

KU holds breast cancer awareness event

Experts stress self-exams, early detection in cancer fight

By Abdulrahman Al-Shammari
Al-Seyassah/Arab Times Staff

KUWAIT CITY, Nov 2: The Public Relations Department of the Abdullah Al-Salem University hosted an awareness event titled "Early Detection is the Best Prevention" on Tuesday, October 29 at the auditorium in Khaldiya university campus.

The event was attended by the university's founding board chair Prof. Moudi Abdulaziz Al-Hamoud, Vice President of Academic Affairs Prof. Ali Faisal Al-Mutairi, academic and administrative staff, and several male and female students.

The purpose of the event was to raise awareness about the importance of early detection in the fight against breast cancer and to promote preventative measures. It featured educational lectures, various activities, and an awareness exhibition presented by a group of health experts and specialists.

In his introductory remarks, a member of the Sahabat Amal volunteer team Dr. Anwar Al-Ajmi highlighted the importance of early detection of breast cancer, the prevalence of the disease and the recovery rates in Kuwait.

Dr. Al-Ajmi stressed the need to carry out monthly

self-examinations and regular check-ups to ensure early identification, which is crucial for effective treatment and preventing the disease from spreading, particularly for those with additional risk factors, such as a family history of breast cancer or previous exposure to radiation therapy in the chest area.

Meanwhile, a consultant in IVF and obstetrics and gynecology at Taiba Hospital Dr. Laila Al-Majali talked about the importance of self-checkups and the symptoms to watch for during the check-up process.

She highlighted the changes that may affect women diagnosed with breast cancer, and stressed the need to consult a specialist upon noticing these changes, as regular self-checks can reduce the rates of breast cancer.

Dr. Al-Majali talked about lifestyle choices that increase cancer risk, such as smoking and obesity, and suggested healthier alternatives like breastfeeding and regular exercise for ensuring a disease-free life.

Furthermore, a general surgery specialist at the International Hospital Dr. Yousef Badra said breast cancer is the most common cancer both locally and globally.

He highlighted the role of community awareness in early detection, which enhances treatment effectiveness, limits disease spread, and aids in overcoming the illness.

Dr. Badra stressed that breast cancer does not solely af-

fect women but it can also affect men, though at different rates.

He insisted on the importance of consulting a specialist if any symptoms are detected through self-examinations or mammogram images to ensure everyone's safety.

In addition, Head of the Department of General Surgery, Oncology, and Advanced Endoscopy at Al-Seef Hospital Dr. Mustafa Fouad Abdullatif talked about breast diseases in general, focusing on ways to differentiate between symptoms indicating cancerous tumors and those associated with benign tumors.

He affirmed the importance of regular check-ups and urged immediate consultation with a doctor if any changes are noticed.

For those under 30 years of age, he recommended an ultrasound examination, while those over forty should undergo a mammogram and biopsy to ensure safety.

The lecture also featured inspiring stories from breast cancer survivors Hanan Al-Khalidi and Bashayer Salmeen. They shared their experiences with discovering the disease, receiving necessary treatment, and the challenges and lessons learned on their journey to recovery.

Meanwhile, a panel discussion titled "How to Protect Yourself from Cancer" that focuses on the power of food and exercise was held as part of the event.

The discussion was moderated by a nutritionist from Abdullah Al-Salem University Latifa Al-Ghanim, and featured sports trainer Nader Nabil Mohammad and therapeutic and sports nutritionist Dalal Al-Nakhilan.

During their discussion on the role of exercise and healthy diet in cancer prevention, the panelists affirmed the importance of consuming a diet low in saturated fats and preservatives.

They also highlighted the benefits of regular exercise to strengthen the body and maintain a healthy weight for warding off illness.

At the end of the event, founder of the Sahabat Amal volunteer team Dr. Yousef Al-Tandil expressed his sincere appreciation to Abdullah Al-Salem University for organizing the awareness event on breast cancer, as this disease poses a huge challenge for societies.

He urged all participants to adhere to the prevention guidelines by conducting monthly self-examinations and regular check-ups, as these practices are essential for ensuring the health and safety of everyone.

In conjunction with the event, an awareness exhibition was held with the participation of various entities from both the government and private sectors, including those from the medical and nutritional fields, and public benefit associations.

Health

‘Enhance screening in schools’

31pc of students in Kuwait show signs of ADHD: study

KUWAIT CITY, Nov 2: A study, the first-of-its-kind in Kuwait, has revealed a high prevalence of Attention Deficit Hyperactivity Disorder (ADHD) among public school students, reports Al-Qabas daily.

According to the study, approximately 31 percent either have ADHD or are at a high risk of developing it. This highlights the urgent need to enhance screening and early intervention systems in public schools.

The study, which involved 1,437 male and female students from public schools, was funded by the Arab Fund for Economic and Social Development and the American University of Kuwait (AUK), and was conducted by the Kuwait Learning Difference Association in collaboration with academics from Kuwait University, AUK, and Asia Management and Statistical Consulting Company. It also involved specialists and volunteers who collected and analyzed the data.

It assessed the prevalence of ADHD among male and female students in primary and intermediate stages in public schools, by using the internationally recognized CHAOS scale, a fundamental tool for measuring behavioral and attentional disorders and evaluating the likelihood of developing ADHD.

The study revealed that ADHD negatively affects academic achievement and educational level among school students.

The study revealed that the primary educational stages exhibited the highest prevalence of ADHD compared to the intermediate stages.

In the second grade of primary school, the percentage of students diagnosed with ADHD reached 36.3 percent, which is the highest among all educational levels. This percentage gradually declines in the intermediate stages.

Male and female students

The results revealed a significant disparity between the sexes, with 34 percent of male students being affected or likely to be affected by ADHD, compared to 26.9 percent of female students. This highlights the need for tailored support and educational strategies that address the specific needs of each gender. The difference is attributed to the fact that ADHD often manifests more distinctly in males than in females.

The study also pointed to differences in social and environmental factors that may influence the prevalence of ADHD in different governorates in Kuwait.

The study focused on all male and female students from elementary and intermediate public schools in Kuwait, with the aim of assessing the prevalence of ADHD.

As per the study's methodology, data was not collected directly from the students. Instead, researchers relied on parents as the primary source of information.

To ensure transparency and freedom of participation, parents were provided with written consent forms that outlined the study's objectives and benefits.

The study stressed the importance of developing interactive educational curricula and training teachers to effectively address the needs of students with hyperactivity disorder.

It also called for increased attention to this educational health issue that requires urgent focus.

Main recommendations of the study:

1. The findings of this study should serve as a basis for developing national educational policies that address ADHD.
2. Additional financial resources should be allocated to schools that receive affected students.
3. Teachers and administrators should be trained to effectively manage special cases.
4. Support should be provided for establishing specialized centers that offer educational and psychological services.
5. Collaboration with international organizations, such as the World Health Organization and UNICEF, should be pursued to adopt best practices in dealing with ADHD. It can yield effective frameworks and guidelines for developing integrated support programs for children suffering from this disorder.
6. Early detection programs and systems should be developed and strengthened in all government schools, particularly in primary schools.
7. Interactive and comprehensive educational curricula should be developed for students with ADHD.
8. Modern educational technology and techniques should be used to enhance these students' performance and ensure greater interaction with their peers and teachers.
9. Awareness campaigns should be launched to educate families about ADHD and the importance of early diagnosis.

Real-time tips and directions offered

Google Maps adds AI features to help users explore and navigate

PALO ALTO, Calif., Nov 2, (AP): Google Maps is heading down a new road steered by artificial intelligence.

The shift announced Thursday will bring more of the revolutionary AI technology that Google already has been baking into its dominant search engine to the digital maps service that the internet company launched nearly 20 years ago as part of its efforts to expand into new frontiers.



A 500-pound camera Google used to begin photographing the streets included in its digital maps during tests is displayed at Google's 'Street View Garage' in Palo Alto, Calif., on Wednesday, Oct. 30, 2024. (AP)

Google Maps recently surpassed 2 billion monthly users worldwide for the first time, a milestone that illustrates how dependent people have become on the service's directions during their daily commutes and excursions to new places. With the introduction of Google's AI-powered Gemini technology, the maps are now being set up to become entertainment guides in addition to navigational tools.

Starting this week in the US only, users will be able to converse with Google Maps to ask for tips on things to do around specific spots in a neighborhood or city and receive lists of restaurants, bars and other nearby attractions that include reviews that have been compiled through the years. The new features will also provide more detailed information about parking options near a designated destination along with walking directions for a user to check after departing the car.

"We are entering a new era of maps," Miriam Daniel, general manager of Google Maps, told reporters Wednesday during a preview of the features presented in Palo Alto, California. "We are

transforming how you navigate and explore the world."

Google Maps also is trying to address complaints by introducing more detailed imagery that will make it easier to see which lane of the road to be situated in well ahead of having to make a turn.

In another AI twist, Google Maps is going to allow outside developers to tap into the language models underlying its Gemini technology to enable pose questions about specific destinations, such as apartments or restaurants, and get their queries answered within seconds. Google says this new feature, which initially will go through a testing phase, has undergone a fact-checking procedure that it calls "grounding."

Google's Waze maps, which focus exclusively on real-time driv-

ing directions, will use AI to offer a conversational way for its roughly 180 million monthly users to announce hazards in the road and other problems that could affect traveling times.

The decision to bring AI into a service that so many rely upon to get from one point to the next reflects Google's growing confidence in its ability to prevent its Gemini technology from providing false or misleading information, also known as "hallucinations," to users. Google's AI has already been caught hallucinating in some of the summaries that began rolling in May, including advice to put glue on pizza and an assertion that the fourth U.S. president, James Madison, graduated from the University of Wisconsin, located in a city named after him.

New partnership

ChatGPT functions as a search engine

SAN FRANCISCO, Nov 2, (AP): OpenAI is launching a ChatGPT-powered search engine that could put the artificial intelligence company in direct competition with Google and affect the flow of internet traffic seeking news, sports scores and other timely information.

San Francisco-based OpenAI said Thursday it is releasing a search feature to paid users of ChatGPT but will eventually expand it to all ChatGPT users. It released a preview version in July to a small group of users and publishers.

The original version of ChatGPT, released in 2022, was trained on huge troves of online texts but couldn't respond to questions about up-to-date events not in its training data.

Google upended its search engine in May with AI-generated written summaries now frequently appearing at the top of search results. The summaries aim to quickly answer a user's search query so that they don't necessarily need to click a link and visit another website for more information.

Makeover

Google's makeover came after a year of testing with a small group of users but usage still resulted in falsehoods showing the risks of ceding the search for information to AI chatbots prone to making errors known as hallucinations.

A pivot by AI companies to have their chatbots deliver news gathered by professional journalists has alarmed some news media organizations. The New York Times is among several news outlets that have sued OpenAI and its business partner Microsoft for copyright infringement. Wall Street Journal and New York Post publisher News Corp sued another AI search engine, Perplexity, earlier in October.

OpenAI said in a blog post Thursday that its new search engine was built with help from news partners, which include The Associated Press and News Corp. It will include links to sources, such as news and blog posts, the company said. It was not immediately clear whether the links would correspond to the original source of the information presented by the chatbot.

Cancer drugs can help with vascular disease

MANHASSET, N.Y., Nov 2, (AP): A drug commonly used to treat breast cancer might be able to help people living with hereditary hemorrhagic telangiectasia (HHT) - a rare genetic bleeding condition that causes enlargements and tangles of veins and arteries, as well as other malformations of the blood vessels - according to new research from The Feinstein Institutes for Medical Research.

The study, which published in also shows that HHT could cause certain cells in the endothelium of the blood vessels to multiply via a cancer-like mechanism of abnormal cell growth.

Philippe Marambaud, PhD, professor in the Institute of Molecular Medicine at the Feinstein Institutes, led the research that shows a specific process controlled by a protein called CDK6 is making endothelial

cells multiply abnormally, directly linking to the blood vessel concerns seen in HHT.

Researchers used drugs Palbociclib and Ribociclib, which are known to block the CDK6 protein in multiplying cancer cells and found that it stopped the abnormal cell growth in animal models with HHT who were not following normal growth patterns in their blood vessels.

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