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Dr. A. H. Ismail

Daily Log of Egyptian Trip

Purpose of the trip:

- 1) to attend CRSP workshop at the Nutrition Institute
- 2) to present BMR data at workshop
- 3) to foster better cooperation between American and Egyptian Scientists

Day 1 9/2/83 Depart Chicago airport for Cairo

Day 2 9/3/83 Arrival to Cairo, Egypt

Day 3 9/4/83 Had a meeting at the Nutrition Institute and met with Drs. O. Galal, M. Abdel Kader, and J. Wolgemuth in the morning to discuss plans for collecting the core data in Kalama. Also, I met with Drs. A. El-Naggar and F. Abdel-Wahab at the National Sports Research Center to meet with the personnel who will be available for the data collection dealing with BMR/RMR.

Day 4 9/5/83 Had a meeting at the Nutrition Institute and met with Dr. O. Galal to discuss the availability of research assistants (Dr. Farouk Shaheen and three medical students and three nutritionists) to procure subjects (Kalama) for testing. Also, went to the College of Physical Education for Men at Helwan University to meet with Dr. A. Kandil to select three physical educators to cooperate and participate in the data collection. Also I met with the Dean of Physical Education for Girls (Dr. S. Abdel Rahman) who proposed four members of her staff who are willing to assist in the study.

Day 5 9/6/83 Went to the Nutrition Institute for the CRSP workshop. Made a presentation on the data collected (December, 1983) dealing with resting metabolic rate (RMR). The data examined the RMR of children, adults, and senior citizens of both sexes. (See Draft Report Phase 1, Research on Food Intake and Function, Sept. 1983 pp. 370-383). It was concluded that RMR data could be obtained in a satisfactory manner on the subjects and conducted on-site in the village of Kalama.

Day 6 9/7/83 Went to the Nutrition Institute for the continuation of the CRSP workshop. Full information can be found in the Draft Report Phase 1, Research on Food Intake and Function, Sept. 1983.

- Day 7 9/8/83 Had a meeting with the Beckman Company representative (Dr. Mohamed El-Said) to discuss the service, maintenance, and warranty of the Beckman Metabolic Cart which has been purchased for the study. Also, had a meeting at the National Sports Research Center with Drs. A. El-Naggar and F. Abdel Wahab to determine their availability as supervisors for the data collection in the village of Kalama. Later, a meeting was scheduled with Dr. M. El-Said, Beckman representative to meet with Dr. El-Naggar who will be in contact with him in case something goes wrong with the metabolic cart under warranty.
- Day 8 9/9/83 Had a meeting with Drs. Moawad and H. Mouktar at the National Club. A discussion concerning their future cooperation with the Egyptian Project disclosed a willingness to assist in this study. Also, an exchange program between Egyptian and American investigators was discussed.
- Day 9 9/10/83 Had a meeting at the College of Physical Education for Women and met with Dr. S. Abdel-Rahman and other professors, who invited me to serve as an external Ph.D. examiner.
- Day 10 9/11/83 Went with Drs. G. Harrison and N. Kirksey to visit the village of Kalama to examine the building where the core data collection will be conducted. The building was determined to be adequate for the RMR data collection. Also, went to the National Sports Research Center to meet with the work performance assistants, who will be involved in the RMR testing and discuss the protocol to be adopted in detail.
- Day 11 9/12/83 Went to the College of Physical Education for Men and met with Drs. A. Kandil, M. Alawy, and E. Moawad for future cooperation in their doctoral program. Also, had a meeting at the Nutrition Institute with the Egyptian Executive Committee and senior scientists headed by Dr. Gabr, to discuss the "Publication Agreement".
- Day 12 9/13/83 Went to the College of Physical Education for Men and met with Dr. M. Alawy. Had business luncheon with Drs. S. Abdel-Rahman (Dean of Physical Education for Women), F. Abdel-Wahab, and A. El-Naggar. Also, lectured at a symposium at the National Sports Research Center on "Exercise As A Preventive Medicine."
- Day 13 9/14/83 Invited to the College of Physical Education for Men and met with Drs. E. Motaweh, A. Kandil, and M. Alawy, who requested my presence in a Ph.D. final examination.

- Day 14 9/15/83 Went to the College of Physical Education for Women at Alexandria and met with Dr. K. Shalaby, Vice President of Helwan University to discuss future cooperation between his university and Purdue University.
- Day 15 9/16/83 Leave Cairo, Egypt for the U.S.A.