of the **Club AEH Membership Card**. This was a commitment made by the current Executive Committee at the very beginning of our term, and seeing it finally come to life was deeply meaningful. The membership card is not just about discounts or privileges, it represents belonging, appreciation, and our intention to offer real value to our members. For many of us, this launches symbolized growth and trust.

The evening was also an opportunity to celebrate achievement and effort. The **champions of the Club AEH Annual Sports Festival** were recognized and applauded for their dedication, teamwork, and sportsmanship. The sports festival was about more than winning, it brought colleagues together, encourages healthy habits and strengthens friendships. Honouring the winners during the dinner, along with the distribution of many prizes, added to the joy and pride shared by everyone present.

Excitement filled the room during the lucky draw sessions. The Annual Grand Lucky Draw, exclusively for Club AEH members featured an Umrah trip as the grand prize. An unforgettable reward that captured the spirit of giving back. Alongside this, our monthly lucky draw and a special draw for dinner attendees brought smiles, cheers, and a sense of anticipation throughout the night. These moments of surprise and celebration made the evening even more special for many.

Above all, the Annual Dinner Night was a reminder of what Club AEH stands for through unity, appreciation and progress, making it a night filled with shared laughter, proud moments, and strong bonds.

We are grateful to our members, volunteers, and the Executive Committee for making this event a success.

This milestone reflects how far we have come together and inspires us to continue building a club that truly values its people.





CIRCUMCISION CAMP





HIGHER EDUCATION MINISTER VISIT





CLUBAEH ANNUAL DINNER NIGHT





CLUBAEH ANNUAL DINNER NIGHT



UPCOMING EVENTS

Cathlab Opening



Optical Shop Opening



FOR AMBULANCE

102



aeh_mv



Addu Equatorial Hospital-AEH



7379951



info@aeh.gov.mv

CONTENT

Dr. Ibrahim Yasir Ahmed

Aminath Naja Abdul Maushoog

Faruhath Naeem

Dr. Mohamed Abdelsalam

EDITOR

Aishath Minha

PHOTOGRAPHY

Nishaaza Abdulla

DESIGN & ART DIRECTION

Nishaaza Abdulla



FOLLOW OUR JOURNEY!