

## A Note from the Editor- in- Chief

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I have recently received very bad news concerning a very good friend of mine and a long time colleague. He was found to have metastatic colon cancer. I am not sure whether he had symptoms or not, nevertheless, the shocking news warrants special attention from me to all our readers. The issue of early screening for cancer must be at the top of our priorities, not just for our patients but also for our selves. Many of us think that, by being physicians, we are immune to diseases such as cancer, hypertension, lipid abnormality syndromes and ischemic heart disease. It is very interesting that figures obtained from the newly established doctor's solidarity fund, show that mean age of death among the last 20 members of this group who died is around 60.4 years. These figures are alarming and show significantly shorter life expectancy for doctors compared with the national figure which is around 76 years for males.

My first plea to all of you is to review your life style to conform with the medical evidence related to obesity smoking and sedentary life. Unfortunately many of the Jordanian doctors are heavy smokers, do no physical exercise, and are obese. This is a well known fatal combination and victims usually die of events related to ischemic heart disease, diabetes or cancer. It is high time to target medical professionals in the anti-smoking campaign. Those professionals should also be targeted in the campaigns related to life style and weight control.

My second plea is to adopt early cancer detection practice to be applied to your selves. It is well known that in females, breast self examination clinical examination and mammography have the highest probability of detecting breast cancer at a stage when it can be cured. All female doctors from the age 25 years onward most do breast self examination monthly. At the age of 40 all females who are not at high risk must, in addition, do a mammogram and clinical breast examination. After this age a yearly mammogram is needed. You should continue with your PAP smear routine as any other female.

For males, a serum PSA and a PR need to be done yearly from the age of 50 years onwards. For both males and females, FOB test needs to be done at the age of 50 years and thereafter for non-high risk individuals. A colonoscopy is an option.

At the age of 55 years, a colonoscopy is needed and should be repeated every 2 years according to findings. Colon cancer remains one of the highly curable cancers if detected early. Do not miss the chance to be cured if you happen to have any of the cancers above. You have to remember that being in the medical profession does not confer any immunity on you. Just treat your self they way you would treat any of your patients. Please remember that your family needs you, your country needs you, your patients need you and mankind needs you. Your life is too precious to be wasted on smoking or foolishly ignoring evidence base medicine that strongly support early detection for cancer.

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