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## Identification of a key factor mandatory for the success of clinical trials in the Arab world: Lessons from the UAE

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Although literacy is defined as the basic ability to read and write, functional health literacy is the ability to read, understand and act on health information. High prevalence of low health literacy in adult patients was linked to limited understanding of health information, medical advices, insufficient self-management of medical conditions, ignorance of prophylactic services, increase in hospitalizations and healthcare costs and high mortality rates. With a population of approximately 8 million, non-UAE nationals constitute approximately 80% of the total population of the country. Although the importance of health literacy has been extensively studied in the North American and European populations, there is a scarcity of information relating to health literacy and its adverse health effects in countries like the UAE that have more equitable access to healthcare. A multi-center random sampling survey method was used to survey patients visiting the hospital as "Out Patients" at several public and private hospitals and clinics in the seven emirates of the UAE, by several multilingual physician researchers. Patients less than 18 years old (verified using their national emirates identity card), those that did not consent to participate in the study, and in-patients were excluded from the study. In this study, the results from the National Assessment of Health Literacy in UAE adults will be discussed. The purpose of this study was to assess the prevalence and distribution of health literacy in UAE adults and determine whether low-literacy was more prevalent among patients with certain types of diseases. The results from our study will enable to confirm if low health literacy is prevalent in a country where the average literacy rate reported for adult male and female are above 90% and where state-of-the-art healthcare infrastructure exists. Results indicate a unique pattern in the health literacy pattern in the UAE. This pattern has led to the identification of a critical factor for the success of clinical trials outcome.

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## Effect of low level laser on healing of moderate sized induced septal defects on rabbits

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**Background & Purpose:** Congenital ventricular septal defects are among the most frequently reported congenital heart defects. The aim of this study was to investigate the response of laser irradiation on induced ventricular septal defects.

**Subjects & Methodology:** Twenty male rabbits who underwent induction for ventricular septal defects by cardiac puncture technique with age ranged 6-10 months enrolled in that study for one and half months. They were assigned into two groups: Group (A): The experimental group consisted of 10 rabbits who received routine animal care associated with laser irradiation. Group (B): The control group consisted of 10 rabbits who received routine animal care alone. The program continued for one and half months. Sizes of the septal defects were measured for both groups at the beginning of the study and after the end of one and half months.

**Results:** There was significant decrease of size of the diameter of the induced ventricular septal defect with study group (percentage of improvement 22.17%) when compared with control group.

**Conclusion:** It was concluded that laser therapy can be considered as a promising therapy for congenital heart defects in animals and to be examined on children after then.

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