

## **Medical News**

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### **Chronic Diseases**

Minister of Human Rights, Social Development and Acting Health Minister Dr. Fatima Al Balooshi delivered a speech during the opening ceremony of the Gulf Campaign on 20 October 2011. The event highlighted “how to fight non-contagious chronic diseases”. The seminar was held at the Diplomat Hotel. Dr. Al Balooshi presented international and regional figures, which show that 60% of deaths in the world occur due to such diseases. She attributed the rise of such diseases in the Gulf to the abuse of tobacco and unhealthy dietary habits. “Five countries of the Gulf are among the top 10 countries in the world, which have recorded the highest incidences of diabetes” she highlighted.

### **Cancer Awareness**

Bahrain Cancer Society, ‘Think Pink’, and other institutions have conducted several events to increase cancer awareness. Bahrain Cancer Society organized one of the largest events, the annual ‘Walk for Hope’, Walkathon on 28 October 2011 at the Dohat Arad Walkway in Muharraq. The Mission was to raise funds for the empowerment of women living with breast cancer and support cancer patients. Over the years, Bahrain Cancer Society was able to convince the citizens and residents in Bahrain to have mammogram and medical check-up to detect cancer in its early stages, where the chances of cure are over 95%.

On 7 October 2011, a group of bikers adorned in pink rode around Bahrain to raise awareness about breast cancer. The Harley Davidson Owner's Group gathered at the Harley Davidson dealership on Budaiya Highway at 7 am. They tour around the country for several hours, calling at the Royal College of Surgeons in Ireland-Medical University of Bahrain in Busaiteen, and the Royal Golf Club, Riffa, among others. Donations collected were forwarded to ‘Think Pink’ Bahrain in support of early detection and education.

During the month of October 2011, pink ribbons (the internationally recognized symbol for breast cancer awareness) were on sale at the customer service desks at Bahrain City Centre.

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On Monday 10 October, a karaoke night in support of 'Think Pink' Bahrain was held at JJ's, in Adliya. For every person who sang, BD 1 was donated to 'Think Pink' Bahrain.

During the second week of that month, Bahrain City Centre held 3 km walk in support of 'Think Pink' Bahrain. The Kick-up your Heels Walkathon started at 8 am at the food court on level two with a team of Fitness First instructors. The walkathon was limited to 300 participants. Registration was BD 5 per walker, which includes a commemorative Kick-up your Heels Walkathon pink T-shirt and a reusable matching 'Think Pink' Bahrain tote bag.

All proceeds went to 'Think Pink' Bahrain's goal to raise money for MRI machine, which will be used to detect breast cancer. The walker who raised the most funds through friends and family donations was given a night's stay for two individuals including dinner at the newly opened, five-star Hotel in Bahrain City Centre.

World Beat Fitness Centre, in Janabiya held its third annual open day in support of breast cancer awareness. It featured various fitness workouts. On October 16, Men's Night Golf at the Royal Golf Club was held at 6.30 pm. It was limited to 40 players. The sixth Ladies 'Think Pink' Golf Day was held at the club on 19 October from 8 am. It was open to 90 players.

Tournament in support of 'Think Pink' Bahrain was held from 28 October to 12 November 2011. A family day tournament for juniors (9 to 14) and seniors (14 to 17) was held on 28 October from 8 am to 7 pm. The event was opened to the public and included guest appearances by celebrity footballers.

### **Ophthalmology Department, SMC**

The Optometry department at the Salmaniya Medical Complex (SMC) organized an event on the World Sight Day, which is celebrated on 13 October yearly. Head of Ophthalmology Dr. Noura Al Kubaisi said that the slogan of the event was focused on equality in providing health services to everyone. She pointed that the department had identified elderly for the campaign because they cannot reach out for services. Dr. Al Kubaisi noted that the team began their activities at the Muharraq Elderly Centre on 13 October and Isa Town Elderly Centre on 14 October 2011. Dr. Al Kubaisi said they would also visit Al Manar, Yoko, Umm Al Hasam, Buri, Riffa, Ras Rumman and Sitra. Dr. Al Kubaisi said that the eyesight rehabilitation project would also be implemented soon. She said it would rehabilitate children with weak eyesight.

### **WHO Coordination**

Human Rights, Social Development Minister, and Acting Health Minister Dr. Fatima Al Balooshi received Director of the World Health Organization's Regional Office (WHO) for the Eastern Mediterranean Dr. Hussein Abdel Razzak Al Gezairy on 12 October 2011. Dr. Al Balooshi expressed the Health Ministry's keen desire to enhance cooperation and coordination with WHO. She also gave him an update on the health sector in the Kingdom, highlighting the ministry's plans to

upgrade the quality of its services. Dr. Al Gezairy thanked Dr. Al Balooshi for her efforts to improve the quality of health services in the Kingdom, as well as her active participation at WHO different functions.

### **GCC Youth Health Week**

The Ministry of Health celebrated the GCC Youth Health Week on 13 October 2011. The event was held at Dohat Arad in Muharraq. Supreme Council for Youth and Sport Chairman, Bahrain Olympic Committee President and Royal Charity Organization (RCO) Chairman HH Sheikh Nasser Bin Hamad Al Khalifa patronized it. He said that the youth represent the bright future of their respective countries. Shaikh Nasser said, "They needed to be more aware regarding infectious diseases and methods of prevention". Shaikh Nasser assured that the event was one of the highlights of joint Gulf work within the health sector. He pointed out that the week had positive outcomes on the health conditions of the youth in the Gulf and in the Arab world. He added that the day was dedicated to celebrating the youth's health, and highlighting their health problems at the same time. Shaikh Nasser also said that the event had been organized to encourage youngsters overcome obstacles they faced in terms of health. Human Rights, Social Development Minister and Acting Health Minister Dr. Fatima Al Balooshi said that the ministry was keen on holding more of such events to educate the youth about bad health habits.