Vol. 06, Issue 06, No. 36, November-December 2022 **Middle East**

Feature

ROBOTIC Joint Replacement Surgery

News & Update

Abu Dhabi Airports joins Pharma.Aero as strategic member

Healthcare destination

United Kingdom Leading the way in Medical Technology

Medical Research

Australian researchers design system to measure blood pressure with camera

The Evolution of the Eye care Industry in the UAE

Professor Hani Sakla

Vision Correction Solutions Specialist in treating eye health problems ONETOUCH

Low result, juice may help. Retest in

15 minutes.

Departures

DELHI

YOU COULD BE HERE A WHILI

DELAYED

BELHYET

VELOVET

DUBAI JEDDAH

CRIRO

LOHOON

Blood Sugar Mentor

The only meter with

Get help before it becomes a problem.

Blood sugar numbers can signal problems, but not solutions. Imagine if you could go beyond those numbers to better understand what they mean and take action right away?

New OneTouch Verio Reflect[™], the only meter with Blood Sugar Mentor[™] gives you personalised guidance, insight, and encouragement so you can confidently take action to avoid highs and lows.*

Ask your healthcare provider today about OneTouch Verio Reflect[™] or visit www.OneTouchMEA.com to learn more

Connects with OneTouch Reveal®, one of the most downloaded diabetes apps in the world.**

OK



every touch is a step forward[™]

Meter now

in Arabic

*Treatment decisions should be based on the numeric result and healthcare professional's recommendation. **Research2Guidance Diabetes App Market Data Q1-Q4, 2017.

iOS is a trademark of Apple Inc., registered in the US and other countries. App StoreSM is a service mark of Apple Inc. Android[™] and Google Play are trademarks of Google Inc.

© 2019 LifeScan IP Holdings, LLC LifeScan Europe GmbH Gubelstrasse 34 6300 Zug CO/VRF/0918/0049a



Published Bi-Monthly: Vol 06, Issue 06, No.36 Middle East, Africa and Asia & Beyond

MediWorld ME aims to create the ultimate platform to share the latest news, updates & developments from the healthcare & medical technology industry within & beyond the GCC countries

• BAHRAIN • CYPRUS • IRAN • IRAQ • JORDAN • KUWAIT • LEBANON • OMAN • QATAR • SAUDI ARABIA • SYRIA • UNITED ARAB EMIRATES • YEMEN • ALGERIA • ANGOLA • BENIN • BOTSWANA • BURKINA FASO • BURUNDI • CAMEROON • CENTRAL AFRICAN REPUBLIC • CHAD • CONGO • COTE D'LVOIRE • DJIBOUTI • E. GUINEA • EGYPT • ERITREA • ETHIOPIA • GABON • GHANA • GUINEA • GUINEA • BISSAU • KENYA • LESOTHO • LIBERIA • LIBYA • MADAGASCAR • MALAWI • MALI • MAURITANIA • MAURITIUS • MOROCCO • MOZAMBIQUE • NAMIBIA • NIGER • NIGERIA • RWANDA • SAO TOME & PRINCIPE • SENEGAL • SEYCHELLES • SIERRA LEONE • SOMALIA • SOUTH AFRICA • SUDAN • SWAZILAND • TANZANIA • TOGO • TUNISIA • UGANDA • ZAIRE • ZAMBIA • ZIMBABWE • BANGLADESH • BHUTAN • INDIA • PAKISTAN • SRI LANKA • NEPAL



PO Box: 9604, SAIF Zone, Sharjah - UAE Tel: +971 6 557 9579, Fax: +971 6 579569, info@7dimensionsmedia.com www.7dimensionsmedia.com

Chief Editor

Ayesha Rashid ayesha@mediworldme.com

Editor

Rustu Soyden rustu@mediworldme.com

Contributors

Nirmala Rao

Vasujit Kalia Vasu@7dimensionsmedia.com

Sales & Marketing

Israr Ahamed israr@7dimensionsmedia.com

Head Operations

Mohammad Karimulla karimulla@7dimensionsmedia.com

Creative Director

Mohammed Imran imran@7dimensionsmedia.com

Photo Journalist

Wasim Ahmed wasim@7dimensionsmedia.com

World wide Media Representatives

France, Belgium, Monaco, Spain: Aidmedia, Gerard Lecoeur; Tel: +33(0) 466 326 106; Fax: +33 (0) 466 327 073 India: RMA Mesia, Faredoon Kuka; Tel: +91 22 55 70 30 81; Fax: =91 22 5570 3082 Taiwan: Advance Media Services Ltd, Keith Lee; Tel: (886) 2 2523 8268; Fax: (886) 2 2521 4456 Thailand: Trade and Logistics Siam Ltd, Dwighr A chiavetta; Tel: +66 (0) 2650 8690; Fax: +66 (0) 2650 8696 UK, Ireland, germany, Switzerland, Austria: Horseshoe Media, Peter Patterson; Tel: +44 208 6874 160

DISCLAIMER: All rights reserved. The opinions and views express in this publication are not necessarily those of the publishers. Readers are request to seek specialist advice before acting on information contained in the publication, which is provided for general use and may not be appropriate for the reader's particulars circumstances. The publishers regret that they cannot accept liability for any error or omissions contained in this publication.

Editorial

Where the world of healthcare meets

The healthcare industry so far in 2022 has been marked by continued growth and expansion. This has been driven in part by continued advances in medical technology, which have allowed for more effective and efficient treatments. In addition, the industry has benefited from favorable demographics, with an aging population that is increasingly in need of care.

Looking ahead, the healthcare industry is expected to continue to grow at a healthy pace. This will be driven in part by continued advances in medical technology, which will allow for even more effective and efficient treatments. In addition, the aging population is expected to continue to drive demand for healthcare services.

As we near the end of 2022, we are getting ever closer to the start of Arab Health in January. This event brings together key stakeholders in the healthcare industry to collaborate and find ways to make healthcare more sustainable and have a positive impact.

Under the theme of 'United by business, forging ahead', Arab Health will see technology taking center stage with the latest advancements in the healthcare sector being showcased through a series of panel discussions, keynote speeches and the latest products on the show floor.

Medlab Middle East 2022, co-located with Arab Health, is the MENA region's largest medical laboratory exhibition and congress. The event will also focus on innovative products and trending technologies that are shaping the world of diagnostics. The event will attract global laboratory and healthcare professionals and feature a range of scientific lectures, industry briefings, product demonstrations and networking opportunities.

If you would like to be featured in our magazine, you can get in touch with me at ayesha@mediworldme.com. Don't forget to LIKE and SUBCRIBE to all our social media channels to stay updated with what's happening in the medical industry.

Happy New Year in advance to our all readers, we wish that 2023 brings in lots of joy, happiness, good health and indeed wealth to all of us.

Have a rocking year!

Sincerely,

Ayesha Rashid Chief Editor, *MediWorld ME*





References: 1. Data on file – Hi-Care Alcohol Antiseptic 80% Topical Solution Composition Formula. 2. World Health Organization - Guide to Local Production: WHO-recommended Handrub Formulations. April 2010. 3. FDA Policy for Temporary Compounding of Cartain Alcohol Hased Hand Sanlitzer Products During the Public Health Emergency Immediately in Effect Guidance for Industry. March 2020. 4. Data on file – Dubai Central Laboratory Report No: CR-600076509. 0)(07)2020. 5. Nina A. Cold ; Taaha M. Mirza ; Usha Avva, Alcohol Sanitizer, NCBI Bookshelf, StatPearls Publishing; January 2020. H/JAVE/J220 - 6MV835BI-150421

#محم<u>ي و مبسوط</u> protection_feels_good#





Soft on hands & Non-Sticky





Active ingredient : Alcohol 80% (v/v)

Inactive ingredients : Glycerine, Hydrogen peroxide & Purified water.

Uses : Hand sanitizer to help reduce bacteria that potentially can cause disease. For use when soap and water are not available.

Warning : For external use only. Flammable. Keep away from heat or flame.

Do not use : In children less than 2 months of age. On open skin wounds. When using this product keep out of eyes, ears and mouth.

In case of contact with eyes, rinse eyes thoroughly with water. Stop use and ask a doctor if irritation or rash occurs. These may be signs of a serious condition.

Keep out of reach of children. If swallowed, get medical help.

Directions : Place enough product on hands to cover all surfaces. Rub hands together until dry. Supervise children under 6 years of age when using this product to avoid swallowing.

Other information : Do not store above 30°C

Avoid freezing and excessive heat above 40°C.

References:

1. Data on file – Hi-Care Alcohol Antiseptic 80% Topical Solution Composition Formula.

- 2. World Health Organization Guide to Local Production: WHO-recommended Handrub Formulations. April 2010.
- 3. FDA Policy for Temporary Compounding of Certain Alcohol-Based Hand Sanitizer Products During the Public Health Emergency Immediately in Effect Guidance for Industry. March 2020.
- 4. Data on file Dubai Central Laboratory Report No: CR-600076509, 01/07/2020

(HI-CARE/L01/0820)

















CONTENTS

Editorial	03
Cover Story	08
Feature	12
Feature	16
Healthcare Destination	18
Research	21
News & Updates	28
Product Launch	29
Know Your Doctor	31
upcoming Events	33







GCC REGULATORY AFFAIRS PHARMA 2023 SUMMIT | DUBAI

6"& 7" March 2023

Venue - Marriot Al Jaddaf - Dubai, UAE

www.pramagcc.com | #GCCPharmaSummit

(in (f) (in @GCCPharma



The Evolution of the Eye care Industry in the UAE

The global ophthalmic devices market size was valued at \$5.0 billion in 2021 and is anticipated to expand at a compound annual growth rate (CAGR) of 5.0% from 2022 to 2030. The market growth can be attributed to the rising prevalence of optical disorders such as glaucoma, cataract, diabetic retinopathy, and vitreo retinal disorders, coupled with technological advancements in ophthalmic surgical as well as diagnostic instruments required for these target applications. Improved government initiatives to increase awareness related to visual impairment is further anticipated to widen the base for the market growth (Grand View Research)







he eye care industry in the United Arab Emirates is growing rapidly, with new clinics and hospitals opening up across the country. This growth is driven by the increasing demand for quality eye care services, as well as the availability of skilled manpower and state-ofthe-art facilities. The UAE has some of the best eye care facilities in the world, and is home to some of the leading ophthalmologists and optometrists. These professionals provide a wide range of services, including eye examinations, contact lens fittings, and surgery.

With the growing popularity of Abu Dhabi and Dubai as tourist destinations, the eye care industry in the UAE is expected to continue to grow in the coming years.

The UAE has a really developed and first-rate eye care industry. In fact, it's often compared to the services in developed countries like the US and Europe. The sector is always striving to be on the cutting edge of technology. For example, a surge in eye clinics and specialized hospitals in the past 10-15 years. The UAE government provides the rules and regulations for any healthcare provider to succeed and give their best for patient benefits. In the past, many patients used to travel abroad to seek state-of-the-art medical help. But now we see patients coming from all around the world to try and find a cure for their problems in the UAE.

The global ophthalmic devices market size was valued at \$5.0 billion in 2021 and is anticipated to expand at a compound annual growth rate (CAGR) of 5.0% from 2022 to 2030. The market growth can be attributed to the rising prevalence of optical disorders such as glaucoma, cataract, diabetic retinopathy, and vitreo retinal disorders, coupled with technological advancements in ophthalmic surgical as well as diagnostic instruments required for these target applications. Improved government initiatives to increase awareness related to visual impairment is further

Mediworldme 💟 댥 🔟 🗖









anticipated to widen the base for the market growth (Grand View Research).

Dr. Hani Sakla, (Vision Correction Solutions and a world renowned consultant ophthalmologist in Dubai gives Ayesha Rashid of Mediworldme a detailed overview of the UAE eye care industry.

Tell us about your journey in the eye care industry?

I came to the UAE in the 90s. Before that, I was working and living in Spain. I was jealous of the business model they had there for eye surgery at the time. It was becoming a daycare surgery instead of a hospital, and patients were only admitted for a few hours not days like in other countries at that time. So I decided to adapt this business model and bring it to the UAE. I started at Dubai Hospital, which is a government-run facility. We used to admit patients for cataract surgery, for example, and gradually we made it so that they didn't have to be admitted overnight.

In 2009, I opened my first surgery center for eye surgery in Jumeirah. This allowed us to do surgeries as daycare without having to stay in the hospital for a few days before and after the surgery. Our patients loved it and we quickly became very popular. 10 years later, I opened my second center on Sheikh Zayed road which included a dry eye spa - something that was new and innovative till this time. As we were first in the Gulf region to launch such an innovation we quickly became popular and started getting VIP patients.

How are these considerations such as stress, self-medication shifting consumer lifestyles, shaping the demand for eye care?

We have a problem with selfmedication in the UAE because we have an open market and patients can easily buy medication over the counter. This can lead to misuse and improper use of medication, which delays proper management and treatment. Stress is also a big factor in many diseases, and eye problems are no exception.

Stress can cause Central serous chorioretinopathy? That's a disease where fluid leaks under the retina. It's commonly found in people who are under a lot of stress, don't get enough sleep, or have a lot of worries. This can lead to sleep apnea and cause vision problems. When we examine people with this condition, we often see leakage under the retina. It can take a long time to treat, so it's important to be aware of the role that stress can play in our health.

These days, people are working longer hours in front of computers, and this is causing a lot of eye problems such as burning redness, transient blurring of vision, watering eyes, and photosensitivity.

With everyone spending so much time staring at screens, it's no wonder that eye problems are on the rise. If you spend a lot of time in front of a computer, make sure to take breaks every 20 minutes or so to relieve stress on your eyes. Looking at something in the distance for 20 seconds will help you blink more and relieve any symptoms you might be experiencing.

Which kind of eye care surgery is most popular in the UAE and would that eye surgery still be popular in the future or be replaced on some other eye surgery?

The most popular eye surgery in the UAE is cataract surgery, which is a procedure to restore the transparency of the lens inside the eye and replace it with an artificial lens. This is popular because it's commonly related to aging, but can also be caused by other







factors like intraocular inflammation or long-term use of corticosteroid eye drops. Additionally, trauma to the eye can cause cataracts. So there are many causes for cataracts, making it the most popular surgery in UAE and even worldwide. Other popular surgeries in UAE include refractive surgeries or laser vision correction surgeries like LASIK. This is due to the younger population in UAE as well as the prevalence of myopia (short-sightedness) among newer generations.

How has technological advancements in the ophthalmology field boosted the adoption rate of medical devices globally?

Ophthalmology is a highly competitive field, and in order to maintain our position as a premier provider of ophthalmology services, it is important that we stay ahead of the curve when it comes to new technology and innovation. This not only benefits our patients, but also helps to build and maintain their trust in our services. By investing in new cutting edge technology, we are able to provide our patients with the best possible care and treatment available.

How has the regulatory and operating environment for Eye Care changed in the UAE?

In the UAE, the regulatory and operating environment is trying to be on the patients' side, rather than on the providers' side (i.e. the doctors). This is of course also helping the doctors by having conversations with the regulatory bodies, healthcare providers and insurance providers.



There is an organized relationship between the doctor, patient and the insurance payer. The UAE also has a healthcare regulation department that monitors customer complaints with transparency and investigates them thoroughly. This is reassuring to patients.

About Dr. Hani Sakla

Dr. Hani Sakla is a third generation ophthalmologist – his father, Dr. Fouad, graduated in 1956 and his grandfather, Dr. Ragheb, graduated in 1922. The three generations graduated from Kasr Al Ainy School of Medicine in Cairo, the oldest in the Middle East. Medicine and Ophthalmology have always been a vocation and passion in the family, with many cousins and uncles working as doctors in five continents.

Dr. Hani Sakla, a Spanish national, was born in Cairo, Egypt in 1963. In 1997 he successfully obtained the Doctorate Degree from the University of Miguel Hernandez in Alicante with the highest note of Apto Cum Laude.

The pioneer group in Spain that developed and advocated the LASIK procedure in Spain and around the world, under the supervision of Professor Jorge Alio and Dr. Perez Santonja in Alicante Institute of Ophthalmology. He also participated in the first book ever published in the world about LASIK in 1997. He has many studies published in international peer reviewed journals including the journal of Ophthalmology from the American Academy of Ophthalmology AAO, the Journal of Cataract and Refractive Surgery from the American Society of Cataract and Refractive surgery ASCRS, the Journal of Refractive Surgery from the International Society of Refractive Surgery ISRS, and many others.

Since 1989 he dedicated his practice to cataract and intraocular implant surgeries, corneal surgeries, keratoplasties, all refractive procedures with excimer laser like LASIK, Epilasik, Ultralasik, Femtosecond Lasik, besides implant refractive surgeries like Phakic Lenses ICL, or clear refractive lens exchange. He also specialized in glaucoma diseases and medical retina.

He soon moved to Dubai to work as a consultant eye surgeon, where he introduced the phacoemulsification technique and the sutureless cataract surgeries with foldable



lenses and made it a popular technique among his peers. Dr. Hani Sakla was elected as the chairman of the scientific committee in the Emirates Medical Association till 2010. In the course of his service, he organizes many international ophthalmology conferences in Dubai.

Hi grandfather was a doctor and his father and now his son Yousef Sakla will be the 4th generation of ophthalmologists in the family. He is married to Nancy Sakla.







Joint Replacement Surgery

- A more precise, less invasive surgical option for painless and faster recovery

"Wear-and-tear arthritis, osteoarthritis is the most common culprit in joint pain. It occurs when the lining of the joints, called cartilage, is worn down. Genetics, unhealthy body weight, joint injury or overuse, and smoking are all factors that may put you at greater risk," says, Dr Shetty (Director Roboplasty, Robotic Knee Replacement Clinics India)



A rthritis affects a person's overall function and mobility and is a leading cause of work disability posing a huge societal burden. To discuss on this rising cause of disability we spoke to Dr Santosh Shetty a world-renowned master robotic joint replacement surgeon from India. The global prevalence of hip and knee osteoarthritis soared to more than 300 million cases in 2017, nearly all occurring in high income countries and the number is expected to rise as per the analysis conducted by the Institute of Health Metrics and Evaluation for 195 countries in order to determine incidences of new and present cases for the knee and hip joints. Furthermore, there is evidence that women are particularly affected by this condition. Osteoarthritis linked to these areas accounts for considerable treatment and care costs.



Dr Santosh Shetty has been providing toptier treatments to those suffering from hip and knee pain, with the goal of giving them mobility and a life free of pain. Dr Shetty performs Robotic Joint Replacement in Mumbai, India at CritiCare Asia Hospital, and over the past 21 years has been integral in teaching young surgeons the science of joint replacement, with over 50 trained orthopaedic surgeons now practicing internationally.

Dr Shetty has consistently kept up with the most cutting-edge technology too; his dedication to arthritis and joint pain management has earned him multiple awards, such as the 'Safe Practice Award' in 2022. The award is a testament to Dr Shetty's commitment to providing patients with the safest care possible.

As a world-leading surgeon, Dr Shetty has been honored for his invaluable contributions to management of arthritic and joint pain treatments. Recently, he became the first doctor in the world to perform a single-stage robotic cruciate retaining total knee replacement for both knees with an automatic robotic arm technology's help and Opulent Gold Implants coated with a special material.

Notably, Dr Shetty was presented with the prestigious Maharashtra Gaurav Award for his exemplary work in the field of robotic joint replacements. In recognition of this victory, we asked him to enlighten us on advancements in joint replacements and his thoughts on different types of surgical options as well as robots' roles in joint replacements.

Tell us in detail what are the common causes of knee joint pain?

Wear-and-tear arthritis, osteoarthritis is the most common culprit in joint pain. It occurs when the lining of the joints, called cartilage, is worn down. Genetics, unhealthy body weight, joint injury or overuse, and smoking are all factors that may put you at greater risk.

What are the common things a patient should know before undergoing Robotic joint replacement surgery?









Robotic joint replacement is a type of surgery that is becoming increasingly popular. This form of surgery involves the use of a robot to help place the new joint in a proper alignment. There are many benefits to this type of surgery, including a shorter hospital stay, less pain, and a quicker recovery.

There are a few things that patients should know before undergoing robotic joint replacement surgery. First, anyone who is fit for a normal surgery is fit for a robotic surgery too. Second, the surgery is minimally invasive, meaning that there will be smaller incisions and less scarring

What are the advantages of robotic surgery?

Robotic surgery has become increasingly popular in recent years, as technological advances have made it more precise and less invasive than traditional surgery. There are many advantages to robotic surgery, including better implant positioning, less human intervention, faster recovery, and shorter hospital stays. Additionally, the minimally invasive nature of robotic surgery results in less tissue trauma, less blood loss, and a quicker recovery. These advantages make robotic surgery an appealing option for patients and

surgeons alike.

You are one of the early adapters of robotic knee replacement. What are the benefits of this to patients?

The benefits of robotic knee replacement surgery include more accurate and precise implant positioning, less blood loss, quicker recovery times, and better long-term results. Robotics technology is also assumed to be safer due to the elimination of human error.

What are the types of implants and how long do they last

There are two types of implants commonly used: those made of Cobalt Chromium (COCr) and those made of Titanium Niobium Nitride (TNN). COCr implants usually last for 15 to 20 years, while TNN implants can last up to 30 years. Younger, active patients or those with metal allergies may prefer the TNN implants.

What is your experience with the Robotic Technology?

Robotic technology is a revolutionary technology that has revolutionized the medical industry. This technology has been a boon to all patients of all age, even those with high risk & of age more than 90 yrs. Robotic Replacement can be lifesaving too as it reduces the risk of fat embolism and is the safest available technology. Patients who have undergone Robotic Replacement have expressed that it is has been a life changing experience. This technology has been a life saver for many patients and has helped them lead a normal life.

What is the key factor to a successful robotic joint replacement surgery?

The skills and experience of a surgeon, as well as the availability of the latest advanced third generation robotic technology, play a key role. Overall, aseptic precautions taken by the team and the center to reduce the risk of infection and readmissions are the pillars of a successful joint replacement surgery.

What is the importance of expert opinion in this type of surgery?

As a joint pain patient, it is important to get an expert opinion to ensure that you are getting the best possible treatment. This is where our services come in. We offer zoom video consultation, online consultation, and our services are also available through Face Time, Google meet, whatsapp, telegram,





Age is no barrier to surgery, and anyone suffering from joint pain and arthritis. especially those who are finding it difficult to continue with their daily routine activities or who have deformities, should not hesitate to consider a robotic joint replacement surgery.

email, and various other platforms. This allows you to get the help you need from the comfort of your own home.

As someone who has been doing joint replacement surgery with different techniques and technologies for years, I can attest to its lifechanging effects. Not only is it one of the safest surgeries with a good success rate, but it can greatly improve your quality of life. Age is no barrier to surgery, and anyone suffering from joint pain and arthritis, especially those who are finding it difficult to continue with their daily routine activities or who have deformities, should not hesitate to consider a robotic joint replacement surgery. The surgery greatly improves mobility and allows to return to the activities one enjoys. I would encourage anyone considering joint replacement surgery to go for it – you won't regret it!

Why should patients choose your center?

We are one of the few centers in South Asia to have chosen two third generation surgical robots. A combination of two different types of robots, helps us provide the best surgical care to the patient by selecting the patient specific implant and surgical technique.

We are proud to be one of the few recognised centers of excellence for both specially coated implants and cobalt chromium high flexion cruciate retaining knee replacement surgery. This means that we offer our

patients the latest and best possible care, ensuring a painless experience and a fast recovery. Our patients can start walking within a few hours of surgery and usually have a short stay in hospital. We offer different types of implants to our patients, as well as different advanced third generation robots, depending on the individual needs of our patients. This allows us to tailor each surgery to the specific needs of the patient, ensuring the best possible outcome making it patient specific surgery.

We at our clinic strive to ensure that there is zero human error, zero infection rate and long term better survivorship of implants thus reducing the risk of revision surgeries. We offer our patients the Absolute Precision Technique where in their incision is very small (minimally invasive surgery), muscles are not cut at all (Subvastus Technique), ligament is saved (Cruciate Retaining Technique), bone preserving technique (Cruciate Retaining Implants), and sutureless technique with fast track recovery program and early discharge.

Mediworldme 💟 🗗 🞯 📊 🖸



15





Allurion How To Avoid Weight Gain Over The Festive Season

16







The festive season spent around family and friends is considered to be the most wonderful time of the year, although it can be challenging for those trying to lose weight. There are memories to be made, and good times to be shared but calorie heavy food and drinks seem to be made the center of all plans. There are some quick and easy steps you can take to avoid putting on weight over the festive season.

Weigh yourself regularly

Regularly weighing yourself can help prevent weight gain during the festive season. Even outside the holiday season, regular weigh-ins can help raise your awareness of your progress and keep you motivated to stick to your healthy lifestyle plans. Being aware of how far you've come in your weight loss journey can help you stay motivated to keep up the progress. If continuing to lose weight over the holidays (or maintaining your pre-Christmas weight) is unrealistic for you, then set a "maximum" goal for any weight gain. Make sure you keep weighing in with this goal in mind.

Don't rely on willpower – make it easier to make healthier choices!

Willpower is a conscious effort to do something new or different to what we'd usually do or what we'd prefer to do. It can take a lot of energy and it often doesn't work – certainly not on its own – when it comes to making decisions about food. Instead of saying, "I need more willpower!", say "How can I make it easier to make healthier choices?" Here's how you can work constructively towards that goal rather than just wishing or willing yourself to succeed.

Create healthy intentions: Make some 'rules' or 'guidelines' for yourself to help you handle tricky situations that sometimes cause a lapse in your healthy eating plan. This way, you've already got a course of action so that you don't spend energy or rely on willpower to work your way around a problem. For example, you might make a 'rule' that instead of taking a piece of bread at dinner, you will just pass the basket straight on.

Modify your environment for success: Your environment is one of the most powerful triggers to eat – sights, sounds and smells all drive our choices. Set yourself up for success by thinking about changes you can make to your home and workspace. Also think about your or other spaces you use often. Set your spaces up in ways that make healthier choices as easy as possible. For example, fill a colorful fruit bowl and put it in the middle of an easy-to-reach table. Likewise, put Christmas cookies in a sealed tin where you can't see it – such as at the back of a cupboard. That puts healthy nutrient-rich choices within reach.

Temptation bundling: Bundle the things you need to do with the things you like to do. This reduces the amount of energy and willpower you'll need to be successful. For example, if you enjoy listening to podcasts, tie it to an evening walk so that you only listen to your favorite podcast while walking. Or watch your favorite Netflix show while you're on your exercise bike.

Try to stay active every day

Aim to walk 10,000 steps a day. If you're going to a family gathering, can you walk there? Can you take a walk to do some last-minute shopping or suggest a family walk to look at the Christmas lights? Any activity that involves standing – or being a bit more active than you otherwise would be – is the way to go.

Don't forget your 5-a-day

Plan ahead and work out clever ways of ensuring you stay on top of your healthy lifestyle habits. Christmas Day aside, can you stick to your usual meal routines? Whether this is 2 or 5 smaller meals a day, consistency is key. Pack your snacks and plates with colorful and varied fruits and veggies to ensure you get the nutrients your body needs. Be creative if you're out and about. Choose snacks that you can pack and take, or those you can take in bulk if you're away from home and may have few other healthy options. Be smart with your portions - fill your plate half full of veggies and then add a guarter of a plate of fiber-rich carbohydrates (brown rice, pasta or potatoes, etc) and a quarter of protein (meat, poultry, seafood, eaas, etc).

Track and motivate with Allurion's digital tools

If you don't already have an Allurion Balloon, find out how you can start a new weightloss journey before Christmas comes along. Along with the Allurion Balloon, you receive access to a Connected Scale, Health Tracker, app, and personalized nutritional coaching to support your weight loss goals throughout the festive period and beyond. The Allurion Health Tracker monitors your steps, exercise, and sleep, syncing all this information effortlessly to the app. Aside from being a good way to stay in your regular routine, they can also help you to stay motivated to stick with your healthy eating plans.

Get support from your circle

You don't need to go it alone! Research shows that both practical and emotional support from family and friends can help you to reach your weight-loss goals. Include your loved ones in your weight-loss journey – let them know what you're trying to achieve (and why). Success really can be and is most often, a team effort.



MEDIWORLD Middle East

United Kingdom Leading the way in Medical Technology

The UK medical technology sector generates an annual turnover of approximately \$30 billion each year. It has a strong foundation of mostly small to medium-sized companies around the country, with clusters of activity in areas such as the South East of England and the Midlands. Many multi-national companies, including several leading US medical technology manufacturers, have head offices or subsidiaries in the UK. As a significant percentage of domestically produced products are exported, the country has a large import market making it very receptive to new and innovative international technology

🥑 🗗 🖸 🛅 🖸



he United Kingdom of **Great Britain and** Northern Ireland. commonly known as the United Kingdom (UK) or Britain, is a country in Europe, off the north-western coast of the continental mainland. It comprises England, Scotland, Wales and Northern Ireland. The United Kingdom includes the island of Great Britain, the north-eastern part of the island of Ireland, and many smaller islands within the British Isles, Northern Ireland shares a land border with the **Republic of Ireland;** otherwise, the United Kingdom is surrounded by the Atlantic Ocean, the North Sea, the English Channel, the Celtic Sea and the Irish Sea.

The United Kingdom is a constitutional monarchy and parliamentary democracy. The capital and largest city is London, a global city and financial center with a metropolitan area population of over 14 million. Other major cities include Birmingham, Manchester, Glasgow, Liverpool and Leeds. Scotland, Wales, and Northern Ireland have their own devolved governments, each with varying powers.

The United Kingdom has the world's sixth-largest economy by nominal gross domestic product (GDP), and the eighthlargest by purchasing power parity. It has a high-income economy and a very high Human Development Index rating, ranking 18th in the world. It also performs well in international rankings of education, healthcare, life expectancy and human development. It is a recognised nuclear state and is ranked fourth globally in military expenditure. It has been a permanent member of the United Nations Security Council since its first session in 1946.

The United Kingdom is a member of the Commonwealth of Nations, the Council of Europe, the G7, the Group of Ten, the G20, Five Eyes, the United Nations, NATO,



AUKUS, the Organisation for Economic Co-operation and Development (OECD), Interpol, and the World Trade Organization (WTO). It was a member state of the European Communities (EC) and its successor, the European Union (EU), from its accession in 1973 until its withdrawal in 2020 following a referendum held in 2016.

Healthcare industry

In the UK, the whole population is covered by the National Health System (NHS), which is financed through general taxation and run by the Department of Health. However, responsibility for the purchasing of health care services across the UK rests at the constituent country level: Primary Care Trusts in England, Health Boards in Scotland, local health groups in Wales and Primary Care Partnerships in Northern Ireland. Despite this coverage, there is an increasing trend towards private care and coverage, with 12% of the population contracting additional private health insurance.

Throughout the UK, there is a coexistence of public hospitals, private non-profit hospitals and private for-profit hospitals. While hospitals are mainly publicly owned and independently operated, they are organised as hospital trusts with three hierarchical levels: community hospitals, district hospitals, and regional or interregional hospitals, as well as a number of specialised hospitals offering advanced treatment.

Primary care services are provided mainly by General Practitioners (GPs), who also act as "gatekeepers" in providing access to secondary care. Across the UK, there are approximately 3.1 million healthcare and social assistance employees, representing 11% of national employment and 1.4 million employees in the hospital sector, with 67% of all physicians working in hospitals.

The role of technology

The UK medical technology sector generates an annual turnover of approximately \$30 billion each year. It has a strong foundation of mostly small to medium-sized companies around the country, with clusters of activity in areas such as the South East



MEDIWORLD Middle East



of England and the Midlands. Many multi-national companies, including several leading US medical technology manufacturers, have head offices or subsidiaries in the UK. As a significant percentage of domestically produced products are exported, the country has a large import market making it very receptive to new and innovative international technology.

The largest purchaser of medical technology, the publicly funded National Health Service (NHS), accounts for approximately 85% of the country's healthcare provision. It receives funding from central government but is essentially managed as four separate segments: NHS Wales, NHS Scotland, HSC Northern Ireland, and NHS England, each one delivering strategy and services both centrally and locally, through regional local authorities and other public or private organizations. Most medical technology procurement is carried out by the acute hospital trusts which spend an average of \$6.6 billion on clinical supplies, including medical technology, per year. They have the option of purchasing goods through centralized procurement bodies or hubs, procuring products individually, or by joining with other trusts to form consortia for procurement decisions.

The private (independent) healthcare sector is considerably smaller and funded through health insurance, self-pay patients, or NHS funded referrals. Its strengths lie in the provision of secondary and tertiary care, fields not traditionally offered by the NHS (cosmetic surgery) or where public sector service is limited (dental care). The acute hospital sector is dominated by a handful of major hospital groups: HCA Healthcare, Circle Health, BMI Healthcare, Nuffield Health, and Ramsey Healthcare. There has also been the recent entry of US providers Mayo Clinic Healthcare and Cleveland Clinic London. Publicly funded adult social care services (home care, nursing, or care homes etc.) are commissioned by regional government councils however typically provided by private for profit or voluntary organizations.

2021-22 activity continued to be dominated by major legislative reform in England and COVID-19. The Health and Social Care Bill, which was introduced into Parliament in July 2021, drove the push to a system that delivers care via regional integrated services, collaboration and partnerships. As it undergoes radical change, the NHS is also facing the task of tackling the vast backlog of non-urgent elective surgeries and out-patient appointments which were postponed during the pandemic It is likely approved private providers will be able to assist with the backlog by offering some NHS funded elective care services.

Medical devices that are CE marked can be sold in Great Britain (England, Wales, and Scotland) until June 2023. The new UKCA mark will be required from that time. The CE mark will still be required in Northern Ireland.

Opportunities

The US is a leading supplier of diagnostic, dental, orthopedic equipment and high-quality wound care products to the UK. Within the digital segment there's demand for clinical efficiency tools, innovative apps and wearables, health analytics tools, remote consultation tools, and monitoring devices that can improve clinical outcomes and patient experience across all areas of the healthcare system.

In the UK, it is currently mandatory for public sector organizations to advertise procurement opportunities over £10,000 (\$13,000) on the UK's Contracts Finder. A new provider selection regime is likely to be implemented via the Health and Care Bill. Firms can register on the Supplying to the NHS procurement portal to receive updates on business opportunities.

NHS Agencies, such as SBRI Healthcare, frequently host competitions in which companies are invited to bid for funding to develop innovative solutions for address particular health needs.

The NHS is a large and competitive organization that has a constant need for all types of new products and services. As it can be challenging to sell directly to the NHS from overseas, many U.S. exporters find it easier to form partnerships with wellestablished local companies. This enables new entrants to take advantage of their partner's market expertise as well as their access to buyers and other decision makers. Potential suppliers also have the option of approaching private sector healthcare providers through their procurement teams.





Australian researchers design system to measure blood pressure with camera

At the University of South Australia, researchers designed a system that allows them to measure a patient's blood pressure with a camera. The camera visualizes the patient's forehead and focuses on two regions in particular to optically determine photoplethysmographic signals that AI algorithms then convert to blood pressure data. The researchers tested their system in 25 volunteers, and so far it has proven to be approximately 90% as accurate as traditional pressure cuff measurements. The system could provide contact-free measurements in as little as ten seconds, and could be very useful for large health screens or in situations where minimal contact is preferred for safety, such as during a pandemic.

Blood pressure is a key health indicator, but our method of measuring it can be a little cumbersome. Inflatable cuffs can be uncomfortable and a bit of a faff to use. If we could develop a non-invasive and rapid alternative, it could save trouble all around, particularly in cases where reduced contact between patients and healthcare staff is desirable, such as during the COVID-19 pandemic.

"Monitoring blood pressure is essential to detect and manage cardiovascular diseases, the leading cause of global mortality, responsible for almost 18 million deaths in 2019," said Javaan Chahl, a researcher involved in the study. "Furthermore, in the past 30 years, the number of adults with hypertension has risen from 650 million to 1.28 billion worldwide. The health sector needs a system that can accurately measure blood pressure and assess cardiovascular risks when physical contact with patients is



unsafe or difficult, such as during the recent COVID outbreak. If we can perfect this technique, it will help manage one of the most serious health challenges facing the world today,"

The team behind the technology has developed similar systems in the past, including image processing algorithms that can determine someone's heart rate from drone video footage, and other algorithms that can measure a variety of important parameters in newborns, including breathing rate, jaundice, oxygen saturation, and temperature.

This latest technology has been tested in 25 volunteers with different skin tones and in different ambient light conditions. The researchers compared the readings with those obtained using a commercial sphygmomanometer and found that the contact-free camera-based technology was approximately 90% accurate, suggesting that is has significant promise as a diagnostic technology.

New technique to increase the efficiency of mRNA therapeutics



Scientists at Hong Kong University of Science and Technology came up with a technique to increase the efficiency and potentially the efficacy of mRNA therapeutics. mRNA molecules have what is called a poly-A tail, which is basically astring

of adenine nucleotides at one end. These researchers discovered that by replacing some of these nucleotides in the mRNA tail with cytidine, a cytosine base with a ribose sugar attached, that they could enhance the resulting protein production of the mRNA and increase its stability and life-span. The technique could lead to more effective mRNA therapies and vaccines, potentially enabling clinicians to achieve similar or better effects with smaller doses.

mRNA therapies have come a long way in just the last few years. The COVID-19 pandemic has propelled this approach from an emerging technology to a mainstay of our vaccine response. The concept is elegant – deliver mRNA strands to the patient, and allow their own cellular machinery to produce the relevant protein that the strands code for. So far, so good – the approach, once considered unrealistic because of the fragility of mRNA, has proven to work very well, at least for COVID-19 vaccines.

with current mRNA therapies is that they can require multiple rounds of dosing to create enough of the therapeutic protein to achieve the desired effect. Think of the multiple injections required for the COVID-19 vaccines. Creating mRNA therapies that can induce our cells to produce more protein would certainly be beneficial.

To address this limitation, these researchers have found a way to modify the poly-A tail of synthetic mRNA strands. They found that by replacing some of the adenosine in the mRNA tail with cytidine, they could drastically increase the amount of protein the resulting strands ended up producing when applied to human cells and in mice. This translated to 3-10 times as much protein when compared with unmodified mRNA.

The researchers hope that the approach can enhance the effectiveness and required dosing schedules for mRNA therapies.

"Increasing the protein production of synthetic mRNA is generally beneficial to all mRNA drugs and vaccines," said Becki Kuang, a researcher involved in the study. "In collaboration with Sun Yat-Sen University, our team is now exploring the use of optimized tails for mRNA cancer vaccines on animal. We are also looking forward to collaborating with pharmaceutical companies to transfer this invention onto mRNA therapeutics and vaccines' development pipelines to benefit society."

However, there is always room for improvement. One of the issues



BUSINESS WITH VALUES Trusted Healthcare Supplier since 1969



We are committed to excellence in our products & services to satisfy the needs of our principles & patients.



We are driven by our commitment to influence Life & Health every day since 1969.



MPC is a trusted partner of the world's most influential Pharma & Healthcare Providers.







RX 123456

EVERY 12 HOURS

Pres

NO REFILLS

250MG





Doctors at Sharjah's Al Qassimi Hospital save 3 children with rare surgery to extract brain pus

The neurosurgery team at Al Qassimi Hospital in Sharjah – an affiliate of Emirates Health Services (EHS), led by neurosurgeon Dr. Satish Krishnan – performed rare, complex, and delicate brain surgeries on three children, aged two and a half to 13 years, who suffered from various symptoms, including elevated fever and hemifacial spasms.

Dr. Krishnan was able to perform the surgeries after running the necessary examinations on the three children, which indicated the need for immediate and urgent surgery, relying on the extensive expertise of the hospital's medical staff and the highly advanced medical equipment EHS provides for its various health facilities.

The three cases included a two-and-a-half-year-old girl, admitted to the hospital after suffering from a high fever and hemifacial spasms, which called for surgical intervention to extract pus from the brain, caused by salmonella bacteria. After the successful operation, the patient underwent six weeks of antibiotic treatment.

The second case was a four-year-old child, who was admitted to the hospital suffering from a high fever, abdominal pain, frequent cramps, loss of mobility on his right side, and loss of his ability to speak. His family were fearful for his condition and had lost hope for his survival, but the immediate action taken by medical staff at the hospital revealed the presence of pus on the brain, which required him to undergo urgent surgery. The surgeon

EHS announces new set of hi-tech, Al-powered services at Sharjah's Al Dhaid Hospital

Emirates Health Services (EHS) announced that Al Dhaid Hospital in Sharjah will be offering new and innovative services for patients and customers, designed to enhance customer satisfaction and offer the most advanced healthcare services, in line with international standards.

EHS indicated that the new services rely on artificial intelligence (AI) and advanced technology, enlisting a group of experienced and highly qualified medical and nursing staff. The hospital strives to implement international best practices to ensure top-quality clinical services, as well as patient and staff safety, in line with internationally recognised standards and protocols.

His Excellency Dr. Essam Al Zarouni, Executive Director of the Medical Services Sector at EHS, said: "Emirates Health Services is committed to supporting all healthcare facilities under its umbrella, and providing them with the latest advancements in medical science. The objective is to offer pioneering, holistic, integrated, innovative, and sustainable healthcare services that protect society from illnesses."

H.E. Al Zarouni noted that EHS implements advanced international standards in managing the infrastructure of health facilities, and strives to establish top-quality, safe health and treatment systems, in line with international best practices. "We aim to provide all services that cater to customers' requirements, while adhering to the highest standards of quality, efficiency,

was able to successfully extract the pus and follow up on the situation until the patient fully returned to his normal life.

The third case was the most difficult involving a 13-year-old boy who was taken to the hospital after suffering multiple symptoms, including frequent convulsions, headache, fever, and lethargy in his movement that led to him losing the ability to



play. The case required an X-ray along with a range of other medical examinations, which revealed the presence of pus in a dangerous and difficult area in the centre of the brain. This called for urgent surgical intervention followed by a recovery period, after which the patient's condition improved greatly.

Dr. Arif Al Nooryani, CEO of Al Qassimi Hospital in Sharjah, confirmed that the hospital has become one of the most distinguished medical institutions that performs rare and complex surgeries, not only at the local level, but also across the region and the world. Dr. Al Nooryani noted the significant role that Emirates Health Services plays in supporting medical staff across various specialties and raising their efficiency, underlining its commitment to implementing the latest best practices in healthcare and relying on evidence-based treatments.

"Despite their critical nature, the three surgeries were completed with the utmost success, allowing the children to return to their normal lives," he said, crediting the advanced skill of the hospital's medical team and their extensive experience in performing brain and neurosurgeries. Dr. Al Nooryani also emphasised Al Qassimi Hospital's dedication to embracing advanced medical technologies, which have helped advance the hospital's reputation and boost the overall competitiveness of the health services sector.

and transparency," he asserted.

For her part, Salama Saeed Al Ketbi, Director of Al Dhaid Hospital and Chairman of the Executive Committee, said: "Al Dhaid Hospital was able to enhance its competitiveness by providing a set of smart electronic services to lead the digital transformation in the hospital and achieve outstanding performance results in terms of quality and productivity. It also adopted best practices and global operation systems, in line with Emirates Health Services' aspirations to keep pace with UAE Vision 2071, help cement the country's leading position in the global health sector, and make sure it keeps earning advanced positions on various international reports and indicators."

Al Ketbi noted that the digital transformation in Al Dhaid Hospital has exceeded 92%, with the introduction of the electronic health information system 'Wareed', using common files for all departments across various specialisations, which allow for spreading knowledge to all employees, and enable staff to explore periodically reviewed procedures, policies, decisions, and indicators.

"The hospital also introduced a new and improved device for dialysis patients in the intensive care unit, which helped enhance patient safety and reduce the rate of transfer of kidney patients to other hospitals," she said. "The hospital currently provides a smart application that can be downloaded on tablets to facilitate communication with patients who are unable to speak for health reasons. The app includes seven sections in order to identify the patient's feelings, needs, degree of pain, and the patient's sensitivity. Patients can also place requests for cleaning and choose the language and voice of the translator."

"Furthermore, a smart electronic system was implemented to call nurses, allowing them to meet patients' needs through the use of a communication device connected to a smartwatch on the patient's wrist to facilitate communication and save time and effort," Al Ketbi explained.





Abu Dhabi Airports joins Pharma.Aero as strategic member

Abu Dhabi Airports joins Pharma.Aero, the global membership network for Life Science and MedTech manufacturers, certified cargo communities and airport operators, as a strategic member representing the Middle East.

The collaboration with Pharma.Aero builds on Abu Dhabi's growth as a global healthcare and life sciences hub, and the success of the HOPE Consortium, an Abu Dhabi-led public private partnership that is committed to working together to overcome the challenges of vaccine distribution and logistics.

"We are pleased to join Pharma.Aero as a strategic partner for the Middle East, representing the global cross-industry network of Life Science and MedTech air cargo industry stakeholders in the region. Along with Etihad Cargo, we look forward to collaborating with industry leaders to contribute to the overall development of the pharmaceutical supply chain," said His Excellency Eng. Jamal Salem Al Dhaheri, Managing Director and Chief Executive Officer of Abu Dhabi Airports.

Abu Dhabi Airports is set to pursue major air cargo infrastructure expansion projects with a strong focus on products capable of efficiently handling time and temperature-sensitive cargo, including those from within pharmaceuticals and life science.



Trevor Caswell, Chairman of Pharma.Aero, welcomes Abu Dhabi Airports' decision to play such an important role in the organisation: "We are thrilled to have Abu Dhabi Airports join Pharma.Aero as a strategic member for the Middle East region. We look forward to a strong, active and collaborative partnership with them as we welcome them on board."

Frank Van Gelder, Secretary General of Pharma.Aero, added: "Developing active and farreaching airport pharma communities are essential to the core strategy Pharma.Aero – therefore, it is with great pleasure to welcome Abu Dhabi Airports as the new strategic partner for the Middle East region. We are confident that their participation, along with Etihad, will pave the way for the future of our association in the region."



Ladival

riple protection



PRODUCT LAUNCH

PainChek to integrate with EMR systems



PainChek, developer of a smartphone-based pain assessment and monitoring application, has partnered with InterSystems IRIS for Health to integrate its application with electronic medical record (EMR) systems.

Combining the companies' platforms will facilitate PainChek's hospital global market entry as it aims to transform pain management in the hospital sector.

PainChek's software-as-a-service (SaaS), artificial intelligence (AI) platform uses smart devices with cameras to accurately evaluate patients' pain levels — saving time and money for healthcare providers since different clinicians may record different verbal assessments. Many patients cannot or do not reliably describe their pain levels, are pre- or non-verbal, or are not lucid at the time.

PainChek's application is contracted for use in more than 1300 aged care facilities in Australia, New Zealand, the UK and Singapore.

In PainChek's first move into hospitals, the agreement sees InterSystems offer the application to its global customer base. It is hoped that this will benefit both patients and healthcare practitioners. In emergency departments, for example, triage would be more effective if accurate pain assessments could be performed on all patients. PainChek's software-as-a-service (SaaS), artificial intelligence (Al) platform uses smart devices with cameras to accurately evaluate patients' pain levels — saving time and money for healthcare providers since different clinicians may record different verbal assessments. Many patients cannot or do not reliably describe their pain levels, are pre- or non-verbal, or are not lucid at the time.

Additionally, pain management issues commonly delay the release of patients or result in readmission, with additional costs to health systems. People with dementia occupy around 25% of hospital beds and one study found that those experiencing pain were more likely to exhibit delirium, a factor associated with longer hospital stays.

The app's integration with EMR systems is vital to its success. It improves productivity, with pain assessments automatically entered into a patient's record, and makes them available to clinical decision support solutions for



pain management improvements. PainChek has regulatory clearance as a medical device in Australia.



Live, in-person: 30 Jan - 2 Feb 2023, DWTC Online: 4 Jan - 2 Mar 2023

Where the world of healthcare meets



100,000 professional visits



210

conferences

arabhealthonline.com





Register your interest









Dr. Atif Alvi Consultant Colorectal, Laparoscopic & General Surgeon MBBS, MSc, MRCS, FRCS, FRCS (General Surgery)

Dr Alvi is a highly qualified UK trained Laparoscopic Colorectal and General Surgeon. He has completed his higher surgical training in Cambridge and London along with a broad experience of working in the NHS England for more than 20 years.

He was awarded a certificate of completion of training (CCT) in September 2010 working in various specialties of surgery and certified specialist training in Colorectal Surgery. He has also been awarded Fellowship in Laparoscopic Colorectal Surgery and has been working in the NHS as a Consultant since 2011. He has also been affiliated with working in private UK hospital groups of Spire Healthcare group and HCA group at Wellington hospital London and Princes Grace hospital at Harley street in Central London.

Advanced Laparoscopic Colon & Rectal Cancer Surgery with Reduced Recovery Time

Dr Alvi has specialized in advanced surgical treatment of colon and rectal cancer as well as surgery for inflammatory bowel disease via key-hole method and follows enhanced recovery pathway (ERP) for speedy recovery after all major laparoscopic (key-hole) procedures. He has performed more than 450 open and more than 600 laparoscopic colorectal operations with good surgical and oncological outcomes comparable to national standards. Approximately 97% of his bowel cancer cases have been performed laparoscopically (key-hole).

Accredited Expert in Colonoscopy

He has been a skilful endoscopist and has performed more than 5000 colonoscopies with a completion rate of 97%. He has completed Training the Trainers course in colonoscopy from St. Mark's hospital London and has been accredited by JAG as a trainer. He also performs gastroscopy and sigmoidoscopy.

Advanced Hemorrhoids Treatment in Dubai

Dr Alvi also has a special interest in treatment of haemorrhoids (piles) with latest techniques such as RAFAELO (Radiofrequency ablation), Laser treatment, Stapled Haemorrhoidectomy, HALO procedure, banding and Phenolinjection.

Trans Anal Microsurgery

He also performs Transanal Endoscopic Microsurgery (TEMS) and Transanal Minimaly invasive surgery (TAMIS) for large rectal polyps and small cancers specially in the elderly not fit for major rectal surgery.

Extensive Surgical Experience

He has experience of working in past as a consultant in world renowned centres of excellence such as The Royal Marsden Hospital London and St Mark's Hospital London where he had invaluable experience of being involved in advanced colorectal cancers, redo surgery for cancer, surgery for inflammatory bowel disease (pouch surgery) and pelvic exenteration surgery.

General Surgery Experience

Dr Alvi also performs surgery for gallstones (laparoscopic cholecystectomy), open & laparoscopic hernia repairs and pilonidal sinus surgery as part of his general surgical commitment.

Dr Alvi has been working as one of the lead consultant in a North London hospital prior to joining Kings Dubai._____

Areas of Expertise:

- Colon & rectal cancer surgery (Laparoscopic and open)
- Inflammatory bowel disease surgery (Ulcerative colitis and Crohn's disease) lleooanal pouch surgery
- Haemorrhoid(piles) treatments; RAFAELO procedure (Radiofrequency Ablation), Laser therapy, Stapled haemorrhoidopexy (PPH), HALO, banding and injection of sclerosing solution.
- Rectal prolapse surgery (Delorems, Altemeiers, Laparoscopic rectopexy)
- Transanal endoscopic microsurgery (TEMS) and Transanal minimally invasive surgery (TAMIS)
- Diverticular disease surgery
- Anal fistula surgery (Anal advancement flap surgery, fistula plug, fistula glue & FiLaC Laser procedure)
- Anal fissure treatment
- Endoscopy (colonoscopy, gastroscopy, flexible sigmoidoscopy, polypectomy)
- Laparoscopic surgery for intraabdominal adhesions, Appendicectomy
- Hernia surgery (key-hole and open)
- Gallstone (Laparoscopic Cholecystectomy)
- Pilonidal sinus surgery



UPCOMING EVENTS







Sharjah Airport

YOUR PHARMA IS IN SAFE HANDS

Sharjah Airport is the first to offer IATA CEIV Pharma certified cargo handling services in the Middle East and Africa, via its sole ground handling agent Sharjah Aviation Services.

Dedicated Temperature Controlled Storage

 1500 m³ capacity of 2-8°C and 15-25°C temperature controlled and monitored storage

Active Cooling Equipment

- Owned and managed rollerbed reefer trucks 4x Q7 Positions (or equivalent) with Real Time Temperature Monitoring & GPS tracking.
 - Cooling range -18°C to +25°C

- 10Ft (or 2 LD3) ULD dollies. Cooling range -18°C/ +25°C
- Bulk trailers 2500Kg / 14m³ capacity.
- Cooling range 0°C/ +18°C









WWW.SHARJAHAIRPORT.AE | 🗗 🖸 🗹 🔚 🛃 🖿 SHARJAHAIRPORT



QUALITY THROUGH PURPOSE

QUALITY THROUGH DESIGN

Not all Round Breast Implants are the Same



Performance

MENTOR* MemoryGel* Breast Implant 10 Year Core Study data demonstrates safety, efficacy, and high patient satisfaction.

Design

Z Ш

PROV

Each profile in the MENTOR' MemoryGel' and MemoryGel' Xtra Breast Implant family contains proprietary and dynamic fill ratios developed from surgeon feedback.

Peace of Mind

As one of the world's leading maker of high quality breast implants for over 39 years, our experience results in guality products that you can rely on and are backed by a comprehensive warranty.

Strong shell¹⁸



degrees of firmness⁹

Shell designed to **minimize** silicone gel bleed²

> Automated manufacturing process for consistent quality





MILLION+ women have MENTOR* Silicone Gel Breast Implants⁵

Successfully used and trusted for more than



Proven Performance

Mentor[®] MemoryGel[®] Breast Implants in Primary Augmentation Patients What does The Mentor[®] Level 2 Core Study Say at 10 years?



** Based on patient survey at 10 years in the Mentor' MemoryGel[™] Breast Implant 10-Year Core Gel Clincial Study Final Report. ' Head-to-head testing according to industry standard ASTM D412 test method for rubber properties in tension (v. 0901) between MemoryGel" (n=10) and Natrelle Inspira (n=10)

Why MemoryGel[™] Xtra Breast Implants?





respective owners. This publication is not intended for distribution outside of the EMEA region.

adiris (babs HIDISLECORPER

Bulb distant

PART OF THE Johnson - Johnson Family of Companies

Follow Us Online:



Facebook facebook.com/breastimplantsbymentor



Instagram @/breastimplantsbymentor

Youtube Channel @/breastimplantsbymentor



Visit us: www.breastimplantsbymentor.com