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# MedEdu Tabuk

## Weekly Newsletter

Faculty of Medicine, University of Tabuk

**Message from the Editor-in-Chief- Dr. Tanveer Raza**

### THE PINK RIBBON



The month of October is marked as **The Breast Cancer Awareness Month**. According to WHO website, "there are about 1.38 million new cases and 458 000 deaths from breast cancer each year". Breast cancer is common in both developed and developing nations. October helps bring attention and support for the awareness, early detection and treatment as well as palliative care of this disease. Breast cancer awareness is symbolized by "The pink ribbon" globally.



Past Issues



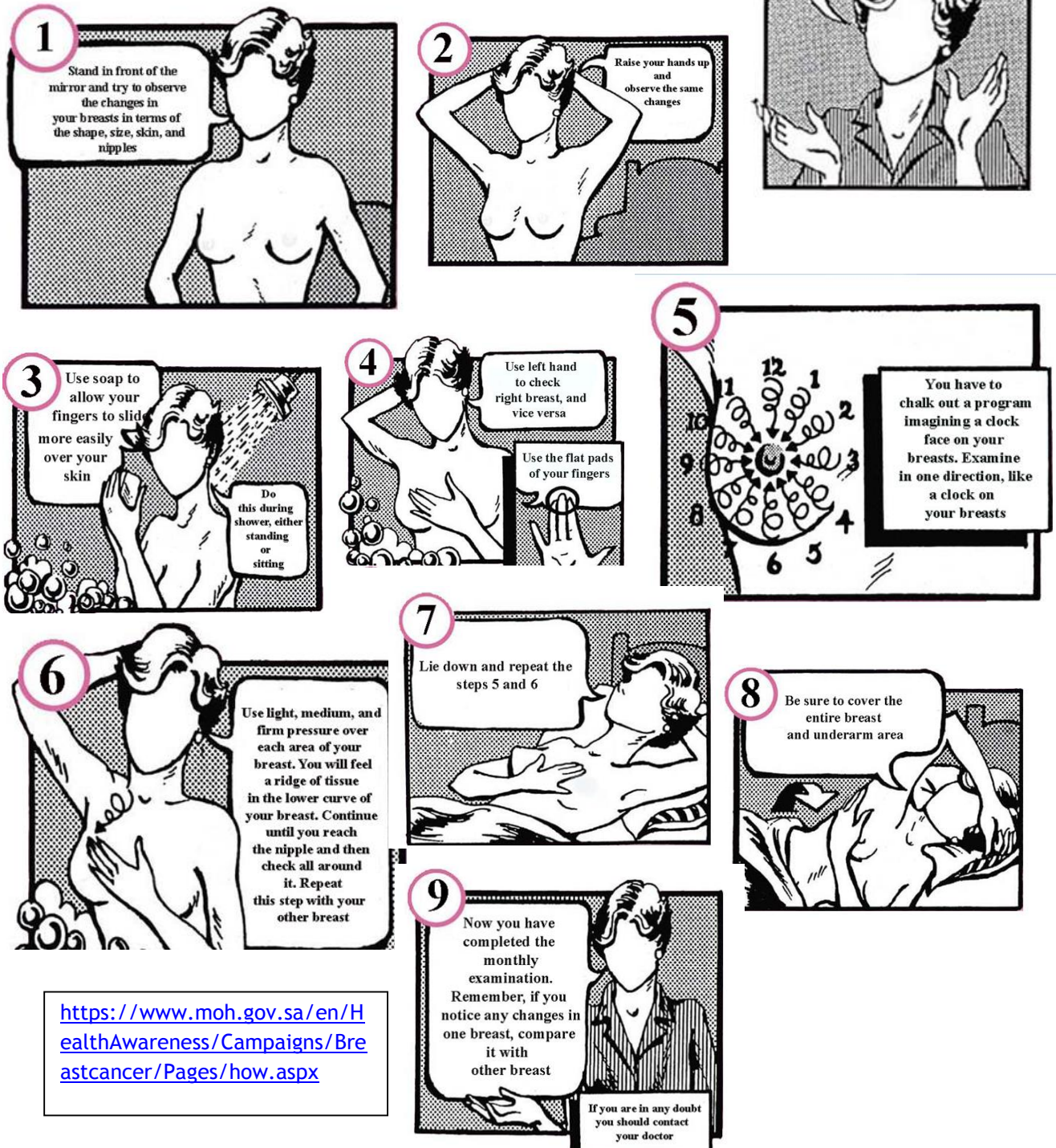
SMJS

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## How do you perform breast self-examination?- Ministry of Health, Kingdom of Saudi Arabia

Taking a few minutes to do a breast self-exam a minimum of once a month can make a lifetime of difference. Just follow the steps below, and you should keep it constantly in mind:



<https://www.moh.gov.sa/en/HealthAwareness/Campaigns/Breastcancer/Pages/how.aspx>

## WORKSHOP ON BREAST CANCER

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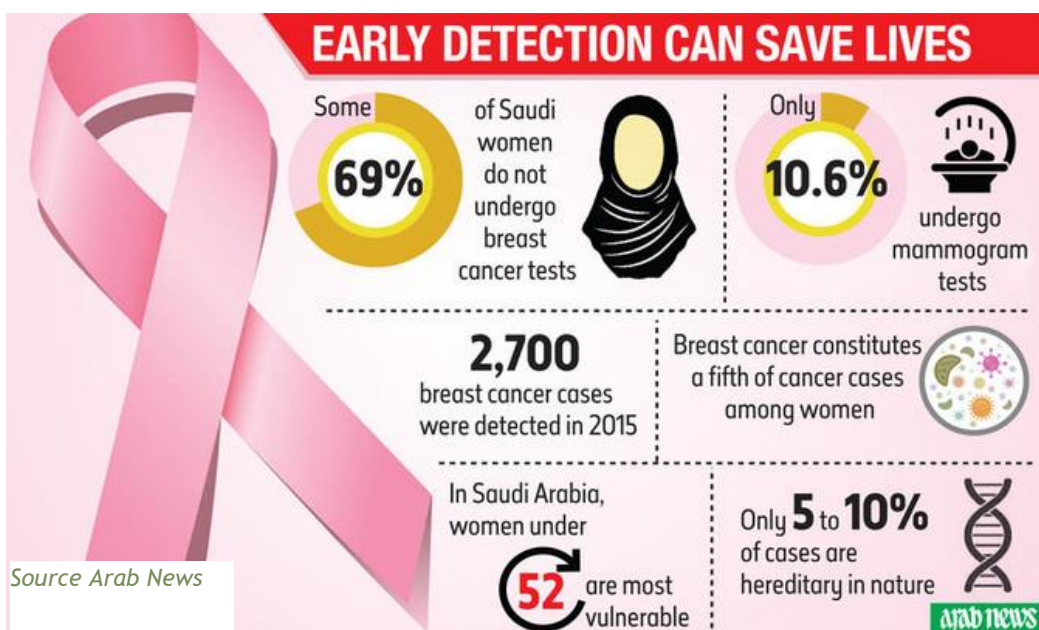
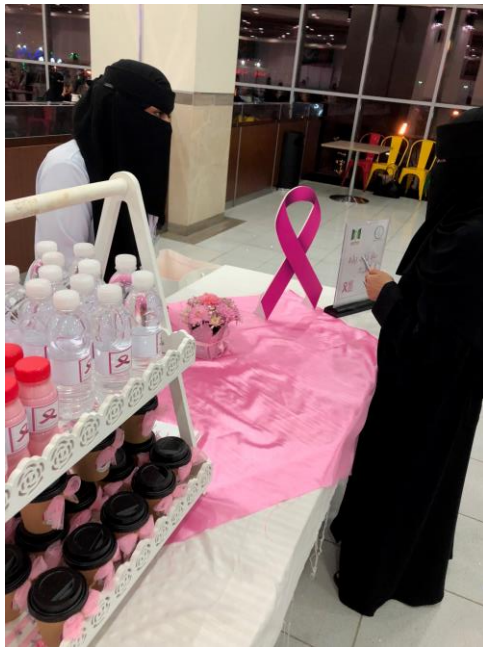
Breast cancer is the second most common type of cancer and the fifth cause of death worldwide. Breast cancer prevalence among Saudi females is 21.8%. We aim to reduce the numbers of affected females and October is breast cancer awareness month, for this reason, the scientific surgical club organized a workshop on breast cancer and an awareness campaign on Saturday, 19 October 2019 at Almadan mall, Tabuk city. Under the supervision of **Dr. Marai.M. Alamri**, Dean of Medicine and **Dr.Hanan Farhat**, Assistant Professor.

This event is forwarded to the visitors of Almadan mall to educate them and increase awareness about breast cancer. They were also told about the risk factors and how to identify



the risk factors. They aim to explain to women the definition, types, risk factors, causes and symptoms of breast cancer. They clarified how to recognize signs of breast cancer and when they should see a physician. They also explained the possible complications, treatment, ways to risk reduction and prevention of breast cancer. Finally, they educated women on how to check and detect any abnormal changes in their breasts by doing a **Breast self-examination**.

Yazeed Saeed and Hanan Aljammaz, leaders of the scientific surgical club, divided the team members of the scientific surgical club into smaller workgroups. Each subgroup contained two to three members.



## World Breast Cancer Awareness Month 2019

**Pharmacist/ Azizah Abdullah M. Al-Harbi, Supervisor of Student Activity – Faculty of Medicine**



On the occasion of the Breast Cancer Awareness World Month 2019, University of Tabuk, as represented in the Community Club of Faculty Medicine (female students section) and in collaboration with the Health Care Charity Society, held an awareness campaign titled "Don't Wait For Symptoms To Appear, Start Examination Right Away" at Prince Fahd Ibn Sultan Park on Friday, October 25<sup>th</sup> 2019 corresponding to 26/2/1441H.

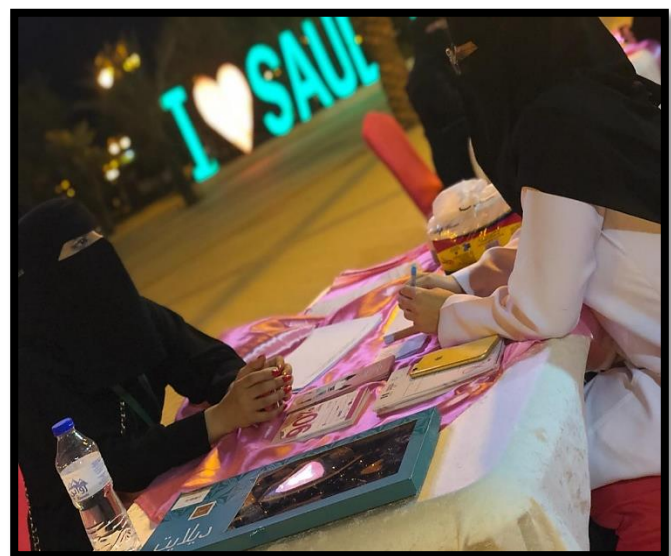
The campaign intended to raise the public awareness of Breast Cancer Disease, reasons, methods of protection, how important the early examination is, the most affected classes of people and how significant the early examination such as mammogram screening is to detect the abnormal changes in women breasts, do the breast self-examination, encourage breast cancer control comprehensive programs as a part of the national plans for fighting cancer, support patients with breast cancer,





support scientific researches on the same, train medicine female students on practicing examination and acquire experience for the purpose of educating society, acquire the necessary skills to deal with the society members and directly involve with them.

Furthermore, the campaign included education and awareness pillars, and Medical convoy for examinations women found at the park, training such women on carrying out such examination on dummies, ensuring that they conduct such examination properly under the supervision of Dr. Elham Al-Balwai, Assistant Professor in Pathology, and Vice Dean of Faculty of Medicine, Also Dr. Haneen Al-Brnawi, Pharmacist Azizah Abdullah Al-Harbi with the participation of many female students of the Faculty of Medicine; and referring the suspected cases to a hospital.



One hundred questionnaires were also distributed in order to determine the percentage of awareness of breast cancer among people attending such campaign. The campaign was heavily attended by citizens in Tabuk region.

## A DECISION TO BE HAPPY

**Wijdan Saleem Al Juhani**

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This article has been reviewed by Dr. Abdulaziz A. Qrmli, Department of Psychiatry, Faculty of Medicine, University of Tabuk

In a world filled with frustration as our dreams are often shattered, mental disorders have increased and turned into depression and hysteria: indicating a lack of happiness. If you ask people around you about their happiness, you will find that they hardly any such moments. Forgive the downbeat introduction, but this is reality and we have to be candid in order to treat it. Happiness has many definitions. Modern psychology refers to Happiology, where experts construct measures of happiness. Are you happy? You can lie to others, but you cannot fool yourself. There are people who wallow in unhappiness and love playing the victim: you are not one of them.

To enjoy life in this miserable world, you have to meet two conditions. First, you want happiness that reaches the depths of your soul and then you want to move towards happiness using practical steps like:

- Increase activity
- Being mindful
- Relaxation
- Celebrating a small achievement during day and
- Thankful thinking

Happiness is a choice and you can choose it.



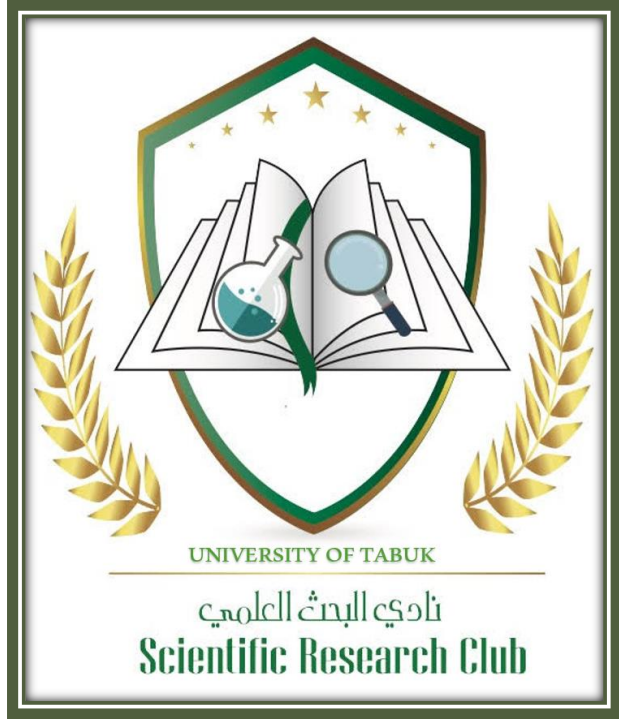
**Scientific Research Club-  
Student Activity Unit  
Faculty of Medicine  
University of Tabuk**

**Alanuad Ibrahim Albazei**  
6<sup>th</sup> year, Faculty of Medicine

### توطئة

يهدف هذا النادي لتزويد طلاب وطالبات كلية الطب في جامعة تبوك بالمهارات الأساسية للبحث العلمي السريري وذلك بتنظيم ورش عمل يراعي فيها تنوع حاجات الطالب والطالبات لشتى مهارات البحث السريري.

يتكون البرنامج من مجموعة من الورش التعليمية التي تعقد عن طريق الدورات والمحاضرات العملية التي تتطلب حضور الطالب



الي قاعة الدراسة.

البرنامج يشترط فيه حضور المتدرب وإكمال التمارين وعمل التوجيهات الفنية المعدة من قبل المدرب في الوقت المحددة لذلك.

تخضع إجراءات منح العضوية في المنتدى للوائح التي تنظمها عضوية النادي بالتشاور مع اللجان المختلفة ذات الصلة.

يشرف علي البرنامج وحدة البحث العلمي بالتنسيق مع وحدة الأنشطة الطلابية .

### نادي البحث العلمي

#### الرؤية

التميز والريادة إقليمياً وعالمياً لطلاب وطالبات كلية الطب بجامعة تبوك في مجال إعداد ونشر البحوث السريرية التي تعالج المشاكل الصحية ذات الأهمية للمجتمع المحلي.

#### الرسالة

السعي لإعداد طلاب وطالبات باحثين وباحثات رواد في مجال البحث السريري لديهم مهارات كافية لتنفيذ مشاريع بحثية سريرية متميزة و متكاملة.

#### الهدف العام

" تصميم مشروع متكامل لإعداد طلاب وطالبات باحثين وباحثات لهم المقدرة الكافية لإعداد ونشر البحوث السريرية"

#### الاهداف التفصيلية

1. إقامة الدورات وورش العمل الخاصة في مجال البحوث السريرية لتعريف الطلاب والطالبات بأساسيات البحث.

2. اكتشاف المواهب المميزة من الطلاب والطالبات في مجال البحوث السريرية.
3. تعليم الطلاب والطالبات مهارات انشاء فكرة بحث/ سؤال بحثي قابل للتطبيق.
4. تشجيع ومساعدتهم الطلاب والطالبات على القيام بعمل بحوث سريرية تخدم المجتمع المحلي باقتراح مواضيع من الأطباء ذوي الخبرة في مجال البحوث السريرية.
5. تعليم الطلاب والطالبات مهارات تفسير البيانات وكتابة النتائج في ورقة علمية.
6. تعليم الطلاب والطالبات مهارة كتابة ورقة علمية قابلة للنشر في مجلات محكمة.
7. الامام الطلاب والطالبات بأخلاقيات ومبادئ البحث السريري.
8. التعاون مع مجلة SMJS لنشر بحوث الطلاب والطالبات.

الارتباط التنظيمي للنادي

تم تشكيل النادي تحت رعاية عميد كلية الطب ، جامعة تبوك. الشركاء هم ،

- عمادة كلية الطب ، جامعة تبوك
- وكيل عمادة البحث ، كلية الطب ، جامعة تبوك
- لجنة البحوث ، كلية الطب ، جامعة تبوك
- وحدة مهارات الطلاب ، كلية الطب ، جامعة تبوك
- MedEdu Tabuk ، كلية الطب ، جامعة تبوك ، و
- المجلة الطبية السعودية للطلاب (SMJS)

### الإشراف والمتابعة

وحدة البحث العلمي بالكلية بالتنسيق والتعاون مع وحدة الأنشطة الطلابية.

### قائدة النادي

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## Student Dress Code at the Faculty of Medicine

Roll up photos taken by **Dr. Abdullah S. Alatawi**, Vice Dean, Faculty of Medicine. Thank you for the students for their cooperation in the photo shoot.

