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# Medical Briefs

**A STUDY** by Assiut University, Upper Egypt, has shown that 90 per cent of our food is unhealthy.

The study was carried out by Dr Mohamed Kamal Yussef, Professor of Science and Food Technology, Faculty of Agriculture, Assiut University, under the title: "Health diet, vegetable and fruit pollution."

"Up to 90 per cent of the food we eat is processed food. Consequently most of the illnesses afflicting people nowadays are associated with nutrition disorders," Dr Yussef said.

The study reviewed the main elements of a healthy diet, which should have a proper ratio of protein content, free of toxic substances that may damage health in the long or short term, to provide the human body with needed energy. The food should also contain what is known as omega 3 and omega 6, main components in a balanced diet, according to the study. Dr Yussef stressed that saturated fats should con-

stitute no more than 10 per cent of the daily energy sources.

### Vaccination campaign

A national campaign for vaccination against measles and rubella will start on October 31 and will continue for 21 days.

A Ministry of Health statement said that the campaign aimed at vaccinating all children from the age of nine months to ten years old. It would be carried out according to recommendations of the Higher Committee for Vaccines.

The Ministry said that the total cost of the campaign was LE 165 million. Self-destroying syringes would be used and all medical wastes would be disposed of safely. The Ministry said that the measles vaccine was safe and appealed to citizens to respond positively to the campaign in order to safeguard their children's health.



### Expired drugs

The Chairman of the Pharmacologists' Association, Mohai Ebeid, said drugs worth up to LE600 million had been withdrawn from pharmacies, in implementation of an accord to rid the local market of expired drugs.

The agreement was reached between the Association and the Chamber of the Drugs Industry as well as with the manufacturers and distributors. Ebeid pointed out that as of yesterday Egypt had become completely free of the expired drugs that had been accumulating at pharmacies. He also said that Egyptian pharmacies were free of counterfeit medicines.

The head of the Association's legislation committee, Hossam Harira, said that the withdrawal of expired drugs from pharmacies would guarantee safe drugs getting to Egyptian patients. He called on pharmaceutical firms to get rid of expired drugs so as to prevent mafia misuse of these drugs as medicines.