

NEWSLETTER SEPTEMBER





AHMED AL-KADI PRIVATE HOSPITAL NEWSLETTER



Ahmed Al-Kadi Private Hospital Chairman's Report

Dear Shareholder,

Your investment in Ahmed Al Kadi private hospital is now bearing fruit. Having opened on 3 April 2017 with many challenges and teething problems as one would expect with a green fields project we are now five months in existence.

Unfortunately, many deadlines were not met and the Mansard building has just been completed months later than expected.

The lift will be commissioned soon and a bridge from the ground floor of the hospital will be built to connect to the first floor of the Mansard building. The VVIP suites and the roof terrace on the second floor are nearing completion. We are hoping that all the resident Medical & Allied Health professionals will have moved in by the end of September some of whom are waiting for the hospital to get "busy" which is a challenge that will have to be addressed. Two additional medical suites are being built for specialists who run busy practises at neighbouring hospitals.

Changes are being made to the scope room in the Day Ward. Problems faced have included hot water and temperature control in luxury suites, which are being resolved. The Fatima & Dawood Hassam IMA Renal Unit, Lancet Laboratory, Perumal & Partners Radiologists and Deluca Coffee shop are fully functional. New street poles have been erected in August, which has made a tremendous impact on lighting around the hospital. Signage has been installed in many areas of the hospital and additional signage is in progress for the corner of Barnard and Waterfall as well King Cetshwayo Highway and Waterfall Rd. The Medical Centre at 35 Barnard Rd and eight Elsie is fully tenanted. The new Double story medical centre at 24 Barnard Rd will be completed by year-end and all the suites are already committed. The Building on 33 Barnard has been demolished and together with nine Driman is being prepared for temporary parking.

Liviero our contractors are occupying 12 Elsie Rd, which will be demolished as soon as they vacate the premises.

We reached a milestone on the 14th September with 105 patients admitted which is almost 60% occupancy.

The average intake achieved in September is around 47%, which we hope to exceed quite substantially in the next 90 days inshallah (God Willing). We are at about 50% of our target in theatre case and

have exceeded our target in ICU. The Ahmed al Kadi Retail Pharmacy is now open after facing challenges with the Retail IT system. The Emergency Department is growing at a slower rate than expected at about 25% of target and we are expecting this to improve with aggressive marketing. The Mimsys Hospital Information System has had its challenges, which are being addressed with a team of six IT professionals from Bangalore presently in Durban.

An aggressive marketing campaign is been undertaken on print, radio and television to ensure that Ahmed Al Kadi is foremost in the minds of the public. Interviews and adverts have been placed on East Coast Radio including a BIG FAVOUR sponsorship of a renal dialysis patient.

Medical file sponsorship on Radio Alansaar, adverts on Radio Hindvani as well as on Deen TV are being broadcast. Our Marketing team has visited many of the General Practitioners and have distributed leaflets and brochures. Resident specialists have been guests on Radio Alansaar's Medical file and Channel Islam's Medical Forum. As a shareholder, we encourage you to market the hospital to all on your contact list and circle of influence. Many of the Medical Specialists that are based at other hospitals have admission rights at Ahmed Al Kadi.

A networking session was held on the 2nd August 2017, to introduce the General Practitioners to all our Resident Health Professionals. A Physicians Advisory Board has been elected.

A number of CME's have been held in the Conference Centre as well as regular public talks.

The original project costs for an 80 bed hospital was R167m excluding professional fees. The increase in the number of beds to 164 beds has resulted in a substantial increase in the costs.

Further costs are attributed to road widening, renovation to the Mansard building, surrounding property acquisition, two parking decks, increase in the size of the basement, new administration block, conference centre, larger kitchen and more.

The Annual General Meeting is to be held first week in November inshallah (God Willing). Notice will be sent in October.

Shares are trading, please contact Faizal Suleman for more information on 031 207 5830 or email: faizal@fsulemanca.co.za. / fsa1@ fsulemanca.co.za.



Giving Back

A Stanger mother who was fighting for her life after being told she was going into complete renal failure in early August received life-changing news thanks to the support of her community.

Single mother of two, Vanessa Reddy (35), had her life turn upside down in the blink of an eye after being diagnosed with 5th stage renal failure on August 1.

After a routine visit to her local GP, she was referred to Stanger Hospital for blood tests and was told she will need to undergo peritoneal dialysis three times a week, as well as have a temporary catheter inserted.

Due to a 12-month waiting period on her medical aid, both the catheter surgery and dialysis sessions would have to be paid for upfront.

After an article was published on The Courier website last week appealing for donations, Ballito resident and East Coast Radio presenter Damon Beard immediately jumped on board to assist wherever possible.

"I have chatted to Vanessa and am now going to be meeting her to see how we can find her a sponsor. Thank you for letting me know about her and I'll do all I can to help," said Beard.

On the afternoon of the 28 August, Beard invited Reddy to the ECR offices and revealed the exciting news - Ahmed Al Kadi Private Hospital and the Islamic Medical Association of South Africa have come on board and will sponsor both the surgery, which was scheduled for 11am on Tuesday 29 August, as well as a year's worth of dialysis - a life changer for Reddy.

"The cost of access surgery for the catheter is over R25 000 which is being provided free of charge through a partnership with the Islamic Medical Association of South Africa (IMASA), Netcare St Augustine Hospital, Dr Ahmed Kadwa (Vascular Surgeon) and Dr Shuaib Akoonjee (Anaethetist)," said Beard.

"IMSA and Ahmed Al Kadi Private Hospital will be sponsoring the dialysis in a Renal Unit in Stanger for 12 months."

Reddy was featured on Beard's Big Favour show on Wednesday 20 August on East Coast Radio at 10.20am.

Reddy's sister, Jenny Singh, said she has been overwhelmed by the community rallying to support them after creating a Facebook support page, Helping Vanessa on her journey, to share her sister's story.

Jenny shared that during the time of receiving the news, they had almost no hope, but now they are able to start a new beginning.



From Left: Nokuthula Ndlela, Shakeera Mathadeen, Kantha Naidoo, Linda Lomax, Solly Suleman, Nasreen Khaliva, Tamara Govender, Soraya Khan, Greta Govender



From Left: Linda Lomax, Solly Suleman, Ms Vanessa Reddy, Soraya Khan, Greta Govender



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NEWSLETTER

Breastfeeding Awareness Event



East Coast Radio Big Walk - 21 May





AHMED AL-KADI PRIVATE HOSPITAL NEWSLETTER

Fatima And Dawood Hassam Ima Renal Unit Launch





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NEWSLETTER

Ima Public Screening Day



First Patient Birthday



Pastor Clive Gopaul Visit



Public Tour



Aakph & Bioderma Womens Wellness





Ahmed Al-Kadi Private Hospital Wins The Kzn Specialist Network World Hand Hygiene Floating Trophy - 2017



This exemplifies the true meaning of comradeship that we, THE STAFF at AAKPH possess, keeping in mind that our strategic theme is EXCELLENCE IN HEALTHCARE as well as to demonstrate the importance of HAND HYGIENE within the healthcare sector and taking it into the community at large. Helping one person might not change the world, but AAKPH might just change the world for one person. It goes without saying, that medicine is a science of uncertainty and an art of probability. This award for AAKPH, means an accolade for the first of many to come, as we pride ourselves in maintaining the Journey of Excellence.

The staff of AAKPH are proud to be the winners of the KZN SPECIALIST NETWORK WORLD HAND HYGIENE FLOATING TROPHY - 2017. As hand hygiene is essential to nursing care, this trophy represents that even as a brand new facility, we are able to provide excellence in healthcare. My message to the staff of AAKPH is to strive in the pursuit of knowledge, for the benefit of mankind, and to uphold human honour and dignity.

"Laughing is the best medicine, but if you laugh without a reason, you need medicine."

Sr Saloshni Beetham
Infection Control Practitioner

Networking Event - 2 August



SANBS Blood Drive - 5



Radiology Womens Wellness Day - 4 August

Perumal and Partners Womens Wellness Day

To commemorate Womens month, Perumal and Partners Radiologists, along with Ahmed Al-Kadi Private Hospital, showed their compassion and generosity by hosting a day dedicated to the health and wellbeing of women. This event occurred at the Ahmed Al-Kadi private hospital on Friday, the 4th of August 2017 and included an audience of female principles from the department of education.

In keeping with Womens wellness, the team over the course of the day, advised the audience on how to take care of their body through demonstrations, presentations and informative speeches. Various speakers, consisting mainly of doctors, delivered enlightening talks on health and how to prevent, detect and treat diseases such as Osteoporosis and Breast Cancer, in its earliest stages.

Various qualified personal from Perumal and Partners Radiologists, highlighted the importance of diagnostic imaging and its vital role in detecting the early stages Breast Cancer and Osteoporosis and its importance in the prevention of such diseases. State of the art Imaging such as Computed Tomography, Magnetic Resonance Imaging, Ultrasound, Diagnostic x-rays as well as Mammography and Bone Mineral Densitometry, are diagnostic imaging modalities offered at Perumal and Partner Radiologists.

The Orbera Weight Management Program was another topic of discussion and its effective means of weight loss which is achieved by combining two therapies, one designed for weight loss and another maintaining weight loss.

As well as being informed of the health and wellbeing of women, guests were also treated to an exciting component of the day, which was a makeup demonstration provided by Smash-Box Cosmetics. Perumal and Partners gift bags containing numerous treats and information leaflets were presented to the audience and a delicious three-course lunch followed. Concluding the event, was a tour of the Perumal and Partners Womens Wellness centre.

"The day was a huge success, not only did it include vital and enlightening information on our health but was an opportunity to treat a team of highly empowered and educated women." Said Leon Perumal, founder of Perumal and Partners Radiologists.

Perumal and Partners, Radiologists would like to thank all the organisers, speakers and sponsors, who dedicated their time and effort in making the Perumal and Partners, Womens Wellness Day such a huge success.





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Ahmed Al-Kadi Private Hospital Sponsors Baby Delivery Package Worth R50 000 At Mama Magic



From Left: Warren Murray, Zaba Simbine, Projeni Pather, Dr MC Solwa, Mrs Solwa, Fathima Lockhat, Ms Noluthando Mdlalose, Ahmed Docrat, Mr Niyi Awokunle, Dr Ebrahim Khan, Dr Shakira Cassim, Solly Suleman, Andrew Lemos, Matron Linda Lomax and Sr Kantha Naidoo.

Nowhere is the miracle of giving birth and the joy of parenthood celebrated with more care and love than in the state-of-the-art maternity wing of Durban's new Ahmed Al-Kadi Private Hospital in Mayville.

Ahmed Al-Kadi Private Hospital brought hospitality into healthcare this weekend at MamaMagic The Baby Expo 2017 as the facility announced its sponsorship of a full birth package at its maternity unit. This amazing prize includes hospitalisation costs as well as the gynaecologist, anaesthesiologist's and paediatrician's fees.

Excited mum to be and winner of the Baby On Board Prize Ms Noluthando Mdlalose says "At first when I entered the competition I didn't think I was going to be selected as a finalist, but when I got the call on Saturday to say I have been selected as one of the 10 finalists, I just knew I was going to win." She adds "I have actually been wanting to have my baby at Ahmed Al-Kadi however there were some medical aid complications. I am so glad this worked out in the end, exactly what I wanted." Noluthando would like to thank all the sponsors especially Ahmed Al-Kadi Private Hospital for being a part of this huge event.



The prize includes an all-inclusive Maternity Package at Ahmed Al-Kadi Private Hospital. "The maternity package includes a 4D scan and baby's first hearing screening. Every mum that delivers at Ahmed Al-Kadi Private Hospital also receives a Baby Womb World - Baby Ring Carrier as gift from us to them."

"At Ahmed Al-Kadi Private Hospital we pride ourselves on delivering Excellence in Healthcare. We are dedicated to ensuring that mums to be and their new-borns receive personal care before, during and after delivery as you take the first steps in this exciting journey of family building" said Matron Linda Lomax the Nursing Services Manager at Ahmed Al-Kadi Private Hospital. "Our friendly nursing team is looking forward to having Ms Mdlalose at our maternity ward to ensure Ahmed Al-Kadi Private Hospital is truly her baby's birth home. We wish her congratulations and all the best on the weeks ahead."



The Maternity Unit is under the care of Sr Kantha Naidoo whose knowledge and experience as a maternity sister has become an integral part of the day-to-day running of the Unit. "We are excited to have the opportunity of presenting and hosting the maternity prize for Mam Magic 2017. We place pride in our unit not just as the birthing place of your baby, but also as your new family's temporary home."



Ahmed Al-Kadi Private Hospital is a state of the art modern private hospital located at the corner of M13 and Waterfall Road, Mayville. Boasting finishes equivalent to a 5 star hotel, with 163 beds including maternity, paediatrics, surgical, medical, day, neonatal intensive care, ICU and high care units, 4 theatres, 24 hour emergency department, pathology laboratory, radiology department, retail pharmacy, renal unit and over 50 resident health care professionals.



Mandela Day At Edith Benson Children's Home With Ahmed Al-Kadi Private Hospital



To commemorate Mandela Day, the staff of AAKPH show their selflessness with their compassion and generosity. In keeping with the compassion and generosity demonstrated by the Late great Madiba, the team at AAKH decided to drive a basic needs collection for the children of the Edith Benson Children's Home. Over the course of 4 weeks staff teamed up within their respective departments to drive collections from baby milk formula to epi-max to jungle oats. Contributions came in quick as the staff members were eagerly keen to be involved in making a difference in someones life that may never be able to return the deed. Mandela stood for equality and freedom, and he had a very special place in his hearts especially for children. "Besides the groceries and supplies that we contributed to the organisation, the most valuable gift anyone can give another is time, whether it be 67 minutes or 67 seconds, time is a currency we will never get back, and the staff of AAKPH count it an investment to have the opportunity to spend time with the kids of Edith Benson Children's Home." José Nadesan - Marketing Officer of AAKPH

Apart from the Mandela Collection Drive the theatre team of AAKPH decided to hand crochet a blanket for the children. The idea was to get almost all of the staff in Theatre involved, both male and female. So, with crochet needles in hand and a contribution of leftover balls of wool from Sr Liz Ferguson, we enthusiastically persevered stitch by stitch until we completed a 1200cm X 1000cm blanket that could be used as a floor mat for the babies to play on. The staff members below all contributed either a few stitches or entire squares. The concept was to show the Rainbow nation by allowing each staff member to show their individuality in colour choice and bring it all together to make something beautiful and inspirational. "We are very proud to present this as part of our contribution to the Edith Benson Children's home. A small token that we hope will touch hearts and inspire others to believe that in giving we receive. It doesn't have to cost an arm and a leg to give to those less fortunate than ourselves." - Sr Nasreen Khaliva - Theatre Unit Manager at AAKPH

Giving The Gift Of Sight

The International Islamic Relief Organisation of Southern Africa once again in the spirit of Mandela Day partnered with Ahmed Al-Kadi Private Hospital and the Islamic Medical Association (IMA) to provide underprivileged people with free eye cataract surgery. Eye cataract surgery is an expensive surgical procedure and can cost up to +- R20 000 in private hospitals. Given that 50% of blindness in South Africa is caused by cataracts and considering that developing cataracts is an inevitable part of ageing, many South Africans especially senior citizens remain partially blind because government does not have sufficient resources to cope with the backlog and new cases of cataract. The selection criteria for the patients that will receive free eye cataract surgery is that they must be unable to afford the surgery.

IIROSA along with IMA and Ahmed Al Kadi Hospital provided the eye cataract surgery to 25 underprivileged people on Mandela Day. Dr MN Khan, Dr KR Moodley and Dr CDJ Moolla who performed the surgeries volunteered their time to help the patients regain their complete vision. It was very sad to hear that most of the patients have had cataracts for over three years without any hope that they might someday get free cataract surgery. Given that mostly senior citizens are affected by cataracts, receiving the eye cataract surgery will help them regain their personal independence and be able to take care of their families.

The cataract eye surgery has a 97% success rate in South Africa and is proven to significantly help people to perform their daily activities with a complete vision. It is amazing how a 15 to 30 minute surgical procedure can change a person's life, hence the Muslim World League represented by its body, the International Islamic Relief Organisation of Southern Africa are looking at doing 500 more eye cataract surgeries in 2017. "Although the patients receive the gift of sight, its even more amazing to see patients warm smiles after the surgery is complete, it makes everything worthwhile" said José Nadesan Marketing Officer of AAKPH.

Ahmed Al-Kadi Private Hospital would like to thank all the organisers, staff and doctors who dedicated their time and selflessness to make the cataract surgery initiative a huge success.



Back Week

Demystifying Back pain: Educating the public

Ahmed Al-Kadi Private Hospital hosted a back pain education talk this weekend with over 60 members of the local community attending. Attendees were provided with information from experts in the field of back pain; biokineticist, physiotherapist, chiropractor and clinical psychologist. Everyone left the talk with further knowledge to make informed decisions whilst also many myths debunked.

Below is a brief overview of what was discussed at the awareness day.

The Impact

Believe it or not, low back & neck pain combined have a massive impact on global health! Low back pain on its own is the leading cause of disability and work absence throughout much of the world. It's an enormous economic burden on individuals, families, communities, industry and governments.

Chronic back pain needs to be recognised as a public health issue. It is closely linked to depression, obesity, hypertension, heart problems and diabetes. Generally, people with chronic back pain are more likely to be sick.

Factors involved & Misconceptions

There is not enough attention given to poor posture, prolonged sitting, positioning & ergonomics at work, stress & anxiety, weight gain/obesity, lack of exercise and diet. This often leads to recurrence and chronicity. In these chronic cases it's crucial to recognize social factors such as home and work situation. One of the biggest misconceptions is that back pain is often sinister, reflects a serious problem and requires x-rays or other scans to reveal 'something out of place' or a 'pinched nerve'. Most back and neck pain is due to mechanical strain of the spinal joints and some resultant muscle spasm, and responds well to manual treatment and exercise. There are also way too many treatment options available and there is very little co-ordination between practitioners. Thus it's almost impossible to navigate through these options and get effective care!

Solution: Appropriate first-contact

Appropriate first-contact management and education is the key. The 'Spinal Physician' role is best filled by well-rounded Chiropractors, who undergo 6 years of training with a focus on the spine. Ours is a specialized approach to examination, diagnosis and treatment; with particular emphasis on the relationship between the spine and the nervous system. Medications that are often needed at the early stage should quickly be combined with, and then replaced by more active and hands-on approaches such as chiropractic and physiotherapy. Biokineticists are excellent for exercise prescription & rehab. Collaboration, co-ordination and integration between these practitioners as well as doctors, psychologists, dieticians and spinal surgeons is the way forward. This multidisciplinary approach is essential for chronic and more complex back & neck problems. Too many people are needlessly afflicted and suffering with these disorders- it doesn't have to be this way! It is paramount that we understand that chronic back problems are closely linked to chronic health problems in general. Thus the long term approach should always revolve around diet, exercise and mental well being. Let's use Back week as an opportunity to better understand our bodies, to educate ourselves on how we can self-manage and prevent these issues, and to cut down on those pain medications and get moving! This is very much in line with Ahmed-Al Kadi's vision of holistic, integrated and people-centered healthcare.

Written by:

Dr Kanwal Sood, Chiropractor
Ahmed Al-Kadi Private Hospital



Women's Month (August) - Cataract Camp



Ahmed Al-Kadi Private Hospital (AAKPH) has again teamed up with the Islamic Medical Association of SA (IMASA) Durban Branch coordinated by Mrs Yasiera Mahomed Suliman (Vice Chairperson of IMASA Durban Branch) to give the gift of sight to 20 financially challenged pre-selected women this Women's Month.

"Whilst we may be helping give the gift of sight, the true gift is being a part of this special initiative with Ahmed Al-Kadi Private Hospital and the Islamic Medical Association of South Africa", says Hospital Manager of AAKPH, Mr Ahmed Docrat. "These pre-selected women have been on the public sector waiting list for quite some time and we feel privileged to be able to step in and assist in giving the gift of sight which many take for granted."

"The Staff, Management and Board of Directors of Ahmed Al-Kadi Private look forward to being part of this fantastic project which seeks to benefit those who find it difficult accessing essential healthcare", says Chairman of the Board of Directors, Mr Solly Suleman.

"After a successful Mandela Day Cataract Camp, the Islamic Medical Association of South Africa Durban branch is once again honoured to partner with AAKH and the various service providers who are all volunteering their time to bring to fruition this important project. It's a cliché that we can't help everyone but we proving that someone can help someone else and with these small but definite, and we hope recurrent, steps we can make a huge difference to the lives of people who otherwise would have no hope", says IMASA-Dbn branch cataract campaign coordinator, Mrs Yasiera Mahomed Suliman.

The cataract camp will be held on Friday 25th August and Saturday 26th August 2017 at the brand new Ahmed Al-Kadi Private Hospital, situated in Mayville Durban. The cataract extractions will be performed with the experienced skills of Specialists Ophthalmologists Dr CDJ Moolla and Dr K Moodley, Anaesthetists, Dr S Manga and Dr Krish Naidoo and Partners as well as the nursing team at AAKPH.

The Islamic Medical Association of South Africa is a registered NPO in existence for almost 40 years. The organization was formed in the apartheid era with the objective of providing care to the less fortunate and today has a number of projects under its umbrella. Visit www.ima-sa.co.za for more information.

Ahmed Al-Kadi Private Hospital is a new private hospital situated in Mayville Durban featuring 164 beds including Maternity, Paediatrics, General medicine, General Surgery, Orthopaedics, Neurology, Neurosurgery, Ophthalmology, Endocrinology, Dermatology, Obstetrics and Gynaecology, pathology, radiology, and a 24Hr Emergency department, amongst others. For more information visit www.ahmedalkadi.com for more information.



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Secretary's Day - 6 September





AHMED AL-KADI
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NEWSLETTER

**The Spine Burden – A Shift
Towards Evidence Based Path-
ways - 12 Sept -**

DOCTORS CME'S

The Spine Burden – A Shift Towards Evidence Based Pathways - 12 Sept Dr Kanwal Sood



New Technologies For The Treatment Of Varicose Veins - 16 August - Dr AM Kadwa





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Approach to Salvage Therapy in HIV Patients - Dr GH Latiff

PMTCT Update & Paediatric HIV Q&A Session - Dr Shakira Cassim





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Novo Nordisk Journal Club Meeting- 30 August 2017 - Dr AYD Moosa



Orbera Weight Management Program - The Next Frontier- 30 June - Dr Ebrahim Mansoor

