

## **ISLAMIC BEHAVIOUR FOR THE PREVENTION OF MANY RISK FACTORS WHICH ARE LINKED AND CAUSING CANCERS**

**On 7th June, it was reported in all the British media that by 2020, 1/2 of us will get cancer, instead of 1/3 now, as stated by Macmillan cancer support?**

**So the number of cancers is rising all the times !**

**It is believed that this rise in the cases of cancers could be due to living longer and having more diagnosis .**

**But this huge rise in the number of cancers is going to put a big burden on the services in the NHS (clinics/hospitals/doctors).**

**However one good news:**

**People with cancers are surviving more today because of the progress in the treatment of cancers.**

### **CANCER:**

Cancer is a difficult complicated medical problem.

We still do not know the real causes and how it starts and why?

Normally in the cells of our bodies:

New cells are made and old cells die...but all in balance !

In cancer, suddenly the production of cells goes CRAZY and uncontrollable...it destroys and crosses everything around, damage blood vessels and send in the blood a lot of cancer cells

Which will produce many new spots of cancers in different organs (Metastasis)?

EARLY diagnosis is a MUST for early treatment and help, especially before it spreads in the whole body.

### **THESE ARE FACTS ON CANCERS IN THE UK :**

-1/3 will die from cancers.

- More than 20 millions have got cancers

-Every two minutes someone in the UK is diagnosed with cancer.

-45 000 new cases of breast cancers every year: 12 000 women die from the cancer

-35 000 new cases of prostate cancers every year

-in 2005 there were 290 000 cases of cancers resulting in 153 000 deaths

-43% of cancers can be **prevented** by changing one's behaviour and life style.

There are 280 organisations in 90 countries who are fighting cancers today .

MANY OF THESE **CANCERS** TODAY (not all) CAN BE AVOIDED BY SIMPLY PRACTICING ISLAM AND AVOIDING MOST OF THE RISK FACTORS :

- Abstinence from drinking alcohol will help to prevent many **cancers in the mouth, stomach and – latest research shows - the colon.**

Alcohol causes **6%** of all cancer deaths.

It also increases the risk of cancers in:

**The oesophagus, Larynx, breast, liver, ovaries, head and neck...** Drinking alcohol during pregnancy increases the risk of **cancers in young children**.

About 5000 die every year from these cancers which are caused by alcohol.

(Alhamdulillah: Drinking alcohol is prohibited in Islam)

- Avoiding smoking completely will reduce the number of **cancers affecting the lungs, kidneys, mouth, throat, oesophagus, bladder, breast, cervix, pancreas, stomach, liver....** (Smoking has been prohibited by more than 500 Legal Islamic Rulings/Fatawas in the Muslim world.)

- **Cancer of the breast** is caused mainly by lack of breastfeeding and by : alcohol, smoking, saturated fat, abortion, lack of exercises.

(Islam prohibits and discourages all these risk factors)

\* **Skin cancer** (malignant melanoma), resulting from too much exposure of one's skin to the sun while, for example (but not exclusively) on the beach. Unsurprisingly, women are the most common victims.

Within a decade, Melanoma has increased by 43%, according to Cancer Research UK.

"Those who behaved badly on holiday in their teens BY NOT COVERING UP( almost naked) or applying suncream are now seeing the effect in their forties"

Islam opposes any nakedness in public or on the seaside, especially women and do not support the "burning" of one's skin by the sun

- Male circumcision helps in the prevention of most **cancers in the penis and some cervical cancer**. The latter is also caused by sexual promiscuity, which is forbidden in Islam

Male Circumcision has been found also by the WHO to prevent 60% of HIV/AIDS infections.

- **Cancer of the womb** is common when marriage/pregnancy have been avoided. as in celibacy( and among the nuns)

Islam asked us to get married reasonably young and to have many children(pregnancies)

-**Cancer of the Cervix of the womb**: it is common among promiscuous girls/women(Zina)

and when they sleep with uncircumcised men.!

However we need to admit that few cancers do result from genetic factors inherited from the mother/family.

These types of cancer is difficult to treat !

Lately we have noticed many women have mastectomy (removal of apparent healthy breasts)

For fear of developing the cancer in the future, when the genetic factor was discovered.

-Islam prescribed a healthy halal natural (Tayyib) diet and a lot of exercises which will avoid us too many **cancers like Colon cancer**.

- The Superior Islamic HYGIENIC daily practices, as in ablution/wudu, hand washings ... and the strict moral code will avoid us a lot of infections which might lead to **cancers** and to many other diseases.

-The Islamic way of life do give us a strong natural Immune defence system which will avoid us many cancers.

Islamic behaviour does avoid us also a lot of other diseases especially those coming from alcohol, smoking and sexual immorality.

Breastfeeding which is prescribed in Islam, will avoid our children a lot of diseases!

No doubt, Islam is a great asset for the HEALTH OF OUR NATION and EVERY NATION , and is very much cost effective and economic and will save million of lives and billions of pounds!

*In the Name of ALLAH, the Most Compassionate the Most Merciful*

"WE SENT DOWN IN THE QUR'AN THAT WHICH IS **HEALING** AND A MERCY TO THE BELIEVERS..." (AL QUR'AN:Chapter 17-Verse 82)

GOD's PRESCRIPTION to mankind is for our all health!

This DIVINE PRESCRIPTION IS FREE AND AVAILABLE TO EVERY ONE AND TO ANY SOCIETY AND TO ALL DOCTORS, HOSPITALS AND TO ALL PEOPLE.

REF: ORGANISATIONS ON CANCERS :

-Cancer Research UK: [www.cancerresearchuk.org](http://www.cancerresearchuk.org)

-Macmillan cancer support: [www.macmillan.org.uk](http://www.macmillan.org.uk)

-The British Association for Cancer Research: [www.bacr.org.uk](http://www.bacr.org.uk)

-Cancer Index: [www.cancerindex.org](http://www.cancerindex.org)

Advice: [www.canceradvice.co.uk](http://www.canceradvice.co.uk)

National Cancer Research Institute: [www.icri.org.uk](http://www.icri.org.uk)

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