Dementia is the general term used to describe a decline in mental ability severe enough to interfere with daily life. Alzheimer’s disease is the most common type of dementia and specifically affects the parts of the brain that control thought, memory, and language.

Fazeena Saleem
The Peninsula
Receiving a diagnosis of dementia can be a huge shock for anyone and one can feel very vulnerable. This is where good friends, strong family support and effective professional care are hugely valuable.

Dementia is one of the major causes of disability and dependency among older people worldwide and the physical, psychological, social and economical impact it has on caregivers, families and society adds to the complexity of developing effective services.

In view of the World Alzheimer’s Month, September, Qatar joined the international campaign organised to challenge the stigma that surrounds dementia and to raise awareness about Alzheimer’s disease.

This year, the sixth Global World Alzheimer’s Month and the theme for 2017 is ‘Remember Me’. Highlighting the importance of early detection and diagnosis of dementia.

Dementia is the general term used to describe a decline in mental ability severe enough to interfere with daily life. Alzheimer’s disease is the most common type of dementia and specifically affects the parts of the brain that control thought, memory and language.

Two out of every three people globally there is little or no understanding of dementia in their countries. The impact of World Alzheimer’s Month is growing, but the stigmatisation and misinformation that surrounds dementia remains a global problem, that requires global action, according to Alzheimer’s Disease International (ADI).

Although there is no specific date for the prevalence of dementia in Qatar, according to the ADI, two percent of the Qatar population in 2010 was above 60 and in 2050 this will increase to 20 percent. Qatar is ranked 41 in the world for the most deaths related to dementia per 100,000 cases. Also an estimate of 200 dementia cases are prevalent in Qatar and it will be increased to 49,000 by 2050. Therefore, a community survey is due to begin to find the exact prevalence of dementia in the country.

Unique among countries in the region, Qatar is determined to lead on the issue of dementia, fighting the disease has been put on the agenda and a National Dementia Plan has been implemented. This also allies with the World Health Organization’s objectives in fighting against dementia.

Also key stakeholders in the health sector has collaborated to introduce methods for early detection of dementia and include its necessity to the National Health Policy.

Besides these, awareness about dementia and care for patients with dementia has been increased. According to Dr Hamad Al Hamad, Chairperson of Geriatrics and the Long Term Care Department at HMC, the number of clinics were increased, according to Dr Hanadi Al Hamad, Chairperson of Geriatrics and the Long Term Care Department at HMC, speaking at a function on dementia.

She says the number of clinics were increased, according to Dr Hanadi Al Hamad, Chairperson of Geriatrics and the Long Term Care Department at HMC. She says the number of clinics were increased to two due to more patients. An average of eight to ten patients are seen at a clinic per week.

“During September each year, we join the international community in the global effort to raise awareness about Alzheimer’s and dementia. As our population increases and we have older people living longer, we have more incidences of Alzheimer’s. Engaging with communities is an important way to help people understand the symptoms and what support and treatment options are available,” says Dr Al Hamad.

Reiterating that the focus of this year’s theme is early diagnosis of dementia, she added. “In our Memory Clinics at Rumailah Hospital we regularly see patients referred for evaluation because of memory problems, but a real concern is that often we see families bringing their loved ones at a later stage, once symptoms have progressed significantly.

There is no single test to determine if someone has dementia and symptoms can vary greatly. Generally, at least two of the core mental functions (memory, communication and language, ability to focus, reasoning and judgment and visual perception) must be significantly impaired to be considered dementia.

Dementia symptoms progress, patients can have behavioral and psychological symptoms associated with the condition. This can add to patients’ distress and to significant caregiver burden. Early diagnosis will help patients and their family access help more promptly,” says Dr Mariam Chameen, a Consultant Geriatric Psychiatric at HMC.

Many of those who spoke at the event referred to the need for further focus on research and outreach programs. The event ended on an encouraging note, with Dr Walid Qoronfleh, Director of Policy and Research at WISH, highlighting the positive collaborative work being undertaken by various stakeholders in Qatar and the efforts being made to engage with the community.
PHCC implementing electronic file system at 60 public schools in new academic year

Through 275 male and female nurses, 266 schools have been included in the PHCC services, says Dr Badriya Al Malki.

As part of the efforts of PHCC to promote school health services, improve the physical, psychological health of students and to support their abilities, Dr Badriya Al Malki, Assistant of Executive Director for Continuing Care and Integrated Services at PHCC, has declared that through 275 male and female nurses, 266 schools have been included in the PHCC services.

Dr Badriya said that PHCC is working within the strategic plan to activate the basic role of primary health care in providing all the consultations and health services by nurses in all schools covered by health care services. Where the school represents the second and most influential environment in the life of the child after his home, with many children suffering from health or psychological problems entering schools, the male and female school nurses are representatives of health care, who face the challenges of managing student care during school day.

Al Malki has added that school nursing contributes to the assessment of development and growth of students, which is being conducted since the beginning of the school year in order to control the state of nutrition, growth and chronic diseases. Where male and female nurses of PHCC believe in their role, and consider themselves part of the education in the lives of students by educating them and introducing the good habits of a healthy lifestyle. Therefore, they attach great importance to the community’s health, a commitment that should also be realized by the new generations as part of the country’s aspirations to achieve Qatar vision 2030.

Mrs. Buthayna Al Naqeeb, School Nursing Supervisor at PHCC, has pointed out that within the National Program to promote school health, and as part of the policy of unifying health efforts with many partners, which aims at raising the level of knowledge and health of students, a series of meetings were held between the PHCC team - School Health, and officials of the Ministry of Public Health and the Ministry of Education and Higher Education, to complete the implementation of the national program, in order to promote health. She has pointed also to the importance of cooperation with several Ministries and other bodies and associations which works for the success of the program, where work is being done with the Ministry of the Interior, the Ministry of Municipality and Environment, in addition to the Qatar Diabetes Association.

Al Naqeeb has added that PHCC has started to implement the Electronic file system at 60 public schools for the this academic year 2017-2018, noting that the program was implemented in 30 public schools last year 2016-2017. The system provides a comprehensive overview of patient history during medical counseling, thus facilitating the prescription and monitoring of prescriptions, and the application of laboratory tests, radiation tests and archive images, as well as accessing to the student’s medical file information in a precise manner, which cannot be seen contrary to the paper file.

PHCC implementing electronic file system at 60 public schools in new academic year

Who needs a Flu Vaccine?

Even healthy people can get flu. Protect Yourself and your loved ones.

The winter season is here! Get vaccinated now!
Doha to host global conference on primary health care

The conference is an international recognition of the development of the primary health care in the State of Qatar, says Musallam Al Nabit.

Mr Musallam Al Nabit, Assistant of Managing Director of the Primary Health Care Corporation for Financial and Administrative Affairs, explains that the objective of the conference this year, “is to discuss best practices in primary health care and introduce the latest research on health, training and rehabilitation.”

Mr Al Nabit added that holding this prominent conference in Doha reflects the inspirational messages delivered by his wise leadership, His Highness the Emir Sheikh Tamim bin Hamad Al Thani, when he highlighted the need for innovation and driving forward our efforts for successful international collaboration, particularly in the field of medicine in order to continue to provide excellence in healthcare in Qatar. Underlining the significance of adoption of modern technology and inventions as well as partnership between the public and private sectors.

This conference will provide an excellent platform to showcase PHCC’s work in the field of primary health care, and its contribution in applying the best global practices, conducting research and developing health care models best suited in Qatar to encourage communities to lead healthier lifestyles, avoiding chronic diseases.

Al Nabit pointed out that the International Conference on Primary Health Care 2017 will contribute in achieving the goal to reach better health by emphasising on health promotion, prevention and treatment programs, and providing health programs to society in line with the PHCC’s vision and mission to promote and maintain the ethics and standards of the primary health care system through continuous education and knowledge sharing.

Huda Al Wahidi: The conference will provide an opportunity for primary health care experts to share knowledge and network with other professionals in a global and diverse platform.

Mrs. Huda Al Wahidi, Executive Director of Corporate Communication at the Primary Health Care Corporation, confirmed that the significant preparations are being made within the Corporation to ensure that the conference is delivered with the utmost levels of perfection, accuracy and professionalism.

On November 17, Doha will host the International Primary Health Care Conference, with participation of a leading group of local and international primary health care professionals. The conference is expected to discuss the most important issues related to this area, through many sessions and lectures that contribute to the exchange of experiences and information.

Mrs Al Wahidi added that the conference would include several topics that will be covered for three consecutive days, about health systems, quality improvement, management and medical practice, and health promotion and disease prevention, as well as education, training and capacity building, under the slogan “Healthy Communities and Brighter Future.”

Al-Wahidi pointed out that the wide invitations that extended to experts, specialists and those concerned with primary health care within and outside the region reflect the conference importance, especially that the group of experts who will participate in the conference through work papers, lectures, symposiums and workshops will present a summary of their experiences and research in the field of health care, which enables the participated countries, especially the State of Qatar, to benefit from these experiences and employ it to serve the citizens.

The conference is an international recognition of the development of the primary health care in the State of Qatar, says Musallam Al Nabit.

International Primary Health Care Conference - Qatar - 2017
November 17-19, 2017

INTERNATIONAL PRIMARY HEALTH CARE CONFERENCE - QATAR - 2017
المؤتمر الدولي للرعاية الصحية الأولية - قطر ٢٠١٧
HEALTHIER COMMUNITIES, BRIGHTER FUTURE
latest and best care: Al-Ahli hospital introduces neurosurgical services

“We don’t want patients to wait with pain. We have all kinds of modern investigation tools. Under one roof on the same day, we see, assess and do investigations and put a treatment plan for the patients. So the patient leaves the hospital with an answer to the problem on the same day. This is a big advantage for the patient.”

Dr. Elfatih Bashir Elmalik,
Consultant Neurological and Spinal Surgeon

Dr. Atef Ben Youssef,
Consultant Cardiovascular Surgeon

Al-Ahli Hospital is one more to serve the public by providing neurosurgical services. It is with an unsurpassed name in providing such services, and for a variety of reasons. The hospital is particularly known for its neurosurgical services and is considered one of the most advanced in the region. The hospital has a high level of success in a variety of services, including those related to physical, emotional, and spiritual wellness for its guests.

The fast track neurosurgical services at the Al-Ahli Hospital has gained much pride and recognition from patients and staff alike due to its advanced technology, professional staff, and attention to detail. The hospital is particular about maintaining a zero-waiting time for the patients. It is with an urgent need for speedy recovery for the patients and also help-speedy recovery for the patients and safety and their recovery, said Dr. Elmalik. The hospital supports its patients in maintaining the best possible health for the patients. The hospital has all kind of modern investigation tools like one roof on the same day, we see, assess and do investigations and put a treatment plan for the patients. So the patient leaves the hospital with an answer to the problem on the same day. This is a big advantage for the patient,” said Elmalik.

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The latest advances in neurology. Al-Ahli Hospital’s neurosurgical services. It is with an urgent need for speedy recovery for the patients and also help-speedy recovery for the patients and safety and their recovery, said Dr. Elmalik. The hospital supports its patients in maintaining the best possible health for the patients. The hospital has all kind of modern investigation tools like one roof on the same day, we see, assess and do investigations and put a treatment plan for the patients. So the patient leaves the hospital with an answer to the problem on the same day. This is a big advantage for the patient,” said Elmalik.

The hospital is particular about maintaining a zero-waiting time for the patients. We use it as an navigation for brain and spinal surgeries. It helps to perform surgeries fast, safe and also help-speedy recovery for the patients and safety and their recovery, said Dr. Elmalik. The hospital supports its patients in maintaining the best possible health for the patients. The hospital has all kind of modern investigation tools like one roof on the same day, we see, assess and do investigations and put a treatment plan for the patients. So the patient leaves the hospital with an answer to the problem on the same day. This is a big advantage for the patient,” said Elmalik.
Most of the drugs currently in the clinical pipeline are modifications of existing classes of antibiotics and are only short-term solutions. The report found very few potential treatment options for those antibiotics-resistant infections identified by WHO as posing the greatest threat to health, including drug-resistant tuberculosis which kills around 250,000 people each year.

Antimicrobial resistance is a global health emergency that will seriously jeopardize progress in modern medicine, says Dr Tedros Adhanom Ghebreyesus, Director-General of WHO. "There is an urgent need for more investment in research and development for antibiotic-resistant infections including TB. Otherwise we will be forced back to a time when people feared common infections and risked their lives from minor surgery."

In addition to multidrug-resistant tuberculosis, WHO has identified 12 classes of priority pathogens – some of them causing common infections such as pneumonia, tuberculosis, and some of the most dangerous bloodstream infections. "Among all these candidate medicines, only 8 are classed by WHO as innovative treatments that will add value to the current antibiotic treatment landscape. There is a serious lack of treatment options for drug-resistant tuberculosis and gram-negative pathogens, including Acinetobacter and Enterobacteriaceae (such as Klebsiella and E.coli) which can cause severe and often deadly infections that pose a particular threat in hospitals and nursing homes. There are also very few oral antibiotics in the pipeline, yet these are essential from a pharmaceutical, humanitarian, and public health perspective.

In response to the first global action plan on AMR, launched during the first World Health Assembly in May 2015, the global action plan aims to ensure prevention and treatment of infectious diseases with safe and effective medicines.

WHO response

Tackling antibiotic resistance is in the heart of WHO's mission, says Dr Margaret Chan, Director-General of WHO. A global action plan on antimicrobial resistance, including antibiotic resistance, was endorsed at the World Health Assembly in May 2015. The global action plan aims to ensure prevention and treatment of infectious diseases with safe and effective medicines.

The ‘Global action plan on antimicrobial resistance’ has 5 strategic objectives:

1. To improve awareness and understanding of antimicrobial resistance.
2. To strengthen surveillance and research.
3. To reduce the incidence of infection.
4. To optimize the use of antimicrobial medicines.
5. To strengthen investment in countering antimicrobial resistance.

Heads of State at the United Nations General Assembly in New York in September 2015 committed to taking a broad, coordinated approach to address the root causes of AMR across multiple sectors, especially human health, animal health and veterinary health, and food safety - recognizing their commitment to development of a global action plan on AMR, based on the global action plan. WHO is supporting Member States to develop specific national action plans to address antimicrobial resistance.

Impact

When infections no longer be treated by first-line antibiotics, more expensive medicines must be used. A longer duration of illness and treatment, often in hospitals, also increases health care costs as well as the economic burden on families and societies.

Antimicrobial resistance is putting the achievements of modern medicine at risk. Organ transplants, chemotherapy and surgeries such as caesarean
Asthma: A major non-communicable disease

Asthma is a major non-communicable disease characterized by recurrent episodes of breathlessness and wheezing, which vary in severity and frequency from person to person. Symptoms may occur several times in a day or week in affected individuals and for some people become worse during physical activity or at night. During an asthma attack, the lining of the bronchial tubes swell, causing the airways to narrow and reducing the flow of air into and out of the lungs. Recurrent asthma symptoms frequently cause sleeplessness, daytime fatigue, reduced activity levels and school and work absenteeism. Asthma has a relatively low fatality rate compared to other chronic diseases.

WHO estimates that 235 million people currently suffer from asthma. Asthma is the commonest non-communicable disease among children. Most deaths occur in older adults. Asthma is a public health problem not just for high-income countries, it occurs in all countries regardless of the level of development. Most asthma-related deaths occur in low- and middle-income countries.

Asthma is under-diagnosed and under-treated. It creates substantial burden to individuals and families and often restricts individuals' activities for a lifetime.

The causes

The fundamental causes of asthma are not completely understood. The strongest risk factors for developing asthma are a combination of genetic predisposition with environmental exposure to inhalable substances and particles that may provoke allergic reactions or irritate the airways, such as:

- Indoor allergens (e.g., house dust mites in bedding, carpets and stuffed furniture, pollution and pet dander).
- Outdoor allergens (such as pollens and moulds).
- Tobacco smoke.
- Chemical irritants in the workplace.
- Air pollution.

Other triggers can include cold air, extreme emotional arousal such as anger or fear, and physical exercise. Even certain medications can trigger asthma. Asthma can occur in children and adults of any age. Asthma is under-diagnosed and under-treated. It creates substantial burden to individuals and families and often restricts individuals' activities for a lifetime.

Living a normal life with asthma

Rohan leads a full and healthy life because his asthma is well controlled. With an inhaler and an action plan, Rohan can control his asthma and enjoy a good quality of life. Asthma is under-diagnosed and under-treated. It creates substantial burden to individuals and families and often restricts individuals' activities for a lifetime.

Why asthma makes it hard to breathe

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**Understanding Peptic Ulcers**

There is no clear evidence to suggest that the stress of modern life puts a person at high risk of ulcers, although stress and other lifestyle factors may contribute to a build-up of stomach contents into the duodenum. These factors can include excessive stomach acid secretion, and poor lifestyle habits (including overindulging in rich and fatty foods, alcohol, caffeine, and tobacco).

**Causes**

- **Stress and Lifestyle Factors**: Excessive stomach acid secretion, poor dietary habits, and smoking can all contribute to the development of peptic ulcers.
- **Genetic Predisposition**: Some individuals may be genetically predisposed to developing peptic ulcers.
- **Environmental Factors**: Certain environmental factors, such as pollution and radiation, can also contribute to the development of peptic ulcers.
- **Infection**: A bacterium called Helicobacter pylori is responsible for most peptic ulcers.

**Symptoms**

- **Burning stomach pain**
- **Nausea or vomiting**
- **Feeling of fullness, bloating or indigestion**
- **Fatty food intolerance**
- **Burning stomach pain**

**Complications**

- **Internal bleeding**
- **Obstruction**
- **Perforation**

**Risk Factors**

- **Stress and Lifestyle**
- **Genetic Predisposition**
- **Infection**

**Prevention**

- **Healthy Diet**: A diet rich in fruits, vegetables, and lean proteins can help reduce the risk of peptic ulcers.
- **Reduced Stress**: Strategies such as meditation, yoga, and regular exercise can help reduce stress levels.
- **Healthy Lifestyle**: Avoiding smoking, excessive alcohol consumption, and over-the-counter medications can also help prevent peptic ulcers.

**Treatment**

- **Medications**: Medications such as proton pump inhibitors (PPIs) and antibiotics can help heal ulcers.
- **Dietary Changes**: A diet low in spicy, fatty, and acidic foods can help reduce symptoms.
- **Stress Management**: Techniques such as relaxation therapy and biofeedback can help reduce stress levels.

**Prognosis**

- **Ulcers may recur**
- **Risks of complications increase with age**

**Conclusion**

Peptic ulcers are more common in older adults who take medications that increase stomach acid production. These medications include nonsteroidal anti-inflammatory drugs (NSAIDs) and corticosteroids. Taking these medications can increase the risk of developing peptic ulcers.

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**During the mid-1980s, the conventional wisdom was that ulcers form as a result of stress, a genetic predisposition to excessive stomach acid secretion, and poor lifestyle habits (including overindulging in rich and fatty foods, alcohol, caffeine, and tobacco).**

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