

SIH'HEE UDHARES

AEH NEWSLETTER | MONTHLY EDITION

**Breastfeeding
Basics:**

Maternity and Antenatal Care

**Understanding
Breast Cancer:**

Early Detection Saves Lives

**STAFF
SPOTLIGHT**

**Patient
Pulse**

CARING FOR MOTHERS:
Maternity and Antenatal Care

CELEBRATING ACHIEVEMENTS AND FOSTERING EXCELLENCE

As we move forward into another month of dedication, growth, and care, it is truly inspiring to see the unwavering commitment of our staff in upholding the highest standards of healthcare.

Our laboratory department shines this month as we celebrate Laboratory Week—an essential time to recognize the invaluable role our laboratory professionals play in diagnostics, treatment, and patient care. Their diligence and precision drive our mission forward, ensuring that every diagnosis leads to healing.

This issue of Sihhee Udhares also highlights Attendants Day Training, emphasizing our collective efforts to enhance patient care services, as well as the Lucky Draw of the Ramadan Quiz—a joyful initiative that fosters engagement and unity among our team. Such activities strengthen the bonds within AEH, reminding us that care extends beyond medical expertise and into meaningful connections.

Our special health education articles, particularly Caring for Mothers: Maternity and Antenatal Care and Breastfeeding Basics by Dr. Amaany, reinforce our commitment to maternal and infant well-being. Additionally, Dr. Amaany's insights on Breast Cancer: Early Detection Saves Lives serve as a crucial reminder that prevention and awareness can change lives. These articles are not just informative but serve as a call to action for all of us to remain proactive in our approach to healthcare.

As we look ahead, we eagerly anticipate National Doctors Day and International Nurses Day next month, special moments to appreciate the dedicated professionals who work tirelessly to bring healing and hope to our community. Their compassion and expertise define AEH's core values, and I encourage everyone to take a moment to express gratitude for their service. Together, we continue to grow, learn, and improve, ensuring that AEH remains a beacon of excellence in healthcare.

Thank you for being part of our AEH journey. I look forward to another month of collaboration, dedication, and innovation.

Warm regards,



DR. IBRAHIM YASIR AHMED
CEO, ADDU EQUATORIAL HOSPITAL



Staff Spotlight

FATHIMATH MOHAMED

With an unwavering commitment to excellence spanning over two decades, Fathimath Mohamed has become a cornerstone of the Addu Equatorial Hospital (AEH) Laboratory. Since joining the laboratory team 20 years ago, Fathimath—affectionately known as Fathun among her colleagues—has demonstrated exceptional dedication, professionalism, and enthusiasm in all aspects of her work. Her contributions to the laboratory extend far beyond routine responsibilities. She has played a critical role in managing laboratory statistics and has consistently ensured accurate data reporting, supporting both operational efficiency and evidence-based decision-making within the hospital. Her meticulous approach to sample collection and handling has set a standard of quality and reliability that others strive to follow.

Renowned for her obedience, humility, and discipline, Fathimath embodies the values of trust and responsibility that are essential in clinical laboratory environments. Her calm demeanor and cooperative spirit have made her a valued team member, and her presence continues to inspire both junior and senior staff.

In addition to her technical capabilities, Fathimath is admired for her strong leadership qualities. She is approachable, friendly, and always willing to lend her knowledge and experience to guide others. Her expertise spans across nearly all disciplines within the laboratory, making her a versatile and invaluable asset to the department.

Her colleagues often refer to her as one of the pillars of the AEH Laboratory—not only for her tenure, but for her integrity, work ethic, and ability to foster unity and growth within the team. As she continues her journey in the field of medical laboratory science, we extend our heartfelt appreciation and wish her continued success and fulfillment in her professional career.

FATHIMATH MOHAMED – A PILLAR OF AEH LABORATORY SERVICES





Patient Pulse:

Voices from the Heart of Our Hospital

To the incredible NICU team,

We will forever be grateful for the care our son received during his stay in the NICU.

Your kindness, gentle touch, and reassuring words have made all the difference, not just for our baby, but for us as parents.

You are true heroes, and we will forever be grateful for the care you have poured into our family.

Thank you,



We are very satisfied with NICU nurses and doctors.

We have never seen such a caring, kind and loving doctors and sisters anywhere in Maldives.

We love you all very much and Thank you.

From: Salah and Anth.





Behind every accurate diagnosis and successful treatment, there's a team of dedicated lab professionals working tirelessly behind the scenes. We are the unsung heroes, performing vital tests, analyzing results, and ensuring the precision that doctors and patients rely on every day. From detecting infections to monitoring chronic conditions, our work plays a crucial role in healthcare decisions. Though we may not be in the spotlight, our commitment to accuracy, promptness, and patient care makes all the difference.

-LABORATORY TEAM OF AEH-

Caring for Mothers: MATERNITY AND ANTENATAL CARE

By Dr. Aishath Amany (Medical Officer)

1. Antenatal Care

Regular antenatal visits help detect any health problems early and ensure the well-being of both mother and baby.

What to do:

- Start antenatal check-ups as soon as you find out you're pregnant.
- Attend at least 4 antenatal visits during your pregnancy.
- Get routine tests (blood pressure, weight, urine analysis, RBS, CBC, serology etc.).
- Take Iron & Folic Acid tablets to prevent anemia and birth defects.
- Get the Tetanus vaccine to protect both mother and baby from serious complications
- Learn about danger signs during pregnancy (e.g. bleeding, severe headaches, swelling, fever).

2. Nutrition During Pregnancy

Healthy food = healthy baby.

- Eat a balanced diet with fruits, vegetables, grains, dairy, and protein.
- Have a Iron and Vitamin rich diet.
- Drink plenty of clean water approx 3L/day.
- Avoid tobacco, passive smoking and unprescribed drugs.
- Rest as needed as pregnancy increases your body's energy needs.
- Limit caffeine (under 200mg/day).

3. Safe Delivery

Where to deliver:

- Always plan to deliver at a health facility with skilled health workers.
- Prepare transportation and emergency contacts in advance.
- Pack a hospital bag early (include clothes, baby items, documents, etc.).

Why it matters:

- Health workers are trained to manage complications and ensure safe childbirth.
- Emergency care can be provided immediately if needed.

Mental and Emotional Health

- Mood changes are normal, but persistent sadness or anxiety should be discussed with a healthcare provider.
- Journaling, light meditation, or talking with a counselor can help.

Postnatal Care

Physical Recovery

- Rest and sleep when baby sleeps.
- Gentle exercise as advised by your doctor.
- Emotional Wellbeing
- Baby blues (mild mood swings) are normal in the first two weeks.
- Be aware of signs of postpartum depression: persistent sadness, loss of interest, feeling overwhelmed, or inability to bond with baby. Seek professional help if needed.

Self-Care

- Don't hesitate to ask for help.
- Take time for yourself—small moments matter.
- Eat well and stay hydrated, especially if breastfeeding.



Caring for Mothers: Breastfeeding Basics

By Dr. Aishath Amany (Medical Officer)

Benefits of Breastfeeding

- **For Baby:** Stronger immune system, reduced risk of infections, healthier weight.
- **For Mom:** Faster uterine recovery, calorie burning, emotional bonding, reduced risk of certain cancers.

Colostrum

The thick yellow first milk, is very rich in nutrients and antibodies—a baby's first vaccine.

How to Start?

- Begin as soon as possible after birth (within 1 hour if possible).
- Practice skin-to-skin contact.
- Baby-led feeding: let baby root and latch naturally.

Positioning

- Cradle hold, football hold, laid-back breastfeeding, side-lying.
- Baby's tummy should face your body, mouth wide open.

Latch Tips

- Baby's lips flanged outward.
- More areola visible above than below baby's mouth.
- No pain—if painful, gently unlatch and try again.

Common Breastfeeding Questions

1. How often should I feed?

On demand day and night, every 2–3 hours, 8–12 times in 24 hours.

2. How do I know baby is getting enough?

- Wet diapers (6+ per day after first week)
- Steady weight gain
- Baby seems content after feeding

3. Is it normal for breastfeeding to hurt?

A slight tug is normal, but sharp pain usually means a bad latch.

4. Can I pump?

Yes! Pumping helps maintain supply and allows others to feed baby.

5. How to store milk?

- Room temp: 4 hours
- Fridge: 4 days
- Freezer: 6 months

Continue Breastfeeding (6 months and beyond)

- From 6 months, start giving soft, mashed family foods, but continue breastfeeding up to 2 years or more.
- Breast milk remains an important source of energy, nutrition, and protection.

Nutrition for Breastfeeding Mothers

- Eat extra 300–500 calories/day from healthy sources.
- Drink plenty of water—keep a bottle nearby during feeds.
- Include calcium, protein, and omega-3s.
- Avoid imported seafood as it might contain mercury

Common Challenges and Solutions

Challenge	What to Do
• Sore nipples	• Check baby's latch, keep nipples clean and dry, apply expressed milk to soothe.
• Low milk supply	• Breastfeed more often, rest, eat well, and stay hydrated. Seek support from health workers.
• Engorged breasts	• Breastfeed often, express milk if baby isn't feeding enough, use warm compresses.
• Baby not feeding	• Wake the baby gently, check for proper latch, consult a health worker if it continues.

Breastfeeding is a gift only a mother can give — natural, powerful, and life-saving. Let's support every mother to breastfeed successfully.



Understanding Breast Cancer: Early Detection Saves Lives

By Dr. Aishath Amany (Medical Officer)

Breast cancer is one of the most common cancers affecting women around the world, but when detected early, it can be treated successfully. Knowing the signs, risks, and when to seek help is key to saving lives.

What is Breast Cancer?

Breast cancer is one of the most common cancers affecting women around the world, but when detected early, it can be treated successfully. Knowing the signs, risks and when to seek help is key to saving lives.

Who Can Get Breast Cancer?

- Mostly women, but men can also develop breast cancer (though it is rare).
- Risk increases with age, especially after 40.
- Anyone with a family history of breast or ovarian cancer may be at higher risk.
- Lifestyle factors like lack of exercise, obesity, and smoking also increase risk.

Common Risk Factors

- Being over 40 years old
- Family history of breast cancer (mother, sister, daughter)
- Early menstruation (before age 12) or late menopause (after 55)
- Not having children or having a first child after 30
- Using hormone replacement therapy (HRT)
- Obesity and physical inactivity
- Smoking

Note: Not all women with risk factors will get breast cancer, and some without any risk factors may still develop it.

Warning Signs to Watch For

See a doctor if you notice:

- A lump or thickening in the breast or underarm
- Change in breast size or shape
- Dimpling or puckering of the skin
- Nipple discharge (especially bloody or clear fluid)
- Nipple pulling inward (inversion)
- Rash or sore on the nipple
- Pain in one part of the breast
- Swelling of part or all of the breast

Many breast lumps are not cancer—but it's important to check them early.

Early Detection of Breast Cancer: Your Best Protection

Early detection means finding breast cancer before symptoms appear or when it's still in its early stages. When breast cancer is found early, it is easier to treat and the chances of survival are much higher.

Why Early Detection is Important?

- Increases survival rates – More than 90% of women diagnosed early survive for many years.
- Allows simpler treatments – Early-stage cancers often require less aggressive treatment.
- Protects your quality of life – Less damage to the body and shorter recovery time.

Take Action, Save Lives



How Can You Detect Breast Cancer Early?

1. Breast Self-Examination (BSE)

What is it?

Check your breasts once a month, a few days after your period. Feel for lumps or thickening and look for changes in shape, skin, or nipples. Do it standing, in the shower, and lying down.

See a doctor if you notice:

- New lumps
- Skin or nipple changes
- Pain or swelling in one area

Not all changes mean cancer, but it's best to get checked.

2. Clinical Breast Examination (CBE)

What is it?

A trained health worker or doctor examines your breasts during a routine health visit.

Who should do it:

- Women aged 30–39: Every 1–3 years
- Women aged 40 and above: Every year

Why it helps:

Health professionals can detect lumps or changes you might not feel yourself.

3. Mammography

What is it?

A low-dose X-ray that can spot breast changes years before they can be felt.

Recommended for:

- Women aged 40+ (every 1–2 years)
- Those with a family history may need earlier screening—talk to your doctor

Why it matters:

Mammograms can detect cancer 2–3 years before a lump is noticeable.

Know What's Normal for You

Every woman's breasts are different. Some may feel lumpy or tender at certain times in the month. The key is to:

- Know your normal
- Watch for changes
- Report anything unusual promptly

Barriers to Early Detection – And How to Overcome Them

- **Fear:** Early detection improves survival—don't delay.
- **Embarrassment:** Health professionals are here to help, not judge.
- **Cost/Access:** Free or low-cost screenings may be available—check local clinics.
- **Misinformation:** Trust qualified health professionals for accurate info.

Note for Men:

Men can get breast cancer too. Report any lump, swelling, or nipple changes right away.

Take Charge of Your Health

- Mark your calendar for monthly self-exams.
- Encourage your mother, sister, wife, or friend to get screened.
- Organize or attend community awareness talks.
- Speak up if something doesn't feel right—you know your body best.

Prevention and Healthy Habits: While not all breast cancers can be prevented, some steps can lower your risk:

- Maintain a healthy weight
- Stay physically active
- Avoid smoking
- Breastfeed if possible
- Get regular screenings and know your family history

Support and Care

A diagnosis of breast cancer affects both body and mind. Emotional, psychological, and social support is important:

- Talk to a counselor or support group
- Lean on family and friends
- Ask your health worker about services and help available

Early detection = peace of mind + better chances of cure. Don't wait. Check, screen, and talk to your doctor.





“EKUVI FOIY” REFRESHER TRAINING TO ATTENDANTS





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UPCOMING EVENTS

Laboratory Week



Doctors Day



International Nurses Day



FOR AMBULANCE

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FOLLOW OUR JOURNEY!