A MEDICAL JOURNAL FOR HEALTHIER LIVES

Living Well

INFORMING • INSPIRING • EMPOWERING

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THE OFFICIAL NEWSLETTER OF SAIFEE FOUNDATION MEDICAL CENTRE

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ

WHEN I FALL SICK, IT IS HE WHO CURES ME



A MESSAGE FROM THE BOARD

Saifee Foundation Medical Centre is more than a hospital—it is a place of healing, hope, and compassion.

Provides quality, affordable, patient-centred healthcare in a safe and welcoming environment, where every person is treated with dignity, professionalism and empathy.

Guided by our faith and commitment to excellence, we care not only for the body but also seek to restore hope and wellbeing to every life we touch.

WELCOME TO SAIFEE FOUNDATION MEDICAL CENTRE

Welcome to the inaugural edition of the Saifee Foundation Medical Centre Newsletter. At SFMC, our mission is simple: to provide quality, affordable and compassionate healthcare to every patient who walks through our doors.

Guided by our promise, "Care You Deserve," we are committed to delivering patient-centred healthcare in a warm, professional and respectful environment.

Located in the heart of Mombasa, we proudly serve individuals, families, corporate clients and the wider community with a growing range of healthcare services delivered by a dedicated team of medical professionals.

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."
–John F. Kennedy

LEAD STORY

FINDING CALM IN A BUSY WORLD

By Masood Kheraluwala

In today's fast-paced world, stress has become a part of daily life. Balancing work, family responsibilities, finances and constant digital connectivity can leave many feeling overwhelmed. While some stress is a natural response to challenges, prolonged stress can affect both physical and mental health, increasing the risk of high blood pressure, heart disease, anxiety, depression and poor sleep.

The good news is that stress can be managed with simple, healthy habits, such as:

·Regular exercises;
·A 30-minute walk, helps reduce stress hormones and improves mood;
·Quality sleep;
·Balanced diet;
·Staying well-hydrated;
·Taking short breaks during the day;
·Deep breathing or mindfulness, and
·Limiting screen time can help restore a sense of calm.

Equally important is maintaining strong social connections. Talking to family, friends or a healthcare professional can provide valuable support during difficult times. Remember, seeking help is a sign of strength, not weakness.

Managing stress is not about eliminating life's challenges but learning healthier ways to respond to them. You can't always control life's pressures, but you can control how you respond to them. Small daily steps toward managing stress can lead to a quality life.



DOCTORS CORNER

PREDIABETES - A WAKE UP CALL

By Dr.. Zainab Hasuji

"**No Symptoms doesn't mean no Risk**". Prediabetes is often silent- which is why **AWARENESS** and regular **SCREENING** are so important.

Prediabetes is a condition in which not all the symptoms of diabetes are present, but sugars are abnormally high. Fasting sugars range from 5.6-6.9mmol and after meals sugar of 8-11mmol is prediabetes.

Think of Prediabetes as a wakeup call. Without timely intervention, it can progress to Type 2 diabetes.

The good news is that healthy lifestyle changes at this stage can prevent or delay the onset of diabetes and reduce the risk of its complications.



SIMPLE WAYS TO REDUCE YOUR RISK SYMPTOMS

1. Get more physical activities
2. Eat whole grains and fiber-rich foods
3. Avoid fat diets and make healthier choices
4. Lose extra weight
5. Reduce portion size
6. Eat more vegetables and lean proteins and reduce sugary and starchy foods

"Keeping your body healthy is an expression of gratitude to the whole cosmos — the trees, the clouds, everything."
– Thich Nhat Hanh

DID YOU KNOW?

FACT OR FICTION?

Health information is everywhere, but not all of it is true. Myths spread through social media and traditional beliefs can mislead people, delay treatment and affect health decisions. Understanding the difference between fact and fiction is key to better health.

MYTH	FACT
 **APPLY ICE ON BURN**	Research shows that applying ice cubes to minor scalds can actually do more harm than good. This is because extremely cold temperatures can have a frostbite-type effect that damages the surface of the skin.It is better to use running cold water on the burn
 **PEEL FRUITS & VEGGIES**	The skins of fruits and vegetables such as apples, potatoes and carrots are rich in vitamins, minerals, and fibre. For eg, apples and potatoes with their skins contain significantly more vitamins than when peeled. The fibre in the skin also helps keep you fuller for longer.
 **DRINK 8 GLASSES EVERYDAY**	The popular "8×8 rule" (eight 8-ounce glasses a day) is only a general guideline. Your water needs vary depending on your body size, activity level, climate, and overall health. A good indicator of proper hydration is drinking when thirsty and maintaining clear or light-yellow urine.
 **YOU DONT NEED A DOCTOR IF YOU FEEL FINE**	Many conditions, including high blood pressure, high cholesterol, type 2 diabetes, and some cancers, can develop without noticeable symptoms. Regular medical check-ups and routine screening are essential for early detection and timely treatment, even when you feel perfectly well.



COMMUNITY IN ACTION

Earlier this month, we partnered with Majengo Community Organization to offer free health checkups to residents of Majengo. Together we build a healthier community.



CHIISA NA IKIGAI - Small bite sized joys

By Samina Vejlani

Plunging yourself into an ice bath or gulping down green sludge that tastes like lawn trimmings is not always the way to scale the "Peak of Health."

Experience The Art of Living through chiisa na ikigai—a Japanese concept about taking small bites of joy.

Euphoria doesn't only have to come from a massive breakthrough or a transformative crusade; it comes from the little joys, like getting the last slice of pizza or wearing mismatched socks because you couldn't find the pair.
It is said that these diminutive moments that delight you tend to boost dopamine levels and reduce stress even more effectively than visiting a pricey health resort.

Lower your stakes, lower the wellness bar—your soul just needs to snack on bite-sized pieces of joy with a steaming hot cuppa chai!

LIVE WELL

LAUGHTER THERAPY



Patient: "Doctor, my child swallowed a pen. What should I do?"
Doctor: "Use a pencil."

OUR SERVICES



We currently offer:

- **Outpatient and Inpatient Services**
- **Pharmacy**
- **Laboratory Services**
- **Radiology**
- **Dental Services**
- **Maternity Services**
- **Physiotherapy**
- **Theatre Services (Major and Minor)**
- **Baby Clinic**
- **HDU Services**
- **Consultant (Specialist) Clinics**



As we continue to grow, we remain focused on improving our services, embracing innovation and strengthening our partnerships with the community to ensure that every patient receives the care they deserve.

Thank you for choosing Saifee Foundation Medical Centre. We look forward to walking alongside you on your journey to better health.





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