

## Number of patients on the increase Mideast 'hottest zone' for diabetes

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KUWAIT: Middle East countries are considered to be one of the hottest zones of diabetes mellitus and the number of patients with diabetes is increasing year by year, says Dr Yousef Al-Nisf, Ministry of Health Undersecretary. Al-Nisf was speaking at the opening of a three-day seminar organized by European Best Information Regional Outcomes in Diabetes (EUBIROD) at Dasman Centre for Research and Treatment of Diabetes in Kuwait City yesterday. The participants at yesterday's EUBIROD meeting have been actively involved in diabetes data collection and analysis mainly in Europe. EUBIROD is a public health project funded by the European Commission. "Due to the high prevalence of diabetes and its numerous burdens and consequences, this disease has become a major concern to the Ministry of Health in Kuwait. All age groups are subject to diabetes," Al-Nisf pointed out.

According to Dr Al-Nisf, diabetes affects the whole body, including cardiovascular system, the heart, nervous system, eyes, nephrology and limbs. "It is crucial to have an improved Diabetes Register to enable health care providers of compiling all the necessary data of diabetic patients," he noted. Al-Nisf expressed Ministry of Health support to establishing Diabetes Register in Kuwait through Dasman Diabetes Center with the support of EUBIROD.

This was the first seminar of what is to become an annual event. In Kuwait, the seminar was attended by more than 50 participants, mostly from European Union member states. Professor Massi-Benedetti, Director of Research and Education-Assistant Professor of Endocrinology University of Perugia-Italy, thanked Kuwait's Ministry of Health for their support and expressed his hope that this year's seminar achieved goals and objectives necessary for advancing the cause of diabetes research. "This three-day seminar is aimed at training participants with necessary skills/knowledge about the use of technology and the breakthrough on diabetes research. We are now implementing several projects and we are here to share with our counterparts," he said.

The opening ceremony was followed by a series of lectures and training about methodological and technical aspects developed by the BIRO (short for Best Information through Regional Outcomes) system. The workshop will allow participants to learn how to install and use BIRO system on step by step procedures. The BIRO project is an international collaboration between innovative partners

that are involved in defining and applying common rules for the development of a Shared European Diabetes Information System.