A MEDICAL JOURNAL FOR HEALTHIER LIVES

Living Well

INFORMING • INSPIRING • EMPOWERING

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ISSUE 02

THE OFFICIAL NEWSLETTER OF SAIFEE FOUNDATION MEDICAL CENTRE

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ

*WHEN I FALL SICK, IT IS **HE** WHO CURES ME*

WELCOME TO SAIFEE FOUNDATION MEDICAL CENTRE



Welcome to the 2nd 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.

MOMBASA MEGA MARATHON 2026

Story on page 3



"Laughing decreases blood pressure and increases blood flow."
– Anonymous

LEAD STORY

Sleep -
Nature's Best Medicine

By Masood Kheraluwala

We often think of sleep as simply a time when our body rests. But a good night's sleep does much more. It is nature's way of helping our body and mind recharge, repair and prepare for the next day.

Getting quality sleep can improve our mood, concentration, memory and energy levels. It also helps the body recover from daily activities and supports our overall well-being.

How can we sleep well?

- Try to go to bed and wake up at about the same time each day.
- Keep your bedroom quiet, comfortable and free from unnecessary distractions.
- Avoid heavy meals, caffeine and too much screen time close to bedtime.
- Relaxing activities such as reading, gentle stretching or listening to soothing music can also help prepare the mind for sleep.

A good night's sleep is not a luxury—it is an important part of a healthy lifestyle. So, tonight, give yourself permission to switch off, rest well and wake up refreshed. ***And remember, your bed is probably the only place where doing absolutely nothing can be good for you!***



DOCTORS CORNER

"I do not feel I have high blood pressure"

By Dr. Yusuf Ezzi (Alibhai)
This is a common line heard at any clinic.

Hypertension, a.k.a high blood pressure, does not commonly present with symptoms. Occasionally, some experience headaches, body pains or fatigue. By the time it becomes evident, things have gone too far and caused organ damage. Complications include, but are not limited to, stroke, heart disease and kidney failure.

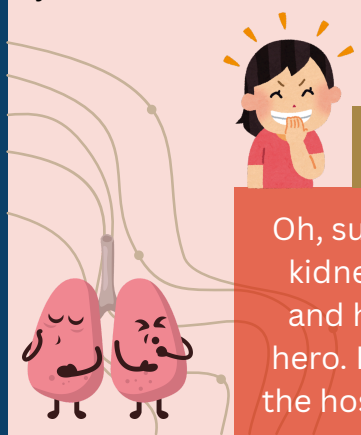
Sadly enough, some people do get diagnosed with hypertension, mostly incidentally, but fail to start on medication simply because of denial. Others tend to use it for a month or two, and on finding normal readings, they believe they have been cured. Unlike antibiotics, which are prescribed for a set duration, BP medications are lifelong unless advised by your doctor otherwise.

The European Society of Cardiology (ESC) defines BP readings of more than 140/90 mmHg as hypertension. If you are on medication, for most adults the target BP should be 120-129 mmHg (systolic).

Risk factors include smoking, alcohol, high cholesterol, obesity, genetic factors, stress and others. It can also commonly occur without any risk factor, and this is called essential / primary hypertension. Occasionally, younger individuals also develop hypertension, and this is referred to as secondary hypertension, which is usually associated with an underlying medical condition.

Preventive measures include lifestyle modifications such as a low salt diet, physical exercise (30 mins a day, 5 times a week), and cessation of smoking and alcohol.

Get yourself checked today, a simple 2 minute BP check can save yours or your loved one's life. Your health is in your hands.



LAUGHTER CORNER

Oh, sure. My friend donates a kidney to the City Hospital and he is treated like some hero. I donate five kidneys to the hospital and I get arrested.

"We do not stop exercising because we grow old – we grow old because we stop exercising."
– Dr. Kenneth Cooper







MOMBASA MEGA MARATHON 2026

Saifee Foundation Medical Centre Participation

Saifee Foundation Medical Centre participated in the inaugural Mombasa Mega Marathon 2026, held on 16th August 2026 at Mama Ngina Waterfront, as part of the event's medical support team. We, among other hospitals provided first responder and first aid services, as well as serving as a referral facility for participants requiring further medical attention.

We had deployed a team of 10 personnel comprising 3 doctors, 2 nurses, 1 medical student, 1 records officer and 1 administrator and 2 operations representative.

The participation provided us with an opportunity to support a major community health and wellness initiative within the Mombasa community.

LIVE WELL

I am so GRATEFUL

ARIGATOU - Gratitude for simple things

By Samina Vejlani

Yawning from a good night's sleep, having a bowl of warm soup with a crunchy baguette, or cuddling up with your little one right before sleep—at times we take these moments as guaranteed entitlements, not realizing the myriad of efforts and veiled conditions that bring about all the good things in our lives.

Arigatou is a Japanese word meaning "thank you". Simply saying "Arigatou" to ordinary moments in life can transform them into extraordinary blessings.

This forms a framework for comprehensive well-being and a release of positive energy as we mindfully express appreciation for the small pleasures in life. Weaving "arigatou" into our daily lives strengthens mental fortitude, lowers stress, and brings about internal satiety.

Live in the moment, anchor your energy in the present—express gratitude, as nothing lasts forever; these moments are ephemeral and precious.

DID YOU KNOW?

WORLD PHYSIOTHERAPY DAY
Celebrating the Power of Movement

Did you know that World Physiotherapy Day is observed every year on 8 September? The date was chosen because it marks the founding of the World Confederation for Physical Therapy—now known as World Physiotherapy—in 1951. The day was officially designated as World PT Day in 1996.

World Physiotherapy Day is more than a celebration of the profession. It is an opportunity to recognise the important role physiotherapists play in helping people maintain mobility, recover from injury and illness, manage long-term conditions, and remain active and independent. It is an essential part of modern healthcare and rehabilitation.

Around the world, hospitals, clinics and educational institutions mark the day through health-awareness campaigns, educational talks, exercise and mobility sessions, community activities, public screenings, social-media campaigns and professional events. Each year, World Physiotherapy selects a specific theme to draw attention to an important health issue. In 2026, the focus is on the role of physiotherapy and physical activity in preventing, managing and rehabilitating cardiovascular disease and stroke.

Ultimately, World Physiotherapy Day reminds us of a simple truth: Movement is an important part of Living Well.

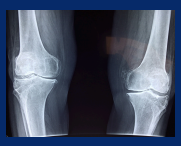
OUR SERVICES



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**

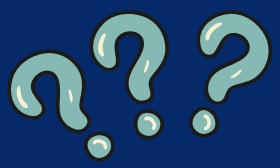




As we continue to grow, we remain focused on improving our services, embracing innovation and strengthening our partnerships with the community to ensure that every patient receives the care they deserve.

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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