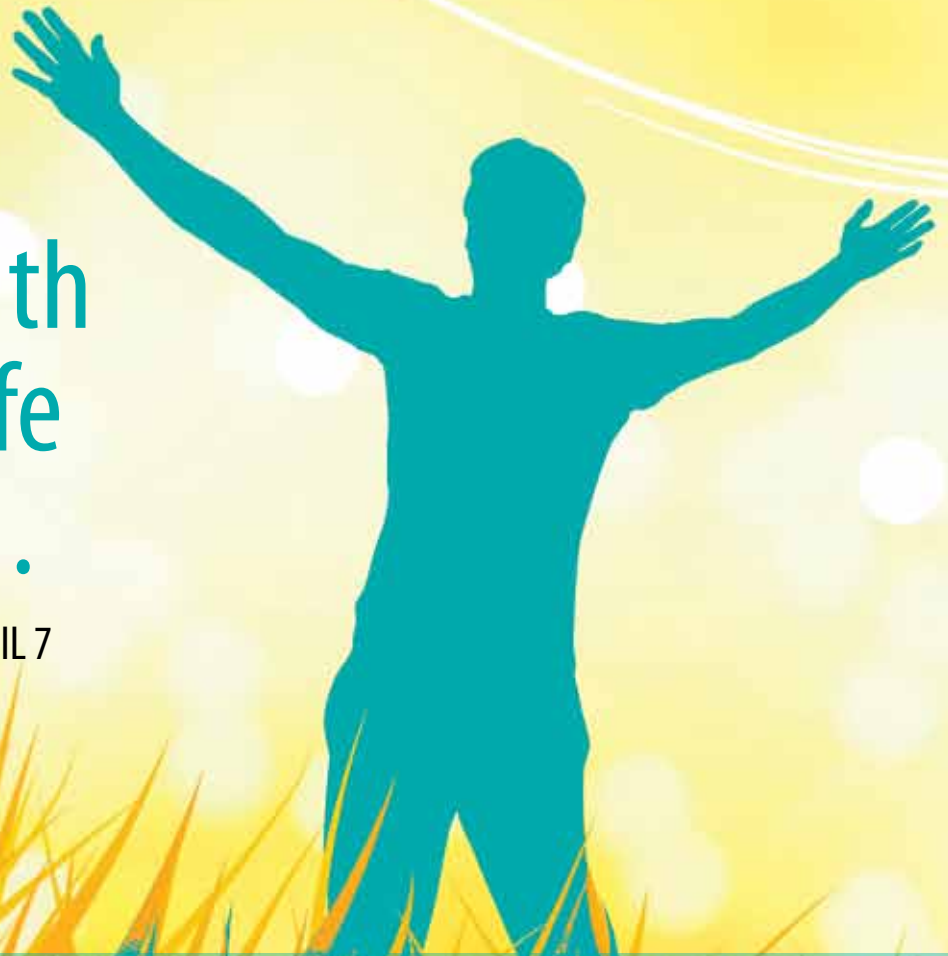




NEW MOWASAT HOSPITAL  
CARING FOR GENERATIONS

# Good health can add life to years...

WORLD HEALTH DAY | APRIL 7



A Publication of the New Mowasat Hospital | 2012

## MOWASAT NEWS

03

Customer Service Workshop

05

New Mowasat Hospital honors employees  
for their efforts in obtaining the  
ACI Qmentum Platinum Accreditation

07

New Mowasat Hosts  
Professor Marc Giovannini

Spring  
2012



# OUR SERVICES & DEPARTMENTS

Diabetes & Medical Center

Cosmetic Center

Surgery Department

Internal Medicine Department

Orthopedic Center

Ophthalmology Center

Obstetrics and Gynecology Dept

Reproductive Medicine Center

Pediatric & Neonatal Department

Dental Department

Rheumatology and physical medicine

Diagnostic Imaging

Anesthesiology Department

Emergency Services

Laboratory

Home Health Care Department

Pharmacy

# CONTENTS



01 | New Mowasat Celebrates World Health Day



04 | Kuwait Medical Students Association Golden sponsor of the Exhibition

05 | NMH honors employees for obtaining the ACI Qmentum Platinum Accreditation



11 | MRI during pregnancy ?? YES you CAN !!!

14 | What is Addison's Disease?

18 | Learn the art of shopping Food Label

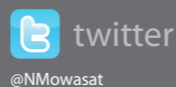
20 | Welcome on Board Patient Testimonials



NEW MOWASAT HOSPITAL  
CARING FOR GENERATIONS

Salem Al-Mubarak Street  
Salmiya, Kuwait

Hotline : +965 182 6666  
www.newmowasat.com



Spring  
2012

# 01 World Health Day



WORLD HEALTH DAY | APRIL 7

Good health  
can add life  
to years...

April 7th marks the World Health Day every year. However, As Life expectancy is going up in most countries nowadays; more and more people live longer and enter an age when they may need health care. Thus, this year's theme is "Ageing and health" with awareness programs being organized around the world to educate people about ageing in a healthy way.

Here are some advices which can help you keep your body strong and healthy for a better life.

### Dietary:

- Determine how many calories your body needs to function each day (1000-2000) depending upon your metabolism and how physically active you are.
- Don't eat more than what your body needs. (Various recent studies showed that if you eat less, you live longer)
- Eat a healthy, follow a balanced diet for life and avoid unhealthy diets.

Asmaa Bastaki  
Dietician

### Obstetrics and Gynecology:

- A woman should always follow a screening program for early detection of breast or cervix diseases.
- Low risk group should have breast self examination monthly and a mammography every 2-3 years (in women above the age of 40)
- High risk group (who have family history of breast cancer; first or second degree relatives) should have annual mammography.

- Annual examination (Pap smear) is very important for all women since they start to be sexually active. If Pap smear is negative till the age of 35, the examination should be done every 2 years; for life.
- Among high risk group who are exposed to sexually transmitted diseases or have H/O positive Pap smear, the examination should be done every 6 months.
- Cervix cancer vaccination is available now and advised to be given in a younger age (School students).

Dr. Nagwa Labib  
Consultant Obstetrics and Gynecology

### Diabetes and Endocrinology:

Diabetes has become an epidemic in Kuwait as it affects both residents and nationals of all classes and age groups. Apparently, one third of diabetes patients ignore that they are diabetic. The disease is diagnosed by chance through the blood analysis and blood sugar level test. However, this disease is practically present since five years. Researches conducted in the recent years showed that the disease can be delayed or even prevented in the pre-diabetes stage. This is the period in which the disease is in the preparedness stage and in which insulin motivating medicines should be given to the patient along with the healthy food to prevent the disease. Regular check-ups are recommended to be conducted every 6 months in case of obesity, excess weight or hereditary factors.

Dr. Habib Stetieh  
Specialist Diabetes and Endocrinology

### Dentistry:

- Regular check-ups every 6 months will keep your teeth and gums as healthy as can be.
- Good oral hygiene.
- Follow healthy diet and avoid excessive sugar intakes; particularly before bedtime.
- Caring for non aligned or malpositioned teeth and early replacement of missing teeth to avoid further collapse of function and static.
- Introduce your children to the dentist in an early stage through regular check-ups for early detection of any dental problems.

Dr. Danijal Dzafic  
Consultant Prosthodontist and Clinical Director of Dental Dept.

**Dermatology:**

- Avoid sun exposure from 10 am to 4pm to prevent your skin from signs of “photo aging” e.g. Wrinkles, pigmentation and also skin cancer.
- Drink a lot of water to avoid dehydration of skin.
- Stay away from excessive make-up which can cause skin allergies and pigmentation.

**Dr. Hisham Al Khatib**

Consultant Dermatology and Venereology

**Pediatrics:**

- Regular monitoring of children’s weight, height and linear growth (in young children) for an early detection of any growth problems.
  1. After birth: every month
  2. After 6 months: every 2-3 months
- Feeding monitoring: breast fed babies should have vitamin supplement.
- Babies delivered by moms who have iron or vitamin deficiency must be checked for the same problem.

**Dr. Abdal Jabbar Farhan**

Specialist Pediatrics

**Ophthalmology:**

- Have regular Check-up with your Ophthalmologist (ask your doctor about the frequency of your check-ups as it might differ from one person to another).
- Wear sunglasses to protect your eyes from many damages that can result from exposing them to UV (wearing goggles can also protect your eyes from injuries).
- Eat healthy food that contains vitamins, minerals and anti-oxidants.
- Sit at a comfortable distance while using the computer (generally the preferred viewing distance is 50 and 100 cm) and take a break after ever one hour.
- Commit to the instructions on your contact lenses.
- Use less eye make-up and choose good reliable kinds when you do.
- Visit your doctor immediately in cases of: an unclear vision –eye color change - pain – double vision – seeing flashes of light.

**Dr. Mohamed Abd El Naby**

Consultant Ophthalmology

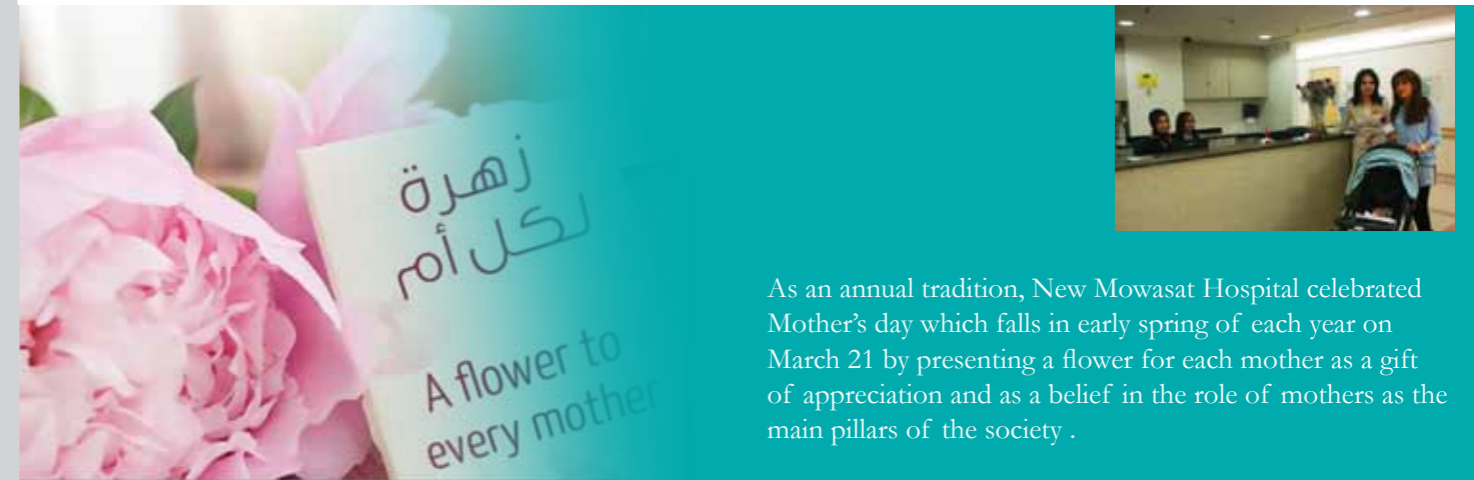
**Cardiology:**

High blood cholesterol moves fats from liver to blood while the low blood cholesterol increases the average of sediments in the coronary artery wall. This is due to many factors including eating big quantities of foods rich with saturated fats and oils, alcoholic beverage drinking, low sports activities, obesity and unhealthy food habits. This high percentage of blood cholesterol may damage heart and blood vessels. Therefore, blood pressure regular check-ups must be conducted particularly if a patient feels headache, vertigo and blurred eyes. Blood cholesterol level test should be conducted every 6 months as of the age of 40.

**Dr. Jamil Baydoun,**

Specialist Cardiology

# 02 On Mother’s Day “A flower to every mother”



As an annual tradition, New Mowasat Hospital celebrated Mother’s day which falls in early spring of each year on March 21 by presenting a flower for each mother as a gift of appreciation and as a belief in the role of mothers as the main pillars of the society .

On this occasion, Mrs. May Roumani, the Marketing and PR Manager in New Mowasat, stated that this special gesture of receiving every mother who visits the hospital on Mother’s Day with a flower; is a token of appreciation and recognition for the essential role that mothers play in our lives. She added that this initiative comes from a deep understanding and appreciation of the great place in our hearts occupied by great mothers who build a community by raising the future through “Caring for Generations”.

Roumani explained that the hospital celebrates this occasion annually to emphasize the fundamental role of the mother as the provider of love and care to her children, a life partner to her husband and as a backbone of her family. In conclusion, Roumani stressed that the tradition of celebrating this occasion in New Mowasat Hospital is considered as a mobilization of the Public opinion towards the need to observe and look back on mothers’ roles in constructing a better community which is incarnated in presenting her gifts that bear an emotional meaning rather than a materialistic value.

## 03 Customer Service Workshop



“We continuously enhance our customer service through Internal customer care and communication skills workshops.”

In line with the hospital’s general strategy to improve the customer service care and to exceed the trustful patients’ expectation, an internal workshop related to customer care and communication skills was organized for front desk and customer service department in New Mowasat Hospital.

The workshop started on the 19th of February and is intended to be repeated every three months in order to continuously improve the staff’s customer service skills.

The training program was organized by the assistant manager customer services & front desk, Yasser Tarabay; with the main trainers; senior supervisors Iyad Ismail and Habib Tarek senior supervisor.

Regarding the benefits of such investment, Mr. Yasser Tarabay stated that “It is commonly observed and accepted that employees work better when management provides their needs. Employee training is one such need. Those workers that qualify for training programs become better equipped to do their jobs in a manner that benefits customers, and in turn the company itself.

By implementing an adequate customer service training program, employee morale and confidence goes up, job satisfaction increases, worker turnovers are reduced significantly and in general builds a service oriented workforce that is responsive to the needs of the customers.



## 04 Kuwait Medical Students Association Golden sponsor of the Exhibition



NMH Staff During the Exhibition

February 2012 - New Mowasat participated in the “First Aids” exhibition organized by Kuwait Medical Students Association (KuMSA) with the Golden sponsorship. The exhibition took place on Sunday 19th and Monday 21st in the Red Crescent Association.

The event was basically intended to educate and train medical students - class 2011/2012”- on first aids techniques including wounds’ treatment with the most minimal equipment available and in the fastest possible means. The training was performed by specialized professionals enabling the students to hold a certificate that entitles them to practice volunteer work and treat the wounded in the future.

On this occasion, Mrs. May Romani, the Marketing and PR Manager in New Mowasat hospital, said that the exhibition has an effective role in developing the professional skills associated with the education of medical students. Thus, the hospital seized the opportunity to support such valuable and effectual event created to improve the potential talents of future physicians.

Ms. May added that the New Mowasat hospital has always been a pioneer in healthcare provision since 1965 and it has been marked throughout the years for its constant support for youthful minds by facilitating educational, entertaining, cultural, and social events and activities.

In conclusion, Romani added that the efforts of the Kuwait Medical Students Association for developing a more reliable base of future doctors; is considered a participation in building the medical future of the State of Kuwait.

New Mowasat has always been the sole provider of the highest levels of excellence in specialized healthcare services for what it offers from unique specialties to a professional medical staff. The hospital was thus qualified for obtaining the platinum level of the Accreditation Canada International (ACI) and the Joint Commission International (JCI) for offering quality health services to its patients to be the one and only hospital in the State of Kuwait which holds both certificates together.

# 05 New Mowasat Hospital honors employees for their efforts in obtaining the ACI Qmentum Platinum Accreditation



21st of March 2012, New Mowasat Hospital held a certificate distribution ceremony ACI Accreditation Canada Qmentum Platinum in which Mr. Nadeem Nazir, Hospital Director, Dr. Eduard Lotz, Director of Medical Affairs and Ms. Shaheena Sheikh, Quality Systems Manager; distributed Certificates of Acknowledgement to all those who contributed to this outstanding achievement of being the first hospital in Kuwait that maintains two of the highest international Accreditations; JCI and 'ACI Accreditation Canada Qmentum Platinum'.

On this occasion, Mr. Nadeem Nazir stated that “New Mowasat Hospital has been associated with Accreditation Canada International since 2008 and working with this organization has truly been an exceptional and worthy experience. As an organization committed to providing safe and high quality healthcare to our patients, an accreditation program such as

Qmentum International gives us the opportunity to set higher patient care targets, developed through best practice techniques.”

“Acquiring the Qmentum International, which is an exceptional novel program created by Accreditation Canada International, has helped the New Mowasat Hospital leaders and teams in recognizing their strengths and areas that required improvements”, Said Nazir. “It also provided the hospital with a sustainable way of approaching quality improvement. The program facilitated in developing comprehensive, structured, transparent and patient-centered processes, thus ensuring continuity in care, patient safety and ongoing improvement”, he added.

However, the program also covers essential fundamentals in areas of quality improvement and knowledge transfers. It is a highly intelligent and wide ranging system, necessitating the involvement of hospital staff members, from the management to frontline personnel. The introduction of such a program made the accreditation process efficient and flexible for New Mowasat Hospital, especially since the program has been tailored to Accreditation Canada International’s international clients.

Moreover, Ms. Shaheena Sheikh explained that Qmentum International has helped in enhancing the quality of care provided to Mowasat’s clients. “The accreditation journey was challenging yet fruitful primarily due to

Acquiring the Qmentum International, has helped the New Mowasat Hospital leaders and teams in recognizing their strengths and areas that required improvements.

Nadeem Nazir, Hospital Director

the endless support given by Accreditation Canada International. Its client and employee centered programme facilitated in greatly enhancing our patient care model. Interacting with the team was truly a pleasant experience and the accreditation process helped in further enhancing New Mowasat Hospital’s vision and mission.” she added.

New Mowasat Hospital, while one of the oldest private hospitals in the country; continues to work towards providing the most efficient health care to patients in Kuwait. Its core values include Quality, Customer Service, Commitment, Innovation and Teamwork. The hospital’s constant effort in delivering the highest quality standards of healthcare to patients stems from its vision in being distinguished as a leader in delivering the highest quality standards of healthcare in Kuwait and is endorsed by its willingness to put itself through rigorous assessments every three years. Therefore, achieving Qmentum International Accreditation further enhanced the reputation New Mowasat hospital as a pioneer in delivering healthcare with the highest standards of quality and patient care.



## 06 All the way from France to Kuwait New Mowasat Hosts hair transplant expert



**Professor Frederic Menu**  
from the French Medical Center

Adding to its distinctive services, New Mowasat hospital hosted Professor Frederic Menu, natural hair transplant expert, within its International Physician Program.

The visit took place from 18th to 20th of March under the clinical sponsorship of Dr. Peter Hirsch, Consultant Plastic Surgery and Clinical Director of the “Dermatology, Cosmetic and Plastic Surgery Center” in New Mowasat; during which he performed natural hair transplant and eye brow restoration surgeries.

Professor Frederic is the vice president of the Liberal Syndicate of Qualified Surgeons to Practice Hair Transplant Surgery. He is also a member of the International Society for Hair Transplant Surgery, and several National Syndicates such as; the Union of Surgeons in France and the French Union of Maxillofacial Surgeons. Professor Menu is also Administrator of the Teaching and training Surgeons Program for European Certificate of Hair Transplantation.

However, in his quality of facial plastic surgeon and holder of a diploma in microsurgery, he has been in charge of the courses of the inter-universities European Diploma for Baldness treatment (Lyon, Paris, Dijon, Bordeaux (France), Torino (Italy), Vienna (Austria).

On this occasion, Dr. Peter Hirsch stated that “the visit was mainly organized for the basic purpose of Mowasat’s International Physicians Program to give patients access to the best health care services in Kuwait by bringing physicians from exemplary hospitals and medical institutions around the world to Kuwait.”



“This on-going program is continuously improved and altered to meet the needs of the community by providing physicians of different sub-specialties who operate at international standards.”

## 07 New Mowasat Hosts Professor Marc Giovannini

Within the hospital’s International Physicians Program, New Mowasat Hospital hosts Professor Marc Giovannini, Consultant Gastroenterologist, chief of endoscopy unit at the Paoli - Calmettes Institute in Marseille- France and the current President of the Euro-EUS. Professor Giovannini is one of the most prominent consultants in the field of digestive diseases and a pioneer expert in digestive endoscopy and has more than 200 researches in that area.

Professor Giovannini’s three days visit will take place in the period from 10th to 12th of March, in association with Dr. Mahmoud Omar, Consultant and Clinical Director of the Internal Medicine Department in New Mowasat.

Dr. Omar stated that Professor Giovannini’s visit comes within Mowasat’s International Physicians program, explaining that the hospital’s management constantly aim to reach the best medical skills to offer patients all that is new in the techniques of diagnosis and treatment instead of traveling abroad to seek medical expertise.

Furthermore, Dr. Omar stated that Professor Giovannini specializes in the diagnosis and treatment of bowel obstructions and that he is the first to treat clogged bile ducts through the stomach with the most advanced technique using endoscopic ultrasound. Prof. Giovannini also offers unique and outstanding services during this visit including the follow-up and treatment of the pancreatic diseases, biliary system tumors, liver tumors, intestinal and colon diseases such as ulcerative disease and Crohn’s and rectal or anal bleeding .

In addition, Dr. Omar explained that patients with long standing esophageal reflux will strongly benefit from Professor Giovannini’s visit as he will provide advanced treatment for cases with Barrett’s esophagus through the removal of the changed part of the inner membrane of the esophagus through the endoscope.

Dr. Omar mentioned that Professor Giovannini is one of the physicians who contributed to the design of the ultrasound endoscope which assist in the diagnosis of the pancreas and the bile diseases and the early detection of digestive tract tumors and diseased lymph nodes. “This endoscope is the latest and most advanced in the field of diagnosis and treatment of digestive system diseases for what it includes of high-quality endoscope and attached to an ultrasound machine.” Dr. Omar stated.

He added that the past decade has witnessed great development in the use of this endoscopic ultrasound, which now has an important role; not only in diagnosis but also in treatment. “It is only through it that the different layers of the wall of the digestive system can be studied and samples can be collected in order to detect small sized tumors and to easily examine lung, thyroid, liver and spleen tumors.” Dr. Omar explained.



**Professor Marc Giovannini,**  
Consultant Digestive Diseases and Endoscopy,  
from France with Dr. Mahmoud Omar of NMH

Professor Giovannini is one of the physicians who contributed to the design of the ultrasound endoscope which assist in the diagnosis of the pancreas and the bile diseases and the early detection of digestive tract tumors and diseased lymph nodes.

Dr. Mahmoud Omar

# 08 French Plastic Surgeon, Dr. Eric Plot, Visits to perform The latest French techniques for Face reshaping ... by injection !!



**Dr. Eric Plot**  
Consultant, Plastic Surgery

Under the supervision of Dr. Peter Hirsch, Consultant Plastic Surgery and Clinical Director of the Dermatology, Cosmetic and Plastic Surgery Center in New Mowasat; the hospital hosted French Plastic Surgeon - Dr. Eric Plot – from 3rd to 5th of March. During the visit, Dr. Eric performed the latest French techniques for face reshaping and dark circles removal by injection; without surgery. He also provided unique Cosmetic and reconstructive surgery services including the face lift, lipo sculpture, breast lift, reduction and augmentation, tummy tuck, thigh and arm reshaping, nose, ear and eyelids reshaping.

Dr. Eric Plot is recognized and qualified by the Order of French Doctors and the High Authority of Health. He is also member of the French Society of Reconstructive and Aesthetic Surgery (SOFCPRE), of the SOFCEP, the syndicate and college of plastic surgeons. Since 1995, he has been practicing aesthetic and reconstructive surgery exclusively. He is also member of the international « expert to expert » association in

the UK, which shares knowledge among medical and aesthetic surgery doctors, by organizing congress and post-graduate training courses. Hence, this association introduces and assesses the latest developments before proposing them to patients.

Moreover, Dr. Plot is a member of the scientific committee of the International Congress in Aesthetic and Anti-Aging Medicine (ICAAM), and as scientific director, he has been organizing since 2 years, the international Congress of Dubai (ICAAM ME) and actively participates in the World Congress of Monaco (AMWC 2010).

His interventions in the Congresses and his scientific publications earned him the appreciation and respect of his peers. He is regularly invited to give conferences, teaching courses, surgical examples on Breast Implant, facial rejuvenation techniques and weight loss consequences treatment techniques.

He is also an expert recognized for his work and intervention in international congresses on laser lipolysis.

His Parisian clinic, where he is working with dermatologists specialized in laser treatment and nutritionists, allows him to offer comprehensive and personalized treatment that meets the expectations of every patient.



# 09 Consultant Foot and Ankle Surgery Dr.Klinke's visit to New Mowasat



**Dr. Martin Klinke**  
Expert and International Lecturer of Foot and Ankle Surgery

Expert and International lecturer of Foot and Ankle Surgery, Dr. Martin Klinke, visited New Mowasat from March 31st to April 2nd in association with Dr. Tarek Abel Tawab and Dr. Ali Al Mukaeimi – Orthopedics Consultants in Mowasat's Orthopedic Center. During the visit, the medical team examined patients and performed surgeries like complex fractures and injuries, foot and ankle arthroscopy, joints replacement, sports injuries as well as disruption of tendon, ankle sprains, and frequent complications of partial paralysis of foot and ankle.

It is also worth mentioning that Dr. Klinke graduated from medical school in Frankfurt and received a master's degree in Sports Medicine from the University of Nice.

He completed his post-graduate orthopedic training in Germany and at two major university teaching hospitals in Paris before undertaking a specialized foot and ankle fellowship at the Royal National Orthopedic Hospital. He is also a member of the English, American, Swiss and German Foot and Ankle Society and, currently, the lead foot surgeon at London Bridge Hospital.

On this occasion, Dr. Tarek Abdel Tawab, Consultant and Clinical Director of Mowasat Orthopedic Center, stated that the visit comes within the IPP (International Physicians Program) which is continuously developed and improved.

**Treatment of complex fractures, injuries and complications of partial paralysis of foot and ankle.**



# 10 Professor Choudri performs Spinal Fixation Surgeries through Advanced and Innovative Technology

February 10th marked a distinguished and unique visit for Prof. Haroun Choudri, Head of Spinal Surgery Unit in the University of Georgia in USA and member of the American Association for Neuro and Spinal Surgery, to New Mowasat.

Throughout the visit which lasted for thirteen days, professor Choudri presented innovative techniques for fixation and fusion of spinal decompression. He also performed endoscopic surgery for prolapsed disc and peripheral nerves surgery, together with a planned management for spinal deformities.



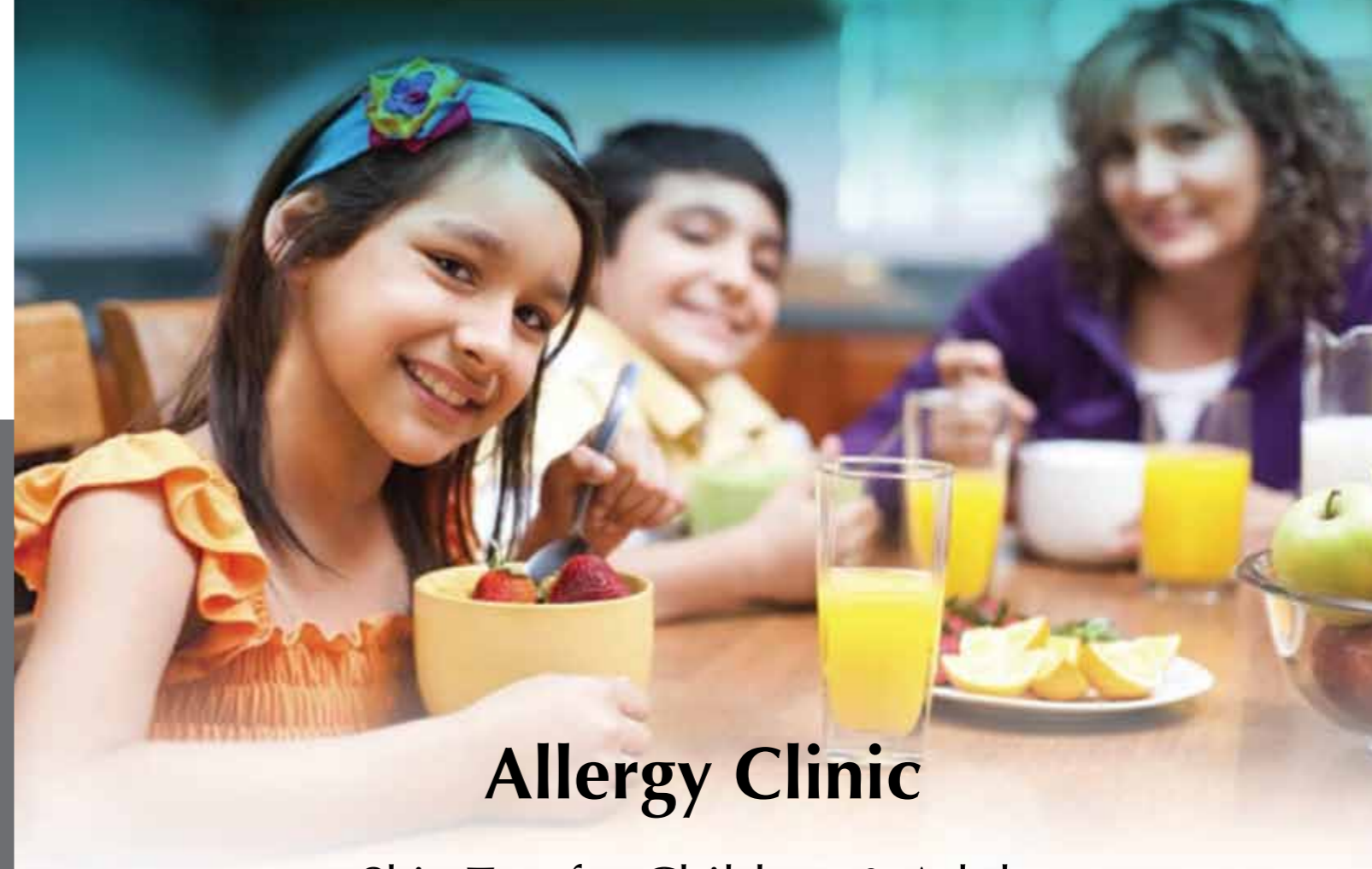
**Dr. Hassan Khajah**  
Consultant Neurosurgeon  
New Mowasat Hospital



**Prof. Haroun Choudri**  
Head of Spinal Surgery  
University of Georgia

The visit was organized in association with Dr. Hassan Khajah, Consultant Neurosurgeon in New Mowasat, who stated that Prof. Choudri's visit attracted very interesting cases which encouraged the department to plan a repetition for his visit in order to give a chance for the largest number of cases to benefit from his experience.

"New Mowasat is continuously benefiting from International experiences and specialties that are not available in Kuwait as a part of the International Physicians Program which is being developed since 2000 to provide patients with a bigger opportunity to consult iconic medical personalities." Dr. Hassan explained.



## Allergy Clinic

Skin Test for Children & Adults  
Results within 15 minutes

Food Allergens

Airborne Allergens

Animal Allergens

For more information,  
please call on ext. no. :2328



Accredited • معتمد



NEW MOWASAT HOSPITAL  
CARING FOR GENERATIONS



[www.newmowasat.com](http://www.newmowasat.com)

...IN SALMIYA

(965) 1 - 82 6666



New Mowasat Hospital



@NMowasat



# 11 MRI during pregnancy ?? YES you CAN !!!



The use of diagnostic imaging is often required in pregnant patients. Thus, it is not surprising that the question of whether or not a patient should undergo an MR examination during pregnancy will often arise.

MR imaging is recognized as a beneficial diagnostic tool and is utilized to assess a wide range of diseases and conditions that affect the pregnant patient as well as the fetus.

Pregnant patients should be informed that, to date, there has been no indication that the use of clinical MR imaging during pregnancy has produced deleterious effects.”

This policy has been adopted by the American College of Radiology and is considered to be the “standard of care” with respect to the use of MR procedures in pregnant patients.

The intrinsic safety of MRI and its ability to accurately show abdominal and pelvic disease in pregnant women make it highly useful in the evaluation of the following diseases: appendicitis, appendiceal abscess, pancreatitis, bilateral adrenal hemorrhage, pyelonephritis, hydronephrosis, intra-abdominal and rectus muscle abscess, intussusception, uterine fibroid degeneration, torsion of a submucosal uterine fibroid, simple ovarian cysts, and ovarian torsion as well as for the patients with active brain or spine signs and symptoms requiring imaging.

A more cautious approach should be taken when MRI is required during the first trimester, and you should discuss individual cases with your local radiologist any hazard appears negligible and is outweighed by the potential diagnostic benefit.

The bottom line MR imaging as can provide valuable information that could diagnose acute abdominal and pelvic conditions affecting the pregnant mother with no known risk to the fetus.

The MRI section in the New Mowasat Hospital is ready to answer all your questions regarding the MRI examination.



**Dr. Tarek Darwish**  
Consultant Diagnostic Imaging

# 12 Dr. Samer Abdullah The Gout

## What is Gout?

- Gout is a disease that caused sudden, severe episodes of pains, tenderness, redness, warmth, and swelling (inflammation) in some joints.
- It usually affects one joint at time-often the large joint of big toe.
- It also can affect other joints, such as the knee, ankle, foot, wrist and elbow.
- Gout affect everyone differently. Some people have one episodes and never have any other problems. Others have several episodes along with lasting joint pain and damage.
- Can be controlled quite well with medications. Proper treatment can help you entirely avoid episodes and long term joint damage.

## What happens in Gout?

### Acute episodes

- Usually develop very quickly. The first episode often occurs at night.
- During the episodes you may notice: sudden, severe, joint pain, joint swelling, shiny red or purple skin around the joint, extreme tenderness in the joint area.
- At first, episodes usually are few and far between. They last only a week or so, and then disappear completely.
- If the disease is not controlled by medication, episodes occur more often and may last longer.
- Repeated episodes can damage the affected joints.

### What cause Gout?

- Almost all people with gout have too much uric acid in their blood, a condition called hyperuricemia.
- When the level of uric acid in the blood is very high the uric acid crystals are deposited in the joint and other tissues, causing inflammation of the joint lining (the synovium).

- Hyperuricemia is caused by one of the following:
  - The kidney can't get rid of uric acid fast enough.
  - The body makes too much uric acid.
- Although diet and excessive drinking do have something to do with gout, they are not the main cause of the disorder.

## Who gets gout?

- It can occur at any age, but typically affects man between 40 and 50.
- Could be triggered in people exposed to:
  1. Drinking too much alcohol.
  2. Eating too much certain food.
  3. Surgery.
  4. Sudden, severe illness.
  5. Crash diets.
  6. Joint surgery.
  7. Chemotherapy.



**Dr. Samer Abdullah**  
Consultant

## How it is diagnosed?

- Your doctor may take a blood test to measure the amount of uric acid in your blood.
- Your doctor may check for other types of arthritis, such as pseudogout and infectious arthritis, these conditions resemble gout but are not caused by uric acid Crystals.
- To determine which type of arthritis you have, your doctor may removed fluid from an affected joint and examine Crystals.

## What is the Treatment?

- The treatment may consist of taking medications and watching your diet.
- The goals are to relieve pain, shorten the duration of inflammation during an acute episode, prevent future episodes and prevent joint damage.

# 13 Daily care for Healthy Skin



**Dr. Mariyana Kostadinova**  
Registrar Dermatology and  
Venereology

## What is Your Skin Type?

You'll first need to see what skin type you fall into, so you are sure you are using the right products for your skin. Read the common characteristics of each skin type to see where you fall.

## Characteristics of Dry Skin

If you have dry skin, you may notice your skin is usually tight and possibly even flakey. Your pores are almost unnoticeable. After you wash your skin, you can feel it begging for moisture. People with dry skin often deal with more surface wrinkles and fine lines than those with combination to oily skin due to dehydration. Not only should you be washing, toning and moisturizing in the morning, you should also make sure to do the same at night. When looking for a toner, make sure you are not buying an astringent which is made specifically for oily skin as this will leave your skin even drier. You'll see specific nighttime moisturizers on the market, but if you've got a great daytime moisturizer, there is no need to splurge on a separate nighttime product

## Characteristics of Normal Skin

What does normal mean anyway? Skin types change over time and with changes in season. If you don't have a problem with oil or breakouts, and you don't feel that your skin is dry and tight, you probably fall in the normal skin type range. Most people with normal skin have small pores, little to no breakouts and can get by with little foundation. To keep your skin beautiful, you need to find a good skin care regime and stick with it. Washing, toning and cleansing your skin morning and night, as well as protecting your skin from the sun will help keep your skin in that normal range.

## Characteristics of Combination Skin

Combination skin could be considered the toughest skin type to conquer because you could be dealing with two opposite ends of the skin care spectrum. The majority of people with combination skin have a T-zone that is oily, and cheeks that are dry. Many people deal with occasional breakouts and larger than normal pores, especially on the nose. Combination skin requires gentle oil control in certain areas as well as moisture to ensure even healthy skin.

If you find that certain areas of your skin are dry, yet others are on the oily side, you probably fall into the combination skin type. You'll need a gentle skincare regime to take care of your combination skin.

## Characteristics of Oily Skin

If you have oily skin, chances are good you know full well that you fall into this category. People with oily skin usually have the following characteristics:

- Large visible pores
- Black heads and white heads)

- Visible shine, especially mid-day
- Frequent acne on other areas such as your back and chest

People with oily skin tend to not take care of their skin as they should because of the issues they deal with. Acne causes the majority of people to "pick" at their skin, which only brings more bacteria to the face. If acne is a problem, you shouldn't pick, pop or use harsh products on your face. You should see a dermatologist first to prescribe for you appropriate treatment: as a gel cleanser, moisturizer and medication. Another product that many people with acne prone skin forget is sunscreen because many products cause people with acne prone skin to break out further. Find one that is specifically "For oily skin"

Just know that in the majority of cases, oily skin is a passing phase that you have to get through. There are many products and medication to help you deal with the acne. Visit a dermatologist to help decide what's best for you.

## Daily Skin Care

Now that you know what skin type you have, it's time to talk about a skin care regime. A skin care regime consists of the items you use on your skin on a daily basis. I recommend a cleanser, toner, moisturizer and sunprotection. There are many options for you to choose from when it comes to choosing a product line, and rest assured, price doesn't always mean quality. It is better see a dermatologist and receives appropriate advice.

## Sun Safety

One of the biggest ways to keep your youthful skin as long as you possibly can is by steering clear of the tanning booth, and using sunscreen daily. UV rays cause 90% of premature aging, so start healthy sun habits now will be noticed when you're in your 20's.

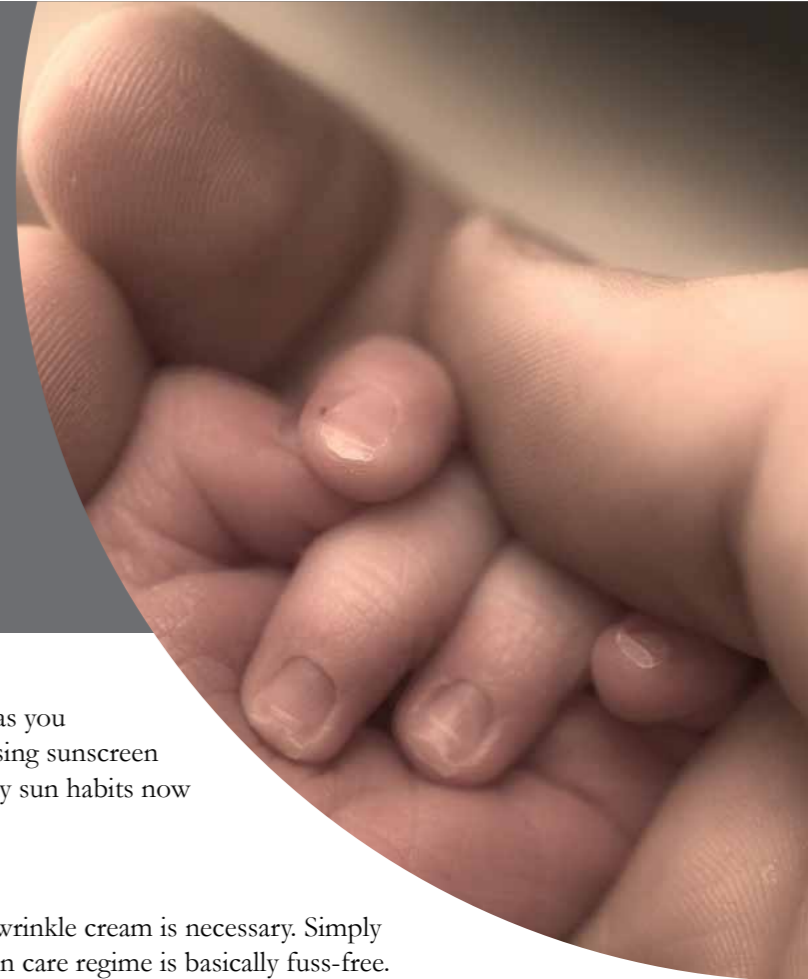
## Extra Skin Care Steps

If you're in 20's you are not yet at a point where a lifting or wrinkle cream is necessary. Simply use a gentle product line, and rejoice in the fact that your skin care regime is basically fuss-free.

Something that is recommended to add in no matter your age is a weekly exfoliator. You need to rid your skin of the dead skin cells that are sitting at the surface. The best way to do this is with a facial exfoliator. Used 1-2 times a week, depending on your skin type and sensitivity, will get rid of the dull dead skin cells and encourage healthy new skin to shine through. And don't forget your body- using a body scrub will leave you with smooth healthy skin as well. A weekly mask will also deep clean your pores, leaving you with diminished oil and reduced pore size.

If you take good care of your skin in your 20's, you can be sure to have healthy skin in your 30's. Stay on top of your skin type, and know that it can change depending on the seasons or hormones. You may have oily or combination skin in the summer, but normal to dry skin in the winter. If you find your skin care regime is leaving your skin tight or on the opposite end, with many breakouts, it's time to switch it for a temporary basis.

A dermatologist is always a good place to visit if you have skin concerns. They will take a good look at your skin and give you personal advice and product recommendations that you would not otherwise get.



# 14 What is Addison's Disease?

NB: Similar deficiency of the hormone can result due to pituitary gland dysfunction and is called secondary adrenal failure.



Dr. Peshraw Mohamad  
Consultant Endocrinologist

The hormonal disorder affects about 1 in 100,000 people.

Symptoms of Addison's Disease are:

- Tiredness and Fatigue
- Muscle weakness
- Loss of appetite
- Weight loss
- Pigmentation
- Abdominal pain, nausea, vomiting and diarrhea
- Low blood pressure and fainting
- Irritability and depression

## Diagnosis of Addison's Disease

To confirm diagnosis you need blood tests; including measuring Cortisol levels and performing a special stimulating test called Synacthen Test.

## Treatment of Addison's Disease

The goal of treatment is to replace those hormones with similar steroids like hydrocortisone and fludrocortisone.

## Warnings

- A patient with Addison's Disease should carry some form of ID to inform medical teams that he or she is on regular steroid replacement.
- During illnesses you should double the dose of steroid tablets for the first few days and seek medical advice as soon as possible.
- In case of nausea, vomiting and diarrhea you may need an injection of steroid. If you do not have any at home you can visit ER or your doctor to receive this.
- It is advisable to have stock of emergency steroid kits
- Keep regular physician visits and avoid dehydration

Addison's Disease is the name given to a rare condition that affects the adrenal gland. It is a severe or total deficiency of the hormones made in the adrenal cortex (outer part of the gland). Both adrenal glands are positioned just above the kidneys at the top of the abdomen near the back. Each adrenal gland is about the size of a walnut.

The cortex of the adrenal gland produces three types of hormones:

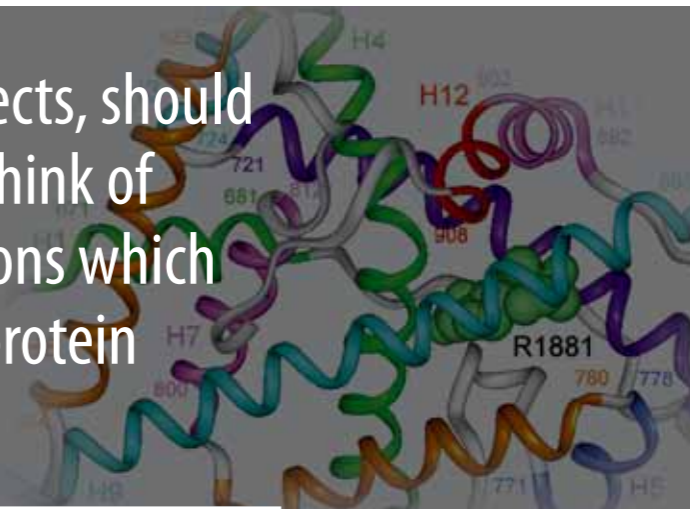
- Aldosterone: Keeps the body's salt levels and helps to maintain blood pressure
- Cortisol: This is a type of steroid essential for metabolism especially at times of stress or during illness
- Androgen: This is a type of male hormone

In the 1850's a physician called Thomas Addison described this condition. Causes of Addison's Disease include:

- Auto-Immune disease
- Infection like TB (tuberculosis)
- Tumours
- Bleeding into the adrenal glands

# 15 Androgen abuse with athletes Destroying health to get bulging muscles

With all these effects, should any sound mind think of taking these poisons which are marketed as protein powder?



Dr. Ibrahim Al Sayad  
Consultant Dermatology & Venereology

Androgen abuse with athletes: Destroying health to get bulging muscles

Androgen abuse began in the 1950s with athletes. With a "win at all costs" mentality and the high regard our society has for successful athletes, it spread to the high school levels.

It is policed by the World Anti-Doping Agency (WADA), which is shown by the very low rate of positive tests (< 2% of about 170 000 tests in 2004) at the Olympic Games .

Health problems associated with androgen abuse

**1- Dermatologic effects:** They are early signs because the face has a high degree of androgen receptors that increase sebum production, leading to acne. Steroid acne presents with small skin bumps. Unlike acne vulgaris, the lesions are the same size. Both acne conglobata and acne fulminans can occur.

**2- Bone growth:** In teenagers premature fusion of epiphyseal plates and stunt growth.

**3- Psychological problems:** Alteration of mood, readiness for aggressive behavior during puberty and adulthood. Although it is considered as a psychic addiction, the withdrawal effects indicate an element of physical addiction. Withdrawal symptoms include depression, fatigue, paranoia, and suicidal thoughts and feelings. They are similar to that with cocaine, alcohol, or heroin abuse.

**4- Cardiovascular effects:** Increased heart rate, increased blood pressure, and changes in lipid metabolism, including lowered high-density lipoprotein (HDL) and increased low-density lipoprotein (LDL) leading to atherogenic and cardiac effects (lower left ventricle ejection fraction and ventricular arrhythmias). Hematologic effects include suppression of clotting factors could cause bleeding.

**5-Hepatic effects:** Hormonal supplements are liver toxins. Some get peliosis hepatitis, which shows blood-filled cysts, which may rupture and bleed profusely. Several young, healthy athletes died from malignant liver carcinoma.

**6- Urologic effects:**The prostate grows in size, causing bladder and secondary renal damage.

## 7- Endocrine effects:

- A- Sperm formation inhibited leading to sterility.
- B- Altered fasting blood sugar levels and decrease glucose tolerance,.
- C- Thyroxine-binding globulin (TBG) may also be lowered.
- D- Growth of tender, estrogen-sensitive tissue causes large male nipple of breast.

# 16 Our IVF Success rate One of the highest in the WORLD!



“ In Mowasat, we exclusively perform operations to open blocked tubes radiation without surgery.

Dr. Nahed Hammadih

Consultant Obstetrics/Gynecology and IVF and Head of Reproductive Medicine Center in New Mowasat Hospital, Dr. Nahed Hammadih, emphasized that the IVF Unit at NMH treats infertility cases from a very sophisticated perspective in collaboration with the Center for IVF at the University of Birmingham in the United Kingdom, where the Unit performs IVF, ICSI and artificial insemination operations as well as the freezing of embryos, eggs and sperm.

Nahed Hammadih has extensive field experience due to his work and study in the UK, where he spent 18 years in research and clinical work in the field of reproduction, obstetrics and gynecology, and lately obtained numerous senior positions across the United Kingdom as a consultant of obstetrics and gynecology and a specialist in infertility and its surgery, in addition to being a pioneer in the Pre-transplant Genetic Diagnosis, through his work at one of the largest centers specializing in IVF in Europe “CARES”. He said that the incidence of pregnancy after treatment in the IVF Unit at New Mowasat Hospital is one of the highest ratios in the world with a pregnancy result is about 60% of women under the age of 37.

He explained that the Unit activates ovulation through sophisticated protocols that commensurate with the conditions of each patient in terms of her health status and age and that each patient is followed up by one doctor in order to be more aware of her condition and progress.

Dr. Nahed said that the Unit IVF at the New Mowasat Hospital has extensive experience in the treatment of infertility in men, at it performs sperm withdrawals from the testicle to be used in ICSI cases.

On the most significant characteristic of the Unit, Dr. Nahed said that the Unit provides Pre-transplant Genetic Diagnosis (PGD) in collaboration with the Genetic Laboratory of Istanbul in Turkey, adding that the genetic diagnosis is very important in cases where one of the couple has genetic background, such as Mediterranean fever, frequent blood and genetic mute diseases.

He added that the Unit is specialized in laparoscopic surgery, particularly the withdrawal of miniature fibers from the uterus by a small telescope without the need for surgical intervention.

Dr. Nahed revealed that the IVF Unit of the New Mowasat Hospital exclusively performs operations to open blocked tubes radiation without surgery, which gives pregnancy chances of up to 35% after the tube is unblocked.

He said that there was a case of a woman who suffered from recurrent miscarriage for 7 times, and after she was treated with anticoagulants and immunosuppressive drugs in the IVF Unit at New Mowasat Hospital she gave birth to a child a few months ago.

On the responsibility of antibodies for the failure of pregnancy using the assisting fertility devices, or for the incidence of recurrent miscarriage and fetal death in utero and the designation of drugs that can reduce the effect of these antibodies and appropriate dosage, Dr. Hammadih pointed that all women find difficulty in pregnancy should undergo tests to detect the presence of antibodies, and also women that had abortions to wait a period of up to about six weeks after the abortion and then undergo tests to detect antibodies. Because these objects increase the likelihood of fetal death inside the uterus as well causing abortions, late pregnancy and the failure of pregnancy using artificial means of fertilization.

About the treatment of antibodies, Dr. Nahed noted in his speech that there are some medications such as aspirin and anticoagulants that can reduce the effect of antibodies, if taken for three months and in some cases until the end of pregnancy duration.

Dr. Hammadih stressed that taking drugs to reduce the impact of antibodies needs decent follow-up to ensure accurate dosage, as the woman taking a daily dose that usually doesn't exceed 40 mg.



“ We treat infertility from a sophisticated perspective in collaboration with the Center for IVF at the University of Birmingham.

Dr. Nahed Hammadih

# 17 BANGLADESH An Unforgettable Experience !



**Dr. Wael Al-Afghani**  
Consultant Prosthodontist  
Cosmetic Dentistry and Implant Surgery

Since it first opened in 1965, the New Mowasat Hospital has always taken a proactive approach towards practicing corporate social responsibility and offering medical and administrative assistance wherever possible, thus contributing to the overall development and welfare of the local and global communities.

Following the hospital's example, the physicians and staff at New Mowasat Hospital have frequently devoted their time and resources to assist entire communities in developing countries, with the common goal of providing underdeveloped communities with access to adequate medical care. In the article below, Dr. Wael Al-Afghani, New Mowasat's Cosmetic Dentist and Implant Surgeon, writes about his time in Bangladesh, where he provided free dental services to over 150 people.

As my plane landed in Bangladesh international airport on the 14th of August 2009, I felt a sigh of relief as I had finally fulfilled an old promise which I made about 15 years ago to a very close school friend of mine, Ali Kaies, to one day come and visit him in his home country. I had arrived mainly for the purpose of continuing my aim of trying to do dental charity work in the most needed parts of the world every few years, and it was great to know that on this trip a reunion with an old friend was on the cards, too. I was met at the airport by the Project manager, Enam-ul-Haque, of Friendship (<http://friendship-bd.org>), a remarkable local non-governmental organization that works with the river based and coastal population of Bangladesh, and my old dear school friend, Ali Kaies, who together took me straight to the Friendship Emirates Hospital, a floating hospital ship, that was docked on a river close to Dhaka, the capital. That is where I would spend my first week in Bangladesh; on board this floating hospital where I would both work and live.

Upon arrival, I very quickly realized that this would be no holiday, as I was almost immediately asked to see some of the staff who worked on the ship who had dental issues, as they had been waiting for my arrival anxiously to see if I could help treat them. What then followed was a very busy schedule of work for the rest of the week from 9am till about 6pm daily continuous treatments, with only an hour for lunch. What surprised me was the amount of patients that would start queuing outside the ship from 5am in the morning, in order for them to be seen by me for treatment. I would see on average 30-40 patients per day and with the

“ I could help bring a smile to the faces of these people and get them out of pain

help of my nurse who did all the translating for me, we managed to get through the tough first week. My dental clinic consisted of a very old and basic dental chair and equipment-but at least it all worked and was good enough to carry out my treatments! The ship was comfortable but very basic, the sleeping quarters were clean and the food was freshly cooked everyday and served to us at the captain's table where he would join us for meals (Captain Qudus). The patients were very poor and uneducated people from the slums of the city, often coming to me bare foot and with no basic idea's of what is needed to keep your mouth healthy-e.g daily brushing and not eating lots of sugary food (basic knowledge that we take for granted in the West).

During my first week I had a few afternoons where I was escorted by the staff that worked on the ship and allowed to wander around the streets and slums near the ship. These were quite dangerous areas and hence I was not allowed to walk alone here, and definitely not after dark!

Many of the locals looked at me and stared heavily as I stuck out like a sore thumb with my Western style clothes and looks. The inner city slums were very dirty and polluted with no clean drinking water supplies or proper hygienic sewage disposal. It was overcrowded and smelly with

often an entire family living in no more than one room of space. I was lucky to see the many garment factories that lined the river front as Bangladesh is one of the world's most famous garment producers, manufacturing clothes for the likes of multinational companies such as Next, Gap and Zara. Dhaka was a strange mix of either extremely rich people with lavish life styles and immense wealth or the complete opposite with poverty way below the red line - people who literally had nothing and were prepared to steal and loot to feed themselves and their families. I would say the split was about 98% very poor and only 2% very rich.

Even though my work schedule was exhausting with no or minimal breaks, deep inside I felt a feeling of pride and achievement that I could help bring a smile to the faces of these people and get them out of pain and treat them. On board the ship, there were many times where the backup generator failed and was cut off, hence no fans would work and no water was pumped through the pipes making it very hot and uncomfortable, but this was all part of the experience!

My second week was planned so that I could travel with the organization's staff and with other doctors from the USA to continue my charity work deep in the rural regions especially in the Riverine islands (or chars as they call them) and the riverbanks of northern Bangladesh. Bangladesh is the largest deltaic plain with hundreds of rivers veining through it. It suffers from annual flooding during monsoon season many areas are only accessible by boats. We drove overnight for about 9 hours up north on a small mini bus along with other medical colleagues and staff from the charity, to an area up north called Gaibandha.

As my second week of hard work finished, I had adapted to my new surroundings and environment and it was as if I had never lived in the west. And as I finally left Bangladesh I had a huge smile on my face and a feeling that this won't be my last visit to Bangladesh. I had fallen in love with the culture and people of this magical land, an absolute adventure and an experience of a lifetime!



# 18 Food Label



Asmaa Bastaki  
Dietician

## Learn the Art of Shopping at Cooperative Societies

A food label can be confusing even for experienced shoppers. Does 'trans-fat-free' mean free of diseases and good for health? Are organic products healthier? Not always. Below are some terms that you should know in order to master the art of choosing what is better for your health every time.

### First: Serving Size

The serving size is not a small package of cookies or a can of soup. The serving size is what is written on the food label. Based on this accompanying information, the calculations needed to determine the amount of fat and calories contained in the package are made. For example, the new chocolate, Time out, (light blue) contains 85 calories per one finger according to the serving size specified on the label. Hence, if you eat it all, you will be actually taking up a total of 170 calories. Many of us make the mistake of eating whole packages thinking they contain the amount of ingredients mentioned [meant for one unit or so], thus eating in excess and this may exceed the amounts recommended by the American Heart Associations or nutritional rules.

### Second: Sugar-free

This expression does not mean that the product is free of sugar as some may so believe. Sugar may not have been added during processing, but the item can contain natural sugars which have the same number of calories. To find out the source of sweeteners, you must read the ingredient list carefully and look for words such as corn syrup, sorghum, or anything ending in "ose" (such as fructose).

### Third: Fat-free

Any product can contain 0.5 grams of fat per serving size and still have the label "fat-free". Thus, eating an amount of this food on the basis that it is free of fat will not exempt you from obtaining several extra grams of fat overload. Many people believe that the word "free" is associated with zero calories, but this is not true. For example, a single piece of ka'ak (a certain type of cookie) can be fat-free but at the same time contains 600 calories and be loaded with sugar. The label "fat-free" attracts the weak and makes them eat more.

### Fourth: Zero Grams of Trans-fat

As it is the case with "fat-free" food, factories can put the label "Zero Trans-Fat" on any product that contains less than half a gram of trans-fat per serving size. The proof is the components mentioned in the food label. A factory may reduce the amount of nutritional ration, thus reducing the grams of fat, for the product to be labeled "Zero Trans-Fat". If the product contains hydrogenated or partially hydrogenated fats, this means that there are trans-fats in your food.

### Fifth: Light

These foods contain less than half the calories, fat, or sodium compared to the type which is not 'light'. However, it can also mean a lighter consistency or color such as that of light brown sugar or light olive oil. Light olive oil is lighter in flavor, color, and consistency, but it has the same nutritional value of ordinary olive oil. You will not save calories by choosing the lighter version of oil.

### Sixth: Organic

The presence of the word "organic" may create a good feeling since organic foods, as defined by government agencies, are products in whose production no pesticides, industrial fertilizers, or genetic modification were used. However, many inorganic products, such as bread and butter blended with pistachio or walnuts, or whole grains may be healthy and of moderate price. Organic chips and cookies, on the other hand, might be loaded with fat, sodium, sugar and may be expensive. When purchasing any organic product, do not let the label fool you.



# 19 Meet our Staff



## Tahany Helmy Ahmed

Visitor Guidance and Information Desk

**What do you do?**

I am customer service staff. I help patients and visitors with their inquiries.

**What do you like about your job?**

Dealing with patients on a closer range and being able to assist them when they are not sure what exactly to do or where they need to go.

**What is your favourite book?**

Nothing specific. I like to read scientific books in general.

**What is your favourite movie?**

“Mr. and Mrs. Smith”

**What is your hobby/hobbies?**

Exercising, swimming, surfing the web and walking.

## Yasser Alaa Mohamed

Patients Insurance Assistant

**What do you do?**

I deal with the insurance rejection work.

**What do you like about your job?**

I like the challenging part where I have to prove that the insurance company is indebted.

**What is your favourite book?**

The Holy Qura'n.

**What is your favourite movie?**

“The Outlaw”; Egyptian Movie.

**What is your hobby/hobbies?**

Swimming.



## Hari Raj

Staff Nurse / Casting technician

**What do you do?**

I make casts for the Orthopedics Center patients.

**What do you like about your job?**

The most thing I like about my job is the creativity. I get the opportunity to create artful casts in regards of shapes, colors and materials.

**What is your favourite book?**

“Harry Potter”.

**What is your favourite movie?**

That would be “Harry Potter” too

**What is your hobby/hobbies?**

I like to keep myself up to date so my biggest interest is surfing the internet to educate myself with what's new.



# 20 Welcome on Board

## Internal Medicine



### Dr. Emad El-Din Baioumi

Specialist Digestive Diseases and Endoscopy

Ph.D. Tropical Medicine and Hygiene– Cairo, Egypt.

Associate Professor of Gastroenterology and Hepatology - Cairo, Egypt.

**Fellowships/Memberships:**

Fellow of the Egyptian Society for the Study of Gut and liver diseases.

Ext.: 2226 | [ebaoumi@newmowasat.com](mailto:ebaoumi@newmowasat.com)

## Rheumatology and Physical Medicine



### Dr. Aziz Al Feeli

Specialist Physical Medicine

Fellowship in Physical Medicine and Rehabilitation (Canada).

Certificate in chronic Pain / Medical Acupuncture – Manual Medicine.

**Fellowships/Memberships:**

Canadian and American Academy of Physical Medicine And Rehabilitation.

Ext.: 1740 | [aalfeeli@newmowasat.com](mailto:aalfeeli@newmowasat.com)



# Revitalize your Beauty

Visit us on the 5th floor - Outpatient Building

## Dermatology, Cosmetic and Plastic Surgery Center

The Center opens from 9 a.m till 9 p.m (Except Plastic Surgery)

For appointments call: 25765565,

1 82 6666 | Ext: 2555

# Patient Testimonials

Dr. Wael Al-Afghani,

Thank you so much for the dream you made come true for me... I really love my smile, the new one; and cannot thank you enough... you have magic hands! God Bless you...

**Nada Ahmed**  
With the new look

Dr. Ashraf Ismail Yousif,

I am pleased to extend my appreciation and gratitude to what you have given us of your sincere efforts, great services and outstanding performance in the care of my mother which had a good impact in our souls. May God enable you for more good deeds.

**Nasser Al-Azmi**



NEW MOWASAT HOSPITAL  
CARING FOR GENERATIONS



+965 182 6666 | [www.mowasat.com](http://www.mowasat.com)

# 21 Academic Calendar

January   24 <sup>th</sup>	Renal Colic with Pregnancy Dr. Yasser Farrag	Surgery Department
March   14 <sup>th</sup>	Acute Cholecystitis Dr. Ahmed Abdul Hady	Surgery Department
March   26 <sup>th</sup>	Croup Dr. Mahrouse Bathallah	Pediatrics Department
March   26 <sup>th</sup>	Cleanser in Neonates Dr. Mahrouse Bathallah	Pediatrics Department
March   28 <sup>th</sup>	Tonsillitis & Complications of Surgery Dr. Hassan El Mahriki	Surgery Department
April   2 <sup>nd</sup>	Allergy Testing Dr. Abduljabbar Farhan	Pediatrics Department
April   9 <sup>th</sup>	Chickenpox Vaccine GSK Ireland	Pediatrics Department
April   18 <sup>th</sup>	Professional Skills Development: Communicating difficult news or complex information to children and families Dr. Rose Logan	Medical
April   23 <sup>rd</sup>	Klippel-Trenaunay Syndrome	Pediatrics Department