



Ansar Connection

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We are the Helpers of Allah.

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A Rose by Any Other Name

Habeeb Shafeek Jr., Orlando

There has been some discussion concerning the way “younger Ansar” tend to address other Ansar brothers—adding a suffix of “Bhai.” Some members feel that suffix of “Sahib” is more appropriate as opposed to Bhai which is more prevalent in Majlis Khuddamul Ahmadiyya (MKA). Some are of the opinion that no suffix is needed, and addressing by name only is more amenable to the American way.



I first heard the expression of Bhai during a joint two-week security assignment with Majlis Khuddamul Ahmadiyya, USA. As we toured the U.S. together, I had a chance to observe and listen to this term in many different contextual usages. Quickly, I realized that it was a term of respect, endearment, and brotherhood. I even heard it used by African American security team leaders.

In the present context, I believe that this term is primarily being used by those newer members who have just recently joined Majlis Ansarullah. I sincerely believe that it is meant as a term of respect and

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acknowledgment of brotherhood. During my first two terms of service on the National Amilah of Majlis Ansarullah, USA, I rarely heard the term being used mainly because there were not a lot of "young Ansar" present. Nowadays, the term is being used by our younger, most recently inducted, members of Majlis Ansarullah. I believe that they are using it with the utmost respect and affection. Perhaps, subconsciously they are holding on to the last vestiges of their MKA youth service and experiences. Honestly, if we think about it they have been using this term much longer than they have been in the service of Majlis Ansarullah, USA.

In short, I think I understand the concern, but I honestly think that we should keep our eyes on our four overarching goals of the year (Brotherhood, Helpers of Allah, Communication, National Ijtima') and allow our younger brothers to settle in. We should be tolerant of this youthful indiscretion expression of affection and unity. A rose by any other name is still a rose. I say that we choose to smell the fragrance of brotherhood, by any name.

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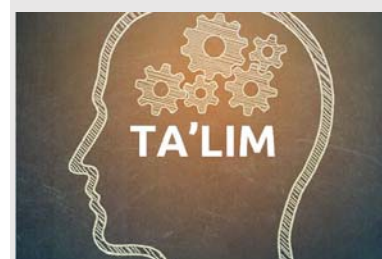
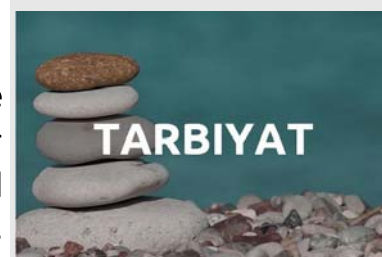
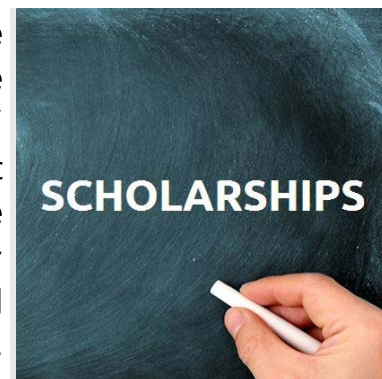


Diabetes

Lutufur Rehman, Tennessee

What is Diabetes?

Diabetes is a life long disease in which there are high levels of sugar in the blood. Type I diabetes generally occurs in younger people and comprises approximately 10% of all diabetic cases. Insulin injections are the only treatment for Type I diabetes. Type II diabetes occurs in adults; it can be treated with diet and pills



initially but ultimately insulin injections are needed.

Symptoms of Type II Diabetes

Initially there are none. Symptoms are vague such as fatigue, frequent urination, increased thirst, weight loss, etc. Normal fasting blood sugar is less than or equal to 120. If Glycated hemoglobin is less than or equal to 6, one should seek treatment. One can have type II diabetes for years without any symptoms.

Cause of Type II Diabetes

Pancreas secretes a hormone called insulin which helps the body use blood glucose which is the source of energy. If body cells become resistant to the action of insulin, high levels of blood sugar develop. This runs in families.

Why Is It Important to Treat?

Untreated diabetes can lead to:

- Heart disease—heart attack that may lead to death.
- Stroke—may result in serious disability or death.
- Kidney damage—may need dialysis or kidney transplant.
- Foot damage—difficult healing; possible to lose toes and legs.
- Eye damage—cataract that may lead to blindness.
- Nerve damage—may cause gastrointestinal disorders, erectile dysfunction.

Length of Treatment and Care

Once developed, diabetes requires treatment for the rest of the life. One should regularly take the prescribed medicine and insulin everyday and learn to monitor blood sugar. Patients should get support from spouse and children and visit the doctor regularly.

Diet and Exercise

- Eat less; eat healthy.
- Must do exercise—walk, run, swim, etc.
- Anyone under the age of 70 should be able to walk a mile

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in 30 minutes or less.

- Lose weight; obesity is a major risk factor in diabetes.
- Obese children grow up to be obese adults.

Non-Medical Treatments

- There are none—many claims but no proof.
- Do no risk your life on uneducated advice; go to your doctor and take your medicines.

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story:



Send us your stories of brotherhood, Ijtima' memories, or any other inspiring experience that we can share with Ansar brothers via this e-newsletter.

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