

Vitamin (D)

Vitamin bones against disease rickets

Vitamin (D) helps to represent the fat and calcium in the body stabilize the bones and teeth. The body makes vitamin needs of the present condition exposing the skin to the sun.

Sources of vitamin (D) :

- 1 - Natural sources: fungus - yeast - solar baths - are rarely found in plant .
- 2 - Animal sources: Fish liver oil (whale) - milk - eggs - butter - chicken liver.

The role of vitamin (D):

1- Vitamin (d) protect against diabetes:

A new analysis presented to discuss the current "the strongest evidence so far" to give young children vitamin and (d) supplementation helps to prevent the suffering of the type I diabetes at a later date.

2- Vitamin (d) is beneficial to heart patients:

Researchers confirmed that the vitamin (d) may prevent heart disease and that the study they conducted showed that the vitamin treatment (d) prevents the heart muscle cells to grow significantly, because it might lead to inflation and lack of cardiovascular activity.

Lacking of vitamin(D):

1-Vitamin (D) weaken the immune system:

Researchers said that many of the young children who do not take adequate doses of vitamin (D) the risk of diseases legs broken bones or weak immune system.

2-Vitamin (D) a threat to the arteries of the leg injury:

A study of people who suffer from vitamin A deficiency (D) may face a high risk of peripheral artery disease.

3-Vitamin (D) affects Baromatesm and osteoporosis.

Decreasing symptoms:

Rickets or Khera - osteomalacia in adults - Altkzz - delayed the emergence of teeth Osw composition - to prepare for inflammatory diseases, especially inflammation of the nose and throat - in the form of distorted rib cage and the pelvic bones and the parties and broken bones.

Lack of vitamin (D) during pregnancy:

The study warned that the women that suffer from a low level of vitamin and (d), especially during pregnancy are more likely to become Caesarean births.

Warning of a lack of vitamin(D):

According to the results of medical studies that lack of vitamin (d) - increases the risk of developing high blood pressure, obesity and diabetes, which may in turn lead to heart disease and advised to daily exposure to the sun to sun, because it covers 90% of the body's need of vitamin and (d) In addition to foods containing vitamin A, such as fresh Alasmakm and other.

Cases where given Vitamin (D):

Disease rickets and the tendency of infection convulsive - Lin calcium and bone loss - of chronic arthritis, rheumatism and chronic eczema - the tumor, which affects the feet or hands by exposure to cold - Gabr broken bones - tooth decay.

Roula Naji
Lab Dep.

Unknown friend in the "Taiba"

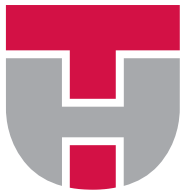
In line with the hospital's adopted strategy of maintaining an environment of intimacy, cooperation and love among its working group, and the desire of the management to strengthen the relations between the members of this group to work as one single family towards achieving the group's noble humanitarian goal , the Department of the hospital's nursing work for the game of "the unknown friend," (Secret Friend), which created an atmosphere of fun and pleasure and surprise among them.

Having participated in the game, all workers in the hospital managers, doctors and nurses, The idea of the game was that each participant withdraws a wrapped paper from a glass box, where each paper has a name of one of the participants. The paper then will hold the name of the "Unknowing Friend" who will be entitled to obtain a daily token gift over one full week from the participant who had chosen this paper, the aim is to strengthen the connectivity and convergence between the group.

The game is actually based on the exchange of gifts among all participants, so to achieve harmony and increase familiarity between them, which also

helps to relieve the pressure of staff's daily work. Such a game is believed to provide a successful and productive working environment which will has direct positive impact on working group's performance, and helps them to present their utmost standards of services towards the hospital patients.





Happy Birthday

Dr. Ahmed Al-Wakel	01/02
Fatate Nassar	01/02
Raji Rajan	01/02
Nour Eldin Al-Najjar	02/02
Athar Hussein	02/02
Siji Paulous	03/02
Dr. Mohamed Alaweh	04/02
Balikatel Moidunni	05/02
Nilfrene Felimoun	07/02
Kader Mouhiedin Shahoul	07/02
Mohammed Khurana	09/02
Awal Miah Tota	10/02
Dr. Mohamed Salah Eldin Atef	10/02
Dolora Delamersid	10/02
Suja Benny	10/02
Kamala Vasodivan	10/02
Cherly Johnmathi	13/02
Valantena Mondero	14/02
Sindhou Rajama	15/02
Sony Mathew	15/02
Dr. Manal Sayed	17/02
Seham Abdallah	20/02
Lina Thomas	21/02
Ema Rose	22/02
Houmaun Nourirjaman	25/02
Chehabuddin Abdulrab	25/02
Amir Hussein	25/02
Dr. Fadi Fekri	25/02
Rodolfo Benedicto	25/02
Mahmoud Al-Sharkawi	25/02
Anitha Janet	25/02
Ehab Jad	25/02
Ahmed Mohamed	26/02
Chester Camba	26/02
Bindu Edakkalathur	28/02

Happy New Year,,,

Congratulations to:

Mrs. Rabab Al Ashnehi (Pharmacy) for having a baby boy named Mohamed.

Mrs. Manar Essa (Secretary Dept),for having a baby girl named Maryam.

Wishing lots of happy moments in their life.

Welcome Aboard:

Dr.Moustafa Kamel Essa OBGYN Consultant
 Mr.Bassem Chehadeh Cheif Financial Officer
 Mr.Emad Daher Physiotherapy Technician

Please welcome your new colleages to Taiba Hospital.

Info:

What is the kidny gravel?

Is a solid mass of crystals which are deposited from the urine and build up layer to form an internal surfaces in the kidny, usually urine prevents deposition of these crystals, But in some cases, taking shape and form the accumulation of kidney ston, in this case it can go with urine if the ston was small, But if they are large they collect in the urinary tract, causing severe pain..

Roula Naji
Lab Department

Solution to puzzles in previous issue:

- 1.What is the thing that we can hold it yet ,we cannot touch it? **Nerves**
- 2.Who you love , cannot talk to and if so you are crazy? **You**
- 3.What is the thing exists in mountains,set with men, dress like women? **Falcon**
- 4.What is the thing which sleep with its shoes? **Horse**

Quote:

- Better set your path with a smile than with a sword.
- The smile is a famous word without letters.

Game:

Put figures to the right of every phenomenon in the right places to got the total recorded at the end of each row or column:

2	□	+	16	+	□	=	49
		+		+			
7			13	+	□	+	9
		+		+		+	
9							
15	□	+	20	+	□	=	42
24	29		38		48		

If you have any questions or suggestions please contact:

rida@taibahospital.com / zahra@taibahospital.com
salsabeel@taibahospital.com