



NEWSLETTER



COLLEGE NEWS



MSA



UOSMUN



PAC CORNER



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RECOMMENDATIONS

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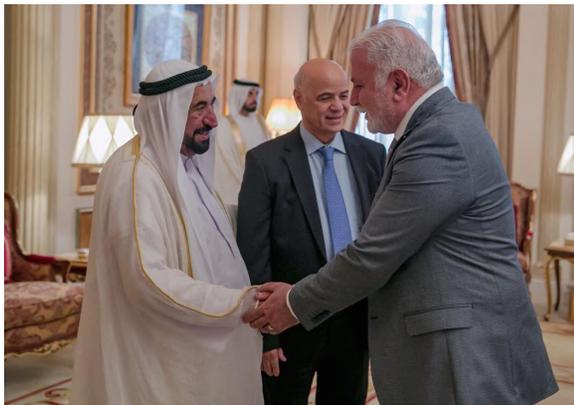
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DEAN'S MESSAGE OF THE MONTH

As we approach the end of this academic year, I would like to thank His Highness, Sheikh Dr. Sultan bin Mohammed Al Qassimi, and the Chancellor, Prof. Hamid Al Nuaimy for their continuous support. I would also like to congratulate our graduating batch of students, as well as their parents, on their efforts and achievements. I look forward to the Graduation Ceremony that will be held on the 13th June 2019. For the final MBBS exams, we brought in excellent external examiners who were highly impressed with the calibre of our candidates.



We are expecting new faculty to join us for the next academic year in the specialties of: Pathology, Surgery, Internal Medicine, Immunology and Pharmacology. Just as we welcome new people, sadly we say goodbye to a precious member of our beloved College of Medicine family; Dr. Maha Guimei, who will be missed by all her colleagues and students. We wish her all the best and hope she returns to visit us from time to time.

The exams for the remaining batches will be held in Ramadan this year. I would like to thank the faculty and assessment committee for their hard work during this exam period. I wish all students the best of luck on their examinations and I ask them all to look after themselves; sleep well and eat well so that they are well-rested and in good health to take on the next few weeks.

Have a very blessed Ramadan and a pleasant yet productive summer break.



COLLEGE NEWS

Faculty Achievements

Congratulations to Prof. Qutayba Hamid and Dr. Rifat Hamoudi for obtaining a grant entitled "Understanding the molecular mechanisms of Asthma using Systems Engineering approach". This is the first multi-disciplinary and collaborative grant between the College of Medicine and the Sharjah Research Academy. Other co-investigators on that grant are Dr. Bassam Mahboub and Prof. Azzam Magazachi.

Congratulations to Dr. Rania Harati, Prof. Azzam Magazachi, and Prof. Taleb Al-Tal for their projects that won three TerryFox Foundation International Grants totaling 800,000 AED.

Launch of Epidemiology Unit

The launch of the Epidemiology and Biostatistics Unit took place on Thursday 25th April 2019 in the Medical and Health Sciences Campus, at the University of Sharjah and was attended by academics and researchers from universities across the UAE, as well as representatives from the Ministry of Health and Prevention, Dubai Health Authority, Abu Dhabi Health Services (SEHA), Ministry of Presidential Affairs, and WHO Eastern Mediterranean Regional Office (EMRO).



The Epidemiology and Biostatistics Unit will be chaired by Dr. Basema Saddik, Associate Professor of Epidemiology at the College of Medicine. The unit is the first of its kind within the UAE and brings together a group of multidisciplinary researchers, academics, healthcare professionals and policy makers to conduct scientific and practical epidemiological research on current and emerging health needs at the local, regional and global levels.

It also plays an important role in strengthening research capacity and core epidemiological skills by offering a variety of research advisory, training and consulting services.

The event commenced with Prof. Qutayba Hamid, Vice Chancellor for Medical Colleges and Health Sciences, welcoming the attendees and emphasizing the importance of epidemiology and the roles of this unit. This was followed by an open dialogue and discussion which created opportunities for collaboration and engagement.



Health Awareness Week

The Health Awareness Week is annually held by the College of Medicine at the University of Sharjah, and aims to introduce first year students to the variety of health services available in the UAE. Through participation in a range of activities, students develop a greater awareness of health services, communities and practices. These experiences help cultivate a deeper understanding of the mechanisms and issues involved in providing healthcare services to various populations.

World Health Day is a global campaign, inviting everyone to focus on a single health challenge with a global impact. Focusing on new and emerging health issues, it provides an opportunity to start collective action to protect people's health and well-being. Every year, it is celebrated on the 7th of April, marking the anniversary of the founding of the World Health Organization (WHO) in 1948. A theme is selected each year highlighting an area of concern and priority for the WHO.

Our Health Awareness Week's theme follows the World Health Day Theme. This year, as well as last year, it was 'Universal Health Coverage (UHC): everyone, everywhere'. It was repeated to emphasize the importance of UHC and the long road aheads. The slogan for the week was "Health for All".

During the week, students visited selected Healthcare Organizations and attended presentations regarding UHC and other Primary Healthcare Services. They then prepared posters (related to the current theme) as part of the World Health Day celebration, and participated in group presentations on various aspects related to the week's activities. Moreover, some students prepared and presented videos promoting UHC and Health Awareness during the closing ceremony of the week.



Faculty Publications

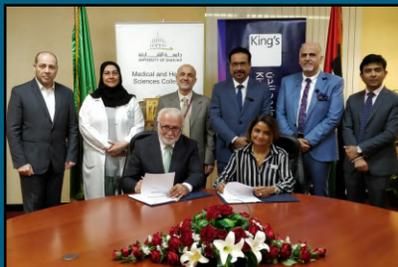
Dr. Jibran Muhammad and Dr. Ibrahim Mahmoud recently published an article in *Pathogens*: Khoder G, Muhammad JS, Mahmoud I, Soliman SSM, Burucoa C. Prevalence of *Helicobacter pylori* and Its Associated Factors among Healthy Asymptomatic Residents in the United Arab Emirates. *Pathogens*. 2019;8(2): 44. pii: E44. doi: 10.3390/pathogens8020044.

Dr. Firdos Ahmed and Dr. Mohamed Rahmani also recently published the following article: Ahmad F, Singh AP, Tomar D, Rahmani M, Zhang Q, Woodgett JR, Tilley DG, Lal H, Force T. Cardiomyocyte-GSK-3 α promotes mPTP opening and heart failure in mice with chronic pressure overload. *J Mol Cell Cardiol*. 2019 Mar 27;130:65-75.

MOU with King's College Hospital



King's College Hospital in Dubai recently signed an MOU with the University of Sharjah, Medical and Health Sciences Colleges. The agreement comprises a wide range of initiatives that include doctors from various disciplines delivering lectures at the College of Medicine, University of Sharjah and for students to receive basic clinical training at King's College Hospital London in Dubai.



Visit of Armed Forces College of Medicine (AFCM)

A group of faculty and students from the Armed Forces College of Medicine in Egypt came to visit our college from the 12th to the 19th April 2019. An annual trip is usually held to exchange ideas between the colleges, honoring the MOU between the two universities. We are hoping to reciprocate by sending our students to Egypt in the next academic year, broadening the scope of cases they would be exposed to.



Their visit entailed a tour of the College and the facilities of the Medical Campus, including the Anatomy Labs and Pathology Museum, followed by a visit to the CTC. They also shadowed PBL sessions and attended workshops and sessions held in the college, as well as a CPR/Basic Life Support Workshop held in the CTC.

A session was also held that involved meeting with the students from the Medical Student Association in our college. Delivered presentations detailed a typical day in the life of an AFCM student, as well as a summary of the activities and events held in our college over the past academic year including the volunteer abroad trip, faculty. Students were given an opportunity to interact and discuss potential future collaboration and ideas.



A Sad Departure - Dr. Maha Guimei

After a seven year journey, the College of Medicine sadly bids farewell to one of its esteemed faculty members, Dr. Maha Guimei, at the end of this academic year. She dedicated her time to cultivating love and respect for Pathology in the next set of physicians. With such ardent passion, it would not be surprising to learn that she was the founder of the College of Medicine's Pathology Museum. She will always be remembered for her hard work and dedication. Her down-to-earth personality, infectious laugh, inspirational actions and genuine demeanor solidified her place in everyone's hearts. The advances she made as Chair of the Advising Committee, as well as the guidance she has provided, have made her an incredible mentor, role model and support system for all the students. In addition to being a passionate teacher and inspirational supervisor, she was also a dependable friend whose door was always open, providing the best advice, be it academic or personal. "When you think Pathology, you think Dr. Maha G." and that is how it has been for years, as multiple generations shaped by her teachings can attest to. Her impact and influence on the college will continue and she will be missed dearly by her students and colleagues. We wish Dr. Maha joy and success with the next chapter and we hope that she knows how much she will be missed.



CTC NEWS



Minimal Invasive Percutaneous Stone Therapy Workshop

The University of Sharjah's Surgical Institute, in collaboration with Karl Storz Endoskope held the "Minimal Invasive Percutaneous Stone Therapy Workshop - MIP." This is the first cadaveric workshop that has been conducted in this region and was held on the 12th and 13th of March 2019.

The 1st day of the workshop was a combination of didactic lectures and hands-on cadaver demonstration at the institute's state-of-the-art Wetlab. The 2nd day consisted of a live surgery at Sheikh Khalifa General Hospital in Umm Al Quwain. The workshop attracted participants from the Middle East, Pakistan, Africa and even the Caucasus region. The techniques explored and presented during the workshop permit atraumatic and effective stone treatment with low complication rates.

The workshop was headed by Dr. Yasser Farahat, Secretary General of the Arab Association of Urology (AAU), Chairman of the Arab School of Urology, Sheikh Khalifa General Hospital, Umm Al Quwain, UAE; Dr. Janak Desai, President of the West Zone Indian Urology Association, Founder and President of the Gujarat Urology Association, Samved Hospital - Ahmedabad, India; and Dr. Nilkamal Joshi, Head of the Department of Urology, NMC Specialty Hospital - Al Ain, UAE.

The Vice Chancellor of the Colleges of Medicine and Health Sciences, Prof. Qutayba Hamid and the Director of the Clinical and Surgical Training Center, Prof. Nabil Sulaiman were both pleased with this workshop. It was kindly supported by the Training and Compliance Director at KARL STORZ SE & Co.KG, Mr. Johnny Kassab and his mission to foster and expand the network of health care professionals in education and clinical training, aiming to achieve a more effective patient-care model with higher level of patient safety worldwide.

VIRAL NEWS

Coffee- the Nutrition Source

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



Coffee lovers around the world reaching for their favorite morning brew probably aren't thinking about its health benefits or risks and yet, this beverage has been subject to a long history of debate. In 1991, coffee was included in a list of possible carcinogens by the World Health Organization. By 2016, it was exonerated, as research found that the beverage was not associated with an increased risk of cancer;

on the contrary, there was a decreased risk of certain cancers among those who drink coffee regularly, once smoking history was properly accounted for. Additional research suggests that, when consumed in moderation, coffee can be considered a healthy beverage.

One 8-ounce cup of brewed coffee contains about 95 mg of caffeine. A moderate amount of coffee is generally defined as 3-5 cups a day, or on average 400 mg of caffeine, according to the Dietary Guidelines for Americans. Coffee is rich in:

- Caffeine
- Vitamin B2 (riboflavin)
- Magnesium
- Phytochemicals: polyphenols (including chlorogenic acid and quinic acid) and diterpenes

Consuming moderate (3-5 cups) to high (6-10 cups) amounts of coffee daily may lower the risk of several disease conditions. However, some individuals may not tolerate higher amounts due to symptoms of jitteriness, anxiety, and insomnia. Specifically, those who have difficulty controlling their blood pressure may want to moderate their coffee intake. It's also important to keep in mind how you enjoy your brew. The extra calories, sugar, and saturated fat in a coffee house beverage loaded with whipped cream and flavored syrup might offset any health benefits found in a basic black coffee.

Adapted from Harvard's T.H. Chan School of Public Health

STUDENTS CORNER



MSA Closing Ceremony

On the 10th of April, the (ex) board of the Medical Student Association (MSA) organized and attended their last event of the year, the closing ceremony. In attendance were all members, alongside the faculty and chair of student affairs. It was a soul-stirring event filled with emotional speeches and heartfelt gratitude.

The event highlighted the achievements of the MSA over the past year, both collectively and individually. Moreover, snippets and videos from different events such as the Sri Lanka Volunteering trip, the leadership workshop and the multiple social gatherings left the attendees in awe of what has been accomplished. These events signified the momentum that the MSA set and maintained throughout the year, never settling for less.

In addition, awards were distributed to recognize the efforts of some dedicated members who were integral to the successes of the MSA this year. Time was left near the end of the event for students to mingle and socialize with the faculty and each other. Food was served and for the last time, MSA ex-President, Abdulla Nidal gave his final speech, hoping to solidify his year-long message of hope and happiness. He ended the year the same way he started it: with a bang!



Year 5 Farewell

On the 10th of April 2019, the Year 4 students held a farewell party for their seniors, in the M27 lobby, where they spent almost every single day of six years, preserving years of tradition. It seemed fitting to hold the farewell event there, in the very building they called home. A short film was prepared for the seniors, detailing the life of a medical student in UOS in a funny and endearing manner, acted out by their fellow Year 4 colleagues. The bloopers at the end of the film brought tears of laughter to everyone's eyes. Afterwards, the seniors danced to traditional *Dabke* music in celebration of their graduation.



The juniors created a memory lane for the graduating soon-to-be doctors, where they could slowly walk through the maze of photos and memories. Each picture, a story, each story, a memory, and each memory, a lesson. The seniors expressed their joy looking back at moments they had almost forgotten, laughed at others and teared for some. Memory jars were made for each graduate and attendees were asked to leave messages for each other. Year 4 students hope that their seniors enjoyed this ceremony and found it memorable. We all wish them the best of luck in their exams and their future endeavors and hope our paths will cross again one day.



Gulf Programming Contest 2019

Over the spring break, the University of Sharjah sent a delegation, headed by Dr. Amani Abu Safia and Dr.



Nasr Mohammed from the College of Computer Science, to participate in the Gulf Programming Contest of 2019. Two teams participated, one of which, named “j++”, had a first-year medical student, Kamel Samara. The contest was held at Sultan Qaboos University in Muscat, Oman from the 31st of March to the 2nd of April. More than 65 teams participated with 25 universities sending from two to three teams each.

The contest was five hours and consisted of twelve problems ranging from string manipulations to game mechanics and geo-

metrical simulations. The j++ team solved nine of the twelve problems tying with two other teams for the top three positions. The tie was resolved using the time penalties for each team and j++ won second place. They were also the first team to solve any problem in the contest, snatching the extreme programmers’ award for making the first correct submission five minutes into the contest.

The team celebrated the day after by going on a tour of Muscat and visiting the different tourist hotspots.

“I’m extremely happy with the outcome of the contest and hope to score first place next year!” said Kamel Samara. “It was an amazing experience and I would like to thank both Dr. Amany and Dr. Nasr for their tremendous support.”



The scoreboard with the final standings can be accessed here:

http://www.gulfpc.org/wp-content/uploads/2019/04/GPC2019_SB.pdf

Hamdan Award Winners

Congratulations to the following students from the College of Medicine at the University of Sbarjah who achieved the highly prestigious Hamdan Award for University Students:

Mohammad Bakri Alaa Hammami

Abdulla Ahmed Mohamad Alalool

Islam Adel Mohammad Masa'deb

Rami Assim Karkout



April MUN Conferences

The University of Sharjah Model United Nations Society (UOSMUN) joined two conferences during the month of April: Paris Sorbonne Model United Nations (PSUADMUN) and Heriot-Watt Model United Nations (HWMUN). The delegation included students from different colleges and majors who represented UOS in the conferences and discussed a variety of important international issues that impact our societies today. Several topics were on the table including the Rohingya refugee crisis, corruption in prison systems, nuclear disarmament among many others. Moreover, one of our esteemed members, Sara Adam, from the College of Medicine, joined as a moderator and organizer in PSUADMUN. Two of our delegates, Lynn Basel and Angel, both from the College of International Relations, received distinguished delegate awards at the Heriot-Watt Model United Nations.

The passion UOSMUN members have for debate, international relations and making a change, even if minute, is what drives them to participate in conferences, train other members and hopefully, host their very own UOSMUN conference in the future. Our delegates have always stayed on task, showed great interest to learn new skills and improve their debating and research skills. They have been extremely enthusiastic to join several conferences this year including AUSMUN and AUDMUN. It was a pleasure to be able to train them and celebrate the small improvements and the awards that were received this year. We are extremely grateful to have such a supportive system and we wish to join more conferences together in the future.

UOSMUN looks forward to new applicants and welcomes any newcomers. They are also aiming on joining other MUNs in the UAE and abroad and perhaps holding their very own UOSMUN conference in 2019!

For more information, follow our social media accounts:

Twitter: @UOSModelUN

Instagram: UOSMUN

Or email: registration.uosmun@gmail.com





PAC CORNER

The Final Words



As the year approaches its end, the time has come to say goodbye to the previous Peer Advisory Committee (PAC) heads and welcome new ones. As is customary, a farewell ceremony was held to acknowledge the members' continuous efforts throughout the year, and elect the new heads by current PAC members.

PAC is a student-based organization founded to alleviate students' concerns and worries by providing

guidance from their senior peers. With the hard work of all PAC members and the constant support from the Dean of the College of Medicine and several faculty members, PAC will continue its mission by assisting and guiding students in the college.

Several future plans have been outlined by the newly-elected heads Farah Soukieh (President) and Hazem Taifour (Vice-President). They include bringing PAC more into the spotlight, expanding its scope and most importantly, reinforcing the cornerstones on which it was built. Finally, with the most dreaded time of the year looming over everyone's heads, it is only natural to begin questioning how to finish all the study material. Here are a few tips that will hopefully be helpful:

1. Don't panic, take every day at a time.
2. Create a realistic study schedule and don't compare your progress to your friend's; everyone has their own pace.
3. Take regular breaks but manage your time efficiently.
4. Don't aim to finish too much in one day (or too little!).
4. And finally, keep in mind: What do they call the person who graduates last in medical school?

A Doctor!



Recommendations: Exams' Edition

by: *Dua'a Al Nusairat*

Hadith of the Month

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَ
سَلَّمَ قَالَ: "مَنْ نَفَسَ عَنْ مُؤْمِنٍ كُرْبَةً مِنْ كَرْبِ الدُّنْيَا نَفَسَ
اللَّهُ عَنْهُ كُرْبَةً مِنْ كَرْبِ يَوْمِ الْقِيَامَةِ، وَمَنْ يَسَّرَ عَلَى مَعْسَرٍ،
يَسِّرَ اللَّهُ عَلَيْهِ فِي الدُّنْيَا وَالْآخِرَةِ، وَمَنْ سَتَرَ مُسْلِمًا سَتَرَهُ
اللَّهُ فِي الدُّنْيَا وَالْآخِرَةِ، وَاللَّهُ فِي عَوْنِ الْعَبْدِ مَا كَانَ الْعَبْدُ
فِي عَوْنِ أَخِيهِ، وَمَنْ سَلَكَ طَرِيقًا يَلْتَمِسُ فِيهِ عِلْمًا سَهَّلَ
اللَّهُ لَهُ بِهِ طَرِيقًا إِلَى الْجَنَّةِ، وَمَا اجْتَمَعَ قَوْمٌ فِي بَيْتٍ مِنْ
بُيُوتِ اللَّهِ يَتْلُونَ كِتَابَ اللَّهِ، وَيَتَدَارَسُونَهُ فِيمَا بَيْنَهُمْ؛ إِلَّا
نَزَلَتْ عَلَيْهِمُ السَّكِينَةُ، وَعَشِيَتْهُمْ الرَّحْمَةُ، وَحَقَّتْ لَهُمُ
الْمَلَائِكَةُ، وَذَكَرَهُمُ اللَّهُ فِيمَنْ عِنْدَهُ، وَمَنْ أَبْطَأَ بِهِ عَمَلُهُ لَمْ
يُسْرِعْ بِهِ نَسَبُهُ"

Tip of the Month

Set up a SMART goal.

Set a very **S**pecific goal.

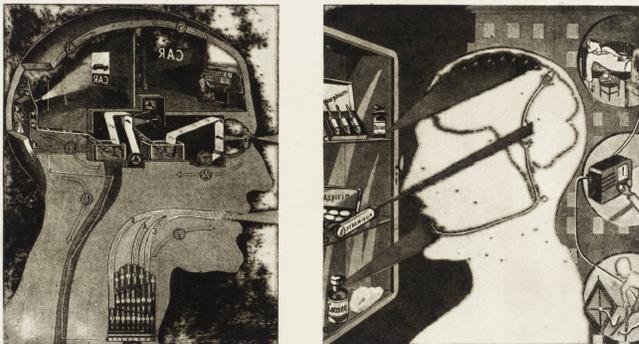
Measure your progress

Make sure it is **A**chievable

Be sure it's **R**ealistic.

Set **T**ime commitments

Painting of the Month



Eduardo Paolozzi

1970

"The Human Machine and
How it Works: Perception
through Impression "



For any comments regarding this newsletter or suggestions for improvement, you can reach us at:

comnewsletter@sharjah.ac.ae

DOCTOR'S ORDERS - DR. SARRA SHORBAGI

COPING WITH STRESS

Stress can affect both your work performance and relationships. Ongoing stress is also a possible risk factor for developing cardiovascular problems later in life, and may contribute to the worsening of other physical illnesses like irritable bowel syndrome, psoriasis, migraine and tension headaches.

Some signs of stress include:

- Insomnia and inability to concentrate or relax
- Feeling nauseated and not enjoying food anymore
- Smoking more than usual
- Headaches, muscle tension, heart palpitations, or increased sweating



The following are some tips to manage your stress:

1. Make a stress list then discuss this with a close friend or family member.
2. Allow several times a day/week to 'stop' and take some time out of work.
3. Plan a relaxation time and look forward to it; like a long bath, listening to music or joining a relaxation program such as meditation or muscular exercises.
4. Use simple relaxation techniques e.g. take a long, slow breath in and very slowly breathe out while concentrating fully on breathing, or muscular tensing and stretching by twisting your neck around each way as far as it is comfortable and then relax.
5. Exercise regularly plan at least 30 minutes of exercise on at least five days a week e.g. A brisk walk.
6. Don't be fooled into thinking that smoking can help with stress.
7. Allow some time for hobbies such as sports, knitting, music, model-making, and puzzles.
8. See a doctor if stress or anxiety becomes worse. Further treatments like cognitive behavioral therapy (CBT) - or medication may be appropriate.

References

- <https://patient.info/health/stress-management>
<https://www.aafp.org/afp/2006/1015/p1385.html>