



Stenden University Qatar

Research Seminar 11

Professor Nahla Afifi

Acting Director of Qatar Biobank

Qatar Foundation

Qatar Population Biobank: Study Design and First Results

Abstract

Qatar Biobank is a large-scale, long term medical research initiative for the population of Qatar, which over the next few years aims to recruit 60,000 men and women Qatari nationals and long-term residents (>15 years residence) aged ≥ 18 years, and to follow up these same individuals over the long term to record any subsequent health conditions. At the baseline recruitment visit, extensive clinical phenotypic information is collected from each participant. Participants are referred when an abnormal out of range clinical measurement is recorded to the ambulatory care clinic at Hamad Medical Hospital or their own doctor. During the pilot phase Sept 2013-October 2016, 2248 of the 4893 participants (45.94%) were clinically referred, 70.38 % of them were new cases and 29.62% were known cases. Most of these referrals were caused by out of range values on related tests for abnormal bone density 46.5 %, dyslipidemia 39.2%, diabetes 26.7% and hypertension 11.6%.

Chronic diseases such as cardiovascular diseases, hypertension and diabetes mellitus are emerging as a major health problems and are now the major cause of death and disability in Qatar accounting for 55% of years of life lost in the country in 2008 (WHO, 2011b). The population in Qatar is also experiencing a nutrition transition, characterized by replacement of traditional diets with diets higher in fat and refined and processed foods, and a decrease in the levels of physical activity.

Analysis of the pilot phase data indicates that In addition to the primary goal of Qatar Biobank to collect information and samples as a platform to empower research in Qatar, it also plays an important role of early identification and prompt treatment of chronic non-communicable diseases (diabetes, obesity and CV) which will reduce the future burden in health sector.

Biography

Dr. Nahla Maher Afifi earned her MBCh with honors from Ain Shams University. She received her Ph.D of Anatomy & Embryology in 1996 from Ain Shams University under a joint supervision with University of Medicine and Dentistry, New Jersey, USA. Dr. Afifi started her academic career as a Medical Researcher in the Department of Pharmacology and Toxicology, University of Medicine and Dentistry of New Jersey. She then served as Assistant Professor of Anatomy and Embryology at Ain Shams University, and Dubai Medical College for Girls, UAE. Dr. Afifi

joined Qatar University's Biomedical Sciences Program in 1999 and was promoted to Associate Professor of Anatomy and Embryology and to Full Professor on 2007. She was assigned as a Head of Dept of Health Sciences from 2007-2009. In December 2013 she joined QF. She is the Education and Scientific Manager/ Acting Director in Qatar Biobank. Dr. Nahla Afifi has numerous published researches in her field of expertise. She is a member in several International societies AAA, ASIP, ISBER & ESBB.

Date: 05 April 2017 (4-5pm)

Venue: Room 200, Stenden University Qatar