



## From the Editor's Desk

With immense pride, we present the second edition of Pulse@BSH. If our inaugural issue was a celebration of legacy and impact, this edition is a bold step into the future: **innovation, resilience, and compassion.** Inside, you'll find stories of pioneering medical frontiers, academic leadership, and community initiatives — each reflecting Bahrain Specialist Hospital's unwavering commitment to excellence.



**Dr. Najah R. Zayyani**  
Vice Chairman

When we established Bahrain Specialist Hospital in 2002, our dream was simple yet profound: to bring world class healthcare to the heart of Bahrain, delivered with compassion and cultural sensitivity. Twenty three years later, I look back with pride at how this vision has flourished. What began as a pioneering step has grown into a trusted institution that serves families across the Kingdom and the wider GCC. Our journey has been shaped by resilience, innovation, and above all, the dedication of our team. As we celebrate this milestone, I am reminded that healthcare is not only about medicine—it is about humanity, trust, and the legacy we build together for generations to come."



**Dr. Kasim Ardati**  
Managing Director

For 23 years, Bahrain Specialist Hospital has been dedicated to advancing healthcare in the Kingdom and the region. Our journey has been marked by notable achievements — including five consecutive Joint Commission International (JCI) accreditations and the prestigious NHRA Diamond Status — reflecting our commitment to world-class standards.

Beyond clinical excellence, we continue to give back through community health initiatives and strong collaborations with government and private partners. As we look ahead, our focus remains clear: to shape tomorrow's healthcare with innovation, compassion, and distinguished medical services for our community.

### Milestones of Impact

**23<sup>rd</sup>**  
ANNIVERSARY  
*Celebration*

### Celebrating 23 Years of Excellence in Healthcare

Bahrainn Specialist Hospital (BSH) proudly marks 23 years of service. A journey defined by trust, compassion, and innovation. With gratitude to our patients, families, and dedicated staff, we look ahead to shaping a healthier future for generations to come.

## Rare Case Reviews



Read More



**Dr. Shaikh Swalehin Bux**  
Consultant Interventional  
Cardiology

### Low-Contrast PCI in Advanced CKD

Dr. Shaikh Swalehin demonstrates how meticulous planning enabled safe intervention in a complex coronary case.



Read More



**Dr. Madhusudana Naik Mude**  
Consultant Plastic  
Surgeon

### Ear Reconstruction Following Human Bite Injury

Dr. Madhusudana highlights patient-centered innovation in auricular reconstruction.



Read More



**Dr. Rashu Mittal**  
Specialist ENT

### Two Faces of Parotid Tumors

Dr. Rashu Mittal showcases tailored surgical approaches for superficial vs. deep lobe salivary gland tumors.



Read More



**Dr. Teerath Kumar**  
Consultant Nephrologist &  
Internal Medicine

### Alkaptonuria (AKU) Unmasked in a Patient with Long-Standing Spondyloarthropathy

Dr. Teerath Kumar reports a rare metabolic disorder revealed through clinical vigilance.

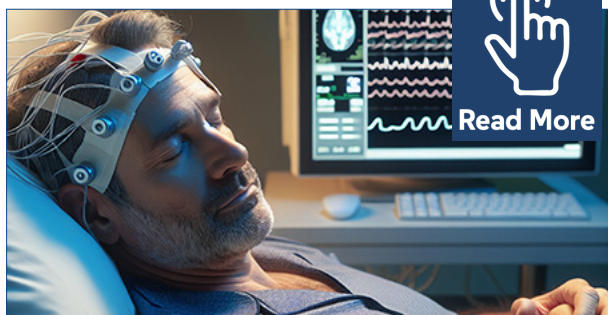


## Medical Frontiers


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### Groundbreaking Case Report Published

Our Apollo Heart Centre team, led by Dr. Abdul Azeez Mohammed and Dr. Shaikh Bux, published a rare case of Primary Idiopathic Chylopericardium in the prestigious Houston Methodist DeBakey Cardiovascular Journal, advancing global cardiovascular knowledge.


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### Center for Sleep Disorders Launched

BSH unveils the nation's first Center for Sleep Disorders, combining hotel-standard comfort with gold-standard diagnostics to tackle Bahrain's dual epidemic of poor sleep.


[Read More](#)

**RANDOX RIQAS**  
QUALITY CONTROL

### Laboratory Excellence Recognized

BSH Laboratory Department has been awarded the prestigious RIQAS Recognition for consistent excellence in external quality assessment — a testament to precision, teamwork, and patient trust.

## Preventive Care & Public Health Insights

**BSHBREAST**  
CARE CENTRE  
an inter-disciplinary approach

### Early Detection Saves Lives



Age 40 is the recommended starting point for routine screening.



Detects cancers too small to feel—when treatment is most effective.



Improves cure rates and allows breast-conserving surgery.



Protects women with family history or higher risk factors.



Rapid reporting, same-day correlation, and multidisciplinary care at Bahrain Specialist Hospital



*Screening Mammograms Save Lives  
A Bahrain Perspective*

**Dr. Munther Sowaileh**  
Consultant Diagnostic and  
Interventional Radiologist

## Spotlight on Prevention

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### Why Screening Mammograms Save Lives?

In this timely and informative article, Dr. Munther Sowaileh, Consultant Diagnostic and Interventional Radiologist at BSH, shares a Bahrain-specific perspective on breast cancer screening. Drawing from both global guidelines and local audit data, he highlights the life-saving potential of early detection, the realities of risk, and the comprehensive diagnostic services available at BSH.

Turn to the full article to learn when to screen, what to expect, and why it matters.

## Academic Leadership & CME Highlights



### Adenoma Detection Rate in Focus

Dr. Najah Zayyani, Consultant Gastroenterologist and Vice-President of BSH, shared her clinical insights and regional experience on Adenoma Detection Rate (ADR) during Scientific Week at Dar Al Shifa Hospital – Kuwait. Her presentation emphasized the importance of ADR as a benchmark in colorectal cancer prevention and highlighted the need for regional collaboration and continuous professional development. Read the full article inside to explore her reflections, data from Bahrain, and key takeaways for CME.

CME



### Crystal Vision at TIOC 2025

Crystal Vision Eye Clinic took center stage at the Tbilisi International Ophthalmology Conference, contributing to the first-ever specialized pediatric ophthalmology meeting in Georgia. With a powerhouse lineup of expert speakers, the team shared groundbreaking insights on strabismus, amblyopia, teleophthalmology, and more—reinforcing BSH's commitment to global academic leadership. Explore the full article to discover the highlights, innovations, and international impact of this prestigious event.

CME



### Navigating Colon Cancer from Diagnosis to Treatment

BSH hosted a successful CME event on the regional challenge of colon cancer, bringing together leading experts from diverse medical fields to facilitate knowledge-sharing and collaboration.

CME



### 1st International Bahrain Movement Disorder Symposium

Bahrain Specialist Hospital and King's College Hospital London collaborated to host a significant international symposium on movement disorders, reinforcing Bahrain's emergence as a regional hub for specialized healthcare.

CME



### Updates in Cardiology & Cardiothoracic Surgery

BSH Apollo Heart Institutes hosted an NHRA-accredited CME session gathered leading specialists to share the latest advancements in cardiac care, reinforcing BSH's commitment to education and excellence.

CME



## Community & Wellness



### World Heart Day 2025: Heart-Safe Gym & Sports Campaign

BSH launched a groundbreaking initiative to make every fitness center a Heart-Safe zone, empowering gyms, trainers, and the community with Automated External Defibrillator (AED) readiness and CPR skills.

[Read More](#)


### Breast Cancer Awareness Month

Empowering women, inspiring hope — BSH's Breast Care Centre leads the charge in screening and early detection, education, and community outreach. Together with our partners, we're turning awareness into action and saving lives across Bahrain and the GCC.

[Read More](#)


### Blood Donation Drive 2025

In collaboration with Al Zayani Investments and King Hamad University Hospital, BSH hosted a successful blood donation camp — strengthening the national blood banks and promoting community wellness.

[Read More](#)

## New at BSH



### Pediatric Advanced Life Support (PALS)

We are proud to announce the launch of PALS training, a globally recognized certification now available at BSH. This milestone strengthens our commitment to advancing life-saving education and equipping healthcare professionals with the skills to respond confidently to pediatric emergencies—where every second counts.

Read the full article to learn how this program elevates standards of care and preparedness across Bahrain and beyond.


[Read More](#)

## Final Thoughts

This edition of Pulse@BSH captures the pulse of **progress, the rhythm of collaboration, and the heartbeat of human-centered care.** Together, we are shaping tomorrow's healthcare today.



## Are You Thriving or Just Surviving?

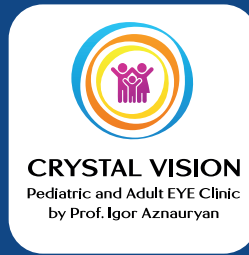
Take our fun and reflective questionnaire to discover your **Work-Life Balance Score**. Whether you're a clinician, administrator, or support staff, this quick self-check helps you explore how well you're balancing work, rest, and personal time.

👉 Scan the QR code to take the quiz.

Let's celebrate 23 years of care by investing in the well-being of the people who make it all possible—you.



## Centers of Excellence



## Accreditations



European Society of Hypertension



Bahrain Specialist Hospital & Clinic  
Airport Branch

📞 1713 8777

Scan for location



Bahrain Specialist Hospital & Clinic  
Riffa Branch

📞 1338 1338

Scan for location



Bahrain Specialist Hospital  
Juffair

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