

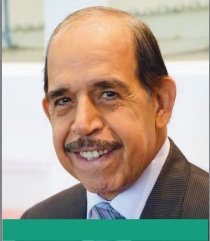


مستشفى ابن النفيس ش.م.ب (مقفلة)  
IBN AL-NAFEES HOSPITAL B.S.C (C)

Issue No. 38 | January 2025

# INH Newsletter

## HOPE • TRUST • LOVE



**Dr. Hassan Al-Arrayedh**  
Chairman

### Why Knowledge is Power?

Continuous learning is essential in today's fast-paced world. It fosters personal growth and adaptability, allowing individuals to stay relevant in their careers. It helps individuals stay updated with evolving knowledge, skills, and technologies in their fields. As industries evolve, acquiring new skills ensures that one remains competitive and innovative. Additionally, continuous learning enhances problem-solving abilities, leading to better decision-making. In a rapidly changing world, lifelong learning fosters adaptability and resilience. Learning also cultivates curiosity and a growth mindset.

It also boosts confidence and self-awareness by keeping minds active and engaged. It promotes intellectual curiosity, encouraging individuals to explore diverse perspectives and ideas. Furthermore, lifelong learning contributes to mental agility, reducing the risk of cognitive decline with age. By embracing continuous learning, individuals can unlock new opportunities and experiences, enriching both their personal and professional lives. Ultimately, it empowers individuals to navigate life's challenges with confidence and resilience.

**That is why we encourage and motivate continuous medical learning.**



In celebration of National Day and the remarkable growth of our hospital this year, the hospital management and staff came together to mark the occasion at our newly acquired villa. This addition will play a key role in expanding our services and enhancing our ability to provide exceptional care to the community. "New Year, New Beginnings: Celebrating Growth and Success at Our Hospital! Ibn Al-Nafees Hospital welcomed the New Year 2025 with a vibrant celebration, highlighted by a cake-cutting ceremony and reflections on the accomplishments of the previous year. Both staff and management came together to celebrate their shared unity and set aspirations for a prosperous year ahead.









# New Year Celebration

Ibn Al-Nafees Hospital celebrated the New Year 2025 with a joyful event, including a cake-cutting ceremony and reflections on the past year's achievements. Staff and management came together to share moments of unity and set goals for a successful year ahead.





# Prostate Cancer Cases on the Rise: Statistics Reveal Alarming Trends

A recent statistical report has highlighted a significant increase in prostate cancer cases among males in Bahrain, showing a staggering 70% rise since 2016. The data indicates a troubling upward trend in the number of diagnosed cases over the past several years.



**Prostate cancer is the second most common cancer in men worldwide. According to the World Health Organization (WHO), it is estimated that 1 in 8 men will be diagnosed with prostate cancer in their lifetime. Early detection through screening can greatly improve the chances of successful treatment.**



*Picture for representation only*



**Dr. Mohammed Al Alawi**  
Urology Consultant

In 2015, the number of prostate cancer cases recorded was 26. This figure rose to 38 in 2016, followed by a further increase to 48 cases in 2017. Although there was a slight decline to 46 cases in 2018, the numbers surged again, with 63 cases reported in 2019 and 62 in 2020. The year 2021 saw a notable leap to 72 cases, culminating in 79 cases in 2022. Overall, between 2015 and 2022, there has been an increase of around 53 cases, bringing the total to 434 registered cases during this period. Commenting on the statistics, Dr. Mohammed Al Alawi, Urology Consultant in Ibn Al-Nafees Hospital, told the Daily Tribune: **“The noticeable rise in prostate cancer in Bahrain due to multiple factors. Lifestyle significantly changed, and genetic factors started to be obvious. Having said that, however, the awareness of the public became better and they seek medical services more often. The most important factor is that modality of diagnosis became widely available, including MRI, and prostatic biopsy,”** He further added: **“In my opinion there are a lot of cases not recorded in Bahrain cancer registry or Bahrain oncology cancer and may not be included in the statistics because they will go individually abroad and receive treatment without passing in our national systems.**

In Bahrain all the treatments available now including the **robotic assisted radical prostatectomy** which are available in royal medical services from August 2024.” Colon Cancer Cases Also on the Rise In addition to prostate cancer, the report noted a 15% increase in colon cancer cases among males over recent years. The figures show fluctuations, with 54 cases recorded in 2015, decreasing to 44 in 2016, then rising to 50 in 2017. The number declined again to 39 in 2018 but surged to 80 cases in 2019. In 2020, there were 68 cases, and 65 cases were reported in 2021. Overall, the total number of colon cancer cases registered during this timeframe is 400, reflecting an increase of 11 cases.

## Rising Incidence Among Females

The statistics also reveal a 30% increase in colon cancer cases among females. In 2015, there were 36 cases, which rose to 47 in 2016. The number fell to 39 in 2017 but again increased to 36 in 2018. By 2019, it reached 58 cases, with 55 in 2020 and around 52 in 2021. The total registered cases among females during this period amount to 323, indicating an increase of 16 cases. Prostate cancer originates in the prostate gland, part of the male reproductive system located below the bladder. Conversely, colon cancer begins in the colon (large intestine) and occurs when abnormal cells grow uncontrollably in the colon wall, leading to tumour formation.

These alarming statistics underscore the urgent need for increased awareness and early detection measures for cancer in Bahrain, particularly among males and females at risk.



### Urology Dept

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**Ibn Al-Nafees Hospital, Kingdom of Bahrain**





# Advancing Healthcare, Ibn Al-Nafees Hospital Introduces the Latest MRI Machine

Exciting news! We're thrilled to announce the arrival of the cutting-edge Canon Vantage Orian **MRI system** at Ibn Al-Nafees Hospital. This latest technology marks a significant milestone in our commitment to providing the very best in diagnostic imaging for our patients.





# Our Insurance Partners



## GULF CHAMPIONS, PRIDE OF Bahrain

“Driving National Spirit, Ibn Al-Nafees Hospital Sponsored Buses for Fans to Support **“The Red Bahrainis”**”







Mr. Mohamed Alaali  
HR & Training Manager

## HR Manager Message

As we come to the end of 2024, I want to take this opportunity to reflect on this year and express my sincere gratitude to each and every one of you. This year has been filled with challenges and accomplishments, and it has been your tireless dedication, teamwork, and compassion that has made a huge difference in the lives of our patients and their families. From frontline caregivers to administrative staff, every role has been critical to our mission to provide exceptional healthcare. Each of you has played a vital role in delivering exceptional care to our patients and supporting each other through challenges and triumphs. Your dedication and resilience have supported our mission and created a warm and supportive environment for our community. As we look to 2025, let us carry forward the lessons we have learned and the bonds we have strengthened.

I wish you all a happy and peaceful holiday season, and may the New Year bring you continued health, happiness, and success. Thank you for your incredible contributions; together, we will achieve greater heights in the year ahead!

## The Hospital Chairman had a Coffee Break with the Consultants



## Advancing Sports Rehabilitation: PT. Farishta Turab Completes Specialized Training in Athlete Recovery Techniques

PT. Farishta Turab, Head of the Physiotherapy Department, has successfully completed the **postgraduate clinical education course in Sports Mobilization with Movement (Mulligan Concept)**. This internationally recognized course focuses on advanced manual therapy techniques designed to restore mobility and reduce pain, often enabling athletes and patients to regain their range of motion within just a few sessions. PT. Farishta's accomplishment reflects her unwavering commitment to continuous professional development and her dedication to providing innovative care solutions. By integrating these techniques into practice, she enhances the department's ability to deliver evidence-based treatments that address complex musculoskeletal and sports-related conditions effectively. Her leadership and dedication to lifelong learning ensure that our patients continue to receive the highest standard of physiotherapy care.





# Nursing Continuous Education



Obstetric Triage  
Rn Ann C. Apiaka  
Ward-44 Labor Room



Disinfection Sterilization  
Single use instrument  
Ryan S. Dionisio  
CSSD Supervisor



Overview of Infection  
Control Practice  
Ameena Saad Abdulla  
Head of Infection Control  
& CSSD



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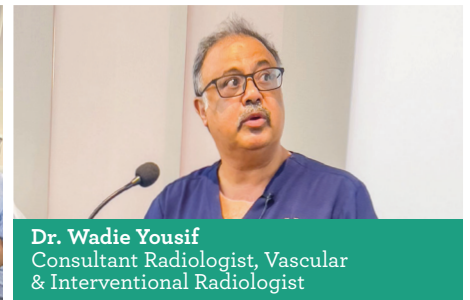
# HAPPY New YEAR

# 2025

*Transforming*  
Care, Shaping the Future!

## Continuous Medical Education Updates

### Muscular Injury



Dr. Wadie Yousif  
Consultant Radiologist, Vascular  
& Interventional Radiologist

### Upper GI Bleeding



Dr. Maheeba Abdulla  
Consultant Gastroenterologist  
& Hepatologist



### D - Dimer in Acute Medicine



Dr. Hasan Mohamed  
Consultant Intensive and Internist