



Dr. Volker Pfaffenrath

MD, Neurology (Germany)
(Headache Specialist)

Internationally Acknowledged
Headache Expert in:

- Chronic Migraine.
- Tension Headache.
- Painkiller induced Headaches.
- Menstrually related Headaches.
- Headache in Children.
- Rare and Dangerous Headaches.

Available for Consultation

From Saturday 2nd October to Thursday 14th October 2010

at **Badr Al Samaa - Ruwi**
between 9 am to 1 pm & 5 pm to 9 pm



مجموعة مستشفيات ومستوصفات بدرالسماء
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In desert land, as in this region, can one do away with air-conditioning units/plants which largely contribute to the carbon footprint?

THERE are a range of solutions, starting from how that power is generated. Using gas as a fuel environmentally better than most other fossil fuels such as coal because it is a less carbon intensive fuel. Where possible, we should generate power for the grid from the sun in concentrated solar power generation plants. There are also ways of making the distribution system more efficient through smart grid technology that would improve energy efficiency. At the district level, there are significant savings when district cooling systems are used to supply cooling for entire blocks compared with supplying cooling power for individual buildings. Also, at the scale of the building, there are various ways to improve the thermal performance of the building through green roofs, better roof insulation, windows with better thermal performance, the way air is flushed through a building, etc. But I agree, there is no easy way to avoid air-conditioning altogether.

Would not the use of 'green material' like wood, to replace cement and concrete in constructions, in turn, support deforestation?

FOR every kilogram of cement that is manufactured, one kilogram of carbon dioxide is emitted into the atmosphere. If you consider that every building in Muscat is built from concrete, if you sum the weight of all the buildings in the city, that is the volume of carbon dioxide that has been emitted into the atmosphere as a result of using cement for construction. The cement industry is a major contributor of global carbon dioxide emissions. I wouldn't necessarily say that wood is the best option, neither is the use of wood something that is necessarily negative: as forests grown in a sustainable manner are a very useful renewable resource. But, there are alternative building materials and more research and development needs to be done to explore them. There's plenty of rock, there's plenty of other natural building materials material in Oman that were used traditionally and could be used for modern building and which are likely to have a better environmental performance.

What do you think about Oman's low-rise town planning?

MUSCAT has a lot of opportunities as well a lot of constraints from an urban planning perspective. I personally find Muscat a very pleasant place to live. Its density is lower than most other cities, and its skyline is appreciated around the world because of the view of the the mountain areas and the sea. On the other hand, its low density introduces some challenges with regards to transport as most people have to depend on private vehicles to get around. It seems that in the short term Muscat will continue to expand mostly at its fringe rather than through an increase density which will exacerbate some of these problems. There are plenty of improvements that could be implemented on existing buildings and for future buildings there are opportunities to improve the building codes, the specification of the materials used, and so on.

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