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## **Al Ain University raises the slogan "Beat Diabetes"**

Coinciding with the World Diabetes Day, the Deanship of Student Affairs in Al Ain and Abu Dhabi campuses organized a series of health awareness events on diabetes.

The first event was at Al Ain Campus which included a virtual lecture in cooperation with Mediclinic Hospital presented by Dr. Joseph Abi Khras, Consultant Family Medicine, while the second event at the Abu Dhabi campus included a virtual lecture entitled "Defeat Diabetes" in cooperation with the Imperial College London Diabetes Center, presented by Professor Maryam Al Shamsi, specialist Nutrition and certified international trainer.

The two lectures included a detailed presentation on, the causes and types of diabetes, its stages and risks, how to deal with this disease and methods of treatment. With an emphasis on the importance of exercise, lifestyle changes and a healthy diet.

Al Ain University's aim in regard to the World Diabetes Day is to raise awareness about the importance of early diagnosis of diabetes, to avoid its chronic complications, motivate society to

follow healthy dietary patterns, practice health-promoting activities, and to reduce the spread of diabetes.

[Press Release Link](#)