

# INFORMED

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Healthcare

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## The Director's Message >



Welcome to the fourth issue of INFOR-MED, S.S. Lootah Healthcare's very own monthly newsletter with news and events from across our entities.

The colleges have had a busy month as always, with several guest lectures, visits by high profile dignitaries and presentation of research articles in international conferences by students and faculty. Also noteworthy is the 'Open House' jointly organized by DMC and DPC where grade 12 students from the science stream were provided with information about the different academic programs offered at the colleges.

A hearty congratulations to DPC Dean Dr. Saeed Ahmed Khan on his inclusion in the 2010 Edition of **Marquis Who's Who in the World** that distinguishes him as one of the leading achievers. We wish him continued success.

MEDAWI is seeing steady progress in its construction. Meanwhile, the operations team has been networking in major

industry events. We are also very happy to receive more research articles, all of which will be shared in the present or subsequent issues.

We continue to look forward to your comments and contributions from our readers. The email id to remember is [newsletter@infor-med.ae](mailto:newsletter@infor-med.ae)

Have a great month ahead!

Regards,  
**Eng. Rashid Lootah**  
Executive Director  
S.S. Lootah Healthcare



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## News and Events >

### MEDAWI Team attends key industry Summits



The core team of MEDAWI (Dr. Mohammed Abu Obeid -COO, Dr. Suhail Kady – CEO and Katherine Doll -Nursing Director) has been strengthening its networking within the industry by attending key healthcare summits during the past month. The Middle East Healthcare Expansion Summit 2010 in Dubai saw a prestigious speaker panel from across the GCC that addressed topics ranging from Healthcare management, Current developments and opportunities in the healthcare sector, Quality standards, IT and diagnostics, Hospital design & development, Advanced building technologies & sustainable healthcare design.

The team also attended the 'INNOVHEALTH – Middle East Healthcare Innovation Summit' held at the Yas Island Rotana in Abu Dhabi, endorsed by the UAE Ministry of Health. The summit addressed the importance of innovation, research and technology in providing effective healthcare along with an interactive panel discussion on past reforms and the present status of the Middle East healthcare industry. Other interesting topics included the challenges of establishing a medical university and teaching hospital in the GCC, Innovation in healthcare infrastructure, healthcare insurance in the UAE, eBusiness implementation for health systems, and more.

## Trivia

- Your fingernails grow four times as fast as your toenails.
- It's totally impossible to sneeze with your eyes open.
- Every month you grow a brand new outer layer of skin.
- Your brain weighs about three pounds but over two pounds of that is water.



## Meet the Team >



**Ms. Katherine A. Doll**  
Nursing Director,  
MEDAWI Hospital

Ms. Katherine Doll is a Registered Nurse and senior healthcare leader with over 20 years of experience. During this time she has provided expert consulting to organizations on; process redesign, quality care delivery, patient and family education, medication management systems, and utilization of LEAN techniques. Prior to joining MEDAWI hospital, Ms. Doll was the Director of Ambulatory Nursing and Patient Care Services for University Hospital in Dubai HealthCare City. Before moving to the Middle East, Ms. Doll was the Director of Specialty Care at Denver Health and Hospital Authority, in Denver, Colorado, USA. Ms. Doll was a founding member of the University of Colorado Mentoring program and is a current member of Mentor Net.

Ms. Doll has a Bachelor's degree in Nursing, and a Master's degree in Business Administration with a certificate in Healthcare Management.

## Progress Tracker >

In this section, we bring you updates on the progress of the physical structure of the hospital, which comprises of two parts – the main hospital building and the Nurse Accommodation. The picture here shows the hospital's main entrance under protective hoarding.



## News &amp; Events &gt;

DMC hosts 2nd Emirates  
Pathologists Meeting  
(Round 2009-2010)

The seminar titled 'Lymph Nodes for Dummies' was held on 10th April, 2010 at DMC, and presented by Dr. Azzam Hammad, Sheikh Khalifa Medical City, Abu Dhabi, as part of the 2nd Emirates Pathologists Meeting. The seminar was organized by Dr. Naeema Rasheed (SKMC) and Dr. Moza Al Sharhan (DHA) and coordinated by Dr. Fatehia Bayoumy, Consultant Pathologist, DMC.



Dr. Azzam explained how various components of the lymph node react to known and unknown stimuli by undergoing reactive changes. The session was followed by a quiz, made very interactive by the use of clickers (Student Response System). The first-time use of SRS for a quiz proved very effective and was well-appreciated by all. A total of 70-75 people attended the event from the UAE and Oman.



The Emirates Pathologists Meeting is held regularly on a monthly basis in one of the healthcare or medical education sectors to discuss the mysteries and share experiences in the field of pathology.



كلية دبي الطبية  
DUBAI MEDICAL COLLEGE

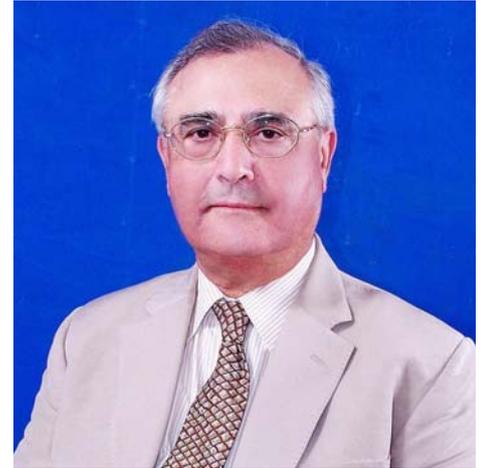
## Staff Profile &gt;

Prof. Abdul Jabbar Mehdi Salih  
Clinical Vice Dean  
Dubai Medical College

MB.ch.B., D.Ch. FRCS (Ed. Eng),  
FICS, FACS.  
MA Medical Ethics and Law

Prof. Abdul Jabbar Mehdi Salih has been associated with the Dubai Medical College since 1992 in various capacities spanning Consultant General Surgeon, Professor of Surgery, Head of Academic Department of Surgery, and currently vice clinical Dean. He is also the Head of Department of General Surgery at Rashid Hospital (DHA) and member of Clinical Faculty Board and Joint Faculty Board. Further, he is the Head of the CME section of Shaikh Hamdan Award for Medical Sciences and Clinical and Education advisor to the Resident Program in Surgery in the Medical Education of the Dubai Health Authority.

Prof. Jabbar has made several valuable contributions to the college, particularly to the examination system. He has been involved in the examination process right from Batch 1 (1991). He is a prominent educator and is involved in admissions and interviews.



Prior to Dubai Medical College, Prof. Jabbar has held various teaching and clinical positions in Iraq, UK and the UAE. His more than four decades of experience includes several international publications, research papers, and presentations in surgical conferences. He has also authored many books, dissertations and essays. His work in the field of 'Medical Ethics and Law' has been widely acknowledged. He is currently authoring the Book: **Head, Heart and Hand Making Medical Professional**.

Prof. Jabbar's hobbies include photography (landscape, still-life and medical), flying (PPL UK/UAE) and golf. He is a Fellow of Royal Society of Photography - UK (FRCP) and a member of the Amateur Golf Society in the UAE.

Feedback received about the Emirates  
Pathologists Meeting >

*"The student response system made the program very interesting. We should have the next session also at DMC."*

- Dr. Naeema Rashid  
SKMC, Abu Dhabi

*"The EPA meeting at DMC was very interactive and I give you full credit for making the quiz enjoyable."*

- Dr. Moza Sharhan  
HOD, Pathology, Dubai Hospital

*"The last meeting was very successful thanks to your facility and organization as well as Naeema's effort and not to forget the great program by Dr Azzam. The voting system was a great addition and it added to the program immensely."*

- Dr. Reem El Bahteemi  
Director of Dermatopathology,  
Consultant Pathologist,  
American Hospital Dubai

Trivia

- If you look at all the cells and tissues in your body, about 25 million are reproduced every second, which is like reproducing almost the entire population of Canada every second.

## Student Activity &gt;

## Participation in Emirates Critical Care Conference – Dubai 2010



Dubai Medical College participated for the fourth time in the Emirates Critical Care Conference - Dubai 2010 (ECCC 2010) and won the **Ibn Sina Award** for the Best Poster Presentation. The event was organized in conjunction with 2nd Asia Africa Conference of the World Federation of Societies of Intensive and Critical Care Medicine (WFSICCM).

The poster titled "**Association of genetic polymorphism of 5 HT 2A receptor gene and stress related psychological measures in healthy medical students**", was prepared by Anam Ahmed, Rommana Mehdi, Sadia Maqbool, Saidmari Baadshah and Mona Faramawy (Second & third year medical students) and supervised by Dr Neveen Hemimi and Dr Marwa Khalil.

## Trivia

- Your eyes can distinguish up to one million colour surfaces and take in more information than the largest telescope known to man.
- The main purpose of eyebrows is to keep sweat out of the eyes
- From 30 years old onwards we gradually shrink.
- We have enough carbon in our bodies to make 9,000 pencils.



## Faculty Research &gt;

## Effect of Nigella Sativa on Carbon Tetrachloride and Paracetamol Induced Hepatotoxicity: Role of Antioxidant Enzymes and Cytokines

By: Prof. Mervat Barakat M (Professor of Pharmacology), Prof. Naglaa Raafat Oda (Lecturer of Biochemistry), Prof. Fatehia Bayoumy (Professor of Pathology) – Dubai Medical College

Publication/Presentation: *Experimental Biology 2010 Conference - April 24-28, Anaheim Convention Center, Anaheim, California, USA*

Program No. LB 485

**Abstract:**

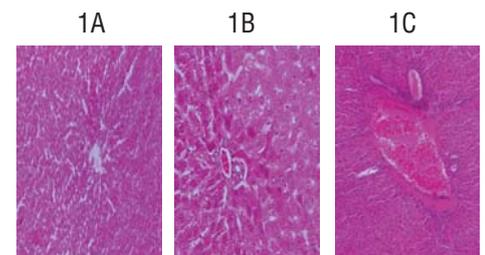
Nigella sativa oil (NSO) was proved to play a protective role against several pathologies including drug induced hepatotoxicity.

**Aim of the work:** To investigate the effect of NSO on liver function and antioxidant enzymes and cytokines in hepatic tissue after exposure to hepatotoxins as carbon tetrachloride (CCL4) and high dose of paracetamol (Para).

**Material and Method:** 40 male albino rats (150-200 gm) were used in our study, divided into 5 groups, each group consisting of 8 rats; Group A (untreated control), B (Para treated), C (Para+ NSO treated), D (CCL4 treated), E (CCL4+ NSO treated). Blood samples were taken by cardiac puncture for estimation of liver enzymes. Rats were killed; liver tissues were histopathologically examined and homogenized for biochemical assays of antioxidant enzymes - Superoxide dismutase (SOD), Catalase (CAT), and Glutathione S-transferase (GST), and proinflammatory cytokine (IL-1 $\alpha$ ).



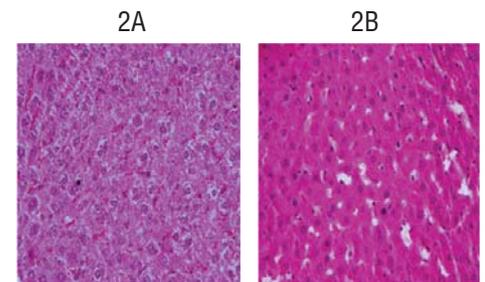
**Results:** The plasma activity of Liver enzymes was significantly increased after treatment with CCL4, and Para. Their level was statistically decreased with treatment with NSO ( $P < 0.05$ ). tissue activity of GST was significantly higher ( $P < 0.05$ ) in group C Mean + SE (152.2 + 11.6) as compared to A and B (97 + 10.1, 2.2 + 0.19). SOD was significantly higher in Group E (3087 + 243.8) as compared to group D (1603.7 + 178.5). CAT was significantly higher in group E (595.8+50) compared to A (465+15.8), IL-1 $\alpha$  was significantly increased in group E as compared to all groups.



**Figure 1:**

**A&B:** Paracetamol-treated group: Degenerative changes in the cytoplasm including eosinophilia in the periportal zone, Perivascular inflammatory cellular infiltrate (**A:**Hx&E., X100, **B:**X40)

**C:** Paracetamol - Nigella treated group: normal appearance of the central vein, regular sinusoidal structures were noticed without congestion and, radially arranged normal hepatocytes (Hx&E.X40).



**Figure 2:**

**A:** CCL4 treated group: Prominent and marked congestion, marked cytoplasmic degenerative changes (vacuolization) (Hx&E.,X100)

**B:** CCL4-Nigella treated group: less congestion, normal appearance of hepatocytes (Hx&E.,X100)

**Conclusions:** Our results suggest the potential protective role of NSO in CCL4 and Paracetamol induced hepatotoxicity through selective increase of antioxidant enzymes.

**Keywords:** Nigella Sativa Oil, Antioxidant enzymes, CCL4, Paracetamol.

*This research was supported by a grant from Medical Research Fund, Dubai Medical College.*

## Special Report >

### Jointly organised by Dubai Medical College and Dubai Pharmacy College 21-22 April, 2010

A student Open House was jointly organised by Dubai Medical College and Dubai Pharmacy College, on 21st and 22nd of April 2010, to provide a platform for students considering graduate studies in Medicine or Pharmacy. The target group was grade 12 students with science stream. They were provided with information about the different academic programs offered at DMC and DPC. UAE national Arabic medium schools were informed about requirement of TOEFL.



DPC - DMC  
Student Open House  
April 21-22, 2010



The Open House included campus tours, special facility tours, lab demonstrations and opportunities to speak with faculty, staff and students. Ample time was provided for individual counseling sessions that were well received by the prospective students.

This two day session was held at Round Hall in the campus. The event consisted of two morning sessions highlighting our facilities and formal and informal meetings with our students. Over 150 students from across UAE attended the Open House which made it a great success and received positive feedback and appreciation from all concerned.

## Trivia

- The length of your foot is the same as that of your forearm between<sup>n</sup> your wrist and the inside of your elbow.
- The feet account for one quarter of all the human bodies bones.
- The body's largest internal organ is the small intestine at an average length of 20 feet.
- Your stomach makes a new layer of mucus every 2 weeks. Otherwise, it will digest itself.
- The liver performs over 500 different functions.



## News &amp; Events &gt;

## Research Collaboration Outreach Program



Date:  
**7th – 13th April 2010**  
Visitor's Name:  
**Dr. Elkolli Merbah Meriem**  
Visitor's Position:  
**Faculte des sciences de l'ingenieur**  
Visitor's Place:  
**Universite Ferhat Abbas, Algeria**  
Research Topic:  
**'Gelatin and its application as wound healing or dressing agent'**

As DPC is an institution with higher and stronger research aspirations, such an outreach opportunity is an important tool to support faculty from other universities in their research aims.

DPC appreciates **Dr. Elkolli Merbah** for the efforts she put in reviewing the research facilities and the assistance provided in evaluating the course syllabus. Other academic activities that Dr. Elkolli had been involved were attended classroom peer-reviewing sessions and scholarly discussions with the Dean, Faculty and Teaching – Assists.

Her ability to demonstrate on the research topic 'Gelatin and its application as wound healing or dressing agent' was particularly noteworthy and interesting. Her demonstration in making of gelatin film and cross-linking reaction mechanism with other chemicals to improve its quality and stability was attention-grabbing. It was very interactive among the students that participated.

## Trivia

- Our bodies are about 70% water.
- If you blink one eye, you move over 200 muscles.
- The left lung is smaller than the right lung to make room for the heart.

## Consul General of Kuwait expresses appreciation for DPC



Date:  
**30th March 2010**  
Visitor's Name:  
**Mr. Mesad Shlash**  
Visitor's Position:  
**Head, Consulate General of the State of Kuwait**  
Visitor's Place:  
**Cultural Office, Kuwaiti Consulate**

The purpose of the visit was to express his warm appreciation for facilitating Kuwaiti students to study at Dubai Pharmacy College.

### Open Lecture to faculty and students of DMC and DPC titled "Aromas and Flavors: from molecular composition to physiological action"



Date:  
**29th March 2010**  
Visitor's Name:  
**Prof. Dr. Andrea Karin Buettner**  
Visitor's Position:  
**Assistant Professor, Department of Chemistry and Pharmacy**  
Visitor's Place:  
**Germany, Department of Chemistry and Pharmacy Emil Fischer Center, University of Erlangen-Nuremberg and Sensory Analytics in Fraunhofer Institute for Process Engineering and Packaging (IVV)**

## Participation in Emirates Critical Care Conference – Dubai 2010



Winners of the Ibn Al Haitham Award - Hana, Safa, Heba and Jenan



Winners of Ibn Al-Batir Award – Rima, Sahar, Ragdha, Dalia and Shaikha

Dubai Pharmacy College students participated for the first time in the 'Emirates Critical Care Conference - Dubai 2010' and bagged two out of the three student poster awards.

The **Ibn Al-Haitham Award** was won by Hana Hamid, Heba Al-Jabri, Safa Saleh, Jenan Abdel Fatah and Reem Farajallah

The **Ibn Al-Bitar Award** was won by Shaikha Suwaidi, Dalia Abdul Rahman, Rima Charara, Sahar Hussain and Ragdha Khani

The event was organized in conjunction with 2nd Asia Africa Conference of the World Federation of Societies of Intensive and Critical Care Medicine and was held at the Intercontinental Hotel from April 25 – 27, under the patronage of H. H. Sheikh Hamdan Bin Rashid Al Maktoum, Deputy Ruler of Dubai, Minister of Finance and President of Dubai Health Authority, and supported by International Pan Arab Critical Care Medicine Society (IPACCMS) and Emirates Intensive Care Society (EICS).

The winners' articles will be published in the journal of World Federation of Societies of Intensive and Critical Care Medicine (WFSICCM) and will be awarded with a Certificate of Recognition from WFSICCM and IPACCMS.

## Congratulations >

### Recognition Award for Dr. Saeed Ahmed Khan



**Congratulations to Dean Dr. Saeed Ahmed Khan** on his inclusion in the 2010 Edition of *Who's Who in the World* (Pg.1355) that distinguishes him as one of the leading achievers. Marquis Who's Who believes that the achievements of those around the globe influencing people of today are worthy of permanent record, and are proud to provide their biographical information for public record and for posterity. This exclusive volume has grown to include the biographies of millions of leaders and achievers from around the world and from every significant field of endeavor.

The students and staff of DPC convey their best wishes to Dr. Khan for his continued success.

**Marquis Who's Who**, a subsidiary of **News Communications, Inc.**, is the American publisher of a number of directories containing short biographies of influential persons. Today, the company publishes over a dozen different series and offers an online database with information on 1.4 million individuals; Individuals become eligible for listing by virtue of their positions and/or noteworthy achievements that have proved to be of significant value to society. An individual's wealth or social position are not criteria.



## Student Research >

### Social perception of community pharmacists in UAE: A Cross Sectional Study

**By:** Affra Jaballa Abderhman, Amna Ibrahim Aljesmi, Sana Eassa Ebrahim Taher (Batch 16)  
**Supervised by:** Dr. Eman Abu-Gharbieh  
**Publication/Presentation:** 3rd Medication Safety Conference, Abu-Dhabi, 10-11 April 2010  
**Award:** Second position as best research



### 'Patients rely on pharmacists after specialists'

As reported by Olivia Olarte in *Khaleej Times* on 13 April 2010

ABU DHABI — After specialist physicians, pharmacists are the second choice of many patients in the UAE to go for medical advice, a study has revealed.

Dr Eman Abu-Gharbiah, assistant professor in Pharmacology and Toxicology at the Dubai Pharmacy College, who conducted the study, said that more than a third or 37.8 per cent of the UAE population would seek advice from a specialist rather than a general practitioner (16.2 per cent), while 35 per cent would seek the advice of a pharmacist.

It takes into account responses of 1,000 respondents of various nationalities, backgrounds and age groups across the UAE, and was presented by junior students of Dubai Pharmacy College on the sidelines of the third Medication Safety Conference in the capital on April 10-11.

The study was conducted from December 2009 till March 2010 in order to investigate general attitudes towards the role of different healthcare professionals regarding health, use of medication, follow-up assessment and trust in addition to their perspective toward the role of the community pharmacist in the region.

\* The research was featured in *Khaleej Times*

## Faculty Research >

### Production and Characterization of Chitosan from Shrimp (*Penaeus semisulcatus*) Shell Waste of UAE

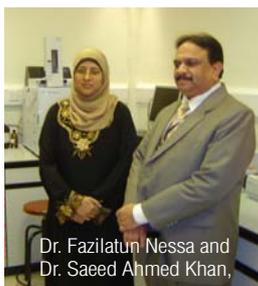


#### Faculty Research By:

**Dr. Fazilatun Nessa, Dr. Saeed Ahmed Khan,  
Farah M. Anas Al Khatib**  
- Dubai Pharmacy College

#### Publication/ Presentation:

*Pakistan Journal of Scientific and Industrial Research*,  
Vol. 53,  
No. 1, 52-58,  
January 2010



Dr. Fazilatun Nessa and  
Dr. Saeed Ahmed Khan,

#### Abstract:

Chitosan is a non toxic, biodegradable polymer of high molecular weight derived from chitin. Over the last several years, chitinous polymers, especially chitosan, have received increased attention as one of the promising renewable polymeric materials for their extensive applications in the pharmaceutical and biomedical industries for enzyme immobilization and purification, in chemical plants for wastewater treatment, and in food industries for food formulations as binding, gelling, thickening and stabilizing agent. Chitin is widely available from a variety of source among which, the principal source is shellfish waste such as shrimps, crabs, and crawfish. Therefore, the specific objectives of this work were to develop an optimum shrimp shell chitosan production process at room temperature (25 C) and to study the influence of deacetylation process on the physicochemical and functional properties of shrimp shell chitosan.

Chitosan was prepared from shrimp (*Penaeus semisulcatus*) shell waste by a chemical process involving demineralization, deproteinization, and deacetylation. The conversion of chitin to chitosan (deacetylation) was achieved by treatment with concentrated sodium hydroxide solution at room temperature (25°C). Four experimental chitosan samples were prepared with different periods of deacetylation process i.e. sample C40 for 40 hrs, C50S for 50 hrs with stirring, C50W for 50 hrs without stirring and C60 for 60 hrs. All samples were subjected to physicochemical (moisture, nitrogen, ash contents, degree of deacetylation, viscosity and solubility) and functional (water binding capacity and fat binding capacity) characteristic analysis (Table 1, 2 and 3).

The results are shown in the following tables.

**Table 1: Proximate Analysis of Shrimp Shell and Commercial Chitosans (dry weight basis)**

Sample	Yield (%)	Moisture (%)	Nitrogen (%)	Ash (%)
C <sub>40</sub>	19	0.4 (0.25)a*	8.33 (0.02)a*	0.29 (0.07)a*
C <sub>50S</sub>	16	0.3 (0.20)a	8.19 (0.01)a	0.3 (0.99)a
C <sub>50WS</sub>	18	0.4 (0.25)a	8.11 (0.05)a	0.3 (0.23)a
C <sub>60</sub>	17	0.4 (0.22)a	7.91 (0.05)a	0.3 (0.98)a
Sigma 91		2.5 (0.11)b	8.23 (0.09)a	1.5 (0.25)b

\*Numbers in parentheses are standard deviations. Means with different letters in each column are significantly different ( $p < 0.05$ ). Sigma 91 is a commercial crab chitosan.

**Table 2: Viscosity, Solubility, and Degree of deacetylation of Shrimp Shell and Commercial Chitosans**

Sample	Viscosity (cP)	Solubility (%)	Degree of Deacetylation (%)
C <sub>40</sub>	90.7 (5.07)*a	60.3 (0.61)a	55
C <sub>50S</sub>	136.6 (2.09)b	98.2 (0.66)b	76
C <sub>50WS</sub>	170.2 (3.66)c	98.01 (0.45)b	75
C <sub>60</sub>	154.29 (2.69)d	99.00 (0.56)b	74
Sigma 91	380.15 (3.44)e	89.88 (0.42)c	74

\*Numbers in parentheses are standard deviations. Means with different letters in each column are significantly different ( $p < 0.05$ ). Sigma 91 is a commercial crab chitosan.

**Table 3: Water and Fat Binding Capacity of Shrimp Shell and Commercial Chitosans**

Sample	WBC (%)	Fat Binding Capacity (%)		
		Soybean	Corn	Sunflower
C <sub>40</sub>	299.6 (9.97)*a	258.7(8.9)a	245.5 (4.8)a	255.7 (5.3)a
C <sub>50S</sub>	738.8 (5.6)b	587.3 (5.3)b	599.2 (8.5)b	586.8 (9.9)b
C <sub>50WS</sub>	745.4 (4.9)b	571.5 (7.9)b	583.6 (7.3)b	579.4 (5.6)b
C <sub>60</sub>	732.2 (4.04)b	575.8 (6.5)b	577.5 (6.7)b	566.9 (7.6)b
Sigma 91	538.5 (4.99)c	379.7 (5.9)c	444.3 (5.3)c	398.6 (6.6)c

\*Numbers in parentheses are standard deviations. Means with different letters in each column are significantly different ( $p < 0.05$ ). Sigma 91 is a commercial crab chitosan.

Results indicated that changes in duration of deacetylation process during chitosan production yielded some differences on each characteristic. For instance, deacetylation for 40 hrs led to lower viscosity, solubility, water/fat binding capacity and degree of deacetylation. Deacetylation for 60 hrs resulted in increase in solubility but decrease in viscosity. Stirring during deacetylation process led to lower in viscosity, higher in degree of deacetylation and higher in the fat binding capacity. In contrast non-stirred sample produced product having lower degree of deacetylation and higher viscosity.

It was concluded that duration of deacetylation process was a very important factor that should be monitored constantly for optimal chitosan production depending on its intended usages in food, pharmaceutical and biomedical industries.

Triviva

- Nerve impulses travel at over 400 km/h. When we touch something, we send a message to our brain at 124 mph.

## Complementary & Alternative Medicine

### Traditional Treatment for the Modern World



#### What is Traditional Chinese Medicine?

Traditional Chinese Medicine (TCM) is an approach to healing that aims to balance energy and blood in the body in order to keep it functional and healthy. It has successfully proven itself for 5,000 years without the benefit of western allopathic medical knowledge, and is currently used by a quarter of the world's population.

#### What is the principle behind the treatment?

In TCM, diagnosis first involves assessing the individual's constitution and then looking at all the ways in which the body has been affected by the particular condition. Chinese Medicine does not examine parts of the body in isolation, but looks at the person as a whole. The treatment principle is to address the root cause of the problem, not just the symptoms.

#### How does Chinese Medicine work?

Chinese Medicine views the body as being made up of contrasting 'yin and yang' energies. The force that flows between these two energies is known as Qi (pronounced 'chee'). The body contains a network of meridians or pathways through which both Qi and Blood flow smoothly through the meridians and organs. If disease or injury blocks the flow, then the energy in the body is disturbed. Acupuncture or herbal medicine, the two main techniques used to regulate the flow of Qi and Blood, restores health.



مركز دبي الطبي التخصصي  
DUBAI SPECIALIZED MEDICAL CENTER

#### What are the techniques of Acupuncture?

Acupuncture treats disease by painlessly inserting thin sterile needles into certain designated points in the body, and stimulation through various manipulative methods. Sometimes, an electronic apparatus may be used to maintain a constant stimulation. During treatment, the patient may lie comfortably on the table, or sit quietly in a chair for twenty to thirty minutes.

There are two special techniques called 'Moxibustion' and 'Cupping' which are considered integral parts of traditional Acupuncture practice. The heat and fumes of slow-burning moxa-wool roll held near an acupuncture point or the affected areas produce the therapeutic effect of moxibustion. Cupping uses a small bell shaped jar with vacuum to apply suction to the skin. After cupping treatments, there may be some bruising or redness on the skin. This is normal and will disappear within a few days.

#### How does Acupuncture work?

The general theory of acupuncture as mentioned above is based on the premise that there are patterns of energy flow called Qi that are essential for health. According to the classical doctrines of classical Chinese Medicine, this is an unceasing flow of life energy throughout the human body. This vital energy originates from the major organs, and flows along the continuous circulatory channels called Meridians. When the energy flow is smooth and in balance, one is healthy; if the balance is disturbed, one experiences illness or pain. There are some specific points along the meridians called acupuncture points where the energy flow can be stimulated and the function of related organs regulated, thus restoring the delicate balance.

This is the Chinese way of explaining how acupuncture normalizes the physiological function and helps maintain the body's harmonious equilibrium. In other words, acupuncture amplifies human's natural healing power.

#### How accepted is Acupuncture today?

With the rising popularity of so-called 'Complementary and Alternative Medicine', acupuncture has become more accepted world wide. Millions of people today are aware of how effective acupuncture can be in treating chronic pains and other ailments. Many western doctors and scientists too agree that these kinds of treatments do work. For example, in 1979, the WORLD HEALTH ORGANIZATION (WHO) formally proclaimed that acupuncture is an effective medical treatment and listed more than 40 medical conditions for which acupuncture may be effectively used.

#### What to expect from a treatment?

Most patients find the treatment very relaxing, which brings on a feeling of well being. As a sign of "obtaining the vital energy", some patients may have a slight sensation of characteristic tingling, numbness, ache, traveling warmth, and/or heaviness around the needles. The beneficial reaction usually starts after the first four or five visits. Of course, just like any other medical treatment, not all cases can be cured. However, there is no harmful effect from the therapy in common practice. Therefore, people who suffer from lingering or chronic diseases, which do not respond well to orthodox medicine, are particularly encouraged to try this promising Chinese art of healing.

#### How many treatments are necessary?

Each person is unique; therefore, the treatment plan is individualized. It depends on the illness, the severity of the condition, the duration of the sickness as well as the physical state of the patient at the time of the treatment.

As a classical tradition, a course of treatment usually takes twelve sessions, more or less. In order to get the best therapeutic result, acute cases should be treated daily for few days, then at longer intervals. Chronic cases usually need two or three visits per week. In case of slow reaction, the patient should still try to complete the entire course; some times, even a second or third series, because most of these cases require more effort to restore energy balance. To receive the best results, treatments should not be missed.

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