

# QF entities mark **Think Pink** through a number of fun and informative events

A number of Qatar Foundation (QF) members - including Qatar National Library (QNL), Sidra Medical and Research Center, and Hamad Bin Khalifa University (HBKU) - organized various 'Think Pink' events to raise awareness on the important issue of breast cancer.



### Sidra Medical and Research Center

A breast cancer awareness lecture and workshop for patients and visitors was held at Sidra Outpatient Clinic on 10 October 2016.

Conducted in both English and Arabic, it was organized by Sidra's Health Promotion team in co-operation with Qatar Cancer Society (QCS), to promote the importance of screening for the early detection and prevention of breast cancer. Those who attended the workshop were given information on how to recognize the signs and symptoms of breast cancer through a model demonstration.

Dr Eman Nasralla, Head of Community Relations and Events at Sidra, said: "Regular screening and mammograms offer a way for women to reduce their risk, and take control of their futures. We want to empower them to do just that. Our dynamic team of health promoters will also be on hand to assist with any queries related to the topic."

In addition, Sidra teamed up with Primary Health Care Corporation (PHCC) to host a lecture for its staff. The session covered important information about breast cancer, and highlighted the screening options available in Qatar. The PHCC team

provided information on how to schedule an appointment for mammogram screenings.

### Qatar Biomedical Research Institute

Two scientists at HBKU's Qatar Biomedical Research Institute (QBRI), Dr Manale Karam and Dr Julie Decock, held a community talk on 'Breast Cancer: From Discovery to Biology and Treatment' at the HBKU Student Center on 20 October 2016.

HBKU also set-up informational booths at the HBKU Student Center, the Gulf Mall, and Qatar University, where members of the community could learn more about the prevalence of breast cancer in Qatar and the region, as well as measures women can take to reduce risk of the disease.

Dr Decock, a researcher investigating breast cancer immunotherapy at QBRI, commented: "This awareness-raising campaign helps people better understand how diet and environment contribute to the development and progression of cancer, and helps to make the public more aware of the benefits of screening and early detection."

### QF Schools

The Student Council of Qatar Acad-

emy Doha (QA Doha), a school under QF's Pre-University Education, organized a campaign to raise awareness on combating breast cancer, and also held various activities on the non-uniform day to raise funds. A check for almost QR 35,000 was handed over to representatives from QCS.

Maha Al Romaihi, Deputy Director, QNL, said: "We are delighted to have raised money for such an important cause. Our students engage with the activities, and are committed to working with accredited entities such as QCS, to tackle the prevalence of cancer in Qatar."

Raka Singhal, Teacher and Co-ordinator for the Student Council at QA Doha told *QF Telegraph* that students wanted to go the extra mile to make a difference. She said: "Think Pink is a very relevant topic; most of us know of someone who has dealt with cancer so all of the students were invested in the activities."

At Qatar Academy Msheireb, staff were encouraged to wear pink to mark the month, and awareness campaign posters were put up to encourage staff and parents to participate in awareness activities.

### Qatar National Library

QNL collaborated with the National Center for Cancer Care and Research (NCCCR), QCS, and PHCC to organize a breast cancer awareness event entitled 'Go Pink' at the HBKU Student Center on 15 October 2016.

Commenting on the event, Amani Al Yafi, Information Services Librarian, QNL, said: "QNL is invested in the well-being of the local community, and is constantly collaborating with various local institutes to create activities and projects that engage and benefit all members of the community."

### QF Partner Universities

During their Thursday Majlis, Carnegie Mellon University in Qatar (CMU-Q), organized sessions on breast examinations. The student-run organization Big Movement also held sessions on breast cancer. Georgetown University in Qatar students recently hosted a breast cancer awareness drive, which included a fundraiser that helped raise more than QR 100,000 for QCS, and was organized by the university's student-run Women's Society and Development Club. Weill Cornell Medicine-Qatar also organized a Pink Day for staff, students and families of Education City.

### Janet Botha, Librarian, QA Msheireb

"According to the Qatar Cancer Registry, breast cancer is the most common form of cancer in women, accounting for 31 percent of cancer cases in Qatar. Often, the cancer is only diagnosed at an advanced stage. For these reasons, I believe it is vitally important for all of us to use this opportunity to highlight the importance of breast cancer awareness, ways to prevent it, diagnose it and treat it. Educate yourselves about this disease, get screened, and get involved!"

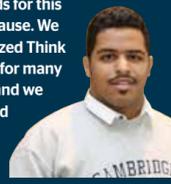


### Wadha Al Khori, student, and President of the Big Movement at CMU-Q

"Big Movement is a club that promotes acts of kindness and community building. Breast cancer has a presence within the Qatari community, and many women have it. Another misconception we wanted to tackle was that men don't get breast cancer. They do, and we wanted to make sure our male student body understand that."

### Ahmed Al Hajari, Grade 12 student, and President of the Student Council, Qatar Academy Doha

"We had two activities - the non-uniform day, and the rose day, through which we were able to raise funds for this important cause. We have organized Think Pink events for many years now, and we are delighted to be able to make a difference."



### Moza Khalifa Alkowiari, specialist - Molecular basis of hearing loss, Sidra

"The lecture was very helpful and encouraged me to do the test. I hope next time they can include some real stories in the lecture to learn about real life experiences and treatments."

## The BIGGER Picture

"We are very excited to collaborate with Qatar Football Association once again this year, in organizing an event that is aligned with QF's commitment to health and wellness"



## Reigning champions make a winning start in University League

Qatar Foundation's (QF's) popular University League recently got under way, enabling keen footballers to display their shooting, dribbling, and tackling skills at Education City.

The eight-a-side league, organized by QF in collaboration with the Qatar Football Association, consists of two groups of four teams with the top two in each progressing to the semi-finals.

Matches are played every Thursday, with two games played per night. Games consist of

two 25-minute halves, and the first match of the campaign - on 20 October 2016 - saw last season's two finalists in action, with reigning champions Qatar University defeating Qatar Aeronautical College 2-0.

The second match saw two QF partner universities in action, with Texas A&M University at Qatar defeating Carnegie Mellon University in Qatar 2-1 in a clash of last season's beaten semi-finalists. Mohammed Al Saoud, Head of Recreation

Services, said: "The University League offers a great opportunity for the community to come together to participate in a much loved sport of the region.

"The tournament not only highlights the sport, but also plays an essential role in encouraging university students to adopt a healthy lifestyle through such sports. We are very excited to collaborate with Qatar Football Association once again this year, in organizing an event that is aligned with QF's commitment to health and wellness."

