



Early tests urged as Bahrain marks World Diabetes Day

PEOPLE in Bahrain are being urged to undergo a fasting blood sugar test starting from the age of 20, to reduce the risk of developing diabetes.

The call comes as Bahrain joins other nations in marking World Diabetes Day today under the slogan, 'Breaking Barriers, Bridging Gaps'.

Diabetes mellitus, often known simply as diabetes, is a group of common endocrine diseases characterised by sustained high blood sugar levels.

The disease occurs due to either the pancreas not producing enough insulin, or the cells of the body becoming unresponsive to the hormone's effects.

If left untreated, the disease can lead to various health complications, including disorders of the cardiovascular system, eye, kidney and nerves. Diabetes accounts for nearly 4.2 million deaths every year worldwide.

According to the Health Ministry's website, Bahrain is considered one of the countries most affected by diabetes, where the incidence of the disease is 14.7 per cent of the adult population, and predictions indicate a high percentage of people with diabetic disease to about a quarter of the region's population in the

By JULIA CASSANO

GCC countries by 2030.

Royal Bahrain Hospital Medical Centre, Janabiya family medicine consultant Dr Warda Hasan told the *GDN* that a number of factors impact the nation's incidence rate.

"Obesity, unhealthy life-style, increased life expectancy, increased healthcare expenditures, among other things, impact the figures," she said.

"Diabetes is a major health concern and is influenced by lifestyle which goes hand in hand with our environment.

"Specifically, being around a lot of fast food can influence eating behaviours, which can lead to developing diabetes. It's important that we make it a habit to choose healthy food over junk food."

There are different types of the disease and type 2 diabetes is the most common and primarily caused by a combination of genetic and lifestyle factors such as obesity, of which more than 36pc of

adults in Bahrain suffer from, and insulin resistance.

"There are ways to avoid developing such diseases. We recommend an annual fasting blood sugar test, starting from age 20, and having regular check-ups with your physician," said Dr Hasan.

"It's also important to be physically active, maintain a healthy weight, eat healthier plant foods and smaller portions, and consume healthy fats in moderation.

"People should also be eating food from each food group, meaning eating plenty of whole grains, fruits and vegetables. Limiting red meat and processed meats is also a good idea."

She added that before a diagnosis, the patient's blood sugar levels may be high, but not enough to indicate diabetes.

"This is known as prediabetes. Progressing from prediabetes to diabetes isn't inevitable. Though you can't change certain factors such as your genes or age, several lifestyle and dietary modifications may reduce your risk."



■ Dr Hasan

The doctor also pointed out the glycemic index, glycemic load and the psychological side of diabetes, which she believes receives little to no attention.

The Glycemic Index (GI) is a scale from 0 to 100 that corresponds to how much a carbohydrate raises a person's blood sugar level by fasting.

Glycemic load takes into account both the GI of a food and the serving size, providing a more accurate measure of the impact of a food on blood sugar levels.

"People should be aware that stress can impact a person's health," said Dr Hasan, adding that there may be a link between stress and the risk of type 2 diabetes.

"Researchers believe that high levels of stress hormones might stop insulin-producing cells in the pancreas from working properly and reduce the amount of insulin they make. In turn, this might contribute to developing type 2 diabetes."

Overeating when stressed could also be a factor in developing the disease.

The International Diabetes Federation claims that more than 537 million people currently live with type 2 diabetes.

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Blaze put out

ALUMINIUM Bahrain (Alba) swiftly contained a minor industrial fire that broke out at a power rectifier supplying its Reduction Line 1 in the early hours of yesterday, it said. "Thanks to the immediate response of Alba's dedicated teams and adherence to rigorous safety protocols, no personnel were injured or harmed," said a statement yesterday. "Alba remains committed to maintaining the highest standards of safety and ensuring uninterrupted operations. Alba team is diligently working to restore normal operations at Reduction Line 1 as soon as possible," the statement added.

Suspect held

A MAN, aged 28, has been arrested for allegedly stealing supplies and materials worth BD30,000 belonging to a contracting company in Askar. The Southern Governorate Police Directorate said it had launched an investigation after receiving a report, leading to the identification of the Asian suspect. The case has been referred to the Public Prosecution.

Housing in focus

HOUSING and Urban Planning Minister Amna Al Romaihi participated in a ministerial session at Cityscape Global 2024 in Saudi Arabia. The session discussed advancing social housing strategies and urban renewal and innovative approaches to expanding housing access and preserving heritage sites.

Interim Consolidated Statement of Financial Position

As at 30 September 2024 (Reviewed)

	Reviewed 30 September 2024 US\$ 000	Audited 31 December 2023 US\$ 000	Reviewed 30 September 2023 US\$ 000
ASSETS			
Demand and call deposits with banks	94,374	82,467	86,444
Treasury bills	4,838	-	-
Placements with banks	73,706	78,625	88,335
Investments carried at fair value through profit or loss	106,590	128,274	121,652
Investments carried at fair value through other comprehensive income	124,712	130,218	106,198
Loans and receivables	13,264	16,020	15,561
Other assets	43,772	70,515	43,424
Investment in associates	65,944	60,386	83,498
Investment properties	128,114	127,388	99,160
Property and equipment	15,316	15,679	15,725
Goodwill and other intangible assets	61,162	62,151	62,482
TOTAL ASSETS	731,792	771,723	722,479
LIABILITIES AND EQUITY			
LIABILITIES			
Due to banks and other financial institutions	112,226	121,510	125,921
Deposits from customers	21,499	15,915	21,424
Long term loans	192,560	203,622	203,581
Other liabilities	63,971	86,100	61,842
TOTAL LIABILITIES	390,256	427,147	412,768
EQUITY			
Share capital	116,132	116,132	116,132
Share premium	5,687	5,687	5,687
Statutory reserve	54,034	54,034	54,034
General reserve	3,765	3,765	3,765
Fair value reserve	20,346	14,641	9,780
Foreign currency translation reserve	(5,950)	(6,505)	(5,775)
(Accumulated deficit) / retained earnings	(2,121)	4,007	1,429
Equity attributable to shareholders of the Parent	191,893	191,761	185,052
Perpetual Additional Tier 1 Capital	33,000	33,000	33,000
Non-controlling interests	116,643	119,815	91,659
TOTAL EQUITY	341,536	344,576	309,711
TOTAL LIABILITIES AND EQUITY	731,792	771,723	722,479

Interim Consolidated Statement of Income

For the nine-month period ended 30 September 2024 (Reviewed)

	Three-month period ended 30 September 2024 US\$ 000	2023 US\$ 000	Three-month period ended 30 September 2024 US\$ 000	2023 US\$ 000
Interest income	2,036	2,287	6,019	7,550
Investment income - net	4,016	(1,260)	16,292	4,079
Fees and commission income - net	6,052	1,027	22,311	11,629
Foreign exchange (loss) gain - net	13,657	10,763	41,274	31,985
Share of results of associates	(802)	698	(329)	1,283
Total income	20,101	10,401	67,072	39,537
Interest expense	(5,065)	(5,548)	(16,255)	(16,236)
Operating income before expenses and expected credit losses	15,036	4,853	50,817	23,301
Salaries and benefits	(9,779)	(8,203)	(29,603)	(25,744)
General and administrative expenses	(5,130)	(3,869)	(15,579)	(13,459)
Operating income (loss) before expected credit losses	127	(7,219)	5,635	(15,902)
Allowance for expected credit losses - net	(34)	(481)	(1,498)	(268)
Profit (loss) before tax	93	(7,700)	4,137	(16,170)
Tax (expense) / credit	(167)	28	(674)	(97)
Net (loss) profit for the period	(74)	(7,672)	3,463	(16,267)
Net profit (loss) attributable to non-controlling interests	1,468	(2,251)	4,763	(2,069)
Net loss attributable to shareholders of the Parent	(1,542)	(5,421)	(1,300)	(14,198)

Interim Consolidated Statement of Comprehensive Income

For the nine-month period ended 30 September 2024 (Reviewed)

	Three-month period ended 30 September 2024 US\$ 000	2023 US\$ 000	Three-month period ended 30 September 2024 US\$ 000	2023 US\$ 000
Net (loss) profit for the period	(74)	(7,672)	3,463	(16,267)
Other Comprehensive Income (OCI)				
Items that may be reclassified to profit or loss in subsequent periods				
Foreign currency translation changes	70	2,506	649	2,055
Share of other comprehensive loss of associates	-	(2,236)	-	(2,236)
Net change in cashflow hedges	(552)	402	(319)	591
Items that will not be reclassified to profit or loss in subsequent periods				
Fair value changes of equity investments carried at fair value through other comprehensive income	650	(813)	827	2,644
Share of other comprehensive income (loss) of associates	1,130	(1,215)	2,525	(134)
Other comprehensive income (loss) for the period	1,298	(1,356)	3,682	2,920
Total comprehensive income (loss) for the period	1,224	(9,028)	7,145	(13,347)
Total comprehensive income (loss) attributable to:				
- Shareholders of the Parent	(393)	(6,178)	1,893	(10,452)
- non-controlling interests	1,617	(2,850)	5,252	(2,895)
	1,224	(9,028)	7,145	(13,347)

Interim Condensed Consolidated Statement of Cash Flows

For the nine-month period ended 30 September 2024 (Reviewed)

	Nine-month period ended 30 September 2024 US\$ 000	2023 US\$ 000
Net cash flows from (used in) operating activities	37,334	(39,577)
Net cash flows used in investing activities	(383)	(2,374)
Net cash flows (used in) from financing activities	(21,247)	10,448
NET CHANGE IN CASH AND CASH EQUIVALENTS	15,704	(31,503)
Foreign currency translation adjustments	(2,568)	5,163
Cash and cash equivalents at 1 January	143,374	184,906
CASH AND CASH EQUIVALENTS AT 30 SEPTEMBER	156,510	158,566

Interim Consolidated Statement of Changes In Equity

For the nine-month period ended 30 September 2024 (Reviewed)

	Share capital US\$ 000	Share premium US\$ 000	Statutory reserve US\$ 000	General reserve US\$ 000	Fair value reserve US\$ 000	Foreign currency translation reserve US\$ 000	Retained earnings / (accumulated deficit) US\$ 000	Total US\$ 000	Perpetual Additional Tier 1 Capital US\$ 000	Non-controlling interests US\$ 000	Total equity US\$ 000
Balance at 1 January 2024	116,132	5,687	54,034	3,765	14,641	(6,505)	4,007	191,761	33,000	119,815	344,576
Net (loss) profit for the period	-	-	-	-	-	-	(1,300)	(1,300)	-	4,763	3,463
Other comprehensive income	-	-	-	-	2,638	555	3,193	3,193	-	489	3,682
Total comprehensive income (loss) for the period	-	-	-	-	2,638	555	(1,300)	1,893	-	5,252	7,145
Transfer upon disposal of equity investments carried at fair value through OCI	-	-	-	-	(787)	-	787	-	-	-	-
Movements in associates	-	-	-	-	3,854	-	(3,854)	-	-	-	-
Interest payment on Tier 1 Capital	-	-	-	-	-	-	(1,761)	(1,761)	-	-	(1,761)
Other movements in non-controlling interests	-	-	-	-	-	-	-	-	-	(8,424)	(8,424)
Balance at 30 September 2024	116,132	5,687	54,034	3,765	20,346	(5,950)	(2,121)	191,893	33,000	116,643	341,536
Balance at 1 January 2023	116,132	5,687	54,034	33,765	(7,586)	(5,379)	(1,425)	195,228	33,000	93,349	321,577
Net loss for the period	-	-	-	-	-	-	(14,198)	(14,198)	-	-	(14,198)
Other comprehensive income (loss)	-	-	-	-	4,103	(357)	3,746	2,920	-	(826)	2,920
Total comprehensive income (loss) for the period	-	-	-	-	4,103	(357)	(14,198)	(10,452)	-	(2,895)	(13,347)
Transfer upon disposal of equity investments carried at fair value through OCI	-	-	-	-	(10)	-	10	-	-	-	-
Movements in associates	-	-	-	-	4,167	-	(3,052)	1,115	-	31	1,146
Other movements	-	-	-	-	9,106	(39)	(8,154)	913	-	636	1,549
Interest payment on Tier 1 Capital	-	-	-	-	-	-	(1,752)	(1,752)	-	-	(1,752)
Transfer from general reserve to accumulated deficit	-	-	-	(30,000)	-	-	30,000	-	-	-	-
Other movements in non-controlling interests	-	-	-	-	-	-	-	-	-	538	538
Balance at 30 September 2023	116,132	5,687	54,034	3,765	9,780	(5,775)	1,429	185,052	33,000	91,659	309,711

The above Interim Consolidated Statement of Financial Position, Interim Consolidated Statement of Income, Interim Consolidated Statement of Comprehensive Income, Interim Condensed Consolidated Statement of Cash Flows and Interim Consolidated Statement of Changes In Equity have been extracted from the Interim Condensed Consolidated Financial Statements of United Gulf Bank B.S.C.(c) for the nine month period ended 30 September 2024 which were approved by the Board of Directors on 13 November 2024 and was reviewed by Ernst & Young, Kingdom of Bahrain.

Masaud Hayat
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