

AMBER HEALTH BITES



February 2018

HOW TO TAKE CARE OF YOUR SKIN DURING **WINTER** IF YOU HAVE **DIABETES**



Our skin can take a beating in the winter chill and become dry and cracked. People with diabetes have greater risk of developing skin infections and other problems.

Consider these 4 simple tips especially during winter.

1. When your skin cracks, you are more likely to develop an infection.

- ✓ One of the biggest things to remember when we head into the winter season is to keep your skin moisturized and hydrated. Most lotions are made from mainly water. It is best to use a cream or ointment with more oil to moisturize your skin.
- ✓ Shower in lukewarm or tepid water for a short period of time. Stay away from hot water which quickly dries your skin.
- ✓ Gently dry off with a soft absorbent towel to avoid abrasions. Make sure to dry between each toe to prevent fungus or athletes' foot. Keep your skin slightly moist before applying moisturizer.
- ✓ Inspect your skin for cuts, bruises and abrasions. Minor cuts should be washed with soap and water immediately to help prevent infection.
- ✓ Make an appointment to see a dermatologist about stubborn skin problems. Check with a podiatrist if the problems concern your feet.

2. Prevent your skin from drying from the inside out.

- ✓ Drink plenty of water to stay hydrated.
- ✓ Limit drinking beverages with caffeine that can lead to dehydration, such as coffee.
- ✓ Too much alcohol may lead to skin issues as well.
- ✓ Keep water handy when you exercise.
- ✓ Eat foods rich in omega-3 fatty acids, such as salmon and flaxseed, to help nourish your skin.



Heartfelt recognition goes out to all who joined and continuously support the Amber Clinics Diabetes Program.

We Are Glad To
Welcome



Dr. Mohan Kudur
Spl. Dermatologist & Cosmetologist



Dr. Nesmal Musaliar
Spl. Pediatrician

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3. Keep your feet free of infection during the winter chill.

- ✓ Inspect your feet each day for wounds, abrasions, cuts, blisters and sores.
- ✓ Wash wounds immediately and report suspicious looking cuts to your doctor right away.
- ✓ Inspect your socks and shoes before putting them on to remove any small items that might be in them. Wear comfortable, well-fitting diabetes socks and shoes that cover your feet to protect them from the elements.
- ✓ Have your feet measured often to ensure your shoes fit properly. Chilly weather and less perspiration may shrink the size of your feet.
- ✓ Choose shoes according to the outdoor conditions, such as rubber or insulated boots on a snowy day.
- ✓ When your feet get wet outdoors, try to remove your shoes and socks as soon as possible. Wash and dry your feet then put on a dry pair of socks and shoes.
- ✓ Wash your feet daily with lukewarm water and gentle soap. Pat them dry with a soft towel and apply moisturizer, avoiding the areas between your toes.
- ✓ Clip your toenails straight across and do not cut your nails too short. If you are unable to cut your own toenails, have a podiatrist do it for you.

4. Take precautions to ward off dry skin and related skin problems.

- ✓ Use a humidifier to add more moisture in your home during the dry, cold winter months when you use heaters.
- ✓ Apply cornstarch powder to areas of your body which may be irritated.
- ✓ If you engage in winter sports such as skiing or plan to be outdoors, use a sunscreen with SPF 15 or higher. Snow can reflect over 80 percent of the sun's harmful rays.
- ✓ Apply a lip balm with SPF 15 or higher to help prevent chapped lips.
- ✓ Never scratch itchy, dry skin as that can lead to cracking and fissures.
- ✓ Wear warm gloves when you go outside. Use protective gloves to protect your hands when you are cleaning around the house or washing dishes.

A few simple precautions can help prevent dry skin and infections during the chilly winter months. Seek an advice from your doctor, dermatologist or podiatrist about stubborn skin problems before they get worse.

We are once again elated to announce that the Amber Clinics Diabetes Program have now increased to over **4000 registrations.**

We are glad to Welcome



Dr. Sharad Prasad
Specialist Urologist



Dr. Vijay Metgudmath
Specialist Cardiologist

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PROTECT YOUR KIDNEYS ESPECIALLY IF YOU HAVE DIABETES

The kidneys clean your blood. They serve as a filter and eliminate waste products and excess fluids from your body. People with diabetes have a higher chance of having kidney disease. A problem with your kidneys can cause serious health problems that are hard to control.

Stop kidney problems before they start:

- Monitor and control your blood sugar everyday
- Be active and eat healthy foods in right amounts
- Have a urine protein (kidney) test once a year
- Control your weight or get help to lose weight, if you need to.
- Drink 6-8 glasses of water a day
- Consult your Urologist for more information and health advice.

HEART DISEASE

Is there a connection between DIABETES and HEART DISEASE?
YES, Diabetes is a MAJOR risk factor for heart disease. Two-thirds of people with diabetes die of some form of heart or blood vessel disease.

Treat your medical conditions to reduce your risk of heart disease.

- Monitor your blood pressure. High blood pressure often has no symptoms, so be sure to have it checked on a regular basis.
- Manage your diabetes. If you have Diabetes, closely monitor your blood sugar levels.
- Take your medicine. If you're taking medication, follow your doctor's instructions carefully.
- Talk with your health care provider. You and your doctor especially your cardiologist can work together to prevent or treat the medical conditions that lead to heart disease.

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DERMATOLOGY DESIGNED TO MAKE YOU LOOK YOUR BEST

LASER HAIR REMOVAL by diode laser for women & men

What is Laser hair removal ?

It is a process of removing unwanted hair anywhere in the body by giving high energy laser light.

What is Diode Laser ?

- ✓ Diode Laser is a standard Laser in the field Laser hair removal.
- ✓ It is very effective, simple, painless Laser.
- ✓ It works in 800 nm wave length.
- ✓ It is approved by US FDA for permanent hair reduction therapy.

How Diode Laser works ?

- ✓ Hairs have melanin pigment which gives hair black color.
- ✓ This melanin pigment absorbs Diode laser light at a wavelength of 800nm & releases heat.
- ✓ This mechanism is called selective photothermolysis (SPTL).
- ✓ The heat generated causes damage to the hair without damaging surrounding skin & tissue.



Facts about laser hair removal

- ✓ Any unwanted hair on face like upper lip, chin, cheek, neck area, arm pits, bikini area, legs, forearm are the common indicators for laser hair removal.
- ✓ On the day of the procedure, the area where excess of hairs are present, is shaved and anaesthetic cream called EMLA will be applied to minimize the pain. Patient will wait for 20 to 30 minutes. After 30 minutes, pain sensation will disappear and then Laser is done.
- ✓ Laser hair removal is not advised in herpes infections, pregnancy, active bacterial infections, hair color is completely white, sunlight allergy, recent waxing of less than 2 weeks
- ✓ Immediately after Laser hair removal, Ice packing will be kept for few seconds on Laser area. Anti-inflammatory and sunscreen will be applied. Post laser care, it is advised to use sunscreen lotion everyday before going out



the best foundation you can wear is glowing

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DERMAL FILLERS

improve the skin's appearance
and to fill defects in the skin

What is a filler ?

Fillers are soft tissue materials like hyaluronic acid injected in to skin to correct fine and deep wrinkles and to restore a smoother appearance.



Does fillers correct wrinkles permanently ?

No.
Fillers effect usually last 6 to 9 months, and some recent fillers effect can stay till 1 year.



Is filler injection a one time procedure ?

After the filler injection, patient will be called after 2 weeks for any correction.

Is filler injection painful ?

New filler injections have same pain like any other regular injections. EMLA anaesthetic cream is usually applied before filler injections.
Post procedure, the pain is very minimal.



What are the common indications ?

Most common indication for fillers is correcting :

- ✓ Deep nasolabial folds
- ✓ Lip augmentation
- ✓ Tear drop lines



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Dr. Amir Ayub
General Practitioner



Dr. Ranjana Charles
General Practitioner



Dr. Abdul Raouf T.P.
Specialist Internal Medicine



Dr. Ghazala Shaikh
Specialist Obs. & Gynec.



Dr. Girija Savithri
Specialist Pediatrician



Dr. Wilmel Adamos
General Dentist



Dr. Anu Manoj Mathews
Specialist Ophthalmologist



Dr. Vinita Metgudmath
ENT Otolaryngology



Dr. Sadiq Kazi
Specialist Clinical Pathologist

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