



*Family, Career,
and Life at the SMC*

Dr. Waleed Ali

Bahrain's foremost Urologist

Dr. Waleed Ali of the Salmaniya Medical Complex (SMC) is a top consultant of Urology. Besides being the first Arabian doctor to receive both Arabic Board and European Board certificates within the field of Urology, as well as being the first Bahraini to attain a diploma in laparoscopy from France, he enjoys married life, playing with his seven-year-old daughter Iman, and watching European football.

Why did you decide to become a doctor?

I graduated from Shaikh A. Aziz Secondary School and in those days, high achieving students were expected to join the fields of Medicine or Engineering; I opted for the former. I went on to enroll at Alexandria University and pursued a BSc of General Medicine. I graduated in 1994 and joined SMC immediately, where I was a general practitioner until 2000. I then went to the UK and US to pursue further studies for another four years, in which I attained the highest marks in Urology.

Tell us a bit about your experience in the Salmaniya Medical Centre

After receiving the BSc in Medicine I worked within general surgery in SMC. I then decided to specialise in Urology and the Urinary tract, as I like this field. I received much support from all urinary tract doctors in the surgery. I also received a lot of encouragement from all heads from the very first day I joined SMC; Dr. A. Rahman Fakhroo, Dr. Mohammed Al Awadhi, Dr. A. Nabi Al Aradi, Dr. Jassim Al Mihza and Dr. Kadhum Zabar.

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What is Urology?

Urology is the branch of medicine that focuses on the urinary tracts of males and females, and on the reproductive system of males. The organs covered by urology include the kidney, ureters, urinary bladder, urethra and the male reproductive organs. Most urinary tract problems begin at the age of fifty and over. The Prostatic Hyperplasia is the most important problem that we receive at the Urology Surgery Unit.

What is the prostate?

The prostate is a fibrous hormone gland that exists around the urinary tract at the bladder neck in males. It produces the semen. Many diseases can infect this gland; the most important ones are Prostatitis, chronic Prostatitis, Benign Prostatic Hyperplasia (BPH), and Prostatic Cancer.

What causes BPH?

It can be hereditary, causes related to the male hormone, or unhealthy practices.

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*How many patients visit
the Urinary tracts Clinic
of the SMC?*

The Urinary tracts Clinic is the busiest clinic in SMC. More than ten clinics are operating every week and each of those clinics receives 15-20 patients. A big percentage of them suffer from BPH.

*What is the standing of
Bahrain within the field
of BPH treatment?*

Bahrain has reached advanced stages of BPH treatment. In the SMC we have performed more than 100 successful BPH laser operations with no recorded complications or problems. We have also presented three papers about the experiment of BPH laser treatment in the Kingdom of Bahrain at the International Conference in Lisbon in February 2008.

*What are the risks
of having BPH?*

The main risks start with urinary problems, inflammations, kidney stone formation, inability to pass urine, and kidney failure.

How is BPH treated in SMC?

We begin treating the patient with medicine. In some cases we may need to undergo laser surgery. SMC possesses two of the most modern laser devices in the Gulf region for the treatment of such cases. These two devices were first introduced in Bahrain in 2006.



Does the SMC have any future plans or ambitions for development?

We are full of hope that the Ministry of Health will support us by providing us with modern equipment for all medical practices. The benefits of advanced technology reflect on the performance of the health service within the Kingdom. We have a desire to introduce robotic devices in treatment, as compared with traditional methods of surgery, the results are much more favourable.

We also hope that the Ministry of Health will continue to cater to people who possess scientific and practical skills and who are highly trained to pursue studies and conduct research within various fields. These people need to be encouraged and financially supported in order to publicise the Kingdom of Bahrain and promote its competency in medicine.

We are looking forward to the Urology and Urinary tracts specialisation in SMC having its independence from the General Surgery Unit.

This will certainly lead to outstanding quality service and provide us with thorough knowledge, leading to the possibility of development of the services that we provide to our patients.



favourite sport

*enjoys married life,
playing with his
seven-year-old daughter
Oman, and watching
European football.*