

MED TIMES

SPRING
SUMMER
2021

EQUITY

CELEBRATING FEMALE LEADERS IN HEALTHCARE

HRH PRINCESS MAHA BINT MISHARI BIN
ABDULAZIZ ALSAUD
DOCTOR SELWA ALHAZAA
DOCTOR MONA ALMUSHAIT
DOCTOR MANAL ALEM
& MORE



MEET THE MEDTIMES TEAM

DIRECTORS



ADNAN DWEHJI
DIRECTOR



LANA ARBILI
DIRECTOR

COORDINATORS



AYA ISMAIL
COORDINATOR



JUDY QABBANI
COORDINATOR

WRITING



DALIA HAMDAN
CHIEF COLUMNIST



HIBA RAHEEL
EDITOR IN CHIEF

PHOTOGRAPHY



MAYAR AL ATOUT
CHIEF PHOTOGRAPHER

Table of Contents

06

*Interview with
Dr. Maha bint Mishari
bin Abdulaziz AlSaud*

12

*Interview with
Dr. Selwa AlHazzaa*

16

*Interview with
Dr. Mona AlMushait*

20

*Interview with
Dr. Manal Alem*

34

*Chimamanda Ngozi
Adichie*

38

*Marie Curie: The
Mother of Modern
Physics*

40

*Five Female Owned
Local Businesses*

44

*What Comes After
Med School?
Masters Talk*

24

Women in the Middle East: The Effect of Set Gender Roles on Social Development

28

A Male's Perspective on Modern Day Feminism

30

The Real Origin of Feminism: Islam

32

Female Discoveries with an Impact

46

Alternative COVID Testing: An Overlooked Solution to the Pandemic

48

Eco-friendly Local Businesses

50

How to be Eco-friendly

52

Wonder Doctor

دكتورة مها بنت منقاري آل سعود

By Lana Arbili and Adnan Dwehji

You are a part of many different roles and positions that contribute greatly to the success of this institution. What do you consider the highlight of your extensive career?

To start off, I believe we are different people with different mentalities and ways of thinking, and we all walk down different paths. I am of the opinion that everyday is a blessing and every moment brings an opportunity to make new choices. Allah has blessed humans with the ability to make decisions, create a space for ourselves in this world, and be open to every single opportunity that comes our way. Staying focused in life is great but sometimes things don't always work out the way we have planned, and you have to be able to accept that.

In terms of my primary role, I am very grateful to have chosen medicine as it brings me great joy to work at as practitioner at KFSH&RC. However, as VP of President of External relations at Alfaisal University, I have to be very mindful of how I protect my time and balance between these two important roles. Over the years I have also been involved in other roles, such as founding and governing the American College of Physician's Saudi Chapter (2015- 2019), which brought a lot of exposure and opportunities to our region. Most recently I held the position as lead Co-Chair of the Taskforce #9 "Migration and Young Societies" at G20 Saudi Arabia 2020, which I consider an important highlight in my career.



How do you maintain a balance between your work and life responsibilities?

It's important to plan your life around your responsibilities and commitments, but that's not enough. You also have to build a strong character in order to overcome any obstacles that come your way. When I started working here at Alfaisal University, I worked part time at King Faisal Specialist Hospital & Research Center as well. Now what I do is I work segments, I am in King Faisal Hospital for 2-3 weeks, involving myself in patient care and support. The rest of my time is allocated to Alfaisal University, and so in this way I balance both. The keys to success involve careful planning and carving out quality time for self-care. Give your 100% to everything you do and make sure you are present in the moment to experience everything fully. There is no use in studying for several hours, while only making little progress. Rather, by being fully engaged and pouring heart and soul into what you are doing, you are much more likely to accomplish great things.

Remember, do things you truly love and are passionate about. However, in the process of doing so, you should not neglect your health. Taking care of your body and mind by exercising regularly, practicing your hobbies and enjoying the little things in life is crucial, particularly in today's time.



Can you name something in life that brought you great satisfaction and a sense of fulfillment?

Honestly, I can think of so many things Alhamdulillah. I think this is how you know how blessed you are. For me being able to enjoy every God gifted moment, and appreciating the obstacles are two extremely important qualities that allow me to live in a peaceful mind state. When I look back at the obstacles I overcame, satisfaction and gratitude fills my body and soul. So when facing difficulties, experiencing one of those sleepless nights or working on something you dislike, actively bring to mind your past accomplishments and achievements. This will then give you a new perspective on your current circumstance and more often than not, it will even transform a restless night into a peaceful dream.

As a female leader in a male dominated field, what has been the most significant barrier in your career that you overcame, and how did you do it?

We have to normalize the existence and perception of ambitious women, women that are family oriented and women who want to be housewives. Essentially, women should be given the opportunity to excel in all walks of life. In fact, not just women but every single human being should have that luxury in life. However, due to the growing expectations new obstacles are created, and one has no option but to face them. When I went to the United States (U.S), I noticed several pervasive issues in the society. Color, gender, race, immigrants, religion and language were just the tip of the iceberg. Imagine being a combination of all the above: A Muslim woman of color, coming from Saudi Arabia and with an accent. These were some the challenges I faced during my time in the US. However, there are numerous other challenges that women face in any workplace, including sexual harassment, income gap and societal norms.

What do you consider your source of motivation?

I love expanding my knowledge, and taking on new challenges OR embarking on new challenges. I always like to think that there is so much in the world to see, to experience, and to enjoy! I look for happiness, for joy and for adventure. We are different, we as in people who go into medicine, we have a different way of looking at life, we always want to solve issues, we always want to be more humane, we always want to have more altruistic values, we always want to help and change the world, that is ingrained in us, ingrained in our DNA.

We are the people who want to change the world, we are the people who want to change people's lives, we are the people want to prioritize our patients, and I think this propels you in life.

Looking back, what would you have done differently, and wish you instilled in yourself at a younger age?

I should have had more faith in myself. We all have imposter syndrome, and often we think that we have not studied enough. We often subject ourselves to negative thinking patterns such as "there must be something that I am missing, there must be something that I haven't done well enough". I also highly recommend mentorship. Studies that looked at highly successful people found that they had at least two mentors during their lifetime, so mentorship is very important. With mentorship can more quickly discover where your issues are and how to address them.

So looking back, I think if I had more faith in myself and sought out mentors, I would have been happier with myself overall. It is not that I would have done better in my work, but I would have been kinder and more appreciative of myself. This is very important, as the language we use with ourselves and the people we surround ourselves impacts the quality of our lives.

What do you envision the future of female doctors to be?

Similar to where we find ourselves today, I think women can be anything they choose to be and not just doctors. There is nothing that can stop a man or woman from achieving their desired goals and ambitions. Of course the road won't be easy, but it is certainly possible.

Who have been your role models throughout your life? What about them do you admire?

There are so many people that have been role models to me throughout my career, that I can't simply pinpoint one. I admire so many things about so many people in my life. However, I think the people I admire the most are the people who enjoy life to the fullest. Especially my patients and their families who suffer so much and yet still manage to smile. That is so inspirational to me.

Oftentimes, it may seem that we can pit ourselves against one another in the name of competition or for other personal reasons when in reality it is unnecessary. What advice would you give to the next generation of female leaders?

Enjoy life, have fun, involve yourself in extracurricular activities and expand your knowledge. I know people who are practicing medicine while competing in the Olympics, or practice art and music, coming from different backgrounds, which is very remarkable.

“Essentially, women should be given the opportunity to excel in all walks of life”



دكتورة سلوى الحزاز

By Yara Akkielah and Feras Ataya

Could you please introduce yourself?

My name is Professor Selwa Al-Hazzaa. I am a clinical professor at Alfaisal University in the College of Medicine, and a senior consultant in ophthalmology. I'm also an adjunct clinical professor at the University of Southern California, and an Associate Professor of Ophthalmology at the John Hopkins Hospital in Baltimore, Maryland. I was the head and chairman of ophthalmology for 24 years at KFSHRC. I was also a consultant of ophthalmology and a consultant in genetics at the KFSH for 30 years. This is more or less just a wrap up of my medical.

As for the non-medical, and I think this is really important for women empowerment, I was chosen in 2013 by the late King Abdullah through a royal decree to be among the first ever females in the Shura Council (the Saudi parliament) in a historical move. That about wraps up my titles. I have an honorarium - a doctorate degree from the University of Switzerland for my work in ophthalmology. And I did hold the position in the International Council of Ophthalmology for two terms (eight years), and this is considered the highest body anyone can reach. I was the first person to be ever chosen from the Middle East, and the only female from the five continents at that time. Of course, there are many, many others. But I think maybe these are the important ones that are medical and non-medical, and I will just close it with:

I was privileged and honored to be the attending physician for the late King Fahad for seven years from 1997 until he passed away in 2005. I've written over 65 papers, and many chapters and books, but I think the most important was the chapter on genetic diseases in the Saudi population in relation to ophthalmology.



As a female leader in a male-dominated field, what has been the most significant obstacle you have faced throughout your different careers? How did you overcome it?

The most important obstacle that females face, especially in Saudi Arabia, is our culture. We are considered a very conservative society. Culture, more or less, overrides what we do, and it dictates our choices and puts us on certain career paths. As I come from a very conservative family from Al Qassim, going into medicine involved interactions between both sexes which was frowned upon. However, with my determination, I was able to override all these cultural barriers. I got into medicine, became a leader, and advocate for empowering the Arab woman. This, of course, was all done within the system and the support of the government and the royal family.

How do you maintain a balance between your work and life responsibilities?

I always say: first, I am a wife and a mother. I do have parents who I have to attend to. I live in my social circle. These things have always been my priority. However, these things have never stopped me from climbing the ladder to not only being a well-established surgeon in ophthalmology, but also having a career in politics. I have also adopted a career in research and academia. I always say that there are 24 hours in a day, and if we set our priorities, we will be able to keep life balanced. I have been asked multiple times "well, doctor, how do you do it?" The answer is that with time, as you progress in your career you learn the fine art of living a balanced life. You will be faced with many obstacles, but never let them become a hindrance. Look at every obstacle as a challenge that you must overcome. I believe there are 2 kinds of stress: Positive stress and negative stress. Stay away from the negative stress but fight for the positive stress. The difference between the 2 is that positive stress gives you the ability to dive head first into a situation, fight and eventually succeed. When you fail, dust yourself and get up.

I was running a whole service along with an entire department with over 50 employees. In addition to that, I also had to carry out my political duties, and act as a bridge between KSA and the US. All these additional responsibilities never distracted me from my duties as a surgeon and a mother and wife. In the meantime, I was chosen to be the attending physician to the late King Fahad. I still continued my practice as a surgeon and was able to balance between the two. I always say to my young students, never let the glory of any position no matter how high it is, take you away from what you have worked so hard for.

Before I go to sleep, I ask: what did I achieve? What did I not achieve? And what is it tomorrow that I can do to compensate for whatever I did not achieve the previous day.

How do you unwind after a very busy schedule? Do you have any hobbies or activities you enjoy doing?

Well, unfortunately, due to my busy schedule I get time to unwind with my family. My children and I used to try to catch a movie when they were younger. My family and I used to travel a lot during every single vacation, and I used to be called Ibn Battuta. With all due respect to my male colleagues, when they head back home, their job ends. However, when I go back home, my

second job starts. I have to look after my family, my husband, my children, and my home, to make sure everything is in order. So I am constantly working the whole day during weekdays. I get to unwind on weekends like watching a movie with my family, which I truly enjoy.

What do you envision the role of women to be in our society in the future?

One aspect of the 2030 vision is that they plan on increasing the percentage of women in the workforce up to 23% which is almost 10 years ahead of schedule. It thrills me that I have lived in an era where females in KSA can drive, and are leaders in many different specialties. We currently have two female ambassadors, a female vice minister and one of the largest markets in Saudi Arabia is also led by a female. It thrills me to see females in positions that were once only attributed to men, and now ladies (especially the younger generations) are taking the lead. These women have proven again and again that they are not only capable of handling these lead roles but also improving the standards and excelling in their fields. Finally, we are going in the right direction.

Looking back, what would you have done differently, and wish you had instilled in yourself at a younger age?

I've always been very ambitious and very responsible. I was put in a position to always take care of others. This responsibility comes from being the eldest of all my siblings. I was kept in charge, and I believe this built leadership qualities in my character. When my father insisted that I become a doctor, I remember telling him that I do not just want to be a doctor, but I also want to represent my country, Saudi Arabia. I remember him telling me -God bless his soul- that by becoming a physician, you will gain the respect and trust of not just your patients but also the society. He explained to me that through this trust and respect, I will be able to represent the country to the best of my abilities. My dream came true on September 11th, 2001 when I was requested by the government to represent Saudi Arabia, not only as a woman but also as a proud citizen.

Looking back, I had the guidance of my father, God bless his soul, who was always there not just guiding me but also pushing me forward. After I got married, I had the support of my husband and my two boys who became my support system. Honestly, I am not sure if I would do anything differently. I believe these achievements were always written in my fate. A huge credit also goes to my seniors, who always advised me and boosted my confidence.

What advice would you give to the next generation of female leaders?

I will say that in awe of this generation and how they have everything at their fingertips. Back in my time, we had to wait days and weeks for things to get something since we didn't have the internet nor computers. We used to obtain knowledge in the conventional and traditional way, through books and libraries. Yet our generation thrived and transformed into marvellous leaders. What I say to the current generation: We have paved the way for you after a lot of struggles and efforts, and now we leave the world at your fingertips. Not only should you excel but also go further than our generation did.

دكتورة منى المسيط

By Zainab Ifthikar

DR. MONA A. ALMUSHAIT, MD is a Shura Council member, Parliamentarian in Saudi Arabia, Associate Professor and Consultant in Obstetrics & Gynecology with a Fellowship in Pelvic Reconstructive Surgery and Aesthetic Gynecology. She is also a board member serving in numerous social work organizations that empower women, namely the Zahra Breast Cancer Association and the Rofaida Women's Health Organization. She is one of the exemplary women leading in this arena with a lantern in her hand, paving the way for young women who come after her. It is an honor to have sat down with her for this exclusive, awe-inspiring interview that I am sure will leave an unforgettable, everlasting mark in your life.

Dr, our readers are familiar with you as our professor who passionately teaches OBGYN in year 4 and someone who fervently advocates for women's health. We would like to know more about you. Can you please tell us a little about yourself?

It is a pleasure to be here and thank you for asking about myself. I am a wife, mother, physician, and politician. I started to be passionate about medicine when I was a child. I would insist my father, who owns some medical clinics, to accompany him and watch the doctors treat patients. From then onwards, I wanted it to be my profession.

After high school, I got accepted to COM at King Saud University, subsequently pursuing a residency in OBGYN and then going on to become a consultant in the field. Since my aim was to encourage young girls to join medical school, I pursued a career in academia while working in a hospital setting. I helped establish the college of medicine, health science and nursing college at King Khalid University for females. Empowering females has always been and will always be one of my main goals. As when you empower a female, you empower an entire



family, which empowers the society. As research was one of my interests, I also conducted a variety of studies regarding women's health and published many articles.

In January 2013, I was appointed as Member of the Al Shura Council by a Royal Decree, paving the way for the inclusion of 30 women to the previously all-male member panel, for the first time in Saudi history. I am currently serving my third term and I am proud to say that the Al Shura Council has adapted many resolutions regarding women's issues, some of which were initiated by myself. Such as: Inclusion of Women's Health Specialty in the Healthcare System; Authority for the Care of Persons with Disabilities and Obesity Control System. Upon which a post-graduate fellowship program in Women's Health opened in Saudi Arabia for the first time.

How did you come to choose Obstetrics & Gynecology as your specialty and why do you believe that as budding doctors, we need to focus on women's health too?

During my internship I rotated in all specialties. OBGYN was one of the most interesting to me. I wanted to be involved in women's lives—from adolescents to geriatric aged-women. The residents and consultants I worked with at the time in KSU made it even more appealing and interesting. Also keeping in mind, the lack and need of Saudi female OBGYN consultants during that time. I personally believe that women face unique health challenges such as pregnancy, childbirth, adolescence, menopause and cancers like breast and cervical, as the most common cancers among women worldwide, and all these health problems affect women differently. For these reasons, women's health must be a top priority.

As a Professor of OBGYN and Women's Health advocate, I am happy to see the enthusiasm and great concern of Alfaisal University medical students and their eagerness to participate in different activities. And I encourage everyone to focus and promote women's health through research studies, civil society organizations, and health policies and programs. It is part of our social responsibility.

You are well-renowned as an accomplished physician and we want to know how you built this empire and what do you believe has given you the most satisfaction in life?

Alhamdulillah for everything. I feel happy and fulfilled when I see my students succeed. Also, helping my patients gives me great satisfaction, especially the look in the parents' eyes after delivering a healthy baby.

I took multiple fellowships after residency. In recent years, I developed a new interest in aesthetic gynecology. As it affects women's lives psychologically, socially, and economically. Be always ready to learn something new and help your society.

Looking back, what would you have done differently in your life during your earlier days and can you share that advice with our readers as well?

I always look forward to more challenges and achievements. Ultimately, a doctor strives to be a consistent person that tries to help other people by being caring, knowledgeable, understanding, prepared, and ready to give his or her best.

I wouldn't do anything differently. I am proud to be one of the physicians in Saudi Arabia who is always willing and ready to serve the medical needs of my patients. My advice is to be confident of yourself, don't be afraid of making mistakes, but learn from your mistakes and be a better person.

Being a good listener is critical to being a good doctor. After all, good communication isn't just for being friendly with patients. It's also a vital skill for doctors to understand their patients' concerns and explain a diagnosis. A doctor should give their patients the time they need and deserve. They should answer questions using language that is clear, without using too much medical terminology. They should be honest, but also offer hope, even when a situation is difficult, and they should help their patients feel empowered to improve their own healthcare.

Be a team player, it is also important to share your knowledge and experiences with others and make use of other people's knowledge and experience. No matter what your age or the level of your education is, keep in mind "I am still learning".

What do you think are some challenges faced by women these days, specifically female physicians and how do you think we can overcome them?

Despite many challenges, women continue to excel at all levels in medicine. We continue to lead the way in creating new opportunities for female medical students, residents and physicians in a profession where men historically made up most of the workforce.

More women now engage in the physician workforce in Saudi Arabia. Around 38 Medical Colleges in all Saudi universities enroll women compared to just 3 colleges in 2003.

Challenges and difficulties exist, from simple issues of being mistaken routinely as non-physician staff members to more serious issues such as balancing family and work responsibilities, childcare and maternity leave.

But with more appreciation and understanding of the important roles of women physicians and providing support through family and community we can overcome these challenges successfully and adapt to changing work and life demands.

دكتورة منال عالم

By Yara Akkielah and Feras Ataya

Could you introduce yourself to our readers?

My name is Manal Mohammed Alem, and I am a Saudi national. I hold an MBBS degree. After graduating from medical school, I was appointed as a teaching assistant in the Department of Pharmacology that belonged to the College of Medicine at King Faisal University (Imam Abdulrahman Bin Faisal University). Then I specialized in clinical pharmacology. I earned a master's degree and a Ph.D. in clinical pharmacology from the University of Glasgow, UK. I then finished a membership for the Royal College of Physicians (MRCP) in the UK in internal medicine in Glasgow as well. And ever since then, I have been an academic in the Department of Pharmacology in that university as well as Alfaisal University.

How do you maintain a balance between your work and life responsibilities?

This is a very difficult task. The best advice I can probably give you is that no one will know that they are capable of doing it until they are doing it. If you are handling two or three tasks at work but you still want to maintain a social life, you will need to prioritize. I think when you look at it from the outside, you might find it very difficult, but once you are going through it, you will see that it is doable with lots of dedication and organization. You will learn how to maintain that balance. So, my advice is take the first step and accept those responsibilities, and you will eventually learn how to juggle them.

How do you unwind after a busy schedule?

Languages are something that I love. I started learning French a few years ago. It is a beautiful language. My teacher is a lovely lady from

***“Life shouldn’t be
about either/or...
We are capable
of more”***

Languages are something that I love. I started learning French a few years ago. It is a beautiful language. My teacher is a lovely lady from Morocco who I now have a very close relationship with. We even started speaking in Arabic rather than French.

I also love cooking. It is relaxing. It also feels great to provide something for my family as a treat. And I definitely enjoy socializing. I like to gather with family friends. Of course, our current situation made things different, but I still try to make the most out of it. So overall, I would say learning languages, cooking, and socializing.

What has given you the greatest satisfaction or fulfillment in your life?

My relationship with my family. My achievements were driven and supported by my parents. The choice to join medical school was not mine, it was my mother's. Seeing your parents satisfied and happy with your progress, performance, and what you have achieved so far – that would give you the highest level of satisfaction in your life. My mom probably thought that I would be a good physician. Continuing that path of being a physician, along with being an academic and a leader, gives her a lot of satisfaction. Additionally, my husband believes in me and supports me highly in every step that I take. Sometimes husbands might tell you don't take that extra task when they see that you are very busy or handling too many tasks. However, my husband is very supportive. He would make that extra task easy in my eyes, you see what I mean? They are all a blessing from Allah!

So to answer your question, Feras, seeing that my parents are happy and proud of what I have achieved for them, and then seeing a very supportive person in my life as important as my husband proud, is something that would make me happy and very satisfied. And to be honest, seeing my students as well – I should not forget my students. The communication that I have with my students, even via emails, through visiting me in my office, or asking for advice... all of that is a source of satisfaction: parents, family, as well as students.

Looking back, what would you have done differently, and what do you wish you had instilled in yourself at a younger age?

I would have joined pharmacy rather than medicine. I say that to my pharmacy students all the time. What happened was that I did not have any clear plan for my future when I was in high school, just like many students. I was at the top of my class. I had received two Prince Mohammed bin Fahad Excellence Awards, but I had no passion for anything specifically. I wanted to be a teacher, but my mom guided my career path towards medicine. It was her wish, and I wanted to make her wish come true. I joined medical school and did not really enjoy it until I started learning pharmacology. You see, most medical students do not like it and find it tough to memorize, but what they do not see is that a big part of it requires understanding, especially when it is integrated with physiology. I found a great passion for pharmacology. Then I had a dilemma, do I switch? What stopped me was that I was already halfway through medical school. It was difficult to leave at the time. The best thing I did was that I went to my pharmacology professor and she told me: Manal, I am a physician myself, and you can specialize in pharmacology. We made a plan together for my future in pharmacology, which included parallel clinical training to make it more

enjoyable in real-life situations.

What I'm trying to say is that if I knew that this was my passion, I would have done it from the start. I always ask myself until now: would I have made a better pharmacist than a physician? I don't know. Only God knows.

If I can go back in time, I would tell myself to talk to faculty or anyone really before joining medical school. I just did what my mother wanted for me. This highlights the value of the open house event that we do every year in Alfaisal, which allows high school students to be exposed to seniors in different specialties and get advice.

When someone is indecisive about their specialty either in medicine or in pharmacy, I always make myself available for advice, as I consider myself to be a part of both worlds – Medicine and Pharmacy. I ask them what sparked their interest in high school and what their strengths are. I get a sense of their personality. Does this student have a strong memory? Does this student prefer logic and understanding? How do they feel about research? All of these things factor into their choice. Some students, I tell them to go to medicine, and others, I invite to pharmacy. Having advice at an early age is very important. Parents have expectations and preferences, but I would advise all students to listen to seniors from different backgrounds who know about their career better. That will definitely help you to make your choice.

What are the challenges facing young women today?

Maintaining a balance. In our country, we are highly supported by the leaders themselves. Even before Vision 2030, to be honest with you. Before I was appointed as a teaching assistant, I had the scholarship, I had all the support. The people who supported me were my seniors: faculty, staff, head of the department, and vice deans in the college. All of these people were very supportive and wanted to build you to the best state of knowledge and education so that you can handle future tasks. We were supported from an early age as women to achieve. We have all the support from the country. A great challenge young women face is maintaining a balance because social life is very important for women. It is very difficult to balance academic progress with social life. Balance is a big challenge because unless you are comfortable socially and comfortable within yourself, you cannot function and give back to your country.

What advice would you give to the next generation of female leaders?

Be sincere.

Be sincere to the job that you are doing. To the country you are serving. The patients you are treating. To the students you are teaching. I am pretty sure that once you become sincere about your job, you will start to see the appreciation and love in the eyes of the people around you, and you will love the job even more.

Try to have passion for what you are doing. Do it with sincerity. This will make you love it. Do not look at it as tasks you have to finish and tick off your to-do list.

WOMEN
IN THE
MIDDLE
EAST

The effect of set gender roles on social development

Written by: Lana Arbili

Contributions by Dalia Hamdan

There is no denying that being a woman in this world can be an extremely challenging feat at times. Despite that, the modern-day Arab woman has shown her value as an equivalent to men in all aspects of life whether socially, politically, economically, or professionally. And while there have been undeniable immense advancements taken in the right direction, opening doors that were locked shut in the past, there are still many difficulties they face daily. These important issues are often swept under the rug instead of being directly addressed.

It's safe to say that, in our community, there is a blatant double standard that exists between men and women in which women are always expected to look and act a certain way. Firstly, women are more harshly prejudged by their appearance as there are so many misguided preconceptions that are seldomly based on actual reason. For example, they are judged more cruelly for their choice of clothing and whether they wear makeup, which factors into them being perceived as superficial or "attention-seeking". This does not only apply to men judging women, unfortunately, women also repeatedly judge each other. This behavior stems from something deeply ingrained in our subconscious minds and rooted in our community, where women are pitted against each other to garner male approval. Women are quick to label other women when we should instead be helping each other navigate this harsh world.

Another example of double standards is when a man is seen as assertive, while a woman is labeled as aggressive when demanding things to be done a certain way. An American study reveals: "in a mixed-gender group, when women talked 25 percent of the time or less, it's seen as being "equally balanced". If women talk 25–50 percent of the time, they were seen as "dominating the conversation". This could plausibly stem from ideologies rooted in past patriarchal societies when women were expected to remain silent and submissive.

Some view women's liberation as a "western philosophy undermining

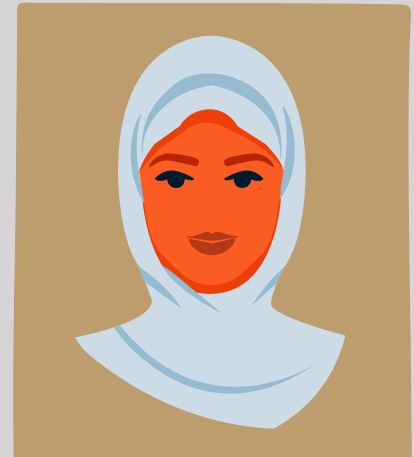
the Islamic way of life”, however, women are highly regarded and honored in Islam: “Men and women were accorded far more freedom in Islam”. The prophet's first wife, Khadija, was a strong and successful businesswoman who opposed so many gender roles that still exist today. Hence, we must stand firm in our faith and beliefs.



When it comes to the field of medicine, there



is considerable prejudice against female clinicians exhibited by the evident wage gap. Some may argue that this is a result of women choosing not to work in as demanding fields as men, while that may, to an extent, hold some truth, have we ever stopped to ask ourselves why that is? Is it perhaps the paramount pressure placed on them to shape their careers around their family life? Or could it be due to the decreased opportunities for promotions

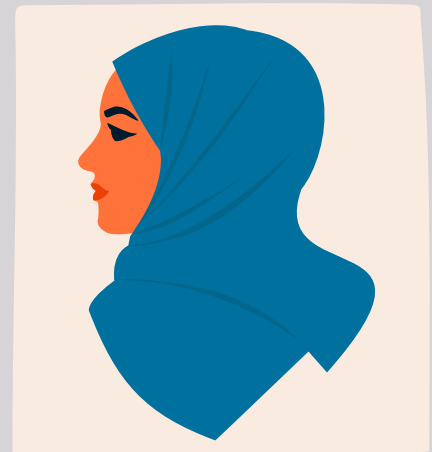


that they're presented with? Women unquestionably exert increased work and effort to advance themselves into leadership roles, and they face daily struggles in their work environments. In addition, due to these gender roles placed by society, future female physicians are continuously discouraged from picking demanding, higher-paying specialties. Data gathered by the American Medical Association revealed that among the particularly female-dominated specialties in medicine only one field, dermatology, ranked in the top 10 highest paying specialties.

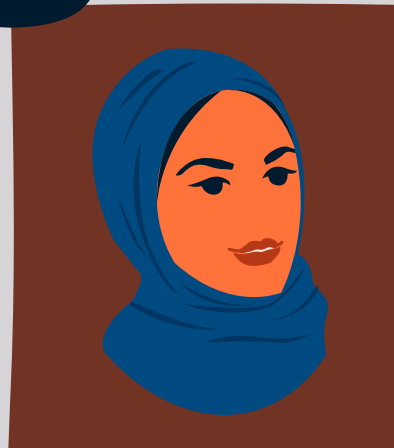
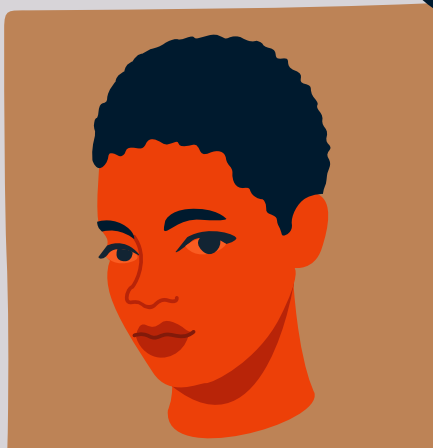


“The modern-day Arab woman has shown her value as an equivalent to men in all aspects of life whether socially, politically, economically, or professionally”

While on the opposite end of the spectrum, specialties such as neurosurgery and orthopedic surgery, were tremendously male-dominated. Although civilizations have evolved substantially over the past years, there is still a great deal to be done. Women everywhere still face discriminations which have lifelong impacts that feed into the cycles that keep women oppressed. Men are also deeply affected in a misogynistic



society; These preset gender stereotypes can be debilitating to men and many of these things can be reduced by dismantling these systems. We must provide our invaluable



contributions so that we can flourish and develop as a society. We must unite and lift each other up, instead of tear each other down.

a male's perspective on modern day feminism.

By: Mo Halawani

For as long as the history of humanity goes, men have always been considered 'superior'; leading countries, running businesses, and deciding what is right and what is wrong. However, in recent years women have taken a stand and spoken up, demanding to be heard and to be considered equal to those around them.

Many do not see or acknowledge the gap led by the fraudulent superiority that men created over the years. They consider it to be the natural way of life and can't see how life can be any different. Those people have not suffered the way women have, they are not being silenced, degraded, or punished for things they can't control, so they can't see what's going on. In other words, if one is personally faced with discrimination, they know beyond doubt that it exists. But if they haven't faced it themselves, they often doubt that it happens no matter how obvious it is.

At its heart, feminism is about equality between men and women, not "sameness". It is about being treated as an equal and not as inferior. It is about women being able to be themselves without being objectified or judged by men. It is about working the same job as a man and getting paid the same amount. It is about fairness between all.

the opposite side.

the obnoxious bias

A patriarchal society is something that was not going to last forever. It encourages male domination, therefore, creating an obstacle to women's advancement; but, that was during a time when women were so oppressed that they believed that was their only option. However, that is not the case anymore. Women have found their voices and rose from the rubbles they were buried under. They are now standing up to what is being done to them: centuries of being belittled and oppressed.

This oppression stems from insecurity, those in charge do not want to give others a chance to reach their full potential just because they feel it threatens their position. Women's rights are human rights and human rights are women's rights, they are not something that should be decided by anyone, let alone men that strive to be the only controlling authority.

Not all men disprove feminism, there are many advocates of equality, equal pay, and non-discrimination. Men's unity with the feminism movement is essential to furthering the cause. Their involvement is necessary because although they strive for equality, they still hold most of the influential positions. With the overwhelming vitality and determination of women and the support of men, the goal of reaching total equality, that transcends generations, could be achieved. Once people start putting their energy towards understanding each other instead of exclusively being fueled by greed and ego, a sense of impartiality can exist in the world.

THE REAL ORIGIN OF FEMINISM

ISLAM

In today's age, the words feminism and Islam seem to be immiscible, despite the fact that Islam honors women enormously and has elevated the rank of women greatly. This difficult topic is filled to the brim with stereotypes and misconceptions, with many people not truly understanding its values. Compared to the periods before Islam and to other civilizations, women are honored and given the highest of recognition and rights in Islam. The establishment of Islam provided a significant move towards the equality and independence of women and changed the entire standard of being one - from having almost no freedom to having the entitlement for inheritance, property, and marriage rights, among other things.

Misconceptions arise due to the veiling and the privacy of women in Islam being viewed as oppressive, when in fact, a different picture is elicited from the true words of the Qur'an and the Sunnah. Right from the roots of humanity, the story of Adam and Eve should remind us how they were both responsible, how they both asked for forgiveness, and how they were destined to the earth together. This eliminates the idea of women being inferior or created for men. No matter what role a woman plays in society – as a mother, daughter, wife, or even as a working woman as stated in the Holy Quran - they are given privileges in abundant aspects, have a certain worth in the whole of mankind, and are to be treated with respect. In the final sermon of the Prophet (صلى الله عليه وسلم), one of the messages he has left us with and emphasized on was: "I urge you to treat women well." Narrated by al-Bukhari, 331.

Islam encourages parents to educate and raise their daughters well. The Prophet (صلى الله عليه وسلم) said: "Whoever takes care of two girls until they reach adulthood, he and I will come like this on the Day of Resurrection," and he held his fingers together. Narrated by Muslim,

2631. On top of that, a man who is good to his wife earns great rewards by doing so - the Prophet (صلى الله عليه وسلم) said: "The best of you is the one who is best to his wife, and I am the best of you to my wives." Narrated by al-Tirmidhi, 3895.

In Islam, women have full ownership of their property and earnings without the responsibility of running the house with their own finances – a right given to them twelve centuries before being implemented into global civilization. "And they (women) have rights similar (to those of their husbands) over them to what is reasonable, but men have a degree (of responsibility) over them. And Allaah is All-Mighty, All-Wise" [al-Baqarah 2:228].

Unfortunately, a lot of Muslim countries and households do not live in accordance to the standards set forth by Islam – which reflects poorly on Islam's image as a whole to those unaware of the real tradition. However, Allah raised the status of women and created them equal to men in most regards. For example, in terms of reward in the hereafter, both men and women are equal. The fact of the matter is that the true essence of feminism in Islam cannot be captured in one introductory article; nonetheless, one thing that can easily be established is that regardless of misconceptions and the shortcomings of Muslims, Islam pioneered in bringing light to the true value of a woman by giving them the status and rights that they deserve.

Written by: Heba Rahman and Momo Arai

F E M A L E

DISCOVERIES WITH AN IMPACT

Many, if not all of us, can identify problems in our day-to-day, but only a selected few decide to be proactive by finding solutions to these problems. In recognition of the paramount discoveries made by female doctors, today we will be visiting The Hospital of Female

Pioneers. Walking into the hospital, to the right, we find Doctor Patricia Bath's ophthalmology clinic. As we walk into the room, we find a female doctor dressed in her crisp white lab coat bent over-performing laser cataract surgery on a patient. As we move further into the room, we notice her using the device she invented, the Laserphaco Probe. Dr. Bath's discovery gave innumerable amounts of people their sight back. Upon speaking to her, we find that she grew up in Harlem, New York. Despite all of the racism and sexism, Dr. Bath faced, she earned many firsts; she was the first African American woman to serve on staff as a surgeon at the UCLA Medical Center, the first African American female doctor to receive a medical patent, and the first woman to chair an ophthalmology residency program in the United States. Before exploring the rest of the hospital, we asked the doctor a question: "what inspired you to become a physician?" She gave us a simple but powerful answer, "My love of humanity and passion for helping others inspired me to become a physician."

Inspired, we step back into the hospital hall reaching a dead end with two silver elevators; taking the elevator up to the hospital's lab, we find Dr. Rosalyn Yalow working on a patient's blood sample. She uses her discovery, the radioimmunoassay (RIA), to test a suspected case of hepatitis B. Sitting down in her office, we see a polished golden medal sitting on the top shelf. Upon asking her, she told us that it is her Nobel prize in Physiology; Dr. Rosalyn earned it in 1977

P

I

O

N

E

E

R

S

By: Raghad Hijazi

for co-discovering the radioimmunoassay technique. The technique uses radioactive chemical particles to detect concentrations of viruses, hormones, and many more substances. The RIA allows for the early detection of many diseases. Wanting to know more about her life, we discover that she grew up in Manhattan, New York; she graduated from Hunter College. In her early humble days, Dr. Rosalyn tells us that she settled for the janitor's closet for her office because no other option was available. Before we leave, we ask her for a word of advice, and she replies by saying, "The excitement of learning separates youth from old age. As long as you're learning, you're not old".

Next to Dr. Rosalyn's lab, we find Dr. Ida Hyde's lab. There she is working on cell cultures using a microelectrode, surely her discovery. This device, discovered in 1921, uses a small terminal to record neural signals or to electrically stimulate nervous tissue. This tool is used to study biological changes in the brain and individual cells. Hearing Dr. Hyde's story, we discover that much like the other pioneers we have met, she had to overcome the obstacle of sexism to earn her education. At Heidelberg University, she was denied entry to physiology lectures and labs because she was a female. Later in her life, she established The Naples Table Association that aimed to support female scientists.

Switching onto a more modern lab, we see Dr. Julielynn Wong; she is an expert in 3D printing and telemedicine. Her expertise's benefits have extended beyond the realms of Earth, reaching space. She built a portable solar-powered 3D printer system that prints medical supplies. This enabled the printing of medical supplies in tough to reach areas, including space. Upon speaking with her, we learn that Dr. Julielynn lived in Toronto, where she earned her degree from Queen's University. We thank her and take the elevator back down, reaching the end of our excursion.

CHIMAMANDA NGOZI ADICHIE



By: Tehreemah Raziq

Chimamanda Ngozi Adichie is a Nigerian writer whose work ranged from novels to short stories which had been translated to over thirty languages. She is famous for *Purple Hibiscus* that won the Commonwealth Writers' Prize and the Hurston/Wright Legacy Award among other critically acclaimed works. Adichie has also delivered TED talks; her *We Should All Be Feminists* sparked a global conversation about feminism and was later published as a book in 2014.

Adichie describes herself as a happy African feminist and urges that the word 'feminism' need not be associated with negative baggage. She acknowledges that two genders mean that men and women are biologically different, each with a separate set of hormones and capabilities. The writer compares male supremacy in the modern age with a thousand years ago. While characteristics such as physical strength may have meant survival of the fittest so many years ago, in an age such as ours today, qualities such as creativity, intelligence and being innovative are what govern success. Consequently, as there are no hormones attributed to these qualities, she insists that women are just as likely to be as creative, intelligent and innovative as men.

**WE
SHOULD
ALL BE
FEMINISTS**

Although her focus is on feminism, Adichie admits that it is gender that needs understanding. Whereas females are taught to be apologetic precisely because they were born females, males are taught to be ashamed of fear and weakness in order to prove their masculinity. It is often culture and society that embed such ideas in our heads, where we are told how we should be, rather than recognize who we truly are. Adichie states that the conversation of gender is a difficult one to have and that more often than not people avoid it: 'it is simply not part of our culture'. Chimamanda however, defines culture as 'the perseverance and continuity of a people' and that 'culture doesn't make people, people make culture'.

'The higher you go, the fewer women there are'. Despite rapidly changing ideals, some societies still hold true to this quote. Qualifications and experience do not always grant the position for a woman. The idea of women having to borrow power to be in power is an unjustified stereotype. It is also terribly wrong to expect her to be the one doing all the housework. If we were defined partly by our genes, Adichie questions if a woman would have a cooking gene to justify what is expected of her.

Among many other dictionary definitions of 'feminist', the Nigerian writer has coined her own: 'a feminist is a man or woman who says 'Yes, there is a problem with gender as it is today, and we must fix it, we must do better' '. She quotes her own brother as being the best feminist she knows: 'he is a kind, good-looking, lovely man who is also very masculine'. Just as Adichie implies, to change corrupt ideals is to raise our sons and daughters to appreciate the other gender while not losing sight of their own unique value - and that is what feminism really is.

MARIE CURIE

THE MOTHER OF MODERN PHYSICS

By Lana Arbili

“Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.” Marie Curie, known as the ‘mother of modern physics’, has a legacy that will eternally live on, not only through her groundbreaking discoveries that have fundamentally paved the way for innumerable developments in science and continue to have a great clinical significance today, but also as an inspiration through her unwavering determination and perseverance in the face of adversity. She dedicated her life to her work, openly defying and overcoming societal gender roles that she had to face as a woman.

Marie Curie had humble beginnings. She was born Maria Skłodowska

in Russian occupied Poland, where she excelled as a student, always having a thirst for knowledge.





Women were not allowed access to higher education, so she attended a “Flying University” through which she got an education in secret. She eventually left her homeland to pursue her passions in Paris, where she earned a degree in physics and mathematics.

She found herself drawn to pitchblende, a mineral whose activity is superior to that of pure uranium. Her husband, Pierre Curie, then joined Marie in the work that she had undertaken to resolve the enigma of the increased radiation in pitchblende. They eventually discovered two new elements, Polonium and radium, and coined the term radioactivity. Marie, Pierre, and Henry Becquerel went on to win the 1903 Nobel Prize in Physics for their discovery. She then proceeded to isolate pure radium and was awarded the 1911 Nobel Prize for Chemistry. This made her not only the first woman to win a Nobel Prize, but also the only person ever to win Nobel Prizes in two different sciences.

In addition, Curie had an altruistic resolve to use her work to help humanity. Her discovery of radioactivity was of invaluable use in medicine through the use of X-rays and radiation therapy which enabled both the diagnosis and treatment of cancer. During World War I, she realized that X-ray technology could play a vital role in the care of wounded soldiers by allowing doctors to see patients’ injuries and therefore be able to better treat them.

She died in 1934 of aplastic anemia, a rare condition likely due to the large amounts of radiation exposure from her work, arguably a bittersweet ending. Interestingly enough, she was buried in a lead lined coffin to suppress the radiation, still now, 100 years later, emitting from her body. Her notebooks, considered national and scientific treasures, are also stored in lead-lined boxes at France's national library in Paris. She was a true revolutionary who has forever changed the way we view the world.

FIVE FEMALE OWNED LOCAL BUSINESSES

To be empowered is to feel complete as an individual, to be fearless and confident in yourself. Women Empowerment is about breaking the stereotypes of the conventional society and allowing future generations of young girls to blossom into their true selves unapologetically. With the rising age of social media, these 5 young talented ladies from our university have taken advantage of this transformation to build something for themselves. Their intragram pages not only provide them with the ability to express themselves but also generate an earning.

By: Laiba Zahid

فيط لزق

Aljawharah Dakhil, a 19 years old sophomore studying marketing is currently co-running Ryadah's very own card game "خبط لزق" inspired by the popular Cards Against Humanity game. The goal was to create something more relatable to the residents of KSA while being entertaining for the whole family! She works on content creation, PR packaging, and marketing plans. She states that her working alongside her peers helps empower her by proving that nothing is impossible if you put in the hard work and effort!

NORALY BROWNIES

Noura Abdulaziz AlOlayan , an alumnus of our CoM started by baking brownies for her high school friends and through continuous support from her surrounding, decided to start up her very own business "Noraly Brownies" (Ig:@noraly.brownies). Despite the myriad of ups and downs, she has had a wonderful experience and received tons of love and support through customer feedback. She states it is that positive feedback that pushed her to keep going rather than the number of orders she was receiving. What started as a nano business between her family and friends, has enormously expanded to a fully grown business. She distributes her brownies to 27 coffee shops across the city and also has established a website for placing orders and buying merch. Noura considers her business to be her baby, someone she wished to present in the best way possible and put a lot of time, love, and effort to grow it into what it is today.

ABAYA LAHA

Zain Albaroudi who studied architecture currently runs an online boutique “AbayaLaha” (Ig: @abaya.laha) that was inspired by the lack of affordable and fashionable abayas. She has always been a devoted and passionate person who has made a name for herself by transforming her dream into a fully functional and thriving business. Her business has allowed her to grow as an individual and transition into the business world. “A crucial lesson to everyone with an idea: act upon your ideas and dreams! As cliché as it sounds, but a great idea in your head most probably would be an incredible business.” quoted Zain.

BAMBU

Sara Arafah (Ig: @bambu.riyadh), an inspirational senior student who double majors in HR and marketing, started her Eco-friendly online store as a mock website for her E-Commerce course and decided to take a leap of faith with it and launch in hopes of creating a change in this world for the better. Her business’s primary focus is to provide sustainable substitutes for commonly used products like cotton bags instead of plastic grocery bags, bamboo and glass straws instead of plastic ones, and metals cups. Her journey was tough and did not encounter support right from the start but her determination is devoted to being the one to take the first step towards a better environment. “Everything starts with one step. At the end of the day, as long as I do my best in trying to help others do the same, that’s the most important part” quotes Sara.

MIMI & CO.

Maryam Altayyeb, a 3rd-year medical student whose primary goal has always been to make an impact with anything she does and sets her mind to, runs a chocolate truffle business “Mimi & Co.” (Ig: @mimiandco_). It started as a highschool project and expanded when she visited Jordan as part of the Helping Refugees in Jordan (HRJ) organization where 70% of her business profits helped build a school for those children. Despite being constantly busy with her studies, she runs her business from time to time as a symbolization of happiness, the happiness on the customer’s faces when they receive their orders, and the happiness she would feel as a result of the empowerment she felt by their positive feedback.



WHAT COMES AFTER MED SCHOOL? MASTERS TALK

PRESENTED BY DR. MUSTAFA OBEIDAT
WRITTEN BY EMAN CHAUDHRI

“I’m in med school, but what if I don’t want to be a clinician?” “What if I don’t get into the residency program I want?” “What if I have more interests that i’m passionate about?” “What comes next?”

The number of “what if” questions will always continue to come to us. Most of us ask ourselves a couple of these questions every once in a while. With medical school being as long and dense as it is and with numerous life changing experiences and opportunities, it is difficult to not ask ourselves these questions often. It is also difficult to think that one has to confine themselves to a traditional pathway of: education → board exams → clinical training → working that we are constantly reminded of and advised to follow. In fact, it is almost unfair for students to confine themselves to this pathway when so many of us have passions and interests that we want to pursue and can create a better future. Many students enter medicine for a multitude of reasons, with interests in many subjects and fields that they still would like to pursue. Go up to any student asking “if not medical school, what would you do?”, and every single one will give you a full answer and maybe even a few options. That goes to show how many students are looking to pursue their other interests, whether academic or nonacademic. If this is truly the case, then again, what comes next?

Dr. Mustafa Obeidat, and Dr. Janti Haj Ahmad, Alfaisal University COM alumni, went on to pursue Masters degrees in Business and Molecular/Cell Biology respectively, and were able to touch upon arising questions of “what comes next”. In our Masters Talk, Dr. Mustafa touched a lot on his passion and interest in Artificial Intelligence and its implementation in medicine, while also discussing how he took his interests from medical school and enhanced his skills by looking at AI implementation, and going into management consulting. Main pieces of advice given by Dr. Mustafa were to look into your interests and to see how you could further your own career using those. Many asked what time is best to pursue a masters, to which was answered that any time that is suitable for their schedules is okay, but the best time would be to pursue one right after medical school, or even during residency if that is the pathway some want to choose.

" In fact, it is almost unfair for students to confine themselves to this pathway when so many of us have passions and interests that we want to pursue and can create a better future."

Although Dr. Janti couldn't speak in this year's talk, his valuable advice from last year stays pertinent now: students who want to opt for an academic pathway should obtain a masters degree in their field of interest, and then go on to pursue their following career path or an additional PhD degree program.

For both impressive doctors, being a teaching assistant in the university aided in paying for their degrees and also spending time teaching and gaining experience. Obtaining a masters is a great way to introduce different career pathways and knowledge. What comes next is completely up to the student and what fields they would like to pursue.

ALTERNATIVE COVID TESTING

AN OVERLOOKED SOLUTION TO THE PANDEMIC



The COVID-19 pandemic finds itself among the faces of the Mount Rushmore of natural disasters in modern history. Scientists and doctors around the world shuffle to find the mighty cure, often manifesting in the form of a vaccine when, perhaps, there might not be just one cure – rather a multitude of solutions working together to put an end to this viral torture. One of those solutions, albeit heavily overlooked by the general public, is the early reporting of COVID-19 cases by means of quick and cost-efficient testing.

Early diagnosis of infectious diseases play a major role in limiting the viral spread, and therefore, reducing the load on healthcare systems. The unpredictable and mutative nature of the novel coronavirus renders humanity on the brink of a new mutated COVID-19 outbreak at any moment, further highlighting the importance of early reporting. Faster and cheaper alternatives to the contemporary RT-PCR testing allow the fruition of early diagnoses. One such alternative hypothesized is loop mediated isothermal amplification (LAMP) assays.

So, what makes LAMP better than the traditional RT-PCR? Well, not only does it have a higher sensitivity, but it also acquires the benefits of being cost effective. Fewer RNA templates are essential for a successful judgement, which makes it 100 times more sensitive. In addition, only a heat block is needed, and unlike PCR, specialized thermal cyclers and bulky equipment are not necessary. This eliminates the need for having the skills needed to maneuver through PCR.

Most importantly, it is quicker because the virus harbors RNA as its genetic material, and PCR only detects DNA. LAMP, on the other hand, can directly work on RNA, leading to a less complex process and a faster identification of the virus, taking up to only an hour, whereas PCR can take up to 4-8 hours. Even the difference of a few hours comes at the cost of thousands of lives.

On the other hand, LAMP has certain setbacks; it is less accurate and is a new technique that is still under the route to actually pinpointing infected patients. Due to the need to introduce the required technology, implementing this as a diagnostic tool may be more time consuming and costly in terms of developmental costs overall. Having said that, considering the ease of using such methodology as well as the relatively lower running costs associated (both human and financial), such potential limitations should be outweighed by the benefits this methodology could provide.

It is still a silver lining in these times and something worth investing in for the near future to avoid further outbreaks. This research has brought to light how early detection plays a major role in controlling the spread of the virus and helped pave the way in opening conversations about faster and cheaper alternative methods. This, finally, could be the missing puzzle piece to combat this widespread virus and help us stay one step ahead in the race.

By: Momo Arai & Heba Rahman
Based on: "Loop mediated isothermal amplification (LAMP) assays as a rapid diagnostic for COVID-19" by Dr. Junaid Kashir and Dr. Ahmed Yaqinuddin



Eco-friendly Local Businesses

Introduction

Becoming more environmentally friendly means that, as individuals, we strive to ensure that we are filling our lives with sustainability, by meeting our present needs without compromising the earth's future resources. It also means that we mindfully recognize the adverse impacts we humans have on the environment around us. This can be a daunting journey to commit to; however, with simple adaptations & small steps, we can all be a little bit more eco-friendly. One way you can incorporate this is by supporting local businesses! Not only are you supporting brands that are promoting environmental sustainability, but you are also planting the seeds of community well-being and supporting local characters that are offering a unique service or product.

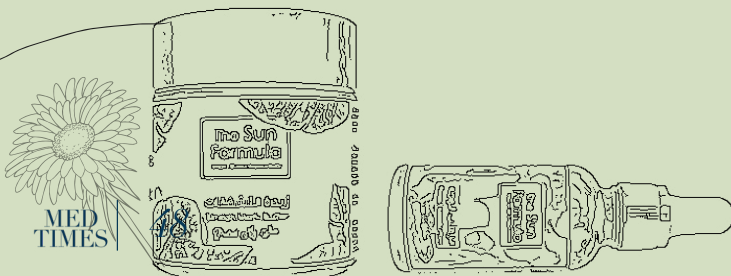
1. Simply Spreads (@simplyspreads)

Simply Spreads offers a variety of spreadable products such as fruit jams and nut butter using high-quality natural ingredients, free of preservatives, hydrogenated fats, and refined sugar that are suitable for different diets. The jams are made with fresh fruits using traditional recipes and their nut butter is all-natural, hand-made, roasted, and carefully ground, so you can enjoy a rich taste and perfect texture. This is a Saudi brand and all of our products are handmade in Riyadh.



2. Sun Pharmacy (@sun_pharmacy)

"The Sun Pharmacy" believes that caring for the health of the skin and the appearance of the body is essential and not a luxury or secondary aspect of life. They provide alternatives and care products from natural and safe ingredients. All ingredients remain skin-friendly and extracted from organic plant resources and are animal-free. They believe in the importance of preserving the environment and are therefore keen to use glass bottles and other reusable materials.



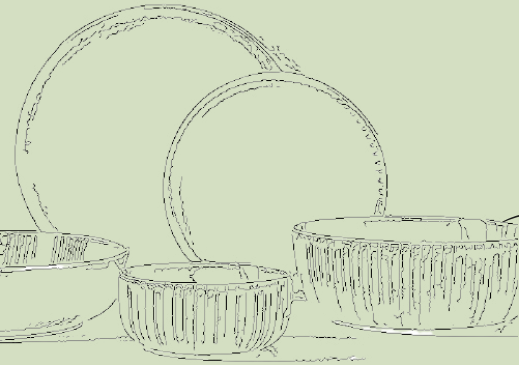
3. Tabaa (@tabaa_tm)

A Saudi brand specialized in printing and hand sewing, inspired by the love of the environment and ancient culture.



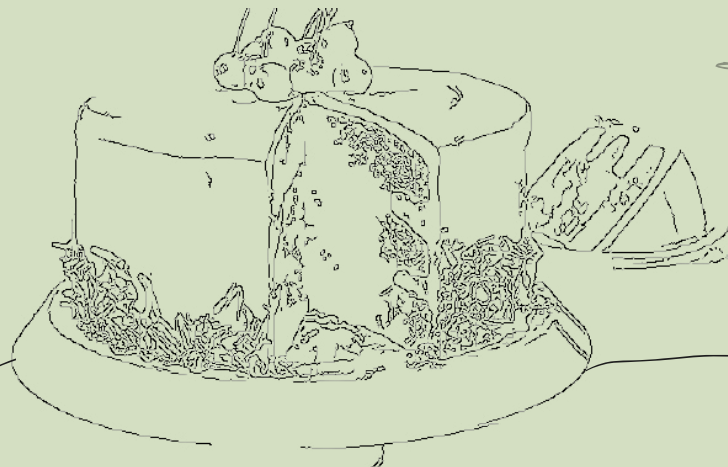
4. House of Otta (@houseofotta)

House of Otta is here to handcraft your next favorite cup. By incorporating elements of clay, expertise, art, and Saudi culture, it is the perfect recipe to create a cup that fits your aesthetics & needs. They started as a small business, but have grown throughout the years due to their ever-evolving portrayal of art & advancement in craftsmanship.



5. Too Kind Bakery (@tookindbakery)

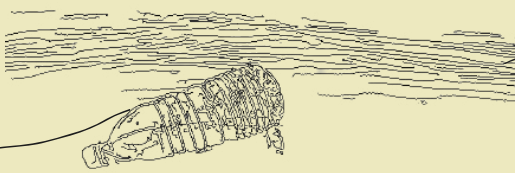
Have a sweet tooth but find yourself guilty to satisfy it with unhealthy desserts? Too Kind Bakery has your back! This bakery is 100% vegan, meaning that all their delightful desserts are lactose & butter-free. On top of that, they serve desserts that are sugar & gluten-free, perfect for those who are looking to cut down sugar & anyone allergic to gluten. You name it: they've got tarts, cheesecakes, mille-feuilles, macarons, cakes, and more.



How to be Eco-friendly

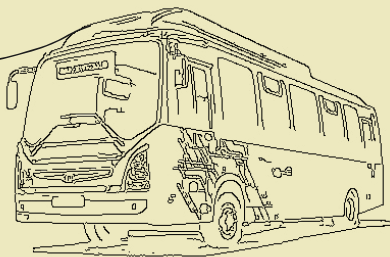
I.Reducing Our Dependence on Plastic

The ocean has always been seen as a beautiful place full of incredible wildlife. What people often forget, however, is how much waste is being disposed of in the ocean daily (the equivalent of 136 billion milk jugs each year) this poses danger to marine life. Plastic consumed in day-to-day life is used once then thrown away. This includes grocery bags, disposable cutlery, straws, and coffee-cup lids. Finding reusable versions of these products can really make a difference in plastic waste.



2. Our Food Preferences, Can We Reduce Carbon Footprint?

In the 'fast-moving world we live in, it is very convenient to grab a quick bite to eat and go on with our day. However, choosing to eat healthier helps us be more thoughtful towards the environment. This does not necessarily mean cutting all your favorite meals, rather when enjoyed occasionally, can help reduce one's carbon footprint. Due to the high demands for certain food items, large amounts of carbon emission rates have been generated. We can do our bit by opting for foods with lesser carbon emission rates such as white meat, for example, over red meat.



3. Changing the Way We Travel for Nature

Every day, we need to travel to different places. More often than not, we use cars to carry out these journeys. However, we fail to consider the detrimental effects that cars have on the environment. The good news is that we no longer need to rely on cars in Riyadh.

- 1.With the new public transportation system, not every individual requires a car to reach their destination. Trips around the city are facilitated by bus and metro.
- 2.Consider using bicycles for smaller trips. Bicycles are not exactly plausible all year; however, during the colder months, using bicycles to commute will limit the overall car usage.
- 3.Walking, developing a habit of walking during the colder months and at night helps you stay active and keep your environment healthy!

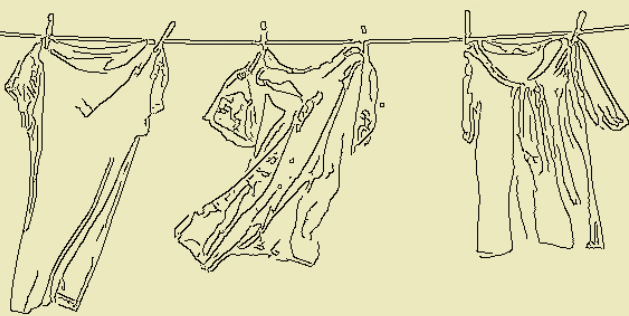


4. Low Waste Grocery Shopping 101

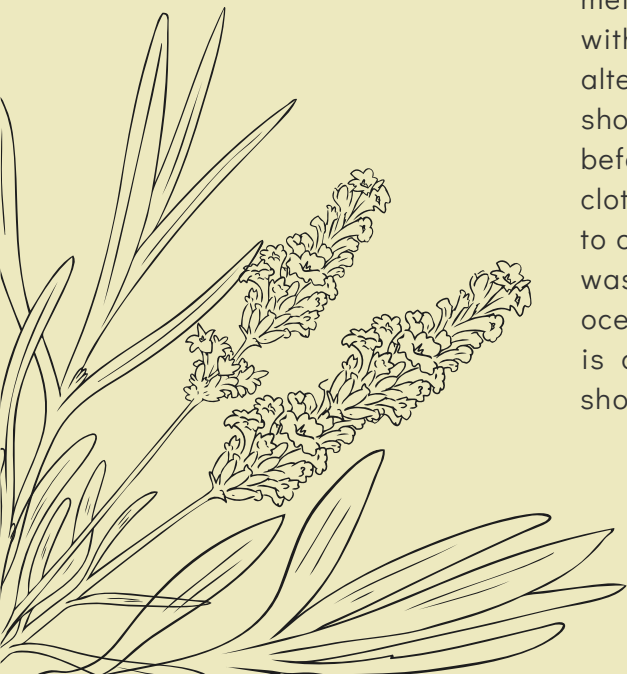
Most people don't know that Low waste grocery shopping actually can have multiple levels. For instance, this is one way:

- Level 1 starts with simply fitting more grocery into fewer bags.
- Level 2 is recycling those bags.
- Level 3 is repurposing or reusing those bags to change the garbage cans' linings for instance.
- Level 4 is getting your own bags.
- Level 5 is getting your own vegetable/fruit bags instead of those frail plastic ones.

Also, you can get your own containers to fill when buying foods that are usually put for you in plastic bags or boxes. Moreover, try to opt for foods that are unpackaged or with less packaging and avoid items that are individually packaged, as in sliced cheeses.

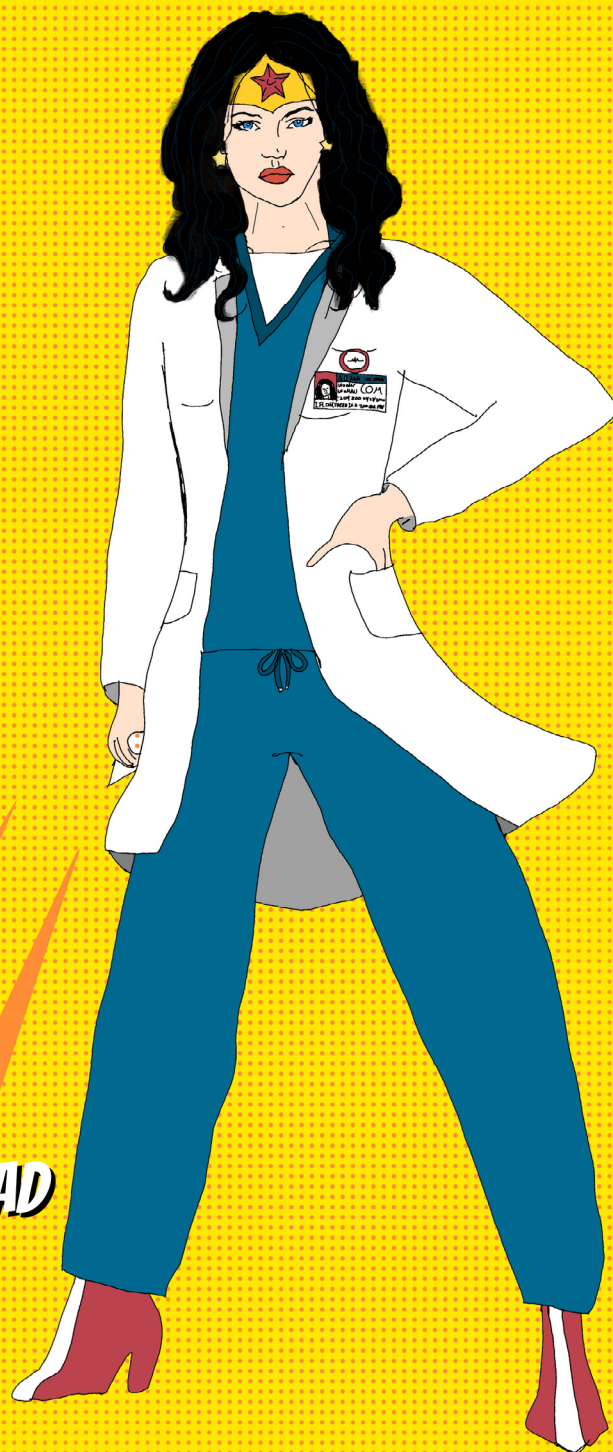


5. Reboot Your Wardrobe



We often find ourselves caught in the cycle of consumerism. The more products we consume, the higher the demands on manufacturers and thus the larger our carbon footprints. Shopping at second-hand or vintage stores is one of the easiest methods of sustainable shopping. One solution is going a year without buying anything also known as the "No Buy Year". An alternative method is the "30 wears rule" which encourages shoppers to ask themselves: "will I wear this at least 30 times?" before buying. Shoppers should also be mindful of what type of clothes they buy. Synthetic fibers such as polyesters are a threat to our biodiversity. When clothes made from these materials are washed, they end up in the ocean where they are ingested by ocean life. Buying more durable fabrics, such as leather or jean, is a simple yet effective way of combating fast fashion and shopping sustainably.

**WONDER
DOCTOR!**



**BY: RAFFI AHMAD
ALMUTAWA**

Contributors:

Alaa Khalil
Aliyah Abdulqader
Yara Akkielah
Salsabil Alabad
Jude Alghanbar
Anas Ashour
Mylia AbuShaar

Special Thanks to:

Dr. Akef Obeidat

MSA Presidential Office 2020-2021
President: Mohammed Yaman Barghout
Vice President: Maryam Thamer AlTayeb
General Secretary: Raffi Ahmed AlMutawa

Lina AbuSulaiman
Alaa Aldin Barbour



Until next time...

Contact us:

medtimes@alfaisal.edu
aaldwehji@alfaisal.edu
larbili@alfaisal.edu

Website (Scan QR Code):

