

Press release

Sidra Medicine to Mark World Diabetes Day with Education Events

12 November 2017

Sidra Medicine, a member of the Qatar Foundation for Education, Science and Community Development and Qatar's new hospital for children, young people, and women, will mark World Diabetes Day on 14th November with patient-focused activities designed to educate and empower the community. The activities reflect Sidra's approach to helping patients manage and understand the condition through education and the application of new technologies.

From 8:00 am to 3:00 pm on Tuesday, November 14th, families visiting the Outpatient Clinic (OPC) can take part in a variety of fun and educational activities to learn more about diabetes and understand how to manage risks and lead a healthier lifestyle. Specialist doctors and nurses will be on hand to answer questions and provide advice on managing the condition in children.

On Wednesday, November 15th, an educational session will address the importance of early screening for gestational diabetes which develops during pregnancy and how to manage the condition during pregnancy. The talk delivered by Sidra experts will focus on advice and guidance for women at risk or already diagnosed with gestational diabetes. Patients and families are welcome to visit the information table at the OPC (Level 4), from 8:00 am to 2:30 pm. The education session takes place at the OPC (Level 5, C5- 401 A&B) from 12:00 to 13:30 pm on the same day.

Sidra's patient and family-centered approach to care also focuses on educating patients, their families on the management of blood sugar by balancing nutrition and exercise with insulin therapy and supporting the emotional as well as physical consequences of diabetes. They are also given the tools they need to manage the condition and improve their quality of life.

Sidra is currently treating about 1,200 children who have the disease and undertaking an ambitious three-year project to better understand the mechanisms of diabetes in each of the children being treated. This reflects the hospital's approach of personalized medicine by integrating clinical medicine with translational research; designed to produce meaningful health outcomes in the treatment and diagnosis of diabetes.

The International Diabetes Federation (IDF) estimates that Qatar will be one of the countries with the highest growth in diabetes between 2013 – 2035. Studies have shown that children are at increasing risk of developing the disease, while gestational diabetes is estimated to occur in about 25 per cent of all pregnancies in Qatar.

Prof. Khalid Hussain, Division Chief of Endocrinology and Program Director of Research in Children's services at Sidra Medicine said: "At Sidra Medicine, we're committed to improving the lives of our patients with diabetes and understanding the causes of diabetes in all children here in Qatar. Our approach to care is comprised of educators, dieticians, researchers and clinicians who are supported by access to the latest technology and medical research. We are currently embarking on a collaborative research program to help understand the underlying genetic and biochemical mechanisms of diabetes in every child in with diabetes in Qatar. We are well on our way to developing a multidisciplinary approach for our patients with diabetes, and a multidisciplinary team to care for every child."

“However, effective patient education will always be an essential first step in managing the disease. Through health promotion events like these, we’re focused on creating ample opportunities for patients to access the necessary information they need to guide informed decision-making.”

As an institution concerned with the health of mothers, children and young people, Sidra Medicine takes a leading role in offering health education activities for the public. Education is one of Sidra’s key strategic pillars and this initiative is further evidence of Sidra’s commitment to the broader community in Qatar.

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Notes to editors

- Sidra Medicine’s mission is to be a beacon of learning, discovery and exceptional care, ranked among the top academic medical centers in the world.
- Sidra Medicine, a member of Qatar Foundation for Education, Science and Community Development, represents the vision of Her Highness Sheikha Moza bint Nasser who serves as its Chairperson.
- Sidra Medicine’s values are trust, care, teamwork, transparency, innovation and efficiency
- Sidra Medicine will provide world-class healthcare services for children, young people and women in Qatar and internationally
- Sidra Medicine’s research program will help develop ground-breaking treatments, technologies and techniques, especially in the areas of Maternal Fetal Medicine, Genetics and Genomics and Maternal Diabetes and Metabolic Syndromes
- Once fully operational, Sidra Medicine:
 - Will become the leading pediatric hospital in Qatar.
 - Will be the only specialist center treating pregnant women with fetal complications.
 - Will handle 275,000 outpatient appointments, 11,000 procedures, 100,000 emergency attendances and deliver over 9,000 babies.
 - Will feature 140 clinic rooms, 10 operating theatres, 400 beds, 100 per cent single rooms with a private bathroom, a birthing center and emergency department.
 - Will employ 2,000 nurses, 600 doctors and 800 other health care professionals, as well as administrative staff.
- Sidra Medicine outpatient services launched on 1 May 2016 and now operates 47 clinics and services related to pediatric and obstetrics care for the children, young people and women of Qatar.
- Sidra Medicine is located in Education City, Doha.
- For further information, please visit <http://www.sidra.org/>