

Fitness

Customised fitness trend on the rise

Boutique studios harden bodies with personalised approach

NEW YORK, Nov 24, (RTS): Boutique studios that offer a more personal approach to fitness and a softer ambience than big box gyms are a growing part of the \$22.4 billion US industry.

IHRSA, the International Health, Racquet & Sportsclub Association that is the trade association of the fitness industry, noted in its 2014 Health Club Consumer Report that personalized fitness studios, or boutiques, captured 21

percent of the market in 2013, which rose from \$21.8 billion in 2012.

ModelFIT, a New York boutique studio co-founded by a trainer of super-models that offers bulk-free fitness to clients on and off the runway, is an example of the customized fitness trend.

Despite the leggy lure of its name, fitness experts say the ModelFit workouts, which incorporate a mix of Pilates, yoga, balance, movement and

stability training are based in science and suitable for all body types of women and the occasional man.

"We're not pushing you to kill yourself at gym," said co-owner Vanessa Packer, of the studio that does not feature the pounding music and sweaty culture that characterize many gyms.

Justin Gelband, a trainer and the director of the fitness classes at the studio has been dubbed "The Model Whisperer" for his work with Victoria's

Secret and Sports Illustrated models.

The fitness routines and exercises at the studio target small muscles that go unnoticed and unused. Workouts typically employ tools such as bodyweight, medicine balls, Pilates discs, and circuit training.

"Using those muscles lengthens, tones, and leans out the body, sort of sculpting it," Packer explained.

Cardio-driven classes, like boxing which includes punching and kicking,

also mix in other techniques like very light hand and leg weights, resistance bands and trampoline bouncing.

Although men are welcome, Packer said, the bulk of clients are women, both young and old.

Exercise physiologist Jessica Matthews said boutique studios' commitment to whole-body fitness is good science.

"I love seeing words like stability, mobility, movement training," said Matthews, who teaches exercise science at

Miramar College in San Diego, California. "The idea of spot reduction, or targeting one specific area is a myth."

Like other boutique studios that focus on personal fitness and pitch to a certain audience, Matthews said Gelband's experience with models give it an added allure.

"We all want to look like that and he may be playing off that desire, but I'm optimistic that he imparts good knowledge," she said.

20 pc people suffer due to prostate enlargement

Technology has improved quality of treatment

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Latest

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BLS Christmas bazaar: The British Ladies Society (BLS) will have their annual Christmas bazaar on Nov 28 from 10:00 am until 4:00 pm at The British School of Kuwait, Salwa, Area 1, Street 1. Interested vendors can contact bazaar@theblsk Kuwait for more information.

CRYchess 2014 tournament: Friends of CRY Club (FOCC), Kuwait announces Nov 28, 2014 as the date of the hugely popular Chess Tournament for children. All children, amateur or professional, can join/clash with other enthusiasts and support a good cause. "CRYchess 2014" will be held on Nov 28, 2014 at the Salmiya Indian Model School (SIMS), Salmiya. The players will be allocated groups by their age, to play in the Swiss pairing format. The lucky winners will walk away with the Trophies. All participating children will be awarded certificates from Child Rights & You (CRY) and medals.

For more details, registration forms, Rules of CRYChess 2014, please visit http://www.fockwt.org/chess_registration_form_2014.pdf or http://www.fockwt.org/rules_crychess_2014.pdf or www.fockwt.org FOCC is associated with CRY (Child Rights and You) which is an Indian NGO that endeavours to make a difference in the lives of underprivileged children by restoring their rights, starting from pre-natal stage. FOCC in its 16th year of presence in Kuwait, is grateful for the cooperation and support extended by the children and parents alike, to carry on the activities related to the noble mission of restoring the rights of underprivileged children. With CRY everybody wins. All children up to high school level are eligible to participate. Email: foockwt@yahoo.com

Nov 29
AWARE guided tour: Guided tour: Red Fort

Fee: KD 3 per person
Saturday, Nov 29, 2014 @ 9:00 am.
The Red Fort in Jahra is a desolated palace. Built almost 100 years ago it was the desert Palace of the Al-Sabah family. It is also the site of an historical battle in Kuwait's history.

Join AWARE's tour of this desolate fort to gain an insight into Kuwait's history. Bus and refreshments provided by AWARE

Limited Seats. Advance reservations required at joumana@aware.com.kw

Dec 2
TIES Center December events: Helping your Children Succeed in School - by Beckett Haigh

This lecture is designed for sharing maxims and strategies that will help your children do the best they can inside and outside of the classroom. Learn about the top ways to boost your children's performance, such as Life Hacks, Crash planning, backups, etc.

Tuesday, December 2 @ 7:00pm
Qur'an Quotes and Tafseer - by Hassan Bwambale

After reading Qur'anic verses aloud and explaining them very briefly, Hassan will illustrate the various connotations of some words and phrases to show the literary beauty and miracle of the Qur'an. The class will include an open discussion in a relaxed setting.

Every Monday in December @ 7pm
Basics of Islam for New Reverts - by Sharaf Al-Nisaa

Educate yourself in important life issues. This weekly class for new reverts covers important Islamic guidelines in all aspects of life. Students will also learn and improve Quran recitation with tajweed of short chapters essential for prayer.

Thursday, December 4, 11, and 18 @ 5pm (Ladies Only).

Islam 101 - by Hassan Bwambale
If you are interested to know more about Islam, join the TIES Center for information, discussion, and a chance to ask any question about Islam regarding Muslims' beliefs, acts of worship, Quranic verses, and the Prophet Muhammad's (PBUH) life.

Thursday, December 4, 11, and 18 @ 7pm

English Speaking Class - by Tony Braun

Come and practice speaking English. NO grammar, and NO textbooks. In this class, we have fun. People learn best when they are relaxed and enjoying their time. The class will cover useful expressions and idioms within the English language.

Cost: 20 KD - Phone Tony: 6508 1110
Every Sunday in December @ 6 - 7pm
The TIES Center is the social and educa-

By Iddris Seidu
Arab Times Staff

KUWAIT CITY, Nov 24: The International Clinic with their unwavering mission entailing provision of the highest quality comprehensive health-care services in a caring, friendly, efficient and cost effective manner, have that which represents value to their patients while at the same time sustaining their needs and expectations for the well being of the community. In the Urology department, Dr Leons Joseph answers questions on Urology and dilates its main problems as well as offers solutions.

Question: What attracted you to urology?

Answer: I always wanted to be a surgeon, so after finishing my basic medical degree, I went into surgical training. I found that a lot of people were coming with urination problems, kidney stone diseases, that is one of the reasons why I decided to take up urology and specialize in it. At the time I did my specialization, it was all surgery for every patient. Thank God today technology has changed the whole outlook towards treatment. In most of the treatment we are using telescopes, lasers, etc, so the suffering of a surgical intervention is much less. In the last 30 years I have seen how things have changed. We used to operate everyday from morning to evening, patient with kidney stones, prostate enlargement. Today we are hardly using knife to operate. Patient come in have their treatment and go home, sometimes we do not admit them also, so technology has tremendously improved the quality of the treatment.

Q: What exactly is a prostate gland and what is its function?

A: Prostate gland is part of the male sexual system. It is situated where the urinary bladder becomes the urinary passage. It's a junction where the neck of the bladder becomes the beginning of the urinary passage. The prostate completely surrounds the upper part of the urinary passage and produces a fluid which is part of the semen that we discharge when we have sexual intercourse.

Q: What is the function of the fluid?

A: The function of the fluid is to produce nourishment for this to survive. The prostate gland can give different troubles in different times of our lives. For people below the age of forty years, it's usually as the result of an infection that the prostate gives symptoms.

Above the age of 45 to 50, it's due to an enlargement and the size of the prostate gland. In the younger age group, if an infection comes they will start complaining of severe pain when passing urine, difficulty in passing urine, fever.

This is due typically to acute infection in the prostate due to a bacterial infection and these people require an antibiotic treatment. There is another type of inflammation in the prostate which is not caused by bacteria - a-bacteria prostate infection. They will also complain of some pain in the area of the perineum, passing urine is sometimes not comfortable. These need to be treated with anti-inflammatory tablets or alpha blocking medication.

Q: How does prostate enlargement affect individuals?

A: Every person above the age of 45 to 50 years undergoes a prostate enlargement as a part of the aging process. Only about twenty percent of the people suffer due to the prostate

enlargement because the prostate can enlarge in an outward direction and does not cause any problem. But if it enlarges inwardly it compresses the urinary passage then people start complaining of difficulty in urination and then if it continues some of them will develop what is called retention of urine. Unfortunately, both benign enlargement and cancerous enlargement produce the same symptoms. They are difficulty in passing urine, urinary stream is slow, sometime some blood in the urine.

Q: How do you determine if someone has Enlarged prostate?

A: If somebody has these symptoms, we have to do certain tests to find out if it is cancerous or benign enlargement. The tests that we usually carry out when a patient comes are to do the digital rectal examination. This means the doctor has to wear the glove, and pass a finger through the rectum and feel the prostate gland. The feeling of the prostate gland gives him some idea as to whether he is dealing with a benign or a cancerous gland.

In a benign enlargement, typically, the prostate will feel as if you are touching the tip of your nose. In a cancerous enlargement it will feel as if you are touching your forehead, it will be hard. But there is another test we can do to find out if a prostate is cancerous or benign, and that is by blood examination called Prostatic Specific Antigen (PSA). We also check to see what the size of the prostate gland is. Lastly, we do what we call the Urine Floor Test. We ask the patient to go and pass urine into a container connected to a urine-

er, and from there we determine whether the urination is normal or there is a blockage. If it is a benign gland, the next thing we look at is whether it is producing too much blockage or the blockage is not all that severe.

If the blockage is not very severe we can treat with medication. But if the blockage is severe such that the patient cannot pass urine, or a large amount of urine remains inside, then the patient will require surgical intervention. Majority of the time, the surgery that we carry out is through endoscopic surgery. You can use a laser to do the surgery or you can use a high frequency current.

The most common type of surgery called the transurethral resection of the prostate. But in some people the prostate is very large in size that we cannot do with an endoscopic surgery, so conventional open surgery is recommended. The newer developments in surgery such as using the lasers, using the high frequency radio current to vaporize a prostate are all newer and effective ways of treating benign prostate enlargement.

Once by your physical examination you find the prostate is feeling hard or if the PSA is remaining high - but remember doing one PSA is not enough to make a suspicion, you would have to repeat it two, three times. If the PSA is steadily going up then you will have to suspect that there is a prostate cancer. As I told you, the physical examination or the blood test, PSA, should determine whether you have prostate cancer or not. If any of it is abnormal, the next step to take is a biopsy from the

prostate gland. Then we make a diagnosis as to whether he has a prostate cancer or not. It is also a fact that if there is a focus of infection in the prostate gland, you may have a higher level of PSA. But higher PSA does not always mean prostate cancer. Infection in the prostate gland or a large size of the prostate gland can give a high value for PSA test.

Q: Who are the people who should go for check-ups?

A: If you have a first degree relation like your father or brother diagnosed with prostate cancer, then you have a high risk of developing it. So this is very important that if somebody has a father who has had prostate cancer, then he should undergo a prostate check up at the age of 40 years onwards. The second is race, if you are African American then you should have a regular check-up which should include a prostate check-up as well.

Q: When can one undergo a prostate examination?

A: After the age of 50 years, once you have a check up and everything is okay, then once in two or three years you can go back for the check up. After the age of 60, once a year you can go for check up.

Q: How can one keep his healthy prostate?

A: Knowing that certain diets make you prone to develop prostate cancer, for instance, if you are taking a diet which is rich in red meat, high fat dairy products, they can lead to problems in the prostate gland. People who are obese and have a sedentary lifestyle, have a higher chance of

developing prostate cancer. Higher alcohol intake can also lead to prostate cancer. Certain fruits are beneficial to the prostate. Tomato is one of them. There is something called lycopene which is a chemical content present inside tomato, watermelon, pumpkinseeds which is good for the healthy prostate.

Also there is something called Sapalmeto, an extract from the seed of the Palm tree found in the South Americas. It is also good for those who want to keep a healthy prostate. Good normal Vitamin D levels in the body protect the prostate gland. And lastly, having a regular sex will be helpful to keep the prostate gland healthy. A diet which is rich in fruits and vegetables, very low alcohol or no alcohol intake, add a good body weight, regular physical exercises, keeps the prostate healthy.

Q: How is your normal day like?

A: In the private clinics we start our consultations in the morning, from 0900-1300 and then we have a break for two, three hours then we come back at 4.30, 5pm, then to 10pm. That's a usual day, but in between if you have surgery, then you'd like to forgo your break. It's gratifying in the sense that when you see someone coming with a kidney stone suffering with pain and you treat and the pain goes away, you can see how satisfying it is. That is what keeps you going in this business. It's not a monotonous job. You are daily dealing with people and their problems and each patient is different. You have to decide that this one requires this treatment, that one requires that treatment.

For further details and expression of your interest to join the workshop, please send email to M.S. Ray. Subject: Education Poland, email: tsa@tr-cbl.com. Fax: 23911898, Mob: 51361590

Dec 31
IKFS essay writing competition: Indo-Kuwait Friendship Society in Kuwait invites all to compete and participate in the "23 page" Essay on the topic "Global Violence and Remedy for Peace" in Arabic or English language.

The entry is restricted to young women aged 23 years only, so as to coincide with the life of the "Rachel Corrie". IKFS earlier announced that "2014 IKFS Global Peace Award" will be named in honor of Late "Rachel Corrie" and will be known as "IKFS-Rachel Corrie Global Peace Award 2014". IKFS has selected the name of "Rachel Corrie" as a Martyr and in loving memory of her stand in "global and non-violent peace initiative".

The essay writings can be presented either in PowerPoint or Microsoft Word and the last date of receiving will be Dec 31, 2014. All essays are to be sent to: Head of IKFS Essay Team Panel "IKFS-Rachel Corrie Global Peace Award 2014".

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Dr Leons Joseph from International Clinic

Photo by Mahmoud Morse

tional hub for English Speaking expats in Kuwait. For more information, please call 25231015 or e-mail info@tiescenter.net or visit www.tiescenter.net

Dec 4
Medical education in Poland:

GUST launches 'Elite' magazine

KUWAIT CITY, Nov 24: The Alumni Office at GUST has announced the release of its first issue of Elite — the annual magazine for GUST alumni and friends. The first issue of Elite reports the history and significant development of GUST, the mission, motto, objectives and scope of the Alumni Office, GUST 2013 commencement, stories of GUST alumni, statistics about GUST alumni, and much more.

Professor Donald Bates, President of GUST, said: "This is a first rate publication with high production values. The production feature is surpassed only by the very useful and informative content." He continued: "Elite contains vital information by describing the

TCB Cert Worldwide, a not for profit organization offering Quality OH&S and Environmental Management Training organizes a free and open to all workshops to create awareness for the benefit of Parents and Indian Students for Medical Education in Poland on Dec 11,

2014 (4:00 pm to 8:00 pm). Poland is a land of high Quality Medical Education at affordable cost. Poland offers unique opportunity for affordable study and Degrees recognized in Europe, ME, India and USA (USMLE) and Canada (MCCEE) and Work in Poland (with Blue

card). Representatives of Education Poland would visit from Poland and UK. Take this unique opportunity to talk to them directly and register your candidacy. Let your dream of becoming an outstanding International Medical Doctor come true.



Alumni Office of GUST's 'Elite' magazine