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First 3D printing model of human heart in Kuwait

Ability to create personalized healthcare and cost effective solutions

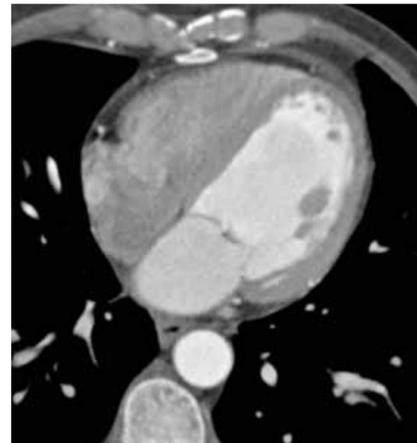
KUWAIT: Dr Michael Masoomi, the lead researcher in the Department of Medical imaging - Adan Hospital, in association with research colleagues in Belgium, have managed to develop a 3D printing of a female human heart, for the first time in Kuwait and probably in the region.

"Three-dimensional printing has the potential for significant impact within healthcare, with its ability to create personalized healthcare and cost effective solutions," Dr Masoomi said. "The technology originated in engineering and the aeronautical industry that has begun to find applications in the world of medicine and has allowed the generation of accurate complex anatomical models."

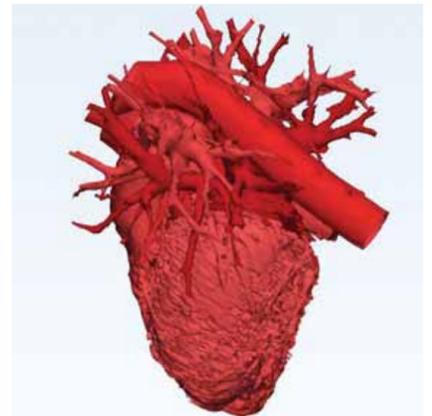
The medical benefits of individualized 3D printed models include assisting clinical diagnosis, choosing the best operative strategy, predicting any intra-operative challenges in advance, education and training for junior surgeons, and generating customizable prostheses and implants to suit the individual patient.

"The diagnosis and treatment of structural and congenital heart disease has traditionally relied on the analysis of images obtained by echocardiography, angiography, computed tomography (CT), and magnetic resonance imaging (MRI) and Nuclear Medicine imaging," Dr Masoomi said. In recent years, three-dimensional (3D) printed models have been incorporated into cardiology because of their potential usefulness in enhancing understanding of congenital heart disease, surgical planning, and simulation of structural percutaneous interventions. It also allows for the production of individualized cardiac stents to reduce the rate of in-stent restenosis. This application of 3D printing is especially relevant to the teaching of congenital heart disease because it can expose students to the full spectrum of malformations and the variability.

Moreover, the interconnectivity provided by the internet makes it easy to share digital files through online networks, allowing users to rapidly access and print 3D models of the disease of interest. Making 3D images available through online collections can provide hospitals and research centers with free access to a broad spectrum of heart conditions. Even more importantly, 3D models promise to transform teaching in ways that go beyond the lecture hall, and over the next few years are set to



A Transaxial CT image of the patient's heart.

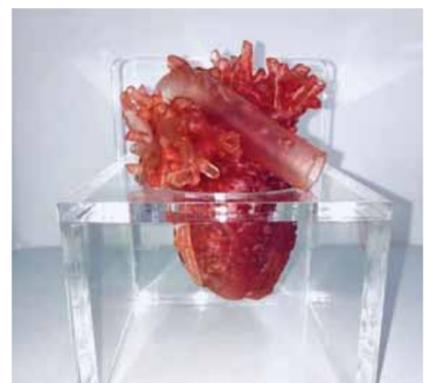


A 3D generated computer model of a female human heart.

revolutionize medical training, especially in percutaneous interventions. It has been reported there are current moves to make simulations a required element of cardiac catheterization training, part of a joint effort affecting the clinical practice guidelines of several international societies, including the Cardiovascular and Interventional Radiological Society of Europe, the Society for Cardiovascular Angiography and Interventions, the Society of Interventional Radiology, and the Radiological Society of North America. Simulations involving 3D cardiac models allow trainees to practice with a diverse range of scenarios, repeat technical procedures, and learn from mistakes without putting patients at risk. Simulations can be used to train specialists before they carry

out their first procedures on patients, for training reinforcement, and for instruction in new and more complex procedures.

Another application of 3D models is as a tool for explaining procedures to patients during medical consultations, a practice demonstrated to improve patient satisfaction and instill a sense of involvement with medical staff. Dr Latifah Al-Kandari, the Head of Medical Imaging Department, elaborated



3D printing of a female human heart based on the generated computer model - Medical Imaging, Adan Hospital.

that there is no doubt that 3D printing is an immensely promising technology, set to have an enormous impact on medicine generally and in the treatment of congenital and structural heart diseases in particular. Widespread incorporation of 3D printing will be a major advantage in tackling new diagnostic and therapeutic challenges in the following years.

ICSK hosts career awareness program

KUWAIT: The Indian Community School, Kuwait (ICSK) set the stage for a Career Awareness Program on December 5, 2020 via digital platforms for the parents and children of classes nine and 10. The objective behind organizing the career awareness program was to help the children make informed choices while focusing on their career and skill development so as to enable them to build an adaptable approach to the management of their careers with the selection of the right subject and stream.

The career trainer for the program was Dr T P Sethumadhavan, who is a leading education and Career Consultant in India and Abroad. He is the Consultant to the Ministry of Food Processing, Government of India, World Bank, UNDP, Int'l Cooperative alliance Geneva and National Skill development Corporation. The session saw the participation of 21 CBSE schools in Kuwait. Dr Sethumadhavan familiarized the children with innumerable number of streams and courses that they could choose matching their intellect and area of interest with the support of a content-packed power point presentation. The session was indeed knowledgeable, apprising and interactive as all the children of classes IX and X were able to seek answers to all their queries.



Significant impact within healthcare

Indian ambassador meets KMA officials



KUWAIT: Ambassador of India to Kuwait Sibi George met with the Kuwait Medical Association (KMA) President Dr Ahmad Al-Enezi and other KMA Board members at KMA, in the presence of past Presidents and present Indian Doctors Forum

(IDF) officials. Enezi welcomed the ambassador and praised the Indian Community for the excellent services rendered in building Kuwait. He also spoke highly about the contributions of Indian doctors in developing the health sector in Kuwait.

LOYAC marks International Volunteer Day

KUWAIT: LOYAC celebrated the International Volunteer Day by hosting a virtual event on Zoom with the attendance of LOYAC Vice-Chairperson and managing director Fadia Al-Marzouq, and volunteers from LOYAC Kuwait, Jordan, and Lebanon. The volunteers displayed and discussed their achievements in 2020 despite the challenges.

In this regard, Yusra Al-Essa, LOYAC Community Service Department Manager, emphasized the importance of spreading the humanitarian and voluntary culture within the society. "Here at

LOYAC, we focus on including volunteering in all of our programs and projects, especially in the community service department programs as we aspire to make community service a constant practice in our society," she said. "This comes from LOYAC's mission in empowering the youth, developing their skills, and instilling values through volunteering and community engagement."

Essa also mentioned that despite the current health situation and the challenges it presents, it brought communities together and gathered volunteers from different countries. She stressed the importance of adapting to different circumstances and working around them for the common objective of benefiting the whole community and society.



Yusra Al-Essa



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