

MEN'S PASSION



Dr. Adel Quttainah

it's not just the speed...



Dr. Adel Quttainah

Founder and CEO at The Quttainah Medical Center

The Quttainah Medical Center has earned a reputation as one of the key players in the Cosmetic Medicine and Surgery market sector in Kuwait and the region. QMC provides the highest standards of medical services, the center is fully fledged with the latest technologies, advanced techniques, specialized and skilled team to assure the best cosmetic and reconstructive results. It was established and is run by a remarkable man – Dr. Adel Quttainah.

Facilities such as the QMC don't create themselves, and behind them lays a story of passion and commitment. We learned more from Dr. Adel himself...

What is the extent of services offered at the QMC?

We started initially to be the Middle East's largest center for aesthetic medicine. Today, however, we're covering a much broader range. QMC consists of four state of the art operating theaters, exclusive inpatients suites, services include Cosmetic Plastic and Reconstructive Surgery, Dermatology, ENT (Facial Plastic Surgery), Skin Care and Laser Department, Bariatric and General Surgery, Cosmetic Dental Surgery, Non- Surgical weight loss Department, Gynecology and Infertility-IVF Clinic, LVR (Cosmetic Gynecology Clinic), Complete Breast Care Clinic, Hair Transplantation, Oasis IV Hydration Clinic as well as many other services and disciplines.

Why did you choose cosmetic surgery as a career?

Simply, because I didn't want to do anything else. I didn't want to specialise in a specific area of surgery, and this is the only speciality that covers all ages and both genders. There's always something new, a fresh challenge and a solution to be found.

What is the most challenging aspect of your role in Kuwait and the region?

Like any other business, you have to be consistent. that's the challenge. In our sector, the highest quality is always the supreme goal. Happy patients bring happy patients.

What's the secret behind your success? What are your values and ambitions?

There's no secret - it's all just pure hard work. I'm still working 100 hours a week – it's what's required if we're going to maintain ourselves as the best. My ambitions are to open similar centers in Gulf states – but I'll only do this when I can guarantee carrying forward our strong work ethics and rigid discipline to new locations.



“The surgeon's skill is always the prime technology in this sector.”



McLaren 720S



McLaren Senna - limited production super car - 1 of 500 units only.



“A car’s aerodynamics and aesthetics interest me more than pure speed. I like to know what’s under the hood and appreciate the technology. For me, McLaren are the best in this regard – getting so much out of a tightly packaged engine”

How big a role does technology play in the development of surgical and cosmetic techniques? Where are the biggest strides being taken in this regard?

In plastic and cosmetic surgery – other than perhaps in dermatology with its laser machines - technology doesn’t play as significant a role as people might think. You can’t tell a robot to ‘fix this nose.’ The surgeon’s skill is always the prime technology in this sector. A good plastic surgeon is the key.

Work / Life Balance

You’re a busy man. How do you juggle the work / life balance? How do you manage to find time for family and other passions?

To be honest, I don’t manage it all that well, other than at weekends or when we travel.

When you’re away from QMC, do you find it easy to disconnect from work altogether?

Not totally. Although my specialty is more comfortable to move away from because I’m unlikely to be called on an emergency, I never disconnect altogether.

Freetime

We know you’re a passionate car enthusiast, and a McLaren aficionado in particular. What is it about Woking’s finest that attracted you in the first place?

A friend tried to get me interested in McLarens, but to me, it was a racing car marque, that was all. Everything changed though when I got into one. The experience changed my view of English automotives.

Here was a stable, responsive and practical supercar – and one that can be driven every day. McLaren’s attention to detail – and luxury touches – make it perfect for me.

What is it about fast cars that fascinates you?

You might be surprised to learn it’s not just the speed... it’s the whole package. All cars are fast these days. A car’s aerodynamics and aesthetics interest me more than pure speed.

I like to know what’s under the hood and appreciate the technology. For me, McLaren are the best in this regard – getting so much out of a tightly packaged engine.

What would be your ideal car?

The 720S.

What else fills your time away from surgery?

I have a museum - the first and only medical museum in Kuwait. I’ve collected around 400 pieces over the past 25 years. It’s a passion of mine. Whenever I travel, you’ll find me searching antique markets around the world for additional pieces. I also use the internet to search for unique pieces. I have an old wooden stethoscope that took a year to find.

QUICK-FIRE Q&A

- **When were you happiest?** When I got results of my medical fellowship exams. I'd worked hard.
- **What is your greatest fear?** God. I try to do the right thing. I'll have to wait to see what he thinks.
- **What is your earliest memory?** With my mother at a juice place on Salem Mubarak Street. I remember her car, a Mercedes, and just how scorching the day was.
- **What is your most treasured possession?** My family.
- **What is the trait you most admire in yourself?** Integrity.
- **What is the trait you most admire in others?** Loyalty.
- **What would your super power be?** I wish I could create ten more hours a day. Perhaps I could be SleeplessMan.
- **Who would play you in the film of your life?** Danny DeVito (never take yourself too seriously).
- **What is your favourite word?** Consistency.
- **What is top of your bucket list?** I don't have one.
- **What is your guiltiest pleasure?** Food. I love food. But my metabolism is slowing more quickly than my appetite!
- **What do you owe your parents?** Everything.
- **How do you relax?** Travelling.
- **What single thing would improve the quality of your life?** Less work or more hours.
- **What keeps you awake at night?** Nothing. I hit the pillow and sleep.
- **How would you like to be remembered?** By my patients - as the guy that improved their lives. By my family and friends - as the guy that was always there for them. By others - just as a nice guy.

*Art Director: Yousif Abdulsaid
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