

# SIH'HEE UDHARES

AEH NEWSLETTER | MONTHLY EDITION

## STAFF SPOTLIGHT

Ms. Aishath Saeeda

Ramadan Special

Patient  
Pulse

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

As we welcome the blessed month of Ramadan, I am pleased to share this March issue of Sihhee Udharees. Ramadan is a time of reflection, compassion, and renewal. It reminds us not only of our spiritual responsibilities but also of the importance of caring for our health and the wellbeing of those around us.

At Addu Equatorial Hospital, we believe that healthcare extends beyond treatment. It includes education, prevention, and empowering our community to make healthier choices. Ramadan offers a unique opportunity to focus on holistic wellbeing balancing physical health, mental wellbeing, and spiritual growth.

Fasting, when practiced mindfully, can bring many health benefits. However, it also requires careful attention to nutrition, hydration, and the management of existing health conditions. This is especially important for individuals with chronic illnesses such as diabetes, heart disease, or respiratory conditions. In this issue, our dedicated team of specialists share valuable insights to help our community observe Ramadan safely and healthily

From guidance on mental health and women's health during fasting, to advice on skincare, heart health, respiratory care, and managing diabetes, these articles are designed to support informed and balanced living during this sacred month.

I would like to extend my sincere appreciation to all the doctors and healthcare professionals who have contributed their expertise to this edition. Their commitment to community education reflects the core mission of our hospital—serving our people through knowledge, compassion, and quality care.

This issue also highlights the human side of healthcare at AEH. We are proud to feature one of our dedicated team members in the Staff Spotlight, recognizing the vital work carried out every day by our healthcare professionals. We also share patient feedback from our chemotherapy services, reminding us that behind every service we provide is a life touched and a family supported.

In addition, our hospital community continues to foster togetherness through meaningful activities. The Quran Competition and Club Tharaaweess Dhan reflect the spirit of unity, faith, and camaraderie that Ramadan brings to our workplace.

As we move through this blessed month, I encourage everyone to embrace the values of patience, kindness, and generosity. Let us also remember to prioritize our health, support one another, and extend care to those who need it most.

On behalf of the management and staff of Addu Equatorial Hospital, I wish you and your families a peaceful, healthy, and blessed Ramadan.

Ramadan Mubarak.



**DR. IBRAHIM YASIR AHMED**  
CEO, ADDU EQUATORIAL HOSPITAL

A handwritten signature in blue ink that reads "Dr. Yasir". The signature is fluid and cursive, with a stylized "Y" and "S".

# Patient Pulse:

*Voices from the Heart of Our Hospital*



*I would like to take a moment to express my sincere appreciation for the exceptional care I received during my recent admission for chemotherapy at AEH.*

*I was deeply touched by the kindness, dedication, and professionalism shown by the Nursing Director, Ms. Sofiya Abdulla. She visited me daily to personally check whether I had all the facilities I needed while I was admitted. Her thoughtful attention to even the smallest details made a tremendous difference to my comfort and well-being during a very challenging time. Her concern for patient comfort and well-being was truly reassuring.*

*I would also like to extend my special thanks to the wonderful chemotherapy nurses, Shifnaza and Bivin. It was truly a privilege to be cared for by such compassionate and professional nurses. Bivin made sure to update me daily with information about my condition he and patiently explained everything, which helped me feel reassured throughout my treatment. Shifnaza consistently went above and beyond, arranging everything I needed, even during her off hours, and ensuring that I remained comfortable in every possible way.*

*Their kindness, patience, and dedication made a difficult treatment period much easier for me. The level of compassion shown by the nursing team truly reflects the high standards of care at your hospital.*

*I would also like to kindly suggest that if the toilet in chemo room could be improved or repaired so that patients can comfortably take showers, it would greatly enhance the patient experience during longer admissions. Additionally, having a functioning television in the room would help patients pass the time more comfortably, especially during long chemotherapy sessions that can last many hours.*

*Please convey my heartfelt thanks to Ms. Sofiya Abdulla, Shifnaza, Bivin, Saja, Naaz and all the caring nurses who looked after me. I am truly grateful for their outstanding support and care.*

*With sincere appreciation,  
Mariyam Mohamed*



# Staff Spotlight

## AISHATH SAEEDHA

This month, we are proud to highlight Aishath Saeedha (Aisha), our dedicated Family Health Officer, who has been a valued member of our team since 11 August 1992. With more than three decades of continuous service, Aisha has made a lasting contribution to improving community health and strengthening public health services.

In her role, Aisha provides essential services that support the wellbeing of families and children in the community. Her work includes **immunizations, growth monitoring, maternal and child health support, and raising awareness about important public health issues.**

Through her dedication and close engagement with families, she helps ensure that children grow up healthy and that parents receive the guidance they need to care for their families.

Over the years, Aisha has become well known among both colleagues and community members for her honesty, reliability, and strong work ethic. She approaches her responsibilities with sincerity and compassion, always willing to go the extra mile to support those in need. Her friendly and approachable nature helps build trust with families, making her an important link between the health system and the community.

Aisha's long-standing commitment, positive attitude, and genuine care for others have made her a respected and valued member of the team. Her dedication continues to inspire those around her and plays a meaningful role in improving the health and wellbeing of the community.

We sincerely thank Aisha for her many years of dedicated service and for the difference she continues to make every day.



# “Welcome aboard” the AEH ONE TEAM



**DR. WINT WAH THYNN**  
Physician



**AMINATH LAUHA  
MOHAMED RAFEU**  
Radiologic Technologist



**DR. UMESH THAKUR**  
Orthopedic Surgeon



**MOHAMED SUA'IDH SABIR**  
Assistant Customer Service Officer



**RATHAM NASHID RASHEED**  
Assistant Customer Service Officer



**AMINATH FAIHA SALIH**  
Assistant Customer Service Officer



**AISHATH SIBA SADIR**  
Registered Nurse



# CONSTIPATION: A COMMON HEALTH PROBLEM IN THE MALDIVES

By: Dr. Mohamed Mohamed Ahmed Abdelsalam (Consultant in Surgery of AEH)

Constipation is one of the most frequent digestive complaints seen in daily medical practice in the Maldives. Many people consider constipation a minor or temporary problem, but in reality, chronic constipation can significantly affect quality of life and may lead to serious health complications if ignored. The nature of the traditional Maldivian diet and lifestyle plays an important role in making constipation a common issue among the population.

The typical Maldivian diet depends heavily on white rice, tuna, coconut, and refined carbohydrates, while the intake of vegetables, fruits, and whole grains is often limited. Although fish is a healthy source of protein, a diet that lacks sufficient fiber can slow bowel movements and lead to hard stools. In addition, many people consume large amounts of tea and coffee but do not drink enough water during the day, especially in the hot climate. Low water intake makes stool dry and difficult to pass, increasing the risk of constipation.

Constipation is usually defined as passing stool fewer than three times per week, passing hard or dry stools, excessive straining during defecation, or feeling that the bowel is not completely empty. Occasional constipation can happen to anyone, but when the problem becomes frequent or long-lasting, it should not be ignored.

Chronic constipation can lead to several health problems. One of the most common complications is hemorrhoids, also known as piles, which occur due to repeated straining that causes swelling of the veins around the anus. Constipation can also cause anal fissures, which are painful tears in the anal canal caused by passing hard stools. In severe cases, continuous straining may lead to rectal prolapse, where part of the rectum protrudes through the anus. Long-standing constipation may also cause fecal impaction, a condition in which very hard stool becomes stuck in the rectum and cannot be passed without medical assistance. Increased abdominal pressure from straining may contribute to the development of hernias, especially in adults. A low-fiber diet over many years is also associated with diverticular disease of the colon, and chronic bowel problems may delay the diagnosis of more serious conditions such as colorectal cancer.

Fortunately, constipation can often be prevented through simple changes in diet and lifestyle. Increasing the amount of fiber in daily meals is very important. Fruits such as papaya, banana, and mango, as well as leafy vegetables, beans, and whole-grain foods, help make stool softer and easier to pass. Drinking enough water is equally important, especially in a hot country like the Maldives, where the body loses fluids easily. Most adults should drink at least two to three liters of water per day unless advised otherwise by a doctor.

**Reducing excessive dependence on white rice and adding more vegetables and fruits to meals can greatly improve bowel health. Regular physical activity, even simple daily walking, helps stimulate bowel movements. People should also avoid delaying the urge to pass stool, as repeated delay can worsen constipation. Overuse of laxatives should be avoided unless prescribed by a doctor, as frequent use can make the bowel dependent on medication.**

Medical advice should be sought if constipation lasts for more than two to three weeks, if there is blood in the stool, unexplained weight loss, severe abdominal pain, or constipation occurring later in life. These symptoms may indicate a more serious condition that requires proper evaluation.

Constipation is a common but preventable health problem in the Maldives. By improving dietary habits, drinking enough water, and maintaining an active lifestyle, many people can avoid the discomfort and complications associated with this condition. Increasing public awareness about healthy bowel habits is an important step toward improving overall health in the community.



# DIABETES AND FRUITS: ADDRESSING THE MYTHS AND MISCONCEPTIONS

By: Dr. Tamoor Iqbal (Consultant in Physician of AEH)

Many diabetics think that given the sweetness of the fruits, they should avoid fruits, however global healthcare guidelines, like American Diabetes Association and the World Health Organization guidelines, instead of forbidding it rather strongly recommend use of fruits in daily routine.

There are several myths and misconceptions related to fruits use in diabetes.

## Myth 1: Diabetics should avoid fruits altogether

**Reality:** All international guidelines that deal with setting the protocols for diabetes treatment advocate to include fruits as part of a balanced diet. Whole fruits provide fiber, vitamins and antioxidants that improve cardiovascular health and may reduce diabetes complications.

## Myth 2: Natural sugar in fruits is as harmful as added sugar

**Reality:** Whole fruits contain fructose bound with fiber that slows down the absorption of sugars and prevent any sharp glucose spikes. In contrast, fruit juices and processed foods lack fiber and act like added sugars. Studies show daily consumption of fruits like blueberries, grapes, and apples, can in fact lower the risk of developing type 2 diabetes.

## Myth 3: High-glycemic index fruits are dangerous

**Reality:** Glycemic index (GI) alone is misleading. Glycemic load (GL), which accounts for portion size as well, is more relevant. For example, watermelon has a high GI but a low GL, making it safe in moderate portions.

## Myth 4: Low-GI fruits can be eaten without limits

**Reality:** Even low-GI fruits like apples contribute carbohydrates. Overeating any fruit raises blood glucose, so portion control remains essential. Ideally, there should be 1-2 portions of fruits per day in your daily diet.

## Myth 5: Dried fruits/nuts are always healthy

**Reality:** While nutrient-dense, dried fruits are calorie-rich and concentrated in complex sugars. Guidelines advise small portions and avoiding varieties with added sugar. While nuts may contain less amount of simple sugars, yet moderation is the key when it comes to their consumption.

## Practical Takeaways

- Choose whole fruits over juices or smoothies.
- Take in account the portion sizes (a small banana or a handful of grapes counts as one serving).
- Balance fruit intake with other carbohydrate sources in meals.
- Prefer low-GI fruits (berries, apples, pears) but enjoy high-GI fruits in moderation.
- Avoid added sugars in canned or dried fruits.
- To find out GI or GL of your foods, use digital resources to see the charts of GI and GL of any food

In conclusion, the persistent fear of fruits in diabetes stems from outdated myths. International guidelines consistently affirm that fruits are safe and beneficial when consumed mindfully. Patients should focus on portion control, glycemic load and choosing whole fruits, rather than eliminating them completely from their diets. Dispelling these misconceptions empowers individuals with diabetes to enjoy a diverse, nutrient-rich diet that supports long-term health.



# RAMADAN SPECIAL: MENTAL HEALTH IN RAMADAN

By: Dr. Hassan Zulqernain Mahmood (Consultant in Psychiatrist of AEH)

## Prioritize Nutrition and Hydration

Avoid sweet, oily, and cholesterol-rich foods as much as possible. Choose meals rich in protein and include slow-release energy foods. Drink plenty of water to avoid dehydration. Yoghurt can also help reduce thirst.

## Adjust Expectations and Routine

Avoid strenuous activities and focus on gentle exercise. Maintain a lighter work schedule if possible. Focus on consistency in your daily routine and maintain good sleep hygiene to prevent burnout.

## Practice Mindfulness

Engage in prayer and meditation to help process emotions and maintain lower stress levels.

## Manage Medical Conditions

If you have a mental health condition, consult your doctor about medication timings during fasting and attend follow-up visits to ensure good symptom control and minimize side effects.

## Stay Connected

Keep in touch with your loved ones through phone or the internet, especially if you feel lonely. People who stay socially connected with family and friends tend to have better mental health. The mosque is also a great place for community gatherings during Ramadan.

## Practice Humility and Kindness

Engage in acts of kindness such as giving charity, sharing food, and donating to food banks.

## Set Realistic Goals

Ramadan is a time for meaningful and achievable goals. Set realistic goals and work steadily towards them.



# RAMADAN SPECIAL: WOMEN'S HEALTH TIPS DURING RAMADAN

By: Dr. Mahmoud Abd Elraheem Abd Elsalheen Mohammed (Consultant Gynecologist of AEH)

Ramadan is a time of spiritual reflection, but maintaining good health is equally important, especially for women.

In this article, we highlight important considerations regarding fasting during pregnancy, menstrual cycle changes, prevention of anemia, proper hydration, and the use of hormonal pills to delay menstruation during Ramadan.

## Fasting During Pregnancy

Pregnant women should consult their doctor before deciding to fast. While some healthy pregnancies may tolerate fasting, women with anemia, diabetes, high blood pressure, or other complications may be advised not to fast. Adequate hydration, balanced nutrition, and not skipping Suhoor are essential for maintaining health during fasting.

## Menstrual Cycle Changes

Some women may notice mild changes in their menstrual cycle during Ramadan. Altered sleep patterns, dietary changes, and changes in daily routines can affect hormonal balance. These changes are often temporary, but persistent irregular or heavy bleeding should be medically evaluated.

## Preventing Anemia

Women are more prone to iron deficiency. During Ramadan, include iron-rich foods such as meat, legumes, and leafy vegetables in your meals. Vitamin C helps improve iron absorption, while drinking tea or coffee immediately after meals may reduce it.

## Hydration and Urinary Health

Drinking adequate fluids between Iftar and Suhoor helps prevent dehydration and may reduce the risk of urinary tract infections.

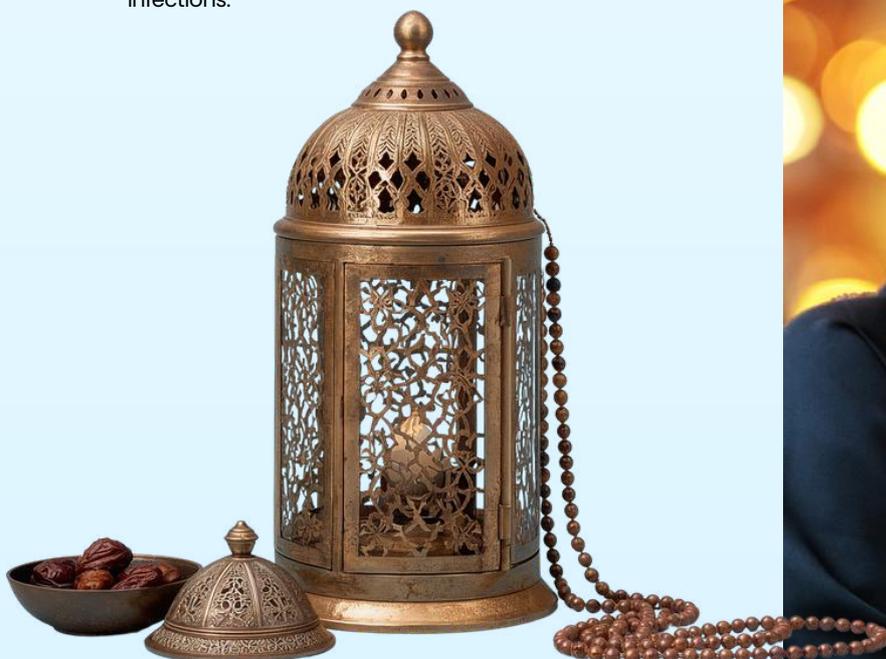
## Menstrual Delay and Hormonal Pills

Some women may choose to use hormonal pills to delay their menstrual period during Ramadan for religious reasons. These medications should only be used after medical consultation, as they may not be suitable for everyone. Women with certain conditions such as blood clotting disorders, uncontrolled hypertension, or a history of thromboembolism should avoid using hormonal medications without proper medical advice.

## Ramadan Health Tips for Women

- Drink adequate fluids between Iftar and Suhoor to prevent dehydration.
- Eat balanced meals including protein, fruits, vegetables, and iron-rich foods.
- Do not skip Suhoor, as it helps maintain energy throughout the day.
- Limit tea and coffee after meals to improve iron absorption.
- Seek medical advice if you experience persistent fatigue, heavy bleeding, or unusual symptoms.

By maintaining balanced nutrition, proper hydration, and adequate rest, women can observe Ramadan while protecting their overall health and well-being.



# RAMADAN SPECIAL: GUIDE TO FRIENDLY SKINCARE

By: Dr. Nina Bhochohibhoya (Consultant Dermatologist of AEH)

Maintaining a healthy glow while fasting requires a proactive approach to hydration. When your body's water intake shifts to the non-fasting hours, your skin is often the first place to show signs of dehydration, appearing dull, tight, or sensitive.

Here is how to create a simple routine that keeps your skin resilient and refreshed throughout the holy month.

## 1. The Hydration Strategy

### The Sip Method

Avoid water-loading at sunset. Instead, drink small, consistent amounts of water throughout the night to allow better absorption by the body.

### Hydrating Foods

Include water-rich fruits and vegetables such as watermelon, cucumbers, and oranges in your meals. These help provide hydration along with essential vitamins.

### Limit Dehydrators

High sodium foods and excessive caffeine can increase fluid loss. Opt for herbal teas or infused water instead.

## 2. A Gentle External Routine

When your skin's moisture barrier is compromised, your skincare routine should focus on soothing and protecting the skin.

### Cleansers

Use soap-free, non-foaming cleansers that cleanse gently without stripping natural oils.

### The 3-Minute Rule

Apply moisturizer within three minutes of washing your face. Applying products to slightly damp skin helps lock in moisture more effectively.

### Layering Actives

Use a Hyaluronic Acid serum under your moisturizer to attract moisture, and apply a barrier cream at night to seal hydration.

## 3. Daytime Refreshers

Keep these essentials nearby to help combat daytime dryness.

### Facial Mists

A quick spritz of rose water or a hydrating mist can provide a cooling effect and instant moisture.

### Barrier Protection

Do not skip SPF. Dehydrated skin is more vulnerable to sun damage and environmental stress.

### Targeted Care

Use a moisturizing lip balm to prevent chapped lips, which are often one of the first signs of dehydration during fasting.

### The Golden Rule

Ramadan is a time for mindfulness. Extend that care to your skin by choosing gentle, quality ingredients and paying attention to its needs. Focus on a "less is more" approach to avoid irritation while prioritizing deep and lasting hydration.



## RAMADAN SPECIAL: HEALTHY LIVING DURING RAMADAN

By: Dr. Hazem Elsayed Awad Elbarbary (Consultant Cardiologist of AEH)

Ramadan is a special time for spiritual reflection, discipline, and community.

While fasting from dawn to sunset offers many spiritual benefits, it is also important to maintain good health throughout the month.

***One of the most important aspects of healthy fasting is proper hydration. Since the body goes many hours without fluids, try to drink enough water between iftar and suhoor. Limiting caffeinated drinks such as coffee and tea can also help prevent dehydration.***

Balanced nutrition is another key factor. At iftar, it is best to break the fast gently with light foods such as dates, fruits, or soup before moving on to a balanced meal that includes vegetables, protein, and whole grains. Avoid overeating or consuming too many fried or sugary foods, as these can lead to fatigue and indigestion.

Suhoor should not be skipped. Eating foods rich in fiber and protein, such as oats, eggs, yogurt, and whole grains can help maintain energy levels during the day and reduce hunger.

Maintaining moderate physical activity is also beneficial. Light exercise, such as walking after iftar, can support digestion and overall well-being.

Finally, individuals with chronic illnesses such as diabetes, hypertension, or heart disease should consult their healthcare provider before fasting to ensure it is safe for them.

Ramadan is a time to nurture both spiritual and physical health. By eating wisely, staying hydrated, and listening to your body, you can enjoy a healthy and fulfilling month.

Wishing everyone a healthy and blessed Ramadan.



# RAMADAN SPECIAL: IMPORTANT OF TAKING CARE OF YOUR LUNG

By: Dr. Ubaid Ullah (Consultant Pulmonologist of AEH)

Ramadan is a beautiful and blessed time for reflection, patience, and spiritual growth. As we observe fasting and adjust our daily routines, it is also important to take care of our health, especially our lungs.

For individuals living with asthma, COPD, or other breathing conditions, Ramadan can still be observed safely with a few simple precautions and proper medical guidance.

It is very important not to stop using prescribed inhalers or medications during Ramadan. Inhalers can usually be scheduled around Suhoor and Iftar, depending on your doctor's advice. Suddenly stopping asthma medication can trigger serious breathing problems or asthma attacks.

Hydration is also essential. Try to drink enough water between Iftar and Suhoor. Good hydration helps keep the airways moist and may reduce irritation and coughing during the fasting hours.

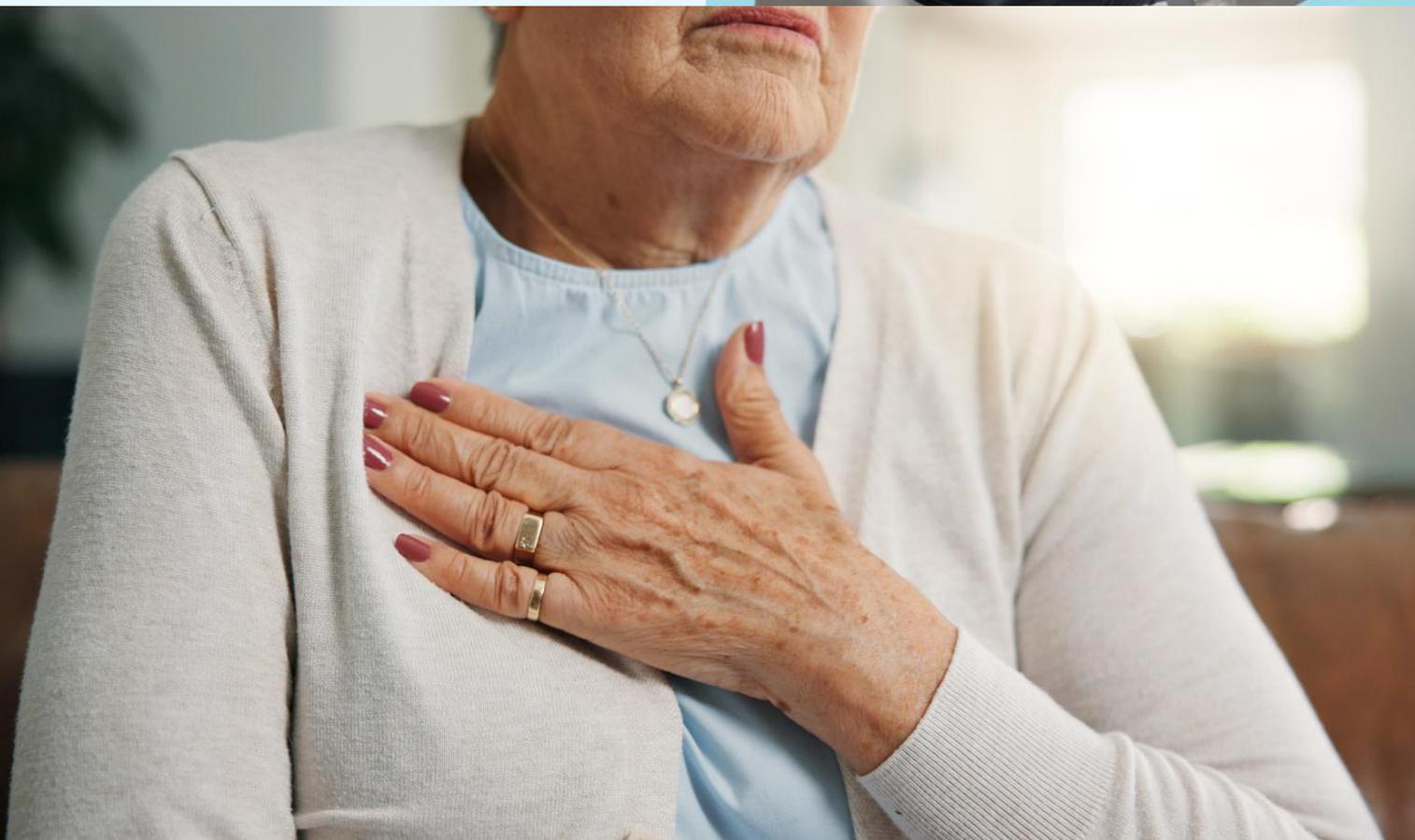
***During Ramadan, kitchens often become smoky and crowded while preparing Iftar. Smoke, strong cooking smells, dust, and perfumes can trigger breathing difficulties in people with asthma or COPD. It is advisable to stay in well-ventilated areas and avoid exposure to smoke, dust, strong perfumes, and very spicy foods. Drinking very cold water immediately after fasting may also trigger coughing or airway irritation in some individuals.***

It is also helpful not to overeat at Iftar. Large or heavy meals can cause stomach fullness and reflux, which may worsen breathing symptoms in people with asthma. Instead, try to break the fast with light, balanced meals and eat slowly.

Most importantly, listen to your body. If you experience severe shortness of breath, persistent coughing, chest tightness, wheezing, or unusual fatigue, seek medical advice promptly. Your health is a trust that must be protected, and Islam allows exemptions from fasting when health is at risk.

May this Ramadan bring peace, good health, and countless blessings to you and your loved ones.

Remember me in your prayers.





## ANNUAL DAY OF MHC





## ANNUAL DAY OF MHC





## ANNUAL DAY OF MHC





## CLUB AEH QURAN COMPETITION



# Tharaaweess Dhan

With a Sheikh 1447

Topic: Last 10 Days of Ramadan & Laylat al-Qadr

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## CLUB AEH THARAAWEES DHAN



## CONTENT

Dr. Mohamed Mohamed Ahmed Abdelsalam

Dr. Tamoor Iqbal

Dr. Hassan Zulqernain Mahmood

Dr. Mahmoud Abd Elraheem Abd Elsalheen Mohammed

Dr. Nina Bhochhibhoya

Dr. Hazem Elsayed Awad Elbarbary

Dr. Ubaid Ullah

Rifaza Rasheed

## EDITOR

Nishaaza Abdulla

## PHOTOGRAPHY

Nishaaza Abdulla

Internet

## DESIGN & ART DIRECTION

Nishaaza Abdulla



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