

# Asian Profile Series: **Pakistani Community**

## Culture



Muslims worldwide celebrate Eid al-Fitr to mark the end of Ramadan, which is a month-long, dawn-to-sunset fast. Eid al-Fitr features three days of celebrations that include special morning prayers. "Eid Mubarak," which means "Blessed Eid," is a common greeting during this time. To celebrate Eid, many people will prepare sweet dishes and give gifts to children and to those in need. Muslims are encouraged to forgive and seek forgiveness during this time. This year, Eid al-Fitr was celebrated from May 13th - May 15th.

## Health

Hepatitis B is a serious liver disease caused by the hepatitis B virus. It is often called a "silent killer" as many people do not show symptoms and aren't aware they are infected. In the United States, only 1-2% of the American population is hepatitis B positive. However, the Pakistani population living in the US have a high rate of being carriers for Hepatitis B, which puts this population at a higher risk for liver disease and liver cancer. Hepatitis B can be prevented by vaccination, and there are many treatment options for individuals with the virus. With proper treatment, individuals with Hepatitis B are able to live long and healthy lives.



\*Stanford School of Medicine. (2021). Older Pakistani Americans.

# Center for Asian Health Equity (CAHE)

## Spotlights

### Community Partner

### Muslim Women Resource Center



The Muslim Women Resource Center assists immigrant and refugee Muslim women and their families in overcoming cultural and language barriers, while empowering them with the appropriate occupational skills for them to become self-sufficient and ready to enter the job market. Their services include tutoring to help prepare students for their Immigration and Naturalization Service Citizenship exams, ESL classes, and free health screenings.

## CAHE Staff

Kanooz Siddiqui first worked as a Social Work Intern, then joined CAHE as a Program Coordinator in June 2020 after her graduation. She works with both the Chronic and Infectious Disease and Behavioral Health teams. Among her responsibilities, she conducted a CARDIO heart lifestyle intervention program in Urdu for South Asian adults. In her free time, Kanooz likes to explore coffee shops around the city.

