



THE TUCSON MED CLUB

ZUROUNA زورونا

www.tucsonmedclub.org

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MED Club Annual Meeting Report

The annual MED Club meeting was held on February 8, 2009, at Ali Baba Restaurant. The meeting was well attended by the new MED members. We discussed a wide range of issues about MED planned activities, newsletters, family nights, picnics, and what should be doing to get more involved in the Club. The assembly elected David Basila as the president, Kamal Moukabary as Vice President, and Sonia Armaleh-Moussa as Treasurer for another year. The assembly also elected the following as MED Board Members: Caroline Alashi, Firas Barakat, Samir Dahdal, Fadi Deeb, Anis Hanna, Salim Hariri, Hassan Hijazi, Magdalién Moussa and George Sahyouni..



I am the descendant of a people that builded Damascus, and Byblos, and Tyre and Sidon and Antioch, and now I am here to build with you, and with a will.
Kahlil Gibran

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Inspirational Quotes

By Lana Hariri

- Be kind, for everyone you meet is fighting a hard battle.
- Believe in yourself.
- Act as if what you do makes a difference. It does.
- Continue the journey.
- Fall seven times, stand up **eight**.
- Heal the past, live the present, dream the future.
- I may not be there yet, but I am closer than I was yesterday.
- If God brings you to it, he will bring you through it.
- If you don't stand for something, you will fall for anything.
- May I walk with confidence.
- To be loved, be loveable.
- The door of opportunity won't open without some pushing.
- I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.
- I choose to be happy.
- If I have the courage to begin, I have the courage to succeed.
- If things go wrong, don't go with them.
- If we are facing in the right direction, all we have to do is keep walking.
- If you can walk, you can dance. If you can talk, you can sing.
- Know yourself. See yourself. Accept yourself. Be yourself.
- Laugh often and much, for it is the best medicine.
- Life is too short to wear tight shoes.
- May you always have the courage to take a chance.
- When your heart speaks, take good notes.
- When the world says "give up", hope says "try it one more time".
- The power within me is greater than any fear before me.
- Live for today, for tomorrow is not guaranteed.

Med Club Information: Please Join or Renew Your Membership for 2009

- If you are already a member, please renew by sending a check payable to: **Tucson Med Club**

Fees: Family Membership: \$70

Individual Fee: \$35

Donations: MED Scholarship Fund

- If you are not a member, you can download the application form from our website at

www.tucsonmedclub.org or contact David Basila, MED Club President, at 520-907-2191, david@basila.us or Kamal Moukabary, MED Club VP, at 520-245-9225, kamal@moukabary.com

Please note that to be officially a member, according the MED bylaws, the board must discuss and approve the application.

Tucson MED Club is a member of the Southern Federation of Syrian Lebanese American Clubs.
<http://www.sfslac.org/>

COLORECTAL CANCER SCREENING

By Fadi Deeb



Colorectal cancer is the first most common type of non-skin cancer in men (after prostate cancer and lung cancer) and in women (after breast cancer and lung cancer). It is the second leading cause of cancer deaths in the United States after lung cancer. The rate of new cases and death resulting from this disease is decreasing. Still, over 147,000 new cases are diagnosed and more than 57,000 people die from colorectal cancer each year.

Colorectal cancer is more common in older people, so doctors usually screen people 50 years of age and older. Some people have risk factors that make them more likely to get colorectal cancer at a younger age. Screening should begin earlier in those people.

You should begin screening at a younger age if you:

1. Have had a colorectal cancer or large polyps in the past.
2. Have a close relative (brother, sister, parents or child) who had colorectal cancer before the age of 60.
3. Have ulcerative colitis or Crohn's disease.
4. Have hereditary colon cancer syndrome.

If you are in one of those groups, you may also need to be tested more often than a person who does not have a risk factor for colorectal cancer.

Most colorectal cancers begin as a polyp (pronounced PAHL-ip). At first a polyp is a small, harmless growth in the wall of the colon. However, as a polyp gets larger it can develop into a cancer that grows and spreads.

What are the signs of colorectal cancer?

1. Bleeding from your rectum.
2. Blood in your stools or in the toilet after you have a bowel movement.
3. A change in the shape of your stools.
4. Cramping pain in your lower stomach.
5. A feeling of discomfort or urge to have a bowel movement when there is no need to have one.

The Current New Guideline by American College of Gastroenterology ACG for Screening Colonoscopy are the following:

1. Screening tests are divided into cancer prevention and cancer detection tests. Cancer prevention tests are preferred over detection tests.

2. Screening is recommended in African Americans beginning at age 45 years.

3. CT colonography every 5 years replaces double contrast barium enema as the radiographic screening alternative, when patients decline colonoscopy.

4. FIT replaces older guaiac-based fecal occult blood testing. FIT is the preferred cancer detection test.

5. Annual Hemoccult Sensa and fecal DNA testing every 3 years are alternative cancer detection tests.

6. A family history of only small tubular adenomas in first-degree relatives is not considered to increase the risk of CRC.

7. Individuals with a single first-degree relative with CRC or advanced adenomas diagnosed at age ≥ 60 years can be screened like average-risk persons.

(ACG, American College of Gastroenterology; CRC, colorectal cancer; CT, computed tomography; FIT, fecal immunochemical test.)

New screening tests are being studied in clinical trials:

DNA stool test : This test checks DNA in stool cells for genetic changes that may be a sign of colorectal cancer

Fadi Deeb, M.D., FACG, FACP

Board Certified Gastroenterology/Internal Medicine, Adobe Gastroenterology

2585 N. Wyatt Dr., Tucson AZ 85712, (520) 721-2728

Continue on Page 4

Family Fun Night & Graduation Party

Friday, May 8, 2009, Time: 7:00 pm

DJ Arabic and English Music

Radisson Suites Tucson, 6555 E. Speedway Blvd

Please RESV by Monday May 4th

Sonia Moussa 577-0491, Wadia Sarah 795-3801, David Basila 907-2181 or Firas Barakat 548-6325

Continue from Page 3: COLORECTAL CANCER SCREENING

The following table outlines some of the advantages and disadvantages, including potential harms, of the colorectal cancer screening:

Test	Advantages	Disadvantages
Colonoscopy	<ul style="list-style-type: none"> This test allows the doctor to view the rectum and the entire colon. The doctor can perform a biopsy and remove polyps or other abnormal tissue during the test, if necessary. 	<ul style="list-style-type: none"> This test may not detect all small polyps, nonpolypoid lesions, and cancers, but it is one of the most sensitive tests currently available. Thorough cleansing of the colon is necessary before this test. Some form of sedation is used in most cases. Although uncommon, complications such as bleeding and/or tearing/perforation of the lining of the colon can occur (16).
Virtual Colonoscopy	<ul style="list-style-type: none"> This test allows the doctor to view the rectum and the entire colon. This is not an <u>invasive procedure</u>, so there is no risk of bleeding or tearing/perforation of the lining of the colon. 	<ul style="list-style-type: none"> This test may not detect all small polyps, nonpolypoid lesions, and cancers (17, 18). Thorough cleansing of the colon is necessary before the test. If a polyp or nonpolypoid lesion 6 to 9 <u>millimeters</u> in size or larger is detected, standard colonoscopy, usually immediately after the virtual procedure, will be recommended to remove the polyp or lesion or perform a biopsy (19, 20).



Souk al-Hamidiyeh

By Fadi Domit, M.D.

Souk al-Hamidiyeh is the most famous souk (bazaar or market) of old Damascus. It runs from southeast; the southern walls of the city's citadel where Bab al-Nasr used to be, and ends west at a Roman archway before the

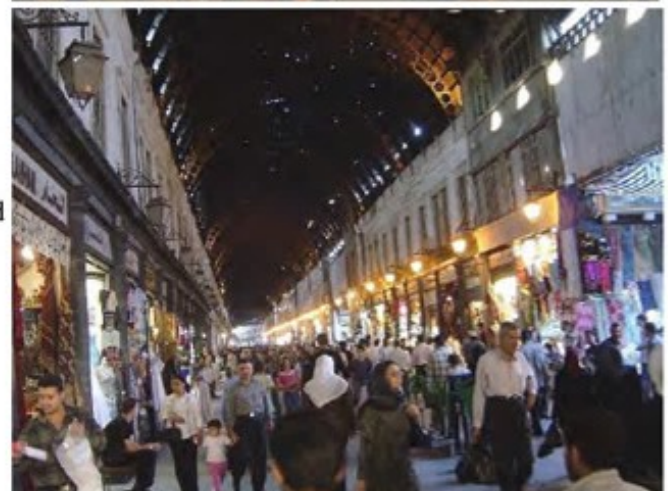
Grand Umayyad mosque. The souk is built on the site of an ancient Roman fortress. Some of these remains can still be seen as you walk through the souk. It was rebuilt during the Ottoman (Turkish) era. The first part (the eastern part) was rebuilt in 1780 and the second one (western) was rebuilt in 1863 to the rule of the Ottoman Sultan Abdul-Hamid, after whom the souq was called.



The souk is about 600 meters long, 15 meters wide and about two-storey high. Most of the souk is arched over with high iron ribs with corrugated metal that was added in 1911. The holes in the roof are bullet holes left over from the uprising against the French in the 1940s!

The exit from this souk brings you into a large square at the front of the Omayyed Mosque. This is an extraordinary place in its stones and walls you will see the remnants of the vast Roman temple of Jupiter that once stood here, a Byzantine shopping arcade, the large blocks of the Roman stonework at the base of the wall of the mosque topped by later, smaller Islamic masonry, all overlooked by the elegant spire of the Mameluke Tower of Qait Bey in the south-west corner of the mosque. This square once formed part of the outer court of the Roman temple. The arch was the exit gate and so the best decorative work on it is actually on the inside.

Souk al-Hamidiyeh locates next to other famous landmarks of the old city as Grand Umayyad mosque, Azem Palace, Damascus Citade, Souq Midhat Basha, Souk al-Attarin, Souq Al Harir and Souq Al Bzourieh.



The most striking feature of Souk al-Hamidiyeh is its wide range of shops which sell everything from tissues to leather work, from sweets and ice-cream to exquisite handmade brocades, mosaic, and copper inlaid with silver. Travelers are advised to bargain at the time of purchasing any item from the souk. It is noteworthy that price bargaining is not applicable to food items, western brand items and to goods in departmental stores. Precious metals like silver and gold items are traded at a fixed price rate per gram.

Take a look at MED New Year Eve Party!







Happy Events

Birthdays

April

Richard Michaels, 9th
 Hassan Hijazi, 10th
 Rosie Casagrande, 13th
 Pam Basila, 16th
 George Hariri, 20th
 Dharma Richards, 26th
 Sarah Brewer, 26th
 Charles Yessian, 27th
 Kaitlyn Brewer, 28th
 Florence Hijazi, 28th

May

Davey Basila, 13th
 Margaret Saad, 12th
 Angelina Sarah, 15th
 Gina Casagrande, 18th
 Eugene Casagrande, 24th
 Thomas Moukabary, 25th
 Anthony Deeb, 26th
 Reem Hanna, 27th

June

Andrew Moukabary, 1st
 Laura Ziady, 2nd
 Michael Deeb, 4th
 Samia Nassif, 5th
 Mark Davis, 27th

July

Kiana Abraham, 2nd
 Aidan Brewer, 12nd
 Frank Kalil, 15th
 Nicole Casagrande, 15th
 Jada Badrieh, 18th
 David Basila, 21th
 Danny Chalfoun, 22th
 Marge Yessian, 23th
 Joey Basila, 23th

Anniversaries

George & Renee Hobeich, April 6th
 David & Pamela Basila, April 25th
 Peter & Sharjamme Davis, May 13th
 Alif and De Sarah, May 8th
 George & Lydia Sahyouni, May 10th
 Charles & Marge Yessian, May 10th
 Richard & Julie Michaels, May 13th
 Eugene & Rosie Casagrande, June 11th
 Adel & Laura Ziady, June 13th
 George & Magdalen Moussa, June 20th
 Kamal & Ola Moukabary, June 28th
 Fadi and Manal Deep, July 10th
 Michael & Andeera Moussa, July 11th

Congratulations

To Pierre and Rogina Sakali on the birth of their twin daughters, Sophia Celesta and Soleil Justine Sakali. They were borne on Friday the 20th of March 2009.



Congratulations

To Angelle and Chris Douville on the birth of their daughter, Emma Rose Douville on March 13, 2009.



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Kahlil Gibran

"You should be proud of being an American, but you should also be proud that your fathers and mothers came from a land upon which God laid His gracious hand and raised His messengers."

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