

CHRONICLES

"No act of kindness, no matter how small, is ever wasted."

– Aesop



WILL YOU SURVIVE? A GUIDE TO SURVIVING A HEART ATTACK

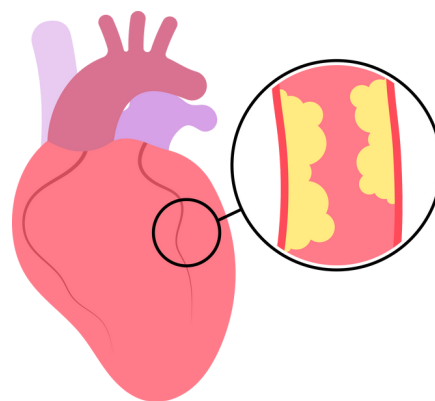
What causes a heart attack?

A heart attack or myocardial infarction (MI) occurs when the flow of blood to the heart is severely reduced or blocked.

This deprives the heart muscle of oxygen and can damage or destroy part of it.

Plaque is a deposition of fat, cholesterol, calcium and other substances in the wall of the heart (coronary) arteries.

The process of plaque buildup is called atherosclerosis.



What are the warning signs you could be having a heart attack?

- Chest pain or discomfort.
- Heartburn or indigestion.
- Light-headed, sudden dizziness or faint.
- A cold sweat.
- Shortness of breath.
- Women, elderly or diabetic patients may have atypical symptoms such as brief or sharp pain felt in the neck, arm or back, unusual tiredness and nausea or vomiting.

CAREER DAY AT ICBT

WOMEN'S DAY MEDICAL CAMP



KARAOKE NIGHT



Welcome!



Mr. Mohammed Naushad
Senior Executive Medical Record
Medical Services



Dr. Salome Mithiranesan
Assistant Manager-Medical
Services
Medical Services



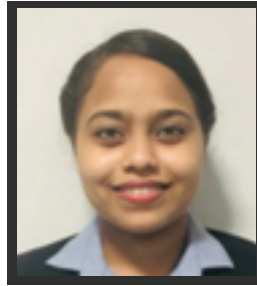
Mr. Denver Ragal
Physiotherapist
Medical Services



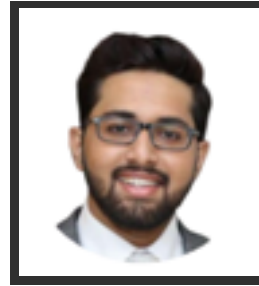
Dr. Achini Damsak
Pre-Intern -Medical Officer
Medical Services



Mr. Kavin Denagamage
Business Development Executive
(Laboratory)
Laboratory Services Department



Ms. Shihara Jayasekara
Senior Executive - Call Centre
Operations Department



Mr. Ahsan Ameen
Manager - Risk & Compliance
Supply Chain



Ms. Genuksha Sivaram
Marketing Coordinator
Business Development

NDB BANK MEDICAL CAMP

APRIL EVENTS



Look out for our upcoming
Avurudu Celebrations!

ALFRED PLACE WING



6th Lane Cafe is now open
on the 1st Floor,
Alfred Place Wing