



NEW MOWASAT HOSPITAL
CARING FOR GENERATIONS



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W E L C O M E

Dear patients and colleagues,

As an organization committed to providing safe and high quality healthcare to our patients, each New Year gives us an opportunity to set higher targets, developed through learning from the outcomes of the previous year.

It gives me great pleasure to communicate that year 2011 has been a positive year for Mowasat, whereby we were able to gain the patients confidence in our services, resulting in an increase of 27% in the patient visits. Our quality indicators were further strengthened with positive outcomes. This makes us the Hospital with Highest Growth rate (in Patient Services) in the last three years in Kuwait Private sector.



We invested in the new Siemens MRI & CT Scan machine, which are currently the most advanced technology available. Additionally we put into operation an ESWL machine (Crushing kidney stones through shock wave) which is giving good success rate.

New services that we initiated during 2011 were Homecare services department which is fully operational since October. Our key project of Ophthalmology (Eye Centre) is ready now and will be launched during February 2012.

We have engaged 18 doctors and 51 nurses to our staff family. This will help us to respond to our patient needs more effectively.

Maternity Services remained our leading department. The Centers of Orthopedics, Assisted Reproduction (IVF), Diabetes Management become leaders in Kuwait through their high success rates as well as volumes. Significant improvement in services has been achieved in Dermatology, Cosmetic & Plastic Surgery Centre and Dental Centre.

The Successes of the 2011 needs to be sustained during 2012, and as we strive for higher targets, I am confident that with our highly qualified and dedicated medical team, supported by efficient nursing family, and effective support services staff, we will reach even higher levels of achievements.

Nadeem Nazir
Hospital Director

01

The First to Achieve

American Accreditation from Joint Commission International (JCI)

January 2011 -- New Mowasat Hospital hosted a celebratory ceremony under the patronage of the Ministry of Health to commemorate its latest achievement: becoming the first hospital in Kuwait to be accredited by the Joint Commission International Accreditation (JCI).

The Joint Commission International on-site evaluation of New Mowasat occurred in November 2010 and was conducted by a team of international healthcare experts. However, New Mowasat management stated that the hospital sought accreditation to provide the best care possible for patients and that by earning such accreditation; the hospital has taken a step further towards achieving excellence in patient care.

This celebration also brings attention to the fact that New Mowasat Hospital is also the first hospital in Kuwait to have earned both the Joint Commission International Accreditation (JCIA) and the Canadian Council on Health Services Accreditation (CCHSA), cementing the hospital's position as Kuwait's "Pioneer in Healthcare."

Joint Commission International is dedicated to improving the quality of health care through voluntary accreditation. Joint Commission International's uniform, high standards for patient care and safety are designed to be adaptable to local needs, thus accommodating legal, religious and cultural factors within a country.



Standards focus on the areas that most directly impact patient care. These include access to care, assessment of patients, infection control, patient and family rights, and education. Standards also address facility management and safety, staff qualifications, quality improvement, organizational leadership, and management of information.

Earning the prestigious American accreditation has only encouraged New Mowasat Hospital to set the bar even higher, ensuring the provision of medical services with exceptional quality and variety for the public.



02

New Mowasat Hospital Earns

The Qmentum Platinum level accreditation by the Accreditation Canada International

In 2008, New Mowasat Hospital joined a short list of leading Hospital in the Middle East to receive accreditation certificate by the Accreditation Canada International, the worldwide leader in raising the bar for quality health care. New Mowasat earned accreditation by complying with International care quality standards including achieving the highest level of performance possible, improving patient outcomes, and creating an environment for continuous patient safety and quality enhancement.

Exceeding expectations, New Mowasat achieved an unexpected score in the accreditation Canada International survey entitling the hospital to be accredited with the Platinum Level by meeting international standards of excellence in quality care & services.

A grand ceremony was held by New Mowasat in which Accreditation Canada Int'l CEO, Mr. Sébastien Audette, handed the Certificate to New Mowasat's hospital director, Mr. Nadeem Nazir.

On this occasion Mr. Nadeem Nazir, New Mowasat's Hospital Director, said that achieving the platinum level of the accreditation reflects the dedication and hard work of each employee in our hospital for continuous quality improvement, and our eagerness to provide an excellent quality services to both out patients and their families.

Mr. Nazir noted "we sought accreditation because we want to provide the best care possible for our patient". Mr. Nadeem added "There is no doubt that by achieving the quality standards and especially through this Platinum Re-accreditation, New Mowasat Hospital became a pride to the entire private health sector in Kuwait and it is a confident step towards upgrading the health services provided in Kuwait.

Furthermore, Mr. Nadeem noted that accreditation is attainable only through collaboration among all organized staff members. Providing high quality care is a team effort and one that gives employees a feeling of prestige to work in an accredited organization.

He stated that he appreciates all the hospital staff for their remarkable efforts in achieving this highest level of quality recognition.

Worth revealing is that the New Mowasat hospital provides a complete range of the highest quality diagnostic services by re-



cently adding new machines to the Radiology Department that includes Radiography, Mammography, Ultrasound, CT scan, MRI, Bone Densitometer, 64 Multi Slice CT Scanner, and the latest generation of 1.5 tesla MRI Scanner which adds to precise & fast diagnosis.

The Mowasat Laboratory provides diagnostic information through the most modern testing equipment available including: Hematology -Sysmex XT 1800i & 2000, Chemistry-Dimension RXL MAX & X Panel, Hormones- Architect i2000 & Elecsys 2010, Urine Analysis- Roche Cobas 411, Blood Culture- Bact Alert 3D, Blood Gas- IL Gem Premium

Thus New Mowasat Hospital endlessly confirms that, while one of the oldest private hospitals in the country, it continues to renew equipments and services proving itself to be the most efficient healthcare facility in Kuwait.

Before, New Mowasat Hospital was the first healthcare facility in Kuwait to be accredited by Accreditation Canada International 2008 -11 and joint commission International (JCI) November 2010-13. While today, New Mowasat harvests the seeds of hard work, dedication, and endless care by being the first and only in the Middle East to be accredited by Accreditation Canada Qmentum Platinum.

03

Services around the clock New Mowasat Hospital Launches the “Home Health Care Center”

September, 2011 – New Mowasat Hospital, as part of their expansion program, has introduced the new Home Health Care Center to augment the current range of services offered by the hospital.

The service; led by a team of highly qualified and experienced healthcare professionals; provides a range of services at the patient's home.

Services include private nursing, companion care, care for the newborn, care for the elderly or bed-ridden patients. Care is also provided for disabled, paralyzed or handicapped patients. In addition, it provides services such as intramuscular injections, looking after wounds and urinary catheters, giving oxygen and nebulisation therapy, tube feeding, blood sugar testing, and blood sample collection.

Other services include managing hygiene and physical needs, such as bathing & feeding, monitoring the patient's condition, helping with medicine administration, and reporting a patient's progress to his/her physician and family members.

All services are provided by a team of specialized nurses who are well trained and experienced. The service is offered 24 hours per day, seven days a week.

The service is supported by caregivers who provide support and companionship to patients who may be completely house-bound. The service provided by caregivers includes monitoring vital signs such as temperature, respiration and blood pressure; as well as observing any changes in health or behavior.

As part of the service; Physical Therapy is also available. This service improves the quality of life of patients through exercises which includes balance, endurance, joint and general physiotherapy exercises. Other services includes massage therapy to reduce muscle spasm and improve flexibility

Teaching immobile patients how to move from a bed to a chair is also provided and caregivers also provide education to family members on how to keep a patient as independent as possible. Patients are educated about their diagnosis and prognosis in conjunction with their treating doctor.

Another service available is the doctors' home visits. The service is provided by professional physicians who are dedicated to

making health care more accessible to those unable to leave their home by providing health care in the patient's home setting. It includes medical consultation and treatment, follow up at home after treatment, referrals to hospital, medical evaluation after discharge, medication management and prescription renewal.

New Mowasat Hospital introduced the Home Health Care services under the supervision of specialized professionals to meet the expectations and needs of patients.

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Mobile: 99693369

NEW MOWASAT HOSPITAL
Caring for Generations

04

New Mowasat Hospital implemented Oracle System by ITS Group



Nadeem Nazir: *NMH updates its systems for finance, procurement, inventories and administration with the latest advanced technologies to improve work productivity for accounting process.*

New Mowasat Hospital recently implemented Oracle System by ITS Group: International Turnkey Systems Group that and it's one of leading companies in providing technical solutions. The company has more than 3000 IT specialists with high qualifications and distinctive experience, located in 24 cities across the world.

The project implementation was very smooth and was completed on-time and within budget. The ERP covered financial, procurement, inventories, and human resource and payroll administration; and is in line with the hospital's plans to improve performance and enhance customer service.

On this occasion, the director of NMH, Mr. Nadeem Nazir said: "NMH looks for updating its systems with the latest advanced technologies to improve work productivity for accounting process".

"NMH is the first hospital achieving both JCI and Canadian (ACI) accreditation and recent re-accreditation by ACI, which reflects our vision and dedication to make New Mowasat Hospital a model of excellence in all fields" He added

Mr. Nazir stressed "Being one of the oldest private hospitals in Kuwait, we are proud of the trust placed by our patients and are committed to providing the same distinctive level of service to our current and future generations.

"In the next phase we also plan to invest further in the mainstream of Hospital Information Systems (HIS) – and continue to innovate and make best use of IT" said Mr. Nazir

"Automation and integration of back-office functions, made possible through this ERP implementation, is one step to assist us achieve and sustain our service quality. We believe that strong IT systems are essential to provide efficient, effective and friendly service to our patients and their families". Said Naseem Siddiqui, New Mowasat IT manager.

Siddiqui stated that the reason they partnered with ITS was that the Group is a leading integrated information technology

solutions and software services provider and has extensive experience in implementation of ERP systems.

He mentioned that the success of the project was possible because of the expertise that ITS qualified technical consultants brought; our strong in-house IT department and the dedication and willingness shown by our end-users to accept this change. He mentioned that it is not always easy for end-users to move from flexible in-house system towards standardized ERP systems which demand many internal process changes.

On his part, Manager of ITS Group, Mr. Khalid Faraj Al-Saeed said: "Over the last few years the private health sector in Kuwait has been drastically developed and is leading to increased demand on private healthcare. In order to provide better customer service and enhanced staff performance IT systems will require further updates and developments".

Al-Said added that one of the most important reasons for the project success is the enduring support extended by the hospital management together with the eagerness of all the hospital departments as well as the IT staff to complete the project in record time.

The Regional Director of the ITS Group, Khaled Al-Omery said: "The contract between Al-Mowasat Hospital and the ITS Group included providing the New Mowasat Hospital with the ORACLE system for Human Resources Management together with an advanced financial and accounting system as well as other financial transactions for daily hospital management. The contract also included a system for management of procurement and stores".

Khaled Al-Omery concluded by saying: "This system will get rid of the manual, improve the productivity of inventory and procurement, simplify the accounting process and will contribute to linking all the applications concerning the employee life cycle including administration, training and development, promotions, attendance and leave and salaries.

05

Tomorrow's technology brought to you TODAY

New Mowasat introduces "The LITHOSKOP"

The latest technology for urology: the stone crushing machine

Being the one hospital in Kuwait that has been accredited with the Canada International Accreditation (ACI) and the Joint Commission International Accreditation (JCI), New Mowasat is always keen to bring the latest innovative technologies to the health sector in Kuwait. While Siemens is a global powerhouse in electronics and electrical engineering, operating in the industry, energy and healthcare sectors & is the world's largest provider of environmental technologies, NMH collaborated with the company to make the "Lithoskop", the highest technology for urology, available for the first time in Kuwait.

Designed for both diagnosis and therapy, the Lithoskop is used for the treatment of urinary tract stones and other urological applications. It provides a very high level of comfort and efficiency. Lithoskop's most exciting innovation is the unique and flexible positioning that allows for treatments without patient

repositioning. Even when changing between interventions (e.g. from endoscopy to lithotripsy), the patient always remains on his back.

Most importantly, the Lithoskop offers a new extremely efficient electromagnetic shockwave system: Pulso. The great advantage of Pulso is the unique technology that leads to high stone disintegration rates with almost all kidney stones being disintegrated during the first session. Moreover, because clear and brilliant images are crucial for effective patient care, Siemens has engineered Lithoskop with a high performance X-Ray generator, a high resolution and digital imaging for outstanding image quality. The 17" flat screen color monitors on the system's flexible monitor arm and at the control console display all clinical information in brilliant quality.

New Mowasat Hospital prominent Urologists: Dr. Yasser Farrag, Dr. Mohamed Lotfi Mahrousseh, and Dr. Shabir Al- Mousawi stated their belief in the effective results of the Lithoskop, guaranteeing a more accurate and enhanced diagnosis, an easier workflow, a lot of time saving and more patient comfort with this innovative technology. Adding that the machine has proved to be very effective in actual use, the procedure is completed as an outpatient, and the efficiency of the machine is excellent. Patients who experienced ESWL have been "satisfied with superior results of stone disintegration, and a simple rapid recovery."

Furthermore, Dr. Peter Hirsch, Medical Director of New Mowasat said that NMH is highly proud of being the first hospital to introduce such high tech machinery proving that the hospital is growing as rapidly as nowadays technology, bringing the best healthcare services to Kuwait, and working with equipment that would make valuable time appreciated on a whole new level."



06

New Mowasat Hospital Successfully treats cases afflicted by Scoliosis

Promising Correction Treatments In Mowasat Orthopedic Center



Leading Healthcare Services in Kuwait, New Mowasat Hospital treats several cases desperately suffering from Scoliosis & proves itself to be a pioneer in diagnosing and treating controversial medical conditions.

Scoliosis is a medical condition in which a person's spine is curved from side to side. Although it is a complex three-dimensional deformity, on an X-ray, viewed from the rear, the spine of an individual with scoliosis may look more like an "S" or a "C" than a straight line. Patients with scoliosis are examined to determine whether there is an underlying cause of the deformity. However, in developed cases, surgery is recommended by the orthopedist

for curves that have a high likelihood of progression (greater than 45 to 50 degrees magnitude), curves that would be cosmetically unacceptable as an adult, curves in patients that interfere with sitting, and curves that affect physiological functions such as breathing.

In Mowasat Orthopedic Center, Dr. Kamran Alavi, Consultant Orthopedic, received a very interesting case of an 8 years old girl suffering from "scoliosis". The patient's mother explains that, at the age of 2, she noticed that her daughter walks with a limp. This got more obvious with time and started to affect her back curve and even her breathing. "I took her to a doctor who diagnosed her & I was told that surgery can be performed only when she is more than 7 years old with an additional operation at the age of 18 to remove the implanted screws" stated the mother.



When a friend recommended Dr. Kamran Alavi in New Mowasat Hospital, the hesitant mother came to see the doctor and was strongly surprised when he said that he was very optimistic & the surgery is 100% successful with no risk of any complications. At that point, the patient's mother admits: "I was afraid and hesitant about putting my daughter's life to risk by having the surgery but Dr. Kamran gave me a very strong motivation that my daughter will be normal & in a better condition"

With the help of selective physicians & professional Anesthetists & after 10 hours of operating, Dr. Kamran announced the successfulness of the surgery to the patient's eager family. "At the moment my daughter was out of the OR, I truly felt our life is back thanks to God & Dr. Kamran & New Mowasat," stated the mother.

According to Dr. Kamran, some studies have shown that "scoliosis" is more common in females than males. Ignoring the symptoms for a long time can cause severe pain, walking disability, & problems with pregnancy & delivery for female patients.

Dr. Kamran has previously performed the same surgery for an adult patient. The surgery was successful but was considered very technically risky & lasted for 18 long hours. "It is easier to reduce the curve if surgery is performed in an early age. People shouldn't wait and hesitate for a long time because this only results in causing nerve pain, organs disfunction due to the compression, and gradual deformation to the bones," Advised Dr. Alavi.

Thus, Dr. Alavi advises parents to personally check their children for early symptoms of "scoliosis" which might be indicated through unbalanced shoulders or a Non symmetrical walk. "Parents can simply bend the child forward and check if one chest is higher than the other. Symptoms not necessarily include pain, it can simply be a curve in the spine & that is the main problem. If the curve is less than 25 degrees, it is not necessary to operate but if it is more than 25 degrees, I strongly advise them to see a doctor because this curve is a sign of future problems."

07

New Mowasat Hospital Launches Facebook / Twitter pages

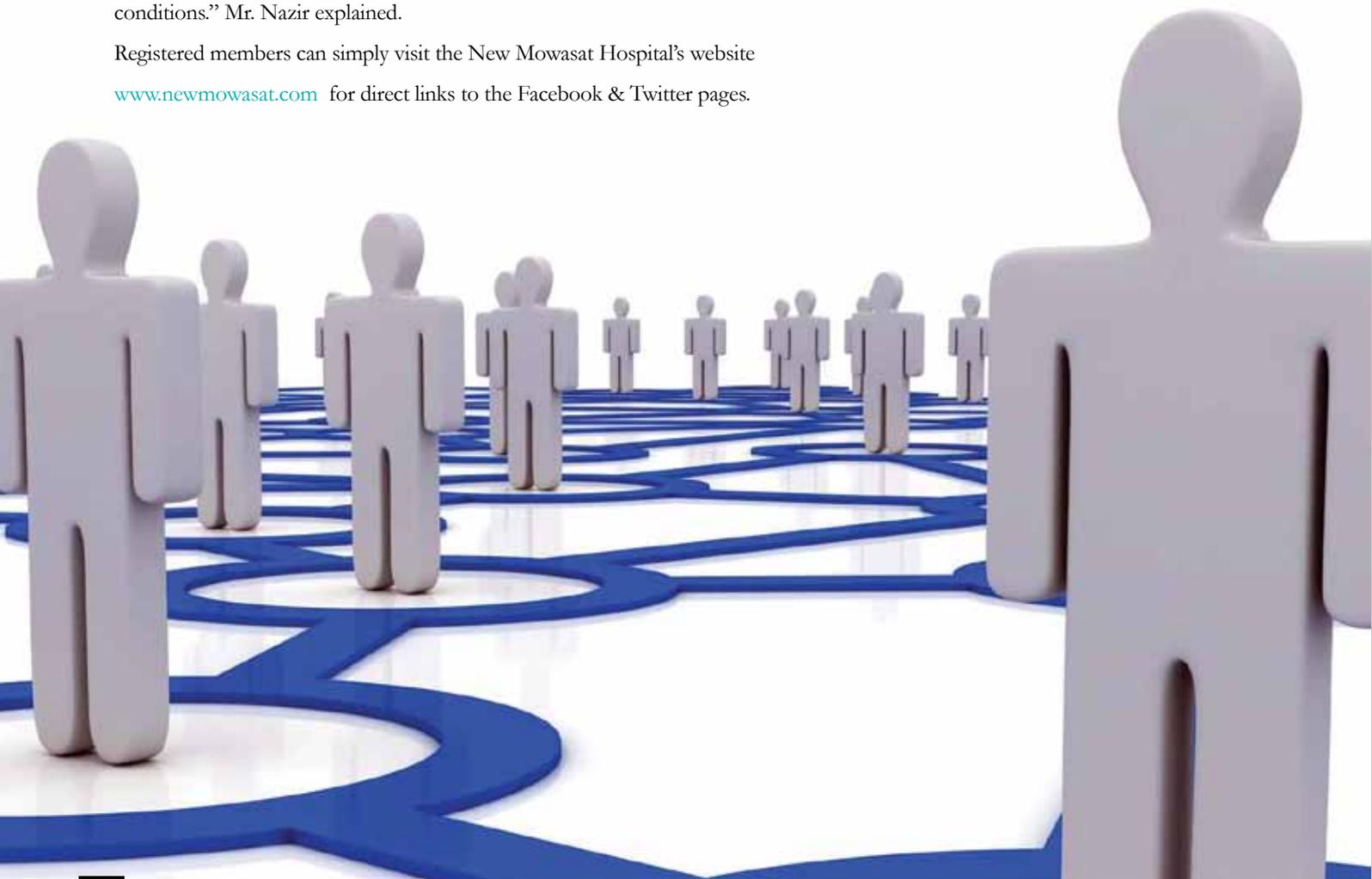
New Mowasat Hospital has joined the social networking sites of “Facebook” & “Twitter” in an effort to better engage current and future patients and the general public.

Interlinked with the Twitter account, Mowasat’s Facebook page provides easy access to information about New Mowasat Hospital & can be used as an interactive forum for health-related topics. In addition, the facebook page also includes: general hospital information, event details, photos, links to hospital news & offers, patients’ stories & doctors’ health-tips.

New Mowasat hospital director, Mr. Nadeem Nazir, announced the launch saying that “we are constantly looking for new ways to communicate with our patients & we believe in the mechanism by which social media works towards that purpose. The Hospital’s facebook page provides regular updates on activities & events within New Mowasat, along with other general healthcare advice.”

“We intend to benefit from social media sites to support the hospital in providing exceptional patient care by helping to educate the public about the prevention & treatment of medical conditions.” Mr. Nazir explained.

Registered members can simply visit the New Mowasat Hospital’s website www.newmowasat.com for direct links to the Facebook & Twitter pages.



08

“Only by achieving our personal best can we truly grant all we have to offer”

Mowasat Customer Services Staff Receives Communication Skills Training

Enhancing the quality of clinical excellence and patient care and as an indication of the hospital’s sincerity about becoming a “Customer Friendly” healthcare facility, New Mowasat Hospital’s staff recently received training in Communication Skills for excellence in Customer Service by “Righttrack - Edara Group”.

The training program was designed specifically for the customer service requirements of New Mowasat Hospital. The purpose of the training was to equip staff with advanced skills required to enhance performance in all aspects of customer service.

Specifically, the training was aimed at enabling the staff to develop skills in welcoming patients and visitors, coordinating multiple simultaneous demands, using appropriate behavior according to different situations, setting expectations and explaining processes and procedures to customers clearly, managing stress and difficult situations, and working as a team with internal customers. The training programme was facilitated by Righttrack’s highly experienced trainer, Mr. Stuart Easworthy.

According to Ms. Anjali Garg, New Mowasat’s human resources coordinator, “The training was received very well by all participants who were excited to have an opportunity to sharpen their skills and learn the best practices in the field.” Moreover, regarding the success and effectiveness of the training when put to use, she enthusiastically added: “We find the staff confident and able to meet the needs of customers in a better way. They themselves deal with many problems on the spot and are able to prevent issues from escalating.”

Moreover, Human Resources Manager, Mr. Majeb Al Ajmi, declared that this course comes within the hospital’s strategy of developing the skills of the hospital’s staff of doctors, administrators and technicians to ensure the highest quality of health care services for patients and visitors. Mr. Majeb added that regular training aims at maintaining the hospital’s community role which has always characterized New Mowasat hospital.

New Mowasat hospital which covers an area of 17,000 sq meters, offers selected surgical services, provides all kinds of medical services, and has a facility with a full range of services that work around the clock. The hospital receives an enormous number of valuable patients and visitors every day who, through such initiatives, are always reassured that they are in good hands when visiting New Mowasat.



09

New Mowasat Hospital Launches its Ophthalmology Center

Replacing the former “Ophthalmology Department”, New Mowasat Hospital has launched its fully-equipped “Mowasat Ophthalmology Center” in January 2012.

The Center is established to address a new vision on ophthalmic services offered in the state of Kuwait. It follows the concept of providing services that meet all the different needs of the public by presenting the latest vision-related medical procedures.



The Mowasat Ophthalmology Center offers a full menu of diagnostic, management & treatment services for all eye problems; medically & surgically. Some of the services addressed in the center include: cataract surgery, refractive surgery, corneal surgery, advanced corneal transplantation techniques, diabetic retinopathy, and glaucoma.

The center is also fully-equipped with the latest and the most advanced technological ophthalmic machines; the “Femtosecond Laser” which provides a unique accuracy that allows highly precise and reproducible subsurface flaps using long infrared wave length, and the “Schwind ARAMIS 750S” that is provided with a six dimensional active eye-tracker that monitors the exact position of the eye and produce more precise results with the highest safety.

While equipments are only tools, the professionals working with those equipments are the ones to ensure superior patient care & satisfaction. Thus, the Center is built on the quality of its staff to ensure the provision of quality and consistency of

patient care. All the physicians in the Center are internationally recognized in their field & completely dedicated to employ their long years of international experience & provide patients with a truly multidisciplinary range of unmatched services.

The leading corneal expert, Dr Mohammed Muhtaseb, UK trained who recently arrived to Kuwait to join the hospital as the Director of the new Ophthalmology Center, brings with him a large experience of heading a modern corneal transplant service at a University Hospital in the UK. The advanced techniques that he employs result in faster visual recovery and fewer post-operative risks than conventional transplant techniques.

Also, Dr. Mohamed Abd El Naby, consultant Ophthalmologist & member of the American Academy of Ophthalmology & the European society of cataract and refractive surgery, offers distinguished services in the center including LASIK, Epi-LASIK, and cataract extraction operations. Dr. Abd El Naby also provides expert administration of retinal problems caused by high blood pressure, diabetes and other health conditions in addition to alternative treatment options of glaucoma including laser treatment and surgery.

The center is currently located on the 6th floor of the New Mowasat Hospital’s out-patient building to resume the provision of its distinguished services.



10

For the first time in Kuwait New Mowasat Hospital

Hosts a workshop

The Revolutionary technology in Skin Regeneration: "ReCell"

The workshop took place in the New Mowasat Hospital Auditorium on the 17th and 18th of November, 2011 to present an innovative revolutionary tool that treats different types of burns, scars, pigmentation problems, and acne marks in a simple, quick and efficient process for the first time in the private sector in the state of Kuwait.

Attending the workshop was New Mowasat Hospital's Plastic Surgery & Dermatology surgeons: Dr. Peter Hirsch, Director of Mowasat Cosmetic Center, & Dr. Hisham Alkhatib, Head of Dermatology & Venereology in Mowasat Cosmetic Center; whereas Dr. Jeremy Rawlins and Dr. Tiziano Caldera attended from Avita Medical Company. After the workshop, Dr. Peter Hirsch and Dr. Jeremy Rawlins performed the surgeries with a live broadcast to the auditorium.



The main concept behind the "ReCell" machine is processing a very thin skin biopsy into a viable cell suspension for immediate application on wounds which enables the cells to regenerate faster and more effectively. The treatment has been successfully tried in France, Germany & the United Kingdom. This technology has proved its effectiveness when used in conjunction with grafts, dermatological laser treatments and many other skin disorders.

According to Peter Hirsch, New Mowasat Hospital is pleased to host the first ReCell workshop in a private hospital in Kuwait.

"We appreciate that ReCell is a very interesting new application for the treatment of conditions which demand partial or complete replacement of skin cells. This includes treatments for burns, scars, vitiligo, post acne scars and others. Although developed already about 10 years ago the standardized clinical application of the technique is still in a very early stage and we shall have to explore the options and opportunities opened by the ReCell technology further in the coming years." Dr. Peter added.

He also stated that, as the first private hospital, New Mowasat shall integrate ReCell therapy into the portfolio of services available in the Mowasat Cosmetic Center.

"In this interdisciplinary center for cosmetic medicine Dermatology and Plastic Surgery as well as Beauticians work closely together to offer treatments customized to the needs of the individual patient. In it ReCell will hopefully find its place." Dr. Hirsch clarified.

On his part, Dr. Hisham Al Khatib, Head of Dermatology and Venereology in New Mowasat Hospital, stated that the workshop is an opportunity to discuss this new technology and to identify the use of such innovation in the treatment of many of the difficulties faced before, such as vitiligo and after burns skin deformities and many others.

Dr. Hisham further expressed his pride for the fact that the hospital is the first in the private health sector in Kuwait to use this modern technology which will contribute significantly in the treatment of many patients.

Since 1965, New Mowasat Hospital has always taken the initiatives for introducing pioneering revolutionary technologies to the public. Being the first and only hospital which obtained both international accreditations from the Accreditation Canada International (ACI) & the Joint Commission International (JCI), New Mowasat carries the honorable responsibility as one of the most reliable healthcare providers in the state of Kuwait and maintains its position through such initiatives which benefits the patients and gives them a broader selection of options for their treatment.

11

New Mowasat hospital Celebrated World Kidney Day

March 11, 2011 marked the celebration of world kidney day worldwide . New Mowasat hospital celebrated this special day by conducting two awareness lectures that stressed kidney and its functions, instructions to reduce the impact of kidney disease, and the latest treatment achieved in the field.

New Mowasat hospital presented these lectures as part of its commitment to participate in various international world events with the celebration concluded by a luncheon get-together.

The first lecture was presented by Dr. Mohamed Lotfi Mahrouseh, Consultant Urology. He spoke about kidney stones as one of the most painful and tragic urologic disorders.

Dr. Lotfi explained what causes a stone to form and the various techniques of its treatment, especially treatment by Extracorporeal shock wave lithotripsy (i.e. stone crushing with shock waves)

“It is estimated that 2-3 percent of the worlds population suffer from kidney stones in their lifetime”, said Dr. Lotfi who also mentioned that, in the past, the treatment of kidney stone required a potentially dangerous surgery.

He added: “Ever since the first patient was successfully treated with extracorporeal shock wave lithotripsy in 1980, it was known as a revolution in the field of surgical treatment of Kidney.”

In his lecture, Dr. Lotfi mentioned that kidney stones affected men three times more often than women and they are most prevalent and likely to come back in patients between the ages of 20 and 40.

Furthermore, He added that kidney stones are also common in rich people as a result of eating more Protein which help stones to form.

Subsequently, Dr. Yasser M Farrag, New Mowasat hospital Urology Consultant, presented the second lecture under the slogan: “every living thing is created from water”, including information about the importance of water regarding kidney health.

Dr. Farrag discussed the significance of increasing water intake and its strong contribution to decrease the risks of kidney stone formation, hypertension, lipids among the public, especially for those suffering from obesity or diabetes.

He added that most kidney stones can pass through the urinary system with plenty of water—2 to 3 quarts a day—to help move the stone along, advising that water is more useful after exercising or effort making.

Concluding the enlightening lectures, Dr Farrag mentioned that World Kidney Day is an international occasion which has noticeably grown to become the most widely celebrated event associated with kidney diseases in the world and is considered the most successful effort to raise awareness among both the general public and government health officials about the dangers of kidney disease, especially chronic kidney disease (CKD).



12

New Mowasat hospital Celebrated World Asthma Day by offering Free lung functions tests

In a move that reaffirms its role as a key player and a leading developer in medical care industry, New Mowasat, together with AstraZeneca Company, celebrated World Asthma Day by offering a free lung functions test to the public on the 3rd and 4th of May, 2011

The event was conducted by Dr. Fahad Al Rashidi specialist in Pulmonary Clinic in New Mowasat Hospital, American Board of Respiratory Diseases, fellow of the Royal College of Chest Diseases – Canada, and fellowship in interventional pulmonary perspectives from the University of Ottawa.

On this occasion, Dr. Al-Rashidi said that Asthma Day is an excellent chance for the New Mowasat Hospital, as a pioneer institute in health care, to raise patients' awareness of asthma as a serious disease.

Dr. Fahad Al-Rashidi noted that New Mowasat Hospital celebrated asthma day by offering free lung function test to smokers, people suffering from shortness of breath, wheezing, nose allergy, cough, chest tightness.

Moreover, Dr. Al-Rashidi explained asthma symptoms as, chest tightness, shortness of breath, cough, recurring periods of wheezing which gets better when using drugs that dilates airways, gets worse with exercise, especially at night or in early morning.

Dr. Al-Rashidi advised those who suffer from any of these asthma symptoms to visit a specialist and to perform lung functions test.

Dr. Al-Rashidi also pointed that weather changes (changes in temperature, barometric pressure humidity or strong wind) and irritants (including tobacco, chemicals, strong odors caused by sprays, or occupational exposure) are the main reasons for increasing the percentage of asthma patients in Kuwait.

Regarding children asthma, Dr. Al-Rashidi mentioned that approximately 70% of children with asthma develop the symptoms of asthma before the age of five. He added that children with asthma cough, wheeze, and experience chest tightness and shortness of breath. However, many parents do not realize that a chronic cough may be the only symptom of asthma and that a child does not have to experience the rest of the symptoms to be asthmatic. The most common form of

asthma among children is allergic asthma in which a child reacts to air particles both indoors and outdoors.

Dr. Al- Rashidi said that children who are most at risk to develop asthma are infants and young children who breathe with difficulty due to a vital upper reparatory infection, those with a family history of asthma, prenatally exposed to tobacco and allergens ,passive or active maternal smoking during pregnancy, and children whose immune systems are not fully developed.

Ms. May Roumani, New Mowasat marketing manager, stated that NMH cares about healthcare events which are a good opportunity to achieve the hospital's aims and responsibilities of raising health awareness, fighting diseases and offering unique health care services. She added that these responsibilities fall under NMH slogan; "Caring for Generations" with international American and Canadian healthcare standards.



13

The 2nd Digestive Endoscopy Conference and Exhibition

On October 8-9, 2011, New Mowasat Hospital successfully hosted the 2nd Digestive Endoscopy Symposium in Al Hashemi Ballroom, Radisson Blu Hotel under the patronage of his Excellency, Dr. Hilal Al Sayer, and the Minister of Health.

On this occasion, Mr. Nadeem Nazir, New Mowasat Hospital Director gave his speech explaining the hospital's pioneer role in organizing & hosting significant international medical conferences.

"It is my great pleasure to welcome you all and to see this gathering of distinguished guests today at the Second

Digestive Endoscopy Symposium. Educational activity of this stature is not a common happening in Kuwait and it makes us, at New Mowasat Hospital, proud to organize this event as the first Private Sector international post-graduate teaching program in Kuwait." Mr. Nadeem said welcoming the guests.

He explained New Mowasat's essential role in raising the quality of services saying that since its inception in Mid Sixties, Mowasat has been taking initiatives in promoting Quality in healthcare. The Hospital is one of the first in Kuwait to have obtained two of the highest international accreditations; the Accreditation Canada International (ACI) and the Joint

Commission International (JCI).

"By earning such accreditations, we are committed to high quality medical practice and Care of Patients and therefore consistently invest to add and upgrade the services offered. In relation to the subject today, i.e. the Digestive Diseases, I am pleased to highlight that our Endoscopy unit has been modernized with the latest technology including high definition endoscopes and therapeutic endoscopic ultrasound equipments. These will take us to a new level and we, at New Mowasat Hospital, are ready now to apply the new techniques which will be presented in the symposium." Says Mr. Nazir

"On behalf of the New Mowasat Hospital, I welcome our international guests who have joined us from Norway, Belgium, Switzerland, USA, France, and Egypt. It is a pleasure to have you here between us. Without the support of these esteemed institutions, this event would not have become a reality." Mr. Nadeem said thanking the European Society of Gastrointestinal Endoscopy, the American Society for Gastrointestinal Endoscopy, Kuwait Medical Association, and Kuwait Institute for Medical Specialization for their support:

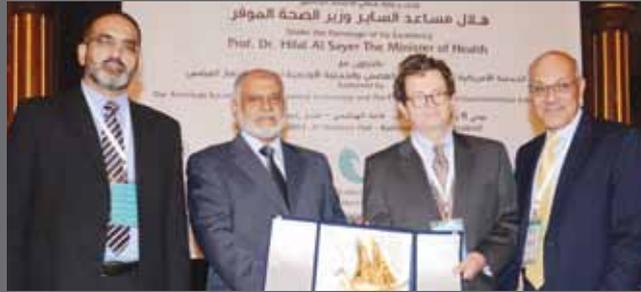
Concluding his speech, Mr. Nadeem thanked the course Directors and the Organizing Committee for their consistent commitment and the dedication they have shown for the success of this event.

In addition, Dr. Eduard Lotz, the Director of Medical Affairs at New Mowasat Hospital, said that it is a privilege for the hospital to host the Conference for the second time in Kuwait. The event is an ideal opportunity for doctors and other clinicians to become familiar with the latest endoscopy techniques and management of digestive disease. Dr. Lotz explained that this event strengthens New Mowasat Hospital's position as a leader in maintaining the highest international quality standards; in conjunction with its Accreditation Canada International (ACI) & the Joint Commission International (JCI) recognition.

From her side, Mrs. May Roumani, New Mowasat Marketing Manager, stated that the hospital is organizing the conference for the second time for the grand success that befell the symposium last year. The event is considered the first of its kind to address Gastrointestinal Endoscopy subjects bringing together all those interested from different poles of the world to review the latest scientific discoveries in the field. She added that the Conference this year covers a wider participation of the best international consultants in the field from the United States, France, Belgium, Norway, Switzerland, Egypt and Kuwait.

Roumani added that New Mowasat Hospital is always keen on innovating and presenting distinctive healthcare events on a permanent basis. She explained that organizing this conference, the hospital aims at exchanging local and international medical methods & techniques as the event includes an exhibition for companies specialized in medicines and endoscopic medical equipments. She stressed that the conference will be held next year on the same date and place, inviting all those interested to





register and participate in this important global induction.

Dr. Mahmoud Omar, Head of Internal Medicine Department in New Mowasat Hospital, directed the Symposium with Dr. Gregory Ginsberg Professor of Gastroenterology & Endoscopy at the University of Pennsylvania-USA and Professor Thierry Ponchon from Leon University in France.



Also attendant was Dr. Jacques Deviere from Belgium to speak about the management of obesity & its treatments while Prof. Dr. Lars from Norway gave a lecture about telescopic bile ducts. Other noticeable speakers also participated with their enlightening lectures including Dr. Mark Giovanni from France, Dr. Jean-Marc Dumonceau from Switzerland, Prof. Dr.

Ibrahim Mustafa from Cairo, and Dr. Yousri Taher from Alexandria.

Moreover, a wide range of eminent Kuwaiti physicians attended the event including Dr. Mohamed Algarallah, Dr. Wafaa Al Hashash, Dr. Moussa Khorshid, Dr. Walid Al Azmy, Dr. Stephen Paty, Dr. Fahd Al Asfar, Dr. Amr Gamal, Dr. Mahmoud Al Sayed, Dr. Mohamed Sa'ad Al Manea, Dr. Nahed Qanawaty, Dr. Adel Maarafi, and Dr. Metwally Afffy.

According to Dr. Mahmoud Omar assured that, endorsed by the American Society for Gastrointestinal Endoscopy and the European Society of Gastrointestinal Endoscopy, the Symposium aimed at broadening the perspectives of the medical community by building on the experiences, talents and accomplishments of physicians in the medical field.

After the successful conference, the New Mowasat Hospital celebrated the event with a Gala Dinner in honor of the event sponsors & speakers & in the opulent, traditional gold-leaf décor "Al Boom" Restaurant.



New Mowasat Management Committee & the guests spent the evening exchanging views and ideas while dining in a social atmosphere.

During the pleasant gathering, Dr. Mahmoud Omar, Conference Director, & Mr. Nadeem Nazir, Mowasat Hospital Director, offered culture representing trophies to the conference sponsors; Janssen, Astra Zeneca, & ATC as a token of gratitude on behalf of all members of the New Mowasat Hospital.

Moreover, Dr. Mahmoud Omar thanked all the participants, international speakers, event sponsors, for participating in the event which marks New Mowasat Hospital's pioneer role as the leading private healthcare facility in Kuwait. In addition, Dr. Mahmoud also demonstrated his appreciation to the event organizers on the top of which the New Mowasat Hospital Marketing manager, Mrs. May Roumani, & the marketing team; Ms. Basma Gamal, Ms. Sherihan Adel, and Mr. Anas Al Moushaly, for their efforts.

Endorsed by the American Society for Gastrointestinal Endoscopy and the European Society of Gastrointestinal Endoscopy, the conference aimed at broadening the perspectives of the medical community by building on the experiences, talents and accomplishments of physicians in the medical field.

At the end of the evening, the guests were invited for a tour in the marine museum which is dedicated to the traditional Kuwaiti art of shipbuilding. The museum includes approximately 30 scale models of various historical and existing dhows, a variety of marine articles, pictures of traditional significance and photographs depicting various stages of construction.

14

New Mowasat Hospital

Honors the Nursing team
on the International Nurses week

On the occasion of the International Nurses Week-2011, New Mowasat Hospital renowned its nursing crew by setting up a celebration in recognition of their essential participation as healthcare providers and the compassionate services that they provide to suffering patients.



New Mowasat Hospital Director, Mr. Nadeem Nazir, stated that the hospital management believes that the nursing staff is a key partner in the development of health care and for a better service provision to patients. Indicated the hospital's great pride of its nursing staff, Mr. Nazir added that the hospital follows the standards of the Canadian Council and the American Joint Commission accreditations and thus, carefully selects its staff according to the highest degree of efficiency both in terms of professionalism and on a personality level.

Moreover, New Mowasat Nursing Director, Mrs. Halima Boshehry congratulated the nursing team and pointed out her massive pride of the New Mowasat staff in general and the nursing team in specific in her speech as she said that: "It is indeed my pleasure to congratulate all the nurses in New Mowasat Hospital for the celebration of International Nurses' Week with the theme "Nurses Trusted to Care".

"As we open our celebration of this nurse's big event, allow me to thank and acknowledge the great support of NMH management for our department. The fact that they believe that nurses have an important role in achieving health equity and developing a clear understanding of how the health sectors can act to reduce health inequities" Mrs. Halima added.

She also noted that there are three main characteristics that distinguish our nurses and those are: strength – to care for patients during times of disaster and crisis, commitment – to remain involved in continuing education throughout our career-

especially as we move into a new world of rapidly changing technology, and compassion – to provide hands-on patient care despite the work environment challenges we face every day.

She explained her belief that "we are at times transparent, and must work together to make our presence known. Together it's the strength in the team; it's the strength in those 3 components (Strengths, Commitment and Compassion) that help the patient on the road to wellness, to a healthier state and sometimes even the end of life."

Mrs. Boshehry then concluded saying "It is not how much we do that matters, but how much love and commitment we put in doing it .It all sums up to "NURSES TRUSTED TO CARE""

Patient
Honors

New Mowasat's Nurses



On the day of his discharge from the New Mowasat

Hospital (after his successful surgery performed by Dr. Hassan Khajah, consultant Neurosurgeon), professor Hussein gathered everyone to declare his satisfaction with his stay in New Mowasat Hospital during which he personally experienced the pillar of the hospital's philosophy; "Quality with Compassion".

"One more asset that New Mowasat Hospital has, other than professional doctors, is a great nursing team. I have experienced passion, loyalty, and care from every single nurse I have dealt with during my stay. They love their jobs and we, as patients, truly appreciate nurses with this kind of attention and compassion. I thank them a lot & applaud them for their devotion."

Professor Ahmed Al Hussein

15

New Mowasat hospital participates in the Universities' Football Tournament

Proceeding from its eagerness to take part in all events that interests the community, New Mowasat hospital supported the universities' football championship which was recently held in Kuwait University Stadium.

New Mowasat management offered the contributing students materialistic gifts in the form of discount coupons from the Orthopedic, Physiotherapy, Cosmetic and Dental Centers. The hospital presented an emotive support as well through the provision of awareness leaflets about general health, how to maintain the proper body structure and useful information regarding most health centers, and practical instructions that concerns the players in particular.

The hospital considered the event an excellent chance to communicate with the new generation by encouraging them, raising their health awareness, and acquainting them with the latest services provided by the New Mowasat hospital and specifically ones related to the fields concerning sportsmen.

NMH is always socially involved in various fields and specially sports activities, educational initiatives, important events' sponsorships and is proud to be a part of such a distinctive event especially for the co-participation of Kuwait University, Arab Open University, Middle East University, Gulf Petroleum,



Sulaibikhat association, and Qadisiya association. Important personalities were also attendant in the event: sports activities' administrator, president of Kuwait University, president of the international stadium and a number of International referees.

Worth mentioning is that ever since it was established in 1965 as the first center for integrated medical care in the private sector in Kuwait, and for almost 50 years, New Mowasat is proud to be the first hospital accredited by both the Canadian Council on health services accreditation (CCHSA) in August 2008, and the American accreditation from Joint commission international (JCI) in November 2010.

Consistent with its leadership and stature as a center of excellence in healthcare, the hospital continues strengthening its numerous achievements and dedicates itself in this regard through the steady expansion of the scope of its services and the continuous improvement of its medical care quality. Thus, New Mowasat hospital presents the highest international healthcare standards for the community; citizens and residents alike.



16

Celebrating World Diabetes Day with FREE Glucose Screening

May Roumani: *“The Campaign aimed at raising community awareness of Diabetes management & implications by offering the latest technologies in the field of medical healthcare with international standards to help prevent the disease repercussions.”*

On the Occasion of the World Diabetes Day, New Mowasat Hospital, in collaboration with Dasman Diabetes center, has chalked out an elaborate programme to celebrate the event in a community beneficial way. As the theme of the World Diabetes Day (WDD) for 2007-2013 is Diabetes Education and Prevention, New Mowasat Hospital celebrated by offering a free Glucose screening for everyone to check up and be safe.

The event took place in multiple locations to reach the public everywhere for a number of important tests. Starting from Monday, November 14th and till Saturday, November 19th, free examination was offered for two days inside New Mowasat Hospital while a free screening booth was set for three more days in malls in different areas of Kuwait.

According to the WHO (World Health Organization) and the IDF (International Diabetes Federation), diabetes is very common in Kuwait & it has reached an ‘epidemic level.’ Approximately 26 per cent of the population of Kuwait suffers

from diabetes or its implications.

The Mowasat Diabetes and medical centre was conceptualized as the first of its kind in the private sector, providing a comprehensive and holistic care of diabetes and its related problems. It follows internationally recognized protocols under the guidance of a multidisciplinary team of physicians, nurses, dieticians and technicians. MDMC also recognizes its position at the vanguard of raising public awareness and is actively participating in the international diabetes day providing free checkup and advice by the professional staff of NMH.

From her side, Mrs. Mai Roumani, New Mowasat Marketing Manager, stated that New Mowasat Hospital is always keen on participating in distinctive healthcare events on a permanent basis. She explained that the hospital aims at raising community awareness of Diabetes management & implications. She stressed that, following the hospital’s mission of “caring for generations”, New Mowasat presents the latest technologies in



17

Students' visit to Hospital's Medical Records Department

May, 2011 - In a move that confirms its community role, New Mowasat Hospital hosted a visit for thirteen students from the Medical Records Department, Faculty of Assistance Medicine, and Kuwait University to the hospital's Medical Records Department. Ms. Fawziya Al Mansouri, Manager of the Medical Records Department, emphasized that New Mowasat Hospital considers the younger generation a vital part in shaping Kuwait's future.



the field of medical healthcare with international standards to help prevent the disease repercussions.

Roumani added that New Mowasat Diabetes Awareness Program which is organized under the slogan of "Diabetes: Comes without Warning!" provided free screening service for citizens & residents as the New Mowasat Hospital team was present in "360" Mall, "Avenues" Mall, "Marina" Mall, and "Al Kout" Mall. The hospital also contributed in the World Diabetes Day Campaign organized by the Ministry of Health under the slogan of "Together to Fight Diabetes" through the Walkathon competition that took place on Saturday, November 19th on the Gulf Road whereas the hospital offered the prizes for the walkathon winners.

As New Mowasat is always keen on fulfilling its role towards community, the hospital tends to address Diabetes by giving people an easy chance for problem detection and medical educational information of how to manage it.



"Good Quality Care includes keeping good medical records. New Mowasat patients' records are of superior quality, ensuring patients are in safe hands."

The Medical Records Department is responsible for maintaining medical records in a consistent and professional manner in order to protect patient confidentiality while allowing access to deliver high quality patient care.

"We, in Medical Records Department, stand for quality and excellent patient care."

"The department maintains international standards of clinical records keeping; thereby facilitating post graduate and undergraduate research", stated Ms. Fawziya Al Mansouri.

At the end of the visit, the students highly appreciated New Mowasat's support for allowing them to see and learn more about the daily operations of the Medical Records department.



18

New Mowasat Hospital holds its first annual "Doctors' Recognition Awards"

December 21, 2011- the New Mowasat Hospital held its very first "Doctors' Recognition Awards Function" at Al Dana Ballroom in the Holiday Inn Hotel in Salmiya.

About hundred guests joined the New Mowasat's top physicians as they were honored with the official certificates and trophies for their exceptional contribution to various medical categories.



Attending the event was Chairman of Al Mowasat Holding Group Mr. Salah Al Wazzan & his son, Al Mowasat Holding Group Counselor Dr. Talaa Al Dehanny, Hospital's Director Mr. Nadeem Nazir, Mowasat's Director of Medical Affairs Dr. Eduard Lotz, Mowasat's Medical Director, Dr. Peter C. Hirsch, Marketing Manager May Roumani, the Chairman of Board Committee Dr. Samer Abdullah, and New Mowasat Hospital Physicians.

In his welcoming speech, Dr. Eduard Lotz, New Mowasat's Director of Medical Affairs, stated that the hospital engages with distinguished physicians who are regarded as essential pillars in delivery of excellent quality patient care.

Afterwards, Mr. Nadeem Nazir, New Mowasat Hospital Director, stated that "this event is created to highlight the fact that we value our doctors as essential assets of the New Mowasat Hospital. In recognition of their outstanding contributions to our hospital, their work ethics, and to the whole community; we are here

today to acknowledge and award them for such hard work and commitment."

"Since this will be an annual event, one of the basic purposes behind this function is also to encourage and acknowledge the exceptional contributions made by those physicians and to drive a sense of motivation in hopes of benefitting our hospital in particular and our society in general." He added.

Dr. Samer Abdullah, Chairman of Medical Advisory Committee, then gave his speech in which he expressed his great pride to be in such occasion. "As a chairman of MAC, along with my colleagues HOD and Director of Medical Affairs, we came up with the idea that it was essential to thank hard working doctors" Dr. Samer explained.

Dr. Samer Abdullah presented the awards, certificates and trophies to the awarded doctors honoring them for "working hard and never stopped giving their best, who worked late at night and early in the morning and wouldn't take no for an answer" explained Dr. Samer.

The first of the five awards was the "Hospital Loyalty" which was handed to Dr. Mohamed Gamal Al Afghani who has worked in New Mowasat Hospital for over 20 years, as Head of ObGyne Department.





in New Mowasat hospital. “This is the first time we hold the doctors recognition awards function but I am sure that many others will be standing here in the future to be honored and awarded as we value the hard work and commitment of our physicians”.

The event was organized to emphasize that New Mowasat values its doctors for their hard work and commitment which reflects on the hospital on the society. The event will be organized on an annual basis to honor those who benefit the hospital to reach higher levels following the international standards that deserves appreciation.

At the end of the ceremony, a group photo was taken for all the invitees who were then invited to dinner in a domestic atmosphere.

Dr. Mohamed Saad El Manee, Consultant Surgeon was awarded for his “Outstanding Contribution to Practice”, as he is a reference in ano-rectal and laparoscopic surgery.

The “Outstanding Contribution to Performance” award was given to Dr. Nahed Hammadih, Consultant and head of New Mowasat Reproductive Medicine department, for his distinguished performance department’s success rate more than 60% of pregnancy in infertile women.

Dr. Mahmoud Omar, Head of Internal medicine, received the “CME” award for his effort in the hospital’s conferences in endoscopy and academic activities.

Last but not least, “Outstanding Contribution to Performance as Registrar” award was given to Dr. Akmal Al Sawi, registrar in the department of Emergency Services, for his participation in Emergency services organization for more than 10 years.

“As the main concept behind that function was the recognition of the doctors’ outstanding contributions to the hospital, their work ethics, and to the whole community, they were acknowledged and awarded for their commitments while other physicians were motivated in hopes of benefitting the hospital in particular and the society in general.” Added Mr. Nadeem Nazir, Hospital Director.

Concluding, Mr. Salah Al Wazzan, Chairman of Al Mowasat Holding Group, welcomed the guests and congratulated the awarded doctors saying that he is proud of having such experts



19

Laser hair removal can save you many troubles

Dr. Ibrahim Al Sayad - Consultant Dermatology & Venereology

Razor pumps on the beard**(Pseudofolliculitis Barbae)**

When hair grows in a curly and tightly coiled pattern, patients suffer from numerous ingrown hairs that may cause skin irritation, papules, and pustules. These may eventually lead to changes in pigmentation and even scarring.

Pseudofolliculitis barbae in Women: - occurs most commonly in the underarm or bikini area with shaving. It can be caused also by pulling the hair out by wax or sweet or shaving machines that pull the hairs out by strong traction.

Pseudofolliculitis barbae in Men: - occurs at the lower neck, where coarse facial hair grows.

When hair is shaved against its normal direction, it is cut just below the level of the skin. When they start to grow, the tip of the hair is pushed towards the skin. The tissues consider it as a foreign material and begin to react against it by producing new collection of cells. This leads to the formation of the so called razor pumps which are small rounded inflamed masses on the surface of the skin. When the person shaves later the razor will cut these pumps leading to bleeding and they re-grow again. The result is that the beard becomes full of these raised painful inflamed masses of flesh.

Laser hair removal is effective in treating this disorder by temporarily or permanently removing the hair from the chronically inflamed lesion. Laser treatment leads to resolution and healing of the papular and pustular lesions, dramatically improving skin texture and the associated post-inflammatory hyper-pigmentation.

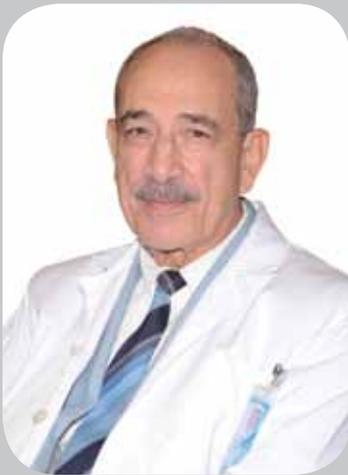
Keloidal acne on the back of the neck**(Acne Keloidalis Nuchae)**

Acne keloidalis nuchae is most commonly seen in people with dark complexion or those with short wide neck. It is characterized by follicular papules and chronic plaques on the occipital area of the scalp. It may often lead to keloidal thickening of the skin and permanent scarring. In early lesions, an entrapped hair is usually apparent, and early treatment with laser hair removal is most effective at this stage. The entrapped hair acts as a foreign body in the skin and, when chronic, can cause skin changes, decreased hair growth, and scarring of the affected area. The treatment goals with laser hair removal for this disorder are to destroy the impacted hair and cause a delay in new hair growth, thus decreasing further scarring. If left untreated it will form thick masses of keloids that need a major surgical procedure for excision of the whole mass in the back of the neck. For this reason, early treatment with laser will save the patient such a major operation



20

Diagnosis & Treatment of Allergic Contact Dermatitis: New Mowasat Hospital uses the latest technologies of diagnosis & treatment of Dermatologic diseases.



In an interview with Dr. Ibrahim Al Sayad, Consultant Dermatology & Venereology in New Mowasat Hospital (M.D, PhD), the doctor specified that New Mowasat Dermatology & Venereology Clinic is fully equipped with the latest medical technologies for the diagnosis & treatment of all dermatologic diseases including hair & skin care treatments.

Dr. Ibrahim Al Sayad explained that Kuwait is one of the countries in which allergic diseases are more prevalent as a result of the extremely high temperature which causes excessive perspiration.

According to Dr. Ibrahim, Allergic Contact Dermatitis (Contact Allergy) is skin reaction resulting from body exposure to allergens or irritants. The reaction's impact may not be limited to the area of direct contact and it could extend to other parts of the body. Dermatologists run tests by applying various test substances to the skin & examine the skin reaction after 48 hours (Allergic Contact Dermatitis Test).

The patient's medical history is the most important diagnostic tool to determine the cause of an allergy. Dermatologists ask for a patient's medical history in order to establish the type of substance causing or aggravating the dermatitis. Finding an accurate cause is the most important step towards providing the correct medicine & obtaining a positive result.

In Addition, Dr. Al Sayad confirms that some types of food may cause dermatological diseases and digestive tract diseases in children. Thus, test is conducted by exposing the patient to the most common food that causes allergic reactions to identify the cause of the problem & completely avoid the particular food in question.

Dr. Ibrahim adds that Allergic Contact Dermatitis Tests has expanded to be used to determine if certain types of medications lead to allergic reactions such as laxatives, painkillers and antibiotics.

Furthermore, Dr. Ibrahim talked about achieving his Doctor's degree from Moscow's Central Dermatology Institute which is a very unique department. He explains that it is an extremely precise specialty & there are only few physicians who are capable of dealing with it professionally.

Regarding Cosmetics in Dermatology, Dr. Ibrahim Al Sayad said that it is essential for a pharmacist to be well acquainted with substances, components & complications of all beauty products. He stressed that, nowadays, pharmacies contains more beauty products than medicines. Thus, it is essential to create a new understanding amongst pharmacists to be able to understand cosmetic dermatology.

To conclude, Dr. Ibrahim Al Sayad advises patients to always seek professional help & be cautious of cosmetic interventions that might harm & damage.



21

Bringing in a Unique Specialty

New Mowasat Hospital's Pediatrics & Neonatology Clinic now offers thorough Diagnosis & Treatment of all types of Children's Allergies



New Mowasat Hospital Pediatrics & Neonatology Clinic recently added a new service to the list. Dr. Abdal Jabbar Farhan, Specialist Pediatrician, who recently joined New Mowasat Hospital, offers special first time services in Children's Allergy Diseases.

Allergy is a hypersensitivity disorder of the body's immune system. Allergic reactions occur to environmental substances.

These reactions are acquired, predictable, and rapid. The most Common allergic reactions are eczema, hay fever, asthma, food allergies, drug allergies and reactions to the venom of stinging insects.

Allergies are divided into three main headings. There are 'respiratory allergies' or 'airway allergies' that includes eye allergies, nose allergies, sinus allergies, asthma and allergies towards animals. These are the most common allergies in Kuwait and worldwide. Other serious allergies are 'skin allergies' such as eczema, and some allergies to food and drugs. There is another type called the 'stinging insect allergies' but it is not very common in Kuwait. It is more prevalent in Europe and the United States.

The most occurring allergies in Kuwait are respiratory allergies and the most common is hay fever. After that comes asthma, then eczema.

The hospital's allergy service helps patients get a precise diagnosis & treatment. The new joining doctor, Dr. Abdal Jabbar Farhan, graduated in 1990 from the University of Mousl which was rated the 9th best Medical School by the UNESCO. He has a wide experience in different specialties in Pediatrics but extended his experience in diagnosing & treating Children's Allergy Diseases. He worked in the Allergy and Immunology department in Royal Manchester Children Hospital in Manchester – UK and enrolled in Southampton University to do an MSc in Allergy.

Dr. Farhan advises parents to seek more information about Children's Allergy diseases. "There are lots of misconceptions regarding this area of children's allergy. Allergy is a common illness but Allergy Specialists are few. The prevalence of hay fever in children in Kuwait is 12-13%. Although, hay fever is a very annoying illness for children, most parents don't consider it as a disease or even notice it. If the child suffers from a seasonal or even perennial running nose, sneezing & red itchy eyes, they will not be able to focus in school or enjoy their spare time. This is an illness that should be attended by the child's parents & a specialized allergist. Also, children's Food Allergy is commonly mistaken to be a permanent condition, while in fact some food allergies are resolving & medically treatable".

New Mowasat Hospital is the only hospital in Kuwait to be accredited with platinum accreditation by Accreditation Canada International (ACI) and the Joint Commission International Accreditation (JCI). New Mowasat Hospital works tirelessly to maintain and improve the services patients require and deserve.



22

Back To School

School Backpack Safety advices

4 Steps to Safe Backpack Use



Backpacks carried by school children have several potential health consequences including back strain, altered gait, bad posture (Kyphosis; scoliosis) and eventual low back pain. Heavy bags such as those carried by school children, can put pressure on joints and ligaments and cause back strain and stress on the growing spine.

Below are helpful tips to insure you know how to safely use your backpack in order to promote spinal health.

Step 1 - Choose Right

The first & most important step is to choose the right size backpack with wide padded shoulder straps and padded back.

Tip: Take the time to choose the appropriate backpack.

Step 2 - Pack Right

The maximum weight of the loaded backpack should not exceed 15% of your body weight, so pack only what is needed. Pack heavier items closer to the center of the back and lighten your load by removing any unnecessary items.

Tip: If the backpack forces the wearer to move forward to carry, it's overloaded.



Step 3 - Lift Right

Face the Pack - Bend at the Knees - Use both hands and check the weight of the pack. -Lift with the legs - Apply one shoulder strap and then the other.

Slinging a backpack over one shoulder can strain muscles & increase curvature of the spine and leads to scoliosis.

Tip: Don't sling the backpack onto one shoulder.

Step 4 - Wear Right

Use both shoulder straps - snug, but not too tight. Wearing both shoulder straps and the waist strap helps to distribute and stabilize the load evenly.

Tip: When the backpack has a waist strap - use it.

23

New Mowasat Hospital: The only with the latest Scientific Developments in The field of Laparoscopic Gastroenterology

Dr. Mahmoud Omar: *“We use the second generation of colon and intestine capsules”*



Consultant and Head of Internal Medicine Diseases Department at New Mowasat Hospital, Fellow of the American Society for Gastrointestinal Endoscopy, Dr. Mahmoud Mohammad Omar said the hospital exclusively reveals the latest scientific developments in the field of endoscopy, high definition endoscopes, which allows early detection of tumors of the digestive system, using

the “i-scan” technology. This technology detects changes in the lining of the digestive system more accurately.

He clarified that modern endoscopes use ultrasound examination of the stomach wall and lymph glands behind it, which was not available by ordinary endoscopes.

On esophageal reflux and its causes, Dr. Mahmoud Omar noted that acid reflux into the esophagus is a common condition. Usually it is attributed to inflammation or laxity of the stomach valve which reduces its efficiency in preventing the reflux of acid to the esophagus. Then the symptoms appear on the patient such as feeling of heartburn, acidity, nausea, and the desire to vomit, and may feel the taste of acid in his mouth, causing vomit.

It may also show non-gastrointestinal symptoms such as chest pain and frequency of cough, especially during sleep and pain in the heart area although it is intact. Patients may suspect having heart or respiratory disease, while tests prove otherwise. Accordingly the cause of these symptoms reveals to be due to reflux of acid into the respiratory system.

Dr. Mahmoud Omar noted that the risk factors that increase the chance of esophageal reflux include smoking, excessive alcohol, excessive eating especially fattening meals and sleeping

afterwards, excessive intake of soft drinks, caffeine, chocolate and acidic substances, as well as obesity.

Dr. Omar confirmed that endoscopy is a completely safe diagnostic method if used properly. Dr. Omar pointed that the endoscopy has two functions; the first is diagnostic to detect tumors early, while the second is the treatment of tumors.

Dr. Omar pointed out that the rapid developments in digestive system endoscopies began to play a major role in the treatment of many diseases without surgery, such as treatment of obesity, the removal of tumors, colon diseases, esophageal reflux, pains, high acidity and bleeding.

Dr. Omar noted that New Mowasat Hospital is using the second generation of colon and intestine capsules, explaining that these capsules has test accuracy up to the accuracy of the ordinary endoscopy.

On the nature of the work of these capsules, Dr. Omar stated it is a small capsule with a battery and a camera. When swallowed by the patient, it shows the digestive system and is used in the diagnosis of small bowel diseases that are difficult to diagnose endoscopically, as it can transfer photos through a wireless device that records what goes into the capsule and then the body extracts this capsule naturally.

At the end of his speech, Dr. Omar warned of the wrong dietary habits in the Arab region, which plays a vital role in the digestive system diseases, including eating until full, sleeping immediately after eating, eating junk food and spicy food.

Dr. Omar advises anyone over fifty years old to conduct a routine examination of the colon leading to early detection of colon tumors, noting that such examination must be performed before the age of fifty if there is a history in the family of colon tumors. He also advised those who suffer from a change in form or nature of the stool, bleeding, weight loss or a sense of a state of general weakness to undergo colon examination.

On methods of prevention of the digestive system diseases, Dr. Omar advised to exercise, rationalize eating, and avoid smoking and alcohol as well as early detection of tumors.

24

Abdominoplasty Procedures

In New Mowasat Dermatology, Cosmetic, and Plastic Surgery Center

The Dermatology, Cosmetic, and Plastic Surgery Center in New Mowasat Hospital offer state-of-the-art Abdominoplasty procedures for which Dr. Peter C. Hirsch, Consultant Plastic Surgery and Director of the center, takes us in a journey of details with important information and advice.



What is the meaning of Abdominoplasty?

This surgery is also called a tummy tuck. In this procedure, excess skin and fat can be removed, abdominal contours and scars improved, and the muscles tightened. Different combinations

are combined in the various procedures.

What are the difference between the standard Abdominoplasty, the mini-Abdominoplasty, and the extended Abdominoplasty?

In the standard surgery, the excess skin and fat of the abdominal wall between the pubic area and the umbilicus (navel) is removed leaving the umbilicus in place. The skin of the abdominal wall at the level of the umbilicus is then drawn to suture it to the pubic level.

While in the mini-Abdominoplasty, surplus skin below the umbilicus is removed leaving a low abdominal scar at the level of the pubic area. The umbilicus is not disturbed but liposuction is usually carried out at the same time of the procedure to reduce the thickness of fat in the abdominal wall and any laxity or hernia of the abdominal wall is repaired at the same time.

However, in the extended Abdominoplasty, surplus skin and fat of the loins and back are also removed so that the scar extends around the flanks onto the lower back.

Who is a candidate for an Abdominoplasty procedure?

Anyone who has excess abdominal skin and fat maybe a candidate. With women, the problem is usually caused by

pregnancy, but is greatly aggravated by weight loss. The muscles of the abdominal wall maybe weakened by pregnancy and actually pulled apart in the middle. Men are similarly affected by weight loss. Stretch marks (striae) are simply the scars which are left after extreme stretching of the skin. They are usually most apparent on the lower part of the abdominal wall. There is no specific treatment for these stretch marks, but many of them are excised in an abdominal reduction and those that are left are tightened making them look less obvious. Patients who are unable to tighten the abdominal wall skin with exercise or wish to achieve a smoother flatter abdomen will also benefit.

What does a patient need to do before the operation?

If you are overweight, you would be well advised to diet as best results are obtained in people who are the correct weight for their height. If you are taking the contraceptive pill, you should stop it for six weeks before surgery and use an alternative method in order to reduce the risk of thrombosis. If you smoke, there is a greater risk of chest infection and in particular healing of the abdominal wound is less good.

However, to reduce the risk of hematoma formation, you must not take Aspirin for at least one week prior to surgery.

Recuperation: What should a patient do after the operation?

Over activity in the early days reduces healing and increases fluid accumulation. Light activities are comfortable in 10 to 20 days. Sports will not be possible for about 6 weeks particularly when the muscles have been tightened with sutures. A corset is usually helpful to reduce the swelling and improve comfort in the first month.

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Welcome on Board

New Mowasat Hospital welcomes it's new specialists and consultants on board.

Mowasat Orthopedic Center



Dr. Ahmed Mokhtar
Consultant Spinal Orthopedic Surgeon

MD, degree in orthopedics and spine surgery

Fellowships/Memberships:

- Fellowship of the Royal College of Surgeons –Edinburgh
- Fellowship of Spine Surgery Queen's Medical Center-Nottingham, UK
- Fellowship of Spine Surgery Royal Adelaid Hospital –Australia
- AO Spinal Fellowship

Ext.: 2400/2410/2446 - Email: amokhtar@newmowasat.com

Obstetrics & Gynaecology Clinic



Dr. Nagwa S. Labib
Consultant Obstetrics & Gynecology

M. D, ICS

Fellowships/Memberships:

- The International College of Surgery.
- The Egyptian Fertility and Sterility Society.

Ext: 2355/2357 - Email: nalbaker@newmowasat.com



Dr. Amani Marmash
Specialist Obstetrics and Gynecology

Certificate of Complete Structure Training - London.

MROCG – London, DRCOG, MBBS

Fellowships/Memberships:

- The Royal College of Obstetricians and Gynecologists – London.
- British Society of Endoscopic Surgery – London.
- The American Society of Reproductive Medicine.
- The European Society of Human Reproduction and Embryology.
- British board certified in Obstetrics and Gynecology.
- Subspecialist Infertility and Laparoscopy – London.

Ext.: 2362/2355 - Email: aatabeh@newmowasat.com

Ophthalmology Center



Dr. Mohamed Muhtaseb

Consultant Ophthalmology - Director of NMH Ophthalmology Center

Fellowships/Memberships:

- FRCOphth (Fellow of the Royal College of Ophthalmologists, UK)
- MBBS (University of London) with Honours
- Member of United Kingdom and Ireland Society of Cataract and Refractive Surgeons
- Member of European Society of Cataract and Refractive Surgeons

Ext.: 2141 - Email: mmuhtaseb@newmowasat.com

Pediatrics & Neonatology Clinic



Dr. Abd Al Jabbar Farhan

Specialist Pediatrics

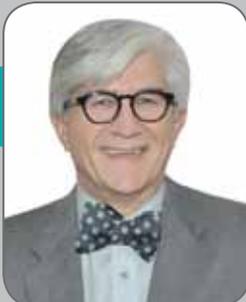
MBCHB, PLAB- UK, DCH- UK
MRCPCH, CCT in Pediatrics, UK

Fellowships/Memberships:

- Royal College of Pediatrics and Child Health, UK.
- British Society of Allergy and Clinical Immunology.

Ext.: 2328 - Email: fjabbar@newmowasat.com

Dental Department



Dr. Danijal Dzafic

Consultant Prosthodontist

DDM, PhD, European Board of Prosthodontics

Fellowships/Memberships:

- Fellowship of Implantology in Wunzburg University – Germany
- Member of Dental XP (experts for Aesthetic and implant dentistry) in Atlanta-Georgia, USA
- Participant of the American Institute of implant dentistry.
- Holder of Comprehensive License Certificate of the ITI – Bern University, Switzerland.

Ext.: 2535 - Email: Ddzafic@newmowasat.com

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Welcome on Board *(cont.)*

New Mowasat Hospital welcomes it's new specialists and consultants on board.

Diabetes and Endocrinology Center



Dr. Eid Al Fadhly
Consultant Diabetes and Endocrinology

MD, FRCPC, FACP, FACE

Fellowships/Memberships:

- Royal College of Physicians and Surgeons of Canada
- American College of Physicians and Endocrinologists
- American Association of Diabetes
- American Association of Clinical Endocrinologists
- Endocrine Society
- Royal College of Physicians and Surgeons of Ireland

Ext.: 2120 - 2123 - Email: efadhli@newmowasat.com

Urology Department



Dr. Shabir Al Mousawi
Consultant Urology

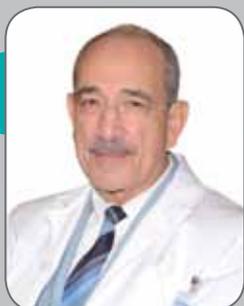
MD, PHD

Fellowships/Memberships:

- American Urological Association.
- European Association of Urology.
- International Endourological Society.
- Fellowship in Endourology & Urolaparoscopy (Shahid Beheshti University– Tehran).

Ext.: 2240 - Email: smousawi@newmowasat.com

Dermatology, Cosmetic, and Plastic Surgery Center



Dr. Ibrahim Al Sayad
Professor and Consultant Dermatology and Venereology

M.D Ain Shams University-Cairo

Doctor's degree - Central Dermatology Institute, Academy of Medicine – Moscow

Fellowships/Memberships:

- Kuwait and Egyptian Dermatology Societies.
- Fellow of European Society for contact dermatitis.
- Consultant and reviewer for Modern Medicine Scientific Publications – Paris, France.

Ext.: 2551 - Email: isayad@newmowasat.com



NEW MOWASAT HOSPITAL
CARING FOR GENERATIONS

Since 1965, New Mowasat Hospital strives for excellence and exceeding expectations. The hospital is the first and only in Kuwait to achieve the highest two accreditations for quality health care, the Joint Commission International (JCI) and the Accreditation Canada International (ACI) - Platinum level. Our passion for quality makes us the first choice of patients and medical practitioners.

Services & Departments

Diabetes & Medical Center

Dermatology, Cosmetic & Plastic Surgery Center

Surgery Department

Internal Medicine Department

Orthopedic Center

Ophthalmology Center

Obstetrics & Gynaecology Department

Reproductive Medicine Center

Pediatrics and Neonatology Department

Dental Department

Rheumatology and Physical Medicine Dept.

Diagnostic Imaging

Anesthesiology Department

Emergency Services (ER) 24/7

Laboratory

Home Health Care

Pharmacy

CARING FOR GENERATIONS

Salem Al-Mubarak Street
Salmiya, Kuwait

Hotline : +965 182 6666
www.newmowasat.com

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Health Tips

Eat Fruits & Vegetables

Fruits and vegetables are critical to promoting good health. It contains essential vitamins, minerals, and fibers that may help protect you from diseases.



تناول الفواكه والخضروات

الفواكه والخضروات مهمة جدا للحفاظ على الصحة الجيدة . فهي تحتوي على الفيتامينات والمعادن الأساسية و الألياف التي قد تساعد على حمايتك من الأمراض.

Quit Smoking

Smoking chokes off the lung and arteries thereby stopping the flow of oxygen and blood to your body. Smoking causes cancer as well as heart and lung disease.



اترك التدخين

التدخين يسبب اختناق الرئة و انسداد الشرايين وبالتالي منع تدفق الاوكسجين والدم الى جسمك. التدخين يسبب مرض السرطان وأمراض القلب والرئة.

Exercise & Stay Fit

Exercise helps you live longer and healthier. The body needs to stay in action and movement. It benefits your heart, lungs, joints, and mind.



مارس الرياضة

الرياضة تساعدك على أن تعيش حياة صحية فالجسم يحتاج مزاولة الحركة والعمل بشكل مستمر. الرياضة مفيدة للقلب والرئتين و المفاصل و العقل.

Drink More Water

Drink as much water as you can. It flushes the toxins and keeps all the cells in the body functioning well.



اشرب المزيد من الماء

شرب الماء بكثرة يفيد الجسم ويساعد على طرد السموم ويحافظ على عمل الخلايا بشكل سليم.

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نصائح صحية

Periodic Check-ups

Regular check-ups help you discover health problems early which increases your chances of successful treatment and recovery.



الفحوصات الدورية

الفحوصات الدورية تساعدك على الكشف المبكر لأي مرض أو مشكلة صحية مما يزيد فرص نجاح العلاج والشفاء.

Self Medication can be Harmful

Do not take any medication unless recommended by a healthcare professional.



استعمال الدواء بشكل شخصي مضر

لا تأخذ أي دواء من غير استشارة الطبيب المختص.

Balanced Diet will keep you in Good Shape

A balanced diet comprising of diverse and healthy foods is key to promoting good health. Eating healthy food promotes good health.



الغذاء المتوازن يحافظ على لياقتك

برنامج غذائي متوازن يحتوي على أغذية مختلفة وصحية يؤدي إلى صحة جيدة.

Keep Clean, wash your hands

Washing your hands help limit the transfer of bacteria and viruses and therefore prevent infections.



حافظ على النظافة . واغسل يديك

غسل اليدين يساعد على الحد من انتقال الفيروسات والجراثيم وبالتالي منع حدوث العدوى.