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healthy living

New alert over eating disorders

Disorders, continued from 1

This is a major concern because rising obesity is a public health issue in UAE, said Dr Luthra, who will be addressing eating disorders in UAE adolescents at the Paediatrics Conference.

The conference will take place during the Arab Health Recruitment and Training Fair in October. "Eating disorders can be life-threatening so parents must seek treatment for their teens. Don't dismiss it as a passing phase and delay treatment."

Jared Alden, a psychiatrist at the German Neuroscience Centre in Dubai Healthcare City, said teenagers were hiding their condition from parents and teachers.

"I don't think a lot of the children and young adults who are suffering from eating disorders are seeking treatment," Mr Alden said.

"I think children are keeping it secret and they are able to do so, even from close family members."

He said eating disorders were not gender specific and could affect both expatriates and Emiratis. But experts were more likely to identify an eating disorder in a family member, Mr Alden said.

"They have grown up with this issue being a topic so they might recognise it more quickly. There is a familiarity with it."

The health risks of an eating disorder are profound, Mr Alden said.

"The trouble is because someone is young they don't immediately show up. Some conditions won't even appear until their late forties but it has a very big effect."

The National Association of Anorexia Nervosa and Associated Disorders estimates that 11 per cent of high school pupils have been found to have an eating disorder. Eating disorders have the highest mortality rate of any mental illness.

Such disorders, especially anorexia, can have many health consequences, said Ruba Rizk, a consultant physician in adolescent medicine at Sheikh Khalifa Medical City.

These include electrolyte imbalance, abnormally slow heart rate and low blood pressure. It can also affect a girl's menstrual cycle.

Eating disorders are also linked to depression and anxiety. But most of these health conditions are treatable if caught early, said Dr Rizk, who will also be addressing the October conference.

She describes eating disorders as "a disease of adolescence" and once classed as the "middle class syndrome".

"But now we are seeing it across all races, all societies, all social economic classes. It is no longer restricted," Dr Rizk said.

"The problem here is catching it early. As a physician we can just



Jared Alden, a psychiatrist at the German Neuroscience Centre in Dubai Healthcare City, says many young people are successfully hiding their eating disorders from their families. Antonio Robertson / The National

monitor the weight and if we see a drop in weight we are supposed to ask some leading questions and find out about the child's eating habits, if they have any mental disorders.

"But really, you have to rely on the parents." Juggling busy working lives means less family interaction.

"There is no one really keeping track of how much food a teenager

is eating and whether this child is dieting or not or any kind of purging or bingeing behaviour," Dr Rizk said.

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Traffic snarls continue with RTA work

The National staff

Three junctions of Al Sufouh Road, parallel to The Walk.

"The diversion works warrants temporary cessation of the street, thus shifting traffic temporarily to the service road," said Mathia bin Udai, chief executive of RTA's Traffic and Roadways Agency.

"Work will be running day-long in the presence of a team of contractors and consultants ready for any emergency until the completion of the entire tram diversion."

"The traffic diversion currently under way will include three intersections at the JBR street."

Residents said they were fed-up with the ongoing congestion and

traffic bottlenecks. "I was hoping the mess would be sorted out," said Puja Keerthy, who lives in Sadaf, a JBR tower block.

"There is a lot of renovation happening in The Walk itself. Some walkways near the Bahar cluster, which is located in between JBR, is being dug up. They seem to be doing a major facelift for the past three months."

"Some days it takes as long as an hour to get in or out of JBR. The traffic backs up until Media City. They have put up new traffic lights. The U-turns keep changing every few days. I hope the diversions end soon."

Julie Dektour, a resident at the Murjan tower block, agreed.

"We are used to it. Every week there is some change in the routes. This is really the worst part of living in JBR. It's been three years I have been living here and each month there are some changes and surprises. I hope

the traffic will get better," she said. RTA urged road users to cooperate and put up with the traffic jams caused by the diversions.

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The diversions



JBR residential blocks: 1 Shams, 2 Amwaj, 3 Rimal, 4 Bahar, 5 Sadaf, 6 Murjan. Source: RTA

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Tender Announcement

Abu Dhabi General Services PJSC Company trading as "Musanada", an Abu Dhabi government owned company is pleased to invite all bona fide firms who are licensed & specialized in the field of Main Road, Street & Related Work Contracting - Special Grade and Bridges Contracting - Special Grade and have previously undertaken construction works of major roads / bridge projects for a value of at least AED 400 million each in the United Arab Emirates and are interested in obtaining the Tender Documents in order to bid for the tenders below:

Rail P178-T/785/13/14 Construction of New Road from Industrial City in Musahafah to Hamim Intersection at E11

This specific tender will be conducted through the Musanada e-Procurement portal available at: <https://eprocurement.musanada.com>

The scope of works includes construction of a new highway with bridges, utility bridges and tunnels.

All firms who wish to participate in this tender need to be registered with Musanada. Firms who are interested and are not registered need to register for receiving the Tender Documents by visiting <https://eprocurement.musanada.com/web/login.html>

Interested firms wishing to participate in the tender should submit their interest by a letter on the Tender's letter head, duly signed/stamped along with a scanned copy of the valid Abu Dhabi Commercial License and classification certificate, along with the list of any two major infrastructure projects in UAE which include highways and structures with construction value over AED 400 million per project, executed in the last 5 years by yourself not later than 20:00 PM on 21st August 2014 to buildings.procurement@musanada.com.

The cost for receiving the Tender Documents is AED 20,000/- and the mode of payment shall be advised through e-tendering system.

For any queries related to software-technology of e-tendering, you may contact our Musanada Helpdesk on 8008063377.

This announcement is an integral part of the Tender Documents.
Musanada reserves the right to cancel the Tender file of any legal or commercial claim by the participants.

Survey serves as a message about illegal ivory trade

Majority of travellers favour ban on all ivory products

Vesela Todorova

DUBAI // A survey of more than 900 travellers at Dubai International Airport found most agreed with a complete ban on all elephant ivory products.

Almost 93 per cent of the 942 people surveyed from more than 20 countries said there were good alternatives to souvenirs made from ivory. The poll was aimed at reminding travellers that it was illegal to carry ivory across international borders as part of an awareness campaign by Dubai Police, the Dubai Civil Aviation Authority and the Ministry of Environment and Water, in collaboration with the International Fund for Animal Welfare (IFAW).

"People want governments to punish wildlife smugglers," said Dr Akram Darwich, the IFAW programme manager for Middle East and North Africa. "These answers invite us to work for more protection and conservation of elephants and other wildlife."

Travellers from as far as Mexico, India, South Africa, the United States and Belgium participated in the survey, which hoped to gauge the opinions of people from the far east, said Mr Darwich.

"From our work, before we understood that, the main nationalities who use or trade in ivory are the Chinese and some other

nationalities from Asia, such as Thailand."

However, approaching Asian travellers was not easy, said Ahmed AbouZahra, the IFAW's campaigns and communications officer.

"So many of them were afraid to get involved, even to give their opinion," he noted. People were also mistaken about the impact of the ivory trade, with some believing the animals were alive at the time their tusks were taken.

Conservationists say use of ivory encourages poaching, with at least 35,000 elephants a year being killed to supply the trade.

Under UAE law, people caught smuggling endangered animals or animal parts face jail sentences of up to six months, fines of up to Dh50,000 or both.

Protection measures aimed at reducing poaching had significant success in the 1990s, although elephants are once again being targeted due to the high demand for their tusks.

According to a UN report, *Elephants in the Dust: The African Elephant Crisis*, the trend has intensified since 2007. In 2011, about 17,000 elephant deaths were recorded at sites monitored by scientists in Africa with the number for the entire continent believed to be as high as 25,000.

In many countries, especially those in Central and West Africa, the number of animals targeted by poachers exceeds the growth rates of the population.

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A Sri Lankan Customs officer displays seized elephant tusks at a warehouse in Colombo in May 2013. etiraga. Jayawardena / AP Photo

in brief



ERC GIVES MEDICAL SUPPLIES TO GAZA

The Emirates Red Crescent (ERC) has announced it will provide Dh13 million worth of medical supplies to Gaza. The aid was approved after a directive from Sheikh Hamdan bin Zayed, the Ruler's Representative in the Western Region and president of the ERC. The organisation was quick to respond to the humanitarian crises facing our brothers in Palestine. Five relief delegations have been sent so far to assist the displaced people who host their homes in the war, by providing food, tents, blankets and other necessities," said Dr Mohammed Al Falahi, the secretary general of the charity.

KHALIFA DECREES INVESTMENT FIRM

The President, Sheikh Khalifa, has issued a law establishing the National Investment Company as a private joint-stock company. The law states the company will be a corporate entity of financial and administrative independence and full legal capacity for undertaking its activities. According to the law, National Investment Company replaces National Investment Corporation, and the rights and obligations of the corporation will be delegated to the company. The law also states that the company undertakes its objects stated in its bylaws.

MAN 'MAKES HASH OF WALLET HUNT'

A man who lost his wallet containing a piece of hashish went to the police station to claim it back, prosecutors say. The man was sitting at a cafe and left his wallet there. When he went back for it, the cafe supervisor told him it had been handed to the police. Forgetting that he had placed the hashish inside, the defendant went to collect the wallet. After police confirmed he was the owner, they arrested him. He confessed during investigations to possessing and using hashish, prosecutors said, and that he was driving under the influence of drugs. The defendant will appear in Abu Dhabi Criminal Court on charges of drug possession and use.

NOT ALLOWED TO MOVE EX-WIFE

A man who asked a court to allow him to move his former wife and their two children out of the UAE has had his case rejected. The Casation Court in Abu Dhabi ruled that it was not in the best interests of the children or their mother, who had kept custody of them. Court records did not show to which country the man intended to take them. The man unsuccessfully took his case to the First Instance Court of Personal Status, and then to the Appeals Court. The Casation Court again rejected the claim.

RECRUITMENT FEES TO BE STUDIED

The Ministry of Interior is conducting a study on the costs of recruitment fees for domestic workers. The study will compare fees imposed by UAE-based domestic labour agencies with other Arabian Gulf states, said Brig Gen Rashid Al Khodir, deputy head of the Department of Nationality, Residency and Ports. Brig Khodir said the study was a prelude to the adoption of the domestic labour law to be introduced by the end of the year.