

**In Celebration of WHO International Day of Older Person
Dar Al Shifa Hospital - Kuwait
How to Stay Young Symposium
Sat-Oct 5th 2024
DASH-Auditorium
DOI: 10.5742/MEWFM.2024.95257814**

The Geriatric Unit at Dar Al Shifa Hospital in Kuwait is announcing a geriatric symposium. **The symposium is in Celebration of WHO International Day of Older Person. The theme of the conference is “ How to Stay Young “. It will take a place on Sat Oct 5th , 2024 at DASH-Auditorium.**

The conference will cover the following topics

**Longevity issues
Dementia & Alzheimer’s
Preventive strategies in older people
How to prevent cardiovascular diseases
Nutrition, Frailty, Sarcopenia
Prevention of Osteoporosis
Use of genetic testing
New modalities in prevention and Management of diabetes
New modalities in prevention and management of dyslipidemia
Parkinson disease new modalities of treatment and prevention**

We will bring together a network of key players, renowned scientists and professionals representing all the following fields of gerontology and geriatrics: Research and education, social services, nursing or care homes, relevant public and administrative authorities as well as any other discipline dealing with the elderly or their quality of life.

The speakers are from Kuwait , GCC national and Europe in addition to Thailand, Spain, USA

The symposium can be carried at the auditorium of our hospital

Conference Objectives

The main objectives of the event are:

- To bring the global phenomenon of aging to the attention of the regional countries;
- To help in developing the concepts of geriatric care and services;
- To discuss the major preventive methods in geriatrics;
- To discuss the possibility of using genetic testing and genetic engineering;
- The use of aesthetic surgery for the elderly;
- To highlight how to prevent Dementia;
- To highlight how to prevent sarcopenia and frailty;
- To present the major scientific advances’ in the field of ageing;

Objective per session

Session One: Healthy Ageing

1. To explore the factors contributing to healthy ageing, including longevity and centenarian studies.
2. To understand the role of nutrition in promoting longevity and healthy ageing.
3. To discuss advancements in genetic and genomic medicine relevant to ageing populations.
4. To learn about holistic approaches and new horizons in care for promoting longevity.
5. To examine the relationship between exercise and its impact on longevity and overall health.

Session Two: Disease Prevention

1. To raise awareness about the challenges and management strategies for dementia in elderly populations.
2. To discuss gastrointestinal disturbances and their implications for elderly health.
3. To explore new modalities and advancements in the treatment of Parkinson's disease.
4. To review the concept of frailty and sarcopenia and explore potential reversibility through current research and practices.

Session Three: CVS and Metabolic

1. To understand preventive strategies and interventions for cardiovascular diseases in older adults.
2. To raise awareness about osteoporosis as a prevalent health issue among the elderly.
3. To discuss preventive measures and management strategies for diabetes mellitus.
4. To debate the management approaches and controversies surrounding dyslipidemia in older populations.

**In Celebration of WHO International Day of Older Person
Dar Al Shifa Hospital -Kuwait
How to Stay Young Symposium
Sat-Oct 5th 2024
DASH-Auditorium**

**Session One: Healthy Ageing
Chairperson: Dr Mohamad Almosawi -Kuwait**

08:30-08:45	Opening remarks	
08:45-09:10	Healthy Aging Longevity & Centenarian	Dr. A. Abyad-Kuwait
09:10-09:35	Nutrition & Longevity	Pr. Mohamud Verjee-Canada
09:35-10:00	Role of Genetic and Genomic medicine	Dr. Polakit Teekakirikul-Thailand
10:00-10:25	New horizons in care-holistic longevity program at Guiron Salud-Madrid	Dr. Debora Nuevo Ejeda-Spain
10:25-10:50	Exercise & longevity	Dr. Hadeel Al Othman-Kuwait
10:50-11:20	Coffee Break	

**Session two: Disease Prevention
Chairperson: Dr. Ibrahim Abdallah Al Hammadi-Kuwait**

11:20-11:45	Dementia: The long goodbye	Dr. A. Abyad-Kuwait
11:45-12:10	GI disturbances and changes in the Elderly	Dr. Ossama Alaradi-Kuwait
12:10-12:35	New modalities for Treatment of Parkinson Disease	Dr. Jack Jacobs -USA
12:35-01:00	Frailty & Sarcopenia are they reversible	Dr Ali Jawad H Alameer - Saudi Arabia
01:00-02:00	Lunch Break	

Session Three : CVS and Metabolic

Chairperson: Dr. Hadeel Al Othman-Kuwait

02:00-02:30	Cardiovascular disease prevention	Pr. Giovanni Gambassi-Italy
02:30-03:00	Osteoporosis the silent epidemic	Dr. Khaled Alshatti-Kuwait
03:00-03:30	Diabetes Mellitus: Can we prevent	Dr. Ahamed Swidan-Kuwait
03:30-04:00	dyslipidemia to treat or not.	Dr. Marwan Ramadan-Qatar
04:00-04:30	Closing remarks	

Early Diagnosis and Management of Acute Pericarditis in a patient with G6PD deficiency: A Case Report

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Abstract

Background: Pericarditis, caused by infections, autoimmunity, or trauma, often causes sudden chest pain and may result in complications like pericardial effusion and cardiac tamponade, affecting patient outcomes.

Case presentation

A 30-year-old male with G6PD deficiency and asthma, presented with acute pleuritic chest pain post-upper respiratory tract infection. The evaluation revealed muffled heart sounds, global ST elevation on ECG, elevated CRP (119mg/L) and troponin T (445ng/L). An echocardiogram showed preserved left ventricular systolic function and an MRI confirmed acute myopericarditis. Colchicine therapy was initiated but discontinued after six weeks due to liver function test abnormalities, following which the patient made a full recovery.

Discussion: This case emphasizes viral-triggered pericarditis's presentation, stressing early diagnosis and management. Despite the temporary liver impact of colchicine, prompt treatment resulted in full recovery, highlighting the effectiveness of early intervention in avoiding complications.

Conclusion: This case illustrates the critical role of prompt diagnosis and careful management in achieving favourable patient outcomes.

Keywords: Acute pericarditis, myopericarditis, pleuritic chest pain, G6PD deficiency, colchicine therapy.