

Hope without pain

On Tuesday 28 \ 5 \ 1434 AH, The Activity Department of the Faculty of Education of Zulfi had organized a program entitled (hope without pain) in the faculty theater where Dr. Nora Abu Ennour held a health seminar on (breast cancer, its cells, its symptoms and treatment).

This was accompanied by department contributions. The Department of Home Economics and guidance participated with a pink and white painted corner bearing the program logo. CDs, brochures and water bottles bearing the same slogan were distributed.

Important information about breast cancer was presented. The corner also included a hospitality section which contained some kinds of sweets, nuts and juices all wrapped with the program logo.

Departments of Computing, physics, educational sciences and studies guidance and counseling diploma also contributed with brochures, sweets and others.

Mathematics Department participated by distributing copies of the Holy Koran on which the following phrase was written: no treatment for cancer has been yet revealed however, there is a real treatment that has not been discovered by many which is the Koran. Leaflets to increase awareness about the disease were also distributed.

The Arabic Department also participated in this program through a conference delivered by Professor: Lamia Albrooan in which she spoke about breast cancer, methods of prevention and treatment. The female students of the department also participated with leaflets, brochures and banners carrying the campaign slogan “hope without pain” for students of the Faculty supplementary building.

The preparation of the Department of Arabic Language: Mai Sakran

English Language Department participants distributed brochures, CDs to raise awareness about the disease, bottles of water and sweets with slogans and tips.

Female students participated with sayings and writings about the campaign.

الإرادة الوردية
معاً لمحاربة سرطان الثدي



العوامل المرتبطة بسرطان الثدي :

- ١- تقدم العمر : سرطان الثدي أكثر شيوعاً بين النساء اللاتي تزيد أعمارهن عن ٤٠ سنة.
- ٢- التاريخ العائلي : المرأة التي تصاب أمها أو أختها أو ابنتها بسرطان الثدي يزيد خطر الإصابة لديها ٢-٤ مرات أكثر من المتوسط.
- ٣- الإصابة بسرطان الثدي سابقاً : فالمرأة التي أصيبت بسرطان الثدي سابقاً يزيد خطر إصابتها لديها بالسرطان في الثدي الآخر.
- ٤- تاريخ الدورة الشهرية : حدوث الدورة الشهرية في سن مبكر (قبل ١٥ سنة) و سن اليأس (بعد سن ٤٥ سنة) يزيد فرصة حدوث سرطان الثدي.
- ٥- الحمل في سن متأخر أو عدم الحمل إطلاقاً.
- ٦- الإصابة بأورام حميدة فالثدي.
- ٧- السمنة وتناول الدهون بكميات كبيرة يزيد خطر الإصابة بسرطان الثدي.
- ٨- عدم الإرضاع من الثدي : النساء اللواتي يرضعن أطفالهن رضاعة طبيعية يقل خطر الإصابة لديهن بسرطان الثدي.

جامعة المجمعة - كلية التربية - قسم اللغة العربية



