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*

WELCOME TO SAIFEE FOUNDATION MEDICAL CENTRE

Welcome to the 3rd 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 International Show 2026



Saifee Foundation Medical Centre participated in the show by providing free medical check-ups and treatment to exhibitors, visitors, students and service providers from 2nd to 5th September 2026. A total of 125 patients were seen at the show, with 2 emergency cases recorded.

MEDYSSEY

BY Masood KHERALUWALA

A Journey Through the Ages of Medicine

The history of medicine is **not simply a Western story.** Medical knowledge accumulated over centuries across civilizations, particularly **Mesopotamian, Egyptian, Greek, Indian, Persian, Chinese and Islamic traditions,** before evolving into modern pharmaceutical science.

Fasten your seatbelt as we embark on an informative and fascinating Medyssey—from ancient healing practices to the discoveries and innovations of modern medicine.

Humans discovered that certain plants, roots, leaves and minerals could relieve pain, treat wounds or ease illness—largely through observation and trial and error.

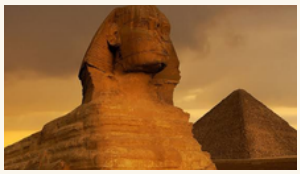
Eg: Willow bark, used for pain and fever, eventually contributed to the development of aspirin; opium poppy was used for pain relief.

1

PRE HISTORIC ERA

NATURE WAS THE MEDICINE





AROUND 1500BCE

ANCIENT EGYPT

MEDICINE WAS DOCUMENTED

2

The **Ebers Papyrus** contains hundreds of prescriptions and remedies. Egyptian physicians used honey, garlic, herbs, oils and minerals. Interestingly, honey was applied to wounds because of its properties that can inhibit microbial growth.

The medical tradition associated with **Hippocrates** helped move medicine away from purely supernatural explanations. It emphasized **observing patients, recording symptoms, understanding disease, diet and lifestyle, and treating the patient rather than simply the disease.**

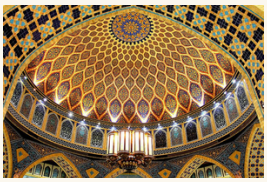
AROUND 500BCE

ANCIENT GREECE

MEDICINE MOVES TOWARD OBSERVATION



3



800-1300 AD

THE ISLAMIC GOLDEN AGE

MAJOR TURNING POINT

4

This was one of the most important chapters in medical history. Scholars translated Greek, Persian and Indian works while also expanding and systematizing medical knowledge.

Al-Razi (Rhazes) was a physician, chemist and prolific medical writer. **Ibn Sina (Avicenna)** authored The Canon of Medicine. **Al-Zahrawi** made major contributions to surgery and described numerous surgical instruments and procedures.

During this period, organized drug preparation became increasingly sophisticated. Pharmacists prepared **syrups, powders, pills, tinctures, oils, ointments and distilled substances.**

5

1200-1300 AD

PHARMACY EMERGES





16TH - 18TH CENTURIES

SCIENTIFIC REVOLUTION

6

Medicine moved from traditional authority toward **experimentation, observation, botanical classification and chemical analysis.** Scientists began asking: What exactly makes a plant medicinal?

Scientists began successfully isolating active compounds from plants. **Morphine** was isolated from opium, **Quinine** from cinchona bark for malaria, while **salicin → salicylic acid → aspirin** demonstrated natural substances to modern medicines.

7

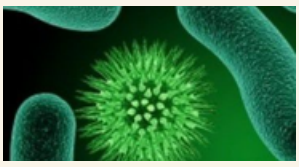
19TH CENTURY

BIRTH OF MODERN PHARMACOLOGY



The discovery that microorganisms could cause disease, transformed healthcare. It led to the development of **antiseptics, disinfectants and antimicrobial treatments,** changing the prevention and treatment of infection.

19TH CENTURY
GERM THEORY REVOLUTION





20TH CENTURY
ANTIBIOTICS REVOLUTION

Alexander Fleming observed that a mould inhibited bacterial growth. This discovery ultimately led to penicillin becoming a practical medicine. Its mass production during the 1940s transformed the treatment of bacterial infections and was followed by antibiotics.

Pharmaceutical research accelerated dramatically, producing **vaccines, antihypertensives, diabetes medicines, psychiatric drugs, cholesterol-lowering medicines, cancer therapies, antivirals, hormonal treatments, biological medicines and monoclonal antibodies.**

POST-WORLD WAR II
MODERN PHARMACEUTICAL ERA





PRESENT ERA
FROM CHEMISTRY TO BIOTECHNOLOGY

Today, medicine has progressed from **small molecules to proteins, antibodies, gene therapy, cell therapy and RNA-based medicines.**

What began with someone noticing that **a particular plant seemed to make a sick person better** has evolved into medicines capable of targeting individual molecules, modifying immune responses and, in some cases, influencing genetic material.

And the Medyssey continues...

DID YOU KNOW

1		**Aspirin's Origin** Aspirin can be traced back to the use of **willow bark** for pain and fever thousands of years ago.
2		**Heart beats about 100,000 times a day** In an average lifetime, the heart can beat billions of times.
3		**Brain itself doesn't feel pain** The brain contains no pain receptors, although the tissues surrounding it can detect pain.
4		**Bones are dynamic** The skeleton is constantly being broken down and rebuilt. Bone is much more dynamic, than the rigid structure it appears to be.
5		**Length of Blood Vessels** If the blood vessels in an adult human were laid end-to-end, their total length is often estimated to wrap around the Earth's equator more than two to four times.
6		**Tooth enamel is the hardest substance** Teeth and bones are both hard tissues, but the tooth enamel is the hardest substance in the human body.

DOCTORS CORNER

From Gut to Brain: How Gut Health Influences Stroke

By: Razia ALI
Clinical Nutritionist / Dietitian / Diabetic Educator/ Nutrigenomic Counsellor

What Happens After a Stroke?

A stroke reduces blood flow to part of the brain, causing brain-cell injury and triggering oxidative stress and inflammation. Interestingly, the gut also responds.

After a stroke, the composition of gut bacteria can change rapidly, while the intestinal barrier may become more permeable. This can contribute to infection, immune disturbances and poorer nutritional status—potentially affecting recovery.

Nutrition as Part of Stroke Recovery

In the acute phase:

- Assess swallowing ability promptly.
- Provide appropriate nutrition, including enteral feeding when necessary.
- Maintain hydration and electrolyte balance.



Looking Beyond Recovery

The long-term goal is not only to regain strength and independence, but also to reduce the risk of another stroke. A Mediterranean style eating pattern, adequate fiber, good hydration and reduced consumption of ultra-processed foods can support both cardiovascular and gut health.



A healthy gut supports a healthier body and potentially, a more resilient brain.

Stroke: More Than a Brain Event

Stroke is usually thought of as a sudden neurological event, but emerging research suggests that its story may begin much further away—in the gut.

The gut and brain are closely connected through the gut–brain axis, communicating through the nervous system, immune signals and substances produced by gut bacteria. When the balance of these bacteria is disturbed —a condition known as dysbiosis—inflammation can increase throughout the body. This may contribute to conditions such as atherosclerosis, hypertension and insulin resistance, all of which can increase stroke risk.

Why Nutrition Matters

Following a stroke, nutritional needs can increase while eating may become difficult. Dysphagia (difficulty swallowing) can significantly reduce food and fluid intake, while muscle wasting, dehydration and electrolyte disturbances may develop.

A disturbed gut microbiome may further affect nutrient absorption and the production of beneficial substances such as short-chain fatty acids, which support gut health and immunity.

Nutrition as Part of Stroke Recovery

During rehabilitation:

- Protein-rich foods help protect muscle mass.
- Fiber-rich foods support a healthy gut microbiome.
- Omega-3 fats and antioxidant-rich foods may help manage inflammation and oxidative stress.
- Probiotic foods can support gut health.

Meals may need to be small, frequent and texture-modified for patients with swallowing difficulties.

The Takeaway

Stroke care does not begin and end with the brain. The gut matters too.
By recognising the relationship between gut health, inflammation and nutrition, healthcare teams can provide more comprehensive stroke care—supporting recovery today while helping protect against future stroke.

MEDICAL CAMP IN MIRITINI



Saifee Foundation Medical Centre partook in the Multi-Speciality Medical Camp in Mritini on 6th Sep 2026, organised by the Dawoodi Bohras under the banner of 'Project Rise', together with Umoor Sehhat, SBMA - EA and Kenya Redcross Society. A total of 700 patients were seen at the camp, with most common complaint being of Eyes.

LAUGHTER CORNER

An emergency room doctor asks their patient,
"So, what brings you here?"
The patient looks around confused, then replies: "An ambulance."

A patient at my daughter's medical clinic filled out a form.
After Name and Address, the next question was "Nearest Relative."
She wrote "Walking distance."

SOFT STRENGTH

By Samina VEJLANI

LIVE WELL

"She's one tough cookie" or "She is hardcore" - we often tend to resonate resilience with toughness. We build layers of protection or wear heavy armours of endurance to deem strength - yet we crumble inside and exhaust our souls from the weight of perfection.

True resilience, however, comes from fostering soft strength; accepting vulnerability and lowering your guard. It is found in taking a pause, resting without guilt, feeding your soul with what gives it peace or simply asking for help.

Rather than standing like an old rigid oak tree that can snap in a gale, aim to be a slender reed. Bend and sway to endure a storm but rise right back when the worst is over.

Unhunch your shoulders, unclench your jaw, unclutch your fists - stop waging wars with hardships, approach them with tenderness. In doing so, you fortify a deep trust within yourself - learning to bend without shattering.

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- PHYSIOTHERAPY
- THEATRE SEVICES (MAJOR & MINOR)
- BABY CLINIC
- HDU SERVICES
- CONSULTANT SPECIALIST CLINIC

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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