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&
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to all
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of
Tucson MED Club!

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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Peek at Tucson MED Activities in 2010

The pictures below summarize our activities in 2010 and as you can tell, it has been always fun to be together. These activities make us feel good about our community, proud of who we are, and where we originally came from. Together we will be a stronger extended family and can better support each other. Make your resolution for 2011 to be a MED member, organize and participate in our activities.

Wish you a Happy and Prosperous New Year! Salim Hariri



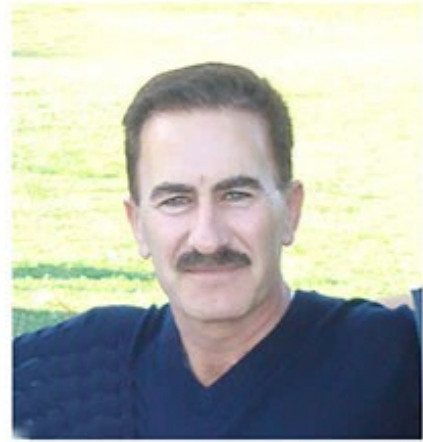
*I am the descendant of a people that builded Damascus, and Byblos, and Tyre and Sidon and Antioch, and now I am here to build with you, and with a will.
Kahlil Gibran*



Fatty Livers

Do not get one!

Non-Alcoholic Steato-Hepatitis (NASH)



By Sam E Moussa, MD FACG.

Patients with Non Alcoholic Fatty Liver Disease (NAFLD) can develop nonalcoholic steatohepatitis (NASH). This is fatty congestion of the liver causing inflammation like any type of hepatitis such as viral hepatitis. NASH refers to the damage of the liver that is not caused by excessive alcohol ingestion. The definition of excessive alcohol consumption is generally thought to be greater than 20 g/day for females and 30 g/day for males. NASH is frequently present in subjects who are overweight or obese or who have Type 2 diabetes.

As NAFLD can be diagnosed relatively easily by imaging in conjunction with the clinical exclusion of alcohol excess, the diagnosis of NASH requires liver biopsy. Fatty liver prevalence in the US is approximately 30% (about 70 millions). Studies of apparently healthy subjects undergoing liver biopsy as part of a work-up for living donor liver transplantation, reveal NAFLD to be present in 15–52% of cases, including 3–15% of subjects who have NASH. The prevalence increases from 4.7% among nondiabetics to 12.2% among those with diabetes. Clearly diabetes and obesity affect the prevalence of NASH, however, ethnicity also appears to be an important factor, with African-American populations having a 30% lower prevalence of NASH than Caucasian or Hispanic populations.

Fatigue and abdominal pain can be present. Enlarged liver can be detected in ¾ of patients. Obesity, diabetes, high blood pressure, cardiovascular disease, and high cholesterol and lipids are common associated features.

NASH can lead to cirrhosis, and rarely cancer of the liver. NASH Patients are more likely to suffer heart attacks and strokes.

Weight loss and exercise are the main treatment. Control of diabetes, cholesterol and lipids is very important. Vitamin E and Omega 3 fatty acids have shown promising results.

Hope you stay fit and you will avoid many of these problems.

Best wishes for great 2011.

Sam E Moussa, MD FACG.



Dreams: What Are They Trying to Tell Us?

Provided by Salim Hariri

Article written by: Maria Shaw

<http://www.llewellyn.com/journal/article/706>

What is your subconscious trying to tell you? One good way to find out is through your dreams. When we sleep, our subconscious doesn't need to battle with our conscious mind. Our emotional side is not challenged by our logic, so it's easy for our subconscious to break through barriers. But it isn't always easy to understand what it is trying to tell us. The subconscious relays messages in the form of dream symbols, or sometimes even bizarre dreams in which we are participants or observers. Think of a dream as a private movie screening of a film in which you play the leading role, or perhaps just sit in the front row of the theater.

Dreaming is one of the best ways for the subconscious mind to get your attention. Many people get psychic impressions from their dreams. Others may only dream when being forewarned about a situation. Some people think they never dream. They do, but probably can't remember. In some dreams, our friends and family members may make an appearance. Even loved ones who have passed on can show up from time to time to say hello.

Dream Types

- **Prophetic Dreams:** Prophetic dreams are those that give us a glimpse into the future. These dreams you will want to keep record of and attempt to interpret. For example, a friend of mine had a dream had a dream that I was in Italy and being followed by a handsome, young Italian man. She told me she dreamed of me going into a store while this man was watching me. She didn't feel good about this guy, and described him as creepy. Her details were pretty vivid: I was all alone, it was during the day, and I was definitely in Italy.

Weeks later, my friend Julie asked me to go to Italy with her on a business trip. I was very excited and had completely forgotten about Mona's dream. While Julie was busy with her meetings all day in Milan, I was sightseeing by myself. I went into a huge department store to shop and that's where I noticed this older Italian man staring at me. I felt uncomfortable and went into another department. He followed. I casually walked into another department to see if I could lose him. He was right behind me. Then I got on the escalator and went downstairs. He made his way to the escalator, too. Off I went into another department. He was there! I made a bee-line for the front door of the store, pushed my way through a crowd of people, got on the subway and lost him. My friend's dream was pretty accurate. But her description of this "stalker" was off. He wasn't handsome at all!

If someone dreams about you, ask them for details. It may be nothing. Perhaps it's something silly, but it could be important.

- **Recurring Dreams:** Recurring dreams are ones you have repeatedly. The same theme or series of events is always played out in this type of dream. If you experience a recurring dream, there's probably a psychological or emotional reason for it. Your subconscious mind is telling you that there is an issue, fear, or worry you need to examine within yourself.
- **Precognitive Dreams:** These are psychic dreams that can foretell the future. Make special note if you have a dream that feels precognitive. Even if the details are a little off, they may be close enough to alert you to upcoming events.
- **Warning Dreams:** These dreams alert us to possible danger or problems ahead. These dreams help us by giving us prior knowledge so we can be prepared or a crisis our even stop it from happening. My friend Char had a warning dream that scared her. She dreamed of a school that had yellow police tape all around it—the kind you see at crime scenes. She said it worried her because it was very real, and she was shaken when she awoke from the dream. She described small children running out of the building and dozens of police cars circling the school.

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Continue - Dreams: What Are They Trying to Tell Us?

She was frustrated because she didn't know exactly where the school was. She felt helpless without more information. She wanted to be able to warn someone, but didn't know who. About two days later and twenty miles from where Char lives, a first grader shot another classmate. The little girl died. The tragedy made national news headlines. The events that occurred later had been revealed first in Char's warning dream. It could be considered a prophetic dream, too.

- **Factual Dreams:** We have lots of these! They don't last long, and we're more apt to get bits and pieces of information than tangible knowledge. However, they can be very helpful. For example, you could dream of being interviewed for a new position or of talking with a friend about something that is actually happening in your life.
- **Inspiration Dreams:** If you are going through a personal crisis, perhaps having a difficult time at work or worrying about something, an inspiration dream offers a solution. It can give you insight to handle a situation. These dreams leave you with good feelings when you wake up.
- **Visitation Dreams:** Sometimes, deceased loved ones want to visit us, and the best way for them to connect with us is through our dreams. When we're asleep, our subconscious is open to receiving messages from the other side. But how do you know if you are just dreaming of a departed family member or experiencing an actual visitation?

A dream is something you'll remember when you first wake up. It fades over a few hours and eventually you'll have little or no memory of it. A visitation is an actual visit from the soul or spirit of someone. It seems like a dream, but you will remember it vividly. It stays with you all day, or sometimes for weeks and months afterwards—maybe even forever. During holidays and around anniversaries and birthdays, loved ones seem to make more visitations. It's as if they want to share these special days with you. If you have lost someone dear, know that you can still connect with them. Ask them to come to you in a dream. Many times, deceased family and friends come to us when we're involved in a major crisis to offer support and guidance.

Dream Journals

Many people are keeping dream journals these days. A dream journal doesn't have to be anything expensive or even fancy. A spiral notebook will work. Keep the journal next to your bed along with a pen. If you don't have time to write when you wake up, keep a tape recorder handy so when you wake up you can record what you remember.

Date the journal and write everything down that you can recall. Write it in sequence, or in bits and pieces whatever is easiest. Colors, numbers, faces, places, people, discussions, times, and seasons of the year are all meaningful. Specific details are important. Throughout the day, if you think of anything else, write that information down too. No information is insignificant, though some bits may turn out to be more important than others. Dreams are made up of many elements. There's always a main theme in every dream. Pick the one thing that stands out in your mind as being the most important, and analyze that first. I tell my clients that they are the very best interpreters of their own dreams.

Ask yourself first: What does the dream mean to you? Then look up meanings for individual symbols in a dream interpretation book, if you have one. If your dream is full of detail, this means it is very important. If you only remember fragments and it fades quickly, it's probably not as important. It may not have much meaning unless it is linked to another dream you've had in the past.



Carlos Slim

Mexico's Telecommunications Tycoon

Provided by Salim Hariri



Source: <http://www.achievement.org/autodoc/page/sli0bio-1>

Carlos Slim's father, Julián Slim Haddad, immigrated to Mexico from Lebanon at age 14. With one of his brothers, he opened a dry-goods store in Mexico City. When foreign investors fled the country following the revolution of 1910, Julián Slim resolved to remain in Mexico. By the 1920s, he had acquired a number of businesses and substantial real estate in the capital city. Julián married Doña Linda Helú, a daughter of Lebanese immigrants. The couple raised six children, of whom Carlos Slim Helú was the fifth.

The senior Slim encouraged all of his children to learn and understand finance. He gave each child a ledger to record expenditures. Young Carlos showed a special aptitude for numbers, and by age 12 was buying shares in the Bank of Mexico. When Carlos Slim was 13, his father died, and the next years were difficult for Carlos. He studied civil engineering at the Autonomous National University of Mexico (UNAM), and while still studying, began to teach mathematics and linear programming. After a few years of teaching, Carlos Slim incorporated his first business venture, a stock brokerage, *Inversora Bursátil*. The same year, he married Soumaya Domit; in future ventures, he combined the first letters of their names, as in the name of his holding company, Grupo Carso.

Remembering the lessons of thrift he had learned from his father, he and his growing family lived modestly, while earnings from his businesses were re-invested in expansion and more acquisitions. Over the next two decades, Carlos Slim astutely acquired companies he believed were undervalued and skillfully overhauled their management. He diversified methodically, investing in real estate, then a construction equipment company, then mining interests. The portfolio of Slim companies grew to include a printer, a tobacco company and retail stores.

In 1982, Mexico plunged into an economic crisis. The government defaulted on its foreign debts, and many Mexican investors rushed to expatriate their capital. Carlos Slim's confidence in his country held firm, and he acquired the Mexican affiliates of Reynolds Aluminum, General Tire and the Sanborn's chain of stores and cafeterias. As the economy recovered, Slim's fortune grew, and his acquisitions accelerated. He acquired the Mexican interests of a number of U.S.-based brands: Firestone tires, Hershey's chocolate, Denny's coffee shops. He bought and merged a number of insurance companies into the giant firm *Seguros Inbursa*.

The greatest opportunity of all presented itself when the Mexican government began to divest itself of a number of state-owned monopolies. After taking the holding company public in 1990, Slim's Grupo Carso, with French and American partners, purchased the state telephone company, *Teléfonos de México* (Telmex). Slim took a special interest in a small component of Telmex's operations, the company's fledgling cellular service. Slim had a unique idea for building the customer base for cell phone service in Mexico's struggling economy. He sold the handsets with a month's service prepaid, and rather than sending the customers a monthly bill, Slim enabled his customers to buy prepaid phone cards, using their minutes as needed. Telmex executives resisted the plan at first, convinced that aggressive promotion of prepaid cell phones would undermine the market for traditional landline service.



Carlos Slim with his sons, daughters and sons-in-law. At last count, he had 17 grandchildren as well.

(Courtesy of Carlos)

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Halloween Party on October 30, 2010



Halloween Party on October 30, 2010





As it happened, the prepaid program filled an enormous need, and the customer base grew by 66 percent every year for the next 15 years. In the wake of the dot.com bust of 2000, foreign-owned cellular ventures throughout Latin America floundered. Slim scooped them up, combining cellular services in a market he understood better than anyone else.

Soon his company, *América Móvil*, had become the largest wireless services provider in Latin America. As the demand for wireless communication exploded, Slim's enterprise grew to meet it. By 2007, his group of companies were valued at an estimated \$150 billion. When *Fortune* magazine and other sources calculated the wealth of the world's leading businessmen, they concluded that Carlos Slim, with an estimated personal fortune of \$59 billion, was the richest man on Earth.

Proceeds from Carlos Slim's ventures have endowed a number of charitable foundations. Since 1986, the Carso Foundation has concentrated on developing Mexico's human capital through education and training programs. In 2007, an additional endowment of \$4 billion has expanded Carso Foundation's efforts to build infrastructure, promote education and reduce poverty, not only in Mexico, but throughout Latin America. The *Museo Soumaya*, established in 1994, was named in honor of Slim's late wife, who ran the institution for many years. The museum preserves a world-class collection of Mexican and European art, while funding art research and conservation activities and sponsoring traveling exhibitions. The Telmex Foundation is one of the largest philanthropic institutions in Latin America. In addition to activities in health, nutrition, conservation and disaster relief, it has provided university scholarships for hundreds of thousands of talented students who would otherwise be unable to pursue higher education. Slim himself was the principal donor to the long-term project to restore and revitalize Mexico City's downtown, the *Centro Histórico*.

In 2008, Slim surprised the business world with his purchase of a 6.4 percent stake in the troubled New York Times Company. At the time his investment was made public, Slim's holding in the company was valued at \$27 million. The following year, as a global recession and declining advertising revenues took a particularly heavy toll on print-based "old media" companies, Slim made the Times a loan of \$250 million. This infusion of cash, along with other strategic adjustments by Times management, steadied the company's finances, but by 2010 rumor spread that Slim planned to take a larger stake in the company. Some market watchers suggested that he might even buy out the Ochs-Sulzberger family who have controlled the paper for generations. Although Grupo Carso spokesmen denied any such intention on Slim's part, even the suggestion of such a plan caused a sharp rise in the price of New York Times stock, a dramatic demonstration of Carlos Slim's influence in the world of finance. Earlier that year, *Forbes* magazine's survey of the world's great fortunes confirmed earlier estimates that Carlos Slim was the world's richest man. In the midst of this staggering success, the Slim family remains an unusually close-knit one. As Carlos Slim devotes more of his time to his philanthropic enterprises, his three sons have taken the reins of the major components of Grupo Carso. And the Slim family still dines together every Monday night.

Med Club Information: Please Join or Renew Your Membership for 2011

- 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:

Hassan Hijazi, MED Club President, at 520-955-3657, hassan_m_hijazi@hotmail.com or

Kamal Moukabary, MED Club VP, at 520-245-9225, kamal@moukabary.com

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

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