

## Awareness Lecture on World Heart Day



Under the patronage of CEO Mr. Mohammed Abdullatif Al-Farhoud, and within the framework of the PIC's CSR and its objectives in maintaining health and safety and spreading health awareness, Communication & Services Department, in cooperation with Ahmadi Hospital, held a lecture on the heart health.

The event was organized at Bubyuan Club on the World Heart Day occasion, which comes on September 29 of each year.

Dr. Mohammed Khazaal from Ahmadi Hospital presented the lecture, in which he discussed how to protect heart from diseases, by abstaining from smoking, exercising and eating healthy food to maintain weight at normal rate, as well as conducting medical tests, such as blood pressure and the proportion of sugar and cholesterol, while avoiding stress.

Each of Dr. Khazaal and Senior Doctor of the PIC Ahmed Hajji, provided answers to questions and inquiries from the audience, and supervised tests in blood glucose, blood pressure measurement, and body mass rate for employees, to identify the risk factors of cardiovascular diseases and provide the appropriate advice regarding the health conditions of employees.