

# alseha

Putting a focus on health in Qatar

## Giving birth at Women's Hospital

*Al Seha* meets up with Dr. Arabo and Sister Soad

## Fat getting fatter

Six reasons for rising obesity rates in the developed world

## Are you stressed out?

The facts about stress and how to manage it

## Diabetes

What you need to know

Under the spotlight:

**Al Khor Hospital**

### Plus regular features:

- Local and international health news
- Ask the experts
- Fun health facts
- How to contact HMC

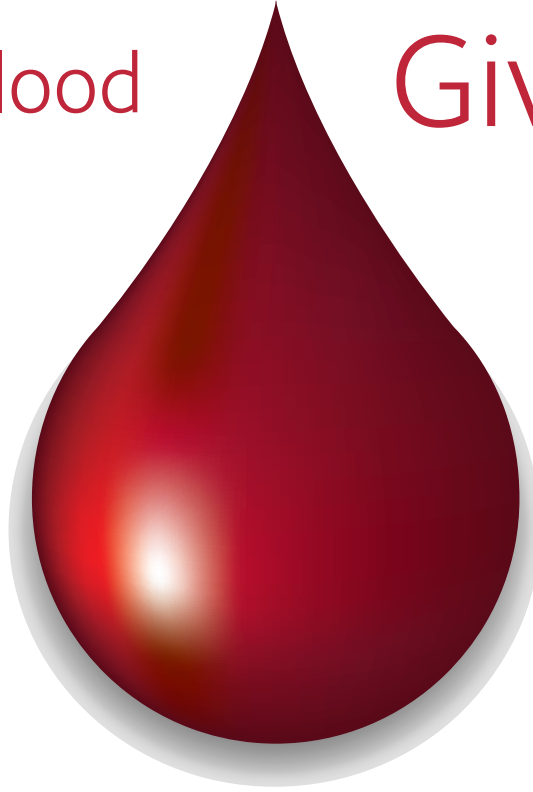


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# alseha



## Welcome to issue three of *Al Seha* magazine!

It doesn't seem very long ago that we were planning issue one of *Al Seha*, yet here we are having now published the third issue. The response from readers has been very positive and your feedback tells us that *Al Seha* is a very welcome addition to Qatar's magazine scene.

In this issue we meet up with Dr. Arabo and Sister Soad, two key figures from the Labor and Delivery Unit, to get an insight into what it's like to give birth at the Women's Hospital. Al Khor Hospital goes under the spotlight as we hear from its Chief Executive Officer and his staff, while stress, diabetes and obesity are all covered in our health articles. As well as all of this you can keep up-to-date with the usual roundup of news stories from Hamad Medical Corporation (HMC), Qatar and abroad.

Our aim is for every reader to be able to take something positive away from each issue and use it to improve their health. We plan every issue with this in mind and try to cover a wide range of health subjects. If there is a specific topic you would like us to feature, or if you have a question about services at HMC, please do let us know at [alseha@hmc.org.qa](mailto:alseha@hmc.org.qa).

On behalf of the editorial team I hope you enjoy this latest issue and look forward to reading your comments.

**Ali Abdulla Al Khater**

Executive Director

Corporate Communications



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

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**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.





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# HMC attracts Qatari job seekers at the Qatar Career Fair

Hamad Medical Corporation (HMC) showcased its career opportunities to more than 60,000 visitors at the Qatar Career Fair, which took place at the beginning of April. The Fair, now in its sixth year, provided an opportunity for HMC to meet a large number of aspiring Qatari graduates with an interest in working in the public health sector. Fatima Haidar, Executive Director of Human Resources (HR) at HMC, said: "Our vision is to become Qatar's leading recruiter of Qatari youth. As a growing organization, we are keen to attract Qatari talent interested in building a long-term career within the healthcare sector. Working for HMC provides a wonderfully rewarding career path, offering the unique opportunity to make a difference to people's lives and improve the health of the nation."

The Qatar Career Fair provided a chance to engage with Qatari youth. Representatives from HMC were on hand to meet potential recruits, discuss career prospects, provide job application forms and offer an insight into working life at the Corporation. Due to the wide range of career opportunities on offer, representatives from many different

fields – physicians, nurses, allied health professionals and engineers – were available at the Fair to talk to interested visitors and offer career advice. Fact sheets providing a guide to more than ten different career paths within HMC were available to visitors, each telling a story of a Qatari national who joined HMC in their youth and went on to forge a successful long-term career with the Corporation.

The HR Department developed a fast track route within the recruitment section to ensure all applications received during the Fair could be processed in a short period of time. Job seekers were able to submit their CV's during the fair at the

HMC stand or send them via email to a dedicated email account.

"We are looking for high school and university graduates in various disciplines to take up a wide range of job opportunities. Our main challenge at present is to recruit Qatari nationals for positions in nursing and allied health care, such as occupational therapy and physiotherapy. We hope that by offering scholarships and dedicated training programs in these areas we can attract and retain some of the best Qatari talent available and develop the future leaders of this country," said Haidar.



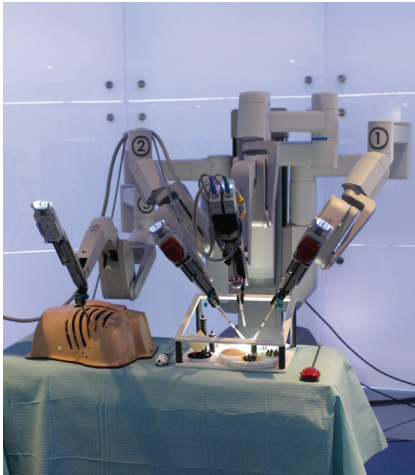
## Qatar's first pediatric kidney transplant gives ten-year-old Ala'a a new lease on life

In December 2012, a team of surgeons from Hamad Medical Corporation (HMC) performed Qatar's first pediatric kidney transplant procedure on Ala'a Abdul Majid Al-Mahi, a ten-year-old Sudanese girl living in Qatar, using a kidney donated by her uncle. The procedure involved a multi-disciplinary team from Hamad General Hospital including surgeons, anesthetists,

radiologists, laboratory specialists and intensive care clinicians. The transplant was a great success and Ala'a's family has noticed a significant improvement in her overall quality of life. Ala'a's father said: "The HMC team has been very supportive, friendly and accommodating throughout Ala'a's treatment. This has created a special bond between us to the point that we now feel like one big happy family!"



## Robotic surgery introduced at Women's Hospital



Since April this year Women's Hospital (WH) has been using robotic surgery to treat women with gynecological diseases. The introduction of robotic surgery is an example of Hamad Medical Corporation's commitment to delivering high quality care for its patients and makes Qatar only the second country in the region to offer this advanced technology.

The hospital uses robotic surgery to treat all gynecological problems such as fibroids, infertility, benign hysterectomy, gynecological malignancies and advanced endometriosis (disease causing infertility and pelvic pain in women).

Dr. Thomas Bossmar, Head of Gynecology at WH, said: "This type of surgery is a minimally invasive procedure that presents fewer complications than traditional surgical techniques and reduced recovery time for patients. It is particularly good for women who do not want to have open cuts on their abdomen and have large scars left behind after surgeries."

About 450 major gynecological procedures and more than 1,000 minor surgeries are conducted each year at WH. With the introduction of this new technology the hospital will be able to perform up to 50 robotic surgery procedures each year.

## Three new helicopters set to join HMC's LifeFlight fleet later this year

The introduction of three new helicopters will enable Hamad Medical Corporation's (HMC) LifeFlight service to provide 24-hour air ambulance operations throughout Qatar by the end of the year. The new helicopters, and increased service hours, represent yet more growth in the service that was launched in 2007. LifeFlight currently operates one helicopter between 6am and midnight each day, responding to more than 100 emergency calls each month.

March also saw the continued roll-out of the new fleet of ambulances, with 17 vehicles hitting the streets of Qatar. Over a 12-month period HMC is deploying 100 new Mercedes Sprint ambulances. Every new vehicle is fitted with GPS location technology that will help shorten response times and electronic data transmission to enable fast transfer of clinical information direct to the hospital, in advance of arrival. They will also have mechanical heart and lung resuscitation



equipment that will benefit patients who have had a heart attack.

"The HMC Ambulance Service is the first national ambulance service to fully implement these cutting edge technologies across a whole fleet of vehicles," said Dr. Robert Campbell Owen, Chief Executive Officer of the Ambulance Service. "Combined, these technologies are helping the HMC Ambulance Service and hospital-based care teams deliver advanced levels of care, helping improve patient outcomes in Qatar. The Ambulance Service aims to continuously evolve

our service to meet the needs of our community, and the introduction of these new vehicles is a testament to that and our commitment to saving lives."

The Ambulance Service has also introduced four new Toyota LandCruiser GX vehicles specifically for operational use in the desert. The 4x4s, which are stationed at the Ambulance Service's bases in Sealine and Al Udeid, are primarily used to transport injured patients from sand dunes to the nearest tarmac road, where they will be met by one of the Mercedes Sprint ambulances.

## Specialist nurses provide expert care for cancer patients



Hamad Medical Corporation's (HMC) Cancer Transformation Team has been working hard to build on the improvements that have already taken place in the care services for cancer patients. The introduction of Clinical Nurse Specialists (CNSs) represents a significant step forward for cancer nursing services. CNSs are licensed registered nurses who have graduate nursing qualifications as well as extensive clinical experience in their chosen specialty. To date, HMC has appointed seven new CNSs, with another five to be recruited to the cancer transformation program in the coming year. They work with a multi-disciplinary team along the pathway supporting the patient through their investigations, diagnosis and when making choices about treatment. A CNS improves clinical

outcomes through expert consultation, care coordination, monitoring quality indicators and professional communication between the care team, the patient and their family. They also support the education and development of nurses working on the wards and in outpatient areas.

"This year we plan to recruit 1,700 new nurses, including 37 Clinical Nurse Specialists, across HMC's eight hospitals and in our home healthcare service," said Dr. Ann Marie Cannaby, HMC's Executive Director of Nursing. "We are developing the next generation of expert nurses because we understand that both growth in the healthcare sector and high quality nursing care must be driven by nurses," added Dr. Cannaby.

## HMC's training course highlights the importance of children's car seats



Preventing child injuries in motor vehicle accidents through the correct fitting of car seats and restraints is the subject of a new training course introduced by Hamad Medical Corporation's (HMC) Hamad International Training Center (HITC). The training course – part of the Kulluna health and safety campaign and the first of its kind in Qatar – raised awareness of child safety in vehicles and highlighted how correctly fitted car seats play a major role in keeping children safe in the event of an accident.

"HITC and the Kulluna team are very proud to host such an important course in Qatar in partnership with Safekids worldwide. Research tells us that the proper use of car child restraint devices significantly reduces the number and severity of child injuries in car accidents," Dr. Khalid A. Noor Saifeldeen, HITC director said.

"The course has proved to be a big success and we intend to run the course at least twice a year to meet the expected demand, particularly from cars and child car seats sellers. We also aim to attract regional and international participants. One of our objectives is to develop local instructors for the course. Participants who perform well in the course will be offered instructor training," Dr. Khalid said.

Following the training course a community event providing free car seat checks for visitors was organized at Katara. Parents were educated on the correct use of car seats for children while experts ensured their car seats were correctly fitted and in a safe working order.

For more information on the Kulluna campaign visit [www.kulluna.qa](http://www.kulluna.qa)



## ‘Bright Smiles, Bright Futures’ initiative to promote healthy teeth



An eight-week initiative to encourage regular teeth brushing took place during March and April this year. The ‘Bright Smiles, Bright Futures’ program, run by the Supreme Council of Health (SCH) and Colgate, monitored the daily brushing habits of more than 6,000 primary school children in 30 schools across Doha.

Dr. Abdulla Al Emadi, Consultant of Oral Health at the SCH, said: “For eight weeks we provided the students with materials such as daily brushing charts, toothbrushes, toothpaste and other lecture materials to educate them about proper oral health.”

The program highlights the importance of good oral hygiene for the whole family, not just the children taking part. The children were encouraged to pay greater attention to their brushing routines and were educated on the importance of brushing at least twice a day.

At the end of the eight weeks the students all received certificates to recognize their efforts towards good oral care. Through the program it is hoped the children will develop healthy habits and that brushing twice a day will become natural for them.

Worldwide, more than 650 million children have so far taken part in Colgate’s ‘Bright Smiles, Bright Futures’ program and they predict this figure will reach one billion by 2020.

## Qatar Biobank to launch later this year

A new initiative to collect the medical records of a substantial number of the country’s residents for healthcare research and reference purposes will launch later this year. Qatar Biobank is a center within Qatar Foundation’s Biomedical Research Institute, run in partnership with the Supreme Council of Health, Hamad Medical Corporation and leading scientists from Imperial College London.

Qatar Biobank will facilitate research by asking member’s of Qatar’s community to contribute biological samples and information on their health and lifestyle. The information will then be used to help scientists understand how people’s health is affected by their lifestyle, environment and genes. The hope is that this will enable better prevention, diagnosis and

treatment of heart disease, diabetes and a number of other serious health conditions facing Qatar’s population.

Health and lifestyle information – along

with samples – will be collected from around 60,000 people in Qatar, either Qatari nationals or expatriates who have lived in Qatar for more than 15 years.



# Qatar's Newborn Mortality Rates on par with developed nations



According to a major national study on maternal (women during pregnancy, childbirth and the subsequent period) and neonatal (newborn babies) health, Qatar's newborn mortality (death) rates (NMR) are now on par with those in developed nations. With one of the lowest rates Qatar has achieved over the last 35 years, the figures for 2011 reflect a marked improvement in the healthcare received by newborn babies in the country.

According to the Perinatal Neonatal Outcomes Research Study in the Arabian Gulf (PEARL Study) – a three-year research project led by Hamad Medical Corporation and funded by the Qatar National Research Fund – a total of 20,725 babies were born in Qatar during 2011. The PEARL Study tracks newborn, perinatal and maternal outcomes in Qatar in order to identify areas for improvement and make recommendations where necessary.

The PEARL study results show Qatar had an NMR of 3.26 during 2011, meaning that 3.26 out of every 1,000 babies born in the country during the year did not survive the first 28 days of life. This compares favorably with global data including those from developed nations such as the United States – with an NMR of 4 – and the United Kingdom and Australia, each with an NMR of 3. Qatar's NMR indicates significant improvement over recent years in the quality of neonatal healthcare.

"The PEARL Study is currently analyzing various correlates of Qatar's excellent maternal and newborn outcomes which will be used to prepare strategic guidelines for further improvement of mother and child health, not only in Qatar but also worldwide," said Dr. Sajjad ur Rahman, the Lead Principal Investigator for the PEARL study.

## Thousands of children attend events for Gulf Traffic Week

Qatar marked the 29th Gulf Traffic Week in March with a series of events aimed at raising awareness of road safety issues. A 'traffic village' was constructed in Al Sadd where experts taught children the importance of following road safety rules. Large screens showing awareness films were

located around the village and children were given practical demonstrations using small cars and bikes to teach them how to use the roads safely. More than 3,000 children from around 50 schools attended the first few days of the event, which was run with the slogan "Your Safety is our Aim".



# A visit from Patch Adams brings joy to sick kids at HMC



Dressed in colorful clown suits and makeup, the real Patch Adams and a group of volunteers recently made their way around Hamad General Hospital's (HGH) Pediatric Units in a mission to bring joy and laughter to sick children.

Born Hunter Doherty Adams, "Patch" is an American physician, author and activist for peace, justice and care for all people. People all over the world also know him as the funny doctor or the "doctor in a clown suit" through the 1998 movie based on his life entitled "Patch Adams", where his role was played by actor Robin Williams.

Children's faces lit up as Patch and the volunteer clowns performed at their

bedsides. One volunteer said "it was beautiful just to see the kids smiling and laughing." The visit also brought smiles to the children's families as well as hospital staff. A staff member said the scene was "heartwarming." A nurse told Patch about one of the patients, who had a brain infection, "She is always quiet, always sleeping, and usually does not want to talk to anyone. But she had a very good interaction with you. It was very nice to see her talk and smile despite her condition."

Patch and his group of clowns concluded their visit at HGH's Ibn Sina Hall, where they gathered with hospital staff to share their experiences. It was an unforgettable experience for the volunteers, especially schoolchildren, who were delighted at the opportunity to ease the suffering of sick children and bring them comfort and happiness.

On behalf of the HMC team, Mr. Gilles Andre Gabel, Assistant Executive Director for Hospitality at HGH thanked Patch for his visit: "It was an honor and a privilege to host Patch's visit to Hamad General Hospital. The reaction of the children he met and played with in our Pediatric Units was priceless. Their faces lit up and they smiled and laughed all the time he was with them. I believe that this will be something they will never forget. We hope to be able to build on this experience and encourage similar visits to our children's unit in the future."

Patch is famous for his lifelong advocacy for healthcare that reflects his belief in the restorative powers of compassion, love and laughter.

The visit to Qatar, organized by the College of the North Atlantic-Qatar, is one of the "humanitarian clowning" missions that Patch began in 1985. The clown trips have become an integral part of Gesundheit's (Patch's hospital) global outreach, aimed at improving the health of individuals and communities in crisis from sickness, war, poverty and injustice. Patch has taken groups of volunteer clowns to hospitals, orphanages, homes for the elderly and even war zones, refugee camps and natural disaster sites around the world.



“Children’s faces lit up as Patch and the volunteer clowns performed at their bedsides.”



# How to get a doctor's appointment at HMC



To see a specialist in one of Hamad Medical Corporation's (HMC) hospitals you will need a referral. You cannot simply turn up at one of the clinics and be seen by a doctor. To get a referral you will need to see a doctor at a Primary Health Center, Emergency Department, Pediatric Emergency Center (for children) or private clinic.

If you are referred to Hamad General Hospital (HGH), Women's Hospital (WH) or to the Department of Dentistry your appointment will be processed using HMC's new Referral Management and Appointment Booking System. Under the new system HMC will receive your referral from the primary care doctor and will telephone you to make an appointment based on the advice of the specialist doctor, who will decide which specialist the patient should see and how soon the appointment should be. Once you

have been given a referral there is no need for you to call or visit the hospital to book your appointment. Patients will also receive reminders about their appointment by telephone and SMS from the Patient Contact Center.

The new system is designed to ensure the needs of each patient are assessed and prioritized, and is part of HMC's continuous effort to enhance the quality of patient care. The new system means:

- Patients receive the correct amount of time with the doctor
- The sickest patients are seen first
- Patients see the correct specialist for their issue

Patients referred to a hospital not using the new appointment system, or referred via a private clinic, must go in person with their referral to the relevant outpatient department where an appointment will be issued.

**To see a doctor or specialist using the new system at HGH, WH or the Department of Dentistry:**

## **You should**

- Go to your Primary Health Center (or private clinic) for a referral
- Wait for HMC's Patient Contact Center to call you to arrange your appointment

## **You shouldn't**

- Go straight to one of HMC's hospitals and expect to be seen by a specialist
- Arrive at an emergency department and ask for a referral (unless it is an urgent case)
- Call HMC to make an appointment

There are 23 Primary Health Centers in Qatar. For more information on their locations visit [www.phcc.qa](http://www.phcc.qa)

“ Under the new system HMC will receive your referral from the primary care doctor and will telephone you to make an appointment based on the advice of the specialist doctor.”



# Under the spotlight: Al Khor Hospital

مستشفى الخور  
Al Khor Hospital

عضو في مؤسسة حمد الطبية  
A Member of Hamad Medical Corporation



## Did you know?

- Al Khor is a general hospital, providing 115-beds
- Al Khor Hospital offers patients a friendly, family orientated atmosphere in a clean and safe environment. Notably, a Patient Discharge Lounge provides a comfortable environment for patients waiting to be discharged
- The Surgical Training Center brings together seven training modalities under one roof, improving the quality of educational service by providing best-practice standards and an evidence-based model of training that boosts surgical skills
- The Breastfeeding Management and Resource Center is Qatar's first integrated multidisciplinary program. The program recently received prestigious awards from the Dubai Health Authority and the International Lactation Consultant Association USA
- A new Pediatric Emergency Care and Dialysis Unit building offers support services such as radiology, pharmacy, registration and cashier
- Al Khor Hospital received Joint Commission International accreditation just one year after opening and has since been reaccredited on two occasions. The hospital's latest accreditation recorded a score of 99.1 percent, among the highest worldwide

## Services and contact numbers

To get an appointment at Al Khor Hospital you need to have a referral from either a Primary Health Center, Emergency Department, Pediatric Emergency Center or private clinic

## Al Khor Hospital provides the following services:

- |                           |                           |
|---------------------------|---------------------------|
| • Dermatology             | • Nephrology & Dialysis   |
| • Dietetics               | • Emergency               |
| • Intensive Care          | • Neonatal Intensive Care |
| • Obstetrics & Gynecology | • Pediatrics              |
| • Physiotherapy           | • Psychiatry              |
| • Radiology               | • Respiratory Therapy     |
| • Surgery                 | • Dentistry               |

## How to contact Al Khor Hospital

- **Main telephone number:** 4474 5555
- **Outpatient services:** 4474 5337
- **Admissions:** 4474 5274
- **Patient and Visitor Service Center:** 4474 5029
- **Emergency Department:** 4474 5330
- **Email address:** [alkhorhospital@hmc.org.qa](mailto:alkhorhospital@hmc.org.qa)

For more information visit the website of Al Khor Hospital <http://akh.hamad.qa>

## Meet the Chief Executive Officer



Mohamed Al-Jusaiman

### 1. How long have you worked at Al Khor Hospital and what did you do before?

I have been in my position as Chief Executive Officer of Al Khor Hospital since it opened in 2006. I previously worked within Hamad Medical Corporation as the Executive Director of Hamad General Hospital and as the Assistant Administrative Director at Rumailah Hospital.

### 2. How would you describe your role as CEO of Al Khor Hospital?

My role as CEO is to offer support, guidance and leadership to my staff. I am here to provide direction and to make decisions on a corporate level. The aim of my work, and that of the Al Khor Hospital as a whole, is to provide the best possible care for our patients.

### 3. Tell us about your staff and the services they provide to patients

I truly believe that I am fortunate to be working with such a wonderful, professional team. Everyone working here is committed to ensuring this hospital offers patients a safe and welcoming experience.

### 4. What are the defining characteristics of your hospital?

This is the only hospital providing healthcare services to the people in the north of Qatar. When the hospital opened in 2006 it became the first HMC hospital located outside Doha and meant people living here no longer had to travel to

Doha for the healthcare needs. Al Khor Hospital has made a big difference to the local community and provides the area's first and only Emergency Department, a valuable and often life-saving service.

### 5. How would you describe the patient experience at your hospital and how are you working to improve this?

Al Khor Hospital has always recorded high levels of patient satisfaction and ensuring this continues is a priority for us. We make great efforts to maintain high standards of care and continually look to improve services and infrastructure. Our Patient Discharge Lounge is just one example of a service we have introduced to improve the comfort and quality of our patients' stays.

### 6. Which three words would you use to describe Al Khor Hospital?

Community-based  
Therapeutic  
Team-oriented



## Hear what the staff have to say

*"The Labor and Delivery Unit offers mothers a safe and caring environment to give birth. You and your newborn's health is our primary focus while providing a welcoming atmosphere for your baby to take his or her first breath in this world."*

### Santhamma Thomas

Head Nurse, Labor and Delivery Unit

*"Everyone working here at the Dialysis Unit is committed to providing the best dialysis care for kidney failure patients. Our high quality dialysis services are delivered by skilled professionals with the aim of improving the quality and length of each patient's life, while also making them feel special."*

### Punniyakotti Thirunavukkarasu

Dialysis Technician, Dialysis Unit

*"The Department of Medicine is one of the largest departments in Al Khor Hospital and offers an extensive range of inpatient and outpatient care services. We are also proud to be recognized as a training centre for Arab Board Program students."*

### Dr. Riyadh Mohammed

Specialist, Department of Medicine

*"Al Khor Hospital is dedicated to fostering high quality healthcare services focused on our commitment to our patients. Our aim is to offer the best care to support the wellbeing of every patient who comes into the hospital."*

### Mary Jyothis Titus

Office Administrator

*"Al Khor Hospital offers patients a therapeutic environment, staffed by nurses who are committed and passionate about their work. Our nurses are continuously developing their knowledge and skills through education and research to ensure our patients receive the very best care."*

### Maria Vieira

Nurse Educator



# Giving birth at Women's Hospital

*Al Seha* met up with Dr. Arabo Bayo and Sister Soad Al Ali to get an inside view of the services available at the Women's Hospital Labor and Delivery Unit.

## Tell us a little bit about yourselves and your roles at Women's Hospital

**Dr. Arabo:** I have been working at Hamad Medical Corporation for four years as Senior Consultant, Obstetrics and Gynecology and Head of the Labor and Delivery Unit at Women's Hospital. I did my primary medical studies in Nigeria and my postgraduate training was from both Nigeria and the UK. I worked in the UK for 16 years and was working as a consultant in obstetrics and gynecology before moving to Qatar. My role here combines working on call as a consultant, managing complex high risk obstetrics and gynecological surgeries and overseeing the running of the Labor and Delivery Unit.

**Sister Soad:** For the past 17 years I have worked at Hamad Medical Corporation and I currently hold the position of Director of Nursing for the Labor Room and Post Natal Units at Women's Hospital. I graduated in Nursing in 1995 from Qatar University and completed my Midwifery diploma in Bahrain in 2000. I am in charge of 143 midwives currently working in the Labour and Delivery Unit.

## Can you describe the labor unit and its services?

**Dr. Arabo:** We have 16 delivery rooms and a post natal area where mothers and



their babies recover following delivery. Last year we delivered more than 18,000 babies in Women's Hospital. Compared to other parts of the world we deal with a lot of high-risk pregnancies. Some mothers have severe medical problems such as heart disease and diabetes. Additionally, they may have had many babies before – sometimes more than five – and multiple caesarian sections. This increases the risk of complications during and immediately after delivery.

**Sister Soad:** We provide one-to-one care for our patients. Each expectant mother who comes into the unit is allocated a midwife to oversee their care from the time they arrive through to delivery. While in the delivery room patients may have a

team of up to three nurses and midwives caring for them. At Women's Hospital our midwives are all qualified in line with standards set by the World Health Organization. Specialists and consultants are always on hand should complications arise and their assistance be needed.

## What makes the services at Women's Hospital different to other hospitals in Qatar?

**Dr. Arabo:** It is important to let people know that the services and treatment available here at Women's Hospital are as good as anywhere in the world. We provide the best obstetrics support

available in Qatar. We have very experienced doctors and nurses, who are used to managing high risk cases. You will not get the depth and range of support services that we provide here elsewhere in Qatar. In fact, many high-risk pregnancies are transferred here from other hospitals as we can provide the best possible care for them. The support services we provide for high-risk pregnancies – such as the blood bank, intensive care for mothers and the Neonatal Intensive Care Unit – offer the highest level of care for patients.

### Can you tell us about recent developments in the services you offer?

**Dr. Arabo:** We are continually looking to improve and develop the services we offer to our patients. We have introduced the Centralized Monitoring System for all patients in labor. The system monitors fetal heart rate and other readings and sends the data to the nurses' station where the information is continuously monitored. We have also expanded the Feto-Maternal Unit to improve access and delivery of specialized care for women with high-risk pregnancies. We work in collaboration with the Virgin Health Bank to offer parents the opportunity to collect and store stem cells from their newborn baby's umbilical cord blood. These cells can be used to offer greater treatment options in the future should the need arise.

**Sister Soad:** The 'Hugs and Kisses' infant security system is now in place at Women's Hospital. With this system the mother and baby each wear an electronic tag that matches the right baby with the right mother. The Baby Friendly Hospital Initiative has also been launched here to promote exclusive breast feeding. The initiative teaches new mothers the importance of breast feeding and our staff provide advice and guidance on breast feeding techniques.

### Can you explain the typical procedure for expectant mothers when they arrive on the day of delivery?

**Sister Soad:** Under normal circumstances expectant mothers will arrive at the Women's Hospital Emergency Department where they will be greeted by a staff nurse. Here they will be assessed immediately by a specialist to determine their status and needs. Based on these findings they will be transferred to the antenatal ward, labor room or discharged home. In addition to being cared for by one assigned midwife and support nurses, an obstetrician will assess the patient on admission and every two to three hours during labor. Following delivery, the mother and baby will be moved to the labor recovery room where they will be assessed for about two hours before moving to the post natal unit for the remainder of their stay.

**Dr. Arabo:** For natural births, with no complications, mother and baby can usually go home within 24-hours after delivery. For cesarean sections the

normal length of stay is three days. We offer all the standard pain relief options for mothers and there is an anesthetist available in the Labour Ward 24-hours a day to administer epidurals, so there is no need to wait.

### What should mothers bring with them on the day of delivery?

**Sister Soad:** They must bring their Qatar ID or valid identification with them as they will be asked for identification on arrival. Jewelry and valuables should not be brought into the hospital as they will not be allowed in the labor rooms. We provide hospital gowns for mothers and basic clothing, including diapers, for babies during their stay in the Labor and Delivery Unit. Mothers may bring a few basic toiletries and items for the baby for their time in the Post Natal Unit. Bedding for both mother and baby is provided during their hospital stay.

For more details on what to bring and further information on the Labor and Delivery Unit you can visit the Women's Hospital website <http://wh.hamad.qa>



# All-terrain vehicle use in Qatar

## A fun and exciting pastime or an accident waiting to happen?

Dr. Ahmad Zarour, Director of the Trauma Intensive Care Unit at Hamad General Hospital (HGH), explains the health and safety issues surrounding all-terrain vehicle (ATV) use in Qatar.

ATVs have become very popular as a form of recreational sport in Qatar. ATV usage has increased enormously over recent years and trailers carrying ATVs are a common sight on the roads as people head to the dunes for some fun and excitement.

If used correctly, and responsibly, ATVs can provide an enjoyable and exciting recreational activity. However, reckless use of ATVs can lead to serious injuries, permanent disability or even death. The

lack of awareness of the injury potential for this popular activity has increased the risk of injury in Qatar, while the absence of safety programs and regulations has further aggravated the problem.

### What is an ATV?

An ATV, also known as a quad, quad bike, three-wheeler, or four-wheeler, is defined by the American National Standards Institute as a motorized vehicle that travels on low-pressure tires, with a seat that is straddled by the operator, along with handlebars for steering control. As the name implies, ATVs are designed to handle a wider variety of terrain than most other vehicles. In recent years ATVs have become more powerful. Modern vehicles can weigh more than 400 kilograms, have engines ranging from 50cc to 1,000cc and are capable of top speeds exceeding 100 kilometers per hour.

### ATV-related injuries

In 2008, the Trauma Department at HGH carried out a ten-month study looking into ATV injuries in Qatar. During the ten-month period, 56 patients (47 males and nine females), aged between three and 60 years old, were admitted to the Trauma Department at Hamad General Hospital as a result of being involved in an ATV crash. Patient demographics, site of crash, prior ATV experience and use of safety equipment were all recorded.

Most injuries occurred in people over 18 years of age, but 20 percent of those injured were under 14 years of age. Injuries to the head, face and musculoskeletal system were most common, followed by torso and spine, while head and facial injuries were most common in children. Major impairments





affected 19 patients (35 percent) and were permanent in four (seven percent). There were three deaths among the 56 patients equating to a mortality rate of five percent. Worryingly, no protective equipment was used in 88 percent of cases.

## Injury Mechanisms

ATV riders are commonly injured when their vehicles are involved in collisions – with fixed objects, other ATVs and/or various other vehicles – or when the ATV rolls over (often landing on the rider). Rollovers may happen via a side-to-side or backward roll, both common when ascending hills and dunes or doing ‘wheelies’. Data on injury mechanisms shows children are more likely to be injured in collisions or lateral rollovers while adults were most often injured in backward rollovers. What is also clear from current research is that children should not ride ATVs designed for adults. Most childhood deaths and serious impairments come as a result of children riding ATVs designed for adults. The recent trend for bigger, faster and more powerful ATVs means they are more difficult for children to handle, increasing the injury risk. Driving ATVs on roads or highways increases the risk of injury. Most ATVs have fixed rear axles which do not allow the inner rear wheel to rotate freely when turning, causing a sudden release of torque which, on firm surfaces, promotes lurching and loss of control.

## Injury Prevention

There are currently no laws enforcing ATV safety measures in Qatar. By contrast, safety laws regarding ATV use are in force throughout 90 percent of the United States (US). These laws require the use of protective helmets for children in the US, while there are also restrictions on registration, age of operator and for carrying passengers. In most US states, children under the age of ten years old can only operate an ATV on private land and children between 10 and 16 years



of age must have parental supervision and/or have successfully completed an ATV safety course. In some states, an ATV Safety Certificate is required for all drivers under 16 years of age. Other beneficial safety initiatives include the use of proper safety equipment such as helmets designed and approved for off-road vehicles and limiting ATV use to off-road environments. These strict laws have improved ATV safety in the US and reduced the number of injuries.

A great deal is known about the dangers of ATV use, much of it learned through the tragedies of fatal ATV crashes and those causing long-term injury. In Qatar, the failure to address this emerging menace to safety continues to lead to serious injuries among our youth and young adult population. The observation that most of these injuries occur at specified recreational sites – where safety measures could be monitored and enforced – suggests that a well designed injury prevention program along with safety legislation could be successful.

## How to enjoy your ATV safely

- Take an ATV Safety Training Course
- Wear protective equipment, including an approved safety helmet
- Do not drive with, or ride as, a passenger
- Do not use your ATV on public roads
- Do not allow children to drive or ride on an adult ATV
- Do not drive under the influence of alcohol or other drugs
- Do not allow children to ride ATVs without adult supervision

## Soldier receives double arm transplant

Surgeons at Johns Hopkins Hospital in the United States have performed a double-arm transplant on a soldier who lost all four of his limbs in an explosion. Brendan Marrocco was injured by a roadside bomb in 2009 and has been using prosthetic legs since the accident, but it was living without his arms that he found most difficult. "You talk with your hands, you do everything with your hands, basically, and when you don't have that, you're kind of lost for a while," said Marrocco.

The surgical team performed a 13-hour procedure to attach two arms donated from a deceased donor. Marrocco also received bone marrow from the donor to help his body accept the new arms.

Within just a few weeks of the operation Marrocco was able to move and rotate the elbow on his left arm, but there hadn't yet been much movement in his right arm, which was transplanted higher up. The surgical team is confident that in time Marrocco will have full movement of both his arms and even gain feeling in his new limbs. "After a major surgery, human nerves regenerate at a rate of an inch per month. The progress will be slow, but the outcome will be rewarding. We're easily looking at a couple of years until the full extent of recovery is known," said Dr. W.P. Andrew Lee, plastic surgery chief at Hopkins, who led the operation.



Marrocco will spend several months at John Hopkins Hospital after which he will receive two years of intensive therapy to ensure his body accepts the new arms and a full range of movement is achieved.

## Britain's doctors call for a 20 percent increase in the cost of sugary drinks

Fewer fast food restaurants near schools and children's play areas, healthier food in hospitals and schools, an increase in the cost of sugary drinks and a restriction on advertising of foods high in fat and sugar are just some of the recommendations in a report from the Academy of Medical Royal Colleges aimed at combating rising obesity rates in Britain. The academy's report claims the obesity epidemic is the greatest health crisis facing the population and that people are dying needlessly from avoidable diseases related to obesity.

The Academy of Medical Royal Colleges – which represents 220,000 doctors in Britain – criticized previous campaigns, saying they failed to stimulate collective change in parents, councils and food manufacturers. The report presented a 10-point action plan to break what they described as 'a cycle where generation after generation fall victim to obesity-related illnesses and death.'

The 10-point plan included:

- A 20 percent tax on sugary soft drinks for a period of at least one year to see what effect it has on sales. The additional tax revenue would be used to fund new weight management programs.
- A restriction on the number of fast food outlets located near schools and children's play areas.
- An expansion of bariatric surgery for more severe obesity, from the current total of about 8,000 NHS operations a year, to help those most at risk of dying.
- Better education for new parents on how to provide and cook healthy food for their children.
- A ban on television adverts for foods high in sugar and saturated fat before 9pm to restrict their impact on children.



# Longer life-expectancy and lower child mortality, finds global health study



A five-year study into the trends and causes of disease and injury in more than 50 countries has been published in the Lancet Medical Journal. The Global Burden of Disease Study 2010 found life expectancy in most countries has increased by around 10 years since 1970.

Globally, women's life expectancy increased from 61.2 years in 1970 to 73.3 years in 2010, and from 56.4 years to 67.5 years for men. However, the study highlighted the vast health differences between the world's richest and poorest nations.

A 60 percent fall in global child mortality shows there are now fewer

children dying each year, but greater numbers of young and middle-aged adults are suffering and dying from disease and injury as non-communicable diseases – including cancer and heart disease – increase.

Additionally, people are now spending a greater percentage of their lives – 9.2 years for men and 11.5 years for women – living with disabilities and long-term conditions such as loss of vision and hearing, mental disorders and muscle and joint pain. "I was surprised to see that over the last 20 years we have given up more healthy life years. This is not a problem of only rich countries or only poor countries. It's a problem of all countries around the world," said Joshua Salomon, a professor at Harvard School of Public Health and one of the lead investigators on the study.

The report listed the ten countries with the highest life expectancy for men and women, with Japan top of the list for both.

## Could social networking websites be damaging your health?



In an article published in *Biologist*, the Journal of the Institute of Biology, psychologist Dr. Aric Sigman claims social networking sites – such as Facebook and Twitter – could be damaging people's health by significantly reducing the amount of face-to-face contact they have with other people. Dr. Sigman believes these websites encourage users to email each other rather than meet and that this increased isolation alters the way genes work and upsets the body's immune system, hormone levels and function of the arteries.

## US mother gives birth to two sets of identical twins



A mother in the United States has defied odds of one in 70 million by giving birth to two sets of identical twin boys on Valentine's Day. Tressa Montalvo got a little more than she planned for after deciding to try for a little brother or sister for her son. All four boys were delivered at 31 weeks by Caesarean section at the The Woman's Hospital of Texas.



# Diabetes

## What you need to know

Diabetes is one of the most pressing health burdens in the Arabian Gulf, having reached epidemic proportions. According to the International Diabetes Federation (IDF), prevalence of diabetes in Qatar increased from 16.7 percent in 2008 to 20 percent in 2011.

Diabetes is a leading cause of blindness, nerve damage, kidney failure and lower limb amputation. The World Health Organisation (WHO) estimates that between two and a half and 15 percent of annual health budgets are spent on the direct cost of treating diabetes related illnesses. The WHO also predicts that deaths due to diabetes will increase by more than 60 percent between 2008 and 2030. For this reason, diabetes can be regarded as one of the major epidemic diseases of the 21st Century.

### What is diabetes?

Diabetes develops when the pancreas fails to produce sufficient levels of insulin or when the body cannot effectively use the insulin it produces. Insulin plays an important role in the body by regulating blood sugar levels. When insulin production is impaired blood sugar levels rise, a condition known as hyperglycemia. Overtime, hyperglycemia can permanently damage the nerves and blood vessels of the body.

The two most common forms of diabetes are type 1 and type 2 diabetes.

### Type 1 diabetes

Also known as insulin dependent diabetes, type 1 diabetes develops when the insulin producing cells in the pancreas

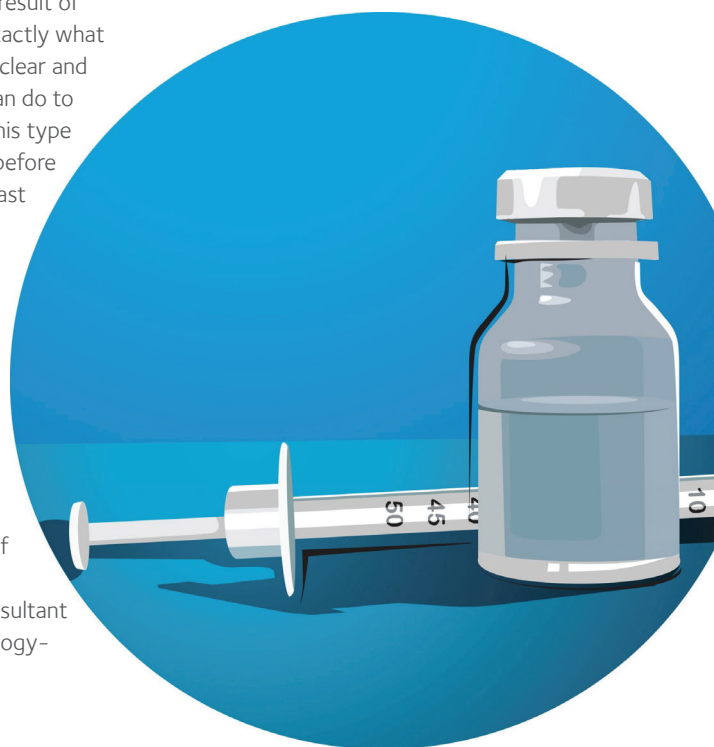
are destroyed, usually as a result of an autoimmune process. Exactly what triggers this process is not clear and there is nothing that you can do to prevent type 1 diabetes. This type of diabetes usually occurs before 40 years of age. It is the least common of the two forms of diabetes and accounts for between five and 15 percent of all cases. "Type 1 diabetes is treated by daily insulin injections, regular exercise and healthy eating. The aim is to minimize short term fluctuations in blood sugar levels and reduce the risk of hypoglycemia," explains Dr. Mahmoud Zirie, Senior Consultant and Head of the Endocrinology-Diabetes Division at HMC.

### Type 2 diabetes

This form of diabetes occurs when the body cannot produce enough insulin, or there is a resistance to insulin in the body. Also known as non-insulin-dependent diabetes, it is linked with excess body fat and usually develops in people over 40 years of age. However, increasing numbers of children are being diagnosed

“Diabetes is a leading cause of blindness, nerve damage, kidney failure and lower limb amputation.”

with this form of diabetes due to the rising numbers of overweight and obese children. There is a clear association between type 2 diabetes and obesity, particularly when the majority of excess body fat is around the waist. Additionally, there is an increased risk when one or two family members have the condition. Diet plays an important role in helping to control blood glucose levels, however it does not appear to be directly involved in the cause (apart from contributing to obesity). Lifestyle changes – including healthy eating, regular exercise and weight loss – are required to treat type 2 diabetes, but if these fail to work, medication may be prescribed. The medication increases the amount of insulin produced by the pancreas, helping to achieve normal blood sugar levels.





## Diagnosis and symptoms

Early diagnosis of diabetes is essential in order to manage the symptoms and reduce the risk of developing complications. Due to a lack of symptoms (or mild symptoms) in the early stages, many people are unaware that they have diabetes. "Early diagnosis is the key to successfully managing diabetes. If detected early, a combination of medication and lifestyle changes can prevent serious complications from developing in many cases," said Dr. Zirie.

Symptoms of type 1 diabetes include frequent urination, excessive thirst, extreme hunger, fatigue and irritability. Type 2 diabetics may experience any of the type 1 symptoms plus frequent infections, impaired or blurred vision, slow healing of cuts and bruises, and numbness or tingling sensations in the hands and feet. Once a person suspects they may have diabetes diagnosis can be done through a simple blood test.

“ There is a clear association between type 2 diabetes and obesity, particularly when the majority of excess body fat is around the waist. ”

## Health complications associated with diabetes

- An increased risk of heart disease and stroke. 50 percent of diabetics die from cardiovascular disease
- An increased risk of developing foot ulcers, potentially leading to limb amputation
- Long-term damage to blood vessels in the eye may cause blindness or impaired vision
- Diabetes increases demand on the kidneys. Between 10 and 20 percent of diabetics die from kidney failure

## How to prevent diabetes

It is not possible to prevent type 1 diabetes, but there are several factors that can greatly reduce the chances of developing type 2 diabetes:

- Exercise regularly
- Maintain a healthy weight
- Eat a healthy, balanced diet high in fruit and vegetables
- Do not smoke

“A dedicated, one-stop, multidisciplinary diabetes center is due to officially open in the summer of 2013 in HGH.”

## Improvements in diabetes care at HMC

Over the last three years, diabetes services at Hamad Medical Corporation (HMC) have seen a 40 percent increase in demand, the majority of which is managed by Hamad General Hospital (HGH). HGH receives about 120 referrals per week and currently has 16,000 diabetes patients under its care. Away from HGH, Al Wakra, Women's, Cuban and Al Khor hospitals also run outpatient clinics.

To keep up with demand clinics are now running morning, afternoon and evening and are operating at full capacity. Plans are in place to further increase capacity of the clinics so doctors can see more patients more often.

A dedicated, one-stop, multidisciplinary diabetes center is due to officially open in the summer of 2013 in HGH. The center will be staffed by physicians, dieticians, patient educators and podiatrists and will offer a variety of services including an eye clinic and an insulin pump clinic. The new diabetes center will improve the patient experience by streamlining treatment to enable all clinical services to be accessed during one visit.

The new center will enable patients to access highly individualized care in one location. Clinics for vascular, eye and foot care and a dedicated pharmacy will



all be run in the center where diabetes educators, nutritionists and podiatrists will work together to deliver specialist care for patients.

## Investment in diabetes research

Investment in diabetes research has been secured through funding obtained from the Qatar National Research Fund. This

funding will be used to undertake world-class research and program development to investigate new treatments and interventions for diabetes. Additionally, HMC will be collaborating with Duke University in the United States to study genetic factors in diabetes as well as assessments of pharmacological treatments.

## Did you know?

- Worldwide, about 350 million people have diabetes
- Type 2 diabetes is the most common form, accounting for around 90 percent of cases
- Increasing numbers of children are developing type 2 diabetes due to rising obesity rates
- By 2030 it is predicted that diabetes will become the seventh leading cause of death in the world
- In the next ten years total deaths from diabetes are expected to increase by more than 50 percent
- Diabetes is a leading cause of blindness, amputation and kidney failure
- Type 2 diabetes can be prevented
- Type 1 diabetes cannot be prevented



# Love Your Kids?



## Strap them in Keep them safe



مؤسسة حمد الطبية  
Hamad Medical Corporation

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# Are you stressed out?

The word 'stress' is used so often, but what does it actually mean?

Physiologically, stress can be defined as any imbalance of homeostasis (the body's internal balance) and a sustained overproduction of the adrenal hormones. Stress can more simply be defined as anything which places a burden on an individual, physically or emotionally.

Stress is most certainly subjective and situations that one person considers to be stressful may not be deemed stressful by another. When people experience stress (perceived danger) the body prepares itself to either fight (face the situation head on) or to flee (runaway) by releasing the hormone adrenaline into the blood. Adrenaline prepares the body for immediate action, known as the fight-or-flight response.

It is the same natural response that occurs in animals when faced with danger. For our ancestors, stressful situations would often be life-threatening. These days, an event perceived to be stressful is more likely to be a job interview, important presentation or coping with relationship or family issues.

“ Problems arise when an individual is unable to manage stress and it negatively impacts on their health. ”



Yet stress is not always viewed negatively. Sportspeople experience feelings of stress immediately prior to competition. This stress, when managed correctly, heightens the individual's alertness and enables the sportsperson to focus on the task at hand. Problems arise when an individual is unable to manage stress and it negatively impacts on their health.

"Stress is thought to cause disease through an inflammatory process affecting different organs, especially those associated with function of the nervous system. Stress can lead to Irritable Bowel Syndrome and other gastrointestinal symptoms, cardiovascular symptoms, inflammation of the skin and mental illness. The manifestations of stress in the sufferer may include

cognitive, psychological, behavioral and physical symptoms,” explains Dr. Suhaila Ghuloum, Senior Consultant Psychiatrist at Hamad Medical Corporation.

There are a number of factors that contribute to an individual's inability to manage stress, including lifestyle, exercise (type and duration), the food you eat and when you eat it, the environment, and physical injury or pain all play a role in the development of stress and a person's ability to cope.

### Typical symptoms of the over-stressed individual:

- Low tolerance level (tendency to over react to minor issues)
- Restlessness and inability to sleep through the night
- Constant feelings of anxiety and depression
- General lethargy and fatigue not relieved by rest
- Difficulty in making decisions
- Uncharacteristic weight gain or weight loss (which is not obviously calorie related)
- Poor concentration
- Worsening or poor memory, especially short-term memory
- Light-headedness / faintness
- Muscle and joint pain
- Low immunity, leading to frequent infections

“ In the United States and United Kingdom, work-related stress alone occurs in up to 40 percent of employees.”

During periods of stress – an important exam, moving house, or changing job – you are more vulnerable to sickness and infection. This is because frequent or prolonged periods of stress can suppress the immune system's ability to fight disease, making you more susceptible to infection. Stress hormones inhibit the function of white blood cells, the body's disease fighting cells, making the body less able to defend itself against bacteria and infection.

Dr. Suhaila highlights the prevalence of stress in society today: “Stress is very common in the modern world. In the United States and United Kingdom, work-related stress alone occurs in up to 40 percent of employees. Among college students, the rate of study-related stress is also as high as 40 percent. There are of course other stressors such as financial and social issues. Many people believe they are on their own, or that expressing stress may reflect weakness. Therefore they suffer in silence, with more serious health issues developing. Help is available in many different forms and the earlier people seek help the easier it will be for them to cope.”

### Practical ways in which you can prevent and manage stress:

- **Get adequate sleep.** Lack of sleep is a major factor in the development of stress and burnout. Tiredness impairs the individual's ability to cope with stressful situations and to think rationally.
- **Good nutrition.** Eating a diet high in additives, stimulants and processed foods can drain your energy levels and affect your ability to concentrate. Limit your intake of alcohol and caffeine. Eat a diet based on natural foods with lots of fruits and vegetables and drink lots of water.
- **Exercise regularly.** Exercise releases endorphins into your blood. Endorphins are often referred to as ‘happy

hormones’ as they trigger feelings of joy. Regular moderate exercise has been shown to boost energy levels, aid sleep and enhance concentration.

- **Set boundaries.** Learn when to say “no”. Don't feel that you have to say “yes” to every request, both at work and socially. Do what you consider manageable and explain your reasons for rejecting excess work and other commitments.
- **Have some quiet time each day.** Set aside a period of time each day when you completely disconnect from the outside world. Turn off your phone, computer and television and relax.
- **Share your concerns with others.** A situation that you perceive to be stressful can often become overwhelming if you do not share your concerns with anyone. By simply discussing the situation with a close friend or family member you may be able to ease some of your fears and gain some perspective.

### Did you know?

- Research has shown around 90 percent of diseases are stress related
- Each day, up to one million Americans call in sick for stress-related issues
- Stress is the number one cause of long-term sick leave
- Excessive use of technology – computers, mobile phones and television – has been linked to rising stress levels

#### Sources:

[www.cdc.gov](http://www.cdc.gov), [www.stress.org](http://www.stress.org)  
[www.ibtimes.com](http://www.ibtimes.com), [www.cipd.co.uk](http://www.cipd.co.uk)



# Meet the people at HMC who care for you



Name: **Bernadette Farrell**  
Job title: **Director of Health Facilities and Design, Health Facility Department**  
Nationality: **Irish**

Number of years working at HMC: **Two and a half**

## What does your typical working day involve?

Usual start for me is 6.30am when I meet with the Executive Director of Planning and Design to discuss current issues. Throughout the day I work on my own projects and meet with each of the Project Managers to get updates on their projects and work through their 'red light' issues.

## What led you into your profession?

A love of architecture, a curiosity on how buildings work and the joy of creating something that may make a difference to people's lives by aiding the healing process.

## Which aspect of your job do you find most rewarding?

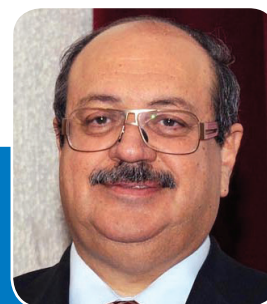
The best part of my job is working with a dedicated client. I always find a champion within every project that has a genuine passion to improve the patient care and experience; these people really help drive the success of any project. Another aspect is watching the Planning and Design team working with passion and enthusiasm. The work they produce always amazes me, especially the younger members of the team.

## What is your favorite thing about living in Qatar?

There is so much to do and the variety is as good as anywhere, the only problem is finding out about it! One of my favorite things to do is have a picnic on top of the sand dunes with the sea on one side while watching the beautiful sunsets to the west. I try to go to the theater in Katara as much as I can especially when the Qatar Philharmonic Orchestra is playing.

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

Keep active by walking as much as possible; it's great for the body and for the mind. Don't ignore people as you walk by, smile and say hello; it always helps to raise the spirit.



Name: **Riyadh Abdul Sattar Fadhil**  
Job title: **Senior Consultant Urologist, Director of Qatar Organ Donation Center**  
Nationality: **Iraqi**

Number of years working at HMC: **Nine**

## What does your typical working day involve?

My schedule usually starts with the daily morning report where I meet administration staff, surgeons and transplant coordinators at the Qatar Center for Organ Transplantation to get updates on patients and potential donors in Qatar. This is followed by a ward round to see inpatients. I also hold two outpatient clinics and one operating theater list each week.

## What led you into your profession?

I come from a medical family, my father and three of my brothers and sisters are physicians. Medicine has been part of daily life since my childhood. It is a wonderful feeling to know that your job is to relieve people's suffering. I am proud to be a surgeon and of what I have achieved in my profession.

## Which aspect of your job do you find most rewarding?

Witnessing my patients' successful surgical outcomes gives me great satisfaction and inspires me to further my education and improve my skills. Another aspect I take great pride from is seeing my students doing well in their profession.

## What is your favorite thing about living in Qatar?

I love Qatar and its people and I feel at home here. Living in Qatar gives me a safe haven and I have met many friends here. HMC has given me job satisfaction and I will do my best to serve this second home and its people.

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

Our faith teaches us that saving one life is as if you have saved the whole of mankind. So my advice is to give hope, happiness and life to those more in need. Through organ donation you can transform tragedy into life.



Name: **Jessy Cherian**  
 Job title: **Head Nurse,  
 Cardiology Ward,  
 Heart Hospital**  
 Nationality: **Indian**  
 Number of years working at HMC: **22**

### What does your typical working day involve?

I work as the Head Nurse on the Cardiology Ward in the Heart Hospital. My day starts with a handover from the night shift, after which I meet all the patients in the unit to ensure they are being well looked after. Throughout the day I meet with my staff to make sure they are happy and assist in solving any problems that may arise.

### What led you into your profession?

My interest for nursing started when I was ten years old on a visit to a hospital in India where I was fascinated by the nurses in white uniform and their beautiful caps. To me they were like angels.

### Which aspect of your job do you find most rewarding?

I am very happy when I see patients we have cared for going home. Seeing a happy patient leaving the hospital with a smile on their face fills my heart. I enjoy knowing I can make a positive difference to our patients' time in the hospital. I feel I am doing something beneficial for society.

### What is your favorite thing about living in Qatar?

I enjoy the sense of security that Qatar offers me. It is a very safe, quiet and peaceful place to live.

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

Walk for half an hour a day, at least five days a week. Try to include activity in your daily routine by using the stairs instead of the elevator and walking to meetings where possible. Also, eat a well balanced diet and get a good night's sleep.



Name: **Ibrahim Juma Al Sheraim**  
 Job title: **Assistant Recruitment  
 Manager, Human Resources  
 Department**  
 Nationality: **Qatari**  
 Number of years working at HMC: **11**

### What does your typical working day involve?

My daily work involves monitoring and screening the recruitment activities performed by my staff and liaising between our department and authorities and customers. I also work with the line manager in order to assess their potential candidates.

### What led you into your profession?

The main thing that led me to choose a career in human resources is my interest in working with people. Many years of experience and service at HMC gave me the confidence to further my expertise in this area and led me to complete my studies with a major in human resources.

### Which aspect of your job do you find most rewarding?

Helping applicants find suitable jobs while at the same time fulfilling the staffing requirements of our various departments is very rewarding. We recruit for a wide range of roles at HMC including administration, technical, allied health and medical areas which are not easy to source. At the end of the each day I feel very satisfied and proud of the work we are doing here.

### What is your favorite thing about living in Qatar?

I am proud of Qatar's commitment to developing education, health, sport and many other important fields in order to achieve the Qatar National Vision 2030.

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

Exercise regularly and take the time to socialize with your family and friends as this is a great way to relax and revitalize.

# Fat getting fatter

## Six reasons for rising obesity rates in the developed world

The number of obese people in the world has more than doubled since 1980. While millions of people in the world's poorest countries die from a basic lack of food, the number of overweight and obese people in developed countries continues to rise.

According to the World Health Organization there are currently more than 1 billion adults in the world classified as overweight (Body Mass Index 25–30), and at least 300 million of these are clinically obese (Body Mass Index over 30).

The implications of increasing obesity rates are serious. Many health experts believe obesity is the most pressing health issue in the developed world. Excess body fat is a significant risk factor for chronic diseases such as type 2 diabetes, cardiovascular disease, hypertension, stroke and certain forms of cancer.

## So why do obesity rates continue to rise?

It may appear simple on the surface – people gain excess body fat when they consume more calories than they burn – but there are many complex, and less obvious, factors that contribute towards this calorie imbalance. The solution to the obesity epidemic may also seem obvious – to eat less and exercise more – yet in reality things are not so simple.

### 1. Greater availability of food

Over the past few decades food has become more accessible. Today, we no longer have to leave our homes to be fed and watered. In towns and cities there is an abundance of food companies willing to deliver ready-to-eat meals to your



door, 24-hours a day. Compare this with our ancestors who had to hunt for their next meal. In doing this they would burn hundreds of calories in the process. That's hundreds more than picking up the phone and ordering a delivery pizza!

### 2. Increase in daily calorie intake

There has been an increase in the average number of calories people consume. From the start of the last century until





around 1985 total calorie intake actually decreased. However, since 1985 it has increased continuously. This rise is generally attributed to the increased consumption of soft drinks and fast food, and larger portion sizes.

### 3. Fewer meals cooked at home

Traditionally, women have been the main cooks in the household. Yet with greater numbers of women having leading roles in the workforce, and less time at home, their role as cook has diminished. In many cases, rather than other family members taking on the cooking duties, meals simply do not get cooked at home. Today's busy lifestyles also mean fewer families sit down together for their meals. This is a worrying trend as research indicates families who eat together are healthier than those who eat separately. Rather than everyone sharing one healthy, home cooked meal, family members often eat as and when they have time, frequently choosing ready meals and takeaways for convenience. Studies have shown meals prepared outside the home often have more calories than those prepared within the home.

### 4. Growth of fast food companies

For many people the easy option is to point the finger at large fast food chains when it comes to finding someone to blame for the global rise in obesity. Yet these companies argue that if consumed in moderation their products can be part of a healthy diet. However, the increase in 'junk food' – low cost, high calorie food products, often with poor nutritional quality – has contributed to the increase in calorie consumption.

### 5. Fewer manual jobs

The percentage of people working in manual labor jobs has fallen due to increased technology within businesses. Many physically demanding jobs that were once performed by people are now done by machines and computers. This is a fantastic advance for industry, but not for our waistlines.

### 6. Electronic gadgets replace traditional activities

Recent decades have seen a huge rise in the number of hours people spend using technology. Digital television offers countless channels for us to browse using only a finger to press the remote control, while the internet seems to steal our time as we click through endless websites.

These gadgets have reduced the number of hours people spend being physically active.

### Did you know?

- Globally, the number of obese people has doubled since 1980
- Being overweight or obese is now linked to more deaths worldwide than being underweight
- Worldwide, more than 40 million preschool children are overweight
- Excess body fat is linked to 44 percent of diabetes cases and 23 percent of heart disease cases
- Previously associated only with high-income countries, obesity is now becoming more prevalent in the developing world
- According to Qatar's National Health Strategy, 71 percent of Qatar's residents are overweight and 32 percent are obese or morbidly obese. Additionally, 28 percent of Qatari children are overweight

#### Sources:

[www.who.int](http://www.who.int), [www.nhsq.info](http://www.nhsq.info)



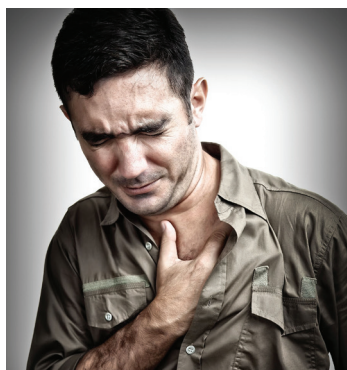
## I've just found out that I'm pregnant with my first child. Can you give me some tips on healthy eating during my pregnancy?

It is very important to eat healthily during your pregnancy as the right foods, in the right quantities, will give your baby the best possible start to life and help it to grow and develop. Here are a few tips to help you follow a healthy eating plan:

- Eat five or six times a day (three main meals and three healthy snacks)
- Consume protein-rich foods such as meat, eggs, chicken, dairy products and fish, as well as legumes (beans, lentils, peas) and soy products as these help to build and develop the embryo's cells
- Reduce your intake of fatty foods and cook with vegetable oils, especially olive oil. However, use oil sparingly as it is high in calorie and contributes to weight gain
- Limit your intake of foods high in sugars (soft drinks, sweets, canned juices) as they are rich in calories and low in nutritional value
- Eat a wide variety of vegetables, fruits and legumes as this will ensure you consume lots of vitamins, minerals and fiber
- Consume a range of different nuts as they contain many vitamins, minerals and healthy oils, but avoid nuts with added salt
- Eat fish at least twice a week as it contains omega-3 oil which is essential for the growth of the fetus and the development of the baby's brain

- Drink lots of water – at least two liters (eight to 10 cups) – each day at regular intervals
- Reduce your intake of caffeine (coffee, soft drinks, tea) because it will increase the risk of miscarriage and contribute to low birth weight by increasing fetal heart rate
- Limit your intake of kidney and liver during pregnancy as they contain large amounts of vitamin A which is potentially harmful to the fetus
- Take food supplements such as calcium, iron and vitamin D during your entire pregnancy and folic acid during the first months of pregnancy. Consult your doctor for more information on supplements

**Samar Ali Al-Turki,**  
Dietitian at HMC



## My friend had an anaphylactic reaction to something she ate recently. What is anaphylaxis and how is it caused?

Anaphylaxis is a serious allergic reaction that usually develops very quickly. Without prompt treatment anaphylaxis can be fatal. Anaphylaxis is triggered when the immune system overreacts to a usually

harmless substance (an allergen such as food or medication) causing mild to severe symptoms that affect various parts of the body. Symptoms usually appear within a few minutes to several hours after eating a particular food, swallowing medication or being stung by an insect.

Anaphylaxis requires immediate medical treatment, including an injection of epinephrine and a trip to a hospital emergency room. Sometimes symptoms go away, then return a few hours later, so it is important to seek treatment as soon as the anaphylactic reaction begins and to remain under medical observation for as long as the reaction and symptoms continue. There are many symptoms of anaphylaxis including shortness

of breath, chest pain, tight throat, dizziness, low heart rate and blood pressure, fainting, itchy skin, vomiting, diarrhea, and cramps.

The most dangerous symptoms are low blood pressure, breathing difficulty and loss of consciousness, all of which can be fatal. If you have any of these symptoms, particularly after eating, taking medication or being stung by an insect, seek medical care immediately. Don't wait to see if symptoms go away or get better on their own.

People who are aware of their allergies – often as a result of having suffered an anaphylactic reaction before – should carry an autoinjectable epinephrine (often referred to as an EpiPen) with them at all times. This can be used immediately to inject epinephrine (adrenaline) into the body to reduce the symptoms of anaphylaxis.

**Dr. Mehdi Adeli,**  
Senior Consultant Allergy and Immunology at HMC



## I travel around the world with my job. Can you give me some tips for healthy flying?

Move around the cabin. Stand up and take a short walk every hour of your flight to get your circulation going. Prolonged periods of immobility while flying can lead to muscle soreness, fatigue, pooling of blood and even Deep Vein Thrombosis (DVT). In most cases of DVT the clots are small and do not cause any symptoms, the body is able to gradually break down the clot and there are no long-term effects. Occasionally a piece of the clot may break off and travel into the bloodstream and become lodged in the lungs. This is known as a pulmonary embolism and can lead to serious complications. Even if you cannot move around the cabin regularly, try to perform a few foot, ankle and leg stretches to stimulate blood flow (most airlines provide leaflets with example exercises). Wearing properly fitted compression stockings may also be helpful as they compress the calf muscles and improve the flow of blood in the deep veins. Those travelers who are at most risk of developing DVT may be prescribed specific treatments, such as injections of heparin.

**Drink lots of water.** Becoming dehydrated on your flight can lead to headache, tiredness and leave you feeling very uncomfortable. Drink lots of water and juices, but avoid alcoholic and caffeinated drinks.

**Do not fly soon after surgery.** The air onboard an aircraft has a lower pressure than at sea level. This reduced pressure

can impede the healing process and lead to medical complications. Consult your doctor if you need to travel soon after surgery.

### Avoid flying when sick.

Try not to take a flight – particularly a long one – if you have a head cold, the flu or an ear or throat infection. The cabin pressure may make the symptoms worse, making your flight very uncomfortable and prolonging your sickness.



### Other useful tips:

- Chew gum during take-off (swallowing helps to reduce pain in the ears)
- Get a good night's sleep before long flights
- Keep medication in your hand luggage in case you need to access it quickly

**Dr. Mohammed Samer Alkhatib,**  
Senior Orthopedic Surgeon, HMC

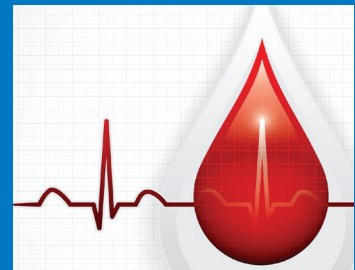
## Are there any restrictions on who can give blood in Qatar and what is the process for donation?

HMC's Blood Donor Center is the main center supplying blood to all governmental and private hospitals in Qatar. Donated blood is vital to many hospital operations and medical procedures. Without sufficient supplies of blood many life-saving operations would not take place and lives would be lost. HMC staff ensure the blood donation process is safe and hygienic through streamlined procedures of registration, donation and screening. Eligible donors should be between 18 and 65 years of age and be in good health.

### Reasons preventing you from donating blood:

- If you have traveled recently to a country or area deemed to be high risk for malaria or hepatitis, as per regulations of the Association of American Blood Bank
- If you have a blood disorder (such as anemia) or symptoms of allergic (asthma) or chronic diseases
- If you have a severe cold or throat infection
- If you have had surgery within the last year
- If you are currently taking antibiotics
- If you are pregnant or breast feeding
- Women may not donate during their menstrual cycle

On arrival at the Blood Donor Center – located near to Hamad General Hospital in Doha – you will be asked to present your QID so the center can open a file and register you as a blood donor. The nurse will then ask you a series of questions relating to your medical history, and do a physical assessment, to ensure you are fit to donate. Following this you will be asked to sign a consent form.



The entire blood withdrawal process will take around 30 minutes and we advise you to be well rested and to have eaten prior to arriving.

The Blood Donor Center at HMC is open from 7am to 10pm, Sunday to Thursday and from 8am to 8pm on Saturdays. Telephone: 4439 1081



**Sadika Ismail,** Coordinator at HMC's Blood Donor Center



Skin is the body's largest organ, accounting for about **15** percent of a person's total bodyweight.

**80** percent of the world's **1.1** billion smokers live in low or middle income countries.

**Cartilage** is one of the few tissues in the human body that grows continuously throughout a person's lifetime, meaning your nose and ears will continue to grow in adulthood.

The **appendix** has no known function in the human body.

Between **1980** and **2008**, the number of obese people in the world almost doubled.

Up to **10,000** taste buds line the surface of your tongue, throat and the roof of your mouth.

If all the blood vessels in your body were lined up end-to-end they would stretch out for **100,000** kilometers.

The stirrup bone is the smallest bone in the human body. Located in the middle ear, it is approximately **three millimeters** long. The femur (thighbone) is the longest.

The small intestine - where about **90** percent of the body's nutrients are absorbed - measures approximately six meters in length.

**Teeth** are the only parts of the human body that cannot heal on their own.

The number of **vertebrae** in a giraffe's neck is the same as in a human's neck. Both have seven vertebrae.



**Because you  
dialed 999,  
we were  
there for you**

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

**خدمة الإسعاف**  
**Ambulance Service**



To see how you can help us save a life,  
visit [as.hamad.qa](https://as.hamad.qa) today.



**Help us help you**

# 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 <a href="mailto:customerservice@hmc.org.qa">customerservice@hmc.org.qa</a>		4011 4422	4439 5669 4439 5872 4439 5871	4474 5019 4474 5578
Emergency Departments	4015 7790	4011 4637 4011 4636	4439 5614	4474 5330

