



INTERNATIONAL SYMPOSIUM OF SAUDI PEDIATRIC ASSOCIATION

IN COLLABORATION WITH

KING FAHD MILITARY MEDICAL COMPLEX, DHAHRAN

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ABSTRACT BOOK



Venue: King Fahd Military Medical Complex / Dhahran

Web Site: www.kfmml.med.safpeditricsymposium.html

Accredited 21 hours CME by SCHS – Reg. No. 3/2567 Date 19/5/1425H

EPIDEMIOLOGY OF ATOPIC DISEASES IN SAUDI ARABIA

By Prof. Abdulrahman Al Frayh

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Introduction:

The prevalence of atopy in childhood has increased considerably over the last decades. This increased prevalence is of great concern to pediatricians and epidemiologists. Although the affluent western life style is clearly associated closely with this rise in childhood atopy, its immunological mechanisms, genetic basis and environmental factors that trigger atopic disease in childhood remain topics of intense investigation. The increased prevalence of sensitization to airborne allergens parallels that of other atopic conditions such as atopic dermatitis, bronchial asthma and allergic rhinitis

Method:

The study was conducted using an internationally designed questionnaire [similar to the questionnaire of the International Study of Asthma and Allergy in Children (ISAAC)] as well as by diagnostic parameters on cross sectional population of children.

Result:

The result revealed regional variation in the prevalence of diagnosed atopic disease. Prevalence figures of asthma were as follow: Abha 13%, Dammam 15.2% Gizan, 18%, Hofouf 14.4%, Hail 16%, Qassim 15.1%, Riyadh 13%, Jeddah 13.4%, prevalence of eczema 25%, allergic rhinitis 40%. Though the number of children enrolled in the study varied from region to region, yet the trend shows that Gizan, a coastal region has the highest prevalence of asthma followed by Hail, an agriculture region.

It is concluded that childhood atopy, has attracted world-wide attention among physicians, researchers and health officials. Considerable amounts of financial resources have been allocated to elucidate the responsible mechanisms because of the implications of this situation for public health and the rising of health budgets of affluent societies.

BRONCHIAL ASTHMA, STRETEGIES IN SAUDI ARABIA
By Dr. A.R. Al Frayh, Dr. K.F. Al Mobaireek

Asthma is a leading chronic childhood illness worldwide and causes a large burden on affected children and their families. Large international studies have shown that prevalence of childhood asthma and wheeze has risen over the past few decades. The change of lifestyle and environmental factors are thought to be major factors.

The workshop will be divided into two parts:

Part I :Presentation of the Saudi National Protocol by Prof. Al Frayh (30mins)

An overview of the Saudi National Protocol will be presented.

Part II :Difficulty in asthma management in Saudi Arabia by Dr. Khalid Al Mobaireek (30mins)

In this part, discussion of problem facing physician as well as patients that may interfere with proper asthma control in Saudi Arabia with focus in patient misconception about asthma and its therapy.

This will be followed by discussion (30mins).

By the end of his workshop the participants should:

- 1) Be familiar with the National Protocol for asthma diagnosis and management in Saudi Arabia.
- 2) Recognize the main challenges that face physicians and patients in asthma management.
- 3) Be able to deliver appropriate education to overcome patients misconception and concerns about asthma.