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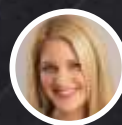
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Exclusive
**Are You at Risk for
Peripheral
Artery
Disease?**

Features

Plant-Based Eating: A well-planned vegetarian diet can provide numerous health benefits, but it's crucial to know what you're getting into.



Features

Dr. Carolyn Lorian
Clinical Psychologist and Head of Clinical Transformation at Amwell.



Opinion

Dr Nosa Aihie
Regional Medical Director, Offshore and Medical Services, Middle East, International SOS



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Editorial

The Future of Mindfulness: Tuning Our Minds with Ultrasound

As an Editor-in-Chief, I'm constantly on the lookout for groundbreaking developments in medical technology.

Recently, I read something that could completely change how we think about mindfulness and mental health.

Picture this: enhancing focus, reducing anxiety, and improving mindfulness with just a gentle nudge to the brain.

It might sound like something out of science fiction, but thanks to groundbreaking research from the University of Arizona, it's becoming a reality. It's incredibly exciting to think about how this could transform our daily lives!

Led by Brian Lord, researchers have been exploring the brain's default mode network—the part that lights up when we daydream, remember past events, or imagine future scenarios. While these mental activities are essential for creating our personal narratives, they can also distract us from being present.

Enter transcranial-focused ultrasound (TFUS), a groundbreaking technique that offers a non-invasive way to fine-tune brain activity.

TFUS stands out from other brain stimulation methods because of its precision. It's like having the ability to fine-tune a radio to catch just the right frequency.

By reducing connectivity within the default mode network, TFUS could be a game-changer in treating mood disorders like depression and anxiety. Unlike methods that temporarily alter brain activity, TFUS could pave the way for lasting changes in how we perceive and interact with the world.

Imagine personalized mental health therapies tailored to your unique brain activity, lifestyle, and environment.

With TFUS, the future of mental health treatment could be as precise and individualized as your fingerprint.

What does this mean for all of us?

It means that the dream of enhancing mindfulness and addressing mental health disorders with precision is closer than ever.

As we stand on the brink of these exciting discoveries, let's stay curious and optimistic about the incredible potential of science.

For more insights into the latest medical technology innovations, be sure to read Mediworldme.

Until next issue, keep exploring the frontiers of medical knowledge!

Ayesha Rashid
Editor in Chief



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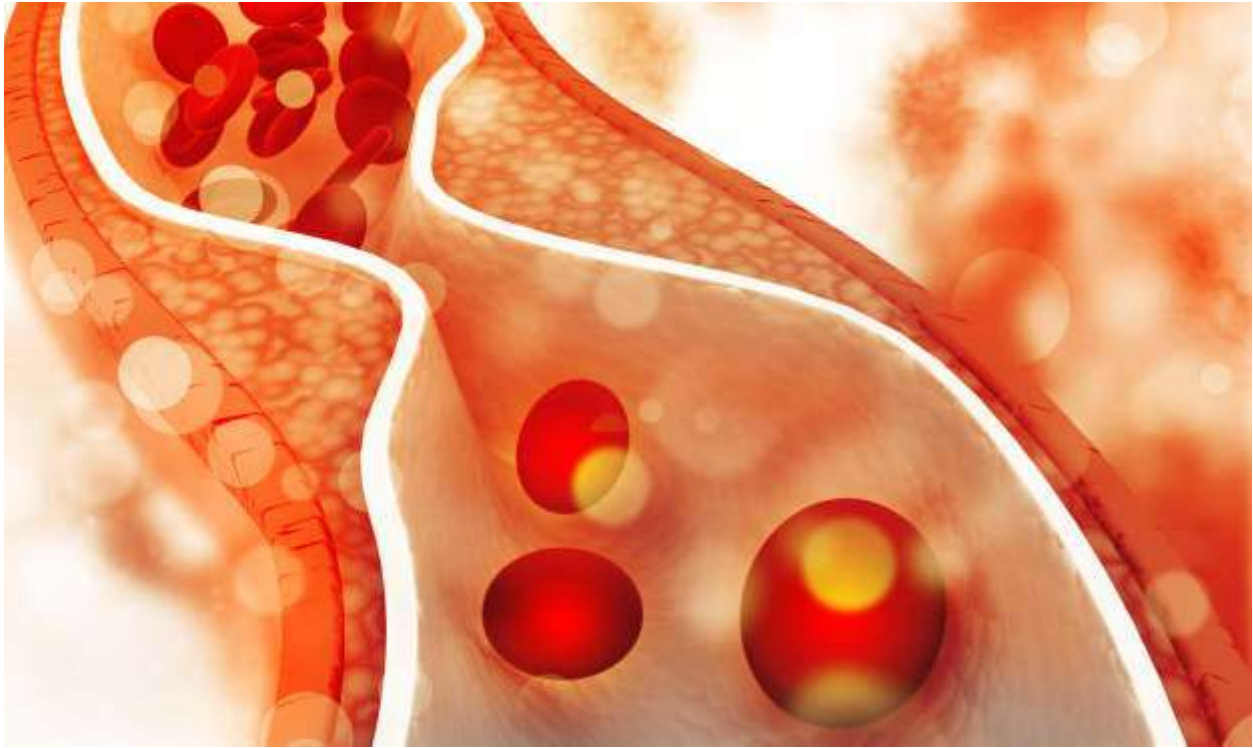


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Are You at Risk for Peripheral Artery Disease?

Dr. Michel Barsoum, M.B., Ch.B., renowned cardiologist and vascular medicine specialist at Mayo Clinic Health System, offers insights into the latest advancements in diagnosing and treating Peripheral Artery Disease (PAD)

By: Ayesha Rashid

As you go about your daily routine, your body relies on a network of arteries to supply oxygen and nutrients to your organs and tissues.

But what happens when this vital system starts to malfunction?

Peripheral Artery Disease (PAD) is a common condition where the arteries outside of your heart become narrowed or blocked, restricting blood flow to your legs, arms, and other vital organs.

In our cover story, we feature insights from Dr. Michel Barsoum, M.B., Ch.B., a renowned cardiologist and vascular medicine specialist at Mayo Clinic Health System.

Dr. Barsoum provides an in-depth look at the relationship between Coronary Artery Disease (CAD) and Peripheral Artery Disease (PAD).

With his expertise, Dr. Barsoum also explains how these conditions, both linked to atherosclerosis, impact cardiovascular health and emphasizes the importance of understanding the interconnectedness of the coronary and peripheral arterial systems and what key lifestyle choices can make a difference.



Dr. Michel Barsoum
M.B., Ch.B.



The most common and significant cause of PAD is this progressive accumulation of plaque, which can occur for several reasons, including unhealthy lifestyle choices, genetic predisposition, or underlying health conditions. Recognizing the signs of PAD and understanding its causes is crucial for preventing complications and maintaining overall vascular health."

What is a Coronary Artery System

The coronary artery system supplies oxygen-rich blood to the heart muscle, ensuring it receives the oxygen and nutrients necessary for proper functioning.

It consists of smaller arteries branching off from the aorta, the main artery carrying oxygenated blood from the heart to the body.

These arteries play a crucial role in maintaining heart muscle health by ensuring continuous blood flow.

The coronary artery system is distinct from the peripheral artery system, which supplies blood to the rest of the body, including multiple organs. Each system has unique functions and is affected differently by conditions like Peripheral Artery Disease (PAD).

Understanding the Peripheral Artery System

The peripheral artery system is a vast network of blood vessels responsible for delivering oxygenated blood to the entire body, excluding the heart muscle.

These arteries vary in size and branch out to multiple organs, playing a crucial role in maintaining overall health by ensuring that your arms, legs, and other vital organs receive the necessary oxygen and nutrients.

Proper blood flow through the peripheral arteries is essential for performing daily activities comfortably and maintaining the health of your extremities.

Disruptions in this flow can lead to serious health issues.

"Peripheral Artery Disease (PAD) can be thought of as a clogging issue affecting the arteries that supply blood to various parts of the body. This condition develops when there's a gradual buildup of plaque—a mix of calcium, fat, and scar tissue—inside the arteries over time. This buildup narrows the arteries, restricting blood flow and increasing the risk of serious cardiovascular problems.

"The most common and significant cause of PAD is this progressive accumulation of plaque, which can occur for several reasons, including unhealthy lifestyle choices, genetic predisposition, or underlying health conditions. Recognizing the signs of PAD and understanding its causes is crucial for preventing complications and maintaining overall vascular health."

Distinguishing the Coronary and Peripheral Artery Systems

The coronary artery system specifically supplies blood to the heart muscle.

It consists of smaller, specialized arteries that ensure the heart receives the oxygen and nutrients it needs to function.

In contrast, the peripheral artery system is responsible for delivering blood to the rest of the body, including various organs and tissues, and is made up of larger, more diverse arteries of varying sizes.

Recognizing the distinction between these systems is crucial, as Coronary Artery Disease (CAD) and PAD are interconnected; having one may increase the risk of developing the other.

Dr. Barsoum notes, "The coronary arteries are smaller vessels that supply blood directly to the heart muscle, while the peripheral arterial system supplies blood to the rest of the body, including various organs, and consists of arteries of varying sizes.

"If you have Coronary Artery Disease (CAD), there's a possibility you might also have Peripheral Artery Disease (PAD), and vice versa. This is because both conditions are related to atherosclerosis, where plaque builds up in the arteries, reducing blood flow and affecting overall cardiovascular health."

Common Risk Factors

Nicotine Product Use: Smoking damages the inner lining of arteries, making them more susceptible to plaque buildup. According to the Centers for Disease Control and Prevention (CDC), smokers are four times more likely to develop PAD than non-smokers.

Diabetes: Diabetes can damage blood vessels and nerves, leading to poor circulation and an increased risk of PAD.

High Blood Pressure: Hypertension can strain and damage arteries, promoting plaque accumulation.

High Cholesterol: Elevated cholesterol levels contribute to the formation of plaque in the arteries.

Large Body Weight: Obesity puts additional strain on arteries and is linked to other risk factors like high blood pressure and diabetes.

Poor Diet: An unhealthy diet can lead to obesity and high cholesterol.

Lack of Physical Activity: Sedentary behavior increases the risk of obesity and associated conditions.

Hereditary Factors: A family history of PAD increases your likelihood of developing the condition.

"The most common risk factor for developing Peripheral Artery Disease (PAD) is the use of nicotine products in various forms. However, other factors like diabetes, high blood pressure, high cholesterol, large body weight, poor diet, and lack of physical activity, along with hereditary factors, all contribute to the onset and acceleration of PAD."

So, how exactly do lifestyle choices, particularly smoking and diabetes, contribute to the risk of PAD?

"Well, smoking and diabetes are two of the main culprits. They play a significant role in both the development and progression of PAD, leading to poor vascular outcomes."

According to the Dr., adopting a healthy lifestyle through a balanced diet and regular physical activity can significantly lower your risk.

The American Heart Association recommends at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week to maintain cardiovascular health.

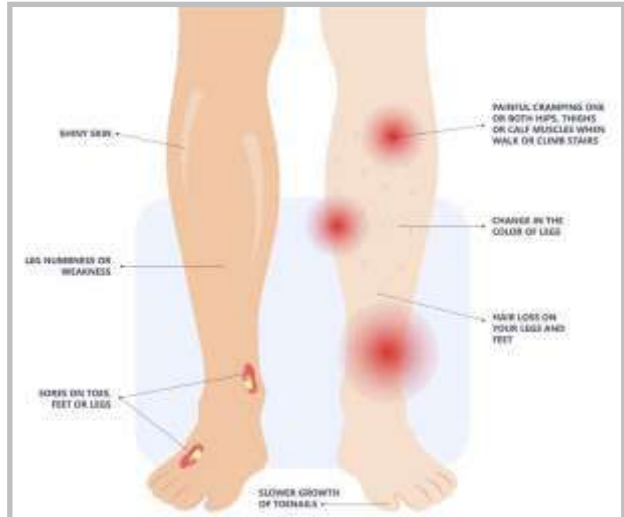
Impact of Peripheral Artery Disease (PAD)

Peripheral Artery Disease (PAD) often flies under the radar in its early stages, but recognizing its symptoms early can significantly impact your health and quality of life.

As PAD progresses, it can affect not only your legs but also vital areas like the neck arteries, which supply blood to the brain.

Leg Pain and Weakness: One of the hallmark symptoms of PAD is fatigue or heaviness in the legs, particularly noticeable when walking. This condition, known as intermittent claudication, causes pain that typically subsides with rest but can become more frequent and severe as the disease advances.

Cold Feet and Discoloration: Reduced blood flow can lead to



coldness and discoloration in your feet and toes, which may appear pale or blue. Painful cramping, numbness, or tingling can occur, and in severe cases, open sores or ulcers that are slow to heal may develop. It's crucial to seek medical attention to prevent further complications like tissue damage or gangrene.

Carotid Artery Disease and Stroke Risk: PAD can also affect the neck arteries, increasing the risk of stroke. Narrowed or blocked carotid arteries can lead to insufficient oxygen-rich blood reaching the brain, with carotid artery disease accounting for up to 20% of all strokes.

Cognitive Impairment and Dementia: Reduced blood flow can damage brain tissue, resulting in memory loss, confusion, and decision-making difficulties. Individuals with PAD are at a higher risk of developing vascular dementia due to diminished blood flow to the brain.

"Lower extremity pain that occurs after walking a specific distance and is completely relieved by rest is a classic sign of



Peripheral Artery Disease (PAD). Over time, these symptoms can worsen, leading to open sores or even rest pain that might wake you up at night."

Now, how does PAD affect the neck arteries and brain function?

"The narrowing of neck arteries can often be silent, but if symptoms do appear, they can be quite serious. You might experience vision impairment, lose function in your arms or legs, or have difficulty speaking. Interestingly, dizziness or fainting aren't typically symptoms of narrowed neck arteries, which can be surprising to some."

Early recognition and treatment of PAD can help prevent or slow the progression of these serious complications.

Diagnosis and Testing for PAD

To diagnose Peripheral Artery Disease (PAD), your doctor will start with a detailed discussion of your medical history and a physical examination.

They'll ask about your symptoms, lifestyle habits like smoking and exercise, and look for signs of poor circulation, such as weak pulses in your limbs or slow-healing wounds.

For a clearer picture, your doctor may use imaging studies like vascular ultrasound, computed tomography (CT) scans, magnetic resonance angiography (MRA), or peripheral angiography to visualize the arteries and detect any blockages.

Blood tests will help identify underlying conditions such as high cholesterol or diabetes. An ankle-brachial index (ABI) test, which compares blood pressure in your ankles and arms, can also reveal any narrowing or blockage in your arteries.

"When it comes to treating mild Peripheral Artery Disease (PAD), the first line of defense is making some impactful lifestyle changes. This means cutting out nicotine in all its forms and keeping a tight control on conditions like diabetes, high blood pressure, and high cholesterol. A key part of the treatment is also improving your diet, aiming for weight loss, and committing to a daily walking routine. Just an hour a day—whether in one go or split up—can make a real difference. These steps can help manage symptoms and improve overall vascular health."

For more severe cases, angioplasty and surgery may be

needed. Angioplasty involves inserting a balloon through a catheter to widen the narrowed artery, sometimes with a stent to keep it open.

"If medical management doesn't work or if there are signs of severe and life-threatening blockages, we use various imaging techniques to assess the situation. This is usually followed by a peripheral angiogram to see if ballooning or stenting might be needed. In more critical cases, open surgery might be necessary to clean out the arteries or use bypass grafts to restore proper blood flow.

"The key is to make lifestyle changes early on—this can help prevent PAD from starting in the first place. If PAD has already begun, making those same changes can slow its progression by reducing the buildup of plaque in the arteries and preventing serious vascular issues down the road."

Advancements in Vascular Medicine

The field of vascular medicine is rapidly evolving, offering new hope for improving the diagnosis and treatment of Peripheral Artery Disease (PAD).

Advances in imaging have reduced the need for invasive angiography. High-resolution vascular ultrasound is now a key tool, often replacing CT scans and angiography for initial and follow-up diagnostics.

Researchers are developing targeted, personalized treatments that address the root causes of PAD, rather than just its symptoms. The future of PAD treatment is promising, with ongoing research aiming to restore blood flow and enhance vascular health.

"Many patients turn to over-the-counter decongestants for nasal congestion, but medications like phenylephrine and pseudoephedrine can actually worsen artery narrowing. Instead, natural saline solutions might be a safer option.

"On the flip side, advancements in vascular medicine are making a big difference for those with Peripheral Artery Disease (PAD). The huge leap in imaging technology means we now rely less on invasive diagnostic angiography. Vascular ultrasound has become a go-to for both initial and follow-up assessments, often replacing older methods like CT scans and angiography. Plus, MR angiography is becoming more accessible, even outside academic centers, enhancing our ability to diagnose and treat PAD effectively," Dr. Barsoum concluded.



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Plant -Based Eating

A well-planned vegetarian diet can provide numerous health benefits, but it's crucial to know what you're getting into.

By Ayesha Rashid

If you're considering making the switch to a plant-based diet, you're not alone. With the rising awareness of the benefits of vegetarian eating, more and more people are turning to this lifestyle choice.

And for good reason - a well-planned vegetarian diet can have a significant impact on your overall health, from reducing the risk of chronic diseases to boosting your energy levels and mental wellbeing.

By incorporating more plant-based foods into your diet, you can take control of your health and start feeling the benefits for yourself.

Brief Overview of Plant-Based Eating and Vegetarian Diets

Dietary choices that focus on plant-based foods have been around for centuries.

Vegetarianism has its roots in ancient civilizations, with records of vegetarian diets dating back to ancient Greece, India, and China.

In modern times, the term "vegetarian" was coined in the mid-19th century to describe a diet that excludes meat, fish, and poultry.

According to a 2020 survey, approximately 39% of Americans are incorporating more plant-based foods into their diets, while 5% identify as vegetarians.

A well-planned vegetarian diet can provide numerous health benefits, but it's crucial to know what you're getting into.

While the term "vegetarian" might seem straightforward, there are several variations to explore.

Importance of Diet in Overall Health and Wellness

Diet Type	Included Foods
Lacto-ovo vegetarian	Dairy products, eggs, fruits, vegetables, grains, legumes .
Pescatarian	Fish, seafood, dairy products, eggs, fruits, vegetables, grains, legumes .
Vegan	Fruits, vegetables, grains, legumes, nuts, seeds, plant -based milk .
Flexitarian	Primarily vegetarian, with occasional consumption of meat, fish, or poultry .

According to the World Health Organization (WHO), approximately 60% of all deaths worldwide are caused by chronic diseases, such as heart disease, stroke, and cancer, which are largely preventable through a healthy diet and lifestyle.

A well-planned diet can help prevent chronic diseases, improve mental health, and even reduce the risk of certain cancers.

For instance, a diet rich in fruits, vegetables, and whole grains can help lower blood pressure, cholesterol levels, and body mass index (BMI), all of which are significant risk factors for heart disease.

Furthermore, a plant-based diet has been shown to reduce the risk of certain cancers, such as colon, breast, and prostate cancer.

Key Components and Benefits of a Balanced Vegetarian Diet

Ensure each meal provides protein, healthy fats, and complex carbohydrates to maintain satisfaction and balance.

Nutritional Benefits:

Rich in Essential Nutrients: Vegetarian diets are abundant in vitamins (C, E), minerals, and antioxidants.

These nutrients help protect against chronic diseases like heart disease, diabetes, and certain cancers.

High in Fiber: Fiber from plant-based foods aids in digestion by preventing constipation and supporting healthy blood sugar levels.

It also contributes to weight management and lowers cholesterol, reducing the risk of heart disease.

Furthermore, a fiber-rich diet supports beneficial gut bacteria, enhancing immune function.

Health Benefits of a Vegetarian Diet

Weight Management: A well-planned vegetarian diet supports healthy weight management by offering lower calorie density.

Plant-based foods like fruits, vegetables, and whole grains are low in calories but high in fiber and water, allowing for larger portions without excess calories.

High fiber content also regulates body fat by promoting fullness and increasing resting metabolic rate (RMR), enhancing fat burning even at rest.

Cardiovascular Health: Vegetarian diets positively impact cardiovascular health by reducing heart disease and hypertension risk.

They lower LDL (bad) cholesterol levels by up to 13% and reduce blood pressure, thanks to their low saturated fat and high fiber content.

These diets help regulate blood flow and reduce cardiovascular risks, contributing to overall heart health.

Diabetes Management: A vegetarian diet aids in managing diabetes by stabilizing blood sugar levels and improving insulin sensitivity.

High fiber and low saturated fat from plant-based foods slow down sugar digestion, minimizing blood sugar spikes.

Studies show that vegetarians have a significantly lower risk of developing type 2 diabetes, with reductions in risk ranging from 23% to 32%.

Cancer Prevention: A plant-based diet reduces cancer risk through high intake of fiber, antioxidants, and phytochemicals.

Research indicates that vegetarians have a 12% lower risk of cancer compared to non-vegetarians.

Antioxidants and compounds like sulforaphane, found in cruciferous vegetables, help protect cells from damage and inhibit cancer cell growth.

Implementing a Vegetarian Diet

Planning Balanced Meals

Transitioning to a vegetarian diet involves planning to ensure balanced meals with adequate protein, healthy fats, and complex carbohydrates.

Explore cuisines like Indian, Middle Eastern, and Mediterranean for diverse plant-based recipes. Utilize online resources and vegetarian cookbooks for meal ideas.

Essential Nutrients

To maintain health on a vegetarian diet, focus on key nutrients:

Protein: Essential for energy and muscle function. Include sources like beans, lentils, and tofu.

Iron: Crucial for red blood cell health. Go for lentils, chickpeas, and spinach.

Calcium: Important for bone health. Choose dark leafy greens and fortified plant-based milks.

Vitamin B12: Necessary for nerve function and DNA synthesis. Consume fortified cereals, plant-based milks, and nutritional yeast.

Tips for Eating Out and Social Situations

- Call ahead to restaurants to ask about vegetarian options.
- Choose ethnic restaurants that typically offer vegetarian dishes, such as Indian or Middle Eastern cuisine.
- Pack your own snacks or meals when attending social gatherings or traveling.

The key is to be flexible and open-minded, and don't be afraid to ask for modifications or special requests.

Tips for navigating social situations include being honest with your friends and family about your dietary choices, offering to bring a dish to share, and being prepared to answer questions about your vegetarian lifestyle.

Practical Tips for Transitioning

To get started, here are some practical tips:

- Start by substituting one or two meals a day with plant-based options.
- Explore different cuisines, such as Indian, Middle Eastern, or Asian, which often feature plant-based dishes.
- Stock your pantry with staples like beans, lentils, whole grains, and nuts.
- Find healthy alternatives to your favorite comfort foods.
- Get familiar with new ingredients and cooking techniques.

Any small change you make to your diet can have a significant impact on your health, so don't be discouraged if you can't make a complete switch right away.

Insights from Health Professionals on the Benefits of Plant-Based Eating

Dr. Neal Barnard, a renowned nutrition expert, notes that "plant-based diets have been shown to reduce the risk of heart disease, type 2 diabetes, and certain types of cancer."

Diet plays a crucial role in our overall health, and a plant-based diet is no exception.

According to Dr. T. Colin Campbell, a leading expert in nutrition and health, "a diet rich in plant-based foods can help reduce inflammation, improve gut health, and boost your immune system."



By incorporating more fruits, vegetables, and whole grains into your diet, you can experience these benefits firsthand and improve your overall well-being.

Final Thoughts

With these considerations, it's clear that adopting a plant-based eating lifestyle can have a profound impact on your overall health and wellbeing.

By incorporating more fruits, vegetables, and whole grains into your diet, you can reduce your risk of chronic diseases, improve your energy levels, and even support a healthy weight.

So, take the first step towards a healthier you by exploring the world of plant-based eating and discover the numerous benefits it has to offer.

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World Hepatitis Day 2024: It's time for action

BY DR NOSA AIHIE

Regional Medical Director, Offshore and Medical Services,
Middle East, at International SOS

Despite the unprecedented developments in the field of medical science, Hepatitis remains as one of most severe yet unrecognised global health crises, affecting millions of people.

In this regard, on July 28 annually, the world observes World Hepatitis Day to raise awareness and educate people on the effects of viral hepatitis, an inflammation in the liver, which could even lead to chronic health conditions such as cancer.

Addressing the silent epidemic requires proactive efforts, this year, the World Hepatitis Day is observed under the theme, 'It's Time for Action'. It underscores the necessity for accelerated actions to ensure better prevention, diagnosis and treatment to increase the health outcomes and save lives.

Generally, Hepatitis impairs the liver's ability to function. The liver performs many vital lives functions every day, which makes it necessary to ensure its health for the overall well-being of an individual.

The condition, which is primarily brought on by viral infections, is classified into five major virus strains, A, B, C, D and E based on transmission, severity, geographic distribution and preventative strategies. Among it,

hepatitis B and C can result in chronic health issues such as liver cancer, loss of liver function, liver cirrhosis and fatalities. Note there are also non-viral causes of hepatitis including auto immune disease, alcohol and drug induced hepatitis.

Despite the modern medical community's constant attempts to control and treat hepatitis, the number of infection-related deaths is substantially rising.

According to World Health Organization (WHO), every day, 3,500 people die from this infection, which translates to one death every 30 seconds and over 6,000 people are diagnosed with this viral inflammation daily. Another data shows that in 2022, about 1.3 million people lost their lives due to hepatitis B and C.

Even after developing necessary vaccines and treatment protocol for this infectious disease, one of the reasons for the increased death rates is the lack of awareness.

As per WHO, around 220 million individuals with hepatitis B and 36 million with hepatitis C are unaware of their condition.

Similarly, out of the 304 million individuals worldwide affected with hepatitis C, only 12.5 million have been cured and only 7 million people with hepatitis B are receiving treatment despite the availability of medicines.

Amidst these rising concerns, one of the positive facts is that most of the hepatitis infections and deaths can be prevented.

Collaborative efforts are required to ensure that all communities worldwide have affordable and equitable access to the resources needed to prevent, diagnose and cure hepatitis.

Although rapid diagnostic tests are affordable, many consumers still find them costly. Similarly, some nations continue to pay high prices for generic hepatitis C drugs which limits access to treatment.

In this situation, medical innovations such as self-testing for hepatitis C seeks to promote testing, particularly among marginalised groups.

To address the alarming situation, WHO has set an ambitious goal to eliminate the hepatitis by 2030.

The key steps to attaining this goal include urgent actions to ensure access to testing, diagnostics and timely treatment, strengthening primary care prevention through vaccination, safe practices and education.

Decentralizing care through community-based initiatives and integrating hepatitis care within existing health services, such as primary care and HIV services. Engaging with affected communities and civil society to raise awareness on prevention and treatment efforts. Additional mobilizing innovative financing to support hepatitis elimination programmes is needed.

By adopting a collaborative approach and following these steps, we can significantly impact and improve health outcomes for millions globally.

On this World Hepatitis Day, let us commit to raise awareness, promote prevention and ensure treatment to attain the goal of hepatitis elimination.

Dr Nosa Aihie is a seasoned healthcare professional with a wealth of experience in the field of occupational safety and health. As the Regional Medical Director for Offshore and Medical Services in the Middle East at International SOS, he plays a pivotal role in ensuring the well-being of personnel working in challenging offshore environments.

Currently based in the vibrant metropolis of Dubai, Dr. Aihie earned his degree in Medicine and Surgery from the University of Benin in Nigeria. In 2011, he furthered his qualifications with a post-graduate degree in Occupational Health from the University of Manchester.

With a remarkable 16-year career in offshore medicine, he has made significant contributions to major offshore operators, including Drilling, Seismic, and Offshore Support Services companies, delivering critical medical services and upholding occupational health standards.

Dr. Aihie's affiliation with International SOS dates to 2006 and is characterized by his strong leadership and unwavering commitment to fostering a culture of safety in the workplace.

Beyond his extensive expertise in primary care and occupational medicine, he assumed the role of Medical Director in 2009.



Dr Nosa Aihie

**Regional Medical Director, Offshore and Medical Services,
Middle East, International SOS**

Based: Dubai

Languages: English

Key topics: Occupational Health and Health and Wellbeing

In this capacity, he has acted as a trusted advisor, offering governance for numerous on-site clinics, and assisting clients in devising and implementing effective health systems.

His profound knowledge and expertise have proved invaluable during the COVID-19 pandemic, where he played a pivotal role in guiding organizations various challenges and difficulties.

Before joining International SOS, Dr. Aihie served as an Emergency Health Practitioner, overseeing outpatient, inpatient, and emergency care. He also holds medical certifications, including Basic Life Support (BLS), Advanced Cardiac Life Support (ACLS), and International Trauma Life Support Instructor.

In addition to his role at International SOS, Dr. Aihie actively contributes to the IADC Health Committee, where he offers invaluable insights into best practices for onshore and offshore safety, environmental considerations, and regulatory matters. He is widely recognised as an industry pioneer, dedicated to promoting excellence and safety within the offshore and medical services sectors in the Middle East.

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Mental Health Made Easy: The Digital Solution

Dr. Carolyn Lorian

Clinical Psychologist and Head
of Clinical Transformation
at Amwell.

By Ayesha Rashid



Australia is facing an unprecedented mental health crisis, driven by the pressures of modern life, economic challenges, and global events. The workplace is no exception—employees are grappling with stress, burnout, and emotional exhaustion. This widespread issue is affecting well-being on all fronts, and it's crucial we address it comprehensively to support those in need," says Dr.

Australia is facing a growing mental health crisis, with new data showing that 68% of Australians struggle to find in-person mental health services, and 45% are waiting up to a month for appointments.

Beyond these long wait times, affordability is a major hurdle, preventing many from getting the support they need.

In response to these challenges, digital healthcare is emerging as a groundbreaking solution. It's making mental health care more accessible, affordable, and effective for Australians.

Amwell has launched a new-to-market digital mental health platform, SilverCloud, which offers evidence-based digital mental health programs based on cognitive behavioural therapy.

The SilverCloud by Amwell platform launched in Australia in 2022 and supports more than 600 organizations across health systems and health plans around the world to deliver digital mental health services.

To explore this topic further, we're featuring insights from Dr. Carolyn Lorian, Clinical Psychologist and Head of Clinical Transformation at Amwell.

Dr. Lorian sheds light on how digital health is reshaping the mental health landscape and what it means for Australians seeking support.

Recent statistics reveal the extent of the issue: nearly 70% of Australians report dealing with anxiety and depression at work due to increased stress and rising living costs, costing employers over \$10 billion each year.

Additionally, 70% of employees are more likely to stay with a job that provides mental health support, and nearly 28% have taken more than three days off in the past six months due to mental health struggles.

Can you give us an overview of the mental health issue in Australia?

According to the Australian Bureau of Statistics, around one in five Australians, or 4.3 million people, have experienced symptoms of a mental health condition in the past year.

However, a recent survey by the Australian Psychological Society reveals a troubling trend: nearly two-thirds of people are waiting over 12 weeks to get care, and 30% of psychologists are turning away new clients.

What is driving this mental health crisis in Australia?

Australia is in the midst of an unprecedented mental health crisis.

Modern life's pressures, social and economic challenges, and global events have all contributed to a rise in anxiety, depression, and other mental health issues.

The workplace isn't immune; employees are struggling with stress, burnout, and emotional exhaustion.

It's a serious issue that's impacting well-being across the board.



Why did Amwell decide to survey mental health in Australian workplaces?

With over 20 years in digital mental health research, Amwell is passionate about this area.

We've supported over 600 health providers, including the NHS, in increasing access to evidence-based digital mental health solutions.

Our mission is to improve mental health care and support, so diving into how workplaces are handling these issues was a natural step for us.

Can you share some key findings from the survey about anxiety and depression among employees?

The survey highlights a pressing issue: about 60% of employees experience frequent anxiety and depression at work, leading them to take more than three days off in the last six months.

This doesn't even account for presenteeism, where employees are present but not fully functional due to mental health issues.

Gen Z is particularly affected, with 93% experiencing at least one symptom of mental health issues recently, and 45% feeling these symptoms daily.

How do absenteeism and turnover due to mental health issues impact Australian employers financially?

According to Safe Work Mental Health data, mental health conditions now account for 9.2% of all serious health claims, up from 5.5% in 2007.

Claims related to mental stress typically result in a median time loss of 12 weeks and cost employers around \$25,000 each.

This financial burden underscores the need for effective mental health support in the workplace.

What challenges are Australians facing in accessing in-person mental health services?

The survey from the Australian Psychological Society reveals significant barriers: nearly two-thirds of patients wait over 12 weeks to see a mental health professional, and 30% of psychologists can't take on new clients.

This highlights a pressing need for more innovative and accessible solutions to bridge the gap in mental health care.

Can you explain the main features of the SilverCloud® platform and how it supports mental health?

SilverCloud® by Amwell® is a game-changer in digital mental health.

It's based on cognitive behavioral therapy and backed by 20 years of research.

The platform has shown that 56% of users with anxiety and depression symptoms are free of these diagnoses after just three months, and 85%

see symptom improvement.

It's a cost-effective alternative to traditional therapy, offering specialized programs for various needs, including stress, diabetes, and substance use.

How can employers effectively integrate digital mental health platforms into their workplaces?

Employers should take a holistic approach when developing their mental health strategies.

This means offering a range of solutions, from preventative wellness programs to therapy options for more acute issues.

Digital mental health platforms can complement existing support systems, providing convenient, evidence-based help for employees.

Making it easy for employees to access and understand these resources is key.

What are the potential economic benefits for businesses that invest in digital mental health support for their employees?

With the evolving workforce landscape, businesses need to adapt to ensure their teams thrive. Investing in digital mental health support can offer significant returns.

By providing effective and accessible mental health solutions, companies can enhance employee well-being and productivity, ultimately benefiting their bottom line.

Honeysuckle Health has seen positive results with the SilverCloud® platform. Can you share more details about the clinical improvement rates and cost savings?

Honeysuckle Health implemented SilverCloud® to support Australian workers and has seen impressive results.

The platform's "therapist in your pocket" model offers 24/7 access to support, with about 800,000 Australians benefiting from it.

Users who completed the virtual programs experienced a 60% improvement in clinical outcomes, and the cost of delivering this service was 80% less than traditional in-person or phone visits.

How do flexible usage patterns of the SilverCloud® platform benefit employees in managing their mental health?

SilverCloud® is accessible across devices, allowing users to engage with their programs anytime, anywhere. This flexibility means employees can work with their therapists in-between sessions and continue their progress after treatment. It's a practical and effective way for people to manage their mental health on their own terms.



What are Amwell's future plans for expanding and enhancing digital mental health services both in Australia and globally?

Amwell is committed to expanding its digital mental health services worldwide.

By partnering with organizations like Honeysuckle Health and Amplar Health, we aim to break down barriers to mental healthcare and reach more people.

Our goal is to enhance mental well-being for workers everywhere with our evidence-based digital solutions.

The Power of Thought:

Groundbreaking Study Uses Ultrasound to Boost Mindfulness



The human mind's ability to daydream—drifting into spontaneous thoughts and fantasies—has always been fascinating.

This wandering of the mind, often effortless, can spark creativity and deep reflection.

Now, researchers at the University of Arizona are exploring how to enhance this very ability through innovative technology.

In a groundbreaking study published in *Frontiers in Human Neuroscience*, scientists have employed a low-intensity ultrasound technique to alter a brain region linked to daydreaming, memory recall, and future planning.

This advancement could significantly boost mindfulness, marking a notable step forward in neuroscience.

The technology, known as transcranial-focused ultrasound (TFUS), targets the brain's default mode network—a system of interconnected regions active during introspection and mind-wandering. Brian Lord, the lead researcher and postdoctoral fellow in the U of A's Department of Psychology, explains, "We're the first to demonstrate that we can directly and noninvasively modulate the default mode network."

One crucial part of this network is the posterior cingulate cortex, which plays a vital role in how we interpret experiences and form personal narratives.

While this ability is essential for creating a coherent self-concept, it can sometimes hinder present-moment awareness. For example, during meditation, it might lead to rumination or negative thoughts.

To address this, Lord's team used TFUS to stimulate the posterior cingulate cortex with precise, low-intensity ultrasound. Unlike other non-invasive methods, TFUS penetrates beyond the brain's outer cortex, achieving significant effects with just five minutes of stimulation.

The study involved 30 participants who received TFUS targeting the posterior cingulate cortex. Using functional magnetic resonance imaging (fMRI), researchers monitored changes in brain activity and participants' experiences before and after the treatment.

Results showed that TFUS reduced connectivity within the default mode network and influenced participants' mindfulness, self-perception, and sense of time. "The beauty of TFUS is that it uses minimal energy to modify brain activity. It's like giving the brain a gentle nudge," Lord notes.

This technology's ability to precisely target and alter brain networks opens exciting possibilities for precision therapeutics—treatments customized to individual characteristics. TFUS may also pave the way for new approaches to treating mood disorders such as depression and anxiety. As Lord points out, "Unlike neuroimaging, which only correlates brain activity, non-invasive tools like TFUS let us probe the brain and establish causal relationships. That's a game-changer for neuroscience."

Materials provided by University of Arizona.

Jamjoom Pharma Secures Corporate Guarantee for Algerian JV Loan



The board of Jamjoom Pharmaceuticals Factory Company (Jamjoom Pharma) has approved a corporate guarantee to support a credit facility for its joint venture in Algeria, Jamjoom Algeria Lil Dawa SPA.

According to a bourse disclosure, Jamjoom Pharma has issued the corporate guarantee to Société Générale Algérie SPA.

This guarantee is to back a medium-term loan amounting to DZD 1.60 billion (SAR 44.40 million) for Jamjoom Algeria.

The loan will fund the installation of a specialized production line for ophthalmology products, which is expected to advance the company's strategic goals in the region.

The corporate guarantee complies with Saudi Law and reflects Jamjoom Pharma's 49% shareholding in the joint venture. Consequently, Jamjoom Pharma will guarantee DZD 784 million (SAR 21.75 million).

In financial news, Jamjoom Pharma reported a net profit of SAR 102.96 million for the first quarter of 2024, marking a 22% increase from SAR 84.40 million in the same period last year.



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Healthcare Logistics Market Set to Surge by \$121.4 Billion by 2028



The global healthcare logistics market is on track for a significant boost, projected to grow by \$121.4 billion by 2028, with a robust compound annual growth rate of nearly 14%.

According to a recent Technavio report, the surge in market growth is driven by the healthcare industry's increasing demand for efficient supply chain management, particularly in areas like occupational and physical therapy, and chronic disease care.

"Technology plays a pivotal role in this expansion," the report notes. "Cold chain solutions and delivery tracking systems are essential for the safe and timely distribution of medical supplies and pharmaceuticals."

Emerging markets like China and India are seeing a rise in cold chain initiatives, driven by new regulations focused on enhancing food and drug safety.

Digital transformation is another key factor, with advancements such as electronic data interchange and automation streamlining processes and boosting accuracy. The growth of telehealth and remote patient monitoring is also fueling demand for logistics services that can support these innovative care models.

Abbott and Medtronic Forge Exclusive Partnership for Glucose Monitoring Technology

Abbott and Medtronic have announced a new collaboration that will see Abbott supplying a continuous glucose monitor (CGM) designed to exclusively integrate with Medtronic's devices.

This CGM will be sold solely through Medtronic's channels.

Marie Thibault, an analyst at BTIG, noted in a research report that while the announcement was initially unexpected, it could be beneficial for both companies.

She suggested that the partnership might help expand the market presence of each company given their competitive standings and current market positions. Thibault referred to the relationship as a form of "coopetition," indicating that while the companies are collaborating, Medtronic continues to develop its own CGM technology.

Alongside the partnership announcement, Medtronic revealed that it has secured FDA approval for its Simpler CGM. This new sensor eliminates the need for fingerstick tests and overtape, distinguishing it from Medtronic's previous models.

Medtronic, which gained FDA approval for its AID system in 2016, has concentrated on integrating its glucose sensors with its insulin pumps. Despite holding a dominant share in the insulin pump market, Medtronic's CGM market share has been smaller. Challenges arose in 2021 when the company received a warning letter concerning issues with its Minimed 600 series insulin pumps, which affected its ability to release new diabetes devices. The FDA lifted this warning letter last year.

Abbott, a competitor in the CGM space alongside Dexcom, has focused on partnering with insulin pump manufacturers to expand its user base among Type 1



diabetes patients. In January, Abbott's FreeStyle Libre 2 Plus sensor was integrated with Tandem's

X2 insulin pump, and in February, Insulet's Omnipod 5 received a CE mark for compatibility with Abbott's CGM.

Abbott CEO Robert Ford commented on the partnership, "With our regulatory clearances and connections to various pump manufacturers, this collaboration represents a significant opportunity for us and benefits patients as well."

Thibault also highlighted that the partnership could be advantageous for both companies, helping to grow their respective user bases without overlapping. Patients, she added, will benefit from having more options to combine devices from different manufacturers.

The new AID system will undergo standard regulatory processes, with approval not anticipated within Medtronic's current fiscal year ending in April.

Medtronic expects this agreement to positively impact its diabetes revenue while keeping its gross margin unaffected.



Al Jalila Foundation Partners with Positive Zero to Advance Sustainability Goals

Al Jalila Foundation, a key player in Dubai Health's philanthropic efforts, has entered into a groundbreaking agreement with Positive Zero, the leading provider of sustainable power infrastructure in the Middle East.

This partnership aims to significantly cut carbon emissions and energy expenses, aligning with the UAE's Net Zero Strategy 2050.

The Memorandum of Understanding (MoU) represents a pioneering initiative in the UAE healthcare sector, covering all aspects of clean energy, including on-site power generation, energy efficiency, and clean mobility solutions. The signing ceremony was held at the Al Jalila Foundation headquarters.

Under this agreement, Positive Zero will develop a five-year sustainability roadmap to identify and implement the most effective decarbonization strategies for the foundation.

The comprehensive plan includes fully financed solutions expected to achieve up to 50% cost savings and a 70% reduction in carbon emissions.

Key components of the partnership involve analyzing current operations, boosting energy efficiency, and optimizing energy use through cooling-as-a-service. Additionally, Positive Zero will introduce clean mobility solutions such as fleet electrification and electric vehicle (EV) charging infrastructure at the Al Jalila Foundation's headquarters.

This initiative aligns with recent updates from the Dubai government, which emphasize the need for improved energy consumption and

efficiency across both public and private sectors, as outlined in the Dubai Demand Side Management Strategy 2050.

The MoU builds on a successful pilot project at Al Jalila Foundation, where Positive Zero's distributed solar energy and power generation unit, SirajPower, installed solar rooftops and car park systems. These installations, operational since December 2023 under a 20-year solar lease agreement, have effectively cut over 3,100 metric tons of carbon emissions annually.

Dr. Amer Al Zarooni, CEO of Al Jalila Foundation, remarked, "As one of the region's pioneering non-profits in sustainability, our solar rooftop and carport systems have significantly lowered our electricity costs and improved our clean energy operations. This new decarbonization plan with Positive Zero will further enhance our environmental and economic impact as we continue to support Dubai Health's sustainability objectives."

David Auriau, Co-Founder and CEO of Positive Zero, added, "Our initial project with Al Jalila Foundation showcased the potential for substantial savings and emission reductions through distributed solar generation with no initial investment. By incorporating energy efficiency and clean mobility solutions, we will help the foundation accelerate its sustainability goals and support the country's Net Zero mission."

Positive Zero will maintain a close collaboration with Al Jalila Foundation to explore additional energy-saving opportunities and benefits through its Decarbonization-as-a-Service platform.

Stryker to Acquire Care.ai, Expanding Its AI-Based Health IT Portfolio

Stryker announced recently that it has reached an agreement to acquire Care.ai, a company specializing in artificial intelligence-based tools for hospitals.

Based in Orlando, Florida, Care.ai develops patient monitoring, virtual rounding, and AI-assisted decision support tools using a network of sensors.

The deal follows Stryker CEO Kevin Lobo's recent prediction of a "very active deal pipeline" for the latter half of the year.

"This acquisition will enhance our health IT offering and expand our portfolio of wirelessly connected medical devices," Stryker said in a statement. The company expects Care.ai to integrate seamlessly with its Vocera platform and devices, following Stryker's \$2.97 billion purchase of Vocera Communications in 2022.



Stryker highlighted the growing significance of this acquisition amid ongoing challenges faced by healthcare providers, including nursing shortages, employee retention issues, and rising workplace safety concerns. "This growing segment is increasingly important as our customers deal with these pressures," the company added.

The acquisition is contingent upon customary closing conditions. This move continues Stryker's recent trend of tuck-in acquisitions.

In June, Stryker agreed to acquire Artelon, a company specializing in soft tissue repair technology, and in December announced a deal to acquire joint replacement company Serf Sas. Financial details for these deals were not disclosed.

Medtronic Receives FDA Approval for Asleep DBS Surgery

Medtronic plc has announced that it has received FDA approval for its Asleep Deep Brain Stimulation (DBS) surgery, designed for individuals with Parkinson's disease and essential tremor.

This approval marks Medtronic as the first and only company to offer DBS surgery under general anesthesia as well as awake.

"This is a significant advancement in our surgical offerings, providing another safe and effective option for patients considering DBS," said Amaza Reitmeier, Vice President and General Manager of Brain Modulation within Medtronic's Neuromodulation business. **"This approval underscores our commitment to continuous innovation to meet the needs of patients and healthcare providers."**



Research comparing Asleep DBS and Awake DBS has demonstrated that patients with Parkinson's disease can achieve similar improvements in motor symptoms with either approach. Medtronic reports that recent studies indicate Asleep DBS procedures not only maintain patient safety but also improve surgical efficiency by reducing procedure times.

"Asleep DBS offers a safe, comfortable, and less stressful experience for patients who might be apprehensive about the surgery," explained Dr. Francisco Ponce, Chief of Stereotactic and Functional Neurosurgery at The Barrow Neurological Institute. "Whether performed asleep or awake, DBS is proven to reduce motor symptoms in movement disorders like Parkinson's."

DBS involves a surgically implanted device similar to a cardiac pacemaker. Medtronic's Percept neurostimulators, which gained FDA approval in early 2024, deliver electrical signals to targeted brain areas affected by neurological disorders. The Percept system is the first and only DBS system with sensing, directionality, and advanced programming capabilities.

Medtronic's BrainSense technology within its DBS system captures and records brain signals, providing healthcare providers with crucial data to customize therapy for individual patient needs.



Dubai Breaks Ground on Asan-UAE Gastroenterology Hospital: A Landmark in Healthcare

Dubai Healthcare City Phase 2 has marked a significant development with the groundbreaking ceremony for the Asan-UAE Gastroenterology Hospital, set to be the emirate's premier integrated facility specializing in gastroenterology.

This milestone represents the first international venture for Asan Medical Centre (AMC), South Korea's largest hospital, in collaboration with UAE-based investment group Scope Investment.

Scheduled for completion by 2026, the Asan-UAE Gastroenterology Hospital will significantly enhance the UAE's capabilities in areas such as digestive health, gastrointestinal oncology, liver transplantation, and lifestyle diseases.

It aims to provide advanced healthcare services and education in gastroenterology, expanding the range of services within the DHCC ecosystem and strengthening Dubai's position as a leading healthcare and wellness hub.

Awadh Seghayer Al Ketbi commended the rapid developments in Dubai's health sector, highlighting the emirate's growing reputation as a major healthcare destination and a base for international medical institutions. He emphasized Dubai's ongoing efforts to upgrade its healthcare infrastructure and attract top medical talent.

Moon Byung Jun expressed enthusiasm about AMC's first gastroenterology hospital outside Korea, praising the collaboration with Scope Investment and DHCA. He emphasized the hospital's potential to offer top-notch healthcare services not only in the UAE but across the GCC region and globally.

Issam Galadari noted that the Asan-UAE Gastroenterology Hospital is a significant milestone in DHCC Phase 2's development, showcasing the drive to attract leading global institutions and expertise. He highlighted the partnership's role in enhancing Dubai's specialized healthcare offerings and meeting the evolving demands of the UAE's health sector.

The new facility will span 21,150 square meters, featuring two basement levels and seven floors. It will include 65 beds, royal and VIP rooms, four operating theatres, and comprehensive gastroenterology care for both

adults and children. Services will cover endoscopy, bariatrics, gastrointestinal oncology treatment, liver transplantation management, and general gastrointestinal health check-ups, along with support facilities like rehabilitation services, outpatient clinics, an ICU, and a one-day care unit.

AMC aims to elevate local healthcare standards by serving as an educational hub in the Middle East, training local medical professionals, and integrating South Korean expertise.

Dr. Soo-Sung Park said: "We are dedicated to delivering a comprehensive range of gastrointestinal services at Asan-UAE Gastroenterology Hospital, prioritising safety and efficiency. We emphasise minimally invasive procedures and preventive care, supported by a multidisciplinary approach to enhancing patient outcomes and promoting overall digestive health. Our commitment extends to maintaining rigorous safety standards and utilising state-of-the-art technology, ensuring that every patient receives the best possible care in managing their digestive health."

Najib Fayyad said: "Asan-UAE Gastroenterology Hospital will be a state-of-the-art facility dedicated to providing comprehensive and advanced gastroenterological care. This investment complemented by the support of DHA and DHCC underscores our commitment to improving the quality of life of the community by providing superior medical services and innovative healthcare solutions. The new hospital will not only elevate healthcare standards but also contribute to the economic and social wellbeing of the region."

ADU, Burjeel Holdings Partnership to Boost Health Sciences Research and Training

Abu Dhabi University (ADU) has entered into a Memorandum of Understanding (MoU) with Burjeel Holdings to advance research in health sciences, enhance the academic experience through practical expertise, and further clinical studies in the UAE.

This collaboration is set to strengthen academic excellence and innovation through joint research projects and the establishment of cutting-edge laboratories.

It aims to elevate ADU's status as a center for pioneering discoveries in health sciences.

Dr. Odhabi highlighted that the partnership aligns with ADU's commitment to contributing to the UAE's vision of a knowledge-based economy. "By leveraging Burjeel Holdings' expertise in healthcare and ADU's academic excellence, we aim to set new standards in health sciences research," he said.

Safer Ahamed noted that the partnership will offer exceptional training opportunities for health sciences students. "This initiative will equip a new generation of healthcare professionals with the skills and knowledge



needed to excel in the field," he remarked.

The agreement also includes plans to expand community knowledge through extended programs focused on higher education and skill development. Jointly organized conferences, workshops, seminars, and academic training sessions will address the latest advancements and best practices in health sciences.

In addition, the MoU will utilize ADU's advanced academic facilities for lectures and training workshops aimed at improving human resources and administrative practices at Burjeel Holdings. The healthcare provider will also offer internship opportunities across its UAE facilities, providing ADU students with valuable practical experience essential for their future careers in healthcare.

eCential's New Spine Robotics Device Wins FDA Clearance



eCential, a French company known for its expertise in surgical robotics, secured 510(k) clearance from the FDA for its latest spine technology recently.

This new device, designed for spine navigation and robotic assistance, works with specific Depuy Synthes instruments and offers two modes: freehand or robotic-guided.

The device is set to support spinal fusion surgeries across various spine regions, including the cervical, thoracolumbar, and sacroiliac areas.

It allows surgeons to plan operations with 3D imaging and receive robotic assistance for placing spinal bone screws, utilizing instruments from Depuy Synthes' Trialtis, Symphony, and Viper Prime lines.

During J&J's earnings call in July, Tim Schmid, J&J's global medtech chairman, hinted at exciting developments ahead. He previewed future announcements about expanding robotics into other orthopedic areas, particularly spine surgery, as part of the company's strategy to drive innovation in orthopedics.

Schmid also discussed the "resurgence" of orthopedics, attributing recent growth in hip and knee sales to enabling technologies like the Velys Hip Navigation and Kincise automated hip arthroplasty device. In Q2, J&J's hip sales climbed 5% to \$417 million, while knee sales rose 8.4% to \$394 million.

J&J's Velys surgical robot, recently cleared for partial knee replacements, highlights the company's efforts to capture market share from competitors like Stryker and Zimmer Biomet, with a focus on ambulatory surgery centers.

MoHRE Reports Successful Integration of Emirati Citizens into Private Healthcare Sector



The Ministry of Human Resources and Emiratisation (MoHRE) announced that 425 Emirati citizens participating in Nafis' National Healthcare Program have secured employment in the private healthcare sector through Studying Citizen Employment Contracts.

The Ministry is working to further increase this number, with plans to employ over 1,600 UAE citizens currently enrolled in the program.

In collaboration with Nafis, MoHRE introduced the Studying Citizen Employment Contract, designed for Emirati students involved in Nafis-supported programs.

This contract provides students with company sponsorship, a minimum salary of AED4,000 through the Wage Protection System (WPS), and financial rewards based on academic performance.

Students are also registered in an authorized pension fund. Upon graduation, they transition into full employment with the sponsoring company, with additional financial support from Nafis based on their educational qualifications.

Employers who hire students under this contract can count them towards their Emiratisation targets.

MoHRE highlighted the success of these contracts, noting their significant impact on increasing engagement among young Emiratis with Nafis-supported programs, particularly in the National Healthcare Program.

The Ministry praised the effective collaboration between MoHRE, Nafis, and the private sector, which has proven successful in training, empowering, and employing Emirati professionals.

Private healthcare institutions, including Mediclinic Hospitals and Clinics, NMC Royal Hospital, Burjeel Hospitals, Health and Medical Services (HMS) Group (HMS Mirdif Hospital and HMS Al Garhoud Hospital), and the International Medical Center, have been recognized for their commitment to signing these contracts with UAE nationals.

MedWorld Advisors Announces Formation of MedTech Laser Group with Acquisition of A.R.C Laser and neoLaser

International healthcare M&A advisory firm MedWorld Advisors has announced the creation of the MedTech Laser Group following the acquisition of A.R.C Laser GmbH and G.N.S. neoLaser Ltd. by Afinum 9. The deal, advised by Afinum Management GmbH, marks a significant milestone in the medical laser technology sector.

A.R.C. Laser, based in Nuremberg, Germany, has been a trailblazer in medical laser technology since its establishment in 1996. Known for its innovative laser solutions for ophthalmic treatments, particularly glaucoma and cataract procedures, A.R.C. Laser also offers advanced technologies for Laryngology, Otolaryngology, Rhinology, and Veterinary medicine.

Founded in 2012, neoLaser, headquartered in Caesarea, Israel, specializes in laser systems and fibers for Endovenous Laser Ablation and Proctology. The company's cutting-edge solutions have made significant strides in patient care and treatment outcomes.

Afinum, an independent investment firm with a focus on small- and medium-sized companies, has been active since 2000, investing in sectors such as Healthcare, Industrial Technology, Software & TMT, and Consumer & Internet. The formation of the MedTech Laser Group marks Afinum 9's tenth platform investment and its third thematic investment in the MedTech

sector.

As part of this strategic partnership, the founders of A.R.C. Laser and neoLaser will reinvest in the newly formed MedTech Laser Group, with Afinum acquiring a substantial majority stake. The new entity will benefit from the combined expertise and resources of both companies, allowing for collaborative research and development, enhanced sales and marketing efforts, and streamlined regulatory processes.

The MedTech Laser Group is poised to capitalize on the growing global market for ophthalmologic and surgical lasers, driven by factors such as an aging population, rising prevalence of relevant diseases, and technological advancements. The group will focus on international expansion, strengthening its market approach, and developing its technology and product portfolio through both organic growth and potential strategic acquisitions.

MedWorld Advisors acted as the exclusive advisor for the sellers in this transaction, successfully bringing together two privately owned companies from different countries while preserving their distinct corporate cultures. The involvement of the founders as key strategic investors highlights their confidence in the new group's potential and capabilities.

Nanoflex Robotics Welcomes Per Vegard Nerseth as Independent Non-Executive Director



Nanoflex Robotics is excited to announce the appointment of Per Vegard Nerseth, former CEO of CMR Surgical, as an independent Non-Executive Director, effective immediately.

With over 30 years of experience in global business, Nerseth brings a wealth of knowledge in building high-performing teams and launching new ventures in the robotics industry.

At CMR Surgical, he played a pivotal role as CEO and Board member, and his previous tenure at ABB involved steering business turnarounds and fostering strategic growth.

Nerseth's extensive background in navigating complex markets and scaling innovative technologies will be a significant asset to Nanoflex Robotics, particularly as the company advances its telerobotics

system designed to treat acute ischemic stroke.

Matt Curran, CEO of Nanoflex Robotics, expressed enthusiasm about the new appointment, "We are thrilled to welcome Per Vegard to our Board. His leadership experience and deep understanding of regulatory complexities will be crucial as we approach our first-in-human procedures next year and prepare for subsequent clinical studies."

Nerseth shared his excitement about joining the team: "I am honored to join Nanoflex Robotics' Board. I'm impressed by the company's vision for a telerobotic platform to treat acute ischemic stroke and look forward to contributing to its future success alongside such a talented team."

Nanoflex Robotics, a Swiss medical device startup, is focused on improving access to life-saving interventions through its Remote Intervention System (RIS). Currently in the final stages of refinement and pre-clinical testing, the RIS aims to enable remote thrombectomy for stroke patients, with plans to begin first-in-human procedures in 2025.

Kevin Strange to Succeed Mitch Hill as CFO of Inari Medical



Kevin Strange will step into the role of Chief Financial Officer (CFO) at Inari Medical starting in October, the company recently announced.

Strange, who previously served as Senior Vice President of Finance, Accounting, Strategy, and Business Development at Inari Medical, will take over from Mitch Hill.

Hill, who joined Inari in 2019, has overseen significant

growth, including the company's public debut and a substantial increase in quarterly revenues from \$6 million to \$146 million.

Drew Hykes, CEO of Inari Medical, praised Hill for "building and scaling a strong financial, operating, and technology foundation" that has supported the company's expansion. Hykes also noted that Hill played a key role in identifying and developing Kevin Strange as his successor.



NEW PRODUCT

Delta Development Team Reveals Game-Changing Single Unit Blood Warmer (SUBW)

Delta Development Team's Single Unit Blood Warmer (SUBW), designed to revolutionize blood-warming technology for military, rural ERs, and emergency response teams.

The SUBW has successfully passed third-party FDA testing and is on track for a 510K submission. This cutting-edge device is set to transform how blood and plasma are warmed in diverse environments.

Key Features of the SUBW:

1. FDA Approval: After rigorous third-party testing, the SUBW is confirmed safe and effective.

2. 510K Submission: Delta Development Team is preparing to submit the SUBW for 510K clearance.

3. Innovative Design: Unlike traditional blood warmers, the SUBW operates without costly consumables, cutting down operational expenses and logistical issues.

4. Multi-Power Options: Compatible with 110V and 240V power sources, as well as military-standard lithium batteries, making it adaptable to various settings.

5. Emergency Readiness: Provides a dependable backup for emergency teams when other devices are unavailable.

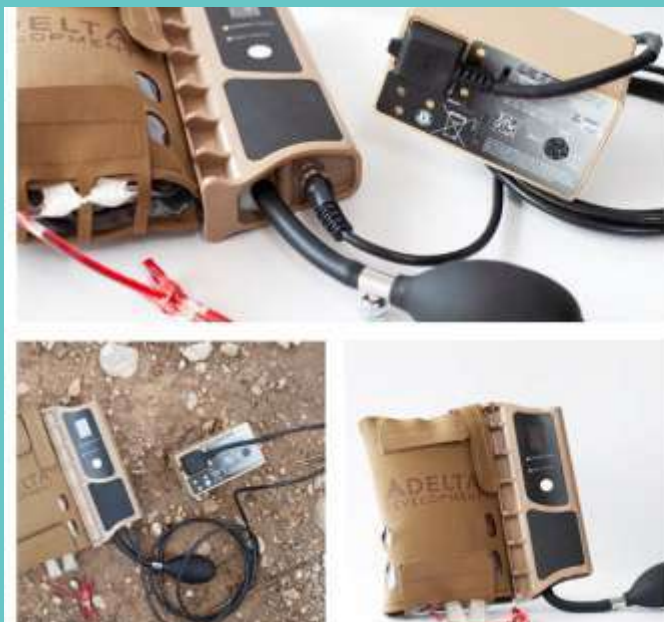
6. Portability: Lightweight and compact, perfect for military field hospitals, forward surgical teams, and rural EMS systems.

7. Efficient Operation: Warms one unit of blood in about 10 minutes to meet FDA-recommended temperatures.

8. Versatile Function: Capable of both warming blood and thawing plasma, ideal for diverse emergency situations.

9. Reduced Logistical Footprint: Eliminates the need for consumables, streamlining operations, especially in challenging environments.

The SUBW is designed to enhance emergency response capabilities with its reliable, versatile, and cost-effective solution for blood and plasma management.



Discover South Korea: Your Next Healthcare Destination

South Korea is rapidly becoming a premier destination for those seeking exceptional medical care.

By Ayesha Rashid

If you're exploring options for medical tourism, South Korea should be at the top of your list.

This emerging leader in global healthcare combines cutting-edge technology with highly skilled medical professionals and competitive pricing.

South Korea is rapidly becoming a premier destination for those seeking exceptional medical care.

Let's discuss the distinctive advantages of South Korea's healthcare system and highlight why it stands out among popular medical tourism destinations.

The Rise of Medical Tourism in South Korea

South Korea has become a top destination for medical tourism due to its advanced technology, highly skilled medical professionals, and competitive pricing

Theoretically, you may think that medical tourism is a niche industry, but the numbers tell a different story.

According to The Korea Herald, South Korea attracted a record number of 606,000 foreign national patients in 2023, mainly for dermatological treatments and plastic surgery, the Health Ministry reported recently.

The Ministry of Health and Welfare announced that the number of foreign national patients visiting Korea has hit a record high at 606,000, up 2.4 times from a year earlier, 248,000.

This is the highest ever since 2009



when the ministry started to compile the number of foreign patients.

Also, this figure is 1.2 times higher than the previous high recorded in 2019 when 497,000 international patients were treated in Korea.

The number declined following the outbreak of COVID-19, with the figure dropping to 117,000 in 2020.

Over half of foreign national patients sought dermatology or plastic surgery in 2023.

Specifically, the percentage of foreign national patients undergoing dermatological treatments rose from 12.3 percent in 2022 to 35.2 percent in 2023.

Similarly, the percentage of those seeking plastic surgery also increased from 15.8 percent in 2022 to 16.8 percent in 2023.

By country, Japanese nationals topped the list of patients of foreign nationality who visited Korea in 2023, making up 31 percent of the total with 188,000 visitors, followed by those from China, the United States, Thailand and Mongolia.

This surge is not coincidental; it's a result of the country's deliberate efforts to establish itself as a hub for medical tourism.

So, what makes South Korea an attractive destination for medical tourists like you?

1. **Advanced Technology:** South Korea is home to some of the most advanced medical facilities in the world, with cutting-edge equipment and innovative treatments.
2. **Highly Skilled Medical Professionals:** Korean doctors and medical staff are highly trained and experienced, with many having received training in top international institutions.
3. **Competitive Pricing:** Medical procedures in South Korea are often significantly cheaper

than in Western countries, without compromising on quality.

“The Korean government aims to boost its medical tourism industry as a key driver of future growth, with a target of attracting 700,000 foreign patients annually from 2027. To become the center of medical tourism in Asia, the government will continue to improve unreasonable regulations and expand support,” said Jung Eun-young, director of the Ministry of Health and Welfare’s Health and Health Industry Policy Bureau.

The government views medical tourism as a potent economic catalyst due to the substantial expenditure of medical tourists, which surpasses that of conventional tourists by 10-fold.

The global medical tourism market is projected to surge to \$346.1 billion by 2032 from \$115.6 billion in 2022.

Overview of South Korea’s Healthcare System

Korea’s healthcare system has its roots in traditional medicine, dating back to the Goryeo Dynasty (918-1392 CE).

However, modern healthcare infrastructure began taking shape in the 1950s, with the establishment of the Ministry of Health and Social Affairs.

Since then, the system has continued to evolve, with a focus on providing universal healthcare coverage and improving healthcare outcomes.

Overview of South Korea’s healthcare infrastructure reveals a robust system, comprising over 28,000 hospitals and clinics, including 343 general hospitals, 41,000 dental clinics, and 17,000 oriental medicine clinics.

These facilities are equipped with state-of-the-art technology and staffed by highly trained medical professionals.

For instance, many hospitals in South Korea have received international accreditation, such as Joint Commission International (JCI) certification, ensuring that they meet global standards of quality and patient safety.

Additionally, the country has invested heavily in medical research and innovation, with numerous institutions and centers dedicated to advancing medical knowledge and developing new treatments.

For those considering South Korea as a healthcare destination, the government’s support and initiatives are a significant draw.

The Korean government has launched various programs to promote medical tourism, including the "Medical Korea" brand, which aims to position the country as a leading healthcare destination.

Initiatives such as the "Korea Medical Tourism Development Plan" (2019-

2023) have been implemented to improve the country’s healthcare infrastructure, enhance patient services, and streamline the process for international patients.

The government has also established the Korea Health Industry Development Institute (KHIDI) to promote the development of the healthcare industry and support medical tourism.

Leading Hospitals and Clinics

South Korea boasts a plethora of world-class hospitals and clinics that offer exceptional healthcare services.

Many of these institutions have received international accreditation from organizations such as JCI (Joint Commission International) and ISO (International Organization for Standardization), ensuring that you receive the highest level of care.

Leading the way in medical innovation, hospitals like Seoul National University Hospital, Samsung Medical Center, and Asan Medical Center have established themselves as pioneers in their respective fields.

These institutions have invested heavily in cutting-edge technology, attracting top medical talent, and developing specialized centers of excellence.

Wellness Programs

The concept of "wellness tourism" is becoming increasingly popular in South Korea, with many resorts and hotels offering tailored wellness programs that combine traditional Korean medicine with modern spa treatments.

These programs include activities such as yoga, meditation, and healthy dining options, allowing you to rejuvenate your body and mind while exploring this beautiful country.

By integrating tourism and wellness, South Korea is creating a unique experience that sets it apart from other medical tourism destinations.

Whether you’re seeking relaxation, adventure, or a

Key Specialties and Treatments	
Treatment	Description
Cosmetic Surgery	Facial rejuvenation, body contouring, breast augmentation, and more.
Oncology	Comprehensive cancer care, including diagnosis, treatment, and rehabilitation.
Robotic Surgery	Minimally invasive procedures, reduced scarring, and faster recovery times.
Cardiology and Neurology	Coronary artery bypass grafting, brain tumor surgery, cardiac rehabilitation, and more.



combination of both, South Korea's tourism and wellness integration has something to offer.

Future Developments and Trends

Your decision to choose South Korea as your next healthcare destination will be further justified by the country's commitment to staying at the forefront of medical advancements.

Emerging Specialties and Treatments

On the horizon, you can expect to see significant growth in specialties like robotic surgery, gene therapy, and personalized medicine.

These emerging areas will not only enhance the quality of care but also provide more treatment options for patients.

Advancements in Medical Technology

Future breakthroughs in medical technology will revolutionize the healthcare landscape in South Korea.

Expect to see advancements in areas like artificial intelligence, big data analytics, and the Internet of Things (IoT), which will improve diagnosis accuracy, streamline clinical workflows, and enhance patient outcomes.

With the increasing adoption of telemedicine, you will have greater access to remote consultations, reducing the need for physical hospital visits and making healthcare more convenient.

Moreover, the integration of AI-powered chatbots will enable you to receive personalized health advice and support.

Government Initiatives and Investments

Medical tourism is a key area of focus for the South Korean government, which has invested heavily in infrastructure development, marketing campaigns, and policy reforms to attract international patients like you.

Investments in healthcare infrastructure, such as the construction of new hospitals and medical facilities, will continue to enhance the country's capacity to provide high-quality care to a growing number of patients.

Additionally, the government's efforts to streamline visa processes & improve language support will make it easier for you to navigate the healthcare system in South Korea.

To wrap up

So, as you consider your next healthcare destination, remember that South Korea offers a unique blend of traditional and modern medicine, cutting-edge technology, and exceptional patient care.

With its rich cultural heritage, stunning landscapes, and world-class amenities, South Korea is the perfect place to combine your health and wellness journey with an unforgettable travel experience.

Whether you're seeking routine check-ups, specialized treatments, or cosmetic procedures, South Korea has got you covered, providing top-notch medical services at an affordable price.

UPCOMING EVENTS



**International
Conference on
Diabetes, Obesity
and Metabolic
Diseases**

**05 September
Abu Dhabi**



**International
Conference on
Veterinary Science,
Medicine and
Medical Diagnosis**

**11 September
Abu Dhabi**



**International
Conference on
Biomedical
Engineering and
Imaging Equipment**

**26 September
Dubai**



**International
Conference on
Clinical Laboratory
Science and
Medicine**

**04 October
Abu Dhabi**



**International
Conference on
Computerized
Medical Imaging
and Radiology**

**09 October
Al Ain**



**International
Conference on
Engineering**

**22 October
Dubai**



**International
Conference on
Heart Diseases,
Clinical Cardiology
and Diabetes**

**30 October
Abu Dhabi**



**International
Conference on
Biodiversity and
Conservation**

**30 October
Abu Dhabi**



Ensuring lifelines

Our Pharma product is designed to transport your pharmaceutical and healthcare cargo safely and efficiently. We guarantee a seamless cool chain for your temperature-sensitive goods.

qrcargo.com



HI-CARE PROTECTION Feels Good



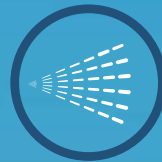
WHO Recommended Formulation



kills 99.99% of bacteria



Effective against viruses



Quick Dry



Non Sticky



Soft On Hands



80% Ethanol



Multipurpose



For Surfaces