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DDI, leading the fight against diabetes



THE TIMES KUWAIT REPORT

World Diabetes Day (WDD), marked each year on 14 November, is a timely reminder of the growing global prevalence of diabetes and the significant challenge that it poses to the health and well-being of individuals, families and societies worldwide. In Kuwait, the Dasman Diabetes Institute (DDI) is leading the fight against diabetes, employing a multifaceted approach of research, treatment, and raising public awareness.

Diabetes claimed the lives of 6.7 million people worldwide in 2021 alone; in comparison, over a three-year period from January 2020 to

the end of 2022, the number of people who succumbed to COVID-19 pandemic was around 6.9 million. Globally, 537 million adults, or one in ten of those aged 20 – 79 years, were living with diabetes in 2021. A further 541 million people were found to have Impaired Glucose Tolerance (IGT), which placed them at high risk of developing type 2 diabetes. And, even more shockingly, almost one-in-two (44.7%) adults currently living with diabetes were unaware of their status before being diagnosed.

While the world population is expected to grow by 20 percent, between 2020 and 2045, the prevalence of diabetes is projected to increase by 46 percent; growing from 537 million in 2021 to 643 million by 2030 and 783 million



by 2045. These figures and other dismal facts on diabetes are revealed in the latest iteration of the IDF Diabetes Atlas, an authoritative source on the prevalence of global diabetes, published annually by the

International Diabetes Foundation (IDF)..

In the Middle-East and North Africa (MENA) region, the prevalence of diabetes has witnessed a decadal doubling since 2000. The number

of adults diagnosed with diabetes in the MENA region, which stood at around 17 million in 2000, rose to 33 million by 2011, and 73 million in 2021. Projections indicate that diabetes in the region is set to soar to 95 million by 2030, and reach 136 million by 2045, or roughly 18 percent of those living with diabetes globally.

Moreover, with 75 percent of adults diagnosed with diabetes now living in low- and middle-income countries, it is not surprising that almost 90 percent of undiagnosed cases of diabetes were also found to be in these nations. Low rates of clinical diagnosis of diabetes in states and territories are often the result of fewer resources available to authorities to conduct diabetes surveillance,

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Supreme Traffic Council reviews flexible working hours

Undersecretary of the Ministry of Interior and Chairman of the Supreme Traffic Council (STC), Lieutenant General Anwar Al-Barjas, presided over the eighteenth council meeting that was held last week.

In his address to STC members, Lt. General Al-Barjas emphasized the need to persist in diligent efforts to find solutions to current and future traffic challenges, with a primary focus on ensuring road user safety and streamlining vehicle movement. He underscored the necessity for collaborative endeavors to devise both practical and scientific resolutions to the traffic problem.

The Council examined various traffic and regulatory considerations, including

evaluating the traffic flows following the introduction of flexible working hours in ministries and other public sector undertakings. The discussion assessed the successes and shortcomings in achieving smooth traffic flow, and reviewed a presentation from the secretariat regarding a proposal to enhance dedicated bicycle paths.

Council Secretary presented reports from the newly formed committees, namely the Committee for Reviewing the Executive Regulations of the Traffic Law and the Traffic Awareness Campaign Committee. The latter comprises representatives from the Ministries of Interior and Information.

In conclusion, Al-Barjas stressed the significance of unified efforts in developing



practical and scientifically grounded solutions to the traffic problem. He affirmed that the outcomes of the studies, proposals, recommendations, and decisions from the meeting would be presented to the First

Deputy Prime Minister and Minister of Interior.

The meeting was attended by key figures such as Eid Al-Rashidi, the Undersecretary of the Ministry of Works, Dr. Salman Al-Lafi, the Undersecretary of the Ministry of Education, Dr. Engineer Nasser Muhaisen, the Undersecretary of the Ministry of Information, Eng. Khaled Al-Osaimi, the Director of the General Authority for Roads and Land Transport, Brigadier General Khaled Mahmoud, the Deputy Director General of the General Traffic Department, Dr. Fahd Al-Rukaibi, the Director of the Center for Transport and Traffic Safety at Kuwait University, and Brigadier General Salem Al-Ajmi, the Secretary of the Council.

Heavy fines, penalties for traffic violations

Existing traffic regulation laws are set to undergo comprehensive amendment as part of the government's plan to introduce a series of stringent penalties and heavy fines for traffic infractions and ensure safer and more orderly road conditions.

The significant changes being planned include a three-month prison sentence and a KD500 fine for exceeding the legal speed limit; a KD300 fine and three-month jail term for drivers using a smartphone while operating a vehicle, or for driving vehicles that are dilapidated or decrepit.

Additionally, any driver who fails to make way for emergency vehicles such as firefighting, ambulances, civil defense, police, and official convoys may face fines ranging



from KD250 – KD500. The amended law will also levy a fine of KD200 and a two-month prison term for drivers found to have windows with incorrect tint or shading, while the fine for placing unauthorized writings, stickers, or pictures on a vehicle's body will range from KD100 – KD200.

Furthermore, individuals who allow their children or pets to lean out of the window of a moving vehicle will incur a fine of KD75 dinars. The proposed amendments recommend replacing imprisonment with a fine ranging from KD45 – KD75 for individuals who leave

animals unattended on public roads. Similar fines will also be applied to the parking of transport vehicles, sale of mobile goods, food and drinks within residential areas, public spaces, vital areas, and oil facilities, as well as improper parking in designated or privately-owned places.

To enforce these changes, the amendments outline various provisions including:

That a police officer detecting a fatality or accidental injury resulting from traffic accidents can seize the driver's license or vehicle license and refer the matter to the

competent authority within 24 hours.

The Minister of Interior can issue a decision on the rules, conditions, and tariffs for vehicle insurance, as well as issue a decision regarding cases in which insurance companies provide compensation for vehicle accidents upon settlement.

No one may learn to drive a motor vehicle or motorbike without obtaining a learner's license from the Traffic Department.

A driving license withdrawn from its holder after first obtaining it may be returned after completion of an awareness course, following two non-serious violations within the first year of obtaining the license.

The amendments grant police officers the authority to arrest individuals found driving under the influence of intoxicants, participating in unauthorized vehicle races, and exceeding the speed limit by more than 50 km per hour, among other violations.

The comprehensive proposal to amend traffic laws and regulations aim to ensure safer and more responsible driving behavior while promoting adherence to traffic regulations in Kuwait.

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Palestinian Heritage Center exhibition helps draw popular support



THE TIMES KUWAIT REPORT

The Palestinian Heritage Center's exhibition 'Help Humanity' which opened on Monday 6 November at the headquarters of the Women's Cultural and Social Society, witnessed a large popular and diplomatic presence, to deliver a message that the international community supports the just cause of Palestinians and to denounce the brutal killing of the people of Gaza by Israel.

Palestinian Ambassador, H.E. Rami Tahboub, confirmed, in a statement to reporters on the sidelines of the exhibition, that "it is different from previous exhibitions and its proceeds are allocated to our people in the Gaza Strip," noting that the exhibition was distinguished by an unprecedented large international presence.

Ambassador Tahboub added that the presence of civil society and the participation of many European ambassadors confirms a message from the international community that the Palestinian issue is clear, and that it stands by the Palestinian people and against the genocide they are being subjected to in the besieged Gaza Strip and the West Bank, considering that

what is happening in Gaza is a crime.

War, and that what the occupation is doing is not self-defense, but rather genocide and attempts to displace the Palestinian people, denouncing preventing the people of the West Bank from moving between Palestinian cities and placing iron gates at their entrances. Ambassador Tahboub praised the Kuwaiti popular stance in emphasizing its support for Palestine by organizing solidarity vigils and declaring honorable positions.

In turn, MP Abdul Wahab Al-Issa affirmed Kuwait's continued support for the just and deserving Palestinian cause, its leadership, government and people. He pointed out in a statement that such social and cultural events are merely an extension of community support for brothers in Palestine, calling on the Kuwaiti people to participate in such activities to support brothers in Palestine. He reiterated his emphasis that "the Kuwaiti Parliament continues to support the just Palestinian cause with all the capabilities available to us."

In turn, the Egyptian Ambassador to the country, H.E. Osama Shalthout, expressed his happiness at participating in this exhibition, which carries meanings of humanity, pointing



out that the large presence from various segments of Kuwaiti society, in addition to a large number of heads of diplomatic missions from various countries of the world, indicates that everyone stands with the Palestinian right to establish its state according to its legitimate borders.

He added that despite the symbolism of this exhibition, it confirms that the Palestinian issue remains and Palestine will continue its struggle until it obtains its rights with the support of all

Arab countries, especially Egypt. He praised the timing of holding this important exhibition, calling on the Palestinians to unite and adhere to their land.

He continued, "Egypt and all countries called for an end to the collective punishment of the people of Gaza and the opening of humanitarian corridors for humanitarian aid to reach them," explaining that about 7,000 tons of aid had been brought in through the Rafah crossing, but much more than that was required.

He pointed out that there are more than 10,000 martyrs in Gaza, more than two-thirds of whom are women and children, and this violates all international norms and laws and is internationally classified as war crimes.

Canadian Ambassador H.E. Aliya Mawani said she learned about the ancient Palestinian heritage and expressed her happiness at attending the exhibition, pointing out that this exhibition introduced everyone to Palestinian history and the costumes of each city in it, which symbolize the depth of this heritage. She added that the Palestinians are proud of their history and heritage, explaining that it was a good opportunity to introduce everyone to this ancient heritage.

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Health authorities alarmed at rapid rise in addiction

Over the past eight years, the Addiction Treatment Center at the Ministry of Health (MoH) has witnessed a staggering rise in the rise of addiction in the population, with over 81,072 cases seeking assistance during this period.

The alarming numbers that shed light on the severity of the addiction crisis in the country

was revealed by the Minister of Health, Dr. Ahmed Al-Awadi, in response to a query by parliamentarian Dr. Muhammad Al-Mahan.

Elaborating on the data, the health minister stated that from the start of 2015 to September of this year, a total of 81,072 cases had been registered at the Addiction Center of individuals seeking treatment. In the first nine

months of 2023 alone, the center opened 894 new files, provided treatment to 2,081 cases within its wards, and attended to 9,537 cases through outpatient clinics. The grim reality was further emphasized with the disclosure that 268 individuals lost their lives due to addiction over the past eight years.

Highlighting the health ministry's role in combating the surge of drug abuse among the youth, Dr. Al-Awadi underscored the integrative nature of the process. He noted that the Ministry collaborates with various state agencies, and with the newly reconstituted Supreme National Committee for Combating Drugs, to fight drug addiction, and to prevent it by raising awareness of this social problem among the public.

Ministerial Resolution No. 1315 for the year 2022 has designated the First Deputy Prime Minister and Minister of the Interior as the head of the Supreme National Committee for Combating Drugs, with membership comprising the Minister of Health, the Minister of Education, the Minister of Social Affairs and Community Development, the Minister



of Endowments and Islamic Affairs, and the Minister of Information and Culture.

A subcommittee, specifically the Committee for the Treatment and Rehabilitation of Addicts, emerged from this structure. It is headed by the Minister of Health, with membership from the Undersecretary of the Ministry of Health, the Chairman of Bashaer Al-Khair Association, the General Director of the Addiction Hospital, the Undersecretary of the Ministry of Finance, and the Assistant Undersecretary for Criminal Security Affairs and Correctional Institutions at the Ministry of Interior.



Jazeera Airways registers increase in net profit

Jazeera Airways announced last week that it registered KD13.27 million in Group Net Profit and an operating profit of KD18.08 million KD for the first nine months of this year. Total revenues during this period was up by 12.8 percent to KD158.9 million, against the KD 140.8 million during the same period in 2022.

Last year, the company's profit also included a one-time gain of KD1.73 million resulting from the sale and lease-back of engines. The airline continued to lead the market with a 35.78 percent share, 17 percent higher than the same period in 2022. Jazeera's passenger numbers maintained strong growth, increasing by 35.6 percent to 3.5 million. For the nine-month period, load factor also

grew to 79 percent compared to 76.4 percent last year. Retail lease revenue at Jazeera Terminal (T5) was 52 percent higher compared to the previous year, while duty free revenue was KD 4.02 million, an increase of 22 percent from a year earlier.

Jazeera Airways Chairman, Marwan Boodai, commented: "For the nine months period of 2023, despite the tough regulatory, geo-political and regional landscape, we carried a record number of passengers, delivered a strong load factor, and built an attractive network of destinations that resulted in Jazeera having the biggest market share in our home base of Kuwait. While depressed yields due to over-capacity remain a challenge, we are well placed to leverage our low cost-base to maintain margins and create value for our shareholders."

In the third quarter, Jazeera launched direct flights from Kuwait to Islamabad and Tehran, now flying to a total of 64 destinations. As part of its planned expansion, the airline welcomed two additional aircraft to its fleet in the last quarter. Jazeera Airways now operates a fleet of 22 aircraft across its network in the Middle East, Central and South Asia, Africa, and Europe.

In line with adopting sustainability practices into its operations, Jazeera in the last quarter, became the first low-cost carrier in the Middle East to switch from plastic to eco-friendly food service ware in-flight. By changing from plastic cutlery to 100% biodegradable spoons, forks, knives and napkins, Jazeera reduces 300 kilograms of plastic on its flights each month. This initiative is part of Jazeera's goal to achieve net-zero emissions by 2050.



Ambassador of Viet Nam visits Dasman Diabetes Institute

His Excellency the Vietnamese Ambassador to Kuwait, Thang Toan NGO, paid a field visit to Dasman Diabetes Institute, which was established by Kuwait Foundation for the Advancement of Sciences.

The ambassador was met by Dr. Qais Saleh Al-Duwairi, Director General of Dasman Diabetes Institute. The ambassador's visit aimed at getting to know closely the important institutions in Kuwait and strengthening scientific cooperation. During

his visit to the institute, many scientific and research topics, and issues of common interest between the two sides, were discussed.

The Ambassador was briefed about the institute's scientific progress, its importance, and its role in the service of scientific research in Kuwait, discussing ways to enhance joint research and scientific cooperation. In turn, the ambassador praised the institute's impressive developments and achievements.

KEMS Zajil Telecom Leads Groundbreaking National Project to Enhance Ministry of Education's Bus System with GPS Solutions



In a strategic collaboration with Telox in a project under the Kuwait Public Transport Company, KEMS Zajil Telecom is spearheading a transformative national project aimed at elevating and enhancing the Ministry of Education's bus system with GPS solutions.

As a distinguished player in the information and communications technology sector, KEMS Zajil Telecom, part of Kalaam group, and headquartered in Kuwait, has a proven track record of delivering cutting-edge technical solutions to a diverse clientele across the Middle East. With a mission to provide comprehensive services in information and communications technology, the company has earned acclaim for tailoring solutions to the unique needs of clients in various industries within the realm of communications and information technology.

As a technology leader, KEMS Zajil Telecom is actively engaged in a key national initiative alongside Telox, a major player in wireless communications and location technology. Together, they aim to enhance Kuwait's public transport network, with a specific focus on modernizing the Ministry of Education's bus transit system. Committed to delivering cutting-edge positioning technology and solu-

tions, KEMS Zajil Telecom and Telox showcase their dedication through a groundbreaking technical solution. This innovative project significantly improves public transit, emphasizing their commitment to providing the Kuwaiti community with high-quality and sustainable services.

This initiative leverages state-of-the-art positioning technologies, involving the integration of advanced positioning systems into public transport buses. These systems are strategically designed to optimize bus schedules and facilitate efficient monitoring by both the Ministry of Education and the Kuwait Public Transport Company. The introduction of a GPS system marks a pivotal step in enhancing public transportation services in Kuwait, especially in support of the Ministry of Education's initiative to streamline the transportation of school students on daily and seasonal excursions.

By providing real-time information to officials and ensuring accurate monitoring of buses dedicated to the Ministry of Education project, this system enhances overall bus efficiency and ensures the safety of Kuwaiti Ministry of Education students.

Bring home joy this festive season with the joyful cashback festival at Joyalukkas

Diwali is just around the corner and the world's favourite jeweller, Joyalukkas, is about to make it a Diwali to remember for all jewellery lovers. The festivities have begun in full swing with the ongoing Joyful Cashback Festival. Customers can also now avail of dazzling deals on their jewellery purchases; this offer will be valid till 12th November 2023 across all Joyalukkas showrooms.

Jewellery shoppers can enjoy many attractive offers with the Joyful Cashback Festival. The offers include KWD 5 gift voucher on gold jewellery purchases worth KWD 250. You can also get a KWD 20 gift voucher on purchase of Diamond, Polki and Pearl jewellery worth KWD 250.

Mr. John Paul Alukkas, Managing Director, Joyalukkas Jewellery, announced this exciting promotion and said, "We are overjoyed to bring the Joyful Cashback Festival to our customers. It is an opportunity for them to make all their festive jewellery purchases for themselves and their loved ones and enjoy exciting cashback offers while they are at it. We wish all our



customers and patrons a prosperous and happy festive season!"

During Dhanteras and Diwali, jewellery buying is considered auspicious, and the Joyful Cashback Festival is sure to make customers even happier, during this auspicious occasion. Since gold prices are now fluctuating, this is the best time for shoppers to take advantage of the pre-book offer and pick their jewellery on the auspicious day of Dhanteras and Diwali.

This Joyalukkas Festive offer will be valid across 10 countries including the GCC region, Singapore, Malaysia, USA, and UK.



Baltic Amber, Poland's prized treasure on display

Embassy of Poland in collaboration with the Amber International Association (IAA), in Poland, organized an exhibition titled 'Baltic Amber — Treasure from Poland' at the embassy premises on 7 November.

The exhibition, which featured a scintillating display of Baltic amber jewelry, sculptures and rosary collections, provided an opportunity for visitors to examine up close the exquisite beauty of amber, and learn about the cultural significance of this translucent resin. The exhibition also aimed to further foster the deep-rooted cultural relations between Poland and Kuwait.

Addressing the gathering at the inauguration of the event, the Charge d'Affaires at the Embassy of Poland, Anna Marta Godoj-Ciszkowska, expressed her enthusiasm about the exhibition, saying: "We are honored to bring the timeless beauty of Baltic amber to Kuwait. This exhibition is not only a display of artistic brilliance but also an opportunity to strengthen cultural ties and appreciation for the rich heritage encapsulated in each amber piece."

The opening ceremony, was attended by distinguished Kuwaiti friends and guests, diplomats, and art enthusiasts, who had the opportunity to witness the Baltic amber's

multifaceted charm through a presentation titled, 'Baltic Amber- the state-of-the-art', delivered by Professor Ewa Wagner-Wysiecka from Gdansk University of Technology, and another presentation under the heading, 'International Amber Association — Where Science Meets Art' by the Office Manager at Amber International Association, Małgorzata Siudak.

Professor Wysiecka explained that Baltic amber is an extraordinary material known to people since time immemorial. "There are no two identical pieces of amber, just as all of us look different, on the other hand, we are all

more or less similar. Thus the amber is in my opinion a unique bridge connecting people."

For her part, Mrs. Siudak elaborated that the IAA has been a source of knowledge about Baltic amber since 1996 and the main goal of the Association is to promote Baltic amber globally. "Thanks to the invitation from the Embassy of Poland in Kuwait we have organized this unique exhibition showcasing Baltic amber through objects made by the IAA members. Baltic amber is a true treasure from Poland and we are delighted to present it to Kuwaitis, who already have a long tradition of owning and collecting amber."

IISM triumphs at CBSE Kuwait Cluster Sports Meet



The 25th CBSE Kuwait Cluster Athletic Meet, which was held from 30 October to 1 November at FAIPS, Ahmadi, brought together talented athletes from 20 CBSE schools across Kuwait, seeking to demonstrate their prowess in various track and field disciplines. India International School, Mangaf (IISM) was among the prominent participants in this prestigious event.

IISM's participation in the meet was marked by a strong contingent of dedicated athletes who had undergone training under the guidance of PE teacher, Dr. Ramesh Kumar and his team. The commitment and determination to win by IISM students was evident throughout the competition, and they left an indelible mark on the 25th Kuwait Cluster Athletic Meet, earning commendable accolades in various categories.

In the Under-19 category, Zeefa secured 1st place in the Javelin Throw, while Noel Raj emerged victorious in the Discus Throw, earning the top position. Sree Hari, participating in the Under-17 category, clinched 1st place in the Long Jump. The crowning achievement was in the Under-19 4x400 Relay, with the team comprising Shayan Afsal, Milan Tiju, Deon, and Irfad taking the 1st position. Deon exhibited exceptional talent and took second place in the High Jump. Milan Tiju's relentless effort led to a 2nd place finish in the 5000-meter event. In the Under-14 category, Ayurda showcased remarkable skills by securing 2nd place in the Shot Put. Muhammed Ali displayed tremendous talent, finishing in the 2nd position in the Triple Jump event. Zeefa, the charismatic sports captain of IISM, achieved a remarkable feat by setting a new meet record of 24.60 meters in the Javelin Throw.

School's director, Malayil Moosa Koya, Principal K.V. Indulekha, and Vice-Principal Dr. Saleem K. applauded the dedication, commitment, and hard work of the students, and extended their appreciation to the PE teacher.

The remarkable achievements of the students, not only brought honor to the school but also served as an inspiration to other budding athletes. The athletes now eagerly look forward to achieving even more success at the upcoming CBSE National Athletics Meet in Chhattisgarh, India.

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Turkish minister hails Kuwaiti investments in Turkey



Inaugurating a commercial authority program at the Turkish Embassy in Kuwait, the country's Minister of Trade Omar Polat lauded existing commercial ties between the two countries and said that Kuwait's investment in Turkey constitutes the backbone of the economic relations between the two countries. He added that his country is seeking to raise the volume of investment from Kuwait to over US\$5

billion over the coming period.

The commercial authority program, which aims to enhance economic collaboration between the two countries across multiple sectors, such as industry, tourism, real estate, and finance, was held in the presence of Kuwait's Minister of Trade and Industry and the Minister of State for Youth Affairs Mohammad Al-Aiban, and over 100 Turkish businessmen.

Speaking to the media following the inauguration, Minister Polat elaborated that his country plans to increase oil purchases from Kuwait and encourage more Kuwait's purchases from Turkey, including clothing, car spare parts, iron and steel products, and defense projects as well as others. He also noted that there was immense potential for Turkish companies to be involved in Kuwait's Vision 2035 development plan.

In her address on the occasion, Ambassador of Turkey, H.E. Tuba Nur Sonmez underscored the promising future of trade and investment relations between Turkey and Kuwait. The high trade volume achieved last year demonstrates the potential for growth in various sectors. She emphasized that the partnership between the two countries could set a regional example for economic cooperation and development.

Audit Bureau uncovers several fund misallocations at MoH

Although the Ministry of Health (MoH) managed to successfully combat the COVID-19 pandemic and its health repercussions in Kuwait, the ministry is still grappling with the huge financial and administrative violations that occurred during the crisis and in its aftermath.



The latest report from the State Audit Bureau exposes several irregularities in the ministry's final accounts for fiscal year 2022-23, including in the disbursement of financial compensation, bonuses, allowances, and special salaries to medical professionals and healthcare workers during the pandemic period.

Among the major discrepancies and misallocation of funds by the ministry are: Allocation of around KD940,000 in

allowances to doctors holding administrative roles, who were not eligible for these allowances, in contravention of approved laws and regulations in this regard.

Combining the disbursement of compensation for overtime work to quarantine workers and rewards for front-line workers, in contravention to Law No. (4) of 2021, which resulted in an improper expenditure of KD543,923.

Furthermore, the ministry disbursed allowances and training bonuses to the tune of KD144,900 to certain doctors and employees working in pharmaceutical and allied medical services, who were not part of the training program. This, the Bureau said, was in violation of Civil Service Commission Resolutions governing salaries, allowances, and rewards for Kuwaiti doctors.

In addition, the ministry allocated KD250,020 as training bonuses and allowances to individuals in administrative roles, contravening Civil Service Council Resolution No. (5) of 2010, which addresses the salaries and allowances of Kuwaiti doctors.

The Ministry also disbursed a permanent personal reward of KD1,500 to a specific employee for work during the pandemic, even though a front-line reward of KD29,863 had already been paid for the same reason. The special allocation was in violation of the Ministry of Finance's Circular No. (5) of 2001, related to areas of wasteful government expenditure.



IPS celebrates Founder's Day

Indian Public School (IPS) organized a solemn ceremony on 29 October to reminisce the great leadership and path of benevolence shown by the school's founder Chairman, the late Thomas Chandy MLA, in realizing his vision of the school.

Chief guest on the occasion was Tessy Chandy, the daughter of Mr. Chandy and the Vice-Chairperson of the IPS group of schools. In her speech on the occasion, the vice-chairperson fondly recalled her father's struggles, his magnanimity and contributions to society. She exhorted the students to forge their path ahead with dexterity and determination.

The event was made all the more endearing with a mellifluous rendition of the memories

song by the school choir, a musical mime presenting the life of the former chairman, and a poignant video presentation celebrating his achievements. Principal Lucy A Cherian, in her address, spoke about the founder's generosity of spirit and altruistic contribution to the community.

The toppers of CBSE class X and XII in the academic year 2022-23- Syeda Zainab Jamal Rumi (Class X), Maad Jogpur (Commerce stream) and Sachini Upeksha (Science stream) were honored with the Thomas Chandy Memorial award and cash prizes, by the chief guest. It was a moment of pride for the parents of the awardees and a true incentive to excel for the students of classes X and XII appearing for their board exams this academic year.

IWG holds event to ease anxiety through stress management

International Women's Group Kuwait (IWG) held an event on 'Stress-Management and Tranquility' for its members and guests on 5 November at the Crowne Plaza Hotel.

Addressing the gathering, President of the IWG, Antonia Dimitrova, hoped everyone would benefit from incorporating the event's stress-management techniques in their daily lives.

Guest speaker at the event, Transurfing and Thought Field Therapy Coach, Darine Jabra, highlighted the nature, types and causes of stress and gave examples of its signs and symptoms. Mrs. Jabra also shared specific Thought Field Therapy (TFT) Tapping techniques to help in relaxation and anxiety reduction; members were guided through specific routines which could be easily used in times of stress and anxiety.

The event continued with a presentation by the Co-Founder of Caffeine Coffee Company,



Mohammed Al Hasan, who spoke of the physical and psychological benefits of exercise. A martial arts black-belt, Al Hasan also demonstrated special martial art breathing techniques in which the entire audience participated. The event was

highly appreciated by all attendees, with many saying that anxiety and stress had become a major part of life and stress-management an absolute necessity. On behalf of the Executive Board, the two Vice-Presidents of IWG, Saia Beridbay,

and Polina Dalmini, joined the IWG President in presenting shields of appreciation to the honored guest speakers. An exciting raffle draw was then followed with a specially prepared healthy buffet by the chefs of the Crowne Plaza Hotel.

Economic policies impact development, freedoms

Deputy Prime Minister, Minister of Oil, and Minister of State for Economic Affairs and Investment, Dr. Saad Al-Barrak, emphasized that regulatory policies of the state could impact the level of economic freedom and development in a country, and that adopting corporate governance was important to advancing comprehensive development.

Addressing the 14th annual Turkish Arab Economic Forum in Istanbul last week, under the banner of 'New Era for Partnership', Al-Barrak noted the significant leap in Arab-Turkish relations, particularly in Kuwait, driven by numerous investment initiatives. He also highlighted the immense potential for investors in Kuwait's economy and in the

country's Vision 2035 development plan.

Al-Barrak further pointed out that Kuwait's development plan had recently been updated to Vision 2040, with the focus now on economic openness, improving the investment climate, and modernizing laws, including those related to businesses. The aim is to enhance revenue growth and utilize it in developing the non-oil sectors of the economy.

Addressing specific projects, Al-Barrak mentioned the Mubarak Al-Kabeer Port development project, which aims to increase the container port throughput capacity to around 8 billion TEU by 2035. He added that the development of the oil industry, including exploration and production,

requires an investment of approximately \$300 billion by 2040.

Al-Barrak also revealed Kuwait's intention to utilize the substantial revenues from the oil sector to build partnerships with investors and the private sector, particularly in sectors such as health and education, to support the non-oil economy.

The Turkish Arab Economic Forum also addressed current political and security developments, their effects on regional economies, boosting financial cooperation, challenges and principles of Islamic finance, and integrating financial technologies. The forum also delved into strategic investments, reinvigorating trade relations, capitalizing on investment opportunities in traditional



and renewable energy sectors alike, as well as expanding horizons of real estate, construction, innovation and defense investment opportunities.



Indonesian Embassy holds 'Be a Hero and Save Lives' initiative

Ambassador of Indonesia, H.E. Lena Mariana praised Kuwait's strong and supportive position for the Palestinian people, which was embodied in the aid that Kuwait continues to provide through the daily air bridge to the Palestinians of Gaza.

Ambassador Mariana was speaking on the sidelines of the 'Be a Hero and Save Lives' event, organized by the Indonesian Embassy and initiated by Indonesian Nurses Association in Kuwait (INAK), to donate blood at the Sheikhha Salwa Al-Sabah Center last week.

She added that the Indonesian community came to donate blood on the occasion of the Indonesian 'Heroes' Day, which the country celebrates on 10 November of every year. She noted that "about 100 Indonesian citizens donated their blood for the residents of Gaza who are suffering because of the war."

"As you know, Indonesia stands with the Palestinian people and defends them," noting that "we have an Indonesian hospital in the Gaza Strip, and our government sent a very advanced ship, equipped with a hospital to



the sea opposite the Gaza Strip, to perform the most important surgical operations.

"We also sent many relief and medical materials," said the ambassador, noting that about two million people gathered last Sunday in Central Jakarta to show their solidarity with Palestine.

The ambassador thanked the Sheikhha Salwa Center for giving them the opportunity to donate blood, adding, "We cannot help the Palestinians directly, but we and Kuwait are by their side."





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Study shows Kuwait has a high level of political participation

By Sheikha Suhaila Fahd Al-Sabah
Managing Editor

A recent research that I conducted showed that even though Kuwait has a high level of political participation, there were also substantial levels of political intolerance that ranged from medium to high level of intolerance.

The sample study, which involved 351 Kuwaiti citizens from a diverse group of the society, was aimed to evaluate political participation and its relationship with political bias in Kuwaiti society. The study sample was derived from a questionnaire containing primary data, a political participation scale, and a political intolerance scale.

The results indicated that 61.2 percent



of the survey respondents had a high level of political participation, indicating that most Kuwaitis actively participated

in the political process. The results of the survey also showed that 16 percent of the participants had a very high level of

political intolerance.

The survey also showed that among the participants having a high level of political participation were those who had post graduate qualification, were single, and those Kuwaitis living in the Jahra governorate. Most of those expressing political intolerance were also found to be those with low incomes, having less than a university qualification, and were women.

A breakdown of intolerance showed that 35.8 percent of the respondents had a medium level of political intolerance, while 48.2 percent of the study sample said they had a low level of political intolerance.

The study also showed a significant negative correlation between political participation and the cognitive component of political intolerance.

DDI, leading the fight against diabetes

CONTINUED FROM PAGE 1

lower capacity in existing health systems, and insufficient access to healthcare for individuals. In Kuwait, we are blessed in that people have ready access to the latest diabetes treatment and management of this condition, as well as to the best after-care. The premier establishment guiding diabetes care in Kuwait is the Dasman Diabetes Institute (DDI), which was established in 2006 under the patronage of the late Sheikh Jaber Al Ahmad Al Jaber Al Sabah, the former amir of Kuwait, and founded by the Kuwait Foundation for the Advancement of Sciences (KFAS).

The DDI functions as a tertiary level medical center dedicated to preventing and treating diabetes and other related conditions, through a combination of research, treatment, training, and health promotion. The DDI applies an integrative research approach that brings together different disciplines to help decipher the complex events that result in the development of diabetes. Moreover, the research projects at DDI have translational and clinical components to drive research findings from the laboratories to bedside and from bedside to community-based initiatives to ultimately improve health outcomes in individuals and in the community.

The current Director-General of DDI, Dr. Qais Saleh Al-Duwairi, has been instrumental in prioritizing diabetes research aimed at preventing and managing diabetes among the public. Since taking office in 2016, Dr. Al-Duwairi has been successfully leading a team of top-class physicians and medical researchers at DDI. Employing a multifaceted holistic approach that includes therapeutics and behavioral interventions, the DDI team has been driving clinical projects and programs that improve quality of healthcare services, patient well-being, and diabetes outcomes.

Diabetes research at DDI has led to shedding light on several new aspects of diabetes in Kuwait, including the role of genes in the development of diabetes. "We recently found a stretch of genes, specific to the Kuwaiti population, that makes them susceptible to metabolic disorders like obesity and diabetes, and high blood pressure. More studies will be conducted to understand how we can use this information in disease diagnosis, management and prevention in the region," said Dr. Al-Duwairi in a recent media interview.

Another ongoing successful DDI program is Dose Adjustment for Normal Eating, or DAFNE for short, which is a structured education program aimed for people with type 1 diabetes. The program, which targets people with type 1 diabetes who are 18 years and above, helps them

to manage and live well with their condition. During the 25-hour program, participants learn how to estimate their carbohydrate intake for each meal and adjust their insulin dose accordingly. Although such programs are available in the UK, Germany, Ireland, and Singapore, DDI continues to be the only endorsed training center for DAFNE in the Middle East.

In addition, DDI provides accredited training and development opportunities for professionals through face-to-face and online platforms, with more than 1967 professionals provided with training and development opportunities in 2022.

Last September, DDI also initiated the Kuwait Adult Diabetes Epidemiological Multidisciplinary (KADEM) study, the first longitudinal study involving people with elevated risk of diabetes in the population. The study, which is a continuation of the Kuwait Diabetes Epidemiology Program (KDEP) conducted in 2012, aims to create a comprehensive research dataset and detailed characterization that will make it a valuable



resource for understanding the prevalence and risk factors of diabetes in Kuwait.

The information gathered will serve as the foundation for crafting more effective prevention and treatment strategies and programs that ultimately improve the health outcomes and well being of the population. This critical information will also help pursue further research into diabetes and its related comorbidities such as obesity and overweight among people in the country.

A related study in the United Kingdom in 2019 found that almost 75 percent of people with type 2 diabetes had at least one comorbidity during their diagnosis, with 44 percent having at least two health conditions alongside diabetes. Studies in the United States have also shown that nearly 90 percent of adults with type 2 diabetes in the country were

also overweight or obese.

Despite concerted efforts by the DDI to leverage cutting-edge research and provide innovative protocols to treat and manage diabetes, the latest figures on diabetes from the 2022 IDF Diabetes Atlas reveal the high level of diabetes in Kuwait. Data from the Atlas reveal that Kuwait has a 25.5 percent prevalence of diabetes in adults, with more than 803,400 cases of diabetes among adults in 2021.

Previous studies in Kuwait by local and international health experts have revealed an intricate relationship between high diabetes rate in Kuwait and the prevalence of overweight and obesity among the population. In Kuwait, with childhood obesity rising rapidly, a related study found that if no mitigating measures are taken, 52 percent of adults in the country could be expected to suffer from obesity by 2035, placing the country in the very high-risk category.

The link between obesity and diabetes has also been on the radar of research studies at DDI. In addition to translational research, and its

efforts to prevent, diagnose, and treat diabetes, the DDI also organizes various year-long events and activities to raise awareness on the growing health concerns posed by diabetes. Besides providing free consultations and screenings for diabetes, these events also aim to enhance knowledge among the public on prevention and management of diabetes, and its related conditions such as overweight and obesity.

Implementing comprehensive health promotion programs and awareness campaigns is absolutely crucial in preventing and managing diabetes. Investing in these initiatives, and encouraging the participation of all stakeholders, including healthcare providers, the authorities, civil society organizations, and families of diabetic patients, can make a significant difference in the lives of those affected by this condition.

With millions of people having diabetes not having access to essential and appropriate diabetes care, the theme for World Diabetes Day 2021-23 is 'Access to Diabetes Care'. The specific slogan for the 2023 campaign is, 'Know your risk, Know your response'.

For people living with diabetes, awareness and access to the correct information and best available medicines and tools to support self-care is vital to delay or prevent complications. For people at risk of type 2 diabetes, knowing their risk and what to do is important to support prevention, early diagnosis and timely treatment. For healthcare professionals, access to sufficient training and resources is required to detect complications early and provide the best possible care. In many cases, diabetes can be delayed or prevented by adopting and maintaining healthy habits.

Unhealthy eating habits and sedentary lifestyles associated with urbanization are among key risk factors contributing to the development of type 2 diabetes. There is overwhelming evidence that lifestyle changes such as maintaining a healthy body weight through a healthy diet and engaging in moderate physical activity can help prevent the development of type 2 diabetes in people at risk of this condition.

Other risk factors associated with type 2 diabetes include family history of diabetes, increasing age, high blood pressure, and ethnicity. Regular screenings and check-ups, especially for people with one or more of the risk factors, can help detect early signs, and allow individuals to make the necessary changes to delay or prevent the onset of type 2 diabetes. Knowing the risk and knowing the response to type 2 diabetes and its complications can mean the difference between leading a healthy life or being overwhelmed by diabetes and its related conditions. As part of the global fight against diabetes and to mark WDD this year, the DDI in association with the Al Hamra Center is organizing a world diabetes open day at the Exhibition Hall in Al Hamra Shopping Center on 14 November from 11am to 8pm. The day-long event will feature complimentary medical testing and screening, clinical consultations, and nutritional counseling.

Through such awareness events and positive community-wide campaigns, the DDI hopes to encourage individual behavioral changes to address the ongoing diabetes challenge, while inspiring a sustained lifestyle change that will curb related health concerns as well. Holding such events and activities stems from DDI's mission statement, where health promotion and awareness are a priority, and in line with the Institute's belief that 'Prevention is better than cure'.

Kuwait marks 61st anniversary of the Constitution

Kuwait celebrated the 61st anniversary of the promulgation of the country's constitution on 11 November. It was on this day in November of 1962 that the 11th Amir of Kuwait, Sheikh Abdullah Al-Salem Al-Sabah approved and ratified the constitution and set Kuwait along the path of democracy and progress.

The ratification of the constitution in 1962 was a defining moment in the political history of Kuwait. The constitution specified the ruling system, and organized the structure of government with separation of powers between the executive, legislative and judiciary wings of government.

Kuwaiti people are proud of their constitution which contributed to the thriving of democratic principles in the country, and in ensuring basic and civil rights of citizens, including their right to elect their representatives, and their right to freedom of speech, as well as guaranteeing justice and equality for all.

From the time of the country's independence in 1961, the then Amir Sheikh Abdullah Al-Salem had expressed desire to build a solid parliamentary system based on democratic principles and see contributions of the public to the constitution. He signed a law on 26 August, 1961 for holding elections to a Constituent Assembly that would be mandated to draw up a constitution for the newly independent country.

Inaugurating the Constituent Assembly in January 1962, Sheikh Abdullah Al-Salem told the members that they had the daunting task of framing a ruling system for the country. The first session of the Assembly elected Abdullatif Mohammad Al-Ghanem as Speaker and Dr. Ahmad Al-Khateeb as Deputy Speaker.

The sixth session of the Assembly saw election of the Constitution Committee, consisting of Speaker Al-Ghanem, the late Father Amir Sheikh Saad Al-Abdullah Al-Sabah



Late Amir Sheikh Abdullah Al-Salem Al-Sabah receives a copy of the Kuwaiti Constitution.

who was then the Interior Minister serving as committee chairman, and with MP Humoud Al-Zaid Al-Khaled who also Minister of Justice, Yaqoub Yusuf Al-Humaidhi, and Saud Abdulaziz Al-Abdulrazzaq serving as members.

The committee tabled the final draft of the constitution, which was unanimously approved on 3 November, 1962. The Assembly then referred the draft constitution to Sheikh Abdullah Al-Salem who ratified it on 11 November 1962.

The constitution consists of five Chapters and 183 Articles. The First Chapter outlines the State and System of Government, the Second covers Fundamental Constituents of Kuwait Society, the Third elaborates on Public Rights and Duties, while the Fourth assigns the various Authorities, and the Fifth includes General and Transitional Provisions.

The Constitution also framed the outline that led to the first parliamentary elections in January 1963, and marked the beginning of

democratic and political practices in Kuwait. The Kuwaiti people remember with pride the historic democratic stages that Kuwait went through, beginning with the constitutional document in 1938 until the birth of the constitution in 1962.

The democratic march in Kuwait has been marred on a few occasions, notably when the parliament was suspended in 1976 and 1986. However, the constitution was the shield against domestic and external challenges, foremost the Iraqi invasion and occupation in 1990-91. During the seven-month Iraqi occupation, Kuwaitis united behind their legitimate leadership and the constitution.

In April 1991, late Amir Sheikh Jaber Al-Ahmad Al-Sabah formed a new government with a mandate of reconstruction, and in October 1992, the parliamentary life resumed. The leaders of the State of Kuwait have always reaffirmed respect to the constitution.

Late Amir Sheikh Sabah Al-Ahmad Al-Sabah had always reaffirmed commitment to the constitution, saying at a parliamentary session on October 26, 2010 that the constitution was the haven of democracy.

His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Sabah reiterated this pledge and said the constitution protected the country from crises. His Highness the Amir, at a special parliamentary session held to take his constitutional oath as head of state on 30 September, 2020, said "we reaffirm our commitment to democracy and we are proud that Kuwait is a state of law and institutions ...".

His Highness the Crown Prince Sheikh Mishal Al-Ahmad Al-Jaber Al-Sabah, has also during the special session held to take his constitutional oath as Crown prince, stated that he would champion democratic traditions and the participation of the public amidst an atmosphere of tolerance and unity.



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EXCLUSIVE to THE TIMES KUWAIT

Rights-Based Global Food System



Oyinlola Oyeboode, Yureshya Perera, Tlaleng Mofokeng, and Sharifah Sekalala

Oyinlola Oyeboode is Professor of Public Health at Queen Mary University of London. Yureshya Perera is a research assistant at the University of Warwick.

Tlaleng Mofokeng is United Nations Special Rapporteur on the Right to Health and Adjunct Professor of Law at Georgetown University.

Sharifah Sekalala is Professor of Law at the University of Warwick.



With the world's human population expected to reach a staggering ten billion in the next century, the question of how to achieve food security looms large. The current food system is certainly not up to the task: already, it is failing to ensure that the global population is nourished and contributing to environmental degradation. Radical reform is long overdue.

About 735 million people worldwide faced hunger last year. Some 828 million

were undernourished, and nearly 148 million children under five were affected by stunting. Lack of access to fresh, nutritious food has also contributed to rising obesity levels in many communities, as people have been forced to turn to unhealthy foods. Obesity raises the risk of chronic illnesses like type 2 diabetes, heart

disease, stroke, cancer, and hypertension.

Malnutrition in all its forms (underweight, overweight, and micronutrient-deficiency) heightens a person's vulnerability to infections, fueling a harmful cycle of adverse health outcomes. Meanwhile, the constant struggle to secure adequate nutrition, even to avoid starvation, takes a toll on one's mental health, leading to anxiety, stress, depression, and more. As a recent United Nations report underscores, the right to food and the right to health are inextricably linked.

The food system is also causing severe environmental harm. It accounts for approximately one-quarter of global greenhouse-gas emissions, making it a major driver of climate change. Moreover, agriculture takes up nearly half of the world's habitable land. Areas once occupied by lush forests and other wild terrain — including significant swaths of the Amazon rainforest, which is critical to planetary health — have been cleared to make room for farming, with devastating consequences for biodiversity.

The problem is compounded by the widespread use of pesticides, which are linked, even at relatively low exposure, to multiple adverse health and environmental consequences for agricultural workers and local communities and ecosystems. The contamination of the Pasión River in Guatemala with malathion, a pesticide used on palm-oil plantations, led to the death of thousands of fish, depriving some 12,000 people of their primary source of food and the basis of their livelihood.

The consequences of the food system's failings are felt disproportionately by the poor and marginalized, especially in the Global South. Malnutrition is particularly prevalent in low-income settings or among individuals living in poverty. In high-income countries such as Australia, the risk of obesity among indigenous people is as much as 1.5 times higher than it is for non-indigenous people in comparable areas.

It does not help that 60 percent of the global proprietary seed market is controlled by four agrochemical companies based in high-income countries. The seeds provided by these firms — on which farmers in low-income countries depend — are often for crops that are not nutritionally diverse or do not meet the dietary needs of local communities.

The current system is clearly not fit for purpose. But efforts to improve it are fundamentally inadequate, as they do not account for the deep linkages among food, health, and the environment. Rather than tackling each issue separately, a better approach would be grounded in human

rights. Recognizing that the rights to health, food, and a clean environment are indivisible and interdependent would advance all three in tandem. As the International Covenant on Economic, Social, and Cultural Rights affirms, all people deserve access not only to health facilities, but also to the underlying determinants of health, such as nutritious food and a sustainable environment.

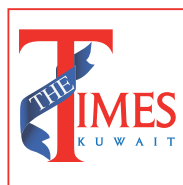
The first step is a comprehensive UN treaty on food systems that accounts for all relevant rights and actors, and mitigates health and environmental harms that arise along the entire food value chain. Such a treaty must reflect the needs and priorities of low-income countries and vulnerable groups, such as people experiencing poverty, displaced

“Efforts to improve the current food system are fundamentally inadequate; they do not account for the deep linkages among food, health, and the environment. A better approach would be one grounded in human rights.”

people, and women and children. It must incorporate local knowledge about the entire food system, from production, processing, and packaging to promotion, distribution, sale, and consumption. In engaging local communities, the NOURISHING policy framework, developed by the World Cancer Research Fund International, could offer valuable lessons.

With soaring food prices having propelled hunger to the top of the global agenda, the world has a golden opportunity to adopt a human-rights-based approach to food and lay the groundwork for a healthier, more equitable, and more sustainable future.

[The views expressed here are not necessarily those of the United Nations.]



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Exploring **Berlin** Germany's Vibrant Capital

By **Nourah Khan**
Travel Writer
The Times Kuwait

Berlin, the capital of Germany, is a city that seamlessly blends a rich history with a dynamic, contemporary culture. With its iconic landmarks, vibrant neighborhoods, and a fascinating past, Berlin has become one of Europe's top tourist destinations. and I have so far visited Berlin three times. So why this fascination with this land of the Berlin Wall? Let me take you on a journey through this city of cities.

For a first visit to Berlin, there are several attractions and neighborhoods that will give you a great introduction to the city. Let us start our journey with a visit to the Brandenburg Gate, the iconic symbol of Berlin. The 'Gate' is a historic monument and a great place to take photos. If you choose to stay at the luxury Adlon Kempinski Hotel, as I did, you will have the best view of this historical edifice, as the Adlon Kempinski is the only hotel that provides a direct view of the gate.

Opened in 1907, the Adlon Kempinski has stood the test of time and witnessed important events throughout history. It has received many famous guests, including celebrities, political figures and royalty. The hotel's location near the Brandenburg Gate also made it a center of activity during Berlin's turbulent past. Although severely damaged during World War II, the Hotel Adlon was rebuilt to its former glory in the 1990s,

maintaining its historical significance while incorporating modern amenities

The Reichstag Building, the current German Parliament, is another important historical structure in the city. Situated right next to the Brandenburg Gate, you can take a guided tour or visit the stunning glass dome for panoramic views of the city.

Checkpoint Charlie, one of the most famous border crossings during the Cold War, is another great location to visit and explore the history of the city's eponymous Berlin Wall. Once you finish with Charlie head over to the Berlin Wall East Side Gallery to see the longest remaining stretch of the Berlin Wall, now covered in colorful murals.



And If you're interested in history and art, do not miss visiting Museumsinsel (Museum Island), home to several world-class museums. For top-class shopping, head over to Alexanderplatz, Berlin's Central Square where the iconic TV Tower (Fernsehturm) is located, along with plenty of shopping and dining options.

I also suggest visiting Berlin Cathedral, on Museum Island to admire the stunning architecture of this stupendous cathedral.

Explore the opulent Charlottenburg Palace and its gardens for a taste of Berlin's royal history. Also, plan a trip to the engaging Deja Vu Museum, which offers interactive optical illusions, a fun experience for children and family alike.

Another attraction that I recommend in Berlin for families with kids is the Gardens of the World, a beautiful park located around a 45-minute drive from central Berlin. The garden



contains pavilions for several countries in the world, including a Moroccan-Andalusian corner, a Japanese, and a Chinese corner, and an African pavilion. The garden contains plants brought from all over the world.

If you are into shopping then Berlin is the city for you. There are many unique stores in Berlin, a city known for its many independent boutiques offering a wide range of fashion, art and design. Do not miss walking around neighborhoods like

Neukölln and Prenzlauer Berg to discover hidden gems.

Whether you are looking for luxury goods, the latest fashion trends, or one-of-a-kind treasures, Berlin's shopping scene has something for everyone. Be sure to explore the city's diverse neighborhoods to discover the most unique and exciting shopping experiences.

Berlin offers a diverse shopping experience, catering to all tastes and budgets. Below are some shopping venues to explore in the city:

Kurfürstendamm (Ku'damm): This famous boulevard in the Charlottenburg district is lined with high-end boutiques, department stores like KaDeWe, and luxury brands. It is a great place for upscale shopping.

Friedrichstraße: Another upscale shopping area, it is known for its designer stores and exclusive boutiques, as well as Galeries Lafayette, the famous French department store.

The city of Berlin has something to offer to every type of traveler, whether you are interested in history, art, culture, or simply soaking in the unique atmosphere of this dynamic city.

***Noura Khan**, a travel influencer and content creator, is a Kuwaiti national, holds a degree in law from Kuwait University and has worked as a journalist prior to taking up a position in the government. In 2018 she started blogging on travel and visited more than 57 countries since. She has more than 54k followers on her blog post @nourajtraveller is well appreciated for content and travel information. Noura writes exclusively for The Times Kuwait on her travel visits.*



EXCLUSIVE to THE TIMES KUWAIT



From Climate Pledges to Climate Action



Christopher Grundler and Ajay Mathur

Christopher Grundler, Senior Adviser to the Crux Alliance, served at the US Environmental Protection Agency for more than 40 years, leading the Office of Transportation and Air Quality from 2012-19.

Ajay Mathur, a former director general of the Indian Bureau of Energy Efficiency, is Director General of the International Solar Alliance.

The Paris climate agreement, concluded in 2015, has been instrumental in rallying countries around the world to commit to reducing greenhouse-gas (GHG) emissions. But setting ambitious climate targets has not always resulted in meaningful action. The United Nations' recent 'global stocktake' report shows that we are falling short of the drastic cuts needed to achieve climate stability, underscoring the urgent need for governments to act swiftly and decisively to keep global warming within safe limits.

As former regulators, we are confident that developing effective solutions is still feasible. While four economic sectors — industry, transportation, electricity, and buildings — account for 75 percent of global GHG emissions, well-designed public policies could effectively reduce pollution from these sectors, promote consumer savings, safeguard public health, and stimulate sustainable economic growth.

But crafting effective policies to transform our fossil-fuel-based economies in time to avert climate catastrophe and meet humanity's energy

needs is a daunting task. Tackling it head-on requires a combination of technical, economic, and political expertise, along with significant financial resources and labor, but the agencies charged with devising and implementing these critical policies are understaffed and underfunded. Too often, regulators have no choice but to rely on the information provided to them by the very industries they are charged with overseeing. This dynamic can result in weak regulation and missed policy objectives.

Crucially, independent NGOs can diminish this power imbalance by providing policymakers with the information and technical know-how they need to design robust regulations that reduce harmful emissions effectively.

The US Environmental Protection Agency's efforts to reduce truck pollution are a case

in point. In 2016, when the EPA was drafting rules to limit GHG emissions from heavy-duty vehicles, like commercial trucks, various industry bodies provided policymakers with contradictory data. The International Council on Clean Transportation (ICCT), an independent think tank, undertook its own comprehensive study, which included detailed cost projections for the proposed regulations.

Since then, the ICCT has assisted several governments in crafting regulations to improve commercial-truck efficiency. Using the organization's research, the European Commission drafted its first-ever rule targeting pollution from commercial trucks, which is projected to reduce truck emissions by 150 million tons by 2035.

Specialized NGOs can also assist emerging economies, particularly those with fewer resources, in kick-starting transformative climate programs. By facilitating the rapid adoption of

these regulations are expected to result in emission cuts equivalent to 294 coal plants, save truck owners \$170 billion in fuel costs, and prevent up to \$209 billion in damages over the next 30 years, positioning the United States as a world leader in truck efficiency.

as the Collaborative Labeling and Appliance Standards Program) to adapt key features from successful efficiency-labeling programs to the Indian market. CLASP's in-depth analysis also helped the BEE identify which appliances it should focus on.

These insights enabled the BEE to launch its star labeling program rapidly. The agency then collaborated with another NGO, The Energy and Resources Institute (TERI), to develop an efficiency program tailored for small businesses. By facilitating cooperation with business leaders, TERI played a pivotal role in creating robust and cost-effective efficiency rules.

Since its launch, India's appliance-labeling program has offset 400 million tons of GHG emissions — roughly equivalent to the annual emissions from India's transportation sector — and is projected to account for 30 percent of the country's emissions reduction by 2030. In addition, India has established itself as a leading manufacturer of energy-efficient air conditioners, owing to the growing demand for sustainable cooling solutions amid rising global temperatures. With efficiency programs cutting corporate emissions by 105 million tons annually, Indian industry now ranks among the world's most energy-efficient.

Although such activities rarely attract significant attention, unbiased research provides regulators with the data they need to devise transparent and effective environmental policies. Technical assistance from independent NGOs can lay the groundwork for the policy successes needed to overcome the climate crisis.

As developing and developed economies enhance their state capacities, they will grow more confident in setting ambitious targets, creating a virtuous cycle. Given the right support, we can ensure that the world's next climate-action report card features grades that make future generations proud.

“Too often, regulators have no choice but to rely on the information provided to them by the very industries they are charged with overseeing. This dynamic can result in weak regulation and missed policy objectives.”

in point. In 2016, when the EPA was drafting rules to limit GHG emissions from heavy-duty vehicles, like commercial trucks, various industry bodies provided policymakers with contradictory data. The International Council on Clean Transportation (ICCT), an independent think tank, undertook its own comprehensive study, which included detailed cost projections for the proposed regulations.

The ICCT's impartial analysis provided the EPA with data demonstrating the cost-effectiveness of a stringent pollution standard. Consequently,

clean-energy solutions, such organizations can increase access to affordable, pollution-free electricity. Moreover, rules that promote the use of cutting-edge technologies can foster innovation, enhance competitiveness, and help countries position themselves as climate leaders, benefiting their people and the planet.

In 2006, for example, India launched a nationwide appliance-efficiency program. Through a dedicated division of the Bureau of Energy Efficiency (BEE), officials collaborated with NGOs such as CLASP (formerly known



EXCLUSIVE to THE TIMES KUWAIT

A time to live, a time to die



Peter Singer and Charles Camosy

Peter Singer, Professor of Bioethics at Princeton University, is the author of several books, including *Practical Ethics*, *The Life You Can Save*, and *Animal Liberation Now*. Charles Camosy, Professor of Bioethics at the Creighton University School of Medicine, is Monsignor Curran Moral Theology Fellow at St. Joseph Seminary and the author of *Christian Ethics*, *Resisting Throwaway Culture*, and *Losing Our Dignity*.

“What is it you don’t understand? She’s dead, dead, dead.” That is how David Durand, Chief Medical Officer of Oakland’s Children’s Hospital, attempted to convince the family of Jahi McMath that the standard medical tests for brain death had shown that their teenage daughter was no longer alive.

The family stood firm in opposing this view, and the hospital eventually allowed them to take her to New Jersey, the only US state that requires hospitals to accommodate patients whose families object, on religious grounds, to regarding brain death as death. For more than four years, she remained a functioning (though radically disabled) member of the species *Homo sapiens*: fighting off infections, reacting to bodily trauma by increasing her heart rate, and getting her first period.

Jahi’s case revived interest in (and debate over) what it means to die. A few years earlier there appeared to be a consensus that brain death is death. But if such a consensus ever existed, it no longer does.

Until the 1960s, death was indicated by the

“Although the 1980 ‘Uniform Determination of Death’ [law in the US] requires ‘irreversible cessation of all functions of the entire brain’, the standard tests used to determine brain death do not test for cessation of all brain functions.”

irreversible cessation of a person’s heartbeat. But the invention of a ventilator that could keep severely brain-damaged humans alive, combined with the success of organ transplants, led a Harvard Committee to recommend ‘brain death’ as a new standard for determining when someone has died.

That decision led, by 1980, to the Uniform Law Commission proposing a new Uniform Determination of Death. Soon after, ‘brain death’ would be considered death in all 50 states.

Astonishingly, this substantial shift in our understanding of when a human being dies



occurred with very little public discussion or scrutiny. Few knew, for instance, that, as archival research has revealed, the Harvard Committee explicitly discussed the need to change the definition of death so that more organs would be available for transplant.

Brain death became a virtually unquestioned concept — hence Durand’s frustration at the McMath family’s refusal to accept that, notwithstanding Jahi’s beating heart and warm body, she was dead. But that case played a key role in breaking the consensus, as did several cases in which a ‘dead’ woman gestated a living child to birth. One of these cases produced the headline, ‘Brain-Dead Woman Gives Birth, Then Dies’.

Such coverage could be dismissed as indicating a popular misunderstanding of the scientific facts. Not so easy to dismiss was an editorial in *Nature* noting that, although the 1980 Uniform Determination of Death requires ‘irreversible cessation of all functions of the entire brain’, the standard tests used to determine brain death do not test for cessation of all brain functions. In some individuals declared to be brain dead, the pituitary gland and/or the hypothalamus are functioning (which is likely how individuals like Jahi McMath can reach puberty after being declared dead).

Under pressure from physicians and transplant groups to address these inconsistencies, the Uniform Law Commission was asked to consider changing the 1980 definition to reflect the fact that physicians do not test for whole brain death, but rather for ‘permanent coma, permanent cessation of spontaneous respiratory functions, and permanent loss of brainstem reflexes’. The commission met in Honolulu this past July. The ensuing discussion showed that there was nothing approaching a consensus about brain death.

In September, the chair of the committee that had been discussing how to revise the definition sent an email to those involved saying that “we have decided to pause” the effort. “No further drafting committee meetings will be scheduled at this time,” he added.

We interpret this outcome as an indication that once the question of revising the definition of death was opened, it became apparent that it could not be answered without facing the profound and deeply divisive moral question about which there is no consensus: Under what circumstances is it justifiable to remove a person’s heart in order to save another’s life?

We have very different ethical stances on the inviolability of human life. One of us (Camosy) is a professor of bioethics at a Catholic medical school who also teaches moral theology to

seminarians, and who supports equal justice for prenatal human beings and a prohibition against physician-assisted killing. The other (Singer), a professor of bioethics at Princeton University, is a utilitarian who supports the right to abortion and to physician aid in dying,

and advocates for allowing parents to decide to end the lives of their severely disabled newborn infants. Yet we agree that many individuals, declared ‘brain dead’ after the currently standard tests are correctly carried out, are living members of the species *Homo sapiens*.

To declare that some human beings with warm bodies and beating hearts are dead, as the Uniform Determination of Death legislation did, was a major cultural shift. And yet the potentially profound implications for the moral and legal status of prenatal and newborn human beings, along with older humans who have the neurological damage associated with later-stage dementia, were unacknowledged.

Given the emerging evidence of a profound lack of consensus surrounding these matters, we think it is time to have the debate that we should have had 50 years ago, about when human beings die. Such a debate cannot avoid the question of the moral and legal status of human beings who are alive, as human organisms, but have irreversibly lost the capacity for consciousness.

That is precisely the question that divides us. Camosy holds that such living human organisms retain their full moral status, while Singer believes that continued life can no longer benefit them, and hence their organs may be removed to save the lives of others. Where we agree is that these are the terms of debate for patients, policymakers, and ethicists alike.

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Thought for the week

“A person may cause evil to others not only by his actions but by his inaction, and in either case he is justly accountable to them for the injury.

– John Stuart Mill
English philosopher

Food and Mood



Ask Mira: Eating Right to Live Happy & Healthy

Although a low-carbohydrate high-protein diet can be an effective dietary approach for weight loss, its long-term effect on psychological functions, including mood and cognition, could be detrimental.

I have personally seen this in people who changed their balanced diet (50% carbs, 25 % protein, 25 % fat) to a pure protein one. They were always stressed and temperamental.

You can also see this in the premenstrual carbohydrate cravings, experienced by 70 percent of women and the usual binging of those who are on high-protein diets for more than Two weeks.

Carbohydrates make us feel relaxed, focused, and always in a good mood.

Here is a short mechanism of why carbohydrates bring about a relaxed mood.

After consumption of a carbohydrate-rich meal, the hormone insulin is secreted. Insulin lowers the levels of most amino acids (the building blocks of protein) in the blood, except for tryptophan (a precursor to serotonin). When there is a larger proportion of tryptophan in the blood, it enters the brain at a higher rate, thus boosting serotonin production.

Protein-rich food has been found to prevent serotonin production. Serotonin is one of the neurotransmitters responsible for elevating our mood. This also explains why we feel sleepy, relaxed and satisfied after a rich carbohydrate meal.

If you look at a food guide pyramid, you can see that the base layer of the pyramid is formed of starch and bread, which signifies that foods that fall in the layer must form the highest consumption. So a well balanced and varied diet of 50 percent carbohydrates is the best dietary approach to take.

Another benefit of carbohydrates is their impact on wakefulness. High-carbs breakfast for example improves mental acuity, decreases fatigue, and makes you generally feel positive about life throughout the day.

The best choices of carbohydrate foods are always those that are high in fiber to prevent constipation. So go

for whole grain breads, bran flakes, whole fruits, brown rice and pasta.

And do not forget to limit fat consumption. Choose the unsaturated fat containing meals rather than fried fatty meals. Fatty foods make you feel tired and cause abdominal discomfort.

Some of the foods that boost your mood include:

Avocado: helps in keeping the receptors in your brain sensitive to serotonin.

Pineapple: The manganese and thiamin in pineapple helps to relax and increase concentration.

Oatmeal: Triggers the release of serotonin, a hormone that relaxes you.

Whole grains: Improve alertness, concentration and memory.

Chocolate: a stimulant that triggers the release of serotonin and endorphins

And remember, do not follow any diet because it is the latest trend, always check with a nutritionist or your dietician who can recommend the right diet for you. Diets are highly specific and depend on the physical makeup of individuals and any health-related issues they may have.

Eat like Mira
Create healthy habits, not restrictions

To subscribe to my diet programs,
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Mira is a go-to source for nutrition and wellness and has joined The Times Kuwait team in a new weekly column discussing nutrition and answering queries. You can send in your questions to infotimeskuwait@gmail.com

RECIPE

Fruits and Nuts Cream Salad



One of the simplest sweet-course to prepare, this cream dessert is not only loaded with health-inducing fruits and nuts, it can also be easily scaled to suit the number of people, or adapted for various occasions. It is also a perfect round-off to a main meal, potlucks, or backyard barbecue parties. The fruits used in the dessert can vary in line with seasonal and local availability.

Preparation time: 15 minutes

Chilling time: 2 hours

Serving : 6

Ingredients:

- 1 cup roasted and semi-dried mixed dry fruits (cashews, almonds, walnuts, pistachios)
- 3/4 cup jaggery (unrefined or semi-refined cane sugar)
- 2 tablespoons of water
- 1 cup of coconut milk
- 1/2 cup whipping cream chilled
- 1 tsp chia seeds
- 1 tsp cinnamon powder
- 2 tbsp honey
- 1 cup mixed chopped fruits (mango, strawberry, black grape, pomegranate, kiwi)

Instructions:

- Soak the chia seeds in milk and leave overnight in the refrigerator
- Heat jaggery in a pan along with water to make a thick syrup, stir in the dry fruits
- Remove from the pan and let it cool on greased parchment paper
- Mix chilled whipping cream, cinnamon powder and honey to chia-soaked milk
- To serve, place a spoon of chopped mixed fruits in a small glass bowl or tall glass, add the sweetened milk cream and then the caramelized dry fruits.
- Add a second layer in the same order and serve chilled.



Chef Chhaya Thakker



Indian Chef Chhaya Thakker, who has a huge following online on WhatsApp and YouTube will be sharing her favorite recipes and cooking tips with readers of The Times Kuwait. For feedback, you can write to editortimeskuwait@gmail.com

November 14: World Diabetes Day

Leading healthy lives with diabetes



Dr. M. Cecilia Lansang
Endocrinologist
Cleveland Clinic, Ohio State, USA

People with type 2 diabetes can lead healthy, regular lives, but it is important to diagnose and manage the condition before glucose fluctuations damage blood vessels, which could lead to serious complications, says an expert from Cleveland Clinic, a premier non-profit multispecialty academic medical center in the United States, which integrates clinical and hospital care with research and education.

Diabetes is a condition marked by high blood glucose, or sugar, and is classified into several types. In the case of diabetes type 2, the

body does not respond normally to insulin, or is insulin resistant, which makes it appear that the body does not make enough insulin. According to estimates from the International Diabetes Federation, which organizes World Diabetes Day, of the 1 in 10 adults globally who have diabetes, more than 90 percent have type 2, and nearly half are not yet diagnosed.

Speaking ahead of World Diabetes Day on 14 November, Cleveland Clinic endocrinologist Dr. M. Cecilia Lansang explained: "Diabetes can damage both small and large blood vessels, causing acute and chronic complications. Acute complications can include episodes of very low or high blood sugar, while chronic complications include damage to the nerves, heart, eyes and gut, which can have serious consequences including limb amputation, a kidney transplant, or blindness."

Dr. Lansang says common symptoms of diabetes include increased urination and thirst, among others. "The body excretes the excess sugar through urine, leading to frequent urination, which in turn can lead to dehydration. The removal of the excess sugar can also mean

reduced calorie absorption and, therefore, weight loss. However, this is more common in people with type 1 diabetes and patients with type 2 diabetes tend more often to fall into the category of being overweight or having obesity," said the doctor.

"In addition, glucose fluctuations can lead to tiredness and fatigue, blurred vision, tingling in the feet, and individuals might notice that wounds heal slowly. Blood sugar levels can increase gradually over time, with the body adapting so that people do not feel any difference in their wellbeing. In fact, individuals might not have any symptoms until damage has already occurred, which is why it is important for individuals to be screened for diabetes regularly," she says.

Screening recommendations vary between different health bodies, and some individuals are at higher risk for type 2 diabetes than others, so Dr. Lansang recommends people to talk to their healthcare provider about how often they need screening. In general, she says, it is recommended that people aged 35 and above have a baseline screen and if the results are normal, be screened every subsequent three years.

People found to have elevated blood sugar, on the other hand, will need to be tested more frequently, as will those who are at higher risk, which includes people with overweight or obesity, high blood pressure, low HDL ('good') cholesterol, a family history of diabetes, and women with polycystic ovarian syndrome (PCOS) or a previous diagnosis of gestational diabetes.

The good news, Dr. Lansang says, is that there are lifestyle changes individuals can adopt to prevent, delay or in some cases, even reverse a diagnosis of diabetes type 2. These include achieving and maintaining a healthy weight; eating a balanced diet that includes vegetables, protein, good fats and carbohydrates; and exercising regularly. Treatment can also



entail taking prescribed medications such as metformin. "In particular, weight reduction can have a positive effect on insulin resistance, and even a modest reduction of 5-10 percent of body weight has been found to reduce glucose levels," she adds.

In addition to metformin, many new diabetes treatment options have recently become available and some of these also help address comorbidities associated with the condition, says Dr. Lansang.

"People diagnosed with diabetes should speak to their physicians about newer therapies, and which options or combination of therapies would work best for them. The treatment plan will be based on personal circumstances and the presence of comorbidities such as weight issues, coronary artery disease, heart failure, and chronic kidney disease," she says. "The process might involve trial and error as sometimes medication may need to be reduced to avoid falls in the elderly, or to avoid dangerous acute complications such as hypoglycemia, which is very low blood sugar."

Dr. Lansang concludes, "World Diabetes Day is a great opportunity to remind people of measures such as screening, making healthy lifestyle choices and exploring various treatment options, so they can prevent, delay, reverse or effectively manage diabetes and avoid serious complications from this prevalent disease."

Type 2 Diabetes, Is it Reversible?

Dr. Jibin John Thomas MD
Registrar Internal Medicine
International Clinic, Farwaniya

World Diabetic Day, celebrated each year on 14 November, raises public awareness of diabetes, and the need for health authorities worldwide to make coordinated and concerted efforts to combat this increasingly critical global health issue. In 2023, the campaign will focus on the importance of knowing your risk of type 2 diabetes, and knowing how to help delay or prevent the condition, as well as highlight the impact of diabetes-related complications.



Type 2 diabetes is a life-long, chronic disease in which the body either does not produce enough insulin, or the cells in the body do not respond to insulin effectively. Both of these problems result in insufficient insulin to move the glucose from the blood into the cells of the body. When the cells do not receive sufficient glucose they cannot function properly, which leads to further complications.

Type 2 diabetes used to be known as adult-onset diabetes, but both type 1 and type 2 diabetes can begin during childhood and adulthood. Type 2 is more common in adults, but the increase in the number of children with obesity has led to more cases of type 2 diabetes in younger people. Type 2 diabetes is more likely to occur in people who are above the age of 40, are overweight, or have a family history of diabetes. Certain ethnic and racial groups also have higher risk for type 2 diabetes.

Can type 2 diabetes be reversed? The very simple answer to this question is 'yes'. But it is

more correct to say type 2 diabetes is in remission. To be in remission, your blood sugar levels must remain normal for at least three months without using glucose-lowering medications. As type 2 diabetes is a chronic disease, we cannot say that it is completely cured, but rather that it is in remission.

While type 2 diabetes cannot be cured, individuals can achieve remission, which may involve their glucose levels returning to non-diabetic or pre-diabetic ranges. Remission is typically accomplished through significant weight loss. It is important to note that we refer to remission rather than a cure, because the remission is not permanent, as beta cells in the pancreas are usually damaged, and the genetic factors contributing to diabetes susceptibility remain unaffected. Over time, the disease may reassert itself, leading to continued destruction of the beta cells. Environmental factors, such as weight gain, can also trigger symptomatic glucose intolerance.

In some cases, patients may enter remission if they were initially glucose toxic before treatment, which can temporarily inhibit insulin production by the beta cells. When glucose levels are reduced, the beta cells regain functionality. This situation is often observed in individuals with untreated diabetes for an extended period and significantly elevated A1c levels. They may initially require insulin, but once glucose levels are lowered, and the beta cells recover, they can often transition to oral medications or lifestyle management.

Gastric bypass is typically considered for individuals with a high BMI and medical conditions putting them at risk of serious health complications. However, for most people, managing type 2 diabetes can be achieved through behavior modification, often combined with medications and lifestyle changes. Excess weight contributes to insulin resistance, so even a modest weight loss of 7 to 10 percent can improve the body's ability to respond to insulin.

The best method to detect Insulin resistance prior to being a diabetic is checking your blood HOMA IR levels. An experienced physician can evaluate your chance and risk for becoming a diabetic by assessing certain blood tests and physical examination. Family history, sedentary lifestyle, obesity, gestational diabetes, metabolic syndrome (high blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol levels) are the major risk factors for diabetes.





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