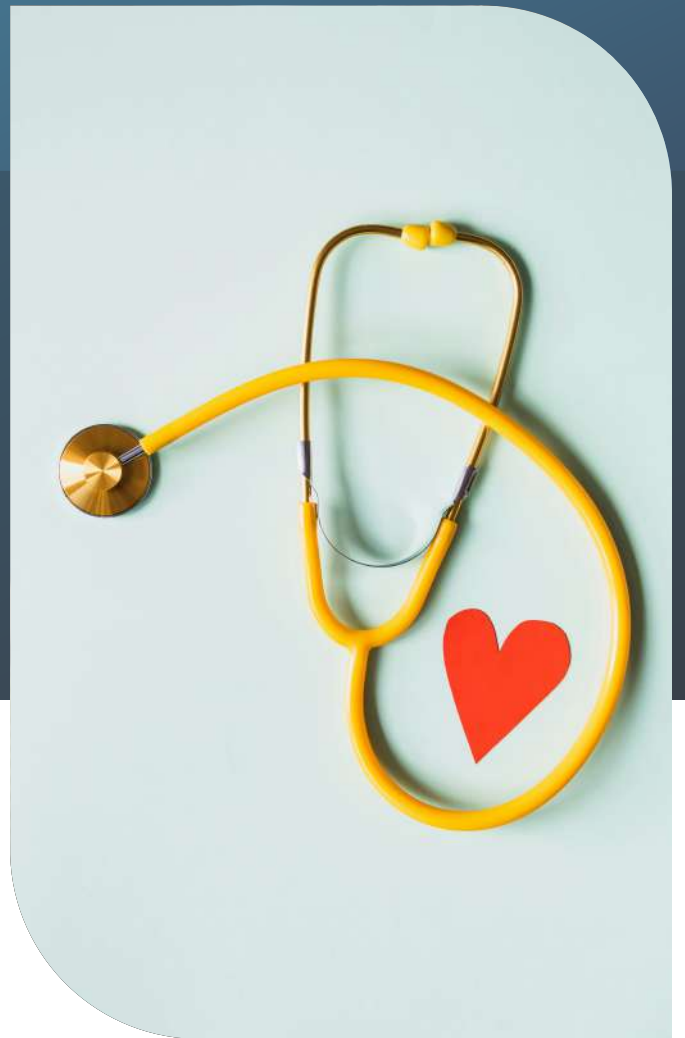




KOKNI MEDICAL TEAM
For a healthier community

THE HEALTH HUB

Issue 2 / Nov 3, 2024



WELCOME NOTE FROM THE EDITOR

Assalamalaikum

It gives me great pleasure in welcoming you all to our 2nd edition of the KMA Medical Hub. We give thanks to Allah SWT for guiding those who have contributed to this edition and may He provide healing for those who pass by their hands. Ameen. This edition is packed with wealth of health information and wisdom for those who seek it.

The KMA Medical Subcommittee hosted Kokni members to a free medical camp on

13th October 2024. For those who attended, we pray to Allah swt that you benefitted fully and have received many solutions regarding your health. For us as a community, it was a success, as we sat through various interesting talks and health check points. We pray moving forward for community sprit of learning, improving our well-being and sense of togetherness.

Announcements

- **Put on your hiking shoes:** The KMA Medical Subcommittee will be hosting members and youth to Hike in the first week of December 2024. Insha'Allah during the hike there will be team building exercises, talks on career, Islamic talks for youth. We encourage the youth to sign up for this noble exercise. Further details will be provided in the KMA WhatsApp group.
- **Red Cross Ambulance Services:** Kind reminder for those who are interested in registering their household with this ambulance to get InTouch on email: ikhares@thehoneybeeclinic.co.ke before 15th November 2024.



Dr. Imran B Khares
Consultant Pediatrician
Senior editor, The Health Hub
Kokni Muslim Association Medical
Subcommittee Chairman.

CALCULUS 101-A problem in math or your mouth?

When people think of dental issues, they focus on cavities. However the truth is not far from home and most dental problems are actually preventable by patients themselves. The elephant in the room however is one that can affect us all, and dental calculus is one of them.

So what really is a dental calculus?

Calculus simply said is a hard layer formed by 'mineralized plaque'. This plaque is a whitish, grayish or yellow sticky film of bacteria that develops on your teeth (not food deposits contrary to most people's belief) throughout the day and can be removed mechanically with the use of a toothbrush as well as dental floss. If you still don't see it... try running your fingernail on the surface of your tooth - the sticky white stuff- that's plaque!

Dental plaque when left undisturbed for a certain time period, either due to poor oral hygiene habits or inefficient brushing technique, hardens layer by layer to form dental calculus.

Then why is it such a problem?

The presence of Calculus provides a rough surface which is ideal for plaque to be stuck to. Now imagine all this bacteria stricken plaque begins an inflammation. This then leads to reddening and irritability of the gums making them so fragile to bleed easily.

Bleeding gums can seem like a minor problem, but when left untreated it can escalate to an even greater problem- **PERIODONTITIS** - Inflammation and destruction of the tissues and bone that hold the tooth in its place!!

What does periodontitis lead to?

- Halitosis (bad breath)
- Shaking/ loose teeth
- Receding of gums
- Sensitivity of teeth

While gingivitis is reversible, periodontitis is not and ultimately leads to tooth loss of otherwise sound teeth.

Periodontitis and Diabetes

Research shows that there is a connection between periodontitis and diabetes. As high blood sugar increases the risk of gum disease and infection due to promotion of bacterial growth, untreated gum disease makes it difficult to control blood sugars and diabetes itself.



How to prevent Dental Calculus?

Calculus formation can be prevented by

- Meticulous oral hygiene habits (brushing twice a day and flossing once a day)
- Visiting the dentist every 6 months for a check up
- The use of a water-flosser is highly advocated to prevent calculus formation and promote optimal gum health.



Note: Calculus cannot be removed by brushing, it can only be removed by a dentist through a process known as scaling and root planning, with hand instruments or an ultrasonic scaler. Treatment does not only entail removal of calculus but also prevention of recurrence through meticulous oral hygiene and controlling predisposing factors.



Dr. Aliya I Gothey, DDS
Dental Surgeon

Micronutrient Deficiencies

Assalamalaikum

In case you missed my talk at the recent Medical Camp held on 13th October 2024, here is a snippet on the importance of micronutrients and what happens when our bodies lack them. Micronutrients, which are sometimes referred to as vitamins and minerals, are important for disease prevention and a healthy development as well as good overall well-being. We require small amounts of micronutrients, but getting the recommended amount is important.

Micronutrient deficiencies can have devastating consequences. Here are six essential micronutrients and why they are important to our health.

Iron

Iron helps develop the brain of a fetus and child. Iron deficiency is a leading cause of anemia. Severe anemia during pregnancy can result in poor fetal growth, preterm birth, or low birth weight. Anemia during pregnancy also increases the risk of death for both the mother and baby. In addition, iron deficiency limits physical productivity and work capacity as well as growth in children. Its lack makes children feel tired easily. According to the law in Kenya, many foods and porridges are fortified with Iron and other minerals. Iron is vital during the 9th to the 12th month in a baby due to their baby blood converting to adult blood. Iron rich foods include: Liver, Spinach and kales, Red Beans and Beetroot.



Folic Acid

Folic acid, the form of folate found in supplements and fortified foods, is the only form shown to prevent serious birth defects of the brain, spinal cord, and skull. These birth defects are often preventable if women get enough folic acid before and during early pregnancy. Folate is naturally present in a wide variety of foods, including vegetables (especially dark green leafy vegetables), fruits and fruit juices, nuts, beans, peas, seafood, eggs, dairy products, meat, poultry, and grains

Vitamin A

Vitamin A supports healthy eyesight and immune system functions. Children who are deficient are at an increased risk of blindness, eye damage and death from infections such as measles and diarrhea. The law in Kenya and supported by ministry of Health is for babies to receive vitamin A at their wellness clinics at every 6 months of their lives before 5 for free. Vitamin A rich foods include carrot, mango butternut and pumpkin.



Iodine

Iodine is also required during pregnancy and early infancy for brain and cognitive development. Iodine deficiency can lead to developmental delays and is the most common cause of preventable mental retardation. Our iodinated common table salt is rich in iodine.

Zinc

Zinc promotes immunity, resistance to infection, and proper growth and development of the nervous system. It also provides healing of mucosal lining of our cut and wounds. Lack of it causes poor wound healing. This mineral is also important for healthy pregnancies. The best source of zinc is oysters, but it's also plentiful in red meat and poultry. Other good sources of zinc include other kinds of seafood, nuts whole grains, breakfast cereals, and dairy products. Could you guess which fruit has some of the highest amount of zinc? Yes, Pomegranate and banana.



Vitamin D

Vitamin D is essential for bone health as well as muscle and nerve functions. After the Covid 19 pandemic we learnt a great deal of how Vitamin D also helps the immune system fight off bacteria and viruses.



Abraar Khambiye

3rd year Pharmacy Undergraduate Student – University of Nairobi



Laparoscopic Surgery

Laparoscopy is a procedure used to look inside the abdomen. Laparoscopic Surgery is therefore a form of surgery which is undertaken for various conditions, through this technique.

What is Laparoscopy?

Laparoscopy is a procedure to look inside your abdomen by using a thin telescope like instrument called a laparoscope. It is used to light up and magnify the structures inside the abdomen. A laparoscope is passed into the abdomen through a small incision (cut) on the skin.

A laparoscopy may be done to find the cause of symptoms such as abdominal pain, pelvic pain, or swelling of the abdomen or pelvic region, or, it may be done if a previous test such as an x-ray or ultrasound scan has identified a problem within the abdomen or pelvis. A laparoscopy enables the Doctor to see clearly inside your abdomen. Some common conditions which can be seen by laparoscopy include:

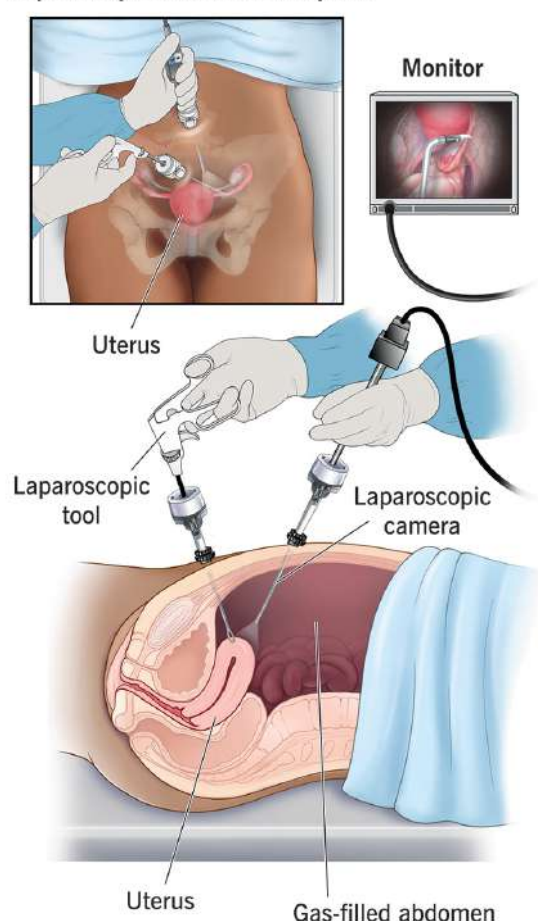
- Endometriosis
- Pelvic inflammatory disease
- Appendicitis
- Ovarian Cysts
- Ectopic pregnancy
- Fibroids

What is Laparoscopy?

In addition to simply looking inside, a Surgeon can use fine instruments which are also passed into the abdomen through another small incision in the skin. These instruments are used to biopsy [remove a specimen to investigate it under a microscope and understand it better], or excise [remove surgically] the pathology [diseased part of the body tissue] inside the abdomen. This laparoscopic surgery is sometimes called 'key-hole surgery, or 'minimal invasive surgery'. Laparoscopic surgery can be used for various procedures.

Laparoscopy (laparoscopic surgery)

Laparoscopic instruments in place



Some commonly performed operations include:

- Removal of the gallbladder
- Removal of ovarian cysts
- Treating ectopic pregnancy
- Removal of Fibroids
- Female sterilisation
- Taking a biopsy (small sample) of various structures inside the abdomen which can be looked at under the microscope and / or tested in other ways

In general, compared to the traditional surgery with laparoscopic surgery there is:

- less pain following the procedures
- less risk of complications, in adequately trained hands
- a shorter hospital stay
- a quicker recovery
- a much smaller scar

Are there any possible complications from a laparoscopy?

There may be some minor bleeding or bruising around the skin incision site.

Otherwise, in most cases a laparoscopy to just 'look inside' goes without any problem.

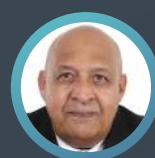
Possible problems which may occur includes the following:

- Accidental damage to structures inside the abdomen such as the intestines, the urinary bladder or certain blood vessels. This is rare, but if it occurs an emergency traditional operation may be needed to correct the damage.
- As with any operation, there is a small risk of complications of anaesthesia.
- Occasionally, the incision becomes infected which may require a course of antibiotics.

If you have laparoscopic surgery, the risk of complications may increase, depending on what operation is performed.

In patients who have had previous surgery or are obese complications occur more commonly.

All in all, laparoscopy has bridged the way for more precise and minimally invasive surgery worldwide and in our country. Technical advancements have led to robot-assisted surgery. Future developments will include artificial intelligence and augmented reality.



Prof. Rafique Parkar
FRCOG, EBS
Laparoscopic
Gynecologist Surgeon



Express your feelings

It's easier for people to express happiness, excitement and pleasure, but how about sadness, or anger? Expressing positive emotions is easier for most of us because we know that others like to hear positive responses and react favorably when they hear them. The negative emotions can be harder for most to express and as a result, many internalize or push these emotions away.

Negative emotions have a significant purpose and meaning. Research demonstrates that pushing emotions away leads to negative consequences for ourselves and can affect our relationships with people. Holding negative feelings inside can increase the tendencies to overthinking, worrying too much and may be a factor in health-related illness.

Being able to express your emotions may easily fit the nature vs. nurture debate. It's critical for us to understand that expressing our feelings is a skill that needs to be cultivated. Learning to express yourself can have a far-reaching impact on your intimate relationships, professional success and even your physical and mental health.

How to sit in your feelings/emotions

STEP 1

Label the emotion

Every emotion carries a physical reaction on our bodies. Sometimes we are going so fast we have little awareness of our physical consequences. Yet tuning in with the physical sensation will help you more quickly in catching what you are feeling in the moment. Recognize the physical sensation of your emotions – is your chest tight, is your stomach tight or dropping, heart beating fast?



STEP 2

Ask non-judgmental questions to understand the emotion

Take a few minutes to be mindful of yourself. Ask yourself, Am I angry, sad, hurt, embarrassed, ashamed, worried? How can I make sense of it?

Feelings are not facts. There are no "right" or "wrong" feelings. Feelings just are what they are and we all have them. So, stop wondering if it is okay to feel what you are feeling and stop telling yourself there is something wrong with you that you feel the way you feel. Tell yourself that it is okay to feel whatever it is you are feeling; in fact, your feelings are normal.



STEP 3

Practice releasing the emotion

Letting go of an emotion isn't the same as ignoring it or trying to escape from it. It means that after you acknowledge and accept an emotion, you don't need to keep carrying it. Here are some techniques that can help with calming intense emotions and releasing negative ones. Some may work better or feel more comfortable to you than others. For example:

- Controlled breathing exercises
- Mindful visualisation
- Praying
- Talking about the feeling/emotion



Shazma Mukri
Clinical Psychologist

In the Bee and its Honey there is Blessing and a Lesson

As a Pediatrician working with children for over 15 years, and a loather of cough mixtures for children, I can't overemphasize the benefits of honey at my practice, The Honeybee Children's Clinic.

Qur'an Surah An-Nahl verses 68 and 69 give us information about the bee and honey. Allah gives a message to people to live like a bee to have a good social, good lifestyle, don't destroy the environment, and give benefits to people like honey. Rasullullah advised us to consume honey for treatment.

The bee is guided by Allah [Swt] to make its home in the mountains, in trees and in structures erected by man. It states in the Quran – *'There comes forth from their bellies, a drink of varying colors, wherein is healing for men'* – meaning, honey, that is white, yellow, red, or of other good colors, depending on the different things that the bees eat. Each bee returns to its hive without deviation. It makes wax from its wings, and regurgitates honey from its mouth, and lays eggs from its rear, then the next morning it goes out to the fields again. How organized and hard working the bee is even as small as it is.

What are the benefits of Honey?

Honey is a great source of vitamins, minerals that are essential for our body's health

Honey soothes the back of throat and eases the cough reflex, reducing inflammation especially when combined with Turmeric or Ginger and hence relieving a sore throat.

Honey is not just a preservative for foods it also has antioxidant effects which assist in cell waste or harmful byproduct removal, preventing many chronic diseases and harmful inflammatory reactions within the cell.

It can help increase the production of blood cells, which are quintessential for carrying oxygen and nutrient throughout the body.

Honey is used for healing wounds- Honey and Beeswax are important ingredients in many wound healing creams as they assist with healing process and prevents scarring. This is because honey stimulates the growth of epithelial cells that form the new skin cover over a healed wound.

CAUTION

Although there is healing in honey for a variety of medical disorders, certain precautions should be taken:

- Children under the age of one year should not be given honey due to the possibility of infant botulism. This type of food poisoning can be deadly, however, it only seems to affect infants under one year of age.
- If you have any known allergies to specific plants, then you should make sure the honey you are using is not produced from that plant.
- People with allergies to bee stings should be careful when using other bee- related products such as propolis or royal jelly.

"Surely, in that is a Sign for a people who reflect."
Surah al-Nahl, the Chapter of the Bee), verses 69-70

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2. Petrosillo N. "Natural Products and Wound Management: A Never-Ending Story". *Clinical Infectious Diseases* 2008; 47(5):730-1



Dr. Imran Bhaudin Khares
Consultant Pediatrician
The Honeybee Children's Clinic