

INCORPORATING ISLAMIC PRINCIPLES AND SPIRITUALITY INTO HEALTH ADVOCACY: A CASE FOR BREAST CANCER AWARENESS

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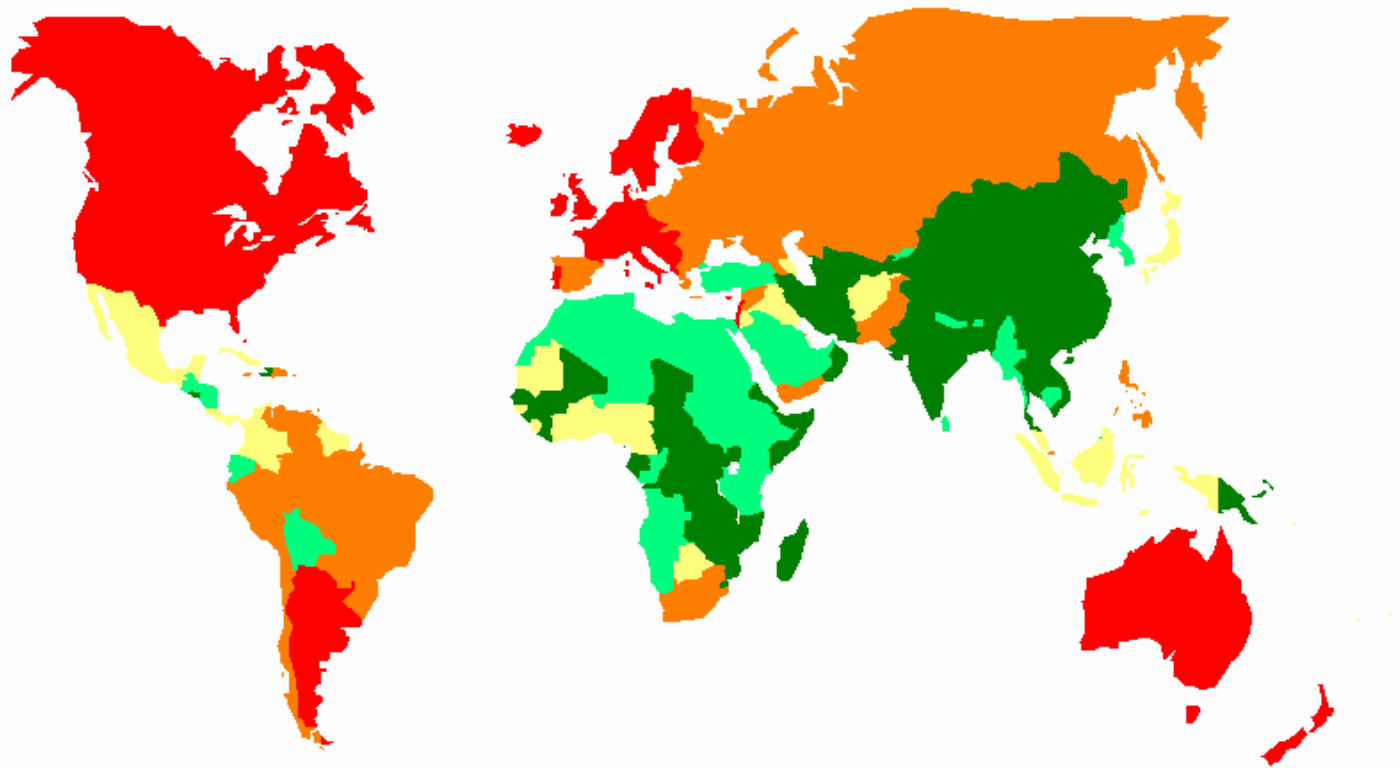
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WORLD WIDE INCIDENCE OF BREAST CANCER

Breast
Age-Standardized incidence rate per 100,000

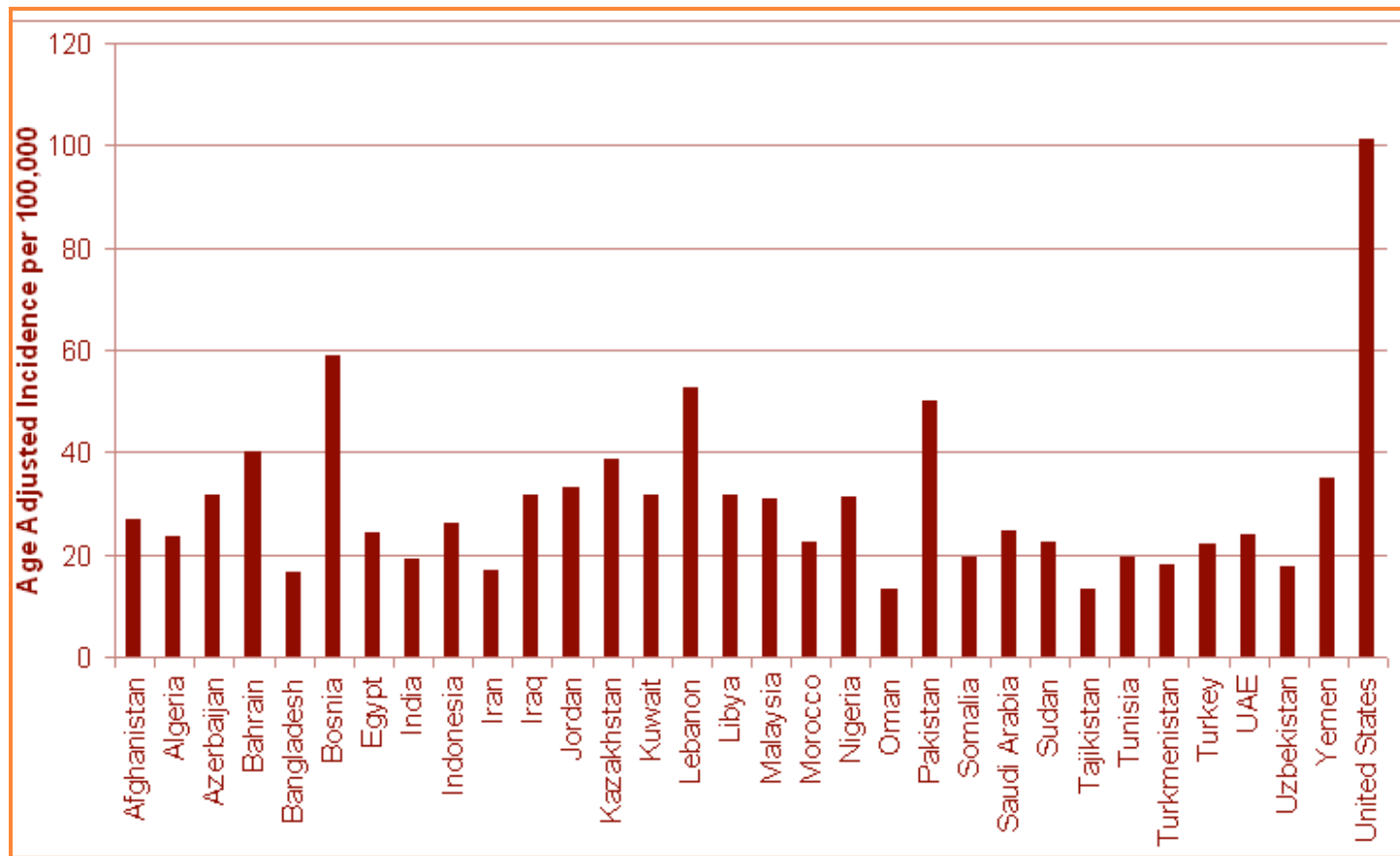


■ < 19.5 ■ < 25.9 ■ < 34.2 ■ < 52.2 ■ < 101.1

GLOBALCAN 2002, IARC



THE INCIDENCE OF BREAST CANCER THROUGH 2000 IN VARIOUS MUSLIM COUNTRIES



EMERGING ISSUE OF MUSLIM WOMEN AND BREAST CANCER AWARENESS

<http://www.msnbc.msn.com/id/21455455/>

- In Saudi Arabia

 - 70% of breast cancer cases are not reported until they are at a very late stage

 - Compared with 30% or less in the U.S.

- 30 % of Saudi patients are under 40 years old, compared to 5% in the U.S.
- Breast cancer is the No. 1 killer of women in the United Arab Emirates



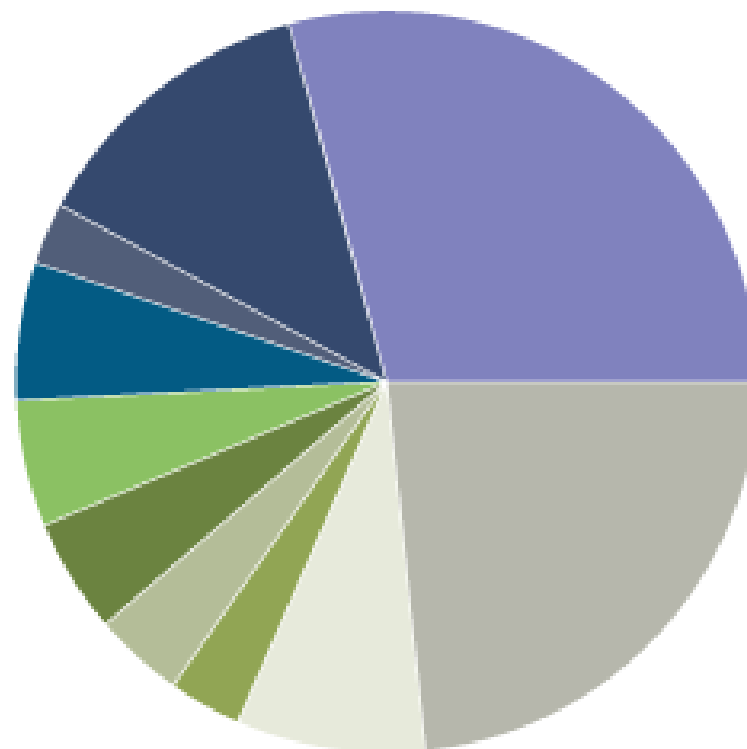
HOW ARE WE DOING??

STATS OF CANCER IN QATAR

QATAR NEW CANCER CASES (ALL-AGES) FEMALES

TOTAL : 181

53 (29.3%)	BREAST
23 (12.7%)	THYROID
5 (2.8%)	LUNG
11 (6.1%)	NON-HODGKIN LYMPHOMA
10 (5.5%)	LEUKAEMIA
9 (5.0%)	OVARY etc.
7 (3.9%)	OESOPHAGUS
6 (3.3%)	HODGKIN LYMPHOMA
15 (8.3%)	COLON & RECTUM
42 (23.2%)	OTHER



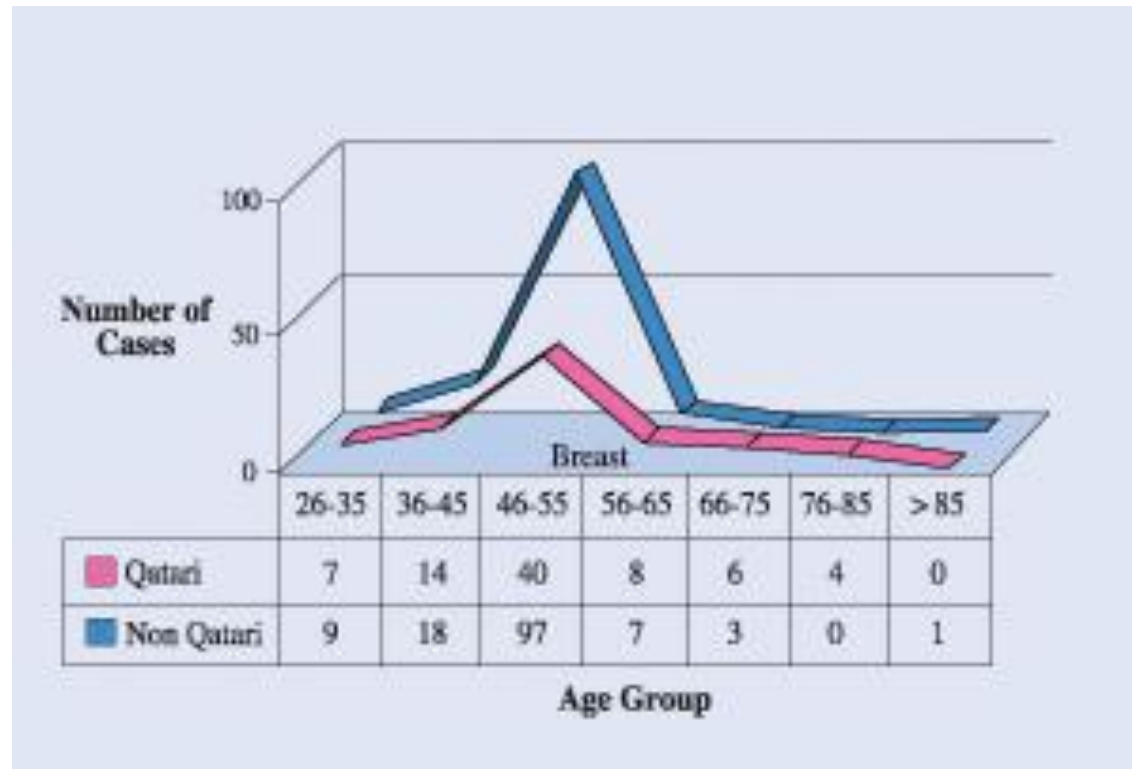
GLOBCAN 2002 - IARC

BREAST CANCER IN QATAR

- ❖ Most common cancer in women in Qatar
- ❖ Small retrospective study at HMC
 - 13.3% of new cancer cases
 - 29.9% of female cancers
- ❖ Retrospective cohort study using data 1991-2006 from the National
- ❖ Cancer Disease Registry found crude incidence rate of 30.1/100,000⁴

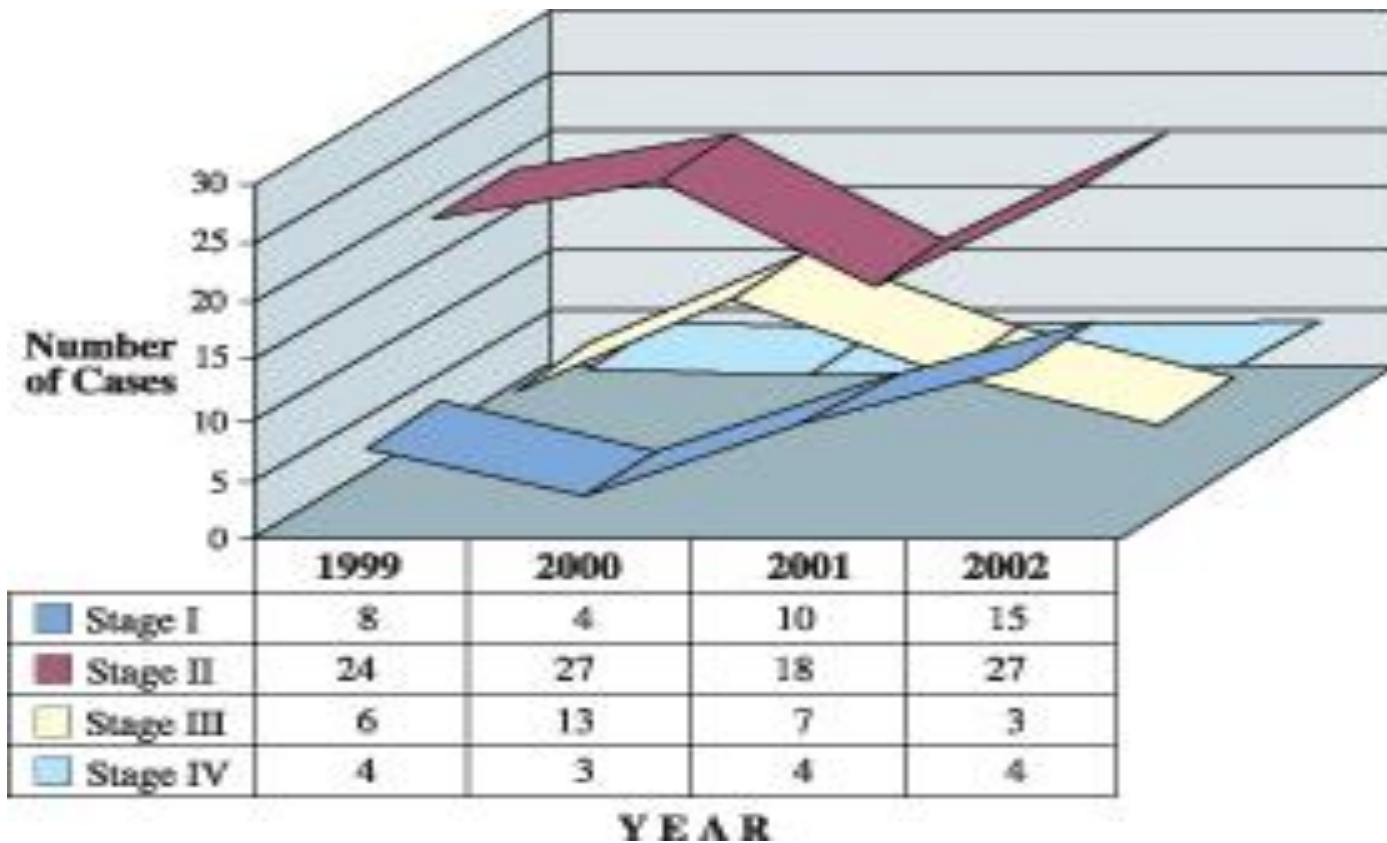


BREAST CANCER IN QATAR



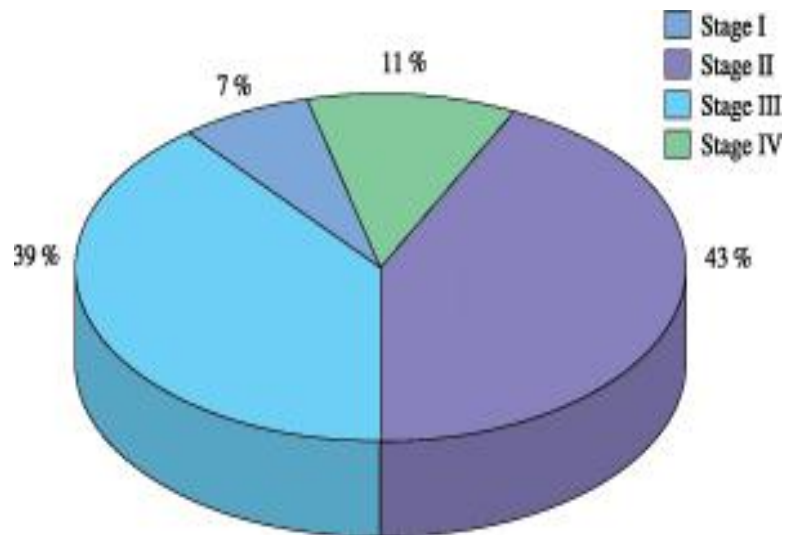
Bujassoum S.M. Epidemiology of Breast Cancer in Qatar 1999-2000 *Hematology/Oncology Section, Department of Medicine, Hamad Medical Corporation Doha, Qatar*

TNM STAGE GROUPINGS OF BREAST CANCER CASES IN QATAR BY AGE GROUP DURING THE PERIOD 1999-2002

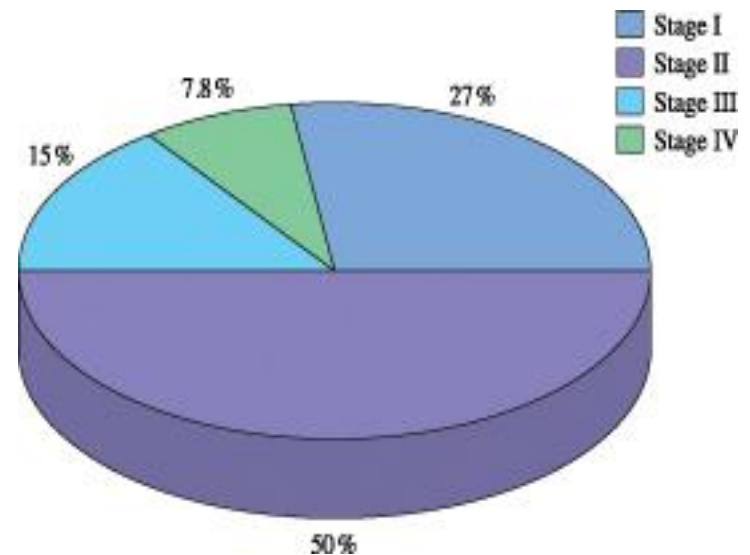


DISTRIBUTION OF BREAST CANCER CASES ACCORDING TO TNM STAGES

1990 - 1998

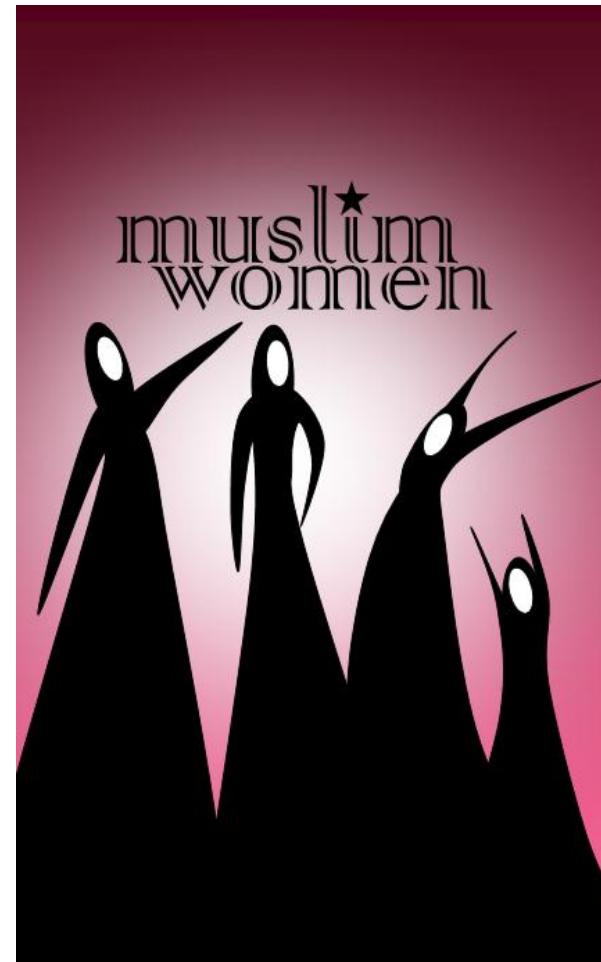


1999-2002



ATTITUDES OF MUSLIM WOMEN TOWARD BREAST CANCER

- “Breast Cancer is a fatal disease and if you are a patient with breast cancer, the most important thing is life.”
- “Egypt is a country where cancer is rampantbut not discussed openly It is highly stigmatized and feared.. Using the word breast and cancer are still a stigma.”
- “Breast cancer is due to damage of the breast and may be contagious.”



Karen Dow Meneses;Connie Henke Yarbro **Cultural Perspectives of International Breast Health and Breast Cancer Education**
Journal of Nursing Scholarship; Second Quarter 2007; 39, 2;
ProQuest Health & Medical Complete



BARRIERS TO BREAST CANCER SCREENING

- "The first thing women ask me when I tell them to get a mammogram is: 'Will the radiologist be male or female?'"
- Somaia A. (32 yo), who discovered a lump in her breast while on vacation in London a couple of months ago, was happy with the support she got from her husband and immediate family but depressed by some of the other reaction she received.
- "Some treated me as if I was on my deathbed," she said. "Others told me stories about women who died while doing reconstructive surgery. Some even told me to drop my treatment and take herbal medicines instead."



BARRIERS TO BREAST CANCER SCREENING

- Psychological and socio-cultural barriers include:
 - Poor health motivation
 - Denial of personal risk
 - Fatalism
 - Mistrust of cancer treatments
 - The fear of becoming a burden on family members.
- These barriers can often preclude proactive breast screening or rapid response to symptoms, even when breast cancer awareness is rather high.
- Women's decisions and actions are controlled by men, and men may be unaware of or disapprove of breast screening

The Challenge of Early Breast Cancer Detection among Immigrant and Minority Women in Multicultural Societies [Remennick, Larissa](#) . [Breast Journal](#)12. s1 (Jan 2006): 103-110.





ISLAMIC PRINCIPLES OF THE BODY AND SPIRITUALITY

ISLAM AND THE BODY

- Islam places great emphasis on the well-being and cleanliness of the body
- Wudhu before salat is not only a time of washing but also a time of considering: Is my body in the best condition to meet Allah (swt)?
- So, we need to be aware of our bodies
- Caring for our bodies is part of *Ibadah* and helps perfect our *Iman*

O you who believe! When you intend to offer As-Salah [the prayer] wash your faces and your hands [forearms] up to the elbows... and your heads and (wash) your feet up to the ankles(5:6)



ISLAM AND THE BODY

You are the most knowledgeable about your body, you are responsible for the day to day care of your body.

- **"That day, their tongues, their hands and their feet would testify** against them regarding what they used to do. (24:24)
- "When you used to cover up and conceal your evil deeds, (you never considered) **that your ears, your eyes and your skin would testify against you.** In fact, you thought that (if you hide your deeds) Allah would not find out much of what you do. (41:22)



ISLAM AND THE BODY

- Praise the name of your Lord, the Most High, who creates and proportions well. (87:1–2)
- By the soul and its moulding. (91:7)
- We indeed have created man in the fairest form. (95:4)



HADITH (SAYINGS) OF THE PROPHET

- Prophet Muhammad (peace and blessing be upon him) is quoted as saying: “Make the best use of five things before the onset of five others: your life before your death, your health before your illness, your free time before being too busy, your youth before your old age and your wealth before you end up in poverty”. [Related by Al-Hakim and Al-Baihaqi on the authority of Ibn Abbas.]



ADDITIONAL HADITH

- In another hadith, the Prophet defines the relative importance of health and wealth:
“Wealth is of no harm to a God-fearing person, but to the God-fearing, health is better than wealth”
- “Whoever of you gets up in the morning feeling physically healthy, enjoying security and having his food for the day is like one who has the world at his fingertips”



MORE HADITH

- The Prophet says: “The first thing every servant of God will have to account for on the Day of Judgement is that God will ask him: ‘Have I not given you a healthy constitution?’
- The Prophet is also quoted as saying: “No one will be allowed to move from his position on the Day of Judgement until he has been asked how he spent his life, how he used his knowledge, how he earned and spent his money, and in what pursuits he used his health”.



ATTITUDE OF THE SCHOLARS

- According to Imam Al-Ghazali: “A proper understanding and implementation of religion, from the standpoint of both knowledge and worship, can only be arrived at through physical health and life preservation”.
- The wisdom of ibn Taymiah (May Allah be pleased with him)



ISLAM AND PREVENTATIVE HEALTH

- Prophet Muhammad (saw) said:

Your body has a right on you!

- Islam and PREVENTATIVE health
 1. Primary Prevention – avoidance of activities and attempts to prevent such environmental conditions to emerge and grow that may cause disease
 2. Secondary Prevention – prevention of disease through the use of certain materials, medicine, vaccines or equipment



WHAT DO WE DO FOR PREVENTION

- Primary Prevention

Avoid those things that are forbidden

Avoid haram

- Secondary Prevention

Vaccines, wellness doctors visits, and

SCREENING



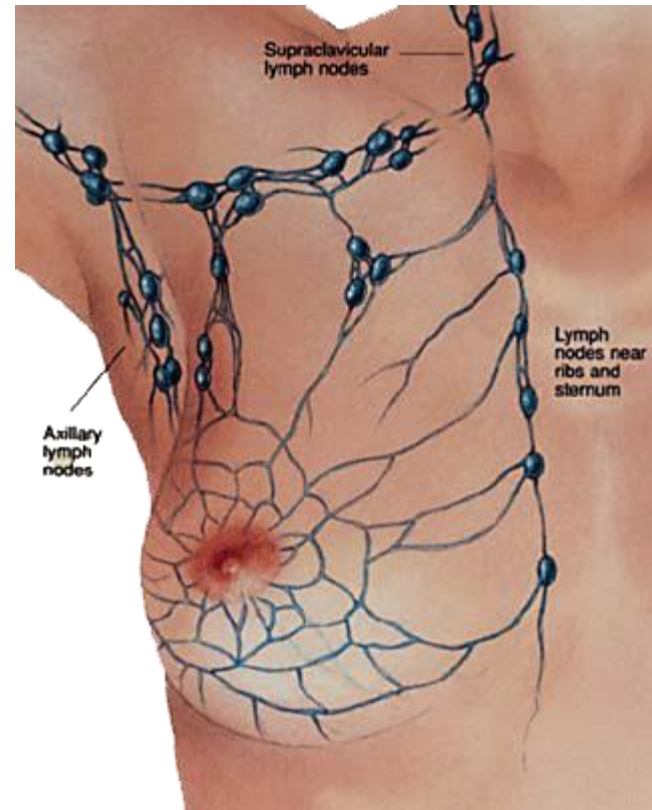
FACTS ABOUT SCREENING

- Screening increases the probability of detecting cancer early
- If breast cancer is detected earlier, survivability increase



FIND THE TUMOR EARLY - -WHAT IS STAGING?

- Stage I: small primary tumor ($\leq 2\text{cm}$) with no lymph nodes
- Stage II: small primary tumor 2-5 cm, or >5 cm with or without lymph node involvement
- Stage III: large tumor with extensive lymph node involvement
- Stage IV: presence of metastases to organs distant from the primary tumor



How big is 2 cm? 3 cm? 5 cm?



BREAST CANCER PROGNOSIS BASED ON STAGE

- Stage I:100%
- Stage IIA: 92%
- Stage IIB:81%
- Stage IIIA:67%
- Stage IIIB:54%
- Stage IV:20%

American Cancer Society
<http://cancer.about.com/od/breastcancer/f/survivalrate.htm>

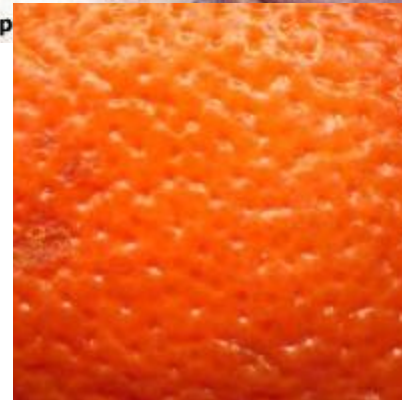


SIGNS OF BREAST CANCER

Stages of Breast Cancer

- Early stage: painless lump
- Late stage: pain; nipple discharge or retraction; or dimpling of skin
- More advanced: swelling of the skin, redness, warmth and induration of the underlying tissues, peau d'orange

Peau d'Orange – Does this look normal to you?



SCREENING

Screening (American Cancer Society)

1. Breast Self-Exam (BSE): discuss risks & benefits with ≥ 20 years old
2. Clinical Breast Exam (CBE): **Every 3 years 20-39 years old**
Annually ≥ 40 years old
3. Mammography: Annually ≥ 40 years old
4. Breast MRI + mammogram annually especially if:
 - a. BRCA mutation
 - b. First degree relative of BRCA mutation carrier, but untested (mother, sister)
 - c. Lifetime risk $\geq 20-25\%$



SCREENING

Breast Self Exam



Lump



Skin dimpling



Change in skin color or texture

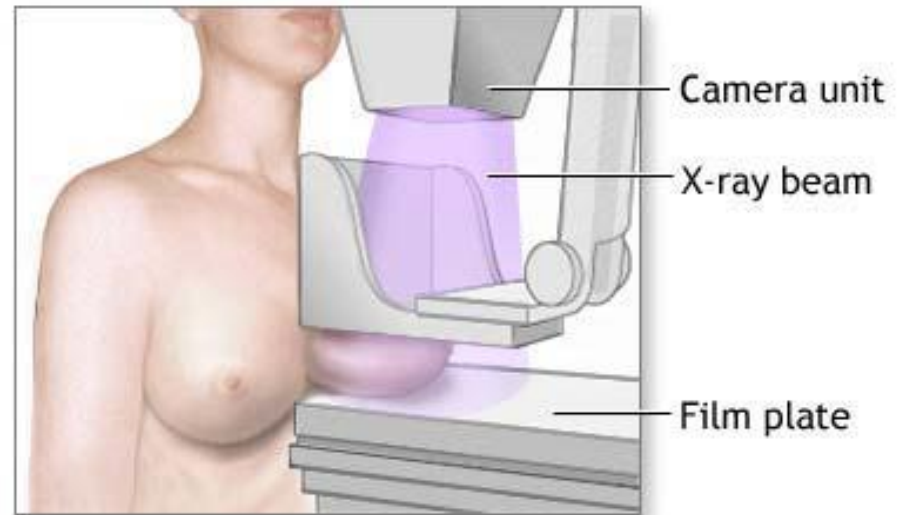


Change in how the nipple looks, like pulling in of the nipple.



Clear or bloody fluid that leaks out of the nipple

Mammogram



In mammography, each breast is compressed horizontally, then obliquely and an x-ray is taken of each position

WHO IS AT RISK?

- Women
- Age > 65
- Early menstruation (before age 12)
- Late menopause (after age 55)
- First child born late (after age 25) or having no children
- Family history
- Personal history of breast, ovarian, or uterine cancer
- Previous breast biopsy that showed fibrous changes
- Estrogen exposure – Use of Hormones
- Alcohol use/ Radiation Exposure
- Obesity
- Little physical activity
- Stress



RIGHTS OF THE FAMILY



- Role as a daughter
- Role as a sister
- Role as a wife
- Role as a mother



IMPACT ON FAMILY

Breast Cancer Effects on Marriage

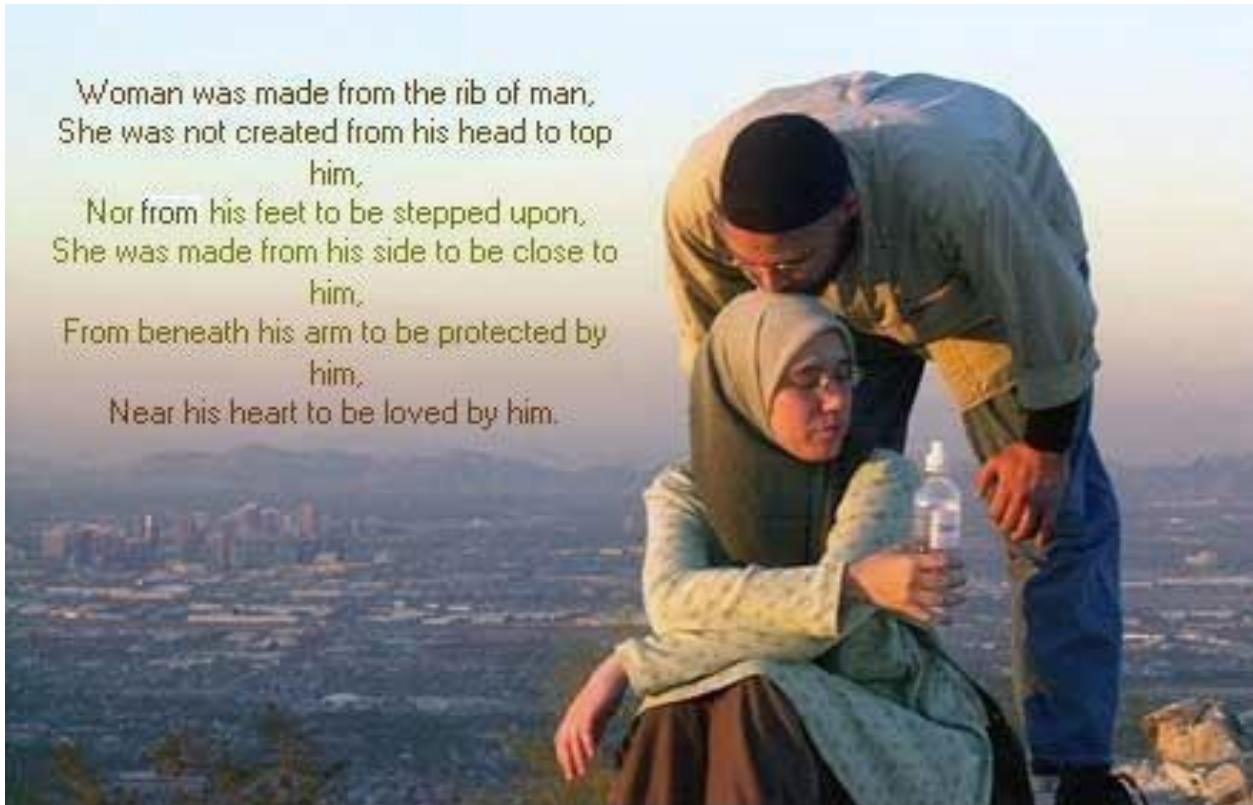
- Role of the Husband

Woman was made from the rib of man,
She was not created from his head to top
him,

Nor from his feet to be stepped upon,
She was made from his side to be close to
him,

From beneath his arm to be protected by
him,

Near his heart to be loved by him.



IMPACT ON SOCIETY

Sickness Unites the Muslims

Abu Rabi' reported directly from Allah's Messenger (saw) as saying: The one who visits the sick is in fact like one who is in the fruit garden of Paradise so long as he does not return.

“The rights of one Muslim on another are six” it was said: What are they O messenger of Allah (Salla Allahu Alaihi Wa Sallam)? He (Salla Allahu Alaihi Wa Sallam) said: “When you meet him greet him, and when he invites you accept, and if he seeks your advice then give it. And when he sneezes and says al-hamdulillah then say yarhamak Allah, and when he is sick then visit him, and when he dies follow his funeral”



ADDRESSING FEARS

- Ignorance (Jahilliya) is not allowed
- What does knowledge mean?
- Knowledge means: You now can use all the tools available to you to fulfill your rights.



BREAST CANCER: BRINGING WOMEN TOGETHER

- Think Pink Qatar
- Pink Hijab Day
October 27, 2010



Pink Hijab Day



VIDEOS

- MSA: Pink Hijab Day

<http://www.youtube.com/watch?v=IlTgkUGSgik>

- Stories of Young Cancer Survivors

<http://www.healthcentral.com/breast-cancer/young-survivors-209917-49.html?ic=4003>

<http://www.healthcentral.com/breast-cancer/young-survivors-250989-49.html?ic=4003>

