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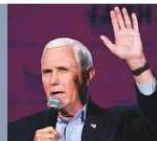
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Al Neyadi healthy after 3 months in space

Region's only space flight surgeon reveals how Sultan of Space is faring on board ISS

DUBAI
BY SAJILA SASEENDRAN
Senior Reporter

Has living for over three months in space impacted the health of UAE astronaut Sultan Al Neyadi? This was the question in the minds of most of the audience at the latest edition of 'A Call from Space' event with the Sultan of Space, who is on the longest Arab space mission on board the International Space Station (ISS), yesterday.

Dr Hanan Al Suwaidi, flight surgeon, UAE Astronaut Programme, answered questions about Al Neyadi's health.

She said she has been constantly monitoring the health parameters of Al Neyadi.

Dr Al Suwaidi said she has also been monitoring if Al Neyadi has been eating and sleeping well. Periodically, she also makes live calls with him to discuss his health and fitness.



■ **From left:** Dr Hanan Al Suwaidi, Adnan Al Rais, Salem Humaid Al Marri and Saud Karmustaji, director of communications at Mohammad Bin Rashid Space Centre, in Dubai yesterday.

Sultan Al Neyadi has made no compromises in his exercise regime, and it has proven beneficial in maintaining his muscle and bone strength.

She said Al Neyadi has made no compromise on his exercise regime and that is standing him in good stead in terms of maintaining his muscles and bone strength. During the live call with hundreds of members of the medical fraternity including doctors, researchers and

other health workers, Al Neyadi also answered questions about his health and exercise regime over 400km above the Earth.

Regular exercise

He said he exercises for at least two-and-a-half-hours every day to keep his muscles

and body mass intact. "We can do cycling. We have treadmills and other devices."

Al Neyadi is also the first astronaut to practice martial art jiu-jitsu on-board the ISS.

"Space is harsh ... you are just floating and you can be susceptible to motion sickness and you can have various symptoms especially in the first few days. But we are trained to mitigate these symptoms and effects of microgravity on our health," he explained.