

Health Regime, Medical Help Vital for Post-natal Problems

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DUBAI — Getting back into shape after delivery is a big challenge for many new mothers.

Gone are the days when women used to hit the gym and go on a crash diet to quickly cut the extra flab.

Now there are many who seek medical treatment and even resort to surgeries as solutions for weight gain.

However, if women are more careful about switching into a proper health regime and seek medical help on time, regaining proper shape and solving other post-childbirth issues would not take them to a situation where they require surgeries, says Dubai-based Dr Jeehan Qadir.

“Obesity, severe pigmentation, stretch marks and hair fall are some of the common complaints related to pregnancy and delivery. These affect women psychologically and they can make women feel very depressed,” said Dr Qadir, the Executive Chairperson of American Academy of Cosmetic Surgery Hospital (AACSH) in Dubai.

Addressing a group of expectant and new mothers at a postnatal seminar organised by Dubai Ladies Club recently, Dr Qadir said women should be encouraged to breastfeed as it helps in releasing excess fluids from the body.

“But if they go on a strict diet they cannot breastfeed. A proper diet is important for the health of the new mother and her baby,” she told *Khaleej Times* after the seminar.

The certified dermatologist and laser specialist said women could also seek medical advice for releasing excessive water content that gets deposited in body tissues, through lymphatic drainage and using advanced massaging equipment. “Water retention in body tissues is a major reason for post delivery weight gain. Detoxification of a woman’s body after delivery is very important. Treating increased pigmentation and stretch marks should begin when they are still fresh.”

She said women should ideally seek medical help for these problems in six weeks time after normal delivery. For those who had a C-section, eight weeks is preferred.

“Even for hair fall, another common concern following delivery, women should seek medical help. We need to assess the exact cause of it-whether it is related to iron deficiency or hormonal changes etc. We have to begin all these treatments at the right time.”

Nevertheless, healthcare facilities that exclusively attend to individualised postnatal care of women in the UAE are rare, she said.

“We at AACSH see a lot of women complaining of a lot of problems related to pregnancy and delivery. That is when we thought...why don’t we solve the problem immediately so it doesn’t reach the stage of surgery,” she said while announcing the launch of a new postnatal clinic at AACSH.

“We recognised that there was an urgent need for a modern, technologically advanced post natal recovery clinic that could educate and care for expectant and new mothers, so that they can go on to care for the next generation.”

“NEW YOU,” dubbed to be the first exclusive postnatal clinic in Dubai, offers the benefit of a full line of medical and wellness services under one roof of the AACSH. Located in Dubai Health Care City, AACSH also houses a medical spa and anti-aging clinic which will complement the individualised postnatal care at the facility, said Dr Qadir.

(Khaleej Times)