



PRESS RELEASE

Arthritis is Topic of May 19 Medicine and U Public Lecture Series

Doha, May 21, 2009 – Arthritis is a painful condition that affects the musculoskeletal system, specifically the joints, and it is one of the most common causes of disability, according to rheumatologist Thurayya Arayssi, M.D., associate professor of medicine at Weill Cornell Medical College in Qatar.

“The condition affects about 21 percent of the population in the United States, and from my 11 years practicing medicine in the Middle East, I believe the incidence is comparable here,” says Arayssi who practiced medicine in Lebanon for more than a decade before joining WCMC-Q earlier this year. She will give a lecture Tuesday, May 19 on arthritis and its causes and treatment as part of WCMC-Q’s Medicine and U public lecture series. The program will be held from 7 to 8 pm in Lecture Hall 4.

There are two common types of arthritis, according to Arayssi. Osteoarthritis, which is related to aging and wear and tear on the bones and joints, is the most common type and typically affects people over the age of 60. It can be caused by injuries and it can be aggravated by obesity, which is rapidly becoming a worldwide public health problem. Rheumatoid arthritis is caused by inflammation resulting from an overactive immune system; and it can occur in people of all ages, including children.

“There are new treatments for arthritis that can relieve many of the symptoms of pain and stiffness,” says Arayssi. She will discuss the new treatments as well as the importance of exercise in preventing arthritis and in helping to reduce joint pain and stiffness and increase flexibility. She also will talk about the scientific evidence for some of the alternative and complementary medical therapies that are available for treating arthritis.

The lecture is the third in a four-part series called Medicine and U sponsored by WCMC-Q. The first, on March 24, covered epilepsy; and the second, on April 7, covered organ donation. The last program of the season, which will focus on depression, will be held June 16.

Ends

NOTES TO EDITORS

Established in partnership with Qatar Foundation, WCMC-Q is part of the Weill Medical College of Cornell University, the first American institution to offer its M.D. degree overseas. WCMC-Q offers a complete and integrated educational program, comprising the two-year Pre-medical Program, followed by the four-year Medical Program, with teaching by Cornell faculty. There are separate admission processes for each Program, guided by the standards of admission in use at Cornell University in Ithaca, and its Medical College in New York City.

Website: www.qatar-med.cornell.edu

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Founded in 1995 by His Highness Sheikh Hamad Bin Khalifa Al Thani, Emir of Qatar, and chaired by Her Highness Sheikha Mozah Bint Nasser Al Missned, Qatar Foundation is a private, non-profit organization committed to the principle that a nation's greatest natural resource is its people.

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