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# The National

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## Egypt's entire cabinet resigns

### Live TV surprise

Now speculation mounts over Sisi run for presidency

Hamza Hendawi

CAIRO // Egypt's entire governing cabinet resigned yesterday. The prime minister Hazem El Beblawi announced the mass resignations in a live TV broadcast amid crippling strikes by public service workers and growing criticism of economic and security failures.

He said the cabinet would remain in place until a new one has been announced. Mr El Beblawi, an economist, and his military-backed government of technocrats were sworn in on July 16, less than two weeks after Field Marshal Abdel Fattah El Sisi, the defence minister, led the removal of the deeply unpopular Islamist president Mohamed Morsi.

The key question now is whether Field Marshal El Sisi, the de facto ruler, will remain defence minister in the new cabinet. If a new minister is appointed, observers believe the widely expected announcement that he will run for president is imminent.

Field Marshal El Sisi has secured the support of Egypt's top military body, the Supreme Council of the Armed Forces, to launch a presidential bid.

The career infantry officer trained in Britain and the United States has already been acting in a presidential manner. He made a highly publicised visit to Russia this month, when he secured the Kremlin's goodwill and its blessing for his presidential bid, and negotiated a large arms deal.

Last week, his wife made her first public appearance since Mr Morsi's removal, seated next to her husband at a military ceremony.

Field Marshal El Sisi also enjoys the confidence of Egypt's economic backers, including the UAE, which has sent billions of dollars in aid to stabilise the country after its political upheaval.

Egypt adopted a new constitution last month drafted by a mostly liberal and secular panel and two months ahead of a presidential election, now expected to be held in April. The constitution gives the military the right to pick the defence minister for the next two four-year presidential terms.

In Egypt, the defence minister is routinely the armed forces' commander in chief, so if Field Marshal El Sisi is not in the cabinet he would be in a vacuum unless he announces his presidential candidacy.

Observers with ties to the military have tipped Chief of Staff Gen Sedki Suhbi to be the next defence minister. While yesterday's mass resignation was unexpected, the prime minister has suffered widespread derision over his perceived indecision and inability to address economic problems.

Egypt, continued on 10 →

### The old man and the sea



The veteran seafarer Jumaa Mohammed Hathboor, 76, with his grandson Ali, 12, captivates visitors to the Qasr Al Hosn Festival in Abu Dhabi with his tales of life at sea as a young man, and how the ancient palace fort was always their first sight of dry land. Focus, a9. Mona Al Marzooqi / The National

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Our reporter hates heights and fears flying. So we sent her up in a Red Bull racer, a3

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## Parents' pressure on eldest child increases risk of eating disorders

Girls in particular feel need to control their own lives, experts say

Jennifer Bell

DUBAI // Parents' high expectations of their first born, particularly girls, are putting the children at risk of developing eating disorders.

The huge pressure of the responsibility to succeed and set a good example can prompt eldest children to rebel by reducing their

food intake as a way to regain control over their own lives.

The model child and the one who does well at school are most at risk, experts say.

"Being the first, you end up holding a great deal of the family's attitudes and expectations," said Jared Alden of the German Neuroscience Centre in Dubai Healthcare City.

"The oldest child feels a tremendous responsibility to do things the correct way."

"Children, young girls especially, we put so much pressure on them, on the way they look and act - that they have to get on in

education but also marry," said Mr Alden, 51, a psychologist and counsellor with a 20-year background in helping people with eating disorders.

This pressure can lead to girls trying to find one aspect of their life they can fully control and some find that with food management, he said.

"Eating disorders are about control, the ability to control your own life, feelings, failures and your own body."

Eldest child, continued on 2 →

→ Anna's cautionary tale, a2

## Boost in life-saving services for North

New state of the art rapid response ambulance system

Jennifer Bell

ABU DHABI // An expanded network of ambulance services to the Northern Emirates will reach patients in remote areas, reduce response times and save lives.

Eight new key ambulance points and 22 sub-locations will provide a rapid response to emergency call-outs to Ras Al Khaimah, Umm Al Quwain, Ajman, Sharjah and Fujairah.

Twenty new Mercedes ambulances will be fully equipped with the latest state-of-the-art equipment, with 179 new paramedics providing round-the-clock coverage across the five emirates.

"Saving souls is a sacred duty, one that must not be lightly considered," Sheikh Saif bin Zayed, a Deputy Prime Minister and Minister of Interior, said as he announced the National Ambulance Project.

Dr Biniam Tesfayohannes, head of the emergency department at Mafraq Hospital in Abu Dhabi, said the first minutes after an accident were vital in reducing the risk of fatality.

"There is a common mantra; the first hour in any accident is what we call the 'golden hour'," he said.

"The sooner you can get a patient into a hospital then the sooner you can start assessing the condition and assigning a specialist. The quicker you are, the better the result."

While some patients can wait two to three hours to receive treatment, others, such as those involved in a road traffic accident, do not have that luxury, he said.

"They need to get treated quickly otherwise they will be dead," he said.

"For example if you get there in five minutes to someone with a blocked airway you will have a better chance of saving that life."

Ambulances, continued on 6 →

## Time to keep a clean credit history if you want a new loan

Tom Arnold

ABU DHABI // Looking for a bank loan? Then make sure you have a clean credit history.

From next month lenders will be able to check that applicants are not deep in debt and have kept up payments on previous loans.

Borrowers can also buy a copy of their own credit report to ensure the

information held by the new Al Etihad Credit Bureau is accurate.

"When operations commence in the first quarter of 2014, individuals will be able to register at the bureau and purchase their reports," said Marwan Lutfi, its chief executive.

Bank customers will also be advised about the importance of maintaining a good credit history.

Hundreds of bank staff have been trained by the bureau to understand

how the new system works and to explain to customers the value of a clean credit score.

The bureau is intended to provide more stability to the financial system by giving banks more information about the credit worthiness of consumers and companies. Commercial credit reports will be available during the second phase of operations later in the year.

The final stage in the scheme will

be credit scoring, the system used in most other countries with a credit bureau to determine a potential borrower's level of creditworthiness. Credit scoring will be introduced at the end of next year.

"The credit score system is based on a combination of historical credit and demographic information," Mr Lutfi said.

→ t.arnold@thenational.ae

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official restaurant



# the emirates

## Child care

### 'Eating disorders definitely on rise'

→ Eldest child, continued from 1

"In this way older siblings are far more likely to have an eating disorder because of the pressure on the firstborn," Mr Alden said.

"They are put in a position of responsibility far more than younger siblings."

He believes between 5 and 10 per cent of young people aged 12 to 18, Emiratis and expatriates, have eating disorders. He treats about four patients a month.

"Eating disorders are still something that are successfully hidden here," Mr Alden says.

A study by Dr Justin Thomas of Zayed University and Sabrina Tahboub-Schmidt of the American University of Sharjah, published last year, suggests three quarters of young Emiratis suffer with body issues and one in five of those needs clinical intervention.

"It is most definitely on the rise," said Mr Alden.

He said that was not just in the UAE but also other Arab countries. He has had patients from Saudi Arabia, Lebanon and Egypt.

Parents and teachers must look for the warning signs, he said.

"I would watch for the child who is very quiet, very compliant, the child

who never breaks the rules, the ones who are emotionally too easy - in a sense that they never get too upset, almost as if they have a smile pasted on their faces."

"Having a sense of control and rituals are a part of an eating disorder, so the child often does very well at school."

Teachers and parents need to reduce pressure on the child.

"A lot of people rule with fear," Mr Alden said. "You have to let a child fail in your presence."

Dr Dreina Sibweil, clinical psychologist and director of the Car-

bone Clinic, also in Dubai Healthcare City, said certain dysfunctional family dynamics had a critical influence in shaping the relationship between children and food - although she points out that no one is immune to an eating disorder.

"High pressure from parents, unrealistically set expectations of children and adolescents and pathological eating habits of the parents greatly influence their children's development," said Dr Sibweil.

"All of these high expectations can make one who is already predisposed more vulnerable to developing an eating disorder as an attempt to restore control."

While parenting plays a significant part, it is not the only factor, she said.

"There are equally critical emotional, biological and environmental factors as well," Dr Sibweil said.

"Nevertheless, the family is absolutely critical in helping to identify and treat the eating disorder."

"Parents are, of course, the primary caregivers and they should model proper and relaxed attitudes about food and should never use food as a reward or punishment when disciplining children."

▶ jbell@thenational.ae

**You have to let a child fail in your presence**

Jared Alden

German Neuroscience Centre

### Pressure of being the perfect child ... Anna's cautionary tale

First born had to learn need to be ideal came largely from herself

Jennifer Bell

DUBAI // The eldest of three children, "Anna" was a model student and daughter.

But it all came at a terrible cost.

Anna was slowly dying of starvation before everyone's eyes, said Jared Alden, of the German Neuroscience Centre.

The former patient is a perfect example of how greater parental expectations on the first born can lead to an eating disorder, Mr Alden said.

Anna began dieting at the age of 11, limiting her eating as a way to take control of her life.

"Anna is representative of so many young women I have met over the years," Mr Alden said.

"From Anna's point of view she was under a great deal of pressure. She was the oldest child in the family."

That means she was the first one

to confront her parents with each and every stage of her development. Anna was the first to walk, the first to talk and the first to go to school - the first to grow up.

"All of her family's expectations were focused on her. It would be fair to say that by the time Anna's younger sisters got to these stages, her parents were more relaxed."

"Anna benefited from all the attention of being the first but she also ended up holding a great deal of the family's anxieties and expectations."

Being the oldest, she had a tremendous responsibility to do things the right way, Mr Alden said.

"After all, she had two siblings watching everything she did. Anna was also the first grandchild in the family."

"The result was she felt she lived her life in a public spotlight."

Feeling responsible to do everything in the right way, get the perfect marks and never rebel, led to Anna taking control in the only way she felt she could - by counting calories and avoiding food.

In the beginning, not eating made her feel mature and powerful, relaxed her and allowed her to focus

on school, Mr Alden said. But this quickly slipped into an obsession to become the thinnest girl in the class.

"Anna's caring parents were shocked that their high standards had hurt their daughter," he said.

"They never wanted to control their daughter. They only wanted to guide and provide for her."

"Therapy for this family was much like most families with eating disorders."

"It was helping the parents see that they are not bad parents, that they can relax and let their daughter make some of her own choices and ultimately her own mistakes."

"It was helping Anna to see that much of the pressure she was under was self-imposed. Her parents did not really expect everything from her. She did not have to be the perfect child for her siblings and her parents."

"Anna also had to learn how to express normal human emotions of sadness and anger. Her parents had to learn to listen to their oldest daughter and not get frightened and overreact."

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Abu Dhabi-bound lanes on Sheikh Zayed Road, near the Marina metro station, in gridlock yesterday morning caused by a pile-up near Jebel Ali Gate 2. Police advised drivers to take care. Christopher Pike / The National

### Police tweet warnings about rush-hour accident scenes

Sheikh Zayed Road crashes near Jebel Ali cause long delays

Jennifer Bell

DUBAI // Several accidents, including a pile-up on Sheikh Zayed Road, caused major backlogs yesterday morning.

Commuters faced long delays after the Abu Dhabi-bound pile-up near Jebel Ali Gate 2.

Dubai Police urged them to drive safely and take alternative routes.

They tweeted: "An accident has been reported on SZR before the

seventh bridge towards Abu Dhabi. Please be extra cautious and use alternative routes."

One motorist posted a picture of a pile-up that appeared to have involved a van and a car, while others also took to Twitter to vent their frustration and to report traffic at a standstill.

"There's been a terrible accident on Sheikh Zayed Road. I've had to cancel my trip to Abu Dhabi this morning after two hours," said one user.

Dubai Police reported a second, unrelated accident on Twitter.

They tweeted: "An accident has been reported on Al Quds road. There is traffic, please be careful."

▶ jbell@thenational.ae

For more on ROAD SAFETY, visit thenational.ae/topics

### Ambassadors from six nations join Irena

Appointed permanent representatives to promote renewables

The National staff

ABU DHABI // The ambassadors from six countries have become permanent representatives to the International Renewable Energy Agency, based in Abu Dhabi.

The diplomats have been added to help their countries to promote their sustainable energy projects and better co-ordinate with Irena.

The delegates - from Egypt, Fiji, Djibouti, Greece, Sudan and Italy - will help their countries to keep

track of the agency's developments in policy and technology.

"The appointment of six permanent representatives to Irena from Africa, Europe, the Pacific and the Arab World showcases the growing

importance of renewable energy worldwide, and the global commitment to a sustainable energy future," said Adnan Amin, director general of Irena.

"Irena looks forward to close cooperation with each of the distinguished permanent representatives to the agency."

Those appointed were Hani Hamouda from Egypt, Djibouti's Osman Darar, Ravindran Nair from Fiji, Sudanese ambassador Ahmed Elsidig, Giorgio Staccato of Italy and Dionysios Zois of Greece.

Irena promotes several forms of renewable energy including solar and wind, geothermal, hydropower and bioenergy.

▶ newdesk@thenational.ae

### editor's picks

#### Emirates

##### FNC members visit state Islamic authority

Leaders say Muslims need guidance from General Authority for Islamic Affairs and Endowments to help them differentiate between legitimate imams and those who are pretenders. a4

#### Health

##### Lack of exercise more disturbing than obesity

Physical inactivity is the fourth leading risk factor for non-communicable diseases, say experts at a World Health Organisation conference in Dubai. a7

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##### Iran's network of proxies must be dismantled

The country's support for Hizbollah, Assad and others is more lethal, and will not go away, even with a deal over its nuclear programme, writes Faisal Al Yafai. a14



#### Business

##### Emirates to start daily flights to Chicago

The new destination, to begin from August 5, will be the ninth for the Dubai carrier as it seeks to increase connections between the UAE and the United States. b3

#### Football comment

##### A season of change for Swansea and Cardiff

Although both local rivals lost at the weekend, conceding four goals apiece, only one of the Welsh teams has reason for optimism in the Premier League, writes Richard Jolly. s10-11

### @ online

#### Haven for patients in Pakistan faces closure

Since 1964, St Joseph's Hospice in Rawalpindi has treated hundreds of maimed and sick patients, overwhelmingly Muslims. Now a shortfall of funds threatens to shut the hospital down. bit.ly/1gwd7zi

#### Rolling Stones make social media sing

The Scene & Heard blog counts the ways rock and roll's elder statesmen put the social-media skills of bands born in the web era to shame. bit.ly/1bEgJhe

### Rabea Al Thani 25, 1435

	Fajr	Shurooq	Dhuhr	Asr	Maghrib	Isha
Abu Dhabi	05:26	06:48	12:36	16:01	18:23	19:53
Al Ain	05:21	06:43	12:31	15:56	18:18	19:48
Dubai	05:21	06:43	12:31	15:56	18:18	19:48
Fujairah	05:17	06:39	12:27	15:52	18:14	19:44
RAK	05:17	06:39	12:27	15:52	18:14	19:44

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ABU DHABI MEDIA



# 'Eating disorders definitely on rise'

→ Eldest child, continued from 1

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