

Local

# Mubarak Hospital hosts colorectal cancer awareness campaign

People aged between 45 and 55 advised to undergo screening

By Nawara Fattahova

KUWAIT: Mubarak Hospital hosted a three-day awareness campaign on colorectal cancer in preparation for the annual awareness campaign that will be held in March. The campaign is organized by the health ministry in cooperation with Central Circle Company and Johnson & Johnson.

This campaign aims to spread awareness on the benefits of early detection of colon cancer. "The idea of this campaign is to detect cancer early. The management and prognosis of the case is affected greatly if we catch it early. It's better for both the patients and surgeons if we detect it early. We are targeting people at Mubarak Hospital but the campaign involves everyone in Kuwait - both men and women of all nationalities. The campaign is being held at all public hospitals," Dr Fatemah Buhamad of the general surgery team at Mubarak Hospital told Kuwait Times yesterday.



## Colonoscopy is only a 30-minute procedure

The patient can visit a general practitioner at the polyclinic to get a reference to any public hospital. "They can then book a colonoscopy appointment. Anybody experiencing any of the symptoms that are suggestive of cancer is encouraged to come and do the screening regardless of age," Buhamad explained.

"The symptoms include change in habits, whether it's diarrhea or constipation or recent weight loss that is unintentional - when people eat the same food and are not going to the gym and still lose 5-10 kg - or blood in the stool or discoloration of the stool to dark color. If anyone suffers from any of these symptoms, he should do a colonoscopy," concluded Buhamad.

**Very widespread**  
Colorectal cancer is very widespread. "We don't have exact statistics, but colon cancer is the third most common cancer worldwide when it comes to morbidity and mortality among men and women.

It can be cured completely, especially since the past five or 10 years with the improvement of medicines used along with surgery," said Dr Bader Al-Shaban, specialist in general and colon and rectal surgery at Mubarak Al-Kabeer Hospital/Jaber Al-Ahmad Hospital.

There are different causes for colorectal cancer. "It's a genetic disease affected by the lifestyle of the patient. Other causes include consuming unhealthy food such as preservatives and processed food including hotdogs, salami, etc, and a lack of fibers and beans. The accumulation of toxins can cause polyps. Unfortunately the



KUWAIT: A group photo featuring Mubarak A-Kabeer Hospital surgeons, Johnson & Johnson representatives and Central Circle Company staff. — Photo by Yasser Al-Zayyat

patient won't feel any pain before the symptoms occur and then it's too late," explained Shaban.

The campaign focuses on the early detection of all colorectal tumors. If this disease is detected early, the rate of treatment reaches 100 percent. If we find the

polyp and remove it, this will avoid transforming it into cancer. We can avoid it by screening programs, which are free of charge for both Kuwaitis and non-Kuwaitis," noted Mohammed Khaled, Marketing Specialist at Johnson & Johnson.

## MoH utilizes human resources in managing modern facilities: Minister



KUWAIT: A group photo of participants in the 'Facilities Management' conference. — KUNA

KUWAIT: Minister of Health Sheikh Basel Al-Sabah stressed Sunday keenness to utilize human resources in managing modern health facilities. Sheikh Basel made the remarks at the opening ceremony of a two-day 'Facilities Management' conference, organized by the Kuwaiti Society of Engineers in cooperation with Kuwait University College of Engineering and Petroleum, and Sheikh Jaber Cultural Center. The minister noted that there are clear plans, strategies and programs to achieve government objectives in this

regard. He added that recommendations put forward by this conference should contribute to upgrading plans and programs to achieve continuous development of facilities in line with the State's development plans to ultimately honor UN's 2030 sustainable development goals (SDGs).

Meanwhile, the president of Kuwait Society of Engineers and the President of the Conference Faisal Al-Attel said there were around 1,000 government facilities, and "we need to address the challenge of managing the facilities in a modern fashion.

Attel noted that the renewable energy projects and calls for establishing a national center to raise energy efficiency in the country is a contribution, to make 15 percent of energy from renewable sources.

In the meantime, General Director of the Directorate General of Civil Aviation Yosef Al-Fozan said in a press release, participating in this conference was to shed light on the authority's experience in implementing modern government methods in managing operations at Kuwait International Airport. — KUNA

## Businessmen remanded in real estate fraud case

By A Saleh

KUWAIT: The public funds prosecution remanded two businessmen in jail for 21 days and sent them to the Central Prison pending an ongoing investigation in a major real estate fraud case. A source said more than 200 citizens complained about buying real estate inside and outside Kuwait, only to find out they were victims of a scam. The source added the total value of the fraud is nearly KD 15 million.

**Seafront development**  
Kuwait Municipality Director

General Ahmad Al-Manfouhi, when asked about seafront development in Garmata, Sulaibkhat, Doha, Jaber Al-Ahmad and Jahra, said recommendations of the third regional study set a preliminary budget for use of the land of Jahra corniche project. He said the project was presented to international consultative offices and invitations were sent, and offices desiring to participate are being followed up. As for Sulaibkhat Bay, he said the project was awarded to an international office to carry out advisory services, and documents are being completed prior to signing a contract with the winning company.

### Firemen's treatment

Deputy Premier and State Minister for Cabinet Affairs Anas Al-Saleh said firemen are treated like policemen in ranks and basic salaries, and are treated like army personnel as far as pensions are concerned, so it is right to treat firemen like policemen over leaves and not only over cash allowances.

## News in brief

### Kuwaiti fashionistas richest in Arab World

KUWAIT: Sources knowledgeable of social media said Kuwaiti fashionistas are the richest and charge the most among their peers in other Arab and Gulf countries, and the reason is the freedom that they enjoy that enables them to make appearances for followers and admirers. They said Kuwaitis have unprecedented courage due to the social, political and economic atmosphere that is different in Kuwait. Concerned sources said fees charged by Kuwaiti influencers are much more than what other Gulf fashionistas receive due to their dialect and boldness in dealing with body issues, cosmetics and fashion. — Al-Qabas

### Govt support for e-media

Director of electronic publication at the information ministry Lafi Al-Subaei said a list of rules concerned with supporting licensed news websites and social media accounts, including e-papers, is being prepared. He said ministerial decree 100/2016 with regards to the implementation of rules of electronic information regulation no. 8/2016 stipulated that electronic sites be supported. The support will be technical and scientific to make it easier to cover conferences and official activities, in addition to material and moral support. — Al-Rai

## Cable thieves send copper outside Kuwait

KUWAIT: New customs instructions revealed that thieves of Ministry of Electricity and Water (MEW) equipment send copper extracted from stolen cables outside Kuwait. Sources said there is cooperation between the MEW and the customs department to face the increased thefts by banning the export of copper. Customs Director General Jamal Al-Jalawi instructed that only copper in its original condition should be allowed to be exported, unless written permission is obtained.

**Unfit for consumption**  
The airport imports department at the Public Authority for Food and Nutrition destroyed a quantity of zubaidi fish weighing 560 kg. Department Director Ali Al-Khanfour said after checking the fish of Bangladeshi origin, it was found unfit for human consumption and was destroyed.

### Suicide attempt

A Jordanian woman was rushed to hospital for treatment for injuries she sustained after an alleged suicide attempt. The Ahmadi prosecutor ordered the case to be registered as a suicide attempt, while waiting to hear the woman's testimony. The woman screamed for help but her children could not prevent her from falling. An eyewitness said he heard the woman calling for help. She was holding on to a piece of metal before falling. The woman suffered extensive fractures.

### Fugitive caught

Farwaniya police arrested a citizen wanted to serve a six-year jail sentence. He was in an abnormal condition. The arrest was made as he was driving erratically, and did not stop at police orders. He was then chased and arrested.

### Search for beggars

A citizen told police some women move in groups and knock on doors in Dhaher and beg. Detectives moved to arrest them and stop this activity. — Translated by Kuwait Times from Al-Rai and Al-Anbaa

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