



Striking a perfect balance

By Kabeer Yousuf

For those who toil around with work and family life, Dr Hiral Jerajani Kamath has a talisman to help strike a perfect balance between these two. "Work is your passion and family is your obsession" – if you make a clear distinction between these two, you will enjoy both without hurting any of these.

This is Dr Hiral Jerajani Kamath, a well known Indian name among the Omani women – an indisputable persona in the mammography history of the country who has a passion to bring about cancer awareness among women in Oman.

Dr Hiral, the young, vibrant and enthusiastic lady who considers her profession as her passion and family second to none has already carved a niche for herself in the breast cancer awareness saga of the country. She runs her own mammography clinic

"Aafiya Imaging and Diagnostic Centre" in Qurum while shuttling herself from women's associations to embassies and from seminars to colleges.

"Mammography has always been my interest since my medical school days that led me to study radiology at the University of Mumbai after my MBBS from Seth GS Medical College – KEM Hospital and my MD from Sion Hospital," a highly contended Hiral told Mazoon.

She topped in the radiology finals at the University of Mumbai, just as she did secure gold medal from the school final from Indian School Muscat (ISM), the testimony of which is still seen at the Toppers' List of the school. This was followed by her fellowship in MRI and colour Doppler in London. "Then I came back to Oman after getting married.

I worked at the Ministry of Health. But after a short stint with the Ministry, I joined a private clinic so that I could give time to my child and continued attending conferences



and training programmes”.

“Inspiration to pursue my career was acquired from my childhood and from my parents who have always been a source of encouragement and support to me. And after my marriage, it was all my husband who stood beside me like a pillar in pursuing what I wanted to be in life,” she pointed at Sachin Kamath who is the co-founder and CEO of Kitara Capital International Ltd, a subsidiary of Halcyon Capital Holding Company SAOC.

Her dreams of becoming a Breast Radiologist were yet to see the light of the day. She learnt her mammography at the Tata Memorial Hospital in Mumbai, the biggest and most advanced cancer hospitals in India with the intention of kick-starting her career in mammography.

“While I was working, I always had the desire to work in mammography and do very specialised and dedicated work. With the kind of workload that they have at Tata, it was an amazing work experience. In fact I went again and kept doing updates in my training there. I also got trained at the Hinduja Hospital in Mumbai”.

Breast Cancer is very well treatable when diagnosed early and that’s why we need screening. “What I see is that breast cancer screening needs awareness campaigns among women which we are all trying to create. The National Association of Cancer Awareness (NACA) and its chairperson Yuthar al Rawahy with her team are working hard to do that. I also go and help work with them

whenever they need my help. On my own, I have been trying to spread awareness among women in Oman by giving lectures to different women’s groups, social clubs and embassies across the country”.

An avid reader who keeps at least five to six books saved in her iPad has mastery of several languages. With her command over the local language, she finds it easy to communicate and convince her patients in a better way.

“Women are comfortable when they come for a breast examination and when they get a woman doctor to talk to, and to examine them. Also, I can talk enough Arabic to communicate comfortably with Omani patients. It’s very important that the doctor speaks their language and understand all the complaints that a patient may have”.

Aafiyaa Imaging is a place where women feel highly comfortable to the personal care, soothing colours and the relaxing interior of which every minute part is taken care by Dr Hiral. She makes sure every woman stepping into Aafiyaa is going out with a less-burdened heart.

“What is more important for me is the mindset of the person visiting me. She may be of any background but she is here to see me with slight anxiety over her health and I befriend her first followed by listening to her concerns. Listening to the patient and giving the patient adequate time is what I feel is very important”.

“We also do sonography at



Aafiyaa. It involves scanning of all parts of the body like abdomen, gynaec, thyroid, pregnancy scans, four-dimensional scans, Colour Doppler scans”.

However busy Dr Hiral may be, she always finds time, whenever she can, to be with her family and kids – Aditya (12) and Krish (5).

She is also member of the Royal College of Radiologists, UK – Breast Group. Further, she has been attending conferences on regular basis that enables her to interact with other experienced professionals in the same field which ensures her to be up to date with the latest developments in mammography. She believes that there is no end to learning, and with doctors, she feels it’s very important to remain updated. Last year she organised an international conference called “Update in Breast Imaging” along with the Oman Association of Radiographers, at the Institute of Health Sciences in Wattaya.

