

QU honours traffic safety contest winners

QU students win video competition

DOHA: Best entries to the competition on traffic safety awareness programme organised by Qatar University's Qatar Road Safety Studies Centre (QRSSC) have been recognised on Thursday.

The competition was part of an awareness campaign on pedestrian safety launched by the centre in line with the UN Week for Safety on Roads commemorated in May.

The competition included three categories — best video (universities), best article (secondary and preparatory schools) and best poster (primary schools).

QU students Merna Ammar and Alaa Shehade were named winners of the best video by a judging panel, followed by Irfan Mansoor and Rehan Feliz Pinto of Stenden University; and Ibrahim Arar and Ihab Meqdad of QU. A distinguished award decided by the centre was presented to Ahmed Al Mukhtar and Khalifa Al Merri also of QU.

Best Article (secondary) winners were Jassim bin Hamad Secondary Independent School for Boys and Ahmed bin Hanbal

Secondary Independent School for Boys, while Hamza bin Abdullmutallib Preparatory School for Boys, and Osama Bin Zaid Preparatory School for Boys won in the category for preparatory schools. Al Thiayen Primary Independent School for Girls and Umm Al Ammad Primary School for Girls won Best Poster (primary).

A total of 90 students participated and 76 entries were submitted which included 16 from universities, 20 from secondary, 30 from primary and 10 from preparatory schools.

The winners were felicitated at the ceremony which was attended by QRSSC Director Dr Khalifa Al Khalifa, QU VP for Research Dr Hassan Al Derham, and VP for Academic Affairs Dr Mazen Hasna, Director Qatar Traffic Department Brigadier Mohamed Saad Al Kharji, General Secretary of the National Committee for Traffic Safety Mohamed Al Malki, QU College of Engineering Dean Dr Rashid Al Ammari, a number of CENG members and representatives from Maersk Oil.

Dr Al Khalifa stressed the importance of road safety in



Dr Rashid Al Ammari, Brigadier Mohamed Saad Al Kharji and Dr Khalifa Al Khalifa during the ceremony.

terms of driver and pedestrian welfare and the role of the centre to continue to raise awareness throughout the community, especially among young drivers. He thanked Maersk Oil for its sponsorship of the event and daily communications with the centre to set competition rules, monitor entries and publicize it to the Qatari community. "Maersk Oil's role in this competition is highly appreciated

and we are looking forward to further cooperation", he added. Dr Al Khalifa also recognised other centre partners for their support of the centre's traffic safety efforts.

Maersk Oil Deputy Managing Director Sheikh Faisal bin Fahad Al Thani said: "I am pleased to see yet another meaningful collaboration between Maersk Oil and Qatar University. Road safety is very near and dear to all

of us in Qatar and engaging and instilling the youth with a sense of responsibility and involving them in the solution is necessary. I am grateful to the National Traffic Safety Committee and the Ministry of Interior who supported this initiative under its highly successful One Second national road safety communication platform."

THE PENINSULA

Greeting sent to Spanish king

DOHA: The Emir H H Sheikh Tamim bin Hamad Al Thani has sent a cable of greetings to King Juan Carlos of Spain on the occasion of his country's National Day. The Prime Minister and Interior Minister, H E Sheikh Abdullah bin Nasser bin Khalifa Al Thani, also sent a similar cable to the Spanish king on the same occasion.

Qatar and Tunisia sign MoU

TUNIS: The State of Qatar and the Republic of Tunisia have signed a memorandum of understanding (MoU) on giving legality for the start of the Qatar-Tunisian Friendship Fund.

The Fund which was launched on May 8 is aimed to strengthen cooperation between the two countries, and to promote developmental activities through the provision of job opportunities for the youth in all parts of Tunisia, through granting interest free loans to motivate them to establish projects which contribute to the creation of jobs.

Tajik PM meets Qatar's envoy

DUSHANBE: Tajik Prime Minister Oqil Oqilov met yesterday Qatar's Ambassador to Tajikistan Ali bin Mubarak Al Muhannadi. Talks during the meeting dealt with relations between the two countries and means of enhancing them.

QNA

Sports Village at Katara



A view of some of the facilities at the Katara Sports Village. The village will open on the first day of Eid Al Adha.

Gout patients told to lose weight

DOHA: People with gout, a form of inflammatory arthritis have been advised by health care experts to lose weight and reduce red meat in their diet, according to experts.

Uric acid crystallises in the joints for people with gout.

Dr Izzat Ali Muhammad Khanjar, Consultant Rheumatologist at HMC, urged people to reduce consumption of red meat and artificial sweeteners and to completely refrain from alcohol to avoid painful gout attacks.

"Gout is characterized by recurring attacks of acute inflammatory arthritis that are caused by elevated levels of uric acid deposits in the joints", he said. "It commonly affects men more than women but is also common in menopausal women," he said. "Gout is also associated with obesity and it also affects people with

metabolic syndromes.

"Gout attacks can be attributed to excessive intake of red meat, artificial sweeteners and artificial sugar substitutes, as well as alcohol. In addition, use of some drugs, including diuretics and aspirin, may increase the chances of developing gout."

Dr Izzat said that gout usually has two stages. Symptoms of the first stage include the occurrence of an acute attack with severe pain that may keep the patient awake at night as well as red and swollen joints, especially at the base of the big toe. The second stage is characterized by recurrent attacks of inflammatory arthritis, where several joints become affected such as the knee, ankle, hand and arms.

"Gout can be diagnosed by physical examination. To confirm the diagnosis, synovial fluid

samples (taken from the fluid in the joints) are taken to be tested for the existence of uric acid crystals. The formation of uric acid deposits under the skin or in the ear lobe is a clear sign of gout," Dr Izzat said.

Dr Izzat recommends treatments including patient education about reducing red meat consumption and ensuring intake of fluids, especially during the summer months. He also says anti-inflammatory topical ointments, pain relievers, non-steroidal anti-inflammatory medications can help reduce discomfort.

But, Dr Izzat says prevention and awareness is the best way forward for dealing with the painful effects of gout. "Losing weight is essential in this regard, as obesity is a main factor in the increasing uric acid levels in blood," Dr Izzat said.

THE PENINSULA

Happy Eid Al Adha

from Ezzan Hotel & Suites

Enjoy Luxury Food Festival During All Days of Eid Al-Adha

75% OFF

Enjoy International and Arabic Buffet

- Children younger than 6, eat for free.
- Children between the age of 6 to 12 dine for 40 QAR.

Inclusive with the access to our Olympic Swimming Pool

149% OFF

For Enquiries & Reservation Tel: 44969111 - 44969600 - 44969620

EZZAN

Kahramaa announces tanker filling station timings

DOHA: Qatar General Electricity and Water Corporation (Kahramaa) has announced timings for all its Tanker Filling Stations during Eid holidays.

A day before Eid on October 14, Saliyah and Umm Salal Tanker Filling Stations will be open from 6am to 12 midnight while Al Shahaniya, Al Jumeiliya and Mesaieid filling stations will be operative from 6am until 2pm and 7pm to 12am.

Al Shamaal filling station will be open from 5pm to 10pm and Al Wakra and Al Khor filling stations will be operational from 6am to 10pm and 6am to 7pm respectively.

On October 15 (Eid day), the filling stations at Saliyah and Umm Salal will be open from 2pm until 6am next day while Al Wakra will be open from 2pm to 10pm and Al Khor filling stations will be open from 2pm until 7pm.

Other filling stations will be closed on Eid day.

Filling stations at Saliyah and Umm Salal will be open round the clock from October 16 to October 20, while Al Wakra filling station will be functional from 6am until 10:00 pm and other filling stations will be functional from 6am to 2pm.

THE PENINSULA

Health centre holds lecture on obesity for schoolchildren



Schoolchildren attending the lecture at Um Ghalwina Health Centre.

DOHA: With the aim of providing a number of important medical advices about the risks of obesity and the necessity to fight it by adopting a healthy and balanced diet Um Ghalwina Health Centre has organised lectures for schools students.

"Obesity is the most serious disease which destroys the body, not only because it is an illness, but also for being a key reason of many other fatal diseases. It should be treated seriously by adopting a regular healthy lifestyle mainly a balanced diet, exercises, smoking cessation as well as other necessary health procedures," Dr Shauqia Al Majid, Director of Um Ghalwina Health Centre, said.

In this context, Dr Shaima'a Mohammed Al

Mutaw'a, Family Medicine Specialist, said that the main goal of such activities is to shed the light on chronic diseases that became widely and abnormally spread in our community, mainly obesity, due to its consequent health problems. Obesity is a cause of many diseases such as diabetes and is a consequence of high cholesterol and heart diseases, she added.

The event also included several lectures addressed obesity, its causes and symptoms, preventive methods, as well as the healthy food and diet, and shed the light on the importance of physical exercise. It also involved various activities including the distribution of souvenirs to students, healthy meals and appreciation certificates.

THE PENINSULA