

Medical News

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Light Duty - Understanding and Implementation Seminar

The Bahrain Occupational Health Association organized its annual one day seminar on “Light Duty - Understanding and Implementation”. It was held on 25th November 2010 in the Gulf Hotel under the patronage of HE Dr. Faisal bin Yacoob Al-Hamer, the Minister of Health. The seminar covered the best practice of handling cases related to issuing light duties certificates. More than 200 concerned people from Bahrain and the region have attended the seminar. The Seminar was run by expert speakers, including HR specialist, physicians and professionals from the legal department of the Ministry of Labor and from the General Bahrain Trade Labor Unions.

New Health City on Track

The planned state-of-the-art King Abdulla Medical City in Bahrain is on track. “The first phase of studies on engineering designs has been completed,” Arabian Gulf University (AGU) president Dr Khalid bin Abdulrahman Al Ohali announced last October. The initial stage focused on the project's major components; in addition to different medical specialties, the operational budget and other key issues. Meanwhile, the AGU hosted a forum to discuss different facets of the project. Twenty-six leading figures represented GCC health ministries, medical deans, academics, investors and businessmen. They all stressed the need for the new medical hub to focus on diseases facing residents of the GCC. An AGU high-level delegation has met officials of US Huntsman Cancer Institute and discussed ways of promoting medical co-operation.

Dr Al Ohali thanked the Custodian of the Two Holy Mosques King Abdulla bin Abdulaziz Al Saud for spearheading the medical city and paid tribute to His Majesty King Hamad for giving directives to earmark one million square meters for the city.

Breast Cancer Support Group Meeting Is Set

Bahrain’s Breast Cancer Support group started its monthly meeting on 26th October 2010, following the summer break. Meetings are held from 7.30-9.30 pm, at Diplomat Radisson

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Blu Hotel, Residence and Spa. The non-profit women's group, acting independently under the umbrella of Bahrain Cancer Society has been operating since its foundation by Adrienne Buck and Jane Goodwin in March 2008. Meetings take place on the last Tuesday of every month, except during the summer and December. They are open to women of all ages and cultures living in Bahrain who are affected by breast cancer and undergoing treatment. Under the group's rules of confidentiality and anonymity, survivors of breast cancer are able to share their experiences and knowledge in a quiet and friendly atmosphere. Attendance is voluntary and participants contribute to group discussions about local resources and facilities that have benefited them during their treatment. The group relies on voluntary work and the Royal Suite is provided free by the hotel. The meetings also operate in conjunction with weekly 'Movement and Meditation' classes on Wednesdays from 9.30-10.30 am, at World Beat Fitness.

World Heart Day Marked with Health Campaigns

Bahrain marked World Heart Day with a number of events around the country. This year's motto "Work with Heart" focused on the welfare of those who treat, care for and support patients with heart disease. The American Mission Hospital (AMH) was among those marking the occasion, organized by the World Heart Federation. Staff were encouraged to eat healthily, exercise regularly and keep a check on their own health, as well as their patients.

Health checks were conducted for all employees as they arrived at work and staff were encouraged to use the stairs, rather than the lifts. A healthy eating day was organized by the hospital canteen. Hospital workers also spent the morning at St Christopher's Senior School, Isa Town, raising awareness about healthy eating, diet and how to look after the body during exercise. Nearly 100 students and school staff took part in skipping exercises and girls' football match. Forty people, including the school's headmaster Nick Wilson, undertook a beep fitness test. The AMH nurses advised the pupils about healthy eating, diet, blood pressure and ways to look after their body during exercise. A walk was also organized by the AMH in the afternoon along the Al Fateh Corniche, Manama. Meanwhile, Ibn Al Nafees Hospital, Zinj, hosted a cake cutting ceremony and a poster writing competition based on the work with heart theme. Healthy food was offered to patients.

Two Hundred Join Marathon to Mark World Heart Day

More than two hundred people took part in a marathon in Arad, Muharraq on the 24th September 2010 to mark World Heart Day. The event was held under the patronage of Health Minister Dr Faisal Al Hamer. The event also featured educational stands, induction programs, cholesterol, weight and sugar check-ups. In partnership with WHO, the World Heart Federation organizes awareness events in more than 100 countries, which include health checks, organized walks, runs and fitness sessions, stage shows, concerts, and sports tournaments.

Teeing Off for Think Pink Bahrain

Two charity golf tournaments in support of breast cancer were held at the Royal Golf Club, Riffa, in October 2010. The sixth annual Think Pink Bahrain Ladies Charity Golf Day took place on October 27 and gent's tournament on October 24. Last year's tournament raised more than BD 9,000. The money raised will be directed towards education.

Funds raised last year were used to sponsor four healthcare professionals to take a certified lymphedema course in Germany and two are now registered to study for a Master at Royal College of Surgeons in Ireland-Medical University of Bahrain. Experienced lady golfers were invited to compete in an 18-hole Texas Scramble on the club's Montgomery championship course teeing off with an 8 am shotgun start. Ladies with higher handicaps had the option to play a nine-hole scramble at 9.30 am on the club's Wee Monty par 3 course. The two ladies tournaments were rounded off with lunch and prize-giving ceremony. The men's nine-hole tournament was played under floodlights on the back nine of the Montgomery course.

REFERENCES

1. GDN and MOH intranet webpage.