

## REVIEW

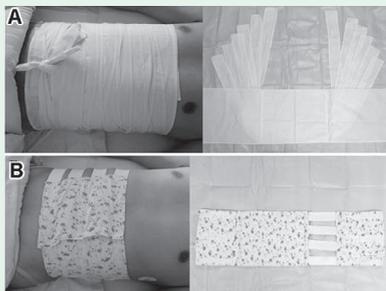
### Assessment of the environmental and genetic factors influencing prevalence of metabolic syndrome in Saudi Arabia

This literature review by Gosadi assessed environmental and genetic factors concerning metabolic syndrome (MS), diabetes, hypertension, obesity, and dyslipidemia, and explained biochemical effects of detected genetic variants on the increasing risks of MS. Environmental components explained a large proportion of the increased prevalence of MS in the Kingdom of Saudi Arabia and current genetic evidence does not explain the prevalence of MS in Saudis due to the small detected effect sizes, and due to an inability to replicate most of the discovered association in other populations. There is a need for larger genome-wide investigations to detect novel variants and replicate associations with smaller effects.

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## ORIGINAL ARTICLES

### The effect of different types of abdominal binders on intra-abdominal pressure

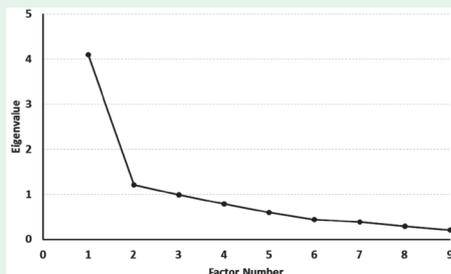


*Methods in wearing: A) non-elastic; and B) elastic abdominal binders*

Zhang et al design a prospective control study to evaluate the effect of abdominal binders on intra-vesical pressure (IVP), physiological functions, and clinical outcomes of perioperative patients. They divide 57 consecutive patients into non-elastic and elastic binder group. They found that the initial out-of-bed mobilization is earlier in the elastic binder group than that in the non-elastic group. Meanwhile, elastic abdominal binders have less capacity to increase IVP than non-elastic ones. The authors conclude that a relatively little effect of elastic abdominal binders on IVP and benefits for postoperative recovery makes them more suitable for clinical practice.

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### Validation of an Arabic version of Fatigue Severity Scale



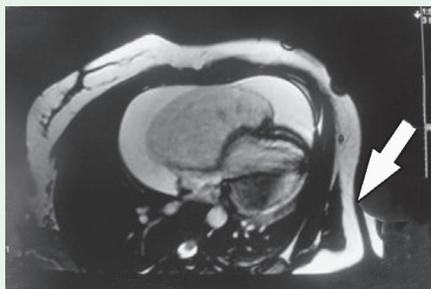
*Factor analysis scree plot showing the inflexion point at the second factor indicating that only the first factor should be retained*

Fatigue is an important outcome of many disorders. There is lack of fatigue measures in the Arabic language. Al-Sobayel et al translated and validated one of the common measures for fatigue, that is; Fatigue Severity Scale. The results show that 75% of patient participants have fatigue. Their scores correlates with the vitality domain of the quality of life measure RAND-36. Their scores also show high internal consistency and test-retest reliability. This study provides an Arabic version of the Fatigue Severity Scale that shows acceptable psychometric properties and able to differentiate between patients with neuromusculoskeletal disorders and healthy people.

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## CASE REPORT

### Cardiac lymphangioma presenting as intrapericardial cystic mass



*Cardiac MRI shows multi cystic lesions in right atrioventricular groove with compression of the right atrium and right ventricle*

Lone et al reports a case of a 42-year-old woman with history of breathlessness on exertion and occasional palpitations of 2 months duration. With normal physical and systemic examination, the transthoracic echocardiography revealed a large intrapericardial mass. Due to the uncertainty of diagnosis, the patient and her relatives were motivated for surgical exploration. Histopathology of the excised RV mass came out as cystic lymphangioma. The authors concluded that cardiac cystic lymphangioma is a rare benign cardiac tumor with only 9 cases reported so far. Imaging studies available as of now can provide information regarding anatomic details, hemodynamic effects, and the real treatment is total surgical resection.

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