



Al Zaabi Healthcare
Corporate Profile



Vision Statement

- Leadership through excellence in healthcare with care & compassion.

Mission Statement

We believe that Adam & Eve has a commitment to the community & define our mission accordingly as:

- Providing competent, innovative & affordable solutions for healthcare needs.
- Promoting wellness & healthcare awareness.
- Advancing excellence in therapeutic & preventive medicine.
- Demonstrating social responsibility by choosing & properly using sustainable resources.
- Fostering a participative culture with a common vision.
- Contributing to better quality of life for the entire community.

Where Health Meets Care

Adam & Eve is committed to becoming the paramount in the healthcare industry. On top of being a specialized medical centre, we strive to muster the experts from every medical field to deliver the best and the most comprehensive healthcare solutions at an affordable cost.

Treating patients as our friends, we aim to harmonize therapeutic expertise, technological advancements, and professional care with empathy so we can bring value to our patients and give an impeccable performance.

As a subsidiary of Saeed Al Zaabi Group of Companies, our corporate core values of quality, integrity, and reliability remain cohesive here at Adam & Eve. We provide primary care as well as preventive medical services with a wide range of healthcare packages to meet our patients' needs. Moreover, we are unceasingly expanding and upgrading our prowess to serve the region's healthcare demands.

Our Departments



Paediatrics



Cosmetology



Internal Medicine



Ayurveda



ENT Department



Laser Treatments



Obstetrics & Gynaecology



Radiology



Dental Department



Physiotherapy



Orthopaedic



Phlebotomy



Family Medicine



Slimming



General Medicine



Nutrition & Healthy Diet



Dermatology



Occupational Health



Our Specialist Doctors



Dr. Sajith P Hameed
MBBS, MS ENT
Specialist ENT Surgeon
Medical Director
(Al Zaabi Healthcare)



Dr. Saud M.S
MBBS, DNB
Specialist Internal Medicine



Dr. Kusumam Thomas
MBBS, MD
Specialist Dermatologist &
Cosmetologist



Dr. Yousra Hawam
MBBS, MD
Specialist Dermatologist



Dr. Kavitha M.S
MBBS, MS
Specialist Obstetrics &
Gynaecology



Dr. Radwa Mohamed Mustafa
MBBS, MD, MRCGP (UK)
Specialist Obstetrics &
Gynaecology



Dr. Beena Abdul Kader
MBBS, MD
Specialist Obstetrics &
Gynaecology



Dr. Hoda Mohamed Monir
MBBS, MD, MRCGP (UK)
Specialist Family Medicine



Dr. Priyanka Bhattacharjee
MBBS
Specialist Family Medicine



Dr. Titty Mary Thomas
MBBS DNB MRCP(UK) MRCGP(INT)
Specialist Family Medicine



Dr. Prakash Raj Bhandari
MBBS, MS (Orthopedic Surgery)
Specialist Orthopedic Surgeon



Dr. Lizzie John
MBBS, DLO, DNB
ENT Specialist



Dr. Prathibha Johnz
BDS, MFDS (RCS, Edinburgh)
Dental Surgeon



Dr. Ahamed Namshir
BDS, MDS
Specialist Orthodontist



Dr. Sneha Surendran
BDS MDS
Specialist Orthodontist



Dr. Jisha Rachel John
BDS
GP Dentist



Dr. Soumya Simon
BDS, MDS
GP Dentist



Dr. Nishya Kasturi Sriram
BDS, MSc
GP Dentist



Dr. Jaseena Thidil
BDS
GP Dentist



Dr. Ahmad Firas Bdawi
DDS
GP Dentist



Dr. Haseena Imthiyaz
BDS
GP Dentist



Dr. Fareeha Damda
BDS
GP Dentist



Dr. Elsy Biju Oommen
MBBS, MD
Specialist Radiologist



Dr. Sudhi Shalwar
MBBS, MD
Specialist Radiologist



Dr. Anu Ninan
MBBS, MD, DNB
Specialist General Pediatric

Our Specialist Doctors



Dr. Wafaa Ezzeldin
MBBS
Pediatrician



Dr. Meena S Murjani
MBBS
General Practitioner



Dr. Veena Pramod
MBBS
General Practitioner



Dr. Naseeba P.P
MBBS
General Practitioner



Dr. Imtiaz A Abdul
MBBS
General Practitioner



Dr. Tirso Jr Williams Jacalan
MD
General Practitioner



Dr. Abdullah Mousa
MBBS
General Practitioner



Dr. Adeeba Masood
MBBS
General Practitioner



Dr. Ananta Mahato
MBBS
General Practitioner



Dr. Shiji Santhosh
BAMS
Ayurveda Practitioner



Dr. Athira Cherakkara
BAMS
Ayurveda Practitioner



Dr. Shine Rasheed
BAMS
Ayurveda Practitioner

Our Therapists



Mr. Mohammed Elsayed
Elfalahgi
Dietitian



Mr. Hafizul Azad M
Senior Physiotherapist



Mr. Harshad
Physiotherapist



Ms. Priya Tandon
Physiotherapist



Medhat Higazi
Hijama Therapist



Ayesha Ashra
Hijama Therapist



Rosalyn Abit
Assistant Hijama Therapist



ADAM & EVE
SPECIALIZED MEDICAL CENTRE

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Occupational Health Department

A healthier & more productive workforce!

Healthy employees are part of creating successful business outcomes. It's proven that promoting a healthy environment enhances productivity, establishes a lively workplace, and attains successful business upshots.

We understand that the welfare of every single employee is vital to every company's overall performance. As medical specialists at Adam & Eve, we are obliged to take the responsibility of keeping your employees fit and healthy through our wellness packages that are tailored to cater corporate entities. Our experts and practitioners will ensure the well-being of our clients and their employees.

Our objectives are:

- To provide competent, innovative, and affordable solutions for healthcare needs
- Demonstrate social responsibility by choosing and utilizing sustainable resources
- Promote wellness and healthcare awareness
- Showcase excellence in using therapeutic and preventive medicines
- Give the entire workforce and the community a better quality of life

Sectors we cater:

- | | |
|---------------------------|--|
| • Oil and Gas | • Health Workers |
| • Construction | • Hospitality |
| • Transport | • Airlines |
| • Food Handler | • Education - all institutions and nurseries |
| • Cleaning Companies | • Hairdressers and beauty clinic employees |
| • Embassies | • Agriculture, poultry, and animal breeders |
| • Insurance Companies | • Painters |
| • Manufacturing Companies | • Office workers |



Occupational Health Department

Our services are:

- Pre-employment and periodic health examination
- Management of sickness, absence and rehabilitation
- Management of work illness and advice on fitness for work
- Ergonomic consultancy
- Workplace health promotions
- Vaccinations / Immunizations
- Health Surveillance:
 - Respiratory Health Surveillance
 - Skin Health Surveillance
 - Hearing Conservation program
 - Surveillance for Hand-Arm Vibration Syndrome (HAVS)

Our packages:

- | | |
|-----------------------|-------------------------|
| • ADNOC MEDICAL | • TOTAL ABK MEDICAL |
| • TAKREER MEDICAL | • FOOD HANDLERS MEDICAL |
| • GASCO MEDICAL | • OSHAD MEDICAL |
| • NDC Medical | • ILO MEDICAL |
| • BOROUGE MEDICAL | • ADCO MEDICAL |
| • AL HOSN GAS MEDICAL | |

Prevention and management of specific work-related disorders:

- Respiratory diseases (e.g. occupational asthma)
- Skin disorders (e.g. irritant and allergic contact dermatitis)
- Muscular-skeletal disorders (e.g. back pain, work-related upper limb disorder)
- Heat-related disorders (e.g. heat exhaustion, heatstroke)

Why choose us?

- Competitive price
- Experienced professionals
- Fitness certification within 24 hour

Fitness evaluation:

- Offshore and onshore fitness
- Food handler fitness
- Fitness to work in health care
- Professional diving fitness
- Diver medical fitness
- Seafaring fitness
- Safety-critical work fitness
- Professional pilots/aircrew fitness
- Fitness to work with children
- Driver's medical fitness

Occupational Health Department

Cultivating and maintaining a healthy workplace is a vital investment for both employees and businesses.

Effective occupational health programs have a positive impact on staff productivity and the healthy lifestyle of employees, their families and entire communities.

Unhealthy Workplace

3x Healthy employees are **THREE TIMES** more productive than unhealthy individuals.

3x People working in organizations who neglect health and well-being are **THREE TIMES** more likely to describe their workplace as undesirable.

4x Companies who undermine the importance of health within the workplace are **FOUR TIMES** more likely to lose their employees within 12 months than those who promote a healthy environment.

9x Unhealthy employees take up to **NINE TIMES** the amount of sick leaves in comparison to healthy employees.

20 If an employee experiences a 20% decrease in emotional well-being, this leads to a 10% reduction in their overall work performance.

Healthy Workplace

- ↑ Worker morale and engagement
- ↑ Team solidarity
- ↑ Individual work performance and productivity
- ↑ Attraction and retention of employees
- ↑ Improved corporate and recruitment image
- ↑ Individual health knowledge
- ↑ Job satisfaction
- ↑ Improved camaraderie between workers and management
- ↑ Return on training and development investment
- ↓ Workplace injuries and associated expenses
- ↓ Absenteeism and prevalence of sick leaves
- ↓ Incidents of attending work when sick

Family Medicine

General Medicine Department has set a higher standard of healthcare to reassure every family that our practitioners are well-equipped to treat people of all ages. Our team of medical and para-medical staff are endowed with abundant knowledge to handle both minor and major ailments of their patients.

- Chronic conditions (e.g. Diabetes & Hypertension)
- Hyperlipidemia & obesity
- ECG monitoring
- Upper respiratory infections
- Lower respiratory infections & asthma
- Fitness certification
- Minor surgical procedures (e.g. ear piercing)
- Suturing & dressing of wounds
- General physical check-up
- Hygiene, diet & lifestyle modification
- Incision & drainage of abscesses
- Special corporate packages



Internal Medicine

Our Department of Internal Medicine is geared towards treating simple and complex adult diseases. We have outstanding expertise in handling chronic illnesses from prevention, diagnosis, all the way up to treatment. We cure patients with major health concerns through comprehensive and consistent medical assistance.

Regain your optimal wellness through the services we offer

- Screening & treatment of hormonal disorders with special emphasis on thyroid
- ECG screening for heart disorders
- Lung assessment through PFT (Pulmonary Function Test)
- Kidney ultrasound for kidney stone and cystic kidney disease detection with appropriate management advisory
- Ultrasound for fatty liver and gall bladder stone detection and advisory for relevant treatments
- Chest X-ray for chest ailment detection including pneumonia and tuberculosis
- Pre-employment screening with fitness certificate issuance
- Screening for occupational health disorder.
- Urgent care for medical emergencies (e.g. oxygen and nebulization for bronchial asthma)
- Management of back-pain & joint disorders with referral to Physiotherapy in appropriate cases
- Screening & treatment of peripheral neuropathy & vitamin B12 deficiency



Paediatric Department

Our Department of Paediatrics is a trusted division of medical practitioners with the expertise of handling health issues of young patients. We provide medical care for infants, children, and adolescents and tackle their ailments with utmost supervision.

- Treatment of normal congenital diseases
- Management of feeding disorders in children
- Treatment of common & seasonal infections in children
- Growth monitoring
- Vaccination & nutrition services
- General paediatrics psychiatry & mental health
- Routine check-ups & child care inclusive of immunizations
- Care for the newborn infants
- Diagnosis & treatment of acute illnesses
- School-age children assessment



ENT Department

Any issue that has got to do with the ear, nose, and throat is dealt by our ENT Department. Our medical experts treat the simplest of ENT ailments up to the most complex ones so our patients will never miss a single sensual life experience.

Through the union of human expertise and technological advancements, our doctors will cure any ENT concern that arises and prevent them from coming back.

The facilities & services provided by the department are:

- Diagnostic Nasal Endoscopy
- Diagnostic Laryngoscopy
- Diagnostic Otoendoscopy
- Control of Epistaxis
- Foreign Body Removal from Ear, Nose & Throat
- Vestibular Functional Assessment
- Hearing Assessment

Audiology:

Our doctors and specialists will listen to our patients' ENT issues and treat them with our research-based practices. We have abundant knowledge that will identify, assess, prevent, and cure hearing loss and other related conditions.



Specialist Obstetrics & Gynaecology

The Department of Obstetrics & Gynaecology unifies two medical practices that are dedicated to provide the ideal safe-keeping and medical treatments for women in every stage of their lives. Our premium facilities are designed to reflect our compassion for our patients, make them feel safe, and let them know that AESMC is their second home.

Our team is comprised of adept and competent Obstetricians, Gynaecologists, and nurses to offer countless and untiring assistance: from informing patients about hormones and menstrual cycles as they enter puberty, to keeping an eye on pregnant women throughout their entire challenging journey.

We make sure that women who visit us will leave perfectly healthy by diagnosing potential health threats using our advanced medical technology and treat them right away to maintain their welfare.

Together, at AESMC, your womanhood is safe.

These are the treatments and procedures that Department of Obstetrics & Gynaecology offers:

- PCOD & PCOS
- Treatment of Hormonal Disorders, Irregular Menstrual Cycles
- Treatment of Infertility
- Female Health Issues
- Antenatal & Postnatal checkup



Dental Department

Armed to the teeth with advanced tools, facilities, and dental expertise, our Dental Department makes sure that you will have that bright, confident smile everyday. Our dentists will thoroughly check out potential dental threats and conduct necessary procedures to protect those pearly whites.

Treatment Procedures

- Dental Check-Up & X-ray
- Tooth Fillings
- Tooth Extractions
- Preventive Dentistry (Pit & Fissure Sealant)
- Root Canal Treatment
- Scaling & Polishing
- Replacement of Missing Tooth
- All Paediatric Dental Treatments

Cosmetic Procedures

- Hollywood Smile (Veneers & Lumineers)
- Laser Teeth Whitening
- De-Pigmentation of Gums
- Zoom Whitening Technique
- Dental Jewelry



Orthopaedic Department

Our Orthopaedic Department helps our patients muscle through any musculoskeletal conditions by giving them top-notch medical facilities and an exceptional treatment experience. We offer a robust set of treatments that eradicates muscle and bone problems.

Here's what Adam & Eve SMC's Orthopaedic Department offers:

- Patient assessment
- Intra-articular steroid injections
- Local steroid injections
- Cast / Slab applications
- Wound debridement and dressings
- Suturing of cut wounds
- Diagnostic and therapeutic aspiration of joints
- Hyaluronic acid injections in joints
- Partial or full excision of ingrown toe nails
- Ganglion cysts (aspiration and corticosteroid injections)
- Minor surgical procedures (cysts removal, lipoma excision, corn excision)



Radiology Department

Adam & Eve SMC designed its Radiology Department to take care of patients before and during X-ray procedures. Apart from acquiring top-of-the-line digital X-ray and ultrasound machines, the entire facility is built with a large and spacious lounge area in order to accommodate dozens of patients waiting for their scheduled appointments.

Available Ultrasound Examinations:

- Abdominal Ultrasound
- Pelvic Ultrasound
- K.U.B Ultrasound
- Thyroid Ultrasound
- Breast Ultrasound
- Scrotal Ultrasound
- Superficial Ultrasound for Hernia
- Obstetric Ultrasound (fetal assessment)
- 3D & 4D Ultrasound & Anomaly Scan
- Fetal Doppler for Umbilical & Middle Cerebral Arteries
- Transvaginal Ultrasound
- Folliculometry
- Transcranial Doppler for Newborns
- Doppler Upper Limb Arterial System
- Doppler Upper Limb Venous System
- Doppler lower Limb Arterial System
- Doppler Lower Limb Venous System
- Doppler Carotid Arteries
- Doppler Renal Arteries
- Shoulder Ultrasound
- Elbow Ultrasound
- Wrist Ultrasound
- Hip Ultrasound
- Knee Ultrasound
- Ankle Ultrasound



Physiotherapy Department

Adam & Eve SMC's Physiotherapy Department wants our patients to get back in the groove with the help of our seasoned professionals and cutting-edge technology. We will restore your mobility and help maintain the results you deserve so you can get back on your feet and have the strength to brave through life's daily endeavors.

We pride ourselves in providing time-tested treatments and gold standard facilities to address and rehabilitate your painful injuries, joint and muscle issues, cardiorespiratory conditions, and the like. Whatever hinders you from moving at your own will, we got your back. Through our step-by-step approach, our doctors and therapists will be with you until you regain your physical strength.

Our main goals are:

- To restore maximum physical functions and increase body potential
- Address psychological effects of disabilities and minimize the recovery time

We are specialized for:

- Neck & back pain
- Tennis elbow
- Plantar fasciitis
- Trapped nerve
- Osteoarthritis
- Frozen shoulder
- Impingement syndrome
- Meniscal & ligament injury
- Stroke
- Delayed milestones



Ayurveda Department

In order to be the best Ayurvedic centre in Abu Dhabi, we revolutionize the ancient medicinal system through lifestyle interventions and amalgamating traditional and modernistic practices. Our specialists' primary duty is to reconnect your mind, body, and soul with the ultimate source of healing— nature. Through our Ayurvedic treatments, accompanied by a healthy lifestyle, Ayurveda can heal various diseases from rheumatism, diabetes, gout, varicose veins, and more.

Below are the health concerns that Adam & Eve Ayurveda Center can naturally cure for you:

Health Concern:

- Cervical Spondylosis & Neck Pain
- Sciatica & Lower Back pain
- Disc Prolapse
- Fibromyalgia
- Arthritis & Joint Pain
- Gout
- Frozen Shoulder
- Varicose Veins
- Diabetic Care Management
- Psoriasis & Eczema
- Obesity Management
- Sinusitis
- Dry Eye Syndrome & Eye Strain
- Digestive Disorder
- Stress Management
- Insomnia
- PCOS & Menopause
- Multiple Sclerosis
- Systemic Lupus Erythematosus
- Sports Injury
- Hair Fall & Dandruff



Ayurveda Department

Doctor Consultation:

- Ayurveda Consultation
- Naadi Pariksha
- Personalized Diet Program
- Lifestyle Recommendations

Wellness & Detox:

- Slimming Therapies
- Detox Program
- Beauty Therapies
- Immunity Boost Program

Pregnancy & Babycare:

- Holistic Pregnancy
- Child Care & Baby Care





Dermatology

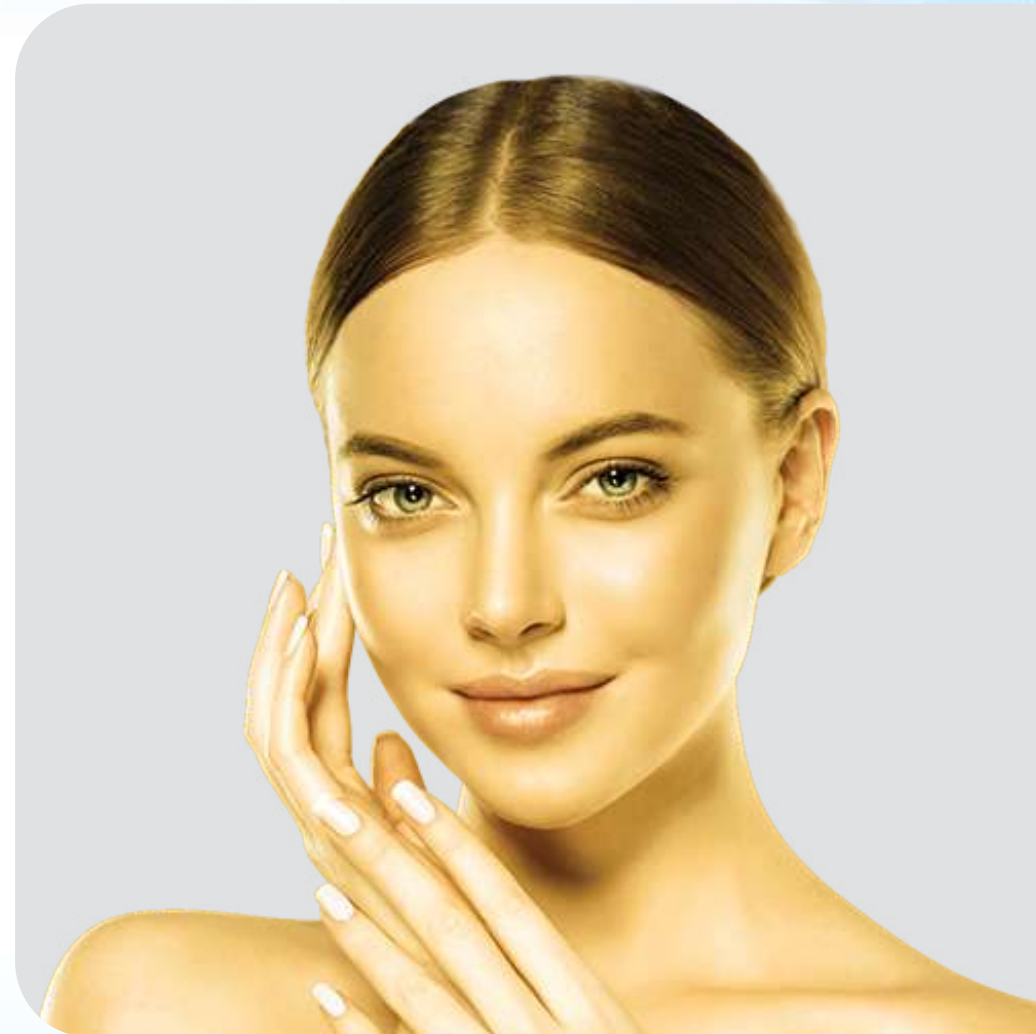
Our Dermatology Department deals with skin, hair, and nail diseases. We offer clinically proven treatments that will aid dermatological disorders, including venereal diseases. On top of addressing our patients' skin, hair, and nail concerns, we also help them in managing acne, scars, pigmentation, hair loss, ageing skin, and more through advanced cosmetic dermatology services. With treatments backed by science, you can stay calm and let your hair down as our specialists develop proven solutions for your needs.

Treatment Procedures

- Acne scar treatment – Micro needling and Chemical Peel Treatments
- Radio surgery for benign conditions such as warts, moles and skin tags.
- Cryosurgery for conditions such as warts and keloids.
- Auto-implantation therapy for the treatment of multiple viral warts.
- Intra-lesional therapy for the treatment of keloids and alopecia areata.
- Excision of benign and malignant skin lesions including narrow hole extrusion therapy for cysts and lipomas.

Cosmetic Therapy

- Chemical Peels for acne, pigmentation, and photoageing
- Anti-aging treatments like Botulinum Toxin and filler injections
- Mesotherapy for hair loss, under eye dark circles and facial rejuvenation, and scar revision techniques..



Laser Treatments

Laser Hair Removal

Laser hair removal is an advanced hair removal process that exposes your skin to pulses of laser light in order to disable hair follicles. This revolutionary treatment exhibits long-lasting solutions for decades.

Benefits of working with certified dermatologists

Although laser hair removal has brought an option to do the operation by yourself at home, it is still the certified dermatologists who know better and have the abundant experience and tools perfect for you. Below are the reasons why you should not consider conducting laser hair removal alone.

Precision: Superb technology enables the technician to target dark rough hairs on the body without harming the skin.

Safety: It is proven and tested that medical procedures are painless and safe.

Swiftness: Using pulses of laser light, it can treat the smallest sections of your skin and face in minutes, while large areas like the back or legs take about an hour.

Convenience: Results like your hairs were never there. Patients who attend sessions regularly experience lasting effects.



Slimming & Body Contouring

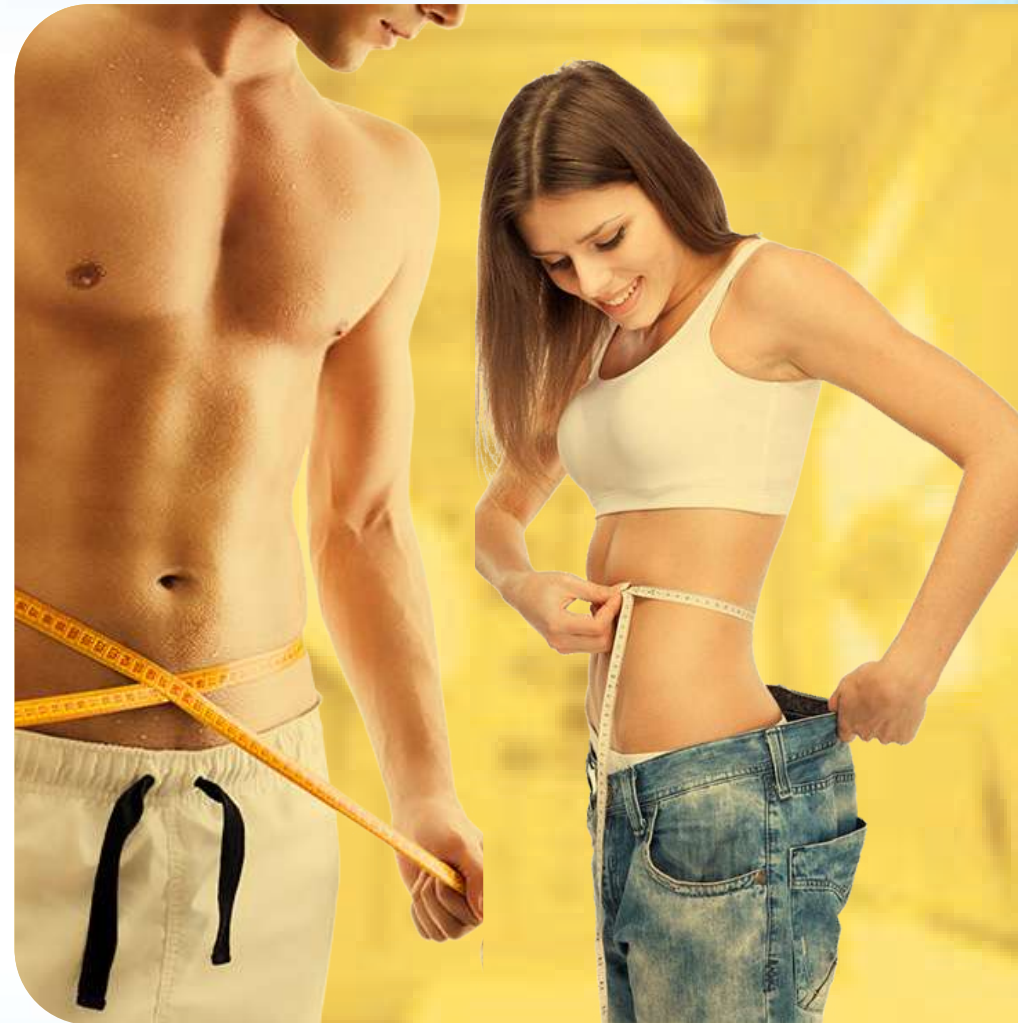
The scientific approach on sculpting your body

Our life-changing weight loss programs and slimming treatments in Abu Dhabi help our patients have an active and healthy lifestyle and achieve the best figure of their bodies.

Through the use of our top-tier weight-loss technology, melting those unwanted body fats away will never be exhausting. Without committing to strict diet programs and strenuous physical activities, we will provide you a faster, more efficient, and more effective solutions that you will never regret.

We will provide specific treatments that your body needs, be it cellulite removal, fat reduction, skin tightening, and the like. Our experts will be with you until you reach your weight-loss goal.

- Weight Loss Treatments
- Tuck Therapy
- Slim Trim Therapy
- Fat Freezing
- Powershaping
- Body Therapy



Hijamah Department

As we continue to integrate natural health and wellness into our services, Adam and Eve brings you Hijama. Popularly known as cupping therapy, Hijama's roots can be traced back to 3,300 B.C., alleviating many diseases for generations. In today's modern world, Adam and Eve aims to continue this natural healing method throughout the UAE.

Our Featured Services

Wet & Dry Cupping For:

- General Wellbeing
- Muscle & Joint Pain
- Eczema
- Acne
- Blood Pressure
- Diabetes
- Depression
- Anxiety & Stress
- Headaches
- Fatigues
- Delayed Pregnancy
- Hormonal Imbalance
- Sleep Disturbances
- GIT & Colon Disturbance
- Gout
- Sports Injuries



Nutrition & Dietetics

Nutrition and Dietetics Department

You are what you eat. And our best nutritionists in Abu Dhabi want you to maintain a healthy lifestyle to prevent diseases and other illnesses by eating the right foods packed with nutrition.

Our nutritionists will ensure that our patients consume the right amount of nutrition that their bodies need through consultation and monitoring of personalized diet plans. The perfect nutrition care can prevent malnutrition and lower the risk of getting diabetes, cardiovascular diseases, hypertension, obesity, and more. Using the latest tools for body analysis, and blood and body tests, our clinical dietitian will tailor the perfect nutrition plan for every patient.

We also provide therapeutic plans that include meal planning and special monitoring that will help cure diabetes, hypertension, digestive disorders, and other diseases. Moreover, these effective plans include proper health treatments for pregnancy and lactation. Whatever your body needs, our clinical dietitians and nutritionists got you covered.

- Weight Management
- Gestational Diabetes
- Diabetes
- Heart Disease
- High Cholesterol
- Prenatal Diet (Diet during pregnancy)
- Other Medical Conditions



Promptness is paramount in healthcare. We associate with all leading medical insurance companies in the region to guarantee you easier access, faster approvals & hassle-free quality medical coverage.





Al Zaabi Group



Healthcare



Trading



Automotive



Transport



Real Estate



Al Zaabi Group

Healthcare | Trading | Automotive | Transport | Real Estate

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