

alseha

Putting a focus on health in Qatar

16 healthy eating tips

Cardiovascular disease
What you need to know

Organ donation in Qatar

Everything you need to know
about health cards

Making Qatar
a safer place to live

Plus regular features:

- Local and International Health News
- Ask the Experts
- Fun Health Facts
- How to contact HMC



مؤسسة حمد الطبية
Hamad Medical Corporation

HEALTH • EDUCATION • RESEARCH صحة • تعليم • بحوث

Keep us safe

Did you know?

- 40,000 children are injured each year in Qatar
- 85% of all injuries to children occur in their own home
- 80% of injuries in the home are fall related
- More than 2,000 children suffer burns at home each year

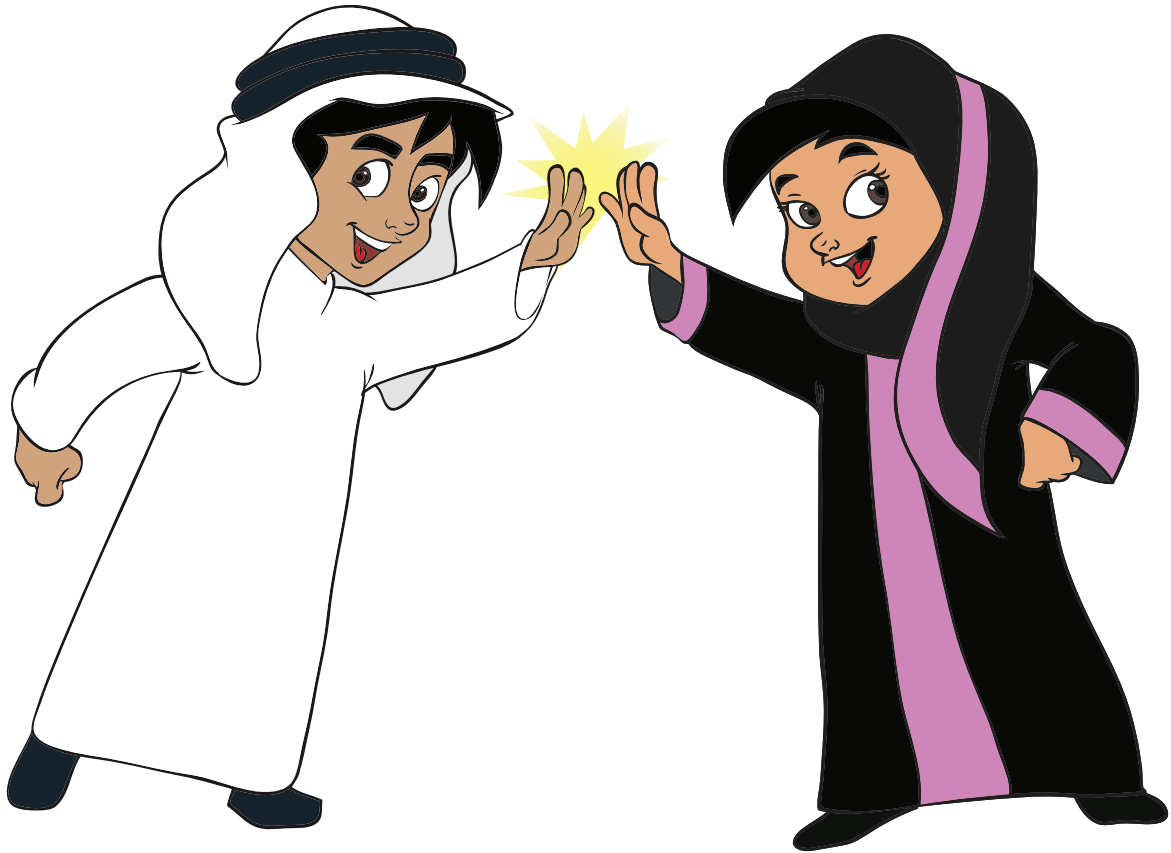
To find out more about keeping children safe at home, please visit www.kulluna.qa

The majority of child injuries occur when no one is watching them. Supervising your child will reduce their risk of injury.

مركز حمد الدولي للتدريب
Hamad International Training Center



ConocoPhillips



alseha



Welcome to issue two of *Al Seha* magazine!

We were delighted with the positive feedback we received following the launch of our first issue. Your comments have been very helpful and have driven us to strive to produce a high quality magazine every issue, full of valuable health and wellbeing information for our readers.

To continue producing a magazine that you want to read, we want to hear from you. We have included a short survey asking for your views on *Al Seha*. As a thank you for completing the questionnaire each person will be entered into a competition to win an iPad, so good luck to everyone who enters. You can find the survey form on page 23.

In this issue there are articles on cardiovascular disease and organ donation, as well as the usual news round-ups from Hamad Medical Corporation (HMC), Qatar and abroad. We also cover the subject of Health Cards and explain how to apply for a new card and how to renew your existing one. Safety features strongly in this issue as we interview Dr Rafael Consunji, HMC's new Injury Prevention Director, about his efforts to make Qatar a safer place to live.

As always, the editorial team and I hope you enjoy the articles and we look forward to reading your thoughts on *Al Seha* in our survey.

Ali Abdulla Al Khater
Executive Director
Corporate Communications



**Tell us what you think
about *Al Seha***

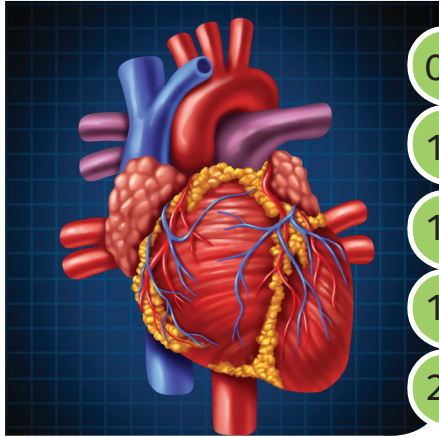
Telephone: 4439 5405
Email: alseha@hmc.org.qa
www.hamad.qa

Al Seha is produced and distributed by the Corporate Communications Department at Hamad Medical Corporation

Disclaimer: While great care is taken to ensure that all articles in *Al Seha* magazine are accurate as at the time of publication, readers should be aware that the content is not intended to be a substitute for informed medical advice or care. Readers should not use information contained in *Al Seha* to diagnose or treat a health issue. Always consult a qualified health professional.



Contents



09

Cover Stories

Everything you need to know about health cards

10

Making Qatar a safer place to live

14

Organ donation in Qatar

18

16 healthy eating tips

20

Cardiovascular disease - What you need to know



08

Health in Qatar

Kulluna Health and Safety Campaign

26

Health begins at 40



03

Regular Features

HMC Round-up

06

Qatar Focus

16

International Health News

24

Meet the people at HMC who care for you

28

Ask the Experts

30

Fun Health Facts

32

How to contact HMC

Al Wakra Hospital Welcomes Patients



Hamad Medical Corporation's newest hospital was opened formally by His Highness the Emir Sheikh Hamad Bin Khalifa al-Thani on 12 December, 2012. Al Wakra Hospital provides a full range of general hospital services not only for the growing local community but also for people in the Doha international airport area and those living further south. Al Wakra Hospital is the newest and largest general hospital in Qatar and numbers among the largest in the region.

With an aim to serve every patient as if they are a member of their own family, the large team of clinicians, managers and support staff are very excited about opening their doors. Chief Executive, Johannes Kedzierski, said: "We all want to

give our patients easy and fast access to high quality services and an efficient and effective 'one stop shop' experience that they will really appreciate."

The hospital has been designed and built with the patient very much in mind. Well appointed and spacious patient rooms, the majority of which are single occupancy, provide a welcoming and comfortable environment for patients and their visitors who can also relax in the shade of tranquil internal courtyards and enjoy the expansive landscaped gardens.

Boasting over 1,000 car parking spaces and equipped throughout with state-of-

the-art technology including MRI and CT scanners, the latest operating theatre systems and fully automated laboratory processing, the hospital is ready to welcome patients. "Anyone needing non-major emergency care or other general medical and surgical services no longer has to make the journey to Hamad General in Doha for diagnosis and treatment, they can now come to Al Wakra," said Medical Director, Dr Nasser Al Ansari. "We also have a separate 'See and Treat' area for male workers," he added.

<http://wakra.hamad.qa>



New life-changing procedure available for heart patients

Surgeons at Hamad Medical Corporation's Heart Hospital have started performing a life-changing procedure to improve the quality of life for high risk patients. The Transcatheter Aortic Valve Implantation System (TAVI) has been performed on two patients in Qatar since October, 2012.

As people get older the valves in the heart can start to fail; the openings can become narrowed which reduces blood flow to the heart, resulting in dizziness, difficulty in walking and other complications. This condition is also known as angina, one of the most common forms of heart disease.

If left untreated, angina can be fatal.

"With TAVI, an artificial aortic heart valve attached to a wire frame is guided by catheter (a thin, flexible tube) to the heart. Once in the proper position in the heart, the wire frame expands, allowing the new aortic valve to open and begin to pump blood," said Dr Abdulrahman Al Nabti, Senior Consultant and the Head of the Valve Transplantation Program.

Dr Abdulaziz Alkhulaifi, Chairman of Cardiothoracic Surgery at the Heart Hospital, explained that patients would



previously have to go abroad to have this procedure. "This is an extremely effective treatment option for many of our patients and enables them to regain quality of life. We are now able to offer this life-changing procedure here in Qatar, performed by our highly trained surgical teams at the Heart Hospital," Dr Alkhulaifi said.

“Help us help you” says HMC’s Ambulance Service



Would you know what to do if you had a serious accident or found someone who needed urgent medical treatment? Helping make everyone aware of the simple ways in which they can help save a life is the idea behind a new campaign from Hamad Medical Corporation’s Ambulance Service.

The Ambulance Service fulfills an essential role for the people of Qatar; a life saving one. Every incident the Ambulance Service is called to offers different challenges in terms of the injuries faced, the number of people affected, the location and the support required. The Ambulance Service receives more than 90,000 calls each year, to which 1,454 staff, 167 ambulances, 20 rapid response vehicles and a helicopter respond. For the Ambulance Service to provide the best possible service it needs the help and support of the public.

‘Know the 5 to save a life’ is one of the campaign’s key messages. By following these five simple steps you will help the Ambulance Service provide the best response to every incident.

Know the 5 to save a life

1. Dial 999 immediately – The sooner you call the sooner the ambulance can get to you.
2. Know your location – As soon as we know where you are the ambulance can be sent.
3. Answer all questions – The extra details you can provide are critically important to helping save a life. Remember the ambulance is already on its way.
4. Follow all instructions – Important instructions may be given over the phone to help you save a life. Sometimes this is as simple as going out to wave the ambulance down.
5. Give way to ambulances – Remember the ambulance stuck behind you in traffic might be going to help someone you know.

Each of these steps assists the Ambulance Service in their response, from calling 999 immediately, to being able to explain

your location accurately and, very importantly, giving way to ambulances on the roads to help them arrive at the incident scene as quickly as possible.

It is no exaggeration to say the work of the Ambulance Service is a matter of life and death. Please follow their request – ‘Help us help you’ – as it could be your life they save next.



International accreditation success for HMC

Hamad Medical Corporation (HMC) has become the first hospital system in the region to achieve the institutional accreditation from the Accreditation Council for Graduate Medical Education – International (ACGME-I). This makes Qatar only the second country outside of the United States to have the prestigious accreditation conferred upon it, which indicates that it meets the highest and most rigorous standards for physicians' specialty training.

This is a tremendous achievement and means HMC will attract, train and retain the top medical graduates and clinical faculty from Qatar and around the world. It is effective from 1 July 2012, so students studying in the current academic year will be educated under this accreditation.

Under the ACGME-I structure, trainee doctors undergo specialist training conducted by dedicated senior clinicians after graduating from medical school. They are regularly assessed on their



medical knowledge, patient care skills, professionalism, interpersonal and communication skills to ensure the aspiring specialist doctors provide excellent care.

Dr Abdullatif Al Khal, Director of Medical Education at HMC, said: "ACGME-I accreditation ensures the organization is providing a supportive, safe and effective learning environment and uniquely positions HMC as a center of excellence in this field. Implementing the ACGME-I

standards will help to improve the training and educational environment of doctors during their specialization period which leads to better quality and safer patient care."

This accreditation also marks a key milestone in the transformation of HMC into an academic health system and demonstrates the Corporation's commitment to high quality care and patient safety.

Great advances in care for trauma patients



In the unfortunate event of a serious injury you may be admitted to the Trauma Center at Hamad Medical Corporation (HMC). Trauma is a physical injury caused by an external source and is a major cause of death and disability in Qatar. Motor vehicle crashes and accidents in the workplace – often on construction sites – account for the majority of trauma incidents.

In recent years the Trauma Center has made great advances in caring for patients who sustain traumatic injuries in Qatar. In the five years since its establishment in 2007, the Center has achieved a 50 percent reduction in the number of deaths of patients admitted to the hospital with serious traumatic injury. The average length of stay in the hospital for trauma patients also decreased by around 35 percent.

Based at Hamad General Hospital, the Trauma Center receives and evaluates approximately 5,000 patients each year, of which nearly 2,000 are admitted to the hospital for care. Dr Hassan Al Thani, Head of HMC's Trauma Center, said: "The Trauma Program in Qatar is one of the best, if not the best trauma program in the Middle East because it is structured, integrated and functions on the basis of collaboration."

In 2012 the Trauma Center earned recognition in the Arab Health Awards and from the World Health Organization for its success in improving care for the injured in Qatar. The Center is also working towards international verification by the American College of Surgeons.

Qatar's Social Health Insurance Scheme set to launch

Since 2000, the population has almost tripled in Qatar. This has put the State's health service under enormous pressure and health administrators are busily working on every aspect of planning to meet current and future demands. In order to realize the aim of the Qatar National Vision 2030 – to make healthcare 'accessible and affordable to everyone in Qatar' – a universal Social Health Insurance Scheme has been announced. The implementation of the Social Health Insurance Scheme is in the advanced stages and falls under the remit of the National Health Strategy 2011–2016. It is one of the 39 National Health Strategy projects set to transform health care in Qatar.

The Supreme Council of Health is working closely with Hamad Medical Corporation to make the necessary preparations; IT upgrading, training and the implementation of the ICD 10AM coding for all medical services are being worked on to ensure health insurance can be successfully rolled out over the next few years. In its simplest form health insurance is a health plan that provides certain health care services in exchange



for a defined routine payment, known as a premium or contribution. Qatari and non Qatari residents will be covered by a basic benefits package, consisting of a defined list of services available under that health plan. As per the upcoming law, waiting to be enacted, the Government will cover the premium for Qatari citizens. Employers of non Qataris will be required to purchase, as a minimum, the basic package for their employees. These packages will provide a generous level of cover for both groups. There are likely to be further options for additional health insurance coverage that can be bought and paid for by individuals and/or employers.

Health Insurance will be 'piloted' in the first half of 2013 with the first pilot

group being female Qatari nationals. The scheme will be phased-in with more services and people included over the next few years.

Social Health Insurance brings the availability of health care services to the whole population. People will be able to choose health services from participating private and public sector providers. Competition and choice of providers will drive up quality and performance and improve the level of care patients receive.

For more information on Health Insurance please contact:

Husein Reka T: +974 4407 0451

E: infoshi@sch.gov.qa

Manager, Health Insurance, Health Financing and Insurance Department
Supreme Council of Health

Cigarette packaging to warn of the dangers of smoking

New regulations set by the Supreme Council of Health requiring tobacco manufacturers to place health warnings on cigarette packets came into force in November, 2012. All countries in the GCC have agreed to enforce these new regulations in a move designed to reduce the number of people smoking. The labels will warn of the potential dangers including lung cancer, breathing problems and gum disease.



Qatar's residents support 'Walk for Life'

Think Pink Qatar received great support from the local community for its annual breast cancer walk in early November. Hundreds of people convened on Doha's Corniche for the 'Walk for Life' to help raise awareness of breast cancer.

According to the Gulf Center for Cancer Registration, Qatar has the third highest rate of cancer in the Gulf region, accounting for 10 percent of all deaths. Think Pink Qatar, set up in 2006 by Karen Al Kharouf, is a breast cancer awareness group run by volunteers.

Each year Think Pink Qatar organizes its Breast Cancer Walk for Life. The walk featured guest speakers, information booths, entertainment for children and



a host of activities to ensure the whole family had fun.

"Our mission has always been to increase awareness about the causes of breast cancer so we can encourage regular check-ups, raise awareness of what to do if you suspect something out of the ordinary, and give people the knowledge that early detection is the best defense against breast cancer. The annual "Walk for Life" is an important event that brings people together and gets them talking about these issues," said Kharouf.

To learn more about the great work being done by Think Pink Qatar visit www.thinkpinkqatar.com

Enjoy the sunshine and protect your bones



A recent study conducted by Hamad Medical Corporation (HMC) found up to 90 percent of people in Qatar could suffer from vitamin D deficiency. The study assessed the vitamin D levels of HMC staff and found nine out of 10 had low levels of this important vitamin.

High levels of vitamin D are essential in order to build and maintain strong, healthy bones. Vitamin D deficiency inhibits the absorption of calcium, a mineral that strengthens bones. It is almost impossible to get sufficient intakes of vitamin D from

diet alone. The easiest way to boost your vitamin D level is through exposure to natural sunlight. Cells in the skin react to sunlight to stimulate vitamin D production. Low levels of vitamin D and calcium can lead to a range of health conditions including osteoarthritis, type 2 diabetes and hypertension.

HMC's study highlights the need for people to expose their skin to the sun's rays at least two or three times a week, for a minimum of 15 minutes.

Did you know?

According to the World Health Organization, Qatar and Kuwait have the equal highest life expectancy of all GCC countries, at 78 years.

'Kulluna' makes a splash with children's water safety campaign

The focus on health and safety in Qatar has stepped up a gear thanks to a five-year campaign launched in September by Hamad Medical Corporation (HMC) and Conoco Phillips. Kulluna, which means 'All of Us', will raise awareness about preventable injuries, enhance health and wellbeing and create awareness of the existing health care services and facilities offered by HMC. Kulluna is based on the belief that everyone can take action to improve the health, wellbeing and safety of themselves, their family and the community at large.

Dr Khalid Abdulnoor Saifeldeen, Director of the Hamad International Training Center at HMC, explained: "The first part of the campaign began in October 2012 and was dedicated to child safety through a targeted campaign titled: 'Keep us safe!' We were happy to join forces with Safe Kids Worldwide on this campaign as they are an international non-government organization that specializes in child safety."

The child safety drive focused on water safety in and around the home as well as at the pool or beach. Dr Khalid believes much more should be done to protect children in Qatar from the dangers of water. He continued: "A child can drown in less than two minutes in as little as five centimeters of water in absolute silence. The number one piece of advice we give all families is to ensure your children are supervised at all times. You will not know if your child is in trouble unless you are there to carefully supervise them. 80 percent of children drown when no one is watching them."

In addition to adverts on roadside billboards and in magazines, the campaign featured an interactive road show in City Center and Landmark malls. Parents and children were able to speak with medical professionals at the Kulluna stand and play interactive games featuring the campaign's safety heroes Salem and Salma, the Kulluna mascots.

For more information, please visit:
www.kulluna.qa



Did you know?

Water safety

- In 2011 there were 25 cases of children drowning in Qatar.
- In two of these cases the children drowned in buckets kept outside their ground floor homes to collect water dripping from air-conditioners.
- Most incidents of drowning took place in swimming pools and very few in the sea.
- Drowning is a leading cause of death and disability among children in Qatar.
- Children have drowned in swimming pools, baths, fish tanks, buckets, on building sites and in the sea.
- 80 percent of children drown when no one is watching them.
- A child can drown in less than two minutes in just five centimeters of water, and in absolute silence.



Everything you need to know about health cards



in case the need to visit one of the government facilities arises.

How to apply for your health card

You will need to visit your nearest health center to apply for your health card and open a health file. You cannot visit any health center, it must be the nearest one to where you live. At the bottom of your electricity bill you will see an area code that corresponds to a specific health center. You must apply for your health card at this location.

You must take the following documents with you when applying for your health card:

- Two passport sized photographs
- A photocopy of your Qatar ID
- An electricity bill to prove where you live

the next day to collect it. One person can visit the health center to apply for the entire family's health cards, it is not necessary for each family member to attend.

How to renew your health card

1. Online

The easiest and most convenient way to renew your health card is online. You can do this by visiting www.gov.qa and paying with a credit card. The expiry date of your current health card will be extended automatically so you can continue to use the same card.

2. At your designated health center

Take your expired health card to your designated health center and they will renew the card. You will need to pay the QR100 fee using a credit card. You cannot pay with cash.

For telephone numbers of health centers visit www.phcc.qa

What is a health card?

A health card gives the holder access to the government health care system in Qatar. You will need to present your health card when visiting a government health center or one of Hamad Medical Corporation's hospitals. Each health card displays the holder's name, Qatar ID number, nationality and photo. The health card entitles the holder to subsidized consultations and prescriptions. People without a health card will be classed as visitors and charged at a higher rate.

Who is entitled to a health card?

Health cards are only available to residents of Qatar. Once you receive your residence permit you can apply for your health card. People with private medical insurance are also encouraged to apply for a health card

Each health card costs QR 100 which must be paid using a credit card. No cash is accepted at health centers. The health center will either issue you with your card immediately, or ask you to come back



Making Qatar a safer place to live



Al Seha met up with Dr Rafael Consunji, Hamad Medical Corporation's new Injury Prevention Director, to discuss health and safety issues in Qatar and find out what he is doing to make Qatar a safer place to live.

Can you give us an overview of your background and expertise?

I am an acute and critical care surgeon initially trained at the Philippine General Hospital (PGH), the training hospital of the University of the Philippines. I saw many victims of trauma die in the Intensive Care Unit (ICU) during my training and I mistakenly thought that I could best prevent these deaths by becoming an ICU specialist. This is why I left for a Fellowship in Surgical Critical Care at the Johns Hopkins Hospital in Baltimore, Maryland in the United States. During my SICU fellowship, I realized that the majority of trauma victims die without ever seeing a physician, let alone a specialist trauma and ICU surgeon. My mentors convinced me to pursue further training at the John Hopkins School of Public Health in order to learn the art and science of preventing injuries from happening, rather than treating

them after the event. I graduated with a Masters Degree in Public Health and a Certificate in Injury Prevention and Control and returned to The Philippines.

Once back in The Philippines, I founded a non-profit organization focused on preventing unintentional injuries to children (SAFE KIDS Philippines, a member of SAFE KIDS Worldwide) and continued my clinical, academic and research work at the PGH where I took on the post of Chief of its Surgical ICU.

What is your role at HMC?

In August, 2012 I was appointed to the position of Injury Prevention Director in the Trauma Section, Department of Surgery at Hamad General Hospital. My primary goal is to coordinate and manage efforts to prevent injuries from happening in the populations served by HMC in Qatar.

Can you describe the scale of safety issues in Qatar?

Describing the 'injury picture' in Qatar is very important for a number of reasons. Firstly, it will allow us to describe the problem and make our case that injuries – the nation's number one cause of death – should be a priority public health concern in Qatar. Next, it will guide prioritization of injury risk areas (for example road traffic injuries, falls and burns) for program implementation and the identification of high-risk target

“ Road traffic injuries (RTIs) are the number one cause of death in Qatar.”

populations. Lastly, it will set a baseline for monitoring trends and subsequent evaluations of our interventions.

Road traffic injuries (RTIs) are the number one cause of death in Qatar. They cause more deaths than cancer, heart disease, obesity or diabetes. You are nine times more likely to die in a RTI in Qatar than you are in the United States. In the US, one in 70 deaths is due to a motor vehicle crash (MVC), while in Qatar MVCs cause one in eight deaths. More than 90 percent of all road fatalities are males, with those between ten and 29 years old the most at risk. RTIs are also responsible for 75 percent of all deaths among Qatari males between 20 and 29 years old.

For children, injury risks are very age-specific. Children under four years old are the most likely to suffer from a severe injury in the home, with 66 percent of home injuries happening to this age group. Children under four years old are also most likely to suffer injury or death as unrestrained front seat passengers, accounting for 62 percent of these incidents.

Falls, falling objects and MVCs are the most common workplace injuries in Qatar. Work-related falls are the second leading cause of severe injuries requiring trauma admission at HMC. With the exponential growth in the infrastructure of Qatar we can expect construction-related injuries to increase unless we prepare to implement best practice programs to prevent them.

“Ensuring that health and safety becomes a priority for the next generation is of great importance.”



What steps do you believe are required to make Qatar a safer place?

Using the '3 Es' approach we will educate, make the necessary engineering or environmental modifications and ensure the enforcement of safety rules and regulations.

Education will focus on the public, policy makers and high-risk populations. We will endeavor to use multi-media and school-based educational interventions with the aim of implementing a safety component into school curricula in order to maximize the sustainability of our programs. Ensuring that health and safety becomes a priority for the next generation is of great importance.

We will work with the appropriate government and non-government agencies to identify structural and environmental factors that need to be improved to prevent injuries from happening. For example, we can work with the Ministry of Interior to correlate crash site information to identify traffic 'black spots' where repeated motor vehicle crashes occur. We can then recommend the necessary engineering interventions to prevent these incidents in the future.

Enforcement of existing rules, laws and regulations must start with an inventory and then a campaign to remind the public, and law enforcers, which laws are present. Then, cooperating with government agencies to measure current compliance rates will identify which laws need more enforcement efforts from the agencies in charge. For instance, a low percentage of drivers complying with seatbelt laws will direct educational and enforcement efforts to increase compliance with this law.

What is your role, and HMC's role, in improving safety in Qatar?

I think that all of us involved in health care in Qatar should work hard to prevent injuries, the leading cause of death in Qatar. Our employees and staff must be educated in injury prevention, specifically road safety. They should be role models for all of the communities they represent – more than 60 nationalities – in what they say and more importantly through their daily actions. All HMC facilities, institutions and vehicles must be examples for the rest of the country in terms of engineering and enforcement of road safety and other injury risk areas.



HMC must be aligned with global efforts to improve road safety and see itself as an important partner in the prevention of injuries in Qatar, specifically RTIs.

I see my role as an advocate for injury prevention, analyzing the data, defining the problem, building the case, convincing policy makers, reaching out to various stakeholders and communities, building partnerships, collaborating with those working in the field, implementing best practice programs, evaluating these programs and communicating the lessons learned. I want to be able to facilitate the creation of a culture of safety in Qatar through the actions of a critical mass of individuals and organizations.

What simple actions can the public take to make Qatar a safer place to live?

With such a complex problem, there is no simple solution. Yet even a marathon begins with a single step. We can all start by ensuring we are aware of the existing rules and laws and fully comply with them. Wearing a seat belt is the single most significant action you can take to protect yourself. Every passenger, on every



journey, must be restrained in the vehicle. Placing children in age-appropriate car seats, or at the very least restrained in the back seat of vehicles, will go a very long way to preventing severe injuries and deaths to children. Make a point of spreading the safety message to your friends and colleagues and support safety events in public and in schools.

Additionally, support our government officials who need to enforce laws and rules, especially on our roads.

Lastly, be a leader and a role model for safety by setting the right example to others. Qatar is a wonderful country that offers so many opportunities, let's all try to make it a safer place as well.

Did you know?

8 facts about road safety in Qatar

1. Motor vehicle crashes are the number one cause of death in Qatar.
2. The risk of dying in a motor vehicle crash is nine times higher in Qatar than it is in the US.
3. 76 percent of deaths among Qatari males aged 20 to 29 years old are due to motor vehicle crashes.
4. Males account for more than 95 percent of road fatalities.
5. Motor vehicle crashes are the leading cause of hospital admission for trauma for children between 10 and 18 years of age.
6. Children between five and nine years old are at the highest risk of being injured as pedestrians.
7. Children between 10 and 14 years of age are most likely to suffer from injuries due to bicycles and all terrain vehicles.
8. In 2011 all children aged 0 to four years who died in a motor vehicle crash were unrestrained front seat passengers. Not one death occurred for children of this age when travelling as restrained rear seat passengers.



**Because you
gave way,
we got there
faster**

When there is an emergency we are grateful for everything you do to help. From dialing 999 immediately, to explaining your location carefully, following instructions and giving way to ambulances on the road – it all helps us to save lives.

خدمات الاسعاف
Ambulance Service



To see how you can help us save a life,
visit as.hamad.qa today.



Help us help you

Organ donation in Qatar

A gift of life

What is organ donation?

Organ donation refers to the process of removing one or more of a person's (the donor) organs and transplanting them to another person (the recipient). There are two types of organ donors; living donors and deceased donors. Some organs such as the liver, kidneys and lungs can be donated during the donor's life. However, most organ and tissue donations come from deceased donors who, during their lifetime, have given permission for their organs to be used to help others after their death.

Organ donation in Qatar

Qatar's National Health Strategy highlights organ donation and transplantation as areas of priority. End stage kidney failure is a common health problem in Qatar. There are currently about 500 people on dialysis, with an estimated 120 patients waiting for kidney transplantation and 14 patients awaiting a liver transplant. As with

three in each of the three previous years. Yet despite these recent achievements there are still many people waiting for organ donors. Even with the best experts, equipment and facilities to carry out organ transplantations little can be achieved without enough organ donors.

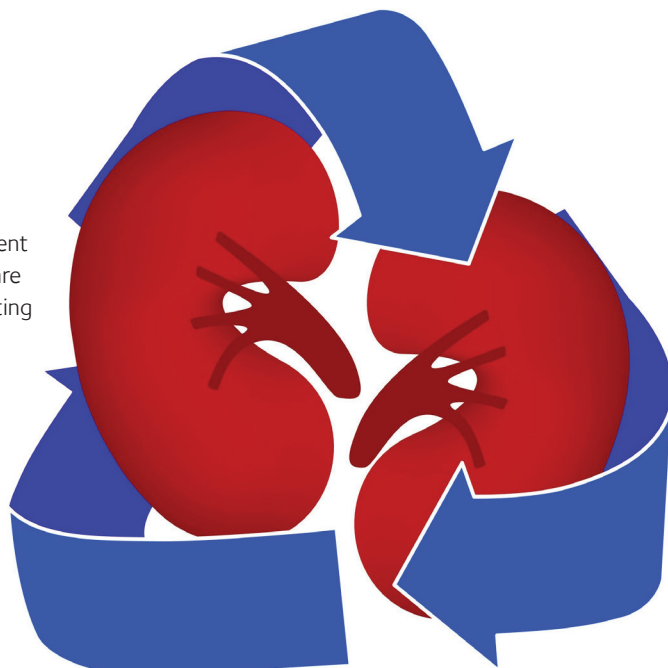
Sadly, the lack of donors has meant that many patients with organ failure have had to suffer from ill health, and in some cases, lives have been lost.

The Qatar Center for Organ Transplantation

In 2011, HMC opened the Qatar Center for Organ Transplantation. This state-of-the-art center is responsible for the surgical management of end stage organ failure patients and has been accredited by America's United Network for Organ Sharing, a great endorsement of the high quality service it provides. Using donated organs, HMC's expert team offers patients kidney, liver and pancreas transplantation using the world's most advanced surgical techniques, the most recent equipment and the gold standard in immunotherapy.

Raising awareness

Identifying the lack of donors as a major problem, HMC began an extensive campaign during the holy month of Ramadan in 2012. The campaign aimed to raise awareness of the need for more



organ donors, dispel any misconceptions and increase the number of people on the organ donation register.

The campaign involved placing information booths in several malls in Doha to give people the opportunity to learn more about organ donation, ask questions to HMC staff and register as organ donors. The most high profile moment of the campaign came in August when Her Highness Sheikha Moza Bint Nasser offered her full support to Qatar's

“The number of people waiting for transplants far exceeds the number of available organs”

most countries, Qatar is faced with a shortage of available organs. The number of people waiting for transplants far exceeds the number of available organs.

HMC made huge progress in the field of kidney transplantation during 2010 and 2011, with nine successful operations performed each year, compared to just

“The transplant center is accredited by America's United Network for Organ Sharing, a great endorsement of the high quality service it provides.”



organ donation campaign by registering as an organ donor herself. In the week following Her Highness' public support the number of people registering as organ donors doubled. The combined efforts of the Ramadan campaign led to more than 2,500 new organ donor registrations. On average, two new people register as organ donors every day, and the total number of people on the organ donor registration is now more than 4,500.

Dr Yousef Al-Maslamani, Medical Director at Hamad General Hospital, stated: "You may only think about the organ shortage when you know someone directly who needs an organ. Yet if you only remember organ shortage at this stage it will be too late to donate. If every one of us is registered as a potential organ donor after death, our community will never see a waiting list of organ failure. Sign the organ donor form today, who knows, you might know someone who needs an organ."

How to register as an organ donor?

Potential donors are required to complete the Organ Donor Registration form which must then be signed by two witnesses. You can collect a form from the Organ Donation Center located at Fahad Bin Jassim Kidney Center in Doha or request one to be sent to you. Once completed, the form should be returned to the Organ Donation Center, either in person or by email or fax. There is no need for people to visit the center at any point in the registration process; everything can be done by telephone, email or fax. Once the form is completed and returned you will receive your organ donation card to confirm that your name is on the organ donation registry.

To request an Organ Donor Registration form call 4439 8559 or email transplant@hmc.org.qa

Did you know?

- One organ donor can potentially provide a new lease of life for eight other people.
- People of all ages and medical histories should consider themselves potential donors. Each potential donor undergoes a thorough medical examination to determine their suitability to be a donor.
- Organs and tissues that can be donated include: heart, kidneys, lungs, pancreas, liver, intestines, corneas, skin, tendons, bone, and heart valves.
- In Qatar the major requirement has been for kidney transplants, mainly due to the increasing incidence of diabetes patients who develop kidney failure and are on dialysis.
- Organ donation is voluntary. Even if you have a donor card, your family will be consulted before donation can take place.
- All major religions, including Islam, approve of organ and tissue donation and consider donation the greatest gift.
- The Qatar Center for Organ Transplantation has been recognized as a Center of Excellence by America's United Network for Organ Sharing.
- There is just one waiting list for organ transplantation for Qatari and non Qatari citizens. This is a distinct feature for Qatar from other neighboring countries.
- All procedures related to organ donation and transplantation in the State of Qatar are free of charge for all patients including Qatari and non Qatari citizens.

October becomes Stoptober for Britain's smokers



A national campaign urging Britain's smokers to quit for the entire month of October was launched in 2012. Stoptober, as it was cleverly named, was the country's first mass quit initiative and aimed to unite smokers in their efforts to stop smoking for good.

For many years the UK has run campaigns focused around National No Smoking Day, and while each year lots of people successfully quit on this day, many begin smoking again soon after. Studies have shown that quitting for just one day has little effect on smokers' cravings and their desire to smoke. Conversely, research has shown that a large proportion of people who stop smoking for one full month will never smoke again. Smokers who quit for this length of time will be able to feel many benefits including improved breathing, fewer cravings and increased energy levels.

Supported by Cancer Research UK and the British Heart Foundation, the Department of Health campaign involved television and radio adverts, a daily text messaging service for those that subscribe and nationwide events.

Jean King, Cancer Research UK's director of tobacco control, commented:

"Smoking accounts for one in four cancer deaths and nearly a fifth of all cancer cases, so it's vital that work continues to support smokers to quit. Breaking the addiction is difficult, so new and innovative campaigns such as this are hugely important. It's key that smokers don't give up trying to give up."

Tens of thousands of smokers took part in the Stoptober initiative and while only time will tell whether the campaign can be hailed as a success, it is hoped that a significant proportion of these will never smoke again.

Sleep well to stay healthy

We all know a lack of sleep can leave us feeling tired, irritable and unable to concentrate, but a large scale review has now found sleep deprivation may contribute to illness and disease including obesity, depression, diabetes and high blood pressure.

The review, published in The Lancet medical journal, claimed sleep deprivation suffered by long-term insomniacs can even lead to premature death. Yet despite overwhelming evidence linking lack of sleep with increased risk of illness, few people receive appropriate treatment. It is estimated that sleep problems may affect the health of one in four people in the United States (US), yet only a very small number of these will seek treatment to resolve the problem.

Review authors Charles Morin from the Université Laval, Québec City, Canada and Ruth Benca from the University of Wisconsin, Madison, US, said: "Insomnia has substantial long-term effects on people's physical and psychological health. Despite advances in diagnosis and management, insomnia is still under-recognized and often goes untreated. In view of the high prevalence and substantial morbidities of insomnia, patients should routinely be asked about sleep problems by health care providers."

Research shows people who have between six and eight hours of sleep a night are less likely to become ill, while people getting less than six hours a night are at a greater risk of illness and premature death. It is estimated that in



the UK one third of people regularly get less than five hours of sleep a night.

The review also questioned the use of medication to alleviate insomnia, stating that some of the most commonly prescribed drugs such as antidepressants and antihistamines have yet to be approved for treating sleep deprivation.

Highlighting the importance of healthy lifestyle habits, the review authors claim that following a healthy eating plan, exercising regularly and setting aside relaxation time during the day may be the best way to ensure you get a good night's sleep.

Children's diet study provides food for thought



It is common knowledge that the food a child eats directly affects their health. Poor diets can lead to obesity, diabetes, breathing problems and many other health issues. However, The Food for the Brain Initiative – the UK's first large scale study of its kind – found that the food children eat can significantly affect their academic achievements as well as their health.

Chineham Park Primary School in the UK has a history of underachievement and low exam results. Children at the school followed an eight-month lifestyle program designed to provide them with a healthy diet, nutritional supplements and an exercise routine. The results were impressive, with significant improvements seen in exam scores, behavior and concentration, and a decline in ADHD symptoms such as hyperactivity and impulsiveness. The number of pupils

achieving the government target scores rose from 71 to 86 percent in English, 50 to 71 percent in mathematics and from 50 to 64 percent in science.

Gwen Clifford, head teacher of Chineham Park Primary School said: "We are delighted with the results, the Food for the Brain Initiative has had a very positive impact here."

The Food for the Brain Initiative has introduced:

- Cookery workshops for children and parents
- Educational activities to raise awareness of the link between food and mental health
- Children growing their own vegetables
- A Breakfast Club before school
- Healthier school lunches
- A ban of sugary drinks, sweets and junk food

- Daily supplementation with a multivitamin and an essential oil supplement
- Daily exercises

The Food for the Brain Initiative highlighted the importance of:

- Eating a healthy breakfast
- Minimizing the amount of sugar consumed
- Exercising daily
- Reducing consumption of processed carbohydrates i.e. white bread, white pasta, white rice
- Drinking lots of water throughout the day and limiting high sugar drinks

Partrick Holford, one of the UK's most respected nutritionists and Chief Executive for the Food for the Brain Initiative, said: "Children are now much more aware of what is good for their brain. They are growing their own vegetables, and most are eating fruit everyday. The key is involving parents and children in every step of the way to take on board a healthier lifestyle. The scale of the results could not have been achieved by diet alone. This project suggests that an improved diet, plus supplements and daily exercise might be a winning formula."

Did you know?

Around one billion people in the world struggle everyday to find enough food, yet the US wastes an estimated 40 million tones of food each year – enough to satisfy the hunger of every one of these people.

Big Mac = 550 calories

In September, McDonald's began listing the calorie information of its food on menus in more than 14,000 US restaurants. The move is in response to upcoming legislation in America that will require restaurant chains to display the calorie content of their food on menus.



16 healthy eating tips

1

Nature knows best

Consume food that is close to its natural state and avoid ready-made meals and processed products. Foods that have been processed lose many of their nutrients and often contain high levels of additives.

2

Eat little and often

Four or five small meals throughout the day are better than one or two large meals. By consuming your calories equally throughout the day you will maintain balanced blood sugar levels and remain energized, avoiding sugar highs and lows.

3

Choose healthy snacks

If you feel hungry between meals, choose things like seeds, nuts and fruit to snack on. Seeds and nuts are packed full of nutrients and essential oils, and their high protein content keeps you feeling full for longer.

4

Limit salt intake

Salt is present in many processed foods – like bread, cheese and breakfast cereals – so don't add too much extra salt to your meals. Don't let adding salt become a habit for every meal.

5

Check food labels

In addition to monitoring the calorie and fat content of foods, be sure to check the full list of ingredients. If you recognize the ingredients – such as flour, water, chicken, salt, olive oil – that's fine, but if the list reads more like a chemistry lesson then it's best to avoid these foods. Remember you want to eat real food, not heavily processed products containing large amounts of additives.

6

Be prepared

If you know you are going to be out of the house for a few hours, be sure to take some healthy snacks with you. When you are very hungry it can be tempting to make bad food choices, so always have a healthy option on hand.

7

Colour coordinate

Nature has done us all a favor by conveniently linking different colours with different nutrients. By choosing a range of colorful foods you'll ensure that you consume a wide variety of vitamins and minerals.

8

Choose healthy carbohydrates

Choose whole grain, unrefined carbohydrates that are high in fibre and rich in nutrients rather than processed white bread and pasta with little or no nutritional value. Beans, pulses, lentils and brown rice are all healthy carbohydrates.

9

Don't believe the labels

Terms like 'low salt', 'low fat', 'reduced fat' and '50 percent less calories' can all be deceiving. The majority of products with these labels have less fat/calories/salt than their original versions, but the levels are usually still too high to be healthy if consumed regularly.

10

Get blending

Fruit smoothies are a great option for a quick, healthy breakfast. Add nuts and seeds to a variety of fruit, mix with juice or milk, and you'll have a nutritious breakfast in minutes.

11

The spice of life

Add herbs and spices to meals for both flavor and nutritional benefit. Where possible use fresh herbs as these contain more nutrients than the dried versions.

12

Eat healthy fats

Avoid saturated and trans fats, but consume at least two portions a week of omega rich fish such as sardines, mackerel or salmon. These contain the essential fatty acids that boost brain and cellular function.

13

Don't shop when hungry

Have you ever noticed how delicious all the unhealthy food looks when you're hungry? Eat first, then go to the supermarket, or you'll end up with a shopping trolley full of junk food.

14

Avoid foods with aspartame and sorbitol

These sweetening chemicals have been shown to be highly carcinogenic (cancer causing) and to increase appetite.

15

Full steam ahead

If possible, steam cook vegetables and fish. Cooking this way reduces the amount of oil used and keeps more of the nutrients intact.

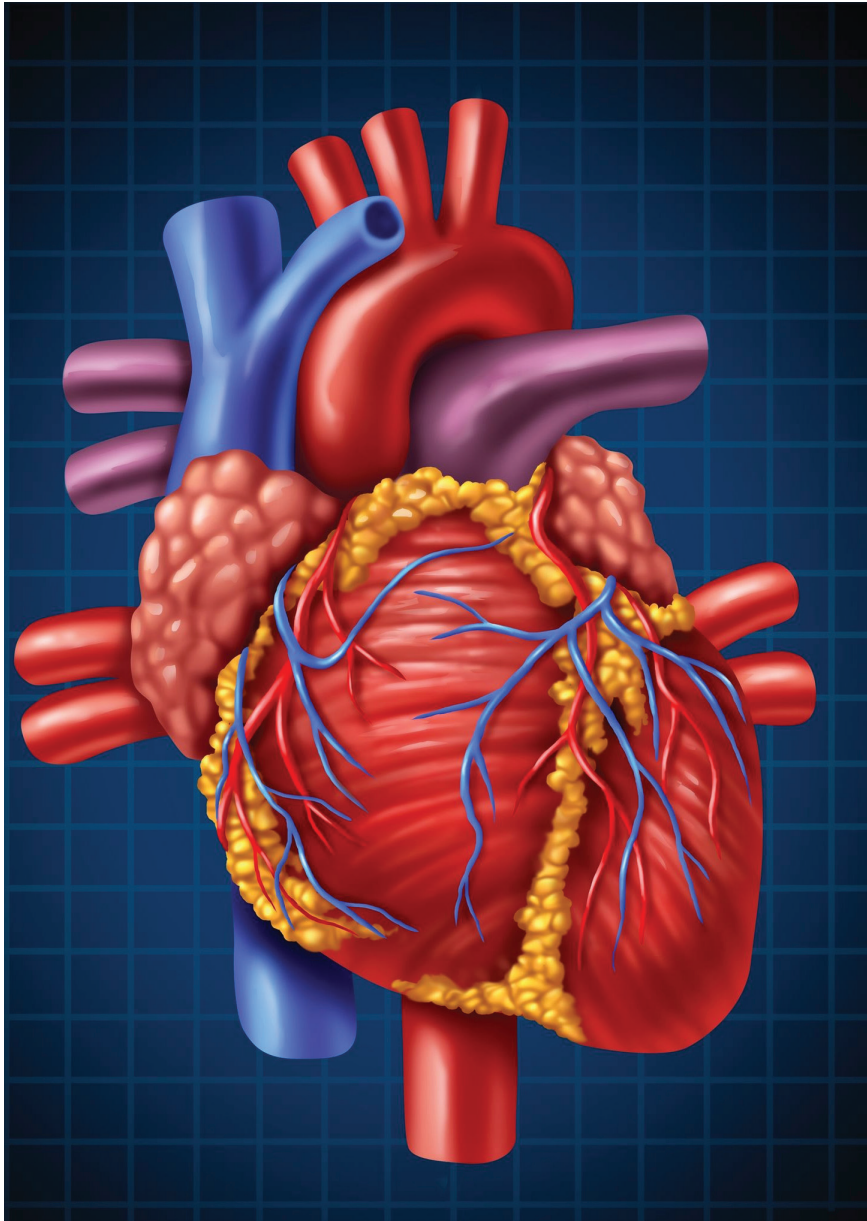
16

Think!

You are what you eat, so take the time and effort to make the right food choices.

Cardiovascular disease

What you need to know



The heart is the muscle that pumps blood around your body, supplying trillions of cells with oxygen and nutrients. With no conscious thought required, your heart pumps blood through more than 100,000 kilometers of veins and arteries. Yet when normal heart function is impaired, it can be fatal.

“Cardiovascular Disease (CVD) is the number one cause of death in the developed world, directly responsible for more than 17 million deaths each year. CVD is the name given to a range of disorders that affect the arteries of the body, potentially leading to a heart attack, stroke or angina,” explained Dr Abdurrazzak Gehani, Senior Consultant Cardiologist at HMC’s Heart Hospital.

CVD refers to the narrowing, or complete blockage, of any of the arteries in the body, but most importantly the coronary arteries that supply the heart and the cerebral arteries in the brain. “CVD is projected to increase substantially by 2020 in the Middle East, probably more so here than in other regions of the world due to escalating risk factors,” Dr Gehani added.

What is angina?

The term angina stems from the Latin angere, meaning to strangle or choke. Angina is caused by reduced blood flow

“CVD is projected to increase substantially by 2020 in the Middle East, probably more so here than in other regions of the world due to escalating risk factors”

through the coronary arteries (the arteries that transport blood and oxygen to the heart). This reduced flow is usually due to the deposition of cholesterol fats on the walls of these arteries. These deposits lead to a narrowing of the arteries and restricts blood flow to the heart. When blood flow is significantly reduced it can lead to chest pain, known as angina. Angina usually starts with physical exertion, such as walking uphill, when the heart muscle works harder and requires more blood. At first, the anginal chest pain often improves with rest, but as the narrowing increases, pain may be experienced even at rest and may take much longer to be relieved. These features are important warning signs that a person's coronary artery disease is getting significantly worse.

What is a heart attack?

A heart attack occurs when the vessels that supply oxygenated blood to the heart become completely blocked. This usually occurs when a blood clot develops on top of the fatty deposits and severely reduces blood flow. The pain is usually much more severe and prolonged than in angina and even occurs at rest. Many patients also feel weak, sweaty and dizzy or may even lose consciousness.

What is a stroke?

A stroke can occur when the blockage affects one of the arteries that supply the brain with oxygen and nutrients. These blockages are caused in a similar way to those leading to heart attacks through a build-up of fatty deposits narrowing the artery walls, followed by clotting of the blood inside these arteries.

What are the risk factors that contribute to the development of CVD?

The risk factors can be put into two categories; those that we have control over – controllable risk factors – and



those which cannot be influenced – uncontrollable risk factors.

Uncontrollable risk factors:

- **Age.** The risk of developing CVD increases with age, with a significant increase for people more than 50 years old.
- **Gender.** Men are statistically more likely to develop CVD than women.
- **Race.** Certain ethnic groups are more at risk of developing CVD than others. For example, in the United States CVD is far more prevalent in African Americans than in Caucasians.
- **Family history.** The risk of developing CVD is greatly increased when there is a family history of the disease.

Controllable risk factors

Most of the risk factors for developing CVD are under our control, meaning we have the ability to make them worse or better. Amongst the most important are:

- **Smoking.** Cigarette smoking is one of the leading risk factors for CVD with 40 percent of all smokers dying from the disease. Smoking increases the narrowing of the arteries, leading to restricted blood flow to the heart and brain. Smoking can also cause clotting of the blood inside these arteries,

causing a heart attack or stroke.

Additionally, smoking can lead to heart attacks in young people, even before the development of fatty deposits in the arteries.

- **Saturated fat intake.** Saturated fats are those derived from butter, ghee, coconut oil, palm oil etc. A diet high in saturated fat significantly contributes to the build-up of fatty deposits on the artery walls. Animal meat and dairy products all contain substantial levels of saturated fat. Conversely, unsaturated fats such as olive oil and corn oil are healthier and should be used whenever possible.
- **High cholesterol.** High levels of 'bad' cholesterol (LDL) in the blood will increase your risk of CVD. This should be differentiated from the HDL form, which is the healthy, protective cholesterol. To maintain healthy cholesterol levels it is important to limit the intake of saturated fat and cholesterol in your diet. High (LDL) cholesterol is not only present in obese people. Many people with a healthy weight have genetically inherited the problem of high cholesterol from their family.
- **Hypertension.** High blood pressure hardens the arteries and places extra strain on the heart. It must be stated



“ High blood pressure and cholesterol are often referred to as ‘silent killers’ as they produce no symptoms.”

that most people who have high blood pressure do not feel any symptoms until they develop angina, stroke or a heart attack. Therefore, it is important to check your blood pressure regularly, especially if there is a history of high blood pressure in your family.

- **High salt intake.** A high intake of salt may lead to high blood pressure. Avoid snacks with a high salt content such as crisps, fast food and many canned and ready-made meals. Also, only add salt to your meals when absolutely necessary.
- **Diabetes.** Raised blood sugar – due to its subsequent complications on the arteries – is an important risk factor for the development of CVD. Controlling body weight, exercising regularly

and correctly using medications for lowering blood sugar, such as insulin, can reduce the risk. It is important for diabetics to note that all other risk factors such as smoking, hypertension and high cholesterol become even more dangerous. Therefore, diabetics must not only control their diabetes, but also reduce these associated risk factors.

- **Lack of exercise.** Regular exercise helps to maintain a healthy weight, improves fitness and strengthens the heart and lungs. It can also reduce blood pressure and cholesterol. Exercising at least three or four times a week, performing an activity that raises your heart rate, will reduce your risk of CVD. Exercise also raises the level of good cholesterol.
- **Low intake of antioxidants.** Antioxidants – found in large quantities in fruit, vegetables and nuts – are molecules that fight the development of disease and help to neutralize the harmful effects of saturated fat. Specifically in relation to CVD, antioxidants help to break down the fatty deposits that build up on the artery walls, keeping the passageway clear to allow a strong flow of blood.
- **Lack of regular screenings.** Regular screenings are essential in order to assess your current risk of CVD. Your doctor will be able to monitor your

weight, blood pressure, blood sugar level and cholesterol level to identify abnormal values and advise whether you need to make lifestyle changes. High blood pressure and cholesterol are often referred to as ‘silent killers’ as they produce no symptoms. Without regular screenings for blood pressure and cholesterol it is very difficult for people to know if they are at a high risk of CVD.

“While you cannot change your uncontrollable risk factors, it is still very important to be aware of them. People with a high risk of CVD due to their age, gender, race or family history must be extra vigilant when it comes to addressing the controllable risk factors. Healthy eating, regular exercise and healthy lifestyle habits are, as with most diseases, the best prevention for CVD,” concluded Dr Gehani.

Did you know?

One person dies every 30 seconds from CVD in the US, that’s more than 2,600 people every day

Tell us what you think about *Al Seha* and **WIN** an iPad!

We're committed to producing a high quality magazine, packed full of valuable health information for our readers. To help us do this, we're asking for your feedback. Your input will help us to produce the best possible magazine, every issue. What do you want to see more of, which articles do you like and which health topics would you like us to cover in the future? Each person who fills out the questionnaire below will be entered into the draw to win an iPad.



How to send us your feedback and enter the competition

There are two ways to complete the questionnaire and enter the competition.

Option A

Step 1. Complete the questionnaire below

Step 2. Cut out this page from the magazine

Step 3. Give the page to a member of staff on one of the HMC Patient Visitor Service Center desks (located in the entrances of each hospital)

Option B

Step 1. Go to this link
www.hamad.qa/alsehasurvey

Step 2. Fill in the online questionnaire

Step 3. Click 'Submit' at the bottom of the questionnaire to submit your entry

Terms and conditions

One entry per person only. The winner will be randomly selected in a draw on 30 March 2013. We welcome feedback from HMC staff, however HMC employees will not be entered into the competition draw. Please ensure you fill in your contact details so we can contact the competition winner.

Al Seha questionnaire

1. Which of the following health topics would you like to see more of in *Al Seha*?
(Please circle as many as you like)

- Fitness
- Nutrition
- Weight loss
- Medical conditions
- Women's health
- Men's health
- Children's health
- Health for the elderly
- I think there is already sufficient variety

2. Which articles are you most interested in?
(Please circle as many as you like)

- Medical conditions
- HMC staff interviews
- Safety issues in Qatar
- General health articles (nutrition and exercise)
- Updates on international health developments
- HMC news and features
- Health developments in Qatar

3. To what extent do you think *Al Seha* magazine plays a valuable role in promoting health in Qatar? (Please circle the most appropriate answer)

- No contribution to promoting health in Qatar
- It has a small impact on health promotion
- It's a nice magazine but could do better
- It is a welcome addition and valuable health resource

Please explain your answer.....

.....

4. Please score the design and format of *Al Seha* for ease of reading.

5 is the highest score (easy to read) and 1 the lowest score (difficult to read)

1 2 3 4 5

Please explain your answer

.....

5. *Al Seha* is published three times a year (every four months). How frequently would you like to see *Al Seha* published?

(Please circle one answer)

- Keep it the same, three times a year is enough (every 4 months)
- Four times a year (every 3 months)
- Six times a year (every 2 months)

6. If you have any additional comments please write them here.

.....

Contact details:

Name

.....

Telephone number.....

If you have any questions relating to the questionnaire or competition please email alseha@hmc.org.qa



Meet the people at HMC who care for you

Name: **Maryann Chau**
 Job title: **Catering Department Supervisor at Al Khor Hospital**
 Nationality: **Filipino**
 Number of years working at HMC: **Three**



1. What does your typical working day involve?

I oversee the day-to-day running of the Catering Department at Al Khor Hospital. This includes stock checks, quality control and looking after my staff. Our department provides meals for staff and visitors at the cafeteria and also for patients on the wards.

2. What led you into your profession?

My previous training and experiences gave me the confidence and skills to manage people and deal with any issue that arises through good communication and understanding.

3. Which aspect of your job do you find most rewarding?

Knowing that our patients have received a good service from my team gives me great satisfaction at the end of a shift. Hearing positive feedback about the work we do makes all the hard work worthwhile.

4. What is your favorite thing about living in Qatar?

I find Qatar a very peaceful place to live. There are many countries in the region where conflict is happening, but Qatar offers me a safe place to call home where I can feel secure and at ease.

5. If you could offer one piece of health advice, what would it be?

Live a healthy and active life to stay young. My friends tell me I look young for my age and I think keeping active is the key to this. For example, when I do the rounds in the catering pantries on the wards I take the stairs, not the lifts. By making the effort to be active at work I'm exercising throughout the day.

Name: **Phil Lowen**
 Job title: **Chief Executive Officer of The Cuban Hospital**
 Nationality: **Australian**
 Number of years working at HMC: **One**



1. What does your typical working day involve?

I arrive at 7am to check emails and receive updates on any issues emerging in the hospital. From mid-morning to midday I usually schedule meetings and teleconferences. In the afternoons I deal with paperwork, reports and letter writing. I also make a point of visiting at least one area of the hospital each day.

2. What led you into your profession?

I actually stumbled into my profession. I started my career as a junior school teacher but moved to banking and finance and then found my niche at the Australian Department of Veterans Affairs where I discovered I loved health care. I worked in numerous health care administrative roles for the government before becoming a CEO of private hospitals.

3. Which aspect of your job do you find most rewarding?

I enjoy working on projects that deliver improvements in health care for the community and take satisfaction from providing a good service to patients. I love to see families visit the hospital and return the smiles of our friendly staff.

4. What is your favorite thing about living in Qatar?

I love the local culture and the friendly, welcoming attitude of the Qatari people. I enjoy the interaction between the different nationalities and the enthusiasm of our Cuban staff is contagious. I appreciate the quiet life in Dukhan, but sometimes I like to plunge into the delightful chaos of Doha at night.

5. If you could offer one piece of health advice, what would it be?

Walk. I like to walk around the hospital when I visit my staff in their departments each day, and I usually walk in the evenings in Dukhan.



Name: **Haya Al Hamad**
 Job title: **Acting Executive
 Director of Hospitality**
 Nationality: **Qatari**
 Number of years working
 at HMC: **15**

1. What does your typical working day involve?

Every day is different and that is what makes my job both challenging and interesting. I regularly meet with my department heads to discuss projects they are working on and the challenges they face. I also meet with many people throughout the organization to discuss how we can work with them to achieve their goals.

2. What led you into your profession?

I was excited by the prospect of the new Hospitality Department being launched in 2009 and agreed to join as an Assistant Executive Director. As I did not come from a hotel background I decided to develop my knowledge through studies at Cornell University in the USA to ensure I had the knowledge and skill to perform my role.

3. Which aspect of your job do you find most rewarding?

I take great satisfaction from successfully completing projects. To overcome all the difficulties and see the benefits at the end makes it worthwhile. I also love the 'people' side of my role. Working with such a large and varied team is very exciting.

4. What is your favorite thing about living in Qatar?

Qatar offers people great opportunities in both their work and family life. To be part of such a fast growing country is very special indeed. Because of these opportunities we see so many different nationalities at HMC and in the country as a whole.

5. If you could offer one piece of health advice, what would it be?

Ensure that you have a healthy work-life balance. I spend time with my family after work and at the weekends. This helps me to relax and unwind, so that when I come to work I am refreshed and ready.



Name: **Dr Sajith Pillai**
 Job title: **Quality Analyst**
 Nationality: **Indian**
 Number of years working
 at HMC: **One**

1. What does your typical working day involve?

As a member of the quality team in the Department of Medicine at Hamad General Hospital, I am involved in the planning and implementation of quality improvement projects, coordinating various quality improvement activities and providing training and coaching to physicians in clinical quality initiatives.

2. What led you into your profession?

My interest in Clinical Quality grew as an extension of my work as a doctor. A stint in the US, working on clinical quality issues deepened my interest in this area of work.

3. Which aspect of your job do you find most rewarding?

The realization that even the smallest improvements we make can go a long way in enhancing the quality of life for patients. Every day is an opportunity to learn new things.

4. What is your favorite thing about living in Qatar?

Life is pretty laid-back and peaceful here, and of course... Qatar Airways!

5. If you could offer one piece of health advice, what would it be?

Eat right, move more, breathe deeply and have a sense of humor in everything you do.

Health begins at 40

Six studies showing the benefits of exercise for the over 40s

1. Get walking for a longer life

More than 700 non-smoking retired men were enrolled on the Honolulu Heart Program. When the study began, participants were given a physical examination and asked how far they walked each day. During the 12-year study, there were 208 deaths; 33 from heart disease, 19 from stroke, 68 from cancer and 88 from other causes. The death rate was then calculated for men who walked less than a mile, one to two miles, or more than two miles a day. The results showed the risk of death for men who walked less than one mile a day was nearly twice as high as for those who walked two miles or more.



2. Build muscle during your retirement

Research by the United States Human Nutrition Center on Ageing at Tufts University found the muscles of elderly people are just as responsive to exercise as those of younger people. The 12-week study of 60 to 70 year old men showed their lifting

ability increased by 93 percent in addition to them developing larger muscles. Another study, also at Tufts University, on women from 87 to 96 years of age who were confined to a nursing home, found that they tripled their strength and increased their muscle size by 10 percent in only eight weeks through resistance training. The researchers believe that much of the muscle loss associated with ageing is entirely preventable, and even reversible.



3. Avoid diabetes with healthy eating and exercise

Exercise and a healthy diet are the most effective ways to reduce the risk of diabetes in older people. A study by the National Institute of Diabetes found these simple changes resulted in a 71 percent reduction in diabetes among people over 60 years of age. The study found people who exercised regularly and ate a diet low in salt, saturated fat and sugar, while high in fruit and vegetables, had the least risk of diabetes.



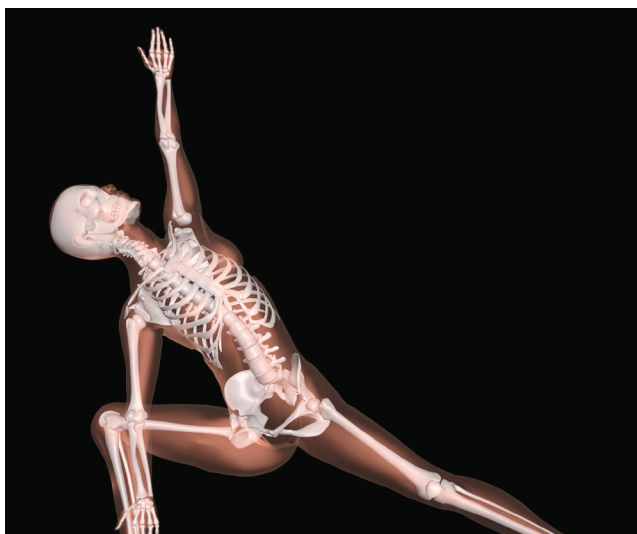
4. It's never too late to start



A report published in the American Journal of Medicine assessed 15,000 people between 45 and 65 years of age. After six years 1,000 people had converted to a healthier lifestyle, eating five portions of fruit and vegetables a day, exercising regularly, not smoking and keeping their BMI below 30. During the first four years, those who followed all four elements had a 40 percent reduction in death from any cause and a 35 percent reduction in death from cardiovascular disease. The results show that switching to a healthier lifestyle, even later in life, can have significant health benefits.

5. Get moving for healthy bones

A report, from the International Osteoporosis Foundation (IOF), found exercise helps to build strong bones. Dr Helmut Minne,



an osteopath and board member of the IOF, said: "Exercise also improves muscle control, balance and coordination, and reduces the risk of falling or suffering a fracture during a fall. So, let's mobilize our energy, let's build our bones and let's move!"

6. Tone up your brain with a good workout

Researchers in America found exercise can improve mental function in the elderly and also help to prevent mental decline. They found exercise had positive effects on functions controlled by specific areas of the brain. Memory, planning and organisation all showed improved function during the study, while attention and concentration, controlled by different parts



of the brain, showed no improvement. Dr Blumenthal, who led the research published in the Journal of Ageing and Physical Activity, said: "The implications are that exercise might be able to offset some of the mental declines that we often associate with the ageing process. It is thought that one of the reasons why the elderly – especially those with coronary artery disease or hypertension – tend to suffer some degree of cognitive decline is in part due to a reduction in blood flow to the brain. So it may be that just as exercise improves muscle tone and function, it may have similar effects on the brain."

Did you know?

In 2000, 11 percent of the world's population was over 60 years of age. By 2050, this figure is expected to double.

As a 47-year old woman, should I be having regular breast screening checks?

The short answer is yes, you should be having a regular breast screening examination. Currently in the HMC screening clinic we advise women – aged 45 years and above – to have a mammogram (breast screening examination) every one to two years. However, this frequency could be changed in the future according to new guidelines by the Supreme Council of Health. Numerous studies have shown that if breast cancer is detected in the early stages, the chances of a successful treatment with complete recovery are far higher.

In the screening clinic a nurse will carry out a breast cancer risk assessment for women according to international scores. Their breasts will then be clinically examined by a physician and they will then be directed for a mammogram in the radiology department.

A mammogram is a low dose x-ray examination of the breasts, used to look for abnormal changes. Mammograms are a safe, quick and painless way to check for evidence of breast cancer in women who have no signs or symptoms of the disease.

The results of a mammogram are recorded on x-ray film – or directly onto a computer – for a radiologist to examine. There may be no physical lump in the early stages of breast cancer, but a mammogram is able to highlight areas of calcification

(a build-up of calcium) or any other abnormal finding that may signal the very early stages of the disease. The knowledge and expertise of the radiologist enables them to determine if these build-ups of calcium are due to cancer or not.

If the mammogram result is normal you will continue your regular screening program. However, if there are any abnormal findings, you will be called back for further testing.

HMC's Breast Cancer Screening Program

Telephone: 4439-8994/ 66004051

Email: breastscreening@hmc.org.qa



Dr Salha Bujassoum

Director of Breast Cancer Screening Program, HMC

I've read about following the PRICE treatment method in the event of a fall or knock, but what is this and how exactly does it help?



When acute injury occurs due to a knock or fall, the body's initial reaction is to create inflammation in the area surrounding the injury. The inflammation is characterized by redness, swelling, localized heat and pain.

If the inflammation is allowed to progress, the healing process will be delayed and the elasticity of the tissue may be reduced, leaving it susceptible to injury in the future. Following the PRICE treatment method when injury occurs is the best way to ensure a full and quick recovery.

P – Protect the injured area from further strains. Immobilize the joint or limb using a sling, tape or other method as required.

R – Rest the injured area to give it time to heal.

I – Ice the injured part for 15-20 minutes every two to three hours initially. Avoid direct contact with the ice on the skin by wrapping the ice in a cloth or towel. Do not apply ice if you have circulatory or sensory problems as this may lead to ice burn (frostbite).

C – Compress the injured area using a pressure bandage or tape, but avoid wrapping it too tightly.

E – Elevate the injured limb above the level of your heart if possible. This will help to reduce the swelling.

If the injury looks serious – suspected broken bone or heavy bleeding – do not wait, go to the emergency department immediately.

Full healing and recovery of the injured area can take anything from a couple of weeks to several months, depending on the severity of the injury. Even if the patient feels better it doesn't mean the tissue is fully healed. Adequate physiotherapy – strengthening exercises, balance training, specialized

manipulation (hands on therapy) and other methods – will increase the collagen tensile strength. This will lead to increased soft tissue stability and flexibility, help to avoid reinjuring the area in the future and allow return to normal activity and movement.



Naglaa Hamza Tawfik Physiotherapy Specialist at HMC

I know that not all fat in food is bad for you, but how can I know which fats are healthy and which are unhealthy?

Fat, along with carbohydrate and protein, is one of the three macronutrients that provide the body with energy for physical activity. One gram of fat provides Nine Kcal of energy, compared to Four Kcal of energy per gram provided by protein and carbohydrates. Fat is found in different forms and can be classified as follows:

- **Saturated fat** comes mainly from animal food sources such as animal fat, butter, ghee, full fat dairy products, eggs, cream and mayonnaise. Over consumption of saturated fat raises the blood level of total cholesterol, and in particular low density lipoprotein (LDL), the 'bad' cholesterol. High amounts of LDL are a major risk factor for cardiovascular disease.

- **Unsaturated fat** is found mainly in plant sources and comes in two forms:

1. **Monounsaturated fat** is found in vegetable oils like olive, canola and peanut oil as well as nuts and avocados. Eating foods rich in monounsaturated fat lowers total cholesterol and low density lipoprotein (LDL) blood levels, as well as increasing high density lipoprotein (HDL), the good cholesterol.

2. **Polyunsaturated fat** is found in vegetable oils like corn, soybean, sunflower and safflower oil. Eating foods rich in polyunsaturated fat reduces blood cholesterol levels, which can decrease the risk of cardiovascular disease. Omega-3

fatty acid – a type of polyunsaturated fat – is an essential fatty acid found in some fish (sardines, herring, mackerel, salmon) and nuts, and offers great health benefits, helping to reduce the risk of cardiovascular disease.

- **Trans fat** is made during food processing through the hydrogenation of unsaturated fats. It is found in margarine and hydrogenated, or partially hydrogenated, vegetable oil. Trans fat can increase levels of bad cholesterol and lower good cholesterol. This in turn increases

the risk of cardiovascular disease. Trans fat is regarded as the most harmful of all types of fat.

Eating foods low in saturated fat and cholesterol, with moderate amounts of monounsaturated and polyunsaturated fats, will protect against cardiovascular disease and keep the body healthy.



Reem Al-Saadi

Acting Assistant Director of Dietetics at HMC



Should I be having regular eye tests to check my vision and also to check for glaucoma and other eye conditions?



Eyesight is one of the most important and valued senses we have. As we get older, the eye and its sensitive mechanisms become more

susceptible to damage and disease. Being aware of changes in your vision is an important factor in detecting eye diseases.

Some diseases of the eye, such as glaucoma and diabetic retinopathy, have no symptoms in their early stages, so you may not know you have a problem until the disease is in its later stage. This can make treatment more difficult and the problem harder to manage. Therefore, regular eye examinations are essential for the early diagnosis and treatment of any eye problems that may occur. Early detection and treatment can slow down or even reverse the progression of eye disease.

Eye examinations are a vital part of health maintenance for people of all ages. For children, eye exams can play an important role in monitoring normal development. Ensure that your child has his or her eyes screened during regular pediatric appointments to look for childhood eye conditions including squints (crossed eyes), amblyopia (lazy eye) and childhood myopia. As you get older, age-related eye conditions are more likely to occur. Adults should get a baseline eye screening when they are 40 years old to check for any changes in vision and early signs of eye disease. If you have any risk factors for



Dr Zakia Al-Ansari Ophthalmologist at HMC

eye disease – diabetes, high blood pressure, a family history of eye disease like glaucoma, or you take medications which may affect the eyes – you should have your eyes tested frequently. As with most illness and disease, early detection is the key factor in treatment and sight preservation.

The masseter is the **strongest muscle** in the body based on its size. Located at the back of the jaw, it is the muscle used to bite.

Every hour, the human body sheds about **600,000** particles of skin. By 70 years of age most people will have lost more than 45 kilograms of skin.

On average, people blink about **20** times a minute, **1,200** times an hour and **19,200** times a day.

If placed end to end, the blood vessels in a human body would measure **100,000** kilometers.

On average, Japanese people **smoke twice** as much as Americans, yet live four years longer.

The human stomach produces hydrochloric acid to break down food and enable digestion. To protect the stomach against this very **strong acid**, the cells in the stomach lining regenerate quickly and continuously replace the stomach lining.

There are **639** muscles in the human body. Each muscle contains around six thousand million muscle fibers and each of these consists of **1,000** individual threads called fibrils.

According to the World Health Organization, at least **2.8** million adults die each year as a result of being overweight or obese, while around **15** million children die from hunger.

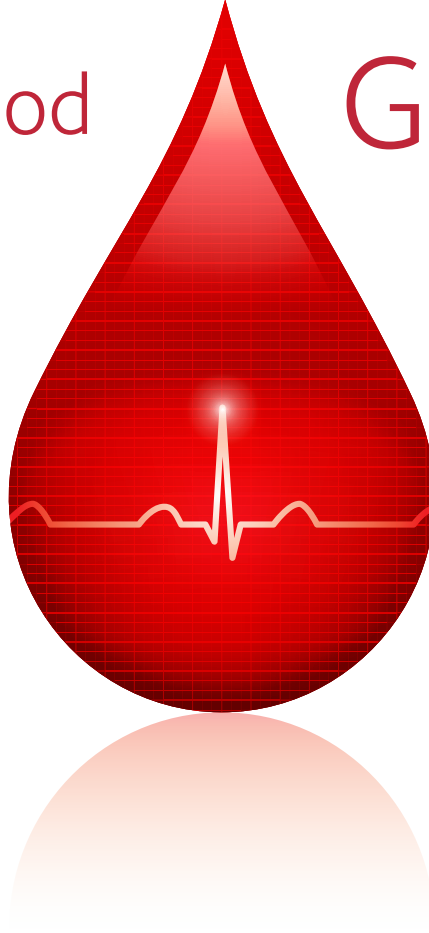
There are more than **4,000** chemicals in cigarette smoke, including **50** known carcinogens (substances that cause cancer) and poisons.

Air expelled when sneezing can travel at up to **150** kilometers per hour.

At birth, the human head accounts for **25** percent of a baby's total length, but just **12** percent of total length in adults.

Give Blood

Give Life



Hamad Medical Corporation needs more volunteer blood donors.
Give blood and make a difference.

HMC's Blood Unit: **4439 1081**



مؤسسة حمد الطبية
Hamad Medical Corporation

HEALTH • EDUCATION • RESEARCH

صحة • تعليم • بحوث

How to contact HMC

	المستشفى الكوبي The Cuban Hospital	مستشفى الوكرة Al Wakra Hospital	مستشفى القلب The Heart Hospital	مستشفى الخور Al Khor Hospital
Main telephone number	4015 7777	4011 4000	4439 5838	4474 5555
Outpatient services to make, change or cancel an appointment	4015 7801 4015 7802	4011 4106 4011 4107 4011 4059	4439 5697	4474 5336 4474 5337
Admissions	4015 7888	4011 4035 4011 4036	4439 5676	4474 5275 4474 5274 4474 5276
Patient and Visitor Service Centers for general questions and concerns customerservice@hmc.org.qa		4011 4422	4439 5669 4439 5872 4439 5871	4474 5019 4474 5578
Emergency Departments	4015 7790	4011 4637 4011 4636	4439 5614	4474 5330

