



KOKNI MEDICAL TEAM
For a healthier community

THE HEALTH HUB

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WELCOME NOTE FROM THE EDITOR

Assalamalaikum and Ramadhan Kareem to all my Brothers and Sisters.

It gives me great pleasure in inviting you all to dive into our 3rd edition of the quarterly KMA Health Hub.

As we embark into our blessed month let me take this opportunity to wish you a beautiful journey through the fasting period. In the month of February 2025, we were blessed to have a medical talk via zoom by Medical Specialists including Dr.Saira Sokhwalla, a renowned and passionate Endocrinologist



on health topics regarding Diabetes and fasting. We hope you seized that golden opportunity as well.

Feel free to engage us, the KMA Medical Subcommittee, on your suggestions of topics you would like more information on. May Allah SWT grant you the utmost blessings and forgiveness in this holy month. Ameen.



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

Replacement of Missing Teeth

Replacement of missing teeth is important for maintaining oral health, function and aesthetics.

There are several options for tooth replacement depending on your needs, budget and oral health condition.



Dental Implants

Dental implants are a popular and long lasting option for replacing missing teeth. They closely mimic natural teeth in function, appearance and durability. A titanium post is surgically placed in the jawbone acting as a root for an artificial tooth.



Dental Bridges or Fixed Partial Denture (FPD)

This is a dental restoration used to replace missing teeth that is attached to the adjacent teeth or dental implants.

Types of FPDs

- Traditional bridges; these are supported by crowns that are fixed over natural teeth on either side of the missing tooth or teeth.
- Cantilever bridges; these are attached only one side of the missing tooth.
- Maryland bridge; these have wings that attach to the back of the surrounding natural teeth.
- Implant supported bridge; these are supported by crowns fixed on the dental implants on either side of the missing tooth or teeth.



Dentures

Partial dentures: used when some natural teeth are remaining.

Complete dentures: replace all teeth in an arch.

Implant supported dentures: these are more stable and better than traditional ones.



Choosing the right option

Factors such as cost, bone health, personal preference, and dentist recommendations play a role in selecting the best tooth replacement method.



Dr. Tahsin Fatima
Dental Surgeon



Ramadhan: A Journey of Faith and Growth

Ramadhan is a good time to reflect on our past experiences and set resolutions for the upcoming months. In the Islamic tradition, the concept of setting goals aligns with the broader principles of self-improvement, accountability, and striving to please Allah. This is an opportunity to renew one's intentions and make sincere efforts toward spiritual and personal growth.

Renewing Faith and Strengthening Relationship with Allah

At the core of a Muslim's life is the relationship with Allah. A key goal for should be to strengthen and deepen this connection. This can be achieved by increasing acts of worship, such as performing the five daily prayers with greater devotion and mindfulness. Additionally, reciting and reflecting on the Quran regularly can provide guidance and bring peace to the heart. Muslims are encouraged to make specific du'as (supplications) asking for forgiveness for past shortcomings and seeking Allah's help in remaining steadfast on the path of righteousness.



Personal Development and Self-Discipline

Islam places great emphasis on personal development and self-discipline. The Prophet Muhammad (PBUH) said, "The strong person is not the one who is physically strong, but the one who controls themselves when they are angry." This teaching encourages Muslims to focus on building internal strength and self-control. Setting goals for the new year should include working on personal traits such as patience, humility, gratitude, and kindness. Developing healthy habits such as eating in moderation, exercising regularly, controlled screen time and maintaining mental well-being can lead to a more balanced and fulfilling life.



Acts of Charity and Helping Others

A major goal for the new year should be to increase acts of charity and kindness toward others. Islam encourages believers to give in charity, not just through financial means but also through actions and words. The Prophet Muhammad (PBUH) said, "Smiling in your brother's face is charity." Small acts of kindness such as helping a neighbor, supporting a cause, or volunteering time for those in need can make a significant impact.



Seeking Knowledge

Setting goals for learning new skills, reading beneficial books, or acquiring religious knowledge can contribute to personal growth and service to the community. A fresh opportunity to seek knowledge, refine one's understanding of Islam, and stay committed to lifelong learning. As Muslims we should prioritize acquiring knowledge that benefits us, foster a more enlightened and responsible life.



Time Management and Accountability

The concept of time is sacred in Islam. Every moment is seen as a gift from Allah, and Muslims are encouraged to make the most of it. The Prophet Muhammad (PBUH) said, "There are two blessings which many people lose: health and free time." As part of setting goals for the new year, Muslims should focus on managing their time effectively. This involves prioritizing important tasks, avoiding procrastination, and using time wisely to engage in productive activities. An Islamic approach to time management emphasizes balancing work, worship, family responsibilities, and personal development.



Repentance and Seeking Forgiveness

One of the most beautiful aspects of Islam is the concept of repentance (Tawbah). This is an ideal time to seek forgiveness from Allah for past mistakes, shortcomings, or sins. Repentance in Islam is a sincere return to Allah with the intention of improving one's actions and avoiding the same mistakes in the future. Make amends where possible, and work towards better conduct in the future. This act of spiritual renewal helps purify the heart and strengthens the commitment to living a righteous life.



By setting such goals, Muslims can improve both their spiritual and worldly lives, striving to live in accordance with Islamic teachings and to benefit not only themselves but also the wider community, with Allah's guidance and mercy Alhamdulillah.



Shazma Mukri
Clinical Psychologist

How fasting in the Holy month of Ramadan is related to health outcomes - A review on the related evidence

Ramadan is the month of obligatory fasting, as part of the 5 pillars of Islam, observed by more than 1.8 billion Muslims worldwide, as a testimony of faith. It is for a fixed amount of time and is studied to have many positive impacts on the human body.

So ...What happens to the body when fasting?

Initially, during early days of fasting both blood sugar level and blood pressure will drop. The body starts up a cleansing process. The first few days seem the toughest as they are usually accompanied with headaches, dizziness, nausea and intense hunger.

In the second stage the body becomes accustomed to the fasting schedule and the digestive system is able to rest. The digestive system focuses its energy on cleansing the body and healing cells and the white blood cells in the body will become more active. During this stage the organs will start their repair process as well.

As a nutritional model there is various degrees of calorie control by virtue of food abstinence. Here are some studied benefits of fasting:

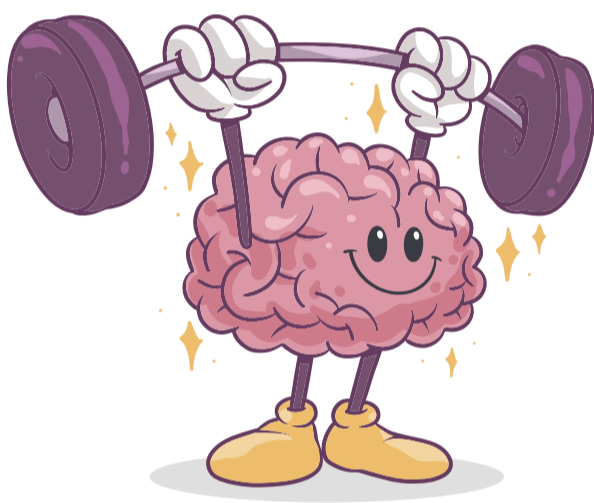
Reduced High Blood Pressure

According to a new study in The American Journal of Medicine, short-term intermittent fasting reduces high blood pressure and other cardiovascular diseases improving overall heart health.



Improved Brain Function

Fasting increases brain levels of nerve growth factor (NGF), helping in nerve growth, maintenance and survival. Fasting also increases brain-derived neurotrophic factor (BDNF), a protein that helps existing brain cells survive and encourages the growth of new ones. Low BDNF levels is linked to an increased risk of Alzheimer's disease.



Body Composition Enhanced

Fasting lowers a person's body fat percentage while increasing muscle mass and overall health. The study published in JFMP 2020 showed, post Ramadan fasting period, there is a reduction in total cholesterol and triglycerides along with a rise in levels of HDL-C [the healthy fat], which had beneficial effects on your lipid profile. This can reduce risk of gaining weight and developing diabetes, which are both risk factors for heart disease.



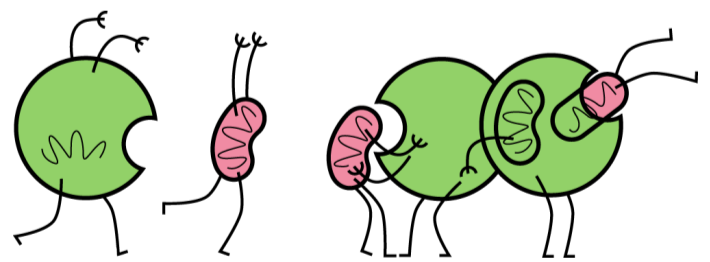
Fasting Lowers Risk of Cancer

That is correct! Fasting can help you lower your cancer risk. But how exactly? When fasted, cancer cells are unable to process ketones produced by the liver from fat and fatty acids. Simply put, fasting starves cancer cells, making them more vulnerable to the immune system.



Motivated Autophagy

Fasting increases autophagy, the process by which cells and tissues recycle damaged components. Autophagy promotes longevity and aids in preventing aging-related diseases such as cancer, heart disease, and neurodegenerative disorders such as Parkinson's and Alzheimer's disease.



Reduces Inflammation

Fasting reduces inflammation, which is a major cause of aging. This is due to fasting causing changes in your gut microbiota. Fasting increases the abundance of bacteria with anti-inflammatory properties in the gut microbiome.



Conclusion

- Prepare one week early for Ramadhan by gearing up your body with a form of intermittent fasting, this way your body isn't caught by surprise, hence don't over indulge prior.
- If you don't want to age fast, FAST!



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