

## **Obesity and Heart Diseases on the Rise in UAE**

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RAS AL KHAIMAH - Doctors have warned of the increasing rate of obesity and heart diseases among the UAE nationals and residents, including children which has led to the rise in the country's mortality rate.

Medical professionals cited the lack of exercise, the consumption of fast foods containing low calories and low levels of health awareness among the public as the major causes of these problems.

Doctors disclosed this during the medical conference for the research of diseases and mortality rates in the country organised at the RAK Hilton Hotel, which attracted more than 300 doctors from the different parts of the country. "Such health problems could easily lead to heart failure and other serious health problems including diabetes if the patients do not get treatment," said the doctors.

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