

Together for Better Health

# Pearls



March 2005 - Safar 1426

*Your health is as valuable as a pearl, if you preserve it from stains or damage it keeps its value*



## A word by the editor

Pearls team would like to extend its great appreciation to everyone participated in helping to achieve the production of this newsletter last year. We pass our special greetings to the reprographics department (Photographics and the print shop personnel) for their support. Also special thanks to everyone participated with their articles and we would like to encourage all of our readers to contribute to this work by adding a new pearl to the chain of Pearls we started gathering through a health related article /poem or passage. The more this chain grows the more our hope in a better health expands. We wish everyone a new year full of happiness and productivity.

This year we will start a series of articles on health promotion and education from Islamic perspective. Also we will have a series on chemotherapy precautions for nurses and health professionals over the following issues. The rest of this issue will cover some of the health education program activities .

### Quote:

*The best preparation  
for tomorrow is to do  
the work of today  
superbly well.*

### Editorial board

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## Islamic Health Promotion

*By Iffat Elbarazi (HES)*

*Chemotherapy-Oncology*

*The Amman Declaration on Islamic healthy lifestyle (1989) report stated that:*” Islam deems that health is a state of complete physical, mental and social well-being and that this a necessary component of faith and of Islamic law, which Muslims implemented during their golden age, and in so doing provided evidence supporting its applicability.” <http://www.emro.who.int/Publications/HealthEdReligion/AmmanDeclaration/>

Islam is not only a religion; it is a way of life (Deen wa dunia). In Islam, the individual's health and welfare are closely related to the health and welfare of the whole community, as it is related in a hadith reported by the prophet Muhammad Peace be upon him says: “The believers are in their mutual friendship and mercy, like a unique body. When a part of it is suffering, all the organs are enduring insomnia and fever”. This notion of holism meets with the World Health Organization (WHO) approach toward health and health practices. The teachings of Islam are extracted from Qur'an (Muslims Holy book) and Sunnah (Prophetic traditions and teachings). Some of the teachings of Islam are related to health of individuals and community. Some of which were not known to the benefit of the community but now after more than 1400 years, scientific research findings are proving some of Islamic teachings that are related not only to health but also to science and medicine.

Prophet Mohammed (P.B.U.H.) has set as an example to the mankind so his traditions in matters of health and personal hygienic are also a guide for his followers.

Islam teaches that our healthy body is a gift from God, we are the trustees, we should not misuse it, we should provide it with the best care and nutrition. We should treat it when it gets sick and we should not betray Allah's blessings by killing ourselves or harming ourselves through any means..

A hadith reported by Usamah Bin Shareek states that “I was with the Prophet (P.B.U.H.) and some Arabs came to him asking “O Messenger of Allah, do we

take medicine for any disease.”-He said, “Yes, O You servants of Allah take medicine as Allah (SWT) has not created a disease without creating a cure except for one. They asked which one, he replied old age’.

The concept of health promotion and Islam share similar guidelines that advocate a better life. These include exercise, good nutrition, adequate rest, mental calmness, cleanliness, tranquility of family life and spiritual calmness

Teachings of Islam that promote health include: Prohibition of Intoxicants, recommended dietary habits and manners, physical exercise, hygiene, environmental health, sexual health, preserving the body and seeking treatment; and oral health (miswak use).

Pearls will be addressing some of these specific teachings in the following issues

### **Diet: an Islamic Perspective**

*By Amal Al-Sibai, nutritional consultant*

In our search for better health, we can study different cultures to learn ways of eating and living that correlate with increased mental and physical vitality and longevity. We can accustom our taste buds to try and enjoy new foods used in some societies that help prevent disease and we should stay away from foods that increase the risk of illness. Let us take a look at what some Islamic dietary practices have to offer to improve health.

First of all, the prohibition of alcohol is one health advantage. Heavy drinking of alcoholic beverages damages the liver and increases the risk of developing cancer of the mouth, throat, esophagus, larynx, liver, and breast (Politics of Cancer, Samuel S. Epstein, M.D.). Numerous diseases have been attributed to alcohol like dyspeptic trouble, peptic ulceration, cancer stomach, pancreatitis, cirrhotic liver, vitamin deficiency and coronary heart disease.

For people battling a stubborn weight problem, the advice of Prophet Muhammad (peace be upon him) to eat only when hungry and to stop eating before becoming fully satiated may be very helpful. For example, when you feel the urge to grab a cookie from the cupboard, stop and ask yourself if you really are physically hungry. Often we eat due to boredom, or as an outlet for unexpressed emotions when under stress, or to keep busy when watching TV or surfing the net. These unhealthy eating habits can lead to weight gain. As previously mentioned, moderation in eating is important. Overeating at meals stresses the stomach and entire digestive system, leading to poor assimilation of nutrients, and possibly indigestion,

flatulence, heartburn, and a feeling of sluggishness and laziness.

Nutritionists today and the Prophet Muhammad (peace be upon him) discourage sleeping immediately after eating as this can impair digestion, cause heartburn, and leave you feeling heavy and bogged down.

A healthy addition to our diet and a replacement for butter, margarine, vegetable shortening, and most vegetable oils is olive oil. Olive oil is mentioned in the Holy Quran and is the oil of choice in Islamic cuisine. Olive oil is mainly a monounsaturated fat and helps lower the “bad” LDL cholesterol. Dr. Andrew Weil wrote in his book 8 Weeks to Optimum Health, “Populations that rely heavily on olive oil as their main dietary fat have lower rates of both heart disease and cancer than Americans and most Europeans do.”

Meat was eaten only occasionally and was not the staple of the diet in the early Islamic days. We could benefit from applying this practice now. Red meat (beef and lamb) is high in saturated fat, cholesterol, calories, and these days also hormones and antibiotics added to livestock feed. Vegetarians have lower blood pressure and weight, and a lower incidence of hypertension, obesity, elevated cholesterol, atherosclerosis, heart disease, osteoporosis, and cancer (Staying Healthy With Nutrition, Elson M. Haas, M.D.).

For those who have the same affliction as I (a raging sweet tooth), switch from eating empty calorie desserts like doughnuts, cookies, baklava, candy, and chocolate to nutritious and naturally sweet dates. It was the practice of the Prophet Muhammad (peace be upon him) to eat seven dates every morning. Dates had good amounts of vitamin B3 (niacin), vitamin B5 (pantothenic acid), potassium, calcium, magnesium, and iron. So dates make a healthy snack for both children and adults.

The field of nutrition is continuously expanding and evolving to discover and sometimes re-discover foods and micronutrients that can enhance our health.

### **Prophet Mohammad's (PBUH) saying:**

*No human being fills a container to worse effect than he fills his own stomach. It is sufficient for a human being to have a few bites*

*related by Al-Tirmzi and others*

## CHEMOTHERAPY ISSUES PART I

Prepared by: Ali Awada, Clinical Instructor

Whenever a patient is diagnosed with cancer and is about to start on chemotherapy treatment, there are always some questions that are raised such as:

- What are the drugs to be administered and what are their characteristics?
- Do such drugs have any side effects or any related considerations whether they are before, during or after administration of the drugs?
- Are there any special protocols or administration guidelines related to such drugs?
- Is he or she (the nurse) aware of the safety guidelines and procedures to be followed during and after administration of such drugs?
- Are the patients and care givers given proper education on proper management of body fluids as well as on waste management; did they receive proper education on how to manage the different side effects when they are at home?

In this series I will try to answer all these questions and more. But first let me inform you about the task force that was formed at KFSH&RC in November 2003. This task force included different members of the nursing oncology team from staff nurses, to head nurses, to clinical instructors, and program directors. Its main outcome and goal was to standardize the practice related to chemotherapy administration at KFSH&RC and update such practice to meet international standards. Some of the main tasks done were:

- Review and update the different IPPs related to chemotherapy administration.
- Categorize all chemotherapy drugs and other cytotoxic drugs into one group in terms of safety guidelines and pre-requisites for administration.
- All cytotoxic drugs are to be administered by chemotherapy certified nurses who have successfully completed a chemotherapy certification program.
- Review and update the Chemotherapy Certification Program to become more outcome based and meet the needs of all nurses who will be expected to administer chemotherapy or any other cytotoxic drugs.

The first topic I will discuss in the next series will be about the characteristics of chemotherapy drugs, the different types of chemotherapy drugs, and how such drugs affect both the normal and abnormal cells.



## Urinary Incontinence

Huda Al-Sadiq (Health Education Specialist)  
Urology and Renal Transplant Program

### First public awareness day on urinary incontinence (UI) and voiding dysfunction held on Thursday 17 February 2005 at King Faisal Hospital and Research Centre Postgraduate Centre

Bladder control is not just about women - men experience bladder control problems, too. Although we share this condition – less than 1 in 5 of us actually seek treatment! It is estimated that 80% of those affected by some type of bladder control problems can be successfully treated and return to healthy, active lives.

UI imposes a significant psychosocial impact on individuals, their families, and caregivers. UI results in a loss of self-esteem and a decrease in ability to maintain an independent lifestyle. Dependence on caregivers for activities of daily life increases as incontinence worsens. Consequently, excursions outside the home, social interaction with friends and family, and sexual activity may be restricted or avoided entirely.

The awareness day was a collaborative work of Urologists, Urogynecologists, Health educator, Physical therapist, Nurses, Dietician, and Clinical pharmacist. One of the major target was to be achieved from that event: is encouraging people with urinary incontinence problems to talk about their urinary incontinence problem. To recognize that their problem is a medical one, and they should not feel ashamed about seeking treatment.

The awareness day provided an informed framework for selecting appropriate treatments of urinary incontinence;

- Behavioral
- Pharmacological
- Surgical treatments
- Supportive devices.
- Dietary program

People who attended this event were able to discover that they are not alone. They had found out what other people have to say about living with this condition. Also they received encouragement from others who suffer from some of the same experiences. Moreover they discovered how treatment has enabled others to go back to doing the things they used to do and enjoying the activities they once did. *30% of women around the world suffer from urinary stress incontinence.*

The message was do not suffer in silence.



## Osteoporosis Why?

On the 20 Of February 2005 The Health Education Program invited Dr Mohammad Elshaker to present a talk on the Health Education Program first Grand Round. The activity took place in the Post graduate Centre under the sponsorship of MSD company. Over 90 of KFSH&RC employees attended the function. We received lots of request for repeating it The *Health Education Program would like to thank Dr Elshaker for his great spirit and for his marvelous talk. Dr Elshaker is an excellent speaker and is very supportive for public education and*

The activity included a measuring and screening for bone density for almost half of the audience. The message sent to help in the prevention of Osteoporosis:

- Have a diet rich in calcium and Vit D
- Exercise regularly
- Early Screening
- 20-30 minutes of sun exposure daily



## Health Education Program News:

1- A Health Information Office was established in the Oncology Entrance Lobby: Educational materials produced by the hospital department are on display and distributed there.

2- A new health Educator has joined the health education Program .Miss Reema Al-Majid graduated from King Saud University in Community health education. Miss Reema will be covering Hematology adult Program-E1. Welcome Reema



## Coming Events

1- Children's Awareness day on 21 April 2005. For more information you can contact Mrs Sarah Qidwai on (P:8574).

2- Asthma Day (may 2005) For more information please contact Mr Yussuf Al Mutairi(P:6630) or Mr Majed Nasif (P: 5720).

3- No smoking day 31 May 2005, for more information contact Iffat Elbarazi on (P: 9580).

## National Program for Health Education

The NPHE started on the year 2003 in collaboration between the Health education Program, the health outreach and the community relations. Its mission: to:” deliver accurate information on health education to the Saudi Arabian community in order to promote health awareness, and to build health education knowledge and skills among professionals”

Four symposiums were delivered by the health education programs staff in Dammam, Hael, Qassim twice on healthy lifestyle which includes: session on nutrition, exercise, early detection and stress management. A course over three days for health professionals on how to develop a health education program was delivered in Hael. More than 100,000 copies of various booklets were distributed for regionaal (MOH) hospitals.

## Recognition Day by Health Outreach

The second of March was a special day for the health outreach services and more special for the health education program team who were recognized by the health outreach under the patronage of Dr. Qasim Al Qasabi, Deputy Counsel and Supervisor of Executive Management and Dr. Adnan Ezzat, Deputy Chief Operating Officer. The health education program staff were recognized for their efforts. More achievements to come



*Health Educator, Mrs. Sarah Qidwai receiving a recognition gift from Dr. Qasim al Qassabi, Dr. Adnan Ezzat and Dr. Fahad Al-Orifi.*

### Invitation to Contribute

We accept your contribution to  
Pearls quarterly newsletter

Please send us your contributions to  
mbc: 63 or fax 23075 or Email:  
hep@kfshrc.edu.sa

for further information you can call us on 23078