

Medical News

Amani Al Hajeri, MD, CABFM, IBFM, MSc MG*

Ultrasound Workshop

The department of anesthesiology at the ministry of health conducted a workshop titled "Introduction of Ultrasound Use at Point of Care" on 8th May 2010. Many anesthesiologists, emergency and ICU physicians and general surgeons attended the workshop. Visiting speakers were Dr. Sameer Al-Hamid, assistant professor and chairman of emergency medical service department, Dr. Majid Al-Salamah, assistant professor, emergency medical service department and Dr. Nasser Tawfeeq, assistant professor, anesthesiology department, King Saud University for Health Sciences, Riyadh. The lectures were interactive with simultaneous projection of live ultrasound images on a volunteer.

Anti-smoking Drive

Bahrain is stepping up its awareness campaign of the harmful effect of smoking, particularly secondhand smoke. However, there are indications that some of the measures taken in Bahrain over the last year are reaping fruit, said Bahrain Anti-Smoking Society President Dr Kadhem Al Halwachi. He was speaking ahead of the 'World No Tobacco Day', which is celebrated worldwide on 31st March.

The celebration was held at the Bahrain City Centre marked with an exhibition to raise awareness. Dr Al Halwachi said that a partial smoking ban in hotels and restaurants since last January was having the desired effect and all the places were mostly following the strict guidelines. Customers in restaurants were only able to smoke in designated areas only. Restaurants that do not have such areas are automatically designated smoke-free. The clampdown also extends to any coffee shops selling sheeshas in parks, on the seafront or in any other public area. The awareness campaign was designed especially for females and those afflicting others with second hand smoke.

World Health Organization statistics have revealed the seriousness and the growing problem of tobacco use by women and girls. The celebration entailed distributing leaflets in malls, clubs, social centers and girls' schools in order maximize the awareness.

Women comprise about 20 percent of the world's smokers which is estimated to be more than

* Clinical Geneticist
Genetic Department
Salmaniya Medical Complex
Kingdom of Bahrain
Email: alhajeriamani@gmail.com

one billion and the figure is rising. Use of other forms of tobacco, such as sheesha and smokeless tobacco is also increasing among women in many countries, including Bahrain. Dr Al Halwachi said that tobacco use by women and girls was directly linked to tobacco companies marketing activities that increasingly target this group, particularly in low-income and middle-income countries. Tobacco marketing promotes the belief that smoking is fashionable and keeps women and girls slim and beautiful, and that it is a symbol of vitality, sophistication, emancipation and independence.

Protection of Children

A series of activities took place as part of Bahrain's Festival of the Child, which started at the Seef Mall's new extension on the 29th May 2010. The two-day event, organized by Arabian Gulf University (AGU), aimed to raise the awareness of the dangers facing youngsters inside and outside the home. A lecture by 'Be Free Centre manager' Dr Rana Al Sairafi was delivered to educate parents on lifestyle changes and to protect and promote the growth of their children.

A lecture on how to deal with the potential threats to children, encountering strangers, physical and emotional abuse was also conducted. To entertain children aged from three to 12 years, educational games, face painting, drawing, a puppet show and traffic exercises were performed.

REFERENCES

1. GDN and MOH intranet webpage.