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Could the Fruit Fly's Brain Teach Us About Human Intelligence?

I find it absolutely fascinating how even the tiniest creatures can challenge our understanding of complex brain functions.

Ever wondered how you can close your eyes and still know exactly where you are?

Turns out, our brains are working behind the scenes in ways we've only just begun to understand.

Imagine a tiny fruit fly, with a brain so small it makes us wonder how anything complex could fit in there.

Yet, its internal compass is incredibly accurate, defying previous theories that a large network of neurons is necessary for such precision.

This got me thinking—could it be that sometimes, less really is more?

A postdoc in the Hermundstad Lab, Marcella Noorman's groundbreaking research at HHMI's Janelia Research Campus has flipped the script on our understanding of brain networks.

It shows us that even the smallest network, if perfectly tuned, can perform extraordinary tasks.

This discovery doesn't just change the way we think about navigation but opens up a world of possibilities for understanding other brain functions like memory and decision-making.

It's also a humble reminder of how much we still have to learn about the brain.

If a fruit fly can challenge our understanding of neural networks, imagine what other surprises nature might have in store.

The next time we marvel at human intelligence, let's spare a moment for the fruit fly—it seems there's more to these little creatures than meets the eye!

So here's the kicker: what other complex systems could benefit from this "less is more" approach?

As we push the boundaries of neuroscience, it's fascinating to consider how much more we can achieve by simply rethinking our assumptions.

Let's dive into this thought—how do you think these findings could impact our understanding of the brain and other fields?

Ready to rethink what you thought you knew?

Ayesha Rashid,
Editor in Chief

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CONTENTS

06

COVER STORY

Gilead Sciences: A New Era of Local Healthcare Solutions

FEATURE

From Couch To 5K - How Walking Can Transform Your Fitness Journey

10

16

FEATURE

AI and New Treatment Combinations Shine at ESMO Conference

FEATURE

Revolutionary Handheld Scanner by UCL Researchers Enables Real-Time 3D Imaging for Early Disease Diagnosis

18

22

NEWS & UPDATE

Eva Pharma to Enhance Services with Vodafone Business Tech Solutions

HEALTH DESTINATION

What Makes Japan Healthcare Facilities Stand Out In Global Standards?

32





Gilead Sciences: A New Era of Local Healthcare Solutions

In this exclusive interview, Eid Mansour talks about Gilead Sciences' strategies for enhancing patient care and access to innovative treatments in Saudi Arabia.

By: Ayesha Rashid

In a world where healthcare is constantly evolving, it's inspiring to see companies like Gilead Sciences leading the charge with innovative solutions that tackle some of our biggest health challenges.

Gilead Sciences recently teamed up with Cigalah Healthcare in a collaboration that will extend through 2026.

This partnership aims to improve patient care and ensure access to essential medicines across the kingdom.

Under this new agreement, Cigalah Healthcare will handle the distribution of Gilead's products in various therapeutic areas, making innovative treatments more accessible to patients.

Earlier this year, Gilead took a significant step by launching its fully operational affiliate, Gilead Sciences Arabia, which will enhance its connection with healthcare providers and support initiatives tailored to the needs of the local population.

This dedicated presence allows Gilead to better understand and respond to the unique healthcare challenges faced by people in Saudi Arabia.

As part of our commitment to providing insights from industry leaders, we had the privilege of speaking with **Eid Mansour**, General Manager of **Gilead Saudi Arabia**.

In this exclusive interview, we explore the strategies behind Gilead's success, the company's impact in Saudi Arabia, and the future of healthcare solutions in the region.

Join us as we delve into Eid's vision for transforming patient care and driving medical advancements across the Kingdom.



Eid Mansour
General Manager
Gilead Saudi Arabia

Over the past 35 years, Gilead Sciences has been at the forefront of addressing major health challenges. How does the company approach innovation and R&D to ensure it continues to make significant impacts in the ever-evolving landscape of global healthcare?

Gilead Sciences is a research-based biopharmaceutical company, so essentially, we are driven by R&D. We work tirelessly to discover and develop innovative therapeutics to advance the care of patients suffering from life-threatening diseases.

We have the strongest and most diversified pipeline in our history and are on track to achieve our ambition, set in 2019, of delivering 10+ transformative therapies by 2030. From long-acting HIV combinations to some of the most promising targets in cancer treatment, we're discovering, evaluating and advancing investigational compounds that have the potential to transform care for life-threatening diseases.

Through pioneering science and innovative partnerships, we are continuously expanding our research and development programs to take on pressing unmet needs in virology, oncology and inflammation. As we bring new products into clinical development, our goal remains the same – to discover, develop and deliver innovative therapeutics for people with life-threatening diseases.

Gilead has a history of setting ambitious goals to create a healthier world. As you look to the future, what are some of the most pressing global health challenges Gilead aims to address, and how do you plan to achieve these objectives while adapting to changing healthcare needs?

Our vision at Gilead is to create a healthier world for everyone and our focus remains on putting people at the center of everything we do, prioritizing scientific innovation to develop therapies that help people live longer, healthier lives. By enabling access to medicines, challenging assumptions, fighting stigma, and collaborating with partners worldwide, we work not simply to treat some of the world's most challenging public health threats – but to eliminate them.

Currently, there are targets set out by the World Health Organization to eradicate Hepatitis C (HCV) and Human immunodeficiency viruses (HIV) – both areas in which we have been pioneers for decades.

Our research efforts in these areas have led to significant advancements in treatment such as Direct-Acting Antiviral (DAA) for HCV and Anti-Retroviral Therapy (ART) for HIV. We have also made significant strides in reaching low and middle-income countries. Partnering with governments, academia, healthcare professionals, and communities, the impact of our work has been far-reaching, leading to the transformation of millions of lives across the world, and we continue to work towards further developing innovative solutions to reach both local and global goals in these areas.

Oncology is another key focus therapeutic area for us. Cancer remains a leading cause of death worldwide, and we're driving forward with oncology therapies that aim to

change that. We're relentlessly pursuing greater access and equity and striving to deliver improved outcomes for people with breast, lung, bladder and blood cancers.

Our ability to turn scientific breakthroughs into life-changing therapies has made more than 29 treatments available, and we're not stopping there. With a robust pipeline in virology, oncology, and inflammation, we're relentless in our pursuit to transform care for those living with HIV, viral hepatitis, cancer, and other life-threatening conditions. We're on track to deliver over 10 transformative therapies by 2030, and our research continues to push the boundaries of what's possible.

How does the partnership with Cigalah align with Gilead's long-term strategic goals in the Middle East, particularly in relation to Vision 2030? Can you elaborate on how the Health Sector Transformation Program is expected to influence this partnership's direction and impact over the next few years? How does the partnership with Cigalah position both companies to respond to emerging healthcare challenges in the region?

Our partnership with Cigalah Healthcare is essential to expanding access to innovative treatments in Saudi Arabia. Through our renewed agreement, we're leveraging Cigalah's extensive network to support the Health Sector Transformation Program, a key part of Vision 2030, which aims to enhance healthcare quality and access across the Kingdom.

Earlier this year, Gilead established its fully operational affiliate in the Kingdom, Gilead Sciences Arabia, to facilitate direct access to healthcare providers and



enhance patient support. By combining Gilead's therapies and operational expertise with Cigalah's local network and extensive knowledge of the Saudi healthcare environment, we are well-positioned to address emerging health challenges and adapt to the evolving healthcare landscape, ensuring that patients in Saudi Arabia receive the highest quality care.

In what ways does the partnership provide opportunities for knowledge exchange between Gilead and Cigalah?

At Gilead, we benefit significantly from this strategic partnership, ensuring the secure and reliable distribution of our innovative therapies across key healthcare institutions in Saudi Arabia. Through Cigalah's extensive

network and deep knowledge of the Saudi healthcare environment, we can enhance patient access to our life-changing medications, aligning with our commitment to improving healthcare outcomes in the region.

For Cigalah, the partnership presents an opportunity to expand its expertise in highly specialized and innovative therapy areas, such as virology, infectiology, and oncology, and to contribute towards the realization of the Health Sector Transformation Program and serve the community in Saudi Arabia.

Together, we are better equipped to meet patient needs and navigate the healthcare landscape effectively. The renewal of this partnership underscores the company's dedication and is another step towards building a healthier future for all involved.

How will Gilead Sciences Arabia leverage local market insights to tailor its strategies for Saudi Arabia?

The decision to establish our presence in Saudi Arabia at this pivotal moment strategically aligns with both the evolving healthcare landscape in the Kingdom and Gilead's unwavering commitment to address the significant unmet patient needs.

First and foremost, our patient-centric approach drives everything we do. Patients and their interests are always at the forefront of our mission. We are committed to being closer to our patients, ensuring they have access to innovative medicines that answer their needs.

Establishing a presence in the Kingdom allows us to work more closely with the healthcare system, collaborate with public health officials, community advocates, and healthcare providers, and gain better visibility into patients' needs. Gilead Sciences and the health authorities in Saudi Arabia have a long-standing partnership and successful track record in tackling major healthcare issues, including HIV and Hepatitis, and more recently Oncology. These strategic partnerships underscore our

commitment to raising awareness, knowledge sharing, technology transfer, and clinical research, ultimately improving disease management outcomes and patient quality of life.

In 2022, we signed a Memorandum of Understanding (MoU) with the Saudi National AIDS Program to bridge gaps in HIV care and accelerate progress toward UNAIDS global goals. In the same year, we also signed an MoU with the Ministry of Health to support WHO's global hepatitis elimination goal by enhancing awareness, screening, linkage to care, and patient counseling. More recently, our MoUs with King Faisal Specialist Hospital & Research Centre and the Saudi Oncology Society showcase the country's capacity for clinical research, medical education, and scientific exchange.

These strategic partnerships facilitate the introduction of scientific breakthroughs and innovative public health approaches to the Kingdom, ultimately improving health outcomes for the Saudi population.

How does Gilead plan to ensure equitable access to its innovative therapies across different regions of Saudi Arabia?

At Gilead, our aim remains to enhance health equity in the Kingdom by working closely with key healthcare stakeholders in the country and to ensure broad access to our innovative therapies. During the COVID-19 pandemic, we implemented a home delivery initiative as part of our Patient Support Program, to ensure treatment continuity for the patients. We are now working towards expanding this program to ensure that patients in remote areas can have access to their treatments. Through ongoing and new collaborations and strategic partnerships, we are committed to making sure that every patient, regardless of their location, receives the care they need. ❤️



FROM COUCH TO 5K HOW WALKING CAN TRANSFORM YOUR FITNESS JOURNEY

By: Ayesha Rashid

A As you sit on your couch, scrolling through social media, you can't help but feel a pang of guilt when you see friends posting about their latest marathon achievements.

You wish you could be more like them, but the thought of starting a fitness journey seems daunting.

What if you're not a "runner"?

What if you're not even sure where to begin?

The good news is that you don't need to be a fitness enthusiast to get started.

You can take the first step – literally – towards a healthier lifestyle, and it begins with a simple walk.

Let's show you how walking can be the catalyst for a transformative journey from couch to 5K, and how it can empower you to take control of your fitness goals.

Why Walking is the Perfect Starting Point

Before you assume that running is the only way to achieve significant fitness gains, think again.

Walking can be just as effective, if not more so, for those who are new to exercise or have mobility limitations.

To begin your fitness journey, you don't need to dive headfirst into intense workouts or expensive gym memberships.

Walking is the perfect starting point because it's accessible, low-impact, and requires minimal equipment.

You can start with short walks and gradually increase your distance and intensity, making it an ideal way to build confidence and endurance.

The Science Behind Couch to 5K

Clearly, the Couch to 5K program is more than just a trendy fitness fad.

It's rooted in scientific principles that have been proven to deliver results.

Any successful fitness journey relies on gradual progression.

Among the most effective strategies for achieving success in the Couch to 5K program is combining walking and running.

This approach enables you to build endurance, strengthen your cardiovascular system, and boost your confidence.

But what makes this combination so potent?

By alternating between walking and running, you're able to push yourself beyond your perceived limits while still allowing for recovery and rebuilding.

This harmonious balance is key to unlocking your full potential and achieving a successful transition from couch to 5K.

The Benefits of a Structured Program

Gradually introducing new challenges and exercises is vital to avoiding plateaus and maintaining motivation.

The Couch to 5K program provides a structured framework, guiding you through a series of achievable milestones and celebrating your successes along the way.

Results-driven individuals thrive on accountability and clear direction.

The Physical Benefits of Walking

- Walking for about 30 minutes a day can reduce the risk of heart disease, stroke, and high blood pressure by 30-40%.

- Walking an average of 10,000 steps daily can enhance energy levels and overall endurance.

- Walking strengthens muscles, particularly in the legs, hips, and lower back, improving balance, posture, and mobility.

- Regular walking can decrease the risk of chronic diseases, including type 2 diabetes and certain cancers, by up to 50%.

- Walking helps lower the risk of cardiovascular disease by improving blood lipid profiles, blood pressure, and overall cardiovascular health.

The Mental and Emotional Benefits of Walking

- Emotional Transformation: Walking leads to a profound emotional shift, enhancing overall well-being.

- Release of Endorphins: The activity releases "feel-good" hormones that help alleviate symptoms of anxiety and depression.

- Sense of Calm: Walking promotes a feeling of calm, replacing stress and uncertainty with hope and optimism.

- Combating Mental Fatigue: Walking increases blood flow to the brain, improving cognitive function and mental clarity.

- Increased Focus and Alertness: Regular walking makes you more focused and better equipped to tackle





challenges.

- **Enhanced Creativity:** The increased oxygenation of the brain fosters creativity, leading to new ideas and innovative solutions during walks.
- **Overcoming Mental Barriers:** Walking helps break down barriers, instilling a sense of accomplishment and pride in your abilities.
- **Incremental Progress:** The Couch to 5K program allows for a series of small victories that build confidence over time.

Creating a Walking Habit

- **Establish a Routine:** Aim to walk at least three times a week, allowing for rest days in between.
- **Consistency and Patience:** Gradually increase the frequency and duration of your walks as you progress.
- **Achievable Targets:** Set specific, manageable goals, like walking for 10 minutes or reaching a certain number of steps.
- **Track Your Progress:** Use a pedometer, fitness tracker, or mobile app to monitor growth and stay motivated.
- **Designate a Walking Time:** Set aside specific times for walking, such as during lunch breaks, early mornings, or after dinner.
- **Choose Safe and Enjoyable Routes:** Look for convenient locations like local parks or quiet streets.
- **Get Creative with Scheduling:** Wake up earlier or explore nearby trails on weekends to find opportunities to walk.
- **Involve Friends or Family:** Invite someone to join you for increased enjoyment and accountability.

Overcoming Common Barriers to Walking

1. Recognize barriers like bad weather, low energy, or fear of embarrassment.
2. Develop strategies by finding indoor walking routes, scheduling walks with a friend for accountability, and rewarding yourself for milestones.
3. Address weather concerns by investing in waterproof gear or locating indoor walking spaces and manage energy levels by starting with shorter walks and gradually increasing duration.
4. Choose footwear with good arch support, cushioning, and breathability; wear breathable, moisture-wicking fabrics, and consider good walking socks, a water-resistant jacket, and a hat or visor for sun protection.
5. Feeling comfortable and confident in your gear will encourage consistency in your walking routine.

Additional Tips for a Safe and Enjoyable Walk

1. Always walk facing traffic and stay alert for potential hazards.
2. Carry a phone and ID with you in case of an emergency.
3. Assume that drivers may not always see you, so be cautious when crossing roads.

Transitioning from Walking to Running

Many walkers eventually reach a point where they're ready to take their fitness journey to the next level by incorporating running into their routine.

This transition can be both exciting and intimidating, but with a gradual approach, you can successfully make the leap from walking to running.

Knowing When to Start Running

Transitioning to running too quickly can lead to burnout or injury, so it's vital to know when you're ready.

Pay attention to your body and celebrate small victories along the way.

When you can comfortably walk for 30 minutes without feeling exhausted, it may be time to introduce short bursts of running into your routine.

Incorporating Intervals of Running

To ease into running, try incorporating intervals of jogging into your walks.

Start with short bursts of 1-2 minutes of jogging followed by 2-3 minutes of walking.

As you build endurance, you can gradually increase the duration and frequency of your running intervals.

Start with small goals, like jogging for 5 minutes without stopping, and reward yourself when you achieve them.

This will help you stay motivated and encouraged throughout the process.

Be patient, and don't be too hard on yourself if you don't see immediate results – every step forward is a success.

Maintaining Consistency and Motivation

Create a schedule and stick to it, even if it's just 10-15 minutes of walking or running per day.

Celebrate your progress, no matter how small, and remind yourself why you started this journey in the first place.

Share your goals with friends and family and ask for their support.

Having a supportive community behind you can make all the difference in staying committed to your fitness journey.

Overcoming Common Challenges

Always remember that behind every great achievement lies a bit of discomfort.

As you start walking regularly, you may experience some soreness and fatigue, especially if you're new to exercise.

This is a sign that your body is adapting to the new demands you're placing on it.

Managing Expectations and Staying Motivated

About halfway through your Couch to 5K program, you may start to feel like you're not making progress as quickly as you'd like.

It's necessary to set realistic expectations and celebrate small victories along the way to stay motivated.

Further, try to focus on how far you've come rather than how far you still have to go.

Remind yourself why you started this journey in the first place, and let that motivation carry you through the tough days.

Finding Support and Accountability

Soreness and fatigue are much easier to overcome when you have a support system cheering you on.

Find a walking buddy, join a fitness group, or share your progress with friends and family to stay accountable and motivated.

The sense of community and camaraderie you'll develop with like-minded individuals will help you push through challenging times and make the journey to 5K much more enjoyable.

Preparing for Your First 5K

Now that you've made the decision to take the first step towards a healthier lifestyle, it's time to prepare for your first 5K event.

This milestone marks a significant achievement in your fitness journey, and with proper preparation, you'll be ready to crush it!

Nutrition and Hydration Strategies

1. Nourishment is the key to unlocking your full potential.
2. Focus on consuming whole, unprocessed foods like fruits, vegetables, whole grains, lean proteins, and healthy fats.
3. Aim to include complex carbohydrates, protein, and healthy fats in each meal to provide sustained energy and support muscle function.
4. Aim to drink 16-20 ounces of water 1-2 hours before exercise.
5. Drink 8-10 ounces of water every 10-15 minutes during exercise.
6. Consume a sports drink or coconut water if exercising for over an hour.



Summing up

Upon reflecting on your journey from couch to 5K, you'll realize that the power to transform your fitness lies in the simplest of actions – taking that first step.

By committing to a walking routine, you've not only improved your physical health but also unlocked a sense of accomplishment and confidence that will propel you forward.

As you look back on the progress you've made, you'll be amazed at how far you've come, and the best part?

You did it all by putting one foot in front of the other. ❤️



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The exhibition platform unleashes groundbreaking products and devices from 400+ companies across the globe and attendees will have the opportunity to connect with industry representatives and attend a series of practical workshops, industry partner sessions, and other more interactive activities over three days.

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Elevate your practice. Excel your knowledge. Dubai Derma 2025 awaits! ❤️

Dubai World Dermatology and Laser Conference and Exhibition (Dubai Derma) is set to continue its evolution in showcasing a seamless continuum of groundbreaking advancements on April 16th to 14th, 2025, at the Dubai World Trade Centre in the United Arab Emirates.

Embarking on a transformative three-day journey, Dubai Derma 2025 is set to welcome a distinguished assembly of luminaries, including visionary speakers, skilled surgeons, renowned skin care professionals, industry trailblazers, and pivotal stakeholders.

Evolution of the Scientific Program

In a resolute commitment to deliver an extraordinary and enriching encounter, the conference will unfold a meticulously crafted scientific program boasting over 300+ speakers, 385+ scientific sessions, 125+ clinical cases, and 30+ scientific poster presentations, and participants can earn up to 42 CME credits.

The enhanced program will include Dermatology Sciences/Researches, Cosmetic/Surgical Dermatology, and Updates in Dermatology Therapeutics/New Drugs & Dedicated Sessions by Dermatology Associations/Societies like: Emirates Dermatology Society (EDS), Face Aesthetic Dermatologists Society (FADS), International Society of Dermatology (ISD), Pakistan Association of Dermatologists (PAD), Sudanese Association of Dermatologist and many more, which will enrich the depth of the conference's academic offerings.

Additionally, live clinical sessions will present the opportunity



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AI and New Treatment Combinations Shine at ESMO Conference

By: Ayesha Rashid

From combining treatments in unprecedented ways to deploying artificial intelligence for personalised medicine, a raft of new advances in the fight against cancer have been presented at the European Society for Medical Oncology (ESMO), which ended recently.

Here are some of the big announcements made at the five-day conference held in the Spanish city of Barcelona, which brought together 30,000 specialist doctors and researchers from around the world.

Breastfeeding after cancer

Women who breastfeed after receiving treatment for breast cancer do not have a higher risk of their cancer returning or of getting new tumours, according to two international studies presented at the conference.

This was also true for women carrying a genetic mutation called BRCA, which significantly increases the chance of developing breast cancer, the research found.

There had previously been concerns about pregnancy and breastfeeding after women had been diagnosed with breast cancer, because both can affect hormone levels.

“These results are key for women who wish to become pregnant and breastfeed their baby after breast cancer,” said Fedro Alessandro Peccatori, a researcher and doctor at the European Institute of Oncology in Milan.

New combination for lung cancer

Immunotherapy, which stimulates the body’s immune system to fight tumours, has already been shown to be an effective weapon against lung cancer.

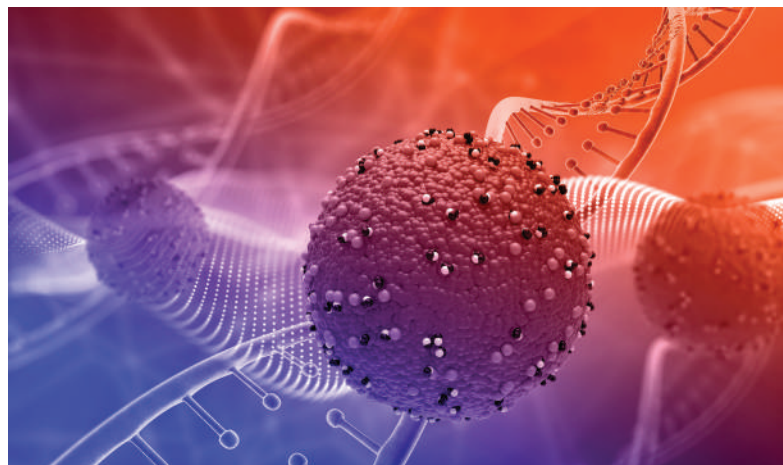
On Saturday, the results of a phase two trial revealed promising signs against metastatic non-small cell lung cancer, which is when the most common form of lung cancer spreads to other parts of the body.

The trial tested a new combination of two different immunotherapies along with chemotherapy.

“By aiming at a second target of the immune system and combining these treatments, it seems that we are improving response rates – that is, the number of patients who have their tumours shrink,” Nicolas Girard, an oncologist at France’s Curie Institute, told AFP.

Rare pregnancy-linked cancer

Another combination of immunotherapy and chemotherapy produced excellent results against a very rare form of pregnancy-related cancer which develops in the placenta. The cancer only occurs in around one out of every 10,000 pregnancies.



The combination of treatments led to 96 percent of the cancer in patients being eradicated.

“This is an exceptional result,” said Benoit You, a France-based oncologist who presented the research.

AI for personalized medicine

A huge artificial intelligence (AI) algorithm trained on a database of more than a billion images of tumours from around 30,000 patients in the United States also showed promise for future cancer treatment, researchers said Monday.

The model is capable of “detecting a certain number of molecular anomalies and mutations that the human eye is not always able to see,” Fabrice Andre, research head at France’s Gustave Roussy cancer centre, told AFP.

In the long term, the doctors hope this kind of AI will be able to help them offer personalised treatments for each patient.

Hope for saving affected organs

One of the main messages to come out of the ESMO conference was that combining immunotherapy with radiation therapy before surgery improves the overall survival rates for a growing number of cancers, including for the breast, bladder and cervix.

But receiving these kinds of treatments ahead of surgery seems to also allow for the affected organs themselves to be saved, Andre said.

“Organ preservation is absolutely essential to have a quality of life that is as close as possible to normal,” he said.

Research presented recently showed encouraging results for preserving rectums in patients with cancer affecting this important part of the digestive tract. This only occurs after the treatments have caused the tumour to completely vanish.

“Until now the standard was surgery, but it seems we are entering a new era where surgery could be avoided,” said David Sebag-Montefiore, an oncologist and researcher at the UK’s University of Leeds.

There are hopes that this treatment combination could also have the potential to work for other cancers, such as those of the ear, nose and throat – or lungs. ❤️



Revolutionary Handheld Scanner by UCL Researchers Enables Real-Time 3D Imaging for Early Disease Diagnosis

UCL researchers have developed a handheld scanner that generates detailed 3D photoacoustic images in seconds, improving early disease diagnosis in clinical settings. This breakthrough enhances imaging of blood vessels and could transform assessments for cancer and cardiovascular diseases.

By: Ayesha Rashid

A new hand-held scanner developed by UCL researchers can generate highly detailed 3D photoacoustic images in just seconds, paving the way for their use in a clinical setting for the first time and offering the potential for earlier disease diagnosis.

In the study, published in Nature Biomedical Engineering, the team show their technology can deliver photoacoustic tomography (PAT) imaging scans to doctors in real time, providing them with accurate and intricate images of blood vessels, helping inform patient care.

Photoacoustic tomography imaging uses laser-generated ultrasound waves to visualise subtle changes (an early marker of disease) in the less-than-millimetre-scale veins and arteries up to 15mm deep in human tissues.

However, up until now, existing PAT technology has been too slow to produce high-enough quality 3D images for use by clinicians.

During a PAT scan patients must be completely motionless, meaning any movement during a slower scan can cause images to blur and therefore not guarantee clinically useful images.

The older PAT scanners took more than five minutes to take an image – by reducing that time to a few seconds or less, image quality is much improved and far more suitable for people who are frail or poorly.

Promising Faster Diagnoses

Researchers say the new scanner could help to diagnose cancer, cardiovascular disease and arthritis in three to five years' time, subject to further testing

Corresponding author, Professor Paul Beard (UCL Medical Physics and Biomedical Engineering and the Wellcome/EPSRC Centre for Interventional and Surgical Sciences), said: "We've come a long way with photoacoustic imaging in recent years, but there were still barriers to using it in the clinic.

"The breakthrough in this study is the acceleration in the time it takes to acquire images, which is between 100 and 1,000 times faster than previous scanners.

"This speed avoids motion-induced blurring, providing highly-detailed images of a quality that no other scanner can provide. It also means that rather than taking five minutes or longer, images can be acquired in real time, making it possible to visualise dynamic physiological events.

"These technical advances make the system suitable for clinical use for the first time, allowing us to look at aspects of human biology and disease that we haven't been able to before.

"Now more research is needed with a larger group of patients to confirm our findings."

Professor Beard added that a key potential use for the new scanner was to assess inflammatory arthritis, which requires scanning all 20 finger joints in both hands. With the new scanner, this can be done in a few minutes – older PAT scanners take nearly an hour, which is too long for elderly, frail patients, he said.

Testing On Patients

In the study, the team tested the scanner during pre-clinical tests on 10 patients with type-2 diabetes, rheumatoid arthritis or breast cancer, along with seven healthy volunteers.

In three patients with type-2 diabetes, the scanner was able to produce detailed 3D images of the microvasculature in the feet, highlighting deformities and structural changes in the vessels. The scanner was used to visualise the skin inflammation linked to breast cancer.

Andrew Plumb, Associate Professor of Medical Imaging at UCL and consultant radiologist at UCLH and a senior author of the study, said: "One of the complications often suffered by people with diabetes is low blood flow in the extremities, such as the feet and lower legs, due to damage to the tiny blood vessels in these areas. But until now we haven't been able to see exactly what is happening to cause this damage or characterise how it develops.

"In one of our patients, we could see smooth, uniform vessels in the left foot and deformed, squiggly vessels in the same region of the right foot, indicative of problems that may lead to tissue damage in future. Photoacoustic imaging could give us much more detailed information to facilitate early diagnosis, as well as better understand disease progression more generally."

Photoacoustic Tomography

Since its early development in 2000, PAT has long been heralded as having the potential to revolutionise our understanding of biological processes and improve the clinical assessment of cancer and other major diseases.

It works using the photoacoustic effect, which occurs when materials absorb light and produce sound waves.

PAT scanners work by firing very short laser bursts at biological tissue. Some of this energy is absorbed, depending on the colour of the target, causing a slight increase in heat and pressure that in turn generates a faint ultrasound wave containing information about the tissue. The whole process takes place in just a fraction of a second.

In earlier research, what physicists and engineers at UCL (led by Professor Beard) discovered was that the ultrasound wave can be detected using light.

In the early 2000s they pioneered a system where a sound wave causes minute changes in thickness of a thin plastic film which can be measured using a highly tuned laser beam.

The results revealed tissue structures which have never been seen before.



Assisting Disease Detection

For some conditions, like peripheral vascular disease (PVD), a complication of diabetes, early signs of changes in tiny blood vessels indicative of the disease can't be seen using conventional imaging techniques such as MRI scans.

But with PAT images they can – offering the potential for treatment before the tissue is damaged and to avoid poor wound healing and amputation, the paper says. PVD affects more than 25 million individuals across the USA and Europe, it adds.

Similarly, with cancer, tumours often have a high density of small blood vessels that are too small to see with other imaging techniques.

Dr Nam Huynh from UCL Medical Physics and Biomedical Engineering, who developed the scanner with colleague Dr Edward Zhang, said: "Photoacoustic imaging could be used to detect the tumour and monitor it relatively easily. It could also be used to help cancer surgeons better distinguish tumour tissue from normal tissue by visualising the blood vessels in the tumour, helping to ensure all of the tumour is removed during surgery and minimising the risk of recurrence. I can envisage lots of ways it will be useful."

Dr Huynh added that a key advantage of the technology was that it was sensitive to haemoglobin. It is light-absorbing molecules like haemoglobin that produce the ultrasound waves.

Improved Scanner Speed

In this study, the UCL researchers sought to overcome the speed problem by reducing the time needed to acquire images. They achieved this by making innovations in the scanner design and the mathematics used to generate the images.

Unlike earlier PAT scanners, which measured the ultrasound waves at more than 10,000 different points over the tissue surface one at a time, the new scanner detects them at multiple points simultaneously, reducing image acquisition time considerably.

The research team also employed similar mathematical principles to those used in digital image compression. This enabled high-quality images to be reconstructed from a few thousand (rather than tens of thousands) of measurements of the ultrasound wave, again speeding up image acquisition. These innovations reduced the imaging time to a few seconds or less than a second, eliminating motion-blur and allowing images of dynamic changes to the tissue to be taken.

The scientists said more research was needed with a larger group of patients to confirm their study's findings and the extent to which the scanner would be clinically useful in practice.

The first steps to develop photoacoustic tomography for medical imaging were taken in 2000, but the origins of the technique date back to 1880 when former UCL-student Alexander Graham Bell, fresh from inventing the telephone, observed the conversion of sunlight to audible sound.

In 2019, members of the UCL research team founded DeepColor Imaging, a UCL spin-out company who now market a range of scanners based on PAT technology worldwide.

This research was supported by Cancer Research UK, the Engineering & Physical Sciences Research Council, Wellcome, the European Research Council and the National Institute for Health Research University College London Hospitals Biomedical Research Centre.

Story Source:

Materials provided by University College London. 

Excellence in Oncology Care, Dubai



Eva Pharma to Enhance Services with Vodafone Business Tech Solutions

Vodafone Business has entered a partnership with Eva Pharma to provide advanced technological and smart healthcare solutions, supporting Eva Pharma’s digital transformation, AI Mal News reported.

The collaboration aims to enhance healthcare services for doctors, pharmacists, and patients by offering innovative solutions.

Under the agreement, Vodafone Business will supply Eva Pharma with a range of products and services, including Microsoft 365, Azure, and cloud computing, to streamline operations and improve collaboration across departments.

The partnership also includes advanced communications solutions, such as high-speed internet and cybersecurity services, enabling Eva Pharma to better serve the medical community and its customers.

Additionally, Vodafone Business will provide security solutions from Palo Alto to safeguard Eva Pharma’s data and infrastructure, further strengthening its operations in the healthcare sector. ❤️

Philips and Siloam Hospitals Join Forces to Boost AI in Indonesian Healthcare

Royal Philips, a global leader in health technology, and Siloam Hospitals Group, Indonesia’s leading private healthcare provider, have signed a Memorandum of Understanding (MoU) to advance AI capabilities and development in the healthcare sector in Indonesia.

The strategic collaboration, in partnership with the Universitas Pelita Harapan (UPH) Medical Sciences Group, will focus on capacity building, knowledge sharing, and implementing advanced AI solutions. Leveraging Philips’ AI innovations, the collaboration will help transform clinical care and digital health, enhance healthcare delivery and make the healthcare infrastructure more sustainable. The goal is to deliver better care for more people in Indonesia.

This partnership aligns with the Indonesian government’s healthcare strategy to improve healthcare accessibility, enhance clinical outcomes, and embrace digital transformation.

Key areas of focus in the partnership:

1. AI-driven clinical care: Philips intends to introduce its cutting-edge AI technologies into Siloam Hospitals, particularly in areas such as radiology, pathology, (interventional) cardiology and clinical operations. AI will enhance clinical decision-making and improve workflows, enabling healthcare professionals to diagnose and treat patients with greater precision and to enhance capacity of the system to be able support more patients.

2. Capacity building and local AI expertise: The MoU will focus on the development of local expertise in AI and digital health through collaboration with the UPH Medical Sciences Group. This initiative includes training programs to enable healthcare professionals, IT specialists and UPH students with the necessary skills to develop and apply AI in clinical settings.

3. Global knowledge sharing with Philips: As a global leader in informatics and AI for healthcare, Philips will share its expertise and global best practices with Siloam Hospitals and UPH. The collaboration includes aligning with Philips’ informatics, AI research and global healthcare strategies to create scalable solutions tailored to the needs of Indonesia’s healthcare system.

4. Digital health transformation: In support of Indonesia’s digital health strategy, Siloam Hospitals will integrate AI into its healthcare management systems, including telemedicine, electronic medical records, and remote patient monitoring. The use of AI will improve patient outcomes, optimize hospital operations, increase capacity and provide patients with personalized, data-driven care, even in remote areas.

5. Supporting the Indonesian government’s healthcare goals: The intended partnership aligns with the Indonesian government’s strategy to enhance healthcare accessibility and quality.

6. Expertise sharing for driving ESG in healthcare: Philips will support Siloam Hospitals in advancing its ESG strategic priorities, including sustainability in the supply chain, environmental stewardship, fostering an equitable workplace, and expanding healthcare access and education.



Quotes from key leaders:

“Caroline Riady, Deputy President Director of Siloam Hospitals Group: “This partnership with Philips, Siloam Hospitals and Universitas Pelita Harapan is a significant milestone in our journey to bring advanced healthcare technologies to Indonesia. By investing in AI capability and sharing global expertise, we are helping to build a smarter, more efficient healthcare system that will benefit millions of Indonesians and support the national healthcare agenda.”

“Roy Jakobs, Chief Executive Officer of Royal Philips: “At Philips, we believe that informatics and AI will help transform healthcare by optimizing workflows, improving efficiency and increasing capacity – making healthcare more accessible and delivering better care for more people. We are excited to collaborate with Siloam Hospitals and Universitas Pelita Harapan to drive this transformation and fully support the Indonesian government’s vision of improving healthcare through digital innovation.”

“Rosan Roeslani, Minister of Investment of the Republic of Indonesia: “The future of healthcare is digital, and AI will play a crucial role in revolutionizing how care is provided. The partnership between Philips and Siloam Hospitals, which allows Indonesia to build local capabilities while tapping into global advancements in AI technology, is an exemplary collaboration to ensure the future economic development and sustainability of Indonesia.”

New Pharmaceutical Plant Opens in Oman’s Raysut Industrial City



Dhofar Pharmaceutical Industries Company has inaugurated a new pharmaceutical plant in Raysut Industrial City, Wilayat of Salalah.

Valued at RO 15 million, this facility is designed to bolster drug security in Oman, specializing in intravenous and kidney dialysis solutions using cutting-edge German technology and adhering to international quality standards. Spanning approximately 22,000 square meters, it aims to fulfill the local and regional market needs, with an annual production capacity of 15 million intravenous units and 2.3 million kidney dialysis units.

The Minister of Commerce highlighted that the plant is a product of the Health Sector Investment Lab, a collaborative effort with the Ministry of Health, National Program for Investment and Exports Development (Nazdaher), and Oman 2040 Vision Implementation Follow-up Unit. He emphasized that this initiative supports Oman Vision 2040’s objectives in industry and health security.

Shaikh Salim bin Ali al Mahri, Chairman of Dhofar Pharmaceutical Industries Company, noted that this pioneering project is poised to meet Oman’s annual demand for intravenous and dialysis solutions, estimated at 5 million units. ❤️

Dubai Aims for Medical Tourism Excellence with New MoU

The Dubai Health Authority (DHA) and the Dubai Department of Economy and Tourism (DET) have signed a Memorandum of Understanding (MoU) to enhance Dubai's position in the global medical tourism market. This collaboration aims to establish Dubai as a leading destination for healthcare, quality of life, and overall happiness.

Helal Saeed Almarri, Director General of Dubai Department of Economy and Tourism, and Awadh Seghayer Al Ketbi, Director General of the Dubai Health Authority, signed the MoU in the presence of several officials and experts from both sides.

The MoU outlines cooperation between the two sides, focusing on enhancing competitiveness, operational efficiency, and transparency in healthcare while adhering to high global standards. The initiative promotes innovation in healthcare and aligns with the Dubai Economic Agenda, D33, aiming to strengthen Dubai's status as a premier destination for business and leisure. This effort seeks to make Dubai an ideal place to visit, live, and work, while boosting its global economic and tourism competitiveness and reinforcing its role as a hub for economy, trade, logistics, and investment.

Helal Almarri, stated, "In line with the ambitious vision of His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President, Prime Minister and Ruler of Dubai, the Dubai Department of Economy and Tourism is committed to developing partnerships and agreements that contribute to enhancing collaboration among various entities to achieve the goals of the Dubai Economic Agenda, D33. This will elevate the city's status as we consolidate our position as a leading global destination for business and leisure, and fulfill the leadership's vision of making the city the best place in the world to visit, live, and work in."

He added, "We look forward to working together to attract investments for pioneering projects in the healthcare sector, host major global medical conferences and meetings, and make Dubai the preferred destination for travellers seeking top-quality services."

Awadh Al Ketbi said, "Dubai's geographical location at the heart of the world, its immense capabilities, and its rapid and remarkable achievements across various fields and levels have all enhanced Dubai's international standing and its ongoing progress, particularly in the global healthcare arena where it occupies a prominent position."

He added, "Dubai has leveraged all its resources, including advanced infrastructure, technology, smart solutions, systems, legislation, and facilitation, to create promising investment opportunities in the healthcare sector and provide a secure healthcare environment. This, in turn, has attracted a significant number of international hospitals and leading specialised centres to choose Dubai as their base, as well as individuals seeking a high quality of life and well-being."

A recent report by the Dubai Health Authority highlights remarkable growth in medical tourism in the emirate in 2023, with a surge in international patients seeking world-class treatment and a significant increase in spending on healthcare services.

The report revealed that Dubai attracted 691,48 medical tourists from around the world last year, with their healthcare expenditures surpassing AED1.034 billion – outperforming 2022 figures when 64,000 medical tourists spent AED992 million.

In addition, the indirect revenues from medical tourism last year exceeded AED2.305 billion, fueling significant contributions to Dubai's GDP by driving growth across key sectors such as aviation, hotels, hospitality, telecommunications, and beyond. These results underscore Dubai's role as a vital global hub for medical tourism and a major catalyst for broader economic development. ❤️



Generative AI Enhances Efficiency at King Faisal Hospital

King Faisal Specialist Hospital & Research Centre (KFSHRC) showcased its cutting-edge generative AI at the recent Global AI Summit (GAIN). These AI models, once rigorously tested, will be fully integrated into hospital operations, enhancing efficiency and accuracy.

The centre's generative AI advancements have been developed entirely in Saudi Arabia. These innovations are expected to solidify the hospital's position as a global leader in smart healthcare.

The centre has made significant strides in diagnostics and treatment, developing over 20 AI applications. These applications leverage deep learning to analyse medical images with high accuracy, enabling more precise and faster disease diagnosis. AI has also facilitated personalised treatment plans for patients based on comprehensive health data, resulting in improved outcomes.

Operational efficiency

The hospital's AI centre has improved operational efficiency. By automating tasks like summarising scientific literature and monitoring patient journeys, AI has reduced bed wait times from 32 hours to 6 hours and shortened emergency department wait times by 14%. Additionally, 90% of patients now receive pharmacy and laboratory

services within 15 minutes.

For its pioneering work in AI, KFSHRC has received several accolades, including the 2022 AI Leadership Award from the International AI and Cloud Computing Conference and Exhibition.

The hospital's "Anfal" system, an AI-powered platform for predicting patient satisfaction, won the 2024 International Business Excellence Award (IBXA) for best use of customer insights.

Recognised as a global leader in specialised healthcare, KFSHRC was ranked 20th in the world's top healthcare institutions in 2023 by Brand Finance, securing the top spot in the Middle East and Africa. 

Yung Sidekick Raises \$825k to Revolutionize Mental Health Admin Tasks

Yung Sidekick, a US-based mental health startup, has secured \$825,000 in pre-seed funding to enhance its AI-powered platform, which automates administrative tasks for mental health professionals.

The funding round was led by Altair Capital and Ultra.VC, along with other VCs and angel investors.

The American Psychological Association highlights a high demand for mental health services and a significant provider shortage, with 45% of psychologists feeling burned out due to increased workloads.

Yung Sidekick aims to alleviate this burden by automating documentation processes, streamlining therapist workflows, and preventing burnout.

The platform captures session audio, generates transcripts, and extracts key topics, symptoms, and more, producing EHR-ready progress notes in two minutes. It also creates detailed session reports, offering insights into patterns and therapeutic relationships.


An AI assistant can quote clients' exact words or remind therapists of specific details about their biography or treatment plans.

Yung Sidekick assures full HIPAA compliance, with all reports anonymised and audio recordings deleted after processing. For therapists who prefer not to record sessions, a 'dictate recap' feature allows verbal summarization.

Founded in 2022 by Michael Reider (ex-Uber), Alexander Anastasin (ex-Groupon), and Stanley Efrem, a psychotherapist, Yung Sidekick has processed over 30,000 therapy sessions and currently serves over 100 clients. "Our mission is to empower mental health professionals to focus on improving lives by reducing administrative overload," said Efrem.

CEO Michael Reider expressed a vision to evolve the platform into a comprehensive provider-patient solution, with plans to introduce AI-driven client chat features for a holistic therapy experience.

"Every minute spent on paperwork is a minute taken away from patient care. Our mission is to empower mental health professionals to dedicate more time to meaningful client interactions by reducing administrative overload. By streamlining documentation, we enable therapists to focus on what truly matters – improving lives," said Stanley Efrem, Co-Founder of Yung Sidekick.

"While our current focus is on helping therapists, our long-term vision is to evolve Yung Sidekick into a provider-patient platform. We plan to introduce more patient-focused features, such as AI-driven client chat, to create a more holistic and effective therapy experience for both sides of the therapeutic process," said Michael Reider, CEO and Co-Founder of Yung Sidekick. 





Breakthrough MRI Technique Predicts Heart Failure Risk Without Invasive Procedures

MRI scans could replace invasive heart tests, as new research shows they can reliably estimate pressures inside the heart to predict if a patient will develop heart failure.

The research from the University of East Anglia (UEA) and Queen Mary University of London also identified key risk factors for increased pressure inside the heart, which leads to heart failure.

These risk factors include being over 70, having high blood pressure, being obese, alcohol consumption and being male.

Co-lead author Dr Pankaj Garg, from UEA's Norwich Medical School, said: "Heart failure is a lethal condition resulting from rising pressures. One of the most significant findings of this study is that MRI-derived pressure measurements can reliably predict if an individual will develop heart failure.

"This breakthrough suggests that heart MRI could potentially replace invasive diagnostic tests. Participants with higher heart pressure measured by MRI had a fivefold increased risk of developing heart failure over six years."

Previous pioneering research involving UEA, and the universities of Sheffield and Leeds has shown that heart MRI techniques can estimate pressure in the heart and are linked to symptoms and signs of heart failure.

However, to date it remained unknown if heart MRI derived pressures can predict heart failure risk in a general population.

Analysing data from more than 39,000 UK Biobank participants, this latest research demonstrates



that MRI-detected pressure changes can identify heart failure risk without invasive procedures.

Co-lead author Dr Nay Aung, from the William Harvey Research Institute at Queen Mary University of London, said: “Additionally, we identified key risk factors for developing high heart pressure: age over 70, high blood pressure, obesity, alcohol consumption and male gender.

“By combining these factors, we developed a model to predict individual heart failure risk. This advancement enables prevention, early detection and treatment of heart failure, which could save many lives.”

A heart MRI is a type of scan that uses powerful magnets and radio waves to create detailed images of the heart. Unlike X-rays or CT scans, it does not use harmful radiation.

In this research work, both teams analysed heart MRI data from 39,000 UK biobank participants using artificial intelligence techniques and estimated the pressure inside the heart. They then evaluated each individual’s risk factors and their

chance of developing heart failure in the future over a six-year follow-up period.

The research was co-led by the University of East Anglia in partnership with Queen Mary University of London. Other contributions were made by St Bartholomew’s Hospital in London, Norfolk and Norwich University Hospitals, the universities of Leeds and Sheffield, Health Data Research UK and the Alan Turing Institute.

UK Biobank is a large-scale biomedical database and research resource containing de-identified genetic, lifestyle and health information and biological samples from half a million UK participants.

The work was supported by the National Institute for Health and Care Research (NIHR) and the Wellcome Trust.

‘Risk factors for raised left ventricular filling pressure by cardiovascular magnetic resonance: Prognostic insights’ is published in European Society of Cardiology Heart Failure. ❤️

Healthcare Veteran Mohamed Alshamari to Lead Aster KSA

Aster DM Healthcare has appointed Mohamed Alshamari as the new CEO for Aster Hospitals and Clinics in Saudi Arabia, to lead planning, strategy, development, growth expansion, service delivery, and partnerships.

With nearly two decades of experience in healthcare and insurance, Alshamari has a background in healthcare strategy, consulting, investment, and operations. He has held leadership roles at organisations such as Aramco, Sabic, Royal Commission Hospital, Medgulf, and Dr Sulaiman Al Habib. Before joining Aster, he served as the Sports Medicine Advisor at the Saudi Ministry of Sports.

In his new role, Alshamari will report to Alisha Moopen, Managing Director and Group CEO of Aster DM Healthcare, and will work closely with functional leads to achieve strategic objectives.

Moopen said: "We are glad to welcome Mohamed Alshamari as the CEO of Aster Hospitals and Clinics in Saudi Arabia. His extensive experience in healthcare and insurance, combined with his strategic outlook and leadership, will be instrumental in driving our growth and the vision that we have for Aster's expansion in the Kingdom."

Alshamari said: "I am thrilled to join Aster DM Healthcare and contribute to its vision of transforming healthcare in Saudi Arabia. The company's commitment to clinical excellence and



patient-centric care has established Aster as a trusted name in the healthcare industry.

"With Aster's 37-year legacy of 16 hospitals, 121 clinics, and 306 pharmacies in the region, we are well-positioned to build the same trust in KSA and continue driving the transformation of healthcare. I look forward to leveraging my experience and insights to support the team, drive further growth, and achieve new milestones for Aster DM Healthcare in Saudi Arabia."

Aster DM Healthcare aims to enhance the healthcare landscape in Saudi Arabia by replicating its successful model of clinical and service excellence. Recently, the organization expanded Aster Sanad Hospital in Riyadh to 200 beds with the launch of a Grand Wing building.

With state-of-the-art facilities and a comprehensive imaging department, advanced laboratory, and physiotherapy services, Aster Sanad Hospital has become a cornerstone for performing diverse surgical procedures and providing holistic healthcare solutions.

With a population of 30 million, Aster DM Healthcare plans to establish a network of over 180 Aster pharmacies across Saudi Arabia in the next five years, in partnership with the Al Hokair Holding Group. ❤️

Joe Fox Appointed President of Beckman Coulter Life Sciences

Beckman Coulter Life Sciences, known globally for its laboratory automation and innovation, has announced the immediate appointment of Joe Fox as President.

Fox brings extensive experience from SCIEX, another Danaher Corporation company, where he held various leadership roles over 13 years, culminating as President.

Greg Milosevich, Vice President and Group Executive of the Danaher Life Sciences Innovations Group, praised Fox's proven track record and leadership skills, highlighting his commitment to customer excellence and strategic vision.

Fox expressed his excitement about leading Beckman Coulter Life Sciences during a transformative period in the life sciences industry. He emphasized the company's dedication to solving customer problems with customizable, sustainable solutions to streamline complex workflows and enhance patient care.

In his new role, Fox will oversee a global team of over 3,300 associates, focusing on innovation in areas such



as Centrifugation, Flow Cytometry, Genomics, Particle Analysis, and Liquid Handling. He also aims to further integrate sustainability into the company's operations and products.

Fox holds a Bachelor of Science in Biochemistry from the University of Delaware and a Ph.D. in Chemistry from Johns Hopkins University.

He has held technical and commercial roles with Bruker and Shimadzu before joining SCIEX.

In 2024, Beckman Coulter Life Sciences introduced new solutions like the CytoFLEX nano Flow Cytometer, the QbD1200+ Total Organic Carbon Analyzer, and the Biomek Echo One System. The company has also partnered with DLL Financial Solutions to offer accessible financing options. ❤️



Proscia Launches AI Tools to Revolutionize Precision Medicine

Proscia, a leader in AI-enabled pathology solutions for precision medicine, has announced the launch of Concentriq Embeddings and the Proscia AI Toolkit, enabling life sciences organizations to accelerate the discovery and development of novel therapies and diagnostics.

Integrated into Proscia's Concentriq platform, Concentriq Embeddings seamlessly delivers a collection of pathology foundation models to AI developers and research scientists, allowing them to leverage their organization's large proprietary datasets and execute models in routine workflows.

"It's an exciting time at the intersection of medicine and technology. The proliferation of digital pathology and explosion in capabilities of today's AI models bring a totally new scale to how to develop therapies and diagnose patients," said David West, CEO of Proscia. "We're approaching a world where experiments that once took years can now be run in silico in a matter of days, and life-saving treatments that reach only a fraction of patients today could soon reach everyone."

Enabled within Proscia's Concentriq platform, Concentriq Embeddings allows pathology and data science teams to generate high-

dimensional numerical representations, embeddings, from whole slide images. These embeddings are initially derived from four powerful foundation models; DINOv2, PLIP, ConvNext, and CTransPath, with plans to continuously add new models as they evolve.

Proscia says this ensures that researchers always have access to the latest state-of-the-art tools and can experiment with multiple models in parallel, which further enhances downstream performance and improves the accuracy of biomarker discovery and other critical tasks. Researchers can also select the best foundation model for their specific needs, with applications ranging from image classification and segmentation to risk scoring and multimodal data integration, supporting rapid prototyping and large-scale AI model development directly within the Concentriq platform.

With pathology data already stored within the Concentriq platform, teams can leverage this data instantly for AI development, eliminating the need for time-consuming data migration, external processing, and image format standardization.

This tight integration with existing data infrastructure allows organizations to immediately generate embeddings and rapidly iterate on AI models, cutting development time and enabling faster experimentation.

Proscia says the platform is further enriched by

its real-world data (RWD) offering, providing access to high-quality, diverse multimodal datasets that empower researchers to build more accurate and clinically viable AI models.

During pilot programs with a top CRO and a top pharmaceutical company, Concentriq Embeddings says it demonstrated its ability to significantly accelerate AI development. In one internal case study, data scientists developed algorithms 13 times faster, generating 80 AI-based breast cancer biomarker prediction models in under 24 hours according to the company. In a production setting, pharmaceutical companies can reduce AI development time from weeks to hours—allowing therapies to reach patients much sooner.

Proscia says it is also fostering a collaborative environment where developers and data scientists can build upon each other's expertise.

To complement Concentriq Embeddings, Proscia is introducing the Proscia AI Toolkit, a suite of open-source resources designed to empower life sciences community and accelerate AI adoption.

Developed and refined by Proscia's expert AI R&D team, these tools have been instrumental in fuelling internal AI development, and now, they are being shared with the broader community.

The Proscia AI Toolkit includes:

- ◆ A Python client for seamless API integration with Concentriq Embeddings.

- ◆ Comprehensive tutorials paired with Python code in Jupyter Notebooks, enabling users to learn and implement AI quickly.

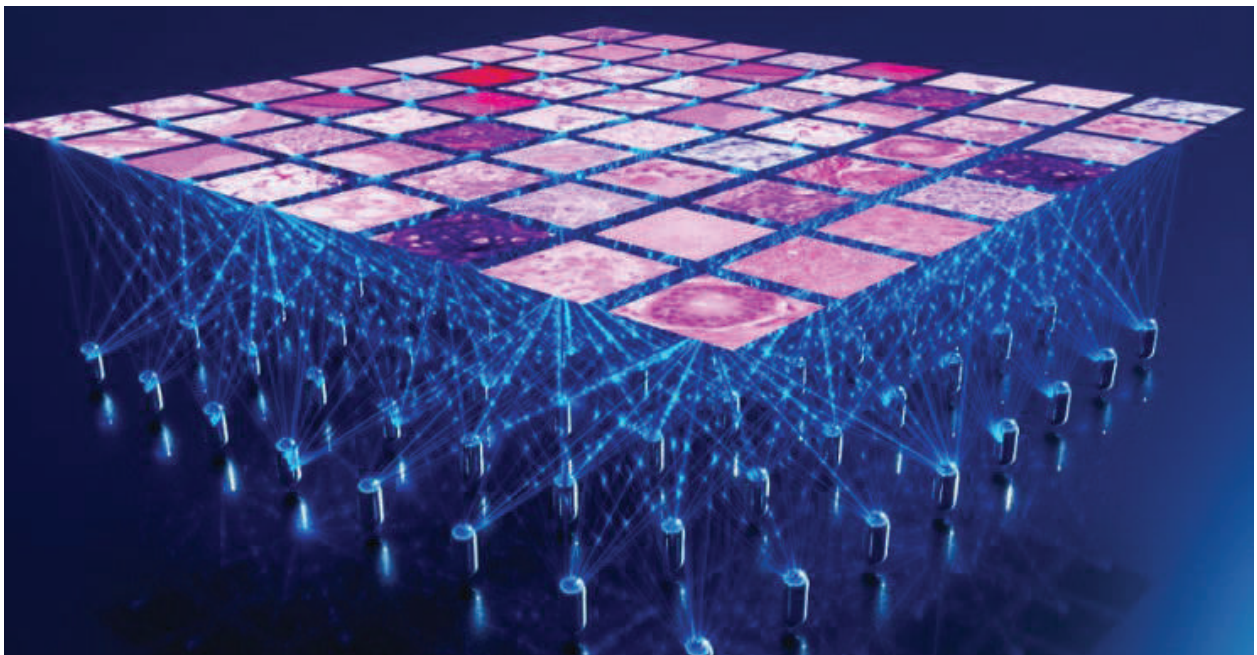
- ◆ A growing library of helper functions for tasks like image tiling and organizing API outputs, reducing the complexity of common processes.

These resources are designed to help teams rapidly integrate Concentriq Embeddings into their workflows, allowing them to focus on building and refining AI models instead of navigating technical hurdles.

Moreover, the growing community of Concentriq users is encouraged to contribute their own tools, expanding the library with new techniques and innovations.

This collaborative, community-driven approach will not only enhance the implementation of foundation models but also broaden the use of AI, whether building, visualising, or deploying models across the Concentriq platform.

“This is truly powerful technology,” said Julianna Ianni, VP of AI Research & Development at Proscia. “Concentriq Embeddings not only accelerates AI development but will spark a new wave of innovation in pathology. It empowers teams to achieve breakthroughs faster and at a scale we’ve never imagined before, setting the stage for transformative advancements in both research and patient care.”



Revolutionary AI Smart Triage Transforms Patient Care

An independent, NHS-funded evaluation has validated the transformative impact of an innovative Smart Triage system on primary care delivery in England.

The Groves Medical Centre, a leading family GP practice in Surrey and South West London, says it has achieved 'unprecedented' improvements to patient access, practice capacity and sustainable staff working patterns after implementing Smart Triage.

Smart Triage, an AI-powered autonomous patient triaging system developed by health technology company Rapid Health, was implemented at the centre in October 2023. Rapid says the system has transformed patient access, enabling equitable and safe care based on clinical need rather than on a first-come-first-served basis.

An independent real-world evaluation, funded by Health Innovation Kent Surrey Sussex and conducted by Unity Insights, has measured the impact of autonomous patient triage between October 2023 and February 2024. The evaluation assessed the system's acceptability, implementation, effectiveness, and impact on health inequalities.

Key findings of the evaluation include:

- ▶ Patient waiting times reduced by 73%, from 11 to 3 days, for pre-bookable appointments.
- ▶ The practice had 47% fewer phone calls at peak hours, with a 58% reduction in the maximum number of calls, all but eliminating the "8am rush".
- ▶ Same-day appointment requests fell from over 62% to 19%, significantly expanding the capacity for pre-bookable appointments.
- ▶ 70% fewer patients needed a repeat appointment, having received the right care on their first visit.
- ▶ 85% of appointments booked via the new system were delivered face-to-face, a 60% increase compared to the pre-implementation period.
- ▶ Only 18% of all patient requests were initiated over the phone after the system was implemented versus 88% prior to it being implemented.
- ▶ 91% of appointments were automatically allocated without staff or clinical intervention.

The Groves Medical Centre says these changes have culminated in a better overall experience for its patients.

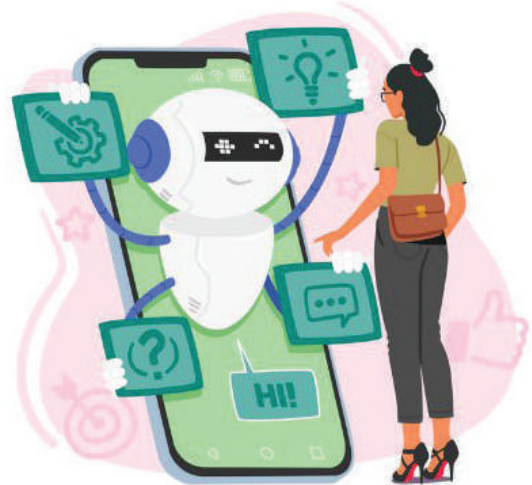
GPs now spend 50% more time with each patient by moving from 10 to 15-minute appointments.

Additionally, the practice says it has achieved an 8% increase in the number of appointments delivered per working day without hiring additional staff.

Patients now have a wider selection of appointment slots to choose from, with an average of 61 slots available per patient appointment request.

This has resulted in a 14% reduction in patient no-shows, despite the practice already maintaining low DNA (did not attend) rates.

Dr Andrea Fensom, GP Partner at Groves Medical Centre said: "Smart Triage has completely changed how we work. It has not only optimised our resources but increased patient access. Feedback shows that patients find it easy to use our online tool and it's convenient for them, giving them multiple options for




appointments where safe to do so and booking them with the most appropriate clinician for their problem. We are all very proud of these results."

Jake Kennerson, Group Manager at Groves Medical Centre, added: "The positive outcomes we've seen in such a short period are a testament to the effectiveness of this innovative system. There's been a significant decrease in the number of patients requiring same-day appointments and wait times have been drastically reduced. All of this change was achieved during the peak winter months and without any additional staff. If others were to adopt a similar approach, it could lead to transformative results for patients and the NHS as a whole".

Carmelo Insalaco, CEO of Rapid Health said: "We're really proud to see the extraordinary impact of autonomous patient triage at The Groves Medical Centre. These results reflect what we consistently observe with our customers across the country - the remarkable potential for Smart Triage to dramatically enhance patient access and choice, while solving the persistent challenges of lengthy waiting lists and disruptive morning bottlenecks. We look forward to further collaboration and expansion across the wider NHS to benefit more patients and healthcare providers".

Rapid Health says that Smart Triage fully automates the patient navigation process from the initial contact with their GP practice. Whether requesting care online, by phone, or in person, patients are guided through a series of questions based on their concerns.

The system then assesses their symptoms and directs the patient to the most suitable care, enabling immediate self-booking into the right appointments. Rapid says this process empowers patients to access care at their convenience while relieving the practice from direct involvement in each request. This is the first time a study has proven an autonomous clinical system is safe and effective in doing this process end to end according to the company. 



What Makes Japan Healthcare Facilities Stand Out In Global Standards?

By: Ayesha Rashid

As you consider your options for medical tourism, you're likely drawn to Japan's reputation for cutting-edge technology, innovative treatments, and world-class healthcare facilities.

And for good reason - Japan's unique blend of traditional knowledge and avant-garde medicine has created a distinct and highly effective medical landscape.

From its pioneering research in regenerative medicine to its expertise in proton beam therapy, Japan offers a broad range of high-quality healthcare services that attract patients from around the world.

But what exactly sets Japan's healthcare facilities apart from others, and how can you benefit from their exceptional standards of care?

Brief Overview of Japan's Healthcare System

Not surprisingly, Japan's cultural attitudes toward health play a significant role in shaping the country's healthcare system.

With a strong emphasis on preventive care and wellness, the Japanese approach to health is deeply rooted in their cultural values.

Against the backdrop of a rich cultural heritage, Japan's healthcare system has evolved over centuries, influenced by traditional Chinese medicine and shaped by its unique blend of Eastern and Western philosophies.

The country's ancient practice of Kampo, dating back over a thousand years, has been incorporated into modern medical practices, creating a distinct and highly effective medical landscape.

This historical context has laid the foundation for Japan's commitment to medical research and innovation, earning the country a reputation for excellence in the global healthcare community.

Today, Japan is home to numerous Nobel laureates in Physiology or Medicine, underscoring its dedication to advancing medical knowledge and improving patient care.

The global medical tourism market was valued at USD 24.14 billion in 2023 and is projected to be worth USD 29.26 billion in 2024 and reach USD 13.1 billion by 2032, exhibiting a CAGR of 21.4% during the forecast period of 2024-2032 (Fortune Business Insights).

According to the Medical Tourism Association (MTA), every year, around 14.0 million people globally travel to other countries to receive medical care.

Most of the people travel to developing countries to seek medical care owing to the availability of advanced technology, highly trained professionals and low-cost treatments.



Japan's health care system comprises a dual insurance model - National Health Insurance (NHI) and Employees' Health Insurance (EHI) programs. This structure enables deliverance of high-quality healthcare services at affordable rates, making Japan a favorable destination for medical tourists.

There is a single fee schedule that regulates the prices of healthcare so that costs can be controlled in general while maintaining quality. Japan, with its commitment to reach universal health coverage, has achieved remarkable health outcome such as high life expectancy and low infant mortality rates.

Japan is also known for its expertise in sophisticated healthcare procedures, particularly in oncological, cardiovascular and orthopedic treatment drawing patients from Asia, Europe and North America.

An additional factor in the growing medical tourism to Japan is the relatively affordable healthcare and treatment costs due to the universal medical insurance system in place.

Procedures like heart surgeries can cost, for instance, 50-60% lower as compared to countries like U.S. without compromising quality.

The government's initiative such as streamlined medical visas and availability of multilingual support services, have made it easy for international patients to access healthcare service in Japan.

Key features of Japan's healthcare system include:

- ▶ Universal health insurance coverage.
- ▶ Low out-of-pocket costs for patients.
- ▶ High doctor-to-population ratio.
- ▶ Advanced medical technology and equipment.
- ▶ Emphasis on preventive care and regular health check-ups.



International recognition

After decades of steady progress, Japan’s healthcare system has earned widespread recognition for its exceptional quality and standards.

The country consistently ranks among the top in global healthcare rankings, with its medical standards and practices aligning with internationally recognized benchmarks.

Healthcare systems around the world look to Japan as a model for excellence, and its medical institutions are sought after by patients from diverse backgrounds.

The country’s expertise in specialized treatments, such as Proton Beam Therapy and robotic surgery, has made it a hub for medical tourism, attracting patients seeking cutting-edge care.

Healthcare facilities in Japan, such as the University of Tokyo Hospital and St. Luke’s International Hospital, are renowned for their state-of-the-art equipment and highly qualified medical staff.

These institutions have received numerous awards and recognitions for their quality of care, advanced medical research, and commitment to patient safety.

Advanced Medical Technology

Japan has continued to invest heavily in cutting-edge medical technologies.

This investment has enabled the country to stay at the forefront of medical innovation, driving improvements in patient care and outcomes.

The Japanese government has implemented various initiatives to support medical research and development, including funding for startups and research institutions.

This has created a thriving ecosystem for medical innovation, attracting talent and investment from around the world.

Innovative Healthcare Solutions

From AI-powered diagnostic tools to wearable devices that monitor vital signs, Japan is at the forefront of healthcare innovation.

One notable example is the development of robotic nursing care assistants, designed to support elderly patients and those with disabilities.

These robots can assist with daily tasks, provide emotional support, and even help with rehabilitation exercises.

A great example of Japan’s innovative approach to healthcare is the concept of “Society 5.0,” which aims to create a society where technology and healthcare converge to improve the quality of life for all citizens.

This vision has led to the development of cutting-edge healthcare solutions that are transforming the way medical care is delivered in Japan and beyond.

Japan’s role in global health initiatives

An exemplary model of healthcare excellence, Japan has been actively contributing to global health initiatives.

The country has been a key player in the World Health Organization (WHO) and has participated in various international health projects, such as the Global Fund to Fight AIDS, Tuberculosis and Malaria.

Japan’s involvement in these initiatives has helped to strengthen healthcare systems in developing countries and combat infectious diseases.

Moreover, Japan has been a strong advocate for universal health coverage, recognizing the importance of equitable access to healthcare services.

The country’s commitment to this cause is evident in its support for the WHO’s Universal Health Coverage (UHC) initiative, which aims to ensure that all individuals have access to important healthcare services without facing financial hardship.

Patient-Centered Care

Around the world, patient satisfaction is becoming an increasingly important metric for healthcare providers. In Japan, this focus on patient satisfaction is deeply ingrained in the country’s healthcare culture.

Japan’s healthcare system is designed to put patients at the forefront, focusing on their overall well-being rather than just treating their medical condition.

This approach leads to better health outcomes, increased patient satisfaction, and a more positive experience.

| Technology | Description |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| Proton Beam Therapy | A more precise form of radiation therapy that minimizes damage to surrounding tissues, used for cancer treatment. |
| Robotic Surgery | Minimally invasive surgeries performed using robotic systems, allowing for greater precision and reduced recovery time. |
| Stem Cell Therapy | A regenerative medicine approach using stem cells to repair or replace damaged tissues, showing promise in treating various diseases. |



Healthcare facilities in Japan strive to create a welcoming and comfortable environment, where patients feel valued and respected.

Final Analysis

So, as you consider Japan as a potential destination for your medical tourism needs, remember that you're not just opting for a country with a rich cultural heritage and breathtaking landscapes – you're choosing a nation that's deeply committed to delivering world-class healthcare.

From its cutting-edge medical technologies to its highly skilled professionals, Japan's healthcare system is designed to provide you with an exceptional experience that prioritizes your well-being above all else.

Whether you're seeking specialized treatments in oncology, cardiovascular diseases, or regenerative medicine, or simply looking for a safe and reliable environment for your medical procedure, Japan has

everything you need to feel confident and cared for.

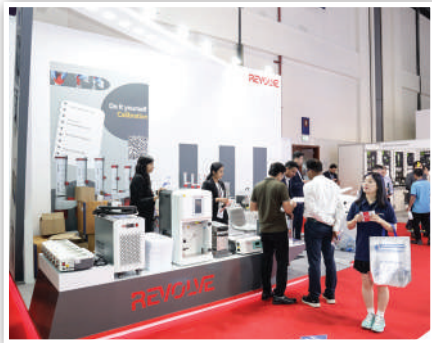
So why not take the first step towards a healthier, happier you – and let Japan's exceptional healthcare facilities be your guide? ❤️





Arab Lab Live 2024, Dubai

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UPCOMING EVENTS



4th November •  • **Abu Dhabi**
**International Conference on Brain Science,
Biology and Medicine**


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12th November •  • **Dubai**
**International Conference on Diabetes and
Metabolism**

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19th November •  • **Abu Dhabi**
**International Conference on Recent Advances
in Medical and Health Sciences**

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28th November •  • **Abu Dhabi**
**International Conference on Recent
Challenges in Engineering and Technology**

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5th December •  • **Abu Dhabi**
International Conference on Clinical Nutrition

.....

17th December •  • **Dubai**
International Conference on Engineering

.....

20th December •  • **Dubai**
**International Conference on Modern Research
in Biological, Pharmaceutical, Medical and
Environmental Sciences**

.....

3rd January •  • **Dubai**
**International Conference on Plastic and
Aesthetic Surgery**



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Formulation



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of bacteria



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Effective against
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1
80% Ethanol



3,5
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