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Putting a focus on health in Qatar

Mental health and older adults

Five steps to safer car journeys for our children

Are you drinking enough water?

Under the spotlight:
The Cuban Hospital

Children's healthcare in Qatar

Meet the leaders of the HMC/SickKids
Partnership Project

Plus regular features:

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



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Strap them in Keep them safe



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Welcome to issue four of *Al Seha* magazine!

We are always delighted to receive your comments and opinions on *Al Seha*. Your feedback aids our efforts to produce a high quality magazine every time. In a recent issue we included a short survey and asked you to tell us what you thought about a number of aspects of *Al Seha*. The response was very positive and we were delighted to hear that the magazine is well received. A recurring theme from the survey was that our readers like what they see in *Al Seha*, but want more. So, we've responded to your requests and expanded the magazine by eight pages, allowing us to pack even more information into the magazine.

In this issue we meet up with Hamad Medical Corporation's (HMC) Dr. Abdulla Al Kaabi and SickKids' Cathy Seguin to learn about the improvements taking place in pediatric healthcare in Qatar. We get an insight into The Cuban Hospital from the Chief Executive Officer and his staff and provide an overview of Qatar's recently launched Primary Health Care Strategy. There are lots of great health features too, with articles on asthma, psoriasis and the benefits of drinking enough water. As well as all of this, there's the usual roundup of news stories from HMC, Qatar and abroad.

We hope you enjoy this issue, and, as always, please send us your comments and tell us if there are any particular topics you would like us to cover in the future.

Ali Abdulla Al Khater

Executive Director

Corporate Communications



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

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Organ donation campaign boosts the number of registered donors

During Ramadan, Hamad Medical Corporation (HMC) began an extensive campaign to raise awareness of organ donation and increase the number of people on the organ donor register. The campaign, which was launched formally by Sheikh Faisal bin Qassim Al-Thani at City Center Mall, focused on the social and medical benefits of organ donation.

Running until 10 days after Ramadan, the campaign set up information booths in shopping malls and other prominent locations around Doha. Experts from the Qatar Organ Donation Center and other HMC volunteers were on hand to talk about organ donation, explain how people can register as a donor and answer any questions people may have. The campaign was a great success, resulting in more than 20,000 people registering as organ donors.

An organ transplant is a life-saving procedure for someone who has an organ that is failing. It can also significantly

improve quality of life for people with chronic health problems.

Dr. Riadh Fadhil, Director of the Qatar Organ Donation Center at HMC, said: "We need more donors to register in Qatar so nobody has to face losing a loved one while they are waiting for an organ. This

is why we asked the public to visit our stands in the malls and at other venues around Qatar to talk to the team and register as a donor."

For more information on organ donation in Qatar, visit <http://organdonation.hamad.qa/en/>



Successful transplant as wife donates a kidney to her husband



A team of surgeons from Hamad Medical Corporation (HMC) has successfully completed Qatar's third spousal kidney transplant.

The patient, 42 year old Nepali national Dilip Kumar, had been on dialysis since

he was brought to the Emergency Department at Hamad General Hospital (HGH) due to kidney disease in 2012. Realizing her husband's need for a transplant, Dilip's wife, Maya, agreed to become his donor and was deemed fit for surgery after thorough investigations in both Nepal and Doha.

One of the attending physicians, Dr. Omar Fituri, Senior Consultant Transplant Nephrologist at HGH, said donations from spouses and other family members are the safest transplants for both the donor and recipient.

"Patients who are on the waiting list should avoid going abroad for a commercial transplant as not only is the donor unknown but the center of transplant also needs to be of the highest standards," he said.

"One of the most important factors during an organ transplant surgery is the patient's ability to cooperate mentally, physically and emotionally with the transplant team. Dilip was a good patient and attended all his appointments and tests on time. Both Maya and Dilip were very cooperative with the team which helped make this surgery a success," he added.

New helicopters take to the skies



Hamad Medical Corporation's (HMC) Ambulance Service has introduced three new helicopters to its LifeFlight fleet. The helicopters are part of the partnership with the Qatar Emiri Air Force and have already been deployed on lifesaving rescue operations since their introduction in September.

The new Augusta Westland 139 helicopters will be flown by highly trained pilots from the Qatar Emiri Air Force. "LifeFlight is used for fast transit from emergency scenes to our hospitals," said Brendon Morris, Chief Operations Officer at the Ambulance Service. "Each of the new helicopters can carry two patients at once and LifeFlight will be in operation 24-hours-a-day."

"All of our helicopters are equipped with the latest advanced life support medical equipment and carry two medical crew and two pilots. The efficiency of the Ambulance Service is an important element in providing critical care to patients, especially those who are not in the vicinity of the city," said Mr. Morris.

The enhanced services will be especially in need as the country heads into the busy camping season, which often necessitates responding to emergencies in remote locations.

The expansion of the Ambulance Service's LifeFlight capacity comes after 100 new ambulances vehicles were added to the fleet over the last 12 months. Built to world-class specifications, the new vehicles – based on a Mercedes-Benz chassis – have narrow bodies to enable faster progress through traffic, enhanced warning systems, vastly improved safety features for all occupants, and a new, state-of-the-art stretcher system. They are carefully designed to help the crew deliver improved care at the roadside and on the move and to enhance the patient's experience and safety whilst on board.

The Ambulance Service has also been working hard to raise awareness of how the public can support it. The campaign's central message is "Know the 5 to save a life" and is aimed at providing practical, life-saving tips for the public.

For the Ambulance Service to provide the best possible service it needs the continued help and support of the public. By following these five simple steps you will help the Ambulance Service provide the best possible response to every incident.

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 can 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 an ambulance stuck behind you in traffic may well be going to your home.

Breastfeeding benefits highlighted



Most health experts agree that breastfeeding is the healthiest way to feed a baby during its early stages of life. Breast milk provides babies with all the nutrients they require and helps to protect them from infection and illness.

Since it was opened in 2009, Hamad Medical Corporation's Breastfeeding Resource Center at Al Khor Hospital (AKH) has provided its services to more than

2,500 mothers – Qatari nationals and expatriates alike – and is the first center of its kind in the Gulf region to focus on breastfeeding and lactation management. The Center also runs pre-partum and post-partum clinics for mothers to encourage them to breastfeed their babies for at least six months.

Dr. Mohammed Ilyas Khan, Head of the Breastfeeding Management Program at

AKH, stresses the importance of promoting breastfeeding: "Mother's milk is the ideal form of nutrition during the first stages of life because breast milk provides the necessary elements for normal growth and development. It also protects children from infection and other disorders."

The Breastfeeding Resource Center is committed to implementing the breastfeeding targets of Qatar's National Health Strategy 2011-2016. The strategy states that the rate of exclusive breastfeeding during a baby's first six months should rise from 12 to 25 percent. In 2012, AKH won the International Pharmacy Award for Maternal Medicine and the Science of Breastfeeding. The Breastfeeding Resource Center is only the second breastfeeding center in the Middle East to have achieved global accreditation from the United Nations Children's Fund (Unicef).

For information and advice about breastfeeding you can telephone the Breastfeeding Resource Center on 4474 5695

National Diabetes Center opens at Hamad General Hospital

A new first-class national Diabetes Center was opened in July at Hamad General Hospital to provide improved patient care and access to specialized services for Qatar's diabetic population. The center, which is located on the second floor of the outpatient department, was opened formally in a ceremony attended by His Excellency the Prime Minister and Interior Minister, Sheikh Abdullah bin Nasser bin Khalifa Al Thani, His Excellency Abdullah bin Khalid Al-Qahtani, Minister of Public Health and Hanan Al Kuwari PhD, Managing Director of Hamad Medical Corporation (HMC).

The new center brings together disciplines and services and is an example of HMC's focus on integrating education and research with clinical care. The new facility includes a range of services, including foot care, diabetic education, nutritional counseling, screening for diabetic retinopathy, clinical investigation and insulin pump therapy.

"The new Diabetes Center will serve as a model for the care of complicated diabetic cases. By creating seamless access

to services and specialists and supporting targeted clinical research, the Diabetes Center will improve patient outcomes and play an important role in caring for the children and adults of Qatar who are living with diabetes," said Prof. Abdul-Badi Abou-Samra, Chair, Department of Medicine.

As part of HMC's expansion of its diabetes care services, a specialist treatment unit will also be opened at Al Wakra Hospital next year.



Under the spotlight: The Cuban Hospital



المستشفى الكوبي
The Cuban Hospital

عضو في مؤسسة حمد الطبية
A Member of Hamad Medical Corporation



Did you know?

- The Cuban Hospital (TCH), located in Dukhan in the west of Qatar, is one of Hamad Medical Corporation's (HMC) newest hospitals, providing 75 beds
- Since its formal opening in January 2012, TCH has greatly improved access to healthcare services for the local community, who would previously have traveled to Doha for most of their care
- Formerly called Dukhan Hospital, the TCH is a joint venture project between Qatar and the Cuban Government. The new name of the hospital highlights the special partnership that exists between Qatar and Cuba
- Approximately 400 qualified Cuban healthcare professionals, including doctors, nurses, technicians and specialists work in the hospital. The facilities, infrastructure, finances and operational support are all developed and maintained by HMC and Qatar
- TCH prides itself on being a prime example of a highly comprehensive healthcare system and on being a facilitator of disease prevention and health education for the communities of the western districts of Qatar
- Due to the expanding local population that TCH serves the facility has been designed to accommodate the growing health needs of a changing population

How to get an appointment at The Cuban Hospital

To book an appointment, patients are currently required to obtain a referral from a primary healthcare provider and telephone 4015 7888. However, later this year HMC's new Referral Management and Appointment Booking System will be introduced at TCH. Under this new system TCH will receive a patient's referral from the Primary Health Center, Emergency Department, Pediatric Emergency Center or private clinic and will telephone them to make an appointment based on the advice of the specialist doctor.

The Cuban Hospital provides the following services:

- | | |
|-----------------------------|-----------------------------|
| • Cardiology | • Maxillo-facial |
| • Dentistry | • Obstetrics and Gynecology |
| • Dermatology | • Ophthalmology |
| • Diabetes | • Orthopedics |
| • Ear Nose and Throat | • Pediatric Medicine |
| • Emergency Services | • Rehabilitation |
| • General Medicine | • Urology |
| • General Surgery | • Vascular Surgery |
| • Intensive Care for adults | |

How to contact The Cuban Hospital

- **Main telephone number:** 4015 7777
- **Outpatient Bookings:** 4015 7888
- **Admissions:** 4015 7995
- **Emergency Department:** 4015 7844

For more information visit the website of The Cuban Hospital <http://cuban.hamad.qa>

Meet the Chief Executive Officer



Philip Lowen

1. How long have you worked at The Cuban Hospital and what did you do before?

I have been working here for the past three years. Previously, I was a CEO of private hospitals in Australia and Chief Operating Officer of Aspetar Orthopedic Hospital in Doha. I have also spent time in health policy and planning, financial and other senior roles in the Australian Department of Veterans Affairs.

2. How would you describe your role as CEO of The Cuban Hospital?

I am a coordinator, negotiator and facilitator striving to bring the best possible services and experience to the community, while also mentoring a new generation of Qatari managers and staff to ensure a sustainable future for healthcare in Qatar.

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

I'm very proud to work with such an enthusiastic team of Cuban clinicians and

local employees who are all genuinely committed to improving the health of their local communities.

4. What are the defining characteristics of your hospital?

We have developed a strong and enduring partnership between the State of Qatar and the Republic of Cuba to bring comprehensive healthcare services to the western districts of Qatar. We also aim to be a destination hospital for our local community and the Gulf region by developing international collaborations in specialized services.

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

The patient experience is central to the values of our hospital and our highly committed team. By its nature a hospital is a dynamic entity always striving to improve the range and quality of services. For example, over the next six months we expect to open a dental laboratory offering a full range of special dental services as well as a lumbar pain management service, integrating prevention, orthopedic surgery and rehabilitation. We are also opening a laser eye surgery center and introducing multidisciplinary diabetes services.

6. Which two short phrases would you use to describe The Cuban Hospital?

The CH provides distinctive, high quality compassionate care to the local population.

We strive to be internationally recognized for our high standards and leadership in delivering advanced healthcare services that are available to everyone.

Hear what the staff have to say

"The Department of Dentistry is committed to providing the best outcomes for diagnostics and treatment for all our patients. We provide comprehensive dental services with compassion and excellence using the latest technology through our multidisciplinary healthcare team."

Dr. Angel Mario Felipe Garmendia

Sr. Consultant of Orthodontics
Chairman Department of Dentistry and Ancillary Services

"The nurses in the hospital's Intensive Care Unit are proud to be part of the professional Cuban healthcare team. All our nurses have the skills to care for patients in stressful and life threatening situations, offering comfort and support to them and their families."

Mairoly Martinez Jimenez

Head Nurse, Intensive Care Unit

"The Orthopedic Department offers high quality, personalized care services to our patients, including fracture treatment, joint replacement and lumbar disc surgery. Our team is very professional and is committed to providing excellent care in an atmosphere of respect and confidence."

Dr. Pedro Manuel Bueno Rodriguez

Consultant Orthopedic Surgeon,
Orthopedic Department

"Our Rehabilitation Services are dedicated to improving our patients' quality of life. We do this by giving them the tools to manage their needs, by showing them a different way to go about their daily activities and by helping them make positive changes to their physical conditions."

Maria Elena Sabater Acevedo

Head of the Physiotherapy Department

"Some days I think we are in a private hospital! We offer single rooms for mothers with the latest equipment and a 24-hour medical team of specialists and consultants (obstetrician and neonatologist) attends every delivery, supported by experienced nurses."

Dr. Maria Cristina Arzuaga

Specialist, Head of the Obstetrics and Gynecology Department



The Trauma Center at Hamad General Hospital

Al Seha offers an insight into the life-saving work carried out by the Trauma Team



The Trauma Center at Hamad General Hospital (HGH) fulfils a life-saving role for patients with severe injuries. Trauma – serious injury to the body, often as a result of an accident – is one of the most common causes of death and injury in the young adult population within Qatar and the wider Gulf region. As such, providing excellent trauma care is a vital part of the services Hamad Medical Corporation (HMC) provides.

In order to meet the specific requirements of injured patients in Qatar, HMC established the Trauma Center in 2007. Based at HGH, it is the only dedicated Trauma Center in Qatar and receives and evaluates more than 5,300 trauma and injured patients each year, of which more than 3,000 are admitted for definitive

care. Patients with severe injury, from all over Qatar and neighboring countries, are transported directly to the Trauma Center by ambulance, either by land or air. These patients are in need of urgent medical care and are treated by a multidisciplinary team of dedicated healthcare professionals, including paramedics, trauma surgeons, emergency physicians, emergency nurses, medical technicians and other healthcare experts. From the time of a patient's arrival, through hospitalization, to discharge and outpatient care, the Trauma Service coordinates their entire care.

Trauma is a major cause of death and permanent disability among Qatar's young adult population. According to a 2011 World Health Organization report,

Qatar has one of the highest road traffic death rates in the region. At 19 deaths per 100,000, statistics indicate loss of lives caused by road accident injuries far outnumber deaths resulting from cancer or cardiovascular diseases. In 2012, motor vehicle collisions were the leading cause of trauma cases at HGH, accounting for 34 percent of all cases. Other causes included falls, knife wounds, burns and all-terrain vehicle accidents.

"Trauma surgery requires that you address things in a specific order. The end goal is always to save the patient's life. The most common type of trauma we see in Qatar is blunt trauma, meaning the injuries have been caused by motor vehicle accidents," explains Dr. Hassan Al Thani, Head of Trauma, Vascular and General Surgery at HMC.

The nature of work at the Trauma Center is frequently life or death. Patients with routine health issues do not attend the Trauma Center, only those with severe injuries are seen. For Dr. Al Thani, the most difficult part of his job is telling family members that their loved one has passed away. "To see a family fall apart and realize the magnitude of what they're going through is difficult," he says.

Many of the trauma cases seen at HGH are entirely preventable, as Dr. Rifat Latifi, Professor of Surgery and Director of Trauma at HGH, highlights: "Trauma is the number one cause of death in Qatar and yet it can largely be prevented. Even if one person dies, that death is preventable. No one should die because of trauma. If we take all safety measures, we can prevent it."

One of the most frustrating aspects of the trauma team's work is what trauma surgeons refer to as the 'frequent flyers'. These are the patients that the trauma team admits multiple times, often as a result of repeat road traffic or all-terrain vehicle injuries.

Great progress has been made in the care and treatment of trauma patients since the establishment of the Trauma Section. Two measurable examples of these improvements are a 50 percent reduction in trauma mortality (deaths due to trauma) and a 40 percent decrease in the average length of stay for trauma patients. The success of the Trauma Center is due to the skills, dedication and vision of the men and women who work tirelessly day-in and day-out to provide the best possible care for all their injured patients.

The team at the Trauma Center is dedicated to advancing the care of injured patients through research programs, injury prevention programs and close collaboration with the local community and trauma centers around the world. The injury prevention and outreach education efforts of the Trauma Center in the community are key activities that have been oriented towards high risk groups for injury, including children, pedestrians, elderly, industrial and construction related injuries, and

other community and home based programs. Injury prevention programs are coordinated with different institutions and organizations in the community. As part of its injury prevention efforts, the Trauma Center works with the Supreme Council of Health, the Traffic Bureau and the Ministry of Interior in identifying measures to prevent injury.

The Trauma Registry, which was established in 2007, holds large amounts of data on the care of trauma patients that helps the trauma team ensure they provide the best possible care. This information is also shared with the United States National Trauma Data Bank (NTDB), making HGH the first hospital outside the US to contribute to the NTDB. The NTDB has more than five million records and enables the trauma team to compare their performance to that of other trauma centers around the world, providing a benchmark for the very best trauma care.



Did you know?

- The Trauma Surgery Section at Hamad General Hospital was presented with the Excellence in Surgery Services Award at the 2012 Arab Health Awards
- In 2010, the World Health Organization recognized HMC's Trauma Center as an international success story in improving care for the injured. In a report entitled 'Strengthening Care of the Injured: success stories and lessons learned from around the world,' HMC's achievement in initiating a new, formalized trauma service in Qatar was showcased

Transforming children's healthcare in Qatar



Al Seha met up with two leading figures from the Hamad Medical Corporation/SickKids Partnership Project – HMC's Dr. Abdulla Al Kaabi and SickKids' Cathy Seguin – to find out about the improvements taking place in pediatric healthcare in Qatar.

Tell us a little bit about yourselves and your role in the HMC/SickKids partnership

Dr. Abdulla Al Kaabi: I am the Project Director for HMC leading the partnership with SickKids. In my clinical role I am a Senior Consultant and have been the Head of Pediatric Nephrology in Hamad General Hospital since 2003. This is now my twentieth year working at HMC. I received my training in pediatrics at the University of Western Ontario, Canada. I then did a subspecialization fellowship in Pediatric Nephrology at the Hospital for Sick Children in Toronto and, as I advanced in my leadership career, I have obtained a master's degree in healthcare management from the Royal College of

Surgeons in Ireland. I am also the Deputy Chairman of Pediatrics and a member of the Pediatric Executive Committee which has contributed effectively in developing patient care towards the best international standards.

Cathy Seguin: My background is in nursing and I've been working at SickKids for more than 25 years. I am currently a Vice-President of SickKids, a position I have held for the past 12 years. I lead the organization's international strategy, enabling it to further its leadership goals in care, education and research. In terms of the partnership with HMC, I am the Project Director for SickKids, leading the partnership from our side.

Cathy, our readers know all about HMC, but many will know very little about SickKids. Can you tell us a little bit about the history of the hospital?

Cathy Seguin: Founded in 1875, SickKids, or to use its full name, The Hospital for Sick Children, is based in

Toronto and is the largest pediatric academic health sciences center in Canada and one of the top children's hospitals in the world. Our mission is to improve the health of children by providing the very best family-centered care, creating groundbreaking scientific and clinical advancements and training the next generation of experts in child health. This work is having an impact provincially, nationally and around the world.

Can you both explain how the partnership with SickKids began?

Dr. Abdulla Al Kaabi: In 2004 we had a vision to establish exceptional pediatric services in Qatar, based on international best practice through multi-disciplinary care. Our aim was for the care to be evidence-based, backed up by the latest research, while always keeping the patient at the center of the care. This approach presented a significant shift in the way things were currently operating. At this point we decided to talk to some of the most respected international hospitals to help us achieve this vision. We shortlisted

a number of hospitals and based on our extensive review process, SickKids was chosen as HMC's partner. SickKids stood out above the other hospitals due to their reputation, past achievements, capacity and what they could do to improve HMC's pediatric care services.

Cathy Seguin: Over the past decade SickKids has been looking to enhance its partnerships around the world. Our vision is 'healthier children a better world' and the board determined that one of the ways to live up to that was to develop partnerships in other countries where we could positively influence children's health. At around this time we were approached by HMC and began the early stages of our very successful work together. SickKids came to HMC in 2007 to conduct an assessment of the current services and to deliver a proposal for future developments. Subsequent recommendations were developed into statements of work which set out clear and tangible deliverables. The five-year partnership and contract between HMC and SickKids Toronto was signed at an official ceremony in February 2010.

How do the teams from HMC and SickKids work together to improve children's care in Qatar?

Dr. Abdulla Al Kaabi: The teams work together as one Project Team to deliver

outcomes. The SickKids team takes the lead on the planning and development of work programs – with HMC's support – while the HMC team works alongside Clinical Leads to coach and support them to implement the recommended work programs. To facilitate these initiatives, there are a large number of Subject Matter Experts (SMEs) from SickKids who travel to Doha to focus on work-specific deliverables. Every week we have on average 30 to 35 SMEs on site. A fundamental concept of the partnership is to build capacity within our teams to ensure future sustainability here in Qatar, so that when the partnership ends, and the SickKids team leaves, we have clinical teams with the expertise to continue delivering our vision of excellent pediatric healthcare.

Cathy Seguin: One of the reasons why the partnership with HMC has worked so well is that our principles of accessibility and sustainability of healthcare are the same. We work side-by-side to identify Qatar's specific pediatric healthcare needs and to achieve the goals. What we've seen in Qatar is a country that wants to invest and provide the very best they possibly can for the children of their country. Many countries try to do this, but I think what makes Qatar unique is that the leaders truly want to build their own capacity and sustainability. Qatar doesn't look for other healthcare providers to come in and

manage the system for it, Qatar wants to learn and do it for itself.

Can you outline the key aspects of the project's scope?

Cathy Seguin: The scope of the project is complex as it encompasses every aspect of pediatric healthcare in the country, including primary, secondary and tertiary pediatric services. The focus is on developing pediatric clinical programs, developing staff through education and training, and developing pediatric research in Qatar.

Dr. Abdulla Al Kaabi: A key aspect of improving the care that our young patients receive is the development and introduction of multi-disciplinary teams. This approach enables patients to be treated by a diverse group of healthcare professionals, such as doctors, nurses, pharmacists and dietitians. Multi-disciplinary teams provide patients with a higher level of care than a traditional plan that may, in the past, have involved just one doctor.

Cathy Seguin: If you look at the Pediatric Intensive Care Unit (PICU), the partnership has developed a multi-disciplinary team approach to providing care. Patients now have round-the-clock care from respiratory therapists and have dietitians and a dedicated physiotherapist, so the unit has really been able to expand what was traditionally just a nurse and clinician team. It's been very rewarding to see how the development of this team, and others similar to it, has helped to enhance the care given to children.

Dr. Abdulla Al Kaabi: Education and research are core elements of our partnership. We have sent many Qatari doctors for two to three years of extensive training at SickKids. Additionally, we regularly send doctors for training on specific programs for short periods of time. From their training, the doctors gain not only the clinical knowledge, but also become leaders of that program and know how to implement best practice. We also work with other key players in children's healthcare throughout Qatar. It is important that all those involved in the





delivery of children's care are committed to the same goals. On a national level we work with others to look at Qatar's plans for areas such as emergency and research.

What are the most pressing issues currently facing pediatric healthcare in Qatar?

Dr. Abdulla Al Kaabi: The services for pediatric healthcare need to be coordinated between the different organizations to ensure there is joined-up thinking in the way care is delivered. The HMC/SickKids partnership works closely with the Primary Health Care Corporation and the Supreme Council of Health. Our commitment is to ensure excellent pediatric care is delivered wherever children are treated in Qatar.

In terms of specific health conditions, there are a number of issues that pose

particular challenges for children in Qatar. Obesity, asthma, diabetes, genetic issues and injuries due to accidents are all areas where much work is needed in terms of developing education, research and clinical care.

Can you highlight some of the most significant achievements that have come as a result of the partnership?

Cathy Seguin: The project's main focus has been on Clinical Transformation. We have a number of Task Forces focusing on the following areas; Complex Care, Rehabilitation, Cancer, Pediatric Intensive Care, Child and Adolescent Mental Health, Pain Management, Neonatal Intensive Care, Nursing Leadership and Practice, Diagnostic Imaging,

Perioperative Services, Quality and Safety, Adolescent Medicine and Child Health Research. Great progress has been made with these task forces due to excellent clinical leadership, multi-disciplinary working and work programs that focus on outcomes.

Dr. Abdulla Al Kaabi: With all the great work that has been undertaken it's difficult to focus on any specific areas, but two examples that have positively impacted on children's care have been achieved through the Complex Care Task Force and the Pain Management Task Force.

Treating children with multiple medical problems can be very challenging. In October 2012, we opened the Complex Chronic Care Clinic at HGH's Outpatient Department. The clinic allows the immediate availability of medical subspecialties to consult as needed. The Complex Care Task Force was also established in 2012 and aims to introduce a new model of care for patients with medically complex conditions. This program does not focus on a particular disease, but instead, manages the consequences of multiple diseases. This means the child and their family do not have multiple hospital visits as they see all members of the multi-disciplinary team during the same clinic visit and agree the child's care plan.

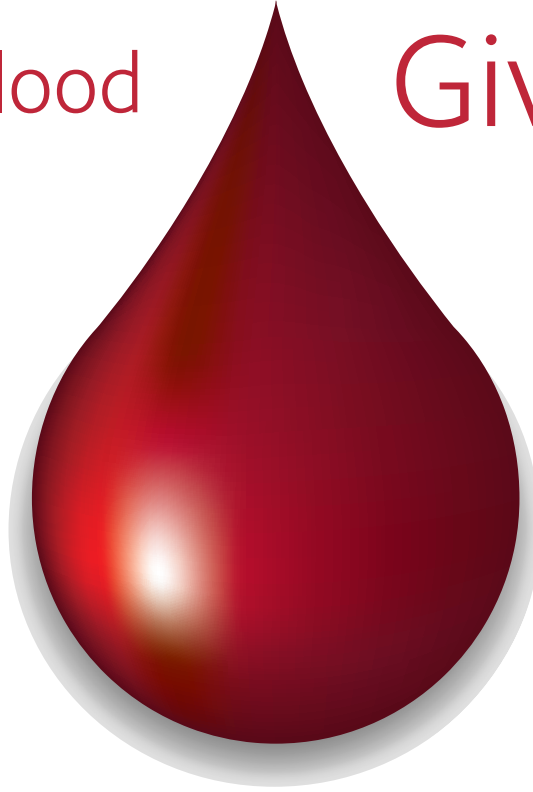
Our Pain Management Task Force is dedicated to improving the management of pain through the implementation of evidence-based best practices and provision of the highest standards of clinical excellence, leadership and educational support. The positive results of this task force can be seen on the wards, in the operating rooms and in the clinics. Staff use pain assessment tools, distraction therapy and analgesia to ensure children experience as little pain and discomfort as possible during their hospital visit.

To find out more about the HMC/SickKids Partnership Project visit the website <http://hmcsickkids.hamad.qa> and take a look at their e-magazine 'Children First'



Give Blood

Give Life



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

HMC Blood Donor Center:
4439 1081/4439 1082



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Virgin Health Bank rated as one of the world's top 10 global cord blood banks



Virgin Health Bank (VHB), based at the Qatar Science & Technology Park, has been rated in the top 10 cord blood banks worldwide by the World Cord Blood Congress 2013. To put this notable achievement into perspective, there are more than 500 registered cord blood banks in 97 countries throughout the world.

"Virgin Health Bank's ranking as one of the top cord blood banks in the world is a recognition of its unconditional commitment to scientific excellence, customer care and social responsibility. Virgin Health Bank aims to educate parents and physicians about cord blood banking and to empower parents to make the right choice for their family. Virgin Health Bank has grown substantially since its launch and is set to continue to expand and lead in setting international ethical and scientific standards," explained Dr.



Kourosh Saeb-Parsy, Medical Director for VHB and University Lecturer and Consultant Transplant Surgeon, University of Cambridge.

VHB provides state-of-the-art processing and storage services for parents who would like to store the stem cells from their newborn baby's umbilical cord blood. Stem cells are currently used in the treatment of a wide range of diseases. In addition to providing a perfect match

for the child whose umbilical cord stem cells were collected from, there is a one-in-four chance that the stem cells will be a suitable match for the child's siblings, as well as an increased likelihood of a match with other family members.

After the baby is born, the umbilical cord is clamped and cut and the blood remaining in it is collected. A sample of the mother's blood is taken and tested to make sure there are no conditions present which need to be considered when managing the collected cord blood. The cord blood is then transported to VHB's processing and storage facilities where it is processed, tested to establish the number and viability of the cells and finally cryopreserved for long-term storage. Once the storage process has been successfully completed, the cord blood will remain safely stored and readily available to use if required.

National Health Insurance Scheme initiated

July saw the launch of the first phase of the new National Health Insurance Scheme, covering Qatari females aged 12 years and over for obstetrics and gynecology. Under the scheme, these patients are able to choose from any hospital provider, public or private, that is participating.

Once the scheme is fully operational it will become mandatory for employers to pay an insurance premium for each of their expatriate employees to the National Health Insurance Company, which will cover the cost of patients' treatment. The premium for Qatari nationals will be paid by the state. The scheme will allow patients to choose where they go for their care based purely on their preference, at no extra cost to them.

The National Health Insurance Scheme will be rolled out in stages through to 2015 to incorporate all nationals as well as non-Qatari residents, for the full range of hospital services.



Campaign raises awareness of bladder and prostate cancer

As the burden of cancer increases, both in Qatar and internationally, increasing public awareness of the signs and symptoms of cancer, as well as preventative measures, has never been more important. The Supreme Council of Health, in collaboration with the Primary Health Care Corporation and Hamad Medical Corporation, ran a campaign to raise public awareness of bladder and prostate cancer in May this year. The six-week campaign focused on educating people about the signs and symptoms associated with these cancers. A wide range of channels were used during the campaign to communicate the key messages to the public, including leaflets, posters, information booths, radio and television interviews, and advertising on Karwa taxis.

The campaign identified the following main symptoms:

- Bladder cancer – blood in your urine
- Prostate cancer – changes to your urinary habits for reasons you cannot explain, such as passing urine more frequently, having difficulty passing urine and waking more frequently than usual in the night needing to pass urine

One of the main aims of the campaign was to give people a clear understanding of the need to make an appointment with their doctor at the first opportunity in the event that they experience cancer symptoms. 'Finding cancer early may save your life' was a key message of the campaign.

Have you noticed
blood in your Urine?

It is probably
nothing serious

But make an
**appointment with
your doctor**
to discuss it.

Finding cancer early
may
save your life.

**Bladder
Cancer**



المجلس الأعلى للصحة
Supreme Council Of Health

دولة قطر
State Of Qatar



Number of diabetics in Qatar expected to double by 2030

Approximately 16 percent of Qatari nationals between 20 and 79 years of age have diabetes, according to a statement issued by Action on Diabetes (AOD). AOD is a joint initiative by the Supreme Council of Health, Hamad Medical Corporation (HMC), Qatar Diabetes Association, Maersk Oil and Novo Nordisk, a world leader in diabetes care, focused on raising awareness of diabetes. During the summer AOD ran a public screening campaign across malls in Doha. The campaign provided free diabetes testing as well as guidance by professional dietitians from the Qatar

Diabetes Association and HMC through a specialist screening booth placed in malls across Qatar.

The results of the screenings suggest that a large percentage of Qatar's residents have blood sugar levels that are too high. 553 of the 2,785 people screened either had diabetes or showed abnormally high blood sugar levels. Possibly the most alarming fact was that 86 percent of the individuals tested were unaware they had high blood sugar.

Dr. Mahmoud Zirie, Head of Endocrinology at HMC, said: "The campaign highlighted that the number of people in Qatar who



are unaware of their diabetes condition or are pre-diabetic is rather high. By 2030, it is estimated that the number of people with diabetes will almost double. However, with initiatives such as the screening campaign, we are trying to significantly lower these numbers through education, early detection and intervention."

For more information on AOD, visit their website www.action-on-diabetes.qa

It only takes one second to change your life forever

In an effort to improve road safety in Qatar, the Ministry of Interior (MoI) and Maersk Oil Qatar launched a new national road safety brand in May this year with the motto 'One Second.' The national brand and key message of associated campaigns is that it only takes one second to change your life forever. The difference between life and death on the roads comes down to decisions made in an instant: the decision to wear a seatbelt, the decision to use a mobile phone or the decision to speed, for example.

The rapid growth of Qatar's population, prevalence of large, highly powered vehicles, mix of cultures and driving styles, and a number of traditional misconceptions towards issues such as seatbelt and car seat use have conspired to give Qatar the unenviable record of the most dangerous roads in the GCC. The campaign's research indicates that the majority of deaths and serious injuries on the roads are the result of poor safety practices that could be prevented.

Brigadier Mohammad Abdulla Al Malki, Secretary General of the National Traffic Safety Committee said: "One Second is one of the most important campaigns for traffic safety awareness that targets different categories of society. One Second spreads the message in an innovative way that serves the high purpose of continuing efforts started by the National Traffic Safety Committee."

The One Second initiative has been launched across a combination of media channels throughout Qatar. The public has been targeted through messages on roadside advertising boards, in newspapers, on radio stations and TV channels, and via social media sites.

'One Second!' is owned by the Ministry of Interior and will be the umbrella brand under which future road safety campaigns



“The difference between life and death on the roads comes down to decisions made in an instant.”

are run – providing a more aligned and coordinated approach to road safety campaigns in Qatar. All companies and organizations supporting road safety projects in Qatar will be encouraged to do so as part of the One Second initiative.

As part of the One Second program for 2013, a campaign entitled 'Every child needs a car seat' is being run to offer 7,000 car seats to babies born at Hamad Medical Corporation's (HMC) Women's Hospital.

Sheikh Faisal Bin Fahad Al Thani, Deputy Managing Director at Maersk Oil Qatar,

said: "The safety of our children is a duty and responsibility of everyone. Every year, we lose many children in accidents as a result of neglecting their safety in cars."

The main purpose of this initiative is to stress the importance of child car seats to reduce injuries and fatalities in car accidents. It is a common sight in Qatar to see children traveling in cars with no seatbelt or car seat being used. The evidence supporting the correct use of child car seats is overwhelming, as Dr. Rafael Consunji, HMC's Injury Prevention Director, explains: "In 2011, all children up to four years of age 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." By handing out free car seats it is hoped that parents will use them for their children and that the number of child deaths in road accidents will fall as a result.

For more information on the One Second initiative visit www.onesecond.qa or visit the One Second Facebook page ([onesecondqatar](https://www.facebook.com/onesecondqatar))

Health risks of smoking

Tobacco smoking:

- Suppresses immune function
 - Dulls smell and taste
 - Reduces energy
 - Creates wrinkles
- Accelerates ageing
- Reduces fertility

Smoking raises the risk of developing:

- High blood pressure
 - Heart attack
 - Stroke
 - Cancer
- Impotence
- Lung disease
- Gum disease



Quitting timeline

20 minutes

Blood pressure and pulse return to normal

24 hours

Lungs start to clear

2 days

Your body is nicotine-free and your sense of taste and smell improve

3 days

Breathing improves and your energy increases

12 weeks

Circulation improves

3 to 9 months

Coughs, wheezing and breathing improve

1 year

Heart attack risk is halved

10 years

Lung cancer risk is halved



Improve your health – **Quit smoking today**

Smoking Cessation Clinic at
Hamad Medical Corporation

Tel: 4439 2778



مؤسسة حمد الطبية
Hamad Medical Corporation

HEALTH • EDUCATION • RESEARCH

صحة • تعليم • بحوث

Five steps to safer car journeys for our children

Dr. Ruben Peralta Rosario, Director of the Trauma and Critical Care Fellowship Program at Hamad General Hospital and a Senior Consultant in Surgery, Trauma and Critical Care Medicine at Hamad Medical Corporation, explains five simple ways to make your children safer when travelling in a car.

Step 1. Seatbelts should be worn by everyone in the vehicle

Qatar's laws require only front seat passengers to use a seatbelt. However, the laws of physics – which apply to all countries and nationalities – state that no

matter where you are sitting in a vehicle, if you are unrestrained in the event of a crash you have a much higher chance of:

1. Being ejected from the vehicle and hitting the colliding vehicle or another external structure
2. Colliding with co-passengers or internal parts of the vehicle's structure.

This is why the global standard for passenger safety is that **all passengers must be restrained at all times.**

Children learn by example, so it is important to be a good role model for your child passengers. If adults do not wear seat belts, children are unlikely to wear them either.

Step 2. Keep young children in the rear seats

Qatari laws state that children under the age of 10-years-old are mandated to travel in the rear row of seats. The reason for this is that a child (up to the age of 12) – unrestrained or in an adult's lap – in the front row of a vehicle is 60-70 percent more likely to die or suffer from a severe injury when compared to a similar child in the rear seat. The advantage of traveling in the rear of a vehicle is greatest for children under four years of age but it continues until the age of 12.

Only when a child is above 1.45 meters in height and can sit in the front seat



with their knees bent and back firmly against the rear of the seat, can they safely travel in the front seat.

Airbags, standard for all front seat positions, can be deadly for children in the front seat. Infants (children under 12 months) increase their risk of death by 254 percent, even if they are restrained, in the front seat. All child passenger deaths, seen at Hamad General Hospital from 2009–2010, were unrestrained front seat passengers. Not one death occurred for children when travelling as restrained rear seat passengers. If you can make one 'life or death' decision today, let it be to keep your children in the rear seat until they meet the above criteria.

Step 3. Do not put adult seatbelts on young children without a booster seat

A seatbelt is supposed to prevent excess forward motion of a passenger by restraining them at the 'strong points' of their body. For adults, the lap belt holds you at the hip or pelvic bones and the shoulder belt holds you at the bony part of your shoulder joint. When a young child uses an adult seatbelt, the belt does not align with their 'strong points'. The lap belt will restrain the child at their abdomen, causing internal bleeding or intestinal rupture, and the shoulder belt will act on

their neck, causing airway or spinal cord damage. This is the reason why booster or belt-positioning seats are recommended for older children. These seats raise the child so that the two belts hold them in the proper place in the event of a crash.

Adult seatbelts alone are not suitable for young children.

Step 4. When buying a car seat for your child, get educated and get help

Appropriate child restraint systems are specifically designed to protect infants and young children from injury during a collision or a sudden stop. They do this by restraining the infant's movement away from the vehicle structure and distributing the forces of a crash over the strongest parts of the body, resulting in minimum damage to the soft tissues. Child restraints are also effective in reducing injuries that can occur during non-crash events, such as a sudden stop, a swerving evasive maneuver or a door opening. The table below is an initial guide for your child's car seat requirements, but please refer to the World Health Organization's Seat-belts and Child Restraints Manual for more information. **Know your child's height and weight before going to buy a car seat, or better still, take your child along to ensure it is a suitable match.**

Step 5. Every child needs to be restrained on every trip taken

In Qatar, one out of every six drivers has already been in a crash that caused serious injury requiring hospitalization. "But we were only going to the park", or "he always rides in the front when we go to the store" are comments frequently heard from parents of children hurt in a car crash when asked if the child was in a car seat when the crash occurred. It is important to know that 70 percent of crashes involving unrestrained children that result in injury occur at less than 50 km/h. A collision at 50 km/h has the same effect as falling from the fourth floor of a building. The majority of crashes happen on short journeys; in fact two thirds of crashes occur less than 15 kilometers from the family home. No matter how safely you drive, you cannot control the behavior of other road users. Significantly, the uncontrollable variable is the speed of the colliding vehicle. Even a sudden stop or swerve, without colliding with another vehicle or object, can impart significant forces that can cause a passenger to collide with other passengers or internal structures of the vehicle. **Every journey, no matter how short, poses a risk, so we should all be properly restrained, all of the time.**

“A collision at 50 km/h has the same effect as falling from the fourth floor of a building.”

Guide to choosing the correct passenger restraint system for your child

Weight range	Seat type	Common name
0–10 kg	0	Rear-facing/Infant
0–13 kg	0+	Rear-facing/Convertible
9–18 kg	I	Front-facing/Harness-type
15–25 kg	II	Booster with backrest
22–36 kg	III	Booster with or without backrest

Adapted from the World Health Organization (WHO) Seat-belts and Child Restraints Manual available online at www.who.int/roadsafety/projects/manuals/seatbelt/en/

Transforming primary healthcare in Qatar

The National Primary Health Care Strategy

Who is the Primary Health Care Corporation?

Qatar's National Health Strategy 2011–2016 clearly defines primary healthcare as the foundation for Qatar's health system and identifies the need to shift the balance of healthcare in the country to reflect its pivotal role. The establishment of the Primary Health Care Corporation (PHCC) as a free-standing Corporation in 2012 has given it the status it deserves as a major part of Qatar's health system. PHCC's vision is for the foundation of Qatar's health system to be comprehensive, integrated, person-centered primary healthcare, which works in partnership with individuals, families and communities to advance health and wellbeing.

Primary healthcare can be described as being the first point of contact for a patient within the healthcare system. Primary healthcare clinicians can provide care for a range of diseases. If a greater depth of knowledge in a particular disease is required then a patient can be referred onwards to secondary healthcare. The aim of primary healthcare is to promote behaviors and lifestyles that support health and well being and, therefore, reduce the risk of illness.

Launch of the National Primary Health Care Strategy

PHCC launched the National Primary Health Care Strategy 2013–2018 in June this year. Designed in accordance with the principles of the Qatar National Vision 2030 and the Qatar National Health Strategy 2011–2016, its overarching goal is to address and respond to the health challenges of the future by putting primary health at the forefront of Qatar's health system.



Dr. Mariam Ali Abdulmalik, Managing Director of PHCC, describes the importance of the strategy: "Having dedicated my professional life to primary healthcare, I am delighted that this strategy finally gives it the prominence it deserves. Good primary healthcare is essential for Qatar to be a healthy nation, yet it has received comparatively little attention in Qatar's health improvements until now. This strategy provides an opportunity to make a real difference in the health of the nation."

Eight key principles and ten pledges

The strategy revolves around eight key principals: primary health is the first and continuous point of contact; it delivers high quality services; is person and family centered; provides integrated care; is forward thinking; has a skilled and professional team; achieves community participation; and has an information culture.

The strategy features ten pledges, including:

- Providing continuity of care by ensuring that all patients have a named doctor who they can see on a regular basis
- The introduction of a yearly health check for those who could benefit from it
- Providing convenient and easy access to services through the establishment of a Patient Helpline
- Ensuring that by 2014 there will be home care services in place for everyone in Qatar
- The introduction of an appointment system with an average consultation times of 12 minutes

Ultimately, health promotion, screening, urgent care, chronic non-communicable diseases (NCDs), home care, mental health, maternal and newborn care, and child and adolescent services are all areas that aim to be improved with this five-year plan.

Emphasis on health promotion and prevention

The strategy highlights the need of more health promotion in Qatar and explains that currently the focus of care is very much on treating existing problems rather than preventing new ones. For instance, only five of the 23 primary health centers currently have nutritionists to promote healthy eating and weight management, and just one health center provides smoking cessation services, with two clinics per week. The strategy recommends that employers – starting with government departments and agencies – develop healthy workplace action plans and that PHCC should work with sports clubs and societies to encourage people to do more sporting activities.

Future expansion and development of staff and facilities

Training, improving and expanding the existing workforce is a key objective of the strategy. The growing and ageing population in Qatar means that staff numbers will increase. PHCC projects that by 2022 primary healthcare in Qatar will need 818 more doctors and 1,641 additional nurses. New staff

“Primary healthcare can be described as being the first point of contact for a patient within the healthcare system.”

roles for health promotion will include community outreach workers to raise awareness and support change in public behavior, and greater numbers of nutritionists to support people in healthy diets. Radiographers to carry out mammographies for screening and new staff to support NCD care, including specialist nurses, are also needed. Regarding home care, PHCC plans on creating a multidisciplinary team comprising physicians, homecare nurses, social workers, dietitians and pharmacists. Health centers will also hire midwives and maternity care workers to staff antenatal and postnatal clinics, while the number of school nurses is also set to grow.

A focus on chronic non-communicable diseases

In the meantime, the big health issue Qatar faces is still chronic NCDs. The goal for the future marked in the five-year strategy should be that people with NCDs have holistic care tailored to their specific needs. They should be able to make choices and decide on their care plan with the support of healthcare professionals.

To achieve improved care for NCDs a greater focus on primary healthcare is required. Initially, NCD clinics covering all common NCDs – such as diabetes, cardiovascular disease and chronic obstructive pulmonary disease – should be introduced in all health centers by the end of 2013. NCD clinics will provide comprehensive, integrated care allowing people with NCDs to manage their condition through lifestyle and medication. They will consider a person's entire needs for both physical and mental health.

“I am delighted that this strategy finally gives primary healthcare the prominence it deserves. Good primary healthcare is essential for Qatar to be a healthy nation. This strategy provides a sound basis on which all primary healthcare providers in Qatar can improve their services. The exciting and challenging part is now. At PHCC, we have already begun work to take forward the recommendations in the new strategy. We view this as a document to inspire improvement, for ourselves, for those we serve and for our country,” explains Dr. Mariam Ali Abdulmalik.

For more information on PHCC visit their website www.phcc.qa



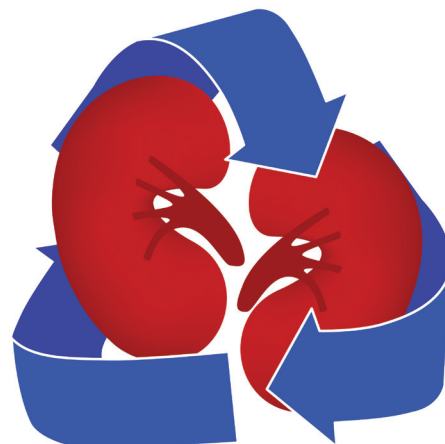
Wales gives the go-ahead to an opt-out organ donation system

A radical change in the law will see the introduction of an opt-out, rather than opt-in, system for organ donation in Wales. The change sees Wales become the first UK country to apply presumed consent, meaning that everyone will be registered as an organ donor unless they opt-out. Hospitals will then assume that people who die want to donate their organs unless they have specifically registered an objection.

Roy J. Thomas, Chief Executive of Kidney Wales Foundation, said: "The new law

gives hope for all those waiting for a transplant in Wales and will gladden the hearts of those in the UK who see this as a sign that other parts of the UK may follow this vote."

The move, which is likely to be in force by 2015, comes as Wales attempts to increase the number of organ donors available for transplant. Welsh government hopes the legislation will lead to a rise in the number of donors by around 25 percent.



"I am proud that Wales will be the first nation in the UK to take this step. As a society, we have shown we are prepared to take action to increase organ donation and to provide hope to those people waiting every week for a transplant," said the Welsh Health Minister, Mark Drakeford.

Spanish baby alive and well after successful operation to save his life while in the womb

A team of surgeons at Barcelona's Fetal Medicine Centre Clinic in Spain has successfully performed the world's first operation of its kind on a baby while still in its mother's womb. Gonzalo, a baby boy, was suffering from a blocked windpipe which was preventing his lungs from expelling fluid through his trachea and would have died without the procedure. This rare condition – known as congenital high airway obstruction syndrome (CHAOS) – meant that the build up of fluid was compressing the baby's heart and would ultimately have caused it to stop beating.

Initially, the baby's parents were told that their only option was to abort the pregnancy, but their doctor then found out about a medical team in Barcelona that had performed three similar operations on unborn babies with CHAOS.



Sadly, these previous procedures were all unsuccessful, but it gave Gonzalo's parents a slither of hope that an operation on their baby would be successful. "We came to Barcelona without any hope. They gave us an option and a chance," said Gonzalo's father, Francisco Pardo.

The surgical team first had to move the baby into the correct position in the uterus before removing the membrane blocking the larynx. Gonzalo is now a healthy one-year-old boy and shows no ill-effects of his remarkable experience.

Health gap narrowing between the richest and poorest countries, says World Health Organization

Great progress has been made in improving the health of the world's poorest countries over the past two decades, according to the World Health Organization's (WHO) World Health Statistics 2013.

The statistics report is based on the Millennium Development Goals (MDGs). The MDGs are eight health goals that all 191 UN Member States have agreed to try to achieve by 2015, including:

- Eradicating extreme poverty and hunger
- Achieving universal primary education
- Reducing child mortality
- Improving maternal health
- Combating HIV/AIDS, malaria and other diseases

The report shows countries in the lowest 25 percent category of health status have made significant improvements

in reducing child and maternal deaths, improving nutrition and reducing deaths and illness from HIV infection, tuberculosis and malaria.

Many countries that were among those with the world's highest child mortality rates 20 years ago – including Bangladesh, Madagascar, Nepal, Rwanda and Senegal – have improved to such an extent that they no longer belong to that group.

"Our statistics show that overall the gaps are closing between the most-advantaged and least-advantaged countries of the world. However, the situation is far from satisfactory as progress is uneven and large gaps persist between and within countries," said Dr. Ties Boerma, Director of the Department of Health Statistics and Information Systems at the WHO.



MDG targets have been achieved by 27 countries already, yet the current rates of progress are unlikely not be enough to reach the global target of a two-thirds reduction in 1990 levels of child mortality by 2015.

"We have made incredible progress in cutting the numbers of children who die every year by improving treatment of preventable diseases and making vaccines available to the poorest children," said Brendan Cox, Save the Children's Director of Policy.

"But unless we tackle hunger, we risk losing this momentum, and children will continue to die needlessly."

High blood pressure in American children on the increase due to poor diet and lifestyle choices

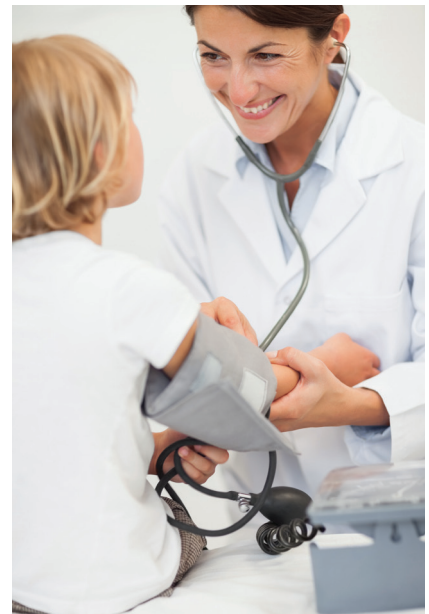
Excess body fat and diets high in salt are contributing to the increasing number of children in the United States being diagnosed with high blood pressure, according to researches from Harvard Medical School, Brigham and Women's Hospital and other institutions funded by the National Institutes of Health. The survey found the percentage of American children with high blood pressure has increased by 27 percent during the past 13 years.

The findings, published in the journal Hypertension, link rising blood pressure to increasing body mass index and high sodium intake. Dr. Stephen Daniels, the study's co-author explained: "Kids eat far too much sodium. They aren't adding it at the table and their parents aren't putting

it into food; they're getting it through processed foods."

High blood pressure is a risk factor for cardiovascular disease, organ damage, heart attacks and strokes and health experts say this is creating a generation of young Americans with major health issues.

Dr. Patrick McBride, Associate Director of Preventive Cardiology at the University of Wisconsin School of Medicine and Public Health explained that many children were developing health issues more commonly seen in older people: "I have had a heart disease prevention practice for 30 years and we only used to see high blood pressure rarely in children. Now it's common. Every week I see high blood pressure, high cholesterol. It's astounding."



Breakfast really is the most important meal of the day for your children

For decades parents have told their children that breakfast is the most important meal of the day. This view has recently been backed up by a study – carried out at the University of Pennsylvania School of Nursing – which found that children who regularly consumed breakfast achieved higher IQ scores than children who skipped breakfast. The researchers examined data from 1,269 children in China and found that those who did not eat breakfast often had lower all round IQ scores.

Using information from the China Jintan Child Cohort Study the researchers began collecting data on the children – the oldest of whom is now 14 – at three years of age. Jianghong Liu, an associate professor in the School of Nursing and lead author of the study, recorded the habits of the children by asking parents how often they consumed breakfast in a typical



week. IQ scores were recorded from the children during their early school years and compared to their breakfast habits.

Children who ate breakfast consistently achieved higher IQ scores, even when taking into account socio-demographic factors like the child's gender, occupation

and marital status of their parents, and where the child lived. Rice and noodles made up 69 percent of the children's breakfasts, though the type of food eaten had little effect on the children's IQ scores.

"Eating breakfast regularly had maximum benefit on the verbal IQ score. Breakfast provides an opportunity for young children to converse and interact with their parents, promoting cognitive and language development," explained Liu.

The key finding of the study suggests that breakfast consumption positively affects a child's cognitive development. Liu and her team believe one possible explanation is that breakfast helps to replenish low blood glucose levels after a night's sleep and that this glucose boosts brain function.

"If you're only allowed to eat one meal a day, eat breakfast," says Liu.

Regular resistance training strengthens bones, report finds

Most people know that weight training helps to build and develop muscle, but less well known are the benefits it can have on bone health. A report by Harvard Medical School summarizes the findings of numerous studies. The report concludes that strength training plays a role in slowing down the rate of bone loss and can even increase bone density. These factors are particularly important in minimizing the effects of osteoporosis.

A combination of the natural ageing process, a lack of exercise and poor nutrition leads to a one percent decrease in bone mass per year for people over the age of 40. This gradual weakening of bones means they become fragile and are more susceptible to a fracture or break in the event of a fall.

Regular resistance training – lifting weights or performing bodyweight exercises such as press ups and squats – puts controlled stress on bones, increasing deposits of calcium and stimulating bone-forming cells into action.



Did you know?

According to the World Health Organization, physical inactivity is the fourth leading risk factor for global mortality, with six percent of deaths attributed to a lack of activity.

Everything you ever wanted to know about dates

- Dates are the fruit produced by date palms
- Globally, approximately four million tons of dates are grown each year
- Egypt, Saudi Arabia and Iran are some of the world's top date-producers
- Dates contain no cholesterol and very little fat
- Dates are good sources of protein, dietary fiber, vitamins and minerals
- Dates contain natural sugars which provide a quick energy boost
- In Islamic culture, dates are often amongst the first foods consumed for Iftar during Ramadan
- Dates are mentioned around 20 times in the Qur'an



- Dates go through four distinct stages when ripening, commonly known by their Arabic names; kimri (unripe), khlat (full-size, crunchy), rutab (ripe, soft), tamar (ripe, sun-dried)
- In parts of North Africa date palm leaves are frequently used to make huts
- In Pakistan, a thick syrup made from ripe dates is used as a coating for leather bags and pipes to prevent leaking

Hear what our expert has to say

"Dates contain very little fat and no cholesterol, and are good sources of natural sugars like glucose, fructose and sucrose. They also contain the minerals selenium, copper, potassium and magnesium. Dates provide lots of vitamins, especially vitamins B and C. Due to this high vitamin content, dates are a good source of antioxidants, meaning they help to fight disease and keep the body healthy.

Consuming a moderate intake of dates during pregnancy is highly advisable. This is because they are an extremely rich source of folic acid (Vitamin B9) which is very beneficial for the health of both mother and baby during this time. Eating dates also improves the function of the digestive system, due to their soluble and insoluble fiber content. Soaking dates overnight and consuming them with water also helps to relieve constipation.

Moreover, dates have a unique mineral balance. They are a rich source of potassium and low in sodium, helping to strengthen the nervous system and reduce the risk of stroke. Their high iron content also makes dates a very useful food for managing anemia.

Dates can be chopped and sprinkled on sweet dishes such as cakes, puddings and milk shakes, added to salads or rice dishes, or consumed on their own as a snack with Arabic coffee and other fruit."

Ahlam Zeidan Halabi,
Dietitian at Hamad Medical Corporation



Mental health and older adults



Mental illness has no boundaries and can affect anyone, at any time in their life. People from all walks of life can experience mental disorders, regardless of location, nationality, financial status, age, culture, race or gender.

World Mental Health Day was created by the World Health Organization (WHO) to raise public awareness of mental health issues. The theme of World Mental Health Day 2013, held on 10 October, is 'Mental health and older adults'. The day, which was recognized in many countries around the world, put a spotlight on the issues surrounding the mental health of people over 60 years of age.

The WHO's definition of mental health:

"Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

The world's population is ageing and soon there will be a higher number of older adults than children. Globally, there are currently more than 800 million people over the age of 60, a figure that is expected to increase to two billion by 2050.

“Improving the mental health of older adults depends heavily on promoting active and healthy lifestyle, enabling people to remain mobile and independent while at the same time having a sense of purpose.”

A wide range of factors contribute to a person's mental health status. Financial difficulties, social isolation, loss of independence, physical ill health and family problems can all adversely affect a person's mental state.

Common mental disorders in older adults

Dementia

Dementia is a syndrome affecting a person's memory, cognitive function and behavior. Dementia leads to difficulties performing simple everyday activities such as cooking, washing and dressing. Dementia can affect younger people but those over the age of 60 account for the majority of cases. A report by the WHO and the Alzheimer Disease Association International in 2012 suggests around five percent of people over 60 are affected by dementia, while the total number of people affected is expected to double every 20 years. There is no cure for dementia, but much can be done to reduce the difficulties that people with dementia face by providing support and long-term care.

Depression

According to the WHO, depression is 'a sustained sadness and loss of interest along with psychological, behavioral and physical symptoms.' Depression is a relatively common issue for people of all ages, but those over 60 are particularly vulnerable. A range of issues typically affecting older people, including poor physical health and loss of independence, may contribute to depression. Depression can be difficult to diagnose, especially if the individual does not seek help. If left untreated, depression can contribute to other health problems and even suicide.

What can be done to improve mental health in older adults?

Changing attitudes

Improving the mental health of older

adults depends heavily on promoting active and healthy ageing, enabling people to remain mobile and independent while at the same time having a sense of worth. Ageist attitudes that consider older people to be frail, mentally and physically weak, unproductive and dependent need to be reversed. These views act as barriers between the younger generations and leave older people feeling isolated.

Identifying the causes

Primary health and community care providers need to be aware of the underlying factors that contribute to mental health issues in older people. These factors must be identified and addressed in order to prevent mental health issues developing.

Promoting healthy habits

Encouraging people to live healthy lifestyles from an early age – regular exercise, healthy eating, frequent mental stimulation and the avoidance of alcohol and smoking – can lead to better mental health in older adults. People who are physically healthy are less likely to suffer from mental health issues than those with poor physical health.

Caring for the caregivers

Older adults with poor mental health often rely on caregivers to help them with the daily activities they can no longer do for themselves. The caregivers vary depending on each person's situation and may typically be a family member, friend or healthcare worker. It is fundamentally important that caregivers are fully informed about the specific needs of the people they are caring for to enable them to provide the most effective care and support. The role of a caregiver is very demanding and carers (particularly those looking after people full time) commonly feel the burden of their responsibilities and experience high levels of stress and depression. Providing support to caregivers allows them to feel valued and enables them to fulfill their care role to their best ability.

For more information on mental health visit the WHO's website www.who.int/mental_health

If you are concerned about your own, or someone else's, mental health please contact Hamad Medical Corporation's Mental Health Department on 4438 4573 / 4438 4599

Did you know?

- About half of mental disorders begin before the age of 14. Around 20 percent of the world's children and adolescents are estimated to have mental disorders or problems
- Depression is ranked as the leading cause of disability worldwide
- People with heart disease, diabetes, asthma and arthritis have higher rates of depression than those who are medically well.

Source: www.who.int

Meet the people at HMC who care for you



Name: Dr. Yousuf Almaslamani
Job title: Medical Director, Hamad General Hospital, Asst. Prof. Clinical surgery WCMC-Q, Director of the National Center for Organ Transplantation.
Nationality: Qatari
Number of years working at HMC: 25

What does your typical working day involve?

The first thing I do in the morning is look at my calendar to find time to walk around the hospital floors to speak to patients and my staff. I have, on average, three to four meetings a day to discuss various aspects of medical care. With my work at HMC combining my role as Medical Director of Hamad General Hospital and Director of the National Center for Organ Transplantation, there is always a lot to be done. In between meetings I catch up with my emails and assist my team with any issues that may arise.

What led you into your profession?

When I finished high school, many doors opened for me with a lot of opportunities. I chose medicine because I liked to be different from others and very few Qatari nationals did medicine at that time. In fact, when I began my medical career there were just three Qatari doctors working here. Happily, greater numbers of Qataris are now working in the medical profession.

Which aspect of your job do you find most rewarding?

I really feel that I've achieved something when I change a process, or start a new process, that improves a patient's experience in the hospital.

What is your favorite thing about living in Qatar?

I was born and raised in Qatar and am extremely proud of what the country has achieved and the direction it is going.

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

Keep to a healthy weight as this will dramatically reduce your risk of becoming sick.



Name: Sue Jamieson
Job title: Director, Clinical Services Reconfiguration Program
Nationality: Australian
Number of years working at HMC: One

What does your typical working day involve?

My role involves working on a day-to-day basis with our clinical leaders and administrators to plan how and where our services will be delivered over the next few years. As the population increases, demand for HMC's services rises and with the opening of three new hospitals in 2015 we need to ensure our services are arranged and delivered in a way that provides the best care to our patients.

What led you into your profession?

I love working with people. I am also passionate about the fundamental right of every person to access timely and appropriate healthcare and it is a privilege to be part of an organization that is constantly striving to provide and plan for the best and most effective care.

Which aspect of your job do you find most rewarding?

I get great satisfaction knowing that the planning we are doing now, for the delivery of services in the future, will make a positive difference to our patients.

What is your favorite thing about living in Qatar?

Our multicultural community. My family and I enjoy spending our leisure time with friends from all over the world. Experiencing other cultures and learning about them is one of the great benefits of living in Qatar and helps us all to see people for who they are, rather than what they are or where they are from.

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

Good mental health helps you enjoy life and deal with difficulties as they arise. There are a number of things you can do to stay mentally healthy. Being active and eating well, trying something new and getting enough sleep all help with our sense of wellbeing.



Name: **Gloria Arrojo Lariego**
Job title: **Director of Nursing,
Pediatric Emergency Center
Satellites**

Nationality: **Filipino**

Number of years working at HMC: **12**

What does your typical working day involve?

I arrive at work at 5:30am and straight away it's very busy. My day starts from a clinical perspective and ends with the administrative side. On the clinical side, I speak to my head nurses across the PEC Satellites about issues and concerns that have happened during the past 24-hours and we work together to resolve them. My administrative responsibilities include collaborating and coordinating with other departments or disciplines that impact on patient safety and quality of care. This involves comprehensive identification and planning of initiatives that will benefit the department.

What led you into your profession?

When I was in school I always wanted to be a nurse. I was attracted by the white dresses and caps the nurses were wearing. I wanted to do something that would touch the lives of people on a daily basis. During my 22 years in the nursing profession I am happy to say that my simple wish has come true.

What aspect of your job do you find most rewarding?

With the unpredictability of what is coming next every second of the day is very challenging and at the same time rewarding, especially if we help to save the life of a child. Knowing that I made a positive difference to someone's life is something that keeps me going and I find incredibly rewarding.

What is your favorite thing about living in Qatar?

Qatar is a country rich in culture and the people here are courteous, hospitable and make you feel at home. The opportunity to experience the many different aspects of the country is very enjoyable.

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

Drinking plenty of water, exercising regularly and getting sufficient sleep will keep you fit and healthy.



Name: **Faisal Khan**

Job title: **Special Project Planner/
Corporate Program Management
Office Lead**

Nationality: **British**

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

What does your typical working day involve?

I really don't have a typical day as my role is quite varied. However, the Corporate Program Management Office (CPMO) that I lead tends to produce at least two outputs on a regular basis. Firstly, we run project management training for project personnel across HMC, and, secondly, we deliver a bi-monthly project report to senior management. When deadlines approach my days become pretty frantic since it is my responsibility to ensure that these outputs are delivered on time and to a high standard.

What led you into your profession?

I got into project management purely by default. All I knew when I left university was that I preferred the political/public sector side of life rather than, say, finance. In the UK I gained experience in a range of government departments working on projects including the National Health Service (NHS). I think my experience in the NHS helped me land my current role, which I thoroughly enjoy.

Which aspect of your job do you find most rewarding?

I feel great satisfaction when we deliver our regular outputs, like the project management training and bi-monthly reports, and they are well received.

What is your favorite thing about living in Qatar?

Qatar is a great country and I really enjoy living here. Most of all I enjoy the peace and tranquility. Qatar does not appear to have some of the social problems and levels of crime that other places have, meaning that you often have less to worry about.

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

I'm not sure if I am the right person to ask, since I'm hardly a role model in this respect! However, I would say exercise regularly, especially considering all the good food that is available in Qatar.

Understanding psoriasis

Psoriasis is a skin disease affecting approximately three percent of the world's population. It has a range of physical, emotional and social effects, but how much do we actually know about it?

The facts

- Psoriasis is a chronic (long term) skin disease associated with the over production of skin cells usually resulting in flaky, scaly and irritable skin
- It is not an infectious disease – it isn't contagious
- If one parent has psoriasis, their child has a 10-25 percent chance of developing it too – it is hereditary. If both parents have psoriasis the chance will be higher
- Psoriasis cannot be cured but it can be treated and managed effectively
- It occurs in both men and women equally and can present at any age
- The first occurrence of psoriasis is usually triggered by something such as a wound to the skin, a throat infection, certain types of medication or even stress
- Some studies indicate that lifestyle factors such as being obese, smoking and alcohol consumption can contribute to psoriasis symptoms – triggering them or making them worse
- Treatment for psoriasis depends on the severity and the personal circumstances of the individual. They range from ointments and creams to medications and phototherapy
- Untreated moderate to severe psoriasis may lead to complications such as cardiovascular disease, diabetes, liver disease and psoriatic arthropathy. Fortunately, early and effective treatment of psoriasis may reduce this possibility



What are the emotional and social effects of psoriasis?

The unusual and sometimes severe appearance of psoriasis in prominent locations can have emotional and social consequences, such as social stigma, low self esteem and even depression. Dr. Ahmad Hazem Takiddin, Dermatologist at Hamad Medical Corporation, explains that a psoriasis patient often requires a lot of support alongside treatment: "It is important to understand and take care of the emotional aspect of the condition; some of my patients isolate themselves because they feel uncomfortable with how they look. As a physician I can help them to treat the symptoms but we also need to educate the general public to let them know the facts about psoriasis and that it will cause them no harm".

Managing the condition by avoiding triggers

Certain things can cause psoriasis to trigger. If you have psoriasis and understand your triggers you have a greater chance of avoiding an episode.

Triggers may be psychological stress, some bacterial infections, a sore throat, some medications (e.g. beta blockers or lithium) and skin wounds: "If you know or suspect such triggers like stress, or a certain medication or smoking has worsened your symptoms, you can use that knowledge to make lifestyle changes and avoid a recurrence. You should talk to your doctor about this," explains Dr. Takiddin.

What should I do if I think I have psoriasis?

If you think you have psoriasis you should make an appointment to see a primary physician. If diagnosis of psoriasis is confirmed you may be treated by them or referred to a dermatologist. Before treatment begins your doctor will assess the severity of your condition and try to understand how much it is affecting your everyday life – this may determine what course of treatment to take. Treatment for psoriasis is very effective for most people.



**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

Asthma

What you need to know

Dr. Mehdi Adeli, Senior Consultant Allergy and Immunology at Hamad Medical Corporation, explains the issues surrounding this common condition.

What is asthma?

Asthma is a chronic (long term) disease involving the airways in the lungs. These airways, or bronchial tubes, allow air to come in and out of the lungs. When a person has asthma their airways are constantly inflamed and when something triggers the symptoms the airways become even more swollen and the muscles around them tighten. This makes it difficult for air to move in and out of the lungs, causing symptoms such as coughing, wheezing, shortness of breath and/or chest tightness.

For many people with asthma the timing of these symptoms is closely related to physical activity. In fact, some otherwise healthy people may only develop symptoms of asthma when exercising. This is called exercise-induced asthma (EIA). Childhood asthma impacts millions of children and their families. The majority of children who develop asthma do so before five years of age.

There is no cure for asthma, but once it is properly diagnosed and a treatment plan is in place it is possible to manage the condition, and quality of life will improve.

Asthma prevalence in Qatar and Gulf area

Current research shows a high prevalence of asthma in the Gulf region. Saudi Arabia has the highest incidence, with 24 percent of the population being asthmatic. Qatar and Kuwait have 19.8 and 16.8 percent prevalence respectively, followed by 13 percent in the United Arab Emirates. Oman has the lowest prevalence among the GCC with a rate of just over 10 percent.

Asthma incidence is increasing worldwide, especially among children, and by 2025 it is predicted that asthma will be affecting around 400 million people. The high rate of Asthma in the Gulf region may be attributable to a rapid change in lifestyle, dietary habits and higher exposure to indoor allergens, tobacco smoke, dust and sandstorms.

What causes asthma?

It is not possible to definitively identify one single cause of asthma, but there are a number of factors that may increase the likelihood of developing it. These include:

- A family history of asthma or other related allergic conditions (including food allergies and hay fever)
- Having a lung infection as a child (bronchiolitis)
- If your mother smoked while pregnant
- Being exposed to tobacco smoke as a child
- Being born prematurely or with a low birth weight

Symptoms of asthma

Asthma symptoms, also called asthma attacks, are often caused by allergies and exposure to allergens, such as dust mites, pollen or mold. Non-allergic triggers include smoke, pollution or cold air and changes in the weather. Asthma symptoms may worsen during exercise, when the person has a cold or during times of high stress. Children with asthma may show the same symptoms as adults such as coughing, wheezing and shortness of breath. In some children a chronic cough may be the only symptom. The most common symptom of asthma is wheezing; a scratchy or whistling sound when you breathe. Other symptoms include:

- Shortness of breath
- Chest tightness or pain
- Chronic coughing
- Trouble sleeping due to coughing or wheezing

Asthma symptoms change from person to person and can vary from one attack to another, while some people may only ever experience one or two of these symptoms. Additionally, some people with asthma may live free from an asthma attack for several months or even years before one returns.

Asthma diagnosis

A doctor can diagnose asthma by taking a thorough medical history and performing breathing tests to measure how well the lungs function. During one of these tests, called spirometry, the person will take a deep breath and blow into a sensor to measure the amount of air their lungs can hold as well as the speed of the air they inhale and exhale. This test diagnoses asthma severity and also measures how well the treatment is working.

A doctor may also perform allergy testing. This is very beneficial as it will identify the underlying allergic triggers that set off asthma attacks. By knowing what causes the attacks the person can try to avoid these triggers.

Treatment options

There is no cure for asthma. However, symptoms can be controlled with effective treatment and management. This involves taking medication and learning to avoid triggers that cause asthma symptoms. Following asthma diagnosis, the person will commonly be prescribed some form of medication. The most effective method of taking asthma medication is through an inhaler as this delivers the medication directly into the lungs. People with asthma will frequently use an inhaler to prevent and relieve their symptoms.

There are two types of inhaler; relievers and preventers. Reliever inhalers are used to alleviate asthma symptoms quickly. It is normal practice to give everyone with asthma one of these types of inhaler. They



contain medicine that helps to relax the muscles surrounding the airways, allowing the person to breath normally again.

Preventer inhalers are given to people who experience asthma symptoms frequently and often need to use their reliever inhaler. Preventer inhalers work over a prolonged period of time by reducing the inflammation in the airways, reducing the likelihood of an asthma attack happening. People with asthma are at risk of developing complications from respiratory infections such as influenza and pneumonia. For this reason it is important for asthma sufferers, especially adults, to get vaccinated annually.

With proper treatment – including correct medication and being aware of the factors that may trigger symptoms – asthma and its symptoms can be managed and the person can lead a normal and fully active life.

Getting help in Qatar

HMC runs specialist clinics for adults and children with asthma. If you display asthma-like symptoms and suspect that you may be asthmatic, visit your local health center. Your primary health doctor will then refer you to one of HMC's asthma clinics if required.

Did you know?

- Around 300 million people worldwide suffer from asthma
- Approximately 70 percent of people with asthma have allergies
- Globally, asthma is related to 250,000 deaths each year. The majority of these deaths occur in low-income countries and almost all are preventable
- It is estimated that by 2025 the number of people with asthma will increase by more than 100 million

Source: www.aaaai.org

Are you drinking enough water?



It's a transparent, odorless and tasteless liquid and the most important substance for all forms of life, yet in the developed world we often take for granted the availability of this essential liquid. Do we understand just how vital water is to our health, and do we really drink enough of it?

Health benefits

Water gives you healthy skin

Many people spend large amounts of money on skin care products each year, yet they often neglect the most important factor in maintaining healthy skin – drinking enough water! Water is the most important element for cellular health. The amount of water you drink has a direct influence on the health of your skin.

Water removes toxins from the body

Water acts as a cleansing agent for the body by removing toxins and waste products from the body's cells and organs. As urine and sweat are excreted from the body they flush out any waste materials produced during metabolic processes.

Water cushions joints and keeps muscles supple

Many joints contain fluid that lubricates and cushions the surrounding bones and muscles, and water is a vital element of this fluid. Water also hydrates the body's muscles and helps athletes avoid muscle cramps and fatigue.

Water regulates body temperature

Water is the fluid that regulates body temperature. When people exercise or

raise their body's core temperature they start to sweat. This is the body's way of trying to cool down. Water is excreted as sweat through pores in the skin and as it hits the cooler air it also cools the skin.

Water suppresses appetite

Not consuming enough water can often result in feelings of thirst being confused with hunger. Drinking regular amounts of water helps to keep the stomach feeling full, resulting in a suppressed appetite.

Water boosts energy and alertness

Levels of just one or two percent dehydration in the body can adversely affect concentration and function, especially if the person is engaged in physical activity. Blood circulation functions more efficiently with good

hydration. Oxygen levels in the blood are also greater when the body is well hydrated. The human brain is around 75 percent water and just a small decrease in hydration can affect concentration and brain function.

Water builds and strengthens muscles

Many people believe that muscles consist mainly of protein and that this is the most important substance to consume when trying to build muscle. However, the truth is that while protein plays a key role, muscles actually consist of around 70 percent water. For this reason, consuming insufficient amounts of water can impair muscular development.

So how much water is really enough?

Health experts recommend drinking at least eight glasses of water throughout the day, equating to about two liters. While this is a good guide to follow, certain factors can affect your water needs:

Exercise

Exercise increases the body's water requirement and an extra glass of water is recommended for every 15 minutes of moderate activity. Small sips of water, rather than large intakes, are advisable and the exact amount of additional water depends on the intensity of exercise, duration and environmental factors.

Weather and environment

Hot and humid weather causes the body to sweat even if not engaged in physical activity. Sweating causes large fluid losses from the body and additional water intake is required to compensate for this.

Thirst is a poor indicator of when the body needs more fluid, as by the time the brain receives signals indicating that you are thirsty, you will already be dehydrated. Always having a bottle of water nearby is a good way of reminding yourself to consume sufficient amounts. The key to staying hydrated is to drink small amounts of water throughout the day. While two liters of water a day is a good standard quantity to consume, the key is to consume it gradually. Do not drink your daily water intake in just one or two sittings, as this does not allow the body to flush out toxins steadily.



Did you know?

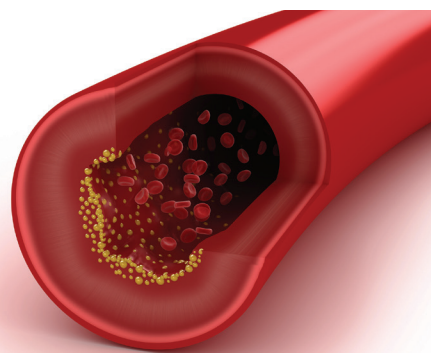
- The human body is approximately 60 percent water, the brain is around 75 percent water and human blood is made up of about 82 percent water
- Dehydration is the number one cause of daytime fatigue. Dehydration, however small, can slow down the rate of metabolism by around three percent
- Humans can live for several weeks with no food, yet only a few days without water

Both of my parents have been recently diagnosed with high cholesterol. Does this mean I am also at risk, and if so, what can I do to prevent it?

In principle, the answer to your first question is yes, but this is not a complete answer. The risk is not the same in all people. More importantly, if the cholesterol levels are successfully lowered, the risk is greatly reduced too. Let us first explain what cholesterol is. Cholesterol is an important component in many molecules in our body, including hormones. However, when it rises above normal levels it is associated with gradual hardening of the arteries which makes them subject to clot formation and possible heart attack, stroke etc. While diet is an important source of cholesterol, the body itself makes cholesterol and in some people it can make too much. Animal fats, such as butter, ghee and creams are high in cholesterol. It is interesting that while plants themselves do not make cholesterol, some plant oils are converted in our body into harmful cholesterol, while others are not. Saturated oils, like coconut and palm oils are among the main offenders, while unsaturated fats in olive and sunflower oils are healthy.

The risk from raised cholesterol is higher in a person who is also a smoker, diabetic or has high blood pressure. Therefore, treatment of raised cholesterol must also include cessation of smoking and improving diabetic control and blood pressure levels. It is interesting that a healthy diet and regular exercise

are effective and common treatments to all risk factors, including raised cholesterol. Finally, while we have effective medications that can lower cholesterol and lower the



associated risks, not all patients need these. Many can effectively lower their cholesterol by eating a healthy diet, maintaining their ideal weight and regular exercise.

Dr. Abdurrazzak Gehani
Senior Consultant Cardiologist and
Chairman, Department of Cardiology,
HMC

I struggle to get to sleep when I go to bed and then constantly wake up during the night. Can you give me some advice on getting a good night's sleep?



It sounds as though you are being affected by insomnia. People with insomnia commonly have difficulty initiating or maintaining sleep at least three nights a week. Additionally, insomniacs experience sleep that is chronically non-restorative (leaves you feeling tired when you wake).

There is currently no known single physical or mental condition that causes primary insomnia. However, the condition may stem from a disruption of the body's internal clock that governs the timing of hormone production, sleep, body temperature and other functions. An underlying medical or psychological condition, such as depression, often causes secondary insomnia.

Conditions that commonly lead to insomnia include high caffeine and alcohol intake, smoking, inconsistent working hours,

advanced age, excessive computer or phone use and certain medical conditions.

The preferred treatment options for people with chronic insomnia include lifestyle changes and behavioral approaches that establish healthy sleeping habits. This approach, referred to as improving sleep hygiene, includes:

- Maintaining a consistent sleeping and waking time, and avoiding naps
- Establishing the bedroom as a place for sleep and sexual activity only
- Taking a hot bath about two hours before bedtime
- Keeping the bedroom cool and dark
- Avoiding fluids (including caffeine), exercising or watching television just before bedtime
- Eating a carbohydrate snack, such as cereal or crackers, just before bedtime



Medication could be considered after being seen and evaluated by a sleep physician.

Dr. Mohamad Khatib, MD. FCCP
Pulmonary, Sleep and Critical Care,
HMC

Is it true that smoking shisha is not as bad for your health as regular cigarettes?

Many people incorrectly believe that smoking shisha is less harmful to your body than other tobacco products, such as cigarettes. Maybe this misconception comes due to the flavored tobacco and the way it passes through water in the pipe. Shisha smoking can appear to be a peaceful, relaxing habit, yet the truth is that shisha smoking is just as harmful as cigarette smoking, possibly even more harmful. The carcinogens and nicotine that are present in shisha are the same as in cigarettes. Therefore, a regular shisha smoker risks the same health issues that cigarette smokers face, whether that's respiratory issues, heart disease or cancer.

The World Health Organisation (WHO) estimates that the volume of smoke inhaled in a one hour shisha session is equivalent to smoking more than 100 cigarettes. The WHO's research also states that a smoker may inhale more tobacco smoke in one breath from a shisha pipe than they would smoking an entire cigarette. Smokers typically spend far longer smoking a shisha pipe than a cigarette and they also inhale longer, deeper breaths, resulting in a greater amount of smoke and toxins being inhaled. Other studies have shown that just one shisha session is equivalent to smoking as much as 40 cigarettes. For every shisha smoked, the smoker inhales about 800 milligrams of tar compared to 22.3 milligrams in a cigarette.



Another point to note is that it may not be only the tobacco and nicotine in shisha that cause harm. The charcoal and aluminum foil used in burning the tobacco produce high levels of carbon monoxide and heavy metals that can also harm your body.

Dr. Ahmad Al Mulla
Head of HMC's Smoking Cessation Clinic

My five-year-old son won't eat, or even try, any vegetables. Can you give me some ideas on how to encourage him?

Vegetables play a significant role in human nutrition, especially as good sources of minerals, dietary fiber and vitamins. These vitamins and nutrients are vital for the development of your child and will strengthen his immune system and help him to fight off common types of cold, flu and other diseases.

Unlike many fruits, vegetables are not naturally sweet. For this reason many children do not enjoy the taste at first. However, it is important to note that some children need time to become accustomed to the taste when introduced to a new food. In fact, some studies found that a child needs to be introduced to a new food 10 times before they accept and enjoy the taste.

Here are some ways you can encourage your child to eat more vegetables:

- Offer small pieces for small mouths. Cut vegetables such as carrot, celery or zucchini into sticks and other shapes and arrange alongside cherry tomatoes as a snack. Accompany these with a dipping sauce
- Ask your child to choose which salad or vegetable they would like to be packed in their lunch box. Getting them involved in their food choices encourages them to learn more about different foods and helps them understand the importance of healthy food

- Add vegetables to burgers, soups, dips or other foods that your child likes
- Make mini pizzas topped with tomato, onion, peppers or corn and make it fun by using the vegetables to make smiley faces or shapes
- If they like mashed potato, try mixing it with mashed pumpkin, carrot or peas to make it a different color



- Lead by example. Children look up to their parents as role models. If they see you regularly eating vegetables it will encourage them to do the same

Mona Shaat
Dietitian at HMC

It is almost impossible to **sneeze** with your **eyes** open.

The only part of the body with no blood supply is the **cornea** in the eye.

Average global life expectancy at birth in **1955** was **48** years, in **1995** it was **65** years and in **2025** it is predicted to reach **73** years.

Undernutrition contributes to the death of about **one** third of all children under **five** years of age.

You need to burn **3,500** calories to lose **one** pound of fat.

The number of adults with diabetes is expected to more than double globally between **1997** to **2025** (**143** million to **300** million). This increase is attributed to poor diet and unhealthy lifestyle factors.

It is estimated that around **20** percent of the world's children and adolescents have mental disorders.

Teeth are the only parts of the human body that can't repair themselves.

The largest internal organ is the small intestine, measuring around **seven** meters in length.

One-quarter of the bones in your body are in your feet (**26** bones in each foot).

Just like fingerprints, humans each have a **unique** tongue print.



مؤسسة حمد الطبية
Hamad Medical Corporation
HEALTH • EDUCATION • RESEARCH صحة • تعليم • بحوث

“A kind-hearted lady gave me a kidney. I asked her to be my wife and now I thank her every day.”

Fahad needed an immediate kidney transplant to survive. When Maha heard about his situation, she offered her own kidney as an expression of her religious duty to help someone in need.

The operation was a success and not long after that, they married.

To give the gift of life, register as an organ donor at Qatar Organ Donation Center (Hiba) at Hamad Medical Corporation.

The gift that lasts a lifetime.



organdonation.hamad.qa



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

