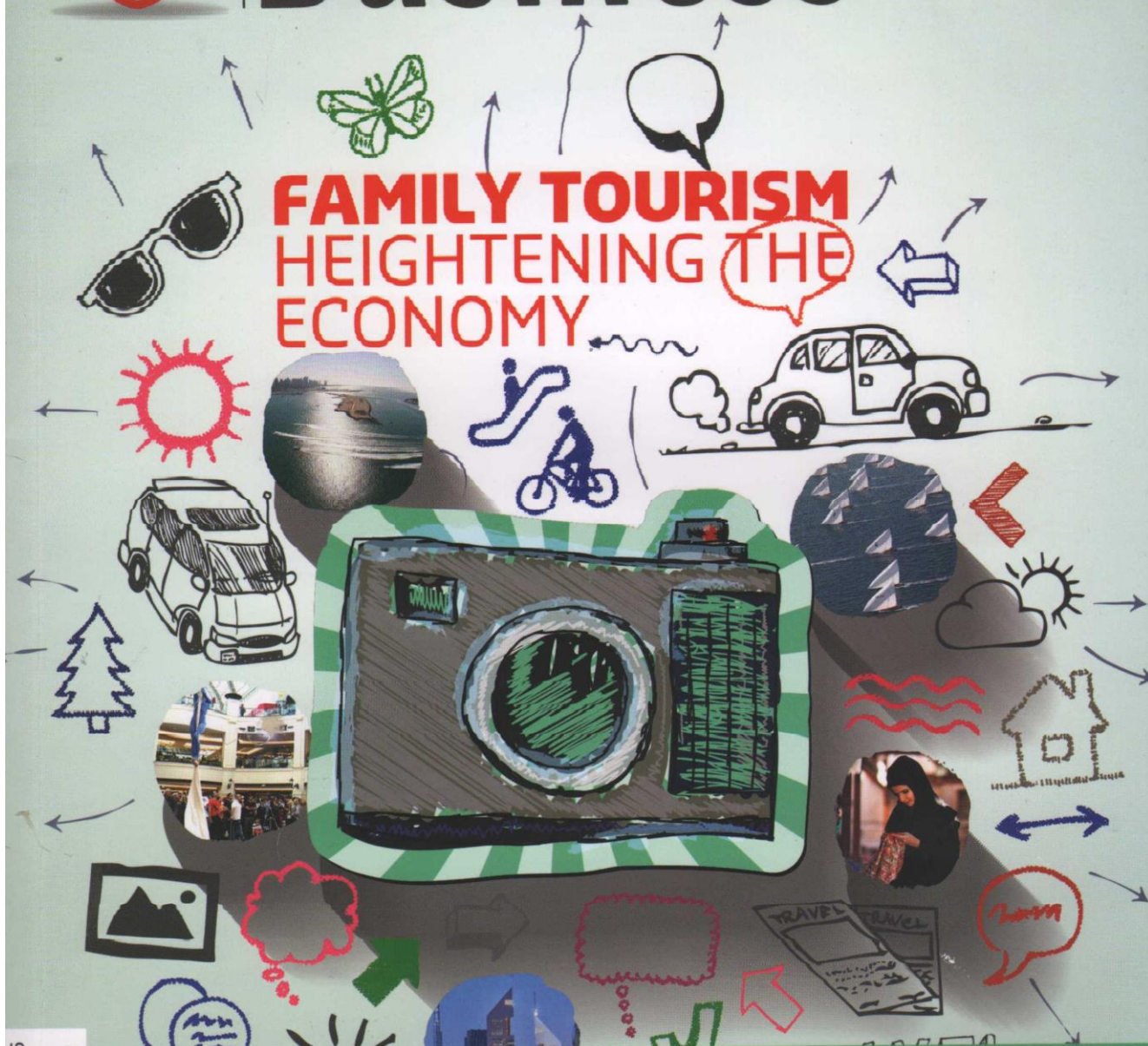




Capital Business

Vol 10 - June - 2015

FAMILY TOURISM HEIGHTENING THE ECONOMY



WHY TALENTED MIDDLE EASTERN ENTREPRENEURS LEAVE AND WHAT NEEDS TO CHANGE



Bahrain 2.50 Dinars - Kuwait 2.00 Dinars - Oman 2.50 Riyals - Saudi Arabia 25.00 Riyals - UAE 25.00 Dirhams - Qatar 25.00 Riyals

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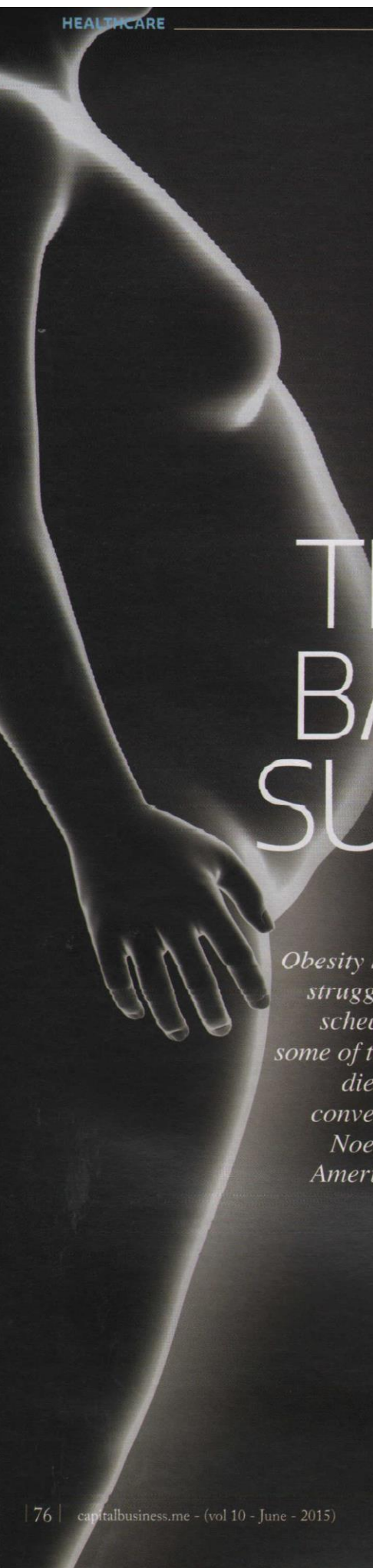
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WEIGHT LOSS THROUGH BARIATRIC SURGERIES



Obesity has long been a problem for many. People struggle today to lose weight but with their busy schedule and the fast paced life they are living, some of them rarely find time to maintain a healthy diet and commit to a long-term training. In a conversation with Capital Business, Dr. Patrick Noel, Laparoscopic & Bariatric Surgeon, The American Surgecenter sheds light on a different way of losing weight: bariatric surgery.



Dr. Patrick Noel

Laparoscopic & Bariatric Surgeon,
The American Surgecenter

About Dr. Patrick Noel

Dr. Patrick Noel is a Laparoscopic and Bariatric Surgeon at The American Surgecenter. Trained in minimally invasive surgery in the early '90s by Prof. Jacques Domergue in Montpellier, he has become one of the most representative laparoscopic surgeons in the South of France. Later, he founded the bariatric department in a private practice in Aubagne, Marseille (France). In December 2012, his experience was recognized worldwide during the Sleeve Consensus Summit in New York, where he was invited to present the largest experience in revisional surgery from gastric banding to sleeve gastrectomy. Subsequently, this series was published in Surgical Endoscopy. Dr. Patrick has been actively involved in different activities of French Surgical Societies, having been elected as a member of several boards. He is also a member of the Scientific Board of the Journal de Coeli-chirurgie.

WEIGHT LOSS IS A LONG TERM GOAL THAT MOST OF THE PEOPLE WANT TO SEE ITS RESULTS IMMEDIATELY, HOW IS THE AMERICAN SURGECENTER DEALING WITH THIS ISSUE?

The American Surgecenter offers a comprehensive range of specialized treatment plans; we have a team of medical specialists from multiple disciplines to care for our patients and educate them with the best treatment plan possible. When patients come to us seeking weight loss treatment, we discuss with them all medical options and procedures available for them. We propose bariatric surgery only after careful and thorough assessment of the patient as one has to meet certain medical guidelines to qualify for weight-loss surgery. In addition, we also discuss with them the risks and benefits of the procedure, surgery options, as well as necessary aftercare and lifestyle changes post the operation to ensure its maximum success.

DO YOU HAVE ANY FIGURES ABOUT THIS GROWING CONCERN IN THE UAE/ MIDDLE EAST?

We have the following from various studies/researches:

- More than 66 per cent of men and 60 per cent of women in the UAE are already overweight or obese – from Global Burden of Disease Study 2013 by the University of Washington's Institute for Health Metrics and Evaluation.
- 36 per cent of six to 18-year-olds are either obese or overweight – from 2013 study by the Health Authority Abu Dhabi (Haad).
- UAE schoolchildren are 1.8 times more likely to be obese than children in the US– from a study conducted in 2013 by the cardiology department at the Saif Bin Ghubash Hospital in Ras Al Khaimah.

COULD YOU GIVE US MORE DETAILS ABOUT BARIATRIC SURGERIES?

Weight-loss, or bariatric, surgery helps people lose weight and lowers their risk of medical problems associated with obesity. Bariatric surgery contributes to weight loss in two main ways:

- a) Restriction - surgery is used to physically limit the amount of food the stomach can hold, which limits the number of calories you can eat.

b) Malabsorption - Surgery is used to shorten or bypass part of the small intestine, which reduces the amount of calories and nutrients the body absorbs.

There are various types of bariatric surgeries that can be performed. Surgery may be performed using an "open" approach, which involves cutting open the abdomen or by means of laparoscopy, during which surgical instruments are guided into the abdomen through small half-inch incisions. Today, most bariatric surgery is laparoscopic because compared with open surgery, it requires less extensive cuts, causes relatively minimal tissue damage, leads to fewer post-operative complications and allows for earlier hospital discharge.

We offer the following surgeries at The American Surgecenter:

- "Roux-en-Y" gastric bypass (RYGB)
- Vertical sleeve gastrectomy (VSG)

Gastric sleeve and gastric bypass surgery are the most common weight loss operations, accounting for about 80 per cent of all weight loss surgeries worldwide. The surgeon decides which surgery is best for the patient based on several factors such as age, medical history, diet history, and previous surgeries.

CAN ANYONE UNDERGO THIS SURGERY?

Weight loss surgery is not a quick fix option and one must meet the prescribed criteria to be a candidate for the procedure. To be a candidate for obesity surgery, you must have the following criteria:

- Your BMI is over 35 and you have other serious health issues
- You BMI is over 40
- You weigh at least 60 pounds more than your ideal body weight
- Your age is above 18 years (although it can be done for younger kids in extreme cases)
- You have a history of being overweight
- Your earlier efforts to lose weight provided minimal results or short-term success
- You do not have any other disease that may have caused your obesity, and you do not drink alcohol in excess.

ARE THERE ANY PARTICULAR STEPS PATIENTS NEED TO TAKE BEFORE THE SURGERY?

Patients should go for several tests prior to the surgery to guarantee best results

after surgery. Bariatric surgeon will ask for specific blood tests, chest x-ray, abdominal ultrasound, gastroscopy and psychology evaluation to assess how ready the patients are for such surgeries. When patients finish all the mentioned investigation, bariatric surgeon will be able to judge whether the patient is a good candidate or not.

WHAT ARE THE EFFECTS THAT THIS SURGERY MIGHT HAVE ON THE BODY?

After any bariatric surgery, people typically stay in the hospital for 1 to 2 days and return to normal activity within 2 to 3 weeks. You will not be able to eat for the first 1 to 3 days, and you will only be allowed to go home once you are able to drink liquid without vomiting, move around without pain, and do not need pain medicine through an IV. A post-bariatric surgery diet typically follows a staged approach designed to help you ease back into eating solid foods as you recover. Once you're able to tolerate liquids for a few days, you can begin to eat strained and pureed (mashed up) foods. After a few weeks of pureed food, you can add soft foods into your diet such as steamed vegetables or lean and ground meat. Usually three months after the surgery, you can begin a full and healthy diet.

Complications may include ulcers, digestive problems, or wound infections. In addition to surgical complications, some people experience long-term deficiencies of vitamin B12, folate, and iron. It is necessary to know that this procedure requires life-long commitment to adherence to post-operative changes, including dietary restrictions, vitamin/mineral supplementation, and medical follow-up. Significant weight loss cannot occur or be maintained if these requirements aren't fulfilled.

WHAT ARE THE TOP 5 TIPS TO PREVENT OBESITY?

- Changing person's lifestyle by adapting healthy eating habits and avoid wrong diets.
- Increase daily activity level with regular exercising program.
- Set realistic goals regarding weight and fitness.
- Be a role model yourself – people will follow your steps in your health track.
- Have a scientific reference to get all your needed information regarding nutrition and exercise.