



Editor: Hiba Jawdat Barqawi

Dean's message of the month

The exams are coming up and Years 3 and 5 have already begun their exams. I'm looking forward to graduation and to seeing our graduates obtain their MBBS and recite the Hippocratic Oath and begin their medical journey.

I recently came back from a trip to the USA and Canada where myself, the Chancellor of the University of Sharjah, Prof. Hamid Al Naimiy and the Vice Chancellor for Research and Graduate Studies, Prof. Maamar Bettayeb visited several universities to discuss potential collaboration. Following the visit to McGill, Ottawa and MIT universities, we have arranged for joint programs with the Universities of McGill and Ottawa.

Professor Qutayba Hamid MD, PhD, FRCP, FRS

Dean of the College of Medicine

Vice Chancellor of the Colleges of Medicine and Health Sciences

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Photos from the USA and Canada Visit



Armed Forces College of Medicine (AFCM) Visit:

Students from the Armed Forces College of Medicine (AFCM) in Cairo in Egypt arrived in the UAE for the exchange program that has been in place between the two colleges for the past few years.



Japanese Exchange Students:

Nine Japanese Exchange Students from Mie University are currently in the University of Sharjah doing clinical training. They were here from the 2nd-27th April 2018 and they were mainly rotating between UHS and Baraha Hospitals (both affiliated hospitals with UOS).



University of Sharjah Medical Graduates matched for USA residency:

The Dean of the College of Medicine, **Prof. Qutayba Hamid** congratulated the ten students and expressed his delight regarding the news of them matching for residency programs in USA and provided them with necessary support letters to facilitate their visa and acceptance.

Ahmed Ahmed Elmohamady Khalafalla – Class 2015

Omar Kousa – Class 2015

Amro Elshereye – Class 2015

Hadeel Awad Shihan – Class 2016

Zaid Ihab Al Saheli – Class 2016

Adnan Mohamed Baker Kharasa – Class 2017

John Albert Makram – Class 2012

Dana Awad – Class 2015

Ahmed Hallak – Class 2017

Batool Abuhalmeh – Class 2016

Chancellor's visit to the College of Medicine Anatomy and Biomedical Labs:



CTC News

2nd International Trauma Congress Cadaveric Workshop

Submitted by: **Lou Ann Tesado**

The Clinical and Surgical Training Center (CSTC) is once again honoured to host the 2nd International Trauma Congress (ITC) Cadaveric Workshop which was held from the 15th to 17th February 2018.

The University of Sharjah's Clinical and Surgical Training Center (UOS-CSTC), valued partners and clients such as DePuySynthes Companies of Johnson & Johnson, Medtronic, Arthrex, Amico, conducted their Cadaveric Workshop at UOS-CSTC on the same dates.

A total of 64 Surgeons specializing in Trauma participated at the cadaveric workshop which covers the most up-to-date scientific and hands-on techniques. Different distinguished international and local faculties shared their expertise and experience to the participants from the UAE, GCC and other areas in the Middle East.



6th International Congress for Joint Reconstruction (ICJR) Middle East

Submitted by: **Lou Ann Tesado**

The 6th International Congress for Joint Reconstruction Middle East 2018 came back to the Clinical and Surgical Training Center (CSTC) for their Cadaveric Workshop which was held from 22th - 24th March 2018.

The following workshop was conducted at the state-of-the-art wet lab of the CSTC:

There were around 80 participants from all over the UAE, Gulf and the rest of the Middle East, bringing together orthopedic experts from all over the world to enhance professional knowledge, gain new insights and exchange expertise. Sharing their expertise were experienced international and local faculties.

Date	Cadaver 1	Cadaver 2
Wed, 21 st March 2018	Hip Arthroplasty (Microport)	Knee Sport (Arthrex)
Thu, 22 nd March 2018	Knee Sport (Smith & Nephew)	
Fri, 23 rd March 2018	Knee Arthroplasty (Microport)	
Sat, 24 th March 2018	Knee Arthroplasty (Zimmer Biomet)	Foot & Ankle (Arthrex)



1st Arab Cochlear Implants Conference (ACIC) “Temporal Bone Course”

Submitted by: **Lou Ann Tesado**

During the 1st Arab Cochlear Implants Conference (ACIC), a pre-conference course entitled “Cadaveric Temporal Bone Course” took place on the 3rd and 4th April 2018 at the Clinical and Surgical Training Center (CSTC). The instructors for this course were well-known surgeons and pioneers in this field.

A total of 14 participants attended the workshop to experience a unique opportunity of hands-on surgery on cadavers which focuses on surgical techniques that are within and well beyond the scope of a typical temporal bone course, while networking alongside other local and international otologists.



23rd Intercollegiate Basic Surgical Skills Course

In association with the Royal College of Surgeons, England

Submitted by: **Najna Shabbir**

The Clinical and Surgical Training Center (CSTC) was honoured to host the 23rd Intercollegiate Basic Surgical Skills Course in association with the Royal College of Surgeons, England on the 5th - 6th of April 2018.

The Basic Surgical Skills courses has been running since 2011 and is designed to teach the essential basic technical skills required of a surgeon, instilling good practice at the early stages of training. Participants are introduced to the principles underpinning the various techniques being taught and practice these techniques with individual tuition and under the expert supervision of consultant surgeons.

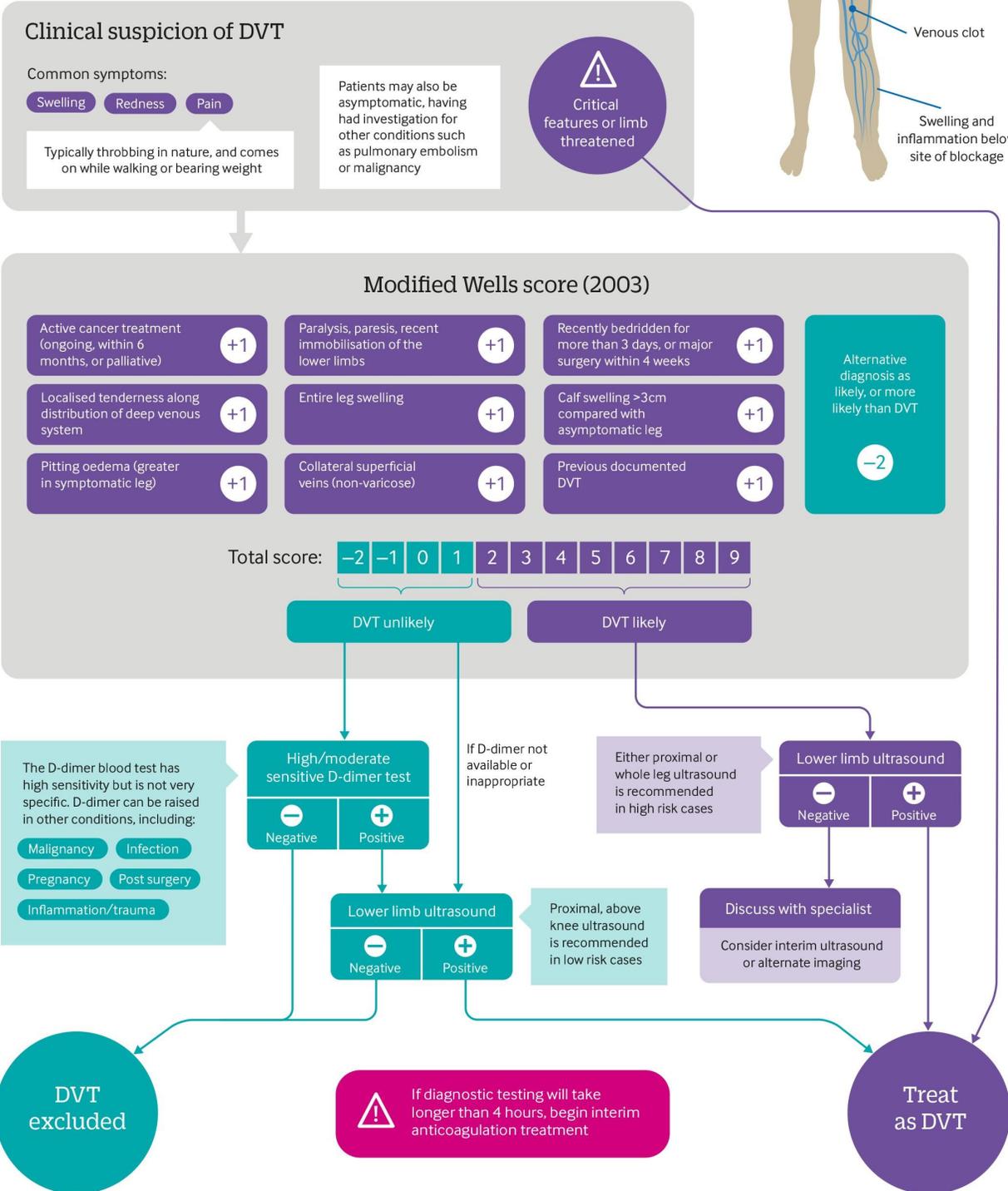
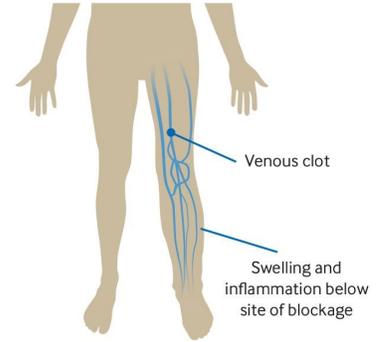
The course is held over two days with a series of demonstrations and extensive hands on sessions. Techniques are practiced using a combination of prepared animal tissue, synthetic models and simulation.

The 18 candidates for the course were from UAE, Kuwait and other GCC countries and was headed by Dr. Thaier Kadhum Al Meheidi, a Consultant Surgeon and Head of the Surgical Department at Al Dhaid Teaching Hospital, United Arab Emirates.



Investigating DVT

An approach to symptoms suggestive of lower limb deep vein thrombosis (DVT)



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Viral News

Viagra for ... Cancer Prevention? Mouse Study Has Surprising Results

Submitted by: **Dr. Mohammad Al Bataineh**



The "little blue pill" could one day have a surprising use: as a cancer prevention drug. Early research in mice suggests that small doses of sildenafil, the ingredient in Viagra responsible for the pill's effects, may prevent colorectal cancer. When the researchers gave the drug to mice that were prone to developing colorectal cancer, the drug was linked to a 50 percent reduction in the number of precancerous polyps that formed in the animals' intestines, compared with mice that weren't given the drug. Still, much more work is needed before researchers will know if Viagra has the same effect in people, the study researchers said.

Next steps include testing Viagra in a clinical trial of patients who have a high risk of colorectal cancer, such as people with a family history of the disease, study co-author Darren Browning, a cancer researcher at Augusta University Georgia Cancer Center, said in a statement earlier this month.

The mice used in the study had a mutation in a gene called "adenomatous polyposis coli" or APC. This mutation is also found in humans and results in the formation of hundreds of polyps starting in the teenage years, and these growths lead to colorectal cancer, Browning said. (Polyps do not always turn cancerous, however.)

Although sildenafil is best-known for its use as an erectile-dysfunction treatment, the drug has other medical uses; indeed, it was originally studied as a treatment for high blood pressure. Sildenafil is also approved to treat pulmonary arterial hypertension, which is high blood pressure in the vessels that carry blood to the lungs. Sildenafil is even used to help premature babies that have this condition. The new study used the equivalent of a low dose of Viagra, a dose which is not known to have side effects in people, Browning said.

Exactly how sildenafil could prevent colorectal cancer is not clear, the researchers said. But the drug appears to increase levels of a chemical called GMP, which is known to affect the intestinal lining, the researchers said. Increased cyclic GMP may suppress some of the excessive cell growth that occurs in the gut.

The study was published in the July 2017 issue of the journal *Cancer Prevention Research*.

Source: LiveScience

Faculty & Staff Achievements, Awards and Special Recognition

Publications:

Dr. Jibran Sualeh Muhammad recently had the following papers published:

- **Muhammad JS**, Khan MR, Ghias K. DNA methylation as an epigenetic regulator of gallbladder cancer: An overview. *Int J Surg.* 2018 Mar 27;53:178-183. doi: 10.1016/j.ijisu.2018.03.053. [Epub ahead of print] <https://authors.elsevier.com/a/1WotK6CXNFa4pU>
- **Muhammad JS**, Ghauri MI, Clinical patterns of seronegative spondyloarthropathies in a tertiary centre in Pakistan, *Journal of Taibah University Medical Sciences* (2018), <https://doi.org/10.1016/j.jtumed.2018.03.002>

Dr. Maha Saber, Ms. Shaista Manzoor, Dr. Ahmed Serafi, Dr. Ibrahim Mahmoud, Dr. Salah Abusnana and Prof. Nabil Suliman recently published the following article:

- **Saber-Ayad M, Manzoor S, El-Serafi A, Mahmoud I, Abusnana S, Sulaiman N.** Statin-induced myopathy SLCO1B1 521T & C is associated with prediabetes, high body mass index and normal lipid profile in Emirati population. *Diabetes Res Clin Pract.* 2018;139:272-277.

Dr. Nihar Dash, Dr. Mohamed Al Bataineh and Dr. Ibrahim Al Tayeb recently published this paper:

- **Nihar Ranjan Dash, Mohammad T. Albatineh, Nawar Alhourani, Ammar Mohammad Koudeir, Mohammed Ghanim, Mohammad Wasim, Ibrahim Mahmoud.** Community-acquired urinary tract infections due to extended-spectrum β -lactamase-producing organisms in United Arab Emirates, *Travel Medicine and Infectious Disease* (2018).

Grants:

- **Saravanan,C., et al.** (2018). Beliefs, barriers, and stigma towards seeking mental health treatment among adults in Sharjah. Competitive Research Grant AED 54,400.

Conference Participation:

Dr. Jibran Sualeh Muhammad participated in a training workshop organized by the Institute of Leadership in Higher Education at the University of Sharjah. The title of this workshop was "Improving in class communication". This was a three day workshop explaining importance of effective communication skills and how to improve communication while teaching in a class. Certificate of Completion was awarded by the Vice Chancellor for Academic Affairs.

Sports Participation:

Dr. Emad Nossair and students from the College of Medicine were awarded a trophy for coming in first place in the football tournament of the medical colleges.



Student Corner

Year 5 Farewell Event

The Farewell Ceremony for the graduating class of 2018 was organized by Year 4 students and took place on Wednesday 11th April 2018 at the College of Medicine. Speeches were given; videos were shown followed by a small celebration with food, gifts and a dance troop. The ceremony started off with a speech by Year 4 students explaining how this celebration is a thank you for all the support and advice they received from their elder counterparts throughout the years, to show them appreciation and how much they will be missed. This was followed by a hilarious farewell video prepared by the Year 4s that proved to be a great hit. It was such a memorable event and we wish Year 5 the best of luck in their MBBS exams and in their futures wherever their paths may lead.



The Year 4 students involved in the planning of this event were: Ziad Elmenawy, Abdulla Majed, Mai Khoully, Ronda Al Samhoury, Rawan Majdalawi, Heba Nofal, Reham Nabil, Rami Karkout, Hanaa Bashier, Ahmad Ismayl, Mahmoud Ismayl, Omar Shamaa, Mohammed Anas, Zeina Saffarini, Obaida Adi, Suhaib Al Haj Ali, Enas Ayman, Rula Mohammed, Yumen Saidawi, Abdulla Al Alool, Khalid Al Ali, Islam Masadeh, Farah Ghassan, Rawan Mohammed.



Student Conference Participation at Gulf Thoracic Congress 2018

Students from the College of Medicine attended and participated at the Gulf Thoracic Congress 2018 held 15th-18th of March 2018 in the form of various poster and oral presentations. 21 groups of students participated from the University of Sharjah.

Year 4 students **Suhaib Al Haj Ali** and **Abdulla Al Aloom** gave an oral presentation on their project titled: 'Targeting Protein Arginine Methyltransferase using AMI-1: A Promising Therapeutic Target for Lung Cancer'. Other students involved in this project are **Ahmad Ihmaid** and **Reem Abdullah**, and they were supervised by Prof. Qutayba Hamid and Dr. Maha Saber.



An oral presentation was also given by Year 4 students **Ranya Al-Jumaily** and **Obaida Adi**. The other students involved in this project were: **Amena Abbara**, **Rawan Mohamed** and **Mohammad Ali** and this group was supervised by Dr. Adel El-Moselhi. The title of their project is: 'Sleep Patterns & Disturbances Among Secondary School Students in Sharjah, UAE'.



Year 3 student **Layan Odeh** also gave an oral presentation at this congress. The other students involved in this project are: **Abdullah Malek**, **Muzan Alkhalidi**, **Atheer Tariq** and **Mohammad Al Fardan**. The group were supervised by: Hiba Barqawi and the title of their project is: '*Helicobacter Pylori* Gastric Ulcer: Attitudes, Practices and Knowledge About Its Health Impacts Among Adults In Sharjah'.



Student Conference Participation

Students from the College of Medicine attended and participated at the International Emergency and Catastrophe Management Conference on the 5th March 2018 in the form of a poster presentation. The Year 3 students involved in this project were: **Hazem Taifour, Mohammad Alkasabrah, Farah Soukieh, Marah Al Turkmani, Ruqaya Ahmad** and were supervised by Prof. Nabil Sulaiman. The title of their project is: First Aid: Knowledge, attitudes and practices in the Sharjah community. They were awarded 'Best Poster' at this conference.



Year 3 student **Muzan Alkhalidi** gave a poster presentation at the 5th International Family Medicine Conference and Exhibition held on the 28th February 2018. The other students involved in this project are: **Abdullah Malek, Layan Odeh, Atheer Tariq and Mohammad Al Fardan**. The group were supervised by: Hiba Barqawi and the title of their project is: '*Helicobacter Pylori* Gastric Ulcer: Attitudes, Practices and Knowledge About Its Health Impacts Among Adults In Sharjah'. They were awarded 'Best Poster Presenter– 2nd place' and given certificates of appreciation for their outstanding participation.



R&D- Case Reports Workshop

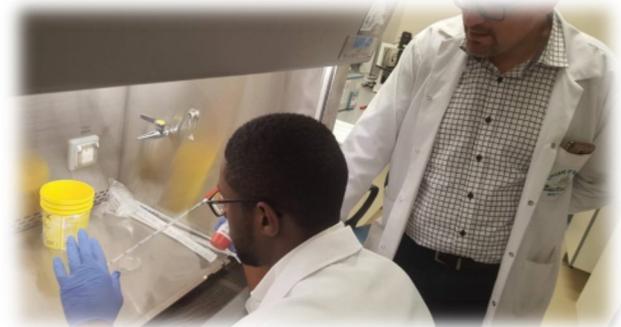
Written by: **Huwaida Fazel**

On the 4th of March, students of the Medical College had the wonderful opportunity to attend a resourceful workshop “Case Reports: Tips for writing and publishing” presented by the always-diligent Dr. Ahmed Nugud. The session started by him explaining what a case report entails, how is it structured and written, keeping both target audience and publishing journals in consideration. Most useful were his tips for finding a case worth reporting, why and how one must ask for help when needed especially as beginners, and how to make the process of writing and publishing as efficient and smart as possible. The session was interactive, and we discussed some possible ethical issues, as well as the pros and cons of writing and publishing a case report. Mohammad Bakri, Head of the Research Committee in R&D, added his input based on his experiences as well. The session was successfully concluded with opening the platform for any questions from the audience. This workshop was appreciated by students from both the clinical and pre-clinical phases, which was impressive. Personally speaking, this helped prepare myself for the years to come, to have a sense of possible research settings, in order to make my clinical years both productive and rewarding.



Written by: **Ehab Ahmed**

It was a great opportunity to practice cell culture at Sharjah Institute for Medical Research, especially when you have an experienced supervisor like **Dr. Jalal Taneera** to guide you through the steps and explain to you what is happening. The workshop was 3 sessions in total divided over 3 days. The first session was an introductory session and the other two were practical. The practical sessions were, for the most part, student-centred and involved getting them to work by themselves, which further enhanced our self-confidence into handling the lab tools and performing cell culture.



For any comments
regarding this newsletter or
suggestions for
improvement please
contact the Editor
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Doctor's Orders

This Issue's "Doctor's orders" is submitted by **Dr. Sarra Shorbagi**



How to stay Happy and Fit during Exam Season

The month of May brings not only the start of summer but the season of final exams. Feelings of unhappiness, anxiety and physical tiredness can often accompany the stress brought about by exams. You can maximize your happiness, and prompt your health during this time of the year by taking care of your schedule and your body.

Here are five tips to help stay fit during the exam period:

1. GET ENOUGH SLEEP

Sleep helps to consolidate what you have learned. Lack of sleep reduces your ability to access previously learned information, and a reduces your ability to make good decisions.

2. STAY HYDRATED

Hydration is an essential part for your health. Mild dehydration can negatively your mood, your energy levels and your ability to think clearly. Water is the most effective way to hydrate.

3. AVOID TOO MUCH COFFEE AND ENERGY DRINKS

Too much coffee and energy drinks can alter your decision time and your thinking process, creating a state of uncertainty and confusion which can affect you performance in the exam.

4. STAY ON TOP OF YOUR HEALTH

Eating proper meals and snacks is a productive excuse to take a break from studying. Get your vitamins through eating fruits, vegetables, and proteins like peanut butter, yogurt, eggs and meat.

5. MANAGE YOUR TIME AND TAKE A BEAK

Take five minutes out of your studying to plan out your day. This might save you hours of time.

Avoid distracting yourself with useless things.

Take a break when : 1) you've been concentrating deeply and focusing on your work for 45-60 minutes since your last break. 2) You've been studying for a while and you're no longer able to focus as effectively as when you started. 3) You're switching from one course subject to another and need a stimulating break.

Mange your breaks successful by: 1) Setting a time limit for your break and stick to it. 2) doing anything that you enjoy doing e.g. yoga class, your gym session or poetry.

GOOD LUCK!