

Medical News

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Scientific Committee of Public Health Directorate: Nutrition and Health Activities

Scientific committee under the Public Health Directorate launched on 10 December, a campaign entitled "Nutrition and Health" for the staff of Public Health Directorate. The participants had a chance to conduct several health examinations and tests such as height, weight, blood pressure, glucose Level and blood hemoglobin. These examinations were organized in coordination with primary health care nurses and the blood bank of Salmaniya Medical Complex. Bahraini World Champion Bodybuilder Mr. Abbas Makki also participated in the activity by performing exercises related to stretching and cardiac physical activities. He also provided sports tips to the participants. The campaign included exhibiting nutrition awareness materials such as booklets, brochures and leaflets on healthy food preparations. Healthy food and beverages were served to the participants. The campaign reflected a strong response through the large number of participants of the Public Health Directorate staff who showed and expressed their willingness to repeat such health related events.

Salmaniya Medical Complex Strengthens Awareness on Rheumatoid Arthritis with Specialized Workshop

Salmaniya Medical Complex (SMC) hosted a Rheumatoid Arthritis (RA) patient group meeting attended by prominent rheumatologists, to mark the World Arthritis Day, celebrated on October 12th every year. The workshop was organized in collaboration with Roche Pharmaceutical, it aimed at increasing the awareness of various aspects of rheumatoid arthritis (RA). The discussions highlighted the importance of early detection of the disease which, if not treated timely, could cause irreversible damages to joints, making even the simplest activities, such as, opening a jar or taking a walk difficult. Joint damage caused by rheumatoid arthritis often begins at the early stage of the disease, and is therefore critical to undertake treatment program as early as possible to manage the symptoms and stop irreversible negative effects. During the meeting, rheumatologists discussed the healthcare services and treatment options offered by SMC to treat RA. The event concluded with Q&A session with specialists addressing patient queries and highlighting SMC's commitment to continuously communicate with patients and educate them about the latest medical developments and treatment options internationally.

The workshop also marks the corporate social responsibility of Roche to work for the overall welfare of communities.

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A New Nuclear Technology to be Implemented

A multi-million-dollar, lifesaving technology using nuclear energy will be set up soon in Bahrain. The positron emission tomography (PET) scanning produces a three-dimensional image of the functional processes in the body. It is used heavily in clinical oncology, including medical imaging of tumors and the search for metastases, and for clinical diagnosis of certain brain diseases.

The test involves injecting a very small dose of a radioactive chemical, called a radiotracer, into the vein of the patient's arm. The tracer travels through the body and is absorbed by the organs and tissues to be studied. This scan can detect the 'minutest' of malfunctions in the body much before the symptoms become visible.

PET is also an important research tool to map normal human brain and heart functions. Health Ministry public and international relations director Adel Ali Abdulla said a decision had been taken to procure the extremely advanced equipment, but they were waiting for an approval from the International Atomic Energy Agency (IAEA).

Bahrain will be the second GCC nation to have the facility after Saudi Arabia, which has only one such machine. PET scan could measure vital functions such as blood flow, oxygen use, and glucose metabolism. The scan can also be used to evaluate the effectiveness of patient's treatment plan, allowing the course of care to be adjusted if necessary.

PET scans were most commonly used to detect cancer, heart problems such as coronary artery disease and damage to the heart following a heart attack, brain disorders that include brain tumors, memory disorders, seizures and other central nervous system disorders. PET scan could often detect very early changes, whereas a computed tomography (CT) scan or magnetic resonance imaging (MRI) scan detect a little later as the disease begins to cause changes in the structure of organs or tissues.

Ministry of Health Awarded for the Best e-Services

The Ministry of Health was awarded for the best electronic service for the issuance of birth certificates, in the First Gulf Conference of e-Government, held in Oman-Muscat from 21-23 December 2009. Note that the Ministry of Health competed with more than 40 governmental entities in the six Gulf Cooperation Council Countries. On his part, Assistant Undersecretary for Training and Planning, Dr. Fawzi Amin was delighted with this achievement, which is the fruit of effort and hard work, he thanked the staff of the Ministry of Health, urging them to continue to tender for the development of Ministry of Health services and promote Bahrain in international forums.

He explained that the main objective of the conference is to provide channels of communication between GCC countries and share their experiences in e-Government applications and services.

Beside the conference, an exhibition and workshop were held of e-services in GCC countries.

REFERENCES

1. GDN and MOH intranet webpage.