



Promoting a healthy diet
for the WHO Eastern Mediterranean Region:
user-friendly guide



[Promoting a healthy diet for the WHO Eastern Mediterranean Region: User-friendly guide](#)

Publication date: 2012

This user-friendly guide on promoting a healthy diet for the Eastern Mediterranean Region provides information on individual nutrients and food components and presents a set of recommendations for an overall pattern of eating that can be adopted by the general public in countries of the Region. The recommendations contained in this guide are compatible with the different cultures and eating patterns of consumers within the target population and are based on the availability of local and affordable foods which are widely consumed by the population.

[English](#)

Guidelines for the management of dyslipidaemia in patients with diabetes mellitus

Quick reference guide

More than 60% of type 2 diabetic subjects in the Eastern Mediterranean Region have some degree of dyslipidaemia. More than 40% of type 2 diabetic individuals have hypercholesterolemia and a further 23% have hypertriglyceridaemia and/or a low level of HDL cholesterol. In contrast, <25% of non-diabetic subjects are hyperlipidaemic. In addition to being the most common lipid abnormality in type 2 diabetes mellitus, hypertriglyceridaemia is also a feature of impaired glucose tolerance and impaired fasting glucose. The purpose of this quick reference guide is to offer proper information and guidance to primary health care physicians, specialists and consultants, and also to policy-makers. They do not attempt to make rigid clinical decisions for physicians and patients. Each clinician must decide, with their patients, the best approach for managing dyslipidaemia in diabetes.

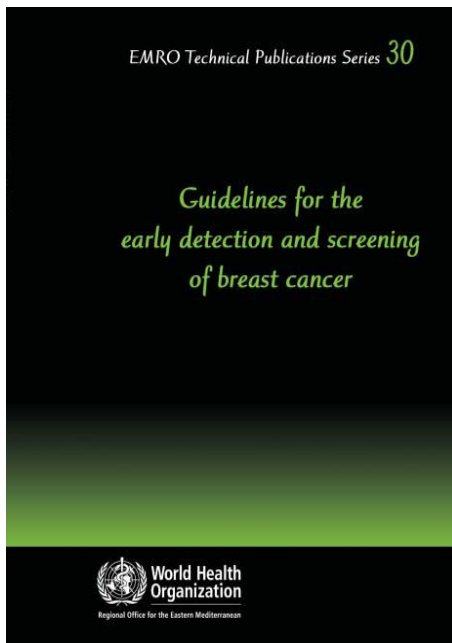


[Guidelines for the management of dyslipidaemia in patients with diabetes mellitus: Quick reference guide](#)

Publication date: 2006

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[English](#)

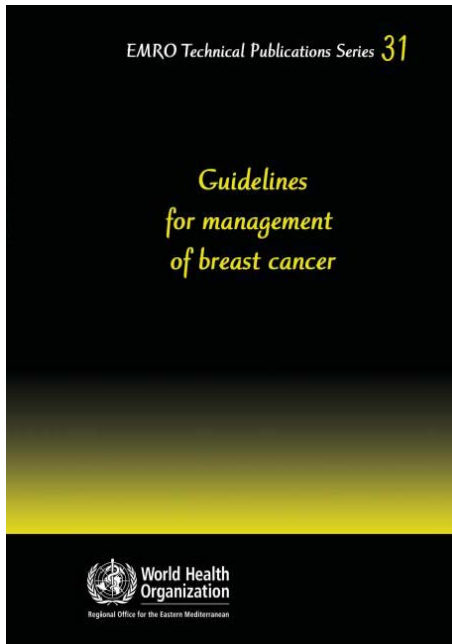


[Guidelines for the early detection and screening of breast cancer](#)

Publication date: 2006

Studies have shown that most patients with breast cancer in the Region present for the first time at stages two and three, indicating the need for increased community awareness and early detection of the disease. This publication aims to assist countries to develop national breast cancer detection programmes by describing the key elements of such programmes. It discusses the epidemiology of breast cancer, its natural history and risk factors, and gives a brief description of various pathological subtypes, and a regional overview of the epidemiological situation.

[English](#)



[Guidelines for management of breast cancer](#)

Publication date: 2006

Breast cancer remains the most commonly diagnosed cancer in women and the second leading cause of cancer death in the Region. Congruence of treatment practice with published guidelines has been directly associated with improved patient survival. Therefore, enhanced implementation of soundly developed, evidence-based treatment guidelines is an important goal for health services and individual clinicians. These guidelines provide answers to the practical questions involved in decision-making about day-to-day management of breast cancer. They are aimed at oncologists, internists, secondary and tertiary hospitals, ministries of health and other health decision-makers.

[English](#)

Guidelines for the early detection and screening of breast cancer

Quick reference guide

Breast cancer is a common and frequently fatal disease, and the second ranking cause of cancer death in the Eastern Mediterranean Region. Worldwide, breast cancer represents 10% of all cancers diagnosed annually and constituted 22% of all new cancers in women in 2000, making it by far the most common cancer in women.

Studies have shown that most patients with breast cancer in the Eastern Mediterranean Region present for the first time at stages two and three, indicating the need for increased community awareness and early detection of the disease. This quick reference guide aims to assist primary health care workers in raising community awareness and detecting breast cancer in its early stages.

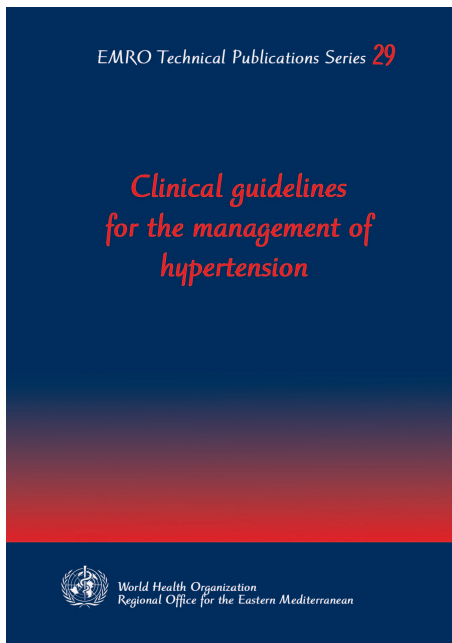


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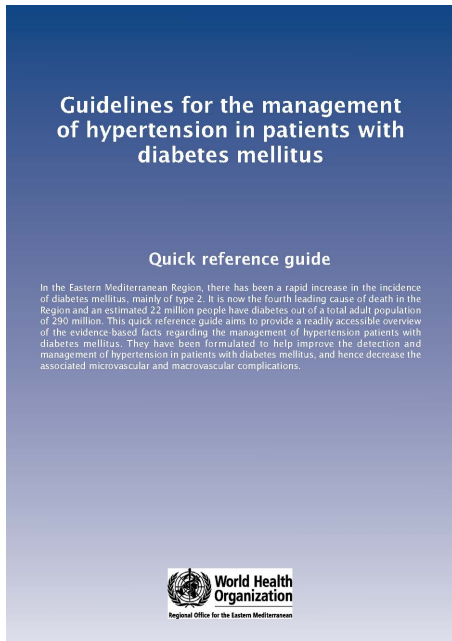


[Clinical guidelines for the management of hypertension](#)

Publication date: 2005

This publication presents guidelines that recognize the complementary nature of non-pharmacological approaches to management and pharmacotherapy and which are cost-effective. Most doctors in the Region must be trained to be able to advise their patients on the non-pharmacological approach. Countries need a cost-effective drug management strategy that promotes adherence to medical therapy, motivates patients, builds trust and strengthens communication between clinicians and patients. These clinical guidelines are aimed at making a positive contribution to the improved management of hypertension in the Region.

[English](#)



[Guidelines for the management of hypertension in patients with diabetes mellitus: Quick reference guide](#)

Publication date: 2005

In the Region, there has been a rapid increase in the incidence of diabetes mellitus, mainly of type 2. It is the fourth leading cause of death and an estimated 22 million people have diabetes. This quick reference guide aims to provide a readily accessible overview of the evidence-based facts regarding the management of hypertension patients with diabetes mellitus. They have been formulated to help improve the detection and management of hypertension in patients with diabetes mellitus, and hence decrease the associated microvascular and macrovascular complications.

[English](#)

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