

FROM THE CEO



DR. GERHARD SCHWAB

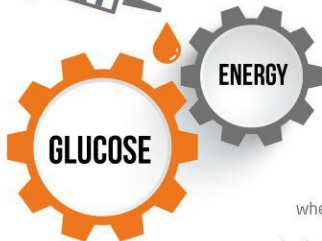
Dear Patient,

It is with pleasure and great honor to proudly announce the revamp of HEALTH BITE, our new regular newsletter. HEALTH BITE will provide you with useful general health information and with updates about new developments and new services offered to you in our clinics. We made sure the articles are written in layman language that will assure easy and smooth reading for everyone.

In the industrial era of the 21st century, healthcare and medicine has become more and more technical and impersonal with the patient often feeling overwhelmed and misunderstood. My team and I guarantee you will be welcomed in our facilities as the unique individual person you are, with all your queries, worries and fears. We also guarantee that we will provide you with all clinical exams, laboratory tests and prescriptions of medication that are needed and useful according to best international standards. We will focus on your health in a holistic way, and do not restrict our attention on symptoms only.

In line with this vision, we restarted our regular newsletter service and developed the new Amber Chronic Disease Management program for you for free. Please register to HEALTH BITE newsletter and allow us to become your mentor and coach in all healthcare related topics.

WHAT IS DIABETES ?



YOUR BODY NEEDS
INSULIN
TO TRANSFORM
GLUCOSE INTO
ENERGY

when the pancreas
doesn't produce Insulin
It is **Type 1 Diabetes**

when the pancreas doesn't
produce enough Insulin
(or the insulin cannot be processed)
It is **Type 2 Diabetes**

Do you have any of these symptoms ?

- 👉 Extreme thirst
- 👉 Fatigue
- 👉 Blurred vision
- 👉 Rapid weight loss
- 👉 Frequent urination

If so, speak to your doctor.
You may have diabetes.



For more details please sign up for our
monthly newsletter by visiting
www.amberclinics.com

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"Amber Clinics" in App Store or Google Play Store



DR. JOSEPH'S
POLYCLINIC

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DON'T LET DIABETES CONTROL YOU



JOIN OUR DIABETES PROGRAM

- ✓ Choose your dedicated **nurse** or **doctor** as your point of contact
- ✓ Access our regular **education sessions** about conditions and **treatment regimens**, to help you make informed decisions about your care & engage more productively with your dedicated nurse.
- ✓ Receive **monthly text messages** with informative content to help you manage **your diabetes**.
- ✓ Receive assistance with making and keeping appointments with **specialists, labs** and **preventive services**.
- ✓ Receive frequent and regular review of **medications, side effects** or **adverse reactions**
- ✓ Get assistance with short-term and long-term **healthcare goals**
- ✓ Receive your personalized **care booklet**



To download the app to your mobile, please search for "Amber Clinics" in App Store or Google Play Store



EARLY DETECTION AND DIAGNOSIS:

- ✓ Your chosen healthcare professional can help **diagnose diabetes**, prediabetes and gestational diabetes through **blood tests**.
- ✓ Anyone who has symptoms of **diabetes** should be tested for the **disease**.
- ✓ Some people will not have **symptoms** but may be at risk for **diabetes**.
- ✓ Testing allows healthcare professionals to find **diabetes** sooner & work with the patients to manage diabetes and **prevent complications**.



TO LIVE WITH DIABETES

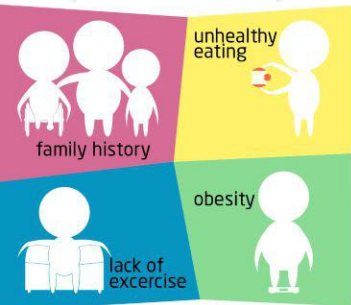
- ✓ **Diabetes** is not just a **disease**. It will become a part of your life.
- ✓ Choose the right lifestyle. Do not compromise your **health**.
- ✓ Good **diabetes control** can **reduce** your **risks** for complications.
- ✓ There are ways to help you control your **diabetes**.
- ✓ Managing **diabetes** means that you have less chance of having serious **complications**.

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ARE YOU DIABETIC ?

WHAT ARE THE RISK FACTORS ?



HOW TO REDUCE THE RISKS



150 minutes of exercise per week can drastically reduce your risk of getting diabetes.

UNTREATED DIABETES CAN AFFECT MANY ORGANS



BRAIN

Two to four times higher risk of stroke in untreated diabetes.



KIDNEY

Untreated diabetes can impact kidney function and lead to dialysis



EYES

Blurred vision caused by high blood sugar, high blood pressure and poorly controlled diabetes can lead to blindness



HEART

Heart failure can occur in untreated diabetes and is caused by high blood pressure and high cholesterol



LEGS

Damaged nerves and blood vessels can cause poor circulation in feet and legs, leading to skin damage and ulceration

ENROLL NOW in our Diabetes Program
Please walk into any of our branches and ask our staff

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May 2017

OUR NETWORK



VISIT OUR
NEWEST
FAMILY
MEMBER



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AMBER CLINICS DR. JOSEPH'S POLYCLINIC



AMBER CLINICS IN INTERNATIONAL CITY

- ✓ Created a Vision for **Quality, Accessible Healthcare**
- ✓ Treatment and Preventive Care for people of all **Ages, Nationalities and Genders**
- ✓ Specialised care for **Women, Babies and Children**
- ✓ **Dedicated Dental Suite**
- ✓ Integrated **Laboratory & Radiology Services**



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