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MEDIWORLD

Middle East



Vandana Luthra,
Founder VLCC Group

VLCC : Transforming lives, one beauty therapy at a time

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Middle East, Africa and Asia & Beyond

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Editor's Note

Greetings from Mediworld Magazine!!

With the holy month of Ramadan right near the corner, let's begin with some good news: Recently, Dubai Creative Clusters Authority inked a deal with the UAE Ministry of Health and Prevention develop licensing procedures and register plants to allow more efficient operations. Further, a leading chain of health, beauty and fitness centre, VLCC, is set to explore the shores of the Middle East. The company is in acquisition mode and aims to transform the beauty and wellness industry here. Now that's a good start.. Also, recently, lot has been talked about generic drugs, a cheaper alternative to branded drugs but just as effective. It is the latest in a package of economic reforms undertaken this year geared towards a diversification away from oil dependence and streamlining public services to be more cost-effective.

All these news indicate a major boost in Dubai's health care and pharmaceutical sectors. But, with robust development come utmost responsibility, and therefore, the pharmaceutical sector will be required to disseminate the right information and customer service forward.

Well, that shouldn't be much of a problem for UAE, which is poised to be the hub of the region's pharmaceutical industry. And it goes without saying that the industry players should contribute the best they can offer.

The island country of Sri Lanka which is blessed with wealth of natural beauty mourns the recent deadly blasts. But as they say life has to go on the country tries to move ahead leaving the gloomy past behind. Its proximity to the Gulf region also makes the country a popular holiday destination for tourists from across the world, who are familiar with its many attractions. In this issue we try and trace out few ayurvedic wellness treatments packages which are sure to rejuvenate the cure the tourists for sure.

Now, this looks like good days are here to heal the industry... Let's pray for the best!

Sincerely,

Editor, MediWorld ME

06-Cover Story

VLCC : Transforming lives, one beauty therapy at a time



10-Meditate to look younger



14-Recharge and rejuvenate with specialized wellness treatments in Sri Lanka



For the latest News & Updates visit: www.mediworldme.com

Medical Destination

22-Poland Your gateway to high potential healthcare sector



27-32 News & Updates

- Gulf Medical University's Newly Launched Programs receives High Volume of Enquiries
- CSL Behring opens Regional Headquarters at Dubai Science Park
- Peli BioThermal chooses SEKO Logistics to serve clients in Ireland
- Freshness guaranteed by Cathay Pacific
- National Health Survey results officially announced



40-Quick References

42-Events Calendar

35-HH Sheikh Humaid Bin Rashid inaugurates Saudi German Hospital in Ajman



36-HH Sheikh Hasher bin Maktoum Inaugurated DIHAD Conference and Exhibition





VLCC : Transforming lives, one beauty therapy at a time

-Interviewed by Vasujit Kalia

With a humble beginning in the year 1989 to becoming one of the major brands in the beauty and wellness sector, VLCC Group has indeed come a long way. The group has major interests in over 14 countries with a work force of more than 4,500 employees which continues to swell with every passing year.

Vandana Luthra, Founder VLCC Group



You have traversed a long way can you throw some light on this illustrious journey, how difficult the journey was and what challenges you faced?

In 1989, when I launched my beauty and wellness company, VLCC, from a small basement at Safdarjung Enclave in New Delhi, the circumstances were very different and it was difficult to persuade people and convince them of the future of this industry. There were also very few women entrepreneurs in the late-eighties and being one of them, trying to mark a place in such a fragmented and highly unorganized industry like beauty and wellness, was challenging. To say the least, for at that time we could not easily get bank loans or find good space on rent or good products or support from media, and nor was there a ready pool of well-trained and skilled manpower. The concept of preventive health care and wellness had yet to gain any traction. It was okay to be overweight. In fact, being overweight in some senses was seen as a sign of being prosperous! Also, weight-management options that did exist were few and far between. On one end of the spectrum there were the unorganized sector “mom 'n' pop” beauty parlours offering unscientific solutions and then there were these high-end 5-star hotel health clubs. I was sure I did not want VLCC to be yet another beauty parlour. Nor did I wanted to offer a 5-star expensive service. I wanted to transform how people live by providing them a scientific and complete wellness solution from head to toe. We also focused on providing proper nutrition counseling for the body. I worked out a business model around this and can justifiably say that VLCC was a pioneer in this field.

Ayurveda sector, Pain Management, Preventive Healthcare and Body contouring techniques are some of the key growth drivers that will lead the industry in the coming years – Mrs. Vandana Luthra, Founder, VLCC Group

VLCC today has more than 4,500 employees spread across 330 locations in over 150 cities and 14 countries, with about 60% of the work force comprising women. Today the fact that I can contribute towards skill development and women empowerment through VLCC Institute and in my capacity as the chairperson of beauty and wellness sector skill council, makes the journey even more fulfilling.

You ventured into the field of beauty and healthcare decades back how have these sectors evolved over the years?

The beauty and healthcare industry was largely unorganized and fragmented when I started my journey. While there is still a long road ahead before it becomes fully organized, the beauty industry has witnessed a phenomenal change over the past few years. The definition of beauty and healthcare has evolved from merely a lack of disease and illness to a more holistic state of being, where one's physical, mental and emotional health are in sync. Today, while there is an active market for products and services that reflect this philosophy, the overall beauty and healthcare industry is experiencing a boom from the current Rs 13,000 crore, generating thousands of job opportunities every year. This



VLCC's annual Anti-Obesity campaign includes organizing health camps, mass counselling sessions and talk-shows with health experts besides extensive media interactions and dissemination of special literature on obesity.

growth is majorly due to rising middle-class population, higher disposal incomes, changing lifestyles and social media influence. Also, since beauty and healthcare is not limited to any gender or age anymore, more cutting edge technology and latest innovations are driving the industry further. According to me, Ayurveda sector, pain management, preventive healthcare and body contouring techniques are some of the key growth drivers that will lead the industry in the coming years.

You are known for your community service initiatives, can you please tell us more about few CSR projects which are close to your heart?

VLCC's CSR projects rests on two crucial pillars which supports and strengthens our corporate values and business model activities that respond to our fundamental obligation towards the society and value-creating activities that are synergetic with our business strategy.



• **Women empowerment through skill development**

Given the struggles and challenges I faced as a woman, I felt it was my responsibility to work towards empowering and transforming unskilled human resource, especially women, to a productive resource towards self-growth and societal development. This was one of the main reasons that led to the setting up of VLCC Institute of Beauty and Nutrition in 2001. With 84 institutes, VLCC Institute of Beauty and Nutrition is a pioneer in imparting quality skill training in this domain and a staunch supporter of the Government of India's 'Skill India' mission, where we have trained 52,000+ students so far. Besides this, I am also serving as the Chairperson of the Beauty & Wellness Sector Skill Council (B&WSSC) which is government-backed council working tirelessly to ensure skill development of our young and deserving talent of the country.

• **Anti-Obesity Drive: Empowering through good health**

With the active involvement of the medical



The breakup of GCC centers are as follows: one center in Al Khodar, Doha, one in Sohar, Oman, one in Kuwait City. In addition to all these we will be opening first franchisee center in KSA this year.

fraternity and other key stakeholders in all the countries where it has a presence, VLCC observes November 26th of every year as Anti-Obesity Day™ as part of the annual campaign conducted in November-December to promote the development of good lifestyle habits to stay healthy and fit. It was in 2001 that VLCC took the first step towards creating awareness about obesity and its ill-effects through the creation of an Anti-Obesity initiative to address the global pandemic. Today, the Anti-Obesity Day™ campaign has gained significant momentum over the years with the governments, media, NGOs and corporates of countries including India, Sri Lanka, Bangladesh, Nepal, UAE, Qatar, Kuwait and Malaysia participating actively to spread the message of good health.

VLCC's annual Anti-Obesity campaign includes organizing health camps, mass counselling sessions and talk-shows with health experts besides extensive media interactions and dissemination of special literature on obesity.

You have bagged many awards and accolades but do you think every award brings more challenge to excel and out do your previous performance?

All the awards that have been bestowed upon me are validations of the progress that VLCC has made

over the past few years. It has been a stupendous journey for VLCC and these awards only motivate us to continue working hard in order to surpass our expectations and achievements to date and also breach new frontiers. The fact that these awards also come during the most exciting and challenging times that the beauty and wellness industry has ever witnessed, makes us extremely confident that our growth will continue.

Can throw some light on your expansion plans both in Gulf Cooperation Council (GCC) and UAE? How many centers do you currently have across all the Emirates?

We have robust expansion plans for GCC and UAE. Currently there are 23 centers across the GCC countries and over nine more centers which we plan to open in 2019. There are 12 centers in UAE and we plan to open four more in 2019. With 2 centers in Abu Dhabi, 1 in Ras Al Khaimah and 1 in JLT in Dubai we have present all over UAE.

The breakup of GCC centers are as follows: one center in Al Khodar, Doha, one in Sohar, Oman, one in Kuwait City. In addition to all these we will be opening first franchisee center in KSA this year.



Meditate to look younger



In today's time we have the most advanced external processes and tools available to make us look younger. Slathering our face with magical elixirs, creams, serums, lotions, drinking gallons of green tea, exploring newest techniques of lifts, fillers, lights etc. All these antidotes can cost you a little fortune, let's accept that. But what if I tell you that there can be a powerful internal anti-ageing strategy that can take off years from your age. Vasuijt Kalia in tête-à-tête with Navana Kundu about how meditation will help you look younger.





Reversing your ageing process

Nobel prize winner Elizabeth Blackburn spent more than 30 years of her life in research of telomeres and the effect of meditation on telomeres as a key to look younger and live longer.

So, what is a telomere? The scientific answer is that telomeres are protective caps at the end of our chromosomes that control our ageing process. They are portions of repetitive DNA. When the telomeres wear down over time with each cell division, they become too short to protect the chromosomes from deteriorating. They then send a signal to the cell that the coding DNA is at risk and it is time for the cell to die and hence, cause the body to age. In short, shortening telomeres is a significant factor for cellular ageing.

A 60-year old with 'good' telomeres that are long and protective, can appear up to 20 years younger, be less susceptible to diseases – anything from flu to cancer, and exhibit an extraordinary level of energy in his daily life.

The opposite of this i.e. telomere shortening leads to increase risks of diseases of ageing: cardiovascular disease, diabetes, Alzheimer, cancer, a weakened immune system and much more. A shortened telomere makes our health moves from the 'ease' zone to the 'dis-ease' zone.

In people who meditate telomeres are significantly longer, which signify that their cells age much slower than those who do not meditate.

One study published in the International Journal of Neuroscience, found that the biological age of people who meditate regularly on average is 12 years younger than their chronological age. Their bodies functioned as if they were 42 when their actual age is of 54. Several scientific research studies have also found compelling evidence in the role of telomere in the process of cellular ageing.

In one research project, Blackburn sent participants to meditate at the Shambhala mountain retreat in northern Colorado. Those who completed a three-month course had 30% higher levels of telomerase - enzymes that can rebuild and lengthen chromosomal telomeres. A pilot study of dementia caregivers, carried out with UCLA's Irwin in 2013, showed that volunteers who did an ancient chanting meditation 12 minutes a day for two months had a 43 percent boost in telomerase than a control group who listened to relaxing music.

Glutathione is the body's most important antioxidant because it is within the cell which is the prime position to neutralize free radicals. Glutathione prevents oxidative stress, protects from environmental toxin damage, boosts t-cells, boosts immunity and gives us that translucent porcelain skin.

GSH - "mother of all antioxidants"

We so often hear the buzzword 'antioxidant' to combat ageing. What are antioxidants and why are they important? Antioxidants are chemicals that reverse or prevent damage caused by the free radicals- the unstable molecules that cause oxidative damage.

Meditation makes a compelling difference in the antioxidant status of the body! It supercharges our body with Glutathione.

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Navana Kundu -Mediator



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that translucent porcelain skin.

A research study published in the Journal of Alternative and Complementary Medicine (Sinha et al, 2007) showed 51 healthy male volunteers from the Indian Navy, who were divided into two groups of yoga & meditation group and a control group of routine physical training for a 6 month period. After the completion, the yoga and meditation group showed a decrease in oxidative stress and a significant 41% increase in their level of glutathione.

Meditation can revolutionize the way we approach ageing. While more research and data is needed, the

evidence of meditation as anti ageing strategy is compelling. There is a promising possibility where we can look 20 at 45 with increased telomere length and a natural surge of antioxidants from within. There is nothing to lose, why not try?

There are several types of Meditation from different traditions. Is there one technique that speaks to you the most? Try out a few to find the one that is most effective for you as one size doesn't fit all:

- **Mindfulness Meditation**
- **Transcendental (Mantra) Meditation**
- **Zen Meditation**
- **Vedic Meditation**
- **Breath Meditation**
- **Sound Meditation**
- **Qi-Gong Meditation**
- **Vipassana Meditation**
- **Chakra Meditation**



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A person wearing a green uniform is pouring water from a brass pot over a woman's face. The woman is lying down with her eyes closed, enjoying the water. The background is a lush green outdoor setting.

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**with specialized wellness
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Looking to recharge and reconnect with nature while enjoying refreshing wellness therapies that draw on centuries of heritage? All this while relaxing in sylvan resorts nestled in nature's emerald embrace or enveloped by the mesmerising ebb and flow of the Indian Ocean? Middle East travellers can find all of these and much more at near unbelievable bargains in Sri Lanka, just a few hours away on SriLankan Airlines.

SriLankan Airlines, the National Carrier of Sri Lanka, has been expanding its network across the Middle East recently in response to growing demand from the region's business and leisure travellers whilst offering seamless connections

The island's renowned wealth of natural beauty and its proximity to the Gulf region also makes the country a popular holiday destination for tourists from across the world, who are familiar with its many attractions.

"With convenient daily flights to Colombo from Dubai, Abu Dhabi, Doha, Riyadh, Muscat, Bahrain and Kuwait, SriLankan Airlines now offers 68 flights a week from the region to our home base for tourists from the region, who are looking to experience the pleasures of a quick break or an extended holiday for them and their families, just a short flight away," said Saminda Perera, General Manager Marketing, SriLankan Airlines.

Ayurveda is one of the world's oldest forms of healing, derived from the Sanskrit words for life (ayuh) and knowledge or science (veda) — originated in India more than 3,000 years ago and soon spread to Sri Lanka, where Sinhalese kings established Ayurveda treatment centres in the ancient cities of Anuradhapura and Polonnaruwa.

"Whether they are looking for a peaceful beach holiday or a refreshing relief from the stresses and strains of the daily grind through our specialized ayurvedic wellness therapies, Sri Lanka has something to suit all preferences," Perera stated.

Sri Lanka's long tradition of expertise in ayurvedic and natural medicine and wellness therapies goes back centuries. Today the island offers a wide spectrum of wellness spas and resorts and ayurvedic centres dotted all over the island, offering tailor-made therapies and rejuvenation and recharge packages for tourists in search of rest and recovery.

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In Ayurveda, a combination of herbs, diet, massage, hydrotherapy and oil treatment is used to treat everything from stress to diabetes, migraine, asthma, arthritis and high blood pressure. Ayurveda specialists will tell you that this form of treatment also helps boost the immune system, promotes a general sense of well-being and even helps delay the ageing process.

With many in the West turning from medicine which treats only the body, towards a more holistic approach, Sri Lanka has become destination for those seeking solace in the Ayurvedic principle of body, mind and soul.

In Ayurveda, a combination of herbs, diet, massage, hydrotherapy and oil treatment is used to treat everything from stress to diabetes, migraine, asthma, arthritis and high blood pressure. Ayurveda specialists will tell you that this form of treatment also helps boost the immune system, promotes a general sense of well-being and even helps delay the ageing process.

Recent statistics indicate that Sri Lanka received 107,635 tourists from the GCC countries in 2017, a growth of 6.5 per cent, with the UAE figuring as the major source market in the region.

SriLankan Airlines today flies an all Airbus fleet, which includes the A330-300 and A320neo aircraft connecting to 105 destinations in 47 countries (including codeshare operations). Launched in 1979, Sri Lanka's National Carrier is an award winning airline.



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A background image of a large warehouse filled with numerous pallets stacked high with cardboard boxes, illuminated by industrial lighting.

Pharma Logistics- becoming the preferred destination

Facing competition from the global giants, the Indian Pharma companies have started to diversify and are taking bold steps to strengthen their product portfolio



Over the past decade, India has emerged as the one of the fastest growing pharmaceutical markets in the world. The growth rate of the industry, which was 18 percent per annum between 2005 and 2015, stands at over US\$30 billion. Further, the generic drug sector has seen a steady growth of over 22 per cent annually during the same period, and accounts for 20 per cent share of global exports by volume today.

This growth is expected to continue in the coming years with Indian Pharmaceutical sector touching US\$55 billion by 2020. Moving ahead, the generic drug sector is expected to grow and capture 6-7 per cent of the US\$ 760 billion generic drug market by 2020. These numbers are achievable with India having highest number of FDA proved drug manufacturing sites only next to the US.

Supply chain management

India's growth graph seems promising at least on the paper however it is evident that there is a significant gap between the strategic vision and operational realities of the sector. Indian pharmaceutical companies are facing a unique set of challenges that are creating significant pressure on them to transform their supply chains.

Moreover the industry stalwarts feel the goods and services tax (GST) regime will influence the sourcing, manufacturing and distribution footprint, with particular impact on transportation and warehousing. Products have proliferated exponentially and become more complex compelled by patient's therapeutic needs. Fragmentation at every stage of the value chain is direct hit on the supply chain efficiency. Then there are quality issues and the supply issues which have snowballed into the value chain, triggered by regulatory scrutiny.

The current scenario

Facing competition from the global giants the Indian Pharma companies have started to diversify and are taking bold s include developing capabilities to manufacture more differentiated and complex generic, investing in innovators and building capacity to manufacture biosimilars.

A key challenge Indian organizations face is that the business differentiator is shifting from being reverse engineering experts to having improved operational performance parameters such as service level and cost to deliver. Competition is fierce and the pressure to bring down the cost of the drug is an additional element resulting in the need to reexamine the supply chain. Most Indian companies have successfully figured out how to reverse engineer and manufacture generic drugs but have paid little or no attention to operational aspects. Three key performance indicate that organizations rely on to gauge their overall supply chain health and readiness for growth.

However the industry average is 15 per cent points higher than the global best in class, which indicates suboptimal routes, high transportation costs, and issues with the storage, specifically for high-risk and conditioned products, on average, manufacturing conversion costs account for nearly 75 per cent of the total supply chain cost, with distribution responsible for the remainder.

Key barriers

Quality issues have deepened and widened over time and increasing number of these are occurring across the value chain. These range from issues at procurement level over the quality of the raw materials as well as at the manufacturing stage where plant shutdowns and



Surendra Deodhar

"Reverse Cold chain is always difficult to handle since infrastructure such as cold rooms, packaging material as well as trained staff is rarely available. Sensitizing associates in the market, training our logistics, service providers and extra precautions by quality in assessing fitness of return goods are useful."

-Surendra Deodhar, Vice President, Head Material Management at Reliance Life Sciences

inability to get necessary certifications have created unused capacity. Lack of quality control at the R&D stage has also led to more failures of trial batches, causing delay in product launches.

Surendra Deodhar, Vice President, Head Material Management at Reliance Life Sciences, says, "Reverse Cold chain is always difficult to handle since infrastructure such as cold rooms, packaging material as well as trained staff is rarely available. Sensitizing associates in the market, training our logistics, service providers and extra precautions by quality in assessing fitness of return goods are useful."

Indian Pharma companies are expanding their portfolio at a fast pace. This has been driven in part by new product development, dosage forms, enhanced formulations and changes in packaging and labeling to cater to the new markets. Increased competition which fuels the need to constantly innovate and varying regulatory requirements across the multiple markets are other key driving forces.

The fast paced proliferation has several implications for supply chain, including higher manufacturing & distribution costs, more inventories and a larger supplier base.

India's supply chain network is very complex making it tougher to manage it properly. The sheer number of players at each stage with varying requirements, lack of clear categorization, lack of proximity to the manufacturer and different degrees of quality standards are clear challenges.

“We could easily gauge the inefficiency in the supply chain. On one hand there is 5 percent return of goods due to expiry and other reasons while on the other side, estimates though the sources say that there is a parallel counterfeit medicine market which amounts to 25 per cent of the overall Indian domestic pharma market.”

-Pradyumn Singh, Co-founder & CEO, Pharmarack Technologies Pvt. Ltd



Pradyumn Singh

As a result, production schedule changes are more common because of the poor supplier service levels, further affecting the ability of supply chain to make and deliver on time.

Pradyumn Singh, co-founder & CEO, Pharmarack Technologies Pvt. Ltd., enthuses, “We could easily gauge the inefficiency in the supply chain. On one hand there is 5 per cent return of goods due to expiry and other reasons while on the other side, estimates though the sources say that there is a parallel counterfeit medicine market which amounts to 25 per cent of the overall Indian domestic pharma market.”

Steps to take

The easiest way to tackle this issue is to design the supply chain that is more adaptive, flexible and responsive to the changes. This can be done by focusing their efforts on following steps.

Enabling efficiency: India's Pharma Supply chain is crippled with end-to-end complexity. Reducing these complexities can unleash an array of benefits. Efforts should be focused on these top priorities for immediate actionable results.

Agility and visibility: In addition to changing patient's needs and shifting diseases patterns, the global market is experiencing more frequent shortages and communicable diseases outbreak. It is vital that pharma companies are ready to react to such market changes if they want to be best in class performers.

Ensuring that the supply chain is integrated with the sales and operations planning processes and commercial strategies will enable pharmaceutical companies to move from a 'planning for convenience' model to a 'planning for market model.'



Murlidharan Nair

“Navigating through fragmented segment dotted with unorganized independent units and inadequate information infrastructure, drug makers are faced with uncertainty regarding the stock movement in channels beyond the CFA points. This results in instances of non-availability of medicines or products at the retailers, translating into loss of sales for the company”

-Murlidharan Nair, Partner with Ernst & Young.

Last mile distribution: The last mile means the final, and most tangible, promise of the contract between the seller and shopper. If anything goes wrong in the final stretch, that is when they get upset and brand is damaged. Retailers should try and put themselves in the foot of the customer by regularly mystery shopping their clients and seeing if the last mile promise is being delivered.

“Navigating through fragmented segment dotted with unorganized independent units and inadequate information infrastructure, drug makers are faced with uncertainty regarding the stock movement in channels beyond the CFA points. This results in instances of non-availability of medicines or products at the retailers, translating into loss of sales for the company,” says Murlidharan Nair, Partner with Ernst & Young.

Going further, Nair adds, “Drug companies register losses when their representatives are unable to service the shortage of medicine stocks at a chemist fast enough. In fact drug makers need to make their supply chain efficient by becoming customer driven in replenishing stock, as opposed to pushing month-end stocks into the channel.”

Thus, it is clear that outmoded ways of logistics will not hold good in the future. The companies will have to make new strategies which are closely aligned with their manufacturing and commercial strategies. So be it temperature control, security or regulatory compliance, strategic supply chain management including logistics with the aid of technology, is pivotal to tackle important issues of the pharma industry.



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POLAND

YOUR GATEWAY TO HIGH POTENTIAL HEALTHCARE SECTOR

A country where its Health Ministry plays a key role in determining the health policy of the country, preparing drug reimbursement lists, setting drug prices, financing and implementing national health programs, financing clinical and research hospitals and specialist institutes, financing specialized services, financing scientific research and educating medical staff.

Medicover Hospital, Warsaw, Poland



Poland which is located in Central Europe is divided into 16 administrative subdivisions, covering an area of 312,696 square kilometers, and has a largely temperate seasonal climate. Poland's capital and largest metropolis is Warsaw.

It is the sixth largest in the European Union with a population of 38 million people. The country happens to be one of the biggest healthcare markets in Central/Eastern Europe. That stated, the healthcare sector in Poland has been in a somewhat challenging financial condition as of late, and the short-term outlook in the public healthcare sector (the largest sector of healthcare in Poland) remains tentative. Since 1999, the Polish healthcare sector has gone through several unsuccessful attempts at reform.

The Polish healthcare system, although established within the framework created by the EU, is still strongly influenced by the internal politics of the state. Since 2003, healthcare services have been financed, supervised and controlled by the Ministry of Health, the National Health Fund, and local governments. The Ministry of Health plays a key role in determining the health policy of the country, preparing drug reimbursement lists, setting drug prices, financing and implementing national health programs, financing clinical and research hospitals and specialist institutes, financing specialized services, financing scientific research, and educating medical staff. The role of funding bodies of most of public healthcare facilities is local governments. The National Health

The Polish healthcare system, although established within the framework created by the EU, is still strongly influenced by the internal politics of the state. Since 2003, healthcare services have been financed, supervised and controlled by the Ministry of Health, the National Health Fund, and local governments.

Fund (NFZ) contracts out services from healthcare providers for the population while local governments play an administrative role. The NFZ is responsible for financing the operating costs of the healthcare system in Poland, i.e. the daily costs of the primary care, outpatient and inpatient care, as well as reimbursement for medicines and rehabilitation products. The NFZ operates on the actual, current contributions of employers and employees.

Current Market Trends

The latest restructuring of public healthcare in Poland resulted in establishment of short-term and outpatient facilities. This change required implementation of advanced diagnostic techniques and new surgical procedures that, in turn, created a demand for new



First private maternity hospital in Wrocław

LUX MED Hospital



The major export products manufactured by the Polish medical equipment industry include bio-electronic apparatus, operating theatre equipment, rehab equipment, surgical instruments and devices using medical imaging technologies.

equipment. Also, the development of private healthcare sector in Poland created a need for equipment. The private market is most active in outpatient care, rehabilitation, and spa/wellness care. It is also the sector with the highest growth rate and purchasing power. However, investment-type purchases, such as advanced medical equipment, have been limited.

Products that reduce hospitalization time will be received warmly, considering the (public) hospital



sector's capacity shortage and financial strains. Leasing products is popular and common practice; companies able to offer such financing plans or other alternative schemes to reduce the financial load that comes with traditional product procurement would certainly find keen customers.

The Polish medical equipment market is growing rapidly and in many directions. This is due both to a growing internal market and the companies themselves, which have become increasingly competitive and started to expand to overseas markets. The major export products manufactured by the Polish medical equipment industry include bio-electronic apparatus, operating theatre equipment, rehab equipment, surgical instruments and devices using medical imaging technologies. One of the most thriving branches of the industry comprises producers of bio-electronic equipment, which is used for vital functions monitoring (patient monitors, de brillators



The ESPRAS-accredited Coramed Medical Centre in Wrocław, Poland is specialized in breast implants, rhinoplasty and abdominoplasty.



Retina Eye Hospital, Warsaw, Poland

with the function of monitoring and data transmission, ECG equipment, Holster recorders, spirometers, etc.). Monitoring devices are also offered as network solutions which integrate separate devices into a central monitoring system.

Imports remain a fundamental component of the local medical equipment market, and about 85 percent of all medical equipment used in Poland is imported. So, medical equipment represents a good prospect for foreign suppliers in general, but US medical equipment manufacturers face strong competition, and particularly from European companies. EU suppliers increased market share due to their competitive prices as well as availability of EU assistance packages for Poland. Poland imports medical equipment primarily from Western Europe, the United States and Asia (Japan and China).

Biotech and Pharma Sector in UAE

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"Poland is well known as the supplier of raw materials for the pharma and nutrition manufacturers in the UAE," said Moneer Faour, head of Polish Foreign Trade Office in Dubai. "We are also pleased to see growing interest from Polish manufacturers to expand into the UAE, which is also known as the strategic hub for cooperation with the GCC."

"This is especially interesting considering EXPO 2020 in Dubai, where Poland is participating. Poland's participation is organized by Polish Investment and Trade Agency."

The congress is another event in the medical and healthcare sector in the UAE in recent weeks, which saw the participation of Polish companies.

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Gulf Medical University's Newly Launched Programs receive High Volume of Enquiries



The University's high-demand programs receive 6000+ admission enquiries every year

The unique, specialized College of Healthcare Management And Economics launched by Gulf Medical University (GMU), Ajman, has started admitting students into its Bachelor's and Executive Master's programs, with the aim of equipping graduates with comprehensive skills and knowledge to pursue careers in healthcare management, health economics, policy-making and administration in the region and internationally. With the addition of this new college, Gulf Medical University has become the biggest private medical university in the region with 6 colleges and 26 accredited courses. The University's Admissions Department receives over 6000 enquiries annually, from different parts of the world, for its various high-demand programs.

Established in view of the huge expansion of the healthcare industry in the region and worldwide, the College of Healthcare Management and Economics offers two programs:

- The Bachelor of Science in Healthcare Management and Economics (BSc. HME); a four-year program designed to graduate professionals with a deep understanding of the healthcare industry, its language and unique culture.
- The Executive Master in Healthcare Management and Economics (EMHME); a 12-month program designed to benefit middle to senior level professionals in the healthcare industry. The program would be highly beneficial for working professionals to improve their career prospects and widen their professional networks.

The college as well as its programs is accredited by the Ministry of Education, UAE. The programs are offered in collaboration with leading international universities; the University of Milan, University of Arizona, American University of Cairo, University of Central Florida, etc. The college is a member of the European Healthcare Management Association, giving it seamless access to the network of faculty and collaborating universities. The faculty for the executive master's program are top academicians and practitioners from renowned international institutions in the US, UK, France and Italy. The College of Healthcare Management & Economics enjoys strong ties with industry partners in the UAE and the GCC, as well as in India, US and Africa.

Explaining how the new programs offer students a unique learning experience and unparalleled career prospects, Prof. Hossam Hamdy, the Chancellor of GMU said, "GMU is a specialized medical University offering the full spectrum of health professions education, including Medicine, Dentistry, Pharmacy etc., and the only University owning a network of teaching hospitals, clinics, pharmacies and diagnostic labs. The students learn in a truly inter-professional atmosphere, experiencing multifaceted interactions within various healthcare systems. Furthermore, the graduates gain broad knowledge and skills in management, policy, economics, and in-depth experience in healthcare industry, innovation and informatics. These types of graduates will be highly needed for the healthcare sector and all related future businesses and services."

Admissions are now open for the Bachelor's program starting from September 2019 and the Executive Master's Program. The admissions department of GMU has been receiving enquiries and applications from students of different countries, attracted by the unique and futuristic nature of the course and its focus on healthcare management and policymaking while covering all aspects of business.

CSL Behring opens Regional Headquarters at Dubai Science Park

CSL Behring, the world's leading biopharmaceutical company, has opened its regional headquarters at the Dubai Science Park, a science-focused business park that is developing the local healthcare sector.

The opening ceremony was attended by Marcus Stempfli, Vice President and General Manager, CSL Behring, Intercontinental Business Operations, Mohammed Hajjaj, General Manager, Middle East & Africa, CSL Behring, and Marwan Abdul Aziz Janahi, General Manager, Dubai Science Park.

The opening of the new office reinforces the company's presence in the Middle East and Africa, helping to provide better care for patients and raise awareness about treatment options available for critical medical situations.

Biomedicine is one of the fastest growing sectors in the pharmaceutical industry, with an annual growth rate of more than 10% compared with conventional medicines with a growth rate of 7%. The positive investment climate in the UAE and its attractiveness as a major hub for healthcare and pharmaceutical industries have encouraged many international companies to launch their own operations locally, especially in the specialized industries.

CSL Behring is a leader in the \$ 24 billion plasma market. The company's commitment to innovation is reflected in the development of advanced therapies to reduce the risk of early cardiovascular disease, improve organ transplantation, treat sickle cell disease, thalassemia and autoimmune diseases.



Said Marwan Abdul Aziz Janahi, Director General of Dubai Complex for Science and Chairman of the work of the pharmaceutical industry sector team and medical equipment within the Dubai Industrial Strategy for the year 2030 "The Dubai Science Park is proud to host leading companies such as CSL Behring, and the opening of the company's regional headquarters is in line with our strategy of attracting internationally renowned leading pharmaceutical and healthcare companies as part of our role in building a world-class healthcare industry, One of the national priorities for the vision of the UAE 2021. Thanks to its supportive collaborative environment and its many advantages, DSC has the ability to support CSL Behring in achieving its objectives and providing the latest treatments to the people of the Gulf region. "

AirBridgeCargo Airlines inks a leasing agreement with Sonoco to broaden its capabilities for 'abc pharma' customers

AirBridgeCargo Airlines (ABC), one of the leading cargo carriers in the transportation of special cargoes, and Sonoco ThermoSafe, a leading global provider of temperature assurance packaging, have signed the leasing agreement for the PharmaPort® 360 temperature-controlled container.

The announcement came during LogiPharma, Europe in Montreux, Switzerland, with positive feedback from more than 950+ pharma supply chain leaders from various sectors - logistics, distribution, planning, IT, quality and sourcing. The recently-signed agreement will bolster ABC's delivery options for temperature-sensitive shipments and guarantee a broader choice of containers available for various pharmaceutical consignments.

"We have been consistently developing and upgrading our 'abc pharma' product, offering our customers dedicated airlift for both passive and active ways of transportation. With PharmaPort® 360 being available for lease, we can guarantee another much-needed air freight solution for pharmaceutical goods with precise temperature mode conditions and requirements to maintain an internal environment of 5°C. This is a quantum leap for our dedicated product, and we expect it to ramp up our volumes, as well as to gain interest in our

services from new customers,"- highlighted Fedor Novikov, Deputy Director, Products of AirBridgeCargo Airlines.

The PharmaPort® 360 safely maintains the required temperature in various ambient temperatures from 60°C to -40°C and can be easily loaded onto standard NAS Series air cargo pallets. Its built-in GPS tracking and GPS Monitoring systems allow for transparent and accurate information to be available in real-time mode. This, powered by ABC's Control Tower 24/7, will eliminate the possibility for any deviations from the set point and will give customers extra reassurance of safety and integrity of their shipments.

"We are very pleased to have this important agreement with AirBridgeCargo Airlines. Their focus on specialized temperature-controlled cargo fits perfectly with the specialized thermal and data technology in the PharmaPort 360," said Christopher Day, Director of Business Development & Innovation at Sonoco ThermoSafe. "As always, our focus is to make it as easy as possible for pharmaceutical shippers and forwarders to directly lease PharmaPort 360s from the leading airlines around the globe, and we are delighted to partner with AirBridgeCargo Airlines to do so."

The Ministry of Health & Prevention (MoHAP) is joining world countries in celebration of World Health Day



The Ministry of Health and Prevention (MoHAP) is joining world countries in celebration of World Health Day. According to the World Health Organization (WHO), this year's theme is "Universal Health Coverage" to resume the march of the last year's theme which was "Health for All".

The Ministry of Health and Prevention is organizing educational activities and events in Dubai and the Northern Emirates. These activities include free medical examinations for blood sugar and pressure, and Body Mass Index (BMI) in health centres, medical districts, shopping malls, and other places.

On this occasion, WHO is calling on world leaders to live up to the pledges they made when they agreed to the Sustainable Development Goals in 2015, and commit to concrete steps to advance the health of all people. This means ensuring that everyone, everywhere can access essential quality health services. In the meantime, WHO cannot overlook the key role the workers in the healthcare field plays in helping health decision-makers to realize people's needs, particularly, at the primary care level.

His Excellency Dr. Hussein Abdel Rahman Rand, Assistant Undersecretary for Health Clinics and Centers, spotlighted the importance of celebrating the World Health Day as a significant global occasion. Every year, this day sheds light on one of the health issues to achieve Sustainable Development Goals, and the necessity to turn from health systems, which are based on disease and institutions, to healthcare services dedicated to the lives of members of the society.

Al Rand stressed MoHAP's keenness on launching qualitative initiatives and carrying out health programmes and activities with a view to raising the community's awareness about the importance of adopting healthy lifestyles such as healthy diet and physical activity.

He also highlighted the importance of spreading awareness and education about the comprehensive regular check-up to facilitate the diagnosis of cardiovascular diseases risk factors, such as obesity,

overweight, hypertension, and diabetes.

"This comes as part of MoHAP's strategy to provide comprehensive and integrated healthcare services in innovative and sustainable ways ensuring the society's prevention from diseases, in accordance with the National Agenda Indicators 2021, so as to make the UAE one of the best countries in terms of the healthcare quality," Said Al Rand.

The Assistant Undersecretary for Health Clinics and Centers pointed to the official results of the national health survey conducted collaboratively with the country's health and competent authorities. Al Rand added: "This survey aims to update the results of several strategic health indicators relating to diabetes, cholesterol, obesity, hypertension, smokers, and breastfeeding. In the meantime, the survey showed that the overall satisfaction of individuals with healthcare services has reached 96%."

"This helps strengthen the planning programmes and national health policies, as well as exploring the healthcare future to achieve the UAE Vision 2021 aiming to build a world-class healthcare system, and to achieve Sustainable Development Goals 2030 in order to reinforce indicators of UAE competitiveness in global arenas," Al Rand elaborated.

In turn, Dr. Fadila Sharif, Director of the Health Education Department, pointed to the Ministry's keenness on all members of the community to receive free health checks in conjunction with the International Day of Health, including free tests and consultations for blood sugar, blood pressure, Body Mass Index (BMI), CO2 level test and others. Ministry's hospitals including; Al Kuwait Hospital, Sharjah, Al-Zaid, Qasimi, Umm Al Quwain, and Kalba hospitals are organizing health awareness programmes, in addition to medical examinations. In the meantime, Al Qassimi Hospital for Women & Children is conducting sports activities for the staff, while Al Kuwait Hospital, Dubai, will organize an event at Care & Rehabilitation Centre for People of Determination including health awareness activities and medical check-ups.

Peli BioThermal chooses SEKO Logistics to serve clients in Ireland



Peli BioThermal chooses SEKO Logistics to serve clients in Ireland. Use only this much header and wrong press release used sending you the PR once again. Picture is right but releases used are wrong.

SEKO Logistics' new operation in Ireland has won a three-year contract to serve as Peli BioThermal™'s network station and service centre in Dublin, connecting the leader in temperature-controlled packaging with pharmaceutical clients across the country.

The Master Services Agreement will see SEKO Logistics' team service, refurbish, repair and condition Peli BioThermal's Cr do™ on Demand shippers, which ensure delicate biological life science materials arrive intact and effective, protected from exterior environments.

Work will be carried out in SEKO's Good Distribution Practice (GDP) compliant warehouse in Dublin by GDP-trained staff who have been certified by Peli BioThermal's specialists. SEKO will also use a team of GDP-trained drivers to distribute the temperature-controlled, preconditioned and validated containers for loading to shippers across Ireland, which is home to many of the world's leading biotech and pharma companies.

The solution extends SEKO Logistics' own healthcare logistics services for medical device manufacturers, biotechnology, clinical trials and pharmaceutical companies, which have chosen SEKO to handle high value medical, surgical, diagnostic and imaging equipment.

In Dublin, SEKO is now responsible for delivering Peli BioThermal's commitment to provide high performance, flexible rental options for its Cr do™ Cargo, Cr do™ Xtreme and Cr do™ Cube temperature-controlled packaging – a choice of applications designed to suit all pharmaceutical shipper requirements.

Michael Daly, Managing Director of SEKO Logistics in Ireland, said: "SEKO already has a global reputation for high quality MedTec solutions so we understand the strict requirements of the medical and pharma industries. As Peli BioThermal's sole service centre operation in Ireland, we will ensure their customers here receive the same level of service quality, worry-free management, availability and flexibility that is the hallmark of Peli BioThermal's growing choice of network stations around the world."

SEKO Logistics opened its own operation in Ireland – one of Europe's fastest-growing economies - in January 2019 as part of its continuing core market investment strategy.

Freshness guaranteed by Cathay Pacific



Cathay Pacific Services Limited was recently recognised for perishables handling; world's first to receive IATA CEIV Fresh certification.

This makes it the first organisations to be awarded IATA CEIV Fresh certification, a globally-recognised perishable product handling accreditation.

The certification, which was also awarded to the Hong Kong Airport Authority at the IATA World Cargo Symposium, underscores the speed, consistency and efficiency of all stakeholders in Hong Kong International Airport when it comes to the treatment and transportation of perishable products.

Cathay Pacific is working to become the world's first airline to be CEIV Fresh certified, in May 2019.

In harness with aviation industry stakeholders and regulators, the International Air Transport Association (IATA) created the Centre of Excellence for Independent Validators (CEIV) with the aim of helping organisations involved in the air cargo supply chain achieve handling excellence.

The state-of-the-art Cathay Pacific Cargo Terminal in Hong Kong, which is operated by CPSL, offers a broad spectrum of logistical solutions for the airfreight industry. By combining advanced technology with streamlined work flows, CPSL has set new service benchmarks for the industry while customers can benefit from reduced connection times and faster collection of Cathay Pacific's Fresh LIFT shipments.

Cathay Pacific Regional Head of Cargo for South Asia, Middle East and Africa said – Rajesh Menon said: "India, Sri Lanka and South Africa all are big markets for shipment of perishable products like sea food, fresh vegetables, fruits and even fresh flowers. Hong Kong, Japan and Korea are some of the important trade lanes for FreshLIFT. And with this feat at our Cargo Terminal, we will provide superior value, agile service and expert handling to our customers for airfreight of perishables."

Cathay Pacific is one of the world's biggest international air cargo carriers, operating a dedicated freighter fleet to 46 destinations as well as managing cargo capacity on passenger flights operated by both Cathay Pacific and Cathay Dragon.

Hospital urges youngsters to screen for colon cancer, make lifestyle adjustments



Dr. Naveed Azam

Despite the fact that colon cancer is potentially preventable by making a few healthy lifestyle adjustments and adopting screening tools, the disease continues to prevail among the top few cancers among

the UAE residents. A recent study on colon cancer screening conducted on residents between the ages of 29 to 81 years found that around one-fifth (22 percent) of the cancer cases were patients below the age of 40, while people younger than 50 years old made up 41 percent of the total. Other recent statistics also back up the claim that young people in the UAE are getting more prone to colon cancer.

On the occasion of World Colon Cancer Awareness Month in March, doctors at RAK Hospital recommend UAE residents to be more alert of their colon health and opt for screening at an earlier age instead of waiting to turn 50 which is the current protocol. This is particularly important for people who have a family history of colon cancer and need to take extra precaution.

Studies show that colon cancer is the third-most common cancer in men and the second-most common in women among the UAE residents. As per a recent news report, 30 per cent of all diagnosed cancers are colorectal cancers.

"Since colon cancer is generally asymptomatic in the

earlier stages, it has sufficient time before it manifests itself and spreads to an incurable stage," warns Dr Naveed Azam, senior Consultant Gastroenterologist at RAK Hospital, "The cancer begins as a small polyp which can only be detected when we check with a colonoscopy or CT colonogram or barium studies. When found early, the polyps can be removed, preventing them from turning cancerous. Another option is to check for occult blood in the stools and/or Stool DNA test before a colonoscopy."

The success rate of treatment depends on the size and stage of the tumor, including any spread to the lymph nodes or other organs, but by and large if detected and treated early, the survival rates are much better. The nature of the disease (progression from adenoma to invasive cancer over a period of time) gives patients an opportunity to screen for polyps and early cancers and treat this successfully.

Some of the known risk factors for colon cancer include age, family history of colon cancer and a diet that is low in fruits, vegetables, fiber and high on red meat and processed food. Lack of physical activity, smoking and alcohol consumptions can also increase the risk of cancer. Moreover, patients suffering from Ulcerative colitis or Crohns disease are at a higher risk of being diagnosed with colon cancers.

Symptoms of bowel cancer that can manifest themselves at a later stage include a change in bowel habits, blood in the stools, weight loss, reduced appetite, sometimes abdominal pain/discomfort and bloating, difficult defecation or narrower stools, tiredness, anemia, among others.

"Move More" Orthopedic health initiative by Burjeel Hospital Dubai and ENOC

a bit of exercise can make big difference in your muscles and health

Burjeel Hospital for advanced surgery Dubai and ENOC has arranged Orthopedic awareness campaign event today in Movenpick Hotel Bur Dubai; about the important of move for the office staff and salespersons. The event attended by 197 people almost double the planned number.

Dr. Khaled Al Saedi; chief medical and compliance officer at ENOC said: "ENOC aim is to maintain healthy and safe working environment for its employees," the main purpose of this event is to reduce "the diverse risk and ensure each job to be in good health and wellbeing perspective;

Dr. Al Saedi said, "This campaign was discussed over the last 6 or 7 weeks, we planned each detail from the presentation; interaction; communication to the exercise so all of attended people will get engaged in this event."

"Our plane will not end up here; as we are going one step forward that we will tailor it toward the other job functions."

For this cooperation he said "Burjeel is leading orthopedic specialty and they are very professional and accessible so they maintain what we are looking for" he added "we are very happy to cooperate with them now and in the future"



Dr. Marwan Hawari ; Director of Medical and administration at Burjeel Hospital; said "as a leader of orthopedic care hospital in the region; we set up this event campaign in cooperation with ENOC to educate office employees about the important of healthy bone and joint; and to give the awareness about the important to how to take care of them" The event explained the important of move in our health; and present some exercises all the office people needs to do from time to time to maintain their muscles; joints and bones healthy.

National Health Survey results officially announced



The Ministry of Health and Prevention announced the official results of the national health survey approved by the World Health Organization (WHO), during a media briefing organized at the Ministry's headquarters in Dubai.

In this context, His Excellency Abdulrahman Al Owais, Minister of Health and Prevention, stated that the national health survey outcomes have significant indications and outputs, which support the country's ambitions, as well as the directions of the wise government within the framework of the sustainable strategy of various essential sectors, including the health sector to provide health, well-being and happiness for the UAE population.

"The outcome of this survey will help update the results of several strategic health indicators, and promote programmes of national health planning and policies, in addition to exploring the healthcare future, to achieve the UAE Vision 2021 aiming to adopt a world-class health system and objectives of the Sustainable Development 2030 to boost the competitiveness index of the UAE in the global fields," Al Owais added.

The health survey was based on a standard questionnaire that includes vital indicators that are relevant to health of the society, such as individuals' health behaviors, their food habits and risk factors, indicators of healthcare services utilization, health expenditure, and vital signs such as diabetes, blood pressure and cardiovascular diseases. These indicators are collected to know the current status in order to reduce non-communicable diseases risk factors, morbidity, and mortality and hence, improve healthy life expectancy.

Developing Health Approaches and Strategies

H.E. Dr. Mohamed Salim Al Olama, the Undersecretary of the Ministry of Health and Prevention, shed the light on the outcomes of this survey in developing,

enhancing and uniting health approaches and strategies, such as the efficiency and quality of healthcare services, reducing deaths, morbidity and improving healthy life expectancy, in addition to reducing risk factors and the burden of non-communicable diseases, individuals' health behaviors, expenditure of individuals and families on health, and health vital signs.

He highlighted MoHAP's efforts to develop quality and safety for therapeutic, healthcare and pharmaceutical systems according to international standards, as per the statistical facts and smart analytics tools for decision-making and

enactment of appropriate health policies, as pursuant to MoHAP's strategy 2017–2021.

Updating Health Indicators Outcome

In turn, Dr. Hussein Al Rand, Assistant Undersecretary for Health Centers and Clinics at the Ministry Health and Prevention, lauded the efficiency and efforts exerted by the Supreme Committee for the National Health Survey and the supporting committees. He also thanked all who have contributed to the success of this survey, including the government and private authorities, and the families.

He underlined that the successful completion of this survey contributes to updating the population health database, measuring health performance indicators in accordance with the highest global standards in statistical quality, fostering the health database for decision-making and enacting health policies, measuring the initiatives and health programmes outcomes launched by MoHAP.

Additionally, the survey showcases to what extent the response of the individuals and their future expectations, within the framework of accomplishing MoHAP's strategy aiming to provide comprehensive and integrated healthcare services in innovative and sustainable ways to prevent the spread of diseases in the community.

During the briefing, Al Rand unveiled the survey's objectives, mechanism and criteria, in addition to its official detailed results, their impact on the Sustainable Development Goals, comparing 2017-2018 survey results to 2010 results and outlining plans and strategies to be adopted by the Ministry of Health to improve health outcomes.

10,000 Local and Resident Families Took Part in the Survey

Alya Zaid Harbi, Director of MoHAP's Statistics and Research Center, stated that the national health survey



kicked off in October 2017, under the theme “My Health is a Priority”. 10,000 families including both residents and locals took part in the survey with a high response rate of 94%.

The survey featured a diverse group of indicators, in accordance with WHO's standards which serve the requirements of WHO's members and cover the indicators of the UAE health-related national agenda.

These indicators comprised the diet, physical activity, and screening of cervical cancer, physical measurements, diabetes, cholesterol, cardiovascular diseases, and tobacco.

Diabetes among Adults 11.8%

The survey results showed that diabetes prevalence among adults over the age of 18 and suffer from high blood glucose or took diabetes medications the day of participating in the survey dropped to 11.8%, down from 18.9% in 2010.

Overall Satisfaction in the UAE Healthcare Service Delivery 96%

The overall satisfaction in the UAE healthcare service delivery has been as high as 96%. However, this aspect was covered by 2010 survey.

Exclusive Breastfeeding 59.7%

The proportion of babies (0-5 months) who were exclusively breastfed was as high as 59.7 % up from 34% in 2010, which reflects the effectiveness of related awareness campaigns.

Prevalence of high total cholesterol 43.7%

According to the survey, the proportion of adults over the age of 18 and suffering from high cholesterol levels fell to 43.7%, down from 57.6 % in 2010. Doctors usually use the total cholesterol of the patient to determine the risk of having heart disease & how manage it perfectly.

Prevalence of current smoking 9.1%

The percentage of smokers over the age of 18 years has gone as low as 9.1% down from 11.1% in 2010. The significant decrease is attributed to activating Tobacco Control laws and regulations, strengthening smoking cessation services Health awareness campaigns, Federal Law No.15 of 2009 regarding Tobacco Control Public health draft law, increasing the number of smoking cessation clinics and levying Excise tax on tobacco products among other initiatives.

Prevalence of Obesity 27.8

As clearly shown by the results, the proportion of 18-year-old adults and above suffering from obesity has gone down to 27.8% compared to 37.2% in 2010. This is an excellent improvement that was made possible by government actions, which included launching health awareness campaigns, early intervention programs for children and adults with weight loss challenges, public health draft law, interactive map for physical-activity-promoting venues, and 'Etminan' initiative, a periodic examination program measuring body mass and referring overweight or obese people to nutrition clinics or weight care centers to help them achieve a healthy weight.

Prevalence of raised blood pressure 28.8%

The total number adults over the age of 18 years and suffer from hypertension or have reported taking hypertension medicines declined to 28.8% from 14.7% in 2010.

To further reduce the prevalence of hypertension, the ministry will intensify its efforts to launch hypertension awareness campaigns, early detection, reduce salt consumption, and will coordinate with competent authorities to pass a legislation reducing the consumption of salt and saturated fats.

Medcare launches innovative chatbot platform



Medcare announced the launch of its new "virtual health assistant" chatbots which are set to revolutionise the way patients in the UAE region access healthcare services. The two new health assistants use advanced artificial intelligence (AI) algorithms to learn about the patient in order to personalise responses and give accurate information in real-time.

Distinctive technology means that the Medcare health assistants are the first and only chatbots in the region that allow the patient to manage all aspects of their appointments online including booking, rescheduling and cancelling, permitted by real-time backend database integration. The new technology is also being continually optimized by developers to set it far ahead of competitors; key IT, marketing, call centre and operation stakeholders collaborated in designing the enhanced user journey to ensure a holistic, 360° approach.

Medcare market research found 41% of patients indicated the need for an end-to-end online solution that enables and empowers them to take control of their personal healthcare journey.[1] Real-time database integrations, AI and machine learning have been merged to produce a top-of-the-line chatbot platform with turn-key implementation that has been built upon market predecessors, combining best practices and patient feedback to ensure the Medcare chatbots are more advanced and fully optimized to make the best use of available technology.

The most distinctive feature of the chatbot technology is that it has been humanized to make the health assistants intuitive, patient-centric and patient-friendly. Patients will be able to "talk" to the health assistants and use this new platform throughout their entire healthcare journey. Patients can book, reschedule and cancel appointments online. An advanced algorithm will enable patients to check and analyze their symptoms and match them with the relevant doctor, specialty and Medcare facility location.

Patients can also see lab reports online, check insurance coverage at their convenience and locate the nearest Medcare centre to ultimately optimize the patient journey to receive timely treatment.

Recent reports suggest healthcare chatbot interactions

will grow to reach 2.8 billion by 2023. Moreover, market research has found the global healthcare chatbot market which was valued at USD 123 million in 2018 is expected to generate around USD 470 million by 2025, with a compound annual growth rate of 21.2%. The dramatic growth in use of AI and chatbots is expected to be reflected in an increase in the UAE region in particular, due to a high percentage of internet users, increasing digital awareness and government investment into healthcare infrastructure.

Alisha Moopen, Executive Director and CEO, Aster & Medcare Hospitals and Clinics, GCC: "In life, getting to a doctor when you are sick is a stressful experience. When you add to the experience having to call a call centre to schedule an appointment; it's very frustrating. We, at Medcare, try to put ourselves in the shoes of our patients and to and create an environment, a solution and a system that helps and enables you to have the right information at the right time to help take care of your healthcare needs. We give the power to our patients to make life a bit easier for them in this hectic fast paced world".

"Today's empowered healthcare consumer expects technologies to meet them where they are. It is up to healthcare providers to recognise this, integrate capabilities and employ the latest digital technologies available. The advantage with chatbot technology is the ability to combine both human and artificial intelligence to transform customer service, providing an overall seamless experience with optimised productivity and outcome" she continued.

Andre Daoud, Group Chief Executive Officer of Medcare Hospitals and Medical Centres said, "At Medcare, we continually strive to explore new ways to integrate technology and support the effective care of our patients. We keep our patients at the centre of everything we do, especially in the development of digital tools and services, by running focus groups to understand patient needs and identify any gaps in the healthcare market. Our chatbots were developed as our patients indicated the need for an end-to-end online solution that empowers them to take control of their personal healthcare journey. The chatbots are even being named by our patients through a contest, so they have a real sense of ownership on this project."

HH Sheikh Humaid Bin Rashid inaugurates Saudi German Hospital in Ajman



Diversifying healthcare options for the residents of Ajman and other northern emirates, Saudi German Hospital Group has launched their new Dhs300 million worth healthcare facility in Ajman, their third in the UAE after Dubai and Sharjah. The hospital, which was inaugurated by HH Sheikh Humaid Bin Rashid, the Ruler of Ajman and Member of the UAE Supreme Council, is one of the biggest in Ajman, offering top-notch tertiary, primary and critical care. Bringing new and revolutionary technologies and facilities to the residents of northern emirates, the SGH-Ajman is addressing the gap in medical and surgical needs in the emirates.

Covering over 41,000 square meters with plans to expand vertically and horizontally, Saudi German Hospital boasts of 200 inpatient beds, the largest in Ajman, with the infrastructure and capacity to double the number if and when the need arises. The hospital also houses 25 ICU beds, a state-of-the-art Cath Lab – which covers vascular, cerebral and cardiac intervention – 46 OPD clinics, 7 CCU units, 12 PICU and 9 NICU units and a 24/7 Emergency department. The Operation Theatre comprises 4 operations rooms, 6 recovery units, 9 ICU units and 2 isolation rooms. The hospital also offers a wide range of speciality facilities including, Open Heart, Oncology, Neurosurgery, ENT, Maxillo-facial surgery, Obs/Gyn and IVF centers, Laparoscopic and Laser surgeries and trauma management, among others.

SGH-Ajman would also offer Cardiac-electrophysiology to diagnose and treat electrical activities of the heart. Moreover, it is one of the only few hospitals in the UAE to have the capacity to convert private rooms into shared rooms in case of emergencies and with a view of disaster management. Similarly, the large number of beds in ICU ensures that no patient has to wait and all his/her immediate needs are taken care of without delay.

Speaking at the launch press conference, Engr. Sobhi A Batterjee, President and Founder of Saudi German Hospitals Group said: "SGH-Ajman is our 10th hospital in the MENA region, and we look forward to a successful relationship with the residents built on trust, support and community engagement.

This is just the beginning, and in the next few years we

plan to develop the Batterjee Medical City, where we plan to build Centres of Excellence, medical colleges and staff accommodation, among other features. This will add further value to Ajman in terms of creating job opportunities and providing the UAE health sector with qualified and highly efficient medical staff. The opening of this hospital brings us one step closer to our aim of constructing 30 world-class hospitals and creating 50,000 jobs in healthcare industry".

Dr Reem Osman, CEO of Saudi German Hospitals (SGH) Group –

UAE, added: "Over the years Saudi German Hospitals Group has developed a reputation of offering state-of-the-art and the best possible healthcare experience to the people across the MENA region. Today, we bring the same international standards to Ajman, particularly in the area of critical care. With SGH-Ajman, we have further strengthened our position as a key player in the UAE's growing healthcare sector catering to both local as well as foreign patients. Our strategic partnership with German universities is instrumental in maintaining high medical standards, introducing latest procedures and training doctors on the medical trends and innovations".

Detailing on the working of Saudi German Hospital Group, Mr Makarem Batterjee, Vice-Chairman of MEAHCO said: "Our vision is to become the premier healthcare provider and the employer of choice. To that end, we are committed to providing superior clinical services to all our stakeholders, and constantly introducing innovative technologies and measures. Our hospitals are well-integrated, with the focus on easing our patients' visits and stay at the hospital. For example, keeping in line with the latest medical practices, all our surgical clinics have direct access to day-surgery facility, where procedure can be done within a day without hospitalisation. This gives cost advantage and convenience to patients, hospitals and insurance companies".

Mr Sultan Batterjee, CEO, International Hospitals Construction Co. (IHCC) & Vice-President Business Development at SGH Group, commented on the UAE's medical tourism industry and the rapid growth in the healthcare sector, adding: "The UAE is already attracting medical tourists from across the world and government initiatives are paving way for more traffic. Consequently, we've seen extensive expansion and growth in the health sector both in public and private domain. With quality of services at par with the West, we believe that SGH-Ajman will be just as popular with medical tourists as it will be with UAE residents".

With hospitals in Dubai, Sharjah and now Ajman, Saudi German Hospitals – UAE, is one of the largest private hospitals group in United Arab Emirates by number of hospital beds and number of operating hospitals.

HH Sheikh Hasher bin Maktoum Inaugurated DIHAD Conference and Exhibition



Under the patronage of His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, H.H. Sheikh Hasher bin Maktoum, Director General of Dubai's Department of Information, officially inaugurated the 16th edition of the Dubai International Humanitarian Aid and Development Conference and Exhibition (DIHAD) at the Dubai International Convention and Exhibition Center. Being held under the theme 'People on the Move', the 3-day premier humanitarian gathering in Dubai explored ways to help refugees and migrants in their rehabilitation efforts while at the same time addressing risks and challenges facing them at different stages of migration.

Prior to the opening ceremony, VIPs, participants, and delegates of DIHAD paid tribute to those who perished in the Ethiopian Airlines crash on the 10th of March including more than 19 members of the UN family.

Following the opening ceremony, HH Sheikh Hasher bin Maktoum, Director General of Dubai's Department of Information, accompanied by a high level delegation of senior dignitaries and figures toured the exhibition area occupying an overall space of 7,700 square meters and visited the stands of a number of local and international humanitarian organizations, NGO's and charitable foundations, as well as the biggest international brands and establishments from all across the globe.

In a speech delivered on behalf of HH Sheikh Hamdan bin Zayed Al Nahyan, Representative of the Ruler of Abu Dhabi in the Western Region and Chairman of the UAE Red Crescent Authority, His Excellency Rashid Mubarak Al Mansouri, Deputy Secretary- General of Local Affairs at the Emirates Red Crescent (ERC), said, "We are glad to be here again for the 16th edition of DIHAD Conference and Exhibition, in the UAE Year of Tolerance, to shape together the future vision of the humanitarian aid and put a new footprint on the path of unlimited humanitarian generosity which the UAE had drawn its track through a long course of giving and have put an end to many humanitarian crises and made a difference in

the level of rapid intervention and care to overcome the challenges that face the world and hinder its development and progress. It is no coincidence that the UAE ranks first in the world for the fifth consecutive year as the largest international donor of development aid compared to its national income according to a report issued by Development Assistance Committee (DAC) of the Organization of Economic Cooperation and Development (OECD). This confirms the commitment of the UAE to its universal humanitarian mission in all its impartiality and regardless of the ideological, racial or sectarian considerations, as according to UAE, humans are humans regardless of anything else and this is the only standard to help them. This will always remain the mark of the UAE and its wise leadership and will always remain a firm approach in its foreign policy."

He continued on saying: "The importance of this edition stems from the fact that it discusses the fundamental issue of migration and asylum along with finding the appropriate solutions to tackle such issues. During the past years, many events and crises have taken place, foremost of which is the issue of illegal immigration and its dire consequences on the victims who flee from their homelands due to crises, conflicts, poverty, and hunger; searching for security, stability and decent life in other countries, indifferent to the risks that may face them."

He added: "Through this conference, we will highlight the causes that lead the youth to leave their countries and migrate away from their homes in search of a better life while discussing the possible alternatives to alleviate these causes. We also aim to adopt initiatives that achieve youth's aspirations for stability and decent life. This can be achieved by strengthening the capacities and supporting all fields of developments that would benefit all sectors in the less developed countries in order to help them find better alternatives than migration."

He also pointed out that "In this gathering, we appeal to the international community and its organizations and bodies to be bolder in exploring and entering new fields

of humanitarian and development work, and to enhance the response to major humanitarian issues that are facing the world and thus make the required difference in early intervention levels and reduce the victims of migration.”

“The UAE has early detected the humanitarian repercussions of migration and asylum, and worked through its government and humanitarian organizations, led by the UAE Red Crescent to mitigate those repercussions by supporting the areas of real development in many countries and human communities, and adopted leading initiatives in the areas of education, health, improving living conditions, supporting youth stability, providing their needs and enhancing their capabilities to cope with difficult living conditions. Furthermore, the UAE is actively contributing to the protection of refugees and displaced persons through their extended programs in their temporary areas of residence. It also contributes to improving the ways of voluntary repatriation through the development of their communities of origin; and in this regard we have fruitful cooperation and constructive partnership with the Office of the United Nations High Commissioner for Refugees and the International Organization for Migration” He concluded.

From his side, H.E. Antonio Vitorino, Director General of International Organization for Migration, (IOM) said during his opening speech: “In recent years, large-scale movements of people, driven by diverse motivations, have posed a political and humanitarian challenge to the international community. IOM's experiences with large-scale movements -- whether populations of internally displaced, or across borders -- in recent years has taught the organisation a number of key lessons.”

He added: “Regional solidarity towards hosting those in need is the first, and most important element of an international humanitarian response. We have witnessed countries across the MENA region demonstrating exceptional solidarity in recent years.”

He concluded: “Today, through this event we announce that IOM will continue to work to bring together a wide range of voices and perspectives – primarily across the UN, but also key non-state stakeholders – to ensure that the international community pursues a coherent, and robust, approach to migration in the twenty-first century that is based in fact, not fiction.”

On his part, Mr. Amin Awad, Director of Middle East and North Africa Bureau and Regional Refugee Coordinator, UNHCR delivered a speech on behalf of H.E. Filippo Grandi, High Commissioner for Refugees, UNHCR, said, “Looking ahead, I hope that the United Arab Emirates will become an important partner in our efforts – promoting the values of compassion and tolerance, and forging new, innovative and practical ways to support refugees become self-reliant, and rebuild a future. In the UAE's Year of Tolerance, this would be a legacy worthy of His Late Highness Sheikh Zayed Bin Sultan Al Nahyan. The UAE can play an important role in helping us to drive forward the vision of the Global Compact on Refugees, and in so doing, participate in the transformation of the global response to refugee crises”.

Commenting on the occasion, Dr. Abdul Salam Al Madani, Executive Chairman of DIHAD and DISAB said, “In light of the current humanitarian crises that face our world today, and the increasing number of the forcibly displaced people and immigrants, we are gathering here at DIHAD Conference and Exhibition to underscore the importance of joining hands to tackle all the



humanitarian issues and address them in a way that would help us in building a better future for all. Today, and in the year of tolerance, we are proud to say that the UAE is always proactive and one of the first responders in providing relief and aid to all those who are in need. This great support comes in line with the vision and approach of the late Sheikh Zayed bin Sultan Al Nahyan who sat the United Arab Emirates on a path of charity and who is regarded as the icon of global humanitarian work.”

He added: “On this occasion, we would like to extend our warmest regards and gratitude to His Highness Sheikh Mohammed Bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, who has served our nation for 50 years with utmost dedication and for his continuous patronage for DIHAD Conference and Exhibition for 16 years. We would like also to thank all the governmental institutions dealing with humanitarian affairs and non-governmental organizations for their support to this humanitarian event.”

While 'global migration' is a key highlight in the conference, on the first day, DIHAD featured important discussions on a number of topics such as 'The Global Compacts on Refugees and Migration; How will they help? where experts discussed the key challenges such the unexpected arrival of large numbers of people and the consequences of migrants undertaking dangerous journeys. In addition, humanitarian leaders focused on 'Education in emergencies as a strategic investment in the future: tackling the education gap between displacements and formal schooling' where they stressed the role of education for refugees and migrant children while experts also discussed 'People on the Move; Integration and Opportunities'.

Running parallel to the conference, the exhibition is featuring 640 participating entities with a number of Non-Governmental Organizations, Humanitarian Governmental Associations, Companies, Suppliers and International Brands showcasing their latest projects and services. Moreover, the exhibition is playing host to 9 'Innovation Workshops' spread over 3-days inside the exhibition area, including 2 UNHCR workshops, dedicated to the launch of their new e-supplier tool under the theme 'Introduction of UNHCR Portal for Vendor Registration 'E-supplier Connection'.

DIHAD is organized annually by INDEX Conferences and Exhibitions – a member of INDEX Holding with the support of United Nations, Emirates Red Crescent, Mohammed Bin Rashid Al Maktoum Humanitarian & Charity Est., UNHCR, UNOCHA, OIC, Dubai Cares and International Humanitarian City. The event is sponsored by UAE Water Aid – Suqia, Dubai Electricity and Water Authority (DEWA), King Abdullah Humanitarian Foundation and Life Relief and Development.

Noor Dubai launches 'Tolerance in Sight' campaign



Under the directive of our wise leadership announcing 2019 as the Year of Tolerance, Noor Dubai Foundation has launched a medical and awareness campaign under the name 'Tolerance in Sight', aiming to provide medical checkups in various religious institutions such as churches and mosques across the UAE.

The campaign will provide free vision screening provided by Noor Dubai's UAE outreach programme, the mobile eye clinic. In collaboration with the Dubai Health Authority, the campaign will also provide dental checkups, general medical checkups, and a blood donation drive.

In addition to providing medical checkups, the campaign aims to instil the spirit of tolerance by creating opportunities for dialogue and communication between different cultures and faiths.

"In accordance with the directive of President His Highness Sheikh Khalifa bin Zayed Al Nahyan, Noor Dubai Foundation's programmes and initiatives aim to fulfil its vision of helping those in need while ensuring it solidifies our leadership's vision of intolerance and dialogue between various cultures and civilizations. Since the launch of Noor Dubai in 2008 by His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President, Prime Minister and Ruler of Dubai, the Foundation provides eye care assistance to those areas in need irrespective of race, religion, or culture," said Dr Manal Taryam, CEO and Board Member of Noor Dubai Foundation.

The 'Tolerance in Sight' campaign began its first activity in St Mary's Church in Dubai and provided services to 400 individuals. Its aim is to provide vision screening to over 3000 individuals through the Foundation's local outreach programme and other medical services across various religious institutions all over the UAE.

Latest health IT achievements in UAE recognised by eHealth Week 2019

DUBAI, 25th March, 2019 (WAM) -- The best in healthcare information and technology in both the UAE and the world were celebrated and discussed extensively at the 4th HIMSS Middle East UAE eHealth Week 2019 Conference and Exhibition.

The 2019 edition of e-Health Week was the ninth event hosted by HIMSS in Dubai and was held under the patronage of the Ministry of Health and Prevention, MoHAP, the Abu Dhabi Department of Health, the Dubai Health Authority, DHA, and the Emirates Health Informatics Society and supported by the Abu Dhabi Health Services Company, SEHA.

During the Opening Address, HIMSS recognised 12 DHA hospital facilities, as HIMSS Analytics Electronic Medical Record Adoption Model, EMRAM, or Outpatient Electronic Medical Record Adoption Model, O-EMRAM, Stage 6 achievers. The EMRAM – developed by HIMSS Analytics in 2005 – has eight stages (0 – 7) that measure a hospital's implementation and utilisation of information technology applications. Reaching Stage 6 is a result of focus, good direction, steadfast commitment from the leadership, and ranks these facilities as some of the most digitally mature hospitals worldwide on the global EMRAM and O-EMRAM scales.

A key highlight of the conference was the UAE CxO Forum where officials and industry experts delved into the Future of Healthcare IT.

Dr. Mohammed Al Redha, Director of the Executive Office For Organizational Transformation, DHA, said, "If we are going to continue leading in the age of digital transformation, we have to understand the landscape and keep ahead of the trends. As patients are shaping the market, we as regulators always need to be two steps ahead and develop a comprehensive collaborative schedule that gives us foresight".

"The healthcare funding revolution has developed tremendously over the past 10 years, moving towards efficient cost utilisation," said Saleh Al Hashimi, Director of Health Funding, DHA. "Technology and precision medicine will be crucial in the efficient use of resources, allowing us to move towards health prevention and detection instead of treatment. Moreover, we will be able to use data and analytics from these technologies to plan better at the payer level," he added.

Sean Roberts, VP for the HIMSS EMEA region, added, "It is a privilege for HIMSS Middle East to partner with world-class organisations from across the GCC to successfully improve patient outcomes through the use of information and technology. We are pleased with the participation and beneficial outcome of this year's conference and will continue to join forces with our healthcare providers and organisations such as MoHAP, DHA, DoH, and SEHA, to make our shared vision of healthcare excellence through technology come true."

Dubai Derma focuses on anti-aging, acne management and the future of dermatology practice



Under the patronage of His Highness Sheikh Hamdan bin Rashid Al Maktoum, Deputy Ruler of Dubai, Minister of Finance and President of the Dubai Health Authority, the 19th edition of Dubai World Dermatology and Laser Conference and Exhibition – Dubai Derma, continued at the Dubai International Convention and Exhibition Centre, with a special focus on anti-aging, acne management and the future of dermatology practice.

The 3-day skincare gathering, which culminated on 20th of March 2019, under the theme 'Skin Health is our Concern', brought together top-notch skincare specialists, surgeons and industry experts with the aim of exploring new advances in treatments for various skin disorders while also focussed on the impact of new age technologies on preventing major skin diseases including skin cancer.

Commenting on the occasion, Dr. Suzanne Olbricht, MD, Associate Professor of Dermatology, Harvard Medical School and Immediate Past President, American Academy of Dermatology, said, "The American Academy of Dermatology and Dubai Derma share the same common goal which is enabling dermatologists in the UAE and the world to offer the best possible care to their patients. In order to achieve this goal, dermatologists need to keep themselves abreast with the most up to date information and sophisticated education targeted specifically at the needs of all attendees. Currently, the field of dermatology is in the midst of great transformation and the most remarkable advances in the past 3 years have occurred in the field of biologics and other new medications that treat many chronic and difficult diseases such as 'psoriasis' and 'atopic dermatitis' to name a few. In addition, we also focused on new targeted therapies for some of the worst skin cancers."

She added, "The scientific program of DubaiDerma is well constructed with great lectures on the most trending topics in skin health. On the sidelines of the conference at AAD symposium, I shared new details for effective and easy nail biopsies while in another session I discussed the future of dermatology referencing my three favorite words: disruption, relevance and aspiration. Moreover, my talk was intended to put the spotlight on the future of dermatological practice and particularly about where dermatology is headed in the next few years."

Commenting on his topic, 'Can we Prevent Aging', Dr. Chris Griffiths, MD, UK, said, "Recently, the latest research into skin aging has shifted from its traditional approach of looking through the prism of anti-aging to one towards linking skin health to overall health of an individual. This is clearly a departure from what used to be a reactive process towards skin care to one that is essentially proactive. Prevention of aging or at least a slowing of the process is associated with changes in lifestyle, a good daily skincare regimen, exercise, good dietary habits, plenty of sleep coupled with a smoke-free lifestyle and targeted therapies for a healthy, vibrant skin. At Dubai Derma, we focused our attention on ways to allow natural skin aging rather than premature skin aging."

On the second day, world renowned experts in skincare discussed a number of important topics related to skin health such as: Change and the future of Dermatology, Cutaneous Manifestations of Targeted and Immunotherapies in Cancer Treatment, Innovations in Vitiligo Surgeries, Acne Management, Potential of molecular based diagnostics and its impact on immunotherapy of psoriasis, Hand dermatitis What's new, Change and the Future of Dermatology, Rare Case of Scalp Tumor and Is there still place for Antibiotics in Acne' among other topics.

Although there are proven risks associated with sun exposure to skin cancer and studies also show that Ultraviolet UV radiation from the sun is the number one cause of skin cancer, recent studies show that optimum levels of Vitamin D from sun promote healthy bone growth, helps in skin cell growth, repair and metabolism, facilitates good immune system, helps provide resistance against certain diseases and even prevents skin aging.

This comes, as a recent two-year Dubai Health Authority (DHA) Study in the UAE shows that an estimated 90 percent of the UAE population are vitamin D deficient, as more people become sedentary, spend less time outside, consume excess caffeine and do not take enough supplements that contain vitamin D in their diet.

Running parallel to the conference, the Dubai Derma exhibition continued to offer visitors and participants a great opportunity to learn about the latest breakthrough technologies that are being used in treating major skin diseases while also giving leading skincare brands, technology firms and companies from the region and the world a chance to engage and network with top notch experts in skin health.



Quick References

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Al-Emadi Hospital
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www.alemadihospital.com.qa

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dhweb@dohms.gov.ae

Latifa Hospital, Dubai
Tel: 04-2193000

Al Maktoum Hospital
Tel: 04-222 1211

Al Amal Hospital, Dubai
Tel: 04-344 4010

Hatta Hospital

Sha'biah, Hatta, UAE
Tel: 04-2195000; 04-814 7000

Police Post-Shaikh Khalif Hospital, Ajman

Call: 06 7050231
www.ajmanpolice.gov.ae

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Al Amanah Medical Center
Sharjah
Tel: 06 5615545
www.alamanahmedicalcenter.com

American Hospital Dubai
Tel: +971 4 336 7777 – Oud Metha
+971 4 336 7777 – Dubai Media City

Salama Hospital, Abu Dhabi
Tel: 02 6966777

Dibba Fujairah Hospital
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Al Sharq International Hospital
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Burjeel Hospital
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Al Zahra Private Hospital
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Royal Hospital
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Central Private Hospital
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Makkah Pharmacy - Sharjah
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999

Dubai Police Call Centre
901

Dubai Police (Non-Emergency)
Tel: 04-609 6999

Sharjah Police
Tel: 06-563 3333

Ajman Police
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Fujairah Police
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Paediatric Allergy and Respiratory Conference

18-19 April
Dubai, UAE
<http://mearc2019.com>

International Heart Conference

22-23 April
Dubai, UAE
<https://heart.cmesociety.com>

International Pediatric Dermatology Congress

25-27 April
Dubai, UAE
paediaderma.com

GCC Healthcare Innovation Congress

28-29 April
Dubai, UAE
gcchealthcareinnovation.com

Hemaya Int'l Forum & Exhibition

28-29 April
Dubai, UAE
<http://hemayaforum.com>

Int'l Conference on Physical & Life Sciences

4-5 May
Dubai, UAE
<https://iaarhies.org>

World Congress on Gynaecology & Women's Health

17-18 June
Dubai, UAE
<https://globalovert.com>

Global Summit on Nursing & Healthcare Management

17-18 June
Dubai, UAE
<https://globalovert.com>

Int'l Conference on Vaccines and Immune Response

17-18 June
Dubai, UAE
<https://immuneresponse.vaccineconferences.com>

Int'l Conference on Pharmacology and Toxicology

20-21 June
Dubai, UAE
<https://pharmacodynamics.conferenceseries.com/venue-hospitality.php>

World Congress on Traditional & Complementary Medicine

20-21 June
Dubai, UAE
<https://traditionalmedicine.pharmaceuticalconferences.com>

Global Conference on Pharmacy and Pharmaceutical Science

26-27 June
Dubai, UAE
<https://www.globalpharmaconferences.org>

International Conference on Medical & Health Science

26-27 June
Dubai, UAE
<http://researchfora.com/Conference2019/UAE/5/ICMHS>

Diabetes World

26-27 June
Dubai, UAE
hilarisconferences.com/diabetes

Dental Congress

26-27 June
Dubai, UAE
hilarisconferences.com/dental

World Congress on Neurology and Mental Disorders

19-21 August
Dubai, UAE
<http://neurologyworldcongress.com>

Meetings on Psychology, Psychotherapy and Mental Health

28-29 August
Dubai, UAE
lexisconferences.com/psychology

World Congress on Biotechnology and Bioengineering

2-3 September
Dubai, UAE
<https://biocoreconferences.com/biotechnology-congress>

Conference on Pharmaceutical Sciences & Research

4-5 September
Dubai, UAE
<https://biocoreconferences.com/pharma-congress>

Int'l Conference on Ophthalmology & Optometry

16-17 September
Dubai, UAE
<https://ophthalmology.gavinconferences.com>

MENA Orthopaedics Congress

19-21 September
Dubai, UAE
<http://www.cvent.com>

Int'l Arab Neonatal Care Conference

26-28 September
Dubai, UAE
<https://ancc2019.info/>

Int'l Conference on Medical & Health Science

2-3 October
Sharjah, UAE
<https://ancc2019.info>

World Congress & Expo on Immunology

11-12 October
Dubai, UAE
<https://scientificfederation.com/immunology-congress-2019>

Global Summit on Obesity & Diet Management

11-12 October
Dubai, UAE
<https://scientificfederation.com/obesity-2019>



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