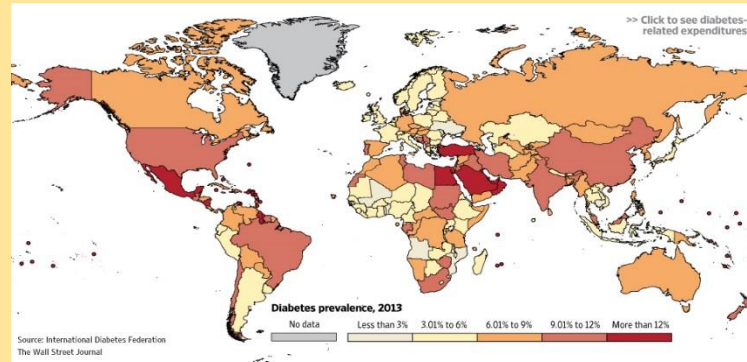


The Wall Street Journal February 10, 2014

- 1 Mohammad Najih is a typical diabetic in the Middle East: diagnosed at 24, **he** spent six years ignoring the disease until he was forced to begin injecting insulin. Diabetes is a disease in which the body cannot use sugar correctly so medicine must be taken to correct this. Now aged 32, the Emirati from Dubai believes he has an obligation to help other Arabs avoid the same mistake.
- 2 Last year, the Type 2 diabetic set up a Twitter account where diabetics can secretly ask questions about the disease and talk to other about improving their health. Having gained more than 2,000 followers in a few months on @diabetesUAE, he now plans to start a self-help group to meet in coffee shops and eventually go into schools and universities to educate youngsters.
- 3 "In the U.S., people who have diabetes would wear a bracelet that shows that they're diabetic but if you do it here, people will see that this is a **stigma**," says Mr. Najih, who believes this **stigma** is worsening an already deepening diabetes problem in the Persian Gulf states.

- 4 Roughly one in five people has diabetes in the Persian Gulf region, according to doctors and the International Diabetes Federation, or IDF, and three countries—Kuwait, Saudi Arabia and Qatar—are in the top 10 nations globally for the highest frequency of the disease. The other seven places are all taken by tiny islands in the Pacific Ocean, while Bahrain sits at position 12, the United Arab Emirates is 15 and Egypt is at 17.



- 5 What's more, the situation in the region is only set to **deteriorate** – get worse- as the number of people living with diabetes is forecast to grow to 67.9 million by 2035. Only the sub-Saharan Africa region is expected to see a greater increase over the period.
- 6 "All of the countries in the Middle East have a high frequency (of diabetes), but the Gulf area is terrible," explains Professor Adel Abdel Aziz El-Sayed, the current chair of the IDF in the Middle East and North Africa. Governments recognize the growing diabetes problem and have begun to invest in testing of patients, in building specialist hospitals for the disease, and promoting education, awareness and healthy eating campaigns. For example, many get-fit campaigns in the U.A.E., which encourage people to do more exercise, have even enlisted the support of the country's sheikhs, who have been seen cycling around exercise tracks with residents.
- 7 But Mr. Najih believes a more subtle approach, where diabetics can meet other people affected by diabetes in a more relaxed environment, is required to change behavior because diabetics in the Gulf area don't want to be viewed as different from their **peers** (friends) or with a stigma.
- 8 Mr. Najih was interacting secretly for weeks over Twitter with his brother, before disclosing to **him** in the car that he was the face behind the handle @diabetesUAE. **His** brother was diagnosed by doctors as prediabetic and had contacted the @diabetesUAE to learn more about diabetes in a quiet manner, despite the fact that his brother and father both have the disease. "People in this region, especially the U.A.E., are more conservative; they wouldn't speak out," says Mr. Najih.

Adapted by John Beem Spring 2014

- 9 The cause of the high risk of diabetes in the region is clear. Unhealthy lifestyles and urbanization are to blame—particularly in the Persian Gulf where the discovery of oil has created wealth that has decreased physical activity, according to doctors and analysts. The hot summer months and region's roads and infrastructure, which often lack pavements, let alone parks and exercise areas, are cited as reasons for the growing frequency. Many doctors also believe that people from the region probably have a genetic problem that increases the risk of getting diabetes.
- 10 Alongside diabetes, **obesity** [very overweight, fat] rates in the Middle East are some of the highest in the world as fast food and unhealthy eating habits have become common among the nation's citizens. The U.A.E. is one of a few markets globally where McDonald's offers home delivery, and doctors say it is often cheaper to eat fast food than cook at home.
- 11 A recent report by the United Nations found that 42.8% of people in Kuwait were obese, the highest rate in the region, followed by Saudi Arabia at 35.2%. The U.A.E., Qatar and Bahrain also had similarly high levels, the report said. In August, a bedridden Saudi man who weighed 1,340 pounds was airlifted from his home to a hospital in Riyadh so that **he** could receive treatment for his condition.
- 12 The direct and indirect cost of medical care for diabetes in the region is set to reach \$100 billion by 2030, or 2% of the region's GDP, according to consultants McKinsey & Co. Booz Allen Hamilton estimates 31% of deaths in the UAE are currently caused by diabetes and associated heart disease.
- 13 Steps have been taken by some governments to recognize diabetes, obesity and heart diseases as national issues requiring attention not only from the health-care sector, but from the education sector, sports councils, food regulators and the urban-planning departments. The need to prevent the disease is great. Type 2 diabetes currently makes up 6.2% of total health-care costs in the U.A.E., which will grow to 13% in 2030, according to forecasts by the Boston Consulting Group. That will compare with 2030 estimates of 9.63% in the U.S., 9.53% in India and 7% in China.
- 14 About 40,000 people have been registered as diabetic in Abu Dhabi. The health authority estimates that about 200,000 people have the disease in the emirate, roughly one in five, and that much better communication between government departments needs to be achieved before the rate of the disease stops growing or begins to fall.
- 15 It is essential that everyone in society agrees to promote a more health and nutritious diet. People need to learn the relationship between proper nutrition and how it can prevent or at least lower the risk of getting diabetes. In addition, the government needs to make recommendations and regulations to help people learn the benefits of healthy eating. If we want people in the Emirates to live long and healthy lives, it is essential that we respond to the dangers and damage caused by diabetes. Just like Mohammad Najih, we cannot avoid our obligation to improve our own lives and the lives of others.



### Short Answer Questions

1. What is diabetes? \_\_\_\_\_
2. What was the result of Mohammed ignoring his disease for 6 years?  
\_\_\_\_\_
3. What did Mohammed set-up so that people could secretly ask questions about diabetes and talk to others about it. \_\_\_\_\_
4. What is the IDF? \_\_\_\_\_
5. Approximately how many people have diabetes in the Gulf region now according to IDF? \_\_\_\_\_
6. How many will have it by 2035? \_\_\_\_\_
7. Who has been seen cycling with residents to help support the get fit campaigns?  
\_\_\_\_\_
8. What percent of Kuwaitis are obese? \_\_\_\_\_
9. What are the estimated cost for diabetes in the Gulf by 2030? \_\_\_\_\_
10. How many people have registered as diabetics in Abu Dhabi? \_\_\_\_\_
11. How many people are estimated to be diabetics in Abu Dhabi? \_\_\_\_\_

### True, False, Not Given Questions

1. \_\_\_\_\_ Mohammed has 2000 followers on his Twitter account.
2. \_\_\_\_\_ Mohammed believes the stigma of diabetes is making the diabetes problem worse.
3. \_\_\_\_\_ The USA has the highest rate of diabetes in the world.
4. \_\_\_\_\_ The Middle East has a low frequency of diabetes.
5. \_\_\_\_\_ The cause of the high rates of diabetes is unknown.
6. \_\_\_\_\_ Burger King offers home delivery in the UAE.
7. \_\_\_\_\_ The UAE has similar levels of obesity to Saudi Arabia.
8. \_\_\_\_\_ In 2030 6.2% of health care costs in the UAE will be from type 2 diabetes.
9. \_\_\_\_\_ China will have the highest percentage of health care cost for type 2 diabetics in the year 2030.
10. \_\_\_\_\_ People need to learn how proper nutrition can help prevent diabetes.

**Pronoun Reference:** Write what the pronoun refers to.

1. he (paragraph 1) \_\_\_\_\_
2. him (paragraph 8) \_\_\_\_\_
3. his (paragraph 8) \_\_\_\_\_
4. he (paragraph 11) \_\_\_\_\_

**Vocabulary in Context:** Write the definition as given in the text.

1. deteriorate (paragraph 5) \_\_\_\_\_
2. peers (paragraph 7) \_\_\_\_\_
3. obesity (paragraph 10) \_\_\_\_\_

**Topic Sentence:** Write the number of the paragraph that matches the topic.

1. \_\_\_\_\_ Mr. Najih's brother
2. \_\_\_\_\_ Obesity rates in the Gulf
3. \_\_\_\_\_ Mohammed Najih and diabetes
4. \_\_\_\_\_ Causes of the high diabetes in the Gulf
5. \_\_\_\_\_ Number of diabetics in Abu Dhabi emirate
6. \_\_\_\_\_ Conclusion

**Dictionary Definition:** Write the number of the correct definition for the word "**stigma**" as used in the following sentence: "In the U.S., people who have diabetes would wear a band that shows that they're diabetic but if you do it here, people will see that this is a stigma," says Mr. Najih, who believes this stigma is worsening an already deepening diabetes problem in the Persian Gulf states.      **Answer:** \_\_\_\_\_

**stigma** [stig-muh] noun, plural stigmata

- 1 .A mark of disgrace or infamy; a stain or reproach, as on one's reputation or honor.
2. Medicine/Medical:.A physical mark that is characteristic of a defect or disease: the stigmata of [leprosy](#).
- 3.Zoology: A small mark, spot, or pore on an animal or organ.
- 4.Botany: The part of a pistil that receives the pollen.