

CIWEC NEWSLETTER

JAN-FEB 2024 ISSUE



New Website

Our team is delighted to announce the launch of our new website. This had been in work for weeks and the launch date is finally here. It is now live and located at the address: <https://ciwechospital.com/>.

Health News

We have noticed a variety of respiratory infections during January and February including covid, and influenza or the flu. It is still not too late to get your annual flu shot. Covid vaccines are now only available at Teku Hospital but we hope that most of you have been immunized with the covid vaccines.





CSR activities: First Aid Training allotted to multiple organizations at both branches

Our medical team has been providing first aid training to multiple stakeholder organizations at both Kathmandu and Pokhara branch. Persons attending these sessions get hands-on training on first aid and basic CPR with practice on a dummy and a lecture with a lot of practical tips on what to do in emergencies. The training aims at enabling the participants to respond during emergency situations and provide basic first aid before the sick or the injured persons can get to definitive care. Participants are awarded with certificates towards the end of the training.

Health Screening on Promotion

Health screening packages are available at a reduced rate. The offer is valid until the end of March. A yearly comprehensive exam can detect serious, extreme-level illness or lower their risk of them before they worsen. In addition to early detection of disease, regular health checkups keep individuals more aware of their health and help significantly in reducing healthcare costs over time. Please make use of the offer while it lasts.

Some individuals request a Treadmill test (TMT) as part of their physical. CIWEC is now equipped with a fully automatic Schiller TMT for cardiac stress test. The treadmill test (TMT), also known as an exercise stress test, is a medical test that measures the heart's ability to respond to stress in a controlled clinical environment.

The treadmill stress test helps evaluate the heart's response to exercise, diagnose coronary artery disease, assess the effectiveness of cardiac treatments, and determine safe levels of exercise for patients. It is performed by our senior consultant cardiologist.

If you are considering a treadmill stress test, you can book your appointment either by calling or emailing the reception at bookings@ciwec-clinic.com. Our medical professionals will assess your individual health status, symptoms, and medical history to determine if this test is appropriate for you.

