



Sep 26, 2016

AAU organized a lecture entitled "Cardiovascular diseases and the treatment methods"

On the occasion of the World Heart Day, the Deanship of Student Affairs at Al Ain University of Science and Technology –Al Ain Campus, organized a lecture entitled "Cardiovascular diseases and the treatment methods" in collaboration with the College of Pharmacy. The lecture was presented by Dr. Adel Sadeq -Assistant Professor of the College of Pharmacy and a specialist in the Clinical Pharmacy, in the presence of Dr. Ibtehal Aburezeq –Dean of Student Affairs, Dr. Khairi Mustafa –Dean of College of Pharmacy, a group of the academic members and the college students.

Dr. Adel started the lecture with a definition about the Cardiovascular diseases, and the most important diseases of the Cardiovascular system, then he talked about the heart stroke and how it will happen, he added that the delay of the treatment may lead to disastrous results and it may

lead to death. Dr. Adel also said that the most important risk factors for the cardiovascular disease is high blood pressure. And to reduce the occurrence of pressure comes from avoiding: smoking, obesity and overweight, lack of physical movement and arterial hypertension, high cholesterol level in the blood.

The medicine is one of the treatment methods but it is not enough alone, So there are several ways to treat high blood pressure as follows: Organizing food meals, reducing caffeine and salt, having lot of foods that contain potassium such as fruit (bananas and oranges) and vegetables, practicing physical activity, in addition to maintain a healthy body weight. At the end of the lecture, Dr. Ibtehal Aburezeq honored Dr. Adel in recognition of his efforts. It is worth to mention that the College of Pharmacy students was available at the lecture to measure the blood pressure and sugar level.

Press Release Link