



# Sustainable Development Goals



## Good Health and Well-Being

### 3 GOOD HEALTH AND WELL-BEING



Good health comes with proper nutrition. Without regular and nutritious food, people cannot live, learn, fend off diseases, or lead productive lives. Key goals in this area include: reducing mental health mortality rates; ending neonatal and childhood deaths; combating infectious diseases; preventing and treating drug addiction; and achieving universal health coverage for families.

### College of Health and Medical Technologies

The Department of Optics Technologies at the College of Health and Medical Technologies, Alnoor University, organized a scientific lecture titled “Breast Disease: Benign or Malignant? How to Differentiate Between Them”, presented by Dr. Dina Akram Jirjis, with the attendance of several faculty members and students. The lecture reviewed the most common breast diseases and explained the differences between benign and malignant tumors through clinical examinations and modern diagnostic techniques, emphasizing the importance of regular medical follow-ups and early diagnosis in improving recovery rates and reducing complications. At the conclusion of the lecture, Dr. Dina highlighted the need to raise health awareness among women and encourage regular screening and early detection programs, given their significant impact on prevention and early treatment of breast diseases.

