



DEBAKEY'S NEWSPAPER

OCTOBER 8, 2023

AWARENESS

BREAST CANCER AWARENESS

DR NAZIA KHAN

In the Middle East, breast cancer is the most prevalent cancer among females. In Qatar, breast cancer continues to be the most commonly diagnosed cancer among women. According to the estimation of the Global Cancer Observatory, breast cancer ranks highest, accounting for 14.7% of new cancer cases and 37.5% of new cancer cases in females recorded in Qatar during 2020. Qatar ranks fifth in terms of breast cancer prevalence in the Arab region. One in eight women in the United States will be diagnosed with breast cancer in her lifetime. In 2023, an estimated 297,790 women and 2,800 men will be diagnosed with invasive breast cancer. (Hamed et al., Breast cancer knowledge, attitudes and practices amongst women in Qatar 2022)

While lifestyle choices can potentially lower your overall risk of breast cancer, it's important to note that there is no guaranteed "breast cancer diet," exercise regimen, so-called "cancer-fighting superfood," or other remedies that is guaranteed to lead to total breast cancer prevention. Males and females that make healthy choices, breastfeed after childbirth, maintain an ideal weight, and more—still devastatingly get diagnosed with breast cancer because of factors outside of their control. Women and men that have a strong family history of breast cancer should start cancer screening ASAP. Chances are, you know at least one person who has been personally affected by breast cancer. (Bcrf, Breast cancer prevention: Ways to reduce your risk: BCRF 2022)



DRAWING OF THE WEEK

BY AMNA ALI & MOHAMED ALI GUEYDI



ISLAMIC الإسلامية



حفظ اللسان

نادي التربية الإسلامية

اللسان والكلام نعم عظيمة من الله. وكباقي النعم التي أنعمها الله تعالى علينا، يجب أن نحفظها ونستخدمها في المعروف. وقد اوصانا الرسول ﷺ على حفظ اللسان والحرص على قول الخير، لأننا نحاسب على كل ما ننتقلها من الكلام.

كما جاء في حديث معاذ ابن جبل (ر) أن النبي ﷺ أَخَذَ بِلِسَانِهِ وَقَالَ: (كَفَّ عَلَيْكَ هَذَا). قُلْتُ: يَا نَبِيَّ اللَّهِ، وَإِنَّا لَمُؤَاخَذُونَ بِمَا نَتَكَلَّمُ بِهِ؟ فَقَالَ: (تَكَلَّمْتَ أَهْلَكَ). وَهَلْ يَكُفُّ النَّاسَ فِي النَّارِ عَلَى وُجُوهِهِمْ - أَوْ قَالَ - عَلَى مَنَاخِرِهِمْ؟ إِلَّا حَصَائِدُ أَلْسِنَتِهِمْ (رَوَاهُ التِّرْمِذِيُّ وَقَالَ: حَدِيثٌ حَسَنٌ صَحِيحٌ)

وَعَنْ أَبِي هُرَيْرَةَ (ر): أَنَّ رَسُولَ اللَّهِ ﷺ قَالَ: (مَنْ كَانَ يُؤْمِنُ بِاللَّهِ وَالْيَوْمِ الْآخِرِ فَلْيُكَلِّمْ خَيْرًا أَوْ لِيَصْمُتْ) (مُتَّفَقٌ عَلَيْهِ)

فاللسان يسرق من الحسنات بما يعمل من السيئات، من الغيبة، والنميمة، وقول الزور، وشتيم وسب الناس، والسخرية منهم وغيرها من ألفاظ قبيحة. وقد حثنا رسول الله ﷺ في حديثه أن لا نتكلم إلا خيرا.

قال تعالى: ﴿مَا يَلْفُظُ مِنْ قَوْلٍ إِلَّا لَدَيْهِ رَقِيبٌ عَتِيدٌ﴾ (ق: ١٨) تفسير الآية: ما يتكلم بني آدم من كلمة إلا لديه رقيب، أي ملك يرقب قوله ويكتبه.

اننا نحاسب على كل ما نتكلم به ونلفظه من ألفاظ سيئة وحسنة، فعلينا أن نحفظ ألسنتنا ولا نقول إلا خيرا.

Being able to speak is a blessing from Allah (SWT). And just like all the other blessings, we must take care of it and use it knowingly. The Prophet (PBUH) has advised us to take heed of our tongue and say good things, this is because we will be judged on all of what we say.

Stated in the hadith of Muadh Ibn Jabal (may Allah be pleased with him), that the Prophet (PBUH) took hold of his tongue and said, "Restrain this." I asked, "Prophet of God, shall we really be punished for what we talk about?" He replied, "I am surprised at you, Mu'adh! Will anything but the harvests of their tongues overthrow men in hell on their faces (or, on their nostrils)?"

(Ahmad, Tirmidhi and Ibn Majah transmitted it.)

Abu Hurairah (May Allah be pleased with him) reported: Messenger of Allah ﷺ said, "He who believes in Allah and the Last Day, let him be hospitable to his guest; and he who believes in Allah and the Last Day, let him maintain good the ties of blood relationship; and he who believes in Allah and the Last Day, must speak good or remain silent".

[Al-Bukhari and Muslim].

The tongue steals your good deeds because of the bad deeds that it does, such as: backbiting, gossiping, slander, cursing/swearing, cursing people and mocking them and more. The messenger (PBUH) has advised us to not speak unless it is good. Allah (SWT) said: ﴿مَا يَلْفُظُ مِنْ قَوْلٍ إِلَّا لَدَيْهِ رَقِيبٌ عَتِيدٌ﴾ (surah Qaf, verse 18)

Interpretation of this verse: The children of Adam do not speak a word without a watcher with him; an angel who monitors what he says and writes it down.

We are judged/held accountable for everything we say whether it is good or bad, so be mindful, guard your tongue, and say nothing but good.

education is
not
preparation for
life; education
is life itself

— John Dewey



CREATING WRITING

Last week, we celebrated our founder and guiding inspiration, Dr. Michael E. Debakey. We, as a school, draw inspiration from his dedication and expertise, and hope for our students to always draw motivation from his achievements and legacy. Below is a sonnet, in celebration of the legacy of Dr. Michael E. Debakey, written anonymously by one of our seniors.

his name, a name renowned,
his midas touch on innovation,
countless contributions, forever profound,
a legacy that will never dim
skilled hands, a glistening mind,
healing what livens our body & soul,
innovations he left for us to employ,
any testament to his expertise, rare
from the heart, he mended and restored,
countless lives saved, by didactic expertise,
his dedication, impossible to deny,
his eunoia, a beacon of hope.

Dr. Michael DeBakey, our guiding elysian visionary,
skill & dedication, his influence reigns legendary.

MENTAL HEALTH

We know you are currently dealing with some stress before your Cycle tests next week, here are some tips to manage your stress:

1. Begin an Early Revision.
2. Prepare a Timetable.
3. Plan for Every Day of the Week.
4. Incorporate Active Learning Techniques.
5. Stay Positive.
6. Get a Good Night's Sleep.
7. Maintain a Balanced Diet.
8. Exercise.

And remember, always ask for help when you need it!

RIDDLES OF THE WEEK

1. I'm tall when I'm young, and I'm short when I'm old. What am I?
2. I have branches, but no fruit, trunk or leaves. What am I?

answers on the next paper



- Apply for at least 5 Universities
- Do what you love, the money will follow
- Participate in extracurriculars that you enjoy
- Do your assignments on time!!!



APPRECIATION - GMUN CONFERENCE

The MUN club is honored to announce the great achievement its members have made during the Georgetown Fall MUN conference that spanned the weekend of 28-30th of September. Three consecutive days of speech-giving, debating, and resolving problems about issues nations face today. From the education quality and accessibility in developing countries, to lessons learned from COVID-19 and collaboration of countries, this MUN conference covered it all. Ahmed Alzubaidi says it was "A memorable experience and an incredible learning opportunity."

The awardees were:

- Hamza Al Halabi as the delegate of Chile in UNESCO awarded for Outstanding Diplomacy;
- Riad Alzaim as the delegate of Austria in SPECPOL awarded Best Delegate;
- Ahmad Al-Salama as the delegate of Azerbaijan in GA awarded an Honorable Mention;
- Tasnim Abu-Aadi as the delegate of Panama in the CSW awarded an Honorable Mention;
- Ahmed Alzubaidi as the delegate of Turkey in DISEC awarded for Outstanding Diplomacy.



SUGGESTIONS

You have come to the end of our first newspaper! Hope you enjoyed it. And now, this section is dedicated for your input. Scan the QR code or tap the code the in the digital newspaper version and fill in the google forms. We will try our best to read every comment and be sure to implement them.



<https://forms.gle/PUskGaqtyUmneM2r7>

Your voice matters!

~ Credits ~

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