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Wednesday, May 01 2013

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OPINION

Houla Massacre

TUESDAY'S decision by the United States, Britain, France and at least five other major nations to expel senior Syrian diplomats was a powerful sign of international revulsion at the massacre of more than 100 Syrians in the village of Houla...

ANALYSIS

Bloodletting Eases Heart Risks For Obese?

THE ancient medical practice of bloodletting may benefit obese people with metabolic syndrome, a small new study suggests...

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QNRF grants UCCQ \$800,000 for research on cardiovascular patients' depression

TRIBUNE NEWS NETWORK

DOHA THE University of Calgary – Qatar (UCCQ) has been awarded an \$800,000 grant to research depression amongst cardiovascular patients in Qatar.

“Given that cardiovascular diseases are rising worldwide and in Qatar, it is imperative that we investigate what Arab cardiovascular patients and healthcare providers in Qatar are experiencing with mental health issues and care in order to increase awareness, promote early recognition, and treatment of depression, which will, in turn, improve both quality of life and chances of survival of cardiovascular patients,” said Dr Tam Truong Donnelly, associate professor at UCCQ and lead principal investigator.

Dr Jassim al Suwaidi, director of Hamad Medical Corporation cardiovascular research department, will serve as a co-investigator in the project. He said, “In Qatar, cardiovascular diseases are the leading cause of death. Studies show that depression is associated with an increased morbidity and mortality among cardiovascular patients.

Thus, early detection of and intervention for depression among cardiovascular patients can reduce cardiovascular morbidity and mortality, and save health care costs.” UCCQ Dean and CEO Dr Carolyn Byrne, who will also participate in the project said, “We are grateful to the Qatar National Research Fund for its confidence in the expertise at UCCQ and in our Qatar partners.” The team includes: Dr Awad al Qatani and Dr Nidal Asaad, HMC cardiologists, Dr Najla al Hajj, HMC psychiatrist, and Dr Rajvir Singh, HMC biostatistician.

Dr Tak Shing Fung, senior mathematical/ statistical consultant at University of Calgary, main campus will also serve as consultant.

“I am so very happy and grateful to QNRF for granting the award. We can now work on a project that will address the healthcare needs and benefit people of Qatar,” Dr Donnelly concluded.

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Other News Headlines

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- ▶ **22 ministry of environment staff attend workshop on hazardous chemicals**
- ▶ **Seminar on electrical emissions calls for pollution control**

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Qatar UCQ awarded \$800,000 research grant

UCQ awarded \$800,000 research grant

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<:In Qatar, cardiovascular diseases are the leading cause of death. Studies show that depression is associated with an increased morbidity and mortality among cardiovascular patients. "Thus, early detection of and intervention for depression among cardiovascular patients can reduce cardiovascular morbidity and mortality, as well as save health care costs." UCQ dean and chief executive Dr Carolyn Byrne, who will also be participating in the project, stated: "We are grateful to the Qatar National Research Fund for its confidence in the expertise at UCQ and in our Qatar partners."

The partners include: HMC cardiologists Dr Awad al-Qahani and Dr Nidal Asaad, HMC psychiatrist Dr Najla al-Haj, and HMC biostatistician Dr Rayvir Singh, University of Calgary main campus' senior mathematical/statistical consultant Dr Tak Shing Fung will also serve as consultant. "I am so very happy and grateful to QNRF for the grant. We can now work on a project that will address the healthcare needs and benefit people of Qatar," Dr Donnelly added.

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الصفحة العربية

Newspaper Editorial

Postings of editorials published in the GCC newspapers about regional and international issues

National Sports Day promotes healthy message

Gulf Times - 14 February, 2012

It's no state secret that human beings are creatures of habit. Their day, especially if they are based in the Arabian Gulf, is dominated by work. Any free time in between is devoted to food. Or shopping. Or the television. Or any number of 3G devices that never let the Internet get any farther than a touchscreen away.

You may notice that exercise doesn't figure at all in this list. The sad part is as creatures of habit, we also become slaves to our bad habits – finding excuses for that last cigarette, that last drink (fizzy or otherwise), that last shawerma – that must justify our decision not to take care of ourselves.

Which is why Qatar's very first National Sports Day should serve as a wake-up call for all those who have been ignoring their health in favour of their "busyness" in the daily business of life.

The National Sports Day is being planned as an annual event, on every second Tuesday of February, to drive home the message that it is important to be active and healthy in order to be alive.

This year, several initiatives and events have been announced to encourage Qatar's residents to step out and enjoy not just the bracing winter weather, but also to ponder ways to cultivate a healthy lifestyle that includes physical activity in a greater measure than before.

The Sports Day does mean business – rapid urbanisation in the Arabian Gulf has meant a greater number of lifestyle diseases being reported in the region.

A study recently published in Avicenna, an open access, peer-reviewed journal from QScience.com and headed by Dr Tam Truong Donnelly of the University of Calgary-Qatar, shows that cardiovascular disease and coronary artery diseases such as acute myocardial infarction are rising rapidly in the country.

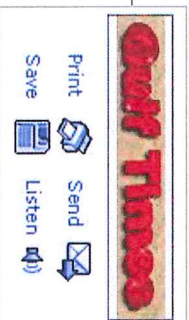
According to the World Health Organisation, up to 60% of males in Arab countries and up to 70% of females are overweight and obese.

Travelling by car is thought to be a leading cause of inactivity in the Gulf countries, as is the habit of "shisha" (water pipe) and a diet dominated increasingly by convenience food. Added to this is the cultural perception that being fat is a sign of a privileged background.

The rising level of technology and computerisation in the workspace has made most office-goers become chained to their desks. Prolonged sitting is in fact now being labelled as a new disease, leading many companies in the West to adopt "standing desks".

There is a tendency among Qatar's residents to show off their trips to the mall and pushing shopping trolleys as their main fitness habit. Some say housework like vacuum-cleaning and dish-washing is exercise. But as any qualified fitness professional will tell you, these activities cannot be as fruitful as a well-designed workout.

With today being a public holiday, you have 24 hours to discover ways to a healthier life ahead.



Musharraf: All eyes turned to military

Source : Saudi Gazette

Date : 2013-04-22

"History", wrote Karl Marx, "repeats itself, first as tragedy, then as farce." There seems to be tragedy and farce in equal measure in Pervaz Musharraf's bid to re-enter Pakistan's turbulent...

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Ballot in Iraq

Source : Khaleej Times

Date : 2013-04-22

The first vote in Iraq since the US troops pulled out is marred with confusion and crisis...

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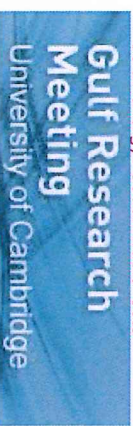
Heavy discount in human rights abuses

Source : Gulf Today

News Ticker

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