



momentum



DBAJ'S MONTHLY NEWSLETTER

VOLUME-II

Wishing you RAMADAN KAREEM from everyone at DBAJ

Ramadan is not just about disciplining the body by abstaining from eating food and drinking water, but also about acquiring control over the spiritual body through exerting restraint on emotions such as anger, desires, jealousy, greed amongst others. People are encouraged to undertake good deeds, exercise discipline on mind and body and prepare oneself to serve Allah in all honesty and goodness.

This newsletter aims to bring you select tips for a healthy Ramadan from the team at DBAJ.

Our bodies go through severe detoxification process during this period of intense fasting. It is important that we watch what we eat to support this process. Healthy eating will ensure that not only do we have a proper fasting regime maintained but our health is also augmented multi-fold. Here are few easy tips:

Suhoor

To prepare for the long hours of fasting, consume slow-digesting foods including fiber containing foods rather than fast-digesting foods such as candies and food prepared with refined flour like white bread, white rice amongst others. Some example of these include, whole cereals, green leafy vegetables, red cabbage, carrots, green, red and yellow peppers, fruits such as apples, oranges, banana, watermelon, melons, figs and all kinds of legumes.

Slow digesting foods at Suhur last up to 8 hours, while fast-digesting foods last for only 3-4 hours. Complex carbohydrates foods last longer making you less hungry.



Iftar

Raw vegetables and fruits are a great way to break the fast because they contain fiber which will help you remain full for longer.



Dates are excellent source of sugar, fiber, carbohydrates, potassium and magnesium. They take care of the body's immediate need of easily available energy at the time of Iftar.

Juice and soup help maintain mineral balance in the body. An unbalanced diet and too many servings of sherbets and sweets with added sugar have been found to be unhealthy a major cause of weight gain and acidic reflux.



You need to make up for the loss of water during the day, so try and drink 8-10 glasses of water during the period of Iftar and Suhoor.

Healthy guidelines for your bones and joints during Ramadan fasting – Dr. Ashok Kumar



Dr. Ashok Kumar
Orthopaedic Surgeon

People from all religions and regions of the world observe fasting practices during several times of the year. Fasting is a traditional or religious practice – a way for people to reinforce their faith or as a time of reflection. There have been a lot of nutrition tips and techniques for fasting during Ramadan, but we rarely pay importance on the positive and negative impact of fasting on our bone and joints.

To start with the positives - proper fasting promotes a reduction in body weight, which helps to relieve some of the stress on your bone and joints. It also helps in lowering of blood sugar, lowering of cholesterol and lowering of the systolic blood pressure if conducted in an appropriate manner.



However, here are a few tips to prevent any bone and joint strain during Ramadan:

- The extra 'salah' (praying) during Ramadan could add some extra pressure on the knee joints which could result in pain and swelling. Stretching the lower limbs before you pray can help relieve the strain on your knee. An example of a stretch:

- Bend and straighten your knees 5-6 times before and after prayer
- Put a soft cloth beneath your knees



- During Ramadan, your consumption of certain nutrients such as calcium might be decreased which could affect your bone and joint health. To overcome this, incorporate calcium rich foods and nutritious items in your Iftar meal such as yoghurt based dishes, cheese, broccoli etc.



- Even though, you may be feeling a lack of energy – it is important to try and get some exercise during the month. Even a light walk after your meal or a swim can significantly help.

Exercising during Ramadan – DBAJ Physiotherapy Department

Intense fasting often is accompanied by fatigue. As such those fasting usually refrain from exercising. However stopping exercise often results in losing muscle and hence more energy is required. Some tips for your Ramadan exercise regime during this period of fasting:

1. Avoid high intensity sports and training during the day. Lighter exercises such as jogging, swimming, yoga or pilates can help you.



2. The best time to engage in exercise is either early in the morning (before your first meal) or a minimum of 1 hour after Iftar during the evening.



3. Aim to keep your exercises between 20-30 minutes at least 3-4 times a week.
4. Remain hydrated. Drink as much water as you can before, during and after your meals.

It is important to listen to your body - If you are fatigued, reduce the duration of your workout or try varying your routine.

Benefit of Ramadan on your arthritis – Dr. Khalaf Moussa



Dr. Khalaf Moussa
Orthopedic Surgeon

Ramadan has been documented to have many positive effects on chronic diseases wherein those who are fasting have actually registered a decline in the condition. Recent research has established the bearing that an individual's diet has on their rheumatoid arthritis (RA). A majority of these studies demonstrate that patients suffering from RA showed significant clinical improvement with a controlled diet.

During Ramadan, people abstain from eating and drinking during the day from sunrise to sunset, which can reach to over 12 hours of fasting. A number of them have claimed that the long duration of fasting has actually relieved some of the symptoms of arthritis, such as: pain, swelling, range of motion etc.

Ramadan ushers in a 30 day detoxifying process and abstinence from the not so healthy foods that we consume which can further catalyze this clearance.

It is believed that red meat in particular, can have an influence in aggravating the symptoms of gouty arthritis. Red meat increases the uric acid in blood, which is known to accumulate in synovial membrane in the form of crystals causing tissue damage. This is why for arthritis patients during Ramadan cutting out on foods containing red meat and fatty content can improve your symptoms leading to reduced joint pain and stiffness.

Patient testimonial

It had been months of discomfort for 47 year old Coral, and she had yet to find a solution. She had exhausted all her options – consulting with pain management specialists, visiting different orthopedic physicians, but still could not relieve the escalating pain in her back. She visited Dr. Zbiggy Brodzinsky at DBAJ, a spinal surgeon specializing in minimally invasive techniques who diagnosed her with an inflamed joint in the pelvis region.

After a thorough discussion, Dr. Zbiggy and Coral decided the best approach to cure her back pain would be the minimally invasive spinal procedure known as DIANA which uses a screw-like spacer that will be inserted in between the two bones, reducing its friction and therefore relieving Coral of her pain.

Coral underwent the procedure in March of this year and felt immediate relief after the surgery. *“No one was more surprised than me when the pain disappeared after the surgery. I had been dealing with this pain for so long, I completely forgot that daily activities didn’t have to be so stressful and painful. I am overjoyed by the results of this surgery and able to walk, sit, laugh and cry without the sharp pain in my back.”* expressed Coral two weeks after her surgery.



Dr. Zbiggy Brodzinsky

Senior Consultant
Orthopedic Spinal MISS and
Conventional Surgeon

Introducing our doctors

Dr. Salah Al Ali, M.B. Ch.B, M.D.

Dr. Salah Al Ali is a Netherlands trained interventional pain management and anesthesiology consultant. Dr. Salah, holds a degree in anesthesiology and a super specialization in pain management. He has received two degrees in Medicine from the Al-Basrah university in Iraq and Nijmegen university in The Netherlands, respectively. He has worked in Rotterdam University Medical Centre, one of the biggest and leading academic medical center in Europe. He brings with him extensive experience in treating a wide range of chronic and post operative pains to allow easy recovery. He uses the latest minimally invasive techniques to treat chronic head and facial pain, chronic neck and back pain, pain after ischemia, scar forming, post traumatic dystrophy and amputation.

Dr. Khalaf Moussa, M.B.B.S, M.Sc

Dr. Khalaf Moussa is a German board certified orthopedic surgeon with a specialized focus on rheumatology, sports medicine and chiropractic medicine. Dr. Khalaf has received a Masters degree and a PhD in Rheumatology and Rehabilitation which has provided him with a strong foundation in the field of orthopedics. Apart from his extensive education, Dr. Moussa has over 20 years of practice working in international locations such as Germany, Saudi Arabia and Egypt where he has worked in a range of locations from sports medicine clinics to university hospitals.

DBAJ Happenings

- 1 DBAJ's latest CME took place on June 1st 2011 with Dr. Zbiggy Brodzinsky, our orthopedic surgeon who specializes in minimally invasive spinal surgery. Dr. Brodzinsky presented the interesting topic of 'Percutaneous Axial Lumbar Interbody Fusion' for an audience of over 100 doctors, and spinal professionals.



- 2 DBAJ's Dr. Zohreh Safai, Dr. Ashok Kumar and Heind Choueiri participated in a very interesting and educative lecture for employees at the Dubai Chamber of Commerce. The topic-workplace wellness was very pertinent to the attendees. Dr. Zohreh described how to prevent common strains on our body and ensuing pains, typical in an office setting. Heind demonstrated some useful exercises and stretches. Dr. Ashok gave a lecture on back pain and ways to prevent and treat it.

