

INFORMED

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Healthcare

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Contributing Authors

DR. MOHAMMAD ABU-OBEID (MEDAWI)

DR. FOUZIA SHERSAD (DMC)

NADIA M. EL-ROUBY (DMC)

PROF. SHEFAA M. GAWISH (DMC)

ISRAA AL ZAMROONI (DMC)

DR. EMAN ABU-GHARBIH (DPC)

SARA S. KAMAL (DPC)

DR. PRATIBHA (DSMC)

DR. NAJAFI ALI (DSMC)

Graphic Designer

JASON RIOS

Planning & Co-ordination

NOOR ALI FATTAL

The Director's Message >



It is a pleasure to welcome you once again to INFOR-MED, S. S. Lootah Healthcare's very own monthly newsletter, now in its seventh issue. After the summer vacation both Dubai Medical College and Dubai Pharmacy College reopened with a grand welcome ceremony to initiate the new batch of students.

Students are laying the future path of success to our medical institutions. The colleges have been on the path of progression and Dubai Medical College has now crossed a milestone with the initiation of its 25th batch of medical students.

From the first medical school in the UAE, The Dubai Medical College has been progressing at a steady pace to achieve its goal of empowering the women in the region. It is to be remembered that DMC was started at a time when higher education for girls in the region was lagging far behind than that of the developed countries. Today, DMC has the reputation of graduating the largest number of medical doctors (800) in the

country, among them more than 200 are UAE nationals. I am pleased to inform that a year-round celebration will follow to mark this milestone in the academic year 2010 - 2011.

I wish to reiterate our commitment to excellence and continue to look forward to your comments and more articles / research work contributions from our readers. The email id to remember is newsletter@infor-med.ae

Have a great month ahead!

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



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DMC & DPC kick-start new academic year

Milestone for DMC as it welcomes Silver Jubilee batch

Dubai Medical College (DMC) and Dubai Pharmacy College (DPC) together organized a special welcome ceremony for their new batch of students on Sept. 19, 2010. The new batches comprising of 60 students from DMC and 75 students from DPC took ceremonial oath at the DMC auditorium and were taken for a tour of the college premises as per tradition.

It was a landmark event for The Dubai Medical College (DMC), the first medical college in the UAE, to initiate its Silver Jubilee batch of students this year. This also signalled a year-round celebration agenda to mark the college's Silver Jubilee this academic year, 2010-2011.

Speaking at the welcome ceremony, Founder and Chairman of the Board of Trustees, Haj Saeed Bin Ahmed Al Lootah praised the UAE leadership and the continued investments made in developing the human capital that fuels progress in all sectors, especially education.

Addressing the new batch of students, Professor Mohammed Galal El Din Ahmed, Dean of DMC said, *"As the pioneer in medical education in the region, we take great pride in crossing this milestone and contributing skilled female medical practitioners to the UAE community. As part of the Silver Jubilee commemoration, we will bring world renowned faculty this year to conduct academic symposia, among other events."*

Dr. Saeed Ahmed Khan, Dean of the DPC welcomed the new batch of students and commented, *"To ensure that students become competent pharmacists, we have moved the curriculum design away from the traditional separate-discipline approach of drug design and drug action towards a more integrated and problem-based approach of the treatment of disease. We extend our full support to the new students to maintain the high performance standards of the college and enable them to meet the needs of the community."*



New batch of students take ceremonial oath

DMC organized 'Summer Training' at Stuttgart Medical School

Dubai Medical College arranged summer training for students at Stuttgart, Germany. Manal Yousuf Al Farsi (4th year) and Khuloud Khalid Ismail Al Jarman (3rd year) attended training in cardiac care unit at Sana Hospital and Olga Hospital from 19th of July to 6th of August, 2010. The students describe the experience as being extremely beneficial, giving them an insight on how cardiac care is given at a specialized centre abroad. They observed surgical heart procedures and were trained in postsurgical care during their program.

The program was coordinated by Dr. Fouzia Shersad and Dr. Cornelia Walter, Head of Stuttgart Medical School. Dr. Fouzia informed that in the coming academic year, more summer training opportunities will be posted on the website to offer students a wider perspective in clinical care. Strategic partnerships through such student exchange programs are envisaged to promote practical application of knowledge under varying conditions. Prof. Galal, Dean of DMC, appreciated them and other students who have undergone training in their respective countries during the summer break. The initiative is to inspire more students to plan attending summer courses in the coming years.



News & Events



'Your health matters'

During Ramadan, Medawi Hospital in collaboration with Dubai Specialized Medical Center took up a special project to educate people, both Muslims and non-Muslims, about the meaning of Ramadan (fasting). In order to keep ourselves focused on daily activities, we need to take care of our health and this was the project's objective: to engage people with the health guidelines that Medawi and DSMC could share - "Your health matters."

As part of the project a two-day health check-up programme was organized starting from Aug. 17 at S.S. Lootah Main Office, Deira. Services rendered included blood sugar test, blood pressure, pulse rate, oxygen reading and height & weight monitor. A machine used for lungs inhalation was also provided. Doctor's health advice and results were provided after the full process of check-up.

A total of 137 people participated in the two-day health check-up. Medawi

and DSMC received an overwhelming feedback from the attendees with requests to extend the event.

Considering the positive responses, Medawi and DSMC are planning to hold a second health session after Ramadan. Schedule will be announced soon.

With this we would like to thank all those who participated to make this project a remarkable success.



News & Events >

DMC conducts Fire Safety session



The DMC Safety sub-committee organized a session on Fire Protection & Safety conducted by Mr. Shehab El Sayed El Badawi, Head of Fire Protection awareness programme, on Sept. 21, 2010. It was an interactive session which was followed by live demo with training on Fire Protection & Safety. The session was attended by the DMCG and DPC staff and students who were given hands on training on the use of fire extinguishers. Dr. Eslam Jaber, who is in charge of the Safety sub-committee, commented that providing awareness of safety is the best way to begin the academic year. It is part of the regular activities of the Safety sub-committee, which has planned for another session on laboratory safety in October, 2010. Mr. Shehab, who is responsible for carrying out such sessions in all educational institutions in Dubai, was awarded appreciation certificate from the Dean.

Career Guidance



The Career Guidance activities of DMC, organized by Dr. Haya Al Shawa, started with a big bang by a lecture from Dr. Abeer Al Gergawi for the 1st, 2nd and 3rd year students. The lecture, which covered her career, was delivered to a packed audience, who listened with spell bound silence. Her outright eloquence and honest unfolding of her ups and downs inspired the enthusiastic crowd well past the break time. Concerns about balancing family life with professional life and trusting in oneself were addressed during the interactive Q&A session.

Dr. Abeer, being one of the top graduates of batch 3 of DMC, is now the Specialist Senior Registrar at Al Wasl Hospital taking third on-call duties in ICU, Labour suites, A&E, Infertility and FP clinics. In addition to taking time off to be with family and to pursue other dreams, she obtained Part 1 MRCOG (UK) and has completed her Arab Board in 2010. She has trained within UAE and abroad in informatics, personality development, human energy, neuro-linguistic programming and hypnotherapy.



كلية دبي الطبية
DUBAI MEDICAL COLLEGE

Research Article >

Immunohistochemical localization of endothelial nitric oxide synthase in human testis

By Shefaa M. Gawish Anatomy Department, Nadiah M. El-Rouby Histology Department, Dubai Medical College, Dubai, UAE

Studies reported that nitric oxide has been implicated in several aspects of male genital physiology including erectile function and androgen secretion as well as affects sperm motility and capacitation. The objective of these studies was to characterize the distribution of e NOS in normal human testis and in some cases of infertility.

Methods

NOS protein was localized immunohistochemically using rabbit cytoplasmic polyclonal antibody against e NOS. The control group consisted of testicular biopsies obtained from cadavers, while the patients group was obtained from archival paraffin blocks. The patients' group was further subdivided into mild, moderate, severe hypospermatogenic subgroups and Sertoli cell only syndrome.

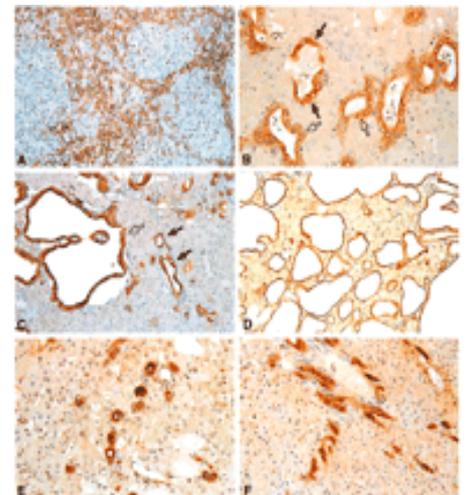
Results

Endothelial NOS protein co-localized to the cytoplasm of Leydig cells and Sertoli cells at all stages of spermatogenesis. It was also, localized to endothelial cells of interstitial blood vessels and fibrocytes. It was not detected in intact germ cells. However, e NOS was detected in the dislodged germ cells and arrested spermatids. It is concluded that NO is

produced by various cytotypes in human testis. The mean area percent of immunoeexpression proved that cases of impaired fertility showed high area percent than control.

Conclusions

The over expression of e NOS immunostaining means over production of e NO has a role in infertility. Subsequently, it is advisable to use NOS blockers to treat some cases of fertility problems.



Research poster presented at AACA Conference - 2010 in Hawaii, USA

DMC Faculty participate in AACA, Hawaii

Prof. Mohammed Galal El Din Ahmed and Prof. Shefaa M. Gawish from Department of Anatomy attended in the American Association of Clinical Anatomists Conference in Hawaii, USA in July 2010. Being lifetime members of the AACA, they renewed their role as international anatomists and shared views with other renowned experts in the field.

While Prof. Galal contributed in the workshop on Plastination and Anatomical Education, Prof. Shefaa presented the research poster from DMC, done with Prof. Nadiah "IHC localization of endothelial NOS in human testis". (see abstract given above)

DMC student bags first prize at the M.S.S.A. Annual Congress

Israa Al Zamrooni, a third year medical student from DMC won the first prize in the essay competition at the 7th Annual Congress of Medical Students' Scientific Association (M.S.S.A.), held from 27th to 29th of July, 2010 at Al Mansoura University, Faculty of Medicine, in Mansoura city, Egypt. In the Essay Competition held under the theme "Latest Medical Breakthrough 2000-2010", 18 students took part from 4 colleges - 3 from Egypt and, one from Dubai, UAE.

The following colleges participated:

- Al Mansoura University Faculty of Medicine
- Al Mansoura-Manchester College of Medicine
- Suez Canal University-Faculty of Medicine
- Dubai Medical College

Faculty Research >



كلية دبي للصيدلة
DUBAI PHARMACY COLLEGE



Influenza Vaccination: Healthcare workers' attitude in 3 Middle East countries

By **Dr. Eman Abu-Gharbieh**, PhD, Department of Pharmacology and Therapeutics, DPC.

ABSTRACT

Background

Healthcare workers (HCWs) pose a potential risk of transmitting communicable diseases in the hospital settings where they usually work. This study aims to determine the current influenza vaccination rates among HCWs in three Middle East countries namely United Arab Emirates (UAE), Kuwait and Oman, and also to identify the different variables associated with the noncompliance of HCWs to the recommendations of the Advisory Committee on Immunization Practices (ACIP) set in those countries.

Methods

1500 questionnaires were distributed to healthcare workers in the three countries during the period of July-October 2009.

Results

Among 993 respondents, the vaccination rate was 24.7%, 67.2% and 46.4% in UAE, Kuwait and Oman, respectively. The different motivating factors that influenced the healthcare workers to take the vaccine was assessed, and found that the most common fact that influenced their decision to take the vaccine, was for their self protection (59%). On the other hand, the most common reason that discouraged HCWs to take the vaccine was "lack of time" as reported by 31.8% of the respondents. Other reasons for not taking the vaccine were unawareness of vaccine availability (29.4%), unavailability of vaccine (25.4%), doubts about vaccine efficacy (24.9%), lack of information about importance (20.1%) and concerns about its side effects (17.3%).

Conclusion

Influenza immunization by healthcare workers in the studied countries was suboptimal which could be improved by setting different interventions and educational programs to increase vaccination acceptance among HCWs.

(Research Paper published in *International Journal of Medical Sciences*)

News & Events >

Congratulations!



Mrs. Doaa Kamal, top scorer of Batch 7, has successfully completed Masters' Degree (M.Sc) in Clinical Pharmacy. Mrs. Doaa is presently working as Assistant Lecturer at Dubai Pharmacy College.

Hearty congratulations!

Trivia



- You burn more calories sleeping than you do watching the television.
- An average adult will stand around 0.5 inches taller in the morning than in the evening due the slight cartilage compression that happens over the course of a day.
- Synesthesia is a rare condition where the human senses are combined. Synesthetes can 'see' words, 'taste' colors and shapes, and 'feel' flavors.
- A beard grows an average of 140mm a year.
- Relative to size, the strongest muscle in the body is the tongue.
- One out of every three people can't snap their fingers.
- Human adults breathe about 23,000 times a day.
- There are about 100,000 hairs on the human head.
- You spend 1/3 of your life in bed.
- Eating a burger requires 2 hours of nonstop dancing in order to burn its calorie content

Alumni Article >

Getting a head start while in college

By Sara S. Kamal



Going to college and dealing with lectures that never seem to end, assignments with nearly impossible deadlines, tedious lab reports, the continuous carousel of exams among all other things is a commendable feat in itself but it fades in comparison to the stark reality that the 'real world' presents. Graduates endure a long, strenuous process of putting in painstaking efforts to concoct an impressive yet credible resume, sending it out and posting the resume online, attending one interview after another, meeting with prospective employers, taking on internships of different shapes and colors, while grappling with trying to understand what they truly want in a job. The journey to a successful career is a memorable one, so take the time to enjoy it and savor all the lessons you learn along the course.

Here are a few things you can do while in college to give you a head start in the rat race to landing a job once you graduate:

Networking

College gives opportunities to do this like giving out strawberry cheese cake, pralines n' caramel ice cream and chocolate chip cookies all together. All the seminars, workshops, conferences you get a chance to attend, do attend. Being a college student means that you will get a discount or in some cases a free pass into such events. Ensure that you make your presence felt during seminars and workshops by participating actively and do not while away time being just another contributing number to the audience count. You are more likely to be remembered, even if faintly, when you make some noise (hopefully, you are not an empty vessel!). Corporations, companies and almost every other market player (read: future employers) set up stalls at conferences, and it cannot hurt to initiate contact with them. If there is a chance to participate in the conference, fight for that chance and do something that will make you stand-out from the rest. Another great place to have meaningful conversations and obtain some valuable insight into the different paths of work you can follow is - lunch, dinner, brunch or whatever it is that the particular event is holding.

Tip

It is highly likely that people know you are out to network, so do not pretend as if you are on an assignment from the FBI. Let people know what is it that you are looking for; they just might be able to help you along the way. The most important but dangerously ignored variable in networking – follow up. It is a good idea to send an e-mail to your new found contacts and thank them for their inputs sooner than later when their memory has already slotted you out.

Summer jobs, internships and volunteer work

Work experience is the key to a resume that hiring managers will give a look at. With the kind of gruelling competition that you will face at every step in finding a job and building a career, the right experience will help you go the distance. Working in different settings and atmospheres will help you identify where your best fit is and what work you can see yourself doing for a long period considering that most careers are a lifetime in the making.

Listen during lectures

There is a very good reason why listening to lectures is essential, even if you can obtain all that is said from a book and ace the exams. Lectures provide abundant instances to think when put in the spotlight and hone all that important presence of mind, comprehend reasoning based on emotional, logical or intellectual origins, sharpen concentration, rationalise thought process with logic and connect the scattered dots to visualise the big picture. Developing good studying skills to allocate time for everything else you want to do, will help in habituating time management and prioritisation.

Presentation and communication skills

Most jobs, irrespective of setting, these days involve making and giving presentations. College is an ideal place to practise, improve and hone your presentation skills. Communication is the foundation to any successful relationship. In an increasingly multicultural environment, both verbal and non-verbal communication (body language) is crucial to the exchange of ideas and information.

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Alumni Article >

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Languages

In a place like the UAE, the chances of meeting students from countries apart from yours are very high. Utilise the opportunity and learn a new language. Granted, it is not possible to master any language in such short time, learning useful vocabulary (no, choice swear words do not apply), inflections and body language particular to a certain origin is a great start. Knowledge of the common languages spoken by the diverse and large expatriate community such as Hindi, Urdu, and Tagalog is a definitive advantage over other job seekers.

Facebook, MySpace

Nowadays, social networking site have much more to offer than just the space to inform everyone who may or may not be someone you know, when and where the next big party is. There are a number of groups and organizations recruiting through these sites. An increasing number of singers, artists and writers get their big break through such online resources, a fact you should be aware of unless you live under a rock and pin your hopes on the likes of American Idol. A fair amount of discretion is advisable with all things on the internet to identify the genuine.

Tip

Savvy HR managers and recruiters no longer estimate your value to their organization based on resume alone. So watch what goes into and out of your profiles and things you don't want your prospective boss to see you doing, don't put up photos of them either. It just defeats the purpose, really! When it comes to landing the first job, working your way through promotions and sculpting a meaningful career, hit the ground running as the race began long before you even thought to join it.



Written By
Sara.S.Kamal
DPC Batch 13

Present position:
Provider Network Administrator
Quality & Operations
Neuron LLC



Trivia

- Its' reported that based on Life Expectancies, each cigarette you smoke shortens your life by 11 Minutes.
- There are about 500 species of bacteria living in your mouth that form plaque on your teeth. Plaque is best removed by daily flossing.
- Bananas have high levels of sugars, starch, and vitamins A and C.
- The average human eyelash lives about 150 days.
- Apples are more efficient than caffeine in keeping people awake in the mornings.
- Each day we lose anywhere from 10,000 to 100,000 brain cells.
- A study of American currency revealed the presence of bacteria, including staphylococcus, e-coli, and lebsiella, on 18 per cent of coins and 7 per cent of the bills.



Alternative Medicine >



مركز دبي الطبي التخصصي
DUBAI SPECIALIZED MEDICAL CENTER

Obesity cure through Ayurveda - Natural way

In Ayurvedic text, there are eight 'nindya prakruties' (undesirable constitution) according to the body constitution. Among them is obesity. Obesity is described as 'Medoroga' in Ayurveda. The overweight problem can be due to an actual increase in the fat component or due to malfunctioning. These, accordingly, will require different approaches. In very few cases it can be an offshoot of other metabolic disorders.



Body is made of 7 Dhatus components (Lymph), Rakta (Blood), Maans (Muscle), Meda (Fat), Asthi (Bones), Majja (Nervous System) Shukra (Reproductive System). But in Obese Meda (fat) is excessively nourished and remaining other components get malnourished.

In modern science, obesity is defined in terms of Body Mass Index (BMI). Body Mass Index is a mathematical calculation used to determine whether a patient is overweight or not. It is calculated by dividing a person's body weight in kilograms by their height in meters squared [weight (kg)/ height (m)²]. Being obese and being overweight are two different things. A BMI of 30 or more is considered obese and a BMI between 25 to 29.9 is considered overweight.

Treatment of Obesity in a natural way

Prevention is better than cure. You must take precautions rather than going for treatment after increase in weight. Once you are obese it is difficult to treat yourself. Ayurveda gives more importance to suitable diet and activities than drug therapy. You can follow some of the simple tips:

Home Remedies

- Make a mixture of two teaspoons of lime juice, one teaspoon of honey, in a glass of water and have it regularly.
- Instead of eating only 2 full meals like lunch and dinner, try to eat 3 small mini-meals spaced 2-3 hours apart during the day.
- Drink a glass of boiled water daily after every meal.
- Spices like ginger, cinnamon, black pepper etc. are good for losing weight. Drink ginger or cinnamon tea 2-3 times a day is also a good remedy for obesity.
- Increase the quantity of fruits and vegetables and low calorie foods.
- Avoid intake of too much salt as it may be a factor for increasing body weight.
- All kinds of milk products-cheese, butter, and non-vegetarian foods should be avoided as they are rich in fat.
- Avoid rice and potato, which contain a lot of carbohydrates. Raw or cooked cabbage inhibits the conversion of sugar and other carbohydrates into fat. Hence, it is of great value in weight reduction.
- Massage helps in evenly distributing the fat and to break up the hard cellulite formed in the body.

Herbal Remedies

The following have been commonly and traditionally used to treat obesity:

Guggul (Commiphora mukul): The gum of Commiphora Mukul called 'guggulu' is the drug of choice for the treatment of obesity. It lowers down cholesterol, removes deposited fat quickly. It helps to regulate the lipid metabolism. Its benefits as a weight-loss and fat burning agent and have been well researched and documented in several studies.

Licorice (Glycyrrhiza glabra): Licorice root strengthens the adrenal glands, thus helping to sustain a regulated blood-sugar level and reduce cravings for sweets. Licorice tastes sweet.

Triphala (Embllica officinalis): Effective Laxative which takes away fats from body and reduces weight. It has strong purifying and antioxidant qualities as well as reducing the overall water content in the body tissues.

Aloe Vera (Aloe barbadensis): Aloe vera juice improves digestion and cleanses the digestive tract.

Garcinia Cambogia: Garcinia slows down the enzyme process that is responsible for producing fat within the body's cells. As a result, the process of thermogenesis is accelerated. The active ingredient in Garcinia cambogia, hydroxy-citric acid, has been shown to help reduce appetite by maintaining blood sugar levels in the body. It also helps promote the conversion of blood sugar into glycogen rather than fat.

Fat burning foods and vegetables in general are: Apple, carrot, asparagus, cabbage, watermelon, papaya, pineapple, bitter gourd, egg white, litchi, barley, green gram and sesame oil.

Do keep in mind: Regular walk after meal, regular exercise, yoga and diet control prevents obesity.



Compiled by Dr. Pratibha, DSMC

Alternative Medicine >

How to Lose the Weight and Keep it off with Acupuncture

Weight loss comes under the topic of 'Weight Control', because we are concerned with the loss and 'maintenance' of loss of weight. This is a multi-faceted problem, and a good program that involves diet, exercise and stress reduction techniques. Chinese acupressure and digestive aid exercises are useful tools in reducing body weight.

Acupuncture is an 'adjunct' therapy. It is not a panacea or a wonder cure in the treatment of weight control. But, acupuncture is effective in making it easier to lose and maintain that loss if the patient is willing to change their lifestyles. The exact mechanism by which Acupuncture works is unknown but we know that Acupuncture needles inserted into specific points on the body and in the ear release endorphins which have a calming and relaxing effect that makes it easier to deal with stress, frustration and anxiety that can trigger overeating and bingeing on fattening foods. Also endorphins affect the digestive and hormonal systems so acupuncture can help rebalance the organ systems that are running too fast- or in this case too slow- i.e., the metabolism and the willpower.

The Acupuncture treatment

In order for the acupuncturist to choose the correct points for you, you must first come in for a consultation to discuss your particular pattern of overeating, and let the practitioner understand if there are any real digestive difficulties. Then the acupuncturist would check your pulse to discern the general state of your energy and measure the health of your stomach energy in particular, and then they would look at your tongue to check for cracks, peeling or puffiness on the stomach area, or a suspicious yellow or thick white coating that might indicate troublesome heat or coldness in the stomach and would provide some clues as to why the person was gaining weight.

The Acupuncture points

After the consultation, armed with this information the acupuncturist would devise a treatment protocol using a combination of ear and body points. Although the Chinese developed the system of Auricular (ear) Acupuncture long time ago, as one of the various Microsystems of the body containing all the points relating to the major organs and body parts, a Frenchman by the name of Nogier, discovered many more acupuncture points on the ear that pertain to Western medicine such as points called 'Adrenal', 'Pituitary', 'FSH', 'Ovary', 'Thyroid', etc.

Many of the points from both Ear Acupuncture systems that are important for weight loss treatments are:

- Mouth:** For the impulsive eater who may also smoke a lot and talk a lot
- Stomach:** For the person who eats even after they're full or who's constantly nibbling
- Lung:** For food addicts, and people who love chocolate, sweets
- Shenmen:** A calming point, for the psychology overlay for anxiety, anger, frustration, insecurity
- Endocrine:** For water retention that's responsible for some of the weight gain
- Adrenal and Ovary:** If weight gain is due to menopause or P.M.S.
- Spleen:** For sugar imbalances and hormonal disturbances
- Kidney:** For water retention, and nervous system and hormonal imbalances
- Thyroid:** For slow metabolism

The practitioner chooses two or more of these points for each treatment depending upon the patient's problem and personality profile regarding overeating.

The next step is to choose body points. The acupuncturist may use electro stimulation on some of these acupuncture points to increase the endorphin release and stimulate the metabolism. The needles would be kept in place for around thirty to forty-five minutes depending on how much support was needed for the patient, and after the needles are removed, ear tags with adhesive on them are often placed in the same spots on the ear to continue the stimulation between treatments. The way it works is this: when the patient feels an urge to eat, he/she applies mild pressure to the point or rubs it back and forth for about 20 seconds.

This type of acupressure stimulates the point, causes a mild endorphin release, relaxes the patient and helps them to regain their willpower or resolve about resisting the temptation to eat. The patient removes the tags at home after three days and throws them away or takes them out sooner if there is any irritation or discomfort. It is a good idea to also remove oneself from the location, person or food that triggers the resistance to the diet or contributes to the breakdown of willpower. For example, one might want to stay away from the kitchen and refrigerator between meals.

The treatment plan

The required number of Acupuncture treatment sessions depends on the patient's goals for losing weight, the speed at which they want to lose, and their commitment to keeping the weight off. If the overeating is severe, a treatment session every day for the first five days is appropriate and can then taper off the second week to every other day and the third week to every three days.



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For an average patient who wants to lose between five to ten pounds, one treatment every three days or twice a week until they reach their goal is appropriate, and then a booster treatment once every two weeks is optimal. After a few booster treatments, the patient and practitioner will mutually decide when to terminate frequent treatments and then can aim to meet approximately four times a year at the change of seasons when energy levels are unstable.

Nutritional counseling and lifestyle changes

As mentioned earlier, a good weight loss programme includes nutritional counseling and exercise as well as a commitment to make permanent lifestyle changes. An acupuncturist can help with nutritional counseling and can discuss a diet regimen that the patient can live with and maintain for the long term. A diet that is high in fiber and low in fat, with moderate amounts of low-density carbohydrates and low-fat protein is usually the best choice to adopt. With this type of diet programme, the patient can avoid the pit-falls of 'yo-yo' dieting or the tendency to lose weight and then regain it.



Other important tools that can aid in weight loss are stress reduction techniques and a moderate exercise regimen. The acupuncturist can suggest various stress reduction methods that may include breathing exercises, Tai Chi, Yoga, meditation or biofeedback. And since the goal of a weight loss programme is not only to lose weight but also the maintenance of that loss, an exercise programme that the patient likes is the best one to choose.

The patient could try starting a programme that includes brisk walking three times a week for forty minutes. After a few weeks when stamina is increased, they could try walking five times a week. After that more aerobic exercises can be added such as the treadmill, stair climber, cycling or whatever form of rigorous exercise the person enjoys and can maintain for the long term. It is a good idea to use free weights beginning with three pound weights and practicing just two to three sets of arm curls three times a week. Moderate weight training builds lean body mass and helps to reduce body fat as well as strengthen and build bone mass and reduce the risk of osteoporosis.

Chinese herbal medicine and supplements

A good individualized nutritional supplement programme is important because everyone has different metabolism and different needs for nutrients. It will include vitamins, minerals, herbs, antioxidants, phytochemicals and nutraceuticals. These will support the diet programme and balance the blood sugar to help give body the strength, energy and defense it needs to maintain the healthy lifestyle that he/she has begun. While no guarantee may be given for Acupuncture treatments for weight loss, self-motivated patients who will take the time to practice most of the things outlined here will most likely be pleased with the results that they find within a reasonable span of time.



Compiled by Dr. Najafi Ali, DSMC

Trivia

- A pair of human feet contains 250,000 sweat glands. Each foot can sweat the equivalent of half a glass of water per day.
- There are about one trillion bacteria on each of your foot. That's why feet are so smelly.
- Your teeth start growing six months before you are born.
- What's the hardest substance in your body? It's the enamel in your teeth.
- You use 200 muscles to take one step.
- Your big toes have two bones each while the rest have three bones.
- Every 12 years, we humans have an entirely new skeleton due to the body's continual replacement of its bone cells.
- Your heels bear 60 per cent of your body's weight.
- Tobacco kills more people each year than all of the illegal drugs in the last century.

